

# GOOD HEALTH

◊ EDITED BY FRANKLIN RICHARDS, M.D. ◊

DECEMBER 1, 1909.



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VOL. 12.

NO. 12.

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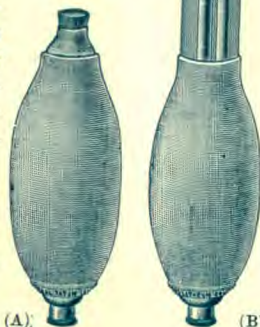
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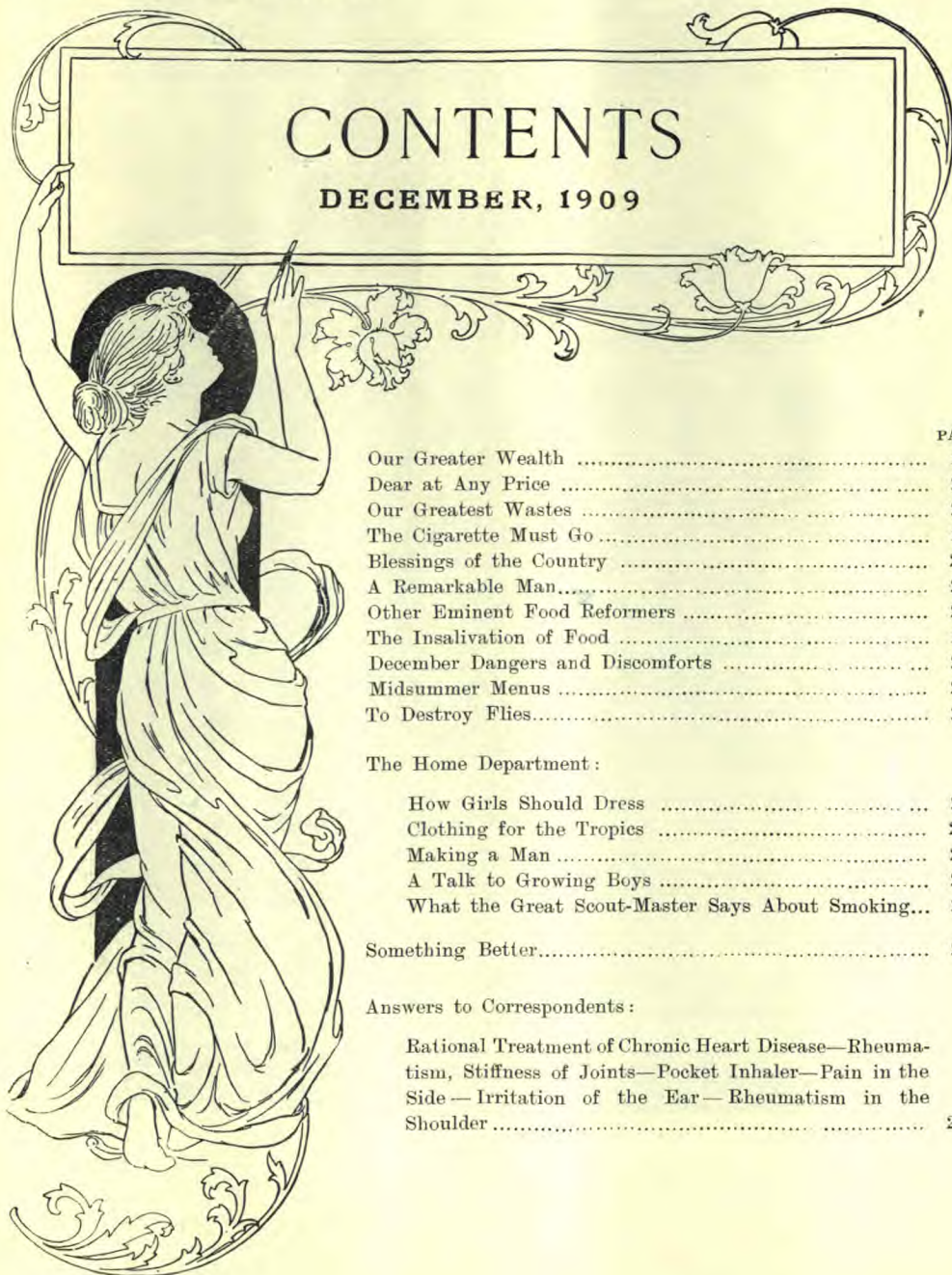
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ELEVEN O'CLOCK.

# GOOD HEALTH

## A Teacher of Hygiene

Vol. 12.

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

No. 12.

### Our Greater Wealth.

WHETHER or not time is money depends upon the use made of time. To the sick and suffering multitudes, time is neither money nor happiness, but rather misery and expense. With health it is different, though the average person is slow to recognize that *health has a monetary value*. A Scottish economist, however, has worked out the worth of the human capital of Great Britain, and he finds it to be five times her physical wealth. That is, the total value of the work done by a generation of British people is five times greater than the wealth of all her lands and railroads and mines and other forms of inanimate capital. From a purely materialistic point of view, health, then, is well worth having; and the *healthiest nation is the wealthiest nation*. Emerson is right: "The first wealth—and the greater wealth—is health."

### Dear at Any Price.

WHAT will be the outcome of meat-eating? is the query of a well-known London paper, especially the eating of "cheap meat." If all animals used for food were in a healthy condition, the writer thinks no serious ill effects would result from the use of meat in strict moderation. But that the vast majority of such animals are not healthy is a well-known fact.

What is known as cheap meat is dear at any price if in no other way than in the pain and discomfort and doctors' bills that follow its use.

The chemical processes of meat digestion, if they were closely examined and well understood by the public, would furnish subjects for very serious consideration, and would unquestionably

drive out of the market a very large amount of meat that is now offered at what are called special prices for cash.

