

# GOOD HEALTH



July, 1902.

Editorial Chat.

Innocuous Tobacco, A Chinese View of Dress Reform, Dosed to Death, Hygienic Nonsense, etc.

Midsummer Hygiene.

Hydropathic Applications Appropriate in Warm Weather.—*Illustrated.*

Boys and Cigarettes.

Simple Breathing Exercises.

How to Climb the Stairs.—*Illustrated.*

Cholera Infantum: Causes, Prevention, and Hygienic Treatment.

Hints for the Table and Kitchen.

—*Illustrated.*

The House Beautiful.

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

What to Do in Drowning Accidents.

—*Illustrated.*

Questions and Answers.

Vol. 1.

PRICE  
ONE PENNY

No. 2.

# A FEW MATTERS OF INTEREST.

**WHERE SHALL I GET IT?** The reader of an up-to-date health magazine is liable to want a good many things at different times. For instance, he reads about various methods of home treatment, and wonders where he can get the appliances mentioned of good quality and at reasonable prices.

**NO TIME TO HUNT FOR THINGS.** Perhaps it is a good vaporiser that he wants, or a hygienic cookery book, or some other books dealing more fully with matters mentioned in the magazine. These things might possibly be secured in his own town or city, but he does not know just where, nor has he the time to hunt for them.

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**SOME THINGS WE HAVE.** Our stock is not complete at present, but we carry a full line of health literature, notably the excellent and widely-read works by Dr. Kellogg. These books are ordinarily sold only through agents, but for the convenience of GOOD HEALTH readers who might not have access to an agent, we supply any of them at the regular rates.

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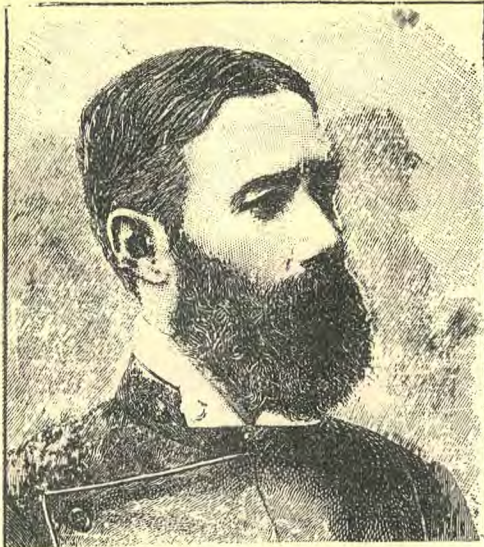
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# LOOKING FORWARD.

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NEXT month brings the holidays, and our readers may expect to find the pages of the August number of *GOOD HEALTH* replete with a variety of articles on health subjects suited to that season of the year.

A holiday is something to look forward to, and a well-spent holiday is also something to look back upon with pleasure. We shall endeavour to give a few hints in the direction of making the holidays most enjoyable, and at the same time most helpful healthwise.

“**The Joy of Life,**” by Dr. J. H. Kellogg, will make good holiday reading. Out in the country, lying beneath the spreading trees, perchance, or enjoying a few days by the sea-side—these are times when otherwise busy people have a little time to think, and the doctor’s article, written in a charming style, yet dealing with a deep subject, will furnish food for pleasant thought and meditation. It is well worth while for every person to endeavour to increase his sum total of happiness.

“**Interesting Facts about the Body Temple**” will be the first of a series of spicy articles telling in brief, pointed paragraphs things that everybody should know concerning this important subject.

The second instalment of “**Boys and Cigarettes**” will deal especially with the effects of cigarette smoking physically upon the growing boy.

**The Prize Menus.**—We shall also print in our August number the Breakfast and Dinner Menus for a warm day which win the prize. Scientific cookery is one of the great needs of the present day. The kind of food prepared in the kitchen determines in a large degree the atmosphere of

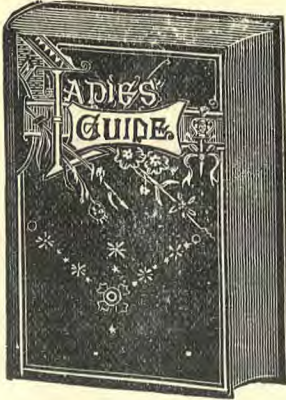
the home. We feel sure that this is a question in which all our readers are deeply interested, and that you will be looking forward with some curiosity to the outcome of the competition.

**Dress Reform another Time.**—The article on Dress Reform which we promised for this month, has had to be omitted for lack of room; but we shall hope to have it in the near future. Meanwhile we advise that good common sense be exercised in this and all other matters. Corsets are certainly out of place in warm weather. If there is a tendency to fulness about the waist, the remedy is easy. Eat sparingly, and drink plenty of pure water. Take long walks in the open air, and don’t be afraid to do a lot of sweating.

“**At the Sea-side.**”—How to get the most benefit from a stay at the sea-side is the question which this article will aim to answer, and it is an important one. Indiscretion, and the neglect of some very simple precautions may bring an illness which will not only spoil the holidays, but extend into the ensuing time for work.

**The Children.**—We begin this month a series of talks with the children. They will deal with the practical side of physiology, and we trust they may be a means of interesting the little folks to take care of their bodies.

**The Home.**—A series of articles on this subject from the pen of Mrs. W. C. Sisley, will be begun next month. The writer holds up a high ideal for the home, and in simple, loving, sympathetic language endeavours to show how it may be realised.



... The ...  
**Ladies' Guide**

In Health and Disease.

BY J. H. KELLOGG, M.D.

This work admirably meets a want that has long been recognised by intelligent women in all parts of the land. Having devoted many years to the study of the diseases to which the sex is peculiarly liable, as physician in-chief of one of the largest health, medical, and surgical institutions in the United States, and in the treatment of thousands of women suffering from all forms of local disease, the author has brought to his work in the preparation of this volume a thorough education and a rich experience, which have enabled him to produce a volume eminently practical in character, and calculated to fill the place in the practical education of women for which it is intended. It tells mothers *just what they ought to know*, in language they can not

fail to understand; and daughters who value their health, and the happiness which follows health, can not afford not to know what this book teaches them.

This book is divided into seven parts, or sections. It graphically describes the great mystery of life,—the anatomy and physiology of reproduction. Four of the sections bear respectively the following headings: "The Little Girl," "The Young Lady," "The Wife," and "The Mother." A most thorough discussion is given concerning the social dangers incident to puberty in girls, the physical and mental training of young ladies, the evils of improper dress and how to dress healthfully; the duties, rights and privileges of the wife, the dangers of health incident to the matrimonial state, the prevention of conception, how to predict and regulate the sex of offspring, criminal abortion, and the *special means* which wives may adopt for the preservation of their health. Due consideration is given to the perils of motherhood and how they may be avoided including instructions by following which child-bearing may be made painless in most cases, and greatly mitigated in all. The management of pregnancy is also fully treated, and a large amount of new and invaluable instruction given on this important subject, which makes the "Guide" a very valuable book for midwives, nurses, and physicians. One section of the book is devoted to the diseases of women, together with their proper treatment, the latter subject being treated differently than in any other work extant, and embodying the various methods in use by the author, and by the best specialists in this and foreign countries, which bring about such remarkable results when intelligently employed. The directions given are so simple, and the means to be employed in treatment so readily accessible, that the treatment can be carried on successfully in most cases at the home of the patient without the assistance of a physician, thus saving many a doctor's bill. The concluding section of the work is an Appendix, where is found rational home treatment for diseases of childhood, such as croup, diphtheria, whooping cough, convulsions, measles, scarlet fever, etc., etc.; also full instructions for baths of various kinds; Swedish movements, postural treatment, electricity, massage, diet for invalids, many invaluable recipes, medicinal recipes, and *prescriptions* for the various diseases treated in the work. A Glossary and Alphabetical Index follow the Appendix.

Girlhood  
 Maidenhood  
 Wifehood  
 Motherhood

The work contains 672 octavo pages and is illustrated by means of thirty-five chromolithographic plates, cuts, and coloured plates. For the purpose of removing a possible objection which might be raised, a few of the plates are printed on a sheet by themselves, are carefully concealed in a little pocket in the cover of the book, and may be removed at pleasure.

