

# GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

February 1, 1909.



Registered at the G.P.O., Sydney, for Transmission by Post as a Newspaper.

VOL. 13.

NO. 2.

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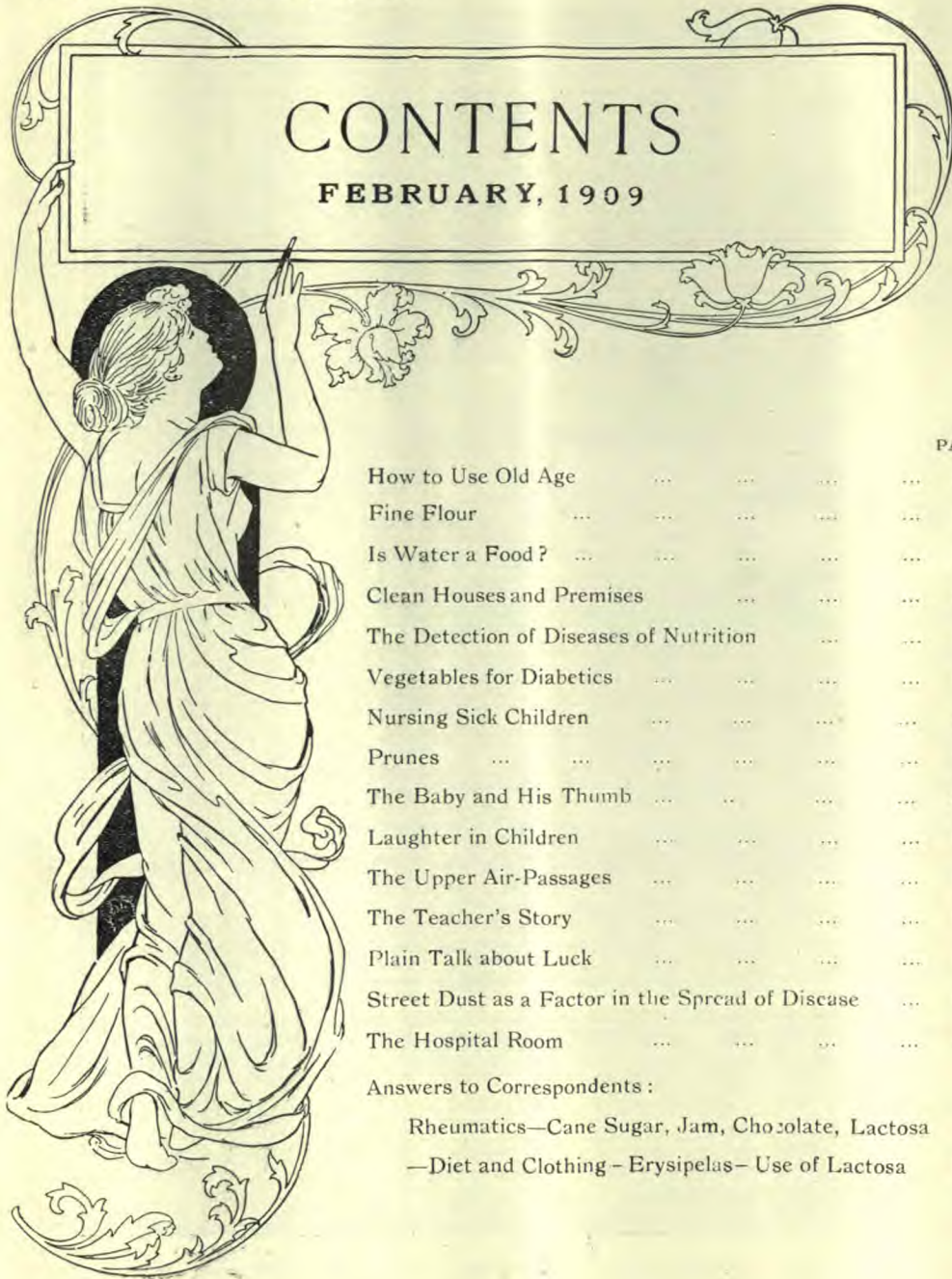
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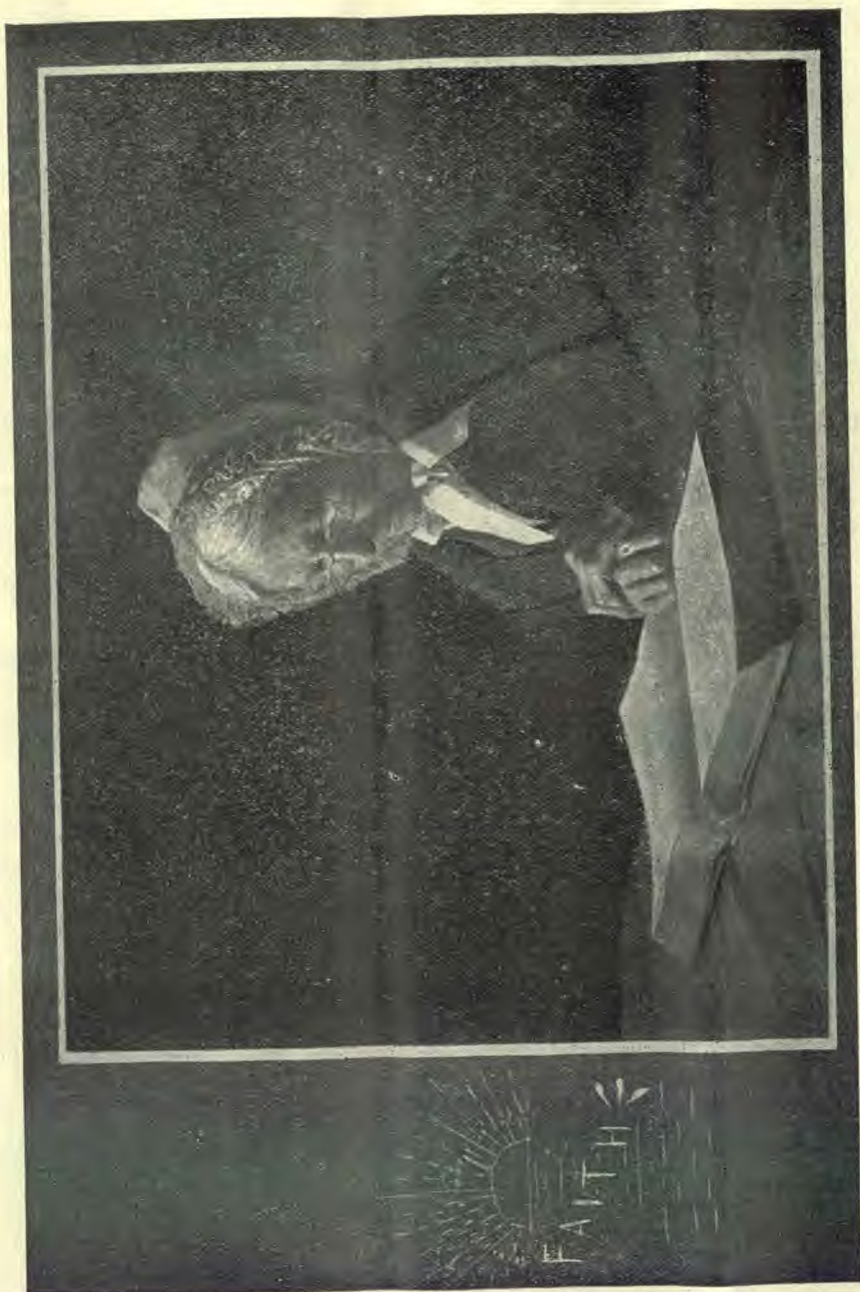
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Good Health, February 1, 1909



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# GOOD HEALTH

## A Teacher of Hygiene

Vol. 13.

