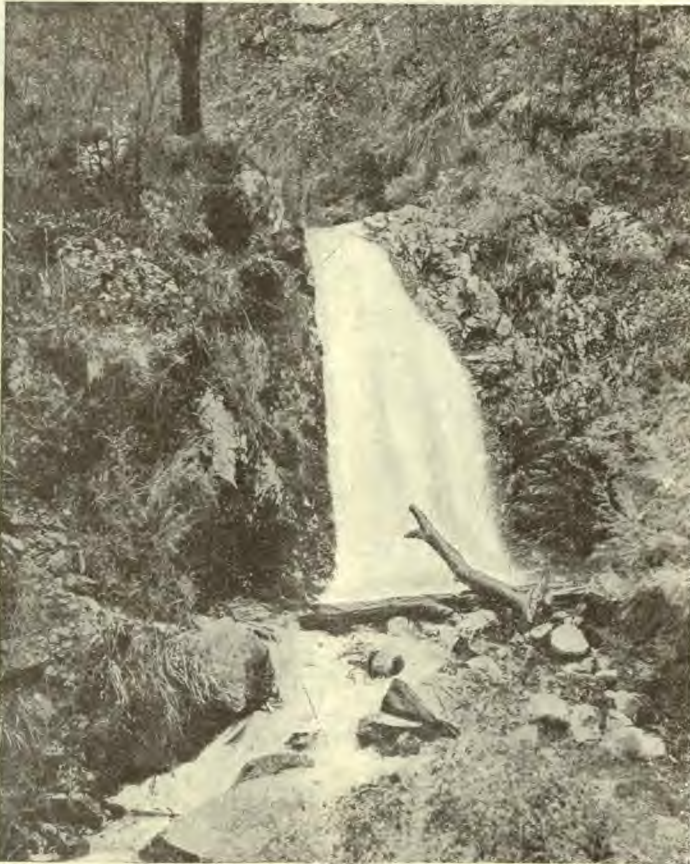


GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

NOVEMBER 1, 1909.

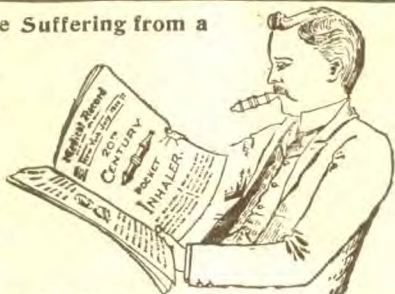


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NO. 11.

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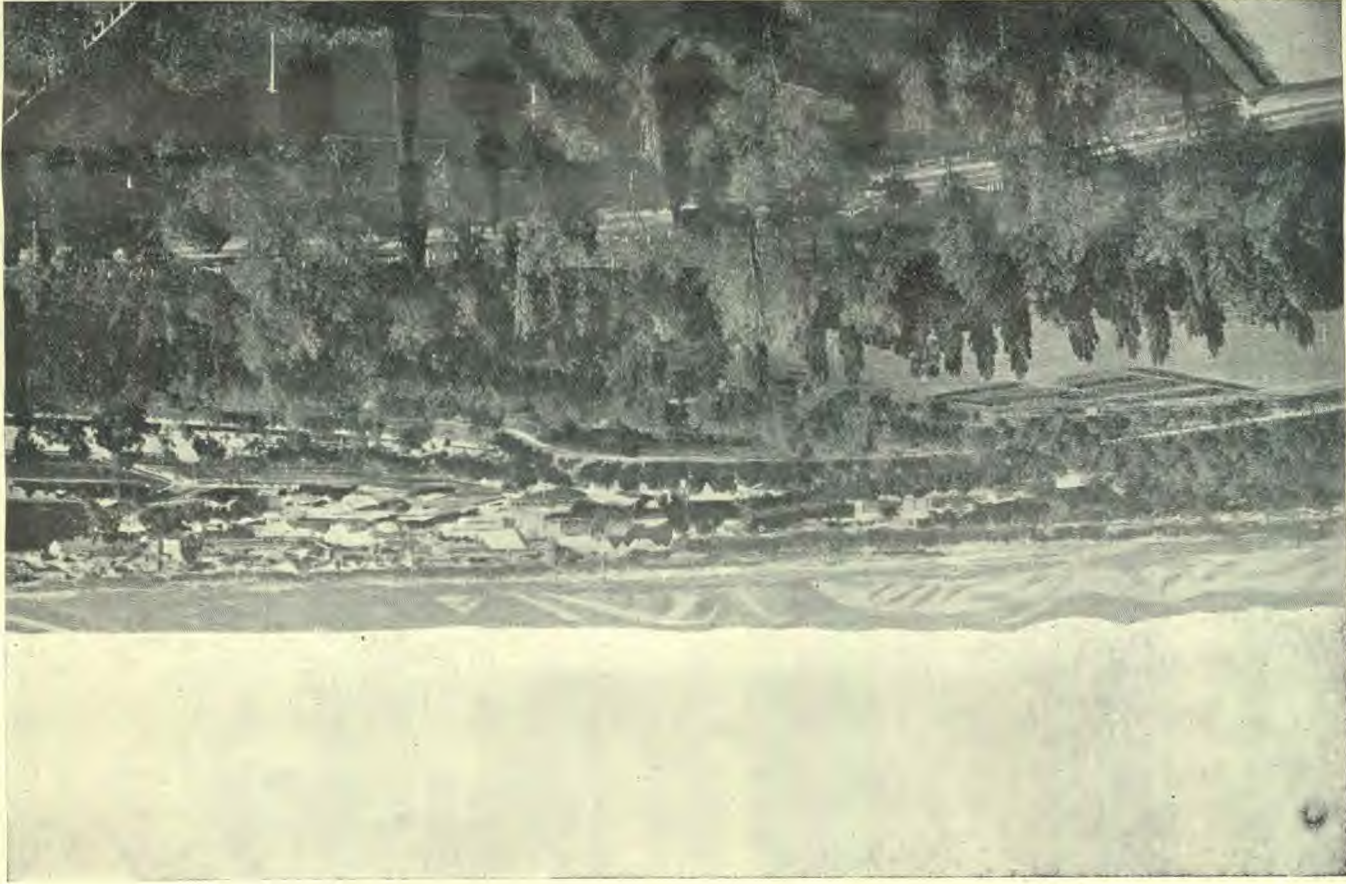
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November 1, 1909

GOOD HEALTH

GOOD HEALTH

A Teacher of Hygiene

Vol. 12.