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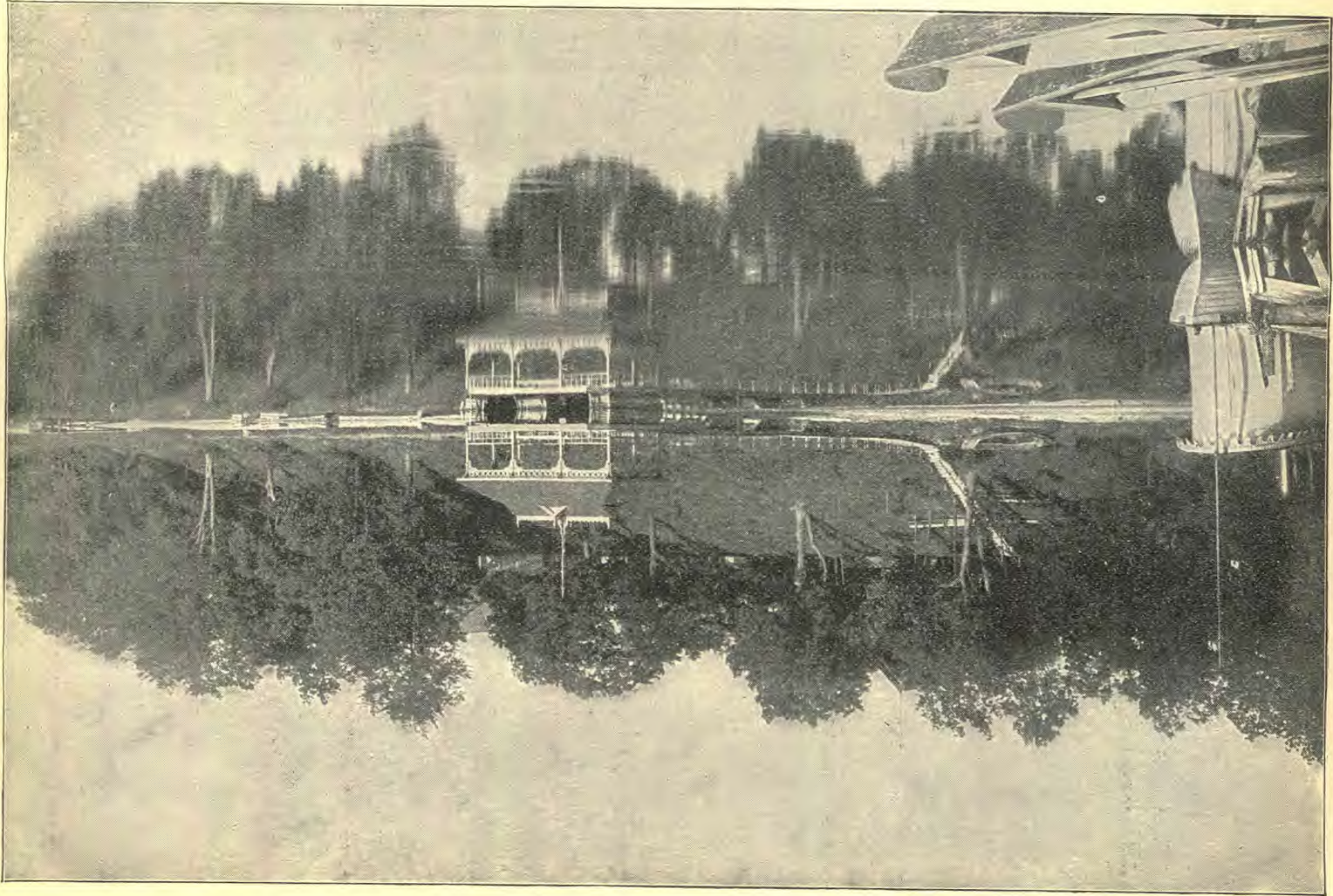
This work is to gentlemen what the "Ladies' Guide" is to ladies, and a good idea may be gained of its contents by reading the above description of the "Guide." It contains about the same number of pages, cuts, etc., having similar bindings, and selling at the same prices. It should be read and studied by every boy and man in the country.

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# Good Health

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

Entered at Stationers' Hall.

Vol. 1.

July, 1902.

No. 2.

## EDITORIAL CHAT.

**Never Did Any Good.**—Speaking at the forty-eighth anniversary of the National Temperance League, the Archbishop of Canterbury said, "It has never yet been shown that the use of intoxicating liquors did any good whatever to a single soul." Is it not folly for a nation to pay millions of pounds annually for that which does no good?



**A Meal for Three Half-pence.**—A half-penny restaurant has recently been started in New York City. Nourishing, wholesome foods in considerable variety are furnished at a half-penny a dish. It is said that three or four such dishes will make a substantial meal. A Chicago institution known as the Working Men's Home has been conducting a similar lunch counter for several years. It is hardly necessary to add that such luxuries as flesh foods are not included in the menu.



**Unfit for Human Food.**—A cattle dealer of a village near Chelmsford was, according to one of the dailies, recently fined £25 "for sending the carcasses of five pigs which were unfit for human food to the Central London Market." If one considers the filthy habits of the average pig, and the loathsome diseases to which he is liable and which may be transmitted to the consumer, it is hardly possible to avoid the conclusion that pork is *ipso facto* a very inferior sort of food.

**Innocuous Tobacco.**—A French newspaper, the "Bulletin de Therapeutique," describes a form of tobacco in which the nicotine has been neutralised with a solution of tannic acid. This so-called innocuous substance is said to retain the flavour of the weed without its harmful properties. Tobacco without nicotine will never be popular. It is the narcotic effect upon the nerves which men seek, and to accomplish this there must be some nicotine present.



**A Chinese View of Dress Reform.**—Some time ago Mr. Wu Ting Fang, Chinese minister to the United States, was interviewed by a reporter for the *Washington Times*, who asked him to express an opinion of the American dress for women. Instead of giving his reply, the wily celestial immediately addressed "a small volley of questions" to his interviewer. He said:—

"Will you tell me the reason for the American ladies' dressing this way? What is the history of the evening dress? where did it originate? Who first introduced this style? Is the evening dress worn for beauty of effect, for coolness, for convenience, or from a sense of feminine modesty?"

When the reporter had recovered sufficiently, he ventured to suggest that the present style was in use because it was considered becoming.

"But," continued Minister Wu, "the long skirt that trails along the street—what is your reason for that?"

The interviewer suggested modesty—he could not think of anything else. It did not satisfy the Chinaman, who protested:—

"But it drags in the dirt. It is so inconvenient. I never see a lady walking on the street that she does not have to use one hand to hold up her skirt. Would you consider it immodest for ladies to wear garments that would not drag in the dirt?"

Here the interviewer was completely non-plussed. It was in sheer self-defence that he asked the minister what he would suggest as an improvement for the evening dress and the long skirt. The answer was laconic:—

"Use less cloth at the bottom, and more at the top of the dress."



**Dosed to Death.**—It is said to be a custom, in some savage countries, to adorn the graves of the departed with the empty medicine bottles, the contents of which they had taken during their illness. Were such a system to prevail in Britain, our cemeteries would present an interesting sight. The various proprietary medicines whose marvellous virtues are everywhere intruded upon the public notice, would appear in a different light viewed in the ghostly company of their victims. It would be a case of dead men actually telling tales, and true ones at that.



**Hygienic Nonsense.**—Unfortunately a considerable part of what passes for hygienic advice is really hygienic nonsense, pure and simple. "Gin," says a writer on "Biliousness," "acts on the liver, and so serves to cleanse the system." There is grim truth in the first part of the sentence. The man who is unfortunate enough to have what physicians call a

"gin liver" knows well enough that gin "acts on the liver." He also knows from sad experience that it has absolutely no cleansing effect. It only destroys. A little farther on the same writer informs us that "weak whisky-and-water *may* help digestion." (Italics ours). This hardly requires comment. Every investigation has gone to prove that alcoholic drinks invariably *hinder digestion*.



**If You Would Keep Sweet-Tempered** in warm weather, avoid putting sweet things into your stomach. The excessive use of cane sugar in one form or another is a prolific source of stomach troubles and headaches, and other unpleasant symptoms.



**The Food Value of Oysters.**—Oysters are not, according to Dr. Robert Hutchison, a valuable form of food. It would take fourteen of the Ostend variety to equal in nutriment a single egg. There is good reason to believe that the oyster in his native haunts plays an important rôle as scavenger. Where sewage enters ocean or river, there the juicy bivalve is likely to be found in the greatest numbers. Evidently such animals do not form an ideal food for man.



**Poor Specimens—Why?**—It is sometimes said that food-reformers are poor specimens of humanity, and don't look as if they enjoyed their fare. We must admit that this is sometimes the case; but if the matter is looked into, it will be discovered that these individuals are reaping the results of former sins. Evil habits have such a strong hold on people that many will not give them up till death stares them in the face. So the pale-faced health-reformer would not be alive at all but for the changes he has made in his manner of living. Others should take warning and begin early.

# Midsummer Hygiene.

BY J. H. KELLOGG, M.D.

To be really cool and comfortable in hot weather, it is necessary to be moderate in all things. Violent exercise is dangerous at this season. It generates enormous quantities of heat in the body. Even in cold weather one may raise his temperature three or four degrees by running half a mile; in hot weather, when the surrounding atmosphere is at a temperature near that of the body, a smaller amount of exercise may produce as great a rise of temperature as would much more vigorous exercise in cold weather.

## TO AVOID COLDS.

It is just as easy to take a hard cold, to contract a chronic cough, catarrh, or pneumonia, in midsummer as in the coldest winter weather. One must be careful not to induce perspiration, and then to sit in a draught. Do not run, do not cycle fast. Be moderate.

The daily bath is essential to midsummer comfort. The morning cool bath, taken on rising, is the very best tonic to prepare one for the labour and exposure of the day. The evening bath of tepid or cool water, or a short hot bath, if one be greatly fatigued, is grateful, not only for cleanliness, but as one of the most effective means of bringing restful sleep.

