

# GOOD HEALTH



June, 1902.

Editorial Chat.

Summer Diseases: How to Avoid Them.

The Good Health Movement.—*Illustrated.*

Knee-Deep in June.—*Poetry.*

Outings for Health.—*Illustrated.*

How Should We Stand?—*Illustrated.*

Care of the Baby in Summer.

The Relation of Mother and Daughter.

Warm Weather Cookery.—*Illustrated.*

The Marvellous Recovery of Mrs. Ilsworth.—*Serial.*

The Answer.—*Poetry.*

Common Sense vs. Fashion Sense.

Small-pox.

The Ice-cream Barrow.

Questions and Answers.

Hints to Ocean Travellers.

Vol. 1.

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No. 1.





## WHY THIS FALSE SHAME?

‘Tell me of what you are ashamed, and I will tell you what you are.’ There are some things of which one ought to be ashamed, whilst there are others of which one should be ashamed of being ashamed. False shame is a robber. It takes from us our pleasures, joys, and rightful inheritances, and gives us nothing in return. Is a woman ashamed of desiring beauty, or a man of acquiring strength? According to the publishers of Professor Boyd Laynard’s great work, **SECRETS OF BEAUTY, HEALTH, AND LONG LIFE**, there are hundreds of thousands of such cases. In a recent interview with the publishers, the following statement was made: “It is perfectly astounding the thousands of letters we are receiving from the public requesting us to send Professor Laynard’s work privately packed! Of course we have always made a custom of doing so; but why people should be ashamed of receiving such a book is beyond our comprehension and very uncomplimentary to the Professor, who is the greatest living authority upon personal hygiene. But for all this, the sale of his work in the English language is rapidly approaching one million copies. Hindustani and Malayalam are among the latest translations of Professor Laynard’s famous book.”

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# Some Plans for "Good Health."

WE trust our readers will be pleased with this number of GOOD HEALTH. It comes nearer to our ideal than any previous one; but, of course, we still hope to advance.



THE friends who have written appreciatively of the magazine, will please accept our best thanks. We, in turn, appreciate the loyal co-operation which you have given, and shall hope for a continuance of the same. Every day affords new evidences of the great need of these life-giving principles. "Half the deaths," said a prominent physician recently, "are wholly preventable." Ignorance of physical laws, and not a mysterious dispensation of Providence, is the real cause of many a funeral.



Now we have a great many good things in store for our readers. Mrs. H. R. Salisbury begins in the present number a series of articles on physical culture which will be of great value. The writer of these articles has not only studied the subject in the best schools, but for some time had charge of this work in the Battle Creek Sanitarium, thus getting a practical experience which especially fits her to meet the needs of a large class of readers. The central idea in these articles will be symmetrical, all-round development. We earnestly invite all our readers to begin at once to take these exercises. You will find them simple and practical, and very helpful.



MRS. SISLEY, whose article appears in the Home Department, has promised

some more contributions in the near future. The mothers will, we are sure, appreciate these sympathetic, heart-to-heart talks from one of their own number.



HOUSEWIVES will, we trust, find some recipes in the home department that they will want to try. We are well aware of the fact that many of our readers are heavily burdened with home cares, and to such it

may seem unnecessary labour to experiment with new recipes; but nothing is attained without effort. Changes are always a little hard, to begin with; nevertheless they often bring real relief in the end. Try some of these recipes, and you will find that with a little practice they will be fully as easy of preparation as some of the old dishes, and, very likely, a great deal more wholesome.



Now we wish to get our readers to thinking along the line of hygienic cookery, and will therefore invite any and all to send us for publication in GOOD HEALTH, the menus for an Ideal Breakfast and an Ideal Dinner on a warm summer day. Write plainly on one side of the paper only, and with lines far apart. If you have occasion to use some dishes that would not be familiar to our readers indicate on another sheet how they should be prepared. Keep in view the questions of proper nourishment, expense, and time required in preparation.

To the one who sends us the best paper on this subject, we shall present a copy of Mrs. E. E. Kellogg's elaborate work on cookery entitled "Science in the Kitchen," (costing 8s.). All MSS must reach the GOOD HEALTH office not later than June 25.



MRS. H. R. SALISBURY.



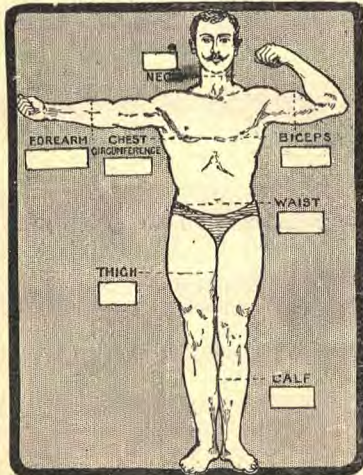
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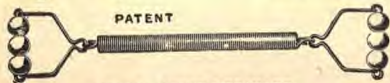
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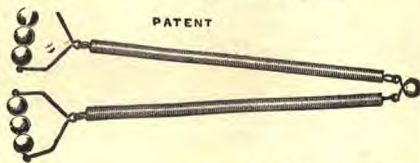
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## ROSES IN JUNE.

MINE is the month of Roses; yes, and mine  
The month of Marriages! All pleasant sights  
And scents, the fragrance of the blossoming vine  
The foliage of the valleys and the heights.



Mine are the longest days, the loveliest nights;  
The mower's scythe makes music to my ear;  
I am the mother of all dear delights;  
I am the fairest of the year —*Longfellow.*



# Good Health

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

Entered at Stationers' Hall.

Vol. I.

June, 1902.

No. 1.

## EDITORIAL CHAT.

**Prison Fare Not So Bad.**—The death-rate in our prisons is ten per thousand, much less than that of the most healthful towns in the country. One of the weeklies suggests that the reason is to be found in the diet, the principal basis for which is good wholemeal bread with other plain, nourishing food.



**A Deadly Delicacy.**—Such is the term very properly applied by the *London Express* to "barrow ice-cream," one spoonful of which was sufficient to cause the death of a child in Southwark. Medical evidence at the inquest showed that "death was due to the decomposed milk used in the manufacture of the ice-cream." Another death is reported from Wales. Cases of severe poisoning from the same cause are not infrequent.



**How to Have Purer Air.**—The atmosphere of cities is purer in summer than at other seasons, owing to the absence of grate fires. It would be still purer if users of tobacco were to take a little vacation. Sensitive persons sometimes find the incessant presence of nicotine fumes on the streets, on 'bus tops, and in places of business rather annoying. They are liable to wish that the devotees of the weed were less generous in passing the smoke around.

**To Avoid Cancer.**—Dr. Marsden, of the Fulham Road Cancer Hospital, states that he anticipates no great decrease in cancer until more care is taken in the preparation of food. Scientific cookery is one of the crying needs of the hour, and the same is true of the proper selection of food. The cancer problem certainly merits all the attention it is receiving. We are pleased to note that efforts are being made to raise funds for the better equipment of the cancer hospitals, and for the carrying on of further investigations into the causes of the disease. The enterprise is worthy the hearty support of all philanthropically inclined persons.



**Advice Worth Following.**—There is plenty of good common sense and true philosophy in the following bit of health advice culled from that original and suggestive periodical, *The Philistine*:—

"No, I do not need a doctor. Since I began using God's remedies, I have used no others. Fresh air, moderate exercise, plain food, regular sleep, and kind thoughts will heal you of your diseases, pluck from memory its rooted sorrows, and put you close to all the good there is.

"Especially should you breathe deeply—we can over-eat, but we cannot over-breathe. Breathe deeply of God's Great Out-o'-Doors. It is all free, and Providence has ordered things in such a way



that, so far, no monopoly has ever clutched the ozone. Fresh air, like salvation, is free. You can do without food for several days, possibly to your advantage, but you cannot do without oxygen for a minute. Breathe deeply."



#### The Number of Germs in Cheese.

—One of the articles which may well be dispensed with by those who desire to keep their stomachs in a clean, wholesome condition, is cheese. Careful investigations show that a pound of strong cheese contains on the average 500,000,000 germs. Poisoning from cheese is especially common in warm weather.



