

GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

April 1, 1908.



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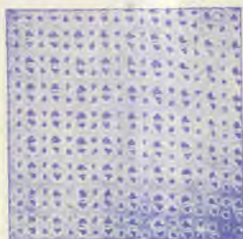
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Good Health, April 1, 1908



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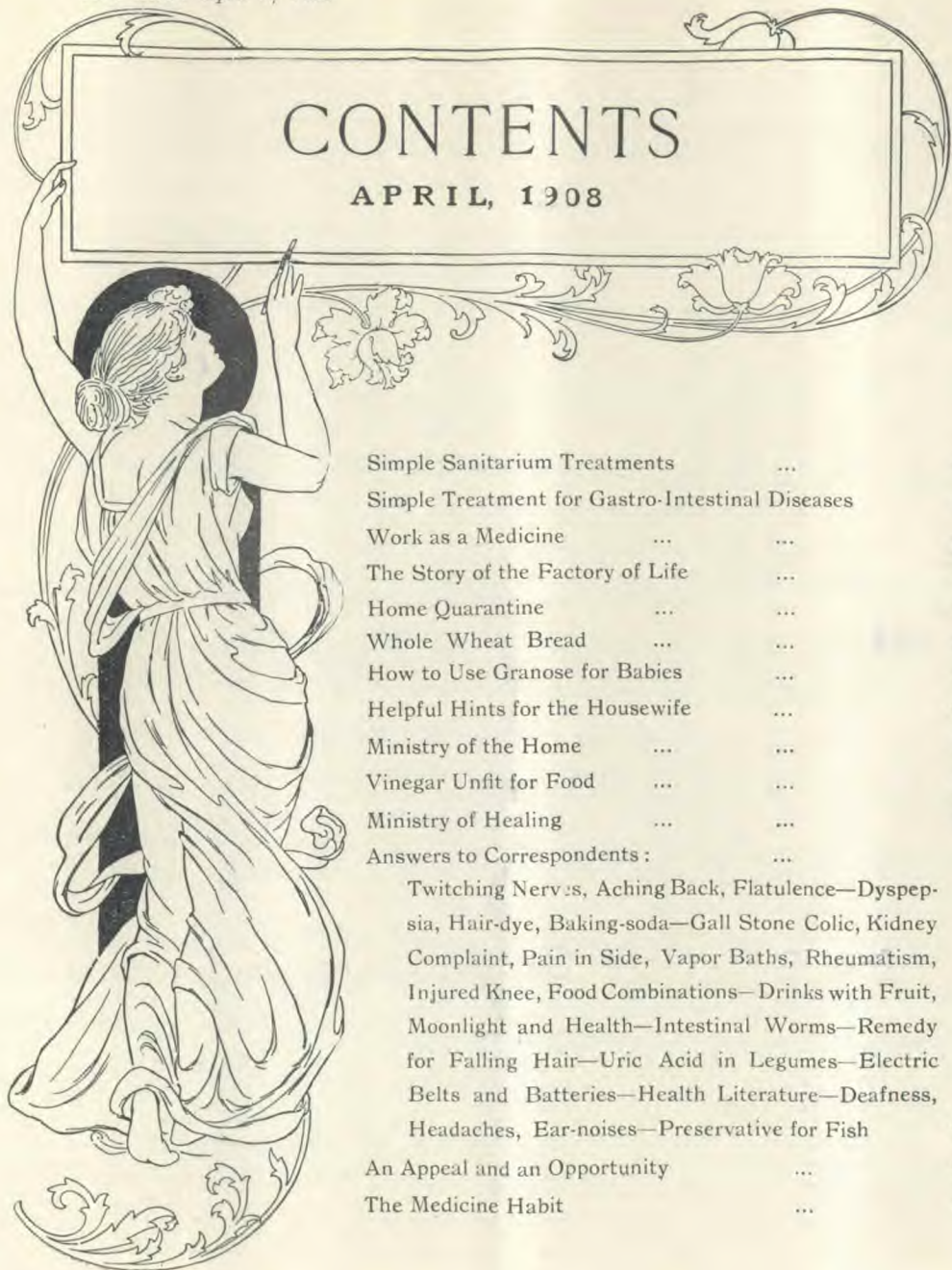
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Prepared by the Sanitarium Health Food Co., Cooranbong, N. S. W.

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Good Health April 1, 1908.



To sit on rocks, to muse o'er flood and fell,
To slowly trace the forest's shady scene,
Where things that own not man's dominion dwell,
And mortal foot hath ne'er or rarely been;
To climb the trackless mountain all unseen,

With the wild flock that never needs a fold;
Alone o'er steeps and foaming falls to lean:
This is not solitude; 'tis but to hold
Converse with Nature's charms, and view her stores
unroll'd.
—Byron.

GOOD HEALTH

A Teacher of Hygiene

Vol. II.

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

No. 4.

Simple Sanitarium Treatments.

BY GEORGE THOMASON, M.D.

FOOT- LEG- AND ARM-BATHS.

APPLICATIONS of water to the feet produce various therapeutic effects not only upon the feet themselves, but upon the pelvic and abdominal contents and even the brain, the results varying, of course, according to the temperature of the water used. These effects are due to the anatomical fact that the soles of the feet are in intimate nerve relation and communication with the abdomen. Priessnitz, more than a hundred years ago, recognized this relationship, and made practical use of it, reasoning logically that if getting the feet wet and cold would in some cases produce pelvic and abdominal inflammation and other ill effects, it must then be equally possible by carefully regulated applications to the feet, to influence favorably disease processes in this area.

THE HOT FOOT-BATH.

An ordinary pail may be used for this purpose as well as for foot-baths at other temperatures. The water should be as hot as can be borne. As the bath progresses, the feet will tolerate a higher temperature, so hot water may be gradually added until a temperature of 118 or 120 degrees Fahrenheit is reached. The bath is continued a varying length of time, according to the result desired.

A most excellent means of preventing colds following exposure, is the hot foot-bath for ten to fifteen minutes combined with wrapping the body in a warm blanket, and the drinking of half a pint or more of hot lemonade just before retiring.

Following a severe sprain of the ankle, the hot foot-bath will wonderfully relieve the pain, and continued for fifteen minutes night and morning will greatly assist in reducing the swelling and in carrying off effused material which has collected in the joint.

A congestive headache due to mental strain, worry, or great emotion, will be almost instantly relieved by the hot foot-bath. The water should be as deep as possible in order that the more blood may be thus diverted from the brain to the feet and legs.

A cold cloth or towel wet in cold water, should be placed about the head and changed frequently, thus diminishing the

amount of blood in the brain. Some who find difficulty in taking the cold morning friction bath will be made very comfortable by standing in a hot foot-bath while applying cold water to the rest of the body.

