



Good Health

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

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EDITORIAL CHAT.

The School and the Hospital.

No doubt the article on "The School of To-morrow" will give rise to a good many incredulous smiles. Nevertheless, its contentions are not only reasonable from the theoretic standpoint but also practical. It asks for the ordinarily healthful child what we have been doing for the sick one. With our hospital system the child of the labouring man has only to break down in health, and he will be tenderly cared for entirely free of charge, having the best of everything.

How Our Present System Makes for Physical Deterioration.

But the healthy child may be ragged and hungry and dirty yet we leave him almost entirely to charitable organisations whose hands are more than full with other work. As a natural result of this system children, with perhaps a fair start physically, owing to neglect at the most critical time of their lives, do not attain normal development. Sickly children on the other hand, owing to better opportunities given them, have their lives prolonged. Thus we are helping to bring on the physical deterioration which we should endeavour to avert.

Give the Child a Fair Chance.

What we plead for is that the child should have a fair chance. At the present time our Board Schools are not giving the child of the labouring man, at least, what he most needs in the way of education. This is not said as in any sense reflecting on the teachers. They are doing admirably, and are probably the hardest worked people we have. But the *system* is faulty, and that mainly because it ignores the physical side of the child. It still persists in regarding him as a mere thinking

machine, with the emphasis, perhaps, on the *machine*. It is entirely too rigid, formal, static, to meet the real demands of the children of to-day. It needs a complete overhauling in the light of twentieth century ideals.

If it be said that such a school is impossible in our modern cities, we reply, so much the worse for the cities. Let us hope the Garden City Association will realise for us the "city of to-morrow."

We shall be pleased to hear from any of our educators on the subject, and though our space is limited, may be able to print some brief comments and criticisms. In any case, all communications will receive our careful consideration.



Do We Eat Too Much?

Do we over-eat? Yes, according to Prof. Chittenden, of Yale University (President of the American Physiological Society), the average man could cut down his meat bill by one-half to two-thirds, and his other food expenses by one-third, and be better off physically and mentally for so doing.

The Professor has made critical experiments covering a period of from six to nine months on three classes of men as follows:

1. Five men of varying ages connected with the university as professors and instructors, including himself.
2. Thirteen men detailed from the Hospital Corps of the United States Army.
3. A group of eight young men, students at the university, all trained athletes.

Drastic Reductions Called For.

Here we have three groups of men representing,—(1) mental workers, (2) those engaged in about as much muscular work

as would fall to the daily labourer, and (3) men of the finest physique and performing feats that make a very severe strain on the organism.

In all cases the experiments went to prove the great advantage of very drastic reductions, especially in the amount of proteid food taken.

The ordinary proteid ration for an adult man, according to the Voit standard which most physiologists have hitherto accepted, is 118 grains. This corresponds to a daily excretion through the kidneys of at least sixteen grains of nitrogen.

Advantage to Brain Workers.

Prof. Chittenden found that he could, in his own case cut this down by two-thirds without increasing the intake of starchy foods. Thus for nine months he has been taking only one third as much proteid as formerly, and finds his health and strength fully maintained, in fact improved. His colleagues in the experiment had much the same experience.

The soldiers were given a proteid ration about half that they had been accustomed to, and their rations of fats and starches were likewise somewhat reduced, the men being meanwhile kept at their usual work. They were also taking vigorous exercise in the gymnasium.

Gains in Strength and Efficiency.

The results were most striking. Examined at the end of the six months the men were found to have fully maintained both physical vigour and mental tone. One or two had lost very slightly in weight, but these were such as could well afford it. *All had gained greatly in physical strength, most of them from 75 to 100%.* They had, moreover, been remarkably free from colds during the time, and were in an exceptionally fine state of general health and fitness.

Practically the same results attended the experiments upon the athletes.

Prof. Chittenden therefore comes before the world with the flat statement, backed up by convincing scientific proofs, that the average man eats decidedly too much for his good.

This general principle has long since been recognised in the Battle Creek Sanitarium, Dr. J. H. Kellogg, its superintendent, having maintained for years that the proteid ration given in physiologies is excessive.

More recently Mr. Horace Fletcher has done much to enlighten the public on this important subject. We believe it was his claims that first suggested the experiments to Prof. Chittenden. Certainly the latter's thorough-going investigations are most significant and far-reaching in their results. We are glad to lay these general particulars before our readers. If any wish to go into the subject further, the Professor has given complete details of all the experiments in a bulky volume which has just appeared.*

It may be mentioned as one evidence of the correctness of Prof. Chittenden's contentions that the men experimented upon, from what we learn, all liked the new diet so well, that they are continuing to follow it as a regular thing.

The soldiers, through one of their number, wrote the Professor an appreciative letter, and said they were in the best of health, were eating very little meat as a rule, and would not mind undergoing another test.

We feel free to say that probably the majority of the readers of GOOD HEALTH would find that slow eating with careful chewing of the food, would enable them to satisfy the demands of hunger with considerably less than the amount of food now taken. The number of meals a day might also in most cases be reduced with real advantage.



Worn Out at Thirty-one.

JOHN D. ROCKEFELLER, JR., son of the well-known oil magnate, seems destined to become an invalid early in life. He has been working beyond his strength, and is now ordered to Europe for a vacation. Mr. Rockefeller, a strong temperance man, and very regular in all his habits, has yet one vice,—that of too exclusive attention to business, to the neglect of personal health. He is a "desk ridden" man, if we may coin the word; and nature usually gets her revenge on "desk-ridden" men by making them bad-ridden. The elder Rockefeller has been an invalid for years; it looks as if his son were following a bad example. Let us hope that this particular version of the "strenuous life" will never become common in Great Britain.

*"Physiological Economy in Nutrition," by Russel H. Chittenden. Published by Fred. A. Stokes Co., New York City, U.S.A. Price about 15/- we believe.

Of Interest to Women.

A RECENT number of the *Ladies' Home Journal* contains some information that should be of peculiar interest to women who have had "doings" with patent medicine concerns and self-advertising "doctors." We have said a few things occasionally as to how such businesses are carried on, but the article in question, composed in the main of definite statements from a reliable person who connected himself with one such firm, and had intimate dealings with others on purpose to become acquainted at first hand with their methods, brings facts to light which are not generally known.

No Personal Attention.

In the first place, this gentleman tells us that the self-styled doctor instead of giving each case the promised personal attention, never sees the letters at all. He is probably travelling on the Continent, or enjoying himself in his country seat. There are a set of printed letters dealing in a general way with certain symptoms, and it is left to ignorant clerks to read the correspondence that comes in, and send out what they think the most suitable of these printed letters, always, of course, with the signature of the great doctor or specialist, or whatever he chooses to style himself.

"Especially Fitting Your Case."

Furthermore, the advice is invariably in the direction of using the remedies supplied by the firm. Anything in the nature of disinterested advice need not be imagined, no matter how the advertisement reads. What then, is the nature of the medicine? Of this our writer says:—

"The house has some four or five different 'medicines,'—all containing practically the same ingredients, as I afterward found out from the 'chemist' of the establishment, but under different names. One of these is recommended as 'especially fitting your case.' Each letter contains a strong recommendation to try 'not many bottles,' but 'just one,' so as to lead the unwary on. The 'doctor' knows mighty well that the alcohol in his preparation will so exhilarate the patient as to lead her to a second bottle if she tries the first. For, mind you, so large was the percentage of alcohol in one of this firm's 'preparations,' the one most generally recommended, that I once took a portion of the mixture, poured it into a saucer, applied a lighted match to it, and it instantly ignited! And this 'mixture' is to-day being taken by thousands of women and children!"

A Powerful Germ-killer.

Referring to other similar remedies, he writes:—

"I remember, in this connection, having an analysis made of a 'medicine,' which was a strong competitor of ours. Its germ-killing qualities were 'its greatest boon to mankind.' It contained exactly 98.02 per cent. of water, and 1.98 per cent. sulphuric acid—the latter, of course, having a very injurious effect on the enamel of the teeth!"

People often wonder how such excellent testimonials are obtained. Of this we are told:—

Testimonials Paid for in Cold Cash.

"The great majority we bought and paid for in cold cash. We were, however, always very careful in doing this, and never in any instance committed ourselves to writing. We always had a 'trusty' agent to attend to this, and there was never any 'evidence' Then, again, this would happen: one great 'cure' effected by one of our 'remedies' was very extensively advertised, and we spent thousands of dollars advertising the 'cure' of this particular woman. After a while we got this interesting letter:—

"This is to let you know that the young woman whose case you are advertising, died March 29th, at 4.50 p.m., after taking your remedy with much faith!"

