

# GOOD HEALTH

◊ EDITED BY FRANKLIN RICHARDS, M.D. ◊

1 OCTOBER 1, 1909.



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VOL. 12.

NO. 10.

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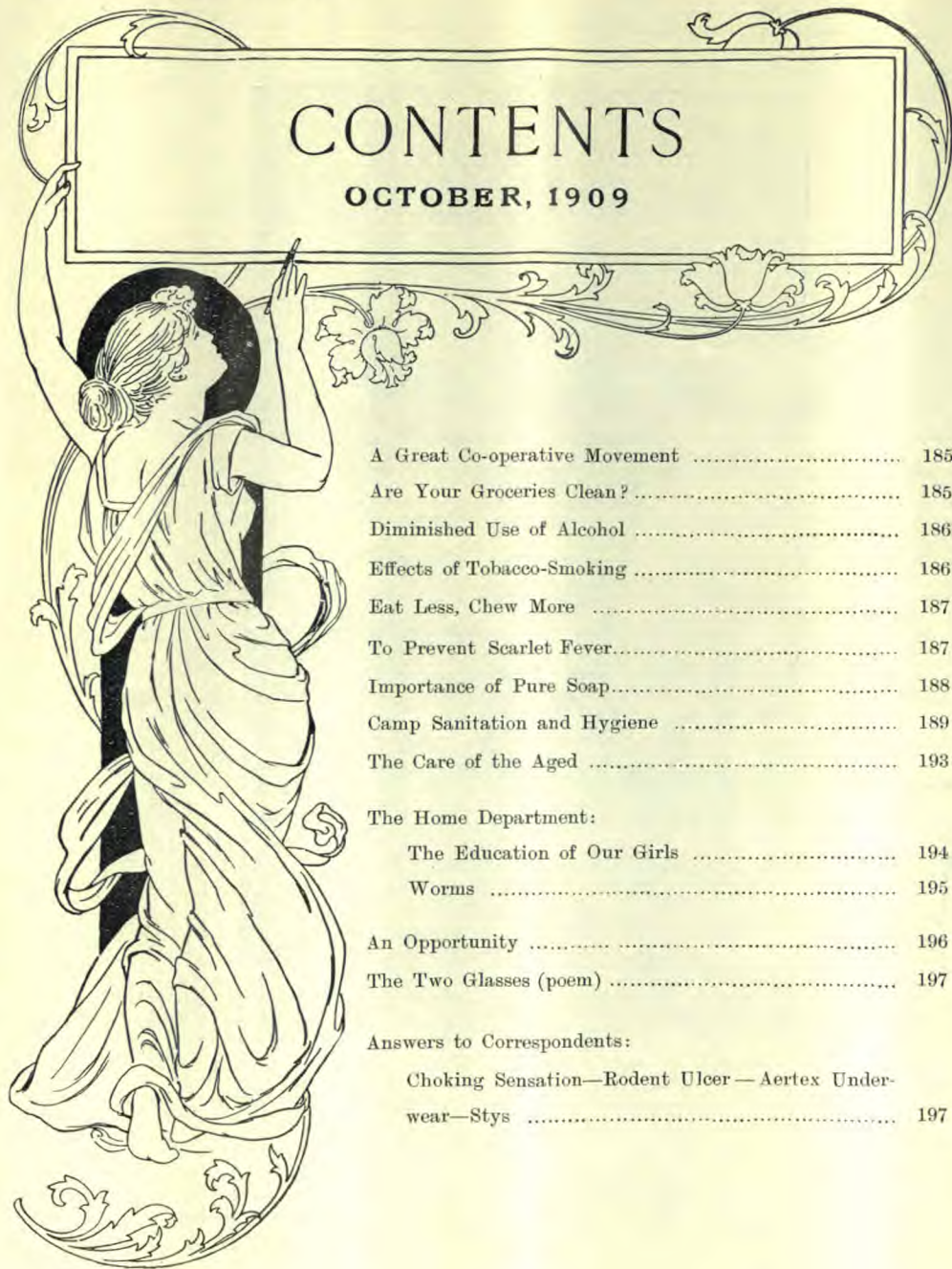
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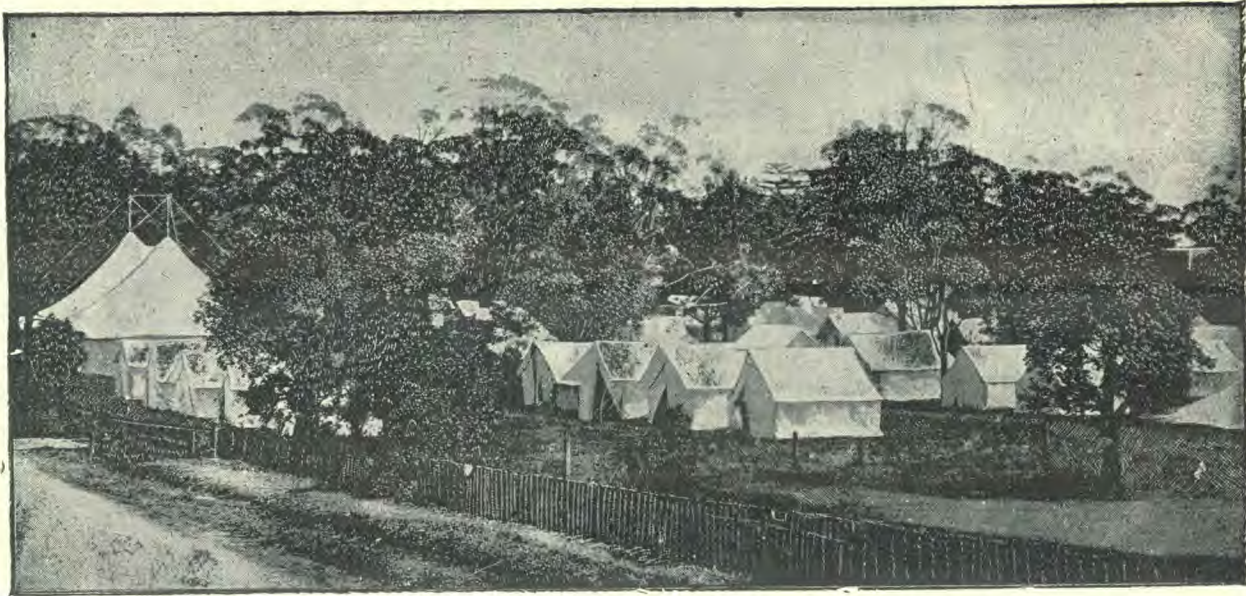
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A CAMP IN THE WOODS.



What joy in Spring to camp within the wold,  
And daily watch the budding blooms unfold;  
To hear the birds, in sweet melodious lays,  
Sing songs of love to their Creator's praise.



We gladly leave the City's busy street,  
Wherein too often sin and sorrow meet,  
To tread the springing turf, where whisp'ring trees  
Tell Health's glad secrets to the passing breeze.

—J. D. K. Aitken.

# GOOD HEALTH

## A Teacher of Hygiene

Vol. 12.

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

No. 10.