The hot foot-bath used for any purpose should be concluded by dashing cold water



Cold Friction Foot-bath

over the feet immediately before drying, to produce vigorous reaction.

THE COLD FOOT-BATH.

The water for this purpose may be used at a temperature from 40 to 60 degrees Fahrenheit. Those habitually suffering from cold feet, will find great relief by using the short cold foot-bath accompanied by friction. A very excellent procedure is to stand in a vessel containing from one to two inches of very cold water, alternately rubbing the top of one foot with the sole of the other. The feet should change places every five to eight seconds, and the bath should be continued only one or two minutes, the feet then being dried by brisk rubbing with a coarse towel. The lumberman of the Canadian woods, when suffering from cold feet, removes his boots and rubs his feet vigorously with snow, and on replacing his boots finds his feet delightfully warm.

A cold rubbing foot-bath, continued one to three minutes, is an excellent means of relieving constipation, acting as a direct stimulant upon the intestines. When used for this



The Hot Leg-bath.

purpose the water should be as low as forty-five or fifty degrees Fahrenheit.

Persons suffering with congestion or inflammation of the bladder, or other pelvic organs,

must, of course, carefully avoid the cold foot-bath. Such patients find relief by the use of the hot foot-bath, concluded with a mere dash of cold water over the feet.



The Arm-bath.

THE ALTERNATE HOT AND COLD FOOT-BATH.

For this purpose two pails are necessary, one containing water as hot as can be borne, the other very cold water. The feet are first placed in the hot water for about a minute, then changed to the cold for twenty seconds, thus alternating for ten to fifteen minutes. This is a most excellent procedure for chilblains, especially if taken just before retiring. It is also a splendid tonic to the veins and tissues in cases of varicose veins of the legs. Ulcers arising from varicose veins, and other indolent ulcers of the legs, are marvellously stimulated in the healing process, by this form of treatment.

ARM-BATHS.

These simple and useful measures are, obviously, so well understood as not to require detailed instructions. The water should be as hot as can be borne without burning, and more boiling water added from time to time. Whitlows, sprains of the elbow or wrist joints, chronic ulcers, burns, bruises, and similar disorders, may be relieved and often healed by the use of arm-baths.

It is interesting to note that a cold hand-bath is very effective in checking nose-bleed. This action is brought about reflexly through the agency of the nerves. Hæmorrhage from the lungs is also retarded by the same procedure. The combined arm- and leg-bath, taken as hot as can be borne, is a very useful procedure for relieving congestion of the nose and throat. Acute colds in the head quickly yield to this form of water treatment.

Simple Treatment for Gastro-Intestinal Diseases.

"TOO LITTLE attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted."—*Ministry of Healing*, p. 128.

In reference to sickness,
No saying is truer,
Than "timely prevention
Is better than cure."

The diseases of the stomach and bowels in children and adults, commonly known as cholera morbus, cholera infantum, diarrhœa, dysentery, etc., most frequently make their appearance in the summer time, when food and drink quickly undergo decomposition, and when one's vitality may be so lowered as to invite disease.

Gastro-intestinal troubles are usually traceable to unwholesome food and drink, which can not be acted upon by the fluids and rendered harmless. They undergo fermentation, gases and acids are formed, which distend and irritate the stomach and bowels, producing pain, vomiting, and diarrhœa. The pain is the result of nature's effort to rid the system of decomposing poisonous substances. An irritable condition of the stomach and bowels may remain for many days after this poisonous material has been expelled.

In the hot weather the most careful selection of food should be made to avert disease. Fruit that is unripe or over-ripe should not be eaten. Skins and seeds should be rejected. Milk should always be sterilized, and never taken when about to sour. Flesh food should be set aside altogether.

TREATMENT.

While in this condition, the patient should fast for a while, as the system in general is too busy ridding itself of poisons, to bestow any labor on the digestion of food. The digestive fluids are now inferior in quality

and reduced in quantity; if food, therefore, be taken under these conditions, it will probably pass from the bowels undigested and unchanged, showing that no nourishment whatever is derived from it. Abstinence from food, therefore, for a time, is an important factor in hastening recovery.

During the fast, hot or cold sterilized water should be freely drunk for the purpose of cleansing the alimentary canal and increasing elimination through the skin and kidneys.

To subdue the pain, place a hot fomentation over the stomach and bowels. This application should be renewed every few minutes until relief is obtained.

Give a copious warm enema to thoroughly cleanse the bowels, which are probably laden with disease germs. If blood is present in the stools, and the patient is living at a distance from medical assistance, follow with an injection of about a pint of cold water or starch solution, which is sure to be obtainable at short notice. The benefit of its soothing and binding qualities upon the bowels, will be felt at once and appreciated.

After a fast of from twenty-four to forty-eight hours, according to the severity of the case, barley water or gluten gruel or granose gruel may be taken. Then milk or cream with zwieback, may be added. As recovery advances, return carefully to the use of solid food.

A. STUTTFORD, M.D.

Work as a Medicine.

ONE of the most noticeable things among the unemployed is the rapidity with which they age. The more delicately adjusted a piece of machinery is, the quicker it rusts out and goes to ruin when not running.

When the mind is not healthfully employed and constantly exercised, it ruins itself very quickly. There are many instances in history where great men, when deprived of liberty, when their employment was taken away from them, very quickly went to pieces. They were unable to sustain the shock. Statistics show that great mental workers are, as a rule, long lived. Activity is conducive to longevity.

There is nothing like having plenty of work, something to look forward to constantly, something to plan for, to live for. There is nothing more fatal to growth and normal living than the monotony which comes from mental inaction; nothing more fatal to growth than stagnation.—*Success*.

The Story of the Factory of Life.

BY FRANKLIN RICHARDS, M.D.

No. 4.—The Telegraph System of the Body.

In a large factory where many different kinds of work are being done, it is necessary to have some system of communication between the various workers. It is also necessary that all be under the guidance of a head. This principle is most perfectly carried out in the human body. The brain, spinal cord, and nerves constitute a telegraph system. The brain is the head office; in the spinal cord are many sub-offices; the nerves correspond to the wires.



The brain and spinal cord constitute the central nervous system. Several sub-divisions of the brain are recognized, the large anterior and upper portion (*FE*), is the *cerebrum*, or big brain; underneath this, at the back (*D*), lies the *cerebellum*, or little brain. This part contains the *arbor vitæ*, or tree of life. In front of the cerebellum is the *pons varolii*, or the bridge of the brain. Below the pons and cerebellum lies the *medulla* or bulb, which is really an enlarged portion of the spinal cord. The cord is about eighteen inches in length and weighs two ounces. Coming off from the pons and bulb are twelve pairs of *cranial nerves* (nos. 1-12). One of the largest of these is the *optic*, or nerve of sight (*G*); there are thirty-one pairs of *spinal nerves*, making forty-three pairs in all. These run to every part of the body (illust., p. 69), and messages

are constantly being received and transmitted by the busy workers in the centres of the brain and spinal cord.

