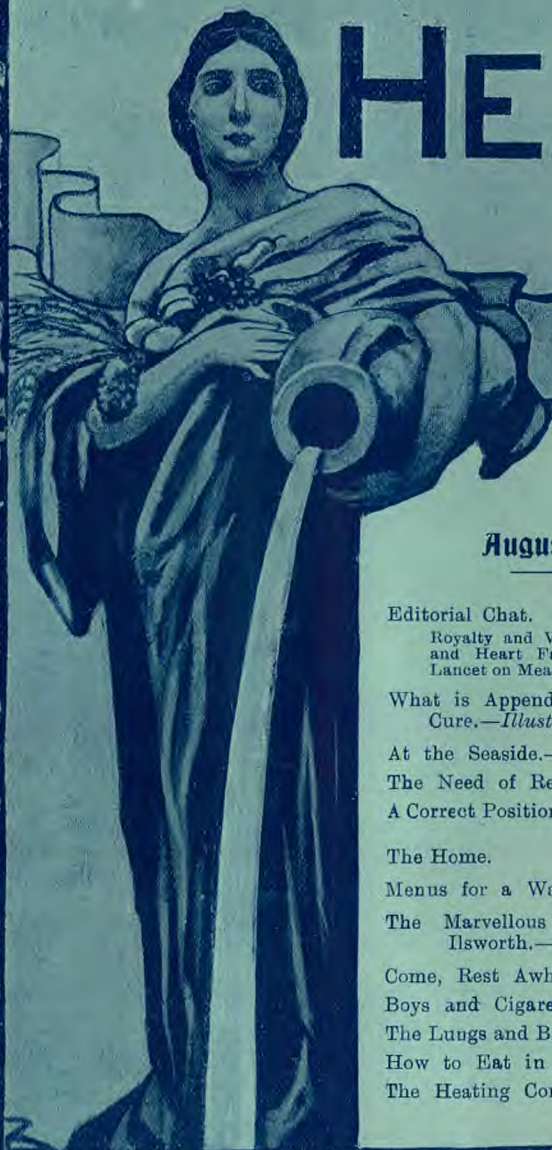


WHAT IS APPENDICITIS? CAUSE AND CURE.--KELLOGG.

GOOD HEALTH



MENS SANA

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CORPORE

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August, 1902.

Editorial Chat.

Royalty and Ventilation, Tea Drinking and Heart Failure, Dyed Milk, The Lancet on Meat, etc.

What is Appendicitis? Its Cause and Cure.—*Illustrated.*

At the Seaside.—*Illustrated.*

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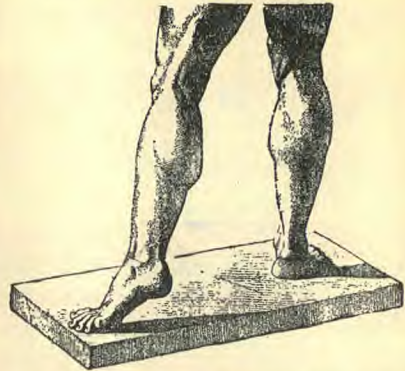
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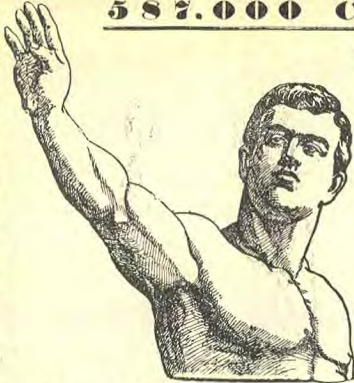
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Good Health Next Month.

WE have space to mention only a few of the interesting features which will appear in our next month's number.

The Champion Walker.—Mr. Karl Mann, winner of the recent walking contest between Dresden and Berlin, has kindly promised us an article telling how he trained for his admirable performance, and something about his general habits of life. We also hope to be able to show our readers a picture of this agile and energetic young man, who is a splendid specimen of "good health."

MR George Allen, of Leicester, is another athlete whose experience has convinced him of the value of a rational diet. He will tell our readers in an early number something about his habits.

"The Living Temple."—Dr. J. H. Kellogg, superintendent of the well known Battle Creek (Michigan) Sanitarium, has prepared the manuscript for a new book, entitled "The Living Temple." GOOD HEALTH has received permission to print some portions of this very interesting work in advance, and the first instalment will appear next month.

Practical Questions.—It will be in the form of practical questions relating to diet which have been asked the Doctor, and his answers to the same. In view of the large correspondence we have had with our readers, we feel convinced that this new feature will supply a need felt by many. The subject of diet is one of growing importance, and everyone who values his health does well to give it some study.

"Bedtime Exercises for the Children" will be the title of an interesting, fully illustrated article, giving some splendid exercises for the little ones which will be beneficial in developing a good physique, and at the same time very interesting to take. The bedtime hour may, in this way,

be made something to look forward to with pleasure, and the exercises will bring on natural fatigue, which ensures sound sleep.

Dr. Kellogg's article on "The Joy of Life," announced for this month, will appear later, having made way for the one on "Appendicitis," in which we feel sure every one of our readers will be deeply interested.

WE appreciate the many words of encouragement that have come in from the GOOD HEALTH family, who all seem greatly pleased with the enlargement of the magazine. We feel happy to know that the truth it contains is helping so many to a higher and healthier life. Let us all work together to spread these principles amongst our friends and neighbours, and wherever the opportunity offers. Thus we may become, not only examples, but ministers of health.

THREE-QUARTERS of a pound of lean beef consists of water.

IT is an excellent idea to have a few flowers on the table at meal time. They not only diffuse a delicate fragrance, but minister to the love of beauty, which is almost universal. It is a good rule not to put anything on the table which in looks and in general character will not harmonise with the flowers.

THE ripening process in fruit is very similar to the process of digestion, the starch, which is contained in abundance in green fruit, being converted into sugar, dextrin, and various wholesome and valuable flavours and acids. When the fruit is picked green, this change does not take place, or at least it does so very imperfectly, so that the hard, indigestible tissues of the green fruit are only partly softened. When fruit enters the stomach in this state, it dissolves very slowly in the digestive juices, and readily undergoes fermentation.

Some

Further Announcements.

THE readers of GOOD HEALTH know a good thing when they see it. We are continually receiving inquiries with reference to our goods, and booking orders for the same.

BOOKS THAT PEOPLE WANT.

There is a very brisk demand for our larger publications. Field agents are giving special attention to that excellent work, **HOME HAND-BOOK OF RATIONAL MEDICINE**, and are having the best of success. Orders for this book and for **MAN THE MASTER-PIECE**, and **LADIES' GUIDE**, are also coming through the post, and receiving our prompt attention. We have some very interesting circulars describing all three of these books, which we shall take pleasure in sending to any reader of GOOD HEALTH.

BACK COPIES OF "GOOD HEALTH."

Many inquiries are made as to whether we are able to furnish Nos. 1-7 of the old series of GOOD HEALTH. We are glad to be able to state that we can do so. The net cost of the entire set, post-free, is but 9½d. Headache, Influenza, Rheumatism, and Typhoid Fever are some of the diseases treated in these numbers, which also contain a large amount of valuable information concerning diet and general hygiene. Single copies of GOOD HEALTH, old series, may be had at 1d. apiece, or 1½d. post free.

TWO VALUABLE BOOKLETS.

BILIOUSNESS: Its Cause and Cure, and **THE FOOD VALUE OF ALCOHOL**, are interesting booklets forming the first two numbers of our *Good Health Library*. The price is 1d. per copy; post free, 1½d. We allow a liberal discount in lots of a dozen or more.

OUR SELECT LINE OF FOODS.

Our announcement concerning the special foods we expect to handle for the convenience of our customers has aroused considerable interest. We have not space this month to give many particulars; but when we say that the foods are manufactured by the Sanitas Nut Food Company, of Battle Creek, Mich., it will be a sufficient guarantee of their quality.

A UNIQUE FOOD.—SANITAS FOOD SWEETS is a unique product which we are sure our readers would like to know more about. It is a well known fact that the large use of ordinary cane sugar, and of sweets, such as chocolate, jams, marmalades, etc., is decidedly injurious. **Sanitas Food Sweets** are more than an excellent substitute for these things. In flavour they are equal to the finest confectionery. They are so easy of digestion that invalids can take them. They form an ideal strength-giving food fit for anybody. **MALTED NUTS** and **MALT HONEY** are other excellent products about which we shall tell our readers next month. Meanwhile any inquiries concerning these and our other food products will receive prompt attention. We take pleasure in giving the fullest information in regard to any of our goods.

