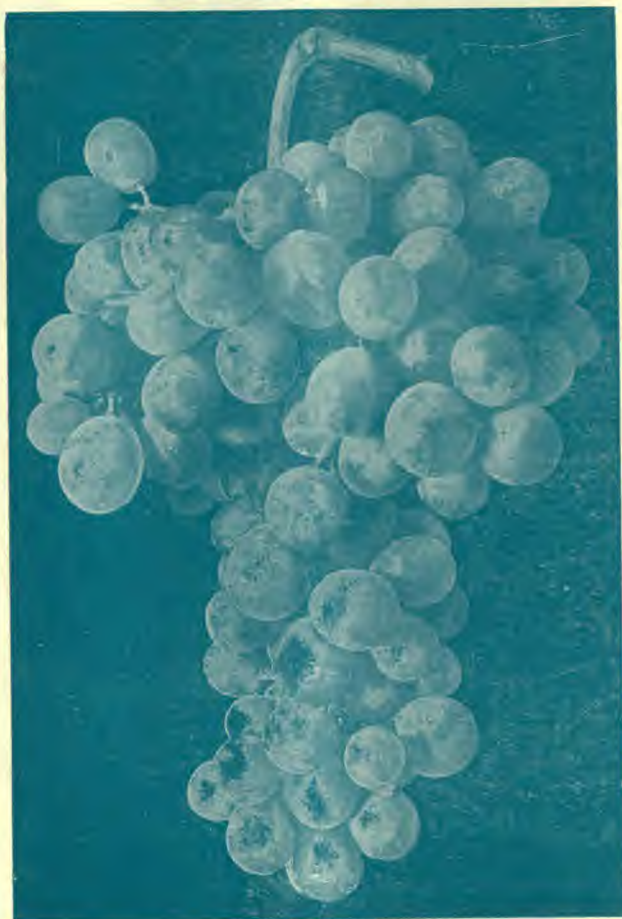


GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

APRIL 1, 1909.



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

VOL. 12

NO. 4.

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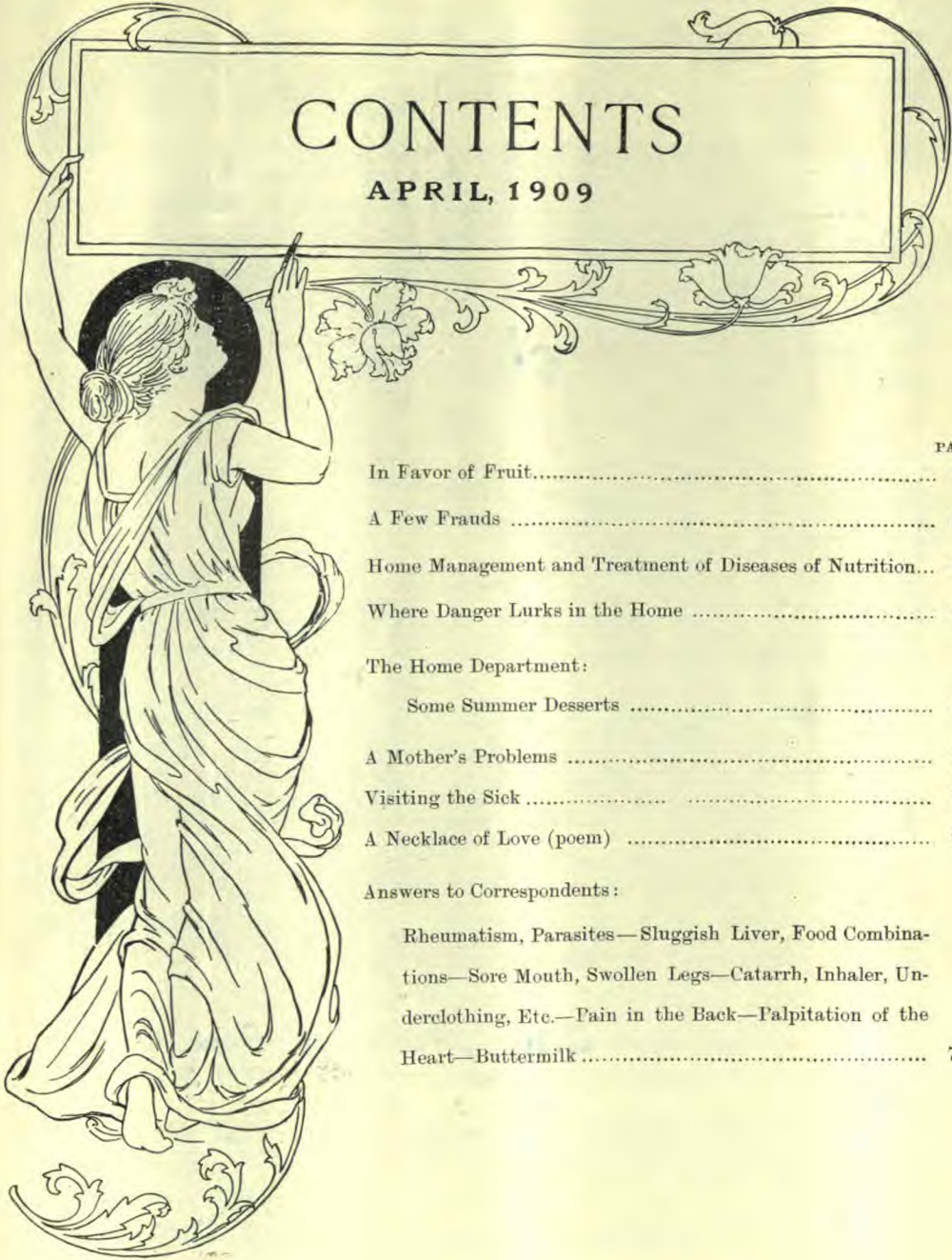
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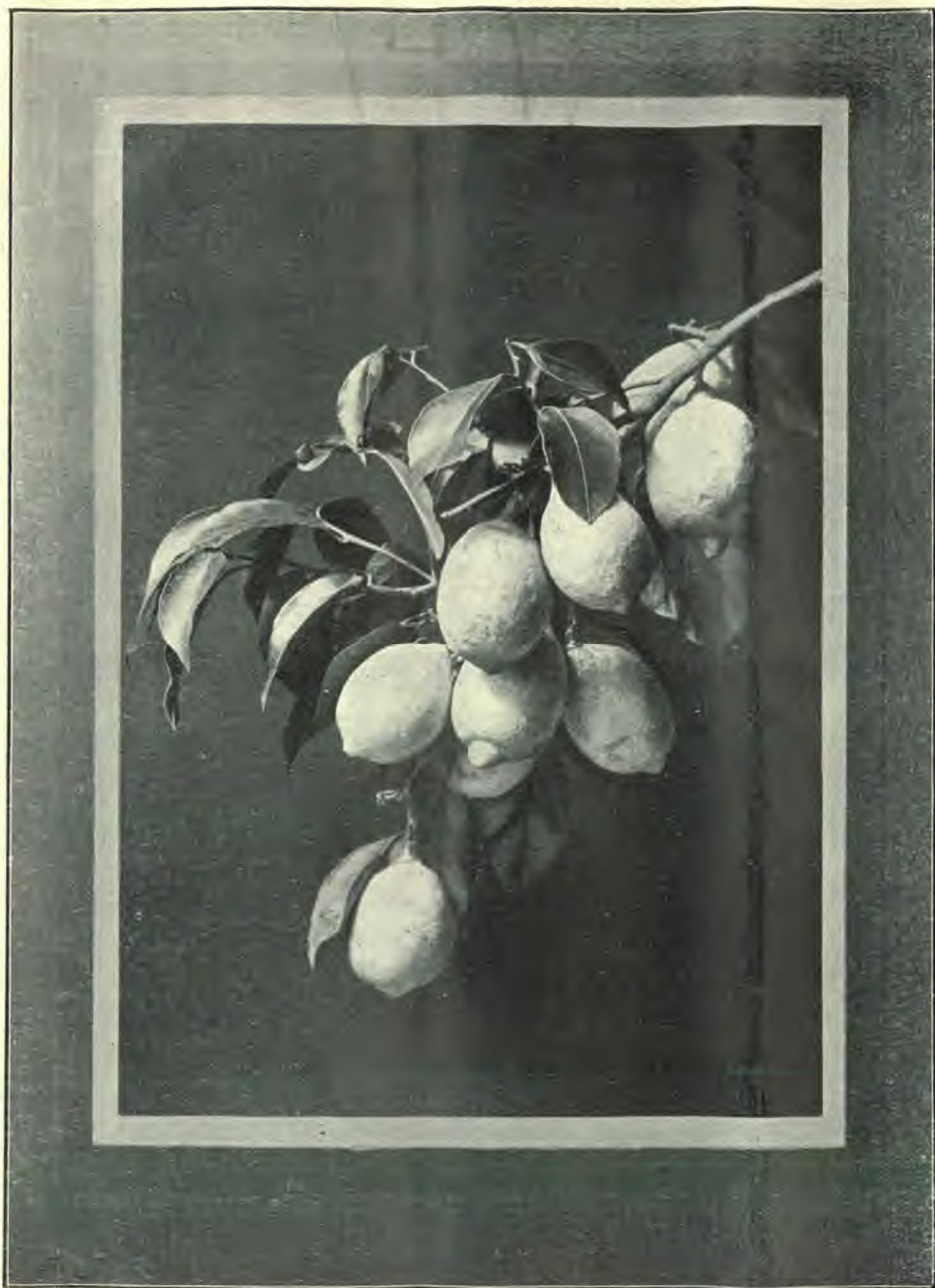
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Good Health, April 1, 1909