In the brain alone it is estimated there are 600,000,000 nerve-cells (the first of this series of articles contains an illustration of a nerve-cell and nerve-fibres, see January number, p. 11). These nerve-cells are divided into groups, and each group presides over some part of the body. For example, the group of nerve-cells which control the muscles of the arm, are referred to as the *arm centre*. When the cells of this centre are destroyed through an accident, such as a fall or a blow on the head, it is impossible to move the arm, and we say the part is paralysed.

Each nerve-cell is a battery; it contains complex chemical substances which generate the nerve-current in somewhat the same way that the acid and copper and zinc of the electric cell generate a current. But the nerve-current is not electricity, and the man who tries to sell you a toy battery in the form of an electric belt or hairbrush, which you are to wear or use to "strengthen the nerves," shows that either he does not know very much about nerves, or else he is confident that you do not. Although the nerve-current is not electricity, it travels in impulses, or waves somewhat like electricity, but much less quickly than the electric current. Electricity covers from 100,000 to 200,000 miles a second when carried by a copper wire, while a nerve impulse travels over a motor nerve at the rate of 170 feet a second. Yet this is quick work for living tissues, and is sufficiently rapid for the performance of nerve-function. In one-thirtieth of a second a quick person can tell that a pin has touched his hand. In that brief space of time a message of pain from the hand has travelled up the arm to the spinal cord, been transferred to another fibre, carried to the brain, again transferred, and passed on to the muscles of the tongue.

Nerve-fibres are insulated with fatty material in much the same way that copper wires are insulated with rubber and silk. This keeps the nerve impulse from "jumping the track," getting on to a wrong fibre and reaching an office or centre where the message would be wrongly interpreted

and misunderstood. The diagram in the January number, page 11, shows a nerve-fibre with its insulating sheath and protective covering. It also shows a node or interrupter, which apparently regulates the force of the current.

Instead of finding fault with our nerves for telling us when we are tired, we should become as polite as the Japanese are said to be. We should say, "I thank you, honorable Nerves, for telling me to rest." Instead of complaining when our dental nerves tell us to have a tooth stopped, we should rush away to the dentist as though we were off for a holiday. In like manner, whenever we are punished by disagreeable sensations, we should find out the reason for chastisement, and mend our ways accordingly.

The nervous system may be compared to a wonderful musical instrument—it is like a harp of a thousand strings. This harp of the senses is played upon by the pleasing influences which surround us: the attractive scenes of nature, the song of the birds, the perfume of the flowers, the refreshing flavor of earth's fruits,—all contribute to the harmonious music which delights the mind. The senses are the only avenue through which uplifting spiritual influences may reach the soul, and mould the character. It is therefore of utmost importance that nothing be done to derange this delicate instrument, and bring in discord and confusion.

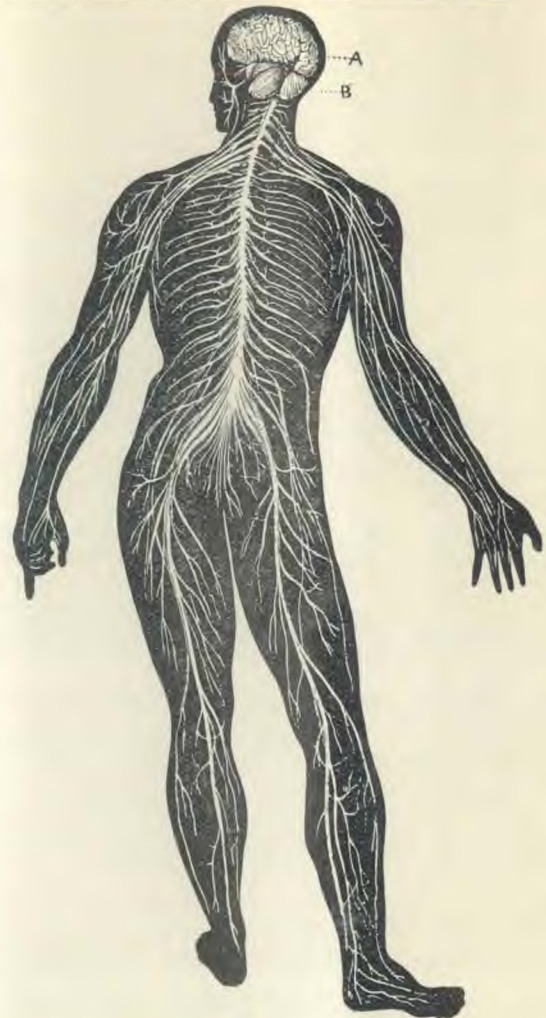
In all ages man has sought to obtain sense pleasures in unlawful ways, but the ultimate result of this has invariably been the production of pain and misery, with deformity of character. The most wide-spread methods of unnaturally stimulating the nervous system are those which have to do with the use of stimulants and narcotics.

A stimulant is a whip used to force into action a tired or worn-out part of the body. This is implied by the Latin origin of the word, *stimulo*, I goad.

A narcotic is a drug which, in small quantities, partially paralyses the nerves and blunts the senses. In large quantities narcotics produce complete insensibility; they deaden pain, and are said to be soothing because of this benumbing effect.

The most widely used narcotic is tobacco. It is estimated that eight hundred million people use it. Tobacco is a particularly dangerous narcotic, because its effects are slow and insidious. The nervous system is the part most injured by this narcotic; the opti-

nerve is sometimes so benumbed by smoking that blindness results. This effect upon the optic nerve is but an index of the destructive action of tobacco on the entire nervous system.



Many nervous diseases are due to the use of such popular stimulants as tea, coffee, wines, and other alcoholic beverages. Headaches, nervousness, hysteria, neurasthenia, chorea, epilepsy, and insanity are a few of the immediate and heredity products of artificial nerve stimulation.

Worry, anxiety, jealousy, anger, and remorse are a few of the abnormal mental states which are terribly destructive to the delicately constituted nervous system.

Home Quarantine.

BY KATE LINDSAY, M.D.

THE prevention of the spread of infectious diseases by separation of the sick from the uninfected, is practised more or less everywhere except in the homes of the land. Yet in the home is just where isolation would be most effective as a life-saving and disease-preventing measure. If every home were provided with a room fitted up for caring for any member of the family in case of illness, so constructed as to have an outside entrance, and located so that it could be closed up from any direct communication with other rooms in the house, the expenditures of money and loss of time due to illness would be greatly reduced and the death rate notably decreased.

