

# GOOD HEALTH



MENS SANA

December, 1901.

- The Culture of Health.
- Living on Credit.
- The Full Taste.
- Water a Rational Remedy for Disease.
- How to Prepare for Winter.
- Scatter Your Crumbs.—*A Poem.*
- Round-Shouldered Girls.
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- A Christmas Dinner.
- Uses of the Hot Leg Bath.
- The Cost of Consumption.
- Cigarette Smoking from a Business Standpoint.
- Answers to Correspondents.

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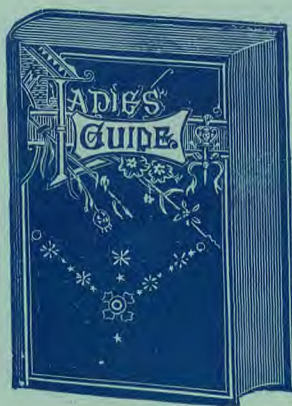
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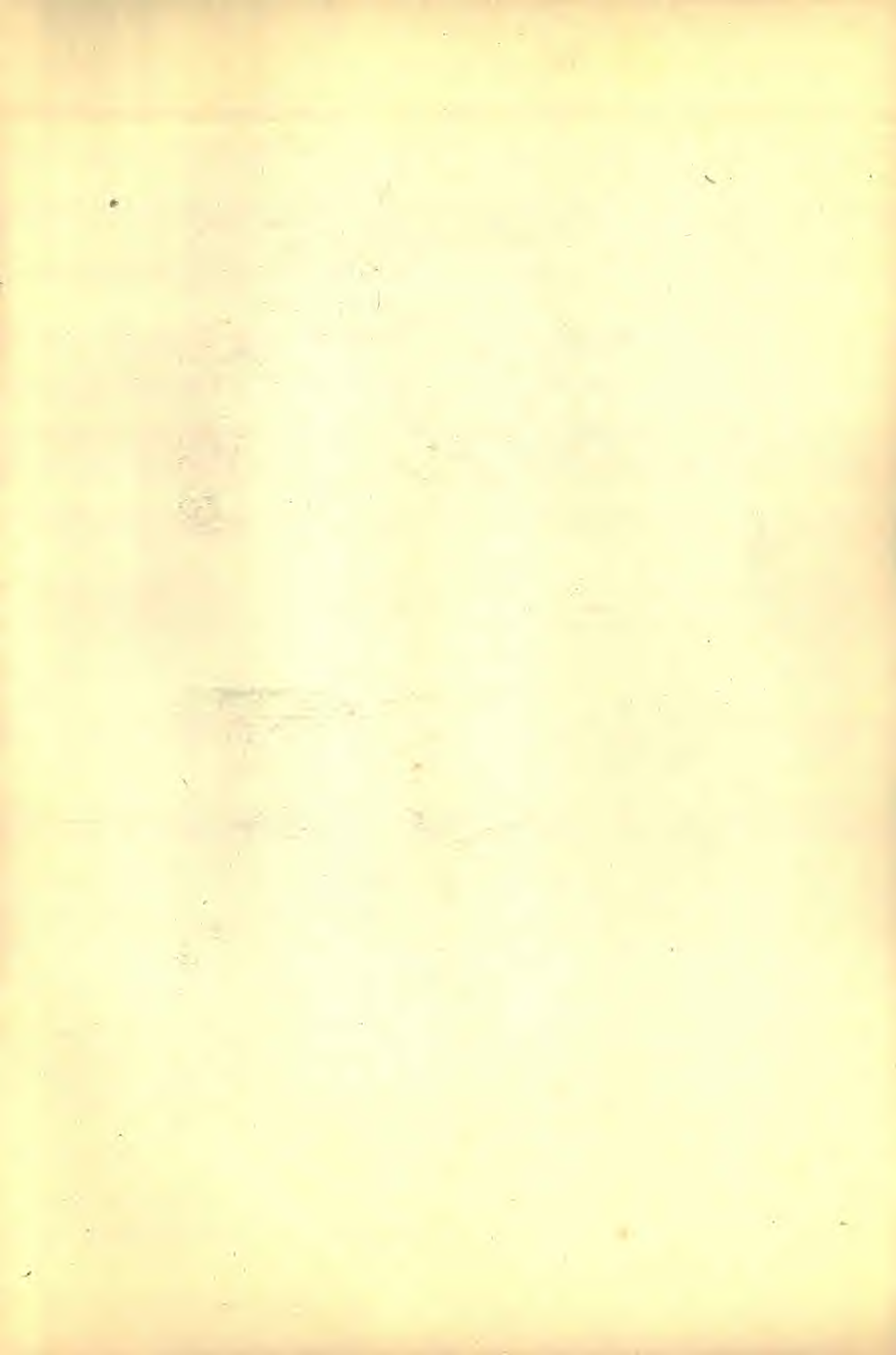
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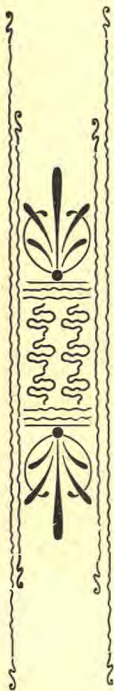
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The First Taste.



The Full Taste.

See Page 21.

# Good Health

An Illustrated Monthly Magazine Devoted to  
Hygiene and the Principles of Healthful Living.

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Vol. I.

December, 1901.

No. 2.