A FEW OF NATURE'S BOUNTIES.

GOOD HEALTH

A Teacher of Hygiene

Vol. 12.

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

No. 4.

In Favor of Fruit.

THE first man lived in a garden and no doubt ate freely of fruit. And his diet perfectly agreed with him, for he was never ill, and lived to the remarkable age of 930 years. And why should not fruit prove suitable food for the first man and every other man? It constitutes a large proportion of the diet prescribed for man by his Creator, who said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." "Of every tree of the garden thou mayest freely eat." Here there is a food of which we are permitted by divine ordinance to eat *freely*. And as we study the structure of man's body, we find there is no mistake in this matter, for it is perfectly constructed to utilize a diet of fruits. As to teeth, length and conformation of intestine, and many other details, man's body very closely resembles the bodies of the anthropoid apes, and they, as we all know, are great fruit-eaters. So while not in the least convinced of the simian origin of man or the correctness of the speculative theories of evolution, we are forced by the evidence before us to admit that man and the monkey have one thing in common—a fruit diet.

From the historical side we find that fruits have always formed an important part of the diet of a large proportion of the human race. Many of the older nations used fruits freely; as also do the native tribes of tropical, sub-tropical, and temperate lands. And it may be said of these latter peoples that they are usually healthy, strong, and remarkably active, or were so before contaminated by the evil influences of Western civilization.

At the present time, fruits are coming more and more into common use in all parts of the

world. Through improved methods of transportation, the products of each land are more generally distributed to all other lands. Thus to-day in the great markets of the world, fruits from every clime are staple products. As a result, many fruits which but a few years ago were expensive luxuries, have been placed within the reach of all and may be freely used every day as foods.

THE FOOD VALUE OF FRUIT.

Why fruit should be so often considered simply a relish rather than a food is very difficult to understand, as even the juicy fruits have a fairly high value. On this point Chittenden says:

"I would lay special stress upon the value to the body of the natural sugars as well as of starch. We are inclined to deprecate the widespread use of candy, especially among children, and there is no doubt that the too lavish use of sugar in such concentrated form does at times do harm; but when eaten as an integral part of the many available fruits its use cannot be too highly lauded, for both young and old. Oranges, grapes, prunes, dates, plums, and bananas are especially to be commended, and in lesser degree peaches, apricots, pears, apples, figs, strawberries, raspberries, and blueberries. In all of these fruits, it is the sugar especially that gives food value to the article, while the mild acids and other extractives, together with the water of the fruit, help in other ways in the maintenance of good health. Where personal taste and inclination are favorably disposed, the first six fruits named can be partaken of freely, and the diet of the young, especially, can be advantageously modified by the liberal use of such articles of food.

"Of the other fruits, apples when thoroughly ripe are above reproach if properly masticated,

but the raw fruit is somewhat indigestible when swallowed in too large pieces, and may cause trouble to a delicate stomach. A baked apple, on the other hand, is both savoury and wholesome, and if served with honey and cream, for example, constitutes a most healthful and satisfying article of food. Peaches, apricots, and strawberries as ripe fruits are likewise exceedingly valuable, but here personal idiosyncrasy frequently comes to the fore, especially with strawberries, and prohibits their free use. The peculiar acidity of these latter fruits is occasionally a source of trouble, which leads to their avoidance; but this is far less liable to happen with people living on a low proteid diet with its greater freedom from purin derivatives, or uric acid antecedents. Further, there is a tendency on the part of some individuals to suffer from acid fermentation with too liberal use of starches and sugar, but as a rule the advantages of ordinary starchy and *natural sugar-containing foods* cannot be overestimated. It is certainly wise to give them a conspicuous place in the daily dietary and to encourage their use, especially by children."

COMPOSITION OF FRESH FRUITS.

	Water	Proteid	Fat	Carbo- Hydrates	Ash	Cellulose	Acid
Apricots ...	85.0	1.1	?	12.4	0.5	...	1.0
Apples ...	82.5	0.4	0.5	12.5	0.4	2.7	1.0
Bananas ...	74.0	1.5	0.7	22.9	0.9	0.2	...
Blackberries ...	88.9	0.9	2.1	2.3	0.6	5.2	...
Cherries ...	84.0	0.8	0.8	10.0	0.6	3.8	1.0 to 1.5
Currants (Red, Black, & White)	85.2	0.4	...	7.9	0.5	4.6	1.4
Cranberries...	86.5	0.5	0.7	3.9	0.2	6.2	2.0 to 2.5
Figs ...	79.1	1.5	...	18.8	0.6	...	1.0
Greengages...	80.8	0.4	...	13.4	0.3	4.1	1.0
Grapes ...	79.0	1.0	1.0	15.5	0.5	2.5	0.5
Gooseberries ...	86.0	0.4	...	8.9	0.5	2.7	1.5
Lemons ...	89.3	1.0	0.9	8.3	0.5
Lemon Juice	90.0	2.0	0.4	...	7.0 Citric Acid.
Melons ...	89.8	0.7	0.3	7.6	0.6	1.0	...
Mulberries ...	84.7	0.3	...	11.4	0.6	0.9	1.8
Nectarines ...	82.9	0.6	?	15.9	0.6
Oranges ...	86.7	0.9	0.6	8.7	0.6	1.5	1.0 to 2.5
Orange Juice	85.0	10.8	1.93
Pineapples ...	89.3	0.4	0.3	9.7	0.3
Prunes ...	80.2	0.8	?	18.5	0.5
Pears ...	83.9	0.4	0.6	11.5	0.4	3.1	0.1
Peaches...	85.8	0.5	0.2	5.8	0.6	3.4	0.7
Plums ...	78.4	1.0	?	14.8	0.5	4.3	1.0
Raisins ...	34.9	2.5	4.7	74.7	4.1
Raspberries ...	84.4	1.0	?	5.2	0.6	7.4	1.4
Strawberries	89.1	1.0	0.5	6.3	0.7	2.2	1.0 to 1.2
Whortleberries							
Blueberries or							
Bilberries ...	76.3	0.7	3.0	5.8	0.4	12.2	1.6
Water-melons	92.9	0.3	0.1	6.5	0.2

Our common fruits are rich in sugar. A pound of apples contains 12.5 per cent of this food-element, or nearly one-half the total nutriment in a pound of meat; a pound of bananas with its 25 per cent nutriment lacks only 2 per cent of equalling the nutriment in a pound of meat, though, of course, the latter contains much the larger proportion of proteid. Dried fruits, as figs, dates, prunes, and apples, possess nutritive value more than double that of fresh meat, and approaching closely to that of cereals. Dates, figs, and bananas form staple food in the countries to which they are native, and very sustaining foods they prove to be.