"We looked into the matter, and found the facts to be true. But the advertisement went right on, and is being used to-day as 'a great cure,' only it is no longer used in the particular vicinity where the poor young woman died, and where the facts in the case are known."

No Privacy.

"And so I might go on and on, and tell of the methods which I saw during my connection with this 'patent medicine' concern—the proprietor, a millionaire several times over, living in luxury with his daily income being derived from the women he deludes into believing he can cure any ill or ail under the sun, while his 'trusties' laugh and make coarse jokes about the delicate and sacred contents of the private letters written to 'the doctor' by girls and women throughout the country."

It is not necessary to quote further. Enough has been given, we hope, to lead any self-respecting woman to shun the patent-medicine advertisements, appealing especially to them, which form such a prominent and abnoxious feature of the country's press.

Health is not stored up in medicine bottles anyway; it is rather to be found out under the open skies, in the fresh air and bright sunshine, and in a life that harmonises with nature's laws.

GRACE AND BEAUTY EXERCISES.

BY J. H. KELLOGG, M.D.

EXERCISE is one of the first things essential for purity of the blood, soundness of the nerves, clearness of the skin, and elasticity of the spirit.

Healthful exercise may not to any great extent modify the features of the face, but it will secure grace and beauty of form and movement; and there is far greater attractiveness in a graceful and well-developed figure than in a simply pretty face.

Correct poise lies at the foundation of grace in movement. Among civilised people scarcely one person in a hundred can be found who knows how to stand correctly, or who can take at once a correct poise when told how to do so. The most perfect male figure the writer ever saw, was among the wilds of Arizona, in the person of a Yuma Indian, who in form and poise stood as perfect as an Apollo. The scanty clothing which he wore had imposed not the slightest restriction upon his bodily movements, and the active out-of-door life which he led had resulted in a perfectly symmetrical muscular development. Why should not civilised men and women have equally perfect and graceful figures?—Simply because that symmetrical development of the muscular system upon which grace and beauty of form depend, is almost wholly neglected among civilised people. Our bodies are allowed to grow out of shape, to fall into ungraceful and unhealthful attitudes. The flat chests, round

shoulders, crooked spines, caved-in-stomachs, protruding abdomens, straight backs, awkward gait, and general lack of grace in movement, are not, as most persons probably suppose, the result of inheritance or a lack of natural endowment, but the effect of wrong education, or rather a lack of proper education of the body.

A graceful bearing in sitting, standing, and walking, is of first importance. A person who preserves constantly, in sitting or standing, a correct poise, can in so doing maintain a physical bearing which can scarcely be otherwise than attractive. As Aristotle says, symmetry of grace and symmetry of form are much more to be desired than simply comeliness of features.

It is noticeable that health, grace, and beauty always go hand in hand. A graceful attitude is always a healthful one; hence cultivation of grace in the sitting and standing poise is an important aid to health and beauty; and, in fact, it is the natural result of obedience to an important law of Nature.

Of the accompanying cuts, Figures 1 to 5 illustrate the method of acquiring a healthful sitting poise. Figure 1 shows a lady sitting in the position commonly assumed in an ordinary chair. The proper sitting poise is shown in Figure 2. By a careful study of these two figures, the difference in position maintained will be readily apparent. In Figure 1, the centre of the back rests against the back of the chair,



1

2

3

4

5

the chin drops forward, the chest is flattened, the stomach and bowels depressed, and all the muscles of the trunk relaxed. In Figure 2 the hips and shoulders touch the back of the chair, while the centre portion of the back is not in contact with the chair back. The chest is held well up, the chin drawn in, the abdominal muscles and all the muscles of the trunk are contracted, and the stomach, bowels, and other organs are thus held in proper place. The position shown in Figure 1 is transformed into the correct position of Figure 2. First,

the hands are placed upon the hips, as shown in Figure 3. The head is thrown backward so that the eyes look up toward the ceiling, a little more than is shown in Figure 3. The body is then bent forward, as shown in Figure 4, the head being carried well backward, while vigorous pressure is made on the back with the thumbs. The purpose of the pressure with the thumbs is to cause firm contraction of the muscles of the back. This brings the chest forward, and corrects the posterior curve of the back, which is acquired by the habit of sitting in a relaxed position, as shown in Figure 1. While making firm pressure with the thumbs, the body is raised to the correct position shown in Figure 5. The pressure with the thumbs prevents relaxation of the muscles of the trunk while the

body is being raised to position. While holding the body in correct position, the hands are removed from the hips, the shoulders allowed to rest against the back of the chair, the muscles of the trunk still remaining in forcible action, and thus the position shown in Figure 2 is acquired.

In Figure 6 is

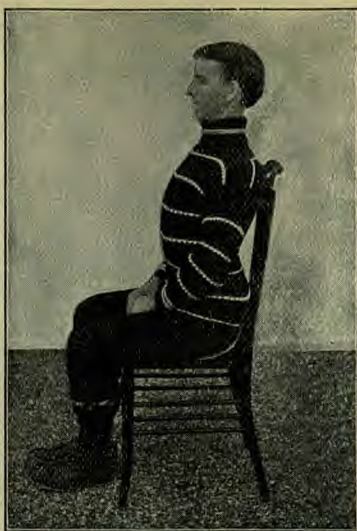


FIG. 6.

shown a young man sitting in correct position in an ordinary chair. The strong forward curve of the spine may be easily noted. Figure 7 shows a person sitting in correct position in a properly constructed chair. The position of this chair has the advantage that the back is made at such an angle, and has such a curve, that the muscles may be relaxed without allowing the body to fall into a wrong attitude. The backward inclination of the chair-back carries the centre of gravity for the trunk so far back that the weight of the trunk

rests upon the back of the chair, and the weight of the head is carried by the anterior muscles of the trunk which are attached to the breast bone, the clavicle, and the first rib, and thus the weight of the head is made to pull the chest forward. Forcible sitting, shown in Figure 2, is tiresome. The chair shown in Figure 7 enables one to relax without getting out of position, and thus a sensation of rest and relief is experienced at once when one takes a seat in the chair. Figure 8 shows the outline of a woman sitting in an ordinary chair in the position usually assumed in sewing. In a person sitting in this position, the stomach, bowels, and other abdominal organs are necessarily crowded down out of position; the lungs are cramped, breathing interfered with; the abdominal viscera become congested because of interference of the blood circulation, and the foundation is laid for diseased conditions which may result in complete undermining of the health.

Figures 9 and 10 show the incorrect and correct standing positions. The correct standing position may be readily found by a simple exercise taken by aid

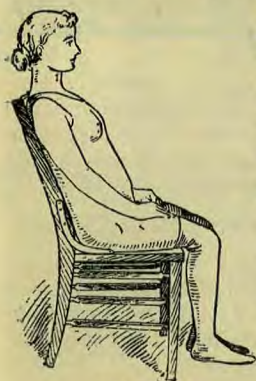
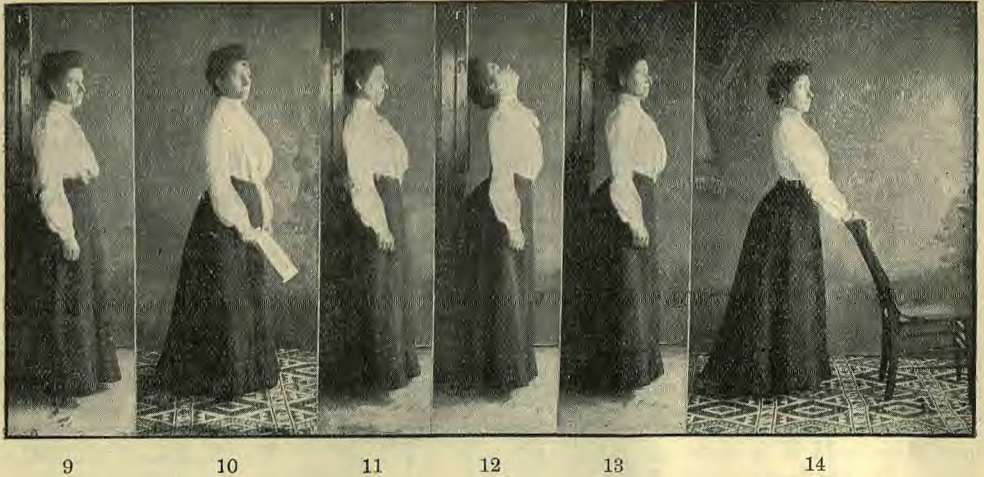


FIG. 7.



FIG. 8.



of the edge of a door, or a perpendicular wall.