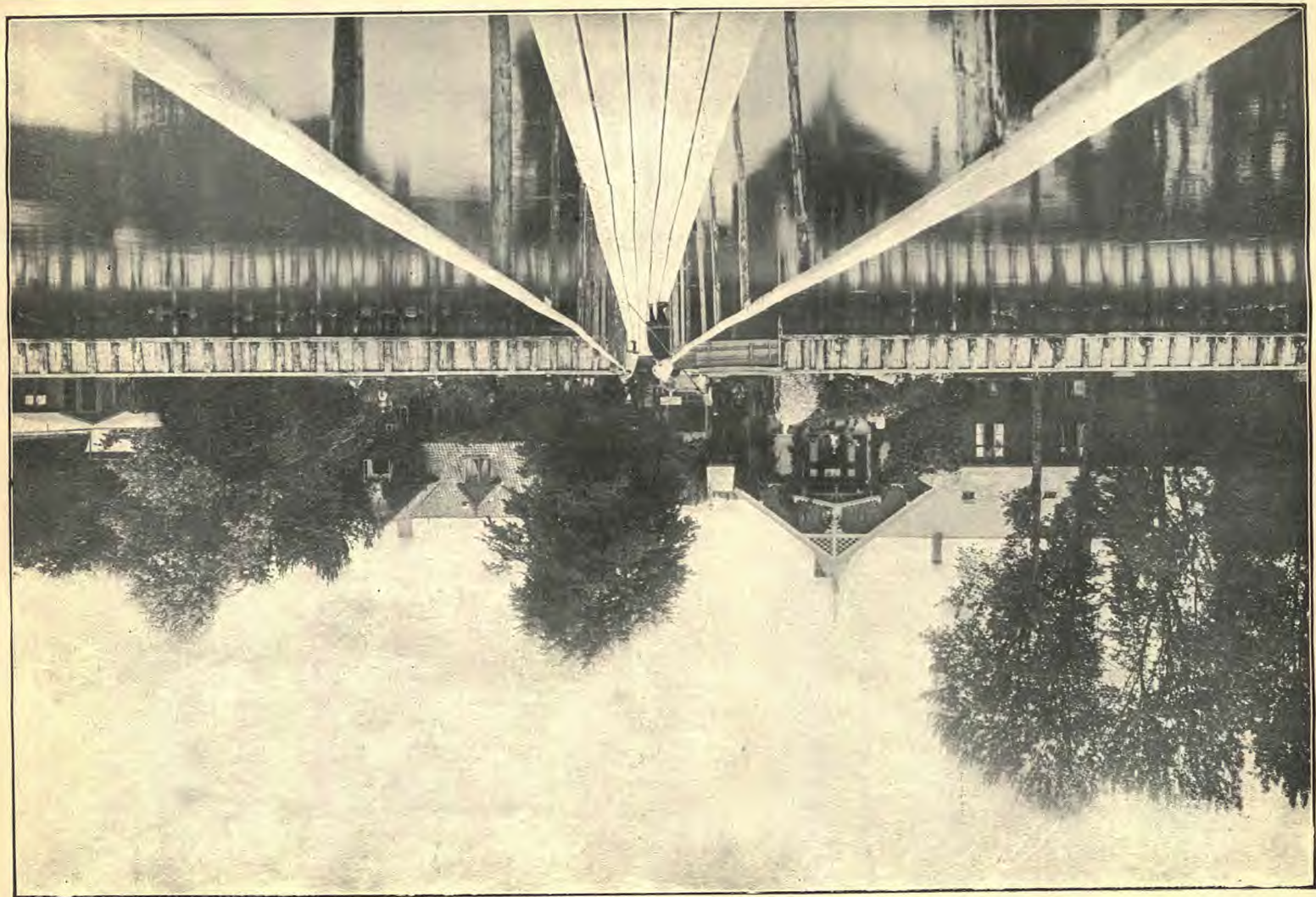
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An Illustrated Monthly Magazine Devoted to
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Entered at Stationers' Hall.

Vol. 1.

August, 1902.

No. 3

EDITORIAL CHAT.

If You Would Enjoy Refreshing Sleep during the warm weather, eschew the feather bed *in toto*. Adopt in its place a light spring mattress, and let the covering consist of a blanket or two.



Royalty and Ventilation.—The German Crown Prince caused no little embarrassment recently to railway officials at Bonn, by insisting on travelling fourth class, the reason being that these carriages were the best ventilated. All honour to the prince! He has done valuable service in behalf of proper ventilation. With the advantage of royal patronage, fresh air may actually become popular.



Tea Drinking and Heart Failure.—That tea is a harmless beverage is one of the old-time fables which modern scientific investigation, coupled with practical experience, is showing to be utterly false. A short time ago a London night watchman, known to be a very heavy user of tea and cocoa, dropped dead from heart-failure. "At the post-mortem examination his heart was found to be twice the normal weight, a consequence, the surgeon said, of a too liberal indulgence in the above-mentioned fluids."

Dyed Milk.—Milk as supplied to London and other large cities in the United Kingdom, is rather a questionable beverage. The practice of adding artificial colouring is, according to the *Lancet*, getting to be very common. Annatto, the dye ordinarily used, is said to be harmless; but coal-tar dyes have also been detected. Persons who value their health, and desire to encourage straightforward dealing on the part of the dairy companies, should refuse to patronise all who are guilty of thus tampering with their products.



Disobedience the Most Fitting Text.—The Rev. Charles Sheldon, being invited to preach at an asylum for the insane near Topeka, Kansas, asked the superintendent to suggest a suitable subject, and received the following reply: "Disobedience is the best one, as the patients would best understand that. Hardly a person here but came to his present plight because of disobedience of one of the Divine laws." Would that more sermons on this subject were preached *outside* the asylums; perhaps they would not then fill up so fast. It is a sad fact that transgression of physical law is general, and disease is increasing. If insanity should grow as rapidly in the future as during the last twenty-five years, it would be universal in civilised countries in less than three hundred years.

A *Medical Journal*, commenting on the claim (by no means undisputed), of a French physician that tobacco smoke renders the throat cavity more or less aseptic, drops the significant remark: "Possibly, however, this advantage is somewhat counterbalanced by the *chronic intoxication of the nervous system which is produced by smoking*, and by the irritation of the naso-pharynx which it sets up. (Italics ours.) No thoughtful man will lightly pass over these lines. The nervous system is too important a part of the human economy to be thus injured with impunity; and how is it possible, may we ask, for one to be a temperance man, and yet live in a state of "chronic intoxication"?"

The "Lancet" on meat.—Commenting on a statement in an American medical journal to the effect that the high price of meat resulting from the trust, would not be an unmixed evil if it led people to use less meat, the *Lancet* expresses itself in a somewhat similar strain. "The ordinary American," says this journal, "eats practically an unlimited amount of flesh food, and perhaps to this fact are due the dyspeptic and uræmic tendencies of so large a number of the inhabitants of the United States. Meat once a day should be sufficient for a person not engaged in hard manual labour, and even then a surplus of flesh food does no good. The hardy Scotch peasant does his work on milk and oatmeal."

WHAT IS APPENDICITIS? ITS CAUSE AND CURE.

BY J. H. KELLOGG, M.D.

THE increasing prevalence of fatalities from this disease in recent times is a matter which has attracted public attention. It is true of appendicitis, as of most other maladies, that the best opportunity for successful treatment is afforded before the disease begins. Appendicitis is a germ disease, it is entirely powerless to attack anyone who has not been prepared for the assault by a weakening on the part of the body in which this malady has its seat.

What is the Appendix?

It is a small pouch about the size of the little finger of a lady's glove, and is attached to the lower end of the colon, the dilated portion known as the cæcum. The small intestine joins the cæcum at a point a little above the appendix. It is thus to be seen that the appendix is a little pouch placed at the bottom of a bowl-shaped cavity, into which is poured the residue of the substance taken into the stomach, a portion of which has been digested and absorbed while passing through the small intestine. One might easily conclude from

this fact that the appendix would readily become filled with seeds of raspberries, strawberries, currants, and other seedy fruits, with cherry stones, which are sometimes swallowed, and with other small indigestible portions of food; but this is not the case. The mouth of the appendix is carefully guarded by an arrangement which allows exit from the pouch, but permits nothing to enter it. The examination of the appendix in thousands of cases has shown that so long as it remains in a state of health, it contains nothing but mucus. Cherry stones, seeds, and concretions are never found in it except when it is in a state of disease, and even then the presence of these foreign substances is comparatively rare.

What is the Use of the Appendix?

Some years ago the theory was advanced that it is a sort of vestige or relic representing a large pouch, a sort of third stomach, such as is possessed by the beaver, muskrat and other animals of allied species, the supposition being that man in some past

age, when in a lower state of being, possessed in place of this little pouch a large organ possessed of important functions. The conclusion was drawn from this theory that the present use of the appendix is chiefly to make business for doctors and surgeons.

A Highly Important Function.

The utter absurdity of these notions appeared when Dr. Andrews, an eminent Chicago surgeon, pointed out somewhat recently the fact that the appendix performs a highly important function. Dr. Andrews has shown that the appendix is really a glandular structure, and that it forms and pours out into the colon in great quantity a glairy mucus, which serves to protect the mucous membrane, not only by its lubricating properties, which facilitate the passage of the food substances along the intestine, thus preventing impaction in the colon, but also protecting the mucous membrane from erosion through the action of the indigestible food residues, which for many hours a day are pouring from the small intestine, and falling upon this circumscribed area of tissue. This mucus is also capable of destroying germs, as recently pointed out by an eminent French bacteriologist

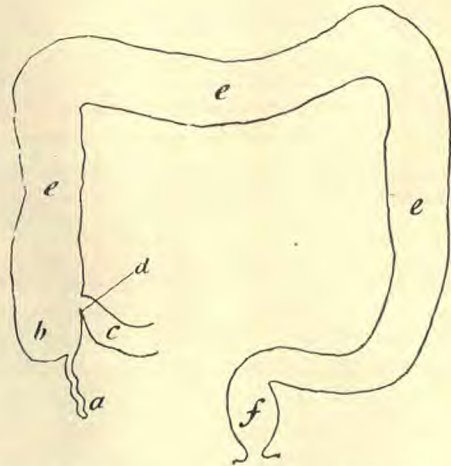
The Cause of Appendicitis.

