

# GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

March 1, 1908.



The Poor Man's Friend.

VOL. 11.

NO. 3.

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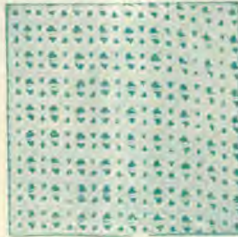
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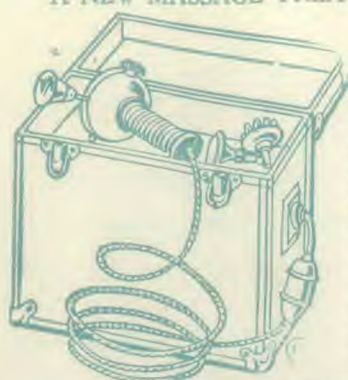
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Good Health, March 1, 1908.



Out of the street of the village, and into the paths of the forest,  
Into the tranquil woods, where blue-birds and robins were building  
Towns in the populous trees, with hanging gardens of verdure,  
Peaceful, aerial cities of joy and affection and freedom.

—Longfellow.

# GOOD HEALTH

## A Teacher of Hygiene

Vol. II.

Cooranbong, N. S. W., March 1, 1908.

No. 3.

### Do We Eat Too Much?

A GOOD many scientists are of the opinion that we do. The editor of the London *Daily Express*, states the case, as far as British people are concerned, in the following words:—

“There is nothing on earth in which we show deeper ignorance than in the things we do every day of our lives. For instance, eating. Most of us eat three times, some of us four times, a few five times a day. Yet how many of us really know how, when, and what to eat? Probably not one in a hundred. We are brought up in a certain system—it may be the three-course system, with a steak for its leading feature, or it may be the seven-course system, with a variety of small ‘made’ dishes—and we persevere in it stolidly to the end. In this country ‘good food and plenty of it’ is the almost universal rule of life for children and adults alike. It is true that, as we go on our way, our ranks are thinned by continual defections, and we leave behind us a struggling host of dyspeptics and apoplectics. But that never lessens our confidence in the system. If we have a cold, ‘eat heartily’ is the sovereign cure; if we feel run down, ‘eat heartily’ say all our friends; if we are overworked, ‘eat heartily’ is the great specific. This maxim is one of our national curses, and it has earned us a world-wide reputation for over-eating.”

#### MR. FLETCHER'S REMEDY.

Mr. Horace Fletcher, of Venice, suggests a remedy for this serious condition of affairs. This remedy is, in a certain sense, a discovery. As such it has been thoroughly tested in both British and American universities. In a recent interview, Mr. Fletcher stated that his discovery consists of a method of simply feeding the body to the extent of its actual needs. The two requisites for obtaining this result are the proper treatment of the food in the mouth before it is swallowed, and the mental attitude during meal-

time. The researches of Professor Pawlow, of St. Petersburg, and Professor Canon, of Harvard University, show that the mental condition during the ingestion and digestion of food is of the greatest importance, and that mental calm and the enjoyment of the food are essential to the best digestion.

Mr. Fletcher advocates judicious fasting. He says: “The golden rule of this system is not to take food until there is a keen appetite, passing a meal if necessary, or as many meals as necessary, in order to secure the proper appetite.” The second rule is equally simple and scientific. “When sure of your appetite, take the available food that first appeals to you.” To this rule we would only add, make sure that a variety of wholesome foods is available, and cultivate a taste for that which is good. Further, “It is absolutely requisite that solid food shall be thoroughly masticated, and liquid food having taste shall be sipped instead of being gulped.” Mr. Fletcher further states that while this system, as developed so far, does not proscribe or prescribe anything, its “whole tendency is away from meats and alcohol until the appetite naturally discards them altogether. Although by no means endorsing all the different prescriptions and proscriptions of vegetarianism, it certainly leans towards vegetarianism.” Thus we see that when true appetite is given the opportunity to choose for the body, a natural diet of fruits, grains, and nuts is selected.

#### BENEFITS DERIVED.

Very few persons ever experience the pleasure of satisfying real hunger. The sensation of hunger arises from the actual needs of the body for food. “From an epicurean point of view alone, the system is worth cultivating. Speaking from my own experience, one may enjoy things as they never were enjoyed before. The triumph of the system is, however, the extraordinary

development it allows in muscular endurance, and also the absence of muscular fatigue. An American medical student, Mr. Granger, who experimented in the system, was able to beat all records by deep knee-bending no fewer than 5,002 times, that is, lifting his body from a squatting position and resting on the heels to full-height consecutively without stopping, in two hours and nineteen minutes. Dr. Wagner, a Danish-American physician over fifty years of age, after adopting the system, beat all records by keeping up the horizontal extension of his arms for three hours and twenty minutes. Even then these men did not stop because of inability to continue.

"My own case is, perhaps, quite as remarkable. In the early forties of my age I was so broken down in resistance that the insurance companies refused to insure me. It was this that led to the study that has resulted in the discovery of the dietetic system which has practically given me a second youth. Though just on sixty years of age I have recently accomplished the feat of lifting a dead weight of 300 pounds with the muscles of one leg as many as 350 times at between two- and three-second intervals, thereby doubling the record, and then neither reaching the limit of endurance nor experiencing any muscular soreness."

