



ROSTREVOR HILLS HYDROPATHIC, IRELAND.

Good Health

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Hygiene and the Principles of Healthful Living.

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Editorial Chat.

Hot Weather and Overeating.

—Part of the discomfort most people suffer in hot weather is due to the consumption of more food than necessary. The diet even of the labouring man should be very light when the thermometer registers high, and the brain worker will do well to cut his diet still lower. Luscious fruits, vegetables and well-cooked cereals, with poached eggs and milk make a good general dietary for such seasons.



Holiday Board.—Wholesome board is one of the most important essentials to a pleasant and profitable holiday. It is worth while for the holiday maker to look into this matter even at the expense of seeming unduly critical. Landladies are creatures of the public, and will quickly respond to an intelligent demand for well-prepared and wholesome meals. Every GOOD HEALTH reader who insists on being supplied with such food as he can conscientiously eat, is doing a valuable work in educating the hotel and boarding-house fraternity, and is making it easier for others who come after him. As food reformers we should all work together to make right principles prevail, and nothing will take the place of personal example.



Holiday Exercise.—Active life out-of-doors in all kinds of weather is the very backbone of a very enjoyable holiday. The time wasted on such an occasion is the time spent indoors. It is also well to engage in various forms of active exercise such as rowing, walking, and the playing of manly games. The more thoroughly

the tissues are oxygenised, the greater the benefit derived from the vacation. Following exercise which brings on profuse perspiration, it is well to take some form of cool bath to restore the tone of the skin.



Plenty of Sleep.—Abundance of restful sleep should be the rule during the holidays. To make sure of this, it is safest to retire early. The bed-room atmosphere should be made as much like the open air as possible. This can be done by opening the windows, both at the top and the bottom, so that the largest possible amount of fresh air is brought into the room. If need be, ask the landlady for an additional coverlet, but keep the windows open.



How Not to Drown.—The bathing fatalities would not be half so numerous if only non-swimmers could get the fact fairly dinned into their heads that salt water is exceedingly buoyant, and one has only to keep the lungs well filled with air to float naturally, provided that the whole body is under the water except the nostrils. The danger comes in thinking that one is sure to drown and trying to climb out on top of the water, which is the best way to make sure of going to the bottom.



Wanted—Clean Wholesome Men for Husbands.—The members of the Business Girls' Association, of Trenton, New Jersey, have signed the following pledge: "I hereby promise not to associate with or marry any man who is not a total abstainer from the use of all

intoxicating liquors, including wine, beer, and cider, and I promise to abstain from the same myself, and I will not marry a man to save him." This is certainly a move in the right direction. The only criticism we have to offer is that it does not go far enough. Why not include tobacco also? If the young man who occasionally indulges in a glass of wine is to be debarred, why should not the man who literally soaks himself in tobacco-smoke suffer a like penalty. If only all the good-looking and healthy girls would insist on the young men they go with being free from vicious health-destroying habits, they would very soon achieve results in the up-building of a healthy and virile race which would surprise the world.

Tears in the Wrong Place.—

Even such precious things as tears may occasionally get into the wrong place and cause trouble. *Harper's Weekly* tells of a lady who complained to her milkman of the quality of the milk he was supplying her and received the following explanation:—

"You see, mum, they don't get enough grass feed this time o' year. Why, them cows o' mine are just as sorry about it as I am. I often see 'em cryin'—regular cryin' mum—because they feel as how their milk don't do 'em credit. Don't you believe it, mum?"

"Oh, yes, I believe it," responded his customer; but I wish in future you'd see that they don't drop their tears into our can."

Harvest Beer.—Compared with some countries, England has but little really warm weather. Nevertheless, during harvest the heat is often intense, and the toiling harvesters have their discomfort greatly increased by the wretched beer which is supplied them as part of their wages. Here is an excellent opportunity for employers to furnish cooling drinks of a wholesome quality, if possible free, and then a slight addition to the regular wage, which will make the worker feel good enough to do his best. Generous treatment of the labourer will more than pay in the long run, but let the generosity never show

itself in large supplies of strong drink which can never do anybody any good, and may cause untold harm.

