

—Coleridge.
He prayeth best who loveth best
For the dear God who loveth us;
All things both great and small;
He made and loveth all.



May 1, 1908.

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♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

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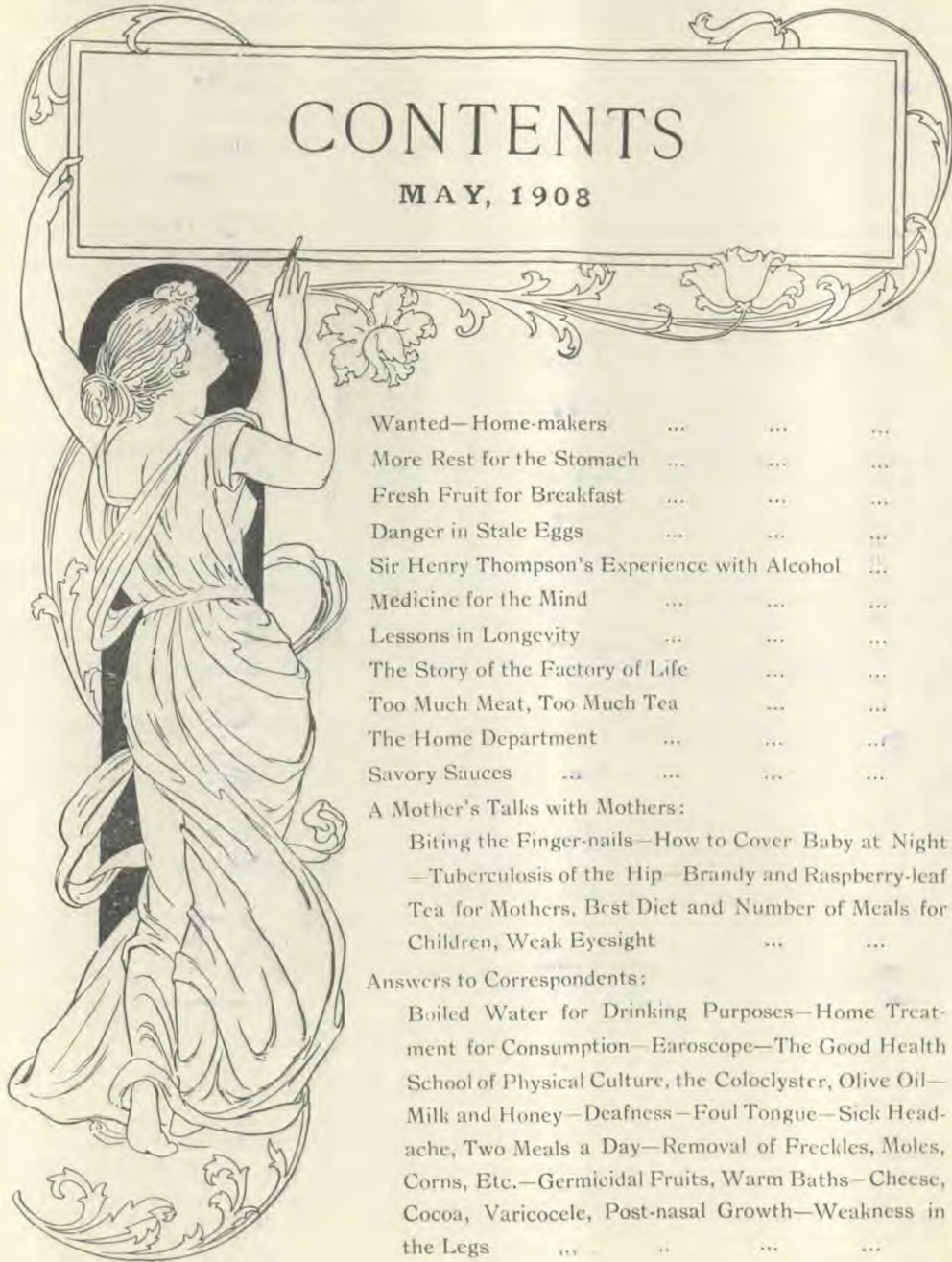
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Though thou turnest no busy mill,
And art ever calm and still,
Even thy silence seems to say
To the traveller on his way:—

“Traveller, hurrying from the heat
Of the city, stay thy feet!
Rest a while, nor longer waste
Life with inconsiderate haste!”
—Long fellow.

GOOD HEALTH

A Teacher of Hygiene

Vol. II.

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

No. 5.

Wanted—Home-Makers.

MR. HARRY LANDER in his story "The Lucky Bargee" remarks: "What we want are lessons in cleanliness, cookery, and domestic economy. The duty of wife to husband and children is the one most neglected in the slums. The people around us are not poor, but respectable working men whose money is wasted through sheer ignorance. They marry work-girls, who are utterly unfitted to be housewives. Their habits are naturally slovenly, they are accustomed to spend money on their own pleasure, so rapidly go to the bad. Within a few weeks their men go to work without breakfast, which means they are driven to public houses by the indolence of the women. Throughout the day they gossip by their doorsteps. They spoil good food by vile cookery, or more often buy expensive ready-cooked meat or injurious tinned stuff."

More Rest for the Stomach.

IT is certainly a notable fact that so eminent an authority as Professor John C. Hemmeter, of Baltimore, approves of the principle of more rest for the stomach. Not only does he recommend the two-meal-a-day system, but in his large work on "Diseases of the Stomach"—probably the most important volume of its kind in the English language—he writes that he still carries out this practice himself. He recommends a modification, however, for the service of business and other mentally-overworked men. That is to say, he advises breakfast at 8 A. M. and dinner at 2 P. M., thus ensuring a prolonged rest for the stomach. He claims for the two-meal-a-day method, that the digestion is more perfect, that appetite is keener, and that nutrition is stimulated. In a number of cases, where persons seemed under-nourished on three or four meals a day, Professor Hemmeter found that they gained in weight, and showed a better appetite, with no undigested residues in the stools, when but two meals a day were provided.

Fresh Fruit for Breakfast.

NO BREAKFAST can be considered to be complete without fruit. All the world over, a display of fresh fruit at the morning meal, is a most commendable proceeding. But nowhere is it more desirable than in this semi-tropical climate of ours. It may with confidence be said that the presence of two or three kinds of fresh fruit adds to the appearance and attractiveness of the table, and makes the meal much more inviting. But what is of greater importance still, the eating of fruit at breakfast is undoubtedly *conducive to health*.—Dr. Philip E. Muskett.

Danger in Stale Eggs.