"In other cases where Mr. Fletcher's system has been tried on bodies of soldiers, athletes, and students, it has been found that with a general improvement of bodily health and muscular endurance, come the abolition of timidity, a greater capacity for work, and a clearer mental vision."

An English physician, on finding his patient, a French marquis, very much in need of a bath, prescribed for him:

"Soap, warm water, a towel, and friction."

"Mon Dieu!" exclaimed the horror-stricken marquis. "That is washing one's self!"

"I must admit," replied the physician, "that the prescription is open to that objection."

A similar incident happened in my own

### Cold as a Tonic.

Who has not witnessed a prompt response from dashing a few drops of cold water on the face of a fainting person? The liver, stomach, heart, lungs, and other important organs can be physiologically aroused to similar increased activity by a brief application of cold to the skin overlying them. The skin is a sort of keyboard upon which we can so play as to secure increased and more efficient activity from the organs within. Short applications of cold act as a sort of fire-alarm to the various tissue-cells of the body. It has been found that cold applications over the stomach increase the quantity of gastric juice. After a short cold bath which is followed by good reaction, twenty-five per cent. more white cells are abroad in the general circulation than before; and as they are important agents in the repair and restoration of the tissues, the significance of such an increase must be apparent.

Such applications may consist of a hand-bath, cold towel rub, or a short full plunge-bath, and should be taken in a warm room, and followed by vigorous friction with a coarse towel until a thorough glow and sense of comfort is secured all over the body. Such a bath not only increases the physical activities of the body, but the mental as well. An eminent English clergyman had a bathroom provided back of the pulpit, and made a practice of taking a cold bath just before preaching his remarkable discourses. He said that when he took such a bath, he was able to master any audience that was before him.

DAVID PAULSON, M.D.

experience. At one time I met an old gentleman up in the North woods who was complaining of not feeling well, and who asked, "Doctor, what do you think would be good for me?" It was unnecessary to feel his pulse to make a diagnosis, for my senses told me what would be good for him, and I accordingly prescribed a bath. "Doctor," said he, "a drop of water has not touched my back for forty years."

"Better than grandeur, better than gold,  
Than rank or titles, a hundred fold  
Is a healthy body, a mind at ease,  
And simple pleasures that always please;  
A heart that can feel for a neighbor's woe,  
And share his joy with a friendly glow,  
With sympathies large enough to enfold  
All men as brothers, is better than gold."



## A Health Culture Establishment.

THE *White Ribbon* for January 15, 1908, contained the following first-page article, under the above heading:—

“Under the ‘Do Everything’ policy of the Women’s Christian Temperance Union, it is inevitable that attention should be drawn to health matters. To see the intimate relation between sickness and sin, ill-health and immorality, disease and drunkenness, requires no putting on of spectacles. Consequently, ever since the inception of this paper, an attempt has been made to direct thought to matters of rightful and natural living—to ‘cures’ that will not leave a patient in a worse condition than they found him, or, while allaying one symptom, induce a whole train of diseases for which he will have to be treated ad infinitum.

“Old customs, however, die hard, and while the day of sick saints has long gone by, and the doctrine of the holiness of health is pretty extensively preached, there are still many who have thoughtlessly or unwittingly strayed from—

### HYGEIA’S PLEASANT PATHS,

and see not how to retrace their steps. It appears so much simpler to swallow a pill than to take a pack, to drink a noxious draught than to change the diet, to fly to brandy than to have recourse to a suitable bath, etc., etc., and so the people ‘perish for lack of knowledge.’

“There are, we believe, many who are alive to the dangers of drugging, and who would change their manner of life, both in sickness and comparative health, did they but perceive how to set about the task. It is in the hope of helping such that the writer ventures to say a little about an institution that is conducted on the modern and natural lines of therapeutics. In Michigan, United States, America, there exists what is known as the Battle Creek Sanitarium, a gigantic healing establishment, where as many as 1,000 patients have been treated in one day. It had its origin forty years ago in a little American farmhouse. From it apostles of health have gone forth, and now, scattered throughout the world, are to be found some sixty of these

centres of health and healing—England, Ireland, Australia, New Zealand, Switzerland, Germany, Denmark, Japan, and (presently) France are among the countries that are thus benefiting.

### “AT PAPANUI,

a favorite suburb of Christchurch, is one of these sanitariums. Reached from the city in about fifteen minutes by either train or electric tram, it is easily found. There is, however, little of the ‘institution’ in its appearance. It is, in fact, simply an enlarged and adapted private gentleman’s residence, looking out upon pleasant lawns,



green shrubberies, and fine old trees—eight acres of land in all being attached to the house.

“An atmosphere of quiet cheerfulness pervades the home—and of ready helpfulness, too. Indeed, perhaps the first characteristic to strike the newcomer, after that of sunshine and airiness, is the helpful attitude assumed by both attendants and fellow-patients. You are there for healing, and each member of the household will lend you aid. And this feeling is deepened as the invitation is given to join in morning or evening worship. For the Sanitarium belongs to the Seventh-day Adventists, and all who wish may join in their simple devotions. It need scarcely be said that, save in the matter of the day of Sabbath observance, the particular tenets held by the sect are in no wise brought under the notice of the guests.

