

Good Health

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Hygiene and the Principles of Healthful Living.

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EDITORIAL CHAT.

American Sanatorium for Lepers.

THE American Congress has under consideration Bills for the establishment of a sanatorium to care for the 275 persons said to be suffering from leprosy in that country. Fortunately, Great Britain, so far as we are aware, has no lepers to provide for.

Examination of the Eyes and Ears of School Children.

A LAW has just passed the Vermont State Legislature requiring public school children to have their eyes annually examined by their teachers. A similar law was passed by the State of Connecticut three years ago. Medical examination would be preferable, it seems to us, but the move is at least in the right direction.

Cancer Increasing in America.

RECENT statistics indicate an alarming increase of cancer in American cities. San Francisco leads with 103.6 cases to each 100,000 of population, as compared with 16.5 forty years ago. This means an increase of 600 per cent. Boston has 85 deaths per 100,000 of population in 1903, as compared with 28 forty-four years ago; New York has 66 deaths in 1903, 32 in 1864; Philadelphia 70 now, as compared with 34 then; Baltimore 63 now, 18 then; New Orleans 82 now and 15 then. These figures are certainly disquieting. We have before called attention to the rapid increase of cancer in England.

Danger in Calomel.

A WRITER in the *Lancet* calls attention to the fact that calomel, usually supposed to be innocuous, may contain bichloride of mercury as an impurity, and even if pure may in certain conditions of the system

undergo chemical changes which make it exceedingly poisonous. Six grains have proved fatal.

Tea Cigarettes.

LONDON fashion devotees are said to be giving up morphine tablets in favour of cigarettes made from carefully-blended green and black teas, the nervous effects of smoking which are even more powerful than that produced by tobacco. Dizziness, partial stupor, and extravagant visions are given as the leading symptoms, victims having frequently to be sent to private sanatoria. Probably few of the readers of GOOD HEALTH are addicted to this habit, but it may not be out of place to suggest that tea taken as a beverage is not without some harmful effects on the nervous system.

Tobacco a Cause of Defective Eyesight.

DEFECTIVE eyesight, according to a late number of *The British Medical Journal*, is a likely accompaniment of tobacco-using. "The smoking of cigarettes or of cigars," says an editorial writer, "may, equally with the pipe, lead to amblyopia (blindness) of a varying degree, given a suitable subject. Any condition which lowers the general health may be a predisposing cause, but some who are apparently in the best of health are susceptible. Alcoholic indulgence is in many cases a contributing factor, but it is by no means essential. It is nicotine which, getting into the blood, selects certain nerve fibres (particularly the pupillo-muscular fibres in the optic nerves) for its injurious action; and the stronger the tobacco—that is, the higher the percentage of nicotine—the greater will be the amblyopic effect in the susceptible person. Cases have been recorded in which quite small

quantities of tobacco, even so little as $\frac{1}{2}$ oz. a week, have been sufficient to cause decided amblyopia." (Italics ours.) We leave it to our readers to judge whether in the light of these decisive words from most excellent medical authority, anyone can consistently say that the smoking habit is harmless.

The Chief Cause of Infantile Mortality.

"THE further inquiry is pressed," writes *The British Medical Journal*, "the more it becomes clear that the chief cause of infantile mortality, and that which exceeds all others in potency, is improper feeding." Let mothers lay this well to heart, and it may save them the sad experience of finding out too late that their own lack of the proper precautions has made one more little green mound in the cemetery.

Too Many Doctors.

THE authoritative medical body of Germany has issued a statement informing prospective medical students that there is no room for them in the profession, Germany already having more physicians than she can decently support. It is now proposed that a similar statement be made by the American Medical Association, the profession being overcrowded also in that country. According to the *Medical Press* Great Britain faces a similar dilemma. And still, there is not only room, but urgent call for medical men who will instruct the people how to keep well.

Our Suffering School Children.

AT the recent Annual Conference of the National Federation of Head Teachers' Associations the President stated that "the mental and physical conditions of the child needed most careful consideration by medical men, who should be attached to all education authorities, so that their opinions and suggestions might be helpful to the teacher in dealing with the child at lessons and at play. He spoke strongly with regard to the number of children who are under-clothed and ill-fed. Half the truth, he said, had not been told, and the hearts of teachers frequently failed them at the sight of a crowd of children hungry and ill-clad whom they were unable to relieve; such children could not be taught,

and it was cruel to press them to study. He believed that if the public really understood the facts its generosity would soon find a remedy. He also spoke forcibly with regard to the necessity for physical training."

Educational Overhauling Called For.

The British Medical Journal, to whom we are indebted for the foregoing report, further expresses its conviction that "the root of the greater part of the unfitness, mental and physical, to be observed among the children of elementary schools is not congenital or hereditary defect, but inadequate feeding and clothing, and the want of effective supervision of the hygiene of the children and of the schools." This statement from so high an authority is certainly worthy of the most serious attention of the responsible public. What is wanted now is a thorough overhauling of our national system of education with a view of making it really efficient in the training of boys and girls who shall be able to meet the requirements of modern life. No more important task could possibly be undertaken. Educational reform of this character would do more to relieve suffering, when it is at once keenest and most undeserved, and at the same time to guard the best interests of the State, than any other practical legislation that could be imagined. The future of Great Britain rests with her children and youth. It is useless to bewail a declining birth-rate when tens of thousands of little ones already to hand are so shamefully neglected.

Remarkable Health of the Japanese Soldiers.

NOT least of the lessons to be learned from the Japanese is their efficiency both in preventing and curing disease. In General Oku's army during some seven and a half months' difficult campaigning (May 6th-Dec. 19th) there were only forty deaths from disease out of 24,632 cases. These truly remarkable figures suggest that the Japanese, feeding mainly on rice, recover more quickly from disease than do flesh-fed soldiers. Cases of typhoid fever have been exceedingly rare, largely owing to the excellent sanitary precautions.

HEALTH RULES FOR BRAIN WORKERS.

BY M. ELLSWORTH OLSEN.

BRAIN-WORK is more of a tax on the system than is manual labour, and therefore needs to be backed up by a correspondingly greater amount of reserve power. It is with the acquirement and judicious conservation of energy in the shape of reserve power, that the health rules for brain-workers have mainly to do.

A successful lawyer, doctor, artist, musician, writer, business man, clerk or politician must have at his command a certain amount of physical energy. Talent and education are largely useless without it, just as the arrow however well-feathered and sharply-pointed is useless without the bent bow to send it home to its mark. To be brimful of energy, teeming with life and vitality, tingling with nervous force—this is the physical condition most sought after by men who desire to make themselves felt in the world. Fortunately every man can do much to bring himself into this condition.

There are three rules or principles for such to keep ever in mind. 1. Acquire the greatest possible amount of energy. 2. Expend it wisely, where returns are sure. 3. Avoid unnecessary leakages. These considerations will form the basis of all the suggestions to follow.

Let us first consider whence energy is to be acquired. Can stimulants increase our supply of this precious commodity? No, all they can do is to open the barrel lower down, and coax forth an unwilling stream. They may draw something out; it is inconceivable that they should put anything in.

Sources of Energy.

The sources of energy are two—food and oxygen. Right eating and right breathing are therefore primary necessities with the man who would maintain the highest mental efficiency. What is the best food in general for a brain-worker? Several considerations help to define it. First, it must not be excessively difficult of digestion, because food of that character draws too heavily on the system's supply of energy. For instance, the man whose stomach has just got well under way with the digestion of a huge dinner, including a variety of indigestible viands, is in no con-

dition to engage in severe mental work. The creative faculty is dormant; the head seems empty of ideas, because the brain is actually to a certain extent emptied of its normal supply of blood, in order that the digestive organs may have an extra amount to cope with their task. If, on the other hand, a light yet sustaining meal consisting of a few easily digested things had been taken, the brain would have been ready for any task, while digestion would have gone on without interruption. This will illustrate the value of easily-digested foods. They economise energy; they give the maximum results with the least outlay.

Energy Wasters.