It would be a good idea to arouse general interest on the meat subject. Most of the meats offered at low prices would not for one instant be tolerated by an expert. The animals are evidently in poor condition, if not absolutely diseased, and not long since a quarter of beef was exposed in the market that bore unmistakable evidences that the creature had suffered serious injury, as the meat was full of spots that looked like bruises.

The law is not half strict enough on this point, and the consequence is that people are going on in ignorance, and eating meats that are almost certain to produce disease.

Stale vegetables are bad enough, but meat, unless of good quality, is almost as bad as rank poison. If people would put the same amount of money that is expended for meat into first-class vegetables and fruit, they would have much more enjoyable meals and infinitely better health.

### Our Greatest Wastes.

"THERE are four great wastes to-day, the more lamentable because they are unnecessary. They are preventable death, preventable sickness, preventable conditions of low physical and mental efficiency, and preventable ignorance. The magnitude of these wastes is testified to by experts competent to judge. They fall like the shades of night over the human race, blotting out its fairest years of happiness."

So writes Dr. J. Pease Norton, political economist at Yale, in a paper read before the American Association for the Advancement of

Science. "The facts are cold and bare," he continues; "one million, five hundred thousand persons must die in the United States during the next twelve months; equivalent to four million, two hundred thousand persons will be constantly sick; over five million homes, consisting of twenty-five million persons, will be made more or less wretched by mortality and morbidity.

"We look with horror on the black plague of the Middle Ages. The black waste was but a passing cloud compared to the white waste visitation. Of the people living to-day, over eight million will die of tuberculosis. . . . Six millions will succumb to diseases of the heart and kidneys; eight millions will perish of pneumonia; six million infants under two years of age will end their little spans of life during the next ten years while mothers sit by and watch in utter helplessness. This number could probably be decreased by as much as one-half. But nothing is done. The entire event is accepted by the American people with a resignation equal to that of the Hindu, who, in the midst of indescribable filth, calmly awaits the day of cholera."

While these are American statistics, they fairly set before us the grave situation which confronts Australia and the world to-day. Unless modern civilization calls a halt in its mad downward career, and undergoes a great revolution in its habits of living, these unnecessary wastes must continue, and an increasingly large proportion of the people needlessly perish.

And what is the cause of these great wastes of usefulness, of happiness, of life? Ignorance; gross, midnight ignorance of the laws which govern human life. One of the greatest barriers to-day to human progress is the state of ignorance of the majority of people concerning the workings and care of their own bodies. Few even realize that they ought to care for their bodies or that they ought to know about their bodies until they are actually broken down. All our boasted modern knowledge of the arts and crafts and sciences will count for nothing if we do not learn to apply this knowledge to the conservation instead of the destruction of human life and human health.

THE Japanese, who are strong, muscular, disease-resisting men, are not "beef-eaters"—in fact, they use very little meat of any kind, and depend upon rice, not bread, for their heat and energy.

### The Cigarette Must Go.

THE government which does not now declare against the cigarette and enact laws prohibiting its use by boys and young men must be considered far behind the times as well as blind to its own best interests. We are glad to report the position of the Premier of Victoria on this question. At a public meeting recently held in the Temperance Hall, Melbourne, the premier declared himself strongly in favor of the abolition of cigarettes, and willing to support legislation which would prohibit the manufacture and sale of these body- and soul-destroying products. Private corporations years ago refused to employ cigarette-smokers. Why should the state lag behind?

In this connection it may be stated that, "In 1908 the cigarettes imported into the Commonwealth weighed 109,315lb., and those imported into Victoria alone 26,308lb. For the same year the quantity manufactured in the Commonwealth was 1,529,954lb. (or 674,295,676 cigarettes), and in Victoria 408,387lb. (or 178,776,650 cigarettes)."

### Blessings of the Country.

THE country is nature; the city is against nature, and to antagonize nature means enfeeblement.

It is because the city taints the blood, weakens the muscles, and makes the flesh flabby, that it has continually to draw upon the country for supplies of fresh human physique.

And it is because of the intense centripetal influence of the city that we may expect the continuation of a process of bodily degeneracy in the average physical condition of the country at large.

So that any influence that can be set in operation tending to reverse the drift of population and remanding it to the country and the soil, where it more properly belongs, will contribute to that extent to deepen the foundations of national life and to conserve and promote its vigor.—*Examiner*.

"EVERY man owes it to his fellow-men to go about with a bright, cheerful, hopeful, optimistic face, radiating sunshine, joy, gladness, hope, instead of blackness and despair. The human face ought to be a splendid picture, attractive, radiant with beauty, joy and hope. It is every man's duty to radiate encouragement."



## A Remarkable Man.

### London Paper's Opinion of Mr. Horace Fletcher.

MR. HORACE FLETCHER, one of the most remarkable Americans of the present day, is just now in London.

Like Dr. Guillotine and Captain Boycott, Mr. Fletcher has endowed the language with a new word, but one which is associated only with comfort and peace.

In America to "fletcherize" is as full of meaning as to "gormandize," but the meaning is precisely the opposite. Mr. Horace Fletcher is the apostle of living on little food, and of enjoying it. He is also the apostle of happiness.

Twelve years ago Mr. Fletcher was the despair of the doctors. He had half a dozen desperate ailments, he weighed nearly as much as two ordinary men, and no company would insure his life. He determined to cure himself, and he did it by cutting down his food.

To-day he is a blithe, medium-sized man of sixty, with a grip of iron, a clear blue eye, a head of white hair, and an ardent desire to teach the world how to eat wisely and yet well.

He can work from morning until night without feeling fatigue, and he does it on two meals a day.

After living for weeks on food costing five pence half-penny a day he underwent tests with one of the highly-trained Yale teams in America, and beat some of their records.

Mr. Fletcher has expounded his philosophy of eating in "The A. B. Z. of Our Own Nutrition."