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

No. 11.

"The Garden City."

BY W. HOWARD JAMES, B.S., M.B., ADELAIDE.

ADELAIDE, the capital of South Australia, is frequently spoken of as "The Queen City of the South," "The Garden City." All visitors acknowledge that it is one of the most beautiful and healthful cities of the world; it undoubtedly has no equal in the Southern Hemisphere. The city is situated on the River Torrens, with the Mount Lofty Ranges to the south and east and the St. Vincent Gulf on the west. Whether we approach by sea or by land—by the steamer through the Gulf or by train over the picturesque ranges—the city and its surroundings command our admiration. Says David J. Gordon in his "Handbook of South Australia": "The tourist from the deck of the steamer coming up St. Vincent Gulf cannot fail to admire the magnificent panorama of landscape spread out before him. A high range of hills running north and south shuts off the eastern view and concentrates the vision on the plains, situated on which, close to the foothills, is Adelaide, the capital of the State. The country is open and undulating, rising in easy gradients from the seashore to the mountains. Cultivated fields give the country a chess-board appearance—vineyards alternating with cereal and irrigated fodder crops, and grass meadows contrasting with the chocolate color of the fallow land. The tourist receives a favorable impression as he approaches the harbor, and cannot fail to come to the conclusion that the lowlands and the highlands near Adelaide will repay closer inspection."

Adelaide is truly a city of parks and gardens. The city itself is a square bounded on

its four sides by extensive parks. The plan originally drawn out by Colonel Light has been faithfully carried out. The streets are unusually broad, the drainage is excellent, and in every direction within the city are well-kept squares filled with shrubs and ornamental trees. These grass-clothed portions of the city give to it the healthfulness and cheerfulness of the country. The water-supply is unlimited and is supplied free for the maintenance of the parks and gardens, and this to a great extent accounts for the perfect condition in which they are kept.

Mark Twain in "More Tramps Abroad" says: "Approaching Adelaide from Melbourne we left the train and were driven in an open carriage over the hills and along their slopes to the city. It was an excursion of an hour or two, and the charm of it could not be overstated. The road wound around through gaps and gorges and offered all varieties of scenery and prospect—mountains, crags, country houses, gardens, forests—color, color, color everywhere, and the air fine and fresh, the skies blue, and not a shred of cloud to mar the downpour of the brilliant sunshine. And finally the mountain gateway opened, and the immense plain lay spread out below and stretching away into dim distances on every hand, soft and delicate, and dainty and beautiful. On its near edge reposed the city; with wide streets, compactly built; with fine homes everywhere, embowered in foliage and flowers; and with imposing masses of public buildings nobly grouped and architecturally beautiful."

Dr. Parkin, the representative of the trus-

tees of Cecil Rhodes, said he considered Adelaide "one of the most beautiful and one of the most highly-favored cities he had seen in his travels." The tourist while in Adelaide can alternate his trips to the picturesque hills by trips to the seaside; both the hills and the seaside are at a distance of five or six miles from the city. Glenelg, Henley Beach, The Grange, The Semaphore, and Outer Harbor, all are well-patronized seaside resorts. The

I want the heather and vineyards; more of those heavenly highways that you call roads; and above all, I want some more of the warmth and welcome that have been extended to me—a stranger in what he would be proud to call his own land."

The "Guide to Australasia," published by the Norddeutscher Lloyd Steamship Company of Bremen, states that Adelaide "may be considered as one of the model cities of the Common-



A COUNTRY ROAD.

National Park, The Gardens, the Zoological Gardens, and many spots in the hills are all well worth visiting.

THE CLIMATE.

A visitor to South Australia declared in the public press: "Why, you have an embryo America here. Your resources are illimitable. A glorious climate, and a white, clean-bred, sturdy race of English-speaking people, with vast and resourceful territory, and the markets of the world clamoring for your products. Your rainfall is plenteous; your catchment areas are vast. . . . I am coming back some day; I want a rest; I want those glorious vistas of prosperous homes, those beautiful hills and valleys; I want the ozone down at your seaside towns;

wealth. . . . For the greater part of the year the weather conditions are really delightful, approximating to the most agreeable spots on the shore of the Mediterranean. The climate has the reputation of being very salubrious, and even the summer heat, being dry, has less of the unpleasantness which characterizes the humidity of Melbourne and Sydney. The winter months are especially bracing.

Sir Charles Todd writes: "The climate of South Australia is 'really beautiful' and affords a great number of pleasant days on which outdoor pursuits can be carried on with buoyancy of spirits. The clearness or transparency of the atmosphere is something wonderful, and owing to its dryness, except on hot-wind days, is seldom oppressive. Cricket matches are

played with the usual enthusiasm before crowds of spectators with the thermometer ranging between 90 and 100 degrees in the shade, and I have ridden 50 miles on a day with the temperature as high as 110 degrees without much inconvenience. The explanation is that these high temperatures are always accompanied by such an extreme dryness of the air that perspiration affords instantaneous relief.

