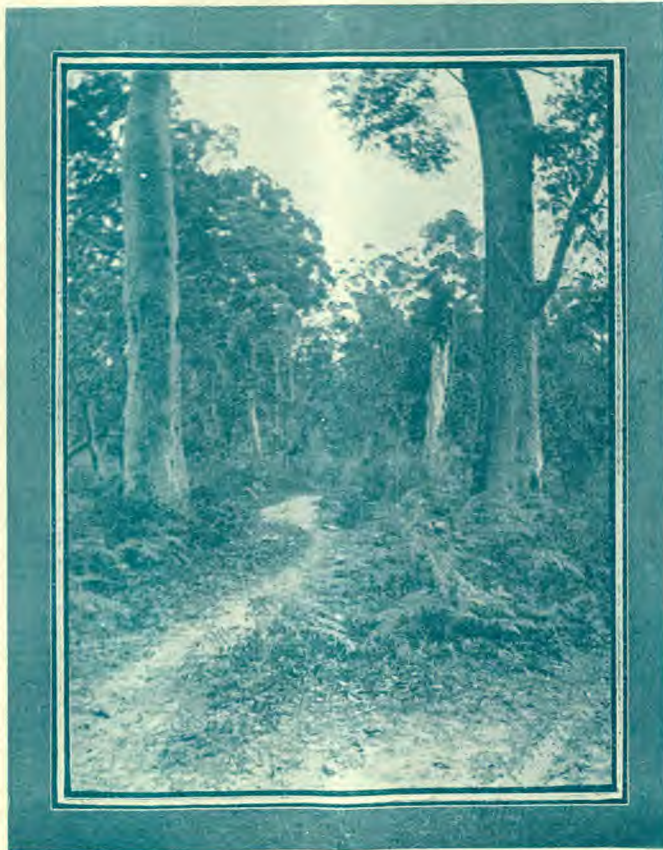


# GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

AUGUST 1, 1909.



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

VOL. 12.

NO. 8.

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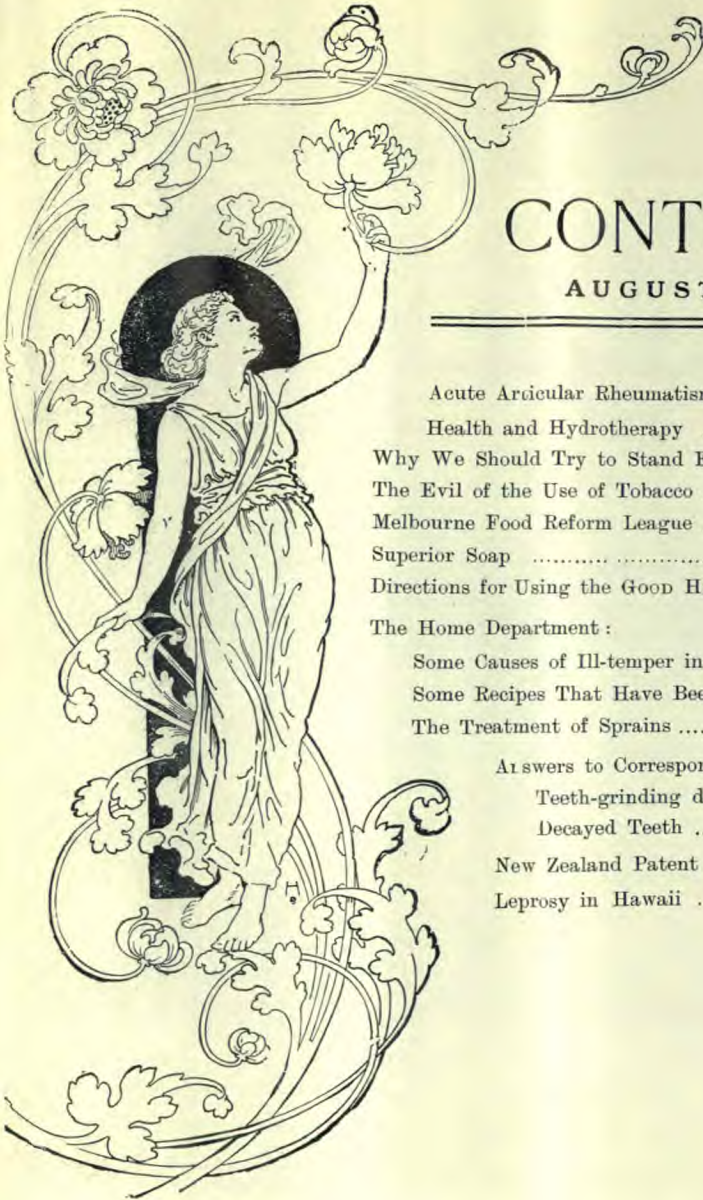
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Good Health, August 1, 1909



"O hearts of love! O souls that turn  
Like sunflowers to the pure and best,  
To you the truth is manifest."

# GOOD HEALTH

## A Teacher of Hygiene

Vol. 12.

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

No. 8.

### Acute Articular Rheumatism.

BY G. H. HEALD, M.D.

THIS disease is especially important on account of the heart complications that accompany a large proportion of cases. The pain and inflammation of the joints and the bedridden condition, lasting for several weeks, are features to make the disease one to be dreaded; but these sink into comparative insignificance when we consider the heart difficulties that often follow in the wake of the disease. For the reason that even mild attacks are liable to be followed by heart difficulty, it is important that every one should understand the dangerous nature of the disease, in order that proper preventive measures may be taken.

Patients coming down with articular rheumatism, usually "feel poorly" for a time. A little later, the thermometer will indicate a rise in temperature to 102 or even 104 degrees. A rapid pulse, with loss of appetite, scanty discharges, and other fever symptoms, are present. Usually the patient perspires profusely, the perspiration having a peculiar sour odor. One after another of the large joints are painful, hot, swollen, and dusky red. In some instances, the inflammation ceases in one joint as a new joint is involved. In other instances, there is an increase in the number of joints affected, until finally all or nearly all the large joints are inflamed at one time. Every attempt to move causes excruciating pain. In fact, it is said that, on the whole, no disease is more painful than this one.

Though the death-rate from acute rheumatism is very low, the danger of accompanying heart trouble constitutes it a very serious disease. More than half the cases have heart

complications, and these are relatively more frequent in the young. In fact, children not rarely have rheumatism of the joints in so slight a form as not to necessitate their going to bed—"growing pains"—accompanied by valvular heart disease which results in a permanently crippled heart. A parent should ever keep this in mind, and when a child complains of pain in the joints, should have the child repeatedly examined by a physician. If the temperature and other signs indicate that the child has rheumatic fever, it should be kept in bed, even though it appears well enough to be around. During the time when the heart is acutely involved with the inflammatory process, and for some time after, the most important measure in treatment is to keep the child perfectly quiet, as a little muscular exercise may be enough to permanently cripple the heart.

While much can be done for this disease by means of hydrotherapy rightly applied, it is not safe to rely on home treatment alone. The mildest cases may be followed by disastrous consequences, if neglected. For this reason, a physician should be promptly consulted in every case that bears resemblance to rheumatism.