### A Great Co-operative Movement.

PARTIES of students and young people from other States, visitors from our own and distant countries, as well as newly arrived and friendless immigrants, have gone to make up the 1,293 women who have found either a passing or permanent residence at the home of the Young Women's Christian Association in Sydney during the past year. Gradually increasing numbers have found their way into the luncheon room, where a large band of voluntary workers undertake the waiting during the busiest hours and by their cheery help largely minimize the expenditure of this department.

Some new features of progress are—the Women's Choral Society and Sight Singing Class, a literary circle led by Sydney graduates, technical classes, and the training of Y. W. C. A. secretaries for home and foreign work.

By means of the gymnasium many girls who lead a sedentary life are helped to a stronger and healthier physique.

The University competitions have proved themselves to be a great incentive to work in the Girls' Club. Last November eight out of thirteen prizes were won by its members. This is a cheerful corner of the work, for there are no old girls and the young ones are in a constant state of effervescence. As a relaxation from constant work we have an occasional social evening, and the term closed in December with a gymnastic display.

The City Helpers' Union reports an increase in its number of visitors, and the singing bands have continued to carry their song messages to those rooms, where at Christmas time some three thousand motto-cards were distributed among the girls.

In the Employment Agency owing to the domestic problem of employees outnumbering employers, there has been a decrease in the number of engagements, but many a lonely girl in finding her way to the bureau has been cheered by the advice and help of a friend.

The Traveller's Aid Missioner has met many girls travelling alone, taken an invitation to the newly arrived immigrants and visited numerous workrooms, homes, and hospitals.

The Guild of Helpers, besides giving their services in the restaurant, office and workroom choirs, are now throwing their interest into the Foreign Department of the National Association in its work abroad.

Whilst seeking faithfully to develop our work with its spiritual, intellectual, physical, and social aim, the foundation principle of seeking to bring women to a knowledge of the Lord Jesus Christ has ever been uppermost in every department, and not alone through the direct influence of Sunday service, Bible-studies, and missionary lectures, which have been systematically kept up. We have the joy of knowing that the God who has helped us in the past will neither fail nor forsake us, but will guide us to a fuller and more perfect work in the future.

### Are Your Groceries Clean?

EVERY one knows that the grocer contends continually with a great many unclean and unwholesome conditions. The very nature of the substances with which he deals has a tendency to make the store untidy. Yet if the store is untidy and unwholesome, how can the goods which come from it be cleanly and in good condition?

One thing should be remembered, and that is that the dust blown about by the wind in the city street is full of bacteria and all sorts of vile contamination. If fruits and vegetables are exposed for sale on the sidewalk, without covering, they must invariably accumulate a stock of filth which is not a good thing for the stomachs of human beings.

Every one recalls how such fruit and vegetables are frequently covered with a heavy layer of perceptible dust, this dust being nothing more or less than the dried refuse of animals, the sweepings of houses, and all sorts of foul and unnamable filth.—*Illinois Health Bulletin.*

### Diminished Use of Alcohol.

At the annual meeting of the Victorian branch of the British Medical Temperance Association, which was held on Thursday evening at the medical society's hall, Dr. Moore, the president, drew attention to the great change that has occurred in medical opinion in regard to the value of alcohol as a drug, and to the resulting diminution in its use in the treatment of disease. This was especially the case, he said, in the treatment of typhoid fever, pneumonia, and septic diseases. He pointed out that in the Melbourne Hospital in 1874, with 3,594 in-patients, the expenditure on alcohol was £1,382; in 1880, with 3,786 in-patients, it was £1,023 6s. 3d., and in 1881, with 3,702 in-patients, it was £1,046 19s. 2d.; whilst for the year ended June 30, 1907, with 4,328 in-patients, it was £129 6s. 6d., and for the year ended June 30, 1908, with 4,410 patients, it was only £97 8s. 4d. He also stated that there was a great diminution in the personal use of alcohol by medical men. Not only were many of them total abstainers, but many more, though not strict abstainers, scarcely ever touched alcohol in any form.

The annual report showed a substantial increase of membership, ten new members and twostudent associates having been elected during the year. It was announced that arrangements had been completed for the giving of six public lectures on alcohol in the Assembly Hall, Collins Street, during August and September.

The following office-bearers were elected: Dr. Moore, president; Drs. Gault and Connor, vice-presidents; Drs. B. S. Cowen, Dunhill, J. R. Lee, C. M'Laren, and J. F. Wilkinson, members of committee; and Dr. J. R. M. Thomson, secretary and treasurer.

### Effects of Tobacco-Smoking.

THE government medical officer (Dr. O'Brien) has forwarded to the Chief Secretary a report in reply to Mr. Murray's request that he should state his personal experiences of the effect of cigarette-smoking on the young. The medical officer states:

"Daily observation verifies the fact that tobacco-smoking, and more especially in the form of cigarettes, is a marked and increasing habit among a large proportion of juveniles. To such an extent is this the case that, in the interest of the mental and bodily health of our youth, urgent legislation would be perfectly justifiable. Tobacco belongs to the natural order of plants distinguished by the name *Solanaceae*, and, with its allied members, possesses very poisonous qualities. It contains a liquid alkaloid, to which the name nicotine is applied. . . . It is apparent, whether the injurious effects are due to the nicotine, to pyridine, or to the cyanide and sulphide of ammonium vapors, that tobacco, taken by the adult in excess, frequently causes symptoms which are the evidence of disturbance to the mental and physical organization. Much, however, depends on the individual. No doubt, in moderation its influence is soothing up to a degree. It is said to be a stimulant to the brain in small quantities. I am satisfied no such property exists, and the experience of most smokers confirms this view.

"Tobacco in excess presents the symptoms of an irritant and narcotic poison, and the indications have been experienced by most smokers on their first attempt. The symptoms are well known—great depression, nausea, vomiting, enfeeblement of the heart's action, the pallor of face and the lowering of the surface temperature, moist clamminess of the skin, with a tendency to faintness and dimness of vision. In addition, where cases of fatal results have ensued from tobacco-poisoning, there are headache, vertigo, vomiting, slow, shallow breathing, which becomes stertorous, often dilated pupils, spasms, and convulsions, ending in death. Tobacco is a direct poison to the respiratory centres.

"On the other hand, we know that many tobacco-users are capable of smoking to an extent which would be regarded in others as excessive, without presenting for a considerable time any injurious objective or subjective symptoms.

"The eminent oculist, Brudenell Carter



states that strong tobacco and ardent spirits are the direct causes of a certain form of gradual failure of vision.

"I have instanced these possible conditions in adults to show how readily and quickly deleterious influences among juvenile smokers may be expected. Tobacco in any shape or form, and I say more especially in the form of cigarettes, has a directly injurious effect upon a growing lad. From the increasing habit he soon becomes listless, indolent, pale, nervous, irritable; is more often a looker on than a participant in boyish games; his heart's action is weak, rapid, may be irregular, and at work he is not in it with the abstainer. With the youthful consumer of tobacco (more especially to the inhaler and the chewer) the injurious influences caused by the actual presence of the plant in the mouth, and its vapor as brought into direct contact with the vital processes of the body, can have but one end, and that a direct and evil influence on the mental and bodily faculties."