COMPOSITION OF DRIED FRUITS.

	Water	Proteid	Fat	Carbo- Hydrates	Ash	Cellulose	Acids
Apples ...	6.2	1.4	3.0	49.1	1.8	4.9	3.6
Currants	27.9	1.2	3.0	64.0	2.2	1.7	...
Dates ...	2.8	4.4	2.1	65.7	1.5	5.5	...
Figs ...	20.0	5.5	0.9	62.8	2.3	7.3	1.2
Prunes ...	26.4	2.4	0.8	66.2	1.5	...	2.7

The mineral constituents of fruits are of considerable importance. They consist mainly of potash united with various vegetable acids, such as tartaric, citric, malic, etc. These have an agreeable acid flavor, but when burnt up inside the body are converted into the corresponding carbonate, and so help to render the blood more alkaline and the urine less acid. Thus, 1 fluid ounce of lemon juice contains 45 grains of citric acid and saturates 45½ grains of bicarbonate of soda. In some diseases, such as scurvy, this property of the mineral constituents of fresh fruit is turned to therapeutic account. As the fruit ripens, these vegetable acids diminish to some extent, and it is to this fact, coupled with an increase in the amount of sugar present, that the sweetness of ripe as compared with unripe fruit is due. The earthy salts are but poorly represented among the mineral ingredients of fruits, and for this reason the free use of fruit in place of cereals has been recommended by some writers to persons suffering from hardening of the arteries.

Among the most important mineral constituents of fruits are calcium or lime, sodium, potassium, magnesium, phosphorus, and iron. These substances are absolutely necessary for the upkeep of the normal composition and activity of the body tissues. For instance, when all of the calcium going to the heart is removed, the heart ceases to beat, as the cal-

cium is necessary to the contractility of the heart muscle. The body cells cannot throw off their waste products nor can they take up food from the blood unless these mineral salts are present. The absorption of oxygen depends upon the iron content of the blood. The excretion of carbon dioxide depends upon sodium carbonate and sodium phosphate. Hence the gas exchange of the blood and tissues cannot be regulated without a normal proportion of the two elements. Animals fed on a diet de-

variety of the fruit. Thus, in ripe fruits there is no starch, and but little fat and albumin. So ripe fruit consists practically of digested starch, or sugar, and fruit acids which require no digestion. In other words, ripe fruit is a natural predigested food, the process of digestion having been completed by the magic influence of the sun's rays during the process of ripening.

The amount of acid in fruit varies greatly. Some of the sweet fruits, as well as those



APPLES FRESH FROM THE ORCHARD.

prived of these salts die sooner than when given no food at all. Thus we can see how important it is that they be supplied in the food, because the blood which is formed from abnormal food is chemically of a poor quality and cannot furnish the proper material out of which to build a sound body.

Certain diseases are due to a deficiency of fruit salts and acids. Among these are scurvy, rickets, stunted and irregular teeth, certain nervous diseases, scrofula, rheumatism, and gout.

Green fruits are much like vegetables, consisting largely of wood, water and starch. During the process of ripening, the starch is converted into fruit-sugar and vegetable acids—citric, malic, or tartaric, according to the

variety of the fruit. Citric acid is found chiefly in lemons, sour oranges, limes, shaddocks, grape fruit, and cranberries. Malic acid abounds in sour apple, pears, peaches, apricots, gooseberries, currants, also in cherries and other sour fruits. Tartaric acid gives to sour grapes their acid flavor. Some very sweet varieties of grapes contain almost no acid.

As a general rule, about half to three-quarters of the total carbohydrates in a fruit will consist of sugar. The particular variety of sugar is that known as fruit-sugar, or in chemical language, levulose; but some fruits, e.g., apples, apricots, and pineapples, contain a

small amount of cane-sugar as well. It is of some importance to remember this, for lævulose is certainly more easily assimilated by diabetics than are other sugars, so that fruits may often be freely given to mild cases of "sugar diabetes." The total amount of sugar and acid contained in some typical fruits is shown in the following table:

	Total Sugar (per cent)	Total Acid (per cent)
Grapes	17.26	0.5
Figs	11.55	...
Cherries	10.00	1.0 to 1.5
Preserved Pears	8.78	...
Fresh Pears	7.84	0.1
White Currants	6.40	1.4
Strawberries	5.86	1.0 to 1.2
Preserved Apples	6.25	3.6
Raspberries	7.23	1.4
Oranges	8.58	1.5
Apricots	8.78	1.0
Pineapples	13.31	...
Plums	1.99	1.0
Lemons	1.47	...

The organic acids of fruits are in union with alkalis in the form of salts, and these salts are split up in the system and leave the alkalis free. These alkalis then combine with acids found in the body to form carbonates or phosphates. This is a fact of great practical importance. Why do we give lemon juice and expect benefit, in rheumatic fever for instance, when the blood is already too acid? We can answer that, in giving lemon juice in such cases, or any other fruit juice, we do not give it as an acid to increase the already over acid condition of the blood. We give it, paradoxical as it may appear, as an alkali, to increase the alkalinity of the blood; this being brought about by the citric acid of the lemon combining with salts, and these salts splitting up and reappearing as alkaline carbonates and phosphates. Even if the citric acid of the lemon is free, it meets salts in the system, and does the same good in a more direct way. Thus acid fruits are not an acid diet in the sense that they increase the acidity of the blood. Orange juice is an excellent remedy in rheumatism, and fruit juices, soups and purées are of the greatest value as both food and medicine for the sick.

THE newly-elected president of the United States, Mr. Taft, is in full sympathy with the temperance movement which is now sweeping in triumph through so many of the states of the Union. He has announced that while he is president no intoxicating drinks will be served at any official functions at the White House.

A Few Frauds.

WE have been asked to look into the methods of several Sydney concerns which purport to cure deafness and other troubles, and have been able to obtain the following facts which are submitted not only to safeguard the public health, but also in the interests of common honesty:

"THE EAROSCOPE."

We first investigated the "Earoscope Institute" or "Association" or "Company" of 90 Pitt Street, Sydney. All these names are used in the literature sent out by this concern. On walking into the waiting-room we found several girls seated at typewriting machines, but they did not appear to be busy. We were somewhat surprised not to find them writing letters instead of dawdling over their machines, as a letter received by one of our readers from the Earoscope people begins with the following:

Dear Madam,

Thanks for your post card which duly reached us on Saturday last, but we were again unable to reply to same any sooner, as we are still overcrowded with correspondence, for the demand for our Earoscope seems to be continually increasing—thanks to the recommendations of our cured patients; while we have already previously explained to you the fact that all correspondence at our Institute is taken up in the regular routine order. It was, therefore, absolutely impossible for us to answer your letter any sooner, and trust you will kindly overlook this unavoidable delay, for which please accept our best thanks in advance.

Evidently at the time of our visit the rush for Earoscopes was over; either this, or the correspondence was being "taken up in the regular routine order." We concluded the latter was the case, and that therefore it was still necessary to advertise for inquirers after Earoscopes. A fair sample advertisement, which we take from the *Evening News* of March 8, 1909, reads thus:

THE EAROSCOPE VERSUS DEAFNESS.

The following will be of great interest to those seeking a reliable cure for Deafness, Head-noises, Ringing in the Ears, Nervous Headaches, or any other Head or Ear Trouble, as they are the words of well-known clergymen, the guardians of the truth, the ministers to the sick and suffering:

Rev. H. Gainford, of Adelaide, S. A., writes: "The Earoscope wrought a marvellous change in my hearing. I feel it my duty to recommend it to any one suffering from deafness in whatever stage it may be."

The well-known Rev. O. P. Foster, writes: "For the last 25 years I have been paying doctors' heavy bills until they proclaimed my deafness and head-

noises incurable. I have now used the Earoscope for three weeks, and am delighted with it."