"And now as to the definite aims and the practice of the promoters and managers. The aim of the treatment and the teaching 'is to cure the patient, not merely the disagreeable symptoms,' to 'instruct in the principles of healthful living.' The fundamental idea of the Sanitarium 'is the thought that health-getting and life-preserving is not a matter of magic or pill-swallowing, but rather of training and education.' 'Health is as much a matter of—

#### GROWTH AND DEVELOPMENT

as is the growth of a tree or a crop of wheat.' 'The chronic invalid may be trained out of his disease into health.' There is no one panacea for all ills and persons, but 'all rational means and appliances known to science' are employed as remedial agents. Baths—sitz, electric, vapor, and hot-air—fomentations, salt-gloss, Swedish shampoos, packs, sprays, douches are brought into requisition as needed, while Swedish manual movements and local and general massage are used to strengthen weak muscles, restore misplaced organs, correct curvatures of the spine, and improve the general circulation of the blood.

"The 'central idea upon which all the Sanitarium methods of treatment are based is embodied in the fact that restoration to health can only be secured by the removal of causes, and by the intelligent coöperation with Nature in the elimination of disease products.'

"Cases of contagious diseases are, of course, not received, but patients suffering from rheumatism, gout, paralysis, nervous complaints, Bright's disease, diseases of women (including anæmia), and chronic constipation may all receive treatment. Special attention is also given to stomach disorders.

"Since it is safe to assert that so-called civilized man's methods of feeding are responsible for at least half his bodily woes, it is only natural that the managers of the Sanitarium should seek to instil the teaching set forth in Lord Bacon's quaint phraseology:—

'I COMMEND RATHER SOME DIET

for certain seasons than frequent use of physic. . . . For these diets alter the body more and trouble it less.' And whatever the season or complaint, the patient may be fully assured that flesh foods will find no place in the dietary ordered. Ample evi-

dence will, however, be given that with milk, eggs, grains, vegetables, nut preparations, and fruits to draw upon, a table may always be spread bountifully as well as healthfully. Not a few housewives, while guests, have, through the courtesy of those in charge of the culinary department, gained an insight into the principles and methods of vegetarian cookery.

"On two evenings a week the patients and guests have opportunities of listening to lecturettes dealing with the body, and the principles and details of health culture. These valuable addresses are followed by free discussion, which further illumines the path of physical rectitude.

"It will therefore be apparent that not only the sick and diseased, but those who are merely somewhat 'run down,' and those who have caught glimpses of the promised land of health, yet know not how to enter in, will find a sojourn at the Sanitarium full of pleasurable profit."

#### OTHER INSTITUTIONS.

For the benefit of readers living in Australia, it is only necessary to add to the above lucid description a simple statement of the fact that in Adelaide and Sydney are other institutions similar to that at Papanui. The Electro-Hydropathic Institute, Victoria Square, Adelaide, is a most thoroughly equipped, scientific establishment, which has for years enjoyed a growing patronage. In connection with this institution, a country sanitarium is soon to be opened for the benefit of South Australians.

In New South Wales, within easy reach of the metropolis, and accessible from all parts, is the oldest and largest of the Australian institutions, the Sydney Sanitarium. Health-seekers who contemplate a visit to one of these sanitariums, would do well to correspond first with the secretary, as all three are enjoying an excellent patronage, and vacancies are not always to be found on short notice.

WE are just beginning to understand the part that good-thinking holds in good health. Our thoughts are just as real a part of us as are our bodies. A man who persists in thinking unhealthy thoughts can no more keep sound and healthy in body than a man who violates all the physical laws of his nature. —*Dr. Gulick, in The Efficient Life.*

# The Home Treatment of Rheumatism.

BY J. J. BELL, M.D.

THE above treatment of rheumatism may be considered under three headings: (1) dietary, (2) local treatments, and (3) exercise.

### DIETARY.

The diet should be arranged to suit the individual patient, depending on the condition of the digestive organs, the occupation, climate, etc. There are, however, certain foods and beverages which ought to be avoided by all patients suffering with rheumatism. Under this heading would come those things which contain uric acid, or compounds allied to it

ing fish and fowl; the pulses, such as peas, beans, and lentils; peanuts, tea, coffee, cocoa, mushrooms, asparagus, beer, ale, and porter.

The diet should consist of fruits, grains, and nuts, vegetables, dairy products, and fresh eggs. The patient should avoid the use of excessive quantities of albuminous foods. Fruits may be used freely, and an abundance of pure water should be taken.

### TREATMENT.

Rheumatism may occur in many parts of the body, but it is very frequent in the joints,



FIG. 1.

chemically, such as xanthin, hypoxanthin, and guanin.

These compounds with uric acid are grouped together under the term purin bodies. Foods rich in purin bodies always



FIG. 3.

cause a marked increase in the amount of uric acid excreted by the kidneys. And as uric acid has been recognized as a great factor in the causation of rheumatism foods which cause an increased quantity of this substance in the body, ought to be avoided. Among these may be mentioned all kinds of flesh meats, includ-



FIG. 2.

muscles, and nerves. In applying local treatments, we must keep in mind the importance of increasing the blood-supply through the part. Fomentations, hot and cold pours, and compresses, are the most effectual local home



FIG. 4.

remedies. The fomentations may be applied to the part three times daily, for at least fifteen minutes each time. A fomentation will remain hot for about four or five minutes, when it should be changed. Between each fomentation a cold compress may be applied for a few seconds.