**Chicken-Cramming.**—If the S.P.C.A. has not its hands too full of work already, the Heathfield (Sussex) fattening industry certainly deserves some attention. One of the dailies prints the following descrip-

tion of the process as gathered from the local farmers:—

"We have thousands of chickens sent to us daily from Ireland, Kent, and Surrey, where they are bred, to be made marketable for London. They come to our hands in a 'skin-and-bone' condition, and after three weeks are fit for the table.

"This is effected by forcing or 'cramming' oatmeal and fat, by a mechanical appliance called the 'crammer,' into their crops, and keeping them warm and dry by 'lews' of gorse and straw, which shelter them from the winds."

We leave it to our readers to judge whether fowls treated in this manner are "fit for the table." Are they not rather fit for the cemetery? Moreover, would not the most effectual protest against such cruelty be a refusal on the part of the public to buy these fowls, many tons of which are despatched to London weekly?

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## SUMMER DRINKS.

WHAT shall we drink in summer? is a question that will often come up during the next two months, and we may well give it some attention.

First, there are some drinks that we can well do without. Alcoholic liquors of every sort and variety certainly are out of place in the warm summer months, and, for that matter, all seasons of the year.

But even amongst the so-called temperance drinks, there are some which are distinctly injurious. Tea and coffee affect the nerves. Taken in any considerable quantity they will in time produce very serious results, and they cannot possibly do good. The mere fact that it is so difficult to stop the use of tea, should be sufficient evidence that it is somewhat akin to tobacco and alcohol.

Ginger ale is a common "temperance drink" which is unfit to introduce into one's stomach. Many of the cheaper bottled

lemonades and similar drinks are of decidedly questionable origin.

What would you drink, then?—Pure water is undoubtedly the ideal drink for man and beast. "Water drinking," observes a physician, "provides an internal bath." Evidently it is most effective for cleansing purposes, whether taken externally or internally, if free from extraneous elements.

There are times, however, when it is conventional, if not necessary, to offer something more than water. Home-made lemonade is a very fair substitute. Use the best lemons, and a small amount of good sugar, and you have a very healthful and refreshing summer drink. If very cold, it should be sipped slowly. Omitting the sugar altogether makes it rather more refreshing. In any case the sugar should be used sparingly, as it is somewhat heating.

Orangeade is a favourite drink with some.



Grape juice, unfermented of course, makes an ideal draught. Raisins simmered slowly give off a very rich juice which may be flavoured with lemon, and diluted with water.

The chief value of all approved drinks lies in the water they contain. Water the system must have, and in considerable quantities. But avoid drinking at the meals, as well as immediately before and

after eating. A glass of pure water taken the last thing at night and the first thing in the morning, will not come amiss. The middle of the morning and afternoon are also good times for drinking freely, and it is well to improve them.

Never on any account indulge in ice water or iced drinks of any description. They are fraught with danger to health, and are decidedly unphysiological.

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## SUMMER DISEASES: HOW TO AVOID THEM.

BY J. H. KELLOGG, M.D.

DYSENTERY, cholera morbus, and kindred diseases will for the next two months figure largely in the lists of mortality. Notwithstanding the enormous loss of life occasioned every year by these diseases, every sanitarian is familiar with the fact that they all belong to a class known to be preventable. This being true, it is evident that all who are informed on this subject ought to be actively engaged, not only in prevention, but in promulgating a knowledge of the means of prevention. Careful attention to the following simple rules will be quite certain to afford ample protection from the bowel disturbances so common at this season:—

1. Make the diet simple and light. Avoid all articles of food that are difficult of digestion, as fat meats, food highly seasoned with condiments, rich cake or pastry, confectionery of all sorts. Animal food is especially unfit for use during the hot months. White bread should be eaten sparingly, and had better be discarded altogether in favour of brown bread.

2. Avoid eating between meals and taking late suppers. For persons who are not engaged in severe physical labour, two meals are preferable to more; and many will perform harder physical labour on two meals than when taking three.

3. The diet should consist chiefly of ripe fruits, nuts, and grains, with well-matured

vegetables. Fruits and grains are the most wholesome and cooling diet for this season of the year. Vegetables in general use are less digestive than fruits or grains. The greatest care should be taken to procure ripe fruits and well-matured vegetables. Fruit picked when green and afterwards ripened to hasten its preparation for market, is premature and unfit for food.

4. The use of ice-water is a very injurious practice. Ice-cream is a most unwholesome luxury. It cannot be taken at any time without more or less injury to the stomach. During the hottest part of the season its use is absolutely dangerous. If very cold water is taken at all, it should be sipped slowly.

5. Avoid overheating the system [by too violent exercise while exposed to the direct rays of the sun.

6. Be sure to take plenty of sleep. Late hours are especially detrimental at this season of the year, when the vital forces are at their lowest ebb.

7. Avoid all excesses of every sort.

8. With children, and especially with very young children, care of the diet is the most essential thing. Great care must be exercised in changing the diet of infants. Unless required to do so from some unavoidable cause, young nursing infants should not be weaned during hot weather. There is no room to doubt that the greatest share of mortality among infants comes from bad feeding.





## THE GOOD HEALTH MOVEMENT.

BY M. ELLSWORTH OLSEN.

SOMETHING over thirty years ago a very small institution for the rational treatment of disease by hydropathic and other natural remedies, threw open its doors to suffering humanity. The building was of wood, and very plain, resembling a country farm house. The appliances were of the simplest character. Everything about the institution was small and insignificant, except its principles. These were truly great, and they have made the Battle Creek Sanitarium famous.

On opening day the Health Reform Institute, as the institution was first called, had one doctor, two nurses, and, we believe, one patient. Soon the house was full. Considerable additions were made, and still the accommodations were inadequate for the guests, who sought admittance in ever increasing numbers.

About this time Dr. J. H. Kellogg became superintendent of the institu-

tion, and the rapidly increasing patronage made it necessary to erect a commodious structure of four stories, which, with the subsequent addition of two large wings and a fifth story, developed into the handsome building shown at the top of this page. Still the train of health-seeking pilgrims continued to grow, and cottages and other buildings to the number of about one hundred were leased or bought to house the rapidly growing family of patients and



THE HEALTH REFORM INSTITUTE.



employees. Meanwhile a food factory, a finely-equipped hospital, and dormitories sprang up as if by magic, till now the whole hill is dotted with buildings.

But this is not all. Branch institutions to the number of about thirty have been started in various parts of the United States, in Mexico, in Australasia, in the South-sea Islands, and in Central and Northern Europe. A dozen health magazines, issued in half a dozen different languages are carrying a knowledge of the principles represented by the parent institution to many thousands of homes every month. The work, in short, which had such a humble origin, is rapidly encircling the world.

What are the principles underlying this movement? is the question

that naturally arises at this point, especially on the part of those who are reading GOOD HEALTH for the first time. We shall endeavour to answer it briefly.

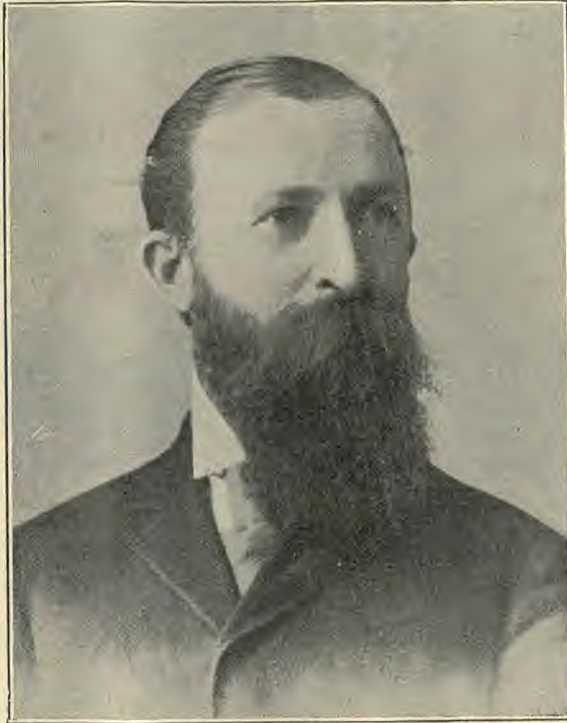
The whole movement is "an effort to return to Nature." Deitl's saying that "Nature alone can cure" is recognised in every department of the work. "The healing power," says Dr. Kellogg, "is the creative power that formed the body in the first place. Physicians do not and cannot heal. All that physicians and remedies

can do, is to aid in removing the causes of disease and supplying favourable conditions. "The most important measures which can be employed in dealing with the sick may be said to be baths, exercise, and diet."