A LOW DEATH-RATE.

South Australia with Tasmania enjoys the lowest death-rate of any of the States of the

plums, peaches, apricots, strawberries, raspberries, currants, etc., all clearly reveal the beauty of the climate.

THE ADELAIDE SANITARIUM.

For a little over twelve months the Adelaide Sanitarium has been established at Nailsworth, one of the healthiest and most elevated suburbs of Adelaide. The patronage especially during the last few months has been good and the results of treatment have been encouraging.

The term "sanitarium" was first given to a health institute at Battle Creek, U. S. A.,



Commonwealth, and it is generally recognized that there is no healthier city in the Commonwealth than Adelaide. South Australia has never been visited by any serious epidemic. The suburbs North Adelaide, Prospect, Nailsworth, Hawthorn, and Mitcham are considerably higher than Adelaide, and are cooler in the summer and very healthful.

THE GARDEN CITY.

South Australia is especially noted for the abundance of all kinds of fruits. Its vineyards are among the finest and largest in the world; olives grow everywhere in profusion. Great quantities of apples, oranges, and grapes are exported to the other States and the English markets. The oranges, lemons, apples, pears,

which was established for the purpose of treating sickness by natural remedies such as special dieting, hydrotherapy, massage, electricity, exercise, etc. During the last fifty years many similar institutions have been established in all parts of the world. Whatever treatment is adopted, all medical authorities are quite agreed that it is nature that does the actual healing. The surgeon places the fragments of a broken bone in the normal position and nature unites them. Remove from the wound that which retards nature's reparative work and the wound will quickly heal. The writer has often come across long-standing ulcers and burns which have failed to yield to all kinds of lotions and ointments, but which have started to heal at once under a simple water treatment. A clean piece of old linen boiled in water and ap-

plied under some waterproof material such as oil-silk will soon be followed by rapid healing. The boiling of the water and the linen destroys all germ life, the oil-silk keeps the linen and wound moist and warm, and nature when thus freed from all sources of irritation quickly renews the parts. Under this treatment almost all wounds will heal rapidly. Where the wound is of long-standing, absolute rest is also necessary.

Investigations which have been conducted through the various sanitariums for over

electricity, or massage, without any depression of the nervous system, loss of appetite, or digestive disturbances—in fact the vitality of the various organs is generally increased by these natural remedies; they certainly leave no poisons in the system to be expelled. Digitalis will for a time strengthen the action of the heart and thus increase the circulation of the blood, but it is slow in action and constricts the blood-vessels, which throws an additional burden on the heart. Cold applications over the heart when properly applied will stimulate



half a century prove conclusively that when nature is allowed unrestricted action, success is greater and more lasting than under artificial stimulation such as the use of drugs. Drugs in the body are foreign bodies, and when taken, nature at once sets to work to remove them through the skin, lungs, kidneys, or bowels. Almost all drugs have some drawbacks—if they do good in one direction, they do almost a corresponding and often a more serious injury in other directions. Morphia will relieve pain, but it paralyses the nervous system, locks up the secretions, and causes digestive disturbances and constipation, and when nature has expelled the morphia, the pain returns. Pain can almost always be relieved by fomentations,

the heart as well as digitalis, and the action will be quicker and without any of the drawbacks of the drug. Digitalis is also generally recognized as an irritant to the digestive organs.

In acute attacks of rheumatism the general remedy is large doses of salicylate of soda. This quickly relieves the pain, but it depresses the heart to quite a large extent, weakens the patient's resisting powers, and never shortens the duration of the disease. Fomentations to the painful joints, and a few days' fruit diet with plenty of water, will quickly bring down both the temperature and pain, and often weeks of illness are thus avoided. Digestive disorders can only be remedied by a removal of their cause—improper food, faulty cooking, wrong combinations in food, too short intervals

between meals, etc. Nature supplies her own stimulant for the stomach, and if we can only help her in this work the artificial stimulation by drugs can be profitably done without. If the right kind of food be given, and if it be thoroughly masticated, a good supply of saliva will be poured out from the glands of the mouth, and this is exactly what the stomach needs to carry on its important work successfully. The best prescriptions are those made

kidneys in order; thus permanently relieving disorders of the liver and kidneys, flatulence, and constipation.

Nature removes impurities from the system through the skin, lungs, kidneys, and bowels. These organs can be stimulated in their work by various drugs, but their action is nothing like as satisfactory as that of water properly applied. Influenza even though severe will pass off in a few days with rest in bed and a



ADELAIDE SANITARIUM: PHYSICIAN, PATIENTS, AND NURSES.

up after a study of nature's processes in digestion, but the artificial draughts can never equal that which nature herself supplies. The health foods supplied at the sanitarium are the result of much research; they are easy of digestion and stimulating to all the secretions of the alimentary canal. Not only is the food specially prepared for each patient, but instruction is given in cooking, etc., so that there may be no return of the disease after leaving the sanitarium. The digestion in the mouth is of the greatest importance, for if this be natural, the stomach will soon regain its health; with a healthy action of the stomach and a normal supply of gastric juice we have the natural means for keeping the intestines, liver, and

light diet; relief to symptoms can be obtained through drugs, but it is very doubtful whether the duration of the trouble is shortened thereby. With water treatment however the disease can be dissipated in twenty-four hours. A prolonged hot bath at a temperature of 104 degrees Fahrenheit or more, for twenty to twenty-five minutes, followed by a cold shower, and a ten hours' rest in bed, will remove the pains in the limbs, the headache, feverishness, and generally will prevent altogether the cold settling in the air-passages. No drugs can give such good results. We have given but a few examples of the beneficent action of natural remedies. In the more complicated and chronic diseases more com-

plicated procedures are necessary and some time must elapse before very definite improvement takes place. Many diseases supposed to be incurable will yield to nature's own remedies when intelligently applied. Massage, electricity, and hydrotherapy are yearly becoming better recognized by medical men, and drug treatment is certainly on the wane.