In Mr. Horace Fletcher's belief half the ills of the world are due to food poisoning from eating too much. The body gets clogged, he says, with the superfluous food, and the result is all kinds of physical, mental, and moral illnesses.

His cure is astonishingly simple and he first proved it on himself. He refuses to "diet" any one. He says that he can't tell what he will fancy for breakfast to-morrow, much less what any one else would fancy. He lays down two rules. They are:

1. Eat thoroughly. Don't worry to count how often you chew your food, but chew everything until it "swallows itself."

2. Eat anything you fancy. If you fancy oysters, eat oysters. If you fancy shells and can chew them, eat the shells. Eat anything your taste selects, so long as you eat thoroughly. Trust your instinctive taste. Never eat until you are hungry. Stop when your taste says so.

## THE RESULT.

The result of following these rules, Mr. Fletcher says, is astonishing. The first effect of eating quite thoroughly is to extract more nutrition from far less food than is usually taken.

The effect of trusting the instinctive appetite—of eating what you like instead of what you may have been in the habit of eating—is that the natural taste asserts itself, and different kinds of food are preferred. The desire for flesh food nearly disappears, and with it the desire for alcohol or other stimulants.

Here are things Mr. Horace Fletcher eats:

Potatoes, rice, fruits, bread and butter, wheat cakes and maple sugar, cream with powdered sugar, all sorts of pies (occasionally), eggs (rarely), salted nuts, caramels.

He gets up at 6 a.m., breakfasts at midday, and eats again in the evening when he gets hungry. He feels twenty years younger than he did twenty years ago, and says that every one else would who took his advice and practised "dietetic righteousness."

He lives in a model dwelling in New York, where he has a number of large rooms in which the children of the poor are taught to eat properly, to behave properly, and to grow up properly. It is all a labor of love, and Mr. Fletcher is known on the East Side of the city as "the good millionaire."

## Other Eminent Food-Reformers.

A LONG list of noted men and women who have faith in the meatless meal appeared not long ago in a leading London paper. Vegetarianism, says the writer, has got its grip on society and is making converts in numbers large enough to be encouraging. The Duchess of Portland, herself an earnest advocate of simple living, has enlisted for vegetarianism the sympathies of several close friends, and has succeeded in attracting to her board some of the best folk in society, all of whom are enthusiastic upon the advantages of vegetarianism.

The conversion of Lady Paget to vegetarianism is likely to come as a huge surprise, for her ladyship was one who enjoyed the good things of life more keenly than most people. Lady Plymouth is another vegetarian and another Paget. The Duchess of Bedford has practically renounced meat-eating. When one considers the open-air life led by the duchess,

this asceticism is remarkable. Lady Henry Somerset's adherence to vegetarianism is scarcely surprising. For many years "Temperance in all things" has been her ladyship's favorite motto, and she has always made it a strong point to practise as she preached.

One would scarcely think of seeking for a vegetarian on a battle-ship, but, if one did, Lord Charles Beresford would afford the first surprise. Another stringent vegetarian is the head master of Eton, who has gone so far as to state that meat is one of the primary causes of vice. The Hon. and Rev. Edward Lyttleton's attitude towards meat is bound to have a marked effect upon the young Etonians by whom he is surrounded—a sure indication of some of the vegetarians of the future. Mr. Lyttleton is a great cricketer and a first-class, all-round, open-air man, so his abstemiousness seems to have done him no harm. Among other well-known vegetarians are Mr. and Mrs. Sidney Webb, Mr. George Bernard Shaw, General Booth, and the Rev. R. J. Campbell.

---

### The Insalivation of Food.

Editor, GOOD HEALTH.

Sir,

In your October number you have an article entitled "Eat Less, Chew More." And a very interesting article it is, but in my opinion, the advice "chew more" does not reach down to the essential inwardness of the subject. The essential thing is not that food should be well chewed, but that it should be well impregnated with saliva. Now it does not strike the ordinary individual that this can be done and done in the mouth without any chewing at all. According to my dictionary chewing means "grinding with the teeth." We are so accustomed to grinding our food with our teeth that when our teeth decay we resort to soaking our crusts and biscuits in our tea or coffee or other beverage before consigning them to the mouth. But this is quite unnecessary.

My own teeth are so far gone that nowhere can my top teeth meet my bottom ones, yet I have no difficulty in insalivating my crusts. I often have crusts and zwieback go into my mouth as hard as they can be baked, but they go down my throat properly liquefied and insalivated. *My crusts are soaked in the mouth, and being soaked with saliva only, of course they are properly insalivated.*

Let us take a lesson from the quiet patient cow. The cow chews the cud; the cow has two stomachs; she puts the food into her first stomach as quickly as she can until she is satisfied; then she takes it out at her leisure a little at a time, insalivates it, and passes it on to her second stomach.

Man has no second stomach, but he can use the space between his cheeks and his gums in that capacity. Let him break the crusts up into convenient sizes before they enter the mouth.

When in the mouth let him put them in his cheeks with his tongue until they are as full as convenient. They will not be there long before they begin to get soft. Now let him cause a few of the softest crusts to leave his cheek for a more central position; let him make-believe to chew these until they are quite soft, when they will disappear, almost unconsciously, down the throat.

I am, etc.,

MARSHALL HUDSON.

*Kau'kapa,*

*Auckland, N. Z.,*

*October 23, 1909.*

Mr. Hudson has certainly made a discovery which should prove of inestimable value to the toothless portion of the race. While a full set of sound teeth which meet perfectly is an exceedingly useful part of the digestive apparatus, it is not absolutely indispensable to the thorough mouth-preparation of food. It is possible to reduce solid food to liquid by soaking it in the mouth and then rubbing it with the tongue against the roof of the mouth as is done by our correspondent. This method properly practised by those without teeth would ensure much better digestion and health than the usual plan of living on pap. However, those who have teeth would do well to use them, for the insalivation and liquefaction of solid food is much more easily accomplished with teeth than without them.

