

# GOOD HEALTH



November, 1902.

**Editorial Chat.**

An Army of Athletes, Medical Protest against the Drug Habit, Lessons from the Derby Poison Cases, Tea and White Bread in Wales, etc.

**Hygiene for Brain-Workers.**

The Health of Our School Children.

—*Illustrated.*

In Active Service at Seventy-one.

—*Illustrated.*

Anæmia: Some of Its Causes, and a Few Suggestions as to Treatment.

Walking as an Exercise.—*Illustrated.*

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Some Thoughts on the Feeding of Children.—*Illustrated.*

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Questions and Answers.

Vol. 1.

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No. 6.



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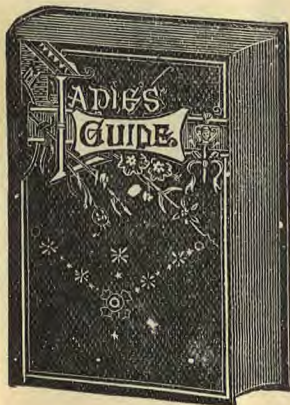
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EVEN a cursory examination of the book by J. H. Kellogg, M.D., entitled, "**Ladies' Guide in Health and Disease**," impresses one with the great practical value of the work. Girlhood, maidenhood, wifehood, motherhood, are all fully dealt with, the author giving his readers the benefit of many years' experience in the treatment of diseases to which women are especially liable. The arrangement is good, and the style charming. Even the most fastidious will find nothing to offend, while the treatment is very full and satisfactory. Special attention is given to simple hydropathic measures for treating a number of more or less common disorders. The instructions are in every case ample, and the treatments such as have demonstrated their utility during years of daily use at the well-known Battle Creek (Mich.) Sanitarium. But entirely aside from its use in the sick room, "**Ladies' Guide**" possesses unique value as a scientific yet thoroughly interesting presentation of the things which the wife and mother most needs to know. It is really a guide in health as well as disease, and in either one or the other capacity is needed in every home. Complete in one volume containing 672 pages. Illustrated by thirty-five chromo-lithographic plates, cuts, etc. To be had of the Good Health Supply Department, 451 Holloway Road, London, N.

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and Dr. Laretta Kress, are easy of preparation, reasonably economical, and very palatable. Unleavened breads, fruits, legumes and nut preparations, soups, vegetables, foods for the sick, and the arranging of menus, are among the matters receiving careful attention. Price, 2d.; by post, 2½d. To be had of the Good Health office.

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### DECEMBER "GOOD HEALTH."

WITH the arrival of winter, the question of bodily warmth and a good circulation, becomes very practical. Many people, in otherwise fairly good health, suffer greatly with cold hands and feet during the cold part of the year; in fact, the majority of those engaged in sedentary work find that their occupation is not conducive to warmth of the extremities, and will be quite willing to profit by some practical hints on this matter from a physician. "How to Keep Warm in Winter" will be the title of a leading article in our next issue, and we believe you will all want to read it.

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ONE common disease which has thus far baffled physicians, both as to its nature and cause, is that dread scourge, Cancer. The worst thing about it is that this disease is increasing with great rapidity. So many inquiries have been made in regard to cancer, that we have decided to give it some attention in our next number.

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THE "Moral Effects of Cigarette Smoking upon Boys" is another important subject that will be taken up and considered. Probably few parents have thought of boy smoking from this standpoint; but it is unfortunately a fact that the smoking practice has a distinct effect for evil upon the morals of the young, as this article will clearly point out.



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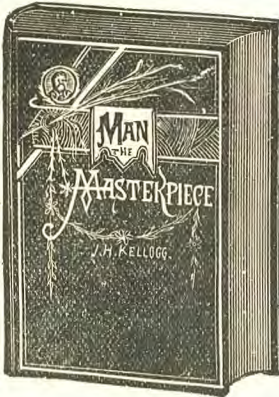
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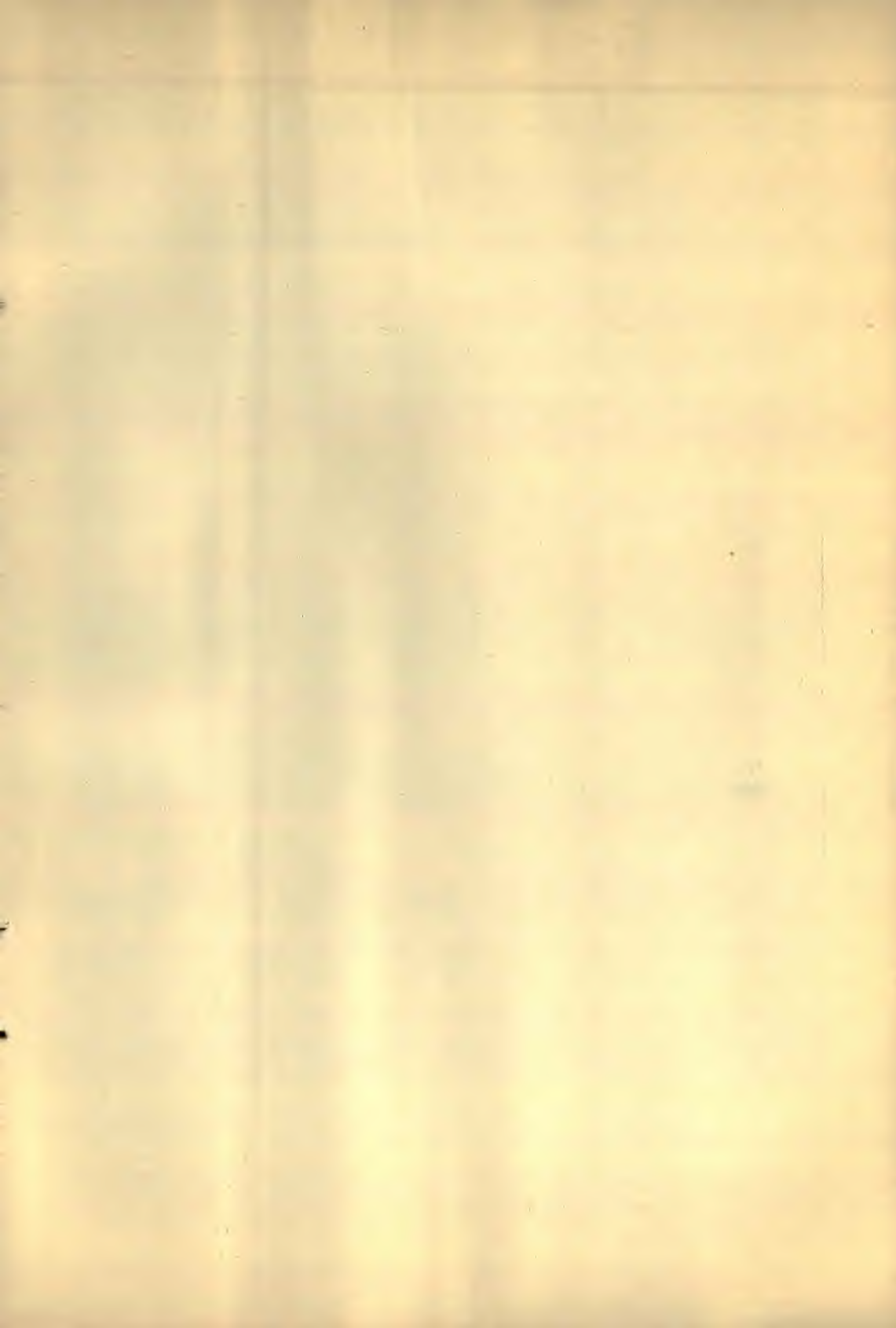
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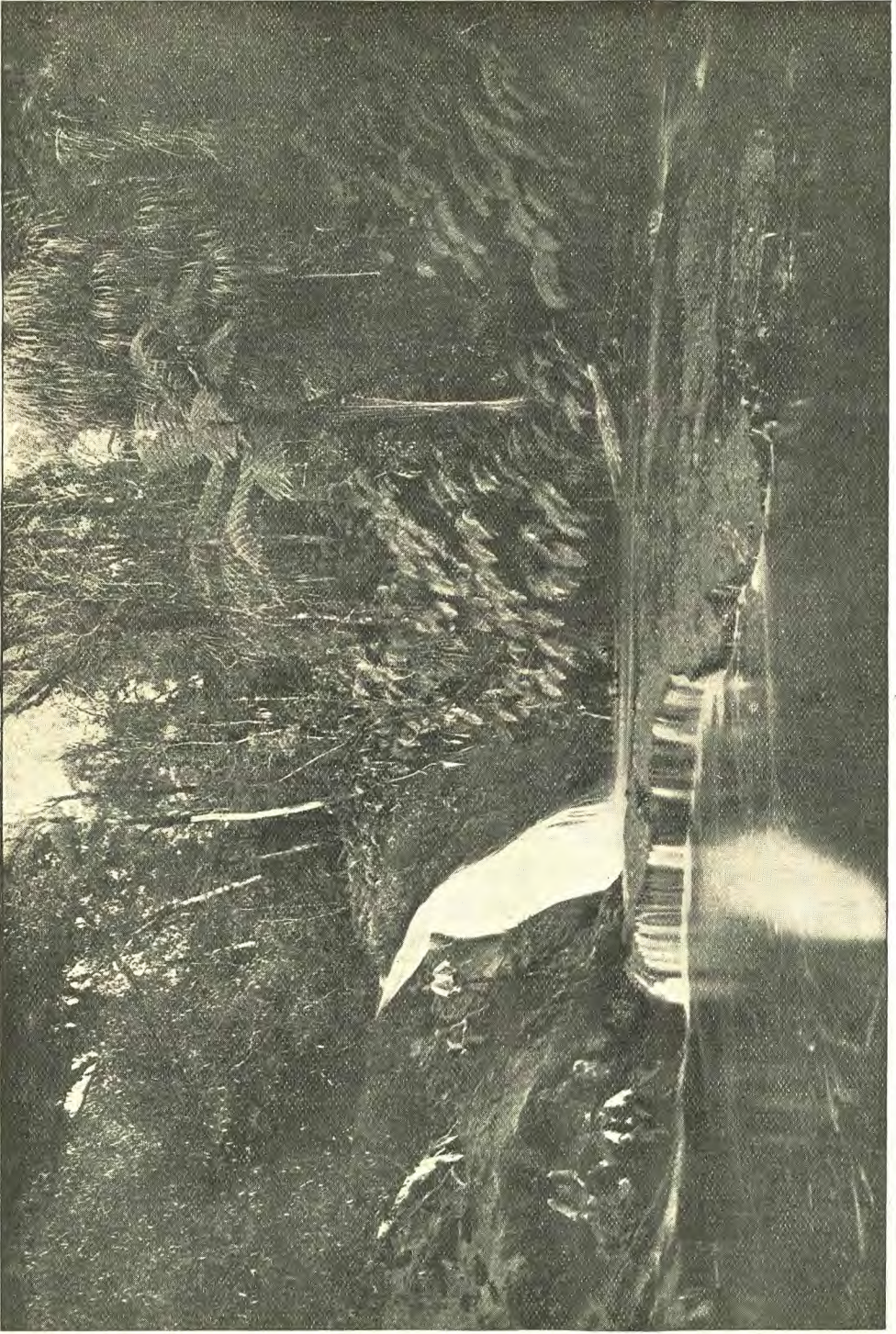
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A BEAUTIFUL SPOT IN NEW ZEALAND.