Patients should be in bed. And especially should children (in whom the joint trouble may not be severe enough to cause them to want to go to bed), be kept quiet on account of possible heart complications. Older patients will wish to return to their work as soon as the joint trouble moderates; but it is far safer for them to remain in bed for two or three weeks after all joint symptoms are over. This will do much to lessen the danger of heart complications. One authority says that the patient who insists on getting up when the joint trouble is over, is taking his life in his hands.

## TREATMENT.

Nightgowns should be of flannel open from top to bottom, with sleeves buttoned full length to facilitate easy removal. There should be several of these in order to permit of frequent change, as they quickly become damp from the perspiration. Blankets should be used in place of sheets. The room should be well ventilated, but without draughts. The diet should be liquid, largely milk, with gruels, administered at frequent intervals. Water should be drunk in large quantities, preferably alkaline mineral water.

The hot blanket pack, continued for several hours, is a valuable measure to encourage elimination, and to combat the fever. The patient should be gradually cooled off, cold mitten friction being applied to each part as it is taken

out of the pack. An ice-cap or cold compresses to the head, should be worn during the pack. Ice-bag to the heart is also indicated during the pack. To prevent heart complications, a cold compress or an ice-bag may be placed over the heart for fifteen minutes once every hour.

The painful joints may be fomented every two hours. During the interval a heating compress well covered with flannel and impervious material should be applied snugly around the joint. At night, the joint may be wrapped in dry flannel or cotton wool. It is well to oil the joints occasionally with vaseline; and it may be of advantage to have ten per cent of oil of wintergreen worked into the vaseline.

Again the suggestion is made to parents that it is important to investigate every case of joint pains in children in order to prevent a possible heart complication.

## Health and Hydrotherapy.

BY EULALIA S. RICHARDS, M.D.

*Health!* How rare a thing it is! There is scarcely a home where illness and death have not entered, leaving in the heart an aching void, and by the fireside an empty chair. We see suffering and illness everywhere—Why? Because we have not yet learned how to care for these bodies of ours. The human body is God's masterpiece, a *living* mechanism, whose marvellous perfection is unequalled by any other creation. Consider the most perfect mechanism wrought by men's hands; how faulty and frail it is. Even the large ocean-steamers have at stated times to be put in dry dock for general repairs. The best locomotive, if operated constantly, would very soon wear out and fail entirely. With even the best of care, including periods of rest and constant repairs, a locomotive is useful for only a few short years.

But these bodies of ours, if not mistreated, will serve us constantly and faithfully for three score years and ten; perhaps even longer. What is the difference between God's workmanship and man's? Ah! the human body, God's mechanism, is a *living* machine endowed with God's own life. And it is so wonderfully constructed that its daily wear and tear is daily repaired from within by a wonderful and living process—too marvellous to be even understood by men.

Let us take a momentary survey of the body, and its wonderful working.

Look at the heart, that little engine no larger than one's fist, contracting or pumping at the rate of seventy times a minute: doing daily an amount of work equal to that required to lift a weight of 120 tons one foot from the ground. This is only one day's work. See what an immense amount of work it would accomplish in twenty-five, thirty, forty, or seventy years! Has ever man been able to invent an engine which could render such service as this for a period of seventy years?

Think of the lungs with their two thousand square feet of surface being inflated with air for the purification of the blood twenty times every minute.

Think of the brain with its twelve hundred million nerve-cells which are in connection with thousands of nerve-trunks passing to every portion of the body. These nerves constitute a most elaborate and perfect system of telegraphic wires, which carry various impressions from the skin or the internal organs to the receiving centre—the brain or the spinal cord. Return messages are also brought by these nerves from the brain to the skin or the internal organs.

These are but a few of the many marvels of our bodily dwellings. If we could only be led



to understand these things better, we should feel like guarding our physical health as sacredly as we guard our characters. For we only have one body. Nor can we, as do the ocean-steamer, go into dry dock for a general overhauling and repairs. Should one's heart pause for even a five minutes' rest, the owner would be compelled to enter his long rest—that sleep which knows no waking. Should the liver or kidneys take a "few days off," the man must needs perish.

Hence the wisdom, if we would live long and be in health, of laying no extra burdens upon our bodily organs, but rather of assisting them in every way possible.

In order that we may keep the body in the best condition, it is necessary that we observe *certain natural laws*.

1. Simple and wholesome diet.
2. Non-irritating, non-stimulating drinks, preferably water.
3. An abundance of pure fresh air. (Ventilation, and proper dress to admit of deep breathing.)
4. A sufficient amount of exercise and rest.
5. Cleanliness of the person as well as surroundings.

The common illnesses from which we suffer are due to non-conformance to these natural laws.

Why is it that every year we need "spring tonics," "blood purifiers," etc.? Is it not for the same reason that our houses yearly need a "spring cleaning"—because of an accumulation of dirt and waste material? Much of this spring (bodily) house-cleaning might be avoided if all through the year we diminish, as far as possible, the poisonous or useless materials entering the body, as well as assist the excretory organs to eliminate the poisons, or waste material, resulting from normal vital processes.

A dose of medicine—What does it do for such cases as these? The digestive organs have been over-burdened with rich and unwholesome foods, so that now they are in a state of partial exhaustion. The liver and bowels are inactive. Because of insufficient exercise and diminished elimination, there is an accumulation of poisons in the blood. This in turn causes the brain to feel dull and stupid.

The taking of medicine whips up or goads on these tired organs without in any way lightening their burden. On the contrary, the use of proper hydropathic applications, while stimulating the organs to greater activity, at the same

time assists them in the performance of their functions. For instance, the cold bath, if properly administered, is one of nature's best tonics. It awakens the dormant nerve-centres, increases heat production, promotes nutrition, and stimulates the normal secretions of the body.

Hydrotherapy is not a new science. Among its advocates were the ancient Egyptians, Hebrews, Greeks, Persians, Hindus. Hippocrates knew well the value of hydropathic applications. Among the Romans, the bath attained great development. Among the more recent advocates of hydrotherapy were Priessnitz, Winternitz of Vienna, and Bouchard.

Hydropathic applications depend for their value largely upon the effect of heat and cold on the nerves and blood-vessels.

The skin is a harp of a thousand strings, upon which a skilled performer may play in such a way as to produce almost any desired physiological or therapeutic effect.

The effect of heat upon the skin is to dilate the surface blood-vessels so that a larger amount of blood flows into them. This relieves internal congestion.

A short application of cold momentarily contracts the superficial vessels, but this action is immediately followed by "reaction," that is, a dilatation of the vessels. This effect lasts for some hours, so is of great value in relieving the congestion of internal organs.

A prolonged cold application produces a prolonged contraction of the surface vessels, so is useful in overcoming inflammation of the skin or superficial structures.

The combined effect of heat and cold, or the alternate application, constitutes a veritable pumping process, and results in an increased flow of blood through the part to which the application is made and also in the deeper structures.

Since the health of the tissues depends upon a constant supply of pure fresh blood, this method of increasing the circulation of blood is most useful in the treatment of various diseased conditions.