Among foods to be avoided as energy-wasters may be mentioned such coarse vegetables as cabbage, turnips, onions, whose food value is exceedingly small, and entirely out of proportion to the energy expended in digestion. Fried foods and rich pastries are also slow of digestion. Mixing a great many foods together at one meal delays the process of rendering them ready for assimilation into the system; and washing them down with liquids instead of giving them a thorough mastication is likewise a harmful practice. Fruit is an especially suitable food for the brain-worker because its nourishment, in the form of natural sugar, is ready for immediate assimilation, while the acids and salts it contains exert a gently stimulating effect upon the eliminative organs.

Secondly, the diet of a brain-worker should be composed of pure foods, because a lack of this quality also involves waste of energy, the eliminative organs being overtaxed in order to throw off such impurities from the system. Flesh foods are unsuitable on account of containing the products of decomposition. Kidney disorders of various kinds frequently attack persons of sedentary habits whose systems are clogged with uric acid and other poisonous products. Occasional impurities occur in many common food articles, and care should be taken in purchasing to avoid such as far as possible.

Balance in Diet.

Thirdly, the brain-worker, as well as the labouring man, must have a well-balanced

diet. All the elements of nutrition must be represented in about the right proportions. Good brown bread with the addition of a little fat in the form of butter, is a perfect food, containing starch, proteid, and fat in excellent proportions, together with valuable mineral salts. A little care in combining such starchy foods as potatoes or rice with proteid suppliers like eggs, nuts, lentils, etc., will suffice to make a very satisfactory menu.

So much for the quality of the food. A word now as to *quantity*. Most brain-workers eat too much. Appetite here is not a proper guide. Reason and self-control must have their way. The brain-worker's life is too sedentary to be entirely normal; hence his appetite, even where his food is simple and entirely above criticism, will usually call for more than he can well take care of. Probably the best means of overcoming this tendency is to adopt Mr. Fletcher's system of thorough mastication. Chew every mouthful of food until it is perfectly liquid, and hardly requires swallowing in the usual sense, and the probabilities are that you will feel satisfied when the proper amount has been taken. This system, known as "Fletcherising," is also of value to brain-workers as rendering great aid to prompt digestion. Overeating is a far more serious hindrance to the best brain-work than many people suppose. It dulls the sensibilities, vitiates the memory, and virtually incapacitates one for severe mental effort. It is probably the cause of most break-downs supposedly due to over-work.

Full Breathing Increases Vitality.

Most brain-workers don't half breathe; they go for days using only a small portion of the lungs; hence they very often suffer from low vitality. Adopt the practice three or four times a day of stretching the lungs to the fullest extent with several long, deep breaths, and this thing itself will work wonders. Then resolve to maintain at all times an upright position, with chest well to the fore, and shoulders back in their proper place. The swimming movement is about the best all-round exercise to develop the chest muscles, and make it easy to take and maintain an erect, vigorous carriage.

However, breathing is largely dependent on exercise. Probably the best deep

breathing of all takes place when a man is working his muscles so vigorously that he must breathe deep and hard in order to keep them supplied with oxygen. The brain-worker who wants to keep at the top in his business or profession must take some out-door exercise. There is nothing like the open sky to give freshness, elasticity, and nerve to the weary inmate of office or study. Nature is the best cure for low spirits and low vitality. If your work keeps you indoors, be sure your recreations take you out in the fresh air and sunshine. Don't go from your office to a crowded, ill-ventilated theatre, and think you are getting recreation. Rather spend all your available spare time in some kind of out-door exercise. Long walks alone, or with a congenial companion, are

An Excellent Panacea for Office-Workers.

Cycling, golf, tennis, cricket, and all other manly games are also beneficial. The important thing is to get outside the walls, and in direct contact with Nature.

A few minutes' chest and arm exercise morning and evening is helpful to the brain-worker, and in the morning may immediately precede the cold bath, which in some form or other should be a regular part of the daily programme. Of course, it should always be followed by vigorous rubbing to secure a good reaction. Light gymnastics may follow as well as precede the bath, or a brisk walk in the open air. Exercise and cold bathing together are more efficient than any other known means of building up the general strength of the body. They do not *impart* vitality; that must come from the food, but they enable the system to utilise the food, and they quicken all the life processes. By awakening new activity in the various organs, they make for general all-round physical efficiency, and thus protect against the attacks of disease.

Finally, a sufficiency of restful sleep is of very great importance. It is during sleep that the building-up processes take place. While man is unconscious Nature takes him in hand, and gives him a thorough overhauling. That is why one feels so fresh and strong after a good night's rest. All that has been said in regard to proper diet, exercise, and bathing will if carried out, greatly assist in securing sleep.



THE GRAND PARLOUR.

THE SANITARIUM MOVEMENT; ITS AIMS AND PRINCIPLES.

It is significant of the influence and prestige of our head Sanitarium that the managers of the St. Louis World's Fair should propose that September 29, 1904, be designated as "Battle Creek Sanitarium Day," and should place at the disposal of the institution one of the largest of the Congress halls in which to set forth its principles. Needless to say the invitation was accepted, and the day was a brilliant success. Proceedings began at 10 o'clock in the morning with treatment and food demonstrations. The afternoon meeting began at 2.30 with Hon. F. J. Conrad, of St. Louis, in the chair, and continued with scarcely any intermission till seven o'clock, a portion of the audience then repairing to the Christian Endeavour Hotel where a Sanitarium banquet was served to about 200 people.

In the course of the meeting addresses were given by a number of physicians and others bringing out various phases of the work. As a fresh setting forth of facts and principles which our readers continue to inquire about, we have pleasure in giving abstracts of some of these addresses. Dr. Kellogg was the first speaker after the

chairman. He said in part: "The Battle Creek Sanitarium system is not a new thing, but a very old thing, and that is why I have confidence in it. It had its origin away back at the beginning. Adam was a natural man and lived in a natural way. He was divinely instructed as to how he should live, and the first instruction given him was about what he should eat. That instruction is just as good for Adam to-day as then. There is but one man living in the world to-day—Adam. We are all but extensions of the first man, buds of the original tree. The Battle Creek Sanitarium System, as far as diet is concerned, originated with Adam at the beginning. If Adam at any time suffered pain, I am sure he resorted to natural agencies for its relief. We might have found him resorting to water. How do we know? Because we see in animals and in primitive peoples an instinctive knowledge of the uses of water, of sunlight, and of heat. The Maoris of New Zealand and our own Indians take vapour baths by pouring water over hot stones, afterwards plunging into cold water. The people who lived away back in the ages, far beyond the records of



THE GRAND STAIRCASE.

history, passed down from one to another various natural methods of treatment.

"About one hundred years ago a poor peasant boy in the hills of Austrian Silesia saw one afternoon a wounded deer come down to a spring and put his injured leg in the cold water, leaving it there for an hour or two. The next day it came again, and day by day he saw it come and take a cold foot bath until the wound was entirely healed. A few weeks later his own arm was injured, and the doctor told him it must come off. The boy said 'No; the deer saved his leg, and I will save my arm.' So he put it into water, and afterward wrapped it in wet cloths, and in a few weeks he was well. Some time after he was run over by a sleigh, and the doctor said he would be an invalid for life. But he had cloths wrung out of cold water laid on his chest, kept quiet for a few weeks, and was well again. Little by little as this lad grew up he began practising these methods, and before he was twenty years old royal personages were sending for him to treat them.

"This man, Priessnitz, systematised the use of water. By degrees scientific men took up the subject. Eminent physicians were sent by the French, German, and other governments to investigate the methods of Priessnitz. The result was that those methods were introduced into other countries, and institutions similar to his were established. Benjamin Rush, one of the greatest of American physicians

introduced these methods into this country in the treatment of typhoid and other fevers. Thus the knowledge gradually spread over the world. About sixty years ago there sprang up in this country a number of little institutions known as 'water cures.'

"After a time other simple remedies came into use. Electricity was introduced, especially through the efforts of Dr. G. M. Beard, of New York City. Winternitz, of Vienna, and Fleury, of Paris, began making scientific experiments with water. Other men subjected the simple methods found in use among the laity to scientific experimentation in laboratories, and found out their limits, and the principles upon which they were based. By degrees these methods that the laity have been using for thousands of years have been brought into a harmonious and scientific system.