Physical Stamina was never more in demand than it is to-day. The very fact that modern life is so strenuous and exacting, and competition so fierce, makes a healthy, vigorous, enduring body requisite to success in almost any line of human effort. It seems strange that so little attention is given to this subject as compared with other matters of relatively less importance. Perhaps the reason is that many regard good health somewhat in the light of good luck; they are happy enough to have it with them, but know little or nothing of the laws that govern its possession. A mistaken view entirely!

\* \* \*

**The Culture of Health.**—"It doesn't rain roses," said a gifted writer. "If you want more roses, you must plant more trees." This is precisely true with regard to health. If people would be well, they must plant the seeds of health, and tenderly nourish the growing plant. Nature is not blind; she bestows her gifts with eyes wide open, and in conformity to laws which are immutable. A little intelligent culture of health is all that is needed to transform thousands of semi-invalids into healthy men and women, and to ensure a continuance of their present happy state to those who have not yet known the cruel bondage of disease. Unfortunately the culture is too often on the other side. Men thoughtlessly sow the seeds of disease, and then wonder why they reap a harvest of aches

and pains. Especially is this liable to be the case with persons who are enjoying a fair degree of health. By their careless manner of life they are making enormous draughts upon the stock of physical vitality with which they have been endowed; but as long as the supply is not entirely exhausted, they continue to draw, seemingly unconscious that they will ever reach the bottom.

\* \* \*

**A Sad Awakening.**—Not till the prodigal son had wasted his substance, and had begun to feel the pangs of hunger, do we read that he "came to himself." So it is with the physical spendthrift. Talk to the average youth, rejoicing in his manly strength, of the importance of conserving the vital energies and avoiding this or that indulgence as detrimental to the health. Though he may listen to you out of mere politeness, he has no real interest in the subject. But wait till his vital capital is nearly exhausted, and an untimely death stares him in the face. Then he will be anxious to know the things he once despised. He has "come to himself."

\* \* \*

**Living on Credit.**—Horace Mann, in a letter of advice to a law-student, urged assiduous attention to the laws of health. Referring to his own experience, he said: "I am certain I could have performed twice the labour, both better and with

greater ease to myself, had I known as much of the laws of health and life at twenty-one as I do now. In college I was taught all about the motions of the planets, as carefully as though they would have been in danger of getting off the track if I had not known how to trace their orbits; but about my own organisation, and the conditions indispensable to the healthful functions of my own body, I was left in profound ignorance. The consequence was, I broke down at the beginning of my second college year, and have never had a well day since. Whatever labour I have since been able to do, I have done it all on credit instead of capital,—a most ruinous way, either in regard to health or money. For the last twenty-five years, as far as it regards health, I have been put, from day to day, on my good behaviour; and during the whole of this period, as an Hibernian would say, if I had lived as other folks do for a month, I should have died in a fortnight."

\* \*

**Living on Capital.**—We say to the healthy young man, Why not begin the good behaviour now and live on your capital. You are familiar with the words: "Remember now thy Creator *in the days of thy youth*, while the evil days come not, nor the years draw nigh when thou shalt say, I have no pleasure in them." Youth is indeed the golden time in which to remember the laws of health, and study to conform to them in every detail. If thoughtlessness as to physical habits is to be tolerated at any time, let it be in old age; there is much less at stake then. The young man and the young woman are laying the foundation stones upon which the whole after life will rest. They cannot afford to build carelessly. A little mistake now may mean utter failure later on. How carefully does the skilled architect dig deep and lay a strong foundation for an important structure. Then should not the foundation of life be carefully laid?

**Teaching the Children.**—But it is well to go back still farther. The cultivation of correct physical habits should begin in the nursery. Parents, are you teaching your little ones to reverence their bodies, and yield loving obedience to the laws which govern them? Are you encouraging simple tastes and natural appetites? Are you teaching them that food is taken to nourish the body, not to tickle the palate? Are you keeping them sweet and clean, and giving them only pure water to drink? Thus you may give their minds a bent in the direction of physical right-doing, which will be of inestimable value in saving them from the evils that are flooding the world to-day.

\* \*

**To the Seeker after Health.**—Unfortunately many have grown to manhood and womanhood under conditions quite different from those above described, and are suffering in consequence. Let not such despair. There are wonderful possibilities in the human system. Nature is long-suffering, and will do her very best for the thoroughly repentant man. But there must be no trifling with her laws. Be whole-hearted and persistent in the cultivation of health. Cease to ask whether a certain thing will harm you. Ask instead, "Will it do me positive good?" Choose the *best*. Deny perverted appetite, keep down evil passions.

\* \*

**Live to a Purpose.**—Fix the whole mind on the real object in life—the glory of God and the good of one's fellow-men—and live to this one great purpose. You will soon find that you are not alone. Divine help will be with you continually. The same healing power that restored the multitudes who followed Jesus of Nazareth, is in the world to-day, and will heal you, if you will but put yourself in the channel where it can work. That channel is obedience to Divine law.

M. E. OLSEN.

## THE FIRST TASTE AND THE FULL TASTE. (See Frontispiece.)

BY E. J. WAGGONER.

## LOOK ON THIS PICTURE.

WHAT a glorious time the little fellow is having! Isn't it jolly? With father's pipe in his mouth, he is no longer "almost a man;" he is a man indeed. How he will lord it over his mates who have not yet acquired this manly accomplishment; for is not the ability to smoke the mark of the fully developed, perfect man?