#### Organisation of the Work.

All the branch sanitariums and affiliated enterprises are under the general oversight of the International Medical Missionary

and Benevolent Association. As the name would imply, the work is of a philanthropic nature; religious in the truest sense of the word, but non-sectarian. The physicians and nurses in the employ of the Association, are Christian men and women who have devoted their lives to the uplifting and benefiting of humanity. It is their highest ambition to follow in the footsteps



DR. J. H. KELLOGG.

of their great Exemplar, who "went about doing good." No large salaries are paid, and all the earnings of the work go to the providing of increased accommodations and better facilities, as well as for treating the worthy poor.

A sketch of the Battle Creek Sanitarium and the work which has grown out of it, would be incomplete without some reference to its superintendent, Dr. J. H. Kellogg, who has been intimately associated with the movement for some thirty years, and



who may be said to be a living embodiment of the great and noble principles which have made it such a power for good in the world. The Doctor is a believer in the "strenuous life." Aside from his medical and surgical work as head of the mammoth sanitarium, and the general oversight of its numerous branches, he has edited for many years the large monthly magazine, *Good Health* (American), which has been the pioneer organ of the movement. He is also the author of a number of books devoted to the promulgation of health principles, some of which have sold by the hundred thousand. The secret of the Doctor's superb health and abounding vitality is by himself attributed to his simple, abstemious habits, and strict conformity to the laws of health which he so ably advocates. The keynote to his self-sacrificing life must be found in a warm, loving heart and practical sympathy with the needs of suffering humanity.

The indomitable spirit of the Doctor was

displayed on the recent burning of the main building of the institution. Before the smouldering ruins had grown cold, plans were being laid for a splendid modern fireproof building of larger dimensions and superior equipment, which is now in the midst of erection. We hope shortly to present our readers with a cut of this "temple of health."

Thus far the work in Great Britain has been principally of an educational character. Last November the magazine which you are now reading was started. The cordial reception it has met with on the part of the public, makes possible the considerable increase in size seen in this number without increase in price. Good Health Leagues have also been organised in different parts of the country for the study of health principles, and the endeavour to carry them out in a practical way. These efforts have met with a good degree of success, and the general outlook for a large and growing work in these reform lines seems to be good.

#### KNEE-DEEP IN JUNE.

TELL you what I like the best :  
 'Long about knee-deep in June,  
 'Bout the time the strawberries melt  
 On the vine,—some afternoon  
 Like to jes' get out and rest,  
 And not work at nothin' else !

Orchard's where I'd ruther be—  
 Needn't fence it in for me !—  
 Jes' the whole sky overhead,  
 And the whole earth underneath.  
 Sorto' so's a man can breathe  
 Like he ort, and kindo' has.

Elbow-room to keerlessly  
 Sprawl out len'thways on the grass,  
 Where the shadder's thick and soft  
 As the kivvers on the bed  
 Mother fixes in the loft  
 Allus, when they's company !

Lay out there and try to see  
 Jes' how lazy you kin be !—  
 Tumble round and souce your head  
 In the clover blossom, er pull  
 Yer straw hat acrost yer eyes,  
 And peek through it at the skies,

\* \* \* \* \*

In betwixt the beautiful  
 Clouds o' gold and white and blue !—  
 Month a man kin raily love—  
 June, you know, I'm talkin' of !

—James Whitcomb Riley,

#### OUTINGS FOR HEALTH.

"WHAT has been done," asks a recent writer, "by all the art and literature of the world towards describing one summer day. The most exhaustive effort brings us no nearer to it than to the blue sky which is its dome; our words are shot up against it like arrows, and fall back helplessly."

Although artists fail to paint, and poets to describe, a summer day, we can all thoroughly enjoy it, and those who are best qualified to judge will probably agree with the writer just quoted, when he continues: "All that is purchasable in the capitals of the world is not to be weighed in comparison with the simple enjoyment that can be crowded into one hour of sunshine."

Many people of means and leisure elect to spend a considerable part of the summer on the continent, perhaps among the magnificent fiords and sparkling mountain streams of Norway, or amid the beauties of Alpine scenery. Fortunately we need not cross even the Channel to find natural beauty of a high order. Most of us have



only to get a few miles into the country to get our fill of that delight which comes of intercourse with nature.

For those who live in the grime and dirt of our large cities, a day's outing is worth everything as a stimulus to health and vigour. Picnics are a beneficent institution. Man was made to live, and work, and eat out-of-doors. Unfortunately, this is the happy lot of but very few. Indoor life and overcrowding are the rule.

The masses of the people scarcely have room to turn round in. They go for weeks breathing the air someone else has breathed, eating inferior food, and seeing little of the glorious sunshine. For such, a day in the country is an exquisite cordial, a source of new life and strength.

By all means let the labouring man, and the business man, and the clerk, and the over-worked school-teacher, and all the rest of the city folk use the very first opportunity to get out into the country—real country we mean, where one can hold communion with the trees, and grass, and the fragrant flowers, and listen to the "melodies vernal." Leave the city behind in good earnest. If you can get into a boat, and follow some winding stream, so much the better. Rowing is splendid exercise, and there is companionship in a

river; a beautiful calm beside its rippling waters, and deep life lessons to be learned from its steady, onward flow.

Some otherwise enjoyable picnics are spoiled by the improper food in the lunch-basket. When you go out for a day in the country, leave pastries and all rich and greasy foods behind. Take along plenty of good brown bread, with fresh fruit, and some nuts; eat temperately, chewing the

food well, and note the far greater enjoyment that the day will bring, and the absence of that weary, languid feeling, and those disagreeable headaches which you have sometimes had on such occasions.

Whatever else you take with you, don't carry business cares and burdens along. Lock them all up in the office. Let the housewives leave their home anxieties.

They will keep. One important feature of an outing, from the health standpoint, is the rest which it brings to the mind.

There is nothing like communion with natural objects to keep a person young. Nature seems to shed a peaceful calm all about her paths. She is never anxious or worried. And though she has carried heavy responsibilities for thousands of years, she has no wrinkles on her brow. Nature is really God at work. Her beauty and perfection are the result of submission to the Divine will.



THE HAPPY PICNICKERS.



# The Home Gymnasium.

## HOW SHOULD WE STAND ?

BY MRS. H. R. SALISBURY.

How we *do* stand and how we *should* stand, are often two vastly different matters, and well might we exclaim with Burns : "O! wad some power the giftie gie us, to see oursels as ithers see us!"

The foundation of all true physical culture must be a correct standing position, and this we should cultivate, not only for its effect on ourselves, but also because of its effect on others. For our positions influence, as well as our words and deeds. Shakespeare says: "It is certain that either wise bearing, or ignorant carriage, is caught as men take diseases, one of another; therefore, let men take heed of their company." When you are with a person who stands erect, with chest well raised, do you not instinctively straighten up a bit, and stand a little taller? While on the other hand, if you are with a person who stands in a relaxed manner, with a flat chest, you unconsciously "let go" a little, and without knowing it, you are following his example. A good carriage gives one a sense of control of the body, and with that comes an added self-respect.

### Does It Make Any Difference?—

"Does it really make any difference how I stand? I have always stood in this way," frequently greets the teacher of physical culture.—Yes, it does. It often means the difference between health and disease, grace and awkwardness, comfort and discomfort, between a dignified bearing and a careless one. An incorrect standing position may be responsible for far more aches and pains than most people realise. Notice the position in Figure I. It is a good illustration of a relaxed standing position which is very common. The

chest is narrow, flat, relaxed, and inactive. This is the type which invites tuberculosis germs. The hips, instead of being held back, are forward; consequently we have relaxed abdominal walls. A frequent accompaniment of these conditions is a prolapsed stomach, and that means various digestive disorders.