THAT there is a sale in Sydney for eggs in almost any stage of "staleness," to put it leniently, is a fact. A salesman doing one of the largest egg turnovers in the city remarked to the writer some time ago, "We get eggs sent in here that are absolutely unfit for human consumption, and such should be condemned and destroyed, but they are sent here for sale, and there is ready demand for them at a price, so we sell them." Such things, however, should not be.

In this connection a correspondent writes: "I have recently read an account of the discovery by M. Le Coq, a French doctor, of the reason of the frequent cases of poisoning without apparent cause. He ascribes it to the use by pastry-cooks, of eggs in a state of putrefaction, and therefore possibly containing ptomaines, which are not destroyed by cooking. In a recent Sydney market-report, I read that 'supplies of eggs from Adelaide were heavy, but owing to their bad state, were sold at as low a price as twopence per dozen, and were purchased by pastry-cooks.' My object in writing is to inquire whether there is any check by the health authorities on the importation of eggs from without the state when said eggs are admittedly bad, or whether rotten eggs are considered by them

to be not a source of danger to the community."

The powers of the health authorities in this matter are absolute, and it is only necessary that any of the inspectors' attention should be drawn to such eggs for them to be condemned and destroyed forthwith. It might be well, perhaps, if the inspectors would do a little more in the way of ferreting out these unsavory consignments and stocks without waiting for an invitation to come and condemn.—*Daily Telegraph (Sydney), April 4, 1908.*

Sir Henry Thompson's Experience with Alcohol.

"IN 1855-1860 I was constantly suffering from bad sick-headaches, together with attacks of acute pain in one side of the head once in ten days or a fortnight, mostly occurring about nine o'clock A. M., so that frequently the consulting-room full of patients had to be discharged on account of my absolute incapacity to see them. I consulted several medical friends about it, but none seemed to render me any service. I had also stiffness and pain in the shoulders and back, and was glad of the porter's assistance at the club to put on my greatcoat.

"Some time after this, in the summer of 1869, I had under my care a well-known physician from Carlsbad, who had been sent to me by my esteemed friend and master, Bilroth of Vienna, for an operation, which gave the patient considerable relief. He was very grateful for this, and suggested that he thought that he could set my rheumatism right by taking a month's course at Carlsbad. Accordingly I embraced the opportunity. The result was that it not only had no desirable effect upon the complaint, but lowered me so much that I lost weight and force to such an extent that an intimate friend who came out from London to meet me, so that we might return home together, scarcely recognized me; and the pain in the head and the rheumatism were in no way diminished.

"Everything went on much the same until one day a friend of mine, Dr. Palfrey, in the year 1873, brought me a patient for consultation. After we had fully discussed the patient's symptoms and treatment, I had by some stray word mentioned my own ailments, and he replied: 'There is only one thing, Thompson, that will be of service to you; that is, drink nothing but water henceforth.' It said I would give it a trial. He replied, 'If

you do, it must be a trial of six months at least. He knew well what it would cost. It was extremely hard to break the drinking-habit. For months I felt I had never dined when the meal was finished with water only; but I made up my mind, having as I thought tried everything else; and persevered to the end of my term, sometimes only, when feeling very bad for want of my accustomed stimulant, calling for a single glass of liquor to satisfy the invincible longing for stimulant. After that very bad six months, I lost most of my pain in the head and all my rheumatism; the former disappeared after habitually ceasing the flesh diet.

"Lastly, at the age of seventy-five (in the year 1895), it occurred to me that there was an old saying—and most old sayings may be said to have a kernel of wisdom in them—namely, that 'wine is the milk of old age.' Accordingly I said to myself, 'Suppose I try it; I should be very glad to find it true, for I love good wine, and it would be a great delight to find myself a drinker again without injury.' I did give it a trial and a sufficient one, and was soon satisfied that it was unquestionably injurious, and had grown out of the atrocious blunder that, as men grow old and infirm, they require more 'support'—fallacious notion!"

Medicine for the Mind.

SICKNESS of the mind prevails everywhere. Nine-tenths of diseases from which men suffer, have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution, and unbalances the mind. There are erroneous doctrines, also, as that of an eternally burning hell and the endless torment of the wicked, that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds.

The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and invite decay and death. Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure

will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary. Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul.—*Mrs. E. G. White, in Ministry of Healing.*

The saddest cases of all, perhaps, are those who have a fixed idea that some disease, usually supposed to be inherited, will ultimately kill them. The self-convinced victims of weak lungs, weak hearts, weak stomachs, brood and dwell upon their threatened physical disasters, making them enter into every plan and calculation of life, throwing their pall over every activity of the family. All that thousands of such people need, to be well and happy, is a better mental state, a buoyant, hopeful attitude, and the activity that would come with such a philosophy. These people are the prey of quacks of every kind. They are the "dupe fiends" that swallow millions of gallons of concoctions. . . . They support many a fashionable physician in luxury, and make life tenfold more miserable than it ought to be.—*O. S. Mardin.*

I know people who are really out of order, whose heart and lungs are really crippled, but who make the best of it, who know just what they can do, and what they can not do. They do not think about their troubles, and no one would even know that anything was wrong with them. They lead efficient lives. They accomplish more than most people in perfect health. Other men who have nothing serious the matter with them fail to be efficient just because they are always turning their retrospective microscopes upon their condition. They are troubled about everything they eat, and wonder whether it will hurt them or not. They suspect each glass of water or milk to contain injurious microbes. They do not eat strawberries because they are afraid appendicitis may lurk there. They do not drink water at meals because they have been told it causes indigestion. They never dare let go of themselves and have a good time, for fear they may overdo. The real root of all their misery is their state of mind. If they only knew how to get at that, they could become as well off as the best of us.—*Luther H. Gulick, M.D., in The Efficient Life.*

In the maintenance of health and the cure of disease, cheerfulness is a most important factor. Its power to do good, like a medicine

is not an artificial stimulation of the tissues to be followed by reaction and greater waste, as is the case with many drugs; but the effect of cheerfulness is an actual, life-giving influence through a normal channel, the results of which reach every part of the system. It brightens the eye, makes ruddy the countenance, brings elasticity to the step, and promotes all the inner forces by which life is sustained. The blood circulates more freely, the oxygen comes to its home in the tissue, health is promoted, and disease is banished.—*A. J. Sanderson, M.D.*

Lessons in Longevity.