Cooranbong, N. S. W., February 1, 1909.

No. 2.

### How to Use Old Age.



THE circumstances that favor the attainment of old age are the inheritance of a good type of organization or tenacity of life from healthy, long-lived parentage; the eating of only a fair variety of wholesome food; the constant use of fresh, pure air; moderate outdoor exercise daily; and total abstinence from the use of narcotic, anesthetic, and intoxicating drinks of every kind.

In addition to the foregoing, the period of youth should be accompanied by such educational training as will favor an equal and full development of the various organs and functions of the body and of the faculties of the mind, but without extremes of physical exertion or intensity of mental application.

The adult period should be spent in the pursuit of some useful occupation requiring, or at least permitting, a fair proportion of daily exercise of both body and mind, followed by from six to eight hours of natural sleep at night.

The question how to use old age to the best advantage is one of much interest and importance. In answering, it is necessary to keep in mind the distinction between simple old age and the cases of premature failure of life, often in the middle of the adult period, from chronic diseases produced by injurious occupations and habits or modes of living. Such cases are numerous in all classes of society, and are often designated as examples of premature old age. The fundamental principle involved in the treatment of all such, consists in the improvement of their occupations, and the correction of their erroneous habits or modes of living.

Medicines may be needed to aid in correcting disordered functions in some cases, but no drug or "elixir of life" can permanently rejuvenate the prematurely old without removing the causes that have led to the early decline.

If we would use old age to the best advantage, we must adopt such personal habits or mode of living and such occupation as will favor its prolongation. It is the special period in which the individual is least capable of adjusting himself to new environment, to new occupations, or to sudden and marked changes in climate.

Consequently, the most important principle applicable to its most successful management is strictly conservative. It consists in simply keeping the individual's work, both mental and physical, gradually diminishing in the same ratio as old age advances, and his supply of food more simple and less in quantity; for the person engaged in active work eight or ten hours of the day, undergoes more waste of his tissues than when he works only five or six hours.

It is obvious that all persons who spend the strength and energy of their adult years for the sole purpose of accumulating wealth, or for selfish display, find it very difficult to make their old age either long or enjoyable. On the contrary, those who have diligently prosecuted their various lines of work, not so much for the selfish purposes of accumulation or ostentatious display as for obtaining means for aiding the important educational, religious, and charitable interests ever present in civilized communities, and have thereby become interested in both the public welfare and the relief of individuals in need, seldom, if ever, find old age a period of mental vacuity, or barren of peaceful enjoyment.

If during their years of efficient activity they have succeeded in receiving not only enough for their own support and to give a fair degree of help to the needy around them, but a surplus for their declining years, they, unconsciously, perhaps, welcome the leisure hours of age as affording them the opportunity they had desired for more judiciously dispensing aid to the individuals and institutions needing it. If it should so happen that the old man's liberality to others during his years of activity had been such that he had reserved no surplus for his declining years, still the memory of his past good deeds and the cordial greeting of lifelong friends would add comfort and contentment to his latest days, though they might be extended to a hundred years.

It is thus seen that both the duration and the usefulness of old age depend very much upon the manner in which the preceding periods of life have been spent. If the moral and intellectual faculties have been developed, disciplined, and stored with knowledge during youth, and if the years of adult activity and vigor have been spent not only in the diligent prosecution of some legitimate and useful line of work, but also in lending a helping hand to all such public and private interests as need the help of all good citizens, old age will generally be long, peaceful, and useful. But if the first and second periods of life have been dominated by unrestrained selfishness, whether in gratifying personal appetites and passions or simply in accumulating wealth, the period of old age will be short and filled with anxiety and vain regrets. It is evident, therefore, that the first step toward using old age to the best advantage consists in having used the preceding periods of life in accordance with the best ideals of good, active citizenship. If the individual has done this as a mere laboring man or woman and the days of diminished strength and activity have come, let that person at once seek lighter kinds of labor or work fewer hours per day, and cheerfully accept correspondingly less pay. By so doing one will continue to earn something to the latest period possible and will prevent the ennui of idleness and the conscious depression of helplessness or want.—*Dr. N. S. Davis.*

EXAMINATION of the tobacco-trust magnates before the United States Commissioners in New York has brought out the admission that the use of tobacco is decreasing in America though increasing abroad.

### Fine Flour.

We find three generations ago there were few dentists and no need for more. The people lived on simple foods; patent-process flour and baking-powder were unknown; hot bread was seldom eaten. Without knowing it, our ancestors were following the laws of nature in chemistry of food, which we of a later generation have so frequently violated.

The Creator in building a kernel of wheat formed one of the most perfect miracles of vital chemistry in all His wonderful universe. So nicely balanced are the elements in this little grain that no chemist can suggest a point where it might be improved.

So perfect is the vital nutritive value of wheat that from practice it has been found that whole-wheat bread and apples supply every waste of the human tissue. During the past two years I have been using gluten. With this I have seen the most wonderful results. Gluten is absolutely clean, contains less than three per cent. of starch and sugar, and will put color into the ears and cheeks of that anemic girl.

What, think you, must go on in the delicate jellies of the nerves, and in the marrow of the bones, and in the bones themselves, when the hardest substance in the human economy—the teeth—is torn down and melted like snow in the sun?

Starvation sits at loaded tables. In the midst of abundance we have the young breaking down at their studies, business men fall out of the race, mothers grow pale and weak from no visible cause, while the dentist and the doctor work night and day to repair the breaking, crumbling, suffering army of starving people.

Not overwork, but malnutrition, is the cause,—that and the coffee and tea habits with which the majority brace up their hungry and rebelling nerves.

### Is Water a Food?

HUTCHISON, an English authority, who has published the latest and best work on foods, includes water among food substances. Water enters the body, not only as a solvent, but as destined to become a constituent element of the tissues themselves. Water adds to the energy of the body by increasing the volume of blood, and thus increasing the power of the heart, and in other ways contributing to the activity of the tissues.



## Clean Houses and Premises.

BY M. ELLSWORTH OLSEN, M.D.



HERE is no better all-round rule of hygiene than that which may be summed up in one word, CLEANLINESS. Frequent bathing is necessary to keep the skin in a wholesome, active condition, and frequent renewal of the underclothing is equally important.

These things, however, have to do with personal hygiene. There is also a hygiene of the house and premises which is deserving of the most careful attention.