### Eat Less, Chew More.

THE Melbourne *Age* reports an interesting letter sent by Mr. E. Wake Cook to the *Saturday Review*, in which Mr. Cook emphasizes the importance of thorough mastication. "As the rise in the price of bread is a very serious matter to millions of our people, it is time to remind them that science has already shown us how we may halve our food bills, increase our mental and physical efficiency, and gain more pleasure from life.

"It was left to a layman to prove that the authorities were at sea as to the right quantity of food needed to produce the best results. His discoveries have since been verified by exhaustive experiments by scientific men, who are giving us, for the first time, a science of right nutrition. Edison, whose powers of work make the ordinary 'workingman' a comparative idler, gives the keynote when he says of America, 'The country is food drunk!' When working his hardest he takes twelve ounces of food a day.

"The exhaustive experiments of Professors Chittenden and Fisher, and of many medical men, show that he is right, and that the minimum is the optimum. Professor Chittenden took a number of brain-workers, a squad of soldiers, and a batch of trained athletes, gradually reduced their food to little more than one-third of the usual quantity, and kept them

on it for months. The results were surprising, and mental and physical efficiency were greatly increased; the athletes were improved from 20 to 100 per cent. The most significant and amazing results can only be described in medical works. This system of 'dietetic righteousness' is spreading rapidly in America and on the Continent, and is bringing, as Professor William Jones says, an economic revolution of incalculable importance.

"The principles of this anti-fad system can be put in a nutshell. One doctor put it in a sentence, 'Eat less, but eat it more!' Eat little more than one-third of the usual quantity of proteid—that is, meat, and the albuminous or waste-repairing foods. The heat-producing or fuel foods should vary with the temperature, from the rice of the Oriental to the oils and fats of the Eskimo. In general the quantity should be about one-half of that usually taken; the essentials are a Gladstonian thoroughness of mastication, and variety; the healthy appetite being the truest guide as to the body's real needs.

"It matters little what we eat so long as we eat it rightly; that is, slowly, and when we have a true, not a habit appetite; the earned appetite being the ideal. This rational and scientific system gives a new joy to life; a sense of exhilaration and of well-being; a mental and physical alertness that comes as a revelation to the ordinary eater. It costs absolutely nothing, makes a great saving in food and doctors' bills, as it gives practical immunity from many of the worst doctor-baffling diseases."

### To Prevent Scarlet Fever.

BE careful of books, toys, and all articles which may have been handled by a scarlet-fever patient. The disease has spread by circulating libraries, picture books having been taken therefrom to amuse patients, and returned without being disinfected.

See that your house and premises are perfectly clean. Look to your cellars, sewers, cess-pools, sinks, and water-closets, and allow no decaying animal or vegetable matter to poison the atmosphere of your dwelling. Use disinfectants freely; burn all rubbish.

Beware of any one with a sore throat; do not allow your children to be kissed by such a person, or to drink from the same cup.

When scarlet fever is present in your community, do not take children to crowded assemblies.

When disease prevails in the neighborhood, and at all times, warn your children not to use, while in school, the pencils, books, etc., of other children, and especially not to put into their mouths pencils, toys, harmonicas, jews' harps, and the like, which may have been handled by other children. Warn them also never to drink from public drinking-cups.

All persons recovering from scarlet fever are dangerous. Dangerous also, but in a slightly less degree, are all individuals, nurses, attendants, parents, brothers, sisters, other relatives, friends, acquaintances, neighbors, who have come in contact with the patient, or who have been in the infected rooms prior to their disinfection.

During the existence of scarlet fever or diphtheria in a community, all cases of sore throat with fever are to be looked upon with suspicion until their innocent character is established.—*Illinois Sanitary Memoranda.*

### Importance of Pure Soap.

If there is any one substance that ought to be pure, it is soap, which is brought in contact with the delicate epidermis several times a day. Soaps, as is well known, are manufactured out of animal fats and certain vegetable oils. The principal ingredients used in addition to these substances are lye or caustic soda, which are introduced for the purpose of breaking up the particles of fat and making them saponify. If too much lye is employed, when the process of saponification is complete there is left in the soap a small quantity of free alkali. This free alkali has a bad effect upon the skin. It burns or dries it, causing it to tighten over the flesh and during the winter to chap. Sometimes after washing the hands or face the skin feels drawn and uncomfortable; this is due to the action of the alkali in the soap.

It can readily be seen that the purer the soap used for toilet purposes, the more healthful and cleanly will be the skin upon which it is used. Many women ruin their complexions by employing highly scented but injurious soaps upon their faces. The use of powders, rouges, and other substances deemed essential by many women to keep their complexions in

presentable condition would be wholly unnecessary if their toilet soap was what it should be.

It is so easy for manufacturers in making soap to put in materials that make them pleasing to the eye, or to the nostrils, that many so-called high-grade soaps in daily use are bought by the public under the impression that they are pure. The substances used to adulterate soaps are talc, marble dust, chalk, and resin. All of these substances have a deleterious effect upon the skin, as they block up the pores and keep them from performing their natural function, which is to cast off the effete matter from the body.

*If people only knew the source of the fats employed in the manufacture of some of the toilet soaps they use so freely, they would never use them again. The carcasses of animals that have died from disease, refuse fats from slaughterhouses and other sources, are made up into sweet-scented soaps and sold to the unsuspecting public. Were it not for the perfumes which are so generally introduced in soaps, the fats from which they are made would soon become rancid and ill-smelling. The perfumes cover up their noisome odors so that the public has no idea of their real character.*

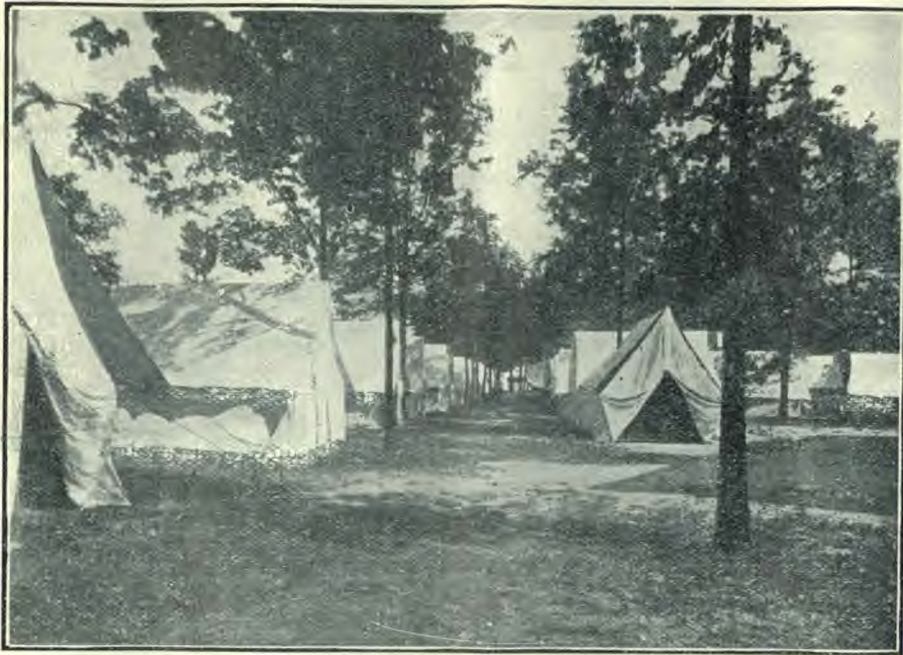
The use of pure soap is most essential for bathing the bodies of infants and young children. The skins of these young persons are very delicate and extremely susceptible to the action of any irritating substance. It is, therefore, easy to see that if soap in which there is a considerable amount of alkali or talc or marble dust, is used in bathing them, the pores may be injured for life. In its normal condition the skin is soft and healthy, and performs its functions as nature intended that it should. If, however, it is dried out by alkalis or if the pores are filled with mineral substances, the skin cannot do its work properly, and the entire bodily health is impaired.

