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LITERARY NOTICES.

Food and Cookery is the title of a monthly magazine of high class, which is the official organ of the Universal Cookery and Food Association. It is designed especially for professional cooks, but contains much that would be interesting and of practical use to the average housewife. It is not a vegetarian journal. Price, 3d.

* *

THE Rev. John Pyper, of Belfast, is doing an excellent work on behalf of Christian temperance. His quarterly, "THE BIBLE TEMPERANCE EDUCATOR," a bound volume of which has been placed in our hands, is well filled with a variety of articles dealing in a very direct and practical way with the great temperance problem. The editor himself is the worthy advocate of a great cause; and though he is getting along in years, we trust he may yet be spared a long time to labour in behalf of Bible temperance.

* *

"THE best way to take a 'wedding journey,'" writes Dr. Lyman Sperry, in his book, "Confidential Talks with Husband and Wife," "is—not to take it at all." It is the author's sensible opinion that "the first two or three months after marriage should be passed as quietly and restfully as possible," the experiences of "the honeymoon" being enough in themselves to fill one's cup of happiness to the brim. Quiet weddings are also pleaded for, on hygienic, moral, and economic grounds. There are many other topics discussed in this book, and much practical advice given. We do not agree with the doctor on all points. His standard in some delicate matters is hardly as high as we could wish it were, but there can be no doubt that it is far above that in actual practice, in perhaps the majority of homes. Published by Oliphant, Anderson, and Ferrier, Edinburgh and London.

* *

"THE RECRUDESCENCE OF LEPROSY."—We have received from the author, Mr. W. Tebb, a copy of this work, published by Swan, Sonnenschein & Co., London. The subject is a timely one, and the author's investigations, carried on during a period of over twenty years, in which he has travelled very extensively in all parts of the world, are certainly worthy of careful study. Leprosy is increasing; of this fact there can be no denial. Mr. Tebb has come to the conclusion, and he brings to the support of his theory a very respectable body of evidence, that the recrudescence of leprosy is mainly due to compulsory

vaccination. Of course it is generally agreed that arm-to-arm vaccination, as practised in India and some other countries, is capable of producing much harm, and could, according to the best authorities, communicate such a disease as leprosy; but it is somewhat difficult to conceive of such effects being produced by the calf lymph ordinarily used in vaccination. However, the subject is of sufficient importance to justify the most painstaking and thorough investigation, and Mr. Tebb's book is a worthy endeavour to solve a problem which is bound to come even more to the front in the near future

LOOKING FORWARD.

NEXT month we shall take up quite fully the subject of **Sugar Diabetes**, giving instruction concerning its treatment, and especially the diet which should be followed by such patients. This disease is unfortunately getting to be very common. Of course, to prevent it, is always the best plan. Hence the article in question will also deal with the causes leading up to diabetes.

* *

WE have had a number of inquiries with reference to the **Proper Feeding of Babies**. Dr. J. H. Kellogg will give the mothers some practical and helpful advice on this subject in our next issue.

* *

YOU have told us that corsets are injurious. How can we do without them, and look reasonably trim and neat? This is a fair specimen of the questions asked us. It will be answered in a practical article on **Dress Reform** to appear next month. The men ought to read this article as well as the women, because, as one of them said the other day, they have to pay the doctor's bills resulting from the frequent feminine ailments brought on by tight lacing.

* *

OUR next instalment on the **Food Problem** will give further instruction in the making out of menus and dietaries, and will take up also the subject of proteid foods, their sources, and manner of preparation.

* *

THE **Salt Glow** is an excellent Spring Tonic, which will be fully described. This exhilarating treatment can be given in any home, and with little trouble. It is far superior to any of the popular drug tonics.

* *

THERE will be much other practical instruction in regard to the care of one's health during the peculiarly trying period which marks the transition from Winter to Spring.

Good Health

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

Entered at Stationers' Hall

Vol. 1.

February, 1903.

No. 9.

More Bad Meat.—Two fines of £10 and £20 respectively were recently inflicted by the magistrates on two London dealers for exposing for sale meat that was slimy and in a state of decomposition. The business is evidently a paying one, and the chances of escaping detection fairly good; otherwise dealers could not afford to pay such fines. Buyers of meat do well to exercise great care in making their purchases.



Fruit in Preference to Jam.—Let no one think that jams or marmalades are in any sense a substitute for fresh fruit. Such excessively sweet foods are clogging, especially to a person with weak digestion, and injurious, while well-ripened fresh fruit, or that stewed with little or no sugar, is perfectly wholesome, and, withal, cleanses and renews the system. Especially, eat plenty of good, mellow apples, always at meal time.



"Killed by Good Mussels."—So runs the title of a paragraph in the *London Express*, to the effect that two children in a gypsy caravan, at Battersea, had died from the effects of eating mussels. The attendant physician remarked that "a perfectly good mussel would cause the death of a child." We do not presume to say just what the doctor meant; but we firmly believe that if the mussels were left to ply their trade as scavengers in the slimy ocean depths, the human family would

still have enough really good food and to spare. No doubt mussels are very good in their way, but that is not saying that they are good for food.



Death at a Ball.—A barrister-at-law died suddenly the other day at a mask ball, the medical evidence being that "death was due to rupture of a blood-vessel caused by the excitement of dancing after a heavy meal." While such fatalities are not frequent, there can be no doubt that the late suppers and unwholesome excitement connected with fashionable balls are distinctly detrimental to health, and should be avoided by all those who would maintain the highest physical efficiency.



Fallen at Their Posts.—The death of Dr. Temple, the Primate, at the ripe age of eighty-one, and that of the distinguished Nonconformist preacher, Dr. Parker, at seventy-two, both full of honours and hard at work to the very last, testify most emphatically to the value of a temperate life. It is something to have reached an advanced age, but more to have done so while working as these men did, with that intense, whole-souled application which makes such heavy draughts on the vital forces. We are inclined to think that both cut the evening of their lives short by excessive work. With their temperate habits and self-control, and general observance of the laws of health, they might have rounded out a full century, had they been a little

more sparing of themselves, more especially after passing the three-score-and-ten limit. But in a world so much in need of strenuous, unselfish labours, it is always difficult to use prudence in the husbanding of one's resources. The cause of health and temperance mourns the loss of two able advocates and worthy standard bearers.



Help for the Unwashed.—One thousand poor children in Edinburgh are to be washed and clothed by public subscription. This is a worthy endeavour, but the effects, of course, cannot be lasting. The people of the slums must be sought out in their cellars and garrets, and patiently, tenderly instructed in better ways of living. Then they must be placed in decent quarters, where they can have fresh air and room to turn round in. If every family in fairly comfortable circumstances would endeavour to help one of these poor families to a higher, holier, healthier life, it would at least help to solve the greatest of our social problems.



Pure Air for the Tube and the Bedroom.—The London *Daily Mail* has done good service in calling attention through its expert's report, to the bad condition of the air in the Tubes. We notice that one of their correspondents intimates the propriety of a similar investigation of the air in the compartments of the suburban trains and the omnibuses. The suggestion is a good one. Perhaps we might go a little farther and suggest that our readers who may be in the habit of sleeping with closed windows, get an expert to examine the air in their bedrooms immediately after rising in the morning. Once the individual conscience is aroused to the evils of breathing bad air at home, and it will not be long before the people demand and obtain pure air in public buildings and conveyances.

Total Abstinence Supported by Science.—Sir Victor Horsley, the well-known surgeon and pathologist, made the following statement on this point in February, 1901: "The teaching of recent investigations *compels physiologists to adopt the view that the small amounts of alcohol that are commonly used for dietetic purposes, and which are generally regarded as beneficial, are positively harmful in their action on the nervous and muscular systems.*" (Italics ours.) Time was when total abstainers were regarded as unreasonable fanatics; now it is beginning to be seen that the fanaticism is all on the other side.