In Figure 9 the person is shown standing with the usual incorrect poise against the edge of a door. Figures 11, 12, and 13 show how the correct standing position is obtained. Standing with the heels, hips, head and shoulders against the edge of the door, the head is thrown backward until the chest is lifted forward, as shown in Figure 12, the heels and hips being held against the edge of the door. The hands are now put upon the hips, as shown in Figure 3. With the thumbs backward, a firm pressure is made with the ends of the thumbs. This contracts the muscles of the back so that when the head is thrown forward the position shown in Figure 13 is found. Holding the muscles of the trunk forcibly contracted, the arms are allowed to drop by the side, and stepping free from the door the excellent standing position shown in Figure 10 is acquired.

These exercises are excellent for developing the abdominal muscles, and, in fact, all the muscles of the trunk, which is necessary for a person who would constantly maintain a correct position in sitting, standing, and walking. Certain additional exercises are also useful for this purpose. The exercise shown in Figure 14 is especially good. This consists of grasping the back of a chair, which is made to bear part of the weight of the body, and raising the heels as high as possible. As the body is raised upon the toes, the abdominal muscles contract vigorously. A still more vigorous exercise can be secured

by springing upward so that the toes rest entirely free from the floor. At each spring the abdominal muscles contract with great vigour. Lying on the back and raising the head as far as possible is another excellent exercise for this purpose. Leg-raising requires still more vigorous action of the muscles. Raising the head and legs at the same time forces the abdominal muscles into most active and vigorous contraction. These movements may be repeated thirty or forty times, several times daily.

Another good exercise is to sit on the edge of a chair, and take the position shown in Figure 3; then throwing the body backward, raise the knees at the same time. Thus rocking backward and forward thirty times, the abdominal muscles will be thrown with each movement into vigorous contraction.

Still another effective exercise for developing the abdominal muscles is tip-toe walking, or walking with a springing step, an exercise which is practised as part of the German Army drill.

Out-of-door walking is especially conducive to health, as it secures abundance of fresh air and, at the same time, exposure to the air and sun, health-producing factors of the greatest importance.

—♦—

LIFE is made up, not of great sacrifices or duties, but of little things, in which smiles and small obligations, given habitually, are what win and preserve the heart and secure comfort.—*Sir Humphrey Davy.*

THE SCHOOL OF TO-MORROW.

BY M. ELLSWORTH OLSEN.

It presented an altogether pleasing and wholesome appearance, that cluster of glazed-brick buildings nestling amidst the foliage of its own magnificent grounds. Was it really a school?

Yes, and the children are already on their way to it, though it is yet early.

There is no cloud on their "shining, morning faces," neither have they any books in their arms. They have not sat up the evening before poring over rules of grammar or trying to solve some difficult problem in mathematics; so now with eager steps and minds completely rested from yesterday's toil they hurry on their joyous way, making the street melodious with their merry voices.

Let us join them and take a nearer view of the twentieth century temple of knowledge. Inside the ivy-grown archway, a delightful picture is presented. Crowds of happy children are dispersed over the grounds, some engaged in games, others enjoying the antics of the animals in the menagerie, and still others busying themselves in the flower and vegetable gardens. Overhead the birds sing their joyous songs, and everyone seems wonderfully happy.

Presently at the ringing of a bell, all betake themselves to their respective school-rooms. We enter one forming part of a neat, plain building on the outskirts of the campus. The pupils, numbering about twenty, are mostly from ten to twelve years of age. The day's work is well under way. A class of five are reciting. What bright, eager faces! What joy of communication is here! Each has been learning something suited to his comprehension, and is eager to tell it, and ask questions about other things not so clear. The teacher has perfect attention. Her earnest manner, perfect knowledge of the subject, and soft melodious voice hold those children enthralled. Knowledge in her hands becomes a delight indeed, and these little ones learn at an early age the joy of self-discovery—of feeling themselves grow and expand mentally as well as physically.

Looking around the room we see an absence of that bareness which one is wont to associate with a schoolroom. Here are shelves containing a library of carefully-selected books, strongly and beautifully

bound in washable covers, and printed in large, clear type, on the best paper. There are books on scientific subjects—botany, zoology, chemistry, physiology, etc.—also on history and art, and a good selection of literary master-pieces in poetry and prose.

All were at the service of the pupils who might use them at any hour. Moreover, the room being large, there were extra chairs of different sizes, and some little hassocks ranged on the smoothly polished floor alongside the shelves, so that the child might sit there and read if he chose, and thus vary his position. He was also at liberty to stand for awhile, or to seat himself on one of the rugs.

The regular desks, however, being adjustable, and each therefore arranged for the comfort of its occupant, were so much liked by the pupils that they often preferred to take the book back with them to their permanent seat.

In another part of the room we saw cabinets containing shells of all kinds, and other interesting specimens. While we were looking a little boy went up to one of these and took a beautiful piece of coral from its place, sat himself on a convenient rug, and proceeded to give it a critical examination. He had just had as we afterward learned, a little, quiet talk with his teacher. She had told him of the wonderful little creatures whose quiet work under the water formed these beautiful creations, she had told him of some books where he would find out more about them, and had advised him to examine carefully the specimens in the cabinet, after which he was to write a letter to his cousin in another country telling the most interesting things he had learned. His teacher promised that she would look over his letter, correct the mistakes, and help him to make it as good and true a description of the subject as possible.

Other classes recited in the course of the forenoon. Some of the exercises included all the students in the room; others were for individuals. It was easy to see that the teacher was giving each child her personal attention. One little girl who was not sufficiently robust physically to satisfy the requirements, was put through several brief exercises, and then sent out in the garden

to do some light work under the oversight of the kind gardener. Such children, we were told also, had some special work in the gymnasium, which the doctor had prescribed for them.

Noon came (the children having had a brief recess at the middle of the session), and many now went home for their dinners. Others betook themselves to the school restaurant, where plain, wholesome food suitable for growing children, was sold at reasonable figures. Some few who came from the poorest quarters, and had no pennies, were supplied the same as the others.

Meanwhile the grounds presented a pleasing spectacle. Some were using the swings, some climbing the trees, many playing at games of all sorts, every one enjoying himself as he thought fit, the teachers often joining in the frolics, and thus exerting unconsciously a refining influence upon their pupils.

Suddenly an outcry was heard in a remote portion of the grounds; almost in the same breath came a child-messenger saying that one of the girls had fallen from a tree and hurt herself. The signal was given immediately, and an amateur ambulance corps, composed of four bright, sturdy boys, was quickly on the spot; under the watchful eyes of the teacher the little girl was tenderly placed on the stretcher and taken to the school hospital, where the doctor, called by telephone, was already in waiting. A rather severe sprain with a few bruises comprised the list of injuries, and a couple of older girls from another department of the school, quickly soothed the pain by the application of hot fomentations, their ministrations being under the oversight of the regular nurse.

We now took the opportunity to examine this, to us new department of a board school. The courteous attendant gladly showed us the ward, with its cheerful, sunny aspect, made doubly attractive by pictures and other ornamental things dear to hearts of children—all of peculiar makes, so as to be readily cleaned and sterilised. We were also shown the bathrooms, and learned that they were very much in demand. Occasionally, though this was but seldom, they were used for disciplinary purposes. If any little boy or girl so far forgot himself as to fly into a passion, or show other evidences of an ungovernable

temper, the strong arms of the bath-man soon had him under the cold spray, and when this preliminary treatment had been followed by a quiet rest of an hour or so, the little fellow was generally in a reasonable frame of mind. These compulsory cold baths were viewed with considerable awe by the children, and seldom needed to be applied.

Most popular of all the school institutions was the spacious swimming pool. Here the various classes all had their weekly swim, and during the warm season they were allowed to come every day. Swimming was a regular part of the school curriculum; lessons were also given in rescuing and resuscitating the drowned.

After a pleasant stroll through a number of other recitation rooms, much the same as the one in which we spent the forenoon, all lighted from above, the buildings being of but one story, perfectly ventilated without draughts, and through spacious windows commanding views of the garden, we came to the large gymnasium, which we were told also served as playground in stormy weather. In this building moreover the school entertainments are held, and frequent lectures of an educational character, usually illustrated with lantern views, are given by officials of the school, and others. Lectures on hygiene, the harmful effects of stimulants and narcotics, and the general principles of healthful living were usually given by the physicians attached to this school, or one of his colleagues, and attracted widespread interest, being attended quite generally by the parents of the pupils.

All the buildings on the campus were of glazed brick, their interior walls of the same material. Internal ornament there was none, with the exception of a few good pictures and pieces of statuary and an occasional group of ferns, palms, or flowering plants.