The infectious disorders are especially dangerous among children. Measles, whooping cough, scarlet fever, and diphtheria are often fatal during the first five years of life, most of the fatal cases occurring under this age. Whooping cough and measles are especially deadly from six months to two years. In cases of scarlet fever and diphtheria the mortality decreases after ten years of age, and these diseases are seldom contracted in a severe form after twenty. The epidemics of children's diseases are most common in the cold season of the year. With the shutting up of the homes of the nation, by closing doors and windows and the greater crowding together of the family members within four walls, comes a foul domestic air-supply and closer personal contact, with much less out-of-door exercise. The women and children living most of the time in the unhealthful, shut-in environments, are the greater sufferers. The schools also begin to open with the advent of September, and the infection of one home by any contagious disease endangers the health of other households. Thus the whooping cough, measles, scarlet fever, or diphtheria, of the isolated farmhouse carried to the district school on the clothing or person of some student, may spread over the entire neighborhood and infect other distant country homes.

Epidemics are often more difficult to control and stamp out in the country than in the city where the contagion hospital is handy and the board of health

better organized. The absence of the contagion hospital indicates the need for the farmhouse quarantine room, and the more or less imperfect rural board of health system indicates the need of every family having its own sanitary regulations. Many healthy country children of school age have measles, scarlet fever, whooping cough, or other children's diseases in a mild form. They are in no serious danger of either death or damage to health from these disorders.

YOUNG CHILDREN MOST LIABLE TO INFECTION.

But at home are the infant members of the family, not yet of school age, who are liable to infection from their older brothers and sisters, and likely to have these diseases in a severe and speedily fatal form, or else their health may be permanently injured and death result a few years later from tuberculosis or some other chronic disorder. The writer once had such a case with which to deal. A sturdy youth of eighteen had a mild attack of scarlet fever. He came home, and was warned not to mingle with the younger members of the family, which consisted of eighteen-months-old twins, his half brother and sister. The young man, being away from home at the time of their birth and not having seen the children, was very anxious to have them brought to his room, as he arrived late the night before and did not see them, fortunately, at the time of his arrival. The physician called early the next morning to diagnose his case, positively forbidding any communication between the youth and the babies, prescribed the needful treatment of the case, reported it to the health officer, and went on her way. She was satisfied in mind that no member of the family was likely to suffer from the spread of the infection, as the parents had both had the disorder and the little ones were to be sent to their grandparents, half a mile distant, at once. Calling next day to see her patient, you may well imagine her chagrin to find the young man sitting up in bed playing with the innocent little ones. The health officer had tacked up a scarlet fever sign on the gate post to save the children outside from

infection. It did not protect the babies in that home. Some wise old lady had diagnosed the young man's disorder as scarlet rash, which she assured them it was better for them to get through with while young. Four days later the little sister awoke feverish and with sore throat, vomiting, strawberry tongue, and all the symptoms of scarlet fever. Next day the little brother was ill too. The tenth day both children died of malignant scarlet fever. The youth and his thoughtless parents were left at home to meditate on the folly and fatality likely to attend the voluntary exposure of tender infants to contagious, infectious disorders.

THE WISDOM OF PRECAUTION.

If a wise system of home sanitary regulations were established by the head of all homes, such sad bereavements would be much lessened in number. When a member of the family would complain of feeling ill and having a sore throat, rash, or any other symptoms of contagious disorder, he could be retired to the quarantine room at once, where he could be put to bed and made comfortable until the arrival of a physician. If it should prove some simple disorder and not dangerous to the life of others, no harm is done to any one. Should it prove to be a case of contagion, who can tell the good done to the other members of the family and the community? Also, consider the saving even from a money standpoint. It is cheaper to care for only one case of family illness, rather than to have the whole household sick. In most homes now constructed, no provisions have been made for a home quarantine room, therefore a selection must be made of the one most suitable for this purpose, well ventilated, and with an outside door, also in communication with another room where water can be heated and disinfecting done, or the room, if large, may be divided with a curtain or screen; all carpets, heavy curtains and upholstered furniture, or anything likely to hold infection, should be removed. The bed, a few plain chairs, cheap rugs, two or three tables, a number of cheap, bright pictures on the walls, and vases for flowers, with a screen or two, are all that are needed. A closet or wardrobe is handy if it has shelves and drawers, but should never be used to put away soiled clothes or unemptied slop-pails in. Only medicine bottles, clean linen, and the needed sick-room utensils, after a thorough cleansing, should be put in these useful

receptacles for stowing away things out of sight.

BEFORE THE DOCTOR COMES.

The family needs, for diagnosing illness, a thermometer and carefully cultivated powers of observation. When the temperature is above normal two or three degrees, it may indicate some serious disorder, or only a cold, over-eating, over-exercising, or some trivial disorder, or it may mean the onset of some serious illness. In either case the management is the same until the doctor arrives. Undress the patient and put him to bed, stopping all food and giving him plenty of water to drink. A warm bath is useful and needful in most cases, also an enema to free the bowels. If there is sore throat, a gargle of peroxide of hydrogen and water, one part to four of the water, is good; also hot fomentations. Pain in the bowels is often relieved by hot applications; sickness of the stomach, by free tepid water drinking or a lavage to free the digestive organs from fermenting food. A chill can be relieved by a hot foot-bath, hot water drinking, and keeping quiet in bed. A warm bath will often hasten the rash in eruptive disorders, and cool sponging or a cool bath is very soothing in cases of fever. A little care at the outset of any infectious disorder may make the whole course of disease light. When the doctor comes he will have charge of the case, but there must be some one who has undercharge, and who will carry out his orders, look after the disinfecting of all discharges from the body, and see to the cleansing and sterilizing of clothing, bedding, and all utensils about the sick-room. The discharges from the body in case of contagious disease, should never be emptied into the water-closet or other closet used by the family. They had best be burned. If they are not burned, disinfect with five-per-cent. carbolic acid solution or with chloride of lime, and bury in quicklime.

Mind Cure.

It is related of Sir Humphrey Davy, that he one day placed a thermometer under the tongue of a paralyzed patient. The man, believing the thermometer to be the remedy, soon felt so much improved that Sir Humphrey continued to give the thermometer treatment for a few minutes each day until the patient was well.



Whole Wheat Bread.