**What is a Correct Standing Position?**—What do we mean by a correct standing position? In the correct standing position, the weight of the body is carried on the balls of the feet. The hips are held back, the abdomen drawn in, the chest well raised, the head erect, and the chin in. Most persons stand with



FIG. I. INCORRECT STANDING POSITION.



their weight more on the heels than on the balls of the feet. In walking, then, there is a certain amount of jar to the spine and brain which not infrequently causes back-ache and headache, and with the weight resting in great part on the heels, a graceful and easy carriage is impossible.

Some may wonder if, after years of incorrect standing, it is possible to acquire a good position. Careful practice of a few simple exercises will often accomplish wonders, and there is no reason why everyone may not stand properly.

If your chest is well raised, you need give no thought to the shoulders. Let the arms hang easily at the sides, and the shoulders will care for themselves.

**How to "Straighten Up."**—The following simple exercise will be found helpful in acquiring a correct poise: Take your ordinary standing position. Imagine that you have but one joint in the body, and let that be at the ankles. Try to stand as tall as possible, lift the chest high, and at the same time slowly sway your weight forward over the balls of the feet as far as you can. Hold this for a moment, then return to your former position. Repeat the exercise at least six times, and always end with the weight forward. If the chest is well raised, and care has been taken not to bend at all at the waist, this exercise should leave one in correct poise. The chest will, of course, not be as fully raised as it will be after special exercises for that purpose have been taken. In the next number we shall speak specially of exercises to expand the chest.

When you have taken this position, you may feel as though you were about to fall forward, and for a moment you are sure that it cannot be right to stand thus, and feel like exclaiming, "How unnatural!" The reason for this feeling is that the change of position has changed the centre of gravity. After practising for ten days or two weeks, the correct position will seem the only natural one, you will feel

much lighter on your feet, and would not wish to return to your former position.

It is only from such a poise that you can rise on your toes, and come straight down



FIG. II. CORRECT STANDING POSITION.

without swaying backward. For this reason, rising on the toes may be a test whether you have the weight properly poised or not. If, in order to rise on the toes, you have to sway forward, you have had the weight too much over the heels. Practise rising slowly, high on the toes, until you can do it steadily. Hold the position for a moment, then gradually let the heels sink, taking care not to sway back. Practise this several times a day.

Do not be surprised if you are a little stiff in the calves of the legs or in the lower part of the back, after practising. That simply means that you are using muscles that have not worked for some time, and it will soon pass off.

It is, of course, understood that to derive the full benefit of the exercises, they must be taken with the clothing loose, and without a corset.





## CARE OF THE BABY IN SUMMER.

BY KATE LINDSAY, M.D.

EVERY mother justly dreads the hot season, especially for children under three years of age, and most for those between the ages of eight months and two years. The mortality among bottle-fed infants is often frightful, particularly in cities, where, as a rule, over two-thirds or three-fourths of them die during the first year.

The most common summer disorders are those of the digestive system, and are usually due either to spoiled food or to food which is unsuitable for the infant digestion—food infected with germs, and containing some kind of dirt. Then the heat is depressing, and interferes with the elimination of wastes from the body.

It is a well-known fact that the skin is much more active when it is clean than when it is covered with dirt; therefore in hot weather cool and tepid baths should be given frequently. Whenever the little one is fretful, a cool bath will revive it as does the rain a drooping plant. A child of three or four months will usually show how much it enjoys the bath by an unwillingness to leave it. Generally after such a bath, if put into a light nightgown, it will quickly fall asleep.

All the napkins used should be at once put into some disinfecting solution, as boiling salsoda water, or a five-per-cent. carbolic acid solution, hot; then they must be rinsed, washed, and boiled. Take special pains with the hands, and always

wash and disinfect carefully before preparing either food or drink for the baby. It is well also to wear a clean apron when feeding the baby, to prevent any germs or matter from getting into the milk or feeding vessels.

The dieting in all cases of summer diarrhoea is an all-important thing. On a hot day, when the little one feels languid and tired, and there is an inclination to vomiting or purging, at once stop the food, and increase the amount of boiled water used. Sometimes it may be needful to stop the food of even a child a few weeks old for twelve or twenty-four hours, or even longer. Food fermentation in the stomach is worse than want of food, and in some cases of stomach infection a meal of even breast or sterilized milk is as deadly as a dose of arsenic.

Want of proper rest is another cause of infant mortality, often too little appreciated by both mothers and nurses. The infant under one year old should sleep at least from twelve to eighteen hours of the twenty-four, or else it will be irritable, lose flesh, and often become ill from the wear and tear of the rapidly developing nervous system.

Unrest is also sometimes the result of overclothing, this causing the baby to perspire so freely that the skin becomes cold and clammy. Then the least exposure chills the surface, and the result is diarrhoea, nasal catarrh, or bronchitis.



# The Relation of Mother and Daughter,

BY MRS. W. C. SISLEY.

CLOSELY allied to the subject of health is that of morals ; and if the mother is the best guardian of the health of her daughter, even so is she the best guardian of her virtue. And, mothers, we must not lose sight of the fact that our daughters are no more precious in the sight of God than other daughters. So while we guard our own with zealous care against any intruding influence, let us have a true motherly interest for others.

Daughters should be early taught to share with mother in her domestic duties.

Let there grow with the years a blending of interest. Having shared the tasks, they will be ready to enjoy together the respite from labour. Indeed, it is not enough that the daughters be able to share with the mother the daily round of duties. Every daughter should be so thoroughly instructed in all the details of home-keeping, that, if need be, when of proper

age, she can stand in charge, running the domestic machinery without jar or friction.

Again, I say, be companionable in the sense of being agreeable—a companion of choice, and not of constraint. Forced love is but a poor substitute. If mothers are to hold their own as congenial associates with their children, they will have to keep young in spirit, growing with their children's growth. Thus mothers need food for mental improvement. Perhaps Paul's advice to Timothy would be equally good to mothers : " Give attendance to reading." Usually, when one becomes a mother, her school days are over, but not her opportunities for self-improvement. A mother should never be too old to learn. Even if

the school-girl could surpass the mother in book-knowledge, the mother should, if possible, keep little a ahead in general information.

Music, too, has charms, even for the mother. And when she has sung her full quota of lullabys, she need not feel that her harp must be hung on the willows. Mothers have a part to act in determining and helping to mould the character of the music in their home. Whether they realise it or not, music may prove a blessing, or it may prove a snare.



MRS. W. C. SISLEY.

The subject of dress should not be overlooked ; for it is on this point that many mothers fail. Owing to almost numberless cares, the mother is liable to become careless regarding her personal appearance. Not for a moment would I intimate that a mother should indulge in vanity or foolish extravagance in dress. But mothers should take pains to

dress neatly and becomingly. And when they can conform to their dear ones' taste without compromise of feeling or principle, it would seem wisdom to do so. In all things, mothers should be an example.

While much has been said about holding the confidence of children, is it not possible that too great demands may be made upon them? While we love their confidence, and invite it, we should guard against over-exactions or prying inquisitiveness ; and when our daughters give us their sweet confidence, we should regard it sacredly, and in return give them our confidence.

I would not leave the impression that mothers are the only safe companions for



their daughters. By no means. But they should be acquainted with their daughters' friends. They should be one with the young people, so interesting and agreeable that their presence will be sought and enjoyed.

The relation of mother and daughter is indeed one of the sweetest and purest known. I dare not say that it is the closest relationship in nature; for we know that from the beginning there has been one other taking precedence. However happy the home companionship, it is subject to change. If the home ties are severed, and new ties are formed, the daughters are

daughters still, and mother is always mother. And what thing earthly is more unchanging than the heart of a true mother? Her children may be far removed, yet not too far for mother's love and prayers to reach them.

Inspiration exalts this tender relation by comparison, saying, "As one whom his mother comforteth, so will I comfort you."

Are we mothers? Let us fulfil our mission worthily. Are we daughters? Let us be tender and loving daughters, giving comfort and receiving comfort as the years come and go.

## WARM WEATHER COOKERY.

BY HARRIET E. SARGENT.

Now that the summer is just upon us, a few suggestions in the line of warm weather cookery may be helpful to housewives. Fresh fruit, vegetables, and greens are easy to procure at this season, and may

as in the cold weather. Neither does it require the same *quantity* of nourishment. Light, cooling, and refreshing foods are wanted, and this the housewife will do well to keep in mind [in all her culinary operations.