Call or write to us, and we will supply you with full free particulars, also the "Earoscope Review," explaining fully how you can cure yourself from deafness or any other complaint in the Head and Ears right at your own home, same as those reverend gentlemen did, entirely *free of charge*. Address: The Earoscope Association, 90 Pitt Street (Dept. 17), Sydney, N. S. W.

Of course the advertisement bears its own credentials of badness. It has an insincere, untruthful ring from start to finish; but the deaf person, like the drowning man, may grasp at straws, and send in a letter of inquiry. If so, a lot of literature is sent, and the most astounding feature of Earoscope methods is the heartless, shameless manner in which gigantic lies are set down as simple truth in this printed matter. Our space is too valuable to be devoted to a review of this lying literature. One statement which *may* be true, catches the eye on page 6. It is this: "*We absolutely guarantee the Earoscope to be entirely harmless.*" Add the two words *and worthless* to this statement and you have the whole truth about the Earoscope which is offered to poor, weak, suffering, deaf humanity at the nominal sum of five pounds to make it within the reach of all unfortunate sufferers, which was the desire of Dr. C. M. Jordan (the "discoverer"), "whose mission in life was goodness and philanthropy, his sole aim and object being only to help humanity, especially those who were unfortunately deprived of the sense of hearing, the great gift of God."

Then follows an explanation of the low price of Earoscopes, in which we are told that because of the philanthropy of this same grand good man "Dr. C. M. Jordan, the acknowledged world's greatest authority on deafness and all aural complications, the Earoscope Company is compelled to sell this great and wonderful invention for the nominal sum of five pounds, merely enough to reimburse the expense of furthering the cause of Dr. C. M. Jordan." Many, many "testimonials" from supposed people said to have been cured accompany this Earoscope booklet. Needless to say, these testimonials are "bogus."

The Earoscope itself must be a wonderful instrument. We were not permitted to see it, nor to interview the "Manager" concerning its virtues, but the following description, which is based on a photograph, gives a good idea of this transmitter of what the Earoscope Institute calls "pure natural aural kinetics." The

machine looks like a diminutive food-chopper or coffee-mill with a rubber tube attached to the top. In the free end of the rubber tube is an ear-piece or plug. You clamp the coffee-mill to the table, put the plug in your ear, turn the handle, and believe you are getting better. The "pure natural aural kinetics" do the rest! Strange, is it not, that enough credulous people can be found to keep the "Earoscope Institute" open. But "you can fool some of the people all the time," and the Earoscope swindlers know it.

"THE ELECTRICON."

A very similar and equally heartless fraud on the deaf is the Electricon advertised and sold by the L. R. Vernon Company, 60, 62, and 64 Hunter Street, Sydney. The lying advertisements and underhanded dealings of this concern were fully exposed just one year ago in the April number of the *Lone Hand* magazine. We need not therefore devote space to this fraud. Suffice it to say that these two advertised "cures" for deafness are representative of many others of the same sort. For example, a lady of whom we have heard through a friend sent five pounds to London for an advertised "cure" for deafness. In due course a box of pills, some glass tubes, etc., arrived, together with detailed directions for their use. With this "treatment," which was tedious and took considerable time, this poor woman persevered for a long time without the slightest effect on her deafness.

We would suggest to our readers that before they send any money in answer to advertisements they first ascertain the character of the firm with which they contemplate doing business. Indeed, it is a safe rule to follow to have nothing to do with advertised "cures" of any kind. GOOD HEALTH is willing at all times to lend its aid in the interests of honesty and health by exposing frauds and keeping its advertising pages free from anything of doubtful value.

DETERIORATION OF THE BRITISH ARMY.—British recruits cannot do the work which the recruits of twenty years ago performed. "They are, from want of food and from the cigarette habit, such miserable specimens of humanity that it takes two years to make men of them."
—*Life and Health*.

Home Management and Treatment of Diseases of Nutrition.*

I. MALNUTRITION.

1. APPLY the two tests of nutrition, the weight test and the growth test. This necessitates that the child be carefully weighed once each week, and an accurate record kept of gains and losses.

2. If the child be breast-fed, look closely into the mother's health. There are many mothers whose milk is deficient in food-elements. In the case of poorly nourished, overburdened mothers, more rest and sleep, more wholesome food, and outdoor recreation, with graduated tonic baths, will improve the quality of the milk. The overfed, indolent mother should take more outdoor exercise, and a plainer diet containing less meat and more well-cooked cereals, plenty of pure water, fresh fruit, and milk and eggs in moderation. Should the milk be of good quality, but scant in quantity, give one or more bottle-feedings, making up the food to suit the age and digestive powers of the child. Should the mother suffer from organic disease of the heart, kidneys or liver, as shown by such symptoms as dropsy, shortness of breath and anæmia, the child should be weaned, and artificial feeding substituted. So also in case the mother becomes pregnant, or contracts some acute infectious disease such as scarlet fever, or has well-marked tuberculosis, or any of the other troubles mentioned under "Deficient and Impoverished Breast Milk."

3. Dietetic Treatment: No doubt treatment by diet is the chief thing in malnutrition. In the case of children who are being artificially fed, the greatest care must be given to the selection and preparation of food. The diet should contain sufficient fat, which is best given in the form of sterilized cream. Fresh, strained juice of sweet oranges, mandarins, or grapes, in tablespoon or larger doses, should be given once or twice daily, one or one and one-half hours before meals. A child five or six months old will often take hungrily two or three ounces of well-strained, sweet orange juice. This is best fed from a spoon, and should not be given sooner than two hours *after* a milk-feeding, nor less than one hour *before* the next

milk-feeding. This necessitates that the milk be at least three hours apart. It may be necessary for a few days during an acute attack of diarrhoea or indigestion, to limit the food to albumin water and fresh fruit juice. Adopt right methods of feeding, and get the child on a normal diet gradually, and yet as rapidly as possible. The diet for children one to three years old should consist of plenty of good, rich, sterilized milk and cream; well-cooked cereals in the form of gruels, porridges, puddings, breads, and biscuits; suitable fresh and stewed fruits and fruit juices; wholesome sweets, such as bees' honey, malt honey, malt extract, fig syrups, date pulp, etc.; crushed, ground, and grated nuts, and nut foods; such vegetables as mealy baked potatoes; and the juices and soft parts of cauliflower, green peas, etc.; also new-laid eggs, so prepared as to be easily digested.

4. Hygienic Management: Next to diet in importance in the treatment of malnutrition is an outdoor life in the pure air and bright sunshine of the country. The child should be sensibly and seasonably clothed both day and night, and should be kept clean, dry, and comfortable at all times.

5. Curative baths and graduated tonic treatments are of great service in improving the nutrition of feeble, sickly infants and children. Use cold or cool friction baths in treating children suffering from malnutrition.

II. MARASMUS: HOME MANAGEMENT AND TREATMENT.

The home management and treatment of marasmus is similar to that of malnutrition. Marasmus is, in fact, only an extreme degree of malnutrition.

1. A record of weight should be kept as in malnutrition.

2. If wasting is due to the impoverished condition of the mother's milk, the child should be weaned at once.

3. The diet should consist of the most easily digested milk mixtures, albumin water, fresh fruit juices, and predigested foods prepared with malt, and papain. Ordinary sugar should not be given, but sugar in its natural forms as found in the juices of sweet fruits is a predigested food of great value in marasmus. Fruit sugar should be given freely.

4. Hygienic management is the same as in malnutrition, except that more care must be taken to keep the child dry and warm. It is sometimes necessary to roll young infants in

*This is the last of a series of three articles written by the Editor on the general subject of "Diseases of Children Due to Faulty Nutrition." The first of the series, entitled "The Detection of Diseases of Nutrition," appeared in the February GOOD HEALTH; the second, "The Prevention of Diseases of Nutrition," was published last month.

cotton wool. Country surroundings with pure air and sunlight are essential.

5. The following tonic treatments may be used with marked benefit: (1) The hot normal salt enema; (2) hot foot-bath with hot and cold compresses to abdomen; (3) hot sponging; (4) alcohol rub, (5) olive oil rub; (6) tepid sponge; and (7) wet hand rub.