It made in a proper manner and from suitable material, bread is an article of food well fitted to nourish the body. If our tables were well supplied with wholesome and nutritious bread, there would be less desire for sweets, cakes, and other indigestible articles. Bread should in reality be the "staff of life." To answer this purpose it should be light and porous, which renders it easy of digestion. Then arises the question, What may be used in making bread, to supply the necessary food-elements? All these are found in flour made from the whole wheat grain. Fine white flour is not a complete food, as a large part of the most nutritive properties are left out.

In preparing to make bread, the flour selected should be dry and free from any musty or sour smell. Next to good flour, the most important requisite is good yeast. The materials needed for bread-making should be carefully measured out beforehand and the flour well sifted. Approximately, three heaping measures of flour to one measure of the liquid (including yeast) will generally be found

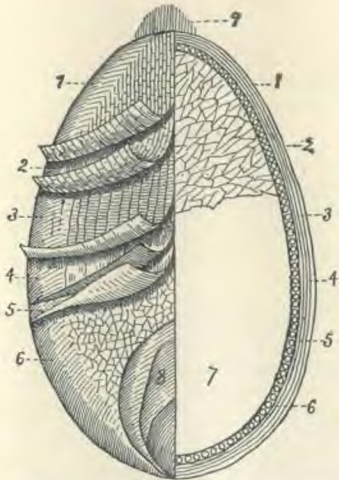
in good proportion. Earthen or china-ware utensils are preferable for use.

Having secured good yeast, the best method of combining it with the flour is as follows: First mingle the yeast with the water—do not use milk, as it renders the bread less wholesome, and prevents it keeping sweet so long. Next, stir the flour slowly into the liquid (which should be lukewarm), then thoroughly beat it so that the yeast will be evenly distributed throughout the whole. Salt may be included if desired. After preparing the sponge in this manner, it should be set aside and kept at an even temperature, from seventy to ninety degrees is best. Never leave it long enough to sink or cave in, but as soon as it is sufficiently light, begin kneading. Much of the excellence of bread depends upon the thoroughness of kneading, since it is essential that every particle of flour be mixed with the yeast.

Bread has been well and sufficiently kneaded when it will work clean of the board, or when, after a smart blow with the fist in the centre of the mass, it will spring back to its original shape like an india-rubber ball. When it has reached this stage, it is ready to be moulded into any shape, rolled or twisted. The loaves should be small, placed in separate pans, and left to rise. When they have increased to double their first size, place them at once in a well-heated oven.

The advantages gained in having the loaves separate and small, are that the heat is even on all sides, and the baking is more thorough. Bread should be baked from one to one and a half hours, so that the yeast germs inside the loaf are as far as possible destroyed. When this is not effected, the yeast germs continue to grow after the bread is taken into the stomach; this is why people often suffer from acidity and flatulence after eating bread. Hot or new bread should not be used, as it is difficult of digestion.

WISDOM is better than rubies; and all the things that may be desired are not to be compared to it.



A GRAIN OF WHEAT HIGHLY MAGNIFIED.

1, represents the woody layer, or bran; 2, the layer just beneath, contains some woody matter, but is also rich in the nitrogenous and fatty elements and in mineral salts; 3, and 4, are cellular layers rich in albuminous material; 5, 6, 7, the central or starchy portion of the grain, which is the chief constituent of fine white flour.

How to Use Granose for Babies.

AS WE frequently receive inquiries from mothers concerning the proper method of preparing granose for babies, it seems best to give some definite instruction on this point, in the mother's department of this journal.

First of all it should be stated that if a mother is healthy and has sufficient milk for her babe, she can do no better than to nurse him until he is nine or ten months old. Mother's milk is the natural food for infants, and there is no advantage in substituting any artificial food, no matter how good it may be. There are circumstances, however, under which it would be better for the baby to receive one or two artificial feedings in the day, and of course in some cases it is necessary to wean the child entirely.

In selecting a substitute for mother's milk, it is of great importance that one be chosen which will supply the food-elements necessary for the proper growth and development of the child. There are very few proprietary foods which supply the necessary nutriment without the addition of milk. Granose must be used in combination with milk in order to constitute a proper food for infants.

For young babies it is best to prepare a granose gruel, which may be used as a diluent for the milk.

To prepare this gruel, boil one granose bis-

cuit, or the equivalent by weight of granose flakes, in one pint of slightly salted water for five or ten minutes, and strain through butter muslin.

This gruel should be combined with milk in varying proportions, according to the age of the child.

It is impossible to give fixed rules for the feeding of infants, as they differ so widely in their digestive ability. However, we may state some general rules, in following which discretion must be used:—

For infants under three months of age, use one part milk to two parts granose gruel.

For infants from three to six months of age, use half milk and half granose gruel.

For infants from six to nine months of age, use two parts milk to one part granose gruel.

For infants from nine to twelve months of age, use granose gruel made entirely with milk.

The milk used should be rich top milk, and in some cases it is necessary to add a little cream to the milk.

The observant mother or nurse should be able to tell whether or not the child is receiving sufficient nourishment. The baby should be weighed once every week during the early months, and if the weekly gain is not satisfactory, it must be concluded that either the food or the baby's digestion is at fault.

The following represents the gain in weight of the average healthy child:—

During the first and second months, the child gains one ounce per day.

During the third and fourth months, the child gains three-quarters of an ounce per day.

At the fifth month, the child doubles its original weight.

During the fifth and sixth months, the child gains two-thirds of an ounce per day.

From the seventh to the twelfth month, the child gains one pound per month.

When one year of age, the child trebles its original weight.

If a child has no symptoms of indigestion and the motions are normal in appearance, and yet it does not seem to be satisfied with its food, or, if it becomes hungry too soon after each meal, the food is not sufficiently nourishing, and a larger per cent. of milk should be used. Many healthy babies from seven to eight months of age, are able to take without the least difficulty, granose gruel made entirely with milk.

But this introduces the question, How many times shall baby be fed in twenty-four hours? This depends quite largely upon the nature of the food given; though we are of the opinion that most mothers make the mistake of feeding their little ones too frequently. The average infant, if healthy, does better with three-hour intervals between feedings than with shorter intervals, even during the early weeks. From the sixth to the ninth month, a healthy child should be able to do with four regular milk feedings, and one fruit-juice feeding in the twenty-four hours. From the tenth month on, three meals a day should be sufficient in addition to the fruit-juice feeding. The mother who adopts this plan of less frequent feedings, will find that her child is able to take stronger food, so that it obtains in the day quite as much nourishment as on the other plan.

It sometimes happens that a baby tires of granose gruel, in which case it is better to introduce some other gruel occasionally, for the sake of variety. Thoroughly cooked oatmeal, or barley-water, may be used in place of the granose gruel in diluting the milk. From six months of age onward, a gruel made from gluten meal may be used occasionally in place of the granose.