---

OPTIMISM is that quality in human nature which persists in looking on the bright side of every condition in life and discovering some ray of sunshine in every cloud; some harmonious note in every discord; some sweetness in every bitter cup; some good in every bad; some joy in every sorrow; some success in every failure.—*Success.*

## December Dangers and Discomforts.

### HOW THEY MAY BE AVOIDED.

BY FRANKLIN RICHARDS, M.D.

How to keep cool and comfortable during the days of summer is a secret well worth possessing, for overheating is dangerous as well as distressing. Many lives have been needlessly lost, and will be lost again this season, through apoplexy, sunstroke, heat-stroke, convulsions, and other nervous and circulatory disturbances. Needlessly, because the body is provided with a perfect heat-regulating device, and it is only when this heat-regulator is disturbed and hampered in its workings that such accidents as those mentioned can occur. What, then, do we need to know about body heat-regulation in order that we may escape hot-weather dangers and discomforts?

#### FOOD IS FUEL.

Food is the fuel of the body. That fact we must not forget. Hence the simplest way to be too hot and constantly in danger of heat-stroke is to put too much fuel into the furnace. Strange some people never seem to think of that! Why, on a midsummer morning, one should see folks stoke the body-furnace with blubber-like bacon, stodgy porridges, and other such like stuff which would serve for heat production in Antarctica is a mystery which cannot be explained. If you feel too hot after such a breakfast, try a plate of luscious, juicy fruit with a little twice baked bread and cream the next day, and see if the weather isn't cooler!

The accompanying table will make plain the amount of heat produced in the body from a given quantity of various foods. It will be noticed that fruits and green vegetables, because of their low fuel-value, are amongst the most suitable of summer foods.

#### HEAT UNITS PER POUND OF COMMON FOODS.

|              |     |     |      |              |     |     |     |
|--------------|-----|-----|------|--------------|-----|-----|-----|
| Butter       | ... | ... | 3605 | Lemons       | ... | ... | 150 |
| Bacon        | ... | ... | 3030 | Oranges      | ... | ... | 170 |
| Sugar        | ... | ... | 1860 | Strawberries | ... | ... | 175 |
| Dry Cereals  | ... | ... | 1700 | Pineapples   | ... | ... | 200 |
| Soft Breads  | ... | ... | 1200 | Apples       | ... | ... | 220 |
| Cream        | ... | ... | 910  | Apricots     | ... | ... | 250 |
| Eggs         | ... | ... | 750  | Bananas      | ... | ... | 300 |
| Milk         | ... | ... | 325  | Grapes       | ... | ... | 335 |
| French Beans | ... | ... | 200  | Potatoes     | ... | ... | 440 |
| Cabbage      | ... | ... | 150  | Sugar Corn   | ... | ... | 470 |
| Tomatoes     | ... | ... | 105  | Green Peas   | ... | ... | 540 |

From the figures given above, which are compiled from Bulletin No. 28 of the United

States Department of Agriculture, it does not take an expert statistician to see that an ounce of butter or fat bacon when oxidized in the body will generate more heat than a pound of oranges, strawberries, or other similar fruit. One may also readily arrive at the conclusion that sugar and other concentrated sweets are heating foods when taken in other than small quantities; and that it is possible to overheat the body by eating too largely of cereal foods to the exclusion of fruits and green vegetables. In order to overheat one's self with juicy fruits and succulent fresh vegetables, ten pounds or more would have to be consumed in a day.

#### THE BODY-FURNACE.

Where in the body is the food burned? Where does the blood become heated? One may think of the muscles as the furnace, for in them the larger portion of the food eaten is slowly oxidized, or burned. Rapid movements of the muscles, exercise, causes the vital fires to burn more briskly. And, as the blood flows through the heated muscles, carrying to them food and oxygen and from them wastes, it in turn becomes heated, so making the entire body hot. While this does not go to prove that exercise ought not to be taken in warm weather, it does suggest the need of moderation, as well as the avoidance of all hurrying, worrying, purposeless movements such as the average man or woman readily falls into the habit of performing.

#### THE BLOOD IS COOLED

at the surface of the body as it flows through the network of hair-like vessels or tubes called capillaries, which lie in the true skin just beneath the epidermis. It is the evaporation of moisture, as sensible or insensible perspiration, which causes the cooling. Hence the need of keeping the sweat-glands, nerves, blood-vessels, and other structures in the skin in active working condition by frequent bathing and rubbing of the entire skin surface. A cool bath once or twice daily, light loose clothing, sensible eating and drinking, moderate exercise, rest during the hottest part of the day, and the avoidance of hurry, worry, fret and fuss, will materially aid in the avoidance of December dangers and discomforts.

### Midsummer Menus.

It is as great a mistake to eat rich, highly-seasoned, heat-producing foods during the summer as it is to wear heavy flannels and furs. There would be much less fuming about the weather if only people could be persuaded to eat more sensibly.

Last year, one busy, careworn mother made a declaration of independence at the beginning of the summer. In other words, she "struck." One morning she calmly and coolly announced at the breakfast table, that she was not intending to spend half of her time over the cooking-stove as she had done during previous summers, and if any member of the family disapproved he could change his boarding place. (Her family consisted of a husband and three grown sons.) It is needless to say that not one member of the family availed himself of this privilege, for the meals which this housewife prepared were so dainty, so appetizing, and withal so satisfying that no one could desire a change. Her menus were carefully arranged so as to afford a variety from day to day, yet they were so simple that it seldom required more than an hour's time to prepare a single meal. Day by day during that long summer this housewife enjoyed leisure in hours that had, in former years, been spent in the hot kitchen, while day by day her family partook of such pleasant repasts as they had never even dreamed of before. This year this woman's menfolk did not wait for her to repeat her declaration of independence, but with the first breath of summer promptly issued a proclamation of emancipation.