In a future article these principles will be applied to the treatment of certain common diseases.

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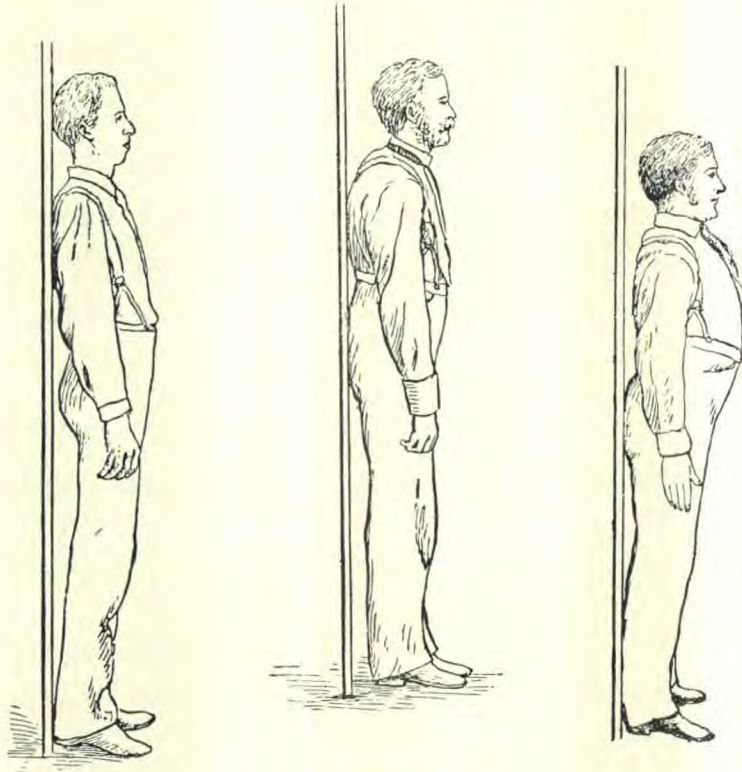
EXPERIENCE is a dear teacher to some because she has to be hired over and over again.—*Joe Kone*.

## Why We Should Try to Stand Erect.

BY HARRY LYMAN KOOPMAN.

THERE is no beauty nor grace of the body that an erect posture cannot heighten, nor is there a single bodily attraction that will not be marred or obscured by an ugly stoop. Yet thousands of boys and girls, especially those of rapid growth, are every year acquiring the disfiguring and pernicious habit of round

the difficulty is to show how the evil may be overcome. Usually, when anything is wrong, the first step toward righting it is to discover and remove the cause. But, in the case of stooping shoulders, while the cause is probably to be found in our clothing, which hampers the body when it does not actually cramp it, and



shoulders. In the cramping of the lungs and stomach that this position induces they carry a perpetual menace to health.

NO ONE WANTS TO BE ROUND-SHOULDERED.

Nobody, it is true, wants to be round-shouldered, unless it be some gawky youth who needs only to be told that his self-consciousness will disappear if he will but look at the other people instead of imagining that they are looking at him. But while it is as easy as it ought to be unnecessary to preach against the habit,

continually burdens it with an unnatural and badly-distributed weight, we can neither escape from the cause in general, nor from the particular form of it in the garb which our imperfect civilization prescribes.

Many, indeed, have been the methods suggested to overcome this habit. In the minds of some the secret is to keep the chin drawn in. This attitude, as any one will see by trying it, produces a slight raising and rounding of the chest. Others would hold the shoulders squared back and the chest protruded. Either

of these rules, if carried out, is likely to result in an ugly or strained posture. In some cases the effort to stand erect merely develops an awkward bend at the waist, actually pitching the body backward. A mechanical device for securing an erect posture is to carry a weight on the head. This is an excellent method, but not applicable everywhere, and really unnecessary when one has learned the art without it.

#### THE RIGHT WAY TO STAND.

The truth is, standing erect is not a matter of the shoulders alone, nor even of the trunk, but of the whole body, from the feet upward. An erect posture does not mean that a person standing back to a wall shall touch it all the way up and down. The lines of the body are curves. Some backs approximate a straight line more closely than others, but a really straight back would be a deformity. The set of the neck also varies. To acquire an erect carriage it is not necessary to assume a military stiffness, as if one had swallowed a ramrod.

If you would know your own natural posture when erect, stand up, and, without raising your heels from the floor, make the effort of rising to look over some obstacle, allowing the shoulders to droop naturally, and keeping the chin at an easy level. When you have risen to your full stature hold the position and notice what it is. You have not consciously posed the different parts of your body, yet your chest is finely rounded, your shoulders are thrown back, your abdomen is drawn in, and your back and neck are as straight as you can set them, all the parts of the body falling without effort into their proper positions now that the whole has been correctly poised. You have a strange feeling of separation in every joint, while an astonishing distance has sprung up between your breastbone and your hips. To the eye you are at least an inch taller. If you have any doubt on this last point, stand before a mirror in your former posture, and note how high the reflection of your head comes on the wall behind you, or, if the mirror is low, at what point your image is cut off. Then take the upright position as before, and notice the difference in the mirror.

"But," you say, "this position tires me; I cannot hold it." Very likely; but you can maintain it much better than you can hold your chin drawn in, or your chest inflated, or your shoulders squared back, without a proper foundation for an erect posture in the altered carriage of your whole body.

#### YOUR GAIT BECOMES ALIVE.

Go back to your former attitude when you will; you will hardly rest content with it now that you have learned how you feel and look when you are standing as your Creator meant you to. You will find that in your walks and at your desk you are not satisfied to slouch as before. You are assuming the correct attitude unconsciously. Your gait has become alive. You no longer have a body resting on two feet in which it takes no interest; you walk as a unit, with the whole body.

Do not blame this article, but your former bad habit, if you find that your body, far from submitting to the dictation of its clothing, demands new garments to contain your expanded chest and to fit your straight and narrow back. But you may be thankful when you find that your stomach, no longer cramped, has ceased to torment you with dyspepsia, and that as a result of food better digested and blood better aerated, your eye is clearer, and your complexion is taking on the transparent hue of health.

### The Evil of the Use of Tobacco.

BY W. W. MILLER.

A FEW years ago, of 11,896 men who enlisted for army service at Manchester, so many were "ill-developed and poor in physique," the majority suffering from heart disease, that only 3,078 passed the required physical examination. The examiners believed tobacco to be the chief cause of this degeneracy.

It is authentically stated that in Germany nearly half the young men between the ages of eighteen and twenty-two are incapable of bearing arms. The prevalence of heart disease among these men has increased over three hundred per cent within the few last decades. Tobacco and beer are considered to be the causes of this alarming condition.

In 1902 sixty-seven young men, apparently in the pink of health, appeared for examination to enter the Medical Department of the United States Army, but to their surprise forty-three were rejected on account of tobacco heart.

#### IN THE SCHOOLS.

On examining a number of pupils before allowing them to participate in certain athletic sports, the School Board of Chicago found twenty-one out of one hundred boys totally unfit to engage in any violent exercise. All but

three of these suffered from some form of heart disease, and they were almost without exception cigarette-smokers.