Let us notice a few elementary principles. First, let care be taken to keep dark corners sweet and clean. If rubbish of any kind must be allowed to accumulate, let it be always in the open, where the sun's rays can get at it. Never allow it to be piled up in out-of-the-way corners, to breed disease. The best way is to allow nothing of the kind about the premises. Keep only those things which are really useful to you; pass the other things on to some one who can use them, or, if useless, destroy them. This principle, consistently carried out, will go far towards simplifying the house work and clearing the yard of rubbish. There is nothing that affords a better soil for the growth of noxious insects and germs than rubbish heaps of various kinds.

Even the necessary dust-bin has been known to attract flies, which, it may be said in passing, are in their habits among the filthiest of insects, and should never on any occasion be allowed to settle on food. The deceptive little creature may look very innocent poised on the edge of the sugar bowl, but two minutes before it has very likely been bedraggling itself with the filthiest offal, and thousands of virulent typhoid-fever germs may be clinging to its body. In well-kept homes apple and potato parings and similar things, often thrown into the dust-bin, are burned. This is by far the better plan.

Mosquitoes are another source of danger; and in countries where these insects are very numerous, methods are now coming into vogue which promise largely to exterminate them. Scientists have found out that the female mos-

quito of the most dangerous kind must have stagnant water in which to lay her eggs. The *Ladies' Home Journal* accordingly gives the following summary of the best means of getting rid of the pest:—

"Clean out every place where water stands.

"So dispose of old tin cans, bottles, or what not that rain cannot possibly be retained.



Where mosquitos breed.

"Watch your roof gutters.

"Empty your rain-barrel of water every week, or screen it with fine-meshed wire.

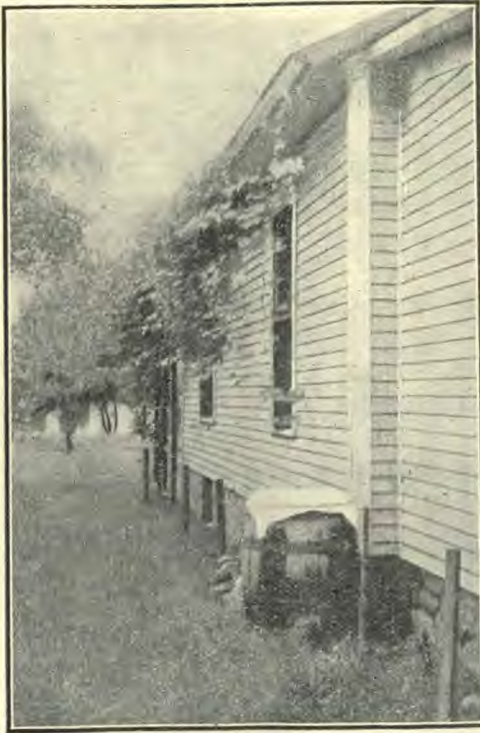
"Change every day the water in a drinking-pan for dog, cat, or bird.

"Watch the water-trough near your stable.

"In other words, get rid of, or coat with kerosene, all stagnant, standing water, and you will get rid of mosquitoes.

"If you have a playing-fountain, put little fish, like minnows or gold-fish, in the water, and they will eat the mosquito larvæ.

"If you have a sluggish brook or a stagnant pond near your house, spray kerosene or coal oil on the surface; this makes it impossible for the 'wrigglers' to breathe when they come to the surface, and they die. The coal-oil application is necessary only at the edges, and is good only so long as the oil film is unbroken."



Mosquito proof.

These rules, which are illustrated by the accompanying cuts, will be seen to be exceedingly important when it is remembered that scientific investigations in recent years have traced both malaria and yellow fever to the mosquito.

They are rules, moreover, which with certain modifications can be carried out to excellent advantage everywhere. The main principle is to keep things clean and tidy. Disease germs do not thrive in a clean house, neither are noxious insects attracted to a clean neighborhood.

Of course, where any member of the family

is afflicted with tuberculosis or any other contagious disease, special precautions have to be taken. When the sputum raised from the lungs is thrown out with the other slops, and soiled handkerchiefs are mixed with other clothing, the whole house and neighborhood is soon infected, and myriads of germs infest the place, causing the death of one inmate after another.

Barns and outhouses should be kept in a wholesome condition, and domestic animals should be comfortably housed, but not allowed to take undue liberties. Cats and dogs do not always keep the best company at night, and may communicate disease to human beings. Calves and pigs have been known to occupy quarters in very close proximity to their owners. Such arrangements are not conducive to health.

Cleanliness is highly essential in the kitchen, that modern laboratory where the food is prepared for daily consumption; and in the scullery, where the family washing is done. Dish-cloths and dish-towels should be washed thoroughly daily, and kept sweet and clean. The dishes themselves should be washed in hot, soapy water, and then rinsed in clear, hot water, after which they can be wiped dry with clean towels. Knives, forks, and spoons should also receive thorough cleaning. The kitchen should be well lighted, and supplied with abundance of fresh air. Sunshine is the best of all disinfectants.

Great care is desirable in handling food to keep it free from contamination with dust and germs. Milk is one of the foods most easily contaminated. Hence it requires special care. All cupboards should be kept clean and airy. Bad odors are readily absorbed by milk, which also affords a favourite medium for the multiplication of countless colonies of germs.

Living-rooms need to be flooded with fresh air and sunlight, and the fewer curtains and less upholstered furniture, the better. The aim should be to make the air on the inside approach in freshness and purity as closely as possible the air on the outside. Man was not intended to live in a house, he is naturally an open-air animal. Hence the great importance of minimizing as far as possible the dangers inherent in a dwelling.

The bedrooms, in which the average person spends about one-third of his life-time, should be as bare of furniture as possible, but redolent of pure, fresh air, and open to the rays of the sun. Old carpets and curtains and much bric-a-brac are entirely out of place in a bedroom. The window is by far the most valuable thing

in a room where one sleeps, and it should have the habit of remaining open day and night. In fact, there should preferably be a couple of windows.

Careful attention should be given to drains, and the water supply should be above suspicion. Everything of this kind should be good enough to pass the strictest of sanitary inspections.

By measures such as these, disease is fought

intelligently "at long range," and is overcome.

He who neglects even the least of these needful precautions is surrounding himself with conditions that cause disease; he is inviting trouble, and he need not wonder if it comes at his bidding. Not Providence, but careless, uncleanly habits and unsanitary house conditions, are the causes of a very large part of the disease with which mankind is afflicted.

## The Detection of Diseases of Nutrition.\*

BY FRANKLIN RICHARDS, M.D.



OUR diseases of nutrition are common in infants and children: I. MALNUTRITION, II. WASTING, OR MARASMUS, III. RICKETS, AND IV. SCURVY. Naturally such questions as the following arise in

the mind of the mother who has heard of these diseases, and who is interested in the welfare of her offspring:—

Is *my* child properly nourished? Has it rickets? Is it likely to develop scurvy or marasmus? And these questions she may answer for herself by applying two simple tests which we shall call (1) The Weight Test and (2) The Growth Test.