Why should it not be so in every household? The adoption of simple summer menus would mean not only a saving of time and energy to the housewife but of health and comfort to every member of the family.

The following menus are merely suggestive:

|                                  |               |
|----------------------------------|---------------|
| BREAKFAST.                       |               |
| Toasted Granose Flakes           | Cream         |
| Poached Eggs on Toast            | Bananas       |
| DINNER.                          |               |
| Cold Sliced Protose              | Lettuce Salad |
| Brown Bread with Cream or Butter |               |
| Boiled Custard                   |               |
| SUPPER.                          |               |
| Lettuce Sandwiches               | Fresh Fruit   |

#### BREAKFAST.

|         |                |
|---------|----------------|
| Lactosa | Zwieback       |
| Cream   | Honey          |
|         | Fresh Apricots |

#### DINNER.

|                  |                |             |
|------------------|----------------|-------------|
| Stuffed Tomatoes | Egg Sandwiches | Fruit Salad |
|------------------|----------------|-------------|

#### SUPPER.

|                  |       |                |
|------------------|-------|----------------|
| Granose Biscuits | Cream | Sliced Peaches |
|------------------|-------|----------------|

Except in the hottest weather, it is usually best to provide one cooked dish for each meal. There should also be either a fresh fruit or a green vegetable on each menu. It will be noticed that the above menus, while extremely simple, are well balanced. In other words, each menu provides the proper food-elements in about the correct proportion. An endless variety may be introduced into the menus from day to day, as there is such a profusion of vegetables and fruits to select from during the summer season.

### To Destroy Flies.

TAKE of formaldehyde solution 3 parts, milk 4 parts, water 13 parts. Mix, and pour in shallow plates or trays accessible to the flies. They are fond of it, and quickly fall victims to the tippie. They are killed, not by the fumes of the formaldehyde, but by drinking it. Of course this poison must be kept out of the way of domestic animals and children.

"WATCHING the digestion too closely is like pulling up seeds to see if they are growing."

A TYPHOID CARRIER.—In a certain Swedish family, from 1854 to 1908, twenty-two persons, mostly servants, were attacked with typhoid fever, as would appear from a recent careful investigation. The infection was confined strictly to this household, and could not be traced to the use of water or milk, as other families using from the same sources did not have the disease. There was such an interval between one patient and the next that direct transmission could not be suspected. It was finally discovered that the grandmother was a persistent distributor of typhoid germs in her excreta. It is supposed that the other members of the family must have had light, unrecognized attacks of typhoid, which rendered them immune.—*Selected.*

## The Home Department.

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

### How Girls Should Dress.

SHE walked languidly into my office and sank into a chair—an old-young woman. In answer to my inquiry she enumerated a long list of ailments from which she was suffering. There was headache, giddiness, fainting, shortness of breath, palpitation of the heart, flatulence, constipation, backache, loss of appetite, sleeplessness, mental depression, and I know not how many more.

Her appearance gave evidence that she was telling the truth. Though twenty years of age she looked forty. She was thin, almost emaciated; the eyes were dull and spiritless, the cheeks pale, the skin muddy, the tongue coated, the chest hollow. But the point which impressed me most was the extreme smallness of her waist. When asked to loosen her clothing so that an examination could be made, she complied in the same languid fashion in which all her movements were made. After undoing the usual number of tapes and safety pins she came to the corsets. It required considerable energy to unfasten this garment, and the effort caused her to heave a sigh of relief.

The examination revealed due cause for her many ailments. The chest was flat and had but little power of expansion; the lower lobes of the lungs gave evidence of disuse; the heart, while not organically diseased, was weak in action; the stomach was dilated, relaxed, and tender; the liver showed signs of congestion; and there was a displacement of the pelvic organs. It was noticed incidentally that the skin all around the waist-line was laid in little vertical folds or pleats.

The examination being completed, the patient inquired anxiously, "Well, doctor, what do you think is wrong with me?" "Suffocation and starvation," I replied gravely. "Whatever do you mean, doctor?" she asked in bewilderment. "Simply this—that your clothing is so tight that your lungs are of little more use to you than a pair of bellows with the handles tightly tied, and your stomach and liver can no more do their work than you could play a piano with

handcuffs on. You are suffocating because you are using only the upper portion of your lungs, while the lower and larger portion lies idle. You are starving because your stomach and other digestive organs are so hampered by tight clothing that you can neither digest nor assimilate the food which you eat." "Oh, but I never wear my clothing tight," she stoutly affirmed. "See, I can put both hands under my corsets quite easily!"

In answer, I called her attention to the row of creases all round her waist, and asked her to notice how the edges of her corsets sprung apart when she unfastened them; also how she was obliged to draw in her abdomen when she brought them together again. Then I demonstrated, by aid of an inch tape, that with her corsets on she could not expand her waist a quarter of an inch even though she grew red in the face in the attempt to breathe deeply, while the office nurse, who wore no corsets, could easily expand two inches at the waist on deep respiration. At last after a half hour's earnest talk she was convinced, and promised to make such changes in her clothing as had been suggested.

A year passed before she came to me again. The pale wan look had gone, and in its place was radiant beauty indicative of perfect health. Her eyes were sparkling, and she seemed brimming over with life and vigor. She had no need to tell me that all of the old aches and pains had gone. She drew from her bag an inch tape, and proudly demonstrated such ability at chest and waist expansion as would gratify the most exacting. It required but one glance at her full round chest and her sensible waist to be assured that she allowed every organ in her body room in which to live and move and have its being. A wonderful transformation had taken place, simply because she had given her long-suffering organs a chance to do their work without hindrance. The heart, lungs, liver, stomach, and intestines were all doing their part faithfully and efficiently, and as a result she was enjoying life to the full.