All non-infectious diseases are admitted, both surgical and medical, to the sanitarium. Many of the so-called chronic and incurable diseases, not amenable to ordinary treatment, are remarkably benefited, such as dyspepsia in all its forms, chronic constipation, liver and kidney diseases, neurasthenia, neuralgia, paralysis, sciatica, rheumatism, gout, diseased and stiff joints, diseases of women, etc. The health

foods prepared by the Sanitarium Health Food Company, Cooranbong, New South Wales, in England and in the United States of America, are largely used, such as granose biscuits, gluten biscuits, wheatmeal biscuits, toasted corn flakes, malted flakes, malted nuts, protose, nut meat, nut cheese, etc.

The medical superintendent attends daily from 10 to 11 a.m., and a staff of trained nurses—male and female—from the Sydney Sanitarium carry out the prescribed treatments. The sanitarium is very favorably situated, being on the highest location in the district, with a good view of both St. Vincent Gulf and the Mount Lofty Ranges. The trams run within a half minute's walk, and are within twenty minutes' reach of the heart of the city.

Simple Rules for Right Living.

BY IRVING FISHER, PROFESSOR OF POLITICAL ECONOMY AT YALE, AND PRESIDENT OF THE COMMITTEE OF ONE HUNDRED.

ESSENTIALS of success: Knowledge, self-control, enthusiasm.

Essential rules: Plenty of fresh air, both for the lungs and the skin, proper bathing, exercises, resting, sleeping, thinking, feeling, and willing.

Many, if not most, changes of habits require a period of physiological adjustment, and, therefore, should be made gradually. The foregoing lead to the following specific rules:

AIR.

Keep outdoors as much as possible.

Breathe through the nose, not through the mouth.

When indoors, have the air as fresh as possible: (a) by having the room aired before occupancy; (b) by having it continuously ventilated while occupied. (In winter the ventilation is best secured by a window-board deflecting the entering cold air upward.)

Not only purity, but coolness, dryness, and motion of the air, if not very extreme, are advantageous. Air in heated houses in winter is usually too dry, and may be humidified without injury and probably with advantage.

Clothing should be sufficient to keep one warm. The minimum that will secure this result is the best. Porosity is very important, not only in underclothes, but in all clothes.

The more porous the clothes, the more the skin is educated to perform its functions with increasingly less need for protection. Take an air-bath as often and as long as possible.

WATER.

Take a daily water-bath, not only for cleanliness, but for skin gymnastics. A cold bath is better for this purpose than a hot bath. A short hot, followed by a short cold bath, is still better. In fatigue, a very hot bath lasting only half a minute is good.

A neutral bath, beginning at 97 or 98 degrees, dropping not more than 5 degrees, and continued at least fifteen minutes, is an excellent means of resting the nerves.

Be sure that the water you drink is free from dangerous germs and impurities. "Soft" water is better than "hard" water. Ice water should be avoided, unless sipped and warmed in the mouth. Ice may contain spores of germs, even when germs themselves are killed by cold.

Cold-water drinking, including especially a glass half an hour before breakfast and on retiring is a remedy for constipation.

The judicious use of enemas is advantageous where there is auto-intoxication—that is, absorption of poisons through the colon. They are especially needed when one is not feeling well from almost any cause, as a cold. A warm

enema is likely to have as an after-effect the inability to defecate without its use. For this reason, cool enemas—temperature of 80 degrees down to 75—are best.

The best way, however, of regulating the bowels is by exercise and diet.

FOOD.

Teeth and gums should be brushed *thoroughly* several times a day and floss silk used between the teeth. Persistence in keeping the mouth clean is good not only for the teeth, but for the stomach.

Masticate all food up to point of involuntary swallowing, with the attention on the taste, not on the mastication. Food should simply be chewed and relished, with no thought of swallowing. There should be no more effort to prevent than to force swallowing. It will be found that, if we attend only to the agreeable task of extracting the flavors of our food, nature will take care of the swallowing, and this will become, like breathing, involuntary. The more you rely on instinct, the more normal, stronger, and surer the instinct becomes. The instinct by which most people eat, is perverted through the "hurry habit" and the use of abnormal foods. Thorough mastication takes time, and, therefore, one must not feel hurried at meals if the best results are to be secured.

Sip liquids, except water, and mix with saliva as though they were solids.

The stopping-point for eating should be at the *earliest* moment when one is really satisfied. Normalized instinct is the best guide here, provided one eats without hurry and masticates thoroughly.

The frequency of meals and time to take them should be so adjusted that no meal is taken before a previous meal is well out of the way, in order that the stomach may have had time to rest and prepare new juices. Normal appetite is a good guide in this respect. One's best sleep is on an empty stomach. Food puts one to sleep by diverting blood from the head, but disturbs sleep later. Water, however, or even fruit, may be taken before retiring without injury.

An exclusive diet is usually unsafe. Even foods which are not ideally the best are probably needed when no better are available or when the appetite especially calls for them.

Use some raw foods—nuts, fruits, salads, milk, etc., at each meal.