## MODERATION IN DIET.

Another requisite to keeping cool is that one be moderate, not only in the exercise of mind and body, but in the matter of diet as well. It is the oxidation and burning of the food we eat that gives rise to all bodily heat. Therefore, when a rise of temperature is not desirable, we should diminish the amount of fuel supplied to the body. A hot summer morning affords an intelligent person a good opportunity to show that he is a reasoning being, that he is not the unquestioning slave of habit, that because he ate bacon and drank coffee last Christmas morning he does not neces-

sarily consider this combination the ideal breakfast for a sultry July morning.

## A LIGHT BREAKFAST.

In very warm weather the breakfast should be exceedingly light. One is in no danger of becoming weak on account of this frugality, because four-fifths of the food we eat is used for fuel; consequently, on a very hot day only enough food need be eaten to maintain the stores of vital energy, or to support muscular and mental work. A meal consisting of whole-meal bread or zwieback, and a dish of strawberries, or a handful of ripe cherries or a dozen plums, with a few good apples, is an excellent preparation for exposure to a scorching sun. It is unwholesome to eat strawberries with both sugar and cream, simply because sugar and cream are a bad combination.

If people generally would observe this simple rule with regard to breakfast, most of the heaviness, the lethargy, the *ennui*, and the general prostration which many people experience in very warm weather, would be obviated.

For dinner, a slightly more generous diet may be followed; but meats of all kinds, fats, greasy dishes, everything of a heating or indigestible nature, should be avoided. Fruits and grains, with a few nuts, make an ideal dinner for a hot day.

## PLENTY OF FRUIT.

There is a popular prejudice against the free use of fruit in summer, especially for children. The troubles arising from the use of fruit, however, are due to carelessness or ignorance of certain necessary precautions. Fruits, when whole and ripe, are the most natural of all foods, and are suited to all seasons. But they are as perishable as they are natural. As soon as fruit becomes stale, it swarms with bacteria of various kinds, and if these are introduced

into the stomach, they are likely to set up fermentative and putrefactive processes. When such fruit is eaten, indigestion is the natural result.

Another cause of the prejudice against eating fruit comes from the fact that much of it is used in an immature state. A large portion of the fruit brought to market in early summer is picked green, and is entirely unfit for food. The natural process of ripening, as it takes place in the fruit when it is allowed to ripen on the tree or vine, is essential to its proper preparation as food.

Another frequent reason why fruit apparently disagrees with the stomach is its improper combination with other food substances. Foods, as well as people, have incompatibilities.

The principle which governs the proper combination of foods is, that such foods should be eaten together as are digested together; that is, such as are digested in the same portion of the alimentary canal, and in about the same length of time. Stomach digestion of ripe fruits is completed in from one to two hours, while the stomach digestion of vegetables requires from three to five hours. Since fruits not only digest quickly but ferment quickly, it is apparent that a combination of fruit and vegetables must be conducive to indigestion in persons whose digestive powers have become weakened; for at least a portion of the fruit must be retained in the stomach until the vegetable substances taken with it have been digested, and are discharged from the stomach.

### HYDROPATHIC APPLICATIONS APPROPRIATE IN WARM WEATHER.

BY J. H. KELLOGG, M. D.

WITHOUT question, ordinary water, simple, pure, cold water, just as it distils from the clouds, and before it has been contaminated by contact with earth, is by far the most powerful and most useful of all known healing agencies.

**Overheating.**—Suppose one has been overheated, or has had an attack of sunstroke; what is to be done? Water is the life-saver in such a case. Hippocrates, who lived three hundred years before Christ, had a very simple method of treating people for sunstroke. His plan was to have one person pour cold water on the patient while two or three others rubbed him vigorously. The application of cold water alone is dangerous, because it usually drives the blood inward, so that there is danger of interfering with the digestive centres; but when cold water is applied and accompanied by vigorous rubbing, the blood is kept at the surface, and the body is rapidly cooled.



COLD FRICTION.

**To Put Oneself to Sleep.**—If one is exhausted by a hard day's work, what is

the best thing to give relief and to secure a comfortable night?—A hot, full bath, at a temperature of from 104° to 110° F., at bedtime, quickly cooled to 92° F. Lie in

minutes; it must be allowed to warm up and then be changed. This keeps a current of vitalising blood flowing through the part.



THE WET SHEET RUB.

this neutral bath till you feel sleepy, then rouse yourself, and roll into bed, and you will have a comfortable night's rest. A hot bath refreshes the system, stimulates the elimination of fatigue poisons, relieves irritation, and secures a comfortable condition for sleep.

**Stomach Disorders.**—Hydrotherapy is the best remedy for the stomach and bowel disorders so prevalent in the summer. Cold applications to the abdominal surface are almost a panacea for excessive activity of the bowels. The reason is that the blood vessels of the congested parts are made to contract. A hot enema should be given for cleansing the bowels and stimulating the circulation. A cold compress to the abdomen, changed every hour or two, affords great relief. If there is pain, a fomentation should be applied for fifteen minutes, followed by the cold compress, to be changed every ten or fifteen

**The Wet Sheet Rub.**—The mild tonic effects of the wet sheet rub make it a very appropriate form of treatment in warm weather. Have the patient disrobe, and stand in a small tub of hot water. Envelope him quickly in a sheet wrung out of water at 60° or 70° Fahrenheit, and rub him vigorously, not *with* the sheet, but *over* the sheet, for from one to three minutes.

**Cold Friction.**—The patient is undressed and lies upon a couch, wrapped in a Turkish sheet. First of all, his head, face, and neck should be wetted with cold water. The attendant then places the mit upon his right hand, dips it into the cold water, and uncovering a small portion of the patient's body, proceeds to rub it briskly, rapidly going over the whole surface, and continuing until the skin reddens. The part is next quickly dried and slapped.



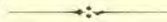
### Don't Worry.

THE worrying habit is most unreasonable.

(1) Does worrying increase your happiness?—No.

(2) Does worrying help you in your work?—No.

Worry kills.



A PROSPEROUS quack was asked by a doctor how it was that he had so many customers. The quack took him to his window overlooking a crowded street, and said, "What proportion of the people passing do you think are sensible people with well-balanced minds?" "Perhaps one in ten," was the rejoinder. "Just so," said the quack, "and I get the nine."

# BOYS AND CIGARETTES.

BY M. ELLSWORTH OLSEN.

AN elderly gentleman remarked recently that he missed the merry whistle of the small boy which used to be heard on the streets; adding significantly: "The boy of to-day cannot whistle, because he has a cigarette between his teeth."

## The Extent of Juvenile Smoking.—

It cannot be denied that smoking is becoming all but universal among the boys of Great Britain. Many a hard-earned penny finds its way from the pocket of the small boy to the tobacconist; and what does the boy get in exchange? Pleasure, do you say?—Nay, pain in the long run, with loss of health and the best joys of life. The rosy cheeks depart, the eyes lose their lustre, the limbs their strength and suppleness; the heart begins to beat irregularly, and the lungs fail, the health of the whole body retires before the dread onslaught of those attractive rolls of tobacco which have been well named "coffin-nails."

**Why Do Boys Smoke?**—The writer once put the question to a roomful of boys: "Why do you smoke, anyway?" Various answers were given. One boy said he smoked for pastime, and most of the others assented quite heartily to this view of the matter. It is doubtless true that time falls heavily for a good many city boys. They cannot, like the country lad, romp with a playful dog, or chase the calves over the meadows. The teeming animal life, the smiling fields, and all the pleasant sights and sweet sounds of the country are not theirs to enjoy. Circumstances have deprived them of this their rightful heritage. What have they in the grimy city by way of compensation? There is nothing to attract them indoors, and out on the streets, the cigarette holds imperious sway. The boy who will not smoke is subjected to the ridicule of his mates, which is the hardest thing for him to bear.

## The Fascination of Smoking.—

Moreover there is something strangely fascinating to boy nature in the mere act of smoking. Drawing in the warm smoke, and seeing it float out again in graceful curves, appeals to the boyish sense of beauty and mastership. How nice to have a cigarette in the mouth when engaged in a bit of unpleasant drudgery, or to while away an idle hour. It helps make the time pass more quickly. "And there can't be any harm in it," reasons the lad, "for everybody smokes." So the little fellow begins, and the habit grows upon him till what was once a matter of indifference becomes a bitter necessity.

## What the Older People Think.—

What is the verdict of the older people concerning juvenile smoking? It is universally against the practice. Even one of the organs of the tobacco trade admits that the use of tobacco in any form is "pernicious for boys, growing youths, and persons of unformed constitutions." Not long ago the following advertisement appeared in one of the American newspapers:—

"Wanted—a boy with fair common school education, from sixteen to seventeen years of age, to learn the printing trade. *No boy who smokes cigarettes, or who expects at any future time to become a cigarette-smoker, need apply.*" (Italics ours.)

The general freight agent of a large railway company has announced his determination not to employ in the future any young man who smokes cigarettes, and his intention to get rid of all now in his department who use them. The reason is evident when he says that eighty-five per cent. of the mistakes made in the office by his two hundred clerks may be traced to the thirty-two who use cigarettes.

