

# GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦



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

VOL. 12.

NO. 7.

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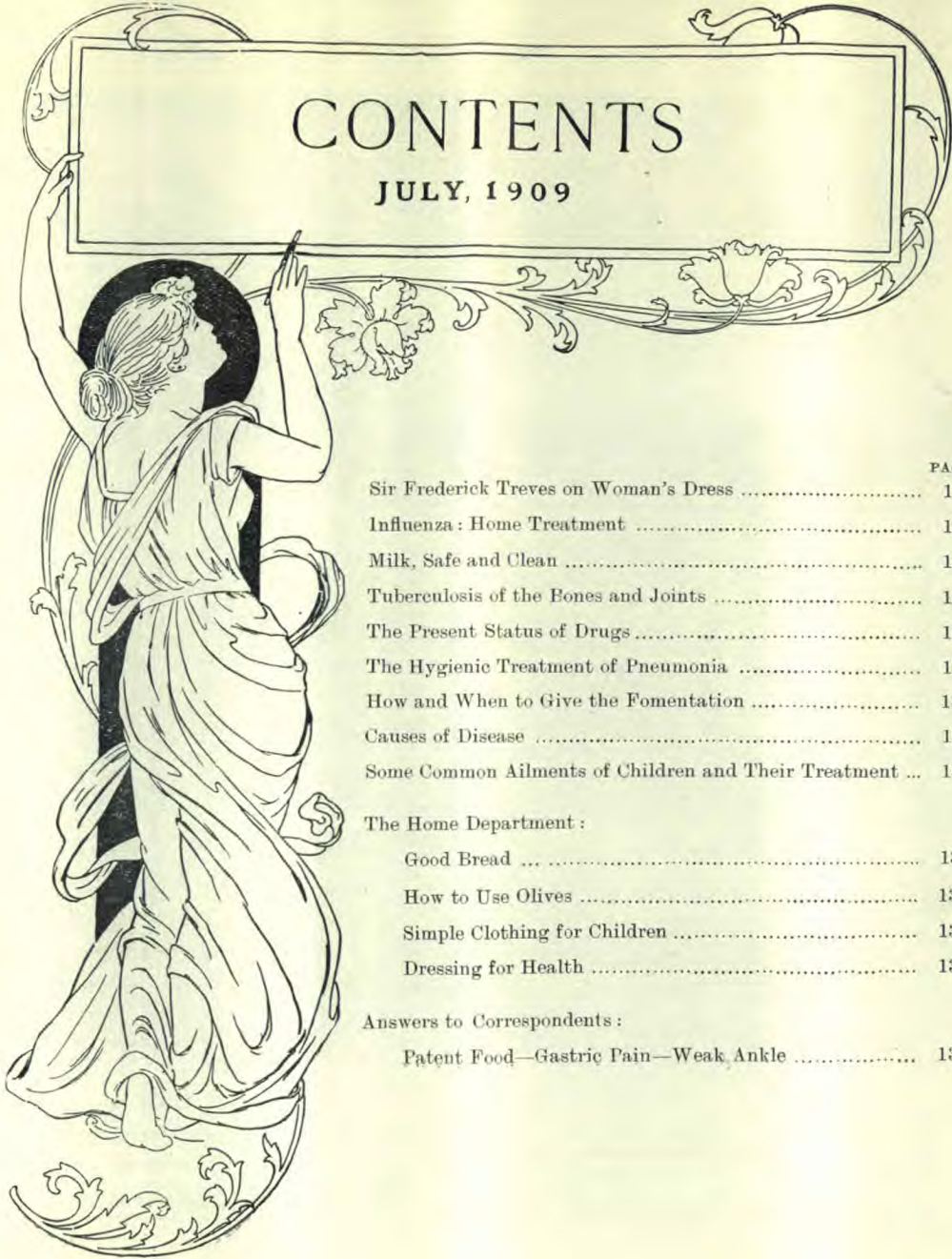
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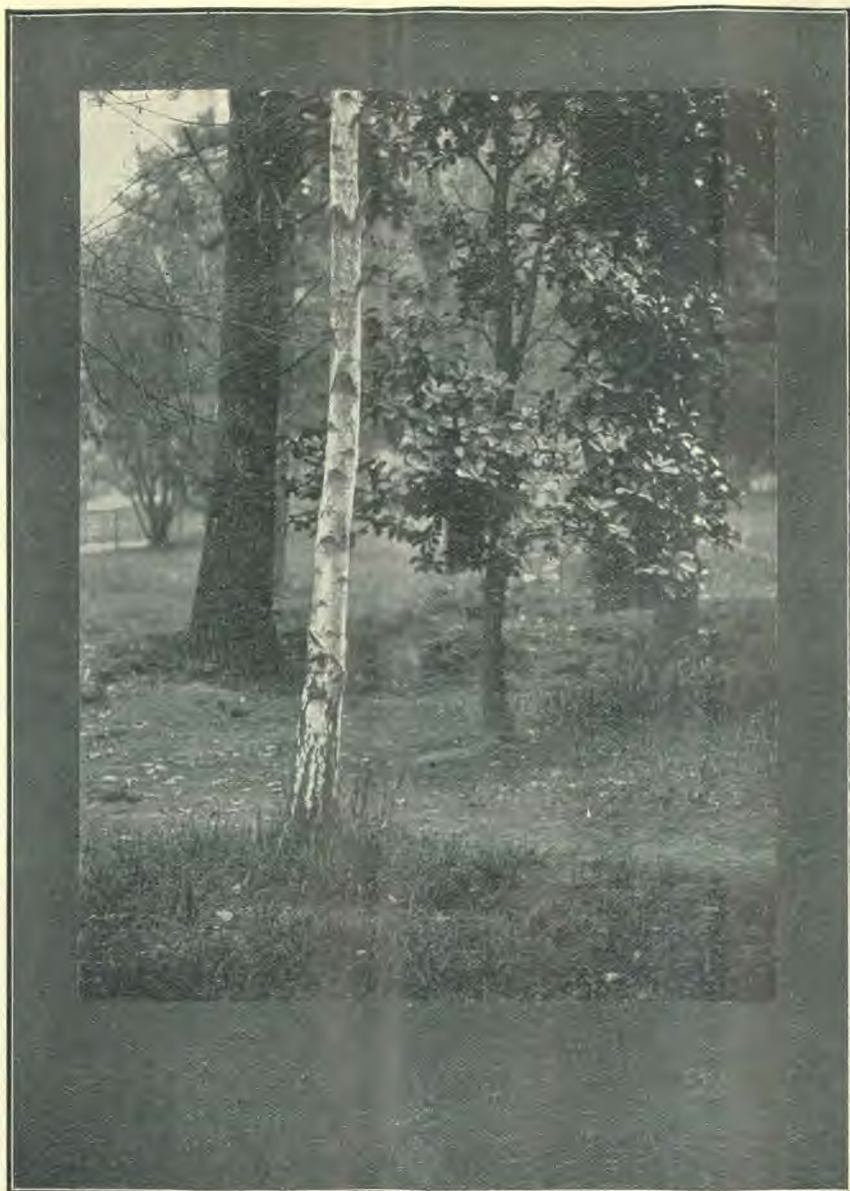
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Good Health, July 1, 1909