What a fine flavour there is about tobacco, too! To be sure, it stings somewhat, but the delicious warmth covers up all that. But, after all, the greatest joy, at least for the present, is the delicious sense of freedom that he feels.

## NOW LOOK ON THIS.

"Oh, this is awful!" Such a terrible pain in the stomach, and his head is ready to split. The word "sick" doesn't describe the feeling at all; it is altogether too feeble. He is in torment.

But you must not talk to him now. He is too much occupied to give attention to what you say. His lordship is not at home to-day. In fact, he is in prison, worse than that,—in purgatory. Oh, if he could only be freed from this horrible feeling, he would ask for nothing more.

This last picture presents the real taste of tobacco. People imagine that the first sensation that an object produces when taken into the mouth is the taste of it. That is a delusion that is responsible for much suffering and bitterness of soul. One doesn't get the full taste of anything in a minute. If a thing is eaten, one must wait to see its effect on the body, before he can say that it is good, even to the taste. If after eating of that supposedly delicious dish one has a headache, a sinking, gnawing feeling in his stomach, a sharp pain through some portion of his body, or a bitter, nauseous taste in his mouth in the morning, he should know that that is the complete taste of the food that so deluged him.

Ah, if people could only have all the taste of a thing at once, they would spurn many dishes and many "luxuries" in which they now indulge. But if that were the case, there would be no opportunity for the exercise of reason and self-control—the true mark of manhood, and that which really distinguishes the MAN from the weakling and the beast. The death-dealing tree grows by the side of the tree of life; and the real ruler is he who learns that the freedom of manhood does not consist in doing whatever one is inclined to, but in refusing to be controlled by impulse and appetite.

If that boy persists in learning to smoke,—if he returns again to his tormentor,—he will at last come to regard it as his best friend. He will get so that he "couldn't live without tobacco." Then if he be deprived of it for a day or two he will feel as though he were in purgatory even more than he now does. Why?—Oh, that is the characteristic flavour of tobacco: it makes slaves of men, and most abject degraded slaves, too, because it makes them love their oppressor. Would that they (and the victim of tea-drinking, and of all other bad habits, as well) could know that the terrible feelings they experience when for a season they are deprived of their idol, are produced by the use of the thing, and not by the want of it. All these enslaving things have the deceitfulness of sin: they mask their real character while one is actually indulging in them.

"There is a way that seemeth right unto a man [and to a boy, and a woman, also], but the end thereof are the ways of death." How sad it is, yet it is true, that most people spend their strength and energy trying to find the way of death, rather than to preserve the priceless gift of joyous and free life, which the Creator has so richly bestowed upon all.

## WATER A RATIONAL REMEDY FOR DISEASE.

BY J. H. KELLOGG, M.D.

WATER is a physiological agent. A drug is an anti-physiological agent. Water acts upon the body, and the body reacts to it. A drug does not act upon the body; the body simply acts upon the drug to get rid of it. Water applied to any part of the skin causes it to contract, and thus stimulates an internal portion associated with that part.

An area of the skin about as large as the two hands, lying over the heart, is associated with the action of that organ. When we wish to slow the heart beat, we put an ice bag over this part of the skin, and when we wish to make the heart beat faster we remove the ice bag. The skin overlying the liver is associated with the liver; hence, if a cold application is put on this surface, it contracts the bloodvessels of the liver; but if a hot application is made to the skin, it dilates the bloodvessels of this organ. Therefore, if the liver is congested, the blood can be removed; and if the liver is diseased, healthy blood can be made to pass through it, and it will be healed, for it is the blood that heals.

Sometimes one feels sleepy. He bathes his face in cold water, and it wakes him up. Is there any medicine to be rubbed on the face that will wake one up as cold water does, and without the slightest injury to the skin?

What shall we do for a person with congestion of the kidney? Is there any drug that will remove the congestion?—No, a drug will increase the congestion, if it has any effect. But put the man into a tub of hot water, and the hot water will bring the blood into the skin in such quantities that the kidney will be drained of its blood and relieved. This is the simplest thing in the world.

Here is a man in the first stages of the plague. He has congested kidney, liver, lungs, lymphatic glands, and spleen, and he

is likely to have suppuration of the glands, inflammation of the kidneys, inflamed liver, and pneumonia. What is to be done for such a patient?—Put him into a tub of hot water. I was interested in an article in a medical journal in regard to a doctor who had seen seven hundred cases of plague in Bombay. He said that the best possible treatment is a blanket wrung out of hot water.

Water is a wonderful thing, because it sets nature to work; it controls and modifies the natural healing power of the body. Cold applications, changed every twenty minutes, quickly relieve congestion of the liver. But give the patient medicine, and it requires a long time to obtain relief, for the medicine must be taken into the stomach and absorbed; it must enter the circulation and be carried through the body before it finds the liver, and then only a small portion of it reaches that organ. If, instead of administering medicine, we make a cold application to the skin overlying the liver, that very instant the liver feels the thrill of the application.

Here is a man who has palpitation of the heart. Alcohol is given him to quiet that organ. How long will it be before any of the alcohol reaches the heart?—It must first be taken into the stomach, absorbed, circulated, and distributed all over the body; it goes to the head and the heels and all the places between, and the heart gets only a little of it. But if we wish to slow the heart immediately, we put a cold application over it, and that very instant the heart feels the influence of the application. Why?—Because the impulse travels over the nerves directly to the heart, and it goes at the rate of two hundred feet a second. How far is it to the spinal cord?—Say a foot. That is two feet to the spinal cord and back. So it requires only one one-hundredth of a second



before the cold application begins to do its work.