IN an interesting symposium in the *Review of Reviews* for February, the editor, Mr. W. T. Stead, places before his readers a collection of sixteen most instructive contributions from eminent persons, concerning their habits of eating and drinking, and the use of tobacco and alcohol. A brief summary of these experiences will doubtless prove of value to our readers. Fifteen of the contributors are men, and of these, ten are non-smokers, and eight abstain from both tobacco and alcohol. They give their statements as follows:—

Sir Theodore Martin, who was born the year after the Battle of Waterloo, is still hale and hearty at the age of ninety-two. He says: "From my youth onward, I have followed one rule as to what I eat; I always ate sparingly, and required that it should be cooked carefully, but plainly. Rich dressing, or the garniture of appetising sauces, I avoided. First, because I did not like them; and next, because they disagreed with me. Simplicity and moderation were my rule. As to wine and spirits, I never cared for them, and drank little of either. To smoking I have all my life had an extreme dislike, and get out of the way of it whenever I can. If forced to inhale it for a few minutes, by being in the company of smokers, it acts upon me like a poison, lowering the action of my heart, and giving me a nervous headache which lasts for hours. During a long and abnormally busy life, I have never found occasion to resort to stimulus of any kind during the longest spell of continuous mental labor. That I have never broken down, I attribute to a naturally good constitution, hard work, in which I delighted, and temperate habits."

Dr. Alfred Russel Wallace, now in his eighty-sixth year, has a stalwart and endur-

ing physical frame, a clear mind, and vigorous pen. Of drinking and smoking, he states: "I drank beer and wine in moderation in early life, but about twenty-five years ago gave it up altogether, and have been better without it. From experience and observation I feel sure that towards old age, alcohol becomes more and more hurtful." Of smoking he says, "Never practised it since early youth, when its effects literally *sickened* me of it! I believe that towards old age the *minimum* of carefully selected food, that can be thoroughly assimilated, is the best."

Sir William Huggins, who is in excellent health at the age of eighty-four, says that he takes "a very moderate amount of meat, once a day, with a large proportion of good bread and farinaceous food, and about one pint of milk; fruit when in season; and *fresh* vegetables." He uses "no tobacco of any kind," and drinks, "as a rule, water only."

Field Marshal Lord Roberts, aged seventy-six, is opposed to the use of tobacco and believes in moderation in food and drink.

Sir Henry Roscoe, a highly distinguished scientist, now seventy-five years of age, is a believer in the virtues of cold water, and like many of the septuagenarians, although not a vegetarian, is very moderate on meat.

Lord Avebury, aged seventy-four, and a student of natural history, eschews both tobacco and alcohol, and says of food, it should be "simple, and not too much."

Sir John Gorst, M.P., at the age of seventy-three, is an eminent philanthropist possessing a certain inexhaustible youth. He says, "Eat with moderation, and not between meals, and lessen the quantity of meat in your diet as you grow older." Concerning drinks he gives the excellent advice, "Stick to pure water;" and of smoking, the admonition, "Be a total abstainer."

Dr. John Clifford was born poor, lived hard, and was inured from his earliest youth to a strain of strenuous life, and now at the age of seventy-two, has more vigor, elasticity, and wiriness in his physique than most men of seven and twenty. He is a most active platform-speaker and devoted pastor. Of his experience in diet he states: "In the matter of food I find it wise to reduce the quantity of meat and increase that of fruit and vegetables and to keep as strict a watch as possible on the amount. I have no experience of alcohol or smoking."

Mr. Frederic Harrison, who at the age of seventy-seven is one of the most brilliant

writers of the English language, gives decided expression to his opinions in the following words: "I believe disease and premature failure is caused (for the comfortable classes) far more by what they *eat* than by what they drink. Most of them *overeat* themselves, from habit rather than gluttony. Those who reach the sixties, and most certainly the seventies, should eat only half in quantity of what they were wont to eat in youth. My first rule of health is—Rise from every meal with some appetite unsatisfied. I have never had tobacco of any form in my lips. I regard smoking as a beastly habit, which the future will proscribe as a disgusting nuisance. I have very closely studied the problem of health, and have reached old age in exceptional health and activity. I am now in my seventy-seventh year, and have never felt myself in fuller activity, mental as well as physical, than I do now. I walk some hours every day with zest (in the mountains when I can get to them), and I write for the printers more easily and with more enjoyment than I ever did. I have never known any ailment, nor have I passed a single day in bed since I had measles at the age of nine. And I have hardly ever known what it is to feel 'too slack to work.' Physically and mentally, life has always been to me one continuous enjoyment. And yet I have a delicate system, with inherited tendency to gout, from which I have never suffered. I attribute my longevity and health to extreme care in food from boyhood."

Dr. Fairbairn, the Scotch theologian, at the age of seventy is Principal of Mansfield College. He says, "As to drink and tobacco, I have nothing to add save that I know neither. He who does his work in the strength of either, fails to do it well."

Surely the lessons to be learned from the life experiences of these distinguished leaders in art, science, and literature, are so plain that he who runs may read. They teach the great value of diligence, temperance, simplicity, abstemiousness in diet, and total abstinence from stimulants and narcotics, as aids to the living of healthy, happy, long, and useful lives.

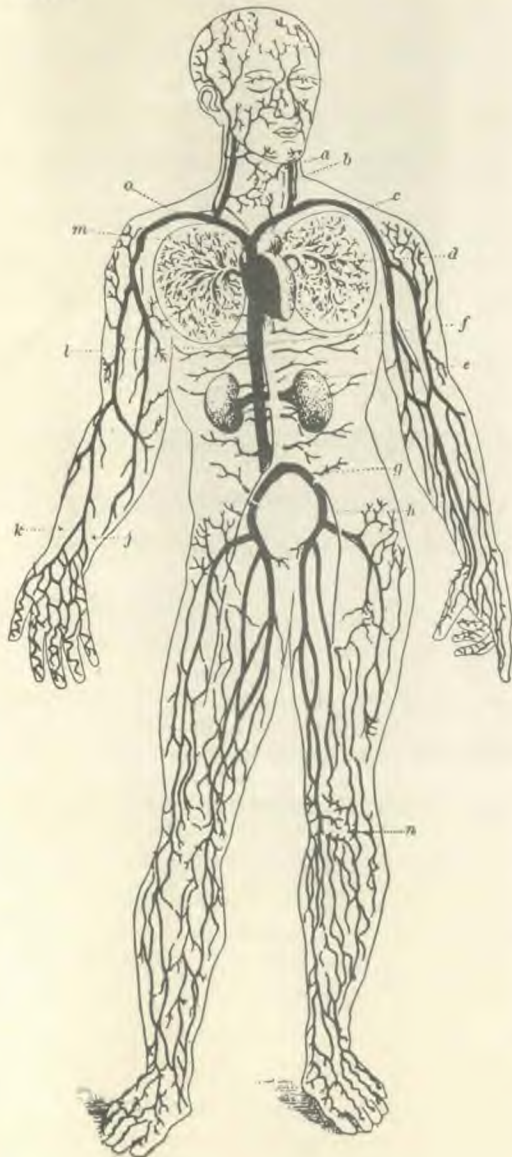
Do NOT go about repeating the statement that nothing affects the temper like diseases of the stomach; it would be better to say that nothing troubles the functions of the stomach like moody tempers.—*Dr. P. Dubois*,

The Story of the Factory of Life.