**How the Boys Look at It.**—The average small boy does not look far ahead.

If he reasons at all over the matter, it is somewhat on this wise: "Other people enjoy smoking. It looks like a jolly good thing. I should enjoy it, too." Another boy comes along, and offers him a cigarette. He takes it. He becomes more or less addicted to the habit. If asked why he smokes, he may very likely reply, "Just for fun." Where can you find a boisterous little lad, with bright eyes and ruddy cheeks, who is not on the look-out for more fun? The best remedy is to take the little fellow on your knee, and tell him the harmful effects of smoking on his growing body. Tell him it is a kind of fun that will have bitter after-effects; that a good many boys have given up smoking because they have come to know that the only way to have fun all along in life,—to keep their

red cheeks and sturdy health, and grow up into strong men,—is to part company with cigarettes.

**Why is Smoking Injurious to Boys?**—Many boys have listened to a general warning against cigarette-smoking; some, perhaps, have been punished for indulging in it; but probably very few have had a straightforward, and to them intelligible, answer to the question, "Wherein is the practice harmful?" This we shall attempt to give in a series of brief talks on the subject. Next month we shall consider the general character of the tobacco plant, and the history of the smoking habit. We shall also show to what class of substances nicotine belongs, and what effect it has on the boy's growing body as a whole.

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### HEALTH SIFTINGS.

A MAN ought to be in his prime at fifty.  
*Cornaro.*

\* \*

OPIUM will cure pain, but it does not remove the cause of the pain.

\* \*

THE wise physician treats the patient, not merely the disease.

\* \*

A PERSON who eats too fast is likely to eat too much.

\* \*

HEALTH is so precious that it is worth while to cultivate it, even at the expense of a little time and self-denial. With just a little care, men might often cheat both doctor and sexton.

\* \*

*Very Stout Old Lady* (watching the lions fed).—"Pears to me, mister, that ain't a very big piece of meat for such an animal."

*Attendant.*—"I suppose it does seem like a small peice of meat to you, ma'am, but it's enough for the lion."

SOMEONE has well said: "Why not pour liquor into the gutter? It is destined for the gutter at last; why not pour it there at once, and not strain it through a man and spoil the strainer."

\* \*

OLD friendships are destroyed by toasted cheese, and hard salted meat has led to suicide. Unpleasant feelings of the body produce corresponding sensations in the mind, and a great scene of wretchedness is sketched out by a morsel of indigestible and misguided food.—*Sydney Smith.*

\* \*

As a man improves his dietetic habits, he will advance physically, mentally, and morally. As man advances toward a higher plane, he inevitably tends toward what, for want of a better term, may be called vegetarianism. Those capable of the greatest endurance subsist mainly upon the products of the earth.—*Charles Shepard, M.D.*



# The Home Gymnasium.

Mrs. H. R. Salisbury.

## SIMPLE BREATHING EXERCISES.

"HE lives most life whoever breathes most air," wrote Mrs. Browning. And this is indeed true, for air is life. A person can live many days without food, and several days without water, but air is the one thing which we must have constantly in order to live. How important it is, then, that we should breathe correctly, and fill our lungs to the utmost with pure air; for we cannot over-breathe. A well-known writer on this subject says: "There is no limit to the amount of air it is wholesome to take. Civilised man is intemperate in eating and drinking, working, talking, reading, thinking, feeling—in everything, in fact, save breathing; there is no such transgression as respiratory intemperance."

In breathing, the movement should not be confined to the upper part of the chest. The clothing should be sufficiently loose, and so adjusted as to permit a full expansion of the lower part, also, with every breath. A good lesson in breathing may be learned by watching the respiratory movements of a little child who has never been hampered with tight clothing. The following exercises will be found a great help in expanding the chest, and in learning how to breathe deeply:—

Take a correct standing position (for this see the June number of GOOD HEALTH). Raise both arms in front, shoulder height, with the palms up. There will be a tendency to lean back from the waist as

you raise the arms, but do not allow yourself to do so. Reach as far forward as you can, then inhale slowly and deeply, and at the same time slowly bring the arms (still shoulder height) straight to the side, reaching out as far as possible at the time. When the arms are in a straight line, hold for an instant, then bring them forward again, breathing out. Take this exercise from six to eight times on rising in the morning, and before you retire at night. It will expand the chest from one to three inches, if practised carefully for several weeks.

Another exercise which lifts the chest, is bending the head backward. Place the hands at the back of the neck so that the tips of the fingers will meet. Keep the head erect, and bring the elbows back, so that they are in a straight line. This position of itself will expand the chest. Then take a deep breath slowly, and while you are inhaling, bend the head backward just as far as possible. Raise, while you breathe out. Take this from four to eight times.

When possible, practise the breathing exercises—in fact all exercises—out of doors. If the weather does not allow this, have the windows wide open.

BREATHE deeply before, during, and after all physical exercise.—*Emma E. Walker, M.D.*



## HOW TO CLIMB THE STAIRS.

A GREAT deal of energy is unnecessarily expended in going up and down stairs, for the simple reason that it is not done properly. In this, as in many other things,



GOING UPSTAIRS: INCORRECT POSITION.

the right way is the easiest way. How often we hear a woman say: "I don't mind walking, but going up and down stairs does tire me so!" But it wouldn't have that effect if you would walk upstairs keeping the body in the same position as when on level ground. There is no better exercise to develop the muscles of the calf of the leg, and if done as it should be, the tired feeling will be confined to the legs. A woman's long skirts are a great disadvantage in stair climbing, for they must be held up. So, usually, in starting upstairs, a woman leans forward, picks up her skirts in her hand, and keeps the body in a bent-over position all the way up. By so doing the muscles of the back have the extra work of supporting the weight of

the trunk, which would rest on the hips if the body were erect, and a backache is often the result.

Try going upstairs with the chest well raised and head erect, and see how much easier it will be. In going downstairs, if you allow the knee to bend a little when the foot comes down, you will avoid a jar to the spine.

H. R. S.

## Borrowed Hints on Exercise.

A NERVOUS organisation that is made normal and kept normal by physical training, has no use for either sedatives or stimulants.

\* \* \*

PEOPLE who do not exercise sufficiently have flabby flesh, soft and sickly muscles, and their bones are dry as chalk and are easily broken in a fall. On the other hand, if sufficient exercise is taken, the bones are full of sap, and have a spring of flexibility that will resist a fracture.—*Journal of Physical Education.*



GOING UPSTAIRS: CORRECT POSITION.



## CHOLERA INFANTUM : CAUSES, PREVENTION, AND HYGIENIC TREATMENT

BY KATE LINDSAY, M.D.

CHOLERA infantum in its worst form is a disease due to the feeding of the infant on infected milk ; or if it be breast-fed, to its getting the germs of the disease into its stomach and bowels, from putting some foul thing into its mouth.

Besides cholera infantum, or spoiled-milk infection, there are a great many other catarrhal disorders of the bowels, such as simple diarrhœa and what is known as chronic diarrhœa, inflammatory diarrhœa, dysentery, etc. These troublesome disorders are all more or less the result of eating spoiled or unsuitable food, and of drinking foul water. They may also result from intense summer heat, sudden chilling of the skin, want of proper sleep, and from overcrowding and bad ventilation in the cities.

**Prevention.**—In the prevention of cholera infantum two things are of primary importance ; first, the child must have proper environment, and everything must be done to promote its health, and encourage and stimulate healthy bodily development ; second, it must have suitable germ-free food and drink. Nothing would do so much to prevent cholera infantum proper, and all bowel disorders, as for every baby to have a healthy mother who was able and willing to nurse it through the second summer.

Every little child in hot weather may be taught to enjoy a cool bath, which may be given two or three times a day, or whenever it is hot and fatigued. It should then have on a clean nightdress, and be put to bed in a cool, well-ventilated, shaded room, or better still, in a hammock under a shade tree.

All food and drink should be fresh and clean, unspoiled, and free from germ infection. This ideal food exists in a perfect form only as prepared by the mechanism created by the Lord for this work. So far no man-made substitute has ever filled its place. When normal, it contains just the proper amount of elements for infantile growth and development, and combined in such a form that the infant digestive organs can make from them the necessary nutritive fluids. The mother who can nurse her little one, need have little fear of cholera infantum, if she keeps all other sources of infection away. Boil its drinking water, and see that whatever other food it has, is sterile and clean and suitable to its age.

Every attack of looseness of the bowels should be attended to at once. Often but little attention is paid to such attacks, the mother thinking that the catarrh is due to teething, though it may mean serious disease owing to infection of the bowels and stomach by microbes. The sum of all

preventive measures is comprised in the words "perfect cleanliness,"—clean, suitable food, clean water, clean air, a clean, healthy skin, and a clean environment. As has been said, mother's milk is aseptic, but the baby may get germs into its stomach from putting dirty things in its mouth. The rubber ring is given it to bite on and then drop in the dirt; the solid nipple tied around its neck by a tape or ribbon, wet with saliva from day to day and never cleaned, soon becomes encased in a thick coat of dirt and germs, which baby sucks off and swallows every day. Even the mother's nipple, if not kept clean, may become a source of infection to the little one.