An educator of twenty-five years' experience writes: "I have never known an exception to the rule that a boy, in taking on the tobacco habit in any form, immediately begins to deteriorate mentally. If he takes cigarettes, he will degenerate morally very rapidly, and physically, too. I am firmly convinced that tobacco in any form degenerates growing boys morally."

#### A FOE TO SKILL.

Luther Burbank says: "To assist me in my work of budding, work that is as accurate and exacting as watch-making, I have a force of some twenty men. I discharge men from this force at the first show of incompetency. Some time ago my foreman asked me if I took pains to inquire into the personal habits of my men. On being answered in the negative, he surprised me by saying that the men I found unable to do the delicate work of budding invariably turned out to be smokers and drinkers. Even men who smoke one cigar a day I cannot trust with some of my delicate work. Cigarettes are even more damaging than cigars, and their use by boys is little short of criminal."

#### IT CAUSES INSANITY.

"It is astonishing," remarks the head nurse of a Minnesota insane hospital, "the number of women who come to us who have become insane by smoking cigarettes." In one insane asylum in Massachusetts there were eight patients who were victims of tobacco insanity.

In another asylum were three clergymen who clamored incessantly for the poison which had dethroned their reason, and in the most pitiful tones besought every visitor for tobacco. What an awful sight! What an object-lesson! Men of bright intellect and ability, men esteemed by their respective congregations, men who stood before the people as exponents of the gospel of Christ, and taught them how to overcome sin, and through Christ be delivered from bondage; yet they themselves were slaves to an evil habit which proved their ruin.

#### IT WEAKENS THE CHARACTER.

"Like all other stimulants, tobacco excites the animal passions, and as it at the same time, to a certain extent, deprives the individual of his ordinary soundness of judgment, he has two concurrent and powerful influences to

lead him to the commission of whatever base act the circumstances of the moment may prompt."

Another writer says: "Tobacco is a slow, insidious poison. It affects the brain, and benumbs the sensibilities, so that the mind cannot discern spiritual things, especially those truths which would have a tendency to correct this filthy indulgence. Those who use tobacco in any form are not clear before God. He may be merciful to them while they indulge in this pernicious habit in ignorance of the injury it is doing them, but when the matter is set before them in its true light, then they are guilty before God if they continue to indulge this gross appetite."

#### IT POISONS OTHERS BESIDES THE USER.

"Many infants are poisoned beyond remedy by sleeping in beds with their tobacco-using fathers. By inhaling the poisonous effluvium which is thrown off from the lungs and pores of the skin, the system of the infant is filled with poison. While it acts upon some infants as a slow poison, and affects the brain, heart, liver, and lungs, and they waste away and fade gradually, upon others it has a more direct influence, causing spasms, paralysis, and sudden death.

"It is unpleasant, if not dangerous, to remain in a railway-carriage or in a crowded room where the atmosphere is impregnated with the properties of liquor or tobacco."

#### IT MAKES MAN A SLAVE.

The power tobacco has over a man is manifest when for any reason he is deprived of the weed. How quickly he becomes irritable, nervous, and impulsive. Mr. Hilton, in describing the terrible experiences of the Mutiny in Lucknow, says: The soldiers, who "felt the loss of tobacco more severely than anything else, were put to a variety of shifts. They dried tea-leaves left after infusion, and smoked them. The guava-trees and other garden shrubs were stripped of their leaves, which, after being dried in the sun, were used as substitutes for tobacco. The stump of a cigar was looked upon as a luxury by many."

#### HOW TO OVERCOME THE HABIT.

First, be thoroughly convinced—and evidences are not wanting—that the use of tobacco in any form is injurious. Then the desire to give it up must be greater than that to cling to it. This will call for firm resolution and strong determination. Take no substitutes

whatever, for they do no good. Don't attempt to leave off by degrees. Give up at once and forever. You will have a struggle, of course, but never despair. Keep in mind how greatly you will be benefited by abandoning the poisonous weed. Consider yourself no longer its slave, but claim victory at every step. Never think of defeat. Keep out of temptation. As far as consistent, avoid the company of those who use tobacco, and seek that of those who will encourage and help you.

You will find in God an ever-present help, for He always takes a deep interest in those who are trying to reform.

As long as the poison remains in the system, more or less craving for tobacco will remain. Its elimination may be hastened by warm baths taken three or four times a week. Headache and restlessness will be relieved by a warm foot-bath, and hot compresses applied to the head.

## Melbourne Food Reform League.

[GOOD HEALTH is always glad to report progress in so important a movement as that of food reform. We are therefore pleased to tell our readers of the formation of a new Food Reform League in Melbourne.]

A MEETING was held at the Temperance Hall, Melbourne, on Monday, June 14, 1909, to initiate a food reform league on similar lines to those of the National Food Reform Association inaugurated in London under the presidency of Mr. Eustace Miles, M.A., the well-known athlete, food reformer, and hygienist. There were about 200 people present, who showed a keen interest in the business throughout the meeting.

On the motion of Dr. Abramowski, Mr. E. Fred Ryall was elected to the chair. The chairman explained that the league started by Mr. Eustace Miles in London, had been taken up by many prominent citizens, both ladies and gentlemen, public men and doctors. The speakers at its inaugural meeting included Messrs. Eustace Miles, Aylmer Maude, F. W. Forbes Ross, M.D., the Honorable Neville S. Lytton, F. A. Rollo Russell, C. S. Rolls, M.A., F.R.G.S., Mrs. Bramwell Booth, Mrs. Hodgkinson, Mrs. C. W. Earle, the Rev. Reginald Bull, M.A., and the Honorable E. Lytton.

In outlining the policy of the proposed league the chairman pointed out that it was not to be a vegetarian society, but to include in its membership all those who are in any way interested in food reform. The members of the Vegetarian Society were heartily in sympathy with the new movement. The first plank of the proposed platform was "To enlighten public opinion on matters of diet."

This could be brought about, he said, by giving instruction on what foods to eat, how to cook them, and how to eat them.

With the great majority of people, the trouble of the present day is that they do not think what they eat. Too many meals are taken: there are those who not only have breakfast, morning lunch, dinner, afternoon tea, and supper, but several snacks as well. This is where many of the troubles of ill-health are fostered. There is only one way of getting over this difficulty, and that is by enlightening public opinion.

We have made great advancement in the curing of diseases, [and with few exceptions] but little or no advancement has been made in the prevention of disease, and prevention is undoubtedly better than cure. It will certainly prove a great boon to humanity if

many of these diseases, which are so rife in our midst, could be traced to their original source—the stomach.

The new movement cannot claim to be a panacea for all ills—food reform will not solve all problems, but it certainly will aim and make for a healthier and happier life for the individual.

Then regarding the cooking of the food—the making up of dishes, etc.—cooking-classes could be formed and conducted by enthusiastic teachers, and instruction given as to relative values of food and the best ways of preparing them. These classes would, of course, be of more interest and use to the lady folk, who would exercise a large influence in the way of food reform.