# Good Health

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

Entered at Stationers' Hall.

Vol. 1.

November, 1902.

No. 6.

**A Good Walking Performance.**—Mr. George Allen's recent walk from Leicester to London—a distance of  $97\frac{3}{4}$  miles—in 20 hours, 22 min., 25 sec., is another link in the ever-growing chain of evidence that one is not dependent on flesh foods to obtain strength. The diet of Mr. Allen while in training was of the ideal kind, consisting mainly of bread and fruit with nuts and nut preparations.



**An Army of Athletes.**—In the same month, September, nearly 2,500 years ago, a detachment of 2,000 Spartans marched in heavy armour and with full equipment 150 miles in three days, expecting to be fresh enough on reaching their destination to give immediate battle to the Persians. It is safe to say that such marching is unknown at the present time. The modern soldier is too fond of his beer and cigarettes to make a record. The Greeks of those days were strong and hardy, and they lived on what our British Tommy would call a starvation diet.



**Bathing under Difficulties.**—Not cold bathing, but the lack of it, tends to colds and catarrhal troubles. It is well to remember this as we enter the cold season. A member of an Arctic exploration party writes:—

We had our regular baths, even in the coldest weather. As one of the few rules of the house was "no bathing indoors," on account of the condensation of moisture, the bather took his tub of

warm water out into the storehouse, stripped to the skin, and enjoyed himself, even though the temperature out there was usually from fifteen to twenty-five below zero. This we did without taking cold. In fact, such a thing as a cold, the writer has never had in the Arctic regions, though he has bathed in the open sea, diving from an iceberg, where a seal was disporting himself, curious to know what manner of animal the amphibious stranger was. I once took a bath in a natural bath tub formed of ice, walls and floor, and rather enjoyed it, though I did not stay in long.

Such heroic treatment, it need hardly be added, would be suitable only for persons of robust, vigorous health.



**Medical Protest against the Drug Habit.**—Some members, at least, of the medical fraternity regard with apprehension the large popular use of powerful drugs. A physician, writing to the *Westminster Gazette*, asserts that the cocaine habit, especially, is increasing to an alarming extent, and rightly urges that this drug should be scheduled as a poison. "I know quite well," he continues, "that hurry is the curse of modern life. I am sure that the simplicity that means sanity of purpose and the beautiful equilibrium of health, is becoming more and more exorcised, more and more 'behind the times,' and so the tired brain cells must be artificially stimulated, and then artificially drugged into sleep." This is, indeed, a truthful picture of society at the present day. Hurry, worry, and overwork, or dissipation, first; then, drugs to offset the languor and

weariness which follow ; next, more drugs to induce sleep. The whole thing is wrong. Drugs are not possessed of healing power. A return to simple, natural habits is the only radical cure for disease.



**Lessons from the Derby Poison Cases.**—The newspaper reports have made our readers familiar with the facts regarding the outbreak of ptomaine poisoning in Derby. One hundred and fifty cases of severe sickness, with four deaths, is quite an item to charge up against the too-familiar pork pie. Specially noticeable is the fact that, according to all the evidence, nobody concerned in the matter could be saddled with any particular blame. The butcher who made and sold the pies, seems to have used the ordinary materials, and had not the least idea that he was handling such deadly wares. The *Lancet* recalls similar epidemics in which the meat that caused the trouble appeared to be above suspicion, and says in conclusion, "It is known from actual experiment that the most toxic products of putrefaction are present in the earlier, and not in the later stages of the process." There is one very comforting thought: Pork pies are not among the necessary foods. Even if free from suspicion of containing deadly poisons, which they never can be under the circumstances, such pies would still be open to serious objection as gross, indigestible forms of nutriment, which have no proper place in an enlightened dietary.



**One Woman Who Could Safely Wear a Corset.**—Someone has suggested that tight-lacing is becoming fashionable again. If that be so, it is certainly unfortunate. Medical men, whatever their differences of opinion in other matters, cordially agree in condemning the corset. One of them, well-known as a specialist in women's diseases, was asked upon a certain

occasion if a woman could ever wear a corset with safety. He replied: "Yes; I saw a woman the other day wearing a corset, and it did not seem to be hurting her. She was a wooden woman in a show window. I think we may venture to affirm that corset wearing will not injure her a particle. If a woman is made of wood, or cast iron, or steel, she can wear a corset with safety; but if she is made of flesh and blood, with soft and yielding skin and muscles, she cannot wear any close-fitting clothing without serious consequences."



**Made to Pinch.**—We presume that many of our lady readers will demur to this sweeping condemnation of a time-honoured institution. Possibly it will be said that where corsets are worn loose, they cannot surely be so dangerous. No doubt, but a really loose corset, that is, one allowing full scope for the lungs and the abdominal organs, is about as frequently met with as a white elephant. Who ever heard of a woman wearing her corset as loose as every sensible man wears his waistcoat? No, the corset is made to pinch, and it is worn with that object in view. Fortunately there are a few dress-makers who make artistic gowns of various patterns that fit beautifully without corsets, and we believe their number is increasing. A little attention to physical culture will do wonders in the way of developing the muscles of the waist, and bringing out those lines of grace and womanly beauty which are the rightful heritage of the fair sex.



**Tea and White Bread in Wales.**—Dr. Frazer, Medical Officer of Health for the combined Carnarvonshire districts, read a very interesting and able paper on "National Health and Sanitation in Wales," at the Bangor Eisteddfod, in September. He showed that the average mortality from cancer in North Wales had doubled in the last thirty years. There had also been an increased mortality from digestive disorders, and this the doctor thought due to a change for the worse in the dietetic habits of the people. Formerly it was largely oatmeal, now the people had taken to strong tea with white bread and butter. We quite agree with the doctor.

## HYGIENE FOR BRAIN-WORKERS.

*(Concluded.)*

BY M. ELLSWORTH OLSEN.

"TELL me what you eat, and I will tell you what you are," said the witty Frenchman. There is no denying that good mental work is hardly consistent with a dyspeptic stomach. No doubt some men who were troubled this way, have yet attained to eminence in their respective callings; but it has been uphill work with them, and no one can reasonably doubt that they would have accomplished still greater things had they had the advantage of good digestion.

The stomach is a very long-suffering and patient organ; it will endure a great deal of abuse, often with a feeble protest; but it seldom forgets an injury. Careless habits of eating and drinking meet their punishment in time. Many a man finds himself at forty disabled for life purely as a result of indulging unnatural appetite at a time when the life forces were so vigorous that the effects were not noticeable. Then he begins, if he is a wise man, to study to economise what little remains of his capital of health and strength.

Healthful habits of eating and drinking are dependent on two things: knowledge to know what they are, and will-power to carry them out. The first implies study. No man can run a piece of delicate machinery without understanding the laws which govern its operation. No man can properly care for his own body unless he knows something about the organs of which it is composed, and the conditions under which they can do their best work. Brain-workers, especially, need to study in a very practical way physiology and hygiene. Such knowledge will save them untold trouble, increase their happiness, and prolong their lives.

Every man needs to study his own system, and endeavour to supply it with the food which is best suited to it. Specific

directions cannot be given so as to apply in all cases. Gross and stimulating foods should be eliminated from the dietary. Good wholemeal bread furnishes the best base for a healthful meal for brain-workers. If it is in the form of unleavened rolls or zwieback (bread toasted evenly throughout in a slow oven), it will serve the purpose all the better.

Fruit, fresh and stewed, is another form of food of special value to the brain-worker. First, it requires practically no digestion, furnishing energy in the form of fruit sugar, which is taken directly into the blood, and thus furnishes almost immediate strength to the system; secondly, the acids and salts of fruit have an important part to act in stimulating the vital processes, and aiding in the repair of broken-down tissues.