Thus everything could be kept chemically clean, and no opportunity was offered for the accumulation of germs and consequent infection.

In the course of our investigations we happened to arrive at the headmaster's office, and were glad of the opportunity to ask some questions.

"These children all seem to be having a remarkably good time; but you don't call this a *school* do you?"

"Certainly it's a school; and very poor teachers we would be if we didn't make our pupils happy. Pray, what could be more pleasant than learning things? Why should children enjoy exercising their muscles and not their minds?"

"But do they get the necessary discipline when things are so pleasant?"

"They get the kind of discipline that children of a tender age need—a healthy mental and physical environment, and an opportunity to develop symmetrically. As for making the getting of knowledge pleasant, that is absolutely necessary to any teaching of children that is to

serve its end. You may take a horse to the watering trough but you can never make him drink. In like manner you can drill things into a child day after day; but if you cannot make the knowledge pleasant enough so that he will voluntarily open up his being, and let you and your teaching enter his heart, you have not really taught him anything. It is the teaching to which the child

reacts that is vital. That which simply enters at the ear, and comes out through the mouth in a glib recitation, is of very little account."

"No doubt there is much in what you say. I can see a beautiful ideal, but how can you make it *practical*. For instance, how do you conduct your examinations?"

"Very thoroughly and satisfactorily I can assure you. Dr.— with the help of his assistants examines every child in this school yearly. He knows just what progress each is making in physical development; he is also acquainted with the family history of each child from a medical standpoint, and gives special instructions

concerning such as have a tendency to consumption or any other weakness. His directions are carried out with the greatest care by the individual teachers and usually with perfect success."

"Yes, but I mean an examination that will test the pupil's mental acquirements. Don't you have some sort of formal written test to determine whether a pupil is fitted, for instance, to pass into a higher standard?"

The master seemed a bit puzzled to know just what was intended. When I had made my meaning entirely clear, he said:



WINTER SCENE, CATERHAM.

"Our teachers see their students daily and work with them. Why should they need any special test to tell them what they must know already in order to teach to advantage. No, we don't have any such ordeals as you have described. I wonder your teachers ever could tolerate such a burdensome and apparently useless custom. Your whole marking system evidently ignored certain physiological factors which lie at the foundation of an all-round education to-day. Of course we have a certain general standard of attainment; students having reached this standard are either passed on to learn some particular trade, or if they have shown ability leading us to

think that they might become useful to the State in one of the professions, we pass them on to a higher school which prepares them for the university. Pupils showing marked artistic talent are encouraged in that direction. We aim to keep hold of our pupils until they are definitely placed to advantage. Our little girls are carefully taught sewing, cooking, laundry-work and everything about a house; also the care of

proper allowances for certain traits of character having their source in the parents or the home surroundings, but it also enables the teachers to impart useful information on a variety of points of practical importance in the running of the home. Thus the surroundings of our children in their private homes gradually approaches more and more closely to the conditions which obtain here.



COUNTRY LANE, CATERHAM.

little children, and the laws governing their own health and well-being. If girls show special talent in any direction, they are also given the opportunity, if their parents favour it, of getting a higher education."

"I see you feed the children if they are not sufficiently fed at home."

"Yes, and if owing to any emergency some child in a poor quarter has no good place in which to spend the night, he knows that a free bath and a good, clean bed awaits him here. A portion of the main building is open night and day, and our facilities enable us to deal with any possible emergency. However, such cases of distress are becoming more and more rare. Our teachers having short hours, and little home work to do in the way of looking over papers, etc., find time for systematic visiting of the parents in their homes. This not only greatly helps them to understand the children, and make

"We carry on evening classes for adults and for youth who have been bound out as apprentices. There is nothing to hinder a common apprentice from getting the best of an education if he has pluck and perseverance.

"Is there any other question you would like to ask?"

"No, thank you, I think I've all I can manage for the present. Yes, I would like to know when this building was erected."

"In the year—" but, here I awoke, and, lo, it was only a dream! When will it be fulfilled?"

—♦—

Rest for the Tired Housewife.— Every housewife should take a little time each day for rest and relaxation, if it be only ten minutes. Slip away from cares and duties, and throw yourself down on a lounge or bed until your body feels heavy, and you realise the force of gravitation. Then stop thinking, relax your mind. Don't let a worry or even an apparently harmless thought creep into it. Of course the clothing should be loosened so that it will not constrain the body in any way. If you can fall asleep, so much the better; if not, close the eyes, thus resting these organs, and lie still. At first it may be necessary to persist consciously in keeping the mind free from thoughts, but gradually this will become easier.—*Sel.*

—♦—

DEFECTIVE eyesight is responsible for much imperfect work in the schoolroom.

SANITARIUM METHODS.

BY ALFRED B. OLSEN, M.D.

GOOD health is not a matter of chance or luck, but the legitimate result of obedience to physical law. It is the sure harvest of correct living. "Whatsoever a man soweth, that shall he also reap" is a biological as well as a spiritual law. The man that sows good seed by observing careful hygiene and sanitation, by temperate eating and drinking, by exercise and an out-door life, and by cultivating correct habits of life in general will reap his just reward in improved health of both body and mind.

The Laws of Health.

Health is governed by certain laws which if followed conserve life, but if disregarded lead to disease and death. These laws are exceedingly simple and not at all difficult of comprehension. They have been so often reiterated that it is hardly necessary to repeat them. Still we will mention a few as follows:—

- Breathe fresh air.
- Drink pure water.
- Eat plain food.
- Be temperate in all things.
- Do manual labour or physical exercise.
- Secure needed sleep.
- Avoid excess and shun vice in any form.
- Cultivate good cheer and peace of mind.

Train for Health.

A genuine sanitarium is literally a *training school for health*. The chronic invalid has rational hours fixed for him, and he cheerfully complies. Instead of giving him a late supper he is sent to bed at a seasonable hour. Then he is ready to rise reasonably early in the morning.

The morning toilet begins with a tepid or cool sponge bath and a vigorous rub down, followed by deep breathing and other exercises, or a brisk walk in the fresh air.

Diet.

The food is plain but well cooked and wholesome. For breakfast dextrinised and unleavened breads, super-cooked grains,

fresh and stewed fruit, and dairy products are served. The patients are encouraged to select but a small variety for each meal, and chew the food well. Genuine hunger is the best sauce, and complete mastication the spice.

Dinner is a more liberal meal for those who have fair digestion. Baked potatoes, greens and other vegetables, plainly cooked, furnish with the soup, roast, entrée, and the hygienic pudding a generous variety from which to make a selection. Dextrinised breads and cereal products with fruit offer the chronic dyspeptic a simple and easily digested meal.

The tea or supper is a light affair which is served early in the evening, and consists only of fruit and breads. A heavy meal at night is undesirable, and should be avoided.

Physical Culture.

Light gymnastic exercises form an essential part of Sanitarium training. In



GODSTONE ROAD AND TUPWOOD LANE, CATERHAM.

the morning the Swedish Educational System is followed. All the exercises are light and easy to do. First come deep breathing, then arm, leg, head, and trunk movements, after which a few minutes is spent in fancy marching. Symmetry of development and a good poise and carriage of the body are more important than mere muscular strength. All strain and over-work is carefully avoided.

In the evening there is a drill with light wooden dumb bells, and also marching.

But exercise out-of-doors is not neglected. Frequent walks are encouraged, cycle riding, and driving for the weaker invalid.

Bathroom Treatment.

The bath department is open all day, and affords excellent facilities for baths of various descriptions, together with massage, electricity in various forms, manual Swedish movements, and other rational remedies. The electric light bath is an excellent means of treating gout, rheumatism, chronic inflammation of the kidneys, and many other diseases. Then there are fomentations, hot and cold packs, cold compresses, salt glows, cold mitten frictions, sprays, showers, and numerous other measures, all of which are carefully adapted to each patient, and given by a skilled nurse.

"At Home Away from Home."

"I never felt so much at home away from home as I do here," said a guest recently in one of the leading Sanitariums. It is indeed one of the chief objects of these institutions to make the guests comfortable and have them feel at home while undergoing the cure.

Sanitarium life is exceedingly simple and informal. The institution is more like a home than a hotel. A friendly spirit prevails, and there is also an air of good cheer and courage that inspires and gives hope to all who come. A healthy optimism is encouraged among all the guests. Every effort is made to divert the minds of the patients from their symptoms and ailments. In pleasant weather there are games out of doors, such as croquet and tennis. Musical entertainments are also provided.

There are several lectures each week on hygiene, sanitation, diet, temperance reform, physical culture, and other subjects pertaining to health. About once a fortnight a box for written questions is placed in the drawing-room, and an opportunity given to all who wish to ask questions.