“ Pleasant it was, when woods were green,  
And winds were soft and low,  
To lie amid some sylvan scene,  
Where, the long-drooping boughs between,  
Shadows dark and sunlight sheen  
Alternate come and go.”

# GOOD HEALTH

## A Teacher of Hygiene

Vol. 12.

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

No. 7.

### Sir Frederick Treves on Woman's Dress.

"THE clothing of the body should be so arranged that all parts of it are kept at the same equable temperature. Now, how far is this object carried out in the usual dress of women at the present day? The arms, the shoulders, and the upper part of the chest as low down as the top of the corset, will be but slightly covered, perhaps by the outer dress only. The main part of the trunk will be well and properly covered until the region of the hip, the part about which the petticoats and other garments are attached, is reached, and here the body is found surrounded by many layers of clothing that vary according to the number of garments that encircle the lower extremities. Thus the female body may be divided according to the plan of physical geography, into a frigid, a temperate, and a torrid zone, and I need scarcely say that this eccentric distribution of warmth is neither natural nor advantageous, and although it may possibly be productive of no very great immediate harm, yet it is in direct contradiction to the laws of health and is an arrangement distinctly to be avoided."

### Influenza: Home Treatment.

A CORRESPONDENT asks that, in view of the prevalence of influenza, we give a simple remedy for the complaint. The most helpful treatment is to set up a vigorous perspiration, which will cleanse the system from accumulated poisons and, in nearly all instances, will give immediate relief from the aching pain.

First make the diet light and simple, and stay indoors if at all possible, so as to avoid extremes of temperature. If able to be about, let the following treatment be given just before re-

tiring for the night. The stomach should be empty when it is administered:

In a warm room, with a good fire, remove the clothing, and robe in blankets, thoroughly and closely covering the whole body. Pin them around the neck with safety pins, and let them extend beyond the feet. Leave a place where the hand can be thrust out for holding a cup. Then sit in an armchair, and put the feet into a bath of hot water. The bath should be just large enough to admit the feet, and should be a deep one, so that the legs can be immersed for a few inches.

Let some one keep adding water as hot as can be borne to that in the bath, taking care not to scald the feet. Meanwhile the patient should drink freely of hot lemonade, and the result will be that a free perspiration will shortly break out over the whole body. The operation should not occupy more than twenty minutes.

Then let the attendant sponge the patient with cold water and dry thoroughly, rubbing the skin vigorously. The patient should then get into a bed already warmed by a hot-water bottle. Sound sleep should follow, and the morning should find the patient unmistakably better. If necessary repeat the operation the next night or two. If compelled to go out, take a cool sponge-bath immediately on rising, to tone up the relaxed skin.

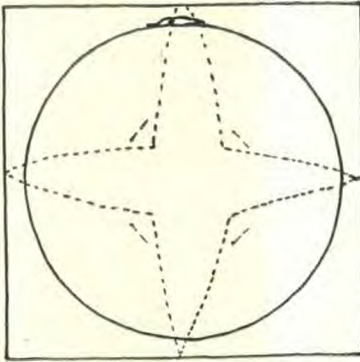
Be particular about diet, and exercise so as to build up the health and guard against a relapse.—*Present Truth*.

Good literature is as necessary to the growth of the soul as good air is to the growth of the body, and it is just as bad to put weak thoughts into a child's mind as to shut it up in an un-ventilated room.—*C. D. Warner*.

### Milk, Safe and Clean.

"It should be remembered," says the *London Daily Express*, "that one-third of the milch cows in the United Kingdom are tuberculous, and that milk forms an ideal medium for the transmission of other diseases, such as typhoid, scarlet fever, and diphtheria. The germs of all these diseases are destroyed by pasteurization, and the milk is not injured."

A simple method of home pasteurization or sterilization consists in heating milk in a double boiler. If an ordinary cereal-cooker is not at hand, a small basin containing the milk may be set within a larger basin containing boiling water. The basin of milk should remain in the



boiling water for at least half an hour to ensure heating and sterilization, and should then, if the milk is not required for immediate use, be placed in cold water to ensure quick cooling.

Needless to say, clean housekeepers keep milk covered with three or four thicknesses of butter-muslin to exclude dust, germs, and flies. The only fault to be found with the muslin is that it sometimes gets into the milk. This difficulty is easily obviated by one or other of the following simple devices:

A jug or other cylindrical vessel needs only to have thrown over its top a four-thickness butter-muslin square, weighted at the edges with large glass beads. Such squares are equally useful for excluding dust and flies from other dishes. They should be frequently washed, and often changed.

For wide-mouthed basins these covers are not a success. A wire hoop, however, to which larger squares of muslin can be pinned, answers every purpose. The method of using such a hoop is clearly shown by our illustration.

### Tuberculosis of the Bones and Joints.

WE are accustomed to think of tuberculosis as synonymous with "consumption," that is to say, as a disease of the lungs; but there are many other forms, all of which may be and often are accompanied with wasting flesh, or "consumption." There is, indeed, almost no organ or tissue in the body which is exempt from attack by the germ of tuberculosis, although the most common seats of the disease are the lungs, the larynx, and the joints.

Bone and joint tuberculosis, especially, are of very frequent occurrence in the young, more particularly in the children of the very poor and those who live in dark, damp, and ill-ventilated houses, or in places where tuberculosis of the lungs is common.

These two forms are very apt to merge into each other, as the part of the bone ordinarily involved is the end which enters into the formation of the joint, and the disease readily extends from that to the joint structures.