"The work of the Battle Creek Sanitarium has been to gather up all these various natural remedies,—water, electricity, light, massage, Swedish, and other forms of gymnastics, mechanical movements, dietetics, etc. Twenty years ago diet laboratories were established. In these tens of thousands of experiments have been made, out of which have come some important facts not known before, which have been utilised. But the work of the Sanitarium has not been so much in the line of new discovery as it has been to gather up, harmonise, correlate, systematise, and utilise all natural methods for the treatment of disease. And the underlying principle of the whole thing has been that the sick man is not cured by the doctor, nor by



A PEEP INTO THE BANQUET HALL.



A PLEASANT CHAT IN THE PARLOUR.

medicine, nor by baths, but that the real cure is effected by the agencies that are within him,—that there is a life power working in every man that is capable of healing him, and all the physician and the nurse can do is to co-operate with this vital, healing power within.

“The Battle Creek Sanitarium has no wealth, but it spends a great deal of money in extending its work. It has always been in debt; yet it spends much in the training of nurses and sending them out to various parts of this great land. Some years ago a gentleman from South Africa made a donation of £8,000 which laid the foundation of the Medical Missionary work in Chicago, and out of this has grown the American Medical Missionary College, which the Battle Creek Sanitarium has fostered, and helped to the extent of twenty thousand pounds. One hundred and twenty-four doctors have been graduated from this college, and a large proportion of them are already in heathen lands. About one

thousand trained nurses have also been sent out. So this institution is not only curative, but it has an educational character, and that I conceive to be its highest function in the world,—to teach people how to keep well, or if so unfortunate as to get sick, how to recover health and remain well.

“The whole purpose of the Battle Creek Sanitarium is to hold up light to the world. We have sought to bring together there all the light pertaining to the healthful care of the body, and we are doing our best to let it shine.

“Gradually the demand for such service as is being rendered at the Battle Creek Sanitarium has increased, until similar institutions have been established in scores of places and in most civilised countries. A dozen food factories, numerous natural food restaurants, thirty training schools for nurses, are a part of the results of this growth. The representatives of many of these sister institutions are here to-day to

tell of their work and to testify to the splendid results of the principles which have given the Battle Creek Sanitarium System its useful place in the world, and which have brought it to appear in this conspicuous place to-day."

Mr. Horace Fletcher, the genial apostle of "Chewing Reform," made some interesting remarks at this point, touching both on his particular hobby and the general work of the Battle Creek Sanitarium, which he designated as "My most enthusiastic admiration."

Dr. E. J. Waggoner followed with a discussion of "The Philosophy of Healing." We can give only his closing paragraph: "If a man is in debt, he needs money enough to sustain him from day to day, and something besides to pay off the old debt. The Sanitarium is helping people to pay their debts, showing them how healing power can be supplied in fuller measure. The sunlight, which in its natural form is all that the healthy man needs, is stored up and given out in the form of electric light baths, etc. The thing that the patient most needs is intensified for the time being, and he is given a right start. The food that he has been taking, in improper quality and quantity, is regulated for him; in short, he is simply put upon a right basis."

"Temperance Reform in Its Relation to Health" was the subject discussed by Mr. A. T. Jones, who laid special emphasis on the self-control which must lie at the foundation of every healthful life. "Nothing," he said, "that has any kind of intoxicating principle in it is ever used in the Sanitarium system; it is not allowed to come into the physical system of anyone who comes there. And this corrects evil habits, and brings one upon the true, natural foundation of right living, and puts him in the place where he is himself and has control of himself. The definition of temperance is self control. Any stimulant habitually used takes control of the one who uses it. So the whole principle is expressed in this word, 'All things are lawful for me, but I will not be brought under the power of any.' The one great aim in the Sanitarium System is to put the man into such a field of thinking and living that he shall be master of himself and the servant of nothing and nobody."

Dr. Mabel Howe-Otis dwelt on the

rational character of the movement. "The more you know about us as Battle Creek people, the more you will find that our notions conform to the very best ideas you have always had yourself. When we talk to you about cutting out tea and coffee and the inadvisability of adding to the waste of your body the waste and even diseased tissues from some other body; when we talk with you about the great value of fruits in diet: and tell you that by Atwater's analysis pure grape juice contains half as much nutrition as is found in beefsteak, you say, 'I thought so, but I never tried it.' What we wish you to learn is the reason for all this, so that you will be brave enough to do just what we do—live up to the standard we know to be best. In diet, exercise, or whatever it may be, we try to be rational.

"In rational food reform we must first of all have a knowledge of food elements and their sources. We must have a knowledge of physiology, know what metabolism is, what tissue changing and tissue building mean. To this we must add a knowledge of food preparation, the changes that take place in food when it is cooked. Study the diet yourself, know what is in the foods you use, and what you expect to get out of them. If you are not able to go twenty-four hours without a single square meal and then have vitality enough to address a public audience, the food you have used has not been doing you the good it should.

"Food is that which when taken into the body, not only builds up the waste, but adds to the sum total of energy already there. Alcohol oxidises and liberates energy in the tissues, but it not only does not add to the sum total of energy, but the energy it does furnish is liberated at the wrong place, at the wrong time, and the whole result is something to be avoided.

"It is possible for you to sit down with your family mouths to feed, and know for a certainty whether you are putting into the stomachs of your children that which after a while is going to bring sorrow to your heart. It is possible for you to know that pepper in the stomach is just as much of an irritant as it is in the eye; that an irritated condition of the stomach—one result of continuous feeding—is just as serious and evil in its results as a starvation diet.

"If you come to the Sanitarium, we can



THE DINING-ROOM.

show you an army of young men and women working as hard as any people you ever saw, eating but two meals a day, excluding meat entirely from their diet; and yet they are the happiest, rosiest-cheeked folks you ever saw. They will tell you that 'the proof of the pudding is in the eating,' and it is good.

"Now I am going to ask Mr. Weinburgh just to say Amen to what I have said. Six years ago he was an invalid, unable to help himself in the smallest degree. Two years ago he took a prize for being the most perfectly developed young man in America. To-day he is at the Battle Creek Sanitarium taking the medical course."

H. B. Weinburgh: "You have heard some of the elder men, and now you are going to hear from a young one. About six years ago, when I was an invalid, I began studying how to become healthy, not only physically, but mentally, and that is why I am at the Battle Creek Sanitarium. About four years ago I had given up the use of meat, tobacco and all narcotics, but I found I was not getting along as well as I should, and I determined to study the question more thoroughly. One thing that I have found out since then is that I can

live exclusively on nuts and fruits in their fresh state, and cereals. Since last December Mr. Ossig, a young man at the Sanitarium, and myself have lived exclusively on nuts, fruits and cereals, and I must say that I never before felt so well physically, mentally, and morally. I believe that in that list we have all the elements that the body requires."

Other speeches equally good were made, questions were asked and answered, and great enthusiasm prevailed. This unique series of meetings, together with the fine exhibits of the institution in the educational and food departments of the Fair doubtless brought it to the attention of a good many people from abroad, as well as making it more fully known to the people of America, where it is now generally recognised as the foremost health institution in the country.

British Sanitariums.—Most readers of GOOD HEALTH are aware that there are in Great Britain three branch institutions conducted on precisely the same principles as the Battle Creek Sanitarium, with physicians and nurses trained at the head sanitarium.

The first British Sanitarium was opened in Belfast in January, 1903. Since then a

large number of people not only from Ireland but also from Scotland and England have patronised the institution and benefited by the treatment received. The Sanitarium is neatly equipped with baths and electrical apparatus, and is located at 343 Antrim Road.

In the following May the Caterham Sanitarium was formally opened to the public, and has enjoyed an ever-increasing patronage. Recently it has become necessary to lease two adjoining villas. Caterham Valley is well known for its beautiful wooded hills, and charming scenery.

The Leicester Sanitarium, 82 Regent Road, was opened by the Mayor and Mayoress on February 8, 1904. An ele-

gant, up-to-date suite of bathrooms were installed through the generosity of Mr. J. W. Goddard, who may justly be considered the founder of this institution. The large, well-furnished house is situated on a leading residential street near Victoria Park. Although the youngest of British branches, it has already proved too small for the demands made upon it.