Suppose a person faints away, and falls upon the floor. If we were to send for a doctor to administer medicine, and were to wait for the medicine to be absorbed and to get to the heart and awaken it, by that time the patient might be dead. But every one knows what to do for a person who has fainted,—dash a little cold water in his face, and the heart begins to beat again, and the patient revives.

Every case in which an organ has ceased operations is a case of faint. Here is a stomach that has fainted away at the advent of an enormous dinner; the poor

stomach has a fit of indigestion. What is one to do? Swallow pepsin, the digestive principle from a pig's stomach? That will not cure the stomach. But a hot application over the stomach, followed by a cold application and massage, affords immediate relief. The stomach is energised by the cold application, and sets to work. So it is with every bodily organ. If one knows where to apply the water, hot or cold, as the case may be, he can wake up any organ of the body. Water is a remedy that will revive a patient almost instantly. It is an almost universal remedy, and all we need to know is how to apply it in an intelligent manner.

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## HOW TO PREPARE FOR WINTER.

BY DAVID PAULSON, M.D.

NATURE does not always attempt to suit our particular conveniences. If she did, winter, instead of coming to us in sudden, chilly blasts, would steal gradually upon us, the temperature becoming a few degrees lower day by day, thus enabling us little by little to become accustomed to cold weather. As it is, the sudden arrival of these cold days leads us to put on heavy under-clothing, and then, during the intervening warm days, this excessive clothing has a debilitating and weakening effect, so that when the weather becomes cold again we must either increase the amount of clothing or suffer in consequence, which may mean severe colds, bronchitis, and occasionally pneumonia or some other serious malady.

The ideal plan is to secure a small edition of winter every day; in other words, to take a short, cold bath daily, gradually reducing the temperature of the water. We can thus bring winter to the body on the instalment plan, so that when really cold weather comes, the body will not be taken unawares, but will have been trained by this progressive process to respond to it with good, vigorous reaction. One will

then be prepared to receive real pleasure from winter instead of having to look forward to it with dread, as is the case with so many under ordinary circumstances.

It matters little how the cold water is applied to the skin; whether in the form of a cool hand bath, cold towel friction, shower, pail pour, or full bath. The important thing is to have the application short, but sufficiently cold to arouse the slumbering activities of the body, and then to follow it *immediately* by such vigorous friction as will assist in promoting a good reaction. Gradually lower the temperature each day until water as cold as is obtained from the ordinary taps will still produce a good reaction. On general principles, a body that can react promptly to cold applications can also protect itself against the attack of germs. If it is worth while to invent labour-saving machinery, why is it not equally profitable to utilise disease-preventing devices or life-saving principles?

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“DRINK destroys more people than all the other plagues which afflict humanity, put together.”—*Buffon*.



THE . . .

## HOME.

## SCATTER YOUR CRUMBS.

AMIDST the freezing sleet and snow  
The timid robin comes ;  
In pity drive him not away,  
But scatter out your crumbs.

And leave your doors upon the latch  
For whosoever comes ;  
The poorer they, more welcome give,  
And scatter out your crumbs.

All have to spare, none are too poor,  
When want with winter comes ;  
The loaf is never all your own,  
Then scatter out the crumbs.

Soon winter falls upon your life,  
The day of reckoning comes ;  
Against your sins, by high decree,  
Are weighed those scattered crumbs.

ALFRED CROWQUILL.

## ROUND-SHOULDERED GIRLS.

BY MARY WOOD ALLEN, M.D.

“WHAT shall we do with our round-shouldered girls?” Anxious mothers are suggesting corsets, shoulder braces, and even surgical appliances as remedies for the defect. Too often the physician follows the same line of reasoning as the mother, and advises some instrument of torture which, by holding the shoulders back, will, it is hoped, overcome the deformity. There can be no possible plea for the corset in this regard. It is only a sham, in that it keeps the dress from wrinkling, while it allows the girl to droop, behind the screen of its smoothness.

Let us find out the cause of round shoulders. By looking at the girl, as she stands before us, it is evident that the

trouble is not primarily with the shoulders ; we must look elsewhere for the cause of the ungainly figure. To the mother, the awkwardness and lack of elegance are the chief causes of discontent, but to the physician these are the least of the evils resulting from the unnatural attitude. The outward lack of beauty, of dignity, and of charm of figure, are indications of conditions which affect vital organs. The lower part of the spine, straightened from its normal curve, the depressed and sunken chest, and the protuberant abdomen, all speak plainly of a lessened activity of the internal organs, as well as the displacement of the same. The position of the entire trunk is at fault.

What is the remedy for this abnormal position, and its baneful results? First, the dress must allow all internal organs to remain in or return to their natural position. This will tend to overcome the protuberant abdomen. Next, the girl must be taught how to stand properly, holding herself with head well poised on an erect spinal column. Paying no attention to the shoulders, let the arms hang naturally at the sides, taking care that the spine maintains a vertical position. Now see that the chest is raised, keeping the chin drawn well into the neck, and that the abdomen is retracted. We shall find that the round shoulders have entirely disappeared. In order to maintain this correct attitude, the body must be balanced on the balls of the feet, not resting its weight on the heels.