The average daily programme is about as follows:—

Rising hour,.....	7.30.
Worship,.....	8 00.
Breakfast,.....	8 15.
Swedish Gymnastics,.....	9.00.
Bath hour,.....	9 00 to 1.00.
Dinner,.....	1.45.

Bath hours,.....	3 00 to 8.00.
Dumb bell drill,.....	6.00.
Supper,.....	6.30.
Health lecture (Mondays and Thursdays),	7.30.
Retiring hour,.....	9 30.

CHILBLAINS.

BY J. J. BELL, M. D.

CHILBLAINS are local congestions of the skin caused by exposure to damp and cold. They usually occur on the toes, fingers, and sides of the feet, less often on the heels, ears, and tip of the nose. Local swellings of a pink or purplish colour with much itching, especially when warm, are the chief characteristics present. In the more severe cases vesication or the formation of small blisters occurs.

A very frequent abuse of chilblains is to sit with the hands or feet before the fire after exposure to cold.

To prevent taking chilblains when the extremities are cold we must warm the parts by exercise. This causes, not a local congestion but rather a quickening of the circulation of the blood through the tissues. A brisk walk or run in the open air will accomplish this, or gymnastic exercises with the feet and hands.

Persons suffering from chilblains should avoid chilling of the extremities, (1) by active exercise, (2) by wearing loose, warm garments. Tight-fitting boots and gloves, and the use of garters should be avoided. It is a good plan also to change the stockings frequently.

One of the most effectual remedies for the cure of chilblains is the dipping of the parts alternately into hot and cold water. The hot water must be kept as hot as can be comfortably endured by the patient, and the cold may be as cold as can be obtained. The affected parts may be kept about thirty to forty-five seconds in the hot and about ten seconds in the cold water. This may be kept up for ten minutes at a time, and repeated at least three or four times daily. Always finish with the cold water, dry the parts thoroughly, and give friction.

If the skin is broken, the parts should be kept clean and some mild antiseptic ointment applied after the use of the water.

The alternate hot and cold acts in a somewhat similar manner to exercise. It brings to the parts a large supply of blood which promotes healing.

THE EVIL EFFECTS OF TEA-DRINKING IN CHILDREN.

BY F. FLEETWOOD-TAYLOR, M.B., CH.B.

To be "healthy, wealthy and wise" is, I suppose, the secret wish of all. How much more is it the prayer of every fond mother as she gazes at the precious bundle asleep in the cot. If asked what gift she wishes bestowed on her child, she will reply "HEALTH." In this she is right, for it will form the little one's most valuable asset in the battle of life. If then, the fairy godmother's blessing be invoked, what part do we mortals take in securing "a sane mind in a sound body" to the future man or woman? Certainly NOT by inculcating a taste for a stimulant through allowing Nina a "dash" of tea "so weak that it could not hurt her"; for, the strength is gradually increased until the time comes when the maiden insists on having it "straight from the pot," and, consequently, her digestion is impaired, and her "nerves" materially affected.

If you ask a little child what it would like to eat, or drink, it invariably points to something bright and pretty, or, that it knows tastes "nice" *i.e.*, luscious and sweet in flavour. Now, these qualifications are found in the gardens of the earth, where Dame Nature has set forth all the essentials for man's maintenance in as attractive a manner as possible, with the added virtue that no deleterious effects will follow.

When a child cries for tea it is not a natural instinct to which we are attending, but a perverted craving. Habit is a mighty force, and a foundation for good or evil is always laid in childhood when imitation is a prominent feature in the character. "Example is stronger than precept," therefore, if mother and father have tea, of course Beryl and Gerald want it, too; partly because they think it grand to do as their elders; partly because it *should* be right to do the same as their parents; and, partly, I fear, in some unhealthy and delicate children, because they are born with an irritable, nervous system, which responds readily to the stimulation of tea-drinking.

Anyone considering calmly the composition of tea, can realise that its alkaloids must be dangerous to a young life just opening out, when the elements of a robust

constitution can only be built up from fresh air, pure food and regular exercise. No nutriment is found in a cup of tea except that which is derived from the sugar and milk added to make it palatable. "Theine" (the chief alkaloid) is a nerve irritant, causing paralysis of the heart, and unduly exciting the nervous system.

How can we wonder then that children who are habitual tea-drinkers get "bowled over" one week in every month? They are brought to see the doctor suffering from sickness, headache, loss of appetite and feverishness: the poor mites are so evidently "poisoned" and become such pathetic patients when we understand the *cause* of all the trouble. Mothers need have no more fractiousness and peevishness in their nurseries if they will banish tea from their darlings' daily menu.

Tea contains 12% to 17% of tannin, which is an active astringent producing constipation, impairing the digestion, and reducing intestinal secretion, thus proving that the normal processes of the body cannot go on if such an enemy be allowed an entrance. When we speak to grown-up people of the evil effects of tea-drinking, they immediately exclaim, "Oh! I could not possibly do without my tea. Life would not be worth living without it, I would rather die than give it up."

Possibly some may argue that there is an excuse for an elderly party voicing such sentiments; but, by no stretch of imagination can we apply the same argument in the case of little children. Naturally vivacious and joyful, they *instinctively* choose milk (a non-stimulating beverage) as more suitable to their finely poised mental and physical equilibrium. If brought up according to the laws laid down in GOOD HEALTH, they are a treat to see and live with, with no aches and pains, no colds, no bad tempers, no morbid "cravings," and no sleepless nights. These latter are the dire results of tea-drinking and kindred mistakes in diet.

* * *

"SARAH," said the little girl's mother, "Why don't you be good?"

"Yes, mamma; but it's hard to be good, and I can be bad without trying."



WINTER FEEDING.

BY M. ELLSWORTH OLSEN.

WINTER feeding should be reasonably generous in quantity and in good variety. The colder the weather, the larger the amount of food required to maintain the body in good working condition. There is a sense of comfort, of well-being, and of boundless energy which belongs only to the well-fed man.

Children especially suffer severely from any deficiency in the diet during the cold season. They must have material for growth as well as for the maintenance of the normal heat and energy of the body. With good feeding, the sharp frosts and bitter winds will only give tone to their systems, and help make them strong and hearty; but if insufficiently nourished they will suffer severely from inclement weather. Children scantily clad need more food than others, greater exposure calling for larger quantities of fuel to keep the fires of life burning brightly.

On the other hand it is not wise to overload the system with nourishment, as this produces a clogged state of the organs leading to colds, influenza, and other catarrhal affections usually attributed to changes in the weather. Atmospheric conditions in themselves probably never cause colds; the real trouble is that men fail to adjust themselves properly to varying temperatures. A system clogged by over-use especially of starchy and fatty foods, is very liable to become disordered by very slight exciting causes.

In order to arrive at the proper mean some have recommended weighing the amount of food taken daily for some weeks, and making sure in this way that one is getting about the right amount. But this

is entirely unnecessary, unless it be in the case of patients under a physician's care and at his instructions. The ordinary individual will be wise to make eating and digesting as unconscious acts as possible. Plain, wholesome food, free from irritating condiments like pepper, Worcester sauce, mustard, etc., will be enjoyed by the normal appetite; and if eaten slowly and well chewed it is not very likely to be taken in too large amounts, especially if the mode of life is reasonably active.

If the appetite is not good, there is nothing like an open-air life to improve it. Outdoor exercise should not be neglected even in the most disagreeable weather by those who would enjoy good digestion. The weather, in fact is always agreeable to the man who is properly clothed and fed.

Hearty foods are suitable for winter. Labouring men will find peas and beans good standbys. Nourishing desserts such as puddings of various kinds, if simple, and digestible, are also in order. A plain, wholesome dinner might be somewhat as follows:—

MENU.

- Bean and Tomato soup.
(Served with Croutons.)
- Cauliflour with White Sauce.
- Beet Hash.
- Avenola and Nut Loaf.
- Barley Fruit Pudding.

The croutons, which are toothsome served with any soup, are made by dividing white or brown bread into small cubes, and baking in a slow oven till very lightly browned.

Directions for the other dishes mentioned may be found in the following:—

RECIPES.

Beet Hash.—Chop quite fine an equal quantity of cold boiled or baked beets and boiled or baked potatoes. Put into a shallow saucepan, add salt and sufficient hot cream to moisten. Toss frequently, and cook until well heated throughout. Serve hot.

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, a cup of thin cream (or a little of the best butter), one-half a cup of nicely steamed rice, and sufficient boiling water to make a soup of the proper consistency. Reheat and serve.