Did she discard corsets? you ask. Yes, she discarded corsets, tight waist-bands, and dragging skirts—also headache, backache, indigestion, and a multitude of aches and pains. But in discarding corsets did she not also part with her good figure? Far from it! She had no good figure to part with. She was as slim as a rail, and no more graceful. But after a year's sensible dressing and exercising she possessed a figure which any girl might envy. How does she dress? I will tell you.



GOOD HEALTH BODICE.

Next to the skin she wears knitted combinations. In the summer time she wears gauzy ones with low neck and no sleeves; in the winter long-sleeved, long-legged garments of warmer texture. Instead of corsets she wears what she calls a "Good Health Bodice." This is a

pretty, well-cut garment designed to carry the weight of the underskirts. It has a gathered bust portion which gives a desirable fullness, and at the same time supports the bust. To the lower portion of this bodice she buttons her knickers or bloomers. She never wears more



HYGIENIC BUST SUPPORTER.  
An excellent substitute for corsets.

than two petticoats, and these are supported by the buttons at the waist line. This arrangement of the underclothing does away with tapes, safety pins, and the wearisome dragging of skirts. Next comes the frock, which is always simple and pretty, but devoid of furbelows. The dress skirt is attached to the bodice or blouse by buttons and buttonholes, the buttons being sewn about three inches apart around the waist-line of the bodice. This attachment is concealed by a soft belt. While no garment is so loose as to appear slovenly, all are loose enough to afford perfect freedom of respiration and muscular activity. The minor matters to which she gives attention include the wearing of comfort-

able collars, and warm stockings and boots in cold weather, also the avoidance of garters and pointed-toed and high-heeled shoes.



"SIMPLE AND PRETTY, BUT DEVOID OF FURBELOWS."

While it takes a little time and effort to provide buttons and button-holes for the various garments, the initial expenditure is more than made up in the subsequent saving of time and energy. For with the clothing properly arranged one can dress in half the time required during the reign of tapes and pins.

But better than anything else, is the health and buoyancy which comes with the adoption of proper clothing. E. S. R.

"A KIND word to a tired life is like a drop of dew to a wilting flower."

### Clothing for the Tropics.

THE question of devising a suitable fabric for wearing-apparel suitable to tropical climates, which shall shield the wearer from the actinic rays of the sun, is one that has occupied conspicuous attention during recent years. A thin white material is generally selected for this purpose, preferably white duck; and although it promotes a certain degree of coolness



"AFFORDING PERFECT FREEDOM OF RESPIRATION AND MUSCULAR ACTIVITY."

and comfort, it does not succeed in fulfilling health conditions. Discriminating nature has provided the native in the torrid belt with an effective protection against the sun in a skin pigmentation which absorbs the actinic rays,

so that their dangerous effects upon the constitution are counteracted. Consequently, the native is able to continue his labors without the slightest signs of fatigue during the hottest time of the day, when the white man is practically prostrated, or, at any rate, refrains from carrying out his duties from motives of self-preservation.

Investigation has shown that the piercing actinic rays, striking the neck and back, exercise a highly dangerous effect upon the spinal column and the nerve-centres, which reacts upon the organs of the stomach [abdomen], promoting such maladies as indigestion, which in turn react upon the brain, and in time completely undermine the physical condition of the body, until at last collapse results. Experiments have proved that if only the natural pigmentation of the native is artificially produced in the clothing of the white man, he experiences no more harmful effects than the former, since the long, or heat, rays are themselves quite innocuous, so far as any effect upon the constitution is concerned. The degree of protection secured by pigmentation has been decided by practical investigation, and it has been found to have strong absorption qualities in regard to the actinic, or short, rays, the degree of pigmentation being proportionate to the intensity of the light prevailing in the native's accustomed environment. A thin layer of the skin was obtained, and the spectrum of an electric arc between two iron poles was photographed after the rays had passed through the layer. It was found that the dark-brown skin of the Hindu entirely absorbed all the rays of shorter length than thirty-six hundred. From the result of these observations, it is obvious that the white man, when in the Tropics, should wear black, red, or orange-colored clothing, as it prevents the passage of the short rays.

The white man, however, has a strongly-developed aversion to wearing aught but white clothing, which offers no protection whatever to the harmful actinic rays. Numerous efforts have been made to provide a non-actinic backing to such material; but the disadvantage of such a fabric is that its weight and thickness are unduly increased.

Recently, however, a British inventor has succeeded in devising a process in which the non-actinic material or thread is interwoven with the white or colored surface of the textile in such a manner that while the weight and thickness of the cloth are not increased, no

evidence of the red material is observable on its external surface. The prevention of the threads of the red material penetrating the outer face proved the most difficult task, but this has now been successfully attained. These new fabrics, to which the distinctive name "solaro" has been applied, are either of wool, or cotton, or mixed, the former being preferable for cold or moist climates, and the cotton where a dry heat prevails.

By means of this invention, the resident in the Tropics has the same facilities in the choice and patterns of textiles for clothes as those living in temperate climes. All the various cloths and latest fashionable styles can be reproduced in "solaro" with perfect success and comfort; and this facility is already much appreciated, as it enables one to secure a welcome relief to the monotonous white. Moreover, the material is also shower-proof, and has a remarkable capacity for resisting heavy thunder-storms, mists, and so forth. The waterproofing is not secured by means of rubber or chemical solution, but is due to a secret process in the manufacture of the yarns employed. In this way there is no interference with the ventilation of the cloth. Although an excellent sun-repellent fabric, it is equally applicable for winter wear, while it has a high standard of durability. It is suitable for all external garments for either sex, and it compares in price with the best qualities of cashmere. Its hygienic properties have been fully approved by the examining board of the British Institute of Hygiene, while, moreover, it is sealed at the British Colonial Office for officers appointed to the Tropics.—*Scientific American*.