The starting-point for the disease is usually a sprain or bruise, sometimes so slight as scarcely to be remembered when the trouble becomes firmly established and one begins a search for the cause. The injury does not cause the tuberculosis, but it affects the vitality and resisting power of the injured part, and so gives an opportunity for the development of the germs in one otherwise predisposed to it by weakness of constitution.

In the bone, tuberculosis is manifested by the formation of nodules—little lumps—or a general spindle-shaped enlargement of the affected bone. In the joints it begins as a soft, boggy swelling, most apparent in a superficial joint, such as the knee, where it is called "white swelling." The joints most frequently attacked are the hip, the knee, and the spinal column.

The treatment of bone and joint tuberculosis is the same as that of tuberculosis of the lungs, namely, a life in the open air—day and night—and abundant nourishment—eggs, milk, cream, or olive oil. Children with tuberculosis of the bones or joints are believed to do better at the seashore, whereas persons with consumption of the lungs are advised to go the mountains. In either case, the open-air life is the essential thing.

With this general constitutional treatment there should also be complete rest of the affected joint, in order that Nature may have a chance to do her healing work.—*Youth's Companion*.



### The Present Status of Drugs.

THE April number of that progressive paper, the *Ladies' Home Journal*, contains two editorial articles on drugs and patent medicines which are too true to be passed over, so we give them in full for the benefit of our readers.

The first of these articles concerns patent medicines, and is headed "The Dope of Death." In this the Editor of the *Ladies' Home Journal* says:

"Strange how, after all that has been said of the dangers that are to be found in 'patent medicines,' so many folks will foolishly persist in taking them, and will actually give up their lives for the sake of using a deadly concoction which they blindly believe will be sure to 'cure' them.

"The dangerous 'headache medicine' or 'tablet' seems, of all these deadly nostrums, to be the most difficult for persons to avoid. And yet see what the results are in the accounts that can be constantly culled from the newspapers. In deference to the families concerned the republication of names is avoided.

"Just two powders ended this woman's life:

"Mrs. —, who lived with her husband and one child at — Street, dropped dead in the kitchen of her home yesterday after taking two powders for the headache."

"Here is another instance of one of those cases of 'sure cures' recommended by a friend:

"'Headache medicine' claimed another victim to-day, when — died in dreadful agony at the — Hospital after taking some capsules recommended by a sympathizing friend as a sure cure for the pain that had been causing his distress. . . . Doctor —, of the hospital whither the sufferer was taken when the headache had given place to alarming symptoms and rendered the sufferer unconscious, said there was no doubt that the man had succumbed to a powerful poison."

"Even an intelligent clergyman proves no exception to the large class of believers in the deadly 'headache cures':

"After three hours of unconsciousness following the taking of a headache tablet, Reverend —, pastor of the Methodist Church, died at six o'clock Saturday morning at his residence. Saturday morning he told Mrs. — that he was ill, and arose and took a headache tablet. Ten minutes later he had relapsed into unconsciousness, from which he did not rally."

"How familiar is this story of a woman who

complained of a splitting headache, and just took two pills:

"Two anti-pain pills taken to relieve a headache were the cause of the sudden death of Mrs. —, occurring at the home of her sister, Mrs. —, in —, shortly after three o'clock on Tuesday afternoon. Complaining of a splitting headache, she informed her sister that she would take a couple of pills and lie down for a time, and try to get relief from the pain.

"The couch was in the living-room, but her face was turned from her sister, who sat in the same room visiting with a neighbor who had dropped in for half an hour. When these ladies sought to inquire how Mrs. — was feeling, they were horror-stricken to find that she did not wake. Doctor — was immediately called in, and found that death had already occurred, possibly an hour before, and without a semblance of a struggle."

"How long, we may well exclaim, is this constant and senseless sacrifice of life to continue?"

The second article deals with ordinary drugs under the title of "The Passing of the Drug." We quote as follows:

"It is certainly a bit upsetting: this lightning-change experience of one day being dosed by drugs when we are ill, and the next day being told that these same drugs are unnecessary, and by the same doctors who insisted that our lives were not worth ten cents if we didn't take them! It is true that those who have read Doctor Osler and Weir Mitchell were prepared for a change, but to most of us to whom the views of these men were inaccessible, the change is, to say the least, something of a shock.

"Not that any of us ever hungered to take castor oil, or magnesia, or calomel because we loved them, not that we shall shed a single tear of regret at their annihilation. But it leaves an unpleasant taste in the mouth, in more respects than one, to be suddenly told that these delectable drugs were totally unnecessary, and that generous amounts of water, a vegetarian diet, regular habits, exercise and massage are not only infinitely better but indeed the natural and only means of cure. Nor can one avoid having curiously-mixed thoughts on looking over some two hundred dollars' worth of druggist's bills in a case of typhoid fever, or over those of even a larger amount in a case of pneumonia, and then to be suddenly confronted with the statement in the leading medical jour-

nal of America that 'a dollar will usually cover the medicinal remedies that may be required in an ordinary case of typhoid, and the same is true of pneumonia.' It is certainly a jar to those of us who have suffered from dyspepsia, and swallowed bottle after bottle of pepsin, strychnine, and other drugs, suddenly to find them not only missing in the new method of recovery from indigestion, but frowned upon.

"It is all very excellent, very heartening (except to the poor druggist), and most economical. The pity of it is that it has all been so long in coming. It is a rash person who will predict the treatment of the sick of the future, for, after all, allopathy, homœopathy, osteopathy, psychotherapy, suggestion and auto-suggestion, Christian Science or mental science, are but words and names—absolutely meaningless in themselves. Out of all the

various psychic or non-medicinal movements that are to-day taking such a strong and vital hold on the public, one great and vital truth is coming to the front: that the day of drugging the sick, as we have known it, is over. With 'patent medicines' we are entirely through: with all save a very few of the standard drugs we are rapidly getting through. There is nothing new in what we are now being told by the doctors or by the followers of the different psychic movements. A few advance physicians have used these methods for years; others have used them in a desultory way. Now we are in a fair way to have them recognized, as they should long have been, as an integral and indispensable part of the medical creed of whatever 'school.' In other words, the day of non-medicinal measures is at hand, and, at last, the natural body is to be given a chance!"

## The Hygienic Treatment of Pneumonia.

BY THE EDITOR OF BRITISH "GOOD HEALTH."

