





HEALING IN THE WOODS.

By the courtesy of the

# Good Health

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Hygiene and the Principles of Healthful Living.

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## EDITORIAL CHAT.

### After-Holiday Illness

is usually to be traced to dinner-table dissipation. Its cure lies in abstinence rather than in medicine. Give the over-worked digestive organs a complete rest, and the system will soon recover its balance.



### More Oxygen Wanted.

SHALLOW breathing is one cause of the weakness and semi-invalidism so generally met with nowadays. When one is not feeling in the best of spirits, one falls quite naturally into cramped positions, and the breathing instead of being full and free, is just sufficient to maintain life. There is no buoyancy, no abounding energy, largely because the person is denying himself the true *elixir vite*, oxygen.



### How to Cultivate Deep Breathing.

ACTIVE will-effort in the direction of lung expansion will work wonders for a weakly person. Set apart five minutes twice daily for deep, slow breathing. Think of the lungs as a sack into which you purpose crowding the greatest possible amount of air. Then empty the sack completely, and slowly fill it again. In walking, take say ten steps while inspiring, and eight while expiring, keeping up this rhythmical movement as long as you can comfortably. Such simple things as these have in a comparatively short time increased chest expansion by a couple of inches, and greatly improved the general health. A well-constructed breathing tube may also be helpful, and the swimming movement and other arm exercises will aid in broadening the chest.

### Tea and White Bread as a Diet.

AN incident occurred the other day which throws light on the insufficient diet of the poor of our large cities. A certain family, being in want, sold a table for 8½d., and spent the money thus: Two loaves, 4d., milk, ½d., sugar, ½d., tea, ½d., ¼ lb. margarine, 1d., wood, 1d., coal, 1d. The foods, with the exception of the tea, all have nourishing value, but unfortunately of exactly the same kind. White bread, sugar, and margarine are energy producers, but not tissue builders. The diet is, therefore, extremely one-sided. Had this family omitted the tea and the sugar, and bought instead a pennyworth of lentils or haricots, the balance would have been a great deal better, for a soup could then have been made rich in proteid or tissue-building material. The tendency amongst the labouring classes to depend more and more on tea and white bread as a staple diet is a most alarming one, and probably has much to do with the physical deterioration which of late is making itself manifest.



THE medical officer of health for Buckle in submitting his annual report recently, pointed out that the greatest cause operating to the prejudice of fishing communities was the prevalent ignorance concerning rudimentary health laws. "In very many houses the most minute precautions were taken to prevent the ventilation of bedrooms. It was not uncommon to see the only window of a bedroom carefully nailed up. The greater part of the population still passed the night in 'boxes' made just large enough to contain a bed, a portion only of one side of the 'box' being open to the room, and that portion partially closed by curtains as a rule." We may

smile at such extreme cases of "Aerophobia"; but the fact is that the vast majority of the residents of London know nothing of the joys of sleeping in a really well-ventilated bedroom. If you would judge rightly of the air in your own bedroom, jump out of bed some morning, dress quickly, and, closing your door tightly behind you, take a brisk walk down the street, expanding your lungs to the utmost; then come back and investigate the quality of the air which you have been breathing during the night. If the result is entirely satisfactory, then you may pride yourself on sleeping in a well-ventilated bedroom, assuming, of course, that your olfactory organs are in good condition.



### Increase of Insanity.

ACCORDING to recently published statistics there are now 516 insane persons per 100,000 in Ireland. In 1880 the proportion was only 250, showing the enormous increase of more than 100 per cent. in twenty-five years. England and Wales too show a marked increase in lunacy.



### The Causes.

THERE can be no doubt but that the liquor traffic is largely responsible for the increase in lunacy. We are merely reaping the effects of the long continued use of strong drink. Alcohol is essentially destructive to all forms of life, animal or vegetable. Its use weakens the organs of the body, and renders them more susceptible to disease. The delicate tissues of the brain are no exception. Structural changes soon develop, which are always associated with impaired and perverted functions. The mind is gradually weakened, and finally gives way to the baneful influence of the alcohol on the brain cells. According to an editorial in one of the leading London newspapers, the drink evil is accountable for a very large per cent. of the insane people.



### "A Dirty Feeder."

SPEAKING of mussels recently, a well-known authority on health said that "the mussel is by nature a dirty feeder." To this we agree, for in common with other shell-fish, mussels are usually found on the

shore in the vicinity of sewage and filth of various kinds. They are a poor food, and sometimes carry the germs of disease. Occasionally they contain poisons which lead to severe sickness and even fatal results. May it not be said that he who eats mussels is also "a dirty feeder"?



### Another Oyster Scare.

THE death of another victim of typhoid fever due to eating oysters is reported from Portsmouth. Oysters, like mussels, do not have a reputation for being over nice about their diet. To them the infectious excreta of typhoid patients is doubtless a dainty morsel. For a number of years we have known positively that oysters can carry the germs of typhoid fever, and so become the direct cause of the disease. Knowing this to be true, would it not be wise to avoid their use as food? Certainly there is an ample supply of more wholesome and less expensive food material.



### A "Health Conscience."

WRITING in the *Daily News*, Dr. Clouston, a well-known authority on mental diseases, says: "In time a new 'Health Conscience' may be developed in our people which in its beneficent consequences may compare with the moral sense and the spiritual instincts. The former fatalistic assumption that disease and deformity are inevitable things is being gradually modified, and is giving place to a feeling in many men and women of personal responsibility for the very existence of disease." Such language from such an authority is a happy omen of the awakening which we trust is taking place among the public.



### Don't Spit.

THIS sign should be exhibited everywhere until we learn not to expectorate indiscriminately. Spitting is not only vulgar but also dangerous. By this means consumption is spread far and wide, and many innocent victims are infected. We are glad to see that the London County Council has taken up the matter, and is endeavouring to put a stop to expectorating in trams and omnibuses. We trust that their action will be adopted generally throughout the country.

**"Me All Face."**

A GOOD story is told of a recent governor of Canada. Well wrapped in furs and a heavy coat he was conferring with an Indian chief on the shores of one of the great lakes in the depth of winter. The latter, clothed in a single blanket, was walking over the frozen ground in apparent comfort. On being asked how he could keep warm, he replied: "You do not cover your face." "No," said the governor, "but I am used to that." "Good," answered the Indian, "me all face."

**"What Am I To Take?"**

It is difficult for the average layman to realise the inefficacy of drugs to cure disease. The idea uppermost in his mind when he calls in the doctor or attends the hospital is to get a potent draught or pill. After telling his complaint, he says: "Now, Doctor, what am I to take?" And he is sure to be disappointed if no medicine is prescribed, and likely to consult another physician.

**Do Drugs Cure?**

WITH two or three possible exceptions, drugs do not cure disease. At best, they only relieve symptoms, but do not remedy the evil. Yet, in spite of this fact, drugs and medicine were never used as freely and universally as at the present time, and their number and variety was never greater. The medical man is fairly flooded with samples and advertising literature concerning new drugs and the marvellous virtues claimed for them.

**Natural Remedies.**

ALTHOUGH drugs are still used so widely, people are beginning to give more attention to rational remedies. They are slowly though surely learning the limitations of the noxious drug and the real advantages of the "nature cure." Ours is a mere palliative, and too often not only fails to confer any real benefit, but does serious harm. The other always accomplishes good, and the effects both general and specific are beneficial. As we come to depend less upon medicinal potions and pills, and more upon fresh air, pure water, wholesome food, exercise, and peace of mind, we shall make greater strides towards sound health of both mind and body.

**Causes of Physical Degeneracy.**

ACCORDING to a recent report of the Inter-Departmental Committee on Physical Deterioration the chief causes of physical degeneration may be summed up briefly as follows:—

- Overcrowding with its attendant evils of uncleanliness, foul air, and bad sanitation.
- Prevalence of drunkenness among men and women.
- Improper feeding of adults and children.
- Cigarette-smoking by children.
- Tea-drinking by adults.

**A Self-Evident Indictment.**

No comments are necessary on this report. All thinking men and women who have given the question careful consideration must recognise the truthfulness of the conclusions. The evils specified are evident on every hand, and, with the exception of the overcrowding, among all classes of society. Such being the case, can there be any wonder that the general trend of the nation physically is downward? The worst feature is that to all appearances these evils are on the increase, and the efforts made to overcome them are both feeble and inadequate. The time has come for the public to wake up to the real condition of the masses, and by means of education, better sanitation, abolition of the drink evil, and a large-hearted and broad-minded philanthropy, combat race deterioration, and improve the national physique.