### TESTS OF NUTRITION.

#### 1. The Weight Test.

The healthy infant should gradually increase in weight during the first year of life at about the following rates:—

|                               |                      |
|-------------------------------|----------------------|
| During the first three months | 5 to 7 oz. per week. |
| " " second " "                | 4 " 6 " " "          |
| " " third " "                 | 3 " 4 " " "          |
| " " fourth " "                | 2 " 3 " " "          |

At about the end of the fifth month the child's weight at birth should be doubled; and within a year or fifteen months the birth-weight should be trebled.

#### 2. The Growth Test.

The application of the weight test without regard to the growth and development of the child is very apt to be misleading. The fact that the child is heavy is no evidence that it is strong and well nourished. Parents and friends

often consider an infant "a big healthy child," when as a matter of fact, it is decidedly lacking in strength of bone, firmness of flesh, and general development.

Normal development proceeds about as follows: A healthy child two or three months old begins to "take notice"; a month later, holds its head up; about the sixth month begins to sit up with support; before the ninth month, cuts its first teeth; by the tenth month, draws itself up and stands; when a year old, begins to talk, and shortly afterwards to walk.

At a year old a child should have six or eight teeth; at a year and a half, twelve teeth; at two years, sixteen teeth; and at two and one-half years, twenty teeth—the full temporary set.

For any deviation from normal increase in weight, or for any evidence of backward development, a satisfactory explanation should at once be sought. The intelligent application of the two tests given above, should enable any mother to decide whether or not her child is suffering from disturbed nutrition. As a further aid to a correct conclusion, the leading symptoms and signs of the different diseases of nutrition may be briefly set down as follows:—

#### I. SYMPTOMS OF MALNUTRITION.

1. Stationary or gradually falling weight.
2. Backward development—delayed dentition (teething).

\*This is the first of a series of three articles written by the Editor on "Diseases of Children Due to Faulty Nutrition." The next number of the series, entitled "The Prevention of Diseases of Nutrition," will appear in the March GOOD HEALTH.

3. Disturbed digestion—wind, colic, constipation, diarrhoea.

4. Peevishness and irritability.

5. Poorness of blood, causing pallor.

#### II. SYMPTOMS OF MARASMUS, OR WASTING.

1. Rapid loss in weight—marked wasting.

2. Vomiting, diarrhoea, distension of bowels with gas.

3. Drawn, aged, and anxious look.

4. Dry, shrivelled, shiny skin, hanging in loose folds.

5. Hoarse, feeble cry, or plaintive wail.

6. Sinking of the fontanelle (soft spot).

#### III. SYMPTOMS OF RICKETS.

Rickets usually begins to show itself between the sixth and twelfth months. It produces two types of children,—the fat and flabby, and the thin and delicate. Both types are lacking in blood and appear pasty. The most common early evidences of rickets are:—

1. Restlessness at night, causing the child to throw off the bedclothes.

2. Profuse sweating, especially about the head, during sleep.

3. Frequent colds, bronchitis, catarrh, discharges from the ears, sore eyes.

4. Constipation alternating with diarrhoea, vomiting, capricious appetite, unusually prominent and pendulous abdomen.

5. Delayed and irregular dentition. If there are no teeth at ten months the child probably has rickets; no teeth at one year almost always indicates rickets.

6. *Nervous symptoms*; convulsions on slight provocation, spasms of the larynx, or "passion

fits," which cause the child to hold the breath and get blue in the face, fretfulness, restlessness.

Within a few months' time the later and more serious signs of rickets become prominent.

1. The head appears too large for the body, the forehead is high and square, and the fontanelle is late in closing. An open fontanelle after the nineteenth or twentieth month is conclusive evidence of rickets.

2. A characteristic late sign of rickets is softness of the bones, with enlargement of the ends of the long bones.

The softness permits the bones to bend, thus producing curvatures of the spine, pigeon breast, flat chest, bow-legs, knock-knees, and other similar deformities. The enlarged ends cause thickened joints—wrists, ankles, elbows, knees—and bead-like knobs at the ends of the ribs. These rows of knobs on either side of the breast bone may be plainly felt and sometimes seen. They are called the "rickety rosary," because of their resemblance to a string of beads.

3. These soft, enlarged bones are sore and tender to the touch, causing the child to wince and cry on being dressed,

bathed, or otherwise handled or moved. As the weight of the bed-clothes causes discomfort, rickety children show a marked dislike to having the legs covered, often throwing them out on the top of the covers. This tenderness is not present throughout the course of the disease, and in some rickety children is never a prominent symptom.

While all of the symptoms given above are



AN EXCEPTION TO THE RULE.

This child has thus far proven an exception to the rule by maintaining a good disposition in spite of a dwarfed, deformed body. Though heavily handicapped by rickets, the smile on his face and the hope in his heart, may yet win for him the success his courage merits. But how much brighter the outlook, had intelligent motherhood endowed him with a healthy, robust body!

of common occurrence in rickets, needless to say a child may have rickets without developing all of these symptoms. The earlier the disease is arrested, the fewer will be the constitutional disturbances, as is evidenced by correspondingly few and feeble outward signs or symptoms.

#### IV. SYMPTOMS OF SCURVY.

This disease of nutrition is not nearly so common as rickets. Sometimes it is associated with rickets, though it is also met with by itself as a distinct disease. It is most frequently seen in children between eight and sixteen months old. The three leading symptoms of scurvy are:—

1. *Imfeverishd blood*, causing increasing paleness and limpness.

2. *Tenderness and weakness of the legs and arms*, especially of the legs, which lie as if paralyzed, and cause the child to scream with pain when handled.

3. *Swellings on the legs*, due to rupture of blood-vessels, with escape and collection of blood under the covering of the bones. These swellings sometimes become discolored like

bruises. They also occur in other parts, as for example, back of the eyes, when the eyes appear to be starting from the sockets.

4. A fourth symptom is *sponginess of the gums* with bruised appearance and bleeding; but this symptom is not present in children who have cut no teeth. When it appears with the cutting of the first teeth it indicates a scorbutic condition.

#### Vegetables for Diabetics.

Mosse, of Toulouse, calls attention to the fact that there are certain carbohydrates, closely allied to starch, which may be used for diabetics without increasing the excretion of sugar. These are inulin, inosit, mannite, and levulose. It is also thought that lactose is more easily utilized by the system in these cases than

other ordinary forms of sugar. Inulin is found in salsify. Mannite is found in certain roots, particularly chicory, Jerusalem artichokes, and the root of the dandelion. Inosit is the carbohydrate of green beans.

Mossé points out the interesting fact that the root starch of the potato may be used with comparative impunity by diabetics, notwithstanding the long-existing prejudice against the use of the potato in this disease, it being decidedly less objectionable than cereal starch. Numerous cases have recently been published by French physicians which show that the use of the potato by diabetics,

lessens the patient's thirst, improves his strength and weight, and secures a considerable gain in his general health. The French physicians require their patients to eat from one to three pounds of potatoes daily.

I CLAIM that bad cooking and the injudicious selection of foods induce the desire for alcoholic stimulation.—S. Adolphus Knopf, M.D.