INFLAMMATORY diseases of the respiratory organs are prevalent in the winter season. Of these inflammations, pneumonia or lung fever, as it is often called, is most frequent, as well as most fatal. It is our purpose in these paragraphs to offer a few suggestions as to the typical symptoms and hygienic treatment of the disease, and also a few thoughts on how to escape it. Our readers must understand that the disease is a serious one, making it advisable to call in a competent physician at the earliest opportunity.

### WHAT IS PNEUMONIA?

Pneumonia is an inflammation of the lung substance, and is accompanied by a general constitutional disturbance more or less marked. It is an infectious disease, due to a specific microbe, the *Diplococcus pneumoniae*. The germs invade the lung tissue, and by their poisonous products produce an intense irritation. The severe inflammation that results is a supreme effort on the part of the lung to get rid of the microbes and their poisons. If the general health of the patient is good, the lungs being sound and active, the system is soon able to expel the invaders, and recovery takes place. But if the lungs are weak to begin with and

vitality is low, or if the attack is a particularly severe one, the microbes may triumph and death result.

Pneumonia is quite impartial in selecting its victims; it attacks all ages and classes, and may occur any time of the year, though it is most prevalent in the winter and early spring. It is the "special enemy of old age," and claims many victims from those who have passed the three-score milestone of life. The weak and the feeble of all ages are especially open to its attacks, and among such it makes sad havoc. Weak children and the hard drinker are easy victims.

### THE ONSET AND SYMPTOMS.

The onset of pneumonia is rapid. It begins with a severe chill, which is soon followed by a quick rise of temperature, from 103 degrees to 105 degrees Fahrenheit. There are headache and backache, and a sharp pain in the chest, a "stitch" in the side as it is sometimes called. There is no appetite, the face is flushed and hot, the breathing is short, quick, and painful, and the pulse is rapid. There is a dry, short, painful cough, with expectorations of a characteristic iron-rust color, which is due to the presence of blood.

THE STATE OF THE LUNG.

Let us consider briefly the actual state of the lungs. The inflammatory process soon produces engorgement of the blood-vessels. This causes an exudation to be poured out which more or less fills the smaller air-passages and air-cells, and gives rise to the rusty expectoration. Through the filling of the air-spaces the lung tissue becomes solidified, and useless for breathing purposes.

This condition cannot last long. If recovery takes place, the exudation is reabsorbed, and the lungs are left free to perform their normal functions. At other times the exuded fluid may

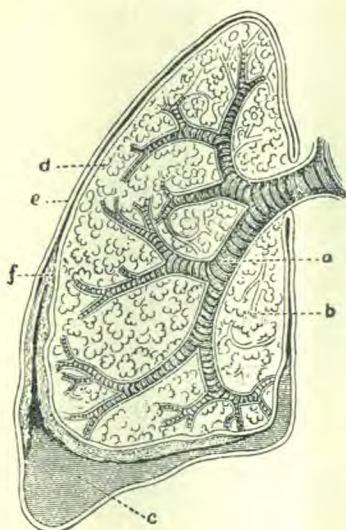


Fig. 1. *a*, Bronchial tubes; *b*, normal lung tissue; *c*, inflammatory exudate poured out into pleural cavity crowding lung tissue upward; *d*, *e*, outer and inner layers of pleura, respectively. Between them is pleural cavity (*f*).

become purulent, and form an abscess, which will probably heal in time, but not without leaving the respiratory organs permanently impaired. More rarely a sort of chronic pneumonia may persist for a long time.

THE HYGIENIC TREATMENT.

Careful nursing is of the greatest importance. The sick-room should be light and airy, and maintained at an equable temperature of 60 to 65 degrees Fahrenheit. There must be abundance of pure, fresh air, which is a great relief to the patient, whose breathing capacity is very weak at the best.

In making any changes in the bed or in the dress of the patient, always warm the clean clothing to avoid a possible chill.

There is a high fever in pneumonia; the whole body is on fire as it were, and burning up. To reduce the fever administer cool or graduated baths, wet-sheet packs, tepid or cool sponge baths, cold enemata, etc., but always under the direction of the physician or trained nurse. Such treatments are both soothing and cooling, and if given properly, afford great relief.

To alleviate the pain in the chest, apply hot fomentations for fifteen or twenty minutes, and then alternate with a cold (60 degrees) compress for two or three hours, changing the compress as soon as it is warmed. The heat relieves the pain, while both heat and cold check the disease process.

The cough may often be relieved by the inhala-

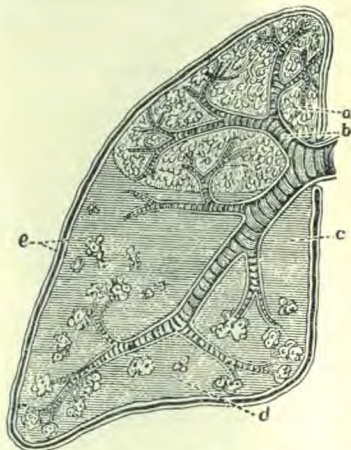


Fig. 2. *a*, Normal lung; *b*, normal bronchial tube; *c* and *d*, lung tissue in pneumonia; air vesicles filled with exudate, red corpuscles, etc.; *e*, layers of pleura.

tion of hot steam. The patient should be protected from draughts, the bedding being well tucked in about the shoulders.

WATER-DRINKING AND THE DIET.

Water may be taken freely, also hot or cold home-made lemonade as well as orange juice or orangeade.

During the fever the diet must be very light and simple. Milk, oatmeal or gluten gruel, hot malted nuts (in the form of a thin gruel), toasted granose biscuits, with well-ripened fresh or stewed fruit and baked apples, may be given in small quantities at intervals of three or four hours. It is not well to urge the patient to take food for several days, since the system is in no condition to use much.

The length of the fever varies, but improvement usually begins in three to ten days, and then most careful nursing is necessary to prevent a relapse. At all times care should be taken to keep the extremities warm and the circulation in an active state.

#### HOW TO AVOID PNEUMONIA.

The causes of lung fever are not very well understood. Exposure to cold, wet, extremes of temperature, etc., is doubtless one of the casual factors, and sometimes a severe "cold" develops into pneumonia. It is well known that those persons who are weakened by disease are most liable. Indeed, exhaustion, debility, hardship, and strong drink appear to be the main predisposing causes.