**Treatment.**—When an infant or small child is taken with especial looseness of the bowels, it is a sign either of infection or of bad feeding, and the child should be put to bed, the bowels cleansed with an injection of clean, boiled water, and in some cases a dose of castor oil should be given. It is best to let the stomach rest for a time, giving only clean, boiled water to drink. If milk is rejected, or passed from the bowels in the form of curds, it is evident that such food does not agree with the patient; and some other simple food should be substituted, such as strained gruel, made either from baked meal or from malted meal; the white of egg

strained through muslin after being mixed with cool, clean water.

In some cases, when the infant is a few months old, it may be given some bland fruit juice. Never give a child, either ill or well, food or drink through a long-tubed bottle. Better by far take the time to feed it with a spoon. Should the disorder become serious, and all food and drink be rejected, washing out the stomach and irrigating the bowels may do good, not only by cleansing them, but by supplying the needed water to keep the blood in a fluid state.

In cholera infantum proper, the catarrh of the stomach and bowels is so intense that all the fluids of the body are drained away through the bowels and stomach. At first the vomiting and purging are only the rejection of food and of the contents of the bowels. But in a short time only a substance resembling rice water is ejected; in fact, the serum is rapidly drained from the blood. Water should be given both by drinking and by the enema. Often it will be best retained when cold. In the stage of chill, a hot bath or a fomentation will often give much relief. In the fever stage, a cool bath for five minutes, with brisk friction when in the bath and after, will often help the little one by reducing the temperature. In the stage of collapse, apply heat to the spine and over the heart, and give warm or even hot enemata.

LET'S oftener talk of noble deeds,  
And rarer of the bad ones,  
And sing about our happy days,  
And not about the sad ones.

We were not made to fret and sigh,  
And when grief sleeps, to wake it  
Bright Happiness is standing by—  
This life is what we make it.—*Sel.*

\* \* \*

To THINK free is great; but to think  
right is greater.—*Thorild.*

\* \* \*

THE best tonic and blood purifier is  
nature's own medicine—pure spring water.

**Night Sweats.**—This is a common symptom of consumption. There is a rise of temperature in the afternoon or evening, followed by profuse perspiration, by which means the fever is cooled. When the chills and fever cease, the night sweats also cease. This sweating has a weakening effect upon the body, and often disturbs the sleep. Sponging the body with *hot* water, to which a little salt has been added, will often afford relief. Vinegar or one part of alcohol to three parts of water may also be used to sponge the skin. These treatments should be given just before retiring.



## TO PRESERVE FRUIT.\*

THE summer season is the time to lay in a stock of well-put-up fruit for the rest of the year. Do not depend on jams. They are not the best form in which to preserve fruit, as the excess of sugar makes them somewhat unwholesome. Rather get some Mason glass jars, with covers which may be screwed on tightly, and elastic rings to match. Sterilise jars, covers, and rings by letting them remain a short time in boiling-hot water.



Cleanse the fruit thoroughly by washing in plenty of water, and cook slowly in a porcelain-lined saucepan, using only a small amount of water. Fifteen minutes may be considered as the shortest time for which even the most delicate fruits should be subjected to the temperature of boiling water, and at least thirty minutes will be required by most fruits. The boiling should be very slow, however, as hard, rapid boiling will break up the fruit, and much of its fine flavour will be lost in the steam.



Use the best sugar, if any; two tablespoonfuls to a quart of fruit is sufficient for

\* These directions are adapted from "Every Day Dishes," by Mrs. E. E. Kellogg.

most sub-acid fruits; plums, cherries, strawberries, and currants require more.

Warm the glass jar with a little hot water, or by wrapping around it a cloth wrung out of boiling water, to prevent cracking.



When everything is in readiness, the fruit properly cooked, and at boiling temperature, fill the jar (which has just been sterilised with boiling water) to overflowing with it, and laying the rubber ring in place, screw on the cover at once. When cool, tighten the cover by further screwing. Put in a cool place, bottom upward, and watch closely for a day or two. If the juice begins to leak out, or any appearance of fermentation is seen, it is a sign that there has been some failure, and the jar should be opened immediately, and the contents thoroughly boiled and used as quickly as possible. If no signs of spoiling are observed, the fruit may be safely stowed away in a cool, dark place, and will keep for years.

A little care and labour of this kind during the summer months, when gooseberries, plums, and cherries are abundant, will ensure a supply of delicious fruit for the winter.

## HINTS FOR THE TABLE AND KITCHEN.

WHEN fruit is abundant, as is the case in July, let it figure largely in the daily menu. Cleanse thoroughly from dust and impurities of every kind, and serve in the most attractive style.

GREASY foods are a poor diet for summer. New bread toasted merely on the outside, and then richly buttered, is not a suitable diet on which to begin the day's work. Toast good light bread for an hour or more in the oven, until it is thoroughly dried all through, and very lightly browned. Pour hot stewed fruit over a couple of slices, and let stand for a moment. This makes a very wholesome warm dish for breakfast. Granose biscuit treated in the same way afford a pleasing variety.

THE following recipes from Mrs. E. E. Kellogg and others, will prove suggestive:

fork. Serve with a dressing prepared of equal quantities of lemon juice and sugar, diluted with a little cold water.

**Toasted Wheat Flakes with Fruit.**—Pour hot stewed fruit over a dish of toasted wheat flakes, and let stand a few minutes. Or, warm the flakes in the oven, and eat with a little cold fruit juice or stewed fruit. Either makes a delicate, appetizing dish for breakfast or lunch.

**French Beans.**—Wash well in cold water. Remove the strong fibre, or strings, as they are called, by paring both edges with a sharp knife; few cooks do this thoroughly. Break off stems and points, carefully rejecting any imperfect or diseased pods. Lay a handful evenly on a board and cut them all at once into inch lengths. Put in an enamelled saucepan, cover with boiling water, and cook from one to three hours, according to age and variety, testing frequently, as they should be removed from the kettle as soon as done. When very young and tender, only water sufficient to keep them from burning will be needed. When done, add a half cup of thin cream, and salt to taste. If the quantity of juice is considerable, thicken with a little flour.



PROTOSE SALAD.

**Lemon Apples.**—Prepare tart apples by washing and removing the cores. Fill the cavities thus made with a mixture of grated lemon and sugar, squeeze a few drops of lemon juice over each apple, and bake. Serve with or without whipped cream.

**Lettuce.**—Wash well, put into cold water, and set in a cool place for an hour or more before using. Dry the leaves with a soft towel, and use whole or tear into convenient pieces with a silver

**Protose Salad.**—Cut one cupful of protose into small cubes, and use one third as much minced celery. Add to this one hard-boiled egg, chopped, and three small radishes cut into various shapes. Pour over these ingredients the juice of two lemons and sprinkle with salt to taste, allowing the salad to stand for one-half hour before serving it upon fresh, crisp lettuce. Garnish with radishes which have been cut to represent tulips, as in the accompanying illustration.

# THE CHILDREN'S PAGE.



## THE HOUSE BEAUTIFUL.

COME, Mary. Jump up on y knee. There, now, I am going to tell you about a most wonderful House. You must listen carefully, so you can remember all about it.

You know, dear, that ordinary houses are made by men. Some are of stone, others of brick, and sometimes they are made of wood.

But this House about which I shall tell you is altogether different. First, it was made by God, and not by man. And, second, neither stone nor wood was used in building it.

But, most wonderful of all, this is a *living* House. It can walk and talk and do many other things.

Now can you tell me what it is? Yes, that's right. And I am going to tell you all about this beautiful Body that God gave you.

This House is your home. And you want to learn all about it, so that you can take good care of it.

God has given you the charge of this House. He has placed it in your keeping, and expects you to look after it.

We shall call it the *House Beautiful*, because it is the most beautiful thing God made on this earth. He tells us that He made it in His own image and after His own likeness. Surely there can be nothing more beautiful.

The House Beautiful has two lovely windows. We call them eyes, and they

enable us to see one another, and all the other beautiful things that God has made.

Two ears, also, by which we can hear one another speak, and listen to the sweet music of the birds, and the soft rustling of the leaves.

You have one mouth, Mary, and that you use in talking and singing. You also use it in eating.

This is all now. Next time I shall tell you more about the House Beautiful.

### What Winnie Thought.

"Do you suppose," said Johnnie, as his little cousin laid away her largest, rosiest apple for a sick girl, "that God cares about such little things as we do? He is too busy taking care of big folks to notice us much."

Winnie shook her head, and pointed to mamma, who had just lifted baby from his cradle. "Do you think," said Winnie, "that mamma is so busy with the big folks, helping the girls off to school and papa to his office,—that she forgets the little ones? She thinks of baby first, 'cause he's the littlest and needs it most. God knows how to love as well as mamma."—*Children's Friend*.

"WOULDN'T it be terrible, Robbie," said little Mabel as they drank their morning's milk, "if there wasn't no cows?"

"Yeth," said Robbie. "We'd have to drink condensed milk then, and it's horrid."

# The Marvellous Recovery of Mrs. Ilsworth.

BY JESSIE ROGERS.