6. If marasmus is due to some other disease, treat the primary disease as directed.

III. RICKETS: HOME MANAGEMENT AND TREATMENT.

1. Keep a record of weight and growth.
2. If rickets develop on breast milk, wean at once. See Malnutrition, 2.
3. Dietetic treatment as in Malnutrition. Sufficient fat in the form of sterilized sweet cream should be added to the food. A jellied egg, or grated hard-boiled egg-yolk may be given daily, or every other day after the ninth month if the child likes eggs and they agree. Fruit juice and other foods as in Malnutrition, which see.
4. For hygienic management see Malnutrition, 4.
5. Use tonic treatment as described under marasmus.

IV. SCURVY: HOME MANAGEMENT AND TREATMENT.

1. Keep a record of growth and weight.
2. If nursing, wean.
3. Give the diet of Malnutrition. Fresh fruit juice is the special remedy.
4. Hygienic surroundings as in Malnutrition.
5. Tonic treatment, carefully graduated to suit the patient's strength, and carefully, but quickly given.

In the diseases of nutrition, as in all other diseases, prevention is better than cure. It is in fact, *cure in advance*. Cure the patient before he gets sick; cure the illness before it begins; save time, trouble, and expense; avoid suffering; save life—this is the wise policy of prevention.

RUSSIA'S ATTITUDE TOWARD SANITARY PROBLEMS.—The Secretary of the Russian Medical Association issued a pamphlet, "What One Must Know for the Successful Prevention of Contagious Diseases." The entire edition was confiscated, and the secretary was arrested. The Russian who dares manifest interest in his fellow-men is in danger.

Where Danger Lurks in the Home.

BY MRS. E. E. KELLOGG, A.M.

IN all the affairs of life the tendency is quite too common to give the most thought to the things that appear most prominent to the eye, to spend time and money in beautifying the front lawn while the back yard is unconcernedly devoted to garbage heaps and piles of debris, and to waste of many sorts.

When our sanitary conscience has become fully awakened, we shall realize that a healthful home depends upon absolute cleanliness of the entire premises, that germs generated in the woodshed are just as dangerous as if propagated at the front door, and that a semblance of purity will not pass for the genuine article in matters of health.

It is the things least observable, the dark corners, the clutter places, indoors and around the house, which serve as most attractive harborage for germs. Here they are least likely to be disturbed; here they most frequently find the conditions favorable to their growth and development.

People would wonder far less why sickness is so common in their households if they would inspect their back yards and turn to light the contents of some closets underneath the stairs. In many homes, for instance, the clothes-closet is a danger spot unnoticed, of which there are two kinds, in most homes at least: those large enough to be entered, and those built in small recesses accessible only from a door occupying a part of one side. Both kinds are usually arranged to fill the spaces not available for other purposes, and are dark and unventilated, so that with other conditions supplied, they form excellent breeding-places for germs as well as moths and other undesirable tenants which are so common.

The original purpose of most closets is the keeping of wearing apparel and the storage of articles not in constant demand. In many instances, however, their use far exceeds their legitimate end, resulting in a picture of general confusion—shelves piled with boxes, bundles, bottles, papers, and all sorts of odds and ends; hooks with a double or triple layer of garments; while on the floor, boots, shoes, slippers, and rubbers lie about promiscuously, the place seemingly having become a "catch-all" for anything and everything found lying about loose in other rooms.

If only things clean and wholesome were

stored in the closets, one would need to be less concerned; but too often soiled aprons, dresses, and other garments are mixed among the mass of clothing hanging upon the hooks or accumulated in a heap upon the floor in one corner, waiting for the weekly washing. All garments during wear necessarily absorb more or less of the effete matter constantly given off by the body. This they retain in a greater or less degree, according to the fabric and its texture, until cleansed by washing or by some other method. In this soiled condition they would be a source of pollution to the air of any place in which they might be kept; particularly so if in a small, unventilated closet.

Not only may clothing become a source of air contamination through having been worn, but also from its retention of the dust with which it comes in contact. This is not difficult to understand when we consider that dust is a compound of nearly every conceivable thing that falls upon the ground, and that it is trodden under the foot of man and beast—fragments of wood, of plants, foods, wool, feathers, hairs, mucus from the nose and mouth of man and animals; indeed, every possible sort of offensive matter, not a little of which comes from infected sources, mingled with the fine earth.

This dust, in dry form or mixed with water as mud, adhering to unclean footwear and clinging to the clothing, is brought into our dwellings. The long skirts worn at the present day, sweeping the floors and even the streets, raise clouds of dust, which settles upon the hose or undergarments, or finds lodgment within the folds and between the linings of the dress, or clings tenaciously to its fabric.

Thus the closet in which such garments are kept is likely to be a veritable nest of germs, which adhere to the dust atoms to be sent whirling and dancing into the air of adjoining rooms every time the door is opened, or a movement of any sort sets them in motion. The large rooms of the dwelling may be kept free from every appearance of dirt, but if there be "bottled-up" dust and germs in the closets, there is an ever-present, possible source of disease and death in the household.

Storing places are, of course, a necessity in every well-ordered household, but they should be light, so that the dust may be easily seen and removed—lighted if possible by a window through which at some time each day the sun's disinfecting rays may shine freely. The ideal clothes-closet should be not less than two and

a half feet in width, and of greater proportionate length, and should be provided with some means for the entrance of both air and sunlight.

All clothing of wool or other rough-surfaced fabric should be well shaken out of doors and brushed free from dust before being hung in the closet, and footwear should be carefully wiped and cleaned.

All articles to be stored on shelves should likewise be sorted, classified, and protected from dust by being put in closely covered boxes of wood or pasteboard. Boxes of rather large size are preferable, several small ones being, if necessary, placed within a larger one, so that there may be as few spaces for the collection of dust as possible. From the surface of such large packages the dust can with little trouble be removed each day with a slightly dampened cloth, and if, as should be when the closet is one in common use, the dust is also wiped daily from the floor, there will be needed only an occasional cleaning and dusting of the contents of the boxes.

Clothing out of season should be cleaned, wrapped, and put away in some place secure from dust until needed.

At least once each month give all garments kept in the closet a thorough airing out of doors. A good way to do this is to pin them firmly to the clothes-line on a fair day when there is a good breeze stirring. If the closet is a dark, unventilated one, it is well at the same time to turn its entire contents out of doors and clean and air the room.

"Oh, but it requires too much time to pay so much attention to the closets," says some one. True, but it is far easier in the end to keep disease out by sanitary painstaking than to rout it out when it has gained a foothold. And after all, it need not mean so much trouble if the things stored are reduced to some form in which they can be easily kept clean and in order. Let nothing be stored without a purpose. Cast-off clothing suitable for further use should at once be given away to those in need. Garments too much worn for this should be ripped up, and all good and clean portions rolled together, put away in boxes or drawers for mending, cleaning, or other purposes, and the remainder disposed of to the rag-man.

Boots, shoes, and rubbers unfit for further use, should be promptly burned or otherwise disposed of, and not left to mould and breed

germs. Allow no rubbish of any sort to accumulate, and do not get into the habit of pushing things into the closet to get them out of the way where, out of sight, they will likewise be out of mind.

For soiled linen, a separate closet should be provided unconnected with any sleeping- or living-room. A long narrow room near the laundry, with light on one side and good ventilation, is the most desirable for this purpose. As a recompense for the care thus given the closet and its contents, the clothing will be likely to wear longer and keep in better appearance, the health of the household will be more secure, and the atmosphere of the house

purser, and untainted by the stale smells which accompany old and soiled clothing; neither will the garments be likely to be infested with moths.

To the other closets of the house—the linen closet, the broom closets, the tuck-away places under the stairs, or in the attic or basement, the mop and pail closets of the kitchen—the principles already stated apply with equal force. These small places where it is possible to put things out of sight require the greatest of care and cleanliness that they do not become harbors for dust, dirt, mould, or decomposing organic matter of any sort, and thus of germs and disease.

The Home Department.

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

Some Summer Desserts.