One of these days a national organization will be formed in this country for the purpose of making war upon impure and adulterated soaps, as people are beginning to realize that unless something is done to check the avarice of manufacturers, a vast amount of harm will be done to the human race. Undoubtedly laws will be passed by the several states governing the manufacture of soaps, making it a criminal offence to offer for sale anywhere soaps that are not absolutely pure and safe to use.—*National Food Magazine.*

## Camp Sanitation and Hygiene.

[The holding of social, educational, religious, and other conventions in camps in suburban places is becoming increasingly popular each year, and from the view-point of health the custom may be highly commended. Surely nothing is more restful and refreshing than a holiday in some well-chosen camp, with congenial companions and pleasant surroundings. But to be all that such an outing should be, the sanitary condition of the camp must be

position. During the summer months such camp-meetings will be held throughout the Commonwealth. The first of the series convenes this month in a suburb of Sydney, New South Wales. This will shortly be followed by the Victorian, South Australian, West Australian, Queensland, and New Zealand camp-meetings. As the instruction given in the pamphlet sent out from the General Conference head-quarters is of interest and practical importance to many



above reproach. From America, the country of camps and chatauquas, come the following timely suggestions concerning camp sanitation which we feel sure many of our readers will be pleased to put into practice during the present camping-out season. These suggestions originally appeared in a pamphlet issued by the General Conference of Seventh-day Adventists from their head-quarters in Washington, D. C., the American capital. The Adventists hold camp-meetings once a year in each local conference, these meetings usually lasting about a fortnight. During this time the campers live in tents, as many as two or three hundred of these small tents being arranged in an orderly way about the large public tents, which occupy a central

thousands of campers, we have reprinted it with but very few omissions.]

BEFORE the site of the camp is decided upon, the health officer of the city should be interviewed, and, if possible, his co-operation secured toward making the camp what it should be. He can give information about pure water-supply, give permit to connect with the city sewer where possible, and see that the garbage is hauled away, etc.

Some one, preferably a physician, should be appointed as sanitary director. And it would be well to call a meeting as early as possible of those encamped on the ground, and explain to them clearly and kindly the relation of these

things to health, secure their co-operation and assistance, and inspire them with the ambition to make the camp-ground a model of cleanliness. Good sanitation is in itself a splendid means of education. One hundred dollars spent in sanitation is a better investment than one hundred dollars spent in undertakers' expenses.

#### LOCATION.

The grounds chosen for a camp should be away from swamps, or damp places where there are mosquitoes, should be well drained, and open to an abundance of sunshine.

#### THE WATER-SUPPLY.

Here the previous assistance of the health officer will be found useful. If the water-supply of the town is pure, all that is necessary is to have it piped to the grounds; but if it is questionable, or if the water must be secured from surface wells, then it should be boiled. Do not depend on the people in the individual tents to do this work, but secure four or more large galvanized iron cans with faucets. Boil the water during the day, and let it cool overnight. While two tanks are being used, the other two should be boiled and cooled for the alternate days' use. To prevent a waste of water, the faucets can be arranged to run slowly. Arrangements can be made to keep the water cool with ice if necessary. Care should be taken that the ice be not a means of infection. Unless it is above suspicion, it should be placed about the can, and not put into the water for drinking.

Water kept in receptacles for public use should be securely covered in order to avoid contamination by dust, or by drinking-cups and other vessels, which are not always clean. These receptacles should be provided with spigots at the bottom to draw off the water.

The danger connected with the use of public drinking-cups has been so fully demonstrated that there is no longer any reasonable doubt that the custom of drinking from public cups should be abolished. Filthy and dangerous diseases are not infrequently transmitted in this way.

It is unwise to encourage the practice by having cups chained at the public drinking-places. Teach the campers to use private or individual cups for drinking.

A supply of inexpensive paper cups or collapsible pocket drinking-cups kept at the store will serve as a reminder, and may help to establish a better custom in the matter of drinking.

#### THE FOOD.

At all times one should eat for strength and not for gluttony; but on the camp-ground this admonition is especially important. One who has been accustomed, by means of vigorous exercise, to burn up in his tissues large quantities of heavy food, will, if not careful, eat much more at camp-meeting than his digestive organs can take care of under the unusual conditions of camp life, and the result is apt to be indigestion, drowsiness during meeting, headache, and possibly more serious results.

Camp-meeting is not a place for the preparation of a large number of fancy dishes, sweetmeats, and the like. The less of these the better. The food should be *plain but appetizing*; and much to be envied is one who can really relish foods without the addition of spices, condiments, large quantities of sugar, etc.

But there is another extreme which must be avoided; that is, paying no attention to the demands of taste. Our likes and dislikes are not to be entirely disregarded. It is not enough to throw together, and hastily eat, an unappetizing lunch. Sickness may follow meals hurriedly prepared as well as those characterized by a great variety of fancy dishes. The food should be as carefully cooked as at home. There should be fewer desserts, and less should be eaten, but the food should be such as can be relished, and should be furnished in reasonable variety.

Scrupulously avoid decayed foods and over-ripe fruits, and be suspicious of cold, left-over dishes. *Sometimes serious poisoning is caused by eating left-over foods which have stood but a few hours.* Milk should be scalded, and should be carefully protected against dust and germs.

Do not keep the foods in tents where they will be liable to absorb emanations from the body. This is especially applicable to milk. They should be kept outside the sleeping-tent; preferably in a ventilated and well-screened box, shaded from the sun.