[Mabel, the invalid wife of young Harry Ilsworth, is sufferin' with dyspepsia, and regards herself somewhat in the light of a martyr, especially because the new doctor, who has taken over the practise of her former physician, Dr. Crogan, seems not to appreciate the seriousness of the case. Ilsworth himself is almost discouraged, but very devoted to his wife. He has procured a wheel-chair, and is asking the privilege of taking her to the picnic on the morrow, when her mother, Mrs. Ford, enters.]

"AND how is my dear girl to-day?" she said tenderly, bending over the little heap on the sofa. The same dismal tale was repeated, and Mabel finished by adding, "And now Harry thinks I ought to go to the picnic to-morrow." This was said by way of exciting protest and commiseration; for Mrs. Ilsworth's disease had reached that period where "all things are an offence."

Now, whatever mistakes of theory or errors of practice had overtaken Mrs. Ford as a mother, she knew the manly value of her son-in-law. She immediately expressed her pleasure at such an arrangement, wisely avoiding the look of surprised disappointment depicted on her daughter's face.

The morning dawned cloudless but cool, one of those perfect days that summer sometimes drops like a benediction. Marshall was an ideal little town; too large to be dominated by the monotony of the country village, yet small enough to afford delightful acquaintance among the people. Midsummer day was always celebrated by holding a great informal gathering in a beautiful grove just out of town. Here acquaintances were sure to meet on this one day of the year at least, and many new ties of friendship were formed.

Down the long, maple-shaded street came Mr. Ilsworth, carefully guiding the elegant wheel-chair in which his wife sat. He had recently presented her with this, with the hope that she might thus be able to enjoy some of the beauty of outdoor life. Rare enough were the occasions when she would

consent to be taken from her darkened room, but to-day, after much persuasion on the part of her friends, and much complaining on her own, she had consented to be wheeled to the grove, with the definite understanding that she might retire when she pleased.

Seemingly, the townspeople had left care and anxiety at home. Great swings and wide, strong hammocks afforded endless amusement for the children. The young people were already deep in the joys of tennis and croquet. Motherly matrons and peaceful-faced fathers clustered in comfortable groups under the beautiful trees, while with kindly interest they noted each newcomer who entered the grounds.

"There's Harry Ilsworth bringing his poor little invalid wife," and Mrs. Brown hastened forward to greet them.

"How rapidly she has failed," said Mrs. Wells, pityingly. "Truly, dyspepsia is a dreadful disease."

At twelve o'clock the crisp linen cloths were whisked out of well-filled lunch baskets, and spread upon the grass. Then from the depths of these same baskets began to appear "things new and old,"—piles of golden-brown buns, prim "patties" of fresh butter, fish, flesh, and fowl,—too varied and too numerous to mention; pickles, jams, jellies, pies, cakes, cans of rich milk, and last, (but by no means least) came a huge cask of ice cream from one of the confectioners of the town. "A feast fit for a king," was the general observation when the repast was fully spread out.

Bolstered up with pillows in her wheel-chair, Mrs. Ilsworth nibbled at sweets and sipped chocolate, while her husband and mother busied themselves finding what might please her. In the afternoon rowing and swimming afforded healthful exercise:

for many, but the tennis court and croquet ground drew by far the larger number.

"Come on, Ilsworth, we need you in this next game," called Charlie Dawley. Mr. Ilsworth's face lighted up pleasantly, but as quickly its eager expression faded, as he replied, "Thank you, Dawley, I think I will not come just now,—perhaps later."

"No, you must go now, Harry," said Mrs. Ford. "I'll stay right here with Mabel."

The game progressed splendidly until Harry observed that Mrs. Ford was wheeling Mabel's chair up the incline to a spot where the carriages were grouped. Instantly he handed his racket to a bystander, and ran to her assistance.

"There, now, you need not have done that, Harry. Mabel was getting so tired, and Mrs. Brown suggested that we make a couch for her in their carriage." The couch was made, and the curtains buttoned to produce the dark effect that had become a vital necessity to the invalid, and soon sleep was induced by the unusual excitement and exertion of the day. "Come, dear," whispered Mrs. Brown, "we need you down here, and Mabel will sleep there like a baby," and Mrs. Ford was led off to where a group of people were discussing some topic of evident interest.

Dr. Carroll and Charlie Dawley came slowly up the hill with hats pushed back and coats hanging limply over their arms. "Here's a cool spot, Doctor," and Dawley threw himself on the grass beside the Browns' carriage.

"What a picture," said the doctor, as the pleasant view lay spread before them.

"Yes, indeed, and I am glad to hear a newcomer acknowledge it. There isn't a lovelier in the county. I say, that was a lucky hit,"—and he sat bolt upright to watch a crisis in the game. "That would have been a splendid game we just finished if Ilsworth had not left. Smith took his place, and he hasn't the hand Ilsworth has."

Mabel had wakened at the sound of the first words they uttered, for sleep had become so great a truant that absolute quiet was the only assurance of its inducement. She had felt impatient at being thus abused, and was getting up quite a feeling of martyrdom when she stopped to listen as she heard her own name.

"Yes," said Dr. Carroll, "Ilsworth had to go to attend to his wife."

"By the way, Doctor, isn't the lady a patient of yours?"

"Well, yes, or rather, I visit her regularly, give her orders she never follows, prescribe diet which she never touches, and for this mighty service, her husband, poor man, pays me his hard-earned money."

"Seems to me you are growing pessimistic," laughed Dawley.

"And so would you," replied his friend as he leaned moodily on his elbow. "I am trying in every way I know how, to introduce right habits of diet and rational treatment of disease to the people of this town. Mrs. Ilsworth's influence against these ends is more than mine in their favour, and this tells because of her social position. She will eat what she wills to have, even though she knows she and all her friends will suffer the horrors of a dyspeptic's fit of despondency immediately after. I concluded yesterday that I had found the secret of her malady; it began with down-right selfishness. An overindulgent mother allowed her to grow up feeling herself to be the centre round which affairs of the home revolved. She ate what she wanted and when she wanted it. This constant pampering completely undermined her constitution. If it had been promptly dealt with at an earlier season, it might easily have been mastered, but now, even should she change her manner of living (which is a most unlikely event), it would take many months of grim unyielding will-power to discipline nature and heal the grievous mischief already done."

*(To be continued.)*



# EDITORIAL.

## WHAT TO DO IN DROWNING ACCIDENTS.

KEEP cool; be quick, but deliberate and methodical. Get the drowning person out of the water; place him on his face with his head down. Send for a doctor. Keep

dirt, or other foreign material that may have gathered in the mouth. Pull the tongue forward, fastening it to the chin with a handkerchief.

### ARTIFICIAL BREATHING.

There are several excellent methods of



FIG. 1.—EMPTYING THE AIR-PASSAGES.

back the crowd; allow no one to interfere with your work.

The first thing to do, if the person has stopped breathing, is to expel the water from the air-passages, and employ artificial respiration; and then restore the animal heat by friction and hot applications. Be gentle in handling the patient, taking care not to break any bones, or injure him in any way.

Loosen the clothing about the neck and waist, so that the chest may have free play. Open the mouth, and with a handkerchief around your finger remove mucus,

producing artificial respiration, but only one will be described; namely, Sylvester's, which is at the same time simple and effective. No assistants are required in using this method, but it is well to have one or two persons assist in turning the body and rubbing the limbs. Briefly, the directions are as follows:—

With the patient lying on his face, stand astride him, facing his head; then placing both hands under the lower part of the chest, lift him without allowing the head to be raised from the ground. While holding him up, give two or three smart jerks

in order to cause the water to flow out of the air-passages. Now turn the patient over on his back, and take a blanket or shawl or your coat, and quickly folding it,

while have some of the wet clothing removed, and the patient wrapped in a dry blanket. It is also well to apply heat (a rubber hot-water bottle, if you have it) to



FIG. 2.—ARTIFICIAL BREATHING: EXPANDING THE CHEST.

place it under the shoulders so that the head will fall back. Kneel at the head of the patient, and grasping the arms above the elbows, draw them slowly up over the head, holding them in this position while you count three. Return them to the side, and make firm pressure on the chest while you again count three. Then slowly raise them above the head of the patient, as before, and continue to repeat the movements from twelve to fourteen times a minute.

#### SOME PRECAUTIONS.

Make sure that the tongue is well forward, and that nothing is filling the throat or otherwise interfering with breathing. If you have assistants, instruct one to rub the lower limbs and trunk vigorously, and the other to make hot applications in order to restore the heat of the body. Mean-

while have some of the wet clothing removed, and the patient wrapped in a dry blanket. It is also well to apply heat (a rubber hot-water bottle, if you have it) to

the heart. This will act as a stimulus. After the patient begins to breathe naturally, remove him to a warm bed, if possible, and keep him warm by giving hot water or hot lemonade to drink. Avoid the use of stimulants; often they do harm rather than good, because of the after depression that is sure to follow. A glass of hot water is preferable. Keep the patient quiet in bed, and give him an abundance of fresh air.

#### IS THE CASE HOPELESS?

One of the questions to be decided in a drowning accident, is whether the patient is too far gone to be resuscitated. This is sometimes difficult to determine. People almost always exaggerate as to the length of time a person has been under water, and also as to the number of times he has gone down. Of course, if the patient has

been under water for any considerable length of time, artificial respiration is useless, and need not be resorted to. But if there is any possibility of restoring life, even though that possibility be very slight indeed, by all means give the patient the benefit of the doubt. This is a very critical time. What is to be done, must be done at once. There is a life at stake, and you may be the means of saving that life. Imagine yourself in the condition of the patient, and do what you would like to have some one else do for you under similar circumstances.