The hot and cold pour is a simple efficacious remedy. Water as hot as can be used by the patient, is poured over the part for about one minute, then the coldest water obtainable is used in a similar way for ten seconds. These alternate applications of hot and cold water are kept up for at least fifteen minutes at a time, and may be used three or more times daily.

The compress is applied following either of the above treatments just before retiring, and is worn all night. A piece of linen or calico is wrung out of cold water as dry as possible, and applied next the skin. Over this are three or more layers of thick flannel, wrapped sufficiently tight to exclude the air and yet not to retard the circulation. If the compress is rightly applied, it gets warm in a few minutes and remains warm all night. It is removed in the morning, the part sponged off with cold water, and rubbed briskly with a rough towel. Two or three layers of wadding may be used next the moist cloth, and one or two layers of flannel on the outside, in making the compress.

Where rheumatic pains are general, and affect various parts of the body, the hot pack is an excellent form of treatment. Lay several quilts or blankets over a couch (Fig. 1), and over these a blanket wrung dry out of hot water (Fig. 2). The patient immediately lies down on the warm blanket, which is drawn snugly over his body on both sides, one edge being drawn *under*, the other *over*, the arms (Fig. 3). The dry blankets or quilts are then brought together (Fig. 4), and to heighten the effect hot-water bottles may be slipped in. The patient's head

should be protected with a cloth wrung out of cold water. He should perspire freely, and should be given plenty of water to drink. Follow the pack by a tepid sponge off and careful drying. This treatment is especially effective and easy to give in the case of children.

#### EXERCISE.

Exercise in the open air is also an important part in the treatment. Rheumatism very often sets in after an individual has given up a life of activity for one of sedentary habits. If exercise causes much pain, it may be necessary in some cases to substitute for a time massage and passive movements. This is especially true where stiffening or deformity has taken place.

#### CLOTHING.

Wearing apparel serves the purpose of protecting the body against cold or wet. People should dress according to the weather. To do so would be difficult in this changeable climate, and might involve several changes in the course of a single day; still it is the safest plan to follow. It is a well-known fact that soft, loose textures, whether of wool or cotton, are warmer than firm, tightly-woven goods. This is because the loose cloth holds more air in its crevices and its open spaces, and still air is a poor conductor of heat and cold, thus retaining the warmth of the body and keeping out the cold.

The body, and especially the extremities, should be warmly clad. A linen mesh next the skin, and over this a warm woollen garment, form an excellent underclothing.

## The Story of the Factory of Life.

BY FRANKLIN RICHARDS, M.D.

### No. 3.—The Machinery of Motion.

ALL the work of the body is performed by the action of muscles. The muscle is, in fact, a living engine in which the food is burned and energy liberated. During life some portions of the body are always in motion, so that motion may be said to constitute the most manifest sign of life. During sleep, or when we are sitting still, as we say, the heart, which is really a muscle, continues to beat at regular intervals. It is by means

of the action of muscles that we are able to take our food and digest it. Respiration is performed by the action of muscles. We move the eyes, turn the head, lift the hand, speak, walk, and in fact perform all the movements of the body, by the aid of muscles. The great importance of the muscles is shown by the fact that they make up nearly one-half of the weight of the body.

#### How MUSCLES ACT.

The chief characteristic of muscle is its

ability to shorten; at the same time it thickens and hardens. Clasp the front of the right arm, and notice this change in the biceps when the arm is strongly bent or flexed. It is not the bending of the arm that shortens and thickens the biceps, but the