Fasting as a Cure for Disease.—One or two instances of physicians advising patients to undergo prolonged fasts have been reported in the newspapers, as well as other cases in which persons put themselves on this cure without medical advice. Where one has been living on the ordinary full diet, which as a rule means over-eating, the plan doubtless has very much in its favour; but we think that in all cases the same and even better results could be attained with much less discomfort by adopting an exclusively fruit diet for a time. Ripe, mellow apples, or grapes, or a combination of these and other fresh fruits will sustain one's strength, and, at the same time, destroy the germs which have accumulated in the system. Such a diet is also a great help to clearness of intellect.



Oysters Cause Typhoid.—Serious outbreaks of typhoid fever at Winchester, Southampton, and Portsmouth, have been traced to oysters taken from sewage-infected beds. Several deaths have been reported, and numerous cases of severe illness. It is well to remember that the juicy bivalve was never known to be at all nice or particular in his habits; indeed,



THE FOOD PROBLEM.

BY M. ELLSWORTH OLSEN.

Part II.—The Classification of Foods.

THE elements which go to make up the various foods by which the human system is nourished and built up are, roughly speaking, three in number; namely, Proteids, Carbohydrates, and Fats. The first is the most important by far. Without proteids, life is impossible. The living tissues of our bodies are composed of proteid matter. In the wear and tear incident to active life, it is necessary that these tissues should be continually undergoing repairs, if they are to remain serviceable, and this repairing work is accomplished by the proteid foods taken into the system. These foods are also said to be *nitrogenous*, as containing nitrogen, and sometimes they are called *albumens*. Lean meats, eggs, the gluten of wheat, legumes, such as peas, beans, lentils, cheese, and skimmed milk are all rich in the proteid or albuminous element.

Carbohydrates and fats furnish heat and energy. Sugar, white flour, rice, sago, arrowroot are good examples of the former, and cream, butter, and nut oils, of the latter.

Amount of Different Food Elements Required.

While proteids are the most essential, and may alone sustain life for a considerable period, nevertheless the system re-

quires a much larger proportion of carbohydrates than of either proteids or fats. The amount of each required by the average person daily, according to most authorities, is about 3 oz. of proteids, 15 oz. of carbohydrates, and 2 oz. of fats. It is not absolutely necessary that precisely this proportion should be observed every day; but the general average should approach closely to it if the system is to be in the best condition. It follows as a matter of course, that the quantity of nutriment needed depends largely on the amount of muscular energy expended, and also upon the temperature. The navy requires a larger supply of the energy-producing foods than the person of sedentary habits, and in cold, sharp weather, the same class of foods are most in demand because more fuel is needed to maintain the normal temperature of the body. Of course these figures have reference to food in its water-free state.

Effect of Excessive Eating.

Taking an excessive amount of any of these three principal food classes is productive of harm. Many indulge in large quantities of meat, which is rich in proteids, and as a consequence suffer from gout, rheumatism, or possibly some disease of the kidneys, such disorders springing frequently from too large a use of proteids. Fats and carbonaceous foods taken too freely give rise to corpulency, or derange

the digestive apparatus. Greasy foods are usually the cause of a bilious attack.

Mineral salts, found in fruits, vegetables, and grains of various kinds, are also valuable in the building up of the body, and so may be said to form a fourth class, of inorganic foods. It is interesting to note, however, that these mineral matters are of no use to the system unless in combination with one of the organic foods. Thus sodium, potassium, lime, phosphorus, etc., as laboratory products, are not only useless as foods, but really injurious, while exceedingly small quantities of these same elements in vital combination with starches, proteids, etc., form valuable adjuncts to the other foods. Common table salt, while its very moderate use probably is not harmful, yet does not do any particular good in the system. Along with other salts it is already present to a certain extent in natural foods, and in such a form that it can be used.

Popular Combinations.

The principle that should be kept uppermost in making out a menu, is to secure, by a proper variety of wholesome foods, the right proportions of the different food elements. Many popular combinations actually do this. Porridge and milk is a common breakfast dish, the oatmeal furnishing an excess of starches, and the milk providing fat and proteids. Bread is eaten with butter, because wheat is deficient in fat. The Hindu adds to his plain boiled rice a curry, having for its basis the proteid-rich lentil, and the Chinese make up their proportion of proteids by the use of fish and lentils. On the same principle, meat and potatoes are eaten together in this country, and form a good combination, so far as the proper food elements are concerned.

Owing to the high cost of meat as compared with other proteid foods, the bulk of the world's population have in all ages been practically vegetarians. In our own country the evils connected with the free use of meat are being recognised more and

more. Humanitarianism is gradually extending its sympathies to include the principle of abstinence from a species of food which, aside from its liability to disease, and consequent unfitness for human use, involves more or less cruel treatment to such large numbers of innocent animals.

In giving up meat entirely, or gradually using less of it, intelligent consideration must be given to the matter of securing a proper equivalent in other proteid-containing foods. By some, cheese is recommended to take the place of meat. Considered purely from a chemical standpoint, this might seem a reasonable view, since cheese is undoubtedly rich in proteids. But it is difficult of digestion, and, as usually made, swarming with microbes. Hence, it cannot be considered a good food.

Why Legumes Disagree.

Aside from special preparations, such as protose, plasmon, nuttose, wheat gluten, etc., the well-known legumes—peas, beans, and lentils—seem to afford the most natural substitutes for flesh foods. Many people say they cannot digest legumes, but the difficulty usually lies in want of proper preparation. Owing to their concentrated form, this class of products may well be eaten in moderation. They should preferably be boiled till perfectly tender, and afterward passed through the colander to remove the tough, indigestible skins. The pulp may then be mixed in equal proportions with bread crumbs, seasoned slightly, and put in the oven to bake. In this form either of the legumes will usually be found to agree with a very delicate stomach, and the rich, meaty flavour is marked.

(To be continued.)

Our Task.

WHETHER we climb, whether we plod,
 Space for one task the scant years lend—
 To choose some path that leads to God,
 And keep it to the end,

—Lizette Woodworth Reese.

The Gospel of Health.

BY E. J. WAGGONER.

OUR HERITAGE OF HEALTH.

THE saying that "man is born to trouble, as the sparks fly upward," seems to be generally accepted as deciding the common lot of mankind. In matters of health and disease most people are fatalists; and although they are not always resigned when illness is their portion, they accept it as inevitable, and even when by "good fortune" they are well, their gladness is tempered by dread of what the future may bring. For to the minds of the majority of mankind disease is a mysterious monster lying in wait to seize defenceless mortals. "The pestilence that walketh in darkness" is a terror to old and young; and whether they are claimed as its prey, or for a time escape its clutches, is regarded as a matter either of chance or of "Providence." That people have the power of choice as to whether they will be well or ill, and can to a great extent, if not wholly, determine their own condition, is scarcely dreamed of, and to assert such a thing is thought to border on infidelity.

But Eliphaz the Temanite, whose remark concerning man's birthright has doubtless given rise to the idea that "the flesh is heir to" all sorts of ills, is not to be quoted as an authority; for he was a "miserable comforter," and God declared that he and his two companions had not spoken the thing that was right; and therefore we need have no fear of a charge of heresy on that score when we assert that man's rightful heritage is health and long life, and that disease is always the result of either ignorantly or wilfully squandering his substance.

While it is undoubtedly true that many do not prize life highly enough to guard

it, it is certain that some who now feel that they must "take things as they come," would not lightly let life slip away from them if they knew that they had the right and power to hold it. The object of this series of articles is to show that living by faith is practical, applying to the body as well as to the soul, and this first article is to make it plain that there is a common treasury of life with abundance for all.

There is "one God and Father of all, who is above all, and through all, and in all." He "giveth to all life, and breath, and all things." "In Him we live, and move, and have our being," "for we are also His offspring," and not only we, but the very mountains were "brought forth" from His being. "Of Him, and to Him, and through Him, are all things," for He is "the Fountain of life;" and thus it is true, as has been said, that "through all created things thrills one pulse of life from the great heart of God."