STRAWBERRY SOUFFLE.

well take the place of some of the heavier foods which we have been taking during the winter and spring months. Evidently the system is not in need of so large a proportion of fatty or heat-producing foods

winter's were. Thus you will save time, strength, and expense for something more necessary. During the warm weather it will be far more sensible to cook both lightly and simply. Great kitchen fires at

Fresh fruits are peculiarly fitted to form a chief part of the diet in summer. Strawberries, cherries, tomatoes, oranges, bananas, etc., are not only palatable, but thoroughly wholesome. Lettuce, new potatoes, cauliflower, French beans, fresh peas—all these are within the reach of every family, and may be prepared in a variety of wholesome forms.

Busy housewives, do not let your summer meals be too heavy, nor of such a variety as last



this time of the year, keep the house unnecessarily warm.

Cooling drinks are very refreshing in summer. Lemonade is a valuable drink, serving to refresh the body and cleanse the system. For variety's sake it may be flavoured with the juice of other fruits. Home-made lemonade is by far the best. The bottled variety may contain hurtful chemicals.

The following recipes by Mrs. E. E. Kellogg, will prove suggestive in the preparation of some wholesome and palatable summer dishes:—

#### RECIPES.

**Banana Custard.**—Prepare a custard with a quart of milk, two well-beaten eggs, four tablespoonfuls of sugar, and one of cornflour. When the custard is cool, pour it over four thinly-sliced, well-ripened bananas, over which a tablespoonful of sugar and a teaspoonful of water have been sprinkled. Serve cold.

**Browned Cauliflower.**—Beat together two eggs, a little salt, four tablespoonfuls of thin sweet cream, and a small quantity of grated bread crumbs well moistened with a little milk, till of the consistency of batter. Steam the cauliflower until tender, separate it into small bunches, dip each top in the mixture, and place in nice order in a pudding dish; put in the oven and brown.

**Creamed Potatoes.**—Take rather small new potatoes, and wash well; rub off all the skins; cut in halves, or if quite large, quarter them. Put a pint of divided potatoes into a broad-bottomed, shallow saucepan; pour over them a cup of thin sweet cream, add salt if desired; heat just to the boiling point, then allow them to simmer gently till perfectly tender, tossing them occasionally in the saucepan to prevent their burning on the bottom. Serve hot.

**Granose Shortcake.**—Cover the bottom of a shallow pudding-dish with a thin layer of dry granose, add a layer of fresh strawberries, chopped and slightly sweetened, then a second layer of granose. Fill the dish thus with alternate layers of granose and berries. Set away in a cool place

for an hour, when it will be ready to serve. Cut in squares. No dressing is required, but it may be served with cream, if desired. This is a delicious dish, and one which is as wholesome as delicate. Raspberries and other small fruits may be used in the same manner.



STRAWBERRY SHORTCAKE.

### Some Nice Ways to Prepare Strawberries

BY LULU TEACHOUT BURDEN.

**Strawberry Soufflé.**—Put into a pudding dish two quarts of strawberries that have been sweetened and to which a little lemon flavour has been added. Place in the oven until they commence to boil, then remove, and when cool, arrange around the edge of a glass dish. Into the centre, pour a custard made from one pint of almond cream, the yolks of four eggs, four or five tablespoonfuls of sugar, and one tablespoonful of lemon juice. Cool before serving, and decorate the top with a few whole berries.

**Strawberry Foam.**—Whip the whites of six eggs with a pinch of salt until stiff, and add one tablespoonful of lemon juice. Add three-fourths of a cup of sugar and one cup of strawberries cut into fourths. Serve in small glass salad cups, and on top of each cup put a large strawberry on its stem.



# The Marvellous Recovery of Mrs. Ilsworth.

BY JESSIE ROGERS.

THERE wasn't a doubt about it—Mrs. Ilsworth was very ill. It had been days since a morsel of food had digested, and now foods in general had become so nauseating to her that she refused to look at the tray which Margaret brought in, though it was dainty in every detail. A thin, delicate steak, hot and juicy, a dainty china bowl of crisp potato chips, a small square of richly buttered toast, and a dainty cup of the best coffee made up the menu.

Dr. Carroll had paid his usual morning visit to the darkened room, to which he always looked forward with a shudder, and was just leaving as the maid brought in the tray. He paused a moment to observe its contents, and see how it was received.

"I won't have it, I won't look at it—take it away at once," was the querulous command from the figure huddled up on the bed, as the maid attempted to place the tray on the little table.

The honest face of the Irish girl revealed the keen disappointment she felt, for she had pondered much over that tray,—had tried to recall the peculiar preferences of her mistress concerning each article. She silently lifted it, and walked out, a bright red spot burning on each cheek.

Dr. Carroll had noted it all, and mentally reckoned that between Margaret and himself there existed a "kindred link," since both were obliged to attend this very unfortunate lady.

"Never mind, Margaret," he said, kindly, as he closed the door behind them. "The lady is so ill that she hardly knows what she says."

"O, sir," cried Margaret, while the tears which were brimming in the honest blue eyes quite overflowed at the unexpected kindness of word and tone, "it's just more than a body can stand; nothing pleases her, nothing ever suits, no matter how

hard I try. I wouldn't stay if it wasn't that I know that no one else will come, and then what ever would become of that poor man?"

"Never mind, never mind; it may be all sunshine ahead. Who knows?" So saying he walked to his carriage, glad to have finished the regulation visit to a patient who would neither take advice nor follow directions. "I know the whole secret of her case," he said aloud, and emphasized his new-found knowledge by a sharp little snap of the whip. Old Dobbin expressed his astonishment and disapproval of such an unusual happening by twisting his ears in an excited manner.

The next patient on the young doctor's round was John Williams, whose spine had been injured at the mill a few months before. This was one of the visits to which he looked forward as an oasis in a desert. No one would suspect that John Williams had for ever laid aside the hope of regaining the strong physical manhood that once made life such a song, and work such a privilege; but he had something which accident and misfortune could not sweep away—"a merry heart" which "doeth good like a medicine." Too strong was he to allow selfish repining to make harder the pathway of his loved ones, who must now support instead of being supported.

"O, sir!" said Mrs. Williams, as she followed the doctor to the gate, "if I only had some way of taking him out into the sunshine, I'm sure he would last much longer," and the anxious tears of the stricken wife fell fast.

"I'll be on the lookout for anything that can be had in the way of a wheel chair," said the doctor, kindly, as he bade her good morning.

"I've found the secret of Mrs. Ilsworth's malady," he repeated as he untied Dobbin's halter, and stepped into the carriage.



It was twelve o'clock when Mr. Ilsworth walked cautiously up the side steps and crossed the wide verandah with careful tread. It had come to be a "second nature" to him now. True, he could but admit occasionally (in his secret confessions to himself) that it would be delightful to come up the front steps three at a time as he used to, to whistle as he wished, to fling up the blinds and let in the sunshine; "but then," and there it would end. Mabel was in such a terrible condition that any little personal sacrifice he could make was nothing if only she could find some degree of comfort.

Up the darkened stairway he went to his wife's darker room. "How are you, Mabel, dear? Feeling better, aren't you?" he said cheerily, as he softly closed the door.

The small lady on the couch tossed impatiently at the tender inquiry. "No, I'm not. I've suffered everything since morning, and Dr. Carroll gives me no relief whatever. It seems he will not give me the medicine I need. If only Dr. Crogan had left a more capable man to fill his office, I'm sure many a poor sufferer like me would rejoice," and Mrs. Ilsworth lay back on the pillows with the expression of a martyr.

"But, Mabel, you don't know how highly he is being spoken of," said Mr. Ilsworth, warmly. "To be sure, he advocates some rather startling reforms; but after all, who knows but we would all be the better for adopting them?"

"I know what I need," snapped Mabel, pettishly.

There was an awkward silence for a few minutes, during which Mr. Ilsworth reflected on his wife's words, and from the depths of his soul he wished that that all-needful might be found and applied. He thought of the time, only a few summers past, when he had wooed and won gay, beautiful Mabel Ford. Little did he then realise how much of life's brilliant hope

was to wane and fade in the years that were to follow.