A certain amount of fat is required by the system. Some find that the various nuts and nut preparations supply this needed element in ideal form. Others use milk and butter. Still others resort to the flesh of animals, and these get fat in its most indigestible form.

Brain-workers need a proper amount of the best food. Overeating, with them, is fraught with greater injury than in the case of working people. Mental effort calls for the expenditure of large amounts of the highest forms of energy. If the system must call out its reserve forces in order to rid itself of an excessive amount of food, there is liable to be a breakdown. This is what usually happens when a man dies of overwork. It is not the brain but the digestive organs that give way.

Brain-workers must have a sufficiency of restful sleep. Let the bed be hard rather than too soft (feathers are heating), have the window open in all weathers, and use two or three light blankets, according to the

season of the year, for covering. Take sufficient physical exercise in the course of the day to bring on some degree of muscular fatigue, and eat nothing within three hours of retiring.

Finally, keep the passions under control.

Any neglect in this direction is incompatible with the highest mental achievements, to say nothing of its lowering the spiritual tone. We do well to emulate the example of Paul, who said: "I keep under my body, and bring it into subjection."

## THE HEALTH OF OUR SCHOOL CHILDREN.

BY M. ELLSWORTH OLSEN.

MODERN schools for children are in many respects an improvement on their predecessors. The buildings are more

effective. On the other hand the number and variety of studies required of quite young children to-day is really perplexing,

and a nervous strain on the physical and mental energies. The system of strict grading, coupled with the ambition of teachers to make a good showing for their respective departments, and of parents to see their children succeed, encourages many a delicate child to over-exertion.

Even under fairly favourable circumstances, modern education is not conducive to health. The growing child naturally belongs out-of-doors. Confinement within rather gloomy walls, together with close study during a large part of the day, is an unnatural strain on the physique. If to this be added two or three



THE OLD-FASHIONED SCHOOLMASTER.

comfortable, the instruction of an attractive and interesting character, and the discipline, while less severe, is perhaps fully as

hours' evening study, it is enough to wreck a strong constitution.

Parents would do well to refuse to permit

night study on the part of any except the older boys and girls, and these ought to have but little of it. Better far that your



A NATURAL POSITION.

children should be a little behind in book knowledge, than stand at the head of the school, and by and by fail entirely on the threshold of the real conflicts of life, owing to lack of physical stamina.

There are five things that school children need to be especially guarded against. First, bad sitting positions, which cripple the lungs, and cause spinal curvature. Secondly, injuries to the eyesight brought on by over-study, poor light, much evening work, etc. Thirdly, infection from the close association with a large number of children of unknown habits and physical conditions. Fourthly, moral infection from intercourse with evil companions. Fifthly, inadequate protection from cold and damp.

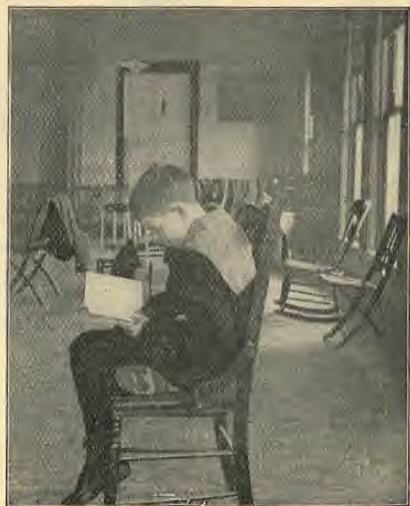
Spinal curvature is getting to be very common. According to Eulenberg, ninety per cent of the cases not induced by local disease, are developed during school-life. For a fair sample of how such deformities are brought about, notice the picture on

this page. The best way to prevent this sort of position while studying is to provide the children with a rather low table, and chairs to match, so that they may rest their books on the table, and their feet on the floor. In case this is impracticable, give them foot-stools, and let them sit at the common table. Children should be instructed from earliest childhood to sit, stand, and walk erect, and give the lungs full play at all times.

#### HOW SCHOOL LIFE AFFECTS THE EYES.

The frequency of eye disease amongst school children may well cause parents considerable alarm. Careful investigations in Germany and America, where the subject has received more attention than in Great Britain, have brought to light the startling fact that from twenty to thirty-two per cent. of the children attending school have eye-trouble of some kind, and that the percentage increases the longer they remain in school. Evidently the conditions of modern school life are decidedly unfavourable to good eyesight.

Following are some simple precautions which should be observed: Studying



A SCHOOL POSITION.

should be done in the day time. If in the evening, let it be as early as possible, and with a soft, steady light. Encourage the children to rest the eyes briefly at intervals. Never allow them to study when tired and sleepy. If there is irritation, bathe the eyes in clean water. Reading on buses and in railway trains should be avoided. If the letters blur, or other distinct evidences of difficulty appear, an oculist should be consulted. Keep the older children from perusing the cheap fiction which is flooding the country. It is both a strain on the eyes, and an injury to the mind and morals

#### TO AVOID INFECTION.

Discourage your children from associating too closely with other children at the school. Many homes of varying character are represented in the schoolroom. Skin diseases of various sorts, sore eyes, and worse infections have been communicated from pupil to pupil, till they become epidemic in the school.

To guard against moral infection requires vigilant care, with the wisdom which only God can give. Secret vice is far more prevalent than most parents realise, and is destroying the children physically as well as spiritually. Cigarette-smoking is an evil habit which is making sad havoc among our boys. The most effective barriers that parents can raise against this and other similar indulgences, is to impress on their

little ones from the cradle up, the sacredness of the body as the dwelling place of the Most High. Teach them, by precept and example, strict control over appetite and passion. Let the motto of your home be to live by principle and not by impulse.

#### PROPER CLOTHING.

The clothing should be sufficient, but not excessive. A suit of all-wool under-clothing, light or heavy, according to the season, is the best for warmth. Shoes should be well soled, that the feet may be kept warm and dry. If exposed to the wet, exchange damp shoes and stockings for dry ones at once. A cold sponge or wet-hand bath taken the first thing in the morning gives tone to the skin. It should be followed by vigorous rubbing till the body is all in a glow. A warm bath, for cleanliness, should be given at least once a week.

In conclusion see that your children sleep well and eat well. For the former a reasonably hard bed is superior to a stuffy feather bed. The window should be open in all weathers, but the bed should not be damp. Let the hour for retiring be early, that an abundance of sound refreshing sleep may be ensured. The diet should be simple, the evening meal very light, and taken at least a couple of hours before retiring. Some further suggestions on this point will be found in the Home Department.

**The Man vs. the Thing.**—John B. Gough used to tell of an intimate friend of his who threw away his tobacco, saying, "That's the end of it." But it was only the beginning; he suffered intensely, the craving was so strong that he felt he must have it, and finally purchased another plug; but he resisted the temptation to put it in his mouth. Holding the plug in his hand, he said to it: "I love you, but are you my master, or am I yours? You

are a weed, and I am a man. You are a thing, and I am a man. I'll master you if I die for it. It shall never be said of me again, 'There is a man mastered by a thing.'" Whenever the craving came on, he would take the tobacco out and talk to it. It was nearly two months before he achieved the victory, but he said the glory of the victory repaid him for the hard struggle.—*Good Health* (American).

## IN ACTIVE SERVICE AT SEVENTY-ONE.

BY PASTOR J. N. LOUGHBOROUGH.

[Example is said to be better than precept. We have been telling our readers that the man or woman who lives a natural life, in obedience to physical law, ought not to be, even at an advanced age, the victim of a host of various infirmities, and we take pleasure in giving them this month a practical example. Mr. Loughborough, whose likeness appears on this page, has been known to us for some years as a hard-working Gospel minister, and a very able advocate of the reform principles for which this magazine stands. When the American *Good Health* first came out some thirty-seven years ago (it was then known as the *Health Reformer*), Mr. Loughborough was a frequent contributor to its columns, as well as a faithful-expositor of its principles in the pulpit.

Now, though he has passed the allotted three-score years and ten, having spent fifty-three years of arduous service in the Gospel ministry, yet in bodily activity, freedom from infirmities, and in enduring qualities, he is the peer of many a man of forty. "Active as a boy," was the characterisation of one of his flock. It is something to have attained the age of seventy-one, with the freshness and elasticity of youth, and a body still capable of excellent service for God and humanity. At our earnest request Mr. Loughborough has kindly favoured us with these particulars as to his habits of life. — Ed.]

I AM often asked how it happens that I am so vigorous at my time of life, and my answer is that I have endeavoured to take care of myself.

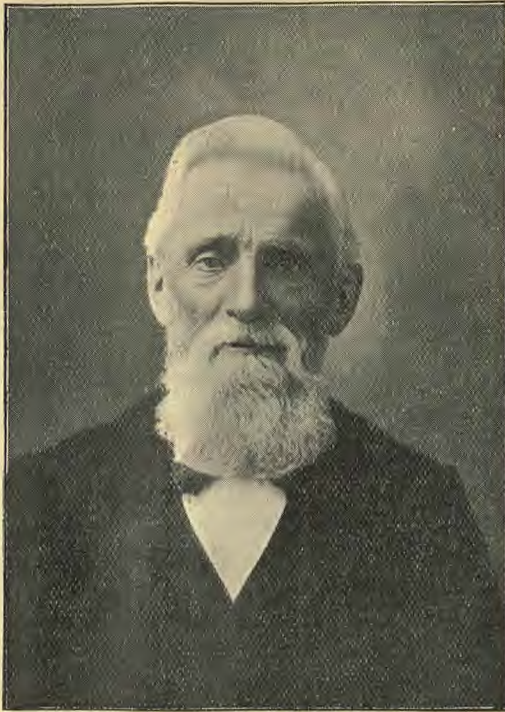
At the age of sixteen I learned of Sylvester Graham's theory of whole-wheat bread, and that it would furnish the best material for building up the body. I also learned that if one would preserve his teeth, he must use them, and keep them

clean. I have accordingly called for the "heel" of the loaf, and the crusts, in my eating. As a result the whole thirty-two teeth roots are all in my head, as sound as at their first growth. Three of the teeth, by accident, split off on the back, but are furnished with gold caps. A full set of teeth, used in thoroughly chewing my food, has been as a life preserver to me.