The word of Inspiration is, "The Spirit of God hath made me, and the breath of the Almighty hath given me life." By the Spirit of life from God all men are unmistakably stamped as His sons. It was to heathen men that the apostle Paul was speaking when he declared that we are His offspring. That all men are by birth sons of God, is evident from the genealogy of Christ in the third chapter of Luke. There Jesus is shown to be the Son of God through Adam, our common ancestor. "And if children, then heirs; heirs of God, and joint-heirs with Jesus Christ." To be heirs of God means to be heirs of His nature, His being, His life. The only thing that hinders the manifestation of this life in all men is their unbelief or ignorance of it, or their unwillingness

to be numbered in the family of God. Prodigal sons we are, yet sons nevertheless; and if we but "come to ourselves" we may share all the fulness of His house in equal measure with Christ our loving Elder Brother.

Space does not allow more than a bare statement of these primary truths in this article; but while awaiting the next, let

each one meditate on this problem: Since God is "the living God," and "in Him we live, and move, and have our being," and He Himself is our inheritance, why should we not, in receiving life from Him day by day, have a whole life,—health,—instead of only the fragmentary and perverted portion which so many can scarcely be said even to enjoy?

THE CARE OF THE TEETH.

BY J. H. KELLOGG, M.D.

THE teeth are most essential to mouth digestion. The state of the teeth may be regarded in general as an index of the condition of the body as a whole. Defective teeth mean a decayed body. Decay of the teeth is nothing more or less than ulceration of other parts. It is due to the presence of microbes in the mouth. A coated tongue and a slimy mouth will sooner or later be followed by unsound teeth. It shows that the resistance of the mouth against germs is lost, so that it is not able to defend itself. The teeth ulcerate for the same reason that small ulcers form on the inner surface of the lips and cheeks. The retention of food about the teeth and the neglect to cleanse them after eating encourage the growth of germs in the mouth and decay of the teeth.

The use of dry food, whereby plenty of work is given to the teeth and by which their surfaces are, so to speak, scoured by contact with it, is in the highest degree essential to the maintenance of sound teeth.

Premature decay of the teeth is one of the indications of decay of the race. It is rare in these days to find a person twenty years of age who has the complete number of sound teeth in his mouth. Not infrequently school children are found with their temporary teeth in a state of advanced decay. This all means constitutional decay, and calls for improvement of the general health by every possible means.

The teeth should be thoroughly cleaned the first thing on rising in the morning, before going to bed at night, and after each meal. The essentials are a soft tooth-brush—brushes which cause the gums to bleed should never be used—and pure soft water. A few drops of the essence of cinnamon may be added to the water with advantage, and it is likewise well to dip the brush in a little precipitated chalk at least two or three times a week. Soaps and dentrifices containing soap should not be used on the teeth. The inner as well as the outer surfaces should have attention. Care should be taken to remove all particles from between the teeth, as it is at these points that decay begins. As false teeth retain the food, these should also be cleansed several times a day. For the health of the mouth, the false teeth should be removed at night, placing them, after washing, in a small basin of water. They should not be replaced in the morning until the mouth has been thoroughly rinsed with cold water. Sound teeth should never be sacrificed, and, so far as possible, missing teeth should be supplied by bridge work and other measures so as to avoid the wearing of a plate whenever possible, as plates undoubtedly encourage the breeding of germs by furnishing hiding places for multitudes of these organisms.

"WINE is a mocker."—*Solomon.*

HOME GYMNASIUM.

Daily Exercise for February.

WALKING is the most convenient and pleasant to take of all forms of exercise. It is adapted to any season of the year, and may often serve another purpose aside from mere exercise, as when one walks to his place of business.

Good Health (American) offers the following suggestions for a daily programme:—

1. One half hour's walking out of doors daily, with the body in good position, chest well forward, head erect, chin drawn in, abdominal muscles well contracted. If one has the advantage of walking in the country, or on an unfrequented street, or elsewhere excluded from observation, he may practise several useful walking exercises, in addition to ordinary walking. The following will be found very excellent:—

2. At each step, in placing one foot forward, at the same time rise upon the toe of the other foot. Take pains, in placing the advance foot, to strike the ground with both toe and heel at the same time. This is a very vigorous walking exercise, and should not be practised more than five minutes at a time.

3. Walk on tiptoes, with the fingers touching at the back of the neck, the elbows in line, taking pains to keep the chest well forward, head erect, and chin well drawn in. This exercise is one of the best means of curing roundness of shoulders and a stooped position in walking. Four or five minutes' daily practice of walking in this manner will be exceedingly useful.

In addition to these walking movements, ten or fifteen minutes' brisk use of light dumbbells, Indian clubs, or an exerciser, morning and evening, will help keep the chest muscles in good trim. With the ad-

vent of more favourable weather, the long bicycle ride and other pleasurable out-door sports may be resumed in moderation.

Exercise, to do the most good, must be taken *regularly*, not semi-occasionally; and with a hearty zest, not as if by constraint. If walking alone is monotonous, endeavour to secure a companion. If dumb-bell exercises seem dull, devise something else that will enlist the interest and attention.

Good and Bad Sitting Positions.

THE fondness for rocking-chairs is usually considered a weakness belonging peculiarly to our Trans-Atlantic cousins;



FIG 1.—AN UNHEALTHFUL POSITION.

but whether as a result of the much-talked-of American invasion, or for some other

reason, this rather unhygienic piece of furniture is getting to be fairly common in our British drawing-rooms.



FIG. II.—A HEALTHFUL POSITION.

It is difficult to sit erect, on one's hips, in the average rocker. The tendency is always to sit more or less on one's spine, which is a very unfortunate position, involving relaxed abdominal muscles, a cramped chest, and ultimately bringing about posterior curvature of the spine.

If you find it necessary to sit in a rocker, do so guardedly, giving special attention to maintaining an erect vertebral column, and keeping the chest well forward. As there are other forms of easy chairs beside rockers which are poorly constructed from an anatomical standpoint, it is well to keep on one's guard against any form of lounging. The recumbent position is the only one that requires no effort to maintain.

The effect of natural, healthful postures upon the general health is considerable, one main reason being doubtless that they favour full breathing.

GLEANINGS.

THE highest grace is the outcome of consummate strength.—*Goethe.*



Drink an abundance of pure water. It is nature's medicine, and cleanses the body internally as well as externally. Most people could take to advantage from two to four pints of water daily.



Many people dress too warmly. Excessive clothing makes the body susceptible to cold. For healthy people, a moderately thick suit of woollen underclothing and woollen hose, with a linen shirt and the usual outer garments, ought to be sufficient covering in winter. On going out it is well to add a mackintosh or top-coat.



Metamorphosis.—Says a Vassar teacher: "To compare the usual mode of dress with that which affords freedom of motion, one has only to look at a lot of girls on the way to the gymnasium. They drag along; they have no spirit or spring in them; they are in their ordinary clothes. Look at the same set coming on to the gymnasium floor in their light toggery; they skip and dance and run in the liberty of their unrestrained and untrammelled motion; they are different beings."



Health Earned by Hard Work.—A physician lecturing before a popular audience, dropped these sensible remarks: "Muscular hard work is a good thing, and gymnasium exercise the best for systematic, even development. If you are well, it will take hard work to keep so; and if you are ill, it will take hard work to get well. One hour a day in a good gymnasium is worth a hundred pounds a year to any man worth saving; for an extra inch of lung often carries the patient through pneumonia or some other malady."

HOUSEHOLD

Eggs, and How to Cook Them Properly.