#### THE KITCHEN.

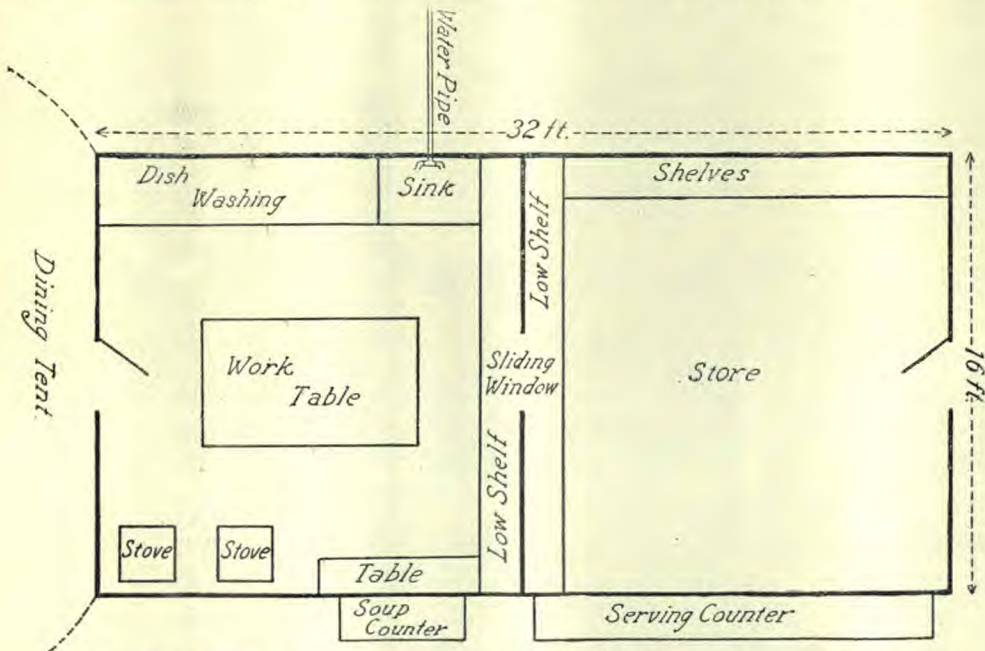
The kitchen must of necessity be associated with the dining-tent, and if the latter has the convenient and conspicuous place on the camp that it really demands, the kitchen should present a neat appearance—one that will do credit to the work carried on therein. Plenty of shelf and table room will add very much to the ease with which the cook can do his work.

Flies, bugs, etc., should by all means be

excluded from kitchen—also from dining-tent—by screens.

Here is where good, plain, but wholesome and well-cooked food should be prepared. Avoid conglomerate dishes, as salads, puddings, roasts, pastry, etc., and a too free use of the concentrated nitrogenous foods, such as beans, nut foods, etc., for with so little exercise as one gets while attending meetings, the system becomes clogged. Use freely of the cereal foods, grains, zwieback, crackers, good bread, seasonable vegetables and fruits, soups, simple desserts, etc., all carefully prepared, and taste-

It should be screened from flies, bugs, and mosquitoes, and decorated in some simple manner, with evergreens, or with something which will give a neat and pleasing appearance to the place. The tables should be covered with white oilcloth, which is easily kept clean, and should have a few fancy paper napkins for centrepieces, with here and there a bouquet. Inexpensive paper napkins should be used in place of linen ones. The table should be covered between meals to keep the dust off, and sawdust or straw should be spread on the ground when the sod is poor. A little judicious



fully served; make the meals in every way an example to the people.

THE DISHES.

In washing dishes use an abundance of clean water and soap, and rinse with hot water.

If steel knives and forks are used, they should be kept bright.

When not in use, all dishes should be protected from the dust.

These rules should appeal not only to those who appreciate cleanliness, but to all who value sound health. *Dirt is a great disease-breeder, and should be kept out of the food and off the dishes.*

THE RESTAURANT.

This should be an example of cleanliness.

care in this line will go a long way toward making one really *want* the food that is served.

THE STORE.

Exclude from the store confectionery: first, because it is not necessary; and second, because it places a temptation before the children and others not only to eat between meals, but also to eat that which is not good for them at any time.

Exclude melons: because they are hard to keep in hot weather; and, in our experience, they have been the cause of a large share of the acute sickness on camp-grounds. Also exclude overripe and green fruit for the same reason.

Flesh foods, either fresh or canned, should not be served on the restaurant tables or kept

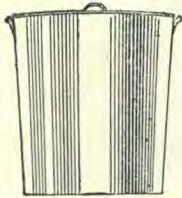
on sale at the camp store. Our general gatherings should be educational, and the foods served and kept for sale should constitute, as far as possible, a model dietary for every home.

Do not encourage the use of nut foods and other special products which are concentrated, and which the people are not accustomed to using at home. Keep a sufficiency of plain, wholesome foods—fresh, dried, and canned—to furnish the campers. Display them in a neat and tasteful way; do not let the place resemble a third-rate country grocery.

#### THE GARBAGE.

The time has fully come when we should no longer see on any camp-ground the open wooden garbage barrel, full to overflowing, sending forth odors, and covered with flies. These old-time relics should be replaced by good galvanized iron cans, with covers.

In towns each family is required to provide itself with a metal garbage can or bucket, with tight cover, to prevent overflow and accumulation of flies, rats, etc. Our camp-meeting inspectors should surely be no less particular. One can will be needed for every eight or ten tents. As before stated, previous arrangements with the health officers should insure their being emptied every day, or as often as necessary. If the meeting is held in the country or in a small place where there is no health officer, the camp inspector must himself see that this work is done *regularly*.



Garbage Can

No garbage should be permitted to remain around the tents for even a short time; and under no circumstances should the smallest quantity of discarded food be thrown on the ground. It is untidy, and draws flies.

#### THE FLIES.

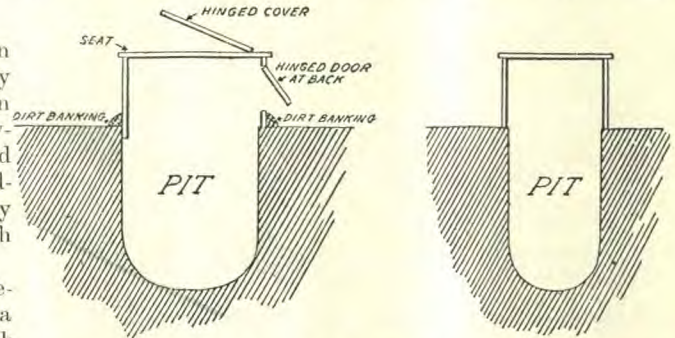
The American army, in the Spanish-American War, lost more men from flies than from Spanish bullets. Typhoid fever, dysentery, and other fatal diseases may decimate a social or religious as well as a military camp. The fly is hatched in filth and feeds on filth, and finally takes his dessert at your table, if he is

invited, soiling your food with his dirty feet. The fly is a dangerous guest.

Garbage and waste matter of all kinds draw flies. Lessen this nuisance as much as possible by keeping the grounds absolutely free from all food wastes. This is particularly important in the vicinity of the dining-tent.

Especially dangerous are bowel discharges when exposed to flies. This is a common means of transmitting disease. Fatal diarrhoeas and dysenteries are carried in this way.

The kitchen and dining-tent should be



screened as efficiently as possible, and in case any flies get into the tent, fly-paper should be exposed during the intervals between meals.

#### THE TOILETS.

The toilets should be connected with the city sewer if possible. If this is impracticable, put them some distance from the camp. Dig the pits deep; provide close-fitting seats which will entirely cover the pit, and have hinged covers which will drop when not in use, thus excluding flies from the pit. Have the pit absolutely fly-tight. This may be accomplished by fitting the boards accurately and banking the bottom boards with loose earth. Make the front board of the seat of one piece, or batten the cracks on the inside, and do not have it rest on the ground, but inside the pit, otherwise the floor will be wet, nasty, and insanitary. (See diagram.) At the back there should be a hinged board the full length of the pit, to permit of shovelling dry earth or lime into the pit daily, and the back wall of the tent should be set back two or three feet from the seat. Arrange for privacy by using burlap or some substantial cloth for partitions.