I have been a life-long abstainer from all intoxicants. For the last fifty years I have not used tea, coffee, or tobacco. At the age of thirty-one I learned that flesh meats were not as good for building up the body, as the grains, nuts, fruits, and vegetables. Gradually I left the flesh diet, and substituted these life-giving products in place of dead (killed) animals.

It is now seventeen years since a morsel of flesh meat passed my lips.

For a number of years I have practised taking a cold "hand bath" on rising in the morning. I do this in a warm room, it being more sure of a proper reaction with one at my age than to perform the ablution in a cold room. After the bath I use about a teaspoonful of pure olive oil, applying it to the joints of the body with thorough rubbing. This keeps the machinery well lubricated for action. I drink from



PASTOR J. N. LOUGHBOROUGH.

two to three pints of pure water daily—between meals only. Thus with body *free from pain*, with mind clear and peaceful, I go about my daily duties, frequently thinking of the words of the Psalmist: "Those that be planted in the house of the Lord shall flourish in the courts of our God.

They shall still bring forth fruit in old age; they shall be fat and flourishing; to show that the Lord is upright." Ps. xcii. 13-15.

It pays to revere the laws of God within us and around us. It pays through life. *It pays in old age.*

Oakland, Cal., U.S.A.

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## ANÆMIA: SOME OF ITS CAUSES, AND A FEW SUGGESTIONS AS TO TREATMENT.

BY ALFRED B. OLSEN.

ANÆMIA is a state of partial bloodlessness. The blood is thin, and there is a serious lack of colouring matter. The number of the red blood cells, too, is more or less decreased, and the blood altogether impoverished.

### Women More Susceptible.

It is a matter of common observation that women are much more liable to become anæmic than men, and this is especially true of one form of anæmia, known as chlorosis.

Heredity is said to have some influence, but this factor can generally be neglected.

The chief causes are always to be found in wrong habits of life and bad hygiene, which produce a state of poor nutrition, and impoverished blood.

### Artificial Habits of Modern Life.

To the inexorable dictates of Dame Fashion may be ascribed many of the ills of human life. She rules with a rod of iron, and all the unfortunates who come under her sway suffer immensely, not only physically, but also morally and spiritually.

Stop and consider a moment the real effects of late suppers consisting of sweets, ices, and indigestible compounds generally, together with all the harmful excitement of the ballroom or the theatre. These things draw heavily on the vitality. The result must inevitably be exhaustion of the bodily energy and a serious interference

with nutrition. The body is a marvellous machine, and can stand a lot of abuse, but there is a limit. As the vital forces are exhausted by the fast, fashionable life of the present day, the body is correspondingly weakened and rendered liable to disease. The organs suffer from lack of food, and are unable to perform their several functions properly. As a result health departs, and sickness, disease, and death naturally follow.

### Chlorosis or Green-Sickness.

This is a form of anæmia most common in girls of from fourteen to eighteen years of age. Although the disease is rarely fatal of itself, the body becomes so weakened through the impoverished blood that other diseases, and especially consumption, are more readily contracted.

### Common Among Factory Girls.

Chlorosis more commonly affects the housed-up factory girls. Too frequently they are obliged to work in badly-lighted and poorly-ventilated rooms. Receiving but a mere pittance as a wage, they are unable to provide wholesome food and pleasant, comfortable living rooms. Overworked, under-fed, closely confined indoors, and thus losing the benign influence and enlivening effects of sunshine, light, and fresh air, with little to cheer and encourage, is it a wonder that they become pale and anæmic?



Let us proceed to consider

### Some Symptoms of Anæmia.

There is usually a marked pallor of the skin, which in chlorotic patients often takes on a yellowish-green tint. Disorders of digestion are the rule, also inactivity of the liver and bowels. The appetite is capricious and poor. Headaches, backaches, and vague, dull aches anywhere, with more or less neuralgia, are usually complained of, also feelings of languor and lassitude, with marked lack of ambition.

### Palpitation and Breathlessness.

The impoverished blood soon leads to weakness of the heart, and any extra exertion causes rapid, heavy beating, that at times may become very distressing. Breathlessness, too, is a common symptom, and there is also a tendency to faint. In some cases the feet and ankles may become swollen and painful.

### Constipation the Rule.

This is a common symptom, and by many is looked upon as one of the important causes of anæmia. When the contents of the bowels are retained instead of being regularly discharged in the natural way, reabsorption takes place, and numerous bodies more or less poisonous are assimilated by the blood. These bodies contaminate the blood, and irritate and poison the tissues, producing only mischief everywhere.

### Chronic Anæmia.

When this state of bloodlessness becomes chronic, there is discoloration of the skin and marked emaciation. The skin becomes wrinkled, dry and thin, and of a tawny, pale colour. The breath is short, the heart quite feeble, and the patient becomes very nervous.

### Varieties of Anæmia.

Before taking up the treatment let us briefly mention certain forms of Anæmia.

Great loss of blood from an accident or by other means, brings on an Acute Anæmia. If the health is otherwise good and the hæmorrhage is not excessive, there is a rapid recovery.

### Secondary Anæmias.

Chronic Bright's Disease, cancerous growths, consumption, and wasting diseases in general, tend to produce what is known as Secondary Anæmia. Long-continued fevers have the same effect. As long as the cause persists, it is impossible to cure this form of the disease.

### Treatment.

This can be summed up in three words: *Remove the cause.* If the patient is leading a sedentary life, if closely confined in a badly lighted and badly ventilated room, if the food is deficient in quantity or quality, if the waist is constricted by stays so that breathing is hindered, or if any other condition of life is such that nutrition is interfered with, the cause must be removed at once and a change made.

Anæmic and chlorotic patients must have an abundance of fresh air, sunshine, pure water, and wholesome, nourishing food.

### Tonic Applications.

Tonic cold baths, salt glows, and the neutral full bath are all excellent measures. For the indigestion apply fomentations to the stomach and liver, and the heating compress at night.

Massage, manual Swedish movements, and moderate exercise out of doors, especially walking, are all helpful.

### What to Eat.

Let the diet be as simple and plain as possible. Quality more than quantity must be considered. There is nothing better than fruit, breads, grains, and nuts. The fine-grained vegetables, also milk and eggs, may be taken.

Zwieback, browned rice, gluten gruel, toasted wheat flakes, granose biscuit, malted nuts, brown bread, macaroni, baked potato, lentil and avenola roast, and similar foods are all wholesome and strengthening.

### Prevention the Best Cure.

To avoid anæmia and the many ills it brings, observe the following rules:—

Always breathe pure air.

Never constrict the waist, and thus interfere with the action of the lungs.

Drink water freely, two to four pints daily. Take regular exercise out of doors.

Avoid sedentary habits.

Take seven or eight hours of refreshing sleep. Eat plain, wholesome food.

Use fruit freely.

Avoid alcoholics, tea, coffee, condiments, pickles, sweets, pastries, rich and greasy foods, and all indigestible compounds.

Keep the bowels regular.

Take the cold morning bath.

Be cheerful, and don't worry.

## WALKING AS AN EXERCISE.

BY H. B. FARNSWORTH, M.D.

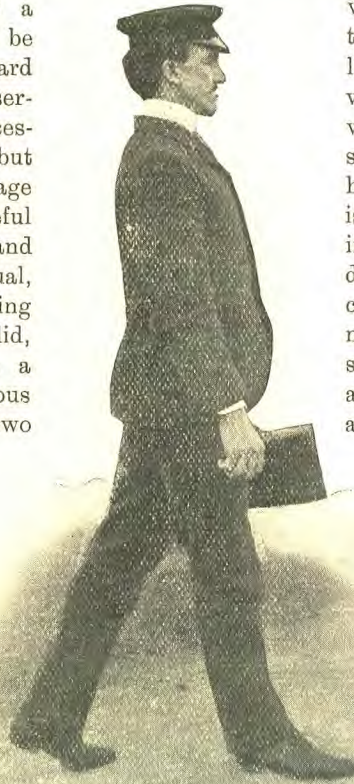
SUCH a walk as we propose as an exercise must be brisk, with a well-measured step—not a stride. The head should be carried erect, the chest forward and upward, ready to do service in obtaining the necessary oxygen, the hips firm but not stiff; the whole carriage should be with that graceful ease that bespeaks vigour and life in the healthy individual, and that will aid in obtaining the same for the semi-invalid, the one troubled with a variety of gastric and nervous symptoms. Let us notice two important physical benefits that come from such a walk—changes which occur in the chest and the abdomen by the increased respiratory movements which accompany that, to so many, vigorous exercise.

The chest is said to be the seat of hope.

However that may be, it is the general observation that the person who has a flat, thin, narrow thorax, and who seems to care little or nothing for its development, is usually the one who has little vitality and a small amount of endurance; he becomes disheartened and is easily discouraged, and so in the battle of life he often does not possess the staying capacity that his station demands. A lack of vital resistance to disease, and the absence of a spirit of hope and good cheer are often the

result of inattention to chest development.