IF eggs are used at all, they should be perfectly fresh. One can easily determine this fact by several methods. A very common test is

to place the egg between the eye and a strong light. If fresh, the white will appear translucent, and the outline of the yolk can be distinctly traced. When eggs are decidedly stale, a distinct, dark, cloud-like appearance may be discerned. Some shake the egg gently at the ear; if a gurgle or thud is heard, the egg is not fit for use. A solution may be made of one tablespoonful of salt to a quart of water, and the eggs dropped into a vessel containing this. Newly laid eggs will sink; if more than six days old, they will float in the liquid; if stale, they will ride on the surface.

The composition of the white of an ordinary hen's egg is:—

Nitrogenous matter	20.4
Fatty matter	10.0
Mineral matter	1.6
Water	68.0

Composition of the yolk:—

Nitrogenous matter	16.0
Fatty matter	30.7
Mineral matter	1.3
Water	52.0

The egg is particularly rich in nitrogenous elements, and is a concentrated form of food. For this reason it is found serviceable in cases of sickness where a large amount of nourishment is desired in small bulk. In order to balance the menu, starchy foods should be used freely in connection with eggs.

It is better not to use an egg until it has been laid ten hours, as the white does not become set or thick until then, and cannot be beaten stiff. Eggs for poaching or boiling are best when thirty-six hours old.

The time required to digest a perfectly cooked egg varies from three to four hours. It is generally thought that eggs lightly cooked are most readily digested. Any method of cooking which renders the albumen of the egg hard and solid makes the egg difficult to digest.

When eggs are to be beaten, they should first be carefully washed and dried. In warm weather it is well to let them stand for some time in cold or ice water before they are needed. When they are broken, care should be taken not to allow the yolk to mingle with the white, as this hinders the whites from becoming stiff. A wire-
spoon beater is excellent for beating the whites of eggs, though a Dover beater or a fork may be used.

Boiled Eggs. Put the eggs into water below boiling point, about 160°, and let them remain ten minutes, not allowing the water to go above 165°. Cooked in this way the white will be of a soft, jelly-like consistency throughout, while the yolks will be soft but not liquid. If it is desired to have the yolks dry and mealy, the temperature of the water must be lowered, and the time of

cooking lengthened. A double boiler is quite serviceable for cooking eggs in this manner because the water seldom boils in the inner cup. Twenty minutes is sufficient length of time to make the yolks mealy, the water being kept at a temperature below the boiling point.



POACHED EGGS SERVED WITH RIPE OLIVES.

Poached Eggs.—Have a very clean shallow pan nearly full of salted and boiling water. Remove all the scum, and let the water simmer. Break each egg carefully into a cup, and slip gently into the water. Dip the water over them with a spoon, and when a film has formed on the yolks, and the white is firm, take up each with a skimmer; drain, trim the edges, and serve. There are many nice ways of serving poached eggs. They may be placed upon toasted circles of bread which have been lightly spread with nut butter; toasted wheat flakes or granose flakes make an excellent bed in which to serve poached eggs. Such a dish may be garnished with lettuce or parsley.

Poached eggs may also be served in a tomato sauce, or surrounded by a potato border. The potato may be put through a vegetable press, or squeezed through a pastry tube. It saves time to have a regular egg poacher, as the receptacle for the egg can be oiled, and each egg is cooked by itself, giving it a neat shape.

Fried eggs are highly indigestible, and hard boiled eggs are not so easily digested as those cooked soft.

Omelet.—Beat the yolks of two eggs until light coloured and thick; add two tablespoonfuls of milk and a little salt. Beat the whites of the eggs until stiff and dry. Cut and fold them lightly into the yolks until just covered. Have a clean, smooth omelet pan. When hot, oil it, and turn in the omelet quickly, spreading it evenly on the pan. Lift the pan from the hottest part of

the fire, and cook carefully until slightly brown underneath. Put it on the oven grate to dry, not brown, on top. When the whole centre is dry as it is cut into, run a knife around the edge, then under the half nearest the handle, and fold over to the right. Hold the edge of the hot platter against the lower edge of the pan, and invert the omelet upon the platter.

One tablespoonful of chopped parsley, or a teaspoonful of finely grated onion, or two or three tablespoonfuls of grated sweet corn may be added to the yolks before cooking.

Egg Sandwiches. Left-over yolks may be kept fresh for several days by dropping them at once into cold water. There are many ways of using

these; they may be steamed for an hour and a half, or longer, when they become very mealy and can be easily mashed through a fine sieve; season them with a little salt and nut butter, and serve between slices of bread for a sandwich. They may be chopped and used in salads; or, if boiled hard, they may be sliced, and used as garnishes.

LULU TEACOUT BURDEN.

A GOOD SUBSTITUTE FOR MEAT.

THE housewife, looking for something with a rich, meaty flavour, and which contains the same food elements, without the impurities, of ordinary butchers' meat, will find the following recipe a good one:—



PROTOSE AND NUTTOLENE ROLLS.

Take two-thirds proteose, and one-third nuttolene; mince all fine with a fork, and form into rolls or cakes. These may then be rolled, first in fine zwieback crumbs, then in beaten egg (using a tablespoonful of water and a little salt to each egg), and then again in the crumbs. Bake in a hot oven till well heated through, but not dried. Serve plain or with any desired sauce.

GLIMPSES OF THE JAPANESE AT HOME.

BY SOPHIA B. BRUNSON, M.D.

WHEN a Japanese woman becomes a mother, instead of being allowed the much-needed rest and quiet, she begins receiving visitors almost immediately. The friends come in a stream to offer their congratulations, and she has to sit for long hours upon the mats which cover the floor in lieu of carpets, or upon the bed, which consists of a thick quilt spread upon the floor, and bow down again and again, making polite speeches to every new comer. The baby is handled and passed around from one to another to be admired, until its wonderful, inherited Japanese patience becomes exhausted. This continues until all the friends of the family have paid their respects. If they have a wide circle of

acquaintances, it is several days or weeks before the mother and child are relieved from this strain.

Then begins a healthful life for the little one. He is strapped upon the back of a nurse or an older sister or brother, from which perch he sees the beautiful, sunshiny world, if it happens to be summer; if winter, he lives an outdoor life, just the same. The snow or rain falls upon his little bald head; for he wears neither bonnet nor shoes, and it is a common thing, even in the coldest weather, to see Japanese children playing hopscotch or battledore with their infant brothers or sisters upon their backs, tucked away under their outer coats. The children seem to



PREPARING DINNER.



WORKING IN THE RICE FIELDS.

thrive and become quite hardy under this treatment.

The diet of the Japanese consists principally of rice, pickles, vegetables, and fruit. Food is served in little bowls, and dexterously shovelled into the mouth with *hashi*, or chopsticks.

Rice is planted in the water and very carefully transplanted and cultivated by the peasantry, who derive most of their revenue from this industry.

The rice is cooked in large earthenware or iron bowls, in antique brick or clay ovens.

The Japanese are a cleanly people. Tokio has eight hundred public baths, at which three hundred thousand persons bathe every day at a cost of one cent for each hot bath. Besides this the better classes have their own private baths in their houses.

Japanese women are superior to our own in that they never pinch their feet nor compress their waists. The writer records with pleasure that the instrument of torture and disease known among so-called highly civilised Christian nations as

the corset, is practically unknown among them. Hence the waists of the little girls are allowed to develop normally, and are not forced into moulds which are the inventions of the fashion mongers, who model the "latest and most approved female figures." How long will such atrocities continue to be perpetrated upon innocent and defenceless little girls by foolish mothers, themselves the victims and blind slaves of the fashion god?

The sewerage system of Japan is poor, and their lack of attention to general hygiene in the country as well as in the cities, often produces an inviting soil for the cholera bacillus. From 1878 to 1891 there were six cholera epidemics in Japan, which killed over 313,000 people. There have been a number since. During my stay in Japan, there was one epidemic which swept away large numbers of natives. The foreign population did not dread the disease, for they boiled and filtered all the water which they drank, and were careful about their food. In the city in which we lived for a while there



JAPANESE PURVEYOR OF VEGETABLES.

were about three hundred deaths daily from the plague.