Our readers who contemplate a journey to the Continent next summer will be pleased to learn that the beautiful estate of Voltaire, consisting of more than 100 acres and bordering on Lake Geneva, Switzerland, has recently been secured for Sanitarium purposes, and the new institution will be opened to the public this month.

THE WASTE AND REPAIR OF THE BODY.

(Continued.)

BY ALEXANDER BRYCE, M.D., D.P.H., CAMB.

Now proteid metabolism depends on:—

1. The amount of proteid which is swallowed, nearly all of it being converted into circulating albumen.

2. The condition of health of the patient, as the greater vitality he possesses enables him to use up all the more proteid.

3. The use of other foods. This is an important factor because it is found that whilst nothing can replace proteid, yet it is possible to spare it to a large extent by the use of both fat and gelatine. Hence these substances are called "albumen spacers," and probably the only valuable element in beef tea is the small amount of gelatine which it contains. It is now well known that practically all its other ingredients are not only useless but absolutely harmful to the human system. It is a matter of daily observation that patients with acute ailments like pneumonia and rheumatic fever who used to be deluged with beef-tea, and who are now even by the orthodox medical practitioner hardly ever allowed to taste it, convalesce much more rapidly. Any patient who has had the misfortune to have a second attack of pneumonia, and who was in the first allowed to have beef-tea, and the second time has been denied that dangerous concoction will testify to the truth of this statement.

A dog fed on unlimited quantities of the best beef-tea without anything else will die of poisoning in great agony in about a week, whereas one fed on the meat from which

the beef-tea has been made, and which is usually discarded, will, if originally fairly fat and muscular remain in perfect health if supplied with a sufficiency of water. Even one fed on water alone will live about seventy days—a powerful testimony to the potent poison contained in beef-tea.

On a diet of pure fat an animal can only live for a very short time, dying even more quickly than when allowed to starve, because the fat interferes with the metabolism of the proteids. The metabolism of fat depends on the amount of work to be done, as more can be consumed when hard work is indulged in, and more especially on the temperature of the surroundings, the colder the air the more being consumed. The ability of the Esquimaux to consume fat is well known, and Captain Perry, the celebrated Arctic explorer, mentions an instance of one who, on one occasion and apparently as a common exploit, devoured in twenty-four hours thirty-five pounds of meat and a number of tallow candles. Fat people and animals bear starvation much better than spare ones.

On a purely carbohydrate diet death occurs much more rapidly than even on fats, as it is much more easily oxidised and got rid of.

We have seen that man cannot live on any one alone of these important ingredients of the diet, and of course it is obvious that he could not live on water

alone, or on salts alone. We have also seen that on proteid alone a man will live longer than on fat or carbohydrate. We have now to consider whether it is possible to live on any two of these ingredients together, and here we now enter the field of contention. The books on physiology say that on flesh and fat, or flesh and carbohydrates health can be maintained, and in this respect 100 parts of fat are equal to 245 parts of flesh and 230 parts of starch. If too little flesh be taken then the flesh of the body is slowly consumed, and if too much be taken then the weight of the body increases more if a sufficiency of fat or carbohydrate be given than if too little be taken. Yet the body puts on more fat than flesh, showing that there is a carbohydrate molecule in proteid. Fat indeed may be found in the body from any of the three chief constituents of the diet, *i.e.*,

1. From fat.
2. From starch.
3. From proteid.

Now it will be seen that the physiology books take it for granted that man is a flesh-eating animal, because obviously for the word flesh in the above statement, the word proteid ought to be substituted. It is quite certain that man can be quite healthy on a diet of proteid and carbohydrates or proteid and fat selected entirely from the vegetable kingdom, but quite evidently scientific experiments have not been conducted in our physiological laboratory on this point, I suppose for the simple reason that most if not all of the experiments have been made on dogs, which are carnivorous animals. Evidently they can live on flesh and fat or flesh and carbohydrates, but I think it very questionable if man could do so. In any case if I were to be the subject of the experiment I should insist that all the flesh be boiled so as to ensure that every particle of the excretives, which are nothing more than concentrated poisons, was carefully removed. In these degenerate flesh eating days many people who cannot take cheese or milk find it most difficult to replace meat, not only in their diet at home, but more especially when travelling. To all such I would say, and I confess myself amongst the number, that proteid in the shape of animal food can be taken with comparative safety if well boiled, especially

if placed in cold water first of all and gradually brought to the boil. I will admit that if one is prepared to live on fruits, cereals and nuts in an uncooked form he can travel the whole world and obtain his rations with comfort anywhere. But not every digestion can cope with such diet, nor, I am bound to say, can everyone take nut foods, no matter how carefully they may be prepared, and I give every credit to the Battle Creek agencies for well-planned and thoughtful preparations of nuts and cereals. There is no more objection to eating well boiled animal food than there is to eating eggs or taking milk or cheese, these two last equally with the first being responsible for the slaying of animals. If this objection be considered an insurmountable one, then one is perforce confined to a diet of fruits, nuts and cereals. But even this diet is not free from dangers as will be seen in a later paragraph.

At present we must return to our consideration of the formation of fat in the body, and in this connection it will be noted that corpulence is easily produced in some and impossible in others. Without doubt there is an inherited tendency in about 40% of the cases, but the great factor in all is the taking of too much food, *i.e.*, more than can be metabolised.

All corpulent people eat more, both absolutely and relatively, than spare people, because only thus can they maintain their corpulence. And yet it is pathetic to hear from the stout person that he cannot imagine how he manages to exist at all, as he eats so very little, a statement which only emphasises the fact that we can live on very scanty rations and at the same time grow fat.

A banking account can only increase by one of two methods, by adding something and taking away nothing, or by taking away less than you add, and a person can only grow stout by one of two methods, by eating a little more than is absolutely necessary, or by exercising so little that the output is much less than the input. Doubtless both methods are in operation in most cases because the laying on of adipose tissue is not conducive to love of exercise. If the fat person would only think how little is required each day to make the difference between laying on flesh and standing still in that regard he

would hardly wonder at his daily growing Falstaffian proportions. Half an ounce per day means a quarter of a pound per week—a pound per month—a stone per year. It is no unusual thing under proper conditions to put on one pound per day and to keep this up for quite a number of weeks. In the vast majority of instances I attribute the trouble to the afternoon tea with its half pint or more of hot, fatty, saccharine, soluble poison in the shape of tea, coffee or cocoa and its sweet cake or bread and butter and preserve. This meal is at all times superfluous, and at the best is only a time for the imbibition of fluid. It is altogether too seductive to the man inclined to *avoirdupois*.

The factors favouring corpulence are :—

1. A diet rich in proteids with an addition of fats and carbohydrates. The latter alone can never fatten. The best example of this is to be seen in the butcher who always has an ample supply of highly nitrogenous food at hand. He has every opportunity of indulging therein, and it is rare to find a thin butcher or one free from gout.

2. Diminished breaking down of the materials within the body in some shape or form :

a. Diminished muscular activity. Hence the man who sleeps much and takes too little exercise will then get fat.

b. Diminished mental activity, and so the man of phlegmatic temperament is sure to become stout.

c. Diminished respiratory activity. And thus it is that the fat man tends to become more fat, because fat on the abdomen lessens the movement of the diaphragm and increases the adipose tissue.

d. Diminished number of red blood corpuscles, and so the anæmic person tends to adiposity, because oxidation is less than normal.

e. The consumption of alcohol causes the accumulation of fat in two ways.

1. Because being easily burned up it saves the fat in the tissues, and 2, because it causes fatty degeneration by paralysing the activity of the cells. So the publican who is tempted to indulge in his own wares, and few there are who do not, soon becomes fat.

f. A fat man should use much less heat-giving food than a thin man because the latter gives off more heat from his com-

pact body, and an accumulation of fat on the abdomen prevents the conduction of heat.

g. The diminution of any other item of expenditure, emotional or otherwise.