It is evident, therefore, that the portion of the bowel to which the appendix is attached, is more exposed than almost any other to injury from irritating and unwholesome substances which may be taken in with the food. If the chylous contents of the intestine include a large amount of foreign substances, almost every single particle will be brought in contact with the mouth of the appendix. Mustard, pepper, spices of various sorts, fragments of pickles, Worcestershire sauce, curry, chilli, and other substances capable of producing a blister upon the skin, will produce irritation about the mouth of the appendix. The basin-like lower end of the colon acts, in fact, as a sort of catch-all for coarse par-

ticles and all indigestible, irritating fragments of the food: hence the special tendency to inflammation in this portion of the alimentary canal.

Sources of Irritation.

Another source of irritation of the colon, and especially of that portion to which the appendix is attached, is the use of laxatives, mineral waters, and purgatives of all sorts, especially the frequent use of



a, appendix; *b*, cæcum; *c*, small intestine; *d*, valve between small and large intestine; *e*, colon; *f*, rectum.

calomel, blue mass, and other mercurial laxatives. Moreover the hasty eating of coarse vegetable substances, including unripe fruit, hastily swallowed hard fruits, as cherries, and various other dietetic digressions, may readily become the cause of appendicitis. The excessive use of flesh foods, and particularly of fish, and shell-fish, and cheese, leads to appendicitis by encouraging the growth of germs in the colon. On a diet of fruit, or of fruits and nuts, or of fruits, grains, and milk, or a pure milk diet, few germs are found in the colon, while on a diet of cheese or meats, and especially when fish and shell-fish are freely used, germs are present in enormous quantities, their growth being encouraged by the presence in the colon of portions of undigested flesh.

Some Predisposing Factors.

Alcoholic liquors of all sorts, as whisky, brandy, wine, and beer, are powerful agencies for producing that weakened condition of the alimentary canal which predisposes to appendicitis. The use of tea and coffee tends in the same direction, by interfering with the stomach digestion, and thus disturbing the whole alimentary canal. The use of tobacco lowers the general vital resistance to a remarkable degree, and thus predisposes to appendicitis as well as other internal inflammations. It is a notable fact that women are comparatively little subject to appendicitis. Their exemption may well be attributed, in large part at least, to the fact that women are as a class less addicted to the use of liquor and tobacco than men.

Initial Stages of the Disease.

To sum up briefly the origin and initial stages of the disease, it is evident that the portion of the intestine to which the appendix is attached is more liable than perhaps any other portion of the alimentary canal to congestion, inflammation and catarrh. The parts are first irritated from the various causes named, thus being brought into the condition of wounded or paralysed soldiers, incapable of defence against the swarms of germs which invade the tissues. These set up various morbid processes, causing swelling, inflammation, catarrh, and other changes. These changes gradually creep down into the appendix so that this organ becomes secondarily diseased.

Appendicitis Begins at the Table.

If one, then, does not desire to suffer from appendicitis, he has only to regulate his diet in harmony with natural and sensible rules. He must avoid over-eating, as well as too frequent eating (three times a day is certainly sufficient, and many do better with two full meals a day, taking, perhaps, a little fruit at night), he will also avoid entirely the use of fried foods, rich sauces which render the food indigestible,

pickled olives, pickled walnuts, cucumbers, and other indigestibles, together with spices and irritating condiments of all sorts. He will feed himself in a rational way, for it is evident that appendicitis really begins at the table. Regularity of the bowels should be maintained by the free use of fruits, wholemeal bread, and nuts at meal-time, taking pains thoroughly to masticate the nuts before swallowing, so that they may not become a source of irritation. The habitual use of all kinds of drugs and nostrums must be avoided.

Symptoms of Appendicitis.

The symptoms in a mild case may be nothing more than pain just above the right groin, accompanied by a chill and fever. In a chronic case the chill may be absent. In a very acute case the pain will be very severe, and vomiting will also be present. As the case advances, the symptoms become more serious, the inflammation extending to the neighbouring tissues. Swelling may appear in the right and lower abdominal region, with great tenderness. There may be symptoms of intestinal obstruction, peritonitis, and grave collapse, and finally discharges of pus through the bowels or even externally.

Proper Treatment of the Disease.

Experience has shown that about ninety-five per cent. of all cases of appendicitis can be cured by proper treatment without surgical intervention; but surgery is certainly required in a certain proportion of cases, and hence a competent surgeon should be called in every case, so that any indication for surgical interference may be recognised at the proper moment. But there are certain things which may be done by any intelligent person, which are of great service in combating the fatal tendency of this disease, and which are capable of effecting a cure in the great majority of cases. These measures are essentially the following:—

1. Absolute rest in bed at the occurrence of the first symptoms of the disease.
2. All solid food should be withheld for

a day or two, at least, so as to give the bowels a rest. The only food which is really suitable is fruit juice. Freshly expressed fruit juice, without sugar, is best. A fruit soup, a common article of food among the Germans, is also excellent.

3. The bowels should be thoroughly emptied by a large hot enema, temperature 100° to 105°.

Hot Applications Useful.

4. A large fomentation should be applied for fifteen or twenty minutes every two hours. The fomentation consists of a large flannel cloth (half a small woollen blanket is about the right size), folded lengthwise, and the central portion dipped in very hot water and quickly wrung out by twisting the ends. This should be applied to the body in such a way as to cover the lower abdomen extending around the right side as far as the spine. The dry ends should be so disposed as to well cover the moistened portion, so as to retain the heat. It is a good plan to lay a dry flannel over the skin before applying the fomentation, as a precaution against burning the skin, while also permitting the application of a fomentation at a higher temperature. When the fomentation is removed at the end of twenty minutes or a little longer, if necessary to relieve the pain, a heating compress should be applied. For directions see page 90.

If this treatment is beneficial, as it is almost certain to be, the fact will be evidenced by a considerable relief of pain; and by continuing the treatment the pain will gradually subside until it disappears, and only the soreness remains. The treatment should be continued assiduously,—the fomentation for fifteen or twenty minutes every three hours, or every two hours, if necessary, and the heating compresses renewed every fifteen or twenty minutes during the intervals.

To Relieve the Congestion.

If the fomentation does not relieve the pain, a larger one may be employed. A

whole blanket may be wrung out of hot water and wrapped about the hips and legs. The application should be as hot as the patient can bear, so as to cause the whole surface of the limbs to become very red. This will draw the blood into the legs, and lessen the congestion of the affected parts. After the hot application the heating compress should be applied to the legs, so as to retain the heat. The best plan is to apply a large wet towel, wrung out of cold water, to each limb, wrapping snugly, and then covering closely with a woollen blanket, so as to promote thorough heating of the limb. The object is to secure the effect of a poultice upon both legs, and thus maintain the diversion of blood into the limbs. When it is found that the fomentation increases the pain, this is an evidence that suppuration is taking place, and this constitutes an important guide to the surgeon as to the necessity for operating, and the time when operative interference is required.

Two Points Which Should Be Emphasised.

There is much more to be said about appendicitis. The writer has not undertaken to treat the subject exhaustively or in a professional way, but only to offer a few suggestions which may be of service to the lay reader. It is desired to emphasise two points especially: First, the necessity for so regulating the dietary as to prevent the occurrence of this disease by avoiding its principal cause; and, second, the importance of employing a competent physician at the first indications of the malady, and to be able to second the efforts of the wise physician by knowing how to employ these simple measures, which are far more effective than drugs of any sort in combating the morbid processes present.

“CHAMPAGNE” at night and “real pain” in the morning, is the order of things with many persons.



At the Sea-Side.

BY M. ELLSWORTH OLSEN.

THERE is something very attractive about the sea. It is the delight of children to play on the warm, sunshiny sands, and wade in the shallows. The jaded business man turns with longing eyes to the broad expanse of waters suggestive of freedom, and health, and boundless vitality. The invalid feels better at once when the salt sea breezes begin to play about his cheeks.

Exodus to the Sea.—No wonder, then, that multitudes of city folk throng the sea-side resorts during the warm season. Rowing, surf-bathing, walks in the surrounding country, abundance of pure fresh air, and a comparatively cool atmosphere,—these are real attractions which succeed in bringing together individuals from all classes of society. Perhaps a few hints and suggestions as to the care of oneself while on such a trip will be helpful to our readers.

Some Hints on Surf-Bathing.—Surf-bathing constitutes one of the chief attractions of a stay at the sea-side, and

when pursued with moderation is in most cases exceedingly beneficial healthwise. Invalids and children, as well as old people, should preferably go into the water about noon, as the bodily temperature is then at its highest point, and reaction is apt to be the best. The afternoon is also a fairly good time, and may be more favourable in respect of the tides. Robust persons may bathe at almost any time. Some enjoy a dip before breakfast. No one should bathe within two or three hours after a regular meal. The reason for this is that digestion requires the presence of a full amount of blood in the vital organs, while bathing brings the blood to the surface of the body.

How Long Should One Remain in the Water?—This will depend on the condition of the bather, and the temperature of the water. Three or four minutes is long enough for some; others, again, may stand it well for a half hour or even longer. If such a bath is followed by a feeling of lassitude, a dull headache or

coldness of the extremities, one should conclude that it had lasted too long. Children once accustomed to bathing are very likely to remain in the water longer than is good for them, because of the excitement and pleasure which it affords. One should always follow surf-bathing with a good rub-down (using a coarse bath towel) and some light exercise.