Walking at a brisk rate will cause a general expansion of the lung tissue. The muscles are demanding more oxygen, and the blood wants to be rid of the carbon dioxide which accumulates in it as the result of exer-



THE WHOLE CARRIAGE SHOULD BESPEAK VIGOUR AND LIFE.

cise. This calls for more rapid action of the heart, and deeper inspirations, until the most remote air sac is called upon to aid the blood in making the exchange in gases.

It is obvious that walking in a stooped position is conducive to the compression of the chest and the development of round shoulders. The abdominal muscles are not contracted, as when standing in a correct position, and thus the contents of the abdomen are allowed to fall downward, out of the normal position. This may result in conditions which announce themselves by backaches, headaches, or some digestive disturbance.

The lowest lobes of the lungs extend downward so nearly to the waist line, that the wearing of any garment constricting expansion about the waist will impinge upon

the lower lobes of the lungs, and lessen the amount of blood aerated in these parts.

### Good Effects Upon the Abdomen.

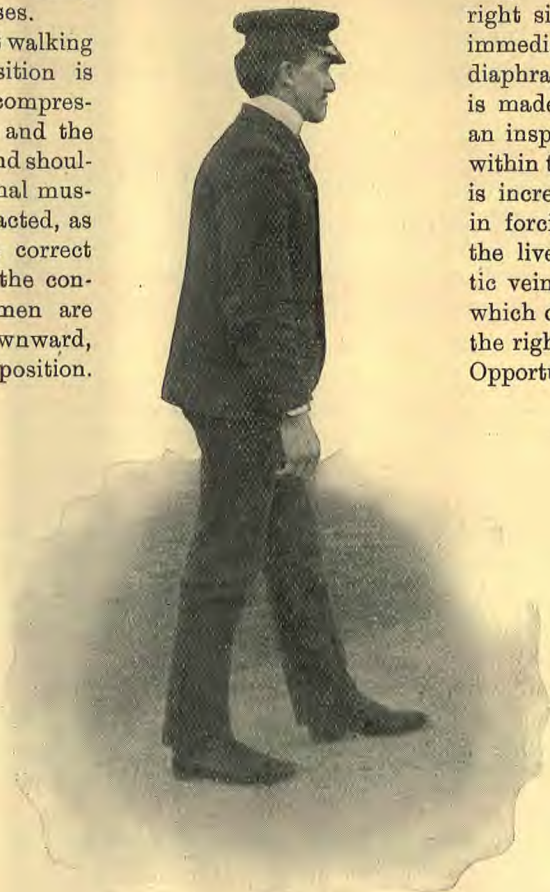
The increase in the number and depth of the respiratory movements accomplishes much good in the abdomen. By the alternating contraction and relaxation, the flow of blood through the portal system is accelerated. The blood coming from the stomach, the pancreas, the spleen, and the intestines is collected in one large, short vein, leading to the liver.

This organ is a large capillary reservoir, capable of holding about one-fourth of the total amount of the blood in the entire body. It lies in the upper right side of the abdomen, immediately beneath the diaphragm. As this muscle is made to contract during an inspiration, the pressure within the abdominal cavity is increased, which results in forcing the blood out of the liver through the hepatic vein into a larger vein, which conveys the blood to the right side of the heart. Opportunity is thus given

for more blood to be drawn in from the smaller veins coming from the organs in the abdomen.

So, by the forced respiratory movements during a brisk walk, the blood is made to flow more rapidly through this large organ, and the general circulation, in turn, is allowed to furnish the diges-

tive tract with fresher blood. This will result in greater activity of the minute cells in the stomach, pancreas, and intestines, in the production of the digestive fluids for the morning meal, and in the increased excretion of bile. It will also cause the blood current to flow more smoothly and with less embarrassment, and will aid in promoting that feeling of well-being and buoyancy which is indicative of good health. These are the results of the brisk morning walk.



CONDUCTIVE TO ROUND SHOULDERS.

## ⇒ OUR SERIAL. ⇐

### A DEAR EXPERIENCE.

BY S. ISADORE MINER.

[Mrs. Norton, a devout worshipper at the shrine of custom and fashion, is greatly scandalised by the determination of her young daughter-in-law, Amy to care for baby herself, instead of employing a nurse. George, the young husband, is a rising business man, very fond of his wife and baby, and quite willing that Amy should have her own way in the matter. The mother-in-law gives in for a time, but, driving in the park some weeks later with "Lady" Elting, a very consequential person from the other side, who flaunts a spurious title, something happens which brings the much-discussed question once more to the fore.]

AMY was dressed in a simple, yet pleasing costume, wheeling baby's perambulator. Dear little Dottie was cooing and gurgling with delight, happy as any little baby bird in the warm sunshine and fresh air, while the fond young mother, basking in the sunshine of baby's presence and the freshness of her love, was all dimples and smiles as well.

In her simple joy she forgot everything but that she loved Dottie, and here came Dottie's grandmamma, who, of course, loved her, too. Seizing the crowing child, she held it aloft in her arms, nodding blithely to her mother-in-law, thinking that she would surely stop for a look at baby, as her own mother would have done.

The driver slackened the horses as he saw her, but received peremptory orders to drive on; and so they left her far behind, still holding up the jubilant Dottie, and looking after the retreating carriage, wondering in her innocence what it all meant; for she had seen Mrs. Norton's face flush, and had received only a cold nod of recognition. Poor Amy! Could she have heard the conversation then taking place, she might have been enlightened; but I doubt if her wonder would have abated.

"My dear," Lady Elting had said as they neared the young mother, "there is a nurse-girl yonder who really acts as if she knew you. Who can it be?"

"Ah," said Mrs. Norton, evasively, taking it all in at a glance, Lady Elting's implied criticism as well, "that is my son's baby; a very sweet child, indeed"—this as they passed Amy, and doubtless intended for her ear as a conciliation for the cold bow.

"Yes," said her friend, "it has promise of great beauty, and the nurse-maid is above the ordinary—really quite a pretty little thing, but quite too familiar. Your daughter-in-law should teach her a lesson."

Mrs. Norton had not intended to utterly disown Amy; but after this speech she felt that she could never admit to this lady of noble connections, whose aristocratic cousin kept several nurse-maids, that her son's wife served herself in that capacity, and was, moreover, so unaffected in style as to be mistaken for a servant. No, indeed! Wild horses could not have drawn it from her; and now, to save herself from future embarrassments, when her little deception might not work so smoothly, she determined upon a piece of strategy. Even shallow waters have deep soundings, and for once Mrs. Norton was equal to the emergency.

She saw that any attempt to impress Amy with the social disadvantages of appearing as her own nurse-maid would prove futile, and she knew that only by stratagem could she gain her end through George; for, be it said to his credit, he had no sympathy whatever with his mother's vagaries. He could not see why his father, the rich speculator, and himself a prosperous young business man, should feel their fair fame in jeopardy because the nucleus of their fortune was founded in soap. In fact, he was rather proud than otherwise, that at least part of their wealth was won by honest toil.

Though his genial manners had won him a cordial *entrée* to the social circles his mother so much coveted, his marriage with sensible Amy Thorne, though much to the disapproval of his mother and his more ambitious sisters, had more than ever confirmed him in his contempt for the vanities and follies of a merely fashionable existence. Life to him was now interpreted by another word than *enjoyment*, and that word was *duty*.

Having set her ladyship down at her hotel, Mrs. Norton drove immediately to her son's office, and finding him disengaged, proceeded at once with her errand, still striving to keep to the truth as much as was consistent with her purpose.

"George," said she, "you really must have noticed how Amy has changed the last few months?"

"Yes," complacently returned the fond young husband, "I've been thinking myself that she was looking uncommonly well lately, and immensely pretty, too, if I do say it."

"Uncommonly well!" sharply repeated his mother, rather taken back by this unexpected reply to a question intended to alarm him. "That is about all you men can see! I declare I never saw her looking so wretched as she did this afternoon."

It was now George's turn to repeat. "Wretched!" he cried excitedly, "why, what can be the matter? She was well when I left this morning. Where did you see her? Where is she?" and he reached for his hat and cane.

"Now, don't get excited, George," exclaimed his mother. "Amy's not dying. I presume she is just as well as when you left her. It is a pity one can't speak her name without your flying off at a tangent. Sit down; I want to talk with you, and I can't very well with you standing up with your hat on, ready to fly out of the door."

Thus admonished, George took his seat, but made frequent surreptitious consultations with his watch, and gnawed his moustache rather nervously.

"What I was trying to say," added his mother, with sarcastic composure, "when you broke in on me like a tiger let loose, was that I saw Amy down in the park rolling that great, heavy perambulator, and carrying the baby in her arms. The baby alone is enough to kill any ordinary woman, and if you have any sense left (for she never did have any on that subject), you will put a stop to such doings at once."

"But Amy says she feels well, and her cheeks are as rosy—"

"Rosy! there, that's just like a man. Anything that's red is healthy. Scarlet fever must be a very desirable disease with them. Rosy, indeed! consumptives are quite addicted to rosy cheeks; and there are more than you, George, that can't tell the difference between a hectic flush and a natural colour."

"Good heavens! mother, Amy hasn't consumption, I hope. Why, this is dreadful! What can be done?"

"Sit still, and hear me out. There is nothing serious yet, but if you allow her to lug that heavy child around much longer, I'll not be responsible. Of course the child has got to have outdoor air and exercise, and of course as long as you won't keep a nurse, Amy's got to take a nurse's place, and roll that baby carriage around in the broiling sun and over the hot pavements; and then if the baby cries, take it out and carry it, too."