BY FRANKLIN RICHARDS, M.D.

No. 5.—The Stream of Life.

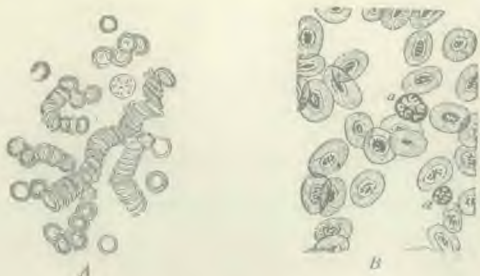
AS THE body is a living factory, it is in keeping that its machinery should be driven by a living stream. This stream is the blood.



When Harvey discovered the circulation of the blood in 1628, it was thought that the heart manufactured the "vital spirits," or life, and that the arteries contained a mixture of "vital spirits" and air. But Harvey showed this view to be erroneous; he proved that the arteries contained only blood, and that this blood flows constantly in one direction—away from the heart, to all parts of the body. He also called attention to the fact that the blood was constantly returning to the heart through the veins, and that it could not ebb and flow, as had been previously believed, through either arteries or veins, because of the arrangement of the valves in the veins and heart. Having proven these points, Harvey concluded that there must be "pores in the flesh," through which the blood made its way from the arteries to the veins. These "pores" were later on found to be the fine hair-like tubes to which the name "capillaries" has been applied. The capillaries form a network so fine that it is impossible to prick the skin over any part of the body without opening some of these minute vessels, thus drawing blood. The hair, nails, and outer layer of the skin contain no blood.

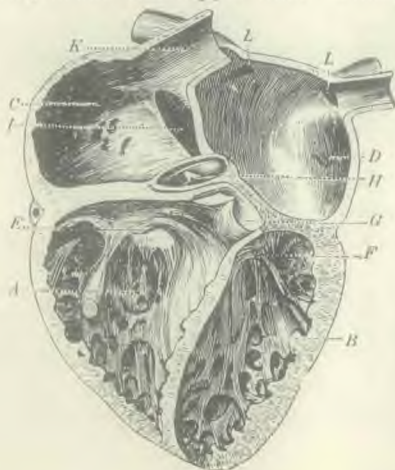
The Bible says the life is in the blood, and it also calls the blood the "life of the flesh" (see Lev. 17: 11 and Deut. 12: 23). Both these statements are strictly accurate and scientific. The life is in the blood because the blood contains the essentials of life, such as food, oxygen, and water; and because it carries these essentials to every part of the body. It also removes the wastes which tend to produce death. If the supply of blood to a muscle be cut off by compressing its arteries, the muscle soon loses its power to work. If the compression be long continued, the muscle wastes and dies; but if the blood be soon readmitted, the life and power of the muscle are restored. And what is true of the muscle is true likewise of every other part of the body. The blood is the life in the sense that losing blood means losing life, loss of blood being followed by weakness, unconsciousness, and death. The blood is filled with living organisms called cells, just as a stream of water might be filled with fishes. There are millions of cells in a small

drop of blood. The accompanying illustration (A) shows red and white cells of human blood; B shows red and white cells of frog's blood.



In order for the blood to be life-giving, it must be pure. An essential for purity is activity. The purest water is found in the mountain stream which is constantly in motion, leaping and bounding over rocks and mingling with the pure air and sunlight. In a similar way, the blood stream is kept pure by actively coursing through the arteries and being mingled with pure air in the lungs, and with light as it flows through the skin. The circulation of the blood depends primarily upon the heart. It therefore logically follows that "A sound heart is the life of the flesh." (Prov. 14 : 30.)

The heart is a muscular organ, so placed in the cavity of the chest that its apex, or point, touches the chest wall just below the fifth rib, inside the nipple line. This point



has long been recognized as a vital spot. In ancient times, when a man wished to kill his enemy, he smote him under the fifth rib,

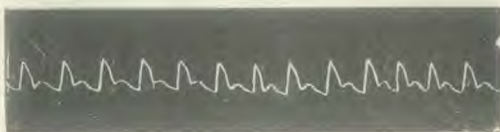
(2 Sam. 3 : 27 and 4 : 6.) The heart is a double organ, the right and left halves performing different duties. The right heart pumps the blood through the arteries leading to the lungs, where it is purified by giving off carbonic acid gas and other poisons and absorbing oxygen. The pure blood returns to the left heart, which propels it through the arteries leading to all parts of the body.

Each lateral half of the heart is divided into two compartments: the upper cavities (C D) are called *auricles*, and the lower (A B) *ventricles*. On the right side (E) is the three-leaved or *tricuspid valve*; on the left (F) is the two-leaved or *mitral valve*. Through these



Smoker's Pulse

valves the blood passes from the auricles to the ventricles. G represents the opening from the right ventricle into the pulmonary artery. I and K are openings through which impure blood from the large veins enters the right auricle. L L are the pulmonary veins



Normal Pulse

through which the purified blood returns from the lungs to the left auricle.

By the beat of the heart is meant the contraction of the muscular walls of the auricles and ventricles. The auricles contract together, then almost immediately the



Drinker's Pulse.

ventricles contract. These contractions are followed by a short pause, then the process is repeated. Each contraction or beat of the heart, including the pause or rest, takes less than a second of time.

The pulse rate varies in different individuals and also in the same individuals with

changes of position and other variations. The average rate for adults while standing is 72; sitting 68; lying 64. Walking increases the rate to perhaps 100; running or other violent exercise to 160 or more. The pulse rate of the infant is 130 or 140; of a child of ten years, about 90. In sickness the pulse rate is usually increased one quarter or more, and it is sometimes doubled. By means of a delicate instrument called the sphygmograph, the pulse may be made to trace curves on paper which reveal the condition of the heart

and arteries. The accompanying tracings were made by the sphygmograph.

In order to keep the blood pure and to aid in its circulation, it is important that sufficient outdoor exercise be taken, and that pure air be deeply breathed. Other important considerations are water-drinking, bathing, and the habitual use of pure foods, without which the preparation of pure blood is impossible. Next month we shall see how the blood is formed from the food.

Too Much Meat, Too Much Tea.