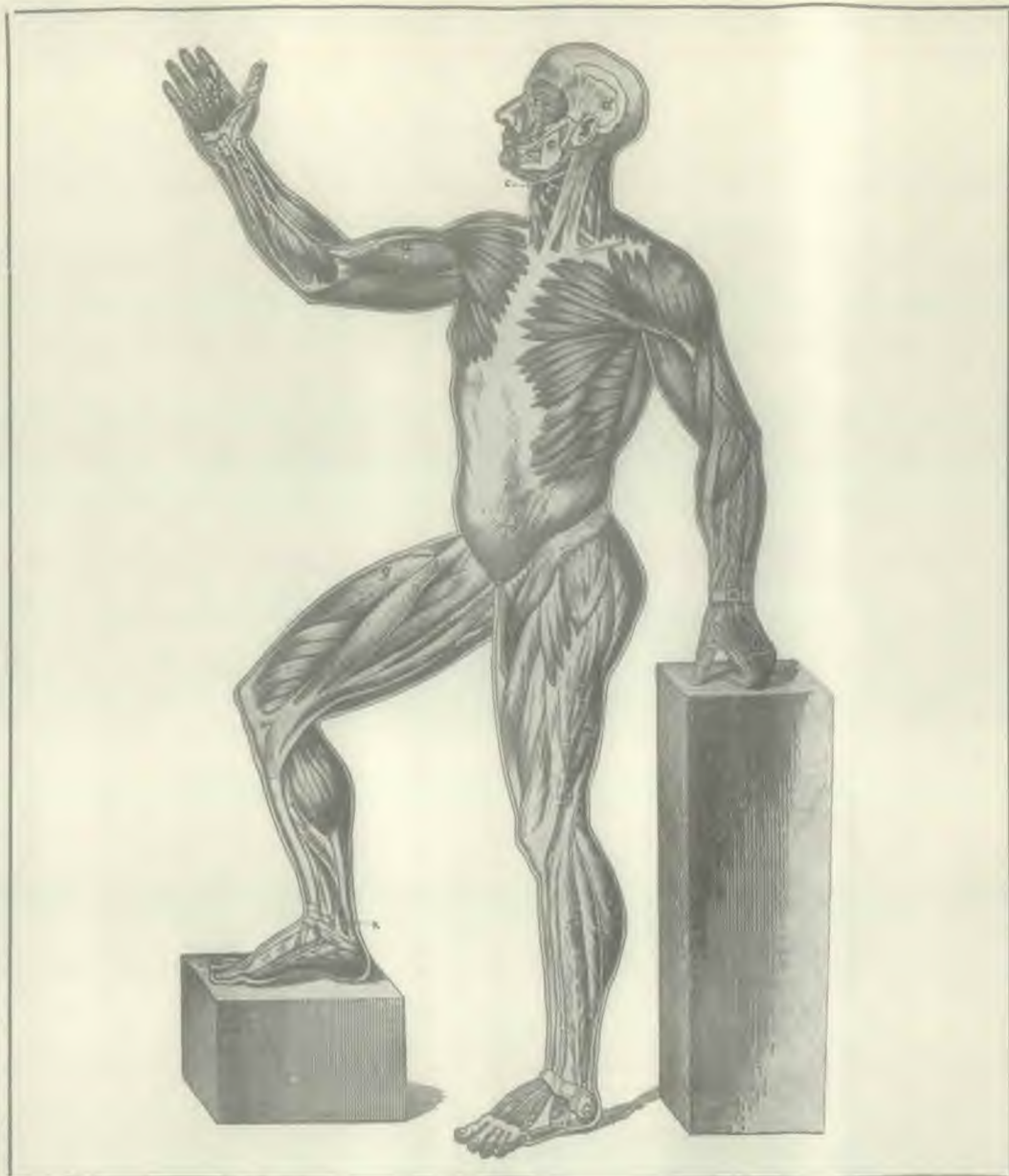
shortening or contraction of the muscle that caused the bending. The bones are not, so to speak, dead organs, for they receive blood, and consequently grow; but they are used

by the muscles as a tool, just the same as a man uses a crowbar. Thus the contraction of muscles enables us to perform the movements of the body. A muscle may be made to shorten as much as one-third of its length. This shortened condition can not be long maintained, however, without pain and weariness resulting. It is a law of muscle-action that periods of work alternate with periods of rest. Even the heart conforms to this law, though in this case the contraction and relaxation both occur within less than one second.

The bones constitute the skeleton or framework over which the muscles are stretched. When the muscles are not well developed, this bony framework becomes unduly prominent, giving to the body an angular and ungraceful appearance. Muscles would be of little use without the bones to which they are attached. When at rest the muscles are slightly stretched and kept taut by this attachment. Because of this fact, when a living muscle is cut, its ends draw apart. Muscles that are not regularly exercised, lose their tightness, or tone as it is called, thus permitting the head and shoulders to droop, and the whole body to become relaxed and deformed.

What a splendid thing it is to have strong and well-developed muscles. In case of accident or emergency, one's own life or the lives of others may depend upon the strength and endurance of the muscular machinery. In the case of a machine of man's invention, certain things must be done in order to keep it in good condition. For example, a watch must be kept clean, and wound at regular intervals. In the same way the muscles must be exercised and given periods of rest. They must also be supplied with proper food; and kept clean and free from waste products, which cause stiffness, soreness, rheumatism, and other muscular troubles, by means of free water-drinking, bathing, and the breathing of pure air.

So far as the muscles are concerned, the average person certainly does not lead a natural life. It is natural for a man to swim, run, and climb; but in the case of students and other sedentary workers, little or no outdoor exercise is taken. As a result of this inactive, artificial life, not only the muscles become weak and wasted, but the brain becomes dull, and other vital organs are in-



jured. While it is perhaps possible to give too much attention to muscular development, it is safe to say that one hundred persons fail in giving too little attention to physical development where one becomes over-enthusiastic.

**ACTION** is a law of our being. Every organ of the body has its appointed work, upon the performance of which its develop-

ment and strength depend. The normal action of all the organs gives strength and vigor, while the tendency of disuse is toward decay and death. Bind up an arm, even for a few weeks, then free it from its bands, and you will see that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system,  
—*Ministry of Healing.*

## A Mother's Talk with Mothers.

CONDUCTED BY MRS. E. SISLEY RICHARDS, M.D.

### No. 3.—The Baby's Wardrobe.

THERE are two ways of doing things, a right and a wrong. It is to be feared that the old-fashioned way of dressing babies does not conform very closely to the requirements of healthful dress. It does not always follow that "a thing of beauty is a joy forever," as many babies would doubtless testify could they but give expression to their opinions.

The old-fashioned binder and the long, heavy skirts, which depend entirely for their

1. Let every article of dress serve a definite purpose. Do not burden baby with a single unnecessary garment.

2. Be sure that every garment is made large enough. The healthy infant grows rapidly, and many materials shrink considerably in the washing.