Behind the seat keep a supply of several barrels of dry dust from the road; or if this is not obtainable, have lime. The earth taken from the pit is not so good as surface dust to

render harmless the contents of the pit. A liberal supply of dust or lime, should be shovelled in every day or every other day so as to completely cover the contents of the pit.

#### SPITTING.

Prohibit spitting around the grounds; it spreads disease. Spitting in the public tents is especially dangerous. Tuberculosis and other grave diseases are spread in this manner.

Some who would not think of spitting on a carpet, or floor, or burlap, will not hesitate to spit on the earth or grass floor of a public tent; and this is no less dangerous, though less observable than the other. Do not endanger the health of others by soiling any assembly-room or tent with expectoration. To do so is to disregard the Golden Rule.

### The Care of the Aged.

BY MRS. A. W. SEMMENS.\*

"It seems as though I cannot do anything to please my patient; everything I do is wrong," exclaims a discouraged nurse.

Well, what is the trouble?

"She is old and so impatient. If I am to be like that, I hope I will never be old."

Have you been just as patient as you might have been under trying circumstances? After doing all you can from your own knowledge there will still be much to do for the aged. They have gone through the battle of life, have known its joys, sorrows, and many disappointments. Some have come forth from the fray purified, gentle, and lovely; others have been embittered. For such, trouble has done its work by making them exacting and very hard to live with, and especially when sickness comes, and they know they are helpless and dependent on others. It is in caring for such that we need all the heavenly graces.

What more beautiful sight than to see a daughter devoted to her aged mother or father, and how many can we count among our true friends who have given up everything to care for their loved parents? All honor to such!

There are some aged persons whom no one could help loving. These always have everything done for them that they need, simply because their lives shed such an influence round them that no one could help treating them

kindly. To have the care of such is no cross, but a great pleasure.

How much more does our true character come to the surface when we have those who are not lovable to cheer and comfort. We all have come in contact with those who try us to the uttermost, whom we try to please, but cannot. These are the ones we must have patience with, leaving nothing undone that we can possibly do for them. We should see that their food is what they enjoy, and cooked to the right turn; also that their beverages are either hot or cold, as the case may be. We sometimes think they ought to eat the same food as we do, making reforms with as little discomfort as we ourselves. Tell them of these things very gently, but never force the aged to do what you think the proper thing. They think they know more about these things than you, even if you are right and they wrong. Do not worry them too much with new ideas that have not entered into their long experience of life.

Some aged persons like to entertain you. Let them do so. They love to dwell on what has happened during their long lives. To these a good listener is the best company.

Others wish you to entertain them with pleasant conversation. Tell them what is doing in the outside world; tell them about their old friends, and their children grown to be men and women. Many enjoy listening to good reading. Some prefer quietness, and to be stroked as you would a little child.

There are so many little things that love prompts us to do that we would never do from the standpoint of duty. Let us try to love these aged ones and overlook the little things that would ruffle our tempers. Let us take time to consider their little likes and dislikes. If we are observant, we will soon find out what they are, and how we can please them. This will bring its own pleasure to us.

If you are away from your aged parents, write to them often and regularly if you can. Tell them of your joys and sorrows, and ask them what they think of the plans you are laying for the days to come. Nothing will give them greater pleasure than to know you think of them in this way.

See that they have every comfort that you can provide. Do not give them only the bare necessities of life. Anticipate their wishes, if possible. To do this, of course, you must be forever on the alert.

\*Medical matron of the Sydney Sanitarium.

See that they are kept warm and comfortable ; let them have the easiest chair and plenty of soft cushions : put it in the place they like best in a good light and near a cosy fire.

Do not let them feel they are growing old, but get them to enter into your plans. They

love to know what is going on even if they cannot join in with the throng. Do not let them feel they are slipping away from you.

Do unto them as you would wish to be done by when you grow old, and we think they will be well cared for.

## The Home Department.

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

### The Education of Our Girls.

THAT our girls of to-day are receiving a better education than the girls of long ago few can deny. There was a time when a girl's education was considered complete when she had acquired a knowledge of the three R's with perhaps a little geography, history, and literature. To-day the average girl acquaints herself with these subjects and many more. She dips into most of the sciences, and most likely bestows some attention on modern languages, music, and even politics.

But are our modern girls really better educated than were their grandmothers? Does a smattering of the sciences and higher mathematics particularly fit a girl for the duties of wifehood and motherhood? Is a knowledge of French or German essential to the making of a happy home? Although our grandmothers' book-learning may have been limited, they possessed a rich fund of household lore—such knowledge as is really most necessary to the mistress of a home. For who can say that home is not a woman's noblest sphere, and the responsibilities of motherhood the greatest that can command her thought and care?

In the good old days a mother would consider herself disgraced if she permitted a daughter to enter a home of her own without being properly educated in the science and art of home-making. Even young girls were taught how to furnish and keep up a home ; they were instructed both theoretically and practically in the culinary art ; they were made acquainted with the mysteries of marketing ; they were shown how to make, mend, and launder not only such garments as they themselves might wear, but also such as would be required by the men and children of the family. In short, there was nothing about

the establishment and the up-keep of a home which the girl was not taught before the dawn of her bridal day.

But how is it with our modern girls? Can they approach the marriage altar with the assurance that they are well trained for the profession upon which they are entering? It is to be feared that many of them cannot. A large number of young women become wives to-day who know almost nothing of housewifely duties. They would be at their wits' end if asked to state the current price of rice, flour, sugar, or potatoes. They might be able to make chocolate fudge, but good bread—never ; they could order a costume at the tailor's, but could not for the life of them properly make a baby's frock ; they could execute the latest stitches in fancy drawn-work, but could not neatly darn a sock.

That this condition exists is partly due to the false notions of modern mothers. How often are mothers heard to say, "My daughter shall never have to work as I have worked." And so the poor mother toils on, sacrificing much that is due her in her declining years, so that her daughter may enjoy the advantages of a leisurely life and a liberal education. The young woman who should be at her mother's side taking lessons in domestic science, is off with her young friends in the pursuit of a modern education, while the mother is making and washing the girl's pretty frocks and cooking her dainty dinners.

No one could doubt the kindness of the mother's motives in thus shielding her young daughter from household care and responsibility. But what is the result of this course of action? The mother wears herself out for her daughter, while the young girl gains a sort of artificial education, which, not having labored



to acquire, she is prepared neither to appreciate nor to utilize. When her schooling is finished, the girl does not know what to do with herself, as she has not been taught to use her hands in any useful employment. She finally solves the problem by marrying and "settling down" in a home of her own. Then her troubles begin in earnest. The young wife who has always been shielded from care and responsibility is now confronted with all the perplexing problems which attend the establishment of a new home. There is a house to be furnished and kept, supplies to be bought, accounts to be kept, three meals a day to be prepared, washing and ironing to be done, garments to be made, mending to be done, and then, a little later, the coming of a baby to prepare for. How is the young wife to manage? Of little use to her now is her French or geometry. A knowledge of marketing, cookery, and plain sewing would be much more practical in her present situation. She must now under trying circumstances, and by many bitter experiences, struggle to acquire that knowledge which she should have gained during all those thoughtless years spent in her mother's home.