Thus to obviate the tendency to corpulence it is necessary :

1. To reduce the amount of food all round. Whatever else be done this is absolutely necessary. It is wise to estimate the weight a man ought to be, and to give him a little less than his due amount of proteid. If the number of pounds which a man should normally weigh be multiplied by the factor nine, or for very hard exercise ten, the precise weight of proteid in grains may easily be found. It is hardly ever safe to give him less than this amount, but little harm would be done to reduce it for a short time while endeavouring to lessen weight. Now there are any number of different methods for reducing obesity, and strange to say they nearly all go on the opposite tack, viz., increase, some of them to a very great degree, the amount of proteid consumed in the shape of animal food, usually lean meat. One method prescribes nothing but rump steak and water—as much as three pounds per day—another, the Banting system, close on a pound of lean meat per day with about four ounces of carbohydrates, and the smallest possible quantity of fat. The idea underlying this practice is to promote the burning up of the excess of the deposited fat. I cannot but think that this system must be wrong, as it is bound to create a great deal of unnecessary waste matter in the system. Besides we have already seen that the proteids contain a carbohydrate molecule, and thus a source of fat which must have been overlooked by the originators of this method is being introduced. The safest and wisest method is simply to reduce each of the food elements, remembering the rule as to the proteids which I have before mentioned.

2. The patient should be weighed weekly, and the reduction should be extremely slow and gradual.

3. Take no fluid at the chief meal, thus reducing the absorptive condition of the alimentary canal ; fluid, however, may be freely partaken of two hours after a meal.

4. Exercise freely both the mind and the body.

5. Increase the loss of heat by cold

baths and friction, dress lightly, sleep under few bedclothes, and drink tea and coffee.

6. Take gentle laxatives and acid fruit.

7. Go in for hill climbing, especially if the heart be fatty.

Conversely to make thin people fat :—

1. Increase the amount of food, especially of fatty food, milk and cream, potatoes, puddings, butter, honey and nuts.

2. Take fluid at the end of each meal.

3. Exercise only to the point of getting warm. Don't worry, don't care violently for anyone.

4. Always wear warm clothing, and sleep under warm bed covering, take warm baths, drink no tea and coffee, but only drink hot milk.

5. Take sweet fruits, figs, dates, raisins, apples with sugar and cream.

6. Keep to the level and avoid climbing hills.

THE GYMNASTICS OF HOUSE- WORK.

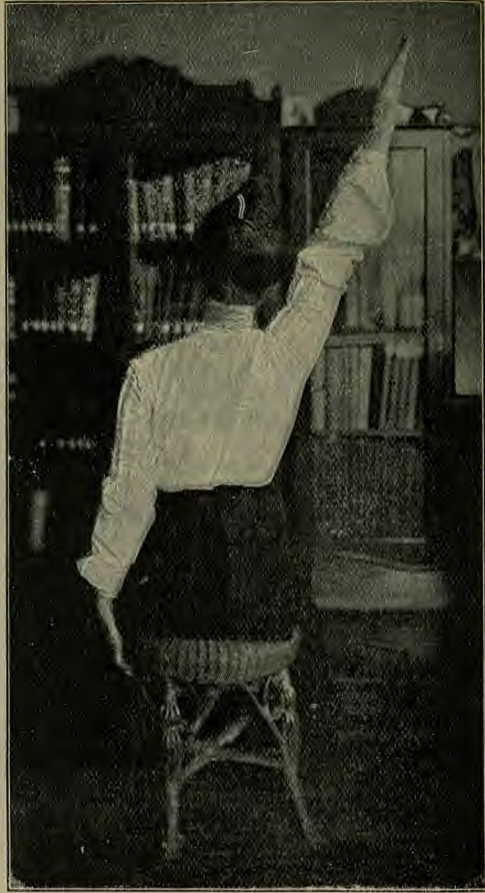
Exercises to Counteract One-Sided Development.

Exercise 1. Sitting in a chair, grasp the seat of the chair with one hand and extend the other arm above the head as high as possible. Pull down with the hand grasping the seat while reaching upward with the other arm. (See illustration.) The tendency will be to bend the spine toward the side of the raised arm. In general the seat should be grasped with the left hand, the right arm being raised above the head, for the reason that the overuse of the right arm has a tendency to curve the spine toward the left. It is for this reason that the right shoulder is usually lower than the left.

Exercise 2. Lying upon the face, bend the head and spine backward as far as possible. Repeat as many times as possible without unduly tiring the muscles involved. This is an excellent exercise to strengthen the muscles of the back.

Exercises to Relieve Fatigued Muscles.

Exercise 3. Passive exercise, by rubbing the parts or having the overused parts rubbed by another person, is the best of all means for affording relief from muscular



overwork. Five minutes' rubbing will sometimes restore a fatigued muscle or group of muscles to full power, when the work has been confined to a small number of muscles. Bathing the affected parts with cold water in connection with the rubbing is also beneficial.

Exercise 4. Local weariness may be relieved by exercise of the muscles of some other part of the body. Tired arms may be rested by walking or other exercises of the legs. If the muscles of the back are tired from long-continued strain and bending forward, relief may be afforded by backward-bending exercises, of which the following is a good one :—

Sit on the floor with the legs extended so that the feet are under the edge of a sofa. Placing the hands at the side, bend slowly backward. (See illustration.) Returning to position, take a deep breath and

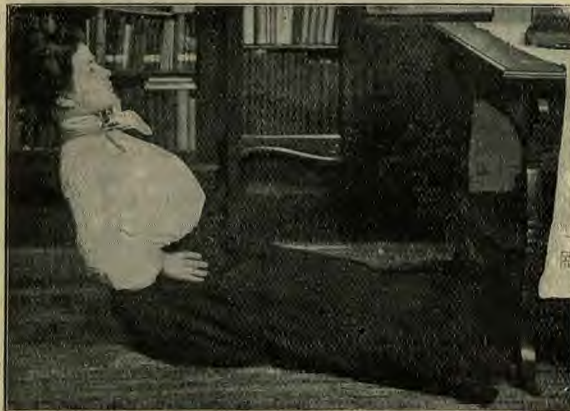
then repeat the exercise, doing this eight or ten times.

Exercise 5. Sitting on a stool with the arms falling relaxed at the side, relax the muscles of the neck so that the head will fall forward, and allow it to slowly roll about in a circle, using slightly directing efforts as follows: Roll first in one direction and then in the other, keeping the eyes closed.

Exercise 6. Still sitting on the stool, place the hands at the side, relax the muscles of the trunk, and allow the body to drop forward. Slowly describe a circle with the trunk, allowing the head to drop back as the trunk falls backward. After completing the circle, reverse it.

Resistive Movements.

Exercise 7. Lying flat on the back with the eyes closed, alternately contract and relax in succession every group of muscles in the body. Thus, slowly close and open the right hand, contracting and extending the muscles as forcibly as possible. Repeat the exercises with the left hand. Slowly bend and extend the right arm. Repeat with the left arm. Raise the right arm sideways, extending it as far as possible. Then the left. Raise the right arm over the head, reaching as far as possible. Repeat with the left. Extend and flex the one foot, then the other. So continue with all the leg muscles. First flex and then extend the leg. Then draw the leg sideways. Draw up the knee and raise the leg. Close the eyes, contract them, then open them as wide as possible. Shut the jaws closely, and open the mouth widely.



Twist the head to the right and then to the left. Raise the head forward and roll the head backward.

E. E. K.

HOW TO COOK PORRIDGE.

BY J. J. BELL, M.D.

PORRIDGE, stirabout, or mush, are terms, which apply to one and the same article of diet. It is used principally as a breakfast dish, but in some parts of the world it forms the basis of the supper or meal taken before retiring. The various cereal preparations such as oatmeal, wheatmeal, maize or Indian meal, hominy, rolled oats, rolled wheat, flaked rice and barley meal have all been used in preparing this dish. Like other articles of diet porridge has its advantages and disadvantages. There are a large number of people who say that porridge never agrees with them, causing acidity, flatulence, heartburn or heaviness. Very often the trouble thus experienced can be traced to one of two causes, either in faulty preparation or the manner of eating the porridge.