The road which led to the Temple of the Ancestors, where the burial rites were held, was thronged with funeral processions. Nearly all day we would hear the weird requiem for some departed soul being chanted by the priests. The bodies were cremated, and the ashes deposited in the cemetery. It was glorious autumn weather, and in the evening I would often pause on the brow of the hill, and look down upon the quiet city where the awful scourge was doing its deadly work. When the sun was setting, the bay shone like a great iridescent jewel, in its setting of azure hills, rising range on range, growing fainter and fainter in the distance like a fading memory. Above me rose the mountains, where little temples and shrines were peeping out from bowers of maple groves, glowing red in autumn splendour. Above the peaceful groves, red as altars of sacrifice, rose the

pearly smoke from down in a gorge between two mountains. I knew that it came from the crematory, where the bodies of the cholera victims were being incinerated, and I would turn sadly away, thinking that after all, the beautiful earth is but a charnel house, a vast altar upon which man, the victim, gives up his life, often needlessly long before his time, because he does not understand Mother Nature, and conform to her laws.



Brain - work Healthful. — Mental labour, if agreeable and pleasant, is a most healthful occupation. There is no evidence for believing that brain-work of that sort ever disagreed with the stomach or impaired its functions in any degree; but mental worry, discontent, anxiety, and gloom are most unfavourable conditions for digestion, and under their influence few stomachs can long maintain their integrity.

HOW SMOKING RUINS THE BOYS.

BY M. ELLSWORTH OLSEN.

It has been suggested that the cuts and accompanying article on Cigarette Smoking which appeared in the December number of GOOD HEALTH gave an exaggerated view of the subject. We could most heartily wish that such were the case. So far from exaggerating, the article does but scanty justice to the serious evils of juvenile smoking; the pictures approach more nearly to a proper setting forth of the matter, and if anyone doubts their truthfulness, he needs only to enquire into the life history of the boys in our reformatories and of the young men in our prisons. The cigarette habit, contracted at an early age, is a much larger factor in the nation's annual harvest of juvenile crime than most people dream of.

We said in a previous number that the question of boy smoking had received far more study in America than in Great Britain. A late number of the *American School Journal* gives in tabulated form the results of a thorough-going investigation conducted by the teachers in a large public school. The matter came up in the first place as a result of its being generally observed that the boys who contracted the smoking habit began to lag behind in various ways, and were also less amenable to discipline. To ascertain the truth in the matter, and arrive at some definite knowledge in regard to the effect of smoking upon pupils, the investigation, covering several months close observation, was undertaken and placed in the hands of ten of the teachers.

Great care was taken to avoid partiality. Twenty boys were selected who were known to be addicted to the cigarette habit, that is, boys who might be termed "cigarette fiends." On the other hand, twenty boys were selected *by lot* from the ranks of the non-smokers. The school work and the general conduct of these boys were subjected to careful observation, twenty

points being especially noted, with results as follows:—

	Smokers.	Non-Smokers.
1. Nervous.....	14 70%	1% 5
2. Impaired hearing.....	13 65	1 5
3. Poor memory.....	12 73	1 5
4. Bad manners.....	13 80	2 10
5. Poor physical condition.....	12 60	2 10
6. Low deportment.....	18 90	1 5
7. Bad moral condition.....	14 70	- -
8. Bad mental condition.....	18 90	1 5
9. Street loafers.....	16 80	- -
10. Out nights.....	15 75	- -
11. Careless in dress.....	12 60	4 20
12. Not neat and clean.....	12 60	1 5
13. Truants.....	10 50	- -
14. Low rank in studies.....	18 90	3 15
15. Failed of promotion†.....	79 -	+ 2 -
16. Older than average of grade..	19 95	2 10
17. Untruthful.....	9 45	- -
18. Slow thinkers.....	19 95	3 15
19. Poor workers, or not able to work continuously.....	17 85	1 5
20. Known to attend church or Sunday School.....	1 5	9 45

† Times.

Let us notice a few of these points. Ninety per cent. of the smokers were low in scholarship and in deportment. The low scholarship is more noticeable because the smokers, to the extent of ninety-five per cent. were older than the average in their respective forms. Again, half the smokers were truants. The twenty non-smokers, selected at random, fail to show up a single truant. Seventy-three per cent. of the smokers had poor memories, while only five per cent. of the non-smokers were thus affected. Thirteen of the smokers suffered with impaired hearing, and fourteen were nervous. Only one of the non-smokers answered to each of these defects. The proportion of poor workers was seventeen smokers to one non-smoker. These are some particulars that commend themselves especially to the attention of our educators.

Let the parents consider some other

matters. Fourteen of the smokers were found to be in a bad moral condition; this was not true of any of the twenty selected by lot from the non-smoking boys. Fifteen of the former were out at night, and nine were found to be untruthful; none of the twenty non-smokers came under these categories. Only one of the smokers attended church or Sunday-school; nearly half the non-smokers did.

These are the facts resulting from an impartial investigation, and they tally perfectly with all similar investigations. Whichever way we look at them, they tell the same story. If we say that it is the naturally vicious boys who take to cigarettes, and hence the bad showing, it must be admitted that this throws the cigarette in bad company, and stamps its character as an evil indulgence. But it is a fact proved by universal observation that a boy who is bad to begin with, becomes far worse when he has contracted the cigarette habit. The first dozen or two cigarettes may not have

a very pronounced effect, but they help to form the appetite which once fully developed, holds the boy in a vice-like grip, and if unchecked, drags him on to an early and dishonoured grave.

The cigarette habit is a comparatively recent indulgence so far as our boys are concerned. It is not too late to start a vigorous crusade in this country against this evil, which is rapidly assuming enormous dimensions, and is already a serious menace to the nation's strength and manhood. Let our educators unite with parents in an earnest, persistent effort to stamp out the evil. Let the boys be advised and admonished in all kindness, but let sterner measures be resorted to when necessary. The action of tobacco on the growing tissues of a boy, is simply that of an insidious poison. There ought to be a law making it a punishable offence to sell tobacco in any form to a junior. Such legal safe-guards would be of assistance to the parents in enforcing abstinence.

⇒ OUR SERIAL. ⇐

A DEAR EXPERIENCE.

BY S. ISADORE MINER.

THE conversation between Ellen and her new acquaintance proved interesting, since it was discovered that they came over about the same time; and promised to be lengthy, had not the storm that the fresh breeze heralded, come up so suddenly that even before they could hastily catch up the happy infants and stow them snugly away in their carriages, a few drops fell. They had not even time for a parting word, and neither had learned the name or stopping-place of the other, but waving a mutual good-by, they hurried home as fast as feet could carry them.

The storm came unawares upon Amy also. She had been sorting over a collection of music, selecting some favourites to repractice. A low rumble of thunder first admonished her of the storm-king's presence. Her first thought was of the absent ones, and she hurried to the porch just as George came up the steps.

"O George!" she cried, "I am so worried about baby. I am afraid she will get wet."

"Well, she is neither sugar nor salt, and a few drops won't hurt her," he replied consolingly. "I haven't a doubt but what Ellen knows enough to come in out of the weather when it rains. I am afraid our daughter will never grow up;" then as he caught her half-startled expression, he

added, "for you will always make a baby of her. Look!" he said a moment later, "Wasn't I right? There comes Ellen now, and it has scarcely rained a drop. You see how easily you are worried, and I presume half your many worries are as foolish and useless. Here! don't you go down to lug her up these steps. I can do it just as well," and he stayed her as she was about to rush down. Remember, she had not been separated from baby one little hour before.

Baby lay snug and dry under her robe, for after the first few drops, the dark clouds rolling together and the distant voice of the thunder were the only signs of the storm that burst in awful fury in a short half-hour. Ellen had hastened to her charge, but cuddled down in her warm nest like a cosy kitten, the gentle motion of the perambulator had lulled her to sleep.