"But what can I do, mother?" asked the now thoroughly aroused husband. "You know she has always objected to nurse-girls, and I'm sure I didn't care if she looked after Dottie herself, for she enjoyed it so much, and I didn't think it hurt her at all."

(To be continued.)

# HOUSEHOLD

## Some Thoughts on the Feeding of Children.

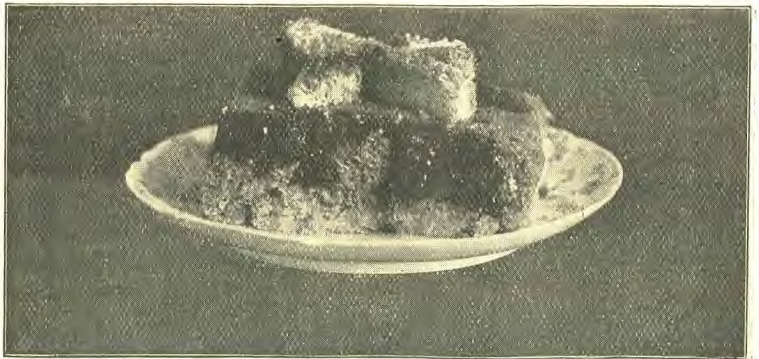
A CORRESPONDENT wishes some suggestions concerning the diet of a boy of five. Perhaps it will not be out of place to say just here that the general instruction on the subject of diet which has appeared in the magazine from time to time, applies to children as well as to adults. In households where the adults follow a natural mode of living, it will be an easy matter to properly train the children. They have only to follow the example of their elders, which naturally they are not slow to do.

But where the adult portion of the household indulge freely in rich pies, pickles, and stimulating meats of various kinds, drink a good deal of tea, eat late suppers, etc., it of course becomes highly necessary to isolate the children as far as possible from such a pernicious example, and endeavour to train them up in better ways.

Parents may learn much from carefully observing the original tastes of their children. Those foods which the child naturally likes without having to cultivate an appetite for them, are pretty sure to be

wholesome. No child will at first take meat with any relish, neither does it want anything to do with pepper, mustard, or other irritating things. Pickles are distasteful, foods containing much salt are not liked, the same is true of excessively hot foods. Neither tea, coffee, nor cocoa please the child's palate to begin with. These liquids are only taken because of the sugar and cream which they contain.

But we must proceed to some definite suggestions. In general, the simpler the diet given to children, the better. Let there be some variety from day to day, but only a few things at one meal. Good bread, thoroughly baked and stale, may well form the basis. If cut in slices, and baked the second time in a slow oven, it is still better. Meat is not essential.



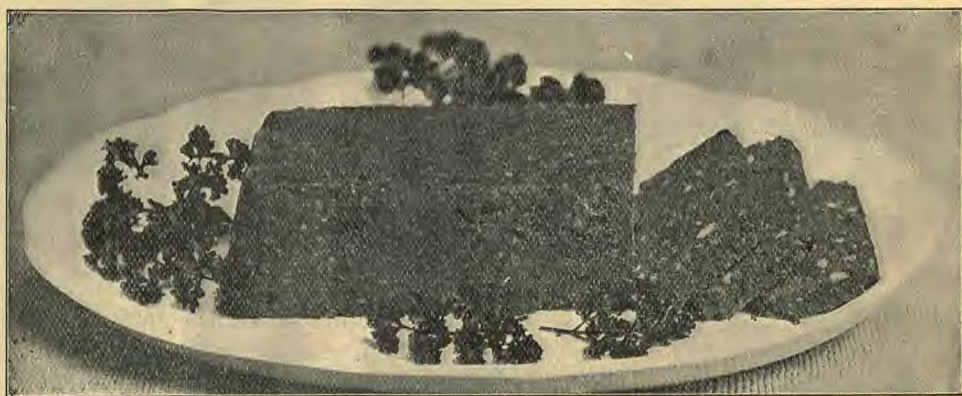
STEWED FRUIT PUDDING.

Indeed this is an article of diet which wise parents have usually made it a rule to withhold from their children.

Thoroughly cooked legumes, nuts, and nut preparations form very good sources of proteid matter, which is so essential to the building up of healthy muscle. Wheatmeal, oatmeal, rice, and other well-

will be in about five or eight minutes; then place in the outer boiler, and cook one hour. Serve cold or hot, with a dressing of cream or fruit juice.

**Macaroni and Tomato.**—Break good macaroni into inch lengths. Boil in water until tender. This



NUT AND LENTIL ROAST.

cooked cereals are valuable foods, and may be taken with milk, which should be sterilised.

Mild fruits, as pears, apples, bananas, prunes, dates, and figs should form a prominent feature of the daily fare. In fact, well-ripened fruit of almost any sort may be eaten to advantage by children, provided it is taken at the regular meal-time, and without the addition of a large amount of sugar. Never give a child food between meals. Encourage thorough mastication.

Children's appetites vary somewhat as their temperaments. Some are inclined to overeat; others hardly eat enough. Each case requires intelligent treatment. Three meals a day are abundantly sufficient for a child. Let the evening meal be very light, consisting mainly of fruit.

Following are a few simple recipes.

### Recipes.

**Farina.**—Heat a pint of milk and one of water, or if preferred, two of milk, in the inner cup of a double boiler; and when boiling, stir in five tablespoonfuls of farina, moistened evenly with a little milk. Let it boil rapidly until thickened, which

will take about an hour. Stir occasionally. When done, turn into a serving dish, and pour over it a sauce made as follows:—

Take one pint strained tomato, heat to boiling, mix a tablespoonful of flour with a tablespoonful of nut butter and sufficient water, added gradually, to make a smooth paste. Turn into the hot tomato, and allow it to boil until it thickens.

**Stewed Fruit Pudding.**—This is made by slicing bread about one inch thick, and cutting into strips one inch wide. Arrange in a dish, and put between the strips freshly stewed peaches or plums; reserve the juice, and when the dish is nearly full, pour it over the whole. Press and cut into squares to serve. Thicken the remaining juice with a little cornflour, and serve hot over the pudding.

**Brazil Nuts and Lentil Roast.**—Cook one and one-half cups of lentils until tender and dry, and pass through the colander. Then add to the pulp one and one-half cups of chopped Brazil nuts, three cups of very dry bread crumbs, two teaspoonfuls of salt, and hot water according to the dryness of the crumbs, perhaps about two cupfuls. The mixture should be quite dry, for if too moist it will not be firm and solid like meat, and will not slice nicely. (A dish that requires a spoon for serving is not a roast.) Press into a brick-shaped tin, well oiled. Set into a pan of hot water in the oven, cover, and bake slowly for from one and one-half to two hours.

## THE HOME.

*(Concluded.)*

BY MRS. W. C. SISLEY.

As a means toward making home happy, I would suggest that we not only share the sorrows of our loved ones, but be just as careful to enter into their joys. Let us not forget the birthdays. Let there be a mutual remembrance by some little gift or special act of love. To celebrate just a little gives one the feeling that he is welcome in the home. Memory takes me back to childhood. There were father, mother, and eight children. Many a time, in the long winter evenings, before separating for the night, would our parents engage with us in a spirited game of blind man's buff, or a similar game,—a lively movement in step to a song in which all happily joined. It was not simply to please, but to afford cheerful, health-giving exercise. While we have dwelt at some length upon the amenities in the home, as needful, there is the actual *living, growing, doing*, of every-day experience—becoming familiar by daily performance with the practical duties of life.

We are living in an age when the very atmosphere seems tainted with sin and corruption. The home influence should be specially guarded that this poisonous breath be barred an entrance. Our minds need educating, so that we will love to dwell upon those things that are pure and of good report. Where the choosing of our home surroundings is subject to our control, we should see to it that we do not pitch our tent toward Sodom, but taking eternal consequences into account, place ourselves and those committed to our care under circumstances best suited to our spiritual good.

But we should guard against making our individual homes, with their inmates dear, the centre of all our thoughts and loving attention. We must ever keep in view the

object of our creation—that of glorifying our Maker. "He came not to be ministered unto, but to minister," and, "He that saith he abideth in Him, ought himself also to walk, even as He walked." So, having the mind of Christ, we shall make our hearts and homes large enough to share with the less fortunate and the outcasts.

So far as we teach our children the spirit of true living, so far will this add to their capacity for real enjoyment. It has been said that it is the little foxes that spoil the vines; even so, were our eyes open, we would see that it is the many little thoughtless actions that mar the comfort of home. True courtesy should mark the conduct of all. Parents as well as children should be careful to respect the rights and privileges of one another. For instance, no one should take the liberty to read another's letters without permission, or to help himself to another's belongings. This brings to mind a saying of Josh Billings, which we give in his own words: "When I wish to borrow fine shirts from a neighbour's clothes-line, I always go on a dark night, omitting the conversation." How annoying it is in a home to think to put the hand on thimble, gloves, or umbrella, only to find them borrowed by someone, who likewise "omitted the conversation." Such liberties are not allowable. The golden rule, if practised in the home, would forever preclude such irregularities. Let selfishness be banished, each esteeming other better than themselves. This will make home what it should be—the anteroom to heaven. May we so realize in our own experience the fullness of the privileges and possibilities of home, that, when we reach heaven, we can say, "This is home, and home is heaven."

---

You can tell if a bed is damp by laying a hand-glass between the sheets for a few moments. If the sheets are not properly dried, the glass will be clouded.





## Talks with the Children.



### THE HOUSE BEAUTIFUL.

"So far, Mary, we have said little about the furniture of the mouth chamber. Let us talk about the teeth this morning."