### Making a Man.

"Hurry the baby as fast as you can,  
Hurry him, worry him, make him a man.  
Off with his baby-clothes, get him in pants.  
Feed him on brain-foods and make him advance.  
Hustle him, soon as he's able to walk,  
Into a grammar school; cram him with talk.  
Fill his poor head full of figures and facts;  
Keep on a-jamming them in till it cracks.  
Once boys grew up at a rational rate,  
Now we develop a man while you wait.  
Rush him through college, compel him to grab  
Of every known subject a dip and a dab.  
Get him into business and after the cash,  
All by the time he can raise a moustache.  
Let him forget he was ever a boy,  
Make gold his god, and its jingle his joy.  
Keep him a-hustling and clear out of breath,  
Until he wins—nervous prostration and death."



## A Talk to Growing Boys.

I SUPPOSE there is not a lad in the British dominions who does not long to grow up tall and straight and strong, to be sound in wind and limb, clear in brain, and to be six feet in his stockings—this is the ideal for British boys.

And British fathers, mothers, and teachers are just as anxious that their children should be strong and healthy and well set-up. It is for this reason that games are provided for them, and that gymnasiums and swimming-baths are built. Yes, we all wish our lads and lasses to be sons and daughters of Anak.

It is therefore distressing to find that Englishmen are not so tall as their grandfathers and great-grandfathers were. The average height of a Briton a hundred years ago was five feet ten inches, to-day it is only five feet five inches.

Now a hundred years ago boys never thought of smoking. They either had too much sense or were too well looked after. Nowadays one of the commonest, as well as one of the most painful sights in our streets, is to see silly boys puffing away at cigarettes.

I believe—and most doctors hold the same opinion—that this juvenile smoking is the reason why boys do not grow so tall and robust now as they did a century ago. So that those boys who do really wish to become tall and lusty must shun the cigarettes as they would shun the plague.

You know what Sir Walter Raleigh's servant did when he first saw his master smoking. He threw a tankard of beer, or as some say, a pail of water over him. And it would be a good thing if a pail of water were thrown over every boy-smoker every time he smokes.

Youth is the time for growth in body and in mind. Every healthy boy ought to grow up into a sturdy man, if he is well fed and has plenty of sleep and exercise.

But smoking prevents a boy from eating, sleeping, and even from playing. Tobacco injures the stomach and makes it impossible for the food to be turned properly into blood; it injures the heart and the blood, and so prevents the body from being properly nourished.

This is a serious thing for grown men; but it is a great deal more serious for boys, because they have to do much more for their bodies than men have to do for theirs.

A man has done growing, and so has simply

to make up for the waste that is always going on in his body.

A boy, on the other hand, ought to eat and digest enough food, not only to make up for waste, but also to provide for growth. Hence it is a great deal worse for a boy to smoke than it is for a man, whose frame is already set and whose growing days are over.

Then, again, a boy must have plenty of sleep, if he is to grow. And it must be good sleep, too, free from dreams. But if you watch the sleep of a boy who is silly enough to smoke, you will see him tossing about in a restless, unrefreshing slumber, not unlike the sleep of a fever-stricken sufferer, or of a drunkard. Such sleep is no good for growing lads.

Exercise is good for growth, hence we like our boys and girls to play games, to swim, and to become athletes. Does smoking make a boy love games and exercise? You know very well that it does not. It makes boys slothful and inactive. Smokers like to loll and dream. Exercise and effort are distasteful to them. The deadly cigarette soothes, or rather stupefies, its victims, and makes them incapable of doing any of the things necessary to growth.

When a footballer, an oarsman, or any other athlete is in training, does he smoke? Certainly not. Smoking is strictly forbidden, because instead of making him stronger it will weaken him and make him unable to do his best. His breath would be bad and his heart weak.

On the next page you will read what one of our great soldiers—General Baden-Powell, the brave defender of Mafeking—has to say about boys smoking. Like every other lover of boys, General Baden-Powell believes that boys cannot grow either in height or in goodness if they smoke the deadly cigarette. And he is not telling you to do one thing whilst he himself does another, for the hero of Mafeking is a non-smoker.

No, boys, your frames will never be strong, well-knit, and active, you will never have steady limbs and clear, alert minds so long as you smoke in any shape or form: therefore if you really wish to grow up strong and hearty you must, as I already said, shun tobacco as you would shun the plague; for it will make you thin, stunted, pale, cross, lazy, and dull.

Remember, *If you smoke you cannot grow.*

—Selected.

### What the Great Scout-Master Says About Smoking.

32, Princes Gate, S. W.,  
27th March, '09.

Dear Mr. Cartwright:

I fully sympathize with the efforts now being made to stop smoking among boys.

There is no doubt that smoking cheap tobacco does a great deal of harm both in mind



*Gen Baden Powell*

and in body, to growing lads, and if allowed to become general will have a deteriorating effect on our rising generation.

I trust therefore that your book will have a wide circulation, and will be successful in its aim; viz., in combating this evil.

Yours very truly,  
GEN. BADEN-POWELL.

### No Smoking in the Subways.

THE sanitary code of the city of New York makes it a misdemeanor for any person smoking or carrying a lighted cigar, cigarette, or pipe to enter a subway, and prohibits the smoking or carrying of lighted cigars, cigarettes, or pipes on the platforms of the stations or steps leading to them.

### An Experienced Invalid.

A MAN who was constantly changing physicians at last called in a young doctor who was just beginning his practice.

"I lose my breath when I climb a hill or a steep flight of stairs," said the patient. "If I hurry, I often get a sharp pain in my side. Those are the symptoms of a serious heart trouble."

"Not necessarily, sir," began the physician, but he was interrupted.

"I beg your pardon!" said the patient irritably. "It isn't for a young physician like you to disagree with an old and experienced invalid like me, sir!"