George lifted her gently out, and bidding Amy run into the house, he followed her. He placed baby in her arms, and she tenderly began removing the light wraps. The room was dark from the gathering storm, so it was not till the gas was lighted that she made a startling and heart-rending discovery.

"George, George!" Amy gasped in a strange, choking voice, "Come quick! This is not Dottie! This is not our baby!"

"Not Dottie!" he said, "what do you mean? Surely it is; but no,"—for his eyes for the first time fell full on the child's face,—a face so like yet unlike the face of his own darling.

A shuddering sigh warned him just in time to catch his wife's fainting form, and hastily ringing for help, he placed the child on the floor. The servants were soon aroused, and a physician sent for. It was not until Amy had once more gained consciousness, that George bethought himself of summoning Ellen, who alone could explain the mysterious disappearance of Dottie and the appearance of the little stranger. But Ellen was not to be found. She had learned from the other servants

the cause of her mistress's sudden illness, all the result of her hurry and near sightedness. She remembered then that she had been the first to pick up a child, and with tearful remorse and fear she told her story to the cook, who roundly berated her.

"Well, and now you have killt the mistress shure, for tis'nt loikely she'll iver foind her baby again," said that consoling creature, determining that Ellen should feel the enormity of her crime, if *she* had anything to do with it "You'll be put in prison, of course, and like as not hung for murder. Oh, you may well cry and wring your hands, you good-for-nothing hussy. I wouldn't be in your shoes for no money. Just get out of the kitchen, now; no one will want to see your face to-night, unless it be the officers that'll come and take ye."

Poor, ignorant Ellen! Almost deprived of her senses by grief and remorse, fear nearly completed the work. She knew nothing of the laws of this country, was too frantic if not too stupid to reason that the child could not be irrecoverably lost, while they held as hostage another baby equally dear to someone's heart. Overwhelmed by this new fear of jails and gallows, she yielded to a mad desire to escape it all by flight. Gathering together her small bundle of clothing that had but just been unpacked, she stole out into the darkness and the storm, and disappeared as completely as if the earth had swallowed her.

Oh, but the storm that raged outside that night was nothing to the storm that raged within! For hours that stricken mother paced the floor, or overcome by grief and weariness lay moaning and shivering on the bed. A score of times was cook called upon to repeat the story as told by Ellen,—with her own embellishments, such as, "Ellen said it was an awful hard-looking girl, mum; she said as how she couldn't get her to tell her name or where she lived,"—but always omitting her part in the disappearance of the now much-wished-for Ellen.

(*To be continued.*)

THE CHILDREN'S PAGE.



THE HOUSE BEAUTIFUL.

WELL, my dear, I think I promised to tell you something about the tonsils this month. But first tell me why one should not drink at meals.

"Because the water washes the food down into the stomach before it is nicely chewed, and also weakens the juice of the stomach."

That is a very good answer, Mary, and I am glad you are so thoughtful and willing to learn. Yes, any fluid, if taken freely, washes down the food and dilutes the digestive juices, thus retarding digestion.

Now about the tonsils. There are two, and they are very curious little bodies. They are placed, one on either side of the tongue, at the back of the mouth cavity. In health they are small, and partially hidden by a fold of membranous tissue.

Each tonsil is composed of countless numbers of small, round bodies called *cells*. They are held together by a network or mesh of fine, delicate threads of fibrous tissue. The tonsils are also supplied with nerves and blood vessels.

These bodies may be looked upon as manufacturing establishments. They make white cells for the blood, which are useful to the body in destroying germs and fighting disease.

Sometimes, when you get your feet wet or "take cold," the tonsils become swollen

and painful, and you have a fever. Then your mother will have to take you in hand, give you a hot bath and hot drinks, and send you to bed for a couple of days.

To prevent such an attack you should have a cold bath every morning, and dress according to the weather. Get out of doors in the fresh air as much as possible. That is one of the best means of avoiding colds.

I also promised to say something about the throat, but that will have to be very brief. The throat is lined by a soft membrane, and is moistened by a fluid similar to that of the mouth. The throat is always open for the passage of air, water, and food.

Like the tonsils, the throat may also become inflamed and swollen. Such a condition is known as sore throat, and requires careful treatment.

Sometimes a foreign body, such as a fish bone or a button, becomes lodged in the throat. In such cases a doctor should be sent for at once, and the patient kept as quiet as possible. If attempts are made to remove the body, great care should be taken not to make the condition any worse.

Next month I will tell you about the nose.

❖

"EVEN a child is known by his doings."
Prov. xx. 11.

EDITORIAL.

The Hygienic Treatment of Pneumonia.

INFLAMMATORY diseases of the respiratory organs are prevalent in the winter season. Of these inflammations, pneumonia or lung fever, as it is often called, is most frequent, as well as most fatal. It is our purpose in these paragraphs to offer a few suggestions as to the typical symptoms and hygienic treatment of the disease, and also a few thoughts on how to escape it. Our readers must understand that the disease is a serious one, making it advisable to call in a competent physician at the earliest opportunity.

What is Pneumonia?

Pneumonia is an inflammation of the lung substance, and is accompanied by a general constitutional disturbance more or less marked. It is an infectious disease, due to a specific microbe, the *diplococcus pneumoniae*. The germs invade the lung tissue, and by their poisonous products produce an intense irritation. The severe inflammation that results is a supreme effort on the part of the lung to get rid of the microbes and their poisons. If the general health of the patient is good, the lungs being sound and active, the system is soon able to expel the invaders, and recovery takes place. But if the lungs are weak to begin with and vitality is low, or if the attack is a particularly severe one, the microbes may triumph, and death result.

Pneumonia is quite impartial in selecting its victims; it attacks all ages and classes, and may occur any time of the year, though it is most prevalent in the winter and early spring. It is the "special enemy of old age," and claims many victims from those who have passed the three score mile-stone of life. The weak and the

feeble of all ages are especially open to its attacks, and among such it makes sad havoc. Weak children and the hard drinker are easy victims.

The Onset and Symptoms.

The onset of pneumonia is rapid. It begins with a severe chill, which is soon followed by a quick rise of temperature, from 103° to 105° Fahrenheit. There are headache and backache, and a sharp pain in the chest, a "stitch" in the side as it is sometimes called. There is no appetite, the face is flushed and hot, the breathing is short, quick, and painful, and the pulse is rapid. There is a dry, short, painful cough, with expectoration of a characteristic iron-rust colour, which is due to the presence of blood.

The State of the Lung.

Let us consider briefly the actual state of the lungs. The inflammatory process soon produces engorgement of the blood vessels. This causes an exudation to be poured out which more or less fills the smaller air passages and air cells, and gives rise to the rusty expectoration. Through the filling of the air spaces the lung tissue becomes solidified, and useless for breathing purposes.

This condition cannot last long. If recovery takes place, the exudation is reabsorbed, and the lungs are left free to perform their normal functions. At other times the exuded fluid may become purulent, and form an abscess, which will probably heal in time, but not without leaving the respiratory organs permanently impaired. More rarely a sort of chronic pneumonia may persist for a long time.

The Hygienic Treatment.

Careful nursing is of the greatest importance. The sick room should be light

and airy, and maintained at an equable temperature of 60° to 65° F. There must be abundance of pure, fresh air, which is a great relief to the patient, whose breathing capacity is very weak at the best.

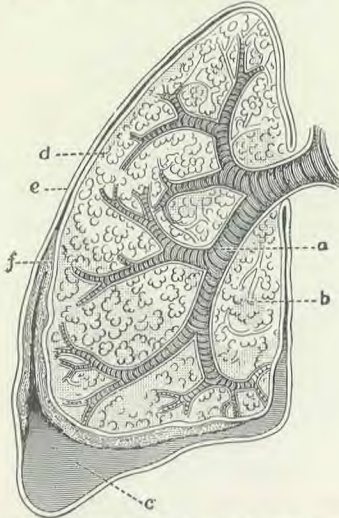


Fig. 1. *a*, Bronchial tubes; *b*, normal lung tissue; *c*, inflammatory exudate poured out into pleural cavity, crowding lung tissue upward; *d*, *e*, outer and inner layers of pleura, respectively. Between them is pleural cavity (*f*).