Swimming Beneficial to Health.

—Swimming is not only enjoyable as a pleasant form of recreative exercise, but very beneficial in building up the muscular system, and increasing chest capacity. The sport is so fascinating that one is very likely to overdo it. There is also some danger attached to swimming, especially in unfamiliar waters. The proper thing to do is to obtain the fullest information as to tide and currents, and then err on the side of caution rather than otherwise. No one should go in swimming or bathing alone.

To Avoid Accidents: Keep Cool.

—Especially important is it to keep cool. Strange to say this is a very hard thing to do, even while immersed in cold water. A person who is in danger of drowning usually clutches his would-be rescuer, if he gets a chance, and thus makes a very embarrassing situation, if he does not actually cause the death of both. The poor swimmer should endeavour at all events to get firmly fixed in his mind that water (especially salt water) is very buoyant, and by keeping the lungs well filled with air, he can float without any assistance whatever.

The Best Diet at the Seaside.—

Failing appetite is not a common symptom among seaside visitors. More often it is the other way. Many indulge themselves too freely, and thus lose a certain amount of good which would have accrued from the trip. Pure air and pure food make a fine combination. The seaside visitor always has the former; if he were wise he would be equally solicitous to secure the latter. It may involve getting his own meals. The average hotel and boarding house fare is decidedly lacking in health-giving properties. Flesh meats figure largely in the bill of fare, and vegetables are injured in the process of cookery.



Bread and Fruit.—Select simple, natural foods, avoiding pepper and mustard and all highly spiced and greasy foods. Take fresh fruit and wholemeal bread as staple articles of diet, and add nuts, and nut preparations, poached or soft-boiled eggs, cream if it agrees with you, and some of the finer grained vegetables. Will such a diet give strength? Certainly, and make one feel buoyant and happy, too. A simple, wholesome diet and the avoidance of all intoxicating drinks, will at least double the pleasure derived from a short stay at the seaside.





THE HOME GYMNASIUM.

MRS. H. R. SALISBURY.



we should not fail to put into practical use."

There is a wonderful connection between rest and quiet of the body and of the mind. Perfect control of the body gives control of the mind also, and the ability to keep perfectly still when you feel nervous, has its quieting effect on the mind.

THE NEED OF RELAXATION.

"Let us pause and catch our breath
On the higher side of death."

A GLANCE at the tense faces and bodies of those we meet daily in the streets, is all that is necessary to convince even a casual observer that there is need of relaxation—a little "letting go" of the tension. If we are in a hurry, we not only run with our legs, but with our faces, our arms, our whole bodies, and thus a great deal of energy is often unnecessarily and unconsciously wasted. Through simple thoughtlessness and lack of self-control we sometimes tire ourselves more than we would by hard physical labour. What we need is not to do less work, but the same work in an easier way, with less tension.

Waiting for the Train.—If you have an important engagement to meet, and your train is fifteen minutes late, do you sit or stand quietly, conscious of the fact that your hurry will not bring the train any faster, or do you pace the platform, look up the line every two or three minutes, and consult your watch between times. If you are doing the latter, you not only tire yourself, but are wasting a lot of energy which might be put to better use.

"After we discover that the people who sit still on a long railroad journey reach that journey's end at precisely the same time as those who 'fuss' continually, we have a valuable piece of information which

Don't Fidget —When you are talking with a friend, do you stand still, without shifting from one foot to the other, playing with your watch-chain, or smoothing the handle of your umbrella? If you are waiting for something, do you tap with your foot on the floor, or drum on the chair or table? When you sit, do you hold on to the chair, or does the chair hold you? If, whenever you sit down, you would relax your hands and arms and allow them to rest in the lap, you would rest more, and by withdrawing the energy and tension from those parts of the body which are not in use, you can economise strength and nerve-force, and be resting one part while the others work.

People speak of "bracing" themselves to stand a pain. The very act of bracing often makes one feel the pain more intensely, because all the nerves are put on a strain. The next time you have to visit the dentist, do not grasp the arms of the chair tightly and nerve yourself for what is coming, but instead, relax; let your hands rest easily in your lap, practise slow, deep breathing, and see if it is not less painful.

A Good Resting Exercise.—When you have been working under a strain till you feel tired, physically and mentally, and cannot take the time for a half hour's nap, take ten minutes for the resting exercise given below, and you will be repaid for the time spent.

Lie perfectly flat upon the bed, or better, the floor, and "let go" as much as you can, allowing the whole body to relax. Let yourself feel very heavy. Close the eyes, and slowly take six deep breaths. Imagine that all the life has been withdrawn from your right arm, except in the upper part. Keeping the eyes still closed, very slowly raise it from the floor, lifting it only a very few inches in a minute. Lift entirely from the upper part of the arm. By the time the arm is vertical you will find it quite heavy. Hold it straight up while you take three more deep breaths, then lower it as slowly as you raised it. Let the hand hang relaxed all the time. Take the same course with the left arm.

A CORRECT POSITION AT THE SEWING MACHINE.

Our illustrations show us two different ways of sitting at a sewing-machine. The first is the one most frequently seen, but is both unnatural and unhealthful because it cramps the chest, makes one round-shouldered, and frequently produces back-ache. The second is natural and healthful since it allows freedom for the expansion



INCORRECT SEWING POSITION.

and raising of the chest, preserves the double curve of the spine, and makes the bend come at one of "Nature's bending.



CORRECT SEWING POSITION.

places," the hips, rather than in the upper part of the back.

Sewing done in the correct position is much less tiresome than when done in an incorrect one. If you find the tendency to bend at or above the waistline too strong to be easily overcome, practice a few times—leaning forward slowly, bending only at the hips, and slowly bringing the body back to its starting position, keeping the chest well raised all the time.

THE primary object of exercise should be the attainment and maintenance of a normal development of all parts of the body and of a healthy activity of all the organs; in other words, to bring the body to as near a state of perfection as the peculiarities of the individual and his environment will allow.—*L. H. Prince, M.D.*



PHYSICAL perfection is impossible where free movement and normal development are impeded by improper clothing.



THE HOME.

Mrs. W. C. Sisley.

It has been quaintly said that "the man who wrote 'Home Sweet Home' never had a home." So we may truly portray the ideal home, at the same time feeling sadly conscious that we fall short of our ideal. But we never do better than we know; hence the need of a high ideal; and we should exert ourselves, as far as lieth in us, to reach it in our own experience.

The first home of which we have any knowledge was founded by God, when He "planted a garden eastward in Eden; and there He put the man whom He had formed." When this home was in readiness, God, seeing yet a lack, said; "It is not good that man should be alone; I will make an help meet for him." Soon entered sin to mar the sanctity of that home, with its far reaching fruits extending even to our time. But that home was still incomplete. Children were given in harmony with the word for the replenishing of the earth. Now, as then, a home is not a home in its fullest sense where there are no children to fill their heaven-appointed place. Sad to say, many of the so-called homes are not homes at all; they are so only in name, and, indeed, many of them would not even bear the name. They are simply places where people stay.

Take the harems of the Turks, the Persians, and the Mohammedans, where polygamy generally prevails,—are they truly homes? Could we visit the zenanas of India, what conditions would we there find? That we may better appreciate our

home, I will speak of the conditions surrounding our sisters in India, as quoted from good authority:—

"The zenana is that part of the domain of a native gentleman of India occupied by the women of his family. In Bengal, where is the typical zenana, the dwelling consists of two houses built each around its own court. The one on the street, where dwell the father, sons, grandsons, and great grandsons, has large, lofty, well-furnished rooms, open to the outer air. In the rear building the first floor is for cow-sheds, storage, and cook-rooms; above are cells, ten by twelve feet square, each having one door, and one small, grated window opening upon piazzas, which in one, two, or three tiers, surround the inner court. Faint breath of heaven it is which, mingled with the odours below, reaches the rooms. The only furniture of these dismal cells, even when the appointments of the gentlemen's rooms are sumptuous, consists of a bedstead, with a strip of mat upon it, a chest, a brass cup, and sometimes another small mat on the brick floor.

"When the son marries, he brings his little bride to his father's house, and thus sometimes fifty women, each being an only wife to one of the male occupants of the outer house, are domiciled in the zenana. To each wife one of the cells here described is assigned, in which to rear her children; but at the time of birth she is deprived of the poor comfort even it might afford. She is removed to a cow-shed below, where, on

a straw mat spread on a floor of beaten earth, with only a mat screen between her and the animals, she must remain for twenty-eight days without doctor or nurse, or anyone to speak to her but a low-caste coolie woman. This treatment begins usually when the little mother is not yet eleven years old. These zenana ladies would rather die than be seen by a man other than their own husband; therefore a husband cannot visit his own wife until all the other women have hidden within their respective cells."

Could we call those places homes? Coming nearer, what do we find? It is said by some of the missionaries in our large cities that we can form no idea of the wretchedness found in them. One reports visiting a place containing one room, with a score or so of men, women, and children as occupants. The furniture consisted of an old stove, a shelf on the wall containing

a few dishes, and on the floor, piles of rags for beds. What influence could we expect to go out from such a home? What would be the character of the children reared in such an atmosphere? What the home memories?