While we would not underestimate the value of a college education for girls, we would urge the importance of their acquiring in addition a thorough understanding of all those things which have to do with successful home-making. If a girl is so fortunate as to have a competent and sensible mother, let her learn all of the lessons in household economy, orderly habits, and housewifely skill, which the mother is able to impart. The girl who cheerfully works at her mother's side, scorning no task, but endeavoring to discover the best way of doing everything, is the girl who will one day be the mistress of a happy home.

We would not imply that the girl's entire time should be spent in household drudgery. All work and no play is as bad for Jack's sister as for Jack. She should have time for pleasant diversion and for recreation. But so should the mother. The two should share the household care and the play as well. Let the mother lovingly, patiently, faithfully instruct her daughter in the art of home-making. The young girl should also be allowed to bear some responsibility in the home. She may be permitted for a time, under her mother's supervision, to buy the household supplies; and when she is sufficiently experienced, she may be left in charge of the home during the mother's holi-

days. The daughter will thus gain the knowledge and experience which will be of such inestimable value when she enters a home of her own. And she will look back upon these years spent in loving companionship with her mother as among the happiest in her life.

E. S. R.

### Worms.

BY MRS. EULALIA SISLEY RICHARDS, M.D.

INSTRUCTION on this subject seems superfluous. Among the hundreds of diseases to which the flesh is heir, if there is one with which the average mother considers herself perfectly capable of dealing, that one is *worms*. In fact, judging from what one sees and hears, many mothers might be called "worm specialists." Concerning diagnosis and treatment, they possess vast knowledge, handed down by their fore-mothers from generation to generation. Their keen discernment of symptoms seems sometimes remarkable. If baby is restless at night, cries out in his sleep, picks his nose, has pain in his abdomen, or manifests any one or more of the authenticated symptoms the diagnosis is made at once, worms! worms! And out with the purges and the worm powders!

But wait—would it not be prudent to investigate matters a little more thoroughly before administering to frail infants such powerful drugs? "Snap-shot diagnosis" are not always the safest and best. While it is true that these symptoms, mentioned above, and others classed in the same list, may accompany intestinal parasites, at the same time it is a fact recognized by physicians that these same symptoms are frequently produced by digestive disorders and other diseases that are in no way associated with worms. It is also a well-known fact that worms may exist for some time in the intestine of an apparently healthy child, without causing any noticeable symptoms whatever.

There is only one symptom of intestinal parasites which is absolutely reliable, and that is to find them, or their ova, in the bowel discharges. When, therefore, a mother has any reason to believe that her child is suffering from worms, she should carefully examine all the bowel movements for any sign of the parasites. If the little one is constipated, a thorough cleansing enema should be given, in which case, if there are worms present, some of them will quite likely be expelled. The two varieties of

parasites most commonly found are thread worms and round worms.

*Thread worms* are so called because they greatly resemble little pieces of white cotton thread, varying in length from a quarter to half an inch. They develop in the large bowel, passing down into the rectum, however, to deposit their eggs. It is their presence in the rectum which so often causes the troublesome itching around the outlet of the bowel. It is sometimes difficult to say just how these worms gain entrance to the body, but it is probably through drinking-water or through the eating of salads which have not been properly cleansed. Then, too, unless great care is maintained there is danger of a child's re-infecting himself. If through carelessness ova are left on the skin after a bowel moment, the child may unconsciously carry them under his finger-nails into his mouth.

The treatment is simple and usually effective, *salt-water enema*. At night give an enema of salt and water. The solution should be rather strong (one dessertspoonful to the pint) and the temperature tepid or cool. Place the child on his back with his hips elevated, so that the salt water may be retained as long as possible. This treatment if repeated every night for a week or ten days is often very effectual. The discharge should be examined after each bowel movement.

A *soap-suds enema* may be employed instead of the salt injection. Use some mild soap (the pure olive oil soap is excellent) and inject into the bowel as much of the solution as can be comfortably taken. In preparing the soap suds, dissolve one teaspoonful of soap in a quart of warm water.

*Quassia*. In more obstinate cases, try a solution made by boiling a handful of quassia chips in two or three quarts of water. After cooling, inject slowly as much as can be borne. It should be retained for some minutes. This treatment, like the others, may need to be repeated for a number of nights. In addition to these injections a dose of castor oil may be given, but this is seldom necessary, as the measures suggested are usually very successful.

Give no drugs or worm powders. The child's diet should be simple and carefully regulated.

The *round worms* differ considerably from those just mentioned. They somewhat resemble ordinary earth worms, being reddish in colour and pointed at both extremities. They vary in length from four to twelve inches. Their ova

are oval in shape, and almost transparent when first passed, though after a time they become opaque and of yellowish colour. These worms ordinarily inhabit the small intestine, but they manifest a peculiar tendency to migrate. They occasionally find their way into the gall bladder, or up the œsophagus into the nasal cavity or the eustachian tubes. Sometimes one or more will be vomited from the stomach.

*Treatment*. Certainly no specific treatment should be given unless the parasite is discovered in the bowel discharges or in vomited material. In some cases the giving of a dose of castor oil together with a copious enema is sufficient to remove the parasites. After a day or two this simple measure may be employed a second time to insure the result. It sometimes seems necessary in obstinate cases to resort to drugs. Santonin is the one usually employed, but it is a dangerous drug, and as its administration requires such great discretion and a close observance of its effect upon the patient, it should never be given except by the direction and under the observation of a physician. Worm pellets or powders should never be given unless ordered by a physician—for they often contain harmful drugs—in spite of the fact that they are advertised as being perfectly harmless. More than one little one has lost his life through indiscriminate drugging for the cure of worms.

### An Opportunity.

Now is the time to procure a supply of good, pure, olive-oil soap, free from excess of alkali and uncontaminated by animal fats.

The importers of "Salutis Soap" state that this high-grade Italian soap is too good for the Australian market from a business point of view, and that they will import no more after the present supply has been exhausted. Only a small quantity is to be had, but while it lasts "Salutis Soap" will be sent out at the nominal rate of 2s. per box of three cakes (postage 6d. extra).

Address as heretofore, Salutis Soap Company, Sanitarium, Wahroonga, N. S. W.

### The Tobacco Habit in England.

It is estimated that about twenty-five million pounds are spent annually in England for tobacco, and that four-fifths of the men and one-fifth of the women use tobacco in some form.

## The Two Glasses.

There sat two glasses, filled to the brim,  
On a rich man's table, rim to rim;  
One was ruddy and red as blood,  
And one was clear as the crystal flood.

Said the Glass of Wine to his paler brother,  
"Let us tell tales of the past to each other;  
I can tell of banquet, and revel, and mirth,  
Where I was king, for I ruled in might;  
For the proudest and grandest souls on earth  
Fell under my touch, as though struck with blight.  
From the heads of kings I have torn the crown,  
From the heights of fame I have hurled men down.  
I have blasted many an honored name;  
I have taken virtue and given shame;  
I have tempted the youth with a sip, a taste.  
That has made his future a barren waste.  
Far greater than any king am I,  
Or than any army beneath the sky.  
I have made the arm of the driver fail,  
And sent the train from the iron rail;  
I have made the good ships go down at sea,  
And the shrieks of the lost were sweet to me.  
Fame, strength, wealth, genius, before me fall,  
And my might and power are over all.  
Ho! ho! pale brother," said the Wine,  
"Can you boast of deeds as great as mine?"