A PITIFUL PICTURE.

This pitiful picture from Holt represents a child suffering from *Marasmus*, or wasting. This child weighed nine pounds at birth. At the end of the fifth or sixth month this birth-weight should have been doubled; but instead, when ten months old this unfortunate infant weighed only six pounds, *three pounds less than when born!* The picture tells a sad tale of neglected childhood due to unenlightened motherhood.

## The Home Department.

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

### Nursing Sick Children.

BY MRS. A. W. SEMMENS.\*



**M**OST children who are sick turn to mother. And she really is the one who should care for her little one. But it often happens that a serious illness comes upon a child and the mother cannot take the full responsibility. Her love for the child cannot help her own bodily weakness, so someone stronger in body is called to her aid. It is to these I wish to write.

First of all, never undertake to nurse a sick child if you do not love little children. Love them, have patience, gentleness, firmness, cheerfulness, an inexhaustible good temper, sympathy with their little ways, power to understand and read their wants, and good health to be able to stand a strain. No one can judge us so well as the children; they read our characters quicker than adults. A child will like or dislike us as they find out what we are. So let us develop character that can stand the test of their criticism.

See that your wee patient is in a bright room, if possible. A cot or single bed is the best. If he is a nervous child, draw the bed beside yours (if you are able to rest). If necessary, take the little hand in yours till the child is soothed to sleep. Never leave anything within reach that can do the little patient harm. If he is prescribed a certain quantity to drink, never give him more in the glass than he should take. Keep him fresh and clean always. If through long illness the child has been spoiled by the mother, then she will do her child a kindness by keeping away from him all she can while he is with the nurse. This is undoubtedly a hard task to set a mother, but the greater heartbreak would be to see her child die because the nurse could not control him and she herself was too weary.

Somehow, till a child learns to know the

doctor, he is always suspicious of what may be done, so the nurse must be the go-between. The doctor must examine the child, and, if he is afraid, the nurse must use tact. Get everything ready before the child knows of the examination, and let him feel that you will stand by him whatever comes. Take his clothes off and throw a sheet or blanket round him. Make the examination seem as though the doctor were there for the child's special entertainment. Always deal with a child truthfully. If the examination or treatment is going to hurt him, tell him so. If he is to take a nasty medicine, do not say it is nice, or that you like it. Appeal to his heroism and nine cases out of ten it will work well. Do not force a child till every other means has been used. If you deceive a child once he will never have perfect confidence.

If a bath has been ordered and the child shrinks from water, make it the right temperature, cover with a sheet or blanket, and let the little one down gently into the water. The bath will thus be robbed of its horror. If ordered a very hot bath raise the temperature of the water after the child has been put into it. This can be done almost unknown to the little one by adding very hot water gently and stirring the bath all the while. Hot fomentations and packs, often so necessary, can be given in such a manner that the child does not mind after a little while. The skin of a child is delicate and cannot bear great heat, so try it on your face first, and if you can bear it yourself, the child usually can. Often by slipping a towel over the affected part you can give the hot fomentations without the child's minding so much.

While the little patient is in a critical condition there is seldom much trouble. It is

\* Medical Matron of the Sydney Sanitarium.

when the danger is past and he is getting better that he needs so much attention. He does not like to be left a minute, and all the care bestowed upon him during the severe illness is missed, for he does not like falling back into his old ways. If in her anxiety the nurse has pampered to his wishes as far as it was for his best good, it will tax her to the utmost to know how to entertain him during convalescence. Most children like stories, so tell him such as will not excite him. Play with him; make yourself a child with him. If you do your duty to a child through a serious illness, and let him see how much love you have put into your work, your anxiety will be rewarded by the *perfect confidence* of at least *one child*.

### Prunes.

SEVERAL inquiries have been sent us concerning prunes and their value as food, and the following recipes may help some perplexed housewife. The prune is a species of plum, dried, and when properly cooked is one of the best of dried fruits. The larger and sweeter varieties are generally selected for drying.

Use only the best selected prunes. Clean by putting into warm water; let them stand a few minutes, rubbing them gently between the hands to make sure that all dust and dirt is removed; rinse, and if rather dry and hard, put three parts of water to one of prunes; cover closely, and let simmer for several hours. If the prunes are quite easily cooked, less water may be used. They will be tender, with a thick juice. The sweet varieties need no sugar whatever. Many persons who cannot eat fruit cooked with sugar, can safely partake of sweet prunes cooked in this way. A slice of lemon added just before the prunes are done, is thought an improvement.

#### PRUNE MARMALADE.

Cook sweet California prunes as directed above. When well done, rub through a colander to remove the skin and stones. No sugar is necessary. If the pulp is too thin when cold, it may be covered in an earthen pudding dish and stewed down by placing in a pan of hot water in a moderate oven.

#### PRUNE WHIP.

Press through a colander some stewed sweet California prunes which have been thoroughly drained from juice, and from which the stones

have been removed. Beat the whites of three eggs to a stiff froth, and add two cups of sifted prunes; beat all together thoroughly; turn into a pudding dish, and brown in the oven fifteen minutes. Serve cold with a little cream or custard for dressing. Almond sauce also makes an excellent dressing if one cares for it.

#### PRUNE AND TAPIOCA PUDDING.

Soak one-half cup of tapioca over night. In the morning cook in two cups of water until transparent. Stew two cups of well-washed and stoned prunes in a quart of water till perfectly tender; then add the juice of a good lemon and two tablespoonfuls of sugar, and boil till the syrup becomes thick and rich. Turn the prunes into a pudding dish, cover with the cooked tapioca, and add a little grated lemon rind. Bake lightly. Serve without dressing or with sugar and cream or almond sauce. If preferred, the prunes and tapioca may be placed in the dish in alternate layers, having the top one of tapioca.

### The Baby and His Thumb.

If the baby persists in sucking his thumb, here is a way to induce him to stop: Make a pair of light-weight white flannel bags considerably larger than the baby's hand, and, when the small child begins to suck his thumb, put the little hand inside the bag, fastening the top of the bag with a shield, and pin to the sleeve of the dress. Baby won't like it, of course, but it will cure him of the habit more quickly than any other method.

### Laughter in Children.

AN eminent surgeon says: "Encourage your child to be merry and to laugh aloud; a good, hearty laugh expands the chest and makes the blood bound merrily along. Commend me to a good laugh—not to a little, sniggering laugh, but to one that will sound right through the house; it will not only do your child good, but will be a benefit to all who hear, and be an important means of driving the blues away from a dwelling. Merriment is very catching, and spreads in a remarkable manner, few being able to resist the contagion. A hearty laugh is delightful harmony; indeed, it is the best of all music."

## The Upper Air-Passages.

### Colds, Coughs, and Sore Throats.

BY FRANKLIN RICHARDS, M.D.



LAST month the upper air-passages were described, and attention was called to the importance of promptly and properly treating affections of the nose and throat.