Girls as Smokers.—We are informed that an Anti-Cigarette League has been organised in Leeds among the girls. The pledge is as follows:—

"I promise with God's help, to abstain from purchasing or using tobacco in any form, at least, until I reach the age of twenty-one, not only for my own sake, but for the good of my country."

It seems that the smoking of cigarettes among the girls of Leeds is largely confined to those working in the factories and warehouses. We are glad to know that measures have been taken to educate the girls as to the harmfulness of cigarette-smoking, but it is difficult to realise that such an evil actually exists. What a commentary upon our modern life!

"Hair Foods."—Our readers must have noticed in the public press recently the advertisement of a number of so-called "hair foods." We can scarcely believe that anyone will be so deceived, but we wish to say most emphatically that there is no such thing as a "hair food" *per se*. "Hair foods," "skin foods," "teeth foods," "nerve foods," "muscle foods," "bone foods," etc., are all a delusion, although the terms are more or less striking and sound well. We can conceive of no food that nourishes the hair, nerves, teeth or the skin, particularly and directly. All food capable of digestion is ultimately assimilated into the blood and by this channel it is distributed to the different tissues of the body to be utilised as required. The preposterous claims made by the vendors of these preparations are either based upon ignorance or something far worse, and we do not think we need to caution our readers against patronising such quackery.

ON the whole, if all the advantages of alcohol were carefully considered, the sum-total of human happiness, under existing conditions, would be immensely increased by the total abolition of alcohol from our knowledge.—*By a Country G.P.*

IS MODERATE SMOKING HARMFUL?

BY M. ELLSWORTH OLSEN.

IN the early days of temperance reform, the movement was directed against the abuse, not the use, of alcoholic beverages. Total abstinence was a later development. Alcohol was regarded as a good creature, which was to be received with thanksgiving and used in decent moderation.

Needless to say, the temperance cause did not accomplish much with this half-way programme. It came to be seen in time that in the very nature of things, as long as there was moderate drinking there would be drunkenness. Moreover, scientific investigation showed that alcohol was capable of producing a cumulative effect on the body, so that the man who used it regularly, though in strict moderation, for say twenty years, often showed in his system more pronounced evil results than a man who could not afford to use it daily, but who frequently got drunk Saturday night. Thus the "temperate" man of that day suffered more than the drunkard, and consequently the whole temperance movement was seen to be without any physiological basis. Evidently the only way to fight intemperance effectively was from a total abstinence platform.

Modern Attitude to Tobacco.

To-day the general public is passing through the same stages of development in its attitude toward tobacco. It is coming to be admitted that immoderate smoking is harmful, and that tobacco in any form should be forbidden the growing youth. Full-grown men think they can use it moderately without suffering any great harm; but the attitude of the smoker, if he is a thinking man, tends to grow more apologetic.

The idea is gradually dawning on the world that temperance has to do, not with specific articles of indulgence, but with certain broad principles underlying the whole question of the proper care of the body. The temperate man, in other words, is not simply one who rules out alcoholic drinks, but rather a man who eschews all harmful things and is moderate in his use of the good.

The Moderate Smoker Defined.

What do we mean, then, by the moderate smoker? The term is somewhat difficult to define, because a daily allowance of tobacco which has no apparent effect on one man may very painfully affect another. Individuals vary greatly in their ability to throw off narcotic poisons. We cannot, then, safely say that any given quantity of tobacco constitutes a moderate allowance.

The moderate smoker, as he will be considered in this article, is the man who uses a quantity of tobacco which does him no apparent injury; he is the man, moreover, who feels that he is not in bondage to the habit, but could give it up any day. These moderate smokers are usually men who have not followed the habit very long; with prolonged use the quantity usually tends to increase, and the evil effects begin to show themselves; in short, the truly moderate smoker is continually passing over into the ranks of the immoderate.

Let us, however, adhere to the definition we have laid down, and put the question squarely: Is the moderate smoker, in spite of his protestations to the contrary, really injuring himself?

The Nature of Tobacco.