It seems like robbing a child of its birth-right to leave it no sweet memories of home; but our lines have fallen in pleasant places. Not through any merit of our own, but through the Lord's tender mercy we have been favoured with many privileges and blessings. And what is our duty to the home? Is it not that we should exert our every power to make our own individual homes what God would have them, that the influence going forth may help to elevate and carry blessing into other homes? As our children leave the home roof, will not their lives testify largely to the character of our work as parents?

GOOD HEALTH GLEANINGS.

"WHERE the sun does not enter, the doctor does."—*Italian Proverb.*

KEEP the cooking utensils scrupulously clean. This is always important, but especially so in the summer. Avoid spoiled food as you would the rankest poison.

To Test Eggs.—Good eggs may be recognised by putting them in a strong brine made with one ounce of common table salt to ten ounces of water. In this a sound egg sinks to the bottom, whilst the stale one will float at the top.

Cramps.—If taken with a cramp in the foot or leg, seize the part firmly, and hold it for a minute in a tight grasp. A muscle cannot cramp without shortening, and if it is thus held down, it cannot shorten. A gentleman troubled with cramps in the legs, to whom we gave this prescription, made an improvement on it by providing himself with a leather strap

and buckle, which, when he felt a cramp coming on, he would buckle very tightly around his leg, and thus relieve himself of the difficulty.

The Virtues of Hot Water.—Take hot water an hour before breakfast, and you will ward off indigestion. If exposed to a chill, drink plenty of hot water with a little lemon juice and sugar added. Hot water applications will relieve the pain of a nervous headache. Bathe tired and inflamed eyes in it. Sprains, too, can be greatly relieved by soaking the part in hot water for half an hour at a time, afterwards bandaging it with a flannel. Bruises can be healed with the same treatment. Very hot water poured over a bleeding surface will stop the hemorrhage. Those who suffer from insomnia will find themselves drowsy after a full bath.

ABOUT two-thirds by weight of the human body is water.



MENUS FOR A WARM DAY.

IN the June number of *GOOD HEALTH* we invited our readers to compete for a prize, consisting of Mrs. Kellogg's cookery book, "Science in the Kitchen," which we proposed to give to the one who should send us the best Breakfast and Dinner Menus for a warm day.

The responses have been numerous and of high average merit, giving evidence in nearly every instance of careful thought and intelligent planning. Indeed, it was difficult to decide between two or three of the contestants; but judged from the standpoints mentioned, viz., nourishment, expense, and time required in preparation, the menus sent in by Miss Edith Hamlet, of Derby, were the best, and we have accordingly sent her a copy of the book "Science in the Kitchen." We have decided, however, to send to all the contestants a copy of the booklet on cookery which we shall shortly publish as a double number of the "Good Health Library."

It might appear at first sight that the menus provide for an unnecessarily expensive meal; but remembering that the actual quantity taken on a warm day should be decidedly smaller than in ordinary weather, it would seem well to provide food of the best quality.

The two first items of the breakfast menu might be omitted, and there still re-

main the materials for an excellent meal. Some omissions might also be made from the dinner.

Following are the menus submitted by Miss Hamlet, and recipes for the same:—

MFNUS.

BREAKFAST.

Toasted Wheat Flakes † with Stewed Dates.
Cocoanut Crisps.
Wholemeal Bread and Roasted Almonds.
Fruit Toast. | Fresh Fruit.

DINNER.

Nuttose † with Avenola. †
Baked Potatoes. | Stewed Green Peas.
Granose Biscuit. † Wholemeal Bread.
Fruit Shortcake.

Recipes.

Toasted Wheat Flakes with Stewed Dates.—The flakes are already thoroughly cooked as taken from the carton, but they improve in crispness by being placed in the oven. Stewed raisins or figs, or any fruit in its season serve equally as well as the dates, or one may take a little milk or cream with the flakes.

Cocoanut Crisps.—Take one cup of desiccated cocoanut, rub through a colander or wire sieve to remove coarser particles. To this add equal parts of flour, mix well together, wet with cold water sufficient to make a stiff dough, roll very thin, cut

† To be obtained from the International Health Association, Birmingham.

in 'o three-inch squares, bake in a moderate oven. Walnuts or filberts may be used in the same recipe instead of cocoanut.

Fruit Toast.—Stew raspberries, cherries, apples, or strawberries in considerable water, thicken very slightly with cornflour, and pour over pieces of zwieback (bread toasted throughout and crisp) which have been slightly moistened with hot water. Another mode is to omit the cornflour, and pour the stewed fruit over the dry toast without first moistening it. A spoonful of flaked nuts may be served with each dish.

Nuttose with Avenola.—Chop a half pound of nuttose quite fine. Mix together two cups of

avenola and three of warm water. Season with a little pulverised sage, minced parsley, or celery. Put alternate layers of seasoned avenola and nuttose in a baking dish, finishing with the nuttose. Pour over this one cup of water, press together slightly, and bake in a moderate oven until lightly browned. It can be served with brown sauce. [Zwieback crumbs may be used in place of the avenola.]

Strawberry Shortcake.—See recipe in June GOOD HEALTH. Raspberries may be used instead of strawberries.

The Marvellous Recovery of Mrs. Ilsworth.

BY JESSIE ROGERS.

[Mabel, the invalid wife of young Harry Ilsworth, is suffering 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.

The day having arrived for the annual outing, Mrs. Ilsworth, after much persuasion, consents to go. While she is resting in a closed carriage, Dr. Carroll, the new physician, having finished a game of tennis, seats himself on the ground close by, with his friend, Mr. Dawley, and the conversation turns upon his unfortunate patient.

“Then you think dyspepsia can be cured?” asked Dawley.

“I know it can, but few indeed are willing to sacrifice appetite for health.”

“Why don't you tell her plainly what you have told me?”

“Tell her?—why, my dear fellow, a doctor must go about gagged if he gets any kind of chance at the people. He may know that a patient is slowly committing suicide by some wrong habit, but he must walk treacherously as he casts about for smooth, unoffending words in which to state the unpalatable truth.”

“I've noticed,” said Dawley, “that the family of such a sufferer has to endure constant inconvenience because of this weakness.”

“You are right. Now, as an illustration, just observe Mr. Ilsworth sitting with that group of people yonder. His very attitude betrays nervous anxiety. Then there is

the girl's mother, kept in a constant fret over a condition that need never have existed. Of course the mother is largely to blame, but I pity her. My acquaintance with Ilsworth is short, but I fancy he looks ten years older than he is.”

“This is not an isolated case,” said Dawley. “I presume there are a dozen like it in even this small town. What would you suggest as a panacea for all these ills?”

“A return to a natural diet and a natural manner of living, and a wide unselfishness that scorns to lead others captive at every caprice of outraged nature.”

“Ethics broad enough for the foundation of an empire,” said Dawley, as the two men arose to go.

“Nevertheless they are the only principles that will save nations or individuals. Of course you understand that this has been spoken in strictest confidence. All I can do is to go on as best I can—helping where I am allowed.”

They sauntered slowly down the hill, little dreaming that the object of their remarks had been within two yards of them during the entire conversation.

MABEL sat bolt upright as the conversation progressed, and as it grew more and more personal, her face flushed hot with

anger. She would have spoken had she dared, but she realised it would place her in a more embarrassing position than to keep silent. But now, alone, she threw herself on the pillows, while angry sobs almost choked her. "How dare he speak so?" she gasped. "Said the root of my whole trouble was selfishness. He could be prosecuted for this insult. Just as good as said I was wearing out the lives of Harry and mamma—". Here she peeped through the leather hangings. Something in the wearied, anxious attitude of her husband impressed her, and somehow the angry sobs were suddenly silenced. A little farther on she could see her mother sitting uneasily, as if expecting to be called any minute. "Strange I've never noticed this," she thought, as she lay looking down at these two who were so dear to her.

With the strong revulsion of feeling which the truth, told no matter how bluntly, sometimes produces, Mabel lay thinking and thinking. Like a flood, the whole force of the matter came upon her. Well she knew the wilfulness with which she had ever placed appetite before healthfulness in matters of diet. Then came up a vision of the service she had demanded and received at the hands of her loved ones. "Selfish?" "Yes, I have been grossly selfish," was her honest answer to the query which conscience put to her; then that good agent immediately went to work to suggest ways and means by which to rectify the mischief.

Half an hour later her husband cautiously lifted the side curtain to make sure all was well. She greeted him with a bright smile, and expressed a desire to go down among the people.

"Walk! Why, Mabel, what are you thinking of?" But already she was walking down the hill. Mr. Ilsworth trundled the chair along beside her, hardly able to believe his senses. All her friends gathered anxiously about and protested, warned,

and predicted, but she declared she must really learn to walk.

In the privacy of her own room that night, she shed some bitter tears caused by intense suffering,—the result of the malady which had come to be indeed a terrible reality.

But as she recalled each faithful, though humiliating, declaration of the doctor, her cheeks burned with wounded pride and vexation. "He shall see," she declared grimly to herself,—and that was what he, poor man, had so long desired.

Great was Margaret's astonishment next morning when the door of the kitchen opened, and the mistress of the house walked in. "Why, Mrs. Ilsworth, how did you get here?"

"I had a fancy your part of the house was more cheerful than mine, and besides, it's time you and I got really acquainted, Margaret," and then she proceeded to interest herself in all that Margaret was doing, to the unbounded delight of that wondering person.

When Dr. Carroll drove up to the house the day of his next visit after the picnic, he caught a glimpse of a little figure behind the vines on the veranda, deftly handling a watering can. The next moment he was on the steps, and was about to ring, when he came full upon the gardener, who was none other than his *quondam* patient.