Inflammations of the upper air-passages are usually attributed to draughts, damp, and cold. Indeed, so wide-spread is the belief that the weather is responsible for these disorders that an acute inflammation of the nose and throat is generally known as "a cold." This is a misnomer, however, for inflammatory conditions of the upper air-passages are usually due to irritation and microbial invasion. Sudden changes of temperature are a factor, of course, but other more important factors are deficient ventilation, over-eating, constipation, and an inactive state of the skin due to lack of exercise and bathing, and the wearing of soft woollen clothing next the skin. The surest method of avoiding colds is to breathe freely of pure air day and night, and to avoid the other common causes enumerated above, also excesses of all kinds. The person who "catches a chill" every time the weather changes would do well to give heed to these suggestions. Until they are heeded, colds, coughs, and sore throats will continue to afflict the people with alarming and quite unnecessary frequency.

#### COLD ON THE CHEST.

In those who habitually breathe through their mouths, colds begin lower down in the air-passages, the inflammation often starting in the larynx, trachea, or bronchial tubes. The physician then diagnoses the case as one of acute laryngitis or bronchitis, and the laity call the trouble a sore throat, which is a very good name because it is descriptive, or "a cold on the chest" which again is a misnomer.

#### CAUSES OF COUGHS.

Coughs may be caused by any irritation of the nose, throat, chest, or ears. Two frequently overlooked causes of cough in children are hardened ear-wax and growths in the nose

and upper throat. Cough due to the former is promptly and readily relieved by an intelligently given ear douche preceded by softening of the wax with oil. Obstruction of the nose due to growths requires surgical treatment except in mild cases of adenoids, when chest gymnastics and nasal breathing and douching often cure. Cough is sometimes due to a relaxed and elongated uvula, usually associated with general relaxation of the throat. An astringent gargle composed of alum and glycerine in water will be found useful in such cases.

#### NASAL WASHES AND GARGLES.

It is important at the very outset of a cough, cold, or sore throat to cleanse thoroughly the upper air-passages, thus washing away microbes and irritating secretions. This is best accomplished by the proper use of suitable washes and gargles.

The gargle referred to above as useful in cases of relaxed throat should be prepared in the following proportions:—

|                 |                |
|-----------------|----------------|
| Alum .....      | 1 teaspoonful  |
| Glycerine ..... | 6 teaspoonfuls |
| Water.....      | 1 cupful.      |

A useful cleansing and hardening solution which may be used as both gargle and nasal wash is simply prepared from equal parts of salt, baking soda, and borax dissolved in water. To three pints of boiled water a teaspoonful of each should be added. A more convenient method consists in mixing equal quantities of the three dry substances together and of this mixture using, as required, one-half teaspoonful to a glass of water. To make either of these solutions antiseptic, one grain of permanganate of potash may be added to each cupful; or, to the same quantity of solution, add two to four teaspoonfuls of sanitas, or a tablespoonful of euthymol, or a small amount of any other good safe antiseptic. The simplest cleansing solution for the nose and throat is common salt dissolved in water, a teaspoonful to the pint.

No elaborate apparatus is required for nasal douching. The cleansing solution may be snuffed from the hand or freely drawn up into the nostrils from a cup or saucer.



It is usually directed that nasal washes be always used *warm*. This I believe to be a great mistake. Cool solutions have a hardening, healing, stimulating effect, which is of great value in relaxed, congested conditions of the naso-pharyngeal mucosa.

### The Teacher's Story.



**I** WAS teaching a country school and "boarding round." One week I was in a lovely Christian home. Few children are loved as fondly as was the little boy who was the only child at that house. His father worked and sacrificed that he might be educated and have a start in life, and his mother provided good wholesome food, kept him clean and comfortable, and taught him good manners.

Yet at my first meal in that home I was made heartsick by the untruths which were told to the child by both parents, without a suspicion, seemingly, that they were doing wrong. When the fond mother tied on the little boy's bib I heard her say, "Now you must be good or God won't love you." Lie number one. Under this awful threat the boy became nervous. He spilled a little milk.

Then it was the father's turn. "Now the lady will go away and tell all the people that our little boy spills his milk." Lie number two.

Presently the father said to me, "Don't you want a boy? I will trade you this one for a hen." Number three.

The boy sought his mother's eye anxiously, to see whether this was really meant, but she did not meet his gaze. As I could not say to him, "Your father is not speaking the truth," I smiled reassuringly at him. Papa went on: "Or, I'll trade him for a pig,—he eats like a little pig. You could put him in the pen with your pigs at home." Lie four.

The boy was slow at eating and had not finished when we left the table. Papa said, "If you eat so much you will turn into a little pig." Lie number five. "You are almost fat enough to sell now. When you get fat enough to kill, you could be killed, like the other little pigs." Lie number six.

The father went out, laughing. By the shades of livid color that passed over the face of the tortured child, I knew that he had, unfortunately, seen pigs slaughtered. In his

dilated, horror-stricken eyes I saw that his imagination pictured the frightful scene, and placed himself in the place of the victim. He ate no more. All the digestive fluids were turned to poison. I helped him down from his high chair, took him in my arms, and gave him my watch to hold, while I told him about my brother's pet squirrel. But in the midst of the most engaging part of the story he looked up earnestly into my eyes and said, "I hope when my papa does sell me I can go to you." I told him his father was only in fun, that papas never sold their little boys, that it was against the law and therefore could not be done.

Just then his mother came to put him to bed early so that she and I could chat without interruption.

We visited late, and just as I entered the guest chamber the house rang with agonized screams, and I found both the parents bending over the child's bed, while he, sound asleep, with wide-open, unseeing eyes, was hoarsely screaming, "I ain't a pig! I ain't a pig! Don't kill me."

At last, after having water dashed in his face, he seemed to recognize his mother's voice, and clutched her with a death-like grip, which could not easily be unclasped,—nightmare amounting to delirium tremens caused by untruths, indigestion, and an excited imagination! It might easily have provided fatal.

I learned, then and there, that it is not enough to earn and cook food for a child—he must be permitted to eat undisturbed. I also learned that the processes of digestion and assimilation cannot be carried on at all while the mind is controlled by fear, anger, jealousy, or grief.—*Union Signal*.

### Plain Talk about Luck.

WHAT most men call bad luck is not that chance does not present itself to them, but simply that they let it go by and miss it.

If you want to be lucky in life, force luck and make it yourself. Believe in yourself, and others will believe in you.

Rise early, be punctual, reliable, honest, economical, industrious, and persevering, and take my word for it, you will be lucky—more lucky than you have any idea of.

Never admit that you have failed, that you have been beaten; if you are down, get up again and fight on.

Be cheerful, amiable, and obliging. Do

not show anxiety to be paid for any good turn you may be able to do others.

When you have discovered who your real friends are, be true to them; stick to them through thick and thin.

Do not waste time regretting what is lost, but prepare yourself for the next deal.

Forget injuries at once; never air your grievances, keep your own secrets as well as other people's; be determined to succeed, and let no one—no consideration whatever—divert you from the road that leads to the goal.

According to the way you behave in life, you will be your greatest friend or your bitterest enemy. There is no more "luck" than that in the world.—*New York American*.