Consider for a moment the character of tobacco. Its chief ingredient, nicotine, of which from two to six per cent. is found in the leaf, is a poison considerably more deadly than opium. One drop on the tongue of a cat will bring on convulsions followed immediately by death. Such is the character of the weed that we are asked to believe may be taken into one's system daily without doing any harm. If this were the fact, it would indeed be remarkable. Henbane, belladonna, and the deadly night-shade—no one would admit for a moment that they could be taken regularly, even in very small quantities, without some injurious effect. Why, then, will men make such claims for nicotine? Is it not evidently a case where the wish is father to the thought? A great many men have acquired the tobacco habit; they are not willing to give it up, and they try

to persuade themselves and their friends that it is not hurting them.

Why Is It Apparently Harmless?

If tobacco is such a deadly poison, it may be asked, then why are its effects in the majority of cases so slow as to be hardly noticeable? The reason is that the smoker, unless he inhales, does not begin to get the full effect of the narcotic. All ordinary modes of taking tobacco are such that the user only appropriates a small part of its poisonous properties; nevertheless, with such a powerful narcotic there is produced, even on a man of abounding health and energy, a definite effect for harm, an effect, moreover, which tends to accumulate, and cannot safely be ignored.

In a general way, one may say that there are two kinds of consequences which accompany the use of tobacco: First there are what we may call *necessary consequences*, that is, consequences which are inseparable from such indulgence. Then there are *contingent consequences*, such as may be produced, but which do not follow in the majority of cases.

The Necessary Consequences of Smoking.

The smoker, first of all, is necessarily injuring the mucous membranes of the mouth, nose, and throat. These membranes secrete fluids which have germicidal properties. Tobacco-smoke, by setting up a more or less chronic irritation, vitiates these health-preserving fluids, and thus breaks down one of the natural defences of the body. Moreover, the irritation caused by the smoke is ever tending to bring on a definite diseased condition of these membranes, such as we find in catarrh, chronic sore throat, and allied maladies.

Smoking also undermines the digestive system. The salivary glands are forced to undue activity, and their product deteriorates accordingly. Moreover, the other digestive juices are affected, though not perhaps in so large a degree, for tobacco gets into the blood, and makes more or less trouble in the pancreas, liver, and all the other glands of the body. The well-known fact that tobacco allays hunger is a significant illustration of the paralysing effect that it has on the digestive system.

Tobacco and the Eliminative Organs.

Tobacco lays extra burdens on the eliminative organs—the liver, kidneys, skin and lungs. The moment it is taken into the system, nature puts forth her best efforts to get rid of it. The moderate smoker is eliminating his cigar through his breath, through his skin (a veteran smoker will not infrequently stain the sheet if given a thorough sweating in a wet-sheet pack), and through his kidneys, and each of these organs is thus compelled to perform extra tasks. Surely, if we reason from the attitude that our bodily organs assume toward tobacco, the conclusion is irresistible that it must be a dangerous enemy to their health and well-being.

Tobacco-smoke is injurious to the teeth, as every dentist will admit. The eyesight is also injured by it. Tobacco amblyopia is a well-known disease which is frequently met with among smokers. The harmful effect of tobacco on the heart is too well known to need mention. It is a significant fact that a single cigar will often raise the pulse ten or fifteen degrees.

Effects on the Nervous System.

It is in its effects upon the nervous system that tobacco is most to be dreaded. Here also lies its peculiar fascination. It is one of the ways of securing a kind of artificial felicity. Tobacco is company to the lonely, food to the hungry, and rest to the weary. It possesses all the sweet allurements of opium without the disgrace attached to the latter. But as with all other narcotic indulgences, there is a reaction. The moderate smoker has not the physical equanimity of the non-smoker. His nervous system is not in a thoroughly healthy state, otherwise it would feel no need of narcotics. The hungry man needs food, the weary man rest. And if the nerves controlling taste and those that guard against fatigue are narcotised, so that they fail to act, the man is drawing on reserve forces which nature has wisely stored up for special emergencies, and which she does not intend to be frittered away in this trivial way. In fact, such a man is cutting his useful life short by that much.

The effect of tobacco-smoke on the

brain is much more immediate and marked than is generally known. Experiments have recently been made which show that the thought process is slower after smoking a couple of cigarettes than before.

Tissue degeneration in some form is one of the results of long-continued smoking. In case of an operation, the non-smoker always stands the best chance, because his tissues have most vitality.

The Consequences of Smoking.