"You see I'm trying to act on your advice," said she, brightly, as she snipped a faded leaf from a beautiful geranium. "Haven't you been telling me these months that what I need is exercise and outdoor air? So I'm taking both."

"I should think so,—with a vengeance, too."

"Come around here to the south side, and see my wonderful collection of slips. And she rattled on until the doctor took his leave, in an absent-minded sort of manner. He had not even gone into the house,—had not had opportunity to mention disease in any way.

Meanwhile, on the steps of the veranda sat Mabel, considerably exhausted by the unwonted excitement of carrying out this little scheme, which had been carefully planned, but fairly quivering with laughter as she reviewed the whole scene. "His look of astonishment was reward enough for his meanness in dubbing me a selfish, spoiled child. And really, now, I'm almost satisfied he's right."

It was almost a shock to Mr. Ilsworth to be met at the door by his wife and greeted in the sprightly manner that had become only a memory to him. The loose, unsightly wrapper had vanished, and the little lady stood trim and dainty in a fresh, well-fitting gown, the little knot of scarlet at her throat adding a touch of colour to her face. Dinner progressed without one reference to the disease which had come to be such a family skeleton. Already life took on new hues for Mr. Ilsworth, who was occasionally tempted to believe it was one of those beautiful dreams too blissful to last. But it did last, for God and nature work with those who faithfully and earnestly seek for health.

A dainty envelope lay on Dr. Carroll's

table when he entered his office a few days after his last visit to the Ilsworth home. Its contents ran thus:—

MITCHELL,——, June 26, 1898,
196 Raywell Street.

Dr. Carroll,—

As this is the day you usually call, I shall endeavour to get this to you before you start on your rounds, and so save your time. It will not be necessary for you to call any more, I think, as after much consideration I have decided that the secret of my malady is downright selfishness, an over-indulgent mother, and a criminal recklessness in habits of diet, exercise, and living in general. Thanking you for your faithful advice.

Very sincerely,

MABEL ILSWORTH.

As the doctor read this note, the blood mounted to his forehead, and he stood twisting the little sheet between his fingers. "Wherever could she have got my exact words," he muttered as he smoothed out the paper to look again. "There was not a soul within a dozen rods, except Dawley, and I am morally certain he would never stoop to repeat what was spoken in confidence." It was a conundrum which haunted the doctor all day.

(To be concluded.)

COME REST AWHILE.

COME, rest awhile, and let us idly stray
In glimmering valleys, cool and far away.

Come from the noisy mart, the busy street,
And listen to the music faint and sweet

That echoes ever to a listening ear,
Unheard by those who will not pause to hear—

The wayward chimes of memory's pensive bells,
Wind-blown o'er misty hills and curtained dells.

One step aside, and dewy buds unclose
The sweetness of the lily and the rose.

Song and romance still linger in the green
Embossed ways by you so seldom seen.

And near at hand, would you but see them, lie
All lovely things beloved in days gone by.

You have forgotten what it is to smile
In your too busy life. Come, rest awhile.

—Sel.

REV. THEO. L. CUYLER says, "What a young man earns in the daytime, goes into his pocket; what he spends at night goes into his character."



A Remedy for Sleeplessness.—Wet half a towel, apply it to the back of the neck, pressing towards the base of the brain, and fasten the dry half of the towel so as to prevent too rapid exhalation. The effect is prompt and charming, cooling the brain, and inducing calmer, sweeter sleep than a narcotic. Warm water may be used, though most persons prefer cold. To those suffering from over-excitement of brain, whether the result of brain work or pressing anxiety, this simple remedy is an especial boon.—Sel.



WITH THE CHILDREN.

THE HOUSE BEAUTIFUL.

MARY, do you remember what I told you last month about the House Beautiful? Yes, that's right.

You say, Mary, that the mouth is to eat with. That is true. But is that all? What about talking and singing and shouting?

Yes, quite right. And I knew a little girl who used this beautiful mouth with sweet, rosy lips for another purpose.

You have forgotten about it, I see. Well, this little girl wanted some sweets, and mamma said, No, because sweets are bad for little children. And then she made such an ugly face, and began to cry and say naughty things.

I am glad you are sorry, and you will not cry and be naughty any more. Always smile and sing when you feel like crying. That is the better way.

And so, dear, you want to learn more about the House Beautiful. Well, let us talk about the rooms of this house. There are many, some large, and others small.

The first room that we shall consider is called the head. Although not so very large, it contains many things of interest.

The mouth is the front door. There is also a back door, which opens into the throat.

Above the mouth is the nose with two openings for the air to get in. Here is

where the pure, fresh air goes in, and the bad air comes out.

Always breathe through your nose, Mary. That is what it was intended for. It is a bad practice to sleep with the mouth open or breathe through the mouth at any time. And then an open mouth gives such a stupid, silly appearance, doesn't it?

The nose also has the sense of smell. With it you enjoy the pleasant fragrance of the rose and the violets and other sweet-smelling flowers.

Bad smells are unwholesome, and are better avoided. They tell us that the air is not clean, and therefore ought not to be taken into this beautiful House which God has given us.

Now you may go and play in the garden, and next month we will continue our talk.

—♦—

"THE inner side of every cloud
Is bright and shining :
I therefore turn my clouds about,
And always wear them inside out,
To show the lining."



CHILDREN should be out of doors, laying a good foundation of health and physical vigour. They will acquire book learning faster and better if they are not crammed too much in their early years.

BOYS AND CIGARETTES.

BY M. ELLSWORTH OLSEN.

THE knowledge of tobacco, and its use as a narcotic, came originally from America. In the year 1492 a party of Spaniards sent out by Columbus reported that they "had seen people who carried a lighted firebrand to kindle fire, and perfumed themselves with certain herbs, which they carried along with them." Ralph Lane, the first governor of Virginia, was the first Englishman to use the weed, and Walter Raleigh who "tooke a pipe of tobacco a little before he went to the scaffold" introduced the practice amongst the courtiers of Queen Elizabeth.

Growth of the Tobacco Habit.—Although the unnatural habit was denounced on every side, and in some countries edicts were issued against it, still it grew in favour very rapidly, until to-day, in all civilised countries, a very considerable part of the male population carry "lighted firebrands" in their mouth, and "perfume themselves" in an unmistakable manner, to their own bodily injury, as well as the serious inconvenience of some of their neighbours.

Nicotine as a poison.—So much for the history of tobacco using. Let us now enquire into the nature of the herb itself. The tobacco plant belongs to the same family as the deadly nightshade. The leaves out of which cigars and cigarettes are made, contain several poisons, the most notable of which is *nicotine*. This substance is of such a virulent character that it causes death, according to Stillé, more quickly than any other poison except prussic acid. Evidently it is not a thing to be lightly trifled with.

Amount Present in one Cigarette.—But, someone may say, the amount of nicotine present in one cigarette is so exceedingly small that it cannot have any great effect upon a person. That does not by any means follow. Some time ago a

physician extracted the nicotine from a single cigarette, and found the quantity sufficient to cause the death of two frogs. Who can say that poison sufficient to kill two such tough animals as the frog, will not act injuriously on the delicate tissues of a growing boy?

Effect on a Boy's Lungs.—No sensible boy cares to injure his lungs. They are too important a factor in his every-day life. And yet, to inhale the fumes of nicotine as one does in smoking a cigarette, is decidedly injurious to these organs. It means the introducing of a deadly poison into the larynx, bronchial tubes, and ultimately into the millions of delicate air cells. Here it not only acts as an irritant upon the mucous membrane, but also comes in contact with the blood, which carries it to all parts of the system. Now it is a well-known fact that smoking to some extent incapacitates a boy for deep breathing. No boys who habitually smoke are known to excel in running, leaping, and similar sports. Only the other day we came across a bright-faced lad who said he had given up smoking on joining a club of boys who are practising themselves in running, because he found that it interfered with a "good wind."

How Nicotine Affects the Eyes.—Who would give a pair of good eyes for the privilege of smoking cigarettes? Yet this is what some boys are ignorantly doing. Colour-blindness owing to the use of tobacco is not at all infrequent, and there are several other forms of eye disease arising from the same cause. Dr. F. Dowling, of Cincinnati, examined 3,000 employees of local tobacco factories, and found ninety-five per cent. suffering with eye troubles of nicotine origin.

Next month we shall speak of the effects of tobacco upon the heart and nerves, and muscular development of a boy.

Interesting Facts about the Body Temple.

THE LUNGS AND BREATHING.

MAN breathes sixteen to eighteen times a minute, the tiger six times, a squirrel seventy times, a sparrow ninety times, and a rat two hundred and ten times.

* *

With each breath an adult takes into the lungs from twenty to thirty cubic inches of air. But it is possible to inhale ten times as much air, or about 250 cubic inches.

* *

In the lungs the air loses part of its oxygen (about one-fifth), and in return receives the same amount of carbonic acid gas.

* *

The lungs are cone-shaped, and enclosed by a delicate but tough membranous sack. The substance is light, porous, and elastic, and floats in water. Both lungs together weigh forty-two ounces.

* *

Each lung consists of a collection of air-passages and about 725,000,000 minute spaces called *air-cells*.

* *

The air-passages are lined by a delicate moist membrane, which is constantly forming a viscid fluid known as *mucus*.

* *

There is a constant stream of this fluid flowing upward to the mouth. It is swept along by millions of little microscopic

brooms which line the inner surface of the membrane.