The following is a very tentative list of foods in the order of excellence for general purposes, subject, of course, to their palatability at the time eaten:

1. Fruits.
2. Nuts.
3. Grains (including bread).
4. Honey.
5. Butter (sterilized).
6. Potatoes and other vegetables, if fibre is rejected.
7. Buttermilk.
8. Salt, in small quantities.
9. Cream (sterilized).
10. Milk (sterilized).
11. Custards.
12. Eggs.
13. Cane-sugar.
14. Chocolate and cocoa.
15. Digested cheeses when new, such as cottage cheese, cream cheeses, pineapple cheese, Swiss cheese, Cheddar cheese, etc.
16. Curds, whey.
17. Vegetables (other than potatoes) if fibre is swallowed.
18. Sweetbreads.
19. Putrefactive cheese, such as Limburger, Roquefort, etc.
20. Meat soups, beef tea, bouillon, meat extracts.
21. Tea and coffee.
22. Meat, fish, game, poultry, shellfish.
23. Liver.
24. Condiments (other than salt).
25. Alcohol.

None of these should be absolutely excluded, unless it be numbers 18-21, which with tobacco are best dispensed with for reasons of health. Instead of excluding specific food, it is safer to follow appetite, merely giving the benefit of the doubt, between two foods equally palatable, to the one the highest in the list. In general, hard and dry foods are preferable to soft and wet foods.

The amount of protein required is much less than that ordinarily consumed. Through thorough mastication the amount of protein is automatically reduced to its proper level.

The sudden or artificial reduction in protein to the ideal standard is apt to produce temporarily a "sour stomach," unless fats be used abundantly.

To balance each meal is of the utmost importance. When one can trust the appetite, it is an almost infallible method of balancing,

but some knowledge of foods will help, such as of the proper proportion of protein, fat, and carbohydrate. The aim, however, should always be—and this cannot be too often repeated—to educate the appetite to the point of deciding all these questions automatically.

The character of the feces is greatly improved if the diet is proper in respect to protein, and is properly eaten with respect to mastication; otherwise there is always absorption of poisons through the colon. Thorough mastication, moderation in amount—especially of protein—are the best disinfectants. The use of butter-milk and sour milk has an advantage, mentioned by Metchnikoff, of reducing the putrefactive bacteria in the colon. There is, therefore, great hygienic value in sour milk, butter-milk, lactic-acid koumiss (not the same as yeast-made koumiss), kefir, yogurt, etc.

EXERCISE AND REST.

The hygienic life should have a proper balance between rest and activity of various kinds, physical and mental. Generally, every muscle in the body should be exercised daily.

Muscular exercise should hold the attention and call into play will-power. Exercise should be enjoyed as play, not endured as work.

The most beneficial exercises are those which stimulate the action of the heart and lungs, such as rapid walking, running, hill-climbing, and swimming.

The exercise of the abdominal muscles is the most important in order to give tone to those muscles, and thus aid the portal circulation. For the same reason, erect posture, not only in standing but in sitting, is important. Support the hollow of the back by a cushion or otherwise. A rocker or a tilted chair is restful to the portal circulation if the lower back is properly supported. Breathing-exercises, both by suction and otherwise, for pumping the portal circulation free of stagnated blood, are very helpful.

Exercise should always be limited by fatigue, which brings with it fatigue poisons. This is nature's signal when to rest. If one's use of diet and air is proper, the fatigue-point will be reached much later than otherwise.

One should learn to relax when not in activity. The habit produces rest, even between exertions very close together, and enables one to continue to repeat those exertions for a much longer time than otherwise. The habit of lying down when tired is a good one.

The same principles apply to mental rest. Avoid worry, anger, fear, excitement, hate, jealousy, grief, and all depressing or abnormal mental states. This is to be done not so much by repressing these feelings as by *dropping* or ignoring them, that is, by diverting and controlling the attention. The secret of mental hygiene lies in the direction of attention. One's mental attitude from a hygienic standpoint, ought to be optimistic and serene, and this attitude should be striven for not only in order to produce health, but as an end in itself, for which, in fact, even health is properly sought.

In addition, the individual should, of course, avoid infection, poisons, and other dangers.

Occasional physical examination by a competent medical examiner is advisable. In case of illness, competent medical treatment should be sought. Finally, the duty of the individual does not end with personal hygiene. He should take part in the movements to secure better public hygiene in city, state, and nation. He has a selfish as well as an altruistic motive to do this. His air, water, and food depend on health legislation and administration.

All the foregoing rules are important. The results which may be obtained by following them, largely depend on the thoroughness with which they are followed. This is true, especially of fresh air and mastication. If all the rules are followed, and followed thoroughly, including the one most commonly neglected, namely, keeping within the fatigue limit, the average man may reasonably expect, if not to equal the record of Cornaro, at least to double his own length of life, his activity per day, and to increase his satisfactions and his usefulness.

The laws of "humaniculture" can be depended upon as much as those of agriculture, horticulture, or stock-raising.

Hydrophobia in the Philippines.

Dr. F. W. Dudley gave an account of thirteen deaths by hydrophobia coming under his personal observation, and one hundred and forty-five deaths taken by the board of health reports or reported to him by physicians, all occurring within a period of four years in the Philippine Islands. The disease is as frequent in the winter as in the summer months. In some cases the disease required several months to develop after the infliction of the wound.

Typhoid Fever.

BY A. STUTTAFORD, M.D.

It was not until the year 1813 and onward to about the middle of the century that typhoid fever began seriously to be singled out from the continued fevers and recognized as a separate and distinct disease. Previous to that time, however, it appears that the attention of some few observers had been drawn to the subject at different periods, and inquiry had been awakened in regard to it, but the disease nevertheless continued to pass as typhus fever, once so common in camps, prisons, and crowded tenement houses, on account of the resemblance it bears in some respects to that disease. By the year 1850, however, the non-identity of typhus and typhoid was finally settled in England, the difference between them having been recognized and the identity of typhoid well established in turn in France, America, and Scotland some years before.