In a future article, instruction will be given concerning the use of fruit juice for babies.

Helpful Hints for the Housewife.

SWEEPING FLOORS LAID WITH LINOLEUM.—Instead of using the ordinary soft broom, try covering such a broom with a damp cloth. A dampened flour-sack may easily be tied over the broom. With this method the dust is quickly and easily removed. The cloth can be rinsed out once or twice during the process of sweeping if necessary. It can then be washed again and put away to be used another time.

IN CASE OF BURNS.—It is an excellent thing to keep a bottle of picric acid and some old soft clean cloths in readiness in case of burns. Cloths saturated with a five-per-cent. solution of picric acid should be wrapped about the injured part. These dressings must be kept moist with the solution. Picric acid is preferable to carron oil or other oily substances, as it is antiseptic and at the same time greatly relieves the pain caused by burns.

COVERS FOR MILK PANS.—Basins containing milk should always be carefully covered to keep out dust and bacteria. A good method is to cut a circle of butter cloth a little larger than the top of the milk pan. Make a narrow hem around the edge and run a small tape through this hem. The cover can then be tied snugly over top of the pan. The advantage of these covers is that they

protect the milk from dust, yet admit air freely.

A method which is still more convenient is to utilize one of the common wire, dome-like meat covers. This meat cover should be covered over with butter muslin, which may be removed and washed from time to time.

Ministry of the Home.

THE restoration and uplifting of humanity begins in the home. The work of parents underlies every other. Society is composed of families, and is what the heads of families make it. Out of the heart are the "issues of life;" and the heart of the community, of the church, and of the nation, is the household. The well being of society, the success of the church, the prosperity of the nation, depend upon home influences.

It is by the youth and children of to-day that the future of society is to be determined, and what these youth and children shall be depends upon the home. To the lack of right home training may be traced the larger share of the disease and misery and crime that curse humanity. If the home life were pure and true, if the children who went forth from its care were prepared to meet life's responsibilities and dangers, what a change would be seen in the world!

Great efforts are put forth, time and money and labor almost without limit are expended in enterprises and institutions for reforming the victims of evil habits. And even these efforts are inadequate to meet the great necessity. Yet how small is the result! How few are permanently reclaimed!

Multitudes long for a better life, but they lack courage and resolution to break away from the power of habit. They shrink from the effort and struggle and sacrifice demanded, and their lives are wrecked and ruined. Thus even men of the brightest minds, men of high aspirations and noble powers, otherwise fitted by nature and education to fill positions of trust and responsibility, are degraded and lost for this life and for the life to come.

For those who do reform, how bitter the struggle to regain their manhood! And all their life long, in a shattered constitution, a wavering will, impaired intellect, and weakened soul power, many reap the harvest of their evil sowing. How much more might be accomplished if the evil were dealt with at the beginning!

This work rests in a great degree with parents. In the efforts put forth to stay the progress of intemperance and of other evils

that are eating like cancer in the social body, if more attention were given to teaching parents how to form the habits and character of their children, a hundredfold more good would result. Habit, which is so terrible a force for evil, it is in their power to make a force for good. They have to do with the stream at its source, and it rests with them to direct it rightly.

Parents may lay for their children the foundation for a healthy, happy life. They may send them forth from their homes with moral stamina to resist temptation, and courage to wrestle successfully with life's problems. They may inspire in them the purpose, and develop the power to make their lives an honor to God and a blessing to the world.—*Ministry of Healing*.

Vinegar Unfit for Food.

VINEGAR was never intended to be eaten. It is a product of putrefaction and decay. It is made by setting a great number of fungi to work upon sweet water until acetic acid is produced. This acid, the juice of the fungi, is used upon food as a sauce. The most curious fact about it is that people ever acquired a taste for it. It is not wholesome, it is not food, it is poisonous.

Voix, the great French investigator, demonstrated some years ago by experiments upon guinea pigs, dogs, and rabbits, that vinegar has twice the power that alcohol possesses of producing gin-liver. Gin-liver is a liver covered with great knobs; and it is this same diseased organ that vinegar produces with such ease.

Only a few years ago a young lady died of vinegar poisoning. Examination showed that a hole had been eaten into the stomach by the large quantities of vinegar that she had eaten—three or four ounces a day had been her accustomed ration—for the purpose of becoming thin.

The system does not need vinegar. The lemon gives us a wholesome and a much more palatable acid, and if one prefers the vinegar to the citric acid of the lemon, it is because his taste is vitiated.

Moreover, vinegar contains worms, little eels wriggling about. In fact, the eel is always found in good vinegar. If your vinegar is adulterated, made up of hydrochloric acid and sulphuric acid, there will be no eels in it. They could not live in such an adulteration. If, on the other hand, it is genuine cider vine-

gar, it is certain to have a little world of little eels in it.—*American Good Health*.

Ministry of Healing.

THE above book is a guide to health, peace, and happiness.

It is an elegantly written and beautifully illustrated work. It presents in a new and attractive light a fund of information on practical topics.

The work embraces chapters on GENERAL HYGIENE, DRESS, DIET, STIMULANTS AND NARCOTICS, MIND CURE (true and false contrasted), THE HOME, THE MOTHER, THE CHILD, ESSENTIAL KNOWLEDGE, DANGERS OF SPECULATIVE KNOWLEDGE, THE FALSE AND TRUE IN EDUCATION, HELPS IN DAILY LIVING, and a HIGHER EXPERIENCE.

One who had read the work stated that, "It reveals a simpler, sweeter life; and in language pure, chaste and elevated yet beautifully simple, fully within the grasp of all, points out the way to its realization."

Another reader states that the reading of "Ministry of Healing" could not fail to bring a blessing to any home. The newly wedded will find in the chapter on the BUILDERS OF THE HOME just what will be of inestimable value to them in the home-making; the mother the help she is seeking to assist her in child-training; the sick in quest of health, the most sensible, scientific, and reasonable presentation of the causes of, and remedy for, their maladies."

The work contains over 540 pages, 109 fine illustrations executed by skilled artists, with special reference to this book. It is printed on fine heavy-calendered paper, is bound in cloth, and sold for 7s 6d.

IT IS A DEDICATED BOOK. No individual receives any profit from its sale. All proceeds are to be devoted to the building up of Medical Missionary Training Schools in Australasia, and the support of missionary nurses in the cities and islands.

Individuals have purchased from one copy to £10 worth. The book is well suited for a wedding or birthday present, or gift to a husband, wife, son, daughter, or friend, or as a prize book. A good work also for every Sabbath-school library.

THIS BOOK IS ITS OWN BEST TESTIMONIAL: you will be pleased with it. We have not received one adverse criticism from purchasers.