One attack predisposes to another, and lung fever is a disease that recurs frequently. Those who have once suffered must take extra precautions, especially in damp and changeable weather.

To escape lung fever, careful attention must be given to the general health, and everything possible done to build a sound, robust body, fit to fight and withstand pneumonia and all similar disease. The natural resistive forces of the body must be cultivated and strengthened. The food should be pure and capable of building sound organs, alcoholic drinks of all kinds should be strictly avoided, and only that which is wholesome and good used.

The morning cold bath is an excellent preventive, and can be adapted to the needs of the individual case.

Moderate exercise out of doors is of vast importance, for it exhilarates the entire body and promotes activity of the natural functions.

Too much stress cannot be laid upon the value of pure, fresh air and well-ventilated rooms.

### How and When to Give the Fomentation.

BY CHARLES STEWART, M.D.

The fomentation is what might be termed a hot compress. It consists of a cloth wrung out of hot water, and applied to the part to be treated.

As a means of allaying pain, hot water, applied judiciously, yields very gratifying results. The remedy is so simple that many who have not used it, have little faith in its curative properties. The application of the fomentation to a part stimulates the circulation, brings

more blood to the part, and by so doing relieves the tissues of the stagnant blood which has accumulated; this relieves the pressure on the nerves, and brings a stream of pure blood to help repair the injured tissues.

The indications for the use of the fomentation are many. It is indicated in cases of local pain without excessive heat or acute inflammation. Neuralgia, toothache, and pleurisy are quickly relieved by it. There are a great many other disorders in which the fomentation may be used with equally good results. Sprains and bruises, rheumatic pains, headaches due to lack of blood in the head, pain in the stomach, all give way to the fomentation cloth.

A fomentation may be prepared in several different ways, the particular way depending



METHOD OF WRINGING COMPRESS.

somewhat on the facilities at hand. Whatever the method used, the cloth should be hot—warm cloths will not do—and wrung out as dry as possible. The cloth should be folded in several thicknesses, and be of such material as is capable of retaining heat for a considerable length of time; woollen or part woollen material is preferable. The cloth when folded may be grasped at each end by the hands, and then dipped in boiling hot water, leaving a sufficient length dry at each end so that it can be wrung out by twisting without burning the hands. If the cloth is not large enough to be wrung out in this way, it may be held by one end and dipped in the water, then placed lengthwise in a dry towel, and wrung dry by twisting the ends of the towel. If a wringing-machine is convenient, the cloth may be put through it. If

there is no boiling water at hand, the cloth may be dipped in cold water and placed between pieces of paper, and then laid on the hot stove. The wet paper prevents the cloth from burning, and the steam generated soon heats the cloth sufficiently.

Four fomentation cloths of proper size may be made by tearing an old blanket into four equal parts. The hot cloth may be brought into immediate contact with the skin (in which case it is necessary to observe great care not to burn the patient), or a single layer of thin flannel may be laid over the part first, and the fomentation applied over it. The latter plan is the best one in most cases.

The fomentation is not the only means by which heat may be applied. In some instances it may be difficult to obtain cloths with which to make the application, and if such be the case, other means may be utilized: such as heated clay, bricks, bran, salt, or in fact anything



FOMENTATION IN PLACE.

which will retain heat for a considerable length of time. A hot brick, or still better a rubber bottle filled with hot water, covered with a moist cloth, will answer the purpose of a fomentation admirably. Other measures will suggest themselves as occasion demands, and one should learn to adapt himself to circumstances.

To obtain the best results the applications should be repeated from three to six times, each application lasting from five to ten minutes. In some cases, such as colic, sprains, dislocations, severe bruises, inflammation of the bowels, etc., it is often necessary to keep up the applications for several hours.

“MEN'S lives should be like the day—more beautiful in the evening; or like the summer—aglow with promise; and like the autumn—rich with golden sheaves, where good deeds have ripened in the field.”

## Causes of Disease.

BY MRS E. G. WHITE.

DISEASE never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents, and by correct living place themselves in better conditions.

The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law.

God has endowed us with a certain amount of vital force. He has also formed us with organs suited to maintain the various functions of life, and He designs that these organs shall work together in harmony. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the nervous system borrows power for present use from its resources of strength, and when one organ is injured, all are affected. Nature bears much abuse without apparent resistance; she then arouses, and makes a determined effort to remove the effects of the ill-treatment she has suffered. Her effort to correct these conditions is often manifest in fever and various other forms of sickness.

### RATIONAL REMEDIES.

When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness, and then go to work intelligently to remove the cause. If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.

## THE DIET-CURE.

Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest.

A fruit diet for a few days has often brought great relief to brain-workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.

## Some Common Ailments of Children and Their Treatment.

BY EULALIA SISLEY RICHARDS, M.D.

SIR FRANCIS HEAD once said that "almost every human malady is connected, either by highway or byway, with the stomach." This statement is especially true of children, as their digestive organs are delicately organized and easily disturbed by improper diet. Simplicity of food and regular meals should be the invariable rule with children, any departure from this rule being fraught with more danger to them than to adults. If a child's first symptoms of indigestion receive prompt attention, more serious illness may often be prevented. Following are a few of the most common disorders that attack children, and some suggestions regarding their treatment:

## COLIC.

Warm the baby's hands and feet, and give him a few teaspoonfuls of hot water. Then let him lie upon a hot-water bottle, or place a heated flannel over the abdomen. The frequency of these attacks may often be lessened by diminishing the amount of nourishment given, or increasing the length of time between feeding. A baby should never be fed during an attack of colic. Though the pain may be temporarily relieved by the warm milk, the indigestion is sure to be increased, in which case the pain will return with greater severity than before. It is of great importance that an infant's extremities be kept warm, for chilling of the skin may bring on colic even though the digestion be normal.

## DIARRHŒA.

If the indigestion is accompanied by diarrhœa, it is best to withhold all food from twelve to twenty-four hours, though an abun-

dance of water may be given to drink. It is well to cleanse the bowels thoroughly by means of a warm enema or a dose of castor oil. In mild cases this treatment, with a warm bath and rest in bed, is usually sufficient to effect a cure. If the trouble continues, the irritation of the bowels may sometimes be relieved by following a hot-water injection with one of starch-water (one even teaspoonful of starch being boiled in a cup of water). This starch-water should be retained in the bowels. Hot fomentations to the abdomen are also useful.