### Street Dust as a Factor in the Spread of Disease.

THE filth and dust of the streets and homes play an important rôle in the production and spread of epidemics. Dust, as found on the streets of the cities of to-day, is composed of organic and mineral matter, and has its origin in countless processes. It includes particles of animal matter, vegetable substances of every kind, including bacteria and molds, matter swept from the soil by the action of the wind, and that discharged from manufacturing establishments and chimneys. Of the innumerable methods of the spread of disease, and especially of tuberculosis, the dust of the street is to my mind by no means the least important.

This mass of dry, powdered material of itself is not infectious, but becomes so through various agencies. Our enemy, the house-fly, as a carrier of infection, plays an important part. There is plenty of vegetable and animal matter in the street to attract his attention, and frequently a neighboring candy or fruit-store, where he may rest a while. Our fly has probably been amusing himself with a typhoid-fever patient or bathing in tubercular sputum. He is not only capable of it, but it is his natural habit. He has never been accused of having clean feet, and numerous experiments have proved that tubercular, typhoid, and pneumonia organisms have been obtained from the fruit and candy vended at these stores.

Another method of infecting street dust is by the omnipresent spitter, as great an enemy of the community as the fly, whether he be tubercular or not. If tubercular, the number of bacilli scattered in his wake would be beyond

comprehension. Without doubt, a large number of these are destroyed by atmospheric agencies, but that all are destroyed has been positively disproved. A few are taken home on the shoes and skirts of individuals, some are cared for by the fly, and the remainder are left to be blown about by the wind, and deposited anywhere, according to the fancy of the air currents, to be distributed by the brooms of the street-sweepers.

The amount of contamination of street dust depends entirely upon the amount of prevention carried on in the community. By preventing flies from gaining access to typhoid-fever patients or their excreta, they are prevented from carrying typhoid germs to their breeding-places, and the same may be said of other infections. With the cessation of expectoration on the streets and sidewalks, the danger of infecting dust with tubercle bacilli is also lessened.

In an editorial in the *New York Medical Journal*, written by Dr. S. A. Knopf, describing an epidemic of tuberculosis among the street-sweepers of New York City, it is stated that from one-fifth to one-third of the men so employed were infected with tuberculosis. What makes this claim of interest is the fact that all these men successfully passed a thorough physical examination before being employed. This does not compare favorably with the results obtained abroad, and especially in Berlin, where the street-sweepers have the lowest mortality from tuberculosis, simply because the streets are cleaned with due regard to the dangers from dust.

A more general recognition of dust as a cause of disease will gradually result in many improvements, including the intelligent disposal of dust and refuse from homes, schools, offices, and cities.—*F. P. McCarthy, M.D., in Journal of the Out-door Life.*

### Still Useful.

A LITTLE girl who was lost, was kindly cared for at the police station until her parents could be found. To amuse the child, the matron had given her a sugar cat. With this she played happily all day, but at night the cat had disappeared. The matron inquired if it had been lost. "No," replied the little maid, "I kep' it most all day, but then it got so dirty I was 'shamed to look at it so I et it."

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## The Hospital Room.

ONE of the most useful and important rooms in a house where there is a good-sized family growing up is a light, airy, well-located room which may be cut off from the rest of the house, that is, which other people do not have to enter or pass through in order to go about their duties or to reach their own apartments.

Such a room should be fitted up with a good bed and very simple furniture, and it is a great advantage if it can also be supplied with hot and cold water.

When a member of the family complains of feeling ill and having sore throat, rash, or any other symptoms of contagious disorder, he can be retired to this hospital room at once, put to bed, and made comfortable. If the sickness proves serious, a physician must be called. If it should be some simple ailment no harm has been done.

Should it prove to be actually a case of contagion, who can tell the good done to all members of the family or to the community? Also consider the saving even from a money standpoint. It is always cheaper to care for one case of family sickness than to have the whole household sick.

Such a room, if it cannot have hot and cold water, should be in communication with some other room where disinfecting can be done. It should contain no carpets or upholstery.

The discharges from the body in any contagious disease should of course never be emptied into the water closet or any other closet used by the family, without first being thoroughly disinfected by carbolic acid, chloride of lime, or some other powerful disinfectant.



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## Answers to Correspondents.

Questions from subscribers pertaining to the preservation of health, the treatment of disease, and kindred topics, will be answered by the Editor, in this department. Answers to questions received during the current month, will appear in the issue of the following month. Write plainly and concisely, give full name and address, and enclose stamp, as it is often expedient to reply by post.

185. RHEUMATICS.—E. E. A., Rotorua: Would you kindly advise as to the best home treatment for rheumatics in joints of hands and feet, also what would be a suitable diet? *Ans.*—The home treatment of rheumatics consists in keeping the body at as equable a temperature as possible by means of suitable clothing and favourable climatic conditions. The eliminative organs should be kept active by means of bathing, free water-drinking, the breathing of pure air at all times, and the free use of laxative foods, especially fruits. If necessary, a simple laxative such as cascara, or the cool anema may be employed to keep the bowels open. Fomentations and heating compresses applied to the stiff joints remove pain and increase freedom of movement. Massage and joint movements are also beneficial.

186. CANE SUGAR, JAM, CHOCOLATE, LACTOSA, ETC.—N., Brighton: 1. Seeing that cane sugar is a vegetable, why is it injurious? *Ans.*—The fact that cane sugar is a vegetable does not guarantee its harmlessness. Some vegetable substances are rank poisons; for example, opium, strychnine, etc. Cane sugar is injurious because of its irritating action on the stomach and intestines, and for other reasons.

2. Is jam more indigestible than honey? *Ans.*—Jam is not so easily digested as honey, though in the absence of better sweets it is useful if used in moderation.

3. Do you agree with Hutchison that cane sugar if boiled with fruit becomes converted into fruit sugar? *Ans.*—About one-half of the cane sugar added to fruit is inverted or changed into levulose, by the process of boiling with fruit acids. Cane sugar is thus rendered more digestible and wholesome.

4. Is the flesh of man the same as that of animals? That is, are the constituent parts in the same proportion? *Ans.*—Yes, approximately so.

5. What is chocolate? Does it contain any equivalent to uric acid such as theine in tea? Is it the same as cocoa? *Ans.*—Chocolate is a mixture of cocoa and sugar. If adulterated, it also contains starch or other foreign matter to give bulk and coloring. It contains theobromine, which is similar to theine.

6. How should lactosa be used, and what is the method necessary to sterilize the milk? *Ans.*—See directions in June GOOD HEALTH, 1908, and subsequent numbers, and answers to similar questions in this department.

7. You say in reply to a correspondent, "Plants do not contain uric acid or other wastes which render

them objectionable as foods." Would this also apply to theine in tea if taken only in small quantities? *Ans.*—It is true that plants do not contain uric acid as such, but they do contain poisonous substances as stated in the answer to question 1. Theine is a poison and is injurious in any quantity.