The chairman formally moved

THAT A FOOD REFORM LEAGUE BE FORMED WITH  
THE OBJECTS:

1. To enlighten public opinion on matters of diet.
2. To point out the dangers of our present system of food supply, and its bearing on such problems as the adulteration of food and milk, infant mortality, consumption, and physical deterioration.
3. To make known the intimate connection of diet with

- (a) Moral and physical well-being.
- (b) Social reform.
- (c) Economy—national and domestic.

4. To urge the necessity of re-considering the dietary of public institutions.

5. To recommend more humane, hygienic, and scientific methods, both in the selection and the preparation of food.

DR. J. E. MENZIES THOMSON said he had much pleasure in seconding the motion.

Food reform had received the benediction of science, and was to become a most potent factor in solving the problems receiving the world's serious consideration.

The word "vegetarianism" is a misnomer for it leads people to believe that to be a vegetarian means eating nothing else but cabbage, turnips, and green vegetables for breakfast, dinner, and tea. Under the name of "food reform" no such wrong impression could exist.

It is of vital importance what a man eats, for if his food disagrees with him his attitude towards the whole world is changed. Thus the whole course of the world's history might have been changed if some

prominent monarch, statesman, or general had had a meal that proved to be indigestible.

The present system of diet is largely the cause of our drink problem. It is a well-known fact that those who use a meatless and simple diet are not likely to have any desire for stimulants such as alcohol, and almost invariably have a decided antipathy towards them; and it has been proved that in the treatment of alcoholism the best way of curing is by the patient living on a non-flesh and non-stimulating diet. Tea, coffee, and the so-called soothing weed are all of a stimulating character, and should be avoided. He suggested that the advantages of a non-flesh and non-stimulating diet in curing alcoholic diseases should be brought more forcibly under the notice of the inebriate institutions.

The use of flesh foods is the cause of many diseases. Fifty per cent of the hogs in Victoria are now affected with tuberculosis, and very few of these animals are kept as pets. They all sooner or later go into human consumption, and so it behoves us to immediately alter our present food customs. Then again with cancer, while we do not know its absolute cause, all authorities are beginning to admit that cancer is probably due to excessive meat-eating. The Council of Scientific Research, London, unanimously came to this conclusion.

At all times one should exercise the greatest care in choosing and treating food, especially milk. This league will do much to improve the present system of supply. Milk is undoubtedly a carrier of disease, especially tubercular germs. These germs are taken into the body in infancy and make themselves felt in later years, hence every care should be taken to ensure its absolute purity. Many cases of diphtheria and typhoid are also said to be traceable to milk.

The physical degeneration, which is often so noticeable, is due to a great extent to the ignorance of what food should be taken. If the public were in possession of the knowledge of how to get better nourishment, without the attendant evils, a great improvement would take place.

DR. ABRAMOWSKI said he heartily supported the motion that the league be formed, with the objects as read by the chairman. He agreed with all that Dr. Thomson had said, and the first point he had to deal with was that of moral and physical well-being.

It was essential to health that a man be pure in body and mind. Meat, which certainly contains albumen, is a mass of putrefaction, and nobody could be quite pure in body who ate meat.

Milk contains thousands of microbes to the cubic centimetre, but they are not all harmful, the work of a large proportion being that of scavengers. Still there are some that are of great danger to the body; but while the body is in a perfect state of health, they cannot harm it. He believed that a man might walk right into a hospital and take in microbes by the bucketful; and if he were in perfect health, he would suffer no harm.

If a man is to have a pure body, he must live on pure food. The purity of the body is necessary for the purity of the mind.

Only nature can provide pure food, and if we are to reap its full benefit we must eat it in its natural condition. Fruit therefore is an ideal diet, and besides is a disinfectant, preventing fermentation. If we want pure food, we must take it as nature offers

it. As far as he knew there never had been a vegetarian or a fruitarian who was a drunkard.

A loving mother, by inducing her children to eat more than is good for them, is oft-times the cause of trouble, and the kitchen is then the forerunner of the public-house. What diet is taken has an important influence on the human race, and so the necessity of watching with the greatest care what our children eat is all important.

The doctor concluded by saying that he hoped and felt that the new food reform league would be for the benefit of all concerned, and for the general uplifting and improvement of the community.

THE REV. J. T. HURSTON said his desire in supporting the league was to uplift humanity. We want you to love yourself first, and then may we plead for a little love for others. He had worked amongst all classes of men, and at the present time was working in the neighborhood of Bordertown, South Australia. He often found that people ate wrong food and drank wrong liquors; and was it any wonder these men had a grotesque idea of life and what it meant.

We want you to be lovers of humanity at large—we want you to have an interest in everything around you—to take care of all that has life. We want you and your friends to give yourselves to the cause, and great things will be done. Do your part—come and show your independence of society as it is to-day, and do one little bit more to show your gratitude to Him who gave us life and being.

MR. J. H. BOTTRELL urged the necessity of re-considering the dietary of public institutions. He quoted statistics showing that nations that had the greatest drink bills, were invariably great meat-eaters. This fair land of ours was at the top of the list as meat-eaters, and so was our drink bill. But he was glad to say that the drink bill was now on the decrease and the milk bill on the increase.

He read a report from Captain Hudson, of the Salvation Army Inebriates' Home, to the effect that since the diet of the inmates had been changed it had worked wonders, and he was convinced that they were on the right track, and after four months' experimenting, the meat diet had been entirely abolished from the home.

There is not the slightest doubt that food reform was at the bottom of drink reform, and we had yet many lessons to learn from those much despised Eastern nations who were not meat-eaters, and who had no terrible drink curse to contend with, as we have.

MR. S. DE LACY EVANS recommended more humane, hygienic, and scientific methods, both in the selection and the preparation of foods.

Disease and crime were the manifestations of partaking of animal food, the eating of which should be looked at from the standpoint of the individual, the individual in connection with his brother man and his other brother—the animal. Living in a material world it was necessary to make use of material things for sustenance, but we must recognize that there is a mighty power behind the body, and that all life is sacred. The more care we take in what we take into our body, the more perfectly will we be able to express all that is highest and best. Improper food makes many a man a criminal, and while food reform would not make him a saint, it would at least make him less a sinner.

Why should a fellow man, who cannot but abhor the killing of animals, for the sake of satisfying our appetites have to take up the most degenerating and worst of occupations, that of slaughterman? We have no right to ask another man to do what we would shrink from doing ourselves.

Membership forms, which had been handed out during the meeting to be signed, were signed and handed in in good numbers.

A provisional committee was appointed to draft a constitution, and submit a scheme of propaganda to a subsequent meeting. This work has been done, and the league is called together for July 20 to adopt a constitution, and elect office bearers. The secretary of the league may be addressed at Box 775, G. P. O., Melbourne.

GOOD HEALTH will be pleased to report further the doings of the Melbourne Reform League from month to month, and also to aid in the formation of similar food reform leagues elsewhere.