THIS is really the burden of a new book, "The Attainment of Health and Treatment by Diet," Wm. Brooks and Co., Ltd., by Dr. Philip E. Muskett, of Sydney, who believes that "Australia is inhabited by a people intensely carnivorous and addicted to tea." There is much of interest in the book, and many helpful suggestions, though we can not support all its teachings. The following logical argument against the free use of flesh foods and tea, is well worth a careful perusal:

"Meat is properly neither a fuel food nor a force food. To eat it at every meal as the vast majority of Australians do, is absolutely injurious. More than the required amount of meat can not possibly be of use in the system. Any surplusage not only puts a breaking strain upon the liver and kidneys and the other abdominal organs, but it also floods the circulation and irritates the blood-vessels with waste products and noxious substances. It has always seemed to me curious in the extreme for people to say they feel 'weak' if they do not take meat three times a day. The Japanese, one of the finest fighting races in the world, evidently do not feel 'weak,' in spite of the fact that meat scarcely enters into their dietary. How any one can feel 'weak,' because he is not burdened by a totally unnecessary load of meat, it is most difficult to understand. Besides, if meat is really a *strengthening* food, Australians ought to be the *strongest* people on the earth, for, as it will be seen by the table, they eat vastly more than any one else."

If Australians eat an injurious quantity of meat, they undoubtedly also drink an excessive amount of tea. Many physicians are strongly opposed to the beverage, believing

TABLE SHOWING CONSUMPTION OF MEAT PER HEAD.

Country	Meat per Inhabitant Yearly	Country	Meat per Inhabitant Yearly
Japan	24 lb.	Denmark	64 lb.
Italy	26 "	Belgium	65 "
Russia	51 "	Spain	71 "
Holland	57 "	France	77 "
Austria	61 "	Norway	78 "
Sweden	62 "	Canada	90 "
Switzerland	62 "	Great Britain	109 "
Germany	64 "	United States	150 "

AUSTRALIA 233 lb (NET 2 CWT.)

that it is altogether pernicious in its action. For instance, Dr. Alex. Haig, who has written largely upon the subject of food and diet, has pronounced views in this respect. He holds that flesh foods, tea, coffee, and alcoholic stimulants develop within the system those substances known as the *purin* bodies. The *purin* bodies most frequently present consist of *xanthins*, *hypoxanthins*, and *uric acid*. The disease which they produce is familiar under its name of "uric acid."

Australians as a rule drink too much tea altogether. The following table shows the consumption of tea per head of the population in some of the countries of the world.

TABLE SHOWING CONSUMPTION (PER HEAD) OF TEA FOR THE YEAR 1900.

France	1.0 oz.
Germany	1.9 ozs.
United States	17.4 ozs. (1.09 lb.)
Holland	23.7 ozs. (1.48 lb.)
Canada	74.2 ozs. (4.64 lb.)
United Kingdom	97.6 ozs. (6.10 lb.)
AUSTRALIA, average last 10 years,		116.8 ozs. (7.30 lb.)

The only question remaining to be answered is, How much tea is too much?

GOOD HEALTH preaches (and practises) the doctrine that tea in every form and under all circumstances is injurious. A little tea does

harm; more tea does more harm; much tea does much harm. Therefore even "a little weak tea" is "too much tea."



The Home Department.

CONDUCTED BY MRS. EULALIA RICHARDS, M.D.

Legumes, and How to Cook Them.

THE legumes, to which family belong dried beans, peas, and lentils, are often classed among vegetables, but in composition they differ greatly. It will be seen from the following table that the green vegetables possess but little nutriment, their chief value lying in the fact that they give a variety to our food, also the necessary bulk:—

COMPOSITION OF VEGETABLES.

	Water	Proteid	Fat	Starch	Mineral Salts	Woody Fibre
Veg. Marrow	98.4	.06	.2	2.6	.5	1.3
Cabbage	87.1	2.6	.2	7.1	1.5	1.3
Celery	93.4	1.4	.1	3.3	.9	.9
Bros. Sprouts	93.7	1.5	.1	3.4	1.3	...
Green Peas	78.1	4.0	.5	16.0	.9	.5

By comparing the above table with the following, it will be seen that the legumes contain a large per cent. of nutriment:—

COMPOSITION OF LEGUMES.

	Water	Proteid	Fat	Starch	Mineral Salts	Woody Fibre
Dried Peas	13.0	21.0	1.8	55.4	2.6	6.0
" Lentils	11.7	23.2	2.0	56.4	2.7	2.0
" Broad Beans	8.4	26.4	2.0	58.6	3.6	1.0
" Haricots	11.7	23.0	2.3	55.8	3.2	4.0

It will be noticed also that a large per cent. of the nutriment in legumes consists of proteid, the tissue-building element. In fact, the legumes contain as large a per cent. of the proteid element as do flesh meats, and in

addition a large amount of starch, which is the heat- and energy-giving element.

COMPOSITION OF MEATS.

	Water	Proteids and Gelatine	Fat	Mineral Salts
Beef (medium fat)	76.5	20.0	1.5	1.3
Mutton (lean)	75.0	18.0	5.7	1.3
Mutton (very fat)	48.0	10.2	43.2	.6
Pork (medium fat)	60.9	12.3	26.2	.6
Fowl	70.0	23.3	3.4	1.0

While statistics are usually uninteresting, a careful study of the above tables would be helpful to those who desire to make a shilling go the farthest in purchasing good, wholesome food. From an economic point of view, one is forced to admit that meat is a dear food. To the contrary, the legumes are an inexpensive and at the same time a highly nutritious food.

That the legumes do not enjoy the popularity which they deserve, is doubtless accounted for by the fact that the average housewife does not understand the proper method of cooking them. As commonly served, beans and peas are rather hard, dry, and indigestible. All legumes (except the split peas) are covered with a tough skin, which is in itself indigestible. For this reason it is necessary that they be very thoroughly cooked and that these skins be removed in some way.

Dry beans and peas cook more quickly if first soaked for a time in cold water. The

soaking has a tendency to loosen the skins, so that, when the cooking process is begun, they will slip off whole, and rise to the top of the water, in which case they may be removed with a spoon. The length of time required for soaking will depend upon the age of the legumes, the new ones requiring only a few hours, while those which have been kept for two years or more, require to be soaked twelve or twenty-four hours. If possible, use soft water in soaking and cooking legumes.

In case one has not time to soak the beans or peas, they should be put to cook in cold water, and after the boiling point is reached, allowed to simmer gently until done. Boiling water may be used for legumes which have been previously soaked. The amount of water required in cooking will depend largely upon the heat employed and the age of the legume. As a general rule, two quarts of water for one pint of the seeds will be sufficient.