At this season of the year the heavier winter desserts should be replaced with simpler wholesome dishes in which fruit is the chief constituent. A rich pie or pudding taken at the end of a hearty meal, is often like the last straw that breaks the camel's back, while a simpler dessert can be taken with pleasure and profit.

The following excellent recipes are furnished by Mrs. Elsie Shannon, domestic matron of the Wahroonga Sanitarium:

BIRD'S NEST PUDDING.

Apples, medium sized, 1 dozen.
Sago, 1 cup.
Sugar, $\frac{1}{2}$ cup.
Seeded raisins, $\frac{1}{2}$ cup.

Wash the sago well and cover generously with cold water, soak for two hours or until it is soft and pulpy, add sugar, and boil until the sago is transparent. If too thick add a little more boiling water. Pare and core the apples without breaking, arrange in a pie-dish, and fill the centres with raisins, pour the sago over them and bake in the oven until apples are tender; serve cold. Tapioca may be used instead of sago if preferred, but it requires longer soaking.

BANANA SALAD.

Ripe bananas, medium sized, 6.
Lemon juice, 1 tablespoonful.
Crystalized sugar, 6 tablespoonfuls (level).
Water, 4 tablespoonfuls.
Cornflour, $\frac{1}{2}$ teaspoonful.
Essence of vanilla, $\frac{1}{2}$ teaspoonful.
The outer yellow portion of a lemon rind, grated.

Boil together the water, sugar, and grated rind for about five minutes, strain through fine sieve or colander, return to the fire and when boiling thicken with the cornflour which has been rubbed smooth in a little cold water; set aside until cool, then add the vanilla and lemon juice, and pour over the sliced bananas; set in a cool place until ready to serve. Do not peel and slice bananas until the dressing is ready to be poured over them, as they will discolor.

RICE BLANCMANGE.

Boil rice in its usual way, and turn into wet or oiled cups. When cold turn out into dessert dish or deep platter, make a little cavity in the top of each mould and fill with jelly or jam; serve with a fruit dressing made by straining some juice from any kind of fruit desired, heated to boiling and thickened with a little cornflour which has been rubbed smooth in cold water.

A custard may be used instead of the fruit dressing, if preferred.

RICE DUMPLINGS.

Mix two cups of hot boiled rice with one beaten egg, mould into balls, make a hole in the centre of each and fill with cherries, currants, or any other small fruit, sweetened; steam half an hour and serve cold with custard or fruit dressing.

APPLE CHARLOTTE.

Prepare and cook some apples as for steamed apples, using a little lemon or any flavoring desired, sweeten to taste and rub through a colander to make smooth. Oil a pie-dish and line the bottom and sides with thin slices of bread or bread crumbs, lightly sprinkled with sugar; now pour in half the apples, cover with another layer of bread, pour in remainder of apples and lastly a layer of bread crumbs into which has been mixed some seeded raisins. Bake half an hour. This may be served either hot or cold. Granose flakes may be used instead of bread.

APPLE AMBER PUDDING.

Apples, medium sized, 9.
Juice and rind of $\frac{1}{2}$ lemon.
Eggs, 3.
Sugar, $\frac{1}{2}$ cup.

Peel and core the apples, slice into a saucepan. If the apples are juicy add but one cup of water, add sugar, rind and juice of the lemon, cook until apples are quite soft, rub through a colander or sieve to make smooth, then beat in the yolks of the eggs. Pour into an oiled pie-dish and bake about three-quarters of an hour or until firm, whip the whites of the eggs to a stiff froth with a little sugar, spread smoothly over the apples and return to the oven until firmly set, or browned slightly if desired. This may be garnished with a few strips of lemon peel or some bright jelly. Serve cold. If apples are sweet, less sugar will be required.

TAPIOCA CREAM.

Tapioca, 1 cup.
Eggs, 3.
Sugar, $\frac{3}{4}$ cup.
Milk, 1 quart.

Wash the tapioca well and soak over night in water. When ready to cook, stir into it the well-beaten yolks and sugar; place the milk on the fire and when at boiling point stir in the

tapioca and cook until thickened. A little vanilla or any desired flavor may be added. Remove from the fire and stir in lightly the well-beaten whites of the eggs; the heat of the tapioca will be sufficient to congeal the whites. A small portion of the beaten whites may be reserved to spread on the top of the pudding and set in the oven to brown slightly. If the tapioca is soaked in milk instead of water, it will be richer and more nourishing.

A Mother's Problems.

1. A MOTHER asks: "Do you think my baby has rickets, as he is eleven months old, and has no teeth, although there are two nearly through? He was weaned at nine months, and as he would not take granose, I tried several other foods which do not agree with him. So I am giving him Neave's Food, which he is taking fairly well, but does not seem quite satisfied. I feed him about every $3\frac{1}{2}$ or 4 hours. He frequently has diarrhoea, but no other symptoms of rickets as described in GOOD HEALTH. He weighs twenty-three pounds, has a good color, and his flesh is firm. He is able to stand up by a chair for a long while, and every one who sees him says what a fine boy he is."

Ans.—A careful reading of the above record reveals the fact that the child in question has come perilously near to the disease called rickets. Although nothing is said of the condition of his limbs, he probably has not yet actually developed the disease, and there is a good prospect of prevention if suitable food and treatment begin to be given at once. The backwardness in teething is doubtless due to the fact that the food given is distinctly a starchy or carbohydrate food lacking mineral and proteid building material. The child should no longer be fed from the bottle as it is impossible to make a sufficiently rich food go through the nipple. Thick gruels made with good whole milk should now be given. Granose and gluten meal, or thoroughly cooked oatmeal porridge and barley jelly, should be used in preparing the gruel, which should be strained through a fine sieve and fed with a spoon. Three feedings of about a breakfast cupful each, with one or two fruit-juice feedings, should be given daily. Sweet grape, orange, or other suitable fruit juices, carefully strained, should be given a half glass at a time if desired by the child, in the morning and afternoon, at least three hours after and one hour before the milk-feedings.

Well-ripened bananas, mashed and put through a sieve, may be given with the milk gruel occasionally. The child may be permitted to chew a piece of hard, dry biscuit or zwieback at mealtimes to aid in teething.

He should be out of doors as much as possible, and should sleep in a well-ventilated room. Sun-baths with the head well shaded, and tepid or cool water rubbings of the entire body are beneficial.

2. Is it true that limewater makes a coating on the stomach? How much should an infant be given?

Ans.—No, it is not true that limewater coats the stomach. When boiled in a pot or kettle "hard water," that is, water in which is dissolved lime and other mineral salts, deposits a thin film or coating on the inside of the kettle. A kettle used continually for the heating of hard water may become lined with a brittle crust of mineral deposit as thick as or much thicker than an egg-shell. But it is erroneous to suppose that the stomach becomes coated in this way, for it does not. A gallon of water will dissolve only a tiny bit of lime, and this gallon of limewater is enough to last a baby about a year, for only a teaspoonful is added to a feeding of milk.

3. Is Neave's Food a suitable food for an infant?

Ans.—We know of no food which is really suitable for infants except the food prepared for them by Mother Nature. All other foods are deficient in body-building constituents. It is plain, therefore, that the infant who is so unfortunate as to be deprived of its birthright, mother's milk, should at least be provided with an adequate supply of the very best possible substitute—pure, clean, fresh, sterilized cow's milk. This may be modified or altered in such a way as to render it easy of digestion. The simplest and most satisfactory method of so modifying milk, consists in the addition of less or more strained *dextrinized cereal gruel*. The basis for such a gruel may be prepared at home by any intelligent, painstaking person, or it may be prepared in an infants'-food factory. Neave's Food, like many other proprietary infants' foods, consists chiefly of baked flour.

Twice-baked bread, or zwieback, *properly prepared*, is in every way a better infants' food than these browned-flour foods. The starch is more thoroughly baked or dextrinized in the zwieback than in the baked-flour infants' foods. *Both are lacking in lime and other earthy salts*

from which bones and teeth are formed. It is because of this latter fact that we recommend a strained granose gruel, as granose is made from the whole wheat berry, and therefore contains more mineral matter than either baked flour, or zwieback made from ordinary bread.

Visiting the Sick.