In cooking porridge we must remember that by far the larger proportion of all the grains is composed of starch. Examined under the microscope we find that starch is made up of minute little granules composed of concentric layers and surrounded by an envelope of a hard substance we call cellulose. This cellulose also forms the central frame work of the starch cell. It is due to this cellulose that the kernel of the grain is preserved from the effects of damp and moisture, for cellulose is not dissolved in cold water. In order to effectually burst these little envelopes a prolonged high temperature is required. For this reason all cereal foods rich in starch should be stirred into boiling water and kept boiling until the cooking process is complete. At least two to three hours boiling is the time required to cook most of these grain preparations. They are all improved by prolonged cooking provided the boiling point is maintained throughout the cooking process. Some of the grains, such as wheatmeal, require great care in shaking into the water combined with quick stirring.



If this is not observed uncooked lumps or balls of meal will form. The majority of cooks expect grain foods in the form of porridge to be cooked in ten or fifteen minutes. They are then either brought to the table or possibly left on a cool place on the range. This slow cooling process while as yet the grain is only partially cooked has the power of imparting to it a very peculiar unpleasant flavour. It is no wonder that porridge prepared in this manner gives rise to digestive disorders.

Then again, very few people take time to masticate porridge. The idea of chewing food of this kind seems foolish. But we must remember that starches are not digested in the stomach unless first mingled with the saliva in the mouth. For this reason it is a good plan to take with each spoonful of porridge a piece of zwieback or hard, well cooked biscuit of some kind. It is not an uncommon practice to cover grain foods over with a large quantity of sugar and then add milk. The combination of sugar and milk is very likely to produce fermentation and ought to be abandoned. For those who wish to avoid early rising, grain foods can be prepared for breakfast by cooking the day before. The porridge can be put in a cover dish and reheated before breakfast by placing in the oven.

If thoroughly cooked and properly eaten, porridge forms a cheap, valuable and nutritious article of diet.

Seasonable Recipes.

Vegetable Salad.—Wash three medium-sized potatoes, and steam until tender. Peel and cut

into one-fourth inch cubes. Add one cup of celery chopped fine, one teaspoonful each of salt, celery salt and grated onion, and the whites of three hard-boiled eggs chopped fine. Mash the three hard boiled yolks, add three tablespoonfuls of lemon juice and two of olive oil; beat until smooth. Pour this over the salad. Garnish with either lettuce or parsley.

Vegetable Bouillon.—To one and one-half pints of bran (pressed down), add two and one-half quarts of boiling water. Allow this to simmer for two hours or more; strain, add one pint of strained tomato, one stalk of chopped celery, one large onion and one-half teaspoonful of powdered mint in a muslin bag. Let this simmer together for from half an hour to an hour. Add water to make two and one-half quarts of soup. Strain, add one teaspoonful of salt, or more if desired, and reheat for serving.

Protose Hash.—Mix together one pound of protose and two cups of potato, both chopped; season with salt and one small onion grated. Spread thinly on a baking dish, moisten the top with cream and brown well in the oven.

Orange Compote.—Peel six nice oranges, slice thin, being careful to avoid all seeds. Sprinkle slightly with sugar, let them stand one-half hour, drain off the juice, and to it add the juice of one lemon and boil ten minutes. Cool, and when ready to serve, arrange in individual dishes alternate layers of oranges and finely powdered desiccated cocoanut; pour over juice, and serve.

—♦—

THOSE who use the most frugal fare are the strongest, the healthiest and the noblest. . . . We must guard against those sorts of food which persuade us to eat when we are not hungry, bewitching the appetite. For is there not, within a temperate simplicity, a wholesome variety of eatables—vegetables, roots, olives, herbs, milk, cheese, fruits, and all kinds of dry foods.

—Clement of Alexandria.

THE FAMILY MEDICINE CHEST.

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

THE medicine chest is considered almost indispensable in a well appointed nursery. Many a fond mother rests in peace, knowing that she has in readiness a remedy for almost any disease likely to attack her little flock. There are cathartics, emetics, worm medicines, cough cures, croup cures, fever mixtures, tonics, blood purifiers, sedatives, diarrhoea and teething mixtures, besides a miscellaneous collection of medicines that were at one time or another prescribed by the family physician for some member of the household.

In these the mother trusts, hoping by their aid to prevent or arrest the devastation of disease among her little ones. But too often her trust is misplaced, for the very medicines which she considers safeguards are frequently a source of positive danger to her children.

The danger of untrained persons administering strong drugs or proprietary medicines whose ingredients are unknown is inestimable.

Beyond doubt many little children have been injured for life—some have even lost their lives—because they were made the victims of *well-meant*, but *ignorant* experimentation in the way of home medication.

Consider for example the administration of cathartics for the relief of constipation. A young child is suffering from this difficulty. The inactivity of his bowel is due to errors in diet and general manner of life. His mother, ignorant of these causes, fails of course to remove them, but resorts instead to some cathartic, of whose nature she may be in total ignorance.

This meets the present emergency but by no means removes the difficulty. Oft-times it returns with greater persistency. A stronger drug is given in larger doses and at more frequent intervals, until at last the child becomes a slave to cathartics, from which slavery years may be required to free him. But why this condition? Why should a cathartic aggravate the very condition it is intended to correct? Unfortunately this is the final effect in the administration of many drug remedies. In this case the strong drug, while temporarily stimulating the bowel to activity, if employed in too large and too frequent doses invariably leaves the bowel muscles weak

and relaxed. They can no longer contract without the assistance of artificial stimulation, and this stimulus must be constantly increased in strength. Not only this, but the intestinal mucous membrane, because of excessive and long continued stimulation, partially loses its power of secretion—the effect of this deficient secretion being to greatly assist in the production of chronic constipation.

Worm killers are another dangerous class of drugs (might more appropriately be termed *baby killers*) and should never be administered without the advice of a medical man. This is rendered more imperative by the fact that the presence of worms is often difficult to diagnose, the symptoms being frequently obscure. More than one defenceless baby has been dosed with strong worm medicines because he was ailing, and his mother finding nothing definitely wrong with him concluded he must be suffering from worms, when in reality he was suffering from a disease in no way allied to this, but decidedly aggravated by the strong medicines administered.

The mother who cannot discover what ails her child, if wise, will consult someone who can, or at all events who *knows* that he cannot, and will not attempt medication until he *does* discover the difficulty.

A word should also be said about *cough cures*, at least those patent cough mixtures which are advertised so extensively and as extensively used by people who would rather pay a certain sum for a bottle of medicine than pay perhaps a larger sum for the advice of a qualified physician.

It has been demonstrated by careful analysis that many of these well-known cough remedies owe their reputation to the fact that they contain in varying per cent. such drugs as cocaine

No wonder coughing ceases when such nerve-paralysing drugs are administered in such generous doses as the directions require. But could parents realise, as do physicians, what a treacherous and dangerous drug it is, they would not for one moment think of giving to their little children medicines containing it in unknown and varying per cent. (or in *any per cent.*, for that matter).

Tonics and bitters must also come in for

their share of censure, for often they are as wolves in sheep's clothing. Enormous sums of money are spent annually in England for this class of remedies. Many good temperance people are themselves taking and giving to their children bottleful after bottleful of certain far-famed tonics, when if they were to learn that these tonics contained by volume from four to five times as much alcohol as whisky, they would be in danger of fainting away on the spot. Yet recent scientific investigation has demonstrated that many of the tonics and bitters advertised so extensively throughout our land—and even in our religious papers,—contain alcohol in per cent. (by volume) ranging from fourteen to forty four.

Comments seem unnecessary. But surely a knowledge of these facts should arouse honest, thinking men and women to action. They should for ever banish such dangerous remedies from their homes, and do all in their power to discourage their use by others who may be ignorant of their true nature.

One more class of drugs should be mentioned which enjoys, though perhaps unworthily, the distinction of an important place in the nursery medicine chest—the *sedatives*.

The remedies so frequently employed and often so eminently successful in quieting fretful infants, in the majority of cases, owe their magic power to the presence of *opium* in some form.

Even in the hands of a physician there are no medicines the administration of which requires greater caution and skill than opiates, both because of the susceptibility of infants to their narcotic influence, and their varying capability of bearing them.

How dangerous, then, that unskilled mothers and unprincipled nurses should deal out to frail and helpless infants sedative medicines containing this deadly narcotic in unknown and varying strengths.

That these remedies are successful in quieting babies, at least *temporarily*, is not denied, but that they do so at the risk of life is avowed.