"How many have you? Yes, count them. I will help you. There are seventeen, but you can see that three are missing.

"Oh, Mamma, pulled one out yesterday."

"Of course, it hurt you, but not very much."

"You have had twenty, half in the upper, and half in the lower jaw. All children have that number. They are called *milk-teeth*. After a few years all the milk-teeth come out, and a new set of permanent teeth grow. They number thirty-two, sixteen above, and the same number below.

Notice your front teeth, Mary. They are chisel-shaped and quite sharp. There are four above and four below, and they meet. These teeth are used in biting off a piece of bread or apple to be taken into the mouth.

The back teeth are very different. They have a flat, irregular surface which fits them for grinding the food and preparing it for the stomach.

The teeth are made of ivory, and are

very much harder than bone. When clean they have a beautiful pearly-white colour.

Their duty is to chew the food and mix it with the juice of the mouth.

This is the first stage of digestion, and a most important one. If neglected and carelessly done, the road is paved for disorders of the stomach.

The teeth are also useful in giving form to the mouth, and shaping the words.

Always take good care of your teeth. Clean them with a soft brush and warm water after each meal. The mouth should also be rinsed and gargled at the same time. It is well to use a little mild Castile soap occasionally. Precipitated chalk may be rubbed on the teeth to remove stains.

It is well to have your teeth examined by a dentist once in six months, and thoroughly cleaned. As soon as decay starts, and holes develop, they should be promptly stopped. If you neglect these things, you are likely to lose your natural teeth, and then you will have to depend on artificial ones, which are awkward, inconvenient, and graceless.



"COME, let us live with our children."  
—Froebel.

## About the Brain.

THE brain is a mass of living cells and nerves. The cells vary much in form; some are pear-shaped, others pyramidal or spindle-shaped. The use of a microscope is necessary to see them. Note accompanying diagram.

\* \* \*

The brain of an adult weighs about fifty ounces, or a little more than three pounds.

The average weight of the female brain is but forty-four ounces. The spinal cord, which is attached to the base of the brain, only weighs an ounce and a half.

\* \* \*

The size of the brain is said to be proportionate to the intelligence of the individual. But this is not always the case by any means. It is recorded that the brain of an illiterate mulatto weighed sixty-eight ounces.

\* \* \*

The brains of idiots are small, seldom weighing more than twenty-five ounces.

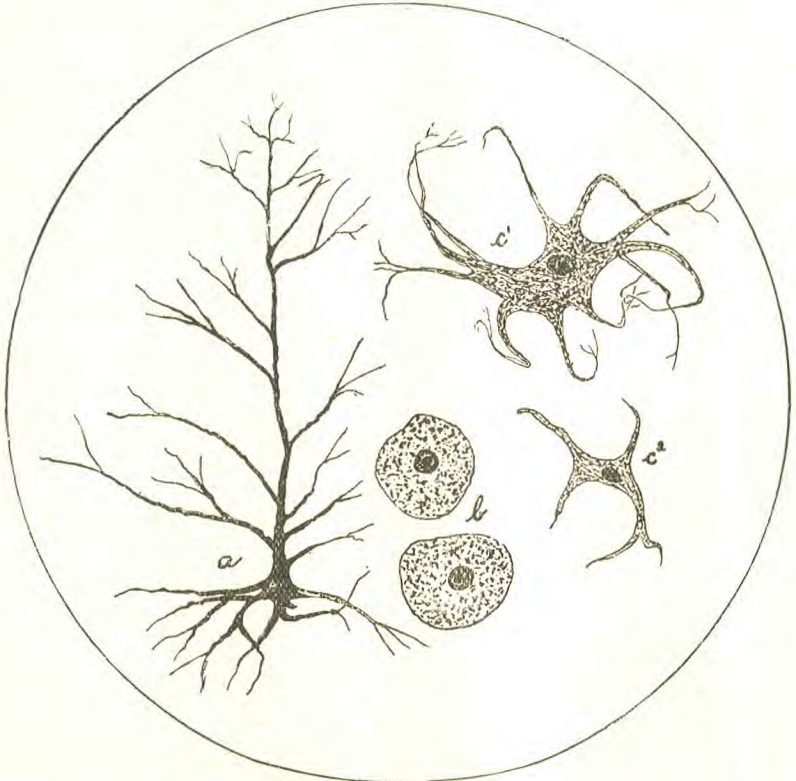
\* \* \*

With the exception of the elephant, whose brain weighs eight or nine pounds, and of the whale, the human brain is larger than that of any lower animal.

The tissue of the brain is soft and very delicate. When fresh, it has a pinkish-grey colour, the pink tint being due to the presence of blood. The brain cells form a distinct band of grey matter at the surface, while the interior, which is composed of nerve fibres, is white.

\* \* \*

The brain surface is very irregular,



NERVE CELLS HIGHLY MAGNIFIED.

a. Brain cell, showing branches. b. Ganglion cells. c. Cells from the spinal cord.

having a large number of curious furrows and convolutions. By this means the superficial area is greatly increased.

\* \* \*

Within recent years the surface of the brain has been mapped out into plots called *motor and sensory areas*. Each area has a special function; that of the arm has

to do with all the movements of that limb. When this area is excited, the arm moves. There are similar areas for the foot, hand, tongue, mouth, etc.

\* \*

At the back of the brain is a sensory area which controls vision. Here the picture taken by the eye, which is from a mechanical standpoint a *camera lucida*, is transformed to the mind picture and made apparent to the intellect. Elsewhere are the seats of hearing, speech, taste, smell, etc.

\* \*

The area of sight for the right eye is on the left side of the brain, and the reverse holds for the left eye. The same arrange-

ment is true of all the areas, both motor and sensory. This is explained by the fact that the nerves from the right side of the brain cross over to the left side as they pass down.

\* \*

Insanity is brain discord. The Divine harmony is broken, with consequences most painful. Delirium is a temporary derangement caused by some passing disturbance, such as alcoholic poisoning (delirium tremens), or a high fever.

\* \*

The disorders of the complex brain machinery are numerous and always serious. To possess a well-balanced and well-developed brain is one of the greatest blessings that can come to mankind.

## EDITORIAL.

### THE WET-TOWEL RUB.

**A Mild Tonic.**—As the name indicates, this treatment consists of rubbing vigorously a wet towel which has been laid smoothly on some part of the body. The towel is not rubbed over the skin, but friction is applied to the towel by rapid stroking movements of the hands.

**Things Required.**—Only a couple of pails or bowls and two or three towels are required. A thermometer is also useful for determining the temperature of the water. Fill the first bowl with water at sixty degrees Fahrenheit, and have the second bowl about ten degrees colder.

**The First Step.**—After removing all clothing, the patient should lie down on a bed or suitable couch, being well wrapped in blankets. Before giving the treatment, bathe the face and neck with water from the second bowl. Then wring out a towel from the same bowl and wrap it about the head in the form of a turban.

**Mode of Procedure.**—It is customary to start with the chest, which is carefully made bare without uncovering the rest of the body. Wring a towel out of the first bowl so that it does not drip. Shake it



GIVING THE WET-TOWEL RUB.

out smooth, and quickly apply to the chest. While the patient holds it in place, apply smart friction, by rapidly stroking the outer surface of the towel, taking care to cover all parts. This is continued till the towel is warmed, when it is removed, and the body quickly dried, producing a glow of warmth.

The arms are treated next, the towel being wrung out of cold water as before, and wrapped round the arm from the shoulder to the hand. As soon as the towel is warmed, it is unwrapped, and the arm dried and covered up. Thus one part after another is treated, until the entire body has been covered.

**Gentle Tonic Effect.**—The effect produced by the wet-towel rub is similar to that of any cold application, differing mainly in degree. There is a marked increase in the flow of blood through the skin, as shown by the rosy hue of the surface. The skin is moistened, and evaporation promoted, thus cooling the surface. The heart is accelerated, and respiration stimulated, which results in an increased flow of blood to all the internal organs, and the general enlivening of the functions of the body.

**To Regulate the Severity of the Treatment.**—The effects of the treatment can be regulated to a nicety by altering the temperature of the water, also by the amount of moisture in the towel when it is applied. A temperature of forty to sixty degrees Fahrenheit suits most cases. For very feeble patients it should be warmer to begin with, say seventy or seventy-five degrees. The temperature can be lowered one degree each day, and thus gradually reduced, care being taken always to obtain a good reaction.

**Uses of the Wet-Towel Rub.**—This is an effective measure for reducing a moderate fever. It is useful in several

chronic ailments, such as anæmia, neurasthenia, and most forms of chronic dyspepsia. In the earlier stages of consumption it produces excellent results. Certain forms of heart disease may be treated by the wet-towel rub. In such cases, begin by rubbing the arms, and treat the chest last. If the heart is very weak, and compensation imperfect, treat the extremities only. The treatment is also useful for cold extremities, and a sluggish circulation.



### Mucus Destroys Germs.

It is a well-known fact that the normal secretions of the body have a more or less distinct action upon microbes. Arloing, in a report to one of the French medical journals, gives the result of experiments he has recently made with *mucus*, the slimy secretion of the mouth, throat, and other membranes of the body.

He finds that mucus is a poison to germs generally. It stops their growth, and soon destroys them. Mucus also has distinctive effects upon the spores of most germs, preventing their further development.

We must therefore regard mucus as one of the resistive forces of the body. It is a most important means of defence against microbes that are almost omnipresent, and constantly invading the body. They are taken in with the air we breathe and the water we drink. With the food, too, countless numbers of germs gain an entrance, and must be destroyed.