BY MRS. A. W. SEMMENS.*

WHY do doctors and nurses so frequently look dubious when visitors are mentioned? Do they not think it does the patient good to be visited, or is it, as some imply, that they merely wish to show their authority? It is neither.

Our patients' best interests have to be guarded during severe illness, and nine times out of ten they will thank us for excluding even their most intimate friends from the sick-room. One has to be among the sick constantly to realize this.

Too ill to guard themselves, some one must do it for them. When visitors come, patients have to put forth an effort to be sociable, that very effort oft-times having a most depressing effect when the strain of trying to be pleasant is over.

Says one, "It seems so unkind if we do not visit the sick—as though we do not think of them." There are many ways in which we can remember a sick friend—a few flowers, a little choice fruit, a cheery message left with the nurse, a bright letter sparkling with courage and hope of quick recovery, a promise from God's Word. How the patient's face will brighten when thus remembered, and yet there is no effort on her part. She will know that as soon as it is best, she will receive a visit from the one who has left the kindly message.

There are some persons who we know would never do a sick one harm, but many, out of the kindness of their hearts, undo something which the doctor and nurses have been trying to accomplish for their patient. A sudden rise of temperature, depression of spirits, or a longing to be up and around wears out the patient, whom the nurse has endeavored to keep quiet so as to ensure recovery.

Some friends will come in and talk of everything that has happened in the patient's home (if she is away from her home). They will tell how the person left in charge is not doing right; that the children look neglected; that the food

*Medical Matron of the Sydney Sanitarium.

is not properly prepared; that the cook is extravagant; that a choice dish which the mother prized has been broken; and that the baby seems croupy. They hope the patient will soon be able to come home and see to things herself, as they do not know what will happen in her absence, etc.

A tragedy has happened in which some friend of the sick one has been involved, and every one in the house has been cautioned not to let the patient hear a word of it. Then a visitor comes with the latest newspaper tucked up in her bag, and reads to the patient all of the harrowing account. It is no wonder that a little later the nurse finds her patient hysterical. We wish such visitors would either reform, or stay away from the sick.

Then there is another visitor who tells the sufferer everything bad she knows of a case just like her own; how the doctors differed, and the patient was not treated right, so died, or was an invalid for many years.

Then the fussy visitor, how she is dreaded! She comes into the room and leans over the foot of the bed. She is "not going to stay a minute," and is talking about going all of the time; but on she stays, until the poor patient feels ready to fly, and her nerves are wrought up to the highest pitch.

Another visitor has scarcely entered the sick-room before she inquires all about the patient's symptoms, what is the trouble, what the doctor thinks of her condition, and how she is being treated. The patient is obliged to go over all of the details of her case until she comes to think it is one of the worst, and gives herself up to being an invalid.

Then there is the visitor who wants to do something for the patient that she thinks the nurse has not heard of before. She keeps a suspicious eye on all of the movements of the nurse, making the sick one so nervous that she has a weep after her caller has departed, for fear the nurse does not understand her business.

The injustice done to the sick by visitors is untold, but what about the other side?

Who has not known the cheery visitor who seems to bring sunshine and healing into the sick-room? Her only desire is to cheer and help the sufferer. She does not come when the patient is at her worst and the nurse is doing all she can to reduce temperature, unless it be to lend a helping hand without talking to the patient. How helpful such a visitor is! Then when the worst is over, and the nurse can take

a little rest, this friend comes with a smiling face, and full of cheery encouragement sits by the patient's bed, in subdued tones talking briefly of such things as do not require answers from the patient. The sick one is thus soothed, instead of being roused up to sociability. Day by day as she grows stronger, her visitor tells her the little things from outside her room that she knows will interest, but not tire. What a comfort such a visitor is to a home where they cannot afford a nurse. The sick one can be left with her for a time without fearing bad results.

Let those whose friends are ill, consider whether it is kinder to visit the sick or to leave them with those who have the care of them until all danger is past, and they are able without fatigue to hear something from the outside world. Visitors should also remember how much more good is accomplished by a short visit, full of brightness, than by one drawn out to hours, making the patient tired and restless. There are some whose very presence makes the patient feel stronger to suffer and bear her weakness; there are others who make her very weary.

Let us all try to cultivate those traits of character that will make our visits a blessing to the sick.

A Necklace of Love.

No rubies of red for my lady;
No jewel that glitters and charms,
But the light of the skies of a little one's eyes
And a necklace of two little arms.

Of two little arms that are clinging,
(Oh, ne'er was a necklace like this!)
And the wealth of the world and love's sweetness
impearled
In the joy of a little one's kiss.

A necklace of love for my lady,
That was linked by the angels above;
No other but this, and the tender, sweet kiss
That sealeth a little one's love.

—Frank L. Stanton

TUBERCULOUS MILK IN LONDON.—Of ninety-two samples of milk recently examined in London, twenty-two, or nearly one-fourth, proved to be tuberculous.

FOR the use of the illustration on our front cover this month, we are indebted to Messrs. Anderson & Co., Seed Merchants, Sydney.

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.

195. RHEUMATISM, PARASITES.—H. F. M., New Zealand: 1. What diet do you advise for one who has a rheumatic tendency? also advise treatment. *Ans.*—The diet for one suffering from rheumatism or with a rheumatic tendency should consist of practically all fresh ripe fruits obtainable, also green vegetables and cereal foods. It should also include a fair amount of fat in the form of olives, olive oil, oil in nuts or nut oil, or cream. Milk in moderate quantities may be used in some cases. Eggs are best avoided, or used very sparingly. Dried beans, peas, lentils, etc., are best avoided by most rheumatic patients, or taken in very small amounts. Nut preparations such as protose may be used in moderation. Peanut butter if used at all should be taken very sparingly. Eat fruits freely, and drink water freely. In the way of treatment, a cool friction bath once daily is advised, and a thorough cleansing bath twice weekly. Moderate exercise out of doors should be taken, and the patient should have the benefit of pure air at all times. Cellular linen or cotton undergarments are most suitable, woollen garments being worn over the linen or cotton garment if needed for warmth.

2. Is it harmful to take chloroform for this complaint? *Ans.*—Yes.

3. Is the above remedy useful for external application. *Ans.*—Applied externally it will do no harm.

4. What remedy is best for worms in a child of twelve? *Ans.*—A diet consisting largely of fresh ripe fruits properly washed, also fresh green vegetables will often cure this complaint. A simple and effective remedy is the large cool salt enema. Two tablespoonfuls of salt in two quarts of cool water should be slowly introduced into the bowel from a fountain or syphon syringe, the elevation to be not more than eighteen inches above the bed. This should be repeated every day for a week or fortnight.

196. SLUGGISH LIVER, FOOD COMBINATIONS.—Range-mere, Melbourne: 1. If there is a suspicion that the liver is not working properly, is it wise to have for breakfast wheatmeal porridge and milk? What other foods should be taken to make up a sufficient meal? *Ans.*—For one suffering from inactivity of the liver, the foods mentioned are not the most suitable. Crisp cereal foods such as toasted corn flakes, granose flakes or biscuits, would be more suitable than either wheatmeal or oatmeal porridge. Milk, too, tends to make the condition worse, unless it be milk taken in the form of buttermilk or lactosa. I would suggest that the breakfast consist of one or two varieties of fresh ripe fruit such as grapes, pears, peaches, or very ripe bananas; one of the cereal foods mentioned, with zwieback, wheatmeal biscuits, and a little malted nuts, bromose, cream, olives, or choice fresh nuts thoroughly

masticated. When fresh fruit is not easily obtained, take stewed fruits containing little sugar, or in the case of sweet fruits such as prunes, no sugar. Dried dates and figs may also be taken with the cereal preparations. Honey or melsitos may be taken if some sweet is desired.