An excellent method of obtaining the

correct standing position is to stand with the toes and chest touching a door, the abdomen at the same time being well drawn back. At first you will feel as if about to fall forward, but that feeling will soon pass away, and you will experience an added physical power in this erect position. You can walk better, stand longer, work more easily, breathe freer, sing better, and, in truth, be a stronger, more beautiful, and more dignified woman. This position not

only overcomes the prominent abdomen in women of all ages, but also adds to the height, gives style to the figure, and grace to the carriage.

If you have a round-shouldered girl to deal with, say nothing to her about her shoulders, but induce her to dress so as to give freedom to the waist muscles. Then teach her how to stand, and the problem of round shoulders is solved at once and for ever.

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## A CHRISTMAS DINNER.

THE desire to dine well on Christmas day is all but universal, and is a perfectly natural one. Indeed, one should dine well every day; but a good dinner is not one composed of a variety of indigestible dishes. In many households, luxurious eating is the chief feature of the holidays; nor is this confined to recent times. If we go back to the days of the covenanters, we find one of the divines of that day preaching against Christmas excesses in the following vigorous language: "You will say, sirs, 'Good old Yule day!' but I tell you, Good old fool day! You will say, 'It is a brave holiday,' but I tell you, It is a brave belly-day!"

The menu suggested below affords a liberal variety of wholesome foods. Flesh meats are not included, for reasons which we believe will commend themselves to our readers. First, the taking of life seems to be out of keeping with the feelings of peace and good will which Christmas should inspire in every heart. Secondly, meat dishes are as a rule difficult of digestion, and contribute very materially to the digestive disorders which are liable to accompany the ordinary Christmas fare.

If a Christmas pudding is regarded as indispensable, we would suggest that ground walnuts or hazel nuts take the place of the suet commonly used for shortening, and that alcoholic liquors be wholly

dispensed with. The walnut roast is given for those who have not begun the use of protose.

Avenola is recommended for the tart, because it is the only grain preparation we know of which makes a crust at once toothsome, dainty, and perfectly wholesome.

### MENU.

**Tomato Soup with Croutons.**  
**Protose Roast (or Walnut Roast).**  
**Mashed Beans. Baked Potatoes.**  
**Beet-Root Salad.**  
**Orange Tart with Avenola Crust.**  
**Cream Rolls.**  
**Apples and Nuts.**

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### RECIPES.

**Tomato Soup.**—Put a quart tin of tomatoes through the colander, add half the amount of water, and heat to boiling. Rub three tablespoonfuls of flour smooth in a little water. Add to the tomatoes and boil until thickened, stirring constantly, that no lumps form; add salt to season, and lastly introduce two tablespoonfuls of nut butter rubbed smooth in a little hot water. If the soup is too thick, thin by the addition of hot water. Let all boil together for a few moments, then serve.

**Croutons.**—Cut several slices of stale white bread into half-inch cubes, place in a warming pan, and heat in a moderate oven till evenly and lightly browned but not scorched. Serve hot with the soup.

**Protose Roast.**—Use one-half pound of protose as it comes from the tin. Press into the sides

of this one large onion which has been sliced thin, and sprinkled with salt. Place in a baking dish, and surround with a nut cream made by dissolving one-fourth cup of peanut butter in one and one-half pints of water, and salt to taste. As it bakes in a hot oven, baste often with the dressing until the protose and onion become a rich brown. The time usually required for baking is from one and one-half to two hours. Serve with each spoonful of protose two or three spoonfuls of the dressing.

**Walnut Roast.**—Chop walnuts moderately fine, and add to one cup of the nuts one cup of well-toasted bread crumbs (zwieback crumbs will do). Mix the nuts and crumbs with one and one-half pints of rich milk, season with salt and a little chopped onion or celery, and bake in a moderate oven until firm and of a rich brown colour.

**Mashed Beans.**—Soak over night in cold water a quart of the best haricot beans. When ready to cook, drain, put into boiling water, and boil till perfectly tender, and the water nearly evaporated. Take up, rub through a colander to remove the skins, season with salt and a half cup of thin cream or a tablespoonful of nut butter, put in a shallow dish, smooth the top with a spoon, and brown. If preferred, one-half bread crumbs may be used with the beans. Half-slices of lemon

arranged upon the well-browned surface make a pretty as well as an appetising dish.

**Beet-root Salad.**—Cook the roots till perfectly tender; pare, cut into thin slices, and pour over the slices lemon juice slightly diluted with water.

**Orange Tart.**—Rub smooth a tablespoonful of corn-flour in three tablespoonfuls of water; pour over it a cup of boiling water, and cook until clear, stirring frequently that no lumps form. Add one cupful of sour orange-juice, a little grated rind, and the juice of one lemon, with sugar to taste. Lastly, when quite cool, stir in the well-beaten yolks of two eggs. Bake with under crust only, made according to the recipe following. Meringue the top, when baked, with the whites of the eggs well beaten with a tablespoonful of sugar, and a very little grated orange peel sprinkled over it.

**Avenola Crust.**—For one medium-sized pie use three-fourths of a cup of avenola mixed quickly with one-third cup of rather thick nut cream (made by dissolving nut butter in water). Turn into a pie tin, and spread with the bowl of a spoon evenly over the bottom and sides of the tin. Fill and bake.

**Cream Wheat-Meal Rolls.**—See recipe in November number of GOOD HEALTH.

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## MY SHORT DRESS.

BY EVORA BUCKNUM.