"A WORD of encouragement is a porous plaster which goes a long way towards drawing the pain from a discouraged soul."

"A KIND thought is the first link in the chain of kind words, kind deeds, and smiles."

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## 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.

227. RATIONAL TREATMENT OF CHRONIC HEART DISEASE.—1. Relative to an article bearing the above title in the June issue, would the use of a half-teaspoonful of salt in a tumblerful of hot water before meals be advisable in the case of a lady who has valvular heart disease and enlargement? *Ans.*—There is no contra indication to the use of normal salt solution as described above in the case of this patient; indeed, the additional fluid would doubtless prove beneficial by aiding the heart in the performance of its work.

2. Do you feel free to make any other suggestions relative to home treatment of this patient? *Ans.*—If the instructions given in the article referred to are carefully followed out, no further directions as to home treatment need be given. Of course the various complications mentioned, such as constipation, should receive appropriate treatment.

228. RHEUMATISM, STIFFNESS OF JOINTS.—R. L., Parkes: After an attack of rheumatism eleven months ago, I am suffering from stiffness of the joints. Please prescribe diet and home treatment. *Ans.*—You should abstain from alcohol and tobacco, tea, coffee, and flesh foods, including fish and fowl. Your diet should consist quite largely of fresh ripe fruits, such as are in season, together with cereal foods, especially dry toasted cereal foods like granose flakes or biscuits, granola, corn flakes, wheatmeal biscuits, etc., with milk and eggs in moderate quantities. Vegetables both fresh, as salads, and cooked are suitable foods for your trouble. I would advise you to take a glass of water about an hour before each meal, or a glass of orange juice or lemon and water. Sugar you should not use in its ordinary commercial form; but you may use sweet fruits containing sugar, such as figs, dates, prunes, grapes, etc., and honey or melsitos (malt honey).

Give due attention to thorough mastication and the enjoyment of your food. I would suggest that you read Horace Fletcher's book "The A.B.-Z. of Our Own Nutrition," if you are able to obtain a copy. The price is about 6s. Another new book which would give much information of value to you is the "Art of Health" by Upton Sinclair and Michael Williams. The Sydney price of this book is 6s., postage extra.

229. POCKET INHALER.—H. B. —: Do you believe in the "Twentieth Century Pocket Inhaler" for catarrh and colds? *Ans.*—Yes, we believe this instrument to be of service in many cases. A good atomizer, however, is to be preferred, as it brings a

fine spray, or vapor, of the medicament employed in immediate contact with all parts of the lining membrane of the nose and throat.

230. PAIN IN THE SIDE.—F. B., Dimboola: What is the cause and what treatment do you advise for pains in the right side toward the back? I am taking "Doan's Backache Kidney Pills." *Ans.*—The pains in the right side are probably due to the patent medicine you are taking—"Doan's Backache Kidney Pills." I consider these pills very objectionable, and would advise you to drop their use at once. A better kidney stimulant is pure water in moderate amounts, and the juice of citrus fruits, such as the lemon and orange, before meals. You should refrain from using tobacco, alcohol in any form, tea, coffee, and flesh foods, and should make free use of fruits, grains, and vegetables, with milk and eggs in moderation.

231. IRRITATION OF THE EAR.—C. H., Thames: I am troubled with itching crawling sensation in the ear. Kindly suggest treatment. *Ans.*—You should have your ear examined by a physician, as it is impossible to determine the cause of the irritation without such an examination. The trouble may be due to hardened ear wax; if so, this is easily removed. You may try the following treatment, if you desire, before consulting a physician. It will do no harm, and if hardened ear wax is the cause of the irritation, should give you relief.

Pour a few drops of warm olive oil into the ear before retiring, plug gently with a little cotton, and leave overnight. In the morning syringe the ear out with a pint of warm water containing a teaspoonful of baking-soda.

If this treatment relieves, it may be repeated every night for three or four nights, or until the irritation ceases.

232. RHEUMATISM IN THE SHOULDER.—J. G., Wee Waa: Kindly advise in Answers to Correspondents what you consider the best treatment for rheumatism. I suffer from a continuous pain in the shoulder and down the muscles of one arm. *Ans.*—There is just a little doubt as to whether this pain is rheumatic. Such pains are often of nervous origin instead. If the pain is due to neuritis, or, in other words, inflammation of the nerve which passes through the arm, the treatment would be quite different to that indicated in rheumatism. Are there any alterations of sensation, such as burning, tingling, or a pins-and-needles feeling along the course of the nerve? Further information is needed.

### Something Better.

WITH this issue we close the twelfth volume of our journal, and to all our readers and friends we wish to extend our thanks for their kindly interest in the paper during the years gone by, and to invite their continued co-operation in the year to come. During the year we have received many assurances from our readers that they have enjoyed reading the *GOOD HEALTH*, and that it has been helpful to them. This has given us much joy and encouragement in our work.

"Something better is the law of all true living." Beginning with our New Year number we are planning to take a decided advance step. The paper will come out in a new dress, it will be called *THE AUSTRALASIAN HEALTH MAGAZINE*, and the size will be increased to thirty-two pages. Our readers will thus receive nearly 150 pages more reading-matter in the course of a year. This will far more than compensate for the slight increase of sixpence per year in price which has been found necessary. The additional space will enable us to add some new features to the journal which will make it still more interesting and attractive.

It will be our aim to make the new magazine bright and helpful, and to assist in the physical, mental, and moral uplift of humanity through the individual and the home.

We shall endeavor to add to the sum total of human happiness by helping our readers to the attainment of mental power, physical strength, and well-being, and thus to stronger, more active, and more noble lives.

EDITOR, *GOOD HEALTH*.



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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, uncongenial tasks, and faulty training confuse the mental processes, weaken the perceptions, and make the memory poor.

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