Orders for "Ministry of Healing" will be promptly filled by GOOD HEALTH, Cooranbong, N. S. W.

Answers to Correspondents.

This department is open to all subscribers; the only conditions are that the full name and address be given, and that a stamp be enclosed for reply, as it is sometimes necessary to answer by post.

104. **Twitching Nerves, Aching Back, Flatulence.**—A. Y., Whangarei: What is the cause of nervous twitching in the back of the neck, and treatment for same? *Ans.*—The sufferer is doubtless in a low state of health, the nerves especially being weak. This may be due to impoverished diet, the absorption of poisons, indigestion, or constipation. Treatment consists in improving the diet in harmony with the instruction given in the Home Department from month to month.

2. Would a strain cause aching in the small of the back? Give treatment for same. *Ans.*—The aching is probably due to the same cause as the nervous twitching, *i. e.*, lack of suitable nourishment, or auto-intoxication. Fomentations applied to the back, followed by the heating compress to be worn over-night, will give relief; due attention being given to the diet as suggested above.

3. Give cause and treatment of flatulence; can it be permanently cured? *Ans.*—Flatulence is caused by indigestion. The gas is produced from the fermentation of food in the stomach, which gives a feeling of distention, and results in belching, etc. As it is merely a symptom it can be permanently relieved by the cure of dyspepsia. Articles dealing with this and other diseases appear from time to time in the columns of this journal.

105. **Dyspepsia, Hair-dye, Baking-soda.**—J. J., Waihi: 1. Is the sugar banana better eaten raw or cooked? *Ans.*—If properly ripe, this variety of banana is digestible and wholesome in either form.

2. Can you give a recipe for hair-dye for grey hair in young person? *Ans.*—We do not advise the use of hair-dyes.

3. Is bread and banana a good combination? *Ans.*—Yes.

4. Is the small quantity of baking-soda in bread harmful? *Ans.*—Yes.

106. **Gall Stone Colic, Kidney Complaint, Pain in Side, Vapor Baths, Rheumatism, Injured Knee, Food Combinations.**—L. G., Charters Towers: 1. Will you advise treatment for a person suffering from attacks of gall stone colic? *Ans.*—During attacks, to relieve excruciating pain very hot fomentations should be applied over the liver, or the hot trunk pack employed. The full hot bath often gives relief. Hot water drinking and hot enemas are also indicated. Eat no meat; take soft water and ripe fresh fruits freely. Copious drinking of hot water acts beneficially in dissolving the mineral substance which accumulates in the gall-bladder and bile-ducts. Diet should be spare; outdoor exercise to point of perspiration should be taken daily.

2. What treatment is indicated for cloudy, offensive urine, which sometimes deposits a

sediment? *Ans.*—The chief indication is the free use of water and fruit drinks; orange and lemon juice is especially beneficial. Free use of grapes and other fruits in season is to be recommended in disorders of this kind. Outdoor exercise, breathing of pure air at all times, and daily use of cold friction-bath, are useful measures.

3. What may be done to relieve a severe pain in the side, accompanied by faintness and pallor? *Ans.*—The application of heat may relieve pain temporarily. The cause of pain should be ascertained by means of thorough examination by a competent medical man. Surgical means may be necessary.

4. Do you advocate hot-air and vapor baths? Is there any danger from using them? *Ans.*—In many conditions of ill health, the occasional use of the vapor-bath is to be recommended. Care should be taken to protect the heart during the bath, by means of the ice-bag or cold compress; congestion of the head should also be prevented by application of cold compress to throat and head. The bath should be followed by a salt glow, cold-shower or friction. After drying well a little oil may be applied to the skin. Taken in this way, there is no danger of cold catching from going out one or two hours after the bath, even in winter weather.

5. What is the best treatment for rheumatism? *Ans.*—See the article in last number on "The Home Treatment of Rheumatism," by J. J. Bell, M.D., F.R.C.P. & S. (Dublin).

6. Would massage benefit a knee injured by a knock nine months ago? Should oil be used? and should strokes be downward? *Ans.*—Massage properly given, would be very beneficial in a case of this kind. An inexperienced person should use care not to produce further injury by rough or awkward handling. Perhaps it would be well for one unaccustomed to giving massage, to limit the movements to simple stroking and rubbing from the foot toward the body. The parts above and below the knee should be treated even more than the joint itself. Any pure vegetable oil may be used to lubricate the skin.

7. Have you a pamphlet on combination of foods? *Ans.*—Several pamphlets bearing upon foods and their proper combination, may be obtained from the GOOD HEALTH Office, or Sydney Sanitarium, or any of our general agents. (See addresses of Tract Societies given on page opposite table of contents.) We would suggest the following: "Food Guide," "Dietetic Errors," "Good Health Cookery Book," and "Science in the Kitchen."

107. **Drinks with Fruit; Moonlight and Health.**—1. Is it dangerous to drink either milk or water when eating stone or other fruit? *Ans.*—Milk and fruit is not a good combination, but aside from this fact there is no special danger in taking drinks with fruit. Water or fruit drinks with fruit are good combinations.

2. Is it detrimental to one's health, mental or physical, to sleep in the moonlight with the head

uncovered? *Ans.*—No. The idea that harm may result from this practice, is an evidence of some traces of superstition still lurking in the mind.

108. Intestinal Worms.—M. L.: How can I tell whether or not my child is suffering from worms? *Ans.*—The only positive proof is to discover the parasites or their eggs in the bowel movements. Restlessness at night, picking at the nose, etc., are only suggestive symptoms. No drugs should be given unless a positive diagnosis is made, and then only under the direction of a physician.

109. Remedy for Falling Hair.—H. M. K., Burwood: Can you suggest a remedy for the above complaint? *Ans.*—Falling hair is the result of impoverished blood, or deficient blood supply to the scalp. The cause is sometimes dandruff, or parasite. The first essential in the way of treatment, is improved quality and increased quantity of blood to the hair follicles. Applications of hot and cold water to the scalp, followed by friction and massage, are amongst the most useful measures in bringing about this result. In the way of a lotion, we recommend the following: Rectified spirits of wine, eight ounces; resorcin, two to three drams; castor oil, ten drops; rub well into the scalp after shampooing. The lotion may be used daily in connection with friction with the finger tips.

110. Uric Acid in Legumes.—R. W. B., Wellington: Do the legumes so much used in our dietary system, contain any uric acid or xanthins, as stated by Dr. Haig? *Ans.*—The legume seed, such as peas, beans, and lentils, do not really contain any uric acid. This substance is found only in flesh foods and parasitic plants, such as mushrooms, and decomposing albuminous foods like cheese. The fact that legumes do not contain uric acid, does not justify one, however, in using these foods freely. Even in health, they should be used sparingly, and in cases of diseases such as rheumatism, should often be entirely discarded. In the hard covering of the bean, is a hard substance called purin. From this substance, uric acid may be formed in the body. In the uric acid diathesis, from which R. W. B. is suffering, all nitrogenous foods should be taken sparingly, as uric acid is formed from the excess of this element.