#### HOW LONG TO CONTINUE.

Another very important question is how long to continue artificial respiration before giving up all hopes of resuscitation. Again, if there is the least doubt, give the patient the benefit of the doubt. People have been

least two hours before giving up. Think of the possibility of your being in the condition of the patient, and proceed accordingly.

In conclusion, the foregoing instructions may be briefly summarised as follow :—

First, keep cool.

Second, be gentle, but quick.

Third, loosen the clothing.

Fourth, secure the tongue.

Fifth, empty the air-passages.

Sixth, use artificial breathing.

Seventh, rub the limbs vigorously, and apply heat.

**Life's Problem.**—The problem which every man should endeavour to solve, is how he may make his capital stock of health last as long as possible; how he may live on the interest, and not consume the principal. Obedience to natural law is the solution.



FIG. 3.—ARTIFICIAL BREATHING: COMPRESSING THE CHEST.

resuscitated after life had apparently been extinct for an hour or two. If there is the slightest chance that life can be revived, continue the artificial respiration for at

ELECTRIC light is resurrected sunlight. It has all the properties of sunlight: it will cause the grain to grow, ripen the strawberries, and colour the leaves.

# QUESTIONS AND ANSWERS.

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

**Cycling.**—T. F. has a weak, undeveloped leg, and asks if cycling would benefit.

*Ans.*—Yes, if the exercise is taken in moderation.

**Red Nose.**—J. A. asks: What is the cause and cure of a red nose?

*Ans.*—The red colour is usually due to dilatation, or widening, of the blood vessels of the nose. Alcoholic drinks have this effect, and in such cases it has been called a "rum blossom." But the condition may also be caused by repeated attacks of nasal catarrh, digestive disorders, or interference with the circulation of blood in the organ. The condition is usually chronic, and little can be done in the way of a cure, although the causes should be removed as far as possible.

**Nervous Exhaustion.**—J. R. C. writes that he is suffering from nervous exhaustion of long standing, has no energy, and a poor memory, and wants help.

*Ans.*—Drink water freely, take plenty of fruit, either fresh or stewed, add cream and eggs to your diet, take three small meals, the last not later than seven, and spend several hours daily in moderate exercise out of doors. Look on the bright side of things, avoid worrying, and cultivate good cheer. The cold morning bath (November GOOD HEALTH) is an excellent tonic which you would do well to take.

**Nasal and Gastric Catarrh—Constipation—Piles.**—M. A.: 1. Kindly advise means to relieve nasal and gastric catarrh of long standing. 2. What should be done for chronic constipation? 3. How can irritable piles be relieved?

*Ans.*—1. The persistent use of a good vaporiser will relieve the nasal catarrh. For gastric catarrh see number one of the *Good Health Library*, entitled "Biliousness." 2. The March number of GOOD HEALTH contains an article on constipation which deals with the subject more fully than we can do on this page. 3. Take neutral sitz baths (March GOOD HEALTH), and apply locally a simple ointment such as vaseline. The toilet paper used should be soft and clean.

**Chronic Dyspepsia.**—F. S. complains of a horrible taste on rising, depressing headache, continual noise in the left ear, and loss of appetite. He feels dull, heavy and sleepy, especially in the morning, and has lost all his energy. Has bad indigestion, and wants advice as to what food he should eat.

*Ans.*—Get out of doors daily, and walk, ride, or drive. Drink an abundance of water on rising in the morning, and between the meals. Take plenty

of fruit, both fresh and stewed. Use twice-baked breads, that is, pieces of bread thoroughly dried in an oven, well-cooked preparations of rice, macaroni, arrow-root, and various grains. Avoid condiments, such as pepper and mustard, alcoholic liquors of all kinds, tea and coffee, coarse vegetables, pastries, and rich, highly-seasoned food. If cream and eggs agree with you, use them.

**Coughs.**—A. G. wants a remedy for coughing.

*Ans.*—The remedy depends largely on the nature and cause of the cough. If due to some form of throat irritation, it may often be relieved by sipping or gargling hot or cold water. Catarrhal conditions of the air passages not infrequently give rise to cough, and in such cases fomentations over the throat or chest give relief. In lung disease accompanied by expectoration, coughing assists in bringing up matter which would work mischief if retained. We cannot recommend the numerous cough mixtures advertised; the slight relief some of them may afford is more than counterbalanced by the harm done.

**Loss of Vitality.**—"Penitent" writes that he is suffering with a complaint that is constantly weakening him, and exerting a depressing effect upon his mind. He wants advice.

*Ans.*—Take a tepid or cold sponge or plunge bath each morning, followed by light gymnastic exercise or a brisk half-hour's walk. Avoid tea, coffee, condiments, and all stimulating foods. Be abstemious in your eating, but drink water freely. Avoid all patent medicines and quack nostrums. Sleep in a well ventilated room, and do not use too many covers. Exert your will power. If you desire further suggestions, send a stamped, addressed envelope.

**Salad Oil.**—F. K.: Do you think that the use of salad oil would be harmful?

*Ans.*—No, not if it is pure olive oil, and used in moderation.

**Dry Scalp.**—E. T.: I should be so glad if you would tell me of something that is good for a dry, irritable scalp.

*Ans.*—Have the hair cut short. Use a soft brush. Gently rub the scalp with the fingers for five minutes twice a day, dipping them in cold water, and afterwards apply a very little pure vaseline, rubbing it well into the scalp. Give a shampoo once a week, using a pure, non-irritating soap and soft water. Avoid the advertised hair tonics.

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**GOOD HEALTH LEAGUES** have been organised recently at Plymouth, Bristol, Bath, Swansea, and Leytonstone (London, N.E.). These leagues have a large field of activity, and will doubtless prove a very effective means of spreading a knowledge of health principles.

The **British Medical Temperance Association** held its twenty-sixth annual meeting the 20th May, in Queen's Hall, Langham Place, London. The chair was taken at 4:30 P.M. by the President, Prof. Sims Woodhead, who delivered a brief address. Mr. McAdam Eccles presented a very interesting paper on the "Morbid Anatomy of Alcoholism, chiefly in reference to Cirrhosis of the Liver." The paper was illustrated by a lantern demonstration and by microscopical specimens. Numbering over a thousand abstaining physicians and medical students, this association is accomplishing much work of a most important kind in the advancement of temperance principles. We trust it may continue to exercise an ever-increasing influence upon the medical thought of to-day.

## EXETER HALL GOOD HEALTH CONFERENCE.

THE Good Health Conference was held according to appointment in Exeter Hall, Strand, London, and was a decided success. Dr. Kellogg unfortunately failed to reach the city in time to be present. Nevertheless a pleasing and instructive programme was presented, and the fine enthusiasm of the large audience which filled Exeter Hall to overflowing, was a very tangible evidence of the interest felt by the general public in the subject.

Mr. A. G. Daniells presided at the afternoon meeting, and, in the absence of Dr. Kellogg, Dr. J. C. Ottosen, superintendent of the Skodsborg Sanitarium (near Copenhagen), gave an address on the "Good Health Movement." He brought out clearly a few of the leading principles which underlie the movement, and then illustrated these by telling some of his actual experiences in connection with the Sanitarium of which he is the head. Professor H. R. Salisbury spoke of the objects of the Good Health Leagues, and the work that they are doing in health and temperance lines. This was followed by an address by Dr. E. J. Waggoner, entitled "Health our Natural Birthright." Mr. L. R. Conradi, of Hamburg, spoke on the work of the magazines devoted to the principles of healthful living. He referred to a dozen such papers published in America, Germany, France, Scandinavia, South Africa, and Australia, and other parts of the world. All these magazines are devoted to the same principles for which **GOOD HEALTH** stands, and they are everywhere receiving the hearty support of the public.

A few words were then spoken by Dr. A. B. Olsen with reference to Health Schools, the purposes for which they are held, and the encouraging openings which are presenting themselves for work of this kind. Mrs. Ormiston Chant was on the platform, and rendered an eloquent tribute to the value of the principles represented by **GOOD HEALTH**. Her address was received with much enthusiasm, as were also the others. Refreshments were then served, consisting largely of health foods kindly donated by the International Health Association of Birmingham.

Dr. Ottosen presided at the evening meeting, and an address was given by Dr. A. B. Olsen on "How to Live a Century." The Doctor showed that the average man has small chance of living to be seventy-five years old, to say nothing of a century. He gave as a reason for this state of things general unfamiliarity with, and consequent disobedience to, the laws of health. He submitted that it was the highest duty of the physician to keep his patients in health, rather than to care for them after they had contracted disease; and that if physicians were called in and consulted with reference to home sanitation, the care of the children, healthful diet, dress, etc., there would be far less disease.



Several questions were asked at the close of the lecture, and answered by Drs. Ottosen, Olsen, and Waggoner. Although some of the questions were of such scope as to require lengthy answers, and the meeting continued until a late hour, the audience remained until the close, and then some stayed behind to ask more questions. The splendid enthusiasm of the meeting augurs well for the success of the Good Health League. May this be but the beginning of an all-round, forward campaign in the interests of health and healthful living.