* *

It is interesting to note that the brooms *always* sweep outward. Should they reverse their sweeping or cease activity, the lungs would soon fill up with fluid, and the result would be death.

* *

The air we breathe usually contains particles of dust, soot, etc., also germs, but these are soon entangled in the viscid mucus, and thus got rid of.

* *

The natural secretions of a healthy lung are inimical to germ growth, and so the enemy is held at bay.

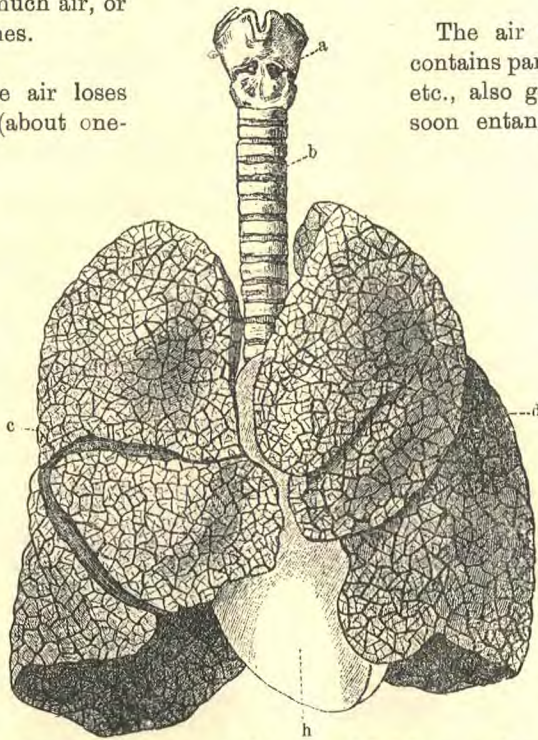
* *

In a weak lung or one imperfectly developed, the germs of disease more readily gain a foot-hold, and proceed to set up various abnormal processes.

The air-cells vary in size from one-hundredth to one-fiftieth of an inch. If spread out on a flat surface they would cover about one hundred square yards.

* *

Each air-cell is almost completely surrounded by small blood vessels. Here is where the exchange of gases takes place. The oxygen of the air passes into the blood, while the carbonic acid gas of the blood passes into the air-cell to be exhaled.



a. Larynx. b. Windpipe. c. Right Lung. d. Left Lung. h. Heart.

EDITORIAL.

How to Eat in August.

Eat Sparingly.—Jefferson said on one occasion, "No man ever repented having eaten too little." It is quite certain that the man who eats a light breakfast of a little fruit and bread on a warm, summer morning, will be a happier man for it all that day.

Eat Sensibly.—Don't conclude because you were able to digest a hearty meat dinner and supper during the winter, that you can live that way in the summer with any degree of comfort. Rather adopt a diet consisting largely of grains and fruits.

Eat Joyously.—It is suicidal to eat any kind of food in a gloomy, discontented frame of mind. A hearty laugh now and then, as well as a general all-round spirit of good cheer, will do wonders for a weak stomach. The happy man, if not in the best state of health, is at least on the way to get there.

Eat Regularly.—Taking lunch at one hour to-day, at another to-morrow, and still another, perhaps, on the third day, is a bad thing for one's health. The system gets accustomed to receiving food at certain times, and prepares for it. Eating between meals is a fruitful cause of dyspepsia in a variety of forms.

Eat Leisurely.—Americans have the reputation of bolting their food, but many Britishers seem to be following their example. Avoid drinking at meals, and take plenty of time to chew the food thoroughly; this is one of the secrets of good digestion.

Eat Thankfully.—When we pray, "Give us this day our daily bread," do we realise that God is doing this every day, and that the supply of food on the breakfast or dinner table is provided by the

great Creator, who reveals Himself as the Father of all mankind? Verily a thankful heart tends to good digestion

"Soothing-Syrups" for Babies.

The dire effect of the so-called "soothing-syrups" upon thousands of little innocent babes can scarcely be imagined. The awful crime of Herod, who slew the little children of Bethlehem, shrinks into insignificance when compared with the evil wrought by these drugs upon the infants of our land in a single year.

The essential ingredient of all these syrups is some form of opium, to which children are especially susceptible. "Soothing-syrups" do indeed soothe the restless, suffering babe; not by removing the cause of the pain and healing the disease, but simply and solely by deadening the nerves and benumbing the delicate cells of the brain. Harm is done to the stomach and other digestive organs, and not infrequently permanent injury results. Sometimes the helpless babe is soothed into the stillness of death, as happened in a case some time ago, when a mother unwittingly poisoned her child with "soothing-syrup."

—*—*—

A Flesh Diet for Fowls.

ALL will agree that a grain diet is most natural and wholesome for fowls. Recently the French scientist, Frédéric Housay, made a series of experiments upon fowls to determine the influence of a flesh diet. He found that fowls fed on meat excreted three times as much urea as when fed upon grains. He also found that the kidneys became much larger than normal, reaching a weight equal to one-third that of the animal. There was also a marked change in the taste of the flesh.

The Heating Compress.

THIS simple yet effective hydiatic measure consists of a suitable linen cloth wrung out of cold water and covered by several layers of flannel.

The colder the water, the drier the compress should be. It may be applied over the chest, abdomen, and joints, in fact, over any part of the body. The linen towel or cloth should be wrung out of cold water quite dry, and immediately wrapped snugly round the limb or other part of the body; then quickly wrap with a dry flannel large enough to overlap the moist cloth. Both bandages should be carefully fastened.

At first there is a slight chilling effect, and the blood vessels constrict; but this is very soon followed by a widening of the vessels, and consequently a large increase of the blood supply. By this reaction a glow of warmth soon results, and the increase of heat becomes marked.

If a piece of mackintosh or oilcloth is laid on inside the flannel, the heating effect is considerably increased. Such a compress may be allowed to remain several hours, or over night. Without the impervious covering it may be renewed hourly, or as desired. When the compress is removed, the part should be bathed in cool water and dried.

The degree of reaction depends upon the temperature of the water, the amount of moisture, and also, to a great extent, upon the condition of the patient.

The heating compress is an excellent treatment for certain forms of indigestion, constipation, and insomnia. It will afford great relief from the pain of chronic

rheumatism, and is helpful in restoring motion to the joints. It is also useful in pneumonia, asthma, bronchial catarrh, headache, and chronic inflammation of the joints.

The accompanying cuts show the heating compress as applied over the chest and shoulders. In this form it is usually called the chest pack.



Absorption from the Stomach.

FLUIDS remain but a short time in the stomach. According to Moritz (*The Medical Bulletin*, Philadelphia), pure water is passed into the intestine almost immediately in the dog. Curdled milk is retained longer. If solids and fluids are taken together, the fluids are first ejected, and the solids later. Hot water passes from the stomach more readily than cold water. On the other hand, aerated water is retained longer in the stomach than ordinary water, and beer still longer.

Consequently, little absorption from the stomach is possible, since fluids are ejected so rapidly, and solids just as soon as they are reduced to a fluid or semi-fluid consistency.

“Death from Acute Alcoholic Poisoning.”—Such was the verdict of a coroner’s jury recently in the case of a publican’s wife. The same verdict was rendered at an inquiry into the death of a woman found in bed with an empty brandy bottle beside her. Alcohol, it should never be forgotten, is really a deadly poison. Those who value life and health will not tamper with it.



QUESTIONS AND ANSWERS.

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

Goitre.—E. W. asks if there is any cure for goitre, of thirteen years' standing, the subscriber's present age being forty-one.

Ans.—Without surgical interference it is very doubtful whether a cure could be effected. Even an operation might not be successful.

Pain in the Hip.—H. P. was injured by a blow on the hip which gives him much pain, and wishes to know what to do for it.

Ans.—Apply fomentations as described in the January number of GOOD HEALTH. Then apply a heating compress, directions for which you will find in the Editorial Department. Repeat daily for a week or longer if necessary.

Soap-Ointment.—A. S.: What soap and what ointment are best?

Ans.—Old white Castile soap is one of the best. It should be made of olive oil and soda. Good soap is never cheap. It is always well to avoid highly-coloured and strongly-scented soaps, also medicated soaps, unless prescribed by a physician. Pure vaseline ointment is both cheap and efficient for ordinary purposes.

Lump in the Throat.—F. B. asks for the best treatment for a choking lump in the throat which gives no pain.

Ans.—The unpleasant sensation is probably due to some nervous disturbance. The patient should endeavour to build up the general health by tonic baths, out-of-door life, and a carefully selected dietary. Use fresh fruit in abundance, and breads and grain preparations.

Jams, Marmalades—Chocolate.—M. I. J.: 1. I wish you would mention in the magazine whether you consider jams and marmalades unwholesome at meals when one cannot get fruit. 2. Is chocolate unwholesome to eat?

Ans.—Yes, on account of the large amount of sugar, usually of an inferior grade, that they contain. It is preferable to use stewed fruit, such as prunes, dried apples, apricots, and pears, raisins, sultanas, etc. 2. Chocolate contains a poisonous alkaloid, *theobromine*, also tannin, both of which render it unwholesome. It contains, in addition, starch, various flavourings, glucose, and is not infrequently adulterated. According to Dr. Hutchison, cocoa, from which chocolate is prepared, is of very little value as a food.

Boils.—E. R. has suffered with painful boils for some months. They are so weakening that he cannot work. What can be done for him?