### Superior Soap.

GOOD HEALTH is often asked to recommend a good soap—something soothing and healing, to be used not only for the bath, the toilet, and the nursery, but also in the treatment of dandruff, roughness and redness of the skin, pimples, blackheads, too free secretion of oil by the sebaceous glands of the skin, profuse and offensive perspiration, and numerous other common skin complaints which indicate unhealthy conditions. Although we know many good soaps, we want to recommend the very best, and a fairly extensive acquaintance with American and British toilet soaps left something still to be desired before giving our unqualified endorsement.

Some soaps are far too costly; some too cheap. The former do not give one fair value. They are often little better than the cheap soaps; but because of the fact that they are costly, have an alluring odor and a pretty color, and are persistently and widely advertised, they gain a great reputation and are used by the elect who can afford them. The cheap soaps *cannot* be good soaps. Their price necessitates that they be made from refuse fats of all descriptions. They must of necessity be reeking with the diseased filth and offal of the condemned carcass section of the slaughterhouse.

What then constitutes good soap? Briefly, a maximum of pure plant oil and a minimum of ash, lye or caustic. The best oil is olive oil. Since the days of the good Samaritan who poured in wine and oil, and bound up the wounds of the man who had fallen among

thieves, this oil has been recognized as healing. Of the many soaps with which we are acquainted which are said to be prepared from olive oil, we have found one of exceptional merit. This soap is made in Italy by a famous firm of soap-makers established in 1812. It is known as "Salutis Soap," and GOOD HEALTH can recommend it as a superior soap at a moderate price.\*

### Directions for Using the "Good Health" Clinical Thermometer.

CLINICAL, or fever thermometers, differ from ordinary instruments in several important particulars, as follows:

1. The bulb containing mercury, or quick silver, is made of very thin glass in order that the thermometer may register quickly. For this reason clinical thermometers are very easily broken, and must be handled with care.

2. The sensitiveness of a thermometer depends upon the thinness of this bulb and the quantity of mercury which it contains. In order that the fever thermometer may be sensitive, it contains but a small amount of mercury; hence the tube filled by the mercury as it expands is exceedingly minute.

3. The fineness of the mercury-containing tube makes the fever thermometer difficult to read, except when held in such a position that the column of mercury is magnified many times its actual size.

4. For the purpose of magnifying the column of mercury, two surfaces of the thermometer are flattened and meet at an angle, thus converting the glass into a magnifying lens. As the magnified column of mercury is dark in color, it is placed against a white background.

5. In order to read the fever thermometer, the wedge-shaped edge must be turned directly toward the eyes, the light falling on the thermometer over the shoulder. If the eye does not catch the magnified column of mercury immediately, the thermometer should be slightly rotated. When the instrument is held correctly, the figures 95, 100, 105, and 110, will be plainly seen on the lower surface of the wedge-shaped edge, and the scale on the upper edge. Both scale and figures appear against the white back-

\* "Salutis Soap" is sold in original packages at 1s. the cake, or three cakes in neat pasteboard box for 2s. 9d. By post 2l. per cake extra. Address, "Salutis Soap," Sanitarium, Wahroonga, N.S.W.

ground. The column of mercury should be plainly seen between the figures and the scale magnified to the apparent size of a pencil lead. The upper end of the column of mercury will be seen to stop abruptly at some point on the scale, usually between 95 and 100.

6. Because of the fine size of the tube in which the mercury moves in a clinical thermometer, the mercury does not fall of itself, but must be shaken down. This is accomplished by holding the thermometer firmly by its upper end and giving the hand a quick fling, or by striking the right hand, holding the thermometer, against the closed left hand or against the knee. By this means the mercury is jerked or shaken down into the bulb. The mercury in the clinical thermometer must always be shaken down to figure 95 or thereabout before the instrument is used in taking temperatures.

7. After the mercury has been thus shaken down, the bulb of the thermometer is placed

under the tongue and allowed to remain (with lips closed) two or three minutes. Even though the thermometer be marked " $\frac{1}{2}$  min." it is best to leave it three minutes as a regular practice. The maximum temperature is then certain to be registered. When the temperature of a healthy person is taken in this way, the upper end of the column of mercury will rest at or near the arrow, which is placed at 98.4 degrees Fahrenheit. It may not rest exactly at this point, as the temperature in health varies considerably.

8. The clinical thermometer does not register temperatures above 110 degrees Fahrenheit, hence should never be placed in water above this temperature. Clinical thermometers are often broken by being placed in hot water, which causes the mercury to continue to expand after the capillary tube has been filled. Obviously the only thing that can occur is breakage of the thermometer.

## The Home Department.

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

### Some Causes of Ill-temper in Children.

CHILDREN are not often taken to the doctor for ill-temper, but in nine cases out of ten they should be. Many mothers believe that an ill-tempered child is *just naturally bad*. Accordingly they scold, and threaten, and perhaps even punish the little one, hoping thus to rid him of his evil disposition. It is hardly necessary to add that failure usually attends these efforts. In the majority of cases the ill-tempered child is really ill, or at least ill-managed. The enlightened and observing mother will usually be able to discover the cause of her child's ill-temper, and having found the cause, she can intelligently set about removing it. It is our purpose in this article briefly to consider the most common causes of ill-temper in children.

First among these causes we must mention *constipation*. If a child is allowed to go one or two days without a free movement of the bowels, poisonous waste products are reabsorbed into the blood. As this poisoned bloodstream traverses the brain and spinal cord,

these delicate structures are irritated. Ill-temper is the outward manifestation of this inward irritation. A little child, usually sunny and sweet-tempered, recently suffered from repeated attacks of ill-temper. The anxious mother sought medical advice. A few moments' questioning elicited the fact that the little one had for some weeks been constipated. Occasionally its bowels had not moved for one or two days. This child, who was at the time of the consultation very irritable and ill-tempered, was immediately restored to his usual state of mind by the administration of a cleansing enema. By the adoption of suitable measures the constipation was overcome, and with it the ill-temper.

*Indigestion* is another potent cause of irritability in children. Many little folks are allowed to eat what they like, and when they like. This plan of feeding is certain, sooner or later, to result in dyspepsia, a condition which is very productive of ill-temper in either children or adults. If three plain wholesome yet appetizing meals are served in the day, and if not a



single morsel of food is allowed to pass the lips between meals, the ill-temper due to indigestion becomes a thing of the past.

Insufficient clothing must also be considered a cause of ill-temper in children. The child who is habitually cold is certain to be cross and irritable. Not long since, two healthy babies were taken for an afternoon ride by their respective nurses. One baby laughed and chattered in baby fashion all the afternoon, while the other whimpered or cried during the entire ride. A sharp cold wind was blowing, and both nurses were warmly clothed. The good baby was also warmly dressed. He wore woollen stockings, shoes, and knitted gaiters, and in addition his limbs were snugly wrapped in a woollen shawl. The naughty baby had bare legs and feet, and only a linen perambulator cover to protect them from the cold wind. They were blue and cold. After the ride this naughty baby was magically transformed into a good baby, and this is how it happened. An observing person (not the baby's nurse or mother) discovered that the little legs were painfully cold, and administered a hot foot-and-leg-bath.