**Refused to Make Further Repairs.**

DURING the last hours of Daniel Webster, Mr. Adams called on him, and seeing his desperate condition, and wishing to cheer him as much as possible, he remarked to the dying statesman, "Good morning, Mr. Webster; I hope you are doing well." Mr. Webster's eloquent though sad reply was: "Mr. Adams, I am sorry to say that I am not. I feel that I am the tenant of a house sadly racked and shaken by the storms of time. The roof leaks, the windows rattle, the doors creak on their hinges, until my mansion seems almost uninhabitable. But the saddest part of the situation, sir, is that I have received word that the landlord positively refuses to make any further repairs."

## THE HOME CARE OF THE SICK.

BY FRANKLIN RICHARDS, M.D.

THE sick room, its selection, furniture, temperature, ventilation and care have been considered. (See December GOOD HEALTH.) Attention has been called to the benefits to be derived from the out-of-door method of treating, not only consumption, but other diseases as well; and also to the fact that sick-room life should be made as much as possible like man's natural, outdoor life.

Mortality statistics show that dark, ill-ventilated rooms are good enough places to die in. From these sombre figures may be deduced the appalling fact that fully one-third of all who die after the fifteenth year of life succumb to diseases due to "weak lungs." Tradition to the contrary, let us awake to the vital truth that special disease of the lungs is rarely inherited. Such weakness is very easily acquired, however, by the thoughtless, open-mouth habit, and the continuous breathing of stagnant house-air. Those who are strong may survive for a time an artificial indoor life with apparently no more serious results than frequent colds or a troublesome catarrh; but the weak, whose vital resistance is already lowered by disease, are fortunate if they escape consumption or pneumonia.

So long as there are neither air "trusts" nor air famines, why permit the sick to perish from air-hunger, or barely to keep soul and body together upon a starvation ration of oxygen? We are without excuse for so doing when an abundant, life-giving draught may be had for the trifling trouble of opening the windows.

**A Battle for Life.**

Whether or not the sick man recovers chiefly depends upon whether or not he is given a fighting chance. Why he recovers when the numerous "sure cures" suggested by tradition-addled brains are forced upon him is a mystery. In not a few instances his recovery would be even more mysterious and miraculous did we not possess some knowledge of the strivings of that vigilant force within the man, which persistently wages war not only against the active elements of disease, but against these noxious so-called remedies as well. The defensive force not engaged in repelling the combined attack of the disease and the

sick man's friends (?) repairs the injuries effected, and removes from the battlefield the carnage of the fray.

But unfortunate indeed it is for the patient that the body's defenders must be thus divided. His entire reserve force frequently is needed to press the battle to the gates, and vanquish the invading hordes of disease germs. The result may be disastrous if a part must be ineffectively engaged in antagonising and antidoting the poisonous drugs administered by benighted friends, who, with the witch-doctor of heathendom, appear to think that something dreadfully drastic must be done to drive the disease devil out. Before adopting such "heroic" measures, however, would it not be well to recall that demons are poison-proof and bullet-proof, and that to miss the mark means to hit the man, who, too often, promptly responds by unceremoniously dying?

**The Power that Heals.**

The beneficent power that heals comes from that great Source of blessing that "giveth to all life and breath." God's healing energy floods the earth like sunshine. It is as free as air. Indeed, it is in the sunshine; it is in the air. The elixir of health surrounds us. We are immersed in life. And yet we sicken; still we die. In the midst of life, we are in death.

In order to avail, life-abounding like grace-abounding must be appropriated. We must accept of the gift of health so freely offered. If the sick will but touch the hem of the Life-Giver's garment, connection is made with the true Source of Health, the circuit of healing is established, and then "thine health shall spring forth speedily." How shall we escape if we neglect so great salvation from disease?

**The Science of Health.**

As electricity is conveyed by suitable conductors, and conforms to definite laws, so the power that heals flows through well defined channels, and operates in accordance with natural laws. These laws are the laws of nature's God. In the keeping of them there is great reward in health. He who has not yet learned these truths

is ignorant of the first principles of the science of health.

The sick are in need of life. The intelligent Christian nurse, like her Master, comes "that they might have life, and that they might have it more abundantly." To this end she opens every channel through which life flows to her patient; and so far as in her lies, she keeps them open. She begins by opening the window.

Light is quite as important as air. Sunlight and fresh air are nature's tonics. They

## WINTER HYGIENE.\*

BY MRS. M. W. KIRKMAN.

LINGERING autumns and early springs make the winters of the Southern States of America so short that not sufficient consideration is given to the preparation of the body or home for the advent of Jack Frost who, sooner or later, will make his unwelcome appearance. The body, as well as the mind, relaxes to the dreamy, hazy influence of "Indian



invigorate the body, improve digestion, aid in the formation of pure blood, and increase the general vital resistance. Light stimulates repair; wounds heal more rapidly under its influence. The sun's radiant energy relieves pain, and causes the uric acid deposits which produce pain in gout and rheumatism to be oxidised. These are some of the reasons why out-door life heals. Combined with water treatments, exercise, and a natural diet, it is most effective in restoring health.

Summer." The blood courses slowly, and we float on, not realising that we are drifting to a season when we shall need all the vital resistance that thick red blood and muscular activity can give.

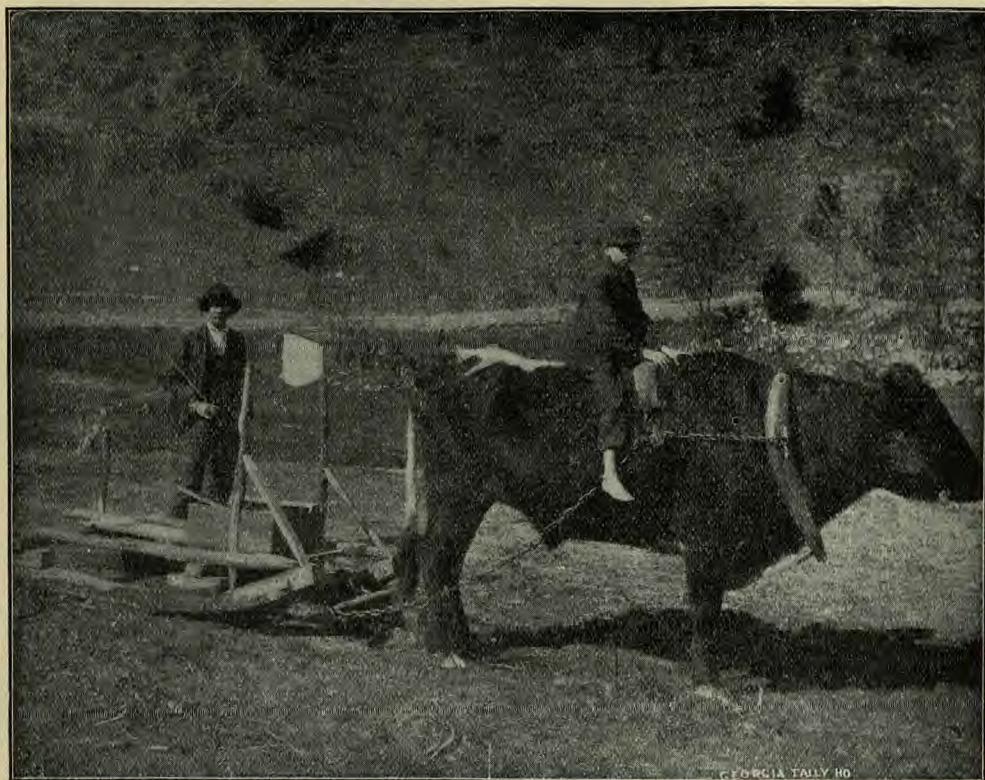
Winter is looked upon too much as an accident, which temporarily gives much discomfort, but must be borne as are other trials of life. So when the frost does come, the pipes burst, the plumbers reap

\*This article was written for conditions existing in the Southern States of America, but contains much that applies to us here in England.

a harvest, and everyone shivers and complains of cold weather as if it were an enemy, instead of a glorious opportunity for health culture. It is not realised that discomfort arises, not so much from the weather, as from a want of forethought. Because one winter is mild, there is a hope that the next will be also; and "sufficient unto the day is the evil thereof."