It is nearly twenty-five years since I discarded trailing dresses. When I stepped out from society and became a business woman, I soon found that the short dress was the only practical dress to wear, and in the vicissitudes of my life since, I have never had any reason to change my mind. I did not begin to wear it because it was fashionable, or because someone else did; but I have always believed in cleanliness, and when asked why I wore my dresses so short, my reply has been, "Because I do not think it is neat to wear a dress long enough to catch the filth of the street." Now that we are learning of the germs of diphtheria, tuberculosis, and all the repulsive things contained in the dust of the street, I feel very anxious to see many more escaping its dangers.

In country towns and villages I occasionally hear the giggling of ill-bred

school children, or see the smiles of pert misses or boorish boys, and once in a while, on dry, sunshiny days, I notice the exchange of glances and smiles between those not children in years. But the smiles of my poor sisters vanish when on rainy days they are struggling along with umbrella and parcels in one hand, and with the other holding up their dresses in one place, in the back, while at the sides and in front they are at the mercy of the wet and muddy pavement. Then I am tripping along with my abbreviated skirts and high-topped boots, regardless of the rain or mud. I could smile then, but I feel nothing but pity and a desire to relieve others from their self-imposed burden of mopping the streets.

I wear my dress not less than four inches from the floor, and have my boots made ten inches high. I first tried the

leggings used with cycling suits, but found them nearly as objectionable as the long dress, so I adopted high-topped boots, and they are perfectly satisfactory. Of course they have low heels, and are so comfortable in every way that I am never painfully aware of my feet. I always insist on having the dress skirt made an inch shorter in the back, so that, by wearing, it will hang evenly all round.

I have walked from ten to fifteen miles a day, for three or four consecutive days,

with very little fatigue, which would have been out of the question with corsets, long skirts, and conventional boots.

I am sure that my readers will agree with me that with so much comfort and an approving conscience, I can afford to bear the smiles of the ignorant and ill-bred. I am entirely willing to allow the regularly accredited street sweeper to have a monopoly of that business, but if I were expected to assist him, I should prefer to sweep with a broom rather than with my skirt.

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### ACUTE BRONCHITIS.

BY J. H. KELLOGG, M.D.

ACUTE bronchitis is an inflammatory disease of the bronchial tubes, characterised by the following symptoms:—

Shivering.

Slight fever.

Headache.

Loss of appetite.

Tightness about the chest.

Dry cough, with glary expectoration, which later turns to a copious mucus secretion.

Rattling sounds in the chest.

At the beginning of the disease the patient feels as though his chest were "stopped up," and the hard coughs result in very little expectoration. After a few days the secretion becomes more abundant, and is expectorated freely.

**Treatment.**—The diet must be at once carefully regulated. Condiments, alcoholics, fats, pastry, and sweets should be avoided, since they clog the system and predispose to congestive disorders. On the other hand, fresh and cooked fruit may be taken quite freely. The sufferer should also drink a considerable quantity of fluid during each twenty-four hours, mucilaginous drinks being especially acceptable.

The patient must be subjected to such measures of treatment as will draw the blood well to the surface of the body and to the limbs. Accordingly, a vapour bath,

a dry air bath, or even a plain hot water bath are indicated. Where it is impossible to administer the more complicated measures of treatment, frequent hot mustard foot baths, with fomentations [flannels wrung out of hot water] to the spine, will be found almost as efficacious. Fomentations should also be applied to the chest and back. During the intervals of treatment a towel wrung out of tepid water, and covered with dry flannel, should be worn on the chest. Frequent inhalations from a good vapouriser, are both soothing and healing.

In a few days the bronchitis will disappear, but there is usually a tendency to recur once left behind each attack. This must be minimised by hardening the body against cold. To do this, self-control must be exercised, lest the tissues become clogged by over-eating, or by partaking of an impure and stimulating diet. Twice a day the neck and chest should be bathed in cold water, especially during the winter months, when the disease is most likely to recur. The whole body needs to be clothed in warm undergarments, the limbs being protected even more thoroughly than the remaining parts. On the other hand, do not over-protect it by too much covering, for nothing is so likely to predispose to colds and catarrhal conditions.

# EDITORIAL.

## Uses of the Hot Leg Bath.

THE hot leg-bath has two marked advantages as a form of treatment;—(1) It is easy to give, requiring only the simplest appliances, not even a bath-room. (2) It

body a tepid sponge bath followed by brisk rubbing. Then put the patient in a dry, warm bed, with a hot bottle to the feet. Open up the windows and let in plenty of fresh air; this is important.

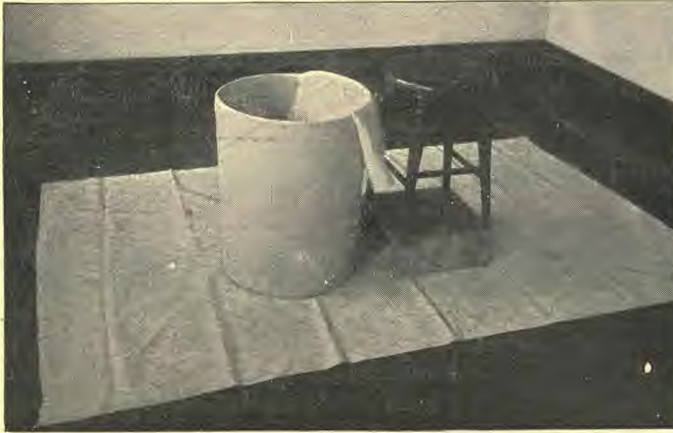


FIG. 1. -

is an effective remedy for a number of common disorders.