2. As health literature does not recommend a flesh diet, do you suggest as a midday meal, assorted vegetables, say three or four kinds, then fruits, then nuts? Speaking generally, must not the same assortment be taken regularly? What would give a variety or change of food. *Ans.*—In answering this question I may say first of all that our food is as a rule too complex. We take too many dishes at a meal. When one becomes accustomed to a simple diet, two or three dishes, or at most four dishes, at a meal are ample to satisfy the demands of appetite. In a general way dinner should consist of a simple soup, if desired, one or two vegetables well done and conservatively cooked, and with the vegetables a slice of grilled protose, or other nut meat, takes the place of ordinary flesh foods very well indeed. If no soup is taken, a simple milk dessert such as a little milk pudding may be eaten if desired. It is not well to eat vegetables and fruits at the same meal. The only exception to this rule is in the case of sweet green vegetables such as green beans, or sweet corn, and so forth. These may be eaten with fruit by persons having ordinary digestive powers. As to getting variety from meal to meal, I must refer you to a good vegetarian cookery book such as "Science in the Kitchen," or "Good Health Cookery Book." In these, detailed directions are given for the preparation of a variety of dishes.

3. What do you recommend for the evening meal? *Ans.*—One or two kinds of fresh ripe fruit make an ideal evening meal. Those who desire more, may take a little zwieback or granose with fruit.

4. Is it wise after eating blancmange, custard, or other milk food, to finish the meal with fruits and nuts? *Ans.*—For one who has become accustomed to eating but few kinds of food at each meal, a properly made custard or rice pudding with sweet fruits such as dates, figs, and prunes; and cereals in the form of breads, biscuits, and so forth, makes a simple and satisfying meal. Sour fruits such as oranges ought not to be eaten with the dishes mentioned, as they are likely to produce sour stomach, or heartburn.

5. If you have fruits and nuts only, as a meal, is it wise to have a variety of fruits, say stewed pears, peaches, or apricots, then uncooked fruits such as peaches, apples, or bananas, closing the meal with grapes? *Ans.*—There is considerable science and common sense in the making of suitable food combinations. It is not well to take too large a variety

of fruit at one meal. The combinations mentioned may be made if they agree, and selecting from the list I should say that the fresh peaches and grapes with nuts and zwieback or granose biscuits would make a very satisfactory meal. Another good combination would be stewed pears with a few nuts and zwieback, or other dried cereal foods requiring mastication. Well-ripened bananas could be taken with the stewed pears if desired. Many other combinations might be made from the foods mentioned, but in a general way only two, or at the most three, kinds of fruit should be chosen which have been found by experience to digest with comfort.

6. Is it wise to eat tomatoes and honey at every meal? *Ans.*—These are good foods, and may be eaten as often as desired if properly combined with other foods. As a rule no one food should be eaten at every meal. It is well to have a change from time to time.

197. SORE MOUTH, SWOLLEN LEGS.—Mrs. J. T. S., Hamilton: 1. Would you kindly tell me through GOOD HEALTH what would cause my mouth to be always inflamed and sore? Around my gums and on my tongue are red patches which smart when I eat anything sour. *Ans.*—You are probably suffering from hyperacidity, or fermentation of food in the stomach. You should rinse the mouth frequently with a solution of boracic acid, ten grains to the ounce, and give attention to thorough mastication. Eat only simple, easily digested food.

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2. What do you advise for swelling of the legs and feet? *Ans.*—You should undergo a thorough medical examination to ascertain whether you have any disease of the heart or kidneys. I would advise you to place yourself under the care of a competent physician either at home or in an institution.

198. CATARRH, INHALER, UNDERCLOTHING, ETC.—D. J. T., Clarence River: 1. What diet and treatment do you recommend for chronic catarrh of the throat and nose? There is always a discharge of phlegm from the throat in the morning. *Ans.*—A carefully regulated antitoxic dietary is essential to the cure of catarrh. Drink water freely between meals, and take fresh fruit for breakfast and tea, and fresh vegetables for dinner. Granose, granola, and other dry well-cooked cereal foods may be taken with the fruit and vegetables, also nuts if well masticated, olives, and olive oil in moderate amounts. Take a cool bath daily, rubbing the skin until it is well reddened, and a cleansing bath twice weekly. Secure one, or better, two free movements of the bowels daily.

2. Do you recommend the "20th Century Inhaler"? *Ans.*—Yes, when properly used this is a useful appliance.

3. What clothing do you prefer for both summer and winter? Would Aertex Cellular clothing be suitable? *Ans.*—Cellular cotton or linen is best. Over these a woollen garment may be worn if desired for additional warmth. The Aertex Cellular underwear is suitable for both summer and winter wear.

4. Where could I obtain pure olive oil? *Ans.*—From the Sanitarium Health Food Cafe, 45 Hunter Street, Sydney.

199. PAIN IN THE BACK.—A. B. C., South Australialia: Please give your advice concerning pain in the small of the back with tired feeling at times. I fear my kidneys are affected. *Ans.*—Pain in the small of the back does not necessarily mean disease of the kidneys. It is often due to other causes. In the most serious diseases of the kidneys no pain is as a rule felt. Try fomentations to the back once or twice daily with the heating abdominal compress at night. This should give relief from the pain. Drink water freely, and make free use of fresh ripe fruit, especially oranges, and other acid fruits.

200. PALPITATION OF THE HEART.—E. R. O., Tasmania: 1. What treatment do you advise for palpitation of the heart in a little girl aged six and a half years. Sometimes for a few weeks she is troubled very much with palpitation, and then may be free for a few weeks, or even months. She is a tall girl for her age, but has always been pale. She eats well, and otherwise seems healthy, and leads a healthy active country life. *Ans.*—Your little girl appears to be suffering from anæmia or poorness of blood probably due to malnutrition. Helpful suggestions concerning her treatment may be obtained from the editorial articles dealing with malnutrition in this and previous numbers of GOOD HEALTH.

2. What do you recommend for a cough? *Ans.*—It is impossible to advise treatment for a cough until the cause has been ascertained. To find the cause, an examination or additional information to that contained in your question is necessary.

201. BUTTERMILK.—F H., Grafton: Buttermilk being largely recommended, we have adopted its use in our home, and obtain our supply from the Fresh Food

and Ice Company. We would like your opinion on the following points: 1. Would buttermilk from such a butter factory be suitable for use? *Ans.*—Good HEALTH does not recommend buttermilk obtained in this way from the average butter factory. A safer and altogether more satisfactory product may be prepared at home from fresh sterilized milk by means of Parke, Davis & Co.'s Lactone, or buttermilk tablets. See advertisement in February GOOD HEALTH.

2. Is there any class of dyspeptics buttermilk would be likely to disagree with? *Ans.*—Good buttermilk prepared as recommended from time to time in Good HEALTH under the name of lactosa, is a very suitable food in nearly all forms of dyspepsia, and in many other conditions in which there is more or less auto-intoxication.

3. Is it in any way likely to cause headache in some? *Ans.*—No, not unless it be in those few persons who cannot take milk in any form without suffering from a bilious attack with accompanying pain, headache, and so forth.

4. Is buttermilk a food requiring digestion, or can it be used as a drink instead of water? *Ans.*—Certainly, buttermilk is a food requiring perhaps two hours for its digestion when taken in moderate amounts by itself. It ought never to be taken as a drink between meals.

5. Is it likely to disagree if taken during a meal, or after a meal in which grape juice, or other fruits are eaten? *Ans.*—In order to obtain beneficial results from the use of buttermilk or lactosa, this milk preparation should be taken in very simple combinations. It ought not to be taken with grape juice or other fruits, except bananas, dates, and figs. A suitable meal in cases of dyspepsia and auto-intoxication is lactosa or buttermilk with granose biscuits or zwieback, and mashed ripe bananas, figs, or dates, and a little cream.

6. What quantity should be used at meals? *Ans.*—Not more than twelve ounces, or two small glasses, should be taken at a meal as a rule.

7. Does it disagree with foods sweetened with sugar? *Ans.*—Yes, cane sugar ought never to be taken with buttermilk or lactosa. Natural sugars as contained in the fruits mentioned, also honey and melsitos, may be eaten with lactosa.

8. Is it to be considered and used in the same way as milk? Does it constipate as does milk? *Ans.*—In a general way, buttermilk or lactosa should be used in the same food combinations as other forms of milk. Its action on the bowels is rather the reverse to constipating.

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