In making any changes in the bed or in the dress of the patient, always warm the clean clothing to avoid a possible chill.

There is a high fever in pneumonia; the whole body is on fire as it were, and burning up. To reduce the fever administer cool or graduated baths, wet-sheet packs, tepid or cool sponge baths, cold enemata, etc., but always under the direction of the physician or trained nurse. Such treatments are both soothing and cooling, and if given properly, afford great relief.

To alleviate the pain in the chest, apply hot fomentations for fifteen or twenty minutes, and then alternate with a cold (60°) compress for two or three hours, changing the compress as soon as it is warmed. The heat relieves the pain, while both heat and cold check the disease process.

The cough may often be relieved by the inhalation of hot steam. The patient

should be protected from draughts, the bedding being well tucked in about the shoulders.

Water Drinking and the Diet.

Water may be taken freely, also hot or cold home-made lemonade as well as orange juice or orangeade.

During the fever the diet must be very light and simple. Milk, oatmeal or gluten gruel, hot malted nuts (in the form of a thin gruel), toasted granose biscuits, with well ripened fresh or stewed fruit and baked apples may be given in small quantities at intervals of three or four hours. It is not well to urge the patient to take food for several days, since the system is in no condition to use much.

The length of the fever varies, but improvement usually begins in three to ten days, and then most careful nursing is necessary to prevent a relapse. At all times care should be taken to keep the ex-

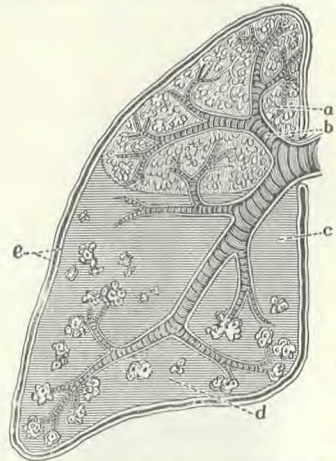


Fig. 2. *a*, Normal lung; *b*, normal bronchial tube; *c* and *d*, lung tissue in pneumonia; air vesicles filled with exudate, red corpuscles, etc.; *e*, layers of pleura.

tremities warm, and the circulation in an active state.

How to Avoid Pneumonia.

The causes of lung fever are not very well understood. Exposure to cold, wet, extremes of temperature, etc. is doubtless

one of the causal factors, and sometimes a severe "cold" develops into pneumonia. It is well known that those persons who are weakened by disease are most liable. Indeed, exhaustion, debility, hardship, and strong drink appear to be the main predisposing causes.



FIG. III.—A FOMENTATION TO THE CHEST.

One attack predisposes to another, and lung fever is a disease that recurs frequently. Those who have once suffered must take extra precautions, especially in damp and changeable weather.

Nor must it be forgotten that alcoholism is perhaps the most potent of all predisposing causes, because it lowers vital resistance and weakens the body.

To escape lung fever, careful attention must be given to the general health, and everything possible done to build a sound, robust body, fit to fight and withstand pneumonia and all similar diseases. The natural resistive forces of the body must be cultivated and strengthened. The food should be pure and capable of building sound organs, alcoholic drinks of all kinds should be strictly avoided, and only that which is wholesome and good used.

The morning cold bath is an excellent preventive, and can be adapted to the needs of the individual case.

Moderate exercise out of doors is of vast importance, for it exhilarates the entire body and promotes activity of the natural functions.

Too much stress cannot be laid upon the value of pure, fresh air and well ventilated rooms.

Woman's Dress.

SIR FREDERICK TREVES has discussed the subject of women's dress from the standpoint of health. After dismissing the low-necked evening costume in a few well-pointed sentences, he proceeds to consider the everyday costume:—

"As I have just remarked, the clothing of the body should be so arranged that all parts of it are kept at the same equable temperature. Now, how far is this object carried out in the usual dress of women at the present day? The arms, the shoulders, and the upper part of the chest as low down as the top of the corset, will be but slightly covered, perhaps by the outer dress only. The main part of the trunk will be well and properly covered until the region of the hip, the part about which the petticoats and other garments are attached, is reached, and here the body is found surrounded by many layers of clothing that vary according to the number of garments that encircle the lower extremities. Thus the female body may be divided according to the plan of physical geography, into a frigid, a temperate, and a torrid zone, and I need scarcely say that this eccentric distribution of warmth is neither natural nor advantageous, and although it may possibly be productive of no very great immediate harm, yet it is in direct contradiction to the laws of health and is an arrangement distinctly to be avoided."

We heartily assent to these strictures on women's dress, and would go a little farther, and apply it in a modified form, at least, to the clothing of children. Why should our delicate little girls and boys go about in really cold weather with arms and legs entirely exposed while all other parts of the body are warmly clothed. There is no good reason for it; simply a foolish custom, which wise parents would do well to entirely ignore. Clothe your children equably with warm woollen under-clothing. They will be far more comfortable, and will be less liable to colds and catarrhal troubles.

QUESTIONS AND ANSWERS.

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

Diet to Increase Weight.—Weight: Will you please advise me as to a diet which will *naturally* increase my weight. My height is five feet and eleven and three-eighths inches, and my weight only ten stone. I have suffered much from neuralgia, and sometimes experience a feeling of overpowering drowsiness after meals.

Ans.—According to your height you should weigh about twenty or thirty pounds more, providing you are otherwise well developed. For your diet I would recommend the free use of fruit, both fresh and stewed, brown bread, grains, nuts and nut foods, and the fine-grained vegetables, such as potatoes; also milk and eggs, if they agree with you. Avoid alcoholics, tobacco, tea, coffee, condiments, pickles, cheese, rich and greasy foods, sweets, and pastries, in fact, anything that might irritate the digestive organs, and give rise to indigestion. Drowsiness after meals usually indicates overeating. An excessive amount of food in the stomach draws an abnormal amount of blood to the digestive organs, causing anæmia of the brain, which leads to sleepiness. Take not more than three rather light meals, the last at six or seven, p.m. Diet alone is not sufficient. You must take a moderate amount of exercise daily, in the fresh air, have your rooms well ventilated day and night, and sleep about eight hours. Lead a temperate life, and cultivate regular habits. Remember that some people are normally comparatively thin.

Blisters—Bruises—Nasty Taste—Belching and Eructation of Food.—H. C. T.: 1. Through exercise in the gymnasium, I have blistered the palms of my hands. The blisters have broken, and I am unable to continue my exercise. What would cure them? 2. Through the same cause I have two nasty purple bruises on my arms. What shall I do to get rid of them? 3. Although an ardent physical culturist for twelve months, I often notice a bad taste in my mouth on rising in the morning. I should like your advice. 4. Sometimes my food repeats, and wind comes up from the stomach, especially after taking more than one cup of tea. Kindly tell me how to stop these unpleasant symptoms.

Ans.—1. Keep them clean and bandaged, and they will heal in a few days. One should avoid breaking the blisters, as they sometimes become very painful. 2. Apply fomentations, avoiding further irritation, and they will soon disappear. 3. Take only fruit and bread for supper, which should be not later than six or seven. Drink a

couple of glasses of water before retiring. It may be necessary for you to go on an exclusively fruit diet for several days or a week. 4. Avoid drinking with your meals, discard tea entirely, and eat sparingly. See booklet on "Biliousness," *Good Health Library*, No. 1.

Dyspeptic.—W. E. F.: I am a dyspeptic, and my diet is confined to white bread, bacon, sweet milk, wheatmeal porridge, boiled beef, and eggs. I also suffer from loss of memory and a poor circulation. 1. What can I do to regain my health? 2. Do you think a daily sitz bath would help me? 3. Can you recommend any easily-digested, nourishing foods. 4. Do you approve of flushing the colon?