3. Arrange the clothing in such a way that all parts of the body will be sufficiently clothed, none over-dressed.

4. Study to make each garment simple in itself, so that it can be easily and quickly



FIG. 1.

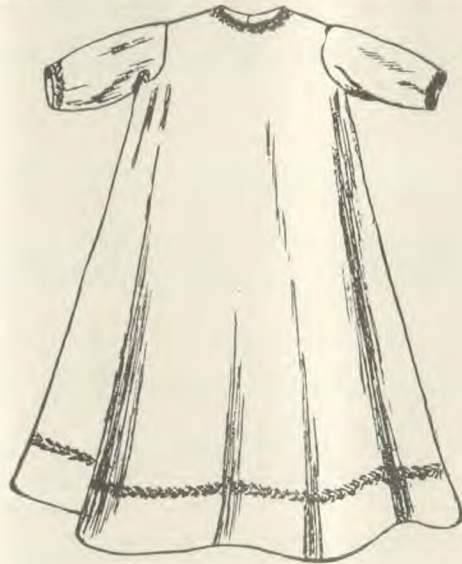


FIG. 2.

support upon bands tightly fastened about the baby's waist, can not be conducive to comfort and proper development. Then, too, the practice of leaving the arms and neck bare, while the body and limbs are over-clothed, is doubtless the cause of much disease.

All that baby demands of clothing is that it shall keep him warm and allow perfect freedom to all his muscles. It is probable that the question of frills and laces does not appeal very strongly to the infant mind.

In preparing the baby's wardrobe let every expectant mother bear in mind these few suggestions:—

adjusted.

5. The weight of all skirts or pinning blankets should be carried by the shoulders.

6. The dresses should not be more than thirty inches in length from shoulder to hem; and the skirts accordingly. Long, heavy skirts hinder baby's activity and development.

A wardrobe that has much in its favor consists—besides the flannel band and diaper—of only three pieces, a shirt, a skirt, and a dress. The first garment is cut after the princess style, and takes the place of both shirt and barrow-coat, thus simplifying the wardrobe (See Fig 1). Opinions differ as

to the fabric from which this garment should be made. Some prefer a soft flannel, but the general opinion is that it is better to employ either cotton or linen next to the skin. A soft, white flannelette serves the purpose nicely, or one of the cotton or linen cellular cloths so much used for adults' undergarments, would be excellent.

The skirt is of flannel, and should be made with sleeves for a winter baby (Fig. 2). It may be decorated in any desired way. The third garment is a little dress of cambric or nainsook, which may be made in any suitable style (Fig. 3).

The chief advantage of this wardrobe is that as the three garments all close in the back, they can be arranged one within the other, sleeve within sleeve, and all slipped over baby's head at once. With the ordinary style of dress, baby is turned from back to front, and from front to back, an indefinite number of times during the process of dressing; but this unpleasant exercise is quite dispensed with in this suggestive wardrobe. Also it will be noticed that the weight of the garments is all borne by the shoulders, and that there are no constricting bands, which are matters of great importance.

The flannel band is needful only during the first few days of life. It should be made of soft flannel about six inches wide and twenty inches long. It should be fastened with just enough snugness to hold the needful dressing in place. Many mothers believe a tight band to be necessary in order to prevent the occurrence of rupture. This idea is entirely erroneous. A tight band is not only unnecessary, but positively injurious.

Concerning the diapers, it is best to provide two varieties. Butter muslin is excellent for the soft, inner ones, as it launders very easily and dries quickly. Two dozen of these napkins would require twenty-four yards of material at two pence halfpenny or three pence per yard. Swansdown or Turkish diapering is perhaps the most satisfactory

for the heavier napkins, of which there should be about two dozen.

Some may desire to add to this wardrobe a white petticoat; but this is really unnecessary during the early weeks of life, as it is baby's business to sleep and eat, and sleep again; not to appear frequently on dress parade. For night wear, no better garments can be devised than a shirt and a skirt similar to those worn in the day, as their chief recommendation is the comfort and freedom they afford.

When the time comes for short coating the baby, it is best to replace the loose princess shirt with a knitted singlet, provided with tabs for the support of the diaper. Or, if desirable, a little flannel bodice may be made on purpose to support the diaper, it being worn under the singlet (which should have a high neck and long sleeves). Warm stockings and shoes should also be added to the wardrobe. The skirt may still be made in princess style, as this mode affords ample room for growth, and obviates the frequent alterations necessary when an ordinary skirt is worn. The winter skirt should be made with sleeves, as the arms need to be as warmly clothed as other portions of the body.



FIG. 3.

In selecting baby's shoes or boots be sure to get those that conform to the natural shape of the foot. These natural-form boots may be had from many dealers, and are vastly superior to the old-fashioned style, that are so potent in producing deformities of the feet.

In planning baby's wardrobe keep ever in mind the questions of greatest importance. Make the little garments as pretty and dainty as you please, but under no consideration sacrifice comfort or health on the altar of beauty.

"If you haven't what you like, try to like what you have."



**School-Lunches for Children.**

MANY are the little children who are obliged day after day, and week after week, to carry their lunches to school. Fortunate it is that these little folk are usually hungry, and able to enjoy what is provided for them, else there might be some complaining. Were they as fastidious as their elders, they would doubtless oftentimes have occasion to complain of the monotony of their daily fare, as it can not be denied there is seldom much variety in children's school-lunches.