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## LITERARY NOTICES.

The Food Value of Alcohol, by A. B. Olsen, is a recent contribution to temperance literature. The writer begins by asking the question, "What is food?" and answers it by quotations from leading physiologists. This matter having been made very clear, the reader's attention is next turned to the use which food serves in the body, and the manner in which it is digested and assimilated. Finally, the character of alcohol itself is carefully reviewed, and the writer proceeds to discuss, in a calm and impartial spirit, the exact effects of alcoholic drinks upon the system. Following are some of the headlines in this portion of the booklet:—

The Source of Alcohol.  
Alcohol a Waste Product.

How Alcohol Acts upon the Body.  
Alcohol and Digestion.  
Paralysing Effect upon the Nerves.  
What Alcohol Does for the Liver and Kidneys.  
Enlargement of the Heart due to Alcohol.  
The Brain and Spinal Cord.  
Alcohol a Cause of Tuberculosis.  
Advantages claimed for Alcohol.  
Is Alcohol a Tonic?

It is a booklet well worth circulating, and one which will be read by those for whom it is written, because of its considerate tone. Sixteen pages. Price 1d.; 1½d. by post. May be had of any Good HEALTH agent.



"How to Acquire and Strengthen Will-Power," by Richard J. Ebbard. An ingenious scheme of treating Insomnia, Nervous Irritability, Sick-Headache, Hypochondria, and other forms of disease by self-suggestion on the part of the patient. Valuable, doubtless, to the chronic nervous invalid whose chief difficulty is a mind prone to dwell upon his aches and pains, but not sufficing where the disease is due to other causes. Modern Medical Pub. Co., 57 and 58 Chancery Lane, W.C.



"A Hero of Donegal."—A new work by Frederick Douglas How, giving the life story of Dr. William Smyth, who fell a victim to the typhoid fever outbreak on the island of Arranmore, Ireland. It is the record of a strong, loving, manly life, simply and touchingly related by one who could understand the man and the people for whom he laboured. Dr. Smyth's life reminds one of the Great Physician; it was one continual round of arduous service for suffering humanity. He died at his post, but his memory will ever live in the hearts of the inhabitants of that wild and desolate coast. Published by Isbister and Co., London. Eight illustrations. Net price, 2s. 6d.

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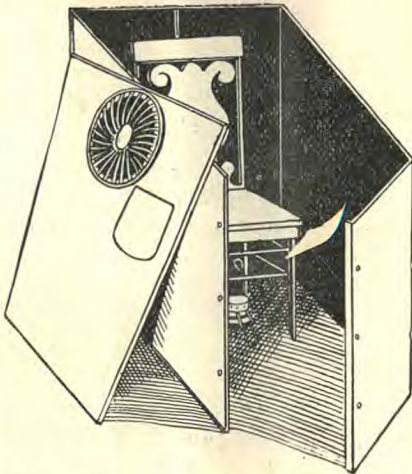
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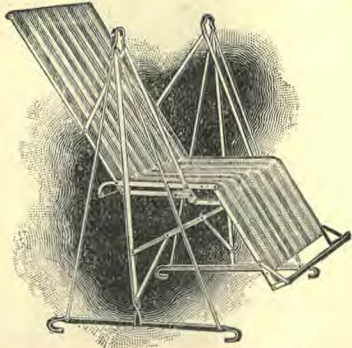
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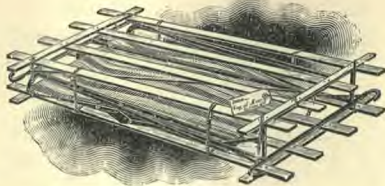
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FIG. 11.

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Which with the gentle exercise will make you so refreshed for your daily work. It is possible for everyone to have a bicycle made by The Chase Cycle Co., one of the oldest established firms in the trade, and whose Bicycles have earned a reputation Second to None,

## At a Low Price for Cash, or by Easy Payments.

You can then use it for business and pleasure, and save railway, tram, and bus fares.

The following are specifications of the Chase Cycle Co.'s Bicycles for 1902.

#### GENT'S 1902 ROADSTER MACHINE.

- Frame.** Best Weldless Steel Tubing, B.S.A. Pattern Box Crown, D Shape Front Forks, and Compression Stays, with Bridge, Cranked Top Back Stays.
- Wheels.** 28 inch equal.
- Rims.** Westwood Hollow, Matchless or Jointless.
- Spokes.** Specially Toughened, Tangent.
- Hubs.** Dust Proof, Oil-retaining Barrel, B.S.A. Size.
- Bottom Bracket.** Disc, Oil-retaining, Tread 4 1/2 inch, Cranks Flat, 9/16 x 20, Screw in, B.S.A. Size.
- Gear.** 75 inch, or to order.
- Chain.** Appleby's, 1/2 inch Pitch, Roller.
- Pedals.** Ball, Rat Trap, or Rubber, Right and Left Hand Thread.
- Saddle.** Lycett's Roadster.
- Handle Bar.** Rational Pattern.
- Handles.** Best Cork.
- Brake.** Rubber Spoon.
- Mudguards.** Detachable, Steel Corrugated.
- Finish.** All bright parts heavily plated, remainder highly finished in Black Enamel.
- Standard Sizes.** 24 inch and 26 inch Frame.
- Weight.** 30 lbs.

With Dunlop Tyres and Westwood Rims £10 net cash. (Warwick or Clincher Tyres 10/- less) or by easy payments.

#### LADY'S 1902 ROADSTER MACHINE.

- Frame.** Best Weldless Steel tubing, B.S.A. Pattern Box Crown, D Shaped Front Forks and Compression Stays, with Bridge, Cranked Top Back Stays.
- Wheels.** 28 inch Front, 26 inch Back.
- Rims.** Westwood Hollow, Matchless or Jointless.
- Spokes.** Specially Toughened, Tangent.
- Hubs.** Dust-proof, Oil-retaining Barrel, B.S.A. Size.
- Bottom Bracket.** Disc, Oil-retaining, Tread 5 inch, Cranks Flat 6 inch, 9/16 x 20, Screw in, B.S.A. Size.
- Gear.** 60 inch, or to order.
- Chain.** Appleby's, 1/2 inch Pitch, Roller.
- Pedals.** 3/4 inch, Ball, Rubber, Right and Left Hand Thread.
- Saddle.** Lycett's.
- Handle Bar.** Raised Pattern, or to order.
- Handles.** Best Cork.
- Brake.** Rubber Spoon.
- Mudguards.** Detachable, Steel Corrugated.
- Dress Guards.** Silk, 32 x 28 Hooks.
- Gear Case.** Best Leather, with Two Celluloid Panels.
- Finish.** All bright parts heavily plated, remainder highly finished in Black Enamel.
- Standard Sizes.** 21 inch and 23 inch Frame.
- Weight.** 30 lbs.
- Dunlop Tyres and Westwood Rims, £10 10s. net cash. (Warwick or Clincher Tyres if desired 10/- less.

#### Specifications of our Celebrated ROAD RACER

Is similar to above, except that

- Gear** is 80, or to order.
  - Pedals.** Ball, Rat Trap with Strengthening Stays, Screw in, Right and Left Hand Thread.
  - Saddle.** Lycett's Road Racer.
  - Handle Bar.** Half-drop Ramshorn, with forward Lug, or to order.
  - Weight.** 26 lbs.
- With Dunlop Tyres and Westwood Rims,  
Net £9 10s. 0d. Cash.

#### Specification of our CUSHION Full ROADSTER

- Frame.** Best Welded Steel Tubes.
  - Wheels.** 28 inch x 1 1/4 inch each, Tangent Spokes 14g.
  - Hubs.** Oil-retaining.
  - Bottom Bracket.** Disc, 5 inch Tread, Flat Cranks, 9/16 x 20, Screw in.
  - Gear.** 63 inch, or to order.
  - Chain.** 1 inch Pitch, Hardened Block.
  - Saddle.** Strong and R. liable.
  - Pedals.** Rubber or Rat Trap, Right and Left Hand Thread.
  - Handle Bar.** Flat, or to order.
  - Handles.** Cork.
  - Brake.** Spoon Rubber.
  - Mudguards.** Steel, Detachable.
  - Finish.** All bright parts heavily plated, remainder highly finished in Black Enamel.
- With Guaranteed Cushion Tyres, £6 net cash.

The above Machines can be fitted with Free Wheels and Rim Brakes at slight extra cost, and inspected (no obligation to purchase) at our London Showrooms as below, and we will also gladly post you our Beautifully Illustrated 1902 Catalogue on receipt of postcard. We make a proud and true boast that

### We Sell the HIGHEST GRADE BICYCLES AT THE LOWEST PRICE POSSIBLE.

The reason is we make one grade only to sell in thousands. Write or call for Illustrated 1902 Catalogue. Call if possible and see the machines.

Established 1880.  
Works: Birmingham.

THE CHASE CYCLE AND MOTOR Co.,

9, Hart Street, New Oxford Street, London, W.C.