Heat plenty of water in the copper. Fill a rather deep pail, or similar vessel, (see Fig. 1), about two-thirds full with water as hot as can be borne. Let the patient plunge his feet and legs into this, and cover on all sides with a warm blanket, as in Fig. 2. Add more of the boiling water at frequent intervals, taking care not to scorch the skin. Keep the head cool by means of a cloth wrung out of cold water.

During the progress of the bath, which should not last more than fifteen minutes, the patient should drink several glasses of hot water or hot lemonade, to encourage free perspiration. It is also important that the room be comfortably warm, and the patient well protected with blankets or other covering.

On taking the feet out, dash over them a little cold water, and then dry with a towel, rubbing vigorously. Give the whole

In our previous number we referred to the use of the hot leg-bath in breaking up a cold, for which it is almost a specific. It affords much relief in gout and often cures a throbbing headache by drawing the blood from the head to the extremities. Chronic ulcers of the leg, swollen knees and ankles, and varicose veins of the limbs are other diseased conditions for which the hot leg-bath is a most effective form of treatment. Taken just before retiring it prevents wakefulness in nervous persons.

## Cigarette Smoking from a Business Standpoint.

THE evil effects of tobacco upon the human system can scarcely be exaggerated, and yet most people are wont to look upon the habit lightly, and to minimise the harm done. Still, progressive business men are beginning to realise that habitual users of the weed become to a greater or less extent incapacitated for efficient service. Thus the Chicago, Rock Island, and Pacific Railway Company have adopted a regulation that no cigarette smokers shall be taken into their employ. It is not likely that a great railway company employing thousands of men would take such radical action if the officers were not fully convinced that cigarette smoking seriously interferes with the efficiency of their men.

In giving the reasons for the new rule adopted, the president of the road, Mr. W. G. Purdy made the following pertinent remarks :—

“We want to discourage cigarette smoking among our men. It is a vicious habit which tends to befog the mind and make one listless and careless in the discharge of his duties. Experience has shown that the confirmed cigarette user is sleepy and of no account; he becomes irresponsible and lazy. In the railroad business, and especially among the trainmen, it requires a clear brain to discharge the responsibilities.”

The views of Mr. A. J. Hitt, general superintendent of the same road, are equally emphatic. We quote a few statements :—

“There is no doubt that the use of the cigarette unfits a man, in a measure, for work. My observations, as well as the opinions of eminent physicians, have convinced me that the cigarette vitiates a man's capacity. It enervates him, renders him listless, and somewhat reckless. A person addicted to the habit always has a languid feeling that is markedly evidenced in the drooping eye and the nervous body, and in the railway business one must always have a clear brain, strong nerves, and a healthy body, properly to carry on his duties.”

Such unqualified testimony against the cigarette from practical business men of wide experience ought to convince even the most sceptical. But, unfortunately, appetite is frequently stronger than will power, and this fact, rather than ignorance of the evil effects of the habit, accounts for a large number of the devotees to the cigarette and other forms of tobacco.

### The Cost of Consumption.

In a discussion before the American Medical Association on the prevention of tuberculosis, Dr. W. A. Evans presented the following four propositions :—

“1. Tuberculosis is the most widespread of all diseases.

“2. It is the most costly of all diseases.

“3. It is the most important economic problem that confronts the American people.

“4. Tuberculosis is, relatively, gaining in frequency.”

The great loss of life from consumption is simply appalling. In France it is estimated that over 150,000 people die yearly from the disease. Germany is said to pay an annual tribute of 170,000 to the grim monster, and the United States 150,000. Taking the whole world into account, the proportion of deaths due to consumption is estimated to be one in seven. In Austria, France, and Italy it is one in five.



FIG. 2.

On the basis of one out of every seven, which is perhaps a fair estimate for the United Kingdom, approximately 6,000,000 of the present population are doomed to die of tuberculosis.

From a money standpoint alone, which is doubtless the least important, the magnitude of the loss is simply tremendous.

Reliable data pertaining to this question are difficult to obtain; but according to a careful estimate, each tubercular charity patient costs New York City \$522 (£104) per annum. This figure might be high for the charity patients throughout America, but it is a low one for the average patient, both charity and pay. At this figure the cost of tuberculosis each year in America is \$574,000,000 (or £114,800,000). If we figure on the basis of the deaths from tuberculosis, and value each at the regular

legal compensation for the life of an individual—(£1,000), we find that tuberculosis costs the American people an additional sum amounting to \$750,000,000 (£150,000,000) annually.

Statistics shew that consumption is no less widespread and fatal in Great Britain. If the cost of this terrible plague is proportionately as great here, it would mean an annual expense of more than £75,000,000 spent in caring for the patients, entirely leaving out of account the losses resulting from deaths.

## QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post.

**Swollen Knee.**—A. G. has a swollen knee caused by too much walking and standing about. 1. What treatment should be given? 2. The system seems to need toning up: would you advise wine or some other stimulant?

*Ans.*—1. Give the limb complete rest, and apply fomentations (flannel cloths wrung out of hot water) for an hour at a time thrice daily. Follow an abstemious diet consisting mainly of well-toasted grains and fruits.

2. No; alcoholic drinks of any kind would only aggravate the difficulty. Pure air and sunshine, and good, wholesome food, are nature's own stimulants. Alcohol is a narcotic.