Ans.—1. Adopt a diet consisting of fruit, grain preparations, breads, nuts, vegetables, and milk and eggs, if you find they agree with you. Discard ham, bacon, and pork. See booklet on "Biliousness." Lead a simple, rational life, and get out-of-doors as much as possible. 2. A neutral sitz bath might be taken to advantage. Apply fomentations to your stomach and liver as directed in "Biliousness." 3. The health foods prepared by the International Health Association, of Legge Street, Birmingham, are excellent, especially the toasted wheat flakes, granose biscuit, avenola, and nut preparations, such as bromose, protose, nut butter, malted nuts, etc. 4. No.

Vegetables, Fruit-Juice.—S. R.: 1. What are the finer-grained vegetables? 2. What fruit-juices do you recommend? 3. Where can they be obtained? 4. At what price are they sold?

Ans.—All vegetables contain more or less fibrous, woody material, which renders them difficult of digestion for a weak stomach. Cabbage, turnips, parsnips, beet-root, carrots, French beans, etc., are usually coarse-grained or fibrous, while potatoes, cauliflower, green peas, Brussels' sprouts, spinach, etc. are finer-grained and less woody. A mealy potato is doubtless the best of all vegetables as regards nutrition and digestibility. 2. Grape juice, or unfermented grape wine, cherry juice, orange juice, lemon juice (with water), pine apple juice, and the juices of other fruit. 3. Welch's unfermented grape wine can be obtained from Bilson and Company, 86 Gray's Inn Road, London, as well as other places. The other juices can be prepared in the home. 4. Unfermented grape wine can be had at 1s. 6d. per pint bottle.

Good Health

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THE promised article, "Disease in Relation to Crime," had to be omitted this month for lack of space. It will appear in our next issue.

* *

SANIS Woollen Underwear may be relied upon, both for durability, lightness, and warmth. If our lady readers were to lay aside the heavy undershirts, and adopt the union undersuit with long sleeves and legs, they would be far more comfortable.

* *

THE "Marvel Whirling Spray" seems to be a most effective and ingenious form of ladies' syringe, destined to take the place of the cruder instruments which have hitherto held the market for want of something better. The spray has the highest endorsements, medical and otherwise, and we wish it success.

* *

READERS of GOOD HEALTH will be pleased to learn that a health institution, such as that mentioned as about to be started in this country, is now in a sense an accomplished thing. A building well suited for the purpose has been purchased, and will be rapidly fitted out. As some applications are already on file, it might be well for other persons desiring to avail themselves of the advantages of such an institution to correspond with the managers at an early date. Such communications may, for the present, be addressed, "Health Institution," care of GOOD HEALTH, 451 Holloway Road, London, N.

* *

A MEMBER of our editorial staff who visited Belfast recently, reports most encouragingly concerning the little Branch Sanitarium, at 39 Antrim Road. The equipment and facilities of the institution are very good, and the patronage steadily growing. Resident patients, enjoying the advantages of a pure, wholesome, strengthening diet, with cheerful surroundings, good nursing, and a variety of the best hydropathic treatments, have everything to favour their rapid progress healthwise. We are glad to note the success of the enterprise, and believe it will accomplish great good.

* *

THE Sochon Patent Shoe Co. is doing a thriving business. We can give personal testimony to the worth of these shoes on the score of health and comfort. They are remarkably protective against

both cold and damp, while being at the same time very light of weight. We should advise our readers to give them a trial. Self-measurement forms will be supplied free of charge on application to the Sochon Patent Shoe Co., Central Chambers, 17 Cheapside, London, E.C.

* *

MALTED NUTS, the new food which the International Health Association is putting on the market, affords the best hot, nourishing drink that we know of. A cup of hot malted nuts may be prepared in a moment, and is in such form that it is ready for immediate assimilation into the system. It is not only far superior to tea, coffee, or cocoa, but contains a great deal more nourishment than bovril or any other meat extract, as well as being free from the harmful extractives contained in these animal foods.

* *

MISS LUCY PAGE GASTON, of Chicago, is doing an excellent work in behalf of the anti-tobacco movement in America. It is largely owing to the influence of *The Boy*, a monthly magazine edited by herself, that the subject is receiving such widespread attention in that country, resulting in a material decrease in the use of the weed on the part of the boys in many cities and country districts.

* *

THE *Life Boat* is another very admirable Chicago magazine, devoted to missionary work along reform lines, of which we shall say something more in a future issue.

* *

WITH the January number of *Health and Strength* commences a new volume which promises to outshine in merit and interest the successful efforts of the past. The number contains several entirely new features of special interest. "Balance in Diet," forms the first subject of the series of "Common-Sense Papers on the Art of Living Healthily," by Albert Broadbent (Manchester), a well-known authority on Dietetic Reform; J. St. A. Jewell (London) makes an earnest appeal to all true lovers of sport to rally to his "Plea for an International Sports Club," a herculean undertaking which will need much "health and strength" if it is to be carried through successfully; "Ursula" (London) writes poetically of the charms of the early morning "dip" in Wimbledon Lake; Part II. of "Physical Training in New Zealand" (Illustrated), by Edgumbe Staley (London), treats of "Wrestlers and Runners" of that country; "Physical Training in Elementary Schools," by "Herculean," is interesting in relation to the Education Question now under national discussion; "Physical Culture for Beginners," by F. W. B. Jocelyn (Leeds), is full of useful hints and information. The illustrations are more than usually varied in style, and subject, and a special feature this month is a full-page plate of photos of well-developed readers of *Health and Strength*. Price 3/6 for one year, post free. May be ordered through any newsdealer at 2d. per copy.

EXPERIENCE CORNER.

TESTIMONIALS of every conceivable character are being published to bolster up the claims of various proprietary medicines, and it is partly on this account that we have been so slow to publish in *GOOD HEALTH* the experiences of those who have been helped to new life and health by the practice of rational reforms. Our main reason for breaking the reserve thus far maintained, and opening up this column is to give some encouragement to those who are just beginning the upward climb toward harmony and health. These will be glad to know that others, perhaps in a worse condition than themselves, have, by getting into right relations with their Creator and His laws, realised the fulfilment of that portion of the Gospel which has to do with healing and health.

We publish below a brief statement of experience by one of our most enthusiastic workers, a young man who is to-day the picture of health, and hard at work to spread these principles. Next month we shall give the experience of a woman who was once a perfect slave to tea, but has found deliverance and health. Names and addresses are not given, to avoid unnecessary publicity; but they are kept on record at the office.

Hygienic Reforms and Consumption.

"FROM early youth I ate and drank anything that 'tasted good.' This, together with smoking, which I thought very manly, and other habits, almost ruined my health and strength, so that at twenty years of age I was a consumptive, and a strain brought on hemorrhage of the lungs.

"After spending two months at home, two months at the Brompton Hospital for Consumption, and many months at convalescent homes, and still many months more at health resorts, I providentially met a lady and gentleman who told me a little about the health principles. I saw that they were worth a trial, and gave up bad habits, stopped taking medicine, and began the two-meal-a-day plan, (Breakfast about 8:30, second meal about 3:30). The new diet which I adopted consisted of thoroughly cooked grains and legumes with plenty of fruits and nuts, together with some of

the prepared grain and nut products, mainly granose and bromose.

"From that time to this—nearly four years—I have had good health with the exception of twice when I strained myself by overlifting. Each time a little rest restored me.

"I take care to have plenty of fresh air, drink water freely before and between the meals of which I still take but two daily, and have a cold wash-down every morning with systematic exercise. By continuing this mode of living, which has so far restored me to health and strength, I expect to continue strong and well, a monument of the adage, 'What a man sows he reaps?'"

Glasgow.

A. E. E.



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