8. How do you remove the skins from legumes? *Ans.*—Boil until tender and put through a colander or sieve.

187. DIET AND CLOTHING.—J. F., Copmanhurst: Please give a few tangible hints as to food and clothing for a family living on the Clarence after years in cold climate, also how to cool a hot head in summer time. *Ans.*—The clothing should be as light and cool as possible, linen or cotton mesh underclothing being worn instead of flannel. The head covering should also be as light and cool as possible. The food should consist largely of fresh ripe fruits and fruit juices made into refreshing beverages. Light cereal foods such as toasted granose flakes and corn flakes may be combined with the fruits, and moderate use made of nuts and nut products, or, if preferred, new-laid eggs and fresh milk may be used instead of the nut preparations. A very successful way to cool a hot head and to keep the whole body cool consists in spending an hour or two each day in a full bath at a temperature of ninety degrees Fahrenheit. The cooling compress applied to the head and neck is also a useful measure. Bathing the face, arms, and neck in cool water is another simple antithermic measure.

188. ERYSIPELAS.—A. M., Ipswich: Kindly give cause and treatment of erysipelas. *Ans.*—Erysipelas is a contagious inflammation of the skin due to the growth of microbes. It is most common in persons enfeebled by disease, or other causes. Treatment consists in improving the general health by means of diet, exercise, and tonic baths, increasing elimination, and applying antiseptic lotions locally.

189. USE OF LACTOSA.—V. L., Matan: 1. How and when is it best to use lactosa? *Ans.*—Lactosa may be taken as a drink, but is best eaten with dry biscuits or bread as one would eat soup. It may be eaten at every meal or only once or twice daily.

2. Does it suit all constitutions? *Ans.*—Yes, when properly prepared and used as suggested above.

3. What effect, if any, has it on the nervous system? *Ans.*—It is a food which repairs nerve tissues in the same way as other good foods. There is no such thing as a special brain or nerve food.

### Danger in the Oyster.

THERE is probably no one article of food except raw milk, which is so frequently a cause of disease, and sometimes even fatal illness, as is the oyster. The nutritive value of the oyster is very small. It takes fourteen oysters to equal one egg in food value, and more than two hundred and fifty oysters to equal a single pound of beef in food value. This is due to the fact that the oyster consists chiefly of water, the balance being mostly liver and germs. The oyster lives upon the ooze and slime of the ocean bottom. Typhoid-fever germs, and other disease-producing organisms are tidbits for the oyster, and millions of them are always found in the oyster's stomach and the mucus, or slimy juice, in which the oyster is always bathed.

The oyster is a scavenger, and absolutely unfit for human food. The idea that it is more digestible than other foods is in the highest degree absurd. In addition to the germs with which it always swarms, the oyster contains a large amount of uric acid which cannot be gotten rid of by boiling, or by any other means.

### The Potato.

ACCORDING to statistics cited by Waldron in the *Revue pour Tous*, December, 1899, the potato is more largely used in Europe than any other food substance, the average amount annually eaten *per capita* being as follows in the different countries named: England, 242 pounds; Austria, 662 pounds; France, 697 pounds; Norway and Sweden, 739 pounds; Holland, 840 pounds; Germany, 1,298 pounds; Ireland, 1,364 pounds. The *per diem* consumption for England is eleven ounces, and Ireland, three and three-fourths pounds, or nearly six times as much.

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The Summer Season should find you dining at one of the under-mentioned Restaurants.

**Good Menus**

**Great Variety**

**Best Attention**



*Main Entrance & Dining Room No. 2.*

*Dining Room No. 3 for Ladies*

The addresses of the Sanitarium Health Food Cafes are as follows:

## **SANITARIUM HEALTH FOOD CAFE,**

SYDNEY, Royal Chambers, 45 Hunter Street.

MELBOURNE, 289 Collins Street (Opp. Block).

WELLINGTON, 15a Willis Street.

AUCKLAND, Victoria Street East.

ADELAIDE, 28 Wymouth Street, Near King William St.

CHRISTCHURCH, Papanui.

# Pure Sanitarium Health Foods

Wholesome  
Nutritious  
Sustaining

## Give Them a Trial . . . .



Wheatmeal Biscuits  
Gluten Meals  
Granose Flakes  
Nut Cheese  
Granose Biscuits  
Gluten Puffs  
Oatmeal Biscuits  
Nut Butter  
Cereo-Almond Meat  
Nut Meat  
Fruit Luncheon  
Melsitos  
Gluten Sticks  
Granola  
Caramel Cereal  
Nut Grains  
Raisin Sticks

.. .. Imported Foods as Follows: .. ..

|             |             |               |
|-------------|-------------|---------------|
| Nut Bromose | Granuto     | Protose       |
| Fig Bromose | Malted Nuts | Nuttolene     |
| Corn Flakes | Meltose     | Nutlose, Etc. |

### Below are Our Agencies.

SANITARIUM HEALTH FOOD CAFE, 45 Hunter Street, Sydney, New South Wales.

SANITARIUM HEALTH FOOD CAFE, 289 Collins Street, Melbourne, Victoria.

SANITARIUM HEALTH FOOD CAFE, 28 Waymouth Street, Adelaide, South Australia.

SANITARIUM HEALTH FOOD DEPOT, 103 William Street, Perth, West Australia.

SANITARIUM HEALTH FOOD CO., Papanui, Christchurch, New Zealand.

SANITARIUM HEALTH FOOD CO., Victoria Street East, Auckland, New Zealand.

SANITARIUM HEALTH FOOD AGENCY, 15a Willis Street, Wellington, New Zealand.

SANITARIUM HEALTH FOOD DEPOT, Heathorn's Buildings, Liverpool Street, Hobart, Tasmania.

131 St. John's Street, Launceston, Tasmania.

SANITARIUM HEALTH FOOD AGENCY, 186 Edward Street, Brisbane, Queensland.

FOODS AND SUPPLIES, Box 175, Manila, Philippine Islands.

SANITARIUM HEALTH FOOD DEPOT, 12 Dhoby Ghaut, Singapore, Straits Settlements.

Order of your State Agency, and write at same time for Descriptive Booklet.

**Sanitarium Health Food Company,** Cooranbong, New South Wales.

# Sydney Sanitarium.

An Ideal Home for the Sick and Convalescent. A Quiet Country Place  
for Rest and Recreation.



All Diseases Treated except such as are contagious. Surgical Cases Received.  
Well-appointed Maternity Cottage in connection. All Rational Remedies Employed,  
including Hydrotherapy, Massage, Remedial Exercises, Electricity,  
Curative Dietary, Rest, and Cheerful Environment.

Elevation 700 feet. - Cool and Invigorating Climate.

The Sanitarium is charmingly situated in the picturesque suburb of Wahroonga, on the North Shore-Hornsby Railway Line. Its elevated site, which overlooks the Valley of Lane Cove and Parramatta Rivers, permits of extensive panoramic views, stretching from the Sea Coast to the Blue Mountains.

While possessed of all the advantages of a delightful country location, the Sanitarium is only twelve miles distant from Sydney, with an hourly train service to and from M. Ison's Point. Patrons should book to Warrawee Railway Station, where Sanitarium cabs are in attendance. Expenses moderate. For further particulars and prospectus, address -

The Manager, Sydney Sanitarium, Wahroonga, N. S. W.

Telephone No. 137, Wahroonga.