We turn now to consider some of the contingent consequences of smoking. Cancer of the lips, tongue, or throat is one of the avenging nemeses which threaten the tobacco-user. Blindness has been known to occur, and deafness of a very obstinate nature has followed in some cases.

Complete nervous breakdown is one of the possibilities that face the moderate smoker. Life is becoming more and more intense; physical efficiency of a very high order is demanded of the man who would do his part successfully. Here the smoker puts himself decidedly at a disadvantage. He is dissipating nervous energy by dallying with a narcotic, he is trifling with his nervous system, which of all things he should guard most sacredly. It will never be known how many hundreds of men of the finest mental and physical endowment have suffered early breakdown, not from

overwork, but from trying to work hard while indulging in a deceptive, health-destroying narcotic. Insanity in some of its most virulent forms has resulted from the long-continued use of tobacco.

Tobacco and the Strong Man.

Such, then, are a few of the necessary and the contingent results of the smoking habit. They would seem to be sufficient, if carefully weighed, to warn off the thoughtful and serious man from contracting the habit. If the reader is disposed to look at the numerous men apparently in perfect health who smoke habitually, let him not be deceived thereby. A strong man, even though heavily handicapped, may win the race over his weaker rivals; but he does not win the race because of the handicap, but in spite of it.

While writing thus plainly of the harmfulness of tobacco, we would not for a moment isolate it from other allied indulgences. A large, consistent view of the question of narcotics must class alcohol, tobacco, opium, tea, and coffee under the same general head. None of them are articles of food; all are narcotic drugs, whose place, at the best, is on the pharmacist's shelves, not in daily use in our homes. If we are healthy, why dose ourselves with drugs? if unhealthy, why take medicine except at the prescription of a physician?



THE ROSTREVOR HILLS HYDRO.

BY J. J. BELL, M.D.

THE many friends of The Belfast Sanitarium will be pleased to know that the institution has now been moved away from the city to a country location endowed by the Creator with surroundings all but perfect as far as scenery and climate are concerned.

The new institution, which will be known as The Rostrevor Hills Hydro, is now open to receive guests and patients. For the location of the institution, a property has

As a health resort the situation is in many respects ideal. It is sheltered on the north and east by the Mourne Mountains, thus insuring a delightfully mild climate all the year round, while its elevation gives it an exhilarating and refreshing atmosphere during the summer season.

Rostrevor is well known as one of the most enchanting health resorts in the United Kingdom, while Warrenpoint receives an

ever increasing number of visitors. Sea, mountain and rural scenery are combined with a grandeur almost if not altogether unsurpassed. The district abounds in places of interest. Its boating, bathing, and mountain climbing all afford an excellent means of recreation.

The Hydro is approached by two carriage drives, one leading to Warrenpoint, the other to Rostrevor. The



MAIN BUILDING.

been secured which has been described as one of the most healthy situations in Ireland. It has been known as Knockbarragh Park, and is situated about one and a half miles from the lovely little village of Rostrevor, and two and a half miles from Warrenpoint, and is nearly midway between Belfast and Dublin. It is easy of access from London and English towns by the Holyhead and Greenore route, from Glasgow and Scottish towns by any of the steamship lines to Belfast.

The property consists of a beautifully wooded park and mountain of 130 acres. It is elevated 400 feet above Carlingford Lough and commands extensive views of perhaps the most charming sea and mountain scenery in Ireland.

park is well protected on all sides with stately forest trees, while the grounds are tastefully planted with beautiful trees and shrubs interspersed with nicely sheltered walks. The terrace lawns are laid out in extensive tennis and croquet grounds. The garden affords an excellent supply of home grown fruits and vegetables. To the north lies the mountain partially planted with pine.

The main building is situated on an elevated slope protected at a distance by nicely matured wood. The rooms are airy well lighted and cheerful. The Bath and Treatment Rooms are being fitted up for hydropathic massage and electrical treatments on the same general plan as the sister institutions at Caterham and Leicester. Among other features will be the Hydro

Electric Bath, Sanitarium shower-spray-and-douche apparatus, the Russian or Vapour Bath, Sitz Bath, Electric-light Bath, and Electro-vibratory apparatus, also Sinusoidal, Galvanic, and Faradic Appliances.