The legumes should be stewed slowly for several hours, or until they are very soft and tender. Prolonged cooking develops a rich meaty flavor which is entirely lacking in legumes which are actively boiled for only a short time. Salt should not be added until the cooking process is nearly finished. When the legumes are tender, do not pour off the water, unless it is desired to use it as soup, as the broth, especially from beans and lentils, contains a large per cent. of nutriment, and is very savory if the legumes have been properly cooked.

Beans are frequently improved by being baked in a covered dish in a slow oven for several hours, after having been previously stewed until tender. The famous Boston baked beans of America are prepared in this way, care being taken to keep the beans covered with boiling water during the prolonged baking.

As legumes are a hearty food and more suitable for use in winter than in summer, their prolonged cooking can be conveniently done at that season when there is usually a fire in the kitchen stove. A good method is to wash the beans or peas, and leave them soaking over night. Then they may be put on the stove early the next morning, and allowed to simmer all the forenoon. They should be rich and delicious by dinner-time.

Persons with weak digestion can often partake of legumes without inconvenience if, after stewing, they are pressed through a

colander or wire sieve, to remove the skins.

The legumes may be served in a number of palatable ways. The broth from beans and lentils, if properly prepared, is as savory as meat broth, and more nutritious. The legumes left after pouring off the broth, may be pressed through a colander, nicely seasoned, and served as a pureé. A rich thick soup may be made by passing the legumes through a sieve and adding this to the broth.

A savory bean or lentil roast may be made by adding one part of bean or lentil pulp to an equal part of bread or zwieback crumbs. A few ground nuts and a little grated onion may also be added to the mixture. Bake in an oiled tin, and serve with brown or tomato sauce.

Savory Sauces.

WHILE it is quite true that "Hunger is the best sauce," a dinner is frequently incomplete without a good gravy to serve with the vegetables and meat course. The vegetarian cook of but short experience may manage the meat substitutes very satisfactorily and yet be quite at a loss in the matter of a meatless gravy. We are indebted to a lady of long experience in scientific vegetarian cookery for the following excellent recipe:—

GLUTEN GRAVY.—Four gluten balls, two cups water, two dessertspoonfuls thick cream, two dessertspoonfuls (heaping) browned flour, salt to taste.

Drop the cream into a hot saucepan with the salt, stir together until the cream begins to separate, then add the gluten, which has been crushed into irregular pieces; stir again, letting it get very hot; add one cup of cold water and stir while the lumps of flour cook smooth, and then add a cup of hot water and let boil until the gravy thickens.

DIRECTIONS FOR MAKING THE GLUTEN BALLS REFERRED TO ABOVE.—Three cups of best white flour and one cup of cold water.

Mix the water into the flour, making a smooth loaf; divide into four balls, place in a basin and cover with four quarts of cold water, and let soak for an hour and a half; then taking the balls in your hands, work over and over in the water until all the starch is washed out and only the gummy mass of gluten is left. Rinse the gluten in clear cold water, break into balls an inch thick, place on an oiled pan three inches apart, and bake in a moderate oven until dry, when it is ready to be used in making gravy.

The gravy which results from a careful following of the above directions, so closely resembles a meat sauce in every way that it would not be recognized as a vegetarian product by the most careful observer.

It should be stated that the gluten as prepared

above will in no case take the place of the gluten meal so frequently recommended in this department for the making of porridges, gruels, and other dishes.

The starch which remains after washing out the gluten as directed above, may be used for laundry purposes or for thickening milk-gravies if desired. It is only necessary to let the starch settle, pour off the water and dry the starch, when it is ready to use.

The two following recipes are kindly furnished us by the Vegetarian Cafe, Hunter Street, Sydney:—

IDEAL CHILI SAUCE.—One stick of celery, two large onions, one-half dozen nice tomatoes, one-quarter cup of sugar, and a little cornflour to thicken. Cut the celery and onion into one-half-inch lengths, and cover with water. Cook until tender, then add the tomatoes and boil until the tomatoes are done. Add the sugar, and thicken with the cornflour. Boil up and serve.

BROWN GRAVY.—Brown two tablespoonfuls of flour with one of olive oil in an iron pan over a hot stove. When nicely browned, add one-half cup of strained tomatoes and one-half cup of wonder bean broth. Salt to taste. Put through a hair sieve, reheat, and serve.

A Mother's Talks with Mothers.

Biting the Finger-nails.—L. L. C. asks how her four-year-old daughter may be prevented from biting her finger-nails. *Ans.*—This is a common habit in children over two years of age, and one which often persists into adult life, ruining the shape of the fingers. It is usually merely the expression of an innate nervousness. Many little folks bite their nails only when excited, while the most inveterate cases do it even when asleep. In its treatment an effort must be made to relieve the nervous excitability by suitable hygienic measures. Particular care should be given to the child's diet, only those foods being allowed which are nourishing and easily digested. The bowels should be kept open by the aid of exercise and an abundance of fruit, both stewed and fresh. Sunshine and fresh air are potent soothers of the nervous system. Accordingly the child should be out of doors as much as possible during the daytime, and should sleep in a well-ventilated room at night. The nervous child should be carefully guarded from undue excitement in any form.

The mother should talk with the child, explaining the results of the bad habit and endeavoring to secure the child's co-operation in breaking it. It is sometimes a help to dip the little fingers into a solution of some bitter substance, such as quassia or aloes. In some cases the habit may be broken by requiring the child to wear gloves for a time, both night and day.

Although the offering of a reward for the breaking off of a bad habit, is not usually commended, in rare cases it will succeed when all other efforts fail.

How to Cover Baby at Night.—Another mother, E. R., asks how her baby may be kept covered at

night. *Ans.*—This mother has doubtless tried pinning or tying the blankets to the sides of the baby's cot, but has evidently found it to fail. The average healthy baby will manage somehow to get out from under the covers, no matter how tightly they may be fastened.

Has this mother tried making baby a long nightdress of warm flannel, with the bottom of the garment closed in a seam like a pillow-case? If not let her try it. A baby so clothed can move his legs about freely, but can not very well get outside of the covers. But even though he did succeed in getting out, he would still have one warm covering over him.