He sat on a footstool beside the couch, thinking of these things—those long-ago air castles of a happy home and companionship. Reaching over, he tenderly lifted a ringlet that had escaped its fastenings, and said tenderly, "Mabel, darling, how glad I should be to see you like your own dear self again. I'd give almost anything to take you to the picnic to-morrow."

There was something so boyishly eager in the words that the self-centred invalid turned her eyes fully upon him to see how much they meant.

"Well, if you really require it—" she began, wearily.

"No, no, dear," said Mr. Ilsworth, hastily, "not that, by any means; I only meant to say how glad I should be if you were able."

The door opened, and Mrs. Ford entered.

*(To be continued.)*

### A Simple Precaution.

MOTHERS would do well to follow the following practical suggestion by one of their own number:—

"There is one simple precaution against diseases that many modern mothers never think of. It is the washing of the hands and faces of the children on their return from school. All day they are passing to and fro in the schoolroom and in the street, coming in contact with everything that may be dangerous, and when they reach home at night, they rush in where the smaller children and the baby are, with the germ-laden dust and air still clinging to them.

"If they were taught to remove their wraps, and carefully to wash their hands and face, to rinse mouth and throat with warm water before giving the baby and little sister a caress and kiss, many a precious life might be saved from contagious disease."



## THE ANSWER.

HE sat on my knee at evening,  
 The boy who is "half-past three,"  
 And the clear blue eyes from his sun-browned  
 face  
 Smiled happily up to me.  
 I held him close as the twilight fell,  
 And called him "my dear little son;"  
 Then I said, "I have wondered for many days  
 Where it is that my baby's gone.

"I'd a baby once in a long white gown  
 Whom I rocked just as I do you ;

His hair was as soft  
 as yellow silk,  
 And his eyes were  
 like violets blue ;  
 His little hands were  
 like pink-tipped  
 flowers—  
 See, yours are so  
 strong and  
 brown—

He has slipped away  
 and is lost, I  
 fear ;  
 Do you know  
 where my baby's  
 gone?"

Did my voice half  
 break as the  
 thoughts would  
 come  
 Of the sweet and  
 sacred days  
 When motherhood's  
 first joys were  
 mine?

Was a shade of re-  
 gret on my face?

For close round my neck crept a sturdy arm,  
 And the boy who is "half-past three"  
 Said, "The baby—he went to Boyland,  
 And—didn't you know?—he's me!"

—*The Advance.*

## A Youthful Disciple of Health.

WE take great pleasure in introducing Miss Irene Stewart, whose likeness appears on this page. Irene is four years of age, and has three brothers and sisters, all in excellent health, and living out the principles taught by GOOD HEALTH. She never eats anything between meals [We

wonder how many of our little folks are careful about this], and has not tasted meat. Moreover she has a cold bath every morning, and enjoys it. This is an excellent idea. We know of a large Orphans' Home where all the boys and girls have a cold sponge or shower bath every morning, and we never saw healthier children. Irene certainly is a good specimen of perfect health. Childhood is the time to begin to lay in a stock of health and vigour for coming days.



"GOOD HEALTH."

Common Sense vs. Fashion Sense.—I have often thought of how much misery a shelf full of corsets is capable of producing. If those who wear them were the only ones to suffer, it would not be so bad; but posterity must pay the penalty, even to the third and fourth generations. Any mother would feel very sad if her child's arm or

hand did not grow as fast as the rest of its body, yet there are grown daughters whose waists are not as large as they were at ten or twelve years of age.

Mothers who are brave enough to assert their independence, and say, "I will have my daughters grow to womanhood with a natural, graceful form," are frequently called "cranks." So, too often, the better judgment is crushed, and the conscience hushed, that the daughters may be in the fashion. A noted lady physician has said, "If women only had common sense instead of fashion sense, the corset would not exist."—*Mell Minturn.*



# EDITORIAL.

## SMALL-POX.

For more than a thousand years small-pox has been a dreaded scourge in all parts of the world, and has carried death and sadness into millions of homes. The contagious character and high mortality of the disease make it feared alike by young and old. Up to the present time the real cause of small-pox remains unknown.

The contagion, or poison which carries the disease, is found in all the excretions of the body, including the air from the lungs, and the sweat. But the fine, dried scales from the healing sores form the most common means of infection, and great care should always be taken to prevent their getting into the air, and thus spreading the disease.

### Some of the Causes.

Although the nature of the infection is not clear, it is very evident that the overcrowding of people in our large cities, and bad hygienic conditions generally, favour a small-pox epidemic. The close, stuffy rooms of the crowded districts, the lack of personal cleanliness and hygiene, an impoverished diet, the use of alcoholic drinks in one form or another, excesses in eating and drinking, and habits of dissipation,—all these lower vitality, weaken the resistive forces of the body, and invite disease.

Robust health and vigour are essential in the battle with disease. Anything that impairs health, opens the gate to an attack. Moderate exercise taken daily, and in nature's gymnasium if possible, plain food, pure water as the only drink, an abundance of sunshine and fresh air, the cold morning bath, and temperance in all things,—these make for health, and enable the body to hold disease at bay.

Twelve to fourteen days usually elapse between the time of infection and the de-

velopment of the characteristic symptoms of small-pox. This is the period of *incubation*. The severity of the onset depends largely upon the variety of small-pox. In the "discrete" form, which is perhaps most common, the disease is ushered in by chills, fever, nausea, and severe pain in the head and back. There is often vomiting, and constipation, or, in some cases, diarrhœa. These symptoms are accompanied by great prostration.

### The Eruption.

The temperature continues to rise until the third or fourth day, when the eruption appears, and then it falls a few degrees, to rise again later. The eruption consists of small red spots, which first appear on the face and wrists, and then spread to the rest of the body. Very soon these spots become raised, and feel hard like shot. In a day or two they develop into vesicles, and then into pustules, which break and cause a very offensive discharge. It is this destruction of tissue which gives rise to the pock-marks seen after small-pox, and indeed explains the name,—*small pocks* or *sacs*.

There are also the usual symptoms of a high fever, *viz.*, quick breathing, a rapid pulse, dry skin, constipation (already mentioned), and scant, highly-coloured urine.

### Black Small-pox.

In more severe cases the pustules run together ("confluent" small-pox it is then called), and there is much swelling of the limbs, with great pain. Sores also form in the throat, causing hoarseness.

More rarely there is bleeding from the mucous membranes, and the pustules are filled with bloody matter, giving rise to a dark, purplish colour. This is known as "black" or "hemorrhagic" small-pox. Both these forms cause intense suffering



and extreme prostration, and the patient often becomes delirious. The recovery is very slow, and the death-rate high.

### Hygienic Treatment.

Rigid quarantine to prevent spreading the infection, and careful nursing of the patient to assist nature in getting rid of the poison, may be regarded as the rational treatment of small-pox.

Rest in bed, abundance of fresh air, a temperature of about 60° Fahrenheit, and quiet are essential for the comfort of the patient.

The diet should be spare and very simple, consisting largely of fruit, such as oranges, baked apples, grape juice, tinned pears, stewed prunes and apples, and other varieties, with thin, well-cooked gruels, toasted breads, soft-poached eggs, and cream or milk.

The patient should be encouraged to drink freely of water, home-made lemonade, fruit juices, and barley or oatmeal water. Cleanse the bowels with warm water enemata, daily, if necessary.

### The Use of the Bath.

The warm immersion bath may be given in the early stages, before the eruption appears, and also during convalescence. It should be followed by some cold application, such as a wet-sheet pack or a cool sponge bath.

The fever is best relieved by applications of cold. The tepid or cool bath (70°-90° F.) is both an effective and an agreeable treatment. It can be repeated at intervals of three or four hours, if desired.

If preferred, a cold pack may be administered instead of the bath. Towels wrung out of cold or ice water and applied to various parts of the body are also useful, and often afford great relief from the intense burning. Professor Osler, of Baltimore, well says that "these measures are much preferable in small-pox to the administration of medicinal antipyretics."

Nausea and vomiting may be relieved by

sipping hot water or by taking pellets of ice, also by applying an ice-bag over the stomach.