Ans.—Take pains to build up your general

health by an out-of-door life, exercise, and pure food, and thus fortify yourself against such attacks. Such a crop of boils indicates that your blood is not in a healthy state. Treat locally by rigid cleanliness, using green soap, and thus avoiding fresh infection. Collars or anything that irritates the affected part should be avoided. Fomentations may be applied to hasten the process. It is well to have boils opened by a lancet, and thoroughly cleaned, but extreme care should be taken not to infect other parts.

Corns and Bunions.—J. C.: Can you give a cure for corns and bunions or any hygienic treatment?

Ans.—It is more satisfactory to prevent their occurrence by using suitable footwear,—boots or shoes large enough to accommodate the feet in their natural form and size. In treating either condition it is necessary to protect the injured part by a pad so that all pressure will be removed. This will necessitate boots of ample size. In some cases it may be well to secure the services of a competent chiropodist.

Blushing again.—G. W. C. refers to our answer in the February number (old series), and asks if we can recommend certain blushing pills, advertisement of which is sent us.

Ans.—No. It is possible that disorders of digestion may indirectly interfere with the circulation through the nervous system. In such a case the difficulty will probably disappear on the adoption of a wholesome dietary and a natural mode of living. As intimated before, there are some who are much more sensitive than others, and naturally blush very easily. In either case we know of no pills or medicine that we can recommend.

Palpitation.—R. M. writes that he is a total abstainer, but uses tobacco. He is very nervous, and often has heavy beating of the heart, especially in the morning.

Ans.—You should give up the use of tobacco, also of tea. Adopt a plain, non-stimulating diet consisting largely of fruit, bread, and grain preparations. Avoid greasy and highly-seasoned foods, condiments, pickles, cheese, and fried foods, also pork and sausage. Eat very moderately, and chew your food well. If the palpitation persists, have your heart examined by a competent physician.

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THE progress of the Good Health Movement during the past month has been truly encouraging. Excellent reports have been coming in from the Good Health Leagues in various parts of the United Kingdom. The meetings have been well attended and full of enthusiasm.



ARRANGEMENTS are being made to open Bath and Treatment Rooms in Belfast, to be conducted on the principles represented by GOOD HEALTH. It is also expected to start in the near future, in some favourable locality in England, an institution on the same general lines as the world-famous Battle Creek Sanitarium.



OUR frontispiece this month gives an excellent representation of the two main buildings of the Skodsborg Sanitarium. Situated only seven miles from Copenhagen, commanding a fine view of the Sound, and backed by magnificent beech forests, this institution is enjoying a splendid patronage. It stands as a worthy representative of the great reform principles advocated by GOOD HEALTH, and is superbly equipped for giving a wide range of hydropathic and other forms of natural treatments.



THE members of the North London Good Health League were especially favoured in having Dr. J. H. Kellogg, of the Battle Creek (Mich.) Sanitarium, address them at their meeting on the 4th June, held in Holloway Hall. "How to Live well a Hundred Years" was the topic of the lecture, which was listened to by a large and very representative audience. A

vote of thanks, moved by Mr. Harry Phillips, of the V.F.U., and seconded by Mrs. Ormiston Chant, was passed with enthusiasm. A number remained behind to learn more about the principles advanced. Indeed so great was the interest that the janitor scarcely succeeded in getting the large hall emptied by eleven o'clock.



Vegetarian Congress.

JUNE 18th, 19th, and 20th, the Vegetarian Federal Union held its Annual Congress in its headquarters at Memorial Hall, Farringdon Street, London. At the morning session, June 19th, Mr. A. F. Hills being in the chair, Dr. Black, of Torquay, gave a most interesting address on the relation of vegetarianism to the hospitals and the medical practice in general. From his experience, extending over many years, he was convinced that patients kept on a diet of pure foods properly prepared, recovered health and strength more rapidly than under the old regime. He pointed out clearly the advantages of a system of diet by which no harmful extractives are introduced into the system.



Dr. Fleetwood-Taylor presented a paper which was listened to with marked attention. Experiences in the Battle Creek Sanitarium formed the basis of some remarks by Dr. A. B. Olsen.



The afternoon session included interesting addresses by Mr. Eustace Miles, and Mrs. Leigh Hunt Wallace. Perhaps the chief attraction was the presence of the three men, Messrs. Karl Mann, Herman Zerndt, and Martin Rehayn, who came out first in the recent walking match between Dresden and Berlin. Mr. Mann, who speaks English very well, gave a most interesting account of the race. He not only covered the distance (125½ miles), in twenty-six hours and fifty-two minutes, but was so fresh and buoyant on reaching Berlin that he could at once proceed with his ordinary work. Mr. Mann is a strict vegetarian, and during some months preceding the race even omitted from his dietary such animal products as eggs, milk, butter, and cheese, living nearly exclusively on fruit, wholemeal bread, and nut preparations.

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In the evening the Women's Vegetarian Union held its annual meeting, Miss May Yates occupying the chair.

Both meetings were largely attended, and marked by a generous enthusiasm, which bodes well for the future of the vegetarian movement. Surely the fact that flesh foods are unnecessary and really harmful articles of diet, is becoming more apparent every day.

LITERARY NOTES.

"MANLY" is the title of a bright little tract on tobacco, addressed to the youth, in which the author clearly points out some of the evils of the smoking habit. It should have a wide circulation. Price 6d per dozen. Address: A. N. L., 5 Kimberley Villas, Malmesbury Road, S. Woodford, East London.



"HOW TO DEVELOP A PAIR OF GOOD LEGS,"—A booklet giving a series of simple and rather vigorous exercises, requiring no apparatus, by a cycle champion trainer. Price 1/1 post free. Cycle Champion Trainer, 2 Louvaine Road, Clapham Junction, London, S.W.



"THE HOME HANDBOOK OF RATIONAL MEDICINE," by Dr. J. H. Kellogg, is a marvellously complete and clear setting forth of those facts concerning the body in health and disease, with which every thinking person desires to be more or less familiar. It combines in a marked degree scientific accuracy and sound medical advice with a pleasing and popular mode of presenting the subject. No work that we are familiar with approaches this one in the readiness with which it may be referred to. Not only are the different diseases to be found in the index, but also the symptoms; so that the information desired can be immediately gained. Directions for giving a large variety of hydropathic and other natural treatments form a very valuable

feature of the book. The 1624 pages contain numerous illustrations, and about a dozen coloured plates.



"PERFECT health is rare," writes Mr. Macdonald Smith in the prospectus of his "SYSTEM OF ROBUST HEALTH," a thoughtful essay on personal health, which is well worth a careful reading. Mr. Smith does not propose to develop men of the Sandow type. This is already being done by others. His system of "full-contraction exercises" aims rather to give the practical help required by persons of intellectual pursuits, who need enough exercise of the proper kind to keep them in vigorous health without impairing their capacity for mental work. It is also calculated to aid persons of lowered vitality, who find themselves lacking in energy and really unwell, yet not suffering with organic disease. A copy of this prospectus may be had on application to the author at Steinway Hall, London, W.



"THE TRAINING OF THE BODY," a recent work of some 522 pages, by F. A. Schmidt, M.D., and Eustace H. Miles, M.A. (Camb.), contains much interesting information relating to games of all sorts, and the exercises adapted to increase one's skill in playing them. Mr. Miles, who is Amateur Champion of the world at Tennis, believes that games, carried on in moderation, afford an ideal form of all-round exercise. He disagrees with Dr. Schmidt, when the latter unqualifiedly condemns the corset as detrimental to health. We think the doctor has the best of the argument. If women need whalebone as a support for the body, why not the men, also?

As for tea, Mr. Miles expresses his belief that "its total effect on training, on brain-work, on the nerves, in fact on the whole system, is bad—very bad." We are glad to notice that Mr. Miles also favours a vegetarian diet, which he finds far better suited to his needs than the ordinary mixed diet.

The book is attractively got up, liberally illustrated, and will be found suggestive and helpful by a large class of young men desiring to get the most benefit physically from games. Published by Swan Sonnenschein & Co., Ltd., London. Price, 7s. 6d.

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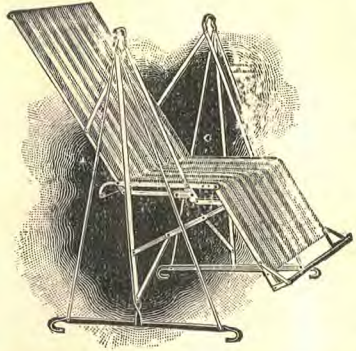
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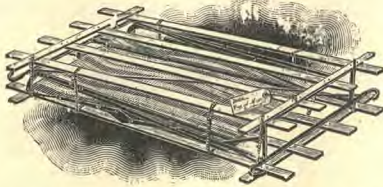
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FIG. 11.

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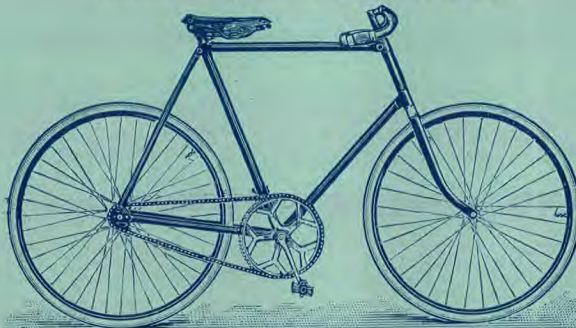
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