Neither is the repose induced by these drugs always *temporary*. One popular soothing syrup, also appropriately called "Quietness" has "soothed" more than one tiny sufferer into its long, long sleep.

Another well-known opium-containing syrup, in the course of five years, "quieted" fifty-six little ones for ever.

While there may be conditions which require the administration of medicines, mothers, realising the danger of dabbling in drugs, should (except in the simplest cases) leave these matters with the physician.

It is to be acknowledged that among progressive medical men to-day there is a decided tendency towards replacing drugs with the more rational physiological remedies. Many a doctor would to-day, in numberless cases, prescribe some suitable hydropathic treatment, in place of the time-honoured drugs, provided the mother or attendant had been educated in such a way as to intelligently co operate with him in the execution of his orders. This seldom being the case, and the people still being so old-fashioned as to believe that they are not getting their money's worth unless the doctor prescribes some bitter draught, what else can he do but do as he is expected to do?

It is not to be supposed that this condition of affairs will much improve until parents learn that disease is the result of disobedience to the natural laws of health, and that the true remedy lies not in *drugs* but in *obedience* to these *laws of life*.

HOME CARE OF THE SICK.

BY FRANKLIN RICHARDS, M.D.

THE modern medical man gives very little medicine. He may occasionally use drugs to alleviate suffering, or to control distressing symptoms while Nature heals, but he does not think of the bottles as essentially concerned in the cure of the patient. Experience has taught him, and he conscientiously tries to teach others, *that it simply is not possible to drug sick people into health.*

The giving of "roots and herbs" is left to those who still retain some faith in the mysterious: while the "new discoveries" which crowd the advertising columns of cheap journals are claimed by petty pilferers who work on a "business basis" that most golden of all "golden medical discoveries"—the remarkable discovery that some people so sincerely like to be



MORNING GREETINGS IN THE PALM GARDEN, BATTLE CREEK SANITARIUM.

humbugged they are willing to pay for the privilege.

The domestic nurse need not trouble herself with the various "remedies" brought in by the friends of the sick further than to see them fairly down the drain, where they will not probably injure the pipes, and may consistently be called by a name in high favour with their advocates—"Safe Cures."

The sick may be trained out of invalidism into health about as easily as they may be drugged to death. An essential part of this training consists in the education of the body's governor, the nervous system. Some nerves have not been taught to endure hardness like good soldiers. The nerves of the skin, it may be, have been kept so warm under flannels that they refuse to tolerate even slight degrees of cold. A "gentle zephyr" sets them shaking, the blood vessels of the skin contract, and the blood retreats to the interior of the body leaving the surface and extremities cold and blue. The failure of the nerve centres to drive the blood quickly back to warm the chilled parts in response to the cry "We are cold!" indicates that they too have not been taught to exercise proper control over the surface circulation.

This unstable state of the nervous system resulting from neglected education and training is the cause of the colds, chills and fever which result from exposure to cold and draughts.

The nerve centres may be taught by daily drills to return the blood quickly to the surface vessels. The sick man who cannot be kept warm in an incubator may be trained to keep himself warm *without clothing*. Removal of unnecessary wrappings and the use of short, quick, cool air and sponge baths, accompanied by brisk rubbing, massage and exercise will soon bring about the desired change. The many forms of tonic baths recommended are all useful if graduated and adapted to suit the needs of individual cases. Cold baths are given to get people warm, not to make them cold and miserable, and a cold bath which makes the patient's teeth chatter is a cold bath badly given. Such a bath is of course injurious, not beneficial. If care is taken to get the skin and extremities warm, by means of a hot foot bath and fomentations to the spine, if necessary, before the cool bath is administered, no trouble should be experienced in securing a good *reaction*, or reddening of the skin due to the filling of its vessels

with arterial blood. Thus the patient will be left "all in a glow" at the close of the treatment, the peripheral nerves will have received a lesson in resisting and repelling cold, the nerve centres have been strengthened, the circulatory and respiratory organs stimulated and exercised in a natural, beneficial way, oxidation and elimination promoted and general vital resistance increased. At the same time the temperature of the body readjusts itself, and the thermometer tells the nurse the dose of fever mixture she intended to give is not needed. She records this fact together with temperature, pulse rate and respiration, and when the doctor comes he is pleased with his nurse and with the progress of his patient.

The Good Health Crusade.

To the Members of the Good Health League.

DEAR FRIENDS.—The work is onward all along the line. We are getting encouraging reports from many parts of the field. Still, we are far from able to embrace all the opportunities that present themselves. There is need of *many more workers*. Will you not all endeavour to put forth more strenuous efforts to spread the gospel of health?

It is time to be up and doing. The world presses about us with its burden of disease and suffering. Funerals multiply on every hand. Thousands of little innocents are laid away beneath the sod who might be in the best of health did their mothers but know how to care for them. Hosts of bright, promising boys are laying the foundation for untold weakness and suffering by cigarette-smoking. Their parents do not realise the danger. They themselves, perhaps, in other ways are sowing the seeds of disease, and the harvest is sure to come.

Such is the present situation. It must appeal to us because we can do something to alter things for the better. Medical men generally agree that **nine-tenths of the disease from which the world suffers is wholly preventable.**

Here, then, is a glorious opportunity for every intelligent reader of GOOD HEALTH to do something for suffering humanity; but especially does the burden rest upon those who have joined the *Good Health Crusade*. You have entered upon a great campaign, which has for its object the improvement of people's health. You are engaged in a warfare on behalf of suffering humanity. It may be your glorious privilege to save men and women and children from premature graves—to restore them to their birthright of vigorous, abounding, radiant health.

Then be true to your calling. Be loyal to the principles yourselves, that you may have the greatest possible amount of strength and vitality to spend for others. Cultivate simple habits in eating, drinking, and dressing, that you may see clearly and feel deeply. Let your motto be always

"The utmost for the highest." Don't compromise with depraved appetite or evil passions. Be pure in mind and body, and it will help you to be strong.

Don't hide your light under a bushel. The world is perishing for want of light. Be bold, then, in proclaiming these life-giving principles. Don't assume an apologetic tone. *Health reformers are not in the world on sufferance.* We have a work to do for our fellow men for which God will hold us responsible. We are in a special sense our brother's keeper. Every opportunity is to be used to press home to hearts the importance of sowing for health—of bringing every habit into harmony with those great natural laws which lie at the foundation of a healthful, happy life. Cottage meetings, public lectures, personal work, the circulation of health publications are all excellent means of scattering truth. If we are faithful in improving the means, we need not trouble ourselves about results. They are sure to appear in due time.

But let us not be satisfied with small things. *The day of small things is past.* Great and powerful evils threaten us, and they must be met with correspondingly earnest, whole-hearted efforts on our part. The saying is true, "He that soweth sparingly, shall reap also sparingly, and he that soweth bountifully shall reap also bountifully."

Let every one plan aggressive work. Look about you. *Consider your present opportunities.* Make the best use of them, and others will present themselves. If you have pains and aches of your own, endeavour to forget them in living service for others. Get acquainted with your neighbours. Take an interest in their health. Show them a better way to get rid of their troubles than by resorting to the patent medicine bottle. Be kindly considerate and communicative. Let your influence tell for good. Put every talent out at interest. Live the truth with all your might; banish half-heartedness, laxness; be alive to your finger-tips and terribly in earnest. Study new methods of getting people interested, and follow up the interest. Thus you will gradually gather a band of disciples around you. *Every isolated member of our Good Health League should form a centre about which others can gather so that in time a branch League can be organised.* Every one who belongs to a branch should endeavour to bring in new members. Officers should be active in getting all the members to work. The meetings should be made spicy and interesting, full of life, and suited to the needs of the people. If hints and suggestions are wanted, write to the London office, and they will be given with pleasure. We shall appreciate the help of every one of our members, and that right where he or she may be. We want to have these principles introduced into every home in the United Kingdom. No one is to be overlooked. All are equally worthy.

Who will help in this great campaign? Who will cheerfully say, "Here am I, send me"? It is only by earnest, self-denying effort for others that we can ever realise our own highest possibilities. Let us, then, take hold anew of our work, and never grow weary in well-doing.