While scaling is going on, shampoo baths should be given twice daily, followed by inunction with carbolated vaseline.

Bathe the eyes with boracic acid lotion, and keep the mouth clean by the use of some mild antiseptic.

### Prevention of Small-pox.

This consists of perfect sanitation, careful attention to hygiene, and obedience to the laws of health. Cultivate health by fortifying the body against disease. If people lived as their Maker intended, in a beautiful garden, with the birds and flowers, in the fresh air and balmy sunshine, using plain food and drinking pure water, free from worry and anxiety, small-pox and similar diseases would soon disappear.

Under the present unnatural and unhygienic conditions of our crowded cities, with their pestilential slums, unphysiological antidotes for disease are resorted to. Such is vaccination, the very thought of which is anything but agreeable, but which, under existing conditions, seems to afford a certain amount of protection.

Small-pox itself confers a considerable degree of immunity, for very few people have the disease twice. Vaccination, too, confers immunity, but to a less extent. It is as though a person should expose himself to small-pox, and have the disease in a light form, in order to be free from it in the future. The principle is the same, the only difference being in degree.

Vaccination is not without its disadvantages and dangers. Even though the best bovine virus obtainable is used, infection of the wound from other causes may take place. The sore should be kept clean, and carefully protected from infection.

Statistics show that vaccination, if properly carried out and frequently repeated, affords a certain amount of protection, for vaccinated persons as a class are less likely to take the disease, and when they do have small-pox, get off easier than the unvaccinated.



### The Ice Cream Barrow.

OUR attention has often been called to the curiously painted barrows that so often occupy the street corners of our large cities, and offer such attraction to most children. Not the barrows, but their contents, a "delicious morsel" (?), form the real allurements, and serve to gather the children from far and near. What about the ice-cream man and his ice-cream?

Our answer in brief is—Don't patronize him. Avoid him as you would an infection. Let the children stay away from him and refuse to be tempted by his unsafe mixtures. They are a prolific source of stomach troubles.

Iced drinks and iced foods are at best unwholesome. Extreme cold chills the stomach, benumbing its nerves and glands, and stopping digestion until the normal warmth has again been established. But the questionable product of the ice-cream hawker has still greater objection than its chilling effect upon the digestive organs.

Even under the most favourable conditions the milk supply of a large city is scarcely beyond suspicion. What of the milk that goes to make the ice-cream sold on the streets? Do you imagine that it is sterilised? Hardly. Think of the questionable conditions under which the ice-cream is made. Milk is very easily contaminated. It readily takes up noxious odours, and forms an excellent food for germs.

What of the eggs? Very "plain," doubtless, if not actually rotten. And for flavour, some fruit extract prepared, in part, from chemicals; and lastly a colouring dye to make the stuff look tempting.

Such is only too frequently the concoction called ice-cream, which is freely sold to the innocent boys and girls of the street, who know nothing of its injurious character. Small wonder that stomach and bowel complaints are so common among children in summer time.

Again we urge, don't patronize the ice-cream barrows; and pass the word along.

**Excellent to Let Alone.**—Professor W. O. Atwater said recently in concluding an address that "for people in health, and especially for young people, alcohol is an excellent thing to let alone." We heartily concur in this; but why limit such good advice to the young and well? The ill man, as a physician has pointedly said, is simply a well man in a state of embarrassment. Why should he be further embarrassed by being made to take alcohol, which is a poison? In general it is safe to say that what is bad for a man in health is also injurious to him when he is ill, and those things which the young people do well to leave alone are not likely to be beneficial to the old.

**Evil Effects of Eating Between Meals.**—Eating sweets, fruit, nuts and other little things between meals is a frequent source of headaches and general discomfort in summer. Sweets are better not eaten at all; least of all between meals, when the stomach already has work on its hands. Fruit should form a large part of the morning and evening meal, and taken in this way will only do good. But if eaten at odd times during the day it may cause digestive disturbances. Children would be far less fretful and troublesome if cured of the habit of eating between meals. Three meals daily afford ample nourishment for anyone, and many would reap real benefit by limiting themselves to two.

THE notion that bitter-tasting medicines have in themselves some occult healing power, generally survives. People are slow in discovering the truth expressed by Professor Liebig fifty years ago: "We cure a disease by drugs only by producing new diseases."

\* \* \*

**Make a business** of being happy at all times and in all places, and you have one of the secrets of health. The sure recipe for this abiding happiness is the effort to secure it for others.



# QUESTIONS AND ANSWERS.

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

**Chapped Hands - Froth-like Mucus.**—M. I. J. :  
1. What is the cause of cracks in the fingers? 2. What will prevent them? 3. Could you tell me the cause of a froth-like mucus rising in the mouth in the morning and when out walking?

*Ans.*—1. The use of irritating soap, hard water, keeping the hands in water too much, carelessness in drying the hands, and an abnormally dry skin. 2. Avoid the exciting causes, wash in oatmeal water or glycerine water (one tablespoonful to a pint), and apply pure glycerine or vaseline to the cracks. The hands should be kept scrupulously clean. 3. Probably catarrh of the stomach and fermentation, with eructation.

**Gastric Juice—Sour Stomach.**—X. Y. : 1. Can you tell me why food turns sour in the stomach? 2. Is the gastric juice at fault? 3. I should like to understand about the gastric juice; is there likely to be a paper on that?

*Ans.*—1. Sour stomach may be due to fermentation of the food or increased acidity of the gastric juice. Drink a glass or two of water half an hour before the meals, and avoid drinking at the meals. It is better not to take sweets, pastries, and puddings, coarse vegetables, and anything that is likely to ferment. Toasted breads, nuts and nut foods, gluten preparations, stewed fruits and mild fresh fruits, and egg preparations can usually be taken to advantage. 2. Yes; quite likely. It may be too acid, or so deficient in digestive powers that fermentation results before the food undergoes the proper changes. 3. Yes; an early number of **GOOD HEALTH** will contain an article dealing with the gastric juice, entitled "A Sour Stomach."

**Palpitation.**—"Constant reader" has had palpitation of the heart at irregular intervals for fifteen months, but says that physical examination showed his heart to be organically sound. He asks: 1. Do you think it has been or will be injurious to my heart? 2. Can you suggest a remedy?

*Ans.*—1. Yes. 2. The palpitation is probably caused by reflex irritation brought on by errors of diet, which should be corrected. Avoid alcoholic drinks, tobacco, tea and coffee, also physical and mental excitement. Limit yourself to three rather light meals, consisting of plain, wholesome food. Fomentations to the spine, alternating with cold applications, are an excellent treatment. An ice bag applied to the heart for a short time often brings relief. Camphor water in tablespoonful doses has also been recommended.

**Lupus and a Vegetarian Diet.**—W. M. : "Would you kindly let me know in the next month's magazine if I have done wisely by advising a lad who has Lupus in his face, to become a vegetarian?"

*Ans.*—Yes; certainly. A pure diet, free from animal extractives and tissue wastes, is always advantageous.

**Dyspepsia—Constipation.**—R. S. requests a home prescription. She is a great sufferer with dyspepsia, has had poor health for seven years, and is compelled to take physic constantly for her bowels. Her work is sedentary, consisting of plain sewing.

*Ans.*—We cannot recommend a substitute for fresh air, sunshine, and exercise; so the patient must find time to get out of doors for an hour or two daily. Use fruit freely, both fresh and cooked, and especially oranges and stewed prunes and figs. Coarse breads and grain preparations are helpful. Take a glass or two of water in the morning before breakfast; also drink freely a couple of hours after your meals. Avoid all stimulants, condiments, and highly-seasoned food. Eat at regular intervals, and not more than three times a day. Chew your food well, and see that it is well-cooked. Fried foods are hard to digest, and should not be taken. See article on Chronic Constipation in the March number of **GOOD HEALTH**.

**Spots before the Eyes—Anæmia or Indigestion?**—J. H. has been troubled for a long time with spots before the eyes, also has indigestion and anæmia. She writes that she has tried herbs, and also every patent medicine and has taken arsenic, chloroform and strychnine, but now suffers as much as ever. She asks: 1. What is the cause of the spots? 2. Is it anæmia or indigestion? 3. What would you advise?