This mental attitude is especially disastrous to those who depend upon a daily

by those dwelling farther north; but the tonic of morning shower baths or cold plunges can be secured anywhere, and they are just as necessary to health in winter as they are to comfort during the warm season. To those whose skin is not educated to these measures, we would suggest that they begin with cold towel rubs or mitten frictions taken vigorously, and gradually work up to a stronger treatment. Exercise is also of vast importance,



wage for daily bread "Why should we spend hardly-earned money to make the house proof against a frost that may never come?" they say; and thus the way is paved for pneumonia, influenza, rheumatism, loss of wages, and the Relief Society. It is quite likely that the poor suffer more during a sudden cold spell in the South, than the same class in the North, where the houses are built with the certainty that the winter is coming and will be long and severe.

In the South we cannot expect very much of the bracing, tonic weather enjoyed

and in the Southland we have such long stretches of pleasant weather that one can get very much all the year round of "God's out of doors," which Henry Vandyke tells us is one of the pathways to peace, as it surely is to health.

With all the suggestions and inventions of modern science and hygiene, we need not allow our bodies, when winter comes, to be taken by surprise with flabby muscles, dead skin, or impure blood. Nature gives to the horse and other animals thicker coats in winter; so our bodies also require warmer clothing, a more concentrated,



blood-making diet, and plenty of physical exercise. Almost all our cities now have branches of the Y.M.C.A. and Y.W.C.A., where all sorts of physical training, including swimming baths, may be had. We are happy to say they are well patronised.

In many Southern cities out-of-door life is encouraged by the Country Clubs, where the Golf Links attract scores of young people, and in fine weather one

—and yet New York, with its multi-millionaires and unnumbered charities, is but just beginning to make it possible for the "Great unwashed" to feel the luxury and self-respect of a daily bath, and to enjoy the blessed influence and healing of sunlight and fresh air in the tenement districts.

Someone has said that "God will forgive our sins, but we must pay for our blunders." This is certainly true in respect to neglect of the laws of health, either personal or



sees there as many "bloomin' gels" as ever graced Mrs. Poyser's dairy in old England.

Horse-back riding is very popular, and gay parties may be encountered on the country roads all through the winter.

It is said that "Modern Sanitary Science is a system of fighting germs which propagate in dirt of all kinds, and the only people who can abstain with impunity from bathing are those who live in the fresh air—Esquimaux, Red Indians, Arabs"

public. But let us take comfort from the Buddhists who tell us that "No seed will die," and have faith to believe that our small beginnings in hygiene will spring up and bear fruit to the building of beautiful cities wherein shall dwell men and women, who, because of abounding health, can truly say with Robert Browning,

"How good is man's life, the mere living!  
How fit to employ,  
All the heart, and the soul, and the senses  
For ever in joy."

## THE SCHOOL OF TO-DAY.

A criticism of the common school education of to-day as viewed from the standpoint of health and national efficiency.

BY M. ELLSWORTH OLSEN.

WHAT is the object of education? Is it to teach reading, writing, arithmetic, and sundry other intellectual operations of a more or less conventional character, or is it to train for real life? If merely the former is intended, then we have nothing more to say; if the latter, then we may be allowed to ask why our present educational system should so largely ignore some of the most important phases of an all-round training.

The children of the labouring man form the majority of the material with which our board schools have to deal. What does modern education do for them?—Not very much of real, tangible value. Ill-fed, puny, anæmic, yet charged with great possibilities, both mentally and physically, they enter the school we will suppose at the age of six. Ill-fed, dwarfish, anæmic, but usually with some definite physical defect, and with the best possibilities of childhood still undeveloped, many if not most of these children emerge at the age of fourteen, to encounter "life's prime needs and agonies."

No doubt a few of the brightest of these boys and girls may be marvels of verbal automatons, delighting the hearts of their teachers with their capacity for receiving and giving forth again in as nearly as possible the same form whole battalions of detached facts and fancies; but how many have had an intelligent all-round training calculated to fit them for a useful place in real life? Are not the actual returns of the present system ridiculously small in comparison with the outlay of time and energy involved?

Even if judged from a purely intellectual standpoint, modern education of the masses is open to objection. Suppose it succeeds, as it may in some exceptional instances, in infusing a love of culture and of those higher walks of life in which such tastes may expect to be gratified, what fact does the aspiring pupil stumble on immediately on entering real life?—Simply this, that he is shut in on every side by the iron bars of circumstances—that not culture and refinement, but hardship and laborious toil are to be his lot. If he sees some of

the things he has learned within reach, they are pretty sure to be labelled "Hands off." So that, judged by intellectual standards, the smattering of culture given in our schools is unsatisfying and illusionary in the extreme.

But it is chiefly in ignoring the child's physical nature that modern education fails. Little boys and girls are like tender birds; they require fresh air, sunshine, room to expand. The school ought to be a place where they could be aided to develop on normal, rational lines. It should help them to *be* as well as to *know*; should recognise that they have bodies as well as minds, and that their future usefulness to the State will depend upon the harmonious development of both.

The great defect of present-day education is that in spirit and intent it is largely medieval. The whole discussion of the late Education Bill is evidence of this. Medievalism not only ignored, but it abused the body. It associated scholarships with the church and hence with asceticism and the practising of penance in forms that to the modern mind are almost inconceivable.

Our modern system of education probably sprang originally from the desire to teach the children the catechism; at least it has developed all the way on church lines. To be sure, scientific subjects have been largely introduced into the curriculum, but under great limitations as regards necessary apparatus. The ground work of education is still medieval and clerical. Intellectual culture is the only kind of culture seriously provided for. The physician is still a sort of propitiatory being, who may be called into requisition in case there is an outbreak of measles, or diphtheria, or small-pox, but who is not expected to have any controlling voice as to the training of the child.

More recently the bars are being broken down a little, and medical men of public spirit are urging light, well-ventilated school buildings, more up-to-date methods of instruction, and judicious physical culture. Some have made bold to advise the feeding of children who are too hungry to learn their lessons, and free baths for

the unwashed. And what could be more reasonable? Surely decent cleanliness is more important than the correct parsing of a verb, and a reasonably well-filled stomach means more for the growing child than oceans of erudition.

There have not been wanting physicians who have raised their voices against the cramming system, which reduces what should be delightful work into one continual grind both for teachers and pupils. These children of tender years who have spent four to six hours in hard mental work at school should have to sit up nights to prepare the morrow's lessons, is contrary to the laws of health and of common sense. These pale-faced little urchins need the gymnasium, yes, and the fresh air and sunshine. With a healthful physical environment their minds would rapidly expand, and reasonable mental tasks would be pleasant and easy to master; but with the general physical conditions as they are, the forcing of the pace is fraught with real danger.

Unfortunately the system of examination places a premium on cramming. Teachers who ply their calling in a reasonable way, with a view as far as possible to each child's individual good, and not on rigid inspectional lines, are likely to lose their places. They must humbly bow the knee before that great modern Baal—EXAMINATIONS, or suffer for their non-conformity. In the main the idea seems to dominate both teachers and parents that the child's head is hollow; and, as Colton says, it must be filled with learned lumber, the brains being taken out, if necessary, to make room for it.

It is not necessary to point out the absurdity of such ideas, but they persist in staying with us nevertheless. They seem to grow out of our general system of education, which is founded on the old fallacy that the body was a sort of clog which continually hindered the mind in its higher flights of reason; that consequently the body must at all hazards be humbled, made to suffer or at least be ignored. So the schools, started with a strong intellectual basis, totally leaving out of calculation the training of the body, and our institutions to-day are still in the same rut, although improvements have been made in recent years, and the outlook for further progress is encouraging.

What we plead for is that, in the lower schools at least, equal attention be given to the development of the body and the mind. Let teachers make the work as individual as possible, and do for each pupil what he or she most needs. For this to be possible, each teacher would need to have fewer pupils than is the case now. Our teachers have their hands more than full already, and it would not be fair to increase their burdens. In fact, one great drawback to the present system is the heavy drain it makes on the vitality of the instructor. Let school work include a generous allowance of physical culture in various attractive forms, and what a relief it would bring to pupils and teachers alike.