Vegetable Pea Soup.—Cook one pint of split peas until dissolved. When nearly done, put to cooking one and a half pints of sliced potato and one medium-sized onion sliced thin. When tender, rub all through a colander, add water to make the desired consistency, and salt to taste. Reheat and serve.

Barley Fruit Pudding.—Mix together a pint of cold, well-steamed pearl barley, a cup of finely minced tart apples, three-fourths of a cup of chopped and seeded raisins, a third of a cup of sugar, and a cup of boiling water, and turn into a pudding-dish; cover, and place the dish in a pan of hot water, and bake slowly an hour and a half or until the water has become quite absorbed and the fruit tender. Serve warm with a sauce made by dissolving a teaspoonful of apple jelly in a cup of hot water, adding sugar to taste, and thickening with a half-teaspoonful of corn-flour. Any tart fruit jelly may be used, or the pudding may be served with cream and sugar flavoured with a little grated lemon rind.

Avenola and Nut Loaf.—Take two cups of avenola, one cup of nut meal, one cup of walnut meats, one teaspoonful of sage, the same of minced onion, and salt as desired. Mingle together well, then pour over the whole sufficient hot water to moisten well. Let it stand for a few minutes until the avenola swells, then add enough more hot water to make the whole quite wet, and bake for an hour in a moderate oven. Serve hot or cold. Ground zwieback may be used in place of the avenola if preferred.

No Drinks at Meals.

DRINKING during the meal should be discontinued wholly, and especially by those whose digestive powers are weak. If the diet is of proper quality, and the food is well masticated, there will be little inclination to eat too much. When the food is rendered fiery with spices and stimulating condiments, it is no wonder that there is an imperious demand for water or liquid of some kind to allay the irritation.

* * *

"If you want to get happiness, try to give it."

Correct Poise.

ON the maintenance of correct poise depends very largely the ease with which the household work can be accomplished. Correct poise is nature's plan for the conservation of energy, for making lighter the strain of physical exertion. With the body in the natural poise, the chest uplifted, and with firmly held abdominal muscles, each of the internal organs maintains its proper adjustment; but when an incorrect position is assumed, there results at once pressure and strain, so that the body must act under a disadvantage and mechanically.

An Internal Difficulty.

LITTLE Archie Richards at the close of the Thanksgiving dinner sat at the table with his face suffused with tears. His mother was greatly troubled. With a sweet smile and with gentle intonation she put one arm round her little baby boy, and asked:

"What is it mamma's little darling wants?"

But "mamma's little darling" continued to cry.

Mamma made another effort to find out the trouble.

"Does mamma's baby boy want some more cake?" she asked.

"No'm," said the child, while the tears continued to flow.

"Does he want some more pie?" she further inquired.

"No'm," he further replied.

"Well," said the mother, making a last effort to reach his case, "tell mamma what baby wants."

The little boy managed to say somehow between sobs, "I want some of this out I've got in."—*Lippincott's*

She Got Used to It.

Mother of six children (who has just buried the youngest of them): "Do you never give your baby any vegetables or gravy at mealtimes?"

Mother of one child: "No, it would give her indigestion very quickly."

Mother of six: "Why, I always used to give my baby some of the same as we had ourselves, and it never hurt her. You see she got used to it."

HYGIENE THROUGH THE EYES OF LITTLE FOLKS.

BY MARY HENRY ROSSITER.

THE simplicity, yet the shrewdness, the ignorance, yet the wisdom, the pathos and the wit of little children give a never-failing charm to their doings and sayings. The truest answer to the question, "Who can tell what a baby thinks?" is usually "the baby;" for very little children are constantly telling what they think, and revealing the most unexpected things in reasoning. The dear old grandmother who was trying to persuade her wee grandson to have his face washed, and finally urged, "Why, Harry, grandma has washed her face three times a day ever since she was a little girl," was hardly prepared for his prompt conclusion, "Yes, grandma, and just see how it's shrunk."

A little vegetarian girl, six years old, was taken to the city with her father, one day. She had never seen any meat raw or cooked, but was familiar with all kinds of fruit. As they passed a market where some strings of sausages were hanging out in front, she stopped, and after looking at them in a puzzled way a moment, startled him with the question, "Papa, those bananas aren't good, are they?"

Jimmie had learned at school how alcohol retards digestion, and that raw meat in alcohol is changed until it becomes pickled. Soon afterward he was sick from over-eating, and his mother wished him to take some brandy and water. "Why, mamma," he exclaimed reproachfully, "don't you know, if I took that, it would make a *pickle* of me. It's got alcohol in it."

A lady who had been at a sanitarium where health foods are used, took some of the foods home with her. She tried to persuade her little grandson, four years old, to eat granola, telling him it would make him strong. For some time he could not be induced to eat it. But one day he came to the table demanding "grow," as he called granola, and almost made a meal of it. After that he would call for "grow," and insist on eating it regularly.

His grandmother asked him why he liked granola, but for a while she could not get the reason. Finally, he came up to her one day in a confidential manner, and

said: "Grandma, I'll tell you why I eat 'grow,' if you won't tell anybody. There was a boy sassed me on the street one day, and I'm going to get strong enough to lick him."

Power to Overcome Evil Habits.

WE are often asked for advice to help a person to give up tobacco, drink and other evil habits. The best help in such matters must come from God. True Bible religion affords a support to the mind and an impulse to higher, nobler living, such as is offered by nothing else. We have known of hundreds of men and women being reclaimed from intemperate habits by the simple power of the Gospel. Where this remedy has been truly applied, we have never known it to fail. But, the victim of evil habits must put forth earnest efforts to co-operate with the divine power. He must turn his back on self-indulgence, and resolve to live a life of self-denial that he may serve God and benefit his fellow men. Low, unworthy motives lie at the foundation of much low living; higher living springs from higher motives and ideals.

Fifty Cigarettes Daily.

THE use of tobacco by the youth of our country is one of the great evils that make for degeneracy of the race. Nicotine, the active ingredient of tobacco, is a tissue poison, and has destructive effects upon all the organs of the body. In the heart it produces fatty degeneration which leads to weakness, and renders one liable to death from heart failure. Recently the daily press recorded the death of a young man from excessive use of tobacco. He was known to smoke fifty cigarettes a day at times, and this soon led to fatty degeneration of the heart which brought about his death. To all boys and young men we say most earnestly *don't smoke*. No real benefit of any kind comes from the use of tobacco. Only harm, to a greater or less extent, is the result, and occasionally there is a fatal disaster as in this case.

* * *

It is work that gives flavour to life. Mere existence without object and without effort is a poor thing. Idleness leads to languor, and languor to disgust.—*Amiel*.

If I Were a Boy.

THERE is so much wholesome thought in the following paragraphs by Bishop Vincent that we take pleasure in reproducing them in *GOOD HEALTH*, hoping that they may prove helpful, especially to our younger readers, for youth is certainly the best time to begin the systematic culture of health.

"If I were a boy with my man's wisdom, I should eat wholesome food and no other. I should chew it well, and never 'bolt it down.' I should eat at regular hours. I should never touch tobacco, chewing-gum, or patent medicines; never once go to bed without cleaning my teeth; never let a year go by without a dentist's inspection and treatment; never sit up late at night unless a great emergency demanded it; never linger one moment in bed when the time came for getting up; never fail to rub every part of my body every morning with a wet towel, and then with a dry one; and never drink more than three or four table-spoonfuls of ice-water at one time. But all this takes will-power. Yes; but that is all it does take.

"I should never speak a word to anyone who might be worried about it, and only kind words of others, even of enemies, in their absence. I should put no unclean thoughts, pictures, sights, or stories in my memory and imagination. I should want to be able to say, like Dr. George H. Whitney, 'I have never pronounced a word which I ought not to speak in the presence of the purest woman in the world.' I should treat little folks kindly, and not tease them; show respect to servants, and be kind to the unfortunate.

"I should play and romp, sing and shout, climb trees, explore caves, swim rivers, and be able to do in reason all the manly things that belong to manly sports; love and study nature; travel as widely and observe as wisely as I could; study with a will when the time came for study; read the best books; try to speak accurately and pronounce distinctly; go to college and go through college even if I expected to be a clerk, a farmer, or a mechanic; try to be a practical, every-day Christian; help every good cause; 'use the world and not abuse it;' treat older men and women as fathers and mothers, the young as brethren and sisters in all purity.

"Thus I should try to be a Christian

gentleman, wholesome, sensible, cheerful, independent, courteous; a boy with a will; a boy without cant or cowardice; a man's will and wisdom in me, and God's grace, beauty, and blessing abiding with me.

"Ah, If I were a boy!"

 The Tonsils and Throat.