The disease prevails in temperate climates, especially in hot and dry seasons, and because of making its appearance so generally north of the Equator in the months of August, September and October, is known in some countries as Autumnal fever.

It is a disease of youth and early adult life, the greatest susceptibility to it being shown between fifteen and twenty-five years of age. It is less serious in children, but the mortality in subjects over forty is very high, the disease being frequently complicated with pneumonia and heart failure.

There is generally a fever in the course of the disease, reaching as high as 104 and higher, with a rapid pulse. There may be pain in the back and tenderness of the abdomen. The spleen (at lower border of ribs on the left side) may show signs of enlargement. There may be a rose-red rash in spots first over the abdomen, then on the back and extremities, and there may also be present that very distressing symptom of hæmorrhage from the bowels.

These are some of the symptoms that mark the disease, but they are not always present, and even the degree of severity of any of them varies very much in different cases. The rash and even the fever may be absent occasionally; indeed the milder form of the disease may sometimes tax the closest scrutiny of the experienced physician to determine its really dangerous character, but the microscope will

render great help in these emergencies and reveal the presence of a bacillus which is always associated with this disease, invading the liver, spleen, intestines, and also appearing in the stools and urine.

The disease is contagious, and is most often taken by attendants who do not thoroughly wash the hands after attending to the patient. The germs are in the discharges, so may be carried to the mouth on the hands of any who come in contact with the sick person or articles used in the sick-room. The infection has been frequently conveyed through the drinking-water from a well or a spring. A very severe epidemic of typhoid occurred in this way in America early in April of the year 1885 at Plymouth, in the State of Pennsylvania. A portion of its population of 8,000 was supplied with water partly from a stream which passed within 60 to 80 feet of a house where a man had been laid up with typhoid a few months before. The discharges had been thrown out daily upon the snow. On the approach of spring these discharges found their way to the brook during the general thaw and thence to the city reservoir. A great majority of the 1,200 people attacked, who at first were laid up at the rate of 50 a day, resided in that portion of the town supplied by the reservoir referred to.

The infection may be carried by milk, in which the disease germs multiply very rapidly. It has also been traced to the milk-cans, which had been washed with water that was infected.

As a rule the person attacked has felt a little unwell for a week or more before having been compelled to go to bed. There may have been experienced chilly sensations with loss of appetite, retching, pains in the back and legs, bleeding of the nose, headache, etc. From this point there is generally a gradual rise of temperature daily of 1 or 1½ degrees for the first week. By that time the fever, between 4 and 8 p.m. may reach 104 or 105 degrees, dropping 3 or 4 degrees by between 4 and 8 the following morning. The pulse-beat would be correspondingly high, 100 or 110 to the minute in the adult instead of 70 to 80 as in health. The fever may remain at this high point for a week or two longer, then subside gradually for a few days or more until the evening temperature is normal (98.5).

Usually this will be followed by a period of convalescence more or less protracted, during which there is always danger of relapse or complications. There will now be a ravenous craving for food, and great care is required to feed the patient with nourishing diet in limited amounts until danger is past.

It has been observed by some authors who are regarded by the medical profession as trustworthy guides, that typhoid fever will run its course under any circumstances, and that it is not to any extent curable; that no remedy yet found can shorten its course. The patient can only be guided to health when the storm of disease comes on, but the storm itself cannot be stopped.

It may be stated in reply, however, that by the prompt employment of rational methods of combating the disease, the severe form of typhoid will much less frequently be developed than otherwise, and less discomfort will also be experienced in passing through even the mild type of this disease.

Typhoid is an exhausting disease, sapping the vitality for weeks, when some sudden change may occur that will surely carry the patient off if every grain of strength is not held in reserve for the struggle. The patient therefore should be kept quiet in bed from the start, and his strength spared in every possible way, using the bed-pan and avoiding the upright position, or moving to the commode. The room should be comfortably warm, but well ventilated. The system must be thoroughly cleansed by the use of a gentle laxative and the enema; the latter may be required at first as often as three times a day. The bowels may be packed, or there may be a condition of looseness. In either case the use of the injection may be equally necessary, every day perhaps for a while, to thoroughly unload the bowels and flush out the alimentary canal, ridding them of disease germs that if allowed to remain would work havoc upon the blood-vessels of the intestines and cause serious or fatal hæmorrhage.

To cleanse the body and reduce the fever, the patient should be sponged three or four times daily with water as hot as can be borne, or with water as low as between 60 and 80 degrees Fahrenheit, a limb at a time, the rest of the body being well protected by the bed-clothes. A good Turkish towel should be placed under the limb to be sponged, then a piece of cloth dripping wet from a basin of hot or cold water should be freely

applied to the limb. When done the towel should be brought around to encircle the limb and be patted well, not rubbed, to dry it, and then the limb should be put under the bedding. This process should be repeated to the other limbs, finishing with the chest and back. This treatment will open the pores and favor the escape of waste material that clogs the body and produces fever. The treatment might be continued with advantage a week or two, but should not occupy more than fifteen minutes each time, as it may weary the patient, and the bedding should not be wetted by the sponging.

The high fever may often be brought under control, when other measures fail, by the use of the enema. For this purpose remove tap from end of tubing connected with douche-can and insert the lower end of the vulcanite Y-shape return-flow attachment in its place, and to each of the two remaining free ends of the return-flow piece also attach about six feet of rubber tubing. Place the nozzle in the free end of one and insert in rectum, and put the other in a pail by the bed. Straighten out all twists and knuckles in the tubing, turn tap and allow the cool current to flow. This pleasant cooling treatment must always be preceded by a small enema to remove from the bowels any matter that might otherwise obstruct the nozzle when inserted and so interfere with the free and fro passage of the water.