But no really satisfactory solution will be arrived at as long as physical culture is considered merely a side issue—a sort of harmless diversion to be thrown in between matters of a more serious nature. We must recognise that the highest product of education is "a sound mind in a sound body," and that we can never have the latter while we give all or nearly all our attention to the former.

We have pointed out what seem to be some of the weak points in the public education of to-day, viewed in the light of hygiene and common sense. Meanwhile we invite the kindly criticism of any of our readers especially interested in the subject.

It is hardly necessary to add that our quarrel is not in any sense with the instructors, who are for the most part a good deal in advance of the system. A more hard-working, unselfish, high-minded class could not be found. We recognise, moreover, that for reforms to be possible, there must be a change of attitude on the part of the general public. Parents must be less anxious that their children should "shine"; more solicitous for their symmetrical growth and development than for high marks. Health must be valued at something like its true worth; education must be conceived of as an all-round fitting up of the child who will in due time be the man, for a useful and an honourable life.

Next month we shall outline a system of education which seems to us more in accord with modern ideas than that now in vogue, under the title "The School of To-morrow."

## THE BABY'S TOILET.

BY EULALIA S. SISLEY-RICHARDS, M.D.

EVERY morning at a certain hour baby should have his bath. It matters not so much as to the time chosen, as that this hour be regularly observed. In the early months of life nine or ten o'clock is a suitable hour, though care should be taken that the bath is not given too soon after feeding. At least an hour should elapse

Two soft towels which should be warm and dry.

A bath apron to protect the nurse's dress.

A change of fresh clothing should be placed on a rack near the fire.

The baby's toilet basket, containing the usual articles should be near at hand.



AFTER THE BATH.

after taking food. Later on, when the little one is up and dressed for breakfast, his bath may be taken on rising.

Before undressing the baby everything that will be required for his bath should be in readiness, as it is most inconvenient and dangerous to the child's health as well, to suspend proceedings after once begun, while hasty search is made for some forgotten necessity.

The following articles should be in readiness:—

A suitable bath tub, conveniently standing upon a low support so as not to involve too much bending on the part of the mother or nurse.

A supply of hot and cold water.

A bath thermometer, preferably one protected by a wooden frame so that it will float in the water.

A wash basin. The double china sponge basin is good.

Two soft sponges or Turkish gloves.

Plain castile or other non-irritating soap.

The temperature of the bath is a matter of considerable importance. While it is desirable to lower it gradually from week to week, it must be remembered that young children do not well withstand cold. In regulating the temperature of the bath the hand is an unsafe guide. Still more unsafe is it to judge by the appearance of the baby, as did a certain Bridget, who concluded that the bath was too hot if her little charge turned red, or too cold if he turned blue. To use a thermometer is the only

absolutely safe method.

The following table is given merely as a guide—not as a rule to be followed in every case.

## Bath Temperature for Different Ages.

AGE.	DEGREES, F.
At birth,.....	98-100
During first three or four weeks.....	95
One to six months.....	92½
Six to twelve months.....	90
One to two years.....	85
Then gradually reduce in summer to....	80
In the third or fourth year, if possible, reduce to.....	75 or 70

Some little children would react well to a brief application of water at a temperature even lower than this.

## Order of Procedure.

All preparations having been made, the baby should be undressed and wrapped in a soft, warm blanket.

The face is first washed in clear, warm water, then dried with a soft towel. Use

the wash basin and one of the sponges or Turkish gloves in cleansing the face.

The angles of the eyes, ears and nose should be gently cleansed. No attempt should be made to crowd anything into the ears for the purpose of cleansing them internally, as it is really quite unnecessary, and injury may result therefrom.

It is, however, very essential that the nostrils be kept clean. If this is neglected, and especially if baby has a cold, secretions dry in the nose seriously obstructing respiration. Perhaps the safest and easiest method of cleansing is to use a bulb syringe *wholly composed of soft rubber, gently forcing a little cool "normal salt solution" into one nostril and allowing it to flow out of the other.* In making this solution add one slightly rounded teaspoonful of table salt to one pint of water. It is absolutely necessary that this direction be followed carefully, for if too much or too little salt is used the solution is very irritating to the nasal mucous membrane. The child's head should be held slightly forward during this cleansing process. No mother need fear to adopt this measure, as it is quite free from danger (if employed as directed) and accomplishes much good in preventing a catarrhal condition of the nose.

While it may not be necessary to thus cleanse the nose every day, it should certainly be done whenever there is any indication of a cold or of dried secretions in the nostrils. This normal salt solution is also excellent for cleansing the eyes.

Having performed these offices for baby his scalp should be washed with soap, rinsed with clear water and then dried.

Using the other glove the body and extremities are then thoroughly soaped,

giving special attention to the folds around the neck and groin.

Having ascertained that the bath temperature is correct, the little one is now gently lowered into the water. His head is supported by the left arm of the nurse, her hand grasping his left shoulder to prevent his slipping down into the water. After remaining in the bath one or two minutes, he is lifted out and is wrapped in a warm, soft towel, and then quickly but gently dried.

Baby should now be warm and rosy, showing that a healthy reaction has taken place.

When the skin is perfectly soft and clear no powder is needed, but as it is so difficult to dry the skin with the required thoroughness, it is usually safest to use a good toilet powder. A mixture consisting of starch and talcum, equal parts, and one-fourth the quantity of boric acid does very well.



CONVALESCENCE.

And now another word in behalf of baby's comfort. His tender skin often becomes painfully chafed because of neglect regarding his napkins.

To avoid this condition, his body must be kept scrupulously clean and his napkins changed as soon as they are soiled.

Napkins made of butter muslin are less irritating and wash much more easily than the harsh and heavier materials often selected for this purpose.

## INFLAMMATORY RHEUMATISM.

BY ALFRED B. OLSEN, M.D.

BRIEFLY defined, Inflammatory Rheumatism is a constitutional disease which develops suddenly, and is characterised by an irregular fever, acid sweats, inflammation of the large joints, and is of an indefinite duration. It is also known as Rheumatic Fever and Acute Articular Rheumatism, which latter in our opinion is a better name.

## Predisposing and Exciting Causes.

Heredity seems to have considerable influence as a predisposing cause. In some families it is met with in several succeeding generations.

Dr. Alexander Haig classes acute rheumatism with chronic rheumatism and gout as uric acid diseases. According to him uric acid gathers in the system through the use of a faulty diet and imperfect tissue changes, and finally brings on the attack. Tea, coffee, and flesh foods contain uric acid and similar poisons, and hence may be said to predispose one to rheumatism.

The exciting causes include the free use of alcoholic liquors, and especially exposure to cold and wet. An attack of inflammatory rheumatism can usually be traced directly to a severe chilling of the body.

## The Symptoms.

The onslaught of the disease is as a rule abrupt, and the temperature soon rises to 102° or 103° F. and even higher in severe cases. The large joints, such as the knees, elbows, wrists, and ankles become tender, red, and swollen. One or several, or, more rarely, all the joints may be involved at once. The smaller joints, too, are sometimes inflamed, and any joint in the body is liable to attack. Pain is a prominent symptom, being often very severe, and almost unbearable. The muscles in the vicinity of the joints may also become tender and painful.

There is profuse perspiration, and the sweat is sour and acid. The urine is dark, scanty in quantity, and often contains a reddish deposit.

The patient has a poor appetite, a coated tongue, and sluggish bowels. Indeed, constipation is the rule, and the digestive organs generally are in an inactive state. Although the appetite is gone, great thirst

is usually present, and this is a symptom that should be encouraged, for the internal organs and tissues require the cleansing action of water.

Inflammatory rheumatism may last from a few days to several weeks. The duration is very indefinite. Relapses are by no means uncommon.

## Complications.

A few words ought to be said about the diseases which may accompany the acute inflammation of the joints, and so complicate the primary attack, for the complications are usually the most serious conditions to deal with. Either pleurisy or pneumonia may develop, but involvement of the heart is the most common. This usually takes the form of an inflammation of the inner lining of the organ, and in many cases leads to permanent heart disease. The inflammation of the heart is very likely to leave behind more or less deformity of the valves of this organ, which results in leakage. This makes necessary an enlargement of the organ to compensate for the weakness.

## What is the Outcome?

The prognosis of inflammatory rheumatism should always be guarded; for at any time a serious complication may occur. Continued fever, although not very high, may finally lead to death through exhaustion, even though there is no special complication. Relapses are prone to occur, and one who has had the disease is more likely to a second attack.