The busy mother is apt to think that anything will do for Bobby to carry in his lunch-basket, but it should be remembered that even Bobby's school-lunch is a matter of considerable importance; for Bobby is a growing lad, and whether or not he grows to be a strong, sturdy, useful man depends quite largely upon his present feeding. Consequently Bobby's mother should see to it that every day he has a lunch which is wholesome and withal palatable.

Following are a few suggestive school-lunches for the boys and girls:—

1.	Bread and Butter. Fresh Apples.	Hard-boiled Egg. Bananas.
2.	Bean Sandwiches. Fresh Fruit.	Plain Sponge-cake. Walnuts.
3.	Nut-meat Turnovers. Date Sandwiches.	Fresh Celery. Oranges.
4.	Lettuce Sandwiches. Steamed Figs.	Wheatmeal Rolls. Almonds.
5.	Tomato Sandwiches. Bread and Nut Butter.	Hard-boiled Egg. Fresh Pears.
6.	Bean Sandwiches. Apples.	Jam Sandwiches. Stuffed Dates.

**BEAN SANDWICHES.**—Select either lima or good haricot beans; wash well and soak for a few hours in cold water, and stew until tender, and covered with a rich, broth-like juice; press through a colander to remove skins, season with salt and herbs if desired, and spread between slices of bread and butter.

**TOMATO SANDWICHES.**—Choose firm yet well-ripened tomatoes; wash and peel, then cut in thin slices, sprinkle with salt, and place between slices of buttered bread.

**STUFFED DATES.**—Thoroughly wash some good dates, remove the stone carefully from each one, and put in its place a walnut meat. This makes a wholesome sweet that the children always appreciate.

Recipes for plain sponge-cake, date sandwiches, lettuce sandwiches, and nut-meat turnovers are given in the December, 1907, number of GOOD HEALTH.

**Preparation of Food.**

It is wrong to eat merely to gratify the appetite, but no indifference should be manifested regarding the quality of the food, or the manner of its preparation. If the food eaten is not relished, the body will not be so well nourished. The food should be carefully chosen and prepared with intelligence and skill.

For use in bread-making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.

The use of soda or baking-powder in bread-making is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. Many housewives think that they can not make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and to a natural taste, it would be more palatable.

In the making of raised or yeast bread, milk should not be used in place of water. The use of milk is an additional expense, and it makes the bread much less wholesome. Milk bread does not keep sweet so long after baking as does that made with water, and it ferments more readily in the stomach.

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, so far as possible, the yeast germs shall be destroyed. When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not apply however to unleavened bread. Fresh rolls made of wheaten meal, without yeast or leaven and baked in a well heated oven, are both wholesome and palatable.—*Ministry of Healing.*

“THE amount of love we have for a thing, determines the enjoyment we get out of it.”

## Answers to Correspondents.

92. **Apple Cider in Dyspepsia.**—F. F. L., Lancefield: Would you please state what you think of apple cider as a drink for a person who is much troubled with dyspepsia, and spots before the eyes? *Ans.*—If by apple cider is meant the fresh or sterilized juice of sound, ripe apples, I have no hesitancy in recommending this drink being taken an hour before meals in certain forms of dyspepsia. If the fermented juice of the apple is referred to, it can not be recommended in any condition of either health or disease. The best form in which to take apple cider is that of the fresh ripe fruit.

93. **Rheumatism.**—B. E., Mt. Gambier: Can you recommend anything for one who is a constant sufferer from rheumatism in the limbs? *Ans.*—Hot blanket packs to the legs will relieve the pain and will also exercise a curative effect. When the pain subsides somewhat, massage is indicated. Wet-sheet packs aid in eliminating the poisons which produce rheumatism, as does also the free drinking of water and the use of citrous fruits. A cleansing enema should be taken two or three times a week.

94. **Albuminuria, Gluten in Diabetes.**—R. N., Greenwich: 1. Would you kindly advise through GOOD HEALTH as to diet and general home treatment for albuminuria? *Ans.*—The treatment of albuminuria is chiefly dietetic. It is due to the use of flesh foods or over-indulgence in other albuminous foods, such as eggs, nuts, or the pulses. The indication, therefore, is to exclude flesh meats, and use sparingly the other foods mentioned. Sufficient out-door exercise should be taken to utilize in rebuilding muscular and other tissue, the nitrogenous part of the food. The diet should consist chiefly of fruits and cereal foods, with a moderate proportion of nuts.

2. Has gluten the same value for this complaint as for diabetes? *Ans.*—No; the use of gluten in any but very moderate amounts is contra-indicated in albuminuria.

3. Do you treat this complaint at the Sydney Sanitarium? *Ans.*—Yes.

95. **Impoverished Blood, Bland's Pills, Adipose Tissue.**—A. Z., Sydney: 1. What would you prescribe for a person suffering from poverty of blood? *Ans.*—Food rich in blood-making elements, such as fats, albumin, and iron. I have seen the blood of a patient suffering from pernicious anæmia, which is the worst form of impoverished blood, gain sixty per cent. in both coloring matter and cells, within five weeks' time. The food given daily consisted of three pints of buttermilk, about four ounces of cream, eight or ten wheatmeal biscuits, and two or three pounds of fresh, ripe fruits. In other cases, as great a gain is made on a more ordinary diet of fruits, nuts and nut preparations, and cereal foods, with the addition in some cases of milk, cream, and eggs. In the way of treatment, sun-baths and cold friction-baths, are to be highly

recommended, as is also deep breathing of pure air day and night, special attention being given to increasing lung capacity by means of breathing exercises.