At first there will be but little desire for food, the entire system being too heavily taxed for a while fighting the disease to spare much energy for digestion. However, it is of vital importance that the thirst should be freely quenched, and the body well flushed out. Fresh grape-juice, or unfermented wine, lemon and orange and other fruit drinks are in order, except in extreme cases of hyper-acidity of the stomach. Grape juice and unfermented wine, being foods as well as drinks, are especially suitable for these cases, and may be taken as often as every two hours or so, in sips, until a wine-glass full or more, if desired, has been swallowed. The patient should also drink abundance of pure fresh water.

We cannot speak too strongly against the use of alcoholic stimulants in the treatment of typhoid. Alcohol is a poison, not a food. It also delays rather than assists digestion. It gives a false feeling of strength, leaving the user weaker than before, as has often been proved by indisputable tests upon powerful athletes, whose strength has been accurately measured,

and recorded by the strength testing machine before using and after taking spirits, showing by comparison a marked decrease in physical force after taking even a small quantity of alcohol, contrary to the athletes' own feelings and expectations during the trial. If this is its assured effect upon a healthy and vigorous man, is it safe or wise to experiment with it upon a patient already weakened by disease, and with a struggle before him that too often will tax his powers of endurance to the utmost, even under the most favourable circumstances?

When patients suffering from typhoid are treated according to what are known as rational methods, it will be rarely necessary to confine them to a strictly fluid diet throughout the entire course of the disease and during convales-

cence. The following foods may be safely used because of their purity, ease of digestion, and amount of nourishment they contain: granose gruel, gluten gruel; lactosa, egg-nogs made with the juice of grapes, lemons, oranges, pineapples, etc.; granose flakes, granose biscuits, zwieback, and gluten omelet.

During the stage of convalescence care must be taken to prevent a relapse, which may occur in consequence of exposure to cold, over-exercution, and indiscretions in eating and drinking. Rubber bags, or well-corked bottles for hot water, should be in readiness during this stage of the disease especially, to ensure comfort to the patient, should it be found necessary to use them after the fever has subsided.

Araluen, New South Wales.

The Home Department.

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

Home Life in the East.

As Viewed from a Medical Missionary Standpoint.

BY MRS. E. H. GATES.

OUR ideas of home are quite different from those held by the people of the East.

We look upon home not only as a place where we eat and sleep, but as one writer puts it, "where love dwells, and where it is expressed in looks, in words, and in acts. . . . The atmosphere thus created will be to the children what air and sunshine are to the vegetable world, promoting health and vigor of mind and body."

To us sickness generally means a cosy pretty room, kind nursing, and dainty food. But how different are the home conditions in the East, where womankind is degraded and counted worse than the brute creation. Instead of love and kindness being manifested, only cruelty of the worst type is seen.

During sickness in India there is no bed for the sufferer to occupy, but the bare earth in a windowless room, with no furniture whatever. Dr. Emma J. Cummings, a medical missionary in India, tells the following:

"I shall never forget—I wish I could—one

experience that I had in India. I was called up at midnight to see a woman in the last stages of puerperal [childbed] fever.

"I found her tossing and muttering in a delirium that ran into stupor and death. I did what I could to make her comfortable, bathing the hot skin, moistening the parched lips, etc.

"I then inquired if the child—born seven days before—was still living. One of the women answered indifferently, 'Yes, it's alive.' I asked where it was, and she replied, 'Oh, it's in there,' pointing to another room, 'but never mind it, it is nothing but a girl.'

"I went at once and found the poor little thing lying on a rough cord bedstead, with only one thickness of cloth under it.

"It had never been washed, and for four days had not been fed, and its tiny bones were visible through the skin.

"Physician though I am, and used to sad sights of suffering, my eyes filled with tears as I took up the little skeleton. I did what I could to save it, but a merciful Father took the little soul where it would be loved and developed, even though it had been 'only a girl,' and I thanked Him that my efforts had been in vain.

"The mother died a few hours later, but I wonder, ladies, in your refined homes, if you can imagine the death-scene?

"No sooner did they learn that death was near, than neighbors began to swarm in, until the miserable hut had twenty or more in it, all vying with one another in groaning, shrieking, smiting their chests, and screaming. In vain I told them that the noise was torture to her poor brain, as her head rolled from side to side. I could not keep them from throwing themselves full weight upon her chest, laboring to give her breath, and when I wanted to give her a few drops of medicine, but failed because her jaws were already set, I turned cold and faint to see her own mother strike her to compel her to swallow.

"I saw that I could do no good, and as the strain was too severe to be borne unnecessarily, I left, but the scene haunted me for months."

This is but one instance out of many, which show the dense ignorance these people are in.

Miss Hartwell of Bangkok, Siam, relates a very sad case as follows:

"One day my man-servant said, 'My wife is suffering very much, and I want to take care of her.' I excused him, but followed him to his house.

"The woman's first-born child was two weeks old. She had been lying by a fire of hard-wood coals. I found her burned to blisters from the breast to the pelvis in front, and one of the blisters on her back was as large as your two hands! Many of the blisters had broken, and they had rubbed them full of dry lime and cummin.

"If you could see how these poor benighted people suffer, you would wonder how any of them survive. As soon as the child is born, a pile of hard wood—neatly laid with ends toward the edge of a plank—is ignited. The woman then lies down on this plank with no bed—not even a sheet under her—and exposes her naked abdomen to the heat. They think they will die if this is not done. With the first child the woman must lie by the fire thirty days. The result is severe burns, which always cause acute suffering and sometimes death. This woman's skin looks just like the outside of a piece of roasted pork. It is simply beyond description."