## Preventive Treatment.

It is evident from what we have already said that tea, coffee, and all forms of animal flesh should be avoided by those who have a tendency to rheumatic complaints. If uric acid is the real cause of the disease, and this seems to be the case according to our present state of knowledge, then food containing uric acid or its equivalent should be strictly discarded.

Clothing is also an important question. Woollen underwear is the most satisfactory, and should be worn the year round. A thinner and lighter weight may be worn

in warm weather. The limbs especially should be well protected, warm, high boots being always worn. Special care should be taken to avoid getting chilled by cold and stormy weather, or through wetting the feet.

### Hydropathic Treatment.

Absolute rest in bed is the first step. The room should be light, cheerful, and well ventilated, but not draughty. Have the patient lie between blankets without sheets, which are likely to have a chilling effect.

At the very outset give a hot blanket pack, applying hot bottles to the feet and sides of the body, and at the same time give hot water to drink. The patient may be left in this pack from one to three or four hours to advantage. On taking him out, sponge the body with tepid water and dry gently. The pack may be repeated once or twice in the first twenty-four hours.

In place of the hot blanket pack, hot air, vapour, or Turkish baths may be administered with the hot water drinking.

The painful joints may be relieved by moist or dry heat. For the first employ fomentations wrung out of boiling water. These can be repeated as often as necessary.

Dry heat may be applied by the use of a hot bag of sand, salt, or bran. The hot rubber water bottle is better still, and the most convenient means of concentrating dry heat upon any part of the skin. The bottle should only be filled one-third or one-half full, and all the air pressed out before closing it. Then it can be readily adjusted to fit any part of the body. When no longer hot it is easily emptied, and again filled with boiling water.

### To Control the Fever.

Some recommend cold baths and cold packs, but these are likely to aggravate the symptoms and increase the pain. Tepid sponging is an efficient means of reducing the temperature, and can be repeated as often as required. Cool enemata may also be used for the same purpose.

### The Diet and Drink.

It is needless to repeat that animal food should be avoided. Let the diet consist of

fruit both fresh and stewed, with dextrinised breads, simple puddings and well-cooked grains. Some recommend milk and milk foods, and if they agree with the patient there is no objection. Mild fruits are more valuable, however, and have a desirable cleansing effect on the blood.

Encourage the patient to drink freely. Plain water may be taken, or fruit juices, orangeade and lemonade. Both the latter are very refreshing, and have a benign influence upon the blood and tissues.

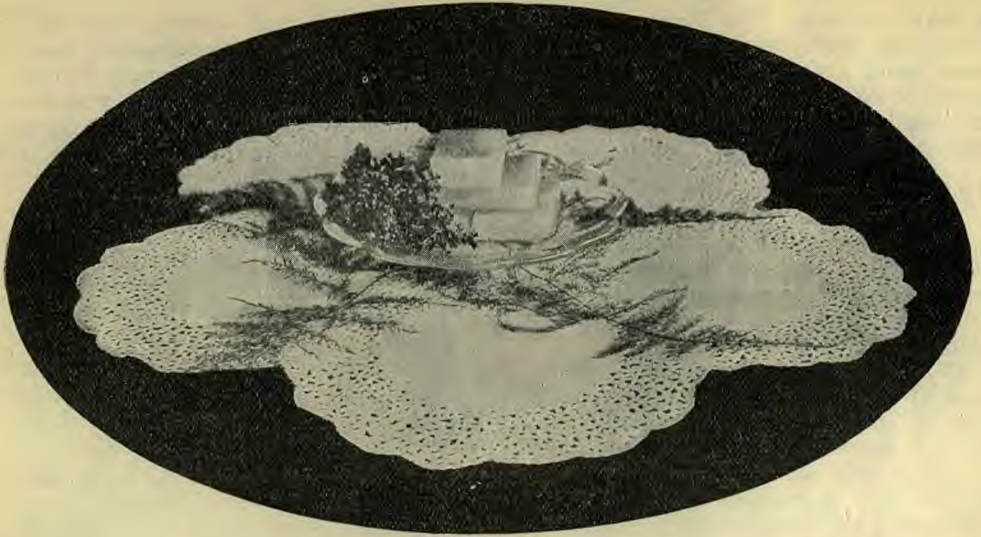
Do not fail to keep the bowels open, using enemata if necessary. It is good routine treatment to begin with a large (two to four pints) soap enema, and so cleanse the rectum and lower bowel.

A physician should be called in to take charge of the patient, for although many make a good recovery, serious complications may be expected at any time.

### Petting the Children.

"But wouldn't you have the youngest child petted a little?" says one. "It seems so natural, some way." Oh, yes, I would, a great deal. I believe in petting, not only of the youngest, but of all the flock. I know a home where the mother says sometimes to the children, "Shall we give this big, sweet pear to Charlie because he is our youngest and our darling?" She never, never makes this remark in the wise Charlie's presence; then, when all have agreed that the darling shall have the big, ripe pear, it is given after this manner: "Charlie, there is only one pear in the basket that is soft enough and ripe enough to be good to eat, and the children have all agreed that they want you to have it, because you are their darling. Now what do you want mother to do with it?" And that mother has so trained her baby, not yet quite two, that she is sadly disappointed if he does not order that the pear shall be cut into six pieces, one for each, and two for mamma. You think he is a wonderful baby? Not at all; he simply has a sweet, wise mother.

Oh! there are ways to do it, if the mothers will but recognise their responsibilities, and study to be to the children all that God meant they should be.—*Pansy in Trained Motherhood.*



### SEASONABLE RECIPES.

BY EDITH E. HOWARTH.

At this cold season of the year, we especially need food that will supply energy and heat.

Bodily warmth is obtained and sustained more by the food we eat than by external applications. It is therefore especially important that the right kind of food be taken to meet the needs of the body in order that Nature's fires may be kept up. Jack Frost provides us with such keen appetites that it is not so imperative to provide food that will tempt the appetite. Still there is need of preparing substantial foods in a dainty way.

Proper cooking renders most foods better suited to the needs of the body. It also, to a certain extent, makes the food more digestible, and oftentimes more palatable.

Where meat does not form part of the bill of fare it is important that foods be prepared that will properly take its place, and they must also be prepared in such a way that the absence of meat is not felt. Cookery by hygienic methods attains the object for which it is intended by simple methods, and the exclusion of all things which would prove harmful to the body in the process of cookery.

The following recipes may prove suggestive and helpful to the busy housewife who is daily striving to prepare for her

family foods that will be best suited to their needs.

The lentil roast well takes the place of meat in the dietary, as lentils contain legumen, a flesh-forming product which corresponds to the nitrogenous element in meat. The roast is also exceedingly palatable and easy of digestion. Lentils also contain other elements which are necessary to meet the various requirements of the system. The protose in the hash mentioned is also of high nutritive value.

Baked potatoes contain a good deal of nutriment, in fact nearly as much as meat, although of a different kind. They are especially valuable as an article of food at this season of the year, as they contain a large amount of starch, which element gives heat and energy to the body.

Both figs and prunes are rich in sugar which is in an easily-digestible state, and which is a heat-giving element.

The following recipes are taken from Mrs. E. E. Kellogg's "Science in the Kitchen," and the *American Good Health*.

**Bean and Tomato Soup.**—Take one pint of boiled or a little less of mashed beans, one pint of stewed tomatoes, and rub together through a colander. Add salt, one-half a cup of nicely steamed rice, and sufficient boiling water to make a soup of the proper consistency. Reheat and serve.



**Macaroni Soup.**—Heat a quart of milk, to which has been added a tablespoonful of finely grated bread crust (the brown part only, from the top of the loaf) and a slice of onion to flavour, in a double boiler. When the milk is well flavoured, remove the onion, turn through a colander, add salt, and thicken with two teaspoonfuls of flour rubbed smooth in a little cold milk. Lastly add one cupful of cooked macaroni, and serve.

**Potatoes and Turnips.**—Boil one quart of sliced turnips twenty minutes, add five good-sized potatoes, boil half an hour, drain, mash well with a fork, season to taste with salt, and add one cupful of milk. Beat until fine and fluffy with a wire spoon egg-beater. Serve in a heated dish.