THERE are two tonsils, one on either side of the mouth at the back of the tongue. In health they are small and scarcely to be seen. They are composed of glandular tissue, and are engaged in the manufacture of white blood cells.

Sometimes the tonsils become inflamed, swollen, and painful. This condition is called Tonsillitis or Quinsy, and is accompanied by a fever. White patches form on the tonsils, and there is a discharge. In bad cases the swelling is so great that the tonsils almost meet, and swallowing becomes painful and difficult.

The best treatment consists of swabbing the patches with a mild antiseptic such as Listerine or a dilute solution of Chlorate of Potash, and gargling the mouth and throat with diluted Listerine or Peroxide of Hydrogen. A hot bath should be given, and the patient kept quiet in bed, and put on a light, plain diet.

At times the tonsils get so enlarged with diseased tissue that it becomes desirable to remove the diseased part by a simple operation, which is quickly done.

The throat is lined by a soft mucous membrane, in which are found glands of various kinds. When this membrane becomes inflamed, the person is said to have a sore throat. It may become very painful, and seriously interfere with swallowing.

A sore throat can usually be relieved by sipping hot water, and applying fomentations to the neck. After fomenting the neck, put on a cold compress, covered by dry flannel, and let it remain four or five hours or over night. Then foment again if necessary, or bathe the part with cold water and dry well.

It is best not to neglect either a sore throat or inflamed tonsils. Both are more or less infective, especially Tonsillitis, and if great care is not taken to avoid it, others will catch the disease.

* * *

"A FOOL carries his name in his mouth."

THE SYDNEY SANITARIUM.

WE present to our readers this month a photograph of the Sydney Sanitarium, which is located at Wahroonga, a few miles north of Sydney. Although it has only been open a couple of years it already enjoys a large patronage. The institution stands on high ground and is surrounded by beautiful wooded hills and valleys. Having been built for the purpose of a sanitarium it is thoroughly up-to-date in all its appointments and offers the very best facilities for the rational treatment of chronic invalids.

The superintendent, Dr. D.H. Kress, will be remembered by many of our readers for his faithful service in this country. Assisted by his wife, Mrs. Lauretta Kress, M.D., he started a small sanitarium in the vicinity of Red Hill some five years ago, and also gave lectures on hygiene, sanitation, diet, and other subjects pertaining to health. But the damp climate of England proved unfavourable to his own health, and so he accepted a call to go to Australia. His numerous friends will be pleased to learn that both the Doctors Kress are in the best of health, and enjoy their work immensely. The photograph of Dr. Kress was taken very recently.

Americans Eating Less Meat.

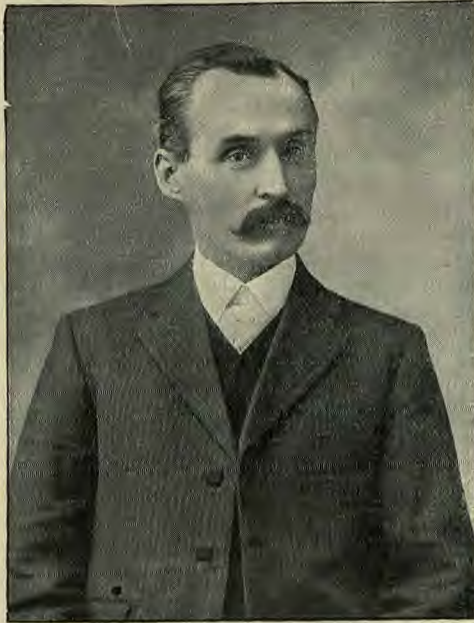
ACCORDING to the census, Americans are using considerably less meat than was the case a half century ago.

In 1850 the ration for a hundred Americans was 94 sheep, 118 hogs, and 25 beeves; in 1900 it is but 50 sheep, 43 hogs, and 20 beeves. There is a larger use of dairy products, and of cereals and vegetables. For instance, in 1850 one hundred persons

ate 430 bushels of wheat, and 90 bushels of oats. In 1890 they ate 623 bushels of wheat, and 386 bushels of oats. The general gain in vegetable expense is 80 per cent.; the falling off in meat expense 36 per cent.

We wonder how much of this is owing to the faithful efforts of our esteemed contemporary, the American *Good Health*, which is the oldest health journal in America, and has been holding forth the Gospel of the simple life now for the last

forty years. Doubtless this journal and the Battle Creek Sanitarium, which is the principal institution connected with the movement, have had a very large share in moulding public opinion on health matters, not only in the United States, but throughout the civilised world.



D. H. KRESS, M.D.

THE WORK CURE.

BY J. H. KELLOGG,
M.D.

GOUT is pre-eminently a malady of the rich; at least of those rich people who live in luxury. It is rare, indeed, to

find a hard-working man suffering from gout or chronic rheumatism. Uric acid disorders in general afflict the opulent and the sedentary,—those who live high and do not earn their bread by the sweat of their brow. The man who works, even though he may eat uric acid in the form of beefsteak, and drink it in the form of tea or coffee, cures himself by his labour. If the uric acid settles in some muscle or joint, producing pain, he may find himself crippled more or less when he begins his work in the morning, swinging an axe or hammer, pushing a plane, holding a plough, or engaging in some other muscular activity; but in an hour or two the pain is gone. The muscular movement has pumped

through the affected part such a large amount of healing, life-imparting blood that the uric acid has been burned up, dissolved, and carried away, and the crippled part is healed.

During the time of sleep there may be another accumulation of uric acid somewhere, and the next day pain will reappear, but work cures it again; and so the working-man keeps himself comparatively well, although he may now and then feel a twinge of pain or recognise a lack of suppleness which is the result of his wrong eating or drinking.

The sedentary man, on the other hand, finding himself suffering pain, becomes less and less active. Of course he must not exercise, for exercise produces pain! Perhaps his physician prescribes rest, absolute rest, and the rubbing on of liniments, or some dose. No worse prescription could be given. The

poisonous elements accumulate, the power of the body to destroy and eliminate poisons is diminished; so the disease gains ground and the man becomes a hopeless cripple.

The labour of the working man is in fact a sort of medical gymnastics. The Ling system of manual Swedish movements, or medical gymnastics, is simply a scheme for making muscles work in a systematic way; or of inducing the sedentary man to employ the same means which the working man involuntarily employs, with splendid

curative effect. When Adam was instructed that he must earn his bread by the sweat of his brow, that which appeared to be a curse was in fact the greatest possible blessing. There may be found now and then a man or a woman suffering in consequence of overwork; but if work now and then produces injury through overdoing, there are a thousand persons

who are benefited by work where there is one who is damaged by it. Work under proper conditions always favours health. It is worry that destroys life. Muscular activity is one of nature's most powerful healing means, and is equally effective as a means of preventing disease.

* *

In the yearning tenderness of a child for every bird that sings above his head, and every creature feeding on the hills, and every tree and flower and running brook, we see how everything was

made to love, and how they err who, in a world like this, find anything to hate but human pride.—*N. P. Willis.*

* *

MAMMA: "You and your little visitors are doing nothing but sitting about and looking miserable. Why don't you play at something?"

Little Daughter: "We is playin'."

"Playing what?"

"We is playin' that we is growed up."



NURSE
ORA
KRESS,

of the
Sydney
Sanitarium.

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.

Analysis of Bread.—B.C.: "1. Have you any arrangement in connection with GOOD HEALTH through which I can get a sample of bread analysed at a reasonable rate? 2. If not, please name some analyst and oblige."

Ans.—1. No. 2. Apply to the Secretary, Laboratories of Pathology and Public Health, 62 Queen Anne Street, London, W.

Cramp—Drinking Diabetes.—A.: "1. Could you advise me what to do for cramp at night? 2. Please suggest a simple diet for drinking diabetes."

Ans.—1. Apply hot fomentations or a rubber bottle containing hot water to the seat of the pain. If it is in the stomach, sipping hot water is also helpful. 2 Drinking diabetes does not require a special diet, as it is quite a different disease from sugar diabetes, with which it is sometimes confused. A plain nutritious diet, consisting of fruits, nut foods, bread and grain preparations, with vegetables, milk and eggs, would be satisfactory.

Diseased Glands.—M.M.: "Is there any cure for diseased glands of the neck other than by a surgical operation?"

Ans.—Yes, certainly. Careful attention to good hygiene, with a liberal, but plain and simple diet, an out-of-door life, a tepid or cool sponge each morning, and a course of physical culture and suitable exercises will improve the general health, and often check the growth of the glands. In favourable conditions, the glands slowly shrink, and after a time cease to give further trouble. The use of fomentations and cold compresses locally is often valuable in bringing about a cure. However, in certain cases an operation is advisable.