Thanking you heartily for what you have already done, and looking forward to greater things in the future, I remain, Your fellow worker,

M. E. OLSEN.

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.

Hair Dyes.—W.P.B.: "I should like to know what hair dye is best to darken my hair. I am only twenty-three but my hair is turning quite white."

Ans.—We cannot recommend any hair dyes, and would strongly advise you not to resort to such measures. Most hair dyes are ineffectual, and all are more or less harmful to the scalp, and dangerous to use.

What to Drink Between Meals.—L. M.: "Please advise me as to what drink would be best to take between meals."

Ans.—Plain, pure water, but to this you may add a little lemon, orange, or other fruit juice, if desired. It is an excellent practice to drink a glass or two of water in the early morning before breakfast, and then drink between meals, taking from two to three pints per day.

Twice-cooked Meat.—F. A. D.: "1. Would you kindly inform me in the columns of GOOD HEALTH what is meant by the term 'twice-cooked meat'? 2. Is such meat injurious?"

Ans.—1. Animal flesh that has been cooked and then heated up again might be called "twice-cooked meat." 2. We do not recommend the use of flesh food, but twice-cooked meat would have this advantage that any germs or parasites present would probably be completely destroyed by the extra cooking.

Relaxed Throat.—A. C. T.: "I have suffered from what doctors tell me is a relaxed throat practically from childhood. The complaint is very distressing. There are nearly always patches of matter in my throat which I can see with a hand mirror. 1. Could you please tell me if my complaint is really a relaxed throat? 2. What causes the almost constant presence of matter in my throat? 3. Do you think I shall ever get rid of the complaint? 4. What treatment would you advise? 5. Would living on a hillside, ninety to 100 feet above sea level, where there is plenty of fresh air, be beneficial? 6. Would any special diet make a difference?"

Ans.—1. A relaxed throat is a form of chronic catarrh, and that is probably what you are suffering from. 2. The presence of germs together with the catarrhal process. 3. This is a doubtful question, still, the proper treatment would bring much improvement, if not a perfect cure. 4. The faithful use of the Perfection Vaporiser, or a similar instrument, for ten or fifteen minutes three or four times a day would help you. A course of tonic treatment at a first-class health institution, such as the Leicester Sanitarium, would be still better, and that is what we would recommend for you. 5. Yes, provided the air is dry and bracing. 6. Adopt a plain, simple diet consisting largely of fruit, bread, nuts, with a few of the finer grained vegetables, and dairy products if they agree with you.

Mole.—J.C.: "I have a mole above the upper lip, and should like to know how I can have it removed."

Ans.—Consult a surgeon in reference to an operation. If it is not extremely unsightly and gives you no discomfort, we believe you would do well to let it alone.

Greasy Hair.—M.S.: "Will you kindly advise me what to do for very greasy hair?"

Ans.—Cleanse twice a week with warm, soft water and a mild soap, such as McClinton's; rinse well and dry thoroughly.

Psoriasis—Treacle.—E. G.: "1. Is there any cure for psoriasis? 2. Ought treacle to be eaten with oatmeal porridge? 3. If not, what might be taken in its place?"

Ans.—1. We know of no specific for psoriasis. Careful hygienic measures and strict attention to the laws of health are the best means of combating the disorder. Sometimes the application of Ichthyol Ointment is beneficial. 2. No. 3. Home-made syrup of figs, a dish of stewed prunes, sultanas, or other stewed fruit.

Oranges and Lemons.—W. H. H.: "Kindly say if three oranges or one lemon can be taken daily by a person over sixty years of age. The doctors here condemn both oranges and lemons for aged people."

Ans.—There is no objection *per se* for aged persons taking oranges and lemons in moderation. Lemon juice is best taken in the form of home-made lemonade. In certain diseases of the stomach acid fruit of any kind would be irritating, and consequently should be avoided.

Chronic Synovitis—Rheumatism—China Tea—Tomatoes.—N.B.: 1. "I am suffering from swelling about the knee cap with stiffness and tenderness of the joints, and am able to walk but little. Can you advise me as to treatment? 2. What shall I do for outdoor exercise while my knee is so bad? 3. What causes rheumatism? 4. Ought I to give up meat? 5. Would a vapour bath be beneficial? 6. Is China tea the least injurious of any form to use? 7. Have you any objection to the free use of tomatoes by a healthy girl?"

Ans.—1. Use hot compresses, or hot and cold applications to the knee with light massage, together with rest. 2. Have your rooms thoroughly ventilated, and go in for massage and manual Swedish movements daily. 3. The presence of uric acid in the blood, together with the exposure to cold and wet. Heredity also seems to be a factor. 4. Yes, also tea and coffee. 5. Yes; you could possibly take two or three a week to advantage. 6. In our opinion, you would do better to avoid tea entirely. Dr. Haig has shown that the use of tea favours rheumatism and similar disorders. 7. No.



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Good Health,

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

Edited by

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

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at the well-known Battle Creek Sanitarium, and
is therefore exceptionally well qualified to manage
an up-to-date **Good Health Restaurant**. We wish
him the best of success in his worthy undertaking.

June "**Good Health**" will contain the first of
a series of brief articles entitled **The Truth About
Alcohol**.

Mrs. Eulalia Sisley-Richards, M.D. will contrib-
ute an interesting article on **Household Remed-
ies**.

**The Prevention and Treatment of Typhoid
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ally a preventable disease, and it is really a
disgrace for any town or city to have an epidemic
of typhoid. The fever is usually due to a con-
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God's Great Out-Doors is an inspiring article
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M. Ellsworth Olsen will contribute a talk with
young men on "**The White Life for Two**." This
is a timely topic and it is presented in a plain,
straight-forward manner that will appeal to all
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A CHANGE OF DIET.

other hand, it is often the cause of disease and death. It has long been a recognised fact that nuts contain a larger percentage of wholesome and nutrient material than any other class of foods. The great objection has been their firm flesh, rendering mastication difficult. A nut when imperfectly masticated or otherwise reduced to a pulpy consistency, is indigestible, owing to the firmness of its structure. By a fortunate discovery, a method has been found whereby nuts can be rendered easily digestible, and capable of ready combination with other foods in a variety of ways. The most valuable products that have been thus far developed are described below. They supply all the nutriment that can be obtained from the best flesh meats, without the impurities. Our Nut Foods promote Life and Health by nourishing muscles, brain, nerves, and the other active tissues of the body.

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People are finding out that they need not live on dead flesh; thousands annually discard its use because of the increase of disease among animals, and the changes which meat often and rapidly undergoes after death. Flesh food is in no way essential to sustain life; on the other hand, it is often the cause of disease and death. It has long been a recognised fact that nuts contain a larger percentage of wholesome and nutrient material than any other class of foods. The great objection has been their firm flesh, rendering mastication difficult. A nut when imperfectly masticated or otherwise reduced to a pulpy consistency, is indigestible, owing to the firmness of its structure. By a fortunate discovery, a method has been found whereby nuts can be rendered easily digestible, and capable of ready combination with other foods in a variety of ways. The most valuable products that have been thus far developed are described below. They supply all the nutriment that can be obtained from the best flesh meats, without the impurities. Our Nut Foods promote Life and Health by nourishing muscles, brain, nerves, and the other active tissues of the body.

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Mr. Miles recommends the education of children in physical lines, not omitting frequent bathing with some additional touches, too often overlooked, such as washing the nasal cavities and throat with normal salt solution, and cleansing the teeth every day.

We understand that the book has been compiled from matter issued in sections, and this would account for the frequent repetition of thought which makes reading the whole book tedious, but doubtless adds to the clearness of sectional reading.

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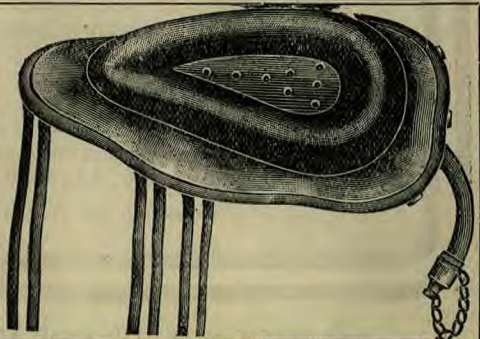
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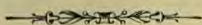
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