**Hash.**—Wash and put on to cook in salted boiling water one cupful of rice. Into another pan put one quart of strained tomatoes, two small onions cut fine, and one-half pound of protose cut into dice. Then add to it the rice, a little butter, or nut butter, and more water if it is too thick, and let it simmer fifteen minutes longer, being careful that it does not burn. The rice should cook at least forty-five minutes before it is added to the tomatoes and protose.

**Baked Potato.**—Select potatoes of as nearly the same size as possible; clean well by scrubbing with a veg table brush and rinsing in clean water. It is also a good plan to dry them with a cloth. Place them in the oven, and bake from forty to sixty minutes or until soft. The time will be dependent upon the size of the potatoes and the heat of the oven. When the potatoes taken up in a towel feel soft throughout they are done, and should have the skins broken to let out the steam. In baking, the starch is cooked by the water contained inside the potato. If when baking is complete the steam is not thus allowed to escape, it will condense inside the tuber, and the potato will be soggy.

**Bread and Fig Pudding.**—Put together two cups of finely grated bread crumbs, two cups of milk, one cup of finely chopped figs previously steamed or cooked, one-fourth cup of sugar, and lastly two well-beaten eggs. Bake in a moderate oven till the custard is set.

**Prune and Tapioca Pudding.**—Soak one-half cup of tapioca over night. In the morning cook until transparent in two cups of water. Stew two cups of well washed and stoned prunes in a quart of water till perfectly tender: then add the juice of a good lemon and two tablespoonfuls of sugar, and boil till the syrup becomes thick and rich. Turn the prunes into a pudding dish, cover with the cooked tapioca, and add a little grated lemon rind. Bake lightly. If preferred, the prunes and tapioca may be placed in the dish in alternate layers, having the top one of tapioca.

**Lentil Roast.**—Take equal quantities of cooked lentils that have been rubbed through a colander to remove the skins, and bread crumbs. Moisten with a little milk, season with salt and a very little powdered sage, pour into a baking dish, and bake in a moderate oven until well browned. A tomato sauce makes a nice accompaniment.

## Why Use Soda Or Baking Powder

THE professor of Domestic Economy and Hygiene in the Oregon Agricultural College (says an exchange) has found an original way to show the injurious effects of soda. She soaks a pig's bladder in soda and water. In a short time it becomes perforated with holes. She then demonstrates that plain water has no effect of this sort.

"Why sell your eggs," she says, "which are flour lightening and nutritious, and buy baking powder, which is only harmful? Far better lighten your cake with eggs, which every country woman has!"

It might be retorted that eggs (that is, good ones) are not so easily obtained in our large cities; nevertheless this is no excuse for a resort to the chemist.

GOOD HEALTH is utterly opposed to the use of chemicals in cooking. Soda, baking-powder, saleratus and all similar preparations are not only useless but harmful. We say useless, but they have a use, and that is to cover up the laziness or the incompetence of the cook. The excessive craving after cakes and confectionery of various kinds in the making of which chemicals are most used, is an unnatural thing. Plain, simple food is best for all classes, and to an unperverted palate is also the most enjoyable.

A deep-seated error is the idea that because the ox is strong man may in some way get strength by eating him; but if an ox should follow the practice of eating other oxen, he would soon lose his magnificent strength. The same rule holds good for man.

## A "GOOD HEALTH" ACROSTIC.

Grapes, which cleanse, revive, and cure—  
Oranges, golden, fresh and pure—  
Of their juices rich and sweet  
Drink "Good Health" when friends you meet.

Health dwells not in sparkling wine—  
Evil lurks with power malign:  
Apples, pears, bananas mellow,  
Lemon juice so clear and yellow,—  
Take these gifts and you will find  
Health of body, rest of mind.

—H. G. BUCKLE.

## COLDS IN CHILDREN.

BY GEORGE THOMASON, M.D.

EXPOSURE to cold and damp weather is probably the most frequent cause of acute colds in children. There must be a lowering of the resistance of the skin to sudden changes of temperature before a cold can gain a foothold in the body. Too much clothing worn during the day, or too heavy covering at night, creates an unhealthy condition of the skin. Frequently at night a child becomes overheated and restless, and on throwing off the covering gets thoroughly chilled, thus producing a cold. The pernicious habit of allowing children to go about with bare knees in winter is responsible for many cases of severe cold, to say nothing of tonsillitis, bronchitis, pneumonia, and later even tuberculosis. A child with enlarged tonsils in the throat and back part of the nose (adenoids), suffers frequently from colds. A disturbance of digestion in the stomach or bowels, a condition so common in children, is a frequent cause of colds. A soiled handkerchief may be the means of communicating a cold.

The cold should be taken promptly in hand as soon as detected. Treatment applied at the very onset of the trouble may result in an immediate cure. A very excellent procedure is to place the child in a small tub containing at least enough hot water to cover the hips. Place a blanket over the tub and about the child's shoulders, thus combining the effects of a hot bath and steam bath. Occasionally add hot water to the bath, as much as the child will tolerate. Keep the head cool by cold cloths applied to the head or about the neck.

Give the child hot or cold water or lemonade to drink freely. Continue the bath six to ten minutes, sufficiently long to thoroughly redden the skin or even to produce perspiration. To conclude the bath tepid water may be poured over the child, or he may be taken directly from the bath and wrapped in a sheet wrung rather dry from cold water, and then in blankets. If the child is small an ordinary pillowcase is better than a sheet, and can be readily slipped over the body. The blankets should be carefully applied about the neck and shoulders to prevent entrance of air, thus chilling the patient. The child may be left thus all night, care being taken to have only sufficient blanket covering to maintain warmth and not to produce perspiration. In the morning, or at any time the child is removed from the pack, the body should be rubbed with cool water followed by friction with a coarse towel, ending with a few strokes with the dry



warm hand or an oil rub.

In children especially there is a tendency for a cold to travel down and invade the lungs, often with serious consequences. In this case such a bath as above referred to should be followed by the application to the chest of a compress, consisting of two or three thicknesses of butter muslin wrung from cold water and covered by a flannel jacket with an equal number of layers. Fomentations to the chest two or three times a day, followed by a renewal of the chest compress, is very desirable in severe cases. When there is difficulty in breathing in these cases no one thing gives

greater or more prompt relief than the breathing of warm air. The room should therefore always be warm and maintained at a uniform temperature, with provision for fresh air.

Free drinking of water or fruit juice is also important, aiding materially in keeping the bowels open. Some simple ointment must be freely applied to the nose and upper lip to prevent irritation of the skin by the discharge from the nose. The diet should be very light, consisting principally of fruit toasts, gluten gruel, rice, plain custards, and similar preparations.

### RESTORING A DRUNKARD.

BY DAVID PAULSON, M.D.

THE process of unmaking a drunkard represents such a transformation that it can be considered nothing short of a miracle. But this miracle, like the miracle of health, has in it the element of time and likewise demands co-operation on the part of the human agent.

The shattered nerves of a drunkard which have become so accustomed to constant artificial stimulation need physiological stimulation. There is no single thing which will accomplish this more readily and satisfactorily than some daily vigorous applications of cold water. It matters little whether it be given in the form of a cold sponge, cold shower, or cool bath. Who has not experienced the remarkably refreshing effects which are produced by simply bathing the face in cold water? Every organ in the body receives a similar natural stimulus from a general application of cold. This only conveys a hint of what might be accomplished by the rational use of remedies such as electricity, massage, and many others.

A proper adjustment of the diet is almost an absolute necessity in the unmaking of a drunkard. The diet of the individual who is seeking to rise above the demon of drink should be simple, nutritious, non-irritating and non-stimulating. Every slice of soft bread should be toasted so thoroughly that it is browned through. The grains can be browned before they are cooked or the porridge supercooked. By this process the starch is changed into dextrine, thus rendering it much more digestible.

Fruit should be partaken of in abundance.

In fact, our experience has taught us that four mea's a day, consisting exclusively of various fruits, strictly adhered to for a couple of days, has often been the means, in the hands of God, of shattering the shackles of drink from many a poor inebriate. Fruit juices, buttermilk, non-alcoholic koumiss, cereal coffee, and cold water should be the only beverages allowed.

To the physician who has to deal with these wrecks of humanity, the scriptural admonition to "eat for strength and not for drunkenness," acquires a tremendous significance. The victim of the drink habit should be inspired with the thought that his body is the temple of the Divine; that the various efforts he is putting forth in taking exercise, submitting to the application of rational remedies, denying an abnormal appetite for unnatural foods, are all so many seeds which he is sowing for a harvest of temperance, and from which he is just as certain to reap as he was to reap intemperance when he so vigorously sowed for the same. "For whatsoever a man soweth, that shall he also reap."