2. What is your opinion of Bland's Pills as regards the above ailment? *Ans.*—I am not alone in the opinion that they are of no use whatever. The gain in hæmoglobin (red coloring-matter of the blood) following their use, is transitory; and they in no wise influence the cause of anæmia, which is mal-nutrition, or toxæmia.

3. What would you advise for bill of fare for persons desirous of putting on adipose tissue? *Ans.*—The fattening foods are sugars and starches. Fats and oils are also useful in limited quantities. In oriental countries a diet of porridge with cream and dates is in great favor. Amongst the Sanitarium Health Foods to be specially recommended are bromose, maltose, malted nuts, and the farinaceous foods, such as corn flakes, granose, granola, and nut grains.

96. **Wheatmeal Bread.**—J. P., Masterton, N. Z.: Can you give a recipe for making wheatmeal bread? *Ans.*—Recipe for the above will be found in the Home Department of this journal in the next issue.

97. **Weak Heart.**—M. R., Ulverstone: Kindly give information concerning the diet for a person with weak heart. *Ans.*—The chief thing is to avoid foods and the combination of foods which cause pressure on the heart through fermentation and distention of the stomach. To this end, such combinations as fruit and vegetables, fruit and milk, etc., should be avoided. In general, the food should be nutritious and digestible. Give special care to mastication. Avoid drinking at meals, or soon after meals.

98. **Eczema.**—M. F., Cessnock: Kindly give the remedy for eczema. *Ans.*—See question No. 29, found in issue of September, 1907.

99. **Indigestion, Shortness of Breath, Etc.**—A. H., Tawanga. A. H., Tawanga, suffers from the above and other symptoms, and desires advice as to diet and treatment. *Ans.*—The food should be simple and easily digested. For breakfast, would suggest granose or corn flakes with cream and fruit, with an occasional poached egg on toast to add variety. Dinner may well consist of a few ounces of protose or nut meat, with toasted bread, baked potatoes and green vegetables. Tea should be light and simple,—fresh, ripe fruits alone, or with granose or wheatmeal biscuits or flakes. Treatment: Fomentations to abdomen after meals, three changes, five minutes each; heating abdominal compress at night; cold friction on rising; and cleansing enema three or four times a week, followed by small, cold enema (one half-pint at sixty degrees Fahrenheit).

100. **Disagreeable Taste and Breath.**—T. C., Milson's Point, complains of disagreeable taste and

breath on rising. *Ans.*—This trouble may be due to over-eating, or especially to taking food in the evening. Would suggest that T. C. try doing without tea for a time. Water should be freely drunk for an hour or two before bedtime, and the teeth and mouth thoroughly cleansed. If the dinner-hour is not later than two o'clock, a few oranges, or other juicy fruit, may be eaten at 7 P. M.

101. **Catarrh, Anaemia, Growth, Etc.**—A. M. S., Wangamine, W. A.: 1. State cause and cure of catarrh of the nose and throat with deafening noises in the head. The age of the patient is forty-two. Also state whether the disease is curable. *Ans.*—A common cause of catarrh is repeated colds producing chronic congestion of the upper air-passages. Dyspepsia also frequently results in catarrhal inflammation of these parts. The deafness is due to the inflammation extending to the middle ear. The noises and headache are likely due to the same cause. In a case of as long-standing as this, the constant observation and services of a competent physician are essential to a cure.

2. Can you tell me the foods and general treatment for anaemia? patient is seventeen years of age, and uses no tea or condiments, and diet consists chiefly of vegetables. *Ans.*—The foods to be used in this case are those which for the most part are now avoided. The patient is evidently on an impoverished diet, so far as fats and nitrogenous foods are concerned. Vegetables alone will not supply all the needs of the body; and impoverished blood results from their exclusive use. The patient should take eggs and milk, or nuts and nut preparations, to make up this deficiency in the diet. Fresh fruits also should be eaten. For treatment and other suggestions, see answer to No. 95.

3. What is the cause and cure for a growth over the eye of a boy ten years of age? *Ans.*—It is impossible to decide as to the nature of this growth, cause, or proper treatment for same, without a personal interview and examination. Consult a competent physician.

4. Does harm result from drying the hair in the sun? *Ans.*—No harm results to the hair. The head ought not to be exposed to the direct rays of the hot sun.

5. Does it injure the sight to read while lying on the back? *Ans.*—Yes.

102. **Food Combinations.**—F. R. E.: Are the following food combinations injurious? (a) Honey and vegetables; (b) cooked fruit with fresh fruit; (c) fruit with legumes; (d) tomatoes with vegetables. *Ans.*—No.

103. **Food, Kind and Quantity.**—M. A. M., Mount Myrtle: What kind and quantity of food is best suited for a person over sixty years? *Ans.*—No special diet is needed for this period of life. Wholesome, digestible food, with proper quantity, will be found in a diet consisting of fruits, cereals, vegetables, and nuts, with eggs and dairy products. The quantity of food required is somewhat less than during middle life.

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