Quick Eating—Cold Baths—Nervousness.—A.W.: "1. How can I overcome the habit of quick eating, and the desire to do everything in a hurry? 2. Do you think cold baths are good for me? They seem to make my heart beat rather fast. The doctor tells me that my heart is perfectly sound. 3. How can I overcome nervousness?"

Ans.—1. By selecting food that requires considerable mastication, and then eating it slowly and chewing it well. You must learn to control yourself, and acquire the habit of chewing your food properly. 2. If you have a good reaction, and feel warm afterward, there is no objection to the cold bath. You might spend ten or fifteen minutes doing exercises after drying yourself. 3. Take a neutral full bath for ten or fifteen minutes each night before retiring. After the bath, dry yourself gently. Have fomentations to your spine for fifteen minutes twice a week. Cultivate an out-of-door life as far as possible, and endeavour to act in a natural manner, without worry or anxiety. Do not anticipate nervousness. It may be that you are in need of tonic treatment, and, if so, we would recommend you to visit the Leicester Sanitarium, 82 Regent Road, Leicester.

Stout for Anæmia.—A.H.: "A lady friend of mine, who has been suffering from anæmia for about three years, was ordered to take stout a few days ago. Seeing that we are total abstainers, I believe that it is not right that she should be compelled to take such things when we conscientiously believe that no good can be obtained therefrom. I shall feel very much indebted to you if you will inform me what you think about using intoxicants in such conditions."

Ans.—We quite agree with you, and cannot recommend the use of the stout, even for anæmia. A plain, wholesome, but liberal diet with milk, cream, and eggs, if they agree with the patient, together with a tepid or cool sponge bath each morning and an out-of-door life, would be more helpful to her. Fruit may be used freely, both fresh and stewed.

Nasal Catarrh.—W.W.: "I suffer with catarrh in the head very much and sometimes cannot breathe through my nose. Either one side or the other is always blocked. Can you tell me what to do for a cure?"

Ans.—Obtain a Perfection Vaporiser and use in it the following solution:—

Menthol,	2 drachms.
Oil of Eucalyptus,	2 "
Alcohol,	1 oz.

The Vaporiser can be obtained from the Good Health Supply Department.

Weak Lungs—Enlarged Tonsils—Chlorate of Potash.—J. A. S.: "1. I am told that a young lady friend lost one of her lungs during a critical illness several years ago. Is it possible for this lady to be still minus a lung? 2. She is very susceptible to colds, which always settle on the lungs. Please advise what to do to prevent her taking cold. 3. My sister's child occasionally suffers from enlarged tonsils, which also cause a large swelling in the neck. What would you recommend? 4. Will chlorate of potash prevent soreness of the throat?"

Ans.—1. It is possible for persons to lose the use of a lung, or at least of a large portion of the organ permanently, the other lung then doing the work; but of course this entails great weakness of the chest. She should consult a physician to ascertain the condition of her lungs. 2. A tepid or cool sponge bath each morning followed by vigorous friction and deep-breathing exercises would help prevent one from taking cold. The bedroom should always be well ventilated and contain plenty of fresh air. The diet should be plain and nutritious, and fruit, both fresh and stewed, may be taken freely. Late suppers should be avoided, the last meal being taken not later than six or seven in the evening. 3. If the tonsils are much diseased, a slight operation may be necessary. Consult a medical man. 4. No. The chlorate of potash, used as a gargle, is sometimes efficient in relieving a sore throat.

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Good Health,

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

Edited by

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

Editorial Contributor

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West Indian Edition: Price, 3 cents per copy.
West Indian Office: International Tract Society,
Port of Spain, Trinidad; and Kingston, Jamaica.

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Cape Town, S. Africa.

We very much regret using inadvertently an
anatomical cut in December **GOOD HEALTH** with-
out giving credit to Longmans, Green and Co., of
Paternoster Row.



ONE of our correspondents sends us the follow-
ing item:—

"In a letter just received from the matron of a
Protestant hospital in Bordeaux (France), she
states that in the months of October and Novem-
ber there is always a considerable decrease in the
number of patients, in fact, it is the only time of
the year when they can spare some of the nurses.
The local doctors attribute this extraordinary de-
crease of sickness to the vintage, for which whole
families of the poorest population of the vine dis-
trict hire themselves. They eat, of course, a con-
siderable amount of grapes, and the result is a
great improvement in their health for some time
after. In the case of illness they are stronger to
withstand it. This year has been remarkable for
the large harvest of grapes, and as a consequence
the hospitals have had a very quiet season."

This is a good practical demonstration of the bene-
fits of the "grape cure" of which we have all heard.
It is generally agreed now that the free use of fruit
makes for health and physical vigour. The grape
is rich in a natural sugar that requires little diges-
tion, and is ready for assimilation at once. Con-
sequently it is one of the best of all fruits both
for its nourishing and cleansing properties. A
diet consisting of good brown bread and grapes
will often cure obstinate forms of indigestion, as
well as other disorders.

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You'll be disappointed in its looks, but
Its Words Are Golden. It's a guide in
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Exercise. Send us the top of a Ralston
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White, Black, Slate or Sable.
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LITERARY NOTICES.

"*The Art of Being Successful*," by Rev. Chas. A. Hall, published by Alexander Gardner, Paisley, post free, 1/1, is a neat little volume of convenient pocket size. The author states in the preface that he is not a "Success Specialist," and therefore cannot offer a "magic nostrum." Nevertheless, the book contains much sound advice, and glows with words of hope and encouragement. A sweet and gentle spirit pervades the book from cover to cover.

The following brief quotation will give some idea of how the author handles his subject:—

"For success to be true success it must involve the elements of permanency; and in dealing with my subject . . . I shall direct my reader's attention to the success which endures, rather than to those evanescent, petty successes, which are here to-day and gone to-morrow, and are calculated to foster conceit and dwarf the mind.

"The truest success consists not so much in a series of material successes, although these may go hand in hand with it, as of making a success of one's self, in the sense of a well-rounded development of manhood."



"*Quickness and How to Increase It*," by Eustace Miles, published by Gale & Polden, Ltd., 2 Amen Corner, London, E.C., price, 1/- This is a book of more than one hundred pages, which ought to prove interesting to athletes and physical culturists generally. It also contains a number of figures illustrating different positions and movements. The chapter on Wrong Kinds of Quickness contains some good practical suggestions.



"*Breathing for Health, Athletics, and Brain-Work*," is another work by the same author, uniform in size and price with "Quickness." Gale & Polden are also the publishers. It contains much information, both theoretical and practical, about breathing, but is rather verbose and tiresome for the average reader. The chapter on Breathing and the Prevention of Disease states that worry is "the worst disease of all," and then goes on to say: "Now worry one can certainly remove to a great extent by better breathing," and to this we agree.



Great Feats of Strength are not necessarily an evidence of good health. Too often they are attended with danger, and are likely to injure the heart or some other vital organ. Nevertheless a rational system of physical culture is the best means of cultivating health. The body needs systematic exercise daily. Under modern conditions many people are obliged to lead a sedentary life. They have little time or energy for doing exercises. For such people, and for all who would train the body for health, the Good Health School of Physical Culture offers unique facilities. There is a daily programme furnished suitable to the needs of each member. No apparatus whatever is required. A stamp addressed to the Good Health School, 451 Holloway Road, London, N., will bring further particulars. [Adv't.]

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Next month we shall present to our readers the first part of a paper entitled "The Waste and Repair of the Body," recently delivered by Alexander Bryce, M.D., D.P.H., Camb. to the Birmingham Natural Health Society. The subject is one of great importance and is ably presented by the doctor in a popular style which cannot fail to prove of general interest. The various physiological processes concerned in the building up and breaking down of the body are simplified by striking comparisons, and so carefully explained as to be easily comprehended by all.



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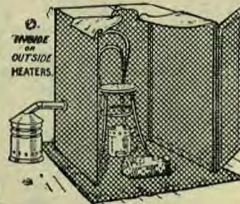
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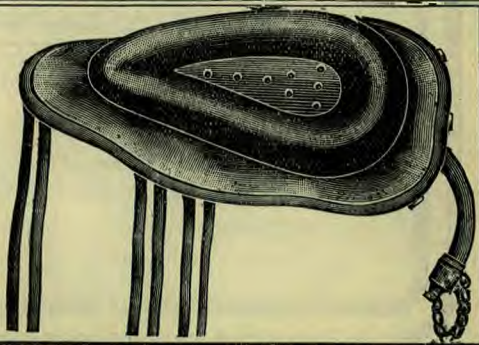
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