### "Sunshine Powders."

"THE other day," writes a medical missionary worker, in the *Life Boat*, "a little woman came to us. We found her case hopeless. She told us, however, that the object of her call was not for physical benefit, but to be encouraged. She said, 'I was so discouraged and heart-sick; it seemed that I could endure life no longer, and knowing missionary doctors were here, I came. The doctor that came to me was so kind, and her face looked so good, and she encouraged me so much, that I went home and felt cheerful for a week. I have come again for—well, I call them 'Sunshine Powders.''"

How many thousands of weary, toilworn men and women are in daily need of "Sunshine Powders." Truly, it is one glorious privilege of those who enjoy a fair degree of health and strength to do what they can to cheer up others. The poor people of the slums often stand in greater need of sympathy and encouragement than of financial assistance. It should be the joy of their more fortunately placed neighbours to render this brotherly help.

## THE CURE OF CATARRH.

BY J. J. BELL, M.D.

ONE of the most important things in the cure of any disease is the removal of the cause or causes. In our last number we mentioned several causes of catarrh. Perhaps the most important of these is the use of excessive quantities of food, especially fatty and greasy foods fried, and eaten without thorough mastication. The removal of this cause of internal congestion can be accomplished by the use of well-cooked, simply prepared foods in small quantities, thoroughly masticated. In other words, "Fletcherising" is one of the best cures for catarrhal troubles. Then again, we must be careful to use a dietary that will keep the bowels, kidneys, and skin active. This we can do by the free use of water, and an abundance of fruits or succulent vegetables. Fresh, ripe, stewed, or baked fruits may be used freely. But we must be careful to avoid the use of preserves, or fruits cooked with large quantities of cane sugar. Avoid also eating late in the evening. Not more than three meals should be eaten, and the third should be taken at least three or four hours before retiring. Those leading an indoor or sedentary life will do well to leave off the third meal especially if the appetite is good. Condiments and stimulants of all kinds must be let alone.

Exercise in the open air is all important. This equalises the circulation, thus relieving the congested internal mucous membranes, while the extremities and skin are warmed. It also increases the rate and depth of the respiratory movements, thus purifying the blood better than any other known remedy. A brisk walk in the open air is an excellent means of loosening the tenacious mucus from the respiratory cavities. Gardening or some useful labour in the open air is also to be recommended.

Treatments or baths which will keep the skin in a healthy condition are beneficial. The warm bath, Swedish shampoo, or salt glow followed by a short cold bath, spray, or shower, will greatly improve the activity of the skin. The Russian, or vapour bath is especially good, as the hot vapour penetrates to the recesses in the respiratory tract, and also increases the activity of the skin. This treatment is best taken in the evening followed by a cold shower and an oil rub.

The morning cold bath, cold shower, spray, or sponge, followed by a brisk rub, are exceedingly useful measures in protecting against catching cold. This should not be neglected, as a cold always increases catarrhal troubles. The cold shower, allowing the water to fall over the face and neck is another means of clearing the recesses of mucus.

Patients requiring local treatments or remedies would do well to consult a competent physician and obtain a formula suitable to his or her case, and avoid the use of quack remedies and patent medicines which may prove more harmful than otherwise. Again, those suffering with obstruction in the nasal passages, so that the individual is not able to breathe freely through the nostrils, should have an examination, if possible, by a specialist, and have the cause removed, as mouth breathing is a prolific cause of congestion and irritation of the pharynx, or respiratory cavity back of the soft palate, thus paving the way for catarrhal troubles.

### Cold Feet and Indigestion.

COLDNESS of feet and limbs is almost invariably an evidence of indigestion. The coldness is not due to the weakness of the heart or feebleness of circulation, as is generally supposed, but to the contraction of small arteries, preventing blood from entering the parts. There is generally an irritation of the abdominal sympathetic nerve centres which control the circulation of the lower extremities. This difficulty is not to be removed by exercise or by any special application to the limbs, but by removal of the causes of the irritation. This may be a prolapsed stomach or chronic indigestion. Hot and cold foot baths are valuable. These act, not simply on the feet and limbs, but by reflex action affect beneficially the abdominal sympathetic centres, which are in a diseased condition.

Rubbing of the feet and legs is also an excellent method of overcoming spasm of the blood vessels, thus preserving the normal circulation. The rubbing should be from the feet toward the body. The surface should be well lubricated with vaseline. To avoid irritation of the skin care should also be taken to clothe the limbs very warmly. In many cases this is necessary, even in the summer season.

J. H. KELLOGG, M.D.

## HEALING IN THE WOODS.

BY J. H. KELLOGG, M.D.

SOMEHOW the quietness, serenity, and varied beauty of the woods appeal most strongly to the religious sentiments of all men. The savage, as well as the man of science and culture, feels the spell of the holy charm which dwells in leafy solitudes, in the fragrant shadows of great trees.

"The groves were God's first temples." In time perverse men forgot the worship of the Maker and worshipped trees, the Maker's handiwork; but still the thought lives deep in the hearts of all men that God is near the trees. This fact is well illustrated by our frontispiece, a reproduction from the *Illustrated London News*, in which is shown a remarkable custom prevalent in Servia. In a grove near Belgrade the sick are gathered in multitudes, waiting the manifestation of divine healing power which is popularly believed to be especially associated with this particular spot. How important that men should know that healing power is not confined to any particular place or conditions, but is present and ready to be manifested in every place where there exists a need for healing. Creative power and healing power are one.

Modern science, as well as experience, has shown that contact with natural surroundings, especially fresh air, sunshine, and the ozonising emanations from growing plants, has marvellous health-imparting virtues. In these natural agencies is active the power which created and maintains all things, and which is constantly communicated to all living things as the essential condition of continued life. The more closely we come to nature, the more deeply

we may drink from the fountain of life and healing. To live in harmony with nature in the fullest and truest sense is to live in harmony with God; and to live in divine harmony is to be happy.

## A HEALTHY CENTENARIAN.

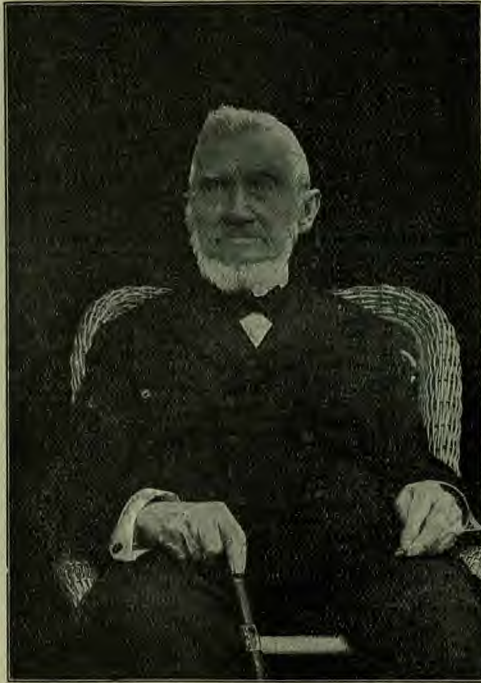
PROMINENT among American centenarians is Wm. H. Seymour, of Brockport, N. Y., who celebrated his one hundred and second birthday July 15 of the present year.

He was born in Litchfield, Conn., and at the age of sixteen began business. Some years later he was associated with the late Cyrus H. McCormick in the production of farm machinery.

He celebrated his one hundredth birthday by taking a long ride in his automobile, a recreation of which he is said to be especially fond.

Mr. Seymour is cousin of Horatio Seymour, the famous governor of New York State.

His family is noted for longevity. He is fifth in descent from Richard Seymour, whose name appears on the records of Connecticut in 1639, as is attested by a monu-



ment erected to the first settlers of Hartford in the churchyard of the old Centre Congregational church. The aggregate ages of Mr. Seymour and his four paternal ancestors is 420 years. Mr. Seymour has retained both physical and mental vigour in a marvellous degree. His daughter, writing concerning his habits of life, says: "He has no organic disease. He has been accustomed to take long walks and considerable gentle exercise. The real secret of his health, I think, is good, wholesome food taken in moderation with regularity, with moderate exercise and relaxation, recreation, and general absence of worry."

# QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post. No attention is paid to anonymous communications.

**Tea Drinking by Little Children.**—J.N. asks if we will soon publish a "powerful article on tea-drinking by little children." He says that they are being ruined by it.

*Ans.*—The next number of GOOD HEALTH will contain an article dealing with this important subject.

**"Impotent One."**—Kindly note the small print at the top of this page and you will see that we never answer anonymous letters. If you will write again, giving name and address and full particulars and inclosing postage for reply, we will answer your questions by letter.

**What to Eat in the Place of Meat.**—G.B.: "I would be very much obliged if you would let me know what I should eat in the place of meat this winter."

*Ans.*—Protose, bromose, and similar nut preparations, which can be had from the International Health Association, of Legge Street, Birmingham. Pulses, such as peas, beans, and lentils, are also valuable substitutes for meat.

**Faintness—Choking Sensation—Piles—Low Spirits.**—A.C.M.: "I suffer from indigestion. In the morning I have a gnawing pain from the waist to the throat, and a faint feeling which lasts almost to dinner time. What treatment would you suggest to relieve me? 2. What can I do to relieve the choking sensation in the throat and chest, which often brings on palpitation? 3. Is there any relief for a hard cough, which seems to be caused by irritation just below the throat? It is worse to bear than pain, because it makes me feel so disagreeable. 4. I have been using some brown ointment for piles, but they are still bad. Is there any treatment that I can take? 5. A few weeks ago I had the mumps and took several bottles of tonics, but my throat is still weak, relaxed and irritable. Will you please tell me if I can do anything to strengthen it? 6. My spirits are variable, and I am often very low spirited. Do you think I can put that down to the state of my health?"

*Ans.* 1 and 2. Tonic treatment at a health institution, such as the Leicester Sanitarium, 82 Regent Road. 3. Sipping slowly either hot or cold water will sometimes relieve a cough caused by local irritation. A cold compress applied to the throat, and left on over night, and the throat bathed in cold water on removal, would also be helpful. 4. Take a tepid or cool sitz bath for two to five minutes daily, rubbing your hips well while in the bath. Use fruit freely, and such food as will regulate your bowels, and so prevent all strain at stool. 5. The tonic treatment suggested in answer to 1 and 2 might also improve your throat and voice. 6. Yes. Good hygienic measures and suitable diet, with an out-of-door life might relieve you at home, but you would doubtless be benefited by visiting a health institution and going in for a course of treatment.

**Patent Medicine—Weak Heart.**—E.M.: "I am suffering with a weak heart, and would like your opinion on the tablets which you will find inclosed with this letter. The tablets are advertised as a cure for heart complaints, and I have been advised to take them. What do you say?"

*Ans.*—Let them alone, and have nothing to do with any drugs or medicine advertised in the daily papers and magazines. They are seldom of any value and often dangerous. Whatever medicine is necessary for you to take should be prescribed by your family physician.

**Sultanas—Dextrinised Breads—Cocoanut Butter.**—G.G.: "1. Are sultana raisins as valuable as the larger ones? 2. What are the percentages of proteid and fat in cocoanut, not reckoning the milk? 3. Would a diet of zwieback, fruit and cocoanut butter be suitable for a long-standing case of catarrh? 4. Would ordinary rice pudding be harmful? 5. Could health and strength be maintained indefinitely on dextrinised bread, cocoanut butter and fruit?"

*Ans.*—1. Yes. 2. Of proteid 5.6 per cent., fat 39.9 per cent. It also contains 8 per cent. of sugar, and 1 per cent. of salts, the total nutritive value being about 50.5 per cent. The rest is water and woody matter. 3. Yes, provided the zwieback is made from wholemeal bread. In such a case granose biscuits would doubtless be preferable. 4. No. 5. Yes, but a larger variety of food would be better.

**Plants and Animal Life.**—J.B.: "I am a signalman on the railway and being very fond of plant culture, I have numerous plants growing in the signal box, including geraniums, begonias, ferns, etc. I have been recently informed that plants grown thus are injurious to health. Is this true?"

*Ans.*—No, there is no objection to growing plants in the signal box where you are working, provided, of course, that the room is properly ventilated so that you get plenty of fresh air.

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**GOLD MEDAL AWARDED,**  
 Woman's Exhibition, London, 1900.

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**YOU believe**, as students of health, that the evil of a chill lies in the fact that chills drive back upon the system and the vital organs the impurities that should be given off through the skin. **You believe**—you know—that a hot air or vapour bath will break up any chill—that it opens the pores, purifies the system, allays inflammation, disperses disease, and builds up health.

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Illustrated Monthly Magazine Devoted to Hygiene  
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Edited by

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

Editorial Contributor

GEORGE THOMASON, M.D.

Managing Editor:

M. ELLSWORTH OLSEN.

[The managing editor is responsible for all unsigned  
editorial matter]

Business communications should be addressed to  
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London, N.**

All communications referring to editorial matters  
should be addressed to the Editor, **GOOD HEALTH, 461,  
Holloway Road, London, N**

Telegraphic Address: "Uprising" London

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Through the generous co-operation and active  
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lated, and, we trust, as many homes were cheered  
and brightened by its appearance.

And may we ask for your continued support and  
assistance during the coming year? We should  
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"*The Key to Health and Happiness*" by Francis S. Blizard, London, Francis Riddell Henderson, 26 Paternoster Square, is a small book devoted to hygiene, calling attention to the methods of acquiring health in body, which in turn insures health in mind. It advocates pure food, fresh air and the drinking of water. Price, 6d. net.



"*Why Boys Should Not Smoke*," by Thomas Cartwright, B.A., B.Sc. (Lond.), London and Edinburgh, T. C. and E. C. Jack, is a pamphlet prepared in an attractive form for use as a reader in schools. Good sound arguments are advanced against the use of tobacco among our youth. Some coloured illustrations add interest to the stories. It would be an appropriate Holiday remembrance for a growing boy.



"*Body Building*" by Eugen Sandow, London, Gale and Polden, Ltd., 2 Amen Corner, gives a review of the work, methods, and experiences of Eugen Sandow, the well known authority on physical culture. This work contains a series of exercises for the correction of several common complaints with illustrations of positions. It also contains directions for development of the muscular system. Price, one shilling.



"*Sub-Consciousness*" by R. D. Stoker, London, Modern Medical Publishing Company, 57 and 58 Chancery Lane, W.C., is a small volume dealing with some of the questions interesting to students of psychology. Price, 3/6 net.



"*The Land of Sinim*" an illustrated report of the China Inland Mission, 1904, China Inland Mission, London, Toronto, Philadelphia, Melbourne, is a shilling illustrated book containing a brief but comprehensive report of the Chinese Inland Missions. The illustrations are unusually attractive and well selected. No one can read this report without being touched by this eloquent appeal for more workers in that vast field. Consecrated members of the medical profession as well as ministers of the Gospel are needed to carry forward the message now that the harvest is ripe. Everyone interested in Oriental missions would do well to secure a copy.



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Conducted on Food Reform principles.  
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Highest recommendations.  
Accommodations,—exceptional.  
Charges,—moderate.

Write for terms mentioning GOOD HEALTH.

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brings INTOXICATING HEALTH—and thus a longer, more cheerful and energetic life—by making PURE BLOOD circulate through your lungs and body and killing and carrying away deadly germs. Insufficient breathing is starving the body of oxygen, and weakening its resistance to consumption and other deadly germs. Everybody—sick or well—should use my Breathing Tube, and daily exercise their lungs to the fullest extent. Will increase chest measurement two to four inches. Send for one to-day, and start NOW. Price, post paid, 1/2, P.O., abroad, 1/6 (no stamps). Leather Safety Pocket, 6d. extra. Circular and Testimonials FREE. Address,

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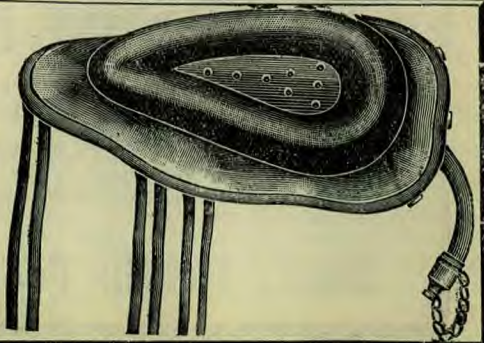
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