## INFECTIOUS FEVERS.

As most of the eruptive fevers begin with an attack of indigestion, the treatment outlined for diarrhœa would be excellent as the initial treatment of fevers.

## CONSTIPATION.

Many young children are subject to constipation, though this condition is most troublesome in bottle-fed infants. The cause of the difficulty should, if possible, be found and removed, laxative drugs being used only as a last resort. As an increase of the fat in the food is frequently needed, a larger proportion of cream may be added to the bottle, or a teaspoonful of olive oil may be given once daily. In children the addition of fruit to the diet is often beneficial, fresh or baked apples, strained prune juice, or orange juice being most serviceable. The daily cool bath followed by friction is beneficial, also daily massage of the abdomen. In giving the latter, the palm of the hand should be warmed and oiled, then applied with gentle pressure to the lower portion of the abdomen. Following the direction of the large

testine, bring the hand slowly upward along the right side to the border of the ribs, then across the abdomen, and downward on the left side to the starting-point. These movements should be continued about ten minutes. Sometimes the injection into the bowel of a teaspoonful of glycerine is of service. Of course the enema is useful as an occasional measure, but in cases of chronic constipation it is better, if possible, to secure a daily movement of the bowels by the other means mentioned above.

#### SORE MOUTH.

The mouth should be frequently cleansed with a saturated solution of boracic acid, the application being made with a bit of clean linen or gauze. This solution is quite harmless, and may also be used as an eye-wash if there is an irritation of the eyes.

#### BRONCHITIS OR A COLD ON THE LUNGS.

Give the child a warm bath, and put him in bed. Apply to the chest hot fomentations followed by a cold compress, the latter being thoroughly covered with a dry flannel. This treatment may be repeated several times a day. Give a simple diet, and keep the bowels open.

#### CROUP.

In case of croup (spasmodic), almost instant relief may be given by the application of a very cold compress to the throat and chest.

#### SORE THROAT.

It is best to keep the child in bed. Several times a day apply to the throat hot fomentations, followed by a cold compress—the latter being retained until the next hot treatment. The frequent use of a mild gargle is also beneficial. One teaspoonful of Listerine to a half glass of hot water makes a good solution for gargling. During the attack the throat should be examined frequently. If white patches appear upon the tonsils, it is best that a physician be called, not that this symptom is in itself alarming, but the possibility of diphtheria should be borne in mind.

#### CONVULSIONS.

Place the child at once in a full warm bath (temperature 100 degrees Fahrenheit), cold cloths, frequently renewed, being kept on the head. As the convulsion is often due to the presence of irritating food in the stomach, it is well as soon as possible to induce vomiting.

The bowels should also be cleansed by means of a large injection of warm water.

#### EARACHE.

may often be relieved by allowing the child to lie with the affected ear upon a hot-water bottle, or hot fomentations may be used over the ear. If there is a discharge of pus from the ear, the canal should be gently syringed from time to time with water. The small bulbous "ear and ulcer syringe" is best for this purpose. A discharge from the ear is really worthy of the physician's attention, as besides the danger of permanent deafness, there is always a possibility of an extension of inflammation into the brain.

PASTOR WAGNER, the author of the famous book on "Simple Living," always raises his hat to a scavenger when he passes one in the city of Paris, and once each year he invites to his home the men of that occupation who live in his immediate neighborhood. One day one of his little girls said to him: "Papa, why do you raise your hat to that nasty, dirty man?"

"I do that man honor, my darling," was the reply, "because he is willing to be dirty and do his disagreeable work that we may be clean."

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## The Home Department.

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

### Good Bread.

MANY of the rising generation scarcely know the taste of good bread. In the days of our grandmothers every housewife baked her own bread, and good, sweet, wholesome bread it was. But in these hurrying, worrying days of the twentieth century, we think we are too busy to be bothered with bread-making and so we fall back upon the bakers' product, which is, at best, but a poor substitute for good home-made bread. Bakers' bread is often made of inferior flour; it contains harmful adulterants, and is handled with but little regard for the laws of cleanliness. Not only this, but it is often insufficiently baked. The large loaves, especially, are likely to be moist and soggy in the interior, a condition which is certain to give the unfortunate consumer indigestion.

Bread has been called "the staff of life," and so it is if good and wholesome; but it is to be feared that much of the bread eaten at the present time is but a broken reed. Good wholemeal bread contains the various elements of nutrition in such proportions as to render it almost a perfect food. It is certain that if our families were provided with really good bread, there would be much less necessity of baking pies, cakes, and puddings. Another point in favor of home-made bread is this: being made of the best material, it is more satisfying than bakers' bread, so that one loaf of home-made bread will almost take the place of two bakers' loaves.

It is not a difficult or laborious task to make good bread at home. It only requires a little thought and care on the part of the housewife. We feel sure that after a few weeks' trial, every member of the family, including the cook, would vote in favor of home-made bread.

We are glad to be able to give our readers some excellent recipes for bread-making. These recipes are furnished by Mrs. E. H. Gates, who has had a long experience in hygienic cookery.

### WHITE BREAD.

For four common-sized loaves of bread take the following:

Two medium-sized potatoes put into three pints of boiling water. Boil until tender.

Drain the water off into a dish large enough for the bread-sponge. Have in this dish two tablespoonfuls of sugar, and one large teaspoonful of salt. Place the potatoes in another dish into which one tablespoonful of sugar and one-half teaspoonful of salt have been placed, and mash very fine. When the potato mash is cool enough, add from one-half to one cupful liquid yeast, according to strength of yeast. Stir well, and put in a warm place until evening. Then put the potato mash into two potato water, also about a pint of flour; stir well and put in a warm place till morning. In the morning the sponge should be light and spongy. Mix stiff, mould down twice, and after the second moulding make into loaves and when light, bake one hour.

If desired to make brown bread, use two parts of white flour to one of sifted wheatmeal. The loaf should rise to about double its size before being put into the oven.

### OATMEAL BREAD.

Take two and one-half cupfuls of the above mentioned bread-sponge in the morning, when it should be light and spongy. To this add enough white flour to make a stiff batter; then add one-fourth cup of sugar and one and one-half cups of rolled oats, mix, and add enough white flour to mould it down, as is done with ordinary bread. After second moulding make into a loaf; and when light, bake one hour.

### CORN BREAD.

For two large loaves.