*Excessive clothing* is perhaps as frequent a cause of ill-temper in children as is insufficient clothing. Young babies are often too warmly clothed in hot weather. Over-heating of the skin produces irritation, and this results in fretfulness, and irritability. On the hottest days the little one's clothing should be removed and a tepid bath given at midday. Only sufficient clothing should be worn to prevent chilling.

It must not be forgotten that *uncomfortable clothing* is sometimes the cause of fretfulness in little people. A woollen garment that chafes the skin, shoes that pinch the toes, tight bands or knickers, may serve as a constant source of irritation to the child's nerves.

Ill-temper is also often caused by *lack of personal cleanliness*. If a young child is not thoroughly washed and carefully dried every day, the skin is likely to become chafed in different places, especially in the groin, under the arms, or at the navel. Special attention should be given to the cleansing of these parts, and, if necessary, a little vaseline or good talcum powder may be employed.

*Worms*, especially the small pin or thread worms, frequently cause nervous irritability in young children. No worm medicine should ever be given without the advice of a physician,

but the following simple measure may be employed with perfect safety for the relief of thread worms. Give the child an enema of strong salt water nine or ten nights in succession. Have the child lying upon the back with the hips elevated, and let the water be retained in the bowel as long as possible.

*Adenoids*, or the growth of abnormal tissue at the back of the nose, is a common cause of ill-temper, as well as of more serious disorders in children. If a child habitually breathes through the mouth and snores at night, he should be taken to a doctor.

It should be remembered that in some cases of ill-tempered children it is the mother who needs to visit the doctor. A nervous, irritable, worn-out mother is likely to have ill-tempered children. In such cases let the weary mother have rest and proper care, and the family disposition will marvellously improve.

E. S. R.

### Some Recipes That Have Been Tried.

#### APPLES AND DATES.

A delicious fruit dish, for either the sick or the well, is baked apples with dates. Select large sound cooking-apples, wash them, and remove the cores. Fill the cavities with washed and stoned dates. Bake in a moderate oven until soft throughout. It is not necessary to add sugar, as the sweetness of the dates permeates the apples, imparting a delicious flavor as well. If preferred, the apples may be peeled and sliced. Add the quantity of stoned dates desired, and bake in a pie-dish. A very little water may be poured over the apples before they are put into the oven.

Apple pie is very much improved by the addition of a few stoned dates in place of sugar.

#### STEWED LENTILS.

A simple yet tasty meat substitute, particularly suitable for this season of the year, is stewed lentils. Select the brown or german lentils. Wash them well, and cover with cold water. Place them over a moderate fire, and allow them to simmer gently for two or three hours. About an hour before serving add the necessary amount of salt, a little olive oil, and, if convenient, two or three sticks of celery. Onion may be used instead of celery if preferred. Olive oil greatly improves the lentils. If boiled with them it loses its distinctive flavor, but imparts a rich meaty flavor obtain-

able in no other way. When done the lentils should be so tender that they almost "melt in the mouth," and there should be a small amount of rich broth covering them. Lentils cooked in this way possess a peculiar meaty flavor. They are easy of digestion, and can be taken with impunity by persons who find dried beans or peas too heavy.

#### HOME-MADE NUT MEAT.

Mix smooth in a half-pint of water, two tablespoonfuls of nut butter. Add the juice of half a lemon, a teaspoonful of mixed herbs, and salt to taste. Thicken to a batter with four tablespoonfuls of browned flour. Turn into a small covered pail previously oiled. Stand the pail in a saucepan of boiling water, and cook for three hours. When cold, slice and use as potted meat.

#### LENTIL AND NUT ROAST.

Stew german lentils until tender. Wash and press through a colander. To one pint of this lentil purée, add one cup of chopped walnut meat, one small onion minced, a little powdered sage, salt to taste, and two well-beaten eggs. Mix together, and stiffen with zwieback crumbs. Bake in an oiled bread-tin until nicely browned. Turn out into a hot platter, and serve with or without gravy.

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### Good Health Library.

By *Dr. D. H. Kress.*

- TUBERCULOSIS: Causes, Prevention, Cure. 3d.  
 DIABETES: Causes, Symptoms, Treatment. 1d.  
 APPENDICITIS: Its Nature, Prevalence, and Treatment. 1d.  
 TOBACCO HABIT: Origin and Effects. 1d.  
 STIMULANTS: Tea, Coffee, Cocoa. Their properties, history, and injurious results. 1d.  
 FOOD GUIDE: In Health and Disease. 1d.

By *Dr. Lauretta Kress.*

- EXPERIENCES OF TWO MOTHERS: Rules for the care of infants and children. 1d.

Order from Tract Societies; or GOOD HEALTH Office, Cooranbong, N. S. W.

Postage added N. S. W., ½d. each; other States, 1d.

The complete set, post free, 1/-.

### The Treatment of Sprains.

BY MRS. A. W. SEMMENS.

SO MANY mothers of boys and girls, who are full of life and strength and naturally do not think of any ill or ache, are at times called upon to see them come home from school or elsewhere with a sprain of some sort. More often than not it is the ankle, wrist, or thumb that is injured. One may get a sprain so easily that he does not realize for a minute what has happened. A slip on a stone, running to catch a train, coming downstairs quickly, or stepping into a small, unnoticed hole in a footpath, may be the cause of a bad sprain. If not properly treated, this may lay up the sufferer for weeks; but if cared for as it should be, it requires only a few days' rest for the disabled member.

What is a sprain? The twisting of a joint by which the soft parts about it are stretched or torn. Muscles, tendons, nerves, ligaments, and blood-vessels may be involved.

Some may ask, "How can we tell if a part is sprained when not able to consult with those who know about such things?"

There will be pain and swelling caused by inflammation and effusion or dropsy within and without the joint.

We have found that relief is most quickly obtained by resting the joint and applying, several times daily, very hot fomentations wrung out of boiling water. The hot flannel must be wrapped in a dry one else the part would be burned. The injured joint should be entirely surrounded by the fomentation. In about five minutes remove the fomentation and apply a cold compress for twenty seconds. Repeat this treatment three or four times, wringing the hot flannel out of the boiling water each time the change is made.

During the interval between the fomentations, a heating compress should be kept around the sprained joint. Apply as follows: Wring a piece of soft calico or gauze out of cold water, and wrap it around the joint. Cover this with oiled silk or jaconet, taking care that the waterproof material completely covers the wet compress. Over this apply snugly a dry flannel roller bandage.

When the swelling begins to go down, gentle massage may be employed. The rubbing may be more deep and vigorous as the joint improves.

The joint should not be used until the pain and swelling have subsided.

## 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.

212. **TEETH - GRINDING DURING SLEEP.**—I. H., Woolgoolga: I have a boy about six and a half years of age, whose health appears to be all that one could wish for; but he is very much given to grinding his teeth during sleep. To what would you ascribe this, and what remedy would you suggest? This boy has been brought up in the most careful manner in every respect, and has never tasted flesh food of any kind, nor tea, coffee, or cocoa. His diet has been the choicest of grains and fruits, with sterilized milk, nut foods, and occasionally eggs. If grinding the teeth signifies worms, this boy shows no other signs of these so far as we can tell. *Ans.*—Teeth-grinding during sleep does not signify worms, as is often said, nor does it signify anything in particular except nerve-irritation, either general or local. During teething young children often grind the teeth because of pressure and irritation of the gums. A six-year-old boy may be experiencing considerable irritation because of erupting second teeth, or the source of nerve-irritation may be more remote, as for example, in the pharynx from adenoids or enlarged tonsils, or farther down the alimentary canal through indigestion, constipation, etc. Decide which of these or other similar conditions is the source of irritation, and then set to work to remove the cause. This is all one can advise on the information received.