Tuberculosis of the Hip.—A. R. S., Peter-sham: A young girl (13) who suffers from the above complaint, wishes to know if there is any cure for this disease, and treatment? *Ans.*—Tuberculosis disease of the hip occurs most frequently in early life, and is specially common among those whose surroundings are insanitary, and diet inferior in quality and deficient in quantity. It is therefore most common among the poorer classes in cities. It is often the cause of prolonged invalidism; the mortality is rather high, and in cases which recover, there usually persists more or less shortening of the leg with deformity. Still with proper treatment, tuberculosis disease of the hip is curable. Recovery occurs in quite a large proportion of these cases. The disease is divided into three stages, and the earlier the treatment is begun, the better the chance for recovery. Its duration is from one to three years. In the earlier stages, treatment consists in complete rest of the diseased joint. This may be brought about by confining the child to bed, and applying suitable splint, and extension by weight and pulley. In the case of a child, a weight of three to six pounds is often used. The treatment is continued until pain and tenderness disappear, and sleep is undisturbed. The rest in bed should be followed by what is known as ambulatory treatment. This treatment consists in permitting the child to go about by means of crutches—a Thomas or other suitable splint being used to immobilize the joint and keep up extension. During the entire time of treatment, the child's general health should be well looked after; an abundance of nourishing food and pure air being supplied, and attention given to all other hygienic requirements. The line of treatment above suggested, is followed by a course of massage and careful gradual exercises. Hydropathic treatment such as the hot and cold douche to the hip and leg, and other stimulating measures, are useful in preventing a wasting of the muscles. Such treatment also hastens the healing process. The child should, of course, be under the care of a skilled physician. A surgical operation is sometimes required to correct the deformity resulting from the previous hip joint disease, though as a rule surgical measures are not indicated.

Brandy and Raspberry-leaf Tea for Mothers, Best Diet and Number of Meals for Children, Weak Eyesight.—E. O. C., Ashburton, N. Z.: 1. Do you approve of brandy during confinement or afterwards? *Ans.*—No.

2. Have you any faith in the suggestion that drinking freely of raspberry-leaf tea and composition tea during pregnancy makes confinement much easier? *Ans.*—No, but there are suitable treatments such as warm sitz baths and douches, which if taken regularly during the latter part of pregnancy, lessen the pain of labor.

3. Do you approve of humanized milk for infants? *Ans.*—The only genuine humanized milk of which we have any knowledge is mothers' milk. Cows' milk which has been sterilized and modified by the addition of water, strained cereal gruels, and cream are, as a rule, the most satisfactory substitute for mothers' milk which can be obtained. See article entitled "How to Use Granose for Babies" in the April GOOD HEALTH.

4. What is the best food for babies after weaning? *Ans.*—The child's food should still consist largely of milk and milk gruels. The strained juice of fresh fruits may be given, also well-ripened bananas if thoroughly mashed. As soon as there are several teeth, zwieback or hard biscuits may be given to the child at meal times.

5. Do you think that four light meals per day, first one at 7 A. M., and last one about 9 P. M.,

are too many for a nursing mother? *Ans.*—The average mother would do better with three simple, nourishing meals than with four. To overwork the stomach is certain to result in indigestion, and that reacts upon the child as well as upon the mother.

6. Is one cupful of hot milk at meal time too much for a child (with zwieback or bread and butter)? *Ans.*—No, though it is usually better to have the milk served with zwieback or bread, or made into a gruel; as children usually drink milk too quickly, a practice which tends toward indigestion.

7. A young girl friend suffers with weak eyesight and fulness after meals, also headaches frequently. She drinks a lot of tea and takes about five meals per day. *Ans.*—Let the girl discard tea entirely and take not more than two or three wholesome meals in the day, with nothing between meals. Her sense of fulness will certainly disappear, and the headaches will most likely disappear also. Should the headaches persist, let her have her eyes examined by a competent oculist and any defect corrected by proper glasses.



A former Secretary of GOOD HEALTH taking a ride in a donkey cart in the interior of China.

Answers to Correspondents.

115. Boiled Water for Drinking Purposes.—F. F. Kadina, S. A.: Is there any objection to drinking boiled water, on the ground that the absorbed oxygen (from the air) has been driven out? *Ans.*—There is no objection to the use of boiled water as a drink, except that it is not so palatable as unboiled. When allowed to stand for a little time, boiled water absorbs some oxygen from the air; and if shaken or otherwise agitated, soon reabsorbs sufficient oxygen to markedly improve its taste.

116. Home Treatment for Consumption.—L. E. W. Longwarry East: Will you kindly advise as to diet and home treatment for a consumptive patient, aged twenty-three, ill four months, temperature 103 degrees? *Ans.*—The first requirements are pure air and sunshine, with encouragement to breathe as much pure air as possible. These requirements are best met by an outdoor life night and day. The altitude should be high; the climate dry and bracing. The feeding is of great importance; a free use of fats should be made in the form of cream, nuts, and vegetable oils. Milk is useful in many cases, especially in the form of clotted milk, or "Lactosa," which is prepared from pasteurized milk by the action of the lacto-bacillus (sour milk germ).

In the way of treatment, cold friction is of value in increasing vitality, improving circulation, respiration, and digestion, and otherwise beneficially influencing the body. It should be so given that the patient is not in danger of being chilled. Alternate hot and cold compresses to the chest and back, and the heating chest-pack are hydro-pathic measures of great value when properly employed. When changed every twenty minutes, or as soon as it is well warmed, the heating chest-pack is a useful means of reducing the temperature. Procure a copy of "Directions for the Prevention of Public Consumption" from the Department of Public Health, Sydney. This gives important directions to consumptives and those who care for them, concerning disinfection, etc. Also procure a copy of "Tuberculosis" by Dr. Kress, from the Sanitarium Supply Company.

117. Earoscope.—E. A., Broken Hill: Do you recommend the use of the "earoscope" for head noises? *Ans.*—I have no knowledge of the "earoscope." The majority of such appliances are of little use to sufferers from deafness and head noises.

118. The Good Health School of Physical Culture, the Coloclyster, Olive Oil.—A. G., Brunswick, Melbourne: 1. Kindly give particulars of the Good Health School of Physical Culture. *Ans.*—This is a correspondence school, conducted for the purpose of prescribing exercises suitable to the individual needs of readers. The course consists of twelve lessons, issued one each month. Tuition is one guinea for the course.

2. What is the proper method of taking a large enema? *Ans.*—A large enema (coloclyster) taken for the purpose of flushing and thoroughly cleansing the colon should be taken in the knee-chest position, or the right lateral position with the hips raised. In this position as much as four or five pints of water at a temperature of 100 to 110 degrees, may be introduced into the colon. The cleansing properties of the water are increased by the introduction of salt (a level teaspoonful to the pint). A coloclyster should be followed by half to one pint of water at a temperature of seventy to eighty degrees. This acts as a tonic application, and produces contraction of the colon.

3. How much olive oil should be taken a day? *Ans.*—As a food, from one-half to two ounces; for medicinal purposes more may be employed.

119. Milk and Honey.—C. C. E.: Will you kindly tell me whether milk and honey at the same time is an injurious combination? *Ans.*—It depends quite largely on the amount of the articles eaten. Small quantities of both go very well together. "It is not good to eat much honey."