Take 4 cups bread-sponge.

2 eggs.

$\frac{1}{3}$  cup sugar.

$\frac{1}{2}$  cup butter or olive oil.

Use white flour and maize meal in equal proportions.



Mix the eggs, sugar, and butter thoroughly with the bread-sponge before adding flour.

Mould down twice, the same as for ordinary bread, and make into loaves. When light, bake one hour.

#### FRUIT LOAF.

Take  $2\frac{1}{2}$  cups bread-sponge.

$\frac{1}{2}$  cup sugar.

$\frac{1}{2}$  cup raisins.

1 cup dates.

Proceed the same as in making ordinary bread.

Never let the bread get sour, but watch it carefully during the rising process, and this will give sweet, wholesome bread.

#### How to Use Olives.

WE have recently received several inquiries concerning the preservation and use of olives. Thinking that many of our readers may be glad to be informed on this subject, we publish in this number instructions for the preservation of olives, furnished us by the manager at the Tagga Experimental Farm at Bomen.

After the olives have been thus preserved it is necessary that they be soaked for some time in fresh water, so as to remove the brine, before use. The water should be changed several times a day, or until the olives taste but slightly salt. The olives should be thus freshened in only such quantities as are required for present use, as they do not keep long after being removed from the brine. The olives having been freshened may be eaten as such, from six to twelve being eaten at one meal in connection with bread or vegetables. Or they may be used in the preparation of wholesome dishes. Two recipes are given here, and others will suggest themselves to the resourceful housewife.

#### INSTRUCTIONS FOR PRESERVING OLIVES.

The olives should be picked just as they have ripened to a purple color. Steep them in a solution of one gallon of water and three ounces of caustic soda (Greenbanks) for twelve hours. Keep fruit below the surface in every period of processing). Remove and place in fresh water, changing same daily for a month. Then make a brine of one-half pound of salt to one gallon of water, and place in this for seven days. Then place them in a fresh brine of three-quarter pound to one gallon of water for a further

seven days. And finally place them in a brine of one pound to one gallon of water. This is their permanent solution.

The best varieties for preserving are Cucco, Maicarper, Salonica, Large Spanish.

The time of ripening extends from March to November, the abovenamed about May.

#### RIPE OLIVE SOUP.

$6\frac{1}{2}$  cups water.

$2\frac{1}{2}$  dozen olives.

$2\frac{1}{2}$  teaspoonfuls salt.

2 tablespoonfuls cornflour.

$\frac{1}{2}$  pound protose.

Chop the protose very fine, add to the water with the olives sliced, add salt, and let all cook for half an hour. Thicken with two tablespoonfuls of corn flour wet with a little water. Let all boil up well, and serve.

#### OLIVE AND GRANOLA ROAST.

1 pint of olives.

2 pint basinfuls moistened granola.

4 dessertspoonfuls cream.

Salt to taste.

Slice the olives and mix with granola. Add the cream, and salt to taste. Bake until brown.

#### Simple Clothing for Children.

WHAT a pity that busy care-worn mothers should spend numberless weary hours, adorning their children's frocks with tucks, ruffles, and fancy stitches!

If such adornment could in any way better the children's physical or moral condition, it were well that the mother should make some sacrifice in order to secure for them these advantages. But the facts of the case are, that her children would be just as healthy and (if properly trained) far more happy in plain simple frocks than in elaborately adorned garments.

Considering the matter from all standpoints, it is far better that the mother should clothe her children simply.

Simple clothing (if suitable) fully meets the demands of the body.

The cost of the clothing is greatly lessened if trimming is omitted. This is a matter of much importance to mothers who must study to make ends meet.

Plain clothing is quickly and easily made. The mother who studies to simplify her chil-

dren's clothing, will find time for healthful recreation and for the reading of ennobling books.

Plain garments are so easily washed and ironed. It is the tucks, the ruffles, and the embroideries that make laundry work a drudgery. Think what it would mean to a weary

enter into their sports without needless care or thought of their garments. The young things should be allowed to run about and play like the lambs, and never should they be restricted in their activity by fine clothing.

The accompanying sketches illustrate two styles of children's clothing. Both styles



mother to have her weekly ironing reduced to one-third or even one-fourth of the usual amount. And so it would be if all the children's frocks and tunics were as plain as they should be.

And even so far as appearances are concerned, children look better in plain garments

might be considered simple, but the mother who knows what it means to make and launder children's garments, will perceive that one style is much more easily made and laundered than the other. And yet the simpler garments are quite as pretty and becoming as the more elaborate ones. The mother who is at



than in elaborate ones. A clean, healthy, happy, childish face possesses a natural beauty that is best set off by plain clothing. Who does not pity the vain self-conscious little girl who is so elegantly dressed that she can scarcely move for fear of soiling her frock or disarranging her finery? Far better is it to clothe the children plainly, so that they can

apt with her needle and the sewing-machine will find that in one hour's time she can neatly make one of these simple frocks or tunics (save the buttons and buttonholes), while the more complicated garment would require several hours for making. Is it not worth while that the busy mother's time and strength be thus saved?

One point needs to be borne in mind in the making of these plain garments. It is necessary that the garment be made sufficiently wide across the shoulders, and that a wide flap be allowed, so that the buttons may be set over if necessary. It is also well to turn up a deep hem at the bottom so as to allow for the child's growth. However, these every-day frocks and tunics are usually worn out before they are outgrown, but if not (in a large family) they may be passed on to a younger child.

E. S. R.

### Dressing for Health.

BY MRS. E. H. GATES.

At this season of the year we see sickness and suffering all about us, especially among women and children. The thoughtful person must be led to inquire, "What is the cause of so much illness?"

One prominent cause of winter diseases is pointed out by an eminent authority. We quote the following brief extracts:

"Disease of every type is brought upon the body through unhealthy, fashionable styles of dress.

"There is but one woman in a thousand who clothes her limbs as she should.

"If any part of the body should be favored with extra covering, it should be the *limbs and feet*, which are at a distance from the great wheel of life, which sends the blood through the system. If the extremities are chilled, the heart has thrown upon it double labor to force the blood into these chilled extremities; and when the blood has performed its circuit through the body, and returned to the heart, it is not the same vigorous warm current which left it. It has been chilled in its passage through the limbs. The heart, weakened by too great labor and poor circulation of poor blood, is then compelled to still greater exertion to throw the blood to the extremities, which are never as healthfully warm as other parts of the body. The heart fails in its efforts, and the limbs become habitually cold; and the blood, which is chilled away from the extremities, is thrown back upon the lungs and brain, and inflammation and congestion of the lungs or the brain is the result.