Said the Water Glass: "I cannot boast  
Of a king dethroned, or a murdered host;  
But I can tell of hearts that were sad  
By my crystal drops made bright and glad;  
Of thirsts I have quenched, and brows I have laved,  
Of hands I have cooled and souls I have saved.  
I have leaped through the valley, dashed down the  
mountain,  
Slept in the sunshine, and dripped from the fountain.  
I have burst my cloud fetters and dropped from the  
sky,  
And everywhere gladdened the prospect and eye;  
I have eased the hot forehead of fever and pain;  
I have made the parched meadows grow fertile with  
grain;  
I can tell of the powerful wheel of the mill  
That ground out the flour and turned at my will  
I can tell of manhood debased by you,  
That I have uplifted and crowned anew;  
I cheer, I help, I strengthen and aid;  
I gladden the heart of man and maid;  
I set the wine-chained captive free,  
And all are better for knowing me."

These are the tales they told each other,  
The Glass of Wine and its paler brother,  
As they sat together, filled to the brim,  
On the rich man's table, rim to rim.

—Selected.

## 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.

223. CHOKING SENSATION.—A. B., Wellington: Kindly tell me through the columns of GOOD HEALTH the cause of a choking sensation during sleep. I neither smoke nor drink spirits, and very rarely use tea. I have discarded the use of all flesh foods for over two years, and use the food recommended by GOOD HEALTH. I have gained much benefit from them. *Ans.*—The choking sensation, or feeling of impending suffocation, is probably due to interference with the heart's action. The most common cause of disturbances of the action of the heart is backward pressure due to distention of the stomach with gas. The remedy consists in the avoidance of food within at least three hours of bedtime. You should also avoid the use of indigestible foods at all times. Practice thorough mastication, and avoid constipation. Further instruction on diet will be gained month by month from these columns.

224. RODENT ULCER.—Essendon: I have had a rodent for six years. Is there any cure for it, and, if so, will you tell me what to do in your health journal? I have tried a number of remedies, but am getting worse. My age is fifty-one. *Ans.*—You have, doubtless, already been told that rodent ulcer is a slow-

growing form of cancer of the skin. There are various remedies that have been successfully employed in the cure of this form of cancer. The X-rays have proven beneficial in many cases. Sunlight also to the extent of cauterization has been successfully employed, and the actual cautery or various caustics have been employed. The most satisfactory remedy, however, is complete removal by operation. I should advise you to consult a good surgeon.

225. AERTEX UNDERWEAR.—J. N., Hobart: 1. I have just gone in for Aertex Cellular underwear after having been used to flannel all my life, and the change to the cotton Aertex wear is just a little sudden. Have I done the right thing, or ought I to wear old flannel garments over the Cellular underclothing? *Ans.*—One ought always to wear sufficiently warm clothing for comfort, at the same time avoiding overclothing, which tends to weaken the skin and render the body more subject to frequent colds and other maladies. During the colder season of the year I should think you would find it necessary to wear at least a thin flannel garment over the Aertex. Flannel could be left off as the weather permits. From the

standpoint of skin-hygiene, the Aertex Cellular wear is decidedly better than flannel. Keep yourself comfortably warm, however, as no good comes of the hardening process, so called, which leaves one cold and miserable.

2. My boy, aged seventeen, has an ankle which pains him when walking. He has been troubled more or less with it for a year or so, and lately it has become worse, and keeps him from his work. *Ans.*—In a boy the age of your son the medical man always thinks of the possibility of tuberculosis disease of the bones or joints. This may not be the trouble of your son; still it would be well to make sure by consulting your best local physician. Whether the disease be so serious or only of trifling importance, the part may be strengthened by the alternate hot and cold leg-bath.

226. *STYS.*—N. G., Arthur River: What is the cause of stys, and what treatment do you advise for the same? They come usually several at a time every two or three weeks. My little daughter is also similarly troubled. They are very painful, causing the eyes to water during reading or sewing. *Ans.*—I should advise you to consult a good oculist, if possible, in order to have the eyes carefully tested for errors of refraction. Stys are often due to some fault in the formation of the eye-ball, which can be relieved by the use of suitable glasses. A boracic-acid eyelotion may be used to cleanse the eye-lids after the stys have opened of themselves or been opened by the extraction of the hair from the follicle infected. Boracic-acid crystals should be added to boiled water in the proportion of a teaspoonful to the pint.



## Cut Prices on Goloshes at Our Re-building Sale.

Among the many lines which have been radically reduced during our re-building sale goloshes are prominent. A good pair is always a good stand-by against Spring and Summer showers and this opportunity to get them at such a low price is one too good to miss.

### STORM FRONT GOLOSHES

Men's, usually 4/3, now at 3/6.  
Women's, " 3/3, " " 2/6.

Send your order to-day and ask us about the price cuts on Macintoshes, Leggings, Rugs, Sand Shoes, etc.

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# The NATURAL MEMORY IS RARELY CONFUSED.

**THE NATURAL MEMORY.** The Natural Memory of a child grasps readily and holds tenaciously that which he thoroughly understands. The extent of his memory is only limited by his intellectual capacity, and the measure of his experience. It is as the years roll by that dry study, un congenial tasks, and faulty training confuse the mental processes, weaken the perceptions, and make the memory poor.

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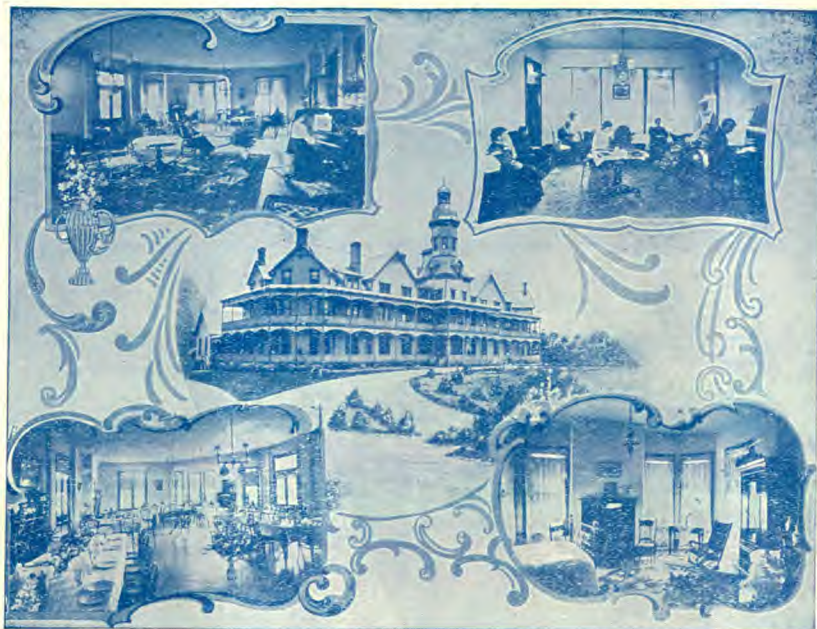
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