**Chronic Catarrh.**—X. is troubled with chronic catarrh of the nose and throat, and desires suggestions for home treatment.

*Ans.*—For local treatment obtain the following preparation of a chemist, and take by means of a vapouriser fifteen or twenty minutes at a time, two to four times a day:—Oil Eucalyptus, 2 Gr.; Menthol Crystals, 2 Gr. Also take a hot bath twice a week, just before retiring for the night. Every morning, immediately on getting out of bed, rub the whole body briskly with a towel wrung out of cold water. Follow with a dry towel, till the skin is red and glowing. Then take vigorous exercise for a half hour. Give attention to your diet. The man who has catarrh, is often the victim of slow digestion and an over-worked liver. Eliminate narcotics, condiments, and all greasy foods from the bill of fare; eat only three meals daily, and let the evening meal be very light; avoid drinking at meals, and be careful as to food combinations.

**Time of Meals—How Much to Eat.**—H. G., Yorkshire, asks the following questions:—

1. What is the best way of preparing chestnuts for the table?

2. I work from 6.30 to 8.30 A.M., 9 to 12.30 P.M., and from 1.10 to 5.40 P.M. I have been advised to adopt the two meal plan. Would 8.30 and 5.40 be good hours for breakfast and dinner respectively?

3. I am a young man of twenty-six, and live a sedentary life, having mainly brain work to do. I think I am inclined to overeat, and would like practical advice as to the kind and quantity of food that I need to keep my system up to the best working capacity.

*Ans.*—1. Chestnuts are perfectly wholesome either boiled or roasted. In either case the cooking should be thorough, as the nuts abound in starch, which is difficult of digestion in a raw state.

2. Yes; they are not the best hours, but you can hardly do better under the circumstances. It might be just as well for you to eat a little fruit at 12.30, especially at first, until you get accustomed to the two-meal plan.

3. Zwieback or some form of unleavened bread, with fresh or stewed fruit in season, and a few nuts, make an ideal and very simple breakfast for the man of sedentary occupation. Poached eggs or, better, one of the prepared nut foods, such as bromose or nuttolene, would be good for a variety; but never omit the fruit. For dinner take a vegetable or two if they agree with you, prepared in a simple way without the addition of grease, with plenty of good wholemeal bread, legumes, nuts or nut foods, and a little mild fruit. If your digestion is not very good, it would be as well to omit the vegetables entirely.

As for the proper quantity, that depends upon the man, the work, and the weather. On a cold day a man needs more food than on a warm day. It is well to remember that the general tendency is to eat too much. Plain food, slow eating, with cheerful conversation, and the liberal use of fruits, are conducive to temperance in eating.



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\* \* \*

THIS would seem to indicate that **GOOD HEALTH** fills a real demand; that the public feel their need of a wide-awake little magazine giving in a nutshell all that is latest and best in the way of health and healthful living. In fact the friends who have been giving an occasional afternoon to introducing the magazine amongst their neighbours, have repeatedly met with the exclamation: "That is just what I have been wanting."

\* \* \*

Now we have made a fairly good start; but we must go on. **GOOD HEALTH** desires to visit every home in this kingdom. It must look to its friends for an introduction. We make bold to ask the co-operation of every one who loves his fellow-men, because we know that the principles taught by this magazine would bring rich blessings to every home.

\* \* \*

As for the contents of the paper, we hope to improve month by month. Criticisms and suggestions will be heartily welcomed. We say to our friends and readers: **GOOD HEALTH** is your magazine; it stands for right principles of living, and every man and every woman who believes in these principles, is part of the concern. May we not expect you all to take a family interest in the enterprise, and lend us your hearty co-operation?

THIS is the holiday season, and we would modestly suggest that a year's subscription to **GOOD HEALTH** would be a gift at once pleasing and useful. Twelve monthly visits, with plenty of helpful advice and good cheer, for only 1/6.



## OUR NEXT NUMBER.

PLEASURABLE anticipations are conducive to health. Hence we think it worth while to occupy a little space in telling our readers some of the good things that will appear in our January number. There will be an excellent article on the "Hygiene of the Nose and Throat," by Dr. J. H. Kellogg, which will contain much valuable advice as to the care of these important organs during the winter months.

Rheumatic troubles are also very common at this season of the year, and so we have arranged for an article by Dr. David Paulson, which will discuss the causes of rheumatism, show how the disease may be avoided, and also give simple remedies for it which may be applied in the ordinary home.

"Patti's Code of Health," with comments, will be another attractive feature. Women, and men too, who desire to avoid unsightly wrinkles and keep young and fresh will find much to help them here.

Housewives and cooks on the look-out for new recipes will find something quite to their liking in the article in the Home department on "Breakfast Dishes." Hints on caring for the sick, by a physician, will be of special interest to mothers.

"Care of the Eyes in School Children" is another timely topic that will be considered. With the taking up of new responsibilities in the way of study, the children's eyes need a little special attention; otherwise grave diseases may creep in which will follow them all through life.

How to give up Corsets, Convulsions in Children, and Stomach-Goneness, are some of the other matters that will be very briefly discussed. We shall also begin a short serial story.

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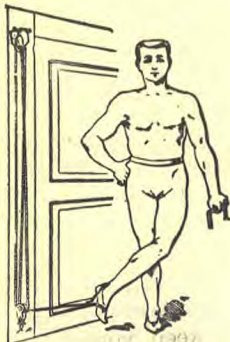


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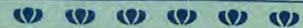
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