111. Electric Belts and Batteries.—A. H. L., Port Pirie: Could you recommend electric belts or batteries in the treatment of certain diseases? *Ans.*—Electric belts have no effect upon the body; they sometimes beneficially affect the mind. Electric belts, anti-rheumatic rings, and other similar appliances, are to civilized people what charms are to heathen races. The average electric belt is such only in name; it generates no appreciable quantity of electricity. Electric batteries are, of course, useful in the treatment of diseases provided they are properly employed. A very good battery for home use, is described in our advertising pages.

112. Health Literature.—A. H. L., Port Pirie: Please furnish a list of health books, magazines, and so forth, which you have for sale? *Ans.*—“Stimulants,” 1d; “A Food Guide,” 1d; “Appendicitis,” 3d; “Tobacco Habit,” 3d; “Dia-

betes,” 3d; “Tuberculosis,” 6d; “Good Health Cookery Book,” 2s and 2s 6d; “Science in the Kitchen.” All these can be obtained from the Supply Department, Sydney Sanitarium, Wahroonga.

113. Deafness, Headaches, Ear-noises.—M. B., Gattton: The above symptoms are said to be due to a swelling in the cavity of the nose; what treatment would you recommend? *Ans.*—You should consult a nose, throat, and ear specialist, or thoroughly competent physician, who will ascertain the nature of the growth, and advise treatment. Your case is a complicated one, and should receive the personal attention of a skilled physician.

114. Preservative for Fish.—K. L., Soerabaia: I am a fishmonger in a hot climate, and would like to know of a tasteless, odorless, non-poisonous preservative, which will keep fish fresh for two or more days? *Ans.*—There is no such preservative. So-called harmless preservatives of the borine group, have been found to exert an injurious influence on the body. Preservatives also render the food indigestible. It is illegal and morally wrong to add preservatives of any kind to food. The best thing for K. L. to do, would be to change his business and deal in wholesome vegetarian supplies, such as nuts, fruits, and cereal products, which do not readily decompose in hot climates.

An Optical Distinction.

Walter Flegeltaub,

D.B.O.A., Ref. D., F.R.C.I., F.C.L., London

Has been appointed consulting Optician to the N. S. W. Loco. Engine Drivers, Firemen, and Cleaners' Association.



Squint or Cross-eye cured by my treatment with glasses.

Consultations and Sight-Examinations Free.

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An Appeal and an Opportunity.

THE publishers of GOOD HEALTH have many times desired to do more than has been accomplished for the submerged classes of our cities, for the inmates of our goals, hospitals, and charitable institutions. It is a well-known fact that many of these poor unfortunates have been



Doing for others will cause the health to spring forth speedily.

brought to their low estate through the indulgence of perverted appetite. It is the mission of GOOD HEALTH to teach all such the better way, to educate its readers in higher and nobler habits of living, to point out the evil results of intemperance, and to reclaim the fallen. We are now prepared to begin an aggressive campaign for the needy classes referred to above and desire the co-operation of our readers. We wish to place GOOD HEALTH during the next six months in all the above institutions of Australasia where it will be welcomed.

As all can see, such a work will involve considerable outlay of funds. The papers will be furnished at less than cost for this purpose. These will include assorted back numbers of recent dates which are especially suited to the requirements of this line of work. These papers will be furnished at the low rate of five shillings per hundred, post-paid. We should raise twenty-five pounds for this worthy enterprise, which will enable us to circulate 10,000 papers. Journals will be sent to institutions direct from here, or, better still, sent to individuals who will couple the work of distribution with a kind visit.

We hope to be able to report a hearty response to this appeal. All contributions will be acknowledged. "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me," spoke the Saviour.

THE MEDICINE HABIT.

SIR FREDERICK TREVES is not alone among medical men in advising the taking of less medicine. Some go still further and advise the taking of none at all. It is really surprising how addicted many individuals become to the medicine

habit. With some it becomes a form of intemperance, and they can not understand the physician's reason for urging them, for the sake of health, to take less or no medicine.

There are remedies far better than drugs and pills; these are the natural remedies, such as proper rest, exercise, the use of water, light, air, electricity, and the regulation of the diet. These remedies are both preventives and cures. They are far better and cheaper than medicines. But, strange to say, many patients would be offended, they would think that they were not being properly treated or that the doctor did not understand their cases if he did not prescribe something in a bottle, if, for example, he advised a four mile walk every day, an hour or two spent in gardening, or some other outdoor exercise, instead of the usual medicine. In many cases such exercise, together with the proper use of fresh air, wholesome food, and a cool bath every morning, is all that is needed to keep the body in proper condition.

THE ADELAIDE SANITARIUM CAFE.

A NEW and up-to-date addition to the business enterprises in Adelaide is the Sanitarium Cafe in Waymouth Street—a prettily arranged dining-room, from whose board fresh meat in all its forms is tabooed, and the dishes are made up entirely from "the various vegetable race." The establishment is an offshoot from the Sydney Sanitarium, and the Adelaide branch is the seventh house of the kind which the manager (Mr. G. S. Fisher) has started on a successful career, Melbourne, Wellington, Auckland, Christchurch, and Hobart having been brought within the scope of operations. The cookery in the Adelaide branch is done by trained chefs from the Sydney Sanitarium, and the variety is such that an entire change of bill of fare can be made every day for three weeks. The menu on Monday consisted of twenty-four items, of which a favorite three-course meal was tomato soup, mock chicken pie with vegetables, and raisin pie. Comestibles are all prepared of nut and grain foods, the place of lard and butter in the pastry is taken by olive and coconut oils, and no soda or baking powder is used. The food each day is calculated to furnish as much nutritive element as any meal of meat, and the quality of the cookery is a revelation. The establishment has only been open a week, and is already well patronized by ladies and business men.—*Adelaide Evening Journal*.

RELIABLE ENEMAS.



THE STERILIZABLE ENEMA, made of plain, red rubber, guaranteed to stand boiling and not split. The Injection Pipes are made of glass, but treated by a process of toughening so as to render them practically unbreakable. The Enemas and all fittings can therefore be sterilized by boiling, and in this way are always kept as CLEAN and SANITARY as new. Price 4s 6d, postage paid.

Other Enemas 2s and 3s. Write for our Price List, No. 14, of Surgical and Sundry Rubber Goods.

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