*Ans.*—1. Such spots are not infrequently seen by the normal eye, and are then small opacities in the vitreous chamber back of the lens. In other cases they may be due to disturbances in the circulation, or they may be wholly mental. 2. Probably both. Indigestion necessarily interferes with nutrition, and thus favours anæmia, which is poverty of the blood. 3. Drop the drugs, adopt a plain, nutritious diet, consisting of fruit, grain preparations and breads, nuts and nut foods, and some milk and eggs, if they agree with you. Get out of doors for a couple of hours daily. Avoid all stimulants. Get a month's holiday, and go to the country or seaside, if possible.



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## WHAT TO EXPECT NEXT MONTH.

A FEW words as to the contents of the July number. Drowning accidents are very common in summer. The editorial will therefore deal with the resuscitation of a drowned person. Three large half-tone engravings will help make the process perfectly clear. So we hope that any reader of GOOD HEALTH will be able to do his duty should such an emergency arise, and do it well.

DR. KATE LINDSAY will discuss in a practical way the dreaded disease Cholera Infantum, giving invaluable suggestions to mothers by way of prevention, and also dealing with the proper treatment of such cases. Every mother should have some knowledge of the symptoms and general character of this disease in order to cooperate intelligently with the physician.

"HYDROPATHIC Applications Suitable in Warm Weather" will be the title of an illustrated article which will afford practical information of interest to the well and also the sick. It is surprising how many simple treatments may be given in the ordinary home, and with very little trouble, if only one knows how. If we "took the waters" daily instead of once a year, at some far-famed mineral spring, there would be a great deal less disease.

"Midsummer Hygiene," by Dr. J. H. Kellogg, will be a leading feature of the number. Rich in practical hints and sound medical advice, this article will meet a need felt in every home, and we trust that it may be a means of preventing some illness.

OUR experience page, which will be devoted to recording the experiences of those who put the health principles into practice, has been crowded out this month, but will shortly appear.

A Tax on Corsets was suggested at one time in France, as a means of increasing the revenue. If such an expedient would cause corsets to go out of fashion, we should greatly favour it. Mrs. Mary Henry Rossiter will have an article on this subject of Dress Reform in our July number which we promise will be interesting reading. We shall print it for the benefit of the men as well as the women. They both need converting on this important subject.

"Boys and Cigarettes" is the title of a series of articles to begin next month. They will treat the subject in a considerate and kindly manner, as far as possible from the standpoint of the boys. Juvenile smoking is rapidly increasing in the Kingdom. Its evil effects are already becoming too apparent. Philanthropically inclined persons who love the boys, and desire to see them reach the highest development, both physically and spiritually, can help in the work by endeavouring to circulate the next few issues of the paper among the boys of their respective neighbourhoods.

BEGINNING with this month the postage on GOOD HEALTH will be a penny a copy instead of only a halfpenny. Some of our yearly subscribers have already sent us stamps to cover the additional postage on the remainder of their subscriptions. We shall be glad to hear from the others.





# LITERARY NOTICES.



THOSE who are interested in temperance, (and who should not be in these days?) will find much helpful instruction on the Biblical phase of this question in the quarterly issues of the *Bible Temperance Educator*, published by the Rev. John Pyper, of Belfast.



"A COMPREHENSIVE Guide-book to Natural, Hygienic, and Humane Diet," by Sidney H. Beard, is one of the daintiest and most attractive works on cookery that we have seen. It contains, moreover, a large variety of recipes, many of which we can heartily endorse. Fried foods of all kinds do not meet our approval, and we also regard as harmful the use of irritating condiments, such as mustard and pepper. The general tone of the book is excellent, and it deserves a large circulation. Published by The Order of the Golden Age, Paignton, England. Price 1/6, post free.



"BILIOUSNESS: Its Causes and Cure," by Alfred B. Olsen. There is probably no malady more commonly met with than this. "Oh, I enjoy excellent health, said a gentleman the other day; I'm never ill, except for a bilious attack now and then."

Some regard biliousness as a natural condition in the spring and early summer, a sort of necessary accessory of warmer weather. But to find the real cause we must look to the habits of life, especially as regards the daily bill of fare. Biliousness, as the writer of this booklet shows, is really an acute catarrh of the stomach growing out of improper treatment of that important organ. The cure for biliousness is a removal of the exciting causes, and hygienic measures which will assist nature in bringing about the proper equilibrium. Having given simple, practical instructions

for treating the disease, the writer proceeds to answer the important question, "How to avoid Biliousness." Suggestions are made regarding diet, exercise, and general hygiene, the observance of which should be a real help to those who are in any way inclined to be bilious. This booklet is No. 1. of the "Good Health Library." Price, 1d.; 1½d. post free. Order of GOOD HEALTH.



"Food and the Principles of Dietetics," by Robert Hutchison, M.D., Edin. A fourth edition of this valuable work has just appeared, and it indicates an encouraging growth of interest in the food question. Intended primarily, perhaps, for the medical fraternity this book is not without interest to the general reading public. It abounds in practical information, and the diagrams and coloured plates bring out very clearly many important facts. The amount of strength to be gained from the various food articles in ordinary use, the adulteration of food, and the composition of the various proprietary foods are some of the matters receiving careful attention. It is a book which will repay thoughtful perusal.

Published by Edward Arnold, Strand, London.

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## A Word of Explanation.

OUR readers will notice that we have made a new start. In view of the material change in the size of the magazine and other general improvements, as well as the plans for introducing it to the general public through the news agencies, it seemed best to make the present number the first of a new series. Hence it is designated as No. 1. The initial volume of GOOD HEALTH will thus contain nineteen numbers instead of twelve.

This will not, however, affect our yearly subscribers, who will receive the magazine the full length of time for which they have subscribed, entirely regardless of the change in numbering.



## HINTS TO OCEAN TRAVELLERS.

PREPARE for the voyage by careful dieting, and be especially careful not to overeat for a week or more before starting. Secure a free action from the bowels every day.



Do not, as you take the first meal on board, say, as the writer has heard so many passengers express themselves, "Now I am going to eat a square meal and get my money's worth; for there is no telling when I shall be able to take another meal." People never miss getting what they expect in such cases.



Do not have hot tea or coffee brought to you before getting up in the morning. The writer has seen a whole cabinful of people made sick in a few minutes, none of whom had a symptom before they took this hot slop. Instead, take a cloth wet with ice-water, or the coldest water you can get, and rub the face and neck and throat well, and put on a cool compress for ten minutes over the stomach, and wash out and disinfect the mouth and nose. Then swallow a mouthful or two of either very hot or very cold water, eat a piece of ship's hardtack or a dry biscuit; put on your dressing-gown and slippers, and go to the bath-room and take a cold sea-water bath, or dress and go up on deck. If your stomach feels a little squeamish, eat your meals up there for the first day or two, where the air is fresh, and unladen with smells of sickness.



If looking at the water makes you dizzy, don't lean over the railing and look at the waves near by. Look upward and outward.



If so unfortunate as to have an attack of sea-sickness, don't fast too long; eat something dry three or four times a day, if possible in the open air. K. L.

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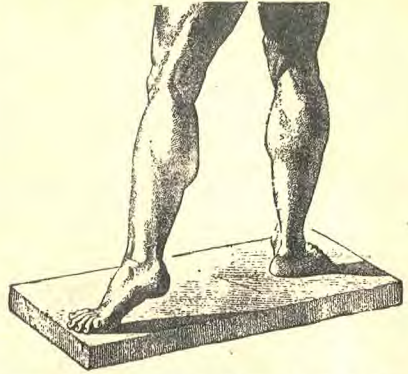
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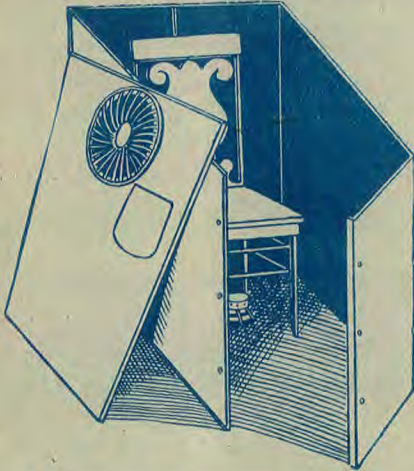
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