In Java, that densely populated island of the East Indies, the homes are quite different from those in the home land. The houses are built of bamboo, having the bare earth as the floor. The inmates are not only the parents and children; but fowls, goats, pigs, and other animals share alike the one room.

Many times when one gets sick, sharp needles are thrust into the body, as it is thought this will drive away the evil spirits that are supposed to be lurking about.

An instance like the above came under the notice of a nurse, who found that two sharp needles had been thrust into the patient's leg, and had been there for two years.

How thankful we who live in a land of enlightenment, should be for the light that shines upon us. Yet how sad is the fact that in these benighted countries ignorance prevails to such an alarming extent in reference to home hygiene and the treatment of common diseases.

Many go down to untimely graves because of ignorance. This is not because there is no way of learning, for the world is full of most excellent literature on all subjects pertaining to the health and the diseases of the human family, but because of indifference or lack of interest.

May the readers of GOOD HEALTH be among those who shall lift high the standard of reform and keep it thus, that its influence may reach those lands where such gross ignorance prevails.

Hygienic Rest.

BY MRS. ELSIE M. SHANNAN.

WE spend a third of our lives in sleep, and this portion of our time is most important, for it is during sleep that repair, and in the young, growth, takes place, so the more favorable our conditions for rest and sleep, the better this work will be done for us.

Whether or not we are fitted for our day's duties when we arise in the morning, depends largely upon our night's rest.

The most sanitary bedstead, whether for the well or the sick, is the iron or the brass one with a woven wire mattress. This is covered with a mattress that can be easily aired and kept clean, kapok answering well for this purpose. The tick should be well filled, and the tackings placed so closely together that the kapoc is kept evenly distributed.

Perhaps no bed is quite so sweet and wholesome as the old-fashioned tick filled each year after the oats or barley is threshed, with clean straw or finely-shredded maize husks, and the tick washed before refilling.

Whatever the nature of the mattress it needs to have spread over it, before the sheets are put on, a cotton pad or some suitable cover which can be washed occasionally. A good pad

may be made from two pieces of unbleached calico the size of the top of the mattress. Between these put a layer of cheap cotton wool, sew together around the edges, and put rows of stitching or tie the rest a few inches apart as the mattress is done. This will secure the cotton in place.

Feather beds should never be used. They are particularly unhealthful to sleep upon or under, for being of animal origin they undergo a continuous slow decomposition. They also retain moisture and body wastes, so are the cause of many colds.

The bed coverings should be as light as is consistent with warmth. Good soft woollen blankets are desirable, as they "keep out the cold" better, and last longer, than a double number of thin, badly-made ones. They are sufficiently porous to allow the air to pass through them, and they can be easily laundered.

A nice white counterpane looks well during the day, but ought to be removed for the night, as counterpanes are usually closely woven. The elimination of waste matter from the body goes on during sleep, and if the covers are not porous, these poisons will be reabsorbed by the body.

The pillows may be made either of kapok or cotton wool. If they are too soft and yielding, the head sinks into them, and becomes overheated. The pillow should be just high enough to support the head and bring it on a level with the body, but not high enough to elevate the shoulders. There may be some exceptions to this rule, as in cases of heart disease and difficult breathing.

The bed should be placed so that it is accessible from both sides and allows of free circulation of air on all sides of the sleeper. It should have about it no unnecessary curtains to obstruct the air and gather dust, or valances to tempt one to stow away articles under the bed, as this also prevents the free circulation of air there.

The bed-making should be last, not first, on the programme of the morning's work. It should be the daily custom of each one in the house to arrange the bed for airing before leaving the bedroom. A very good and easy way to do this is to place two chairs at the foot of the bed; over these throw the covers loosely, taking one off at a time. The mattress cover may be thrown over the foot of the bed, and the pillows on another chair, and the mattress turned. Open the windows sufficiently to allow

of free circulation of air through the room. If convenient postpone the bed-making for at least two hours. An unmade bed in a room which is otherwise tidy is no sign of a poor housekeeper.

It is well if convenient to take out into the sun once a fortnight all bedding that is not changed weekly. Beat the mattress and pillows. Any dust collected about the ticks can be easily removed with a small whisk broom.

Garments worn at night should be thoroughly aired before being put away.

A hygienic bed is not the only requisite for a refreshing night's rest. One must have pure air to breathe. It is a mistake to suppose that night air is injurious; in cities especially, it is often purer than day air. If the bedroom windows are shut, the sleeper very soon uses up the fresh air, and must inhale the poisons thrown off from his body. This results, on awakening, in a tired languid feeling, a headache, a bad taste in the mouth, and a general "out of sorts" feeling.

Good air is as necessary as good food, and

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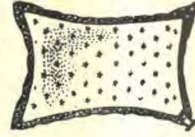
without the former one can have no appetite for the latter. If we breathe impure air, our bodies become weakened and unable to resist disease. Colds are constantly contracted by sleeping in badly-ventilated bedrooms.

Children should be accustomed from earliest infancy to sleep with the windows open. It will never give them colds, provided they have sufficient covers and are protected from draughts.

The stuffy close smell one detects in a closed bedroom on returning after a walk in the fresh air is due to the poisons thrown off from the body during sleep.

There is life in pure air and sunshine, so let us court these blessings.

FATAL HEADACHE-POWDERS.—A theatre manager of Bucyrus, Ohio, was found dead in the opera-house one morning. He had complained of a headache, and had taken headache-powders, which probably depressed his heart, with fatal effect. It should be remembered that most headache-powders contain acetanilid, a dangerous heart-depressant. Such deaths from headache-powders are, sad to say, by no means infrequent.



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