"It is impossible for women to have habitually chilled limbs and cold feet, without some of the internal organs being congested.

"The many extra coverings over the chest

and back and lower part of the body induce the blood to these parts, and the animal heat, thus retained, weakens and debilitates the delicate organs, and congestion and inflammation result.

"If the feet are clothed with good-sized, thick-soled, warm boots, for comfort rather than for fashion, the blood will be induced to circulate freely in the limbs and feet as well as in other portions of the body."

As one of the above quotations states, "There is but one woman in a thousand who clothes her limbs as she should." Is it not time then that a reformation took place? Fashion is a cruel ruler, and has succeeded in killing many of her slaves. Shall we not arise *en masse* and assert our liberty?

The custom that prevails of leaving children's limbs exposed to the cold, is a most dangerous one. Many a child has gone down to an untimely grave because of bronchitis or pneumonia contracted through a chilling of the lower extremities. Do mothers know that they are responsible for many of these little lives that have gone out? Which shall prevail, custom or common sense? Which?

Particular attention should be given to the underclothing of both women and children. It would be well to have underclothing of different thicknesses to suit the winter, spring, and summer weather. Combination garments of wool having long sleeves, and legs reaching down to the ankles, should be worn through the cold months.

If the weather becomes warmer during the day, let the outside clothing be varied to suit the weather, but be sure to protect the extremities *at all times*. Good high boots with thick soles, and large enough to give free circulation to the blood, are highly recommended as one of the comforts for cold weather.

Let long thick woollen stockings be worn which reach above the knees, and are held up by stocking supporters attached to a bodice. On this bodice let buttons be placed to fasten bloomers that reach to the knees.

With children no petticoat is needed, as the bloomers take its place. With a neat little dress, either of print, silk, or wool, according to taste, the child is warmly and quite evenly clothed all over the body.

Let the ladies avoid long, dragging dresses, and clothe their limbs in the same way as is recommended for children.

There will be real comfort and more free-

dom from colds and other diseases if these suggestions are carried out.

Persons who chill easily and are susceptible to colds, will experience benefit from the taking, each morning, of a cold sponge-bath followed

by vigorous friction with a rough towel. This simple measure invigorates the skin, and combined with proper clothing, constitutes one of the greatest preventives of cold-catching.

## 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.

209. PATENT FOOD.—W. A. C. W.: Could the following patent foods be recommended for any one with weak digestion: Allenbury's Diet, Neave's Food, or Bengers' Food? *Ans.*—Yes; all these foods may be used occasionally to give variety to the diet, but no patent food should be used to the exclusion of simple natural foods such as fruits, grains, milk, cream, and eggs. Your questions concerning lactosa have all been recently answered in these columns.

210. GASTRIC PAIN.—G. S., Waverley: I should be glad if you would tell me per medium of your monthly magazine the cause of a mild pain occurring at irregular intervals, situated one and a half to two inches above the navel, and one inch to the right-hand side. It appears to be near the surface in the muscle. I have had it for some twelve months. Has it anything to do with appendicitis? *Ans.* The pain is probably due to indigestion which is becoming chronic. Give attention to your diet, and keep the bowels regular. Fomentations will relieve during attack. If pain persists, consult your home physician. No, the pain has nothing to do with appendicitis.

211. WEAK ANKLE.—J. A. P., Young: Would you kindly tell me through GOOD HEALTH the way to strengthen my ankle? About six months ago the wheel of a cart passed over my left ankle on the inside, and I have ever since felt a pain in the soft part between the ankle and foot. *Ans.*—I would advise the following treatment for your weak ankle, which was doubtless badly strained at the time of the accident. Every morning and night you should take the alternate hot and cold leg-bath. Dip the feet and legs at least half-way to the knees in water as hot as you can bear; then in cold water. Change back and forth from the hot to the cold ten or a dozen times, finishing with the cold. The time in the hot bath should be at least a minute; in the cold, half this time.

After the hot and cold foot-bath gently rub the foot and ankle with warm olive oil, then put on the heating compress to be worn overnight. This consists of a thin towel wrung from cold water wrapped round the foot and ankle, and snugly covered with

three or four thicknesses of flannel. If properly applied, this compress gets warm and comfortable a few minutes after being put on.



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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	Profose
Fig Bromose	Malted Nuts	Nuttolene
Corn Flakes	Meltose	Nuttose, Etc.

Below are Our Agencies:

SANITARIUM HEALTH FOOD CAFE, 45 Hunter Street, Sydney, New South Wales.	SANITARIUM HEALTH FOOD AGENCY, 10 Manners Street, Wellington, New Zealand.
SANITARIUM HEALTH FOOD CAFE, 289 Collins Street, Melbourne, Victoria.	SANITARIUM HEALTH FOOD DEPOT, Heathorn's Buildings, Liverpool Street, Hobart, Tasmania.
SANITARIUM HEALTH FOOD CAFE, 28 Waymouth Street, Adelaide, South Australia.	131 St. John's Street, Launceston, Tasmania.
SANITARIUM HEALTH FOOD DEPOT, 103 William Street, Perth, West Australia.	SANITARIUM HEALTH FOOD AGENCY, 186 Edward Street, Brisbane, Queensland.
SANITARIUM HEALTH FOOD CO., Papanui, Christchurch, New Zealand.	FOODS AND SUPPLIES, Box 175, Manila, Philippine Islands.
SANITARIUM HEALTH FOOD CO., Victoria Street East, Auckland, New Zealand.	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.

**An Ideal Home**  
for the  
**Sick and Convalescent.**



**Good Health.**

**A Quiet Country Place  
for Rest and Recreation.**

*ALL DISEASES TREATED, except such as are contagious.  
SURGICAL CASES RECEIVED. — Well-appointed Maternity Cottage.  
ALL RATIONAL REMEDIES employed, including Hydrotherapy, Massage, Remedial  
Exercises, Electricity, Curative Dietary, Rest, and Cheerful Environment.*



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ELEVATION  
SEVEN HUNDRED 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.



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For further particulars and prospectus, address:—

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

**Telephone No. 137, Wahroonga.**

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