The efficiency of the mucus as a bactericide (germ-killer) varies much, and depends largely upon the general health of the individual. Lowered vitality means a poor quality of mucus, which would be less destructive to germs. A foul mouth and a furred tongue indicate not only indigestion, but also that the destructive power of the mucus has been diminished or lost.

# QUESTIONS AND ANSWERS.

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

**Adenoids.**—R. P. G.: I have a little daughter, seven years of age, suffering from what the doctor calls "adenoids" in the nasal passages, a growth which prevents her breathing properly through the nose. Can you inform me whether it is curable without an operation?

*Ans.*—A radical cure is only obtained by scraping away the diseased tissue. The operation is a simple one, and when performed by a competent surgeon, no untoward results need be expected.

**Singing in the Ear—Deafness.**—F. M. E. P.: For some years I have had a singing in my left ear, and lately it seems very dry, and gets blocked up. I am rather deaf with it. Do you think the Vapouriser would do me any good?

*Ans.*—Yes, since the ear trouble is probably due to catarrh, which has extended up the Eustachian tubes from the throat. With the bulb attachment the Vapouriser may also be used to inflate the tubes.

**Chronic Constipation.**—H. D.: I am severely afflicted with chronic constipation, and would be glad to have you give me a few suggestions as to diet and treatment.

*Ans.*—In the March number of GOOD HEALTH, you will find an article on chronic constipation which contains the information you are seeking, and discusses the subject much more fully than is possible on this page. By post, 1½d.

**Boil.**—"Rational": I was vaccinated in March, and ever since I have had a kind of boil with a foul-smelling discharge coming out of the same arm. What would you recommend?

*Ans.*—Have the boil lanced, if necessary, and then thoroughly scraped, to remove the diseased tissue and infectious material. This should be done by a surgeon. Then have it dressed antiseptically, and it will soon heal.

**Red Face and Hands.**—T. J.: 1. What cure is there for a red face and red hands? I do not drink wine or beer, but I smoke pretty freely. 2. I am pretty stout. How can I reduce my weight?

*Ans.*—1. Probably none, unless due to errors of diet or other removable causes. Avoid alcoholics of all kinds, also tobacco. Take fresh fruit freely. 2. Take but two meals of very plain food with an abundance of fruit. Eat and sleep sparingly. Take several hours of moderate exercise daily. Induce free perspiration by taking a hot bath, vapour or immersion, two or three times a week. There is danger in reducing weight too rapidly.

**Weak Heart.**—"Anxious" writes that she suffers with much pain in the region of the heart, palpitation, and great exhaustion. She feels that her strength and energy are all gone, and is always tired. What should she do?

*Ans.*—Rest is the essential treatment, with a light, wholesome diet, and plenty of pure air to breathe. Bathing the body with tepid water, and then drying gently with a coarse towel will afford relief. You should consult a competent physician.

**Diet and Dreams.**—W. J.: Has diet anything to do with dreams? I am bothered with worrying dreams of late.

*Ans.*—Yes. Late suppers and indigestible culinary compounds form a prolific source of disagreeable dreams. Eat a light supper consisting only of bread and fruit, not later than six, and take nothing more except fruit juice, lemonade or water. Have the windows of your bedroom wide open. Let the bed covering be light and porous. Lie on your right side, and leave your business cares and perplexities behind when you retire.

**Are Bananas Wholesome.**—M. F., Southampton, enquires: "Can you tell me if the banana is an unwholesome fruit to eat, seeing that it is picked in an unripe state, and ripened afterwards? 2. Where can the Mason glass jars for preserving fruit, as recommended in the July GOOD HEALTH, be obtained?"

*Ans.*—Bananas are perfectly wholesome if eaten in a ripe condition, but when unripe they contain starch, which is difficult of digestion. Ripe bananas should be perfectly mellow, and of a rich, sweet taste. This fruit ripens very well off the tree. 2. Young & Co., Ltd., Red Lion Square, Holborn.

**Bromose—Nut Butter.**—[C. H.: 1. Can you recommend the use of Bromose? 2. Would nut butter be good for me? I cannot take ordinary butter without a deal of flatulence.

*Ans.*—1. Yes. Bromose is a pure nut product, thoroughly cooked, and readily digested and assimilated by the system. It is a highly concentrated food, rich in tissue-building and energy-producing material. It can be had of your grocer, or direct from the makers, The International Health Association, Ltd., Legge St., Birmingham. 2. Yes. The nuts are prepared by continuous cooking for hours, and thus become very digestible. Nut butter is a concentrated food, and should be taken in moderate quantities. It is also a product of the above mentioned Company.

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GOOD HEALTH agents will take pleasure in answering inquiries concerning the books and other goods handled by the Good Health Supply Dept. They can also take orders for, and supply such articles.



DR. A. B. OLSEN, of the GOOD HEALTH editorial staff, recently visited Portsmouth, Southampton, Plymouth, Cardiff, Swansea, Pontypridd, Bristol, Bath, and other points, on a lecturing tour. Most of the lectures were given under the auspices of the local Good Health Leagues, which are accomplishing much in the way of disseminating a knowledge of health principles.



IN addition to the interesting features of our next month's issue, which are mentioned on page 163, we shall have a very timely article by Dr. J. H. Kellogg, entitled, "The Home Treatment of Rheumatism." Holiday cookery will also receive attention. Altogether we hope to make this December issue a record number, both as regards contents and circulation. It will be excellent to send to friends as a Christmas greeting.



WE are glad to learn that the friends of health principles in Belfast are fitting out Bath and Treatment Rooms at 39 Antrim Road, and will probably be ready to receive patients by the time this gets into the hands of most of our readers. Next month we shall be able to give further particulars. Meanwhile inquiries, etc., may be addressed to the Superintendent, at the foregoing address.



MORE beautifully illustrated than ever is the October number of *Health and Strength*. Every page contains something interesting. Among the

most notable contents are articles on "The MacDonald Smith System of Physical Culture," by Wm. Macdonald Smith, (Member of the International Commission of Physical Education); "Boat Sailing for Health and Sport" (illustrated), by J. H. A. Jewell (Leader of the Health and Strength Physical Culture School and Club); "Diet for Athletes and Others: A Few Specimen Diets of Athletes, with Notes," by Eustace H. Miles, M.A.; "Summer and Winter Bathing and High Diving" (illustrated), by W. E. Webb; "My Long Walk" (illustrated), by Geo. H. Allen, (holder of the Leicester to London—97¾ miles—record: 20 hours, 22 minutes, 25 seconds); Short Story: "A Fair Revenge" (illustrated), by Arch. W. Dale; etc. There are also prize competitions.



QUITE a number of enquiries have come in from time to time regarding the Good Health Leagues, and we take this opportunity to explain that the organisation is exceedingly simple. The members of a League meet at regular intervals, mostly of one month, to study in a practical way the principles advocated by GOOD HEALTH. The officers include a president, one or more vice-presidents, and a programme committee. Collections are taken up to meet expenses. Members are expected to subscribe individually to GOOD HEALTH, and to be interested in the reforms for which the magazine stands.

Following is a partial list of the Leagues organised thus far, with the address of the secretary or some other representative member:—

Birmingham, Mrs. H. F. Scott, 70 Legge Street.  
North London, Mr. E. H. Marsh, 2 Tabley Road, Tufnell Park.  
Leytonstone, Mr. Samuel Aris, 27 Connaught Road.  
Plymouth, Mrs. R. Borrowdale, 29 Anstis Street.  
Bath, Mrs. E. Clifford, South View, South Stoke.  
Bristol, Mr. C. Jessup, 88 Upper Pearl Street, Bedminster.  
Leeds, Mrs. F. Kennington, 26 Sholebroke Ave.  
Hull, Mrs. Rowntree, 23 Pryme Street, Anlaby.  
Glasgow, Mr. H. Armstrong, 23 Mayfield Street, Bilsland Drive, Possil Park.  
Belfast, Mr. G. B. Replogle, 39, Antrim Road.  
Cardiff, Mrs. W. H. Meadows, 5 Cyril Crescent, Roath.  
Pontypridd, Mr. W. Robinson, 33 The Parade.

Interested readers who are residing in any of these places would do well to drop a line to the secretary, who will take pleasure in informing them of the date and place of the next meeting of the local League. Enquiries of a general nature should be addressed to the Secretary, Good Health League, 451 Holloway Road, London N. The co-operation of all persons in sympathy with the objects of the League, is cordially invited.

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## GOOD HEALTH GLEANINGS.



ONE is more likely to catch cold sitting by the fireplace in a close room than by facing a snow storm.



I SMILE to think God's goodness flows  
Around our incompleteness ;  
Round our restlessness, His rest.

—Mrs. Browning.



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.



THE Kansas City *Medical Index* mentions a bright lad in that section. Upon being asked by his teacher the name of the most important canal in America, he replied that it was the alimentary canal.



### Occasional Fasting is Hygienic.

It gives the stomach a chance "to catch up with its work." To eat nothing but fruit one day in the week is a great help against headache, nervousness, taking cold, and loss of sleep.

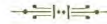


LIFE in the open air is good for body and mind. It is God's medicine for the restoration of health. Pure air, good water, sunshine, beautiful surroundings,—these are His means for restoring the sick to health in natural ways.—Mrs. E. G. White.



Go thy way, but let that way  
Be ever worth the going ;  
Know thy way, and never stray  
In ways not worth the knowing ;  
Leave the way that goes astray,  
And seek a better path,  
Straight and narrow all the way,  
To realms unknown to sin and wrath ;  
Thus "go thy way."  
—Selected.

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