120. Deafness.—G. W., Dunedin, New Zealand: Can you recommend a remedy to relieve deafness in one ear? *Ans.*—The deafness may be due to hardening of the ear wax. If so, a little warm olive oil dropped into the ear and left overnight, will soften the wax, so that it can be removed by means of warm water and soda (one teaspoonful to the pint) carefully syringed into the ear. If this does not bring relief, consult a reputable physician.

121. Foul Tongue.—Laymen, Ingil: What remedy should be adopted in the case of a person aged seventy-eight years, who sleeps and eats well, is apparently in good health, but whose tongue is marked by a large patch varying from dark brown to black, with rough surface; opening medicine taken without affecting condition? *Ans.*—Doubtless the coated tongue is due to the accumulation of poisonous wastes in the body. Not only the tongue is soiled, but the blood and all the tissues are saturated with this body refuse. The indication is to increase elimination of waste products; this is best brought about by daily exercise to the point of free perspiration. While exercising, breathe deeply and drink water freely. The perspiration should be removed from the surface of the body by means of a warm soap bath, following the exercise; finish with a dash of cold water and vigorous rubbing of the skin. The quantity of food should be reduced in old age, and its quality and variety simplified.

122. Sick Headache, Two Meals a Day.—G. G., Taranaki, New Zealand: 1. What treatment would you suggest in the case of a girl aged ten years, who suffers from attacks of severe frontal headache, accompanied by vomiting? *Ans.*—The

child is suffering from migraine, the treatment of which will be considered at length in the next number of this journal.

2. I am trying to get used to two meals a day; do you advise this plan? *Ans.*—Yes, provided the food taken is sufficiently nourishing and so balanced as to supply all the needs of the body. For the majority of people the two-meal plan is decidedly the best.

123. **Removal of Freckles, Moles, Corns, Etc.**—Subscriber, Sydney: 1. What will remove freckles? *Ans.*—It is impossible to remove freckles without injuring the skin. These spots are due to a deposit of pigment in the deeper layers of the skin. When the pigment cells are stimulated by light and wind, their activity increases and the freckles become more noticeable. The remedies employed for temporarily removing freckles, are poisonous and somewhat dangerous. Their use can not be recommended.

2. What will remove hair from moles? *Ans.*—Electrolysis skilfully employed by a competent person.

3. What will remove blackheads? *Ans.*—As blackheads (comedones) are usually associated with constitutional troubles, these causes must first be removed. Constipation, cold hands and feet, chilblains, and other evidences of sluggish circulation, are common in sufferers from comedones. Insufficient exercise and bathing, overeating and other dietetic errors, are common causes. The general health should be improved, the skin thoroughly shampooed two or three times a week, kept active by daily salt glows or cold frictions. Drink water and eat fruit freely, especially oranges and lemons. The diet should be spare, and the food simple and wholesome. The local treatment consists in the careful removal of the comedones by means of slight pressure with a watch key or the finger tips, after thoroughly sponging off the affected part with hot water. The face should then be bathed with cold water, and well rubbed with a flesh brush or towel. Eau de Cologne is grateful, and tends to prevent suppuration. An exclusive fruit dietary for a day or two will be found beneficial.

4. Remedy for falling hair. *Ans.*—See answer to H. M. K., Burwood.

5. What is the cause and remedy for perspiration in patches, for example on side of the neck? *Ans.*—The trouble is due to vaso-motor disturbance, the same cause as that of blushing. Treatment consists in the daily cold bath or friction.

6. What is a cure for corns? *Ans.*—The first requisite is, to wear sufficiently large and properly shaped boots. To remove the corns, the foot should be soaked in hot soapy water, and the corn cut out or scraped away. Dry thoroughly, and paint with the following solution: Salicylic acid, eight parts; extract of cannabis indica, one part; flexile collodion, sixty parts.

124. **Germicidal Fruits, Warm Baths.**—R. B. B., Auckland: 1. What kind of fruits do you recommend, and what quantities should be taken daily? *Ans.*—It is well to use those varieties of fruits which are in season and are most readily obtainable. The comparative medicinal values of

fruits are indicated in the following list: Oranges, grapes, strawberries, peaches, pears, pineapples. As to quantity to be used daily, this varies in different cases. In rheumatic affections from six to twelve, or even more, oranges may be taken daily, with beneficial results. For the average person as much as two or three pounds of fresh, ripe fruit may be taken daily, though less would probably answer the actual needs of the body. Bananas and dried fruits, such as figs and dates, should be used somewhat sparingly, as they are very rich in sugar.

2. Will bananas and other sweet fruits destroy germs? *Ans.*—The sweet fruits have very little germicidal action.

3. Are there any complaints in which acid or sub-acid fruits should be avoided? *Ans.*—Yes. Ulcer of the stomach is a good example.

4. Should sweet fruits be avoided in certain disorders? *Ans.*—Yes. In obesity, rheumatism, and diabetes.

5. If the oil-rub is taken twice a week, how often would it be necessary to have a warm bath? *Ans.*—Twice a week, preceding the oil-rub.

6. Is there any easy test to find boracic acid in fruits and drinks? *Ans.*—There is no simple test that can be easily made at home. The surest evidence that foods and drinks contain preservatives, is the fact that such foods keep sweet longer than they would ordinarily.

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125. **Cheese, Cocoa, Varicocele, Post-nasal Growth.**—C. R. D., North Brighton: 1. Is cheese a healthy food? *Ans.*—No. It is in a state of decomposition, swarming with germs, and sometimes larger forms of animal life.

2. What treatment would you advise for obstruction due to remains of a post-nasal growth? *Ans.*—If a part of the growth still remains, this should be removed by a competent man. If the stuffiness is due simply to congestion or catarrh, benefit should be derived from the habitual, daily use of the nasal douche. Cool water containing one teaspoonful of salt to a pint is as good a solution as any.

3. Is there any cure for varicocele apart from an operation? Would you advise an operation?

and is it dangerous? *Ans.*—There is no permanent cure for varicocele other than an operation; but slight degrees of varicocele do not require any treatment beyond cold water bathing and the wearing of a proper suspensory. When properly performed by a competent surgeon, there is little danger in this operation, but it is not always wholly satisfactory.

126. **Weakness in the Legs.**—H. A., Murtoa: What diet and baths should be taken in the above complaint? *Ans.*—The diet should consist of wholesome, easily digested foods, such as are often mentioned in these columns. The cool, rubbing sitz- or hip-bath, and cold friction to the entire body once daily, should prove helpful.



Desires to Pass on His Blessings.

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☞ All Subscriptions, Remittances, and Business Communications should be addressed to E. C. Chapman, Manager "Good Health," Cooranbong, N. S. W.

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