213. **THE COLD BATH.**—A. W., Wirrabura Forest, S. A.: Is it advisable to take a cold bath on a frosty morning in the open air? I have done this without apparent injury, but would like to know if it is advisable to make it a daily practice. *Ans.*—A daily cool or cold bath is of benefit, but the degree of coldness which would prove beneficial in a given case must be determined by experience and experiment kept well within the bounds of a certain well-established guiding principle. This principle is of universal application: *The body should be comfortably warm both before and after a cold bath.* A delicate person might be comfortably warm before taking "a cold bath on a frosty morning in the open air," but—afterward? Obviously in order to abide by the principle laid down, such a person would require to take the cold bath in a warm room, use less cold water or water less cold, and take the bath more quickly and rub and exercise more briskly than would be necessary in the case of a robust person. No, unless you are unusually strong and vigorous, it is not advisable for you to take a cold bath daily out of doors during the winter months. It is quite the proper thing, however, to take a cool or cold bath indoors, the degree of coldness, temperature of the room, etc., as explained above, being carefully graduated to suit

the constitutional vigor of the bather. Remember the rule too, and make sure that you are comfortably warm both *before* and *after* a cold bath. A cold bath that leaves one's lips blue and teeth chattering has done great injury.

214. **DECAYED TEETH.**—E. S. W., Macknade, N. Q.: What is the best thing to do for children's first teeth when badly decayed while they are quite young? Our little boy, four years old, has four hollow double teeth which I think affect his health, though usually a strong, healthy child. His tongue is often coated, and breath offensive; he is irritable also, though formerly very good tempered. Dentists say they should not be taken out so early, as the second set would be injured, and they seem to think it is not worth while



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stopping them with some temporary filling. *Ans.*— It is sometimes a little difficult to point out the particular thing that causes teeth to decay early in children. There are usually many causes at work to bring about decay. The first is lack of mineral substances in the food. Genuine wheatmeal bread made from the whole of the wheat contains phosphate and other mineral substances which build bone and teeth. In all ordinary breads these substances are lacking to a greater or less extent. Then, too, in the giving of vegetables, their mineral constituents are cooked out and thrown away in the large quantity of water in which the vegetables are boiled. If you will think along this line, you will doubtless see that in many other foods the materials from which the teeth are nourished may be lacking. In the case of your little boy there is another and more active factor at work, viz., the microbes of fermentation and decay. You state that his tongue is often coated, and breath offensive, and that he is irritable. He is evidently suffering from auto-intoxication, or absorbing poisons from the alimentary canal. The germs are also at work in the mouth, in the cavities of the decayed teeth, producing substances which will further poison the child and make him irritable.

Obviously the remedy consists in keeping the mouth and teeth scrupulously clean by means of a soft brush and Calox or some other alkaline tooth powder. Then the entire food canal should be cleansed and sweetened by the free use of fresh ripe fruits, water-drinking, outdoor exercise, and breathing, bathing, and particular attention to the condition of the bowels. The decayed teeth should be

stopped, even though they are only the temporary set. I am surprised that your dentists seem to think it is not worth while stopping them.

NEW ZEALAND PATENT MEDICINE LAW.— January 1 there went into effect a law providing that in case of any misrepresentation of the ingredients or of the effects which may follow the use of any (patent) medicine or appliance for the relief of any human ailment, both the proprietor of the medicine and the printer, publisher, and proprietor of the paper carrying the advertisement, may be subjected to a heavy fine.

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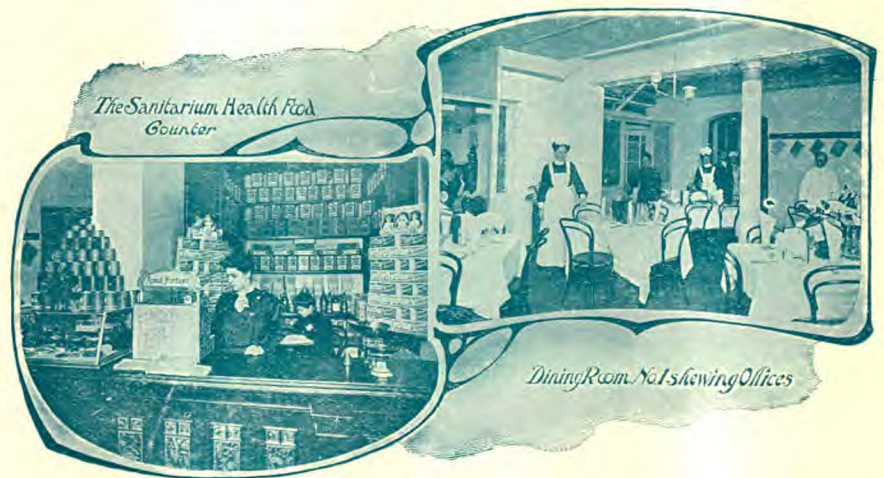
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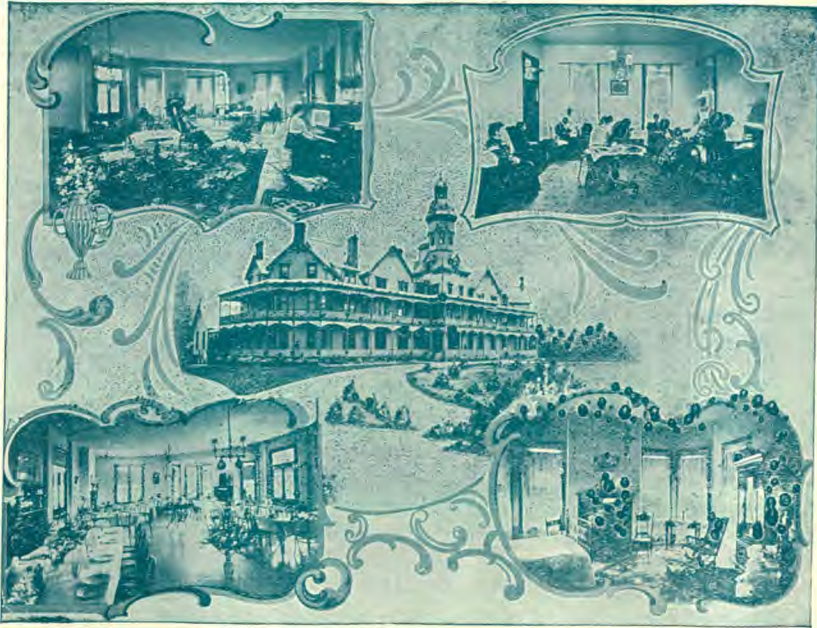
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