The water is piped from springs on the hillside. The



A PATH IN THE WOOD.

BLUSHING.

BY FRANKLIN RICHARDS, M.D.

WHEN Mark Twain said, "Man is the only animal that blushes—or needs to," he doubtless referred to the blush of humiliation or shame.

It is well to recall at the outset that there are some other blushes of a more desirable sort. The blush of true modesty, for example, is well worth retaining; and the

blush of exuberant health is something to cultivate. But because of anxious inquiries, these cannot claim our attention. This paper is chiefly concerned with

Bashful and Bothersome Blushes.

The blush that speaks louder than words in expressing some sudden emotion, is commonly localised to a part or the whole of the face, including the neck and the ears. It may be more widely diffused. Darwin tells us that certain men, "who habitually go nearly naked, often blush over their arms and chests, and even down to their waists." The bashful boy feels when he blushes more extensively reddened than this. Still, his feelings are not a true measure. The bashful boy is self-conscious. It is rarely so bad as he *feels*, for blushing has never proved fatal—not this kind.

What Blushing Means.

Ordinarily, a marked and sudden flushing of the face is the outward sign of a



CONSERVATORY.

building will be lighted with electricity.

The institution is being fitted up with the aim to provide with modern appliances, primarily for the necessities and comfort of the unwell, as regards dietary, treatment, exercise, and rest; but also for those who wish to spend a profitable and pleasant holiday in studying and practising the laws which tend to preserve health, happiness, and longevity.

Although situated in the midst of this beautiful touring district, the Hydro is nestled away in a quiet country park so that real peace and quiet, so essential to the invalid, may be enjoyed, while those who delight in touring amidst the most elevating surroundings of nature can enjoy themselves to the full.



SOCIETY consists of two classes, the upper and the lower. The latter cultivates the dignity of labour, the former the labour of dignity.—*Punch*.

mental or nervous disturbance, the nature of which is expressed by accompanying changes of countenance, attitude, gesture,—as in anger, shyness, or shame. Joy, excitement, stimulation and exercise are some of the common causes of less intense and more gradually produced blushes or glows. These are also produced by light, air, heat, cold, friction, or other external excitements. Frequent and troublesome blushing, or blushing out of all due proportion to the cause, may be taken to mean one or two things: (1) An unstable and unduly excitable condition of the nervous system; or (2) the timidity and general self-consciousness due to seclusion, inexperience or immaturity. In either case, there is defective self-government—a lack of control of the lower faculties and members of the nervous system by the higher faculties and the will. Blushing means all this and more. Its further significance will be revealed by a consideration of the phenomenon of blushing. Let us therefore find out

How We Blush.

Blushing demonstrates that the circulation of the blood is controlled by the nervous system. The tubes through which the blood flows are opened and closed by two sets of nerves—(1) vasodilators and (2) vasoconstrictors. Heat irritates the vessel-opening, cold the vessel-closing nerves. When the skin is warm more blood flows into the wide-open tubes and shows through the transparent skin; when cold, there is less blood in the contracted vessels and the skin looks pale. This control of blood-flow by the nerves may be roughly compared to the control of a horse with whip and reins. In this case the reins are the vessel-closing and the whip the vessel-opening nerves; the *driver* is a mass of nerve matter at the back of the neck, called the *vaso-motor centre*; this centre, in turn, is directed by the brain, just as the sober coachman is directed by his master. Heat, cold, and other external irritants, act by influencing the driver, causing him to draw the reins tighter, or use the whip, as circumstances demand. This driver also regulates the force and rate of the heart beat. Such emotions as anger and shame appear to

intoxicate the driver to such an extent that the reins partly slip from his grasp. Thus freed from proper restraint the arteries widely dilate, and blood rushes through, suffusing and reddening the skin.

This fact is very well shown by a simple and painless experiment which has been performed on the chloroformed rabbit. The experiment consists in paralyzing or dividing the vessel-closing nerves of the ear. When these nerves have been severed, the blood-vessels dilate, and the ear becomes fuller of blood and redder than its fellow of the opposite side. In other words the ear blushes, and this blush persists until the nerve is restored.

Why We Blush.

From the foregoing facts it is plain that the causes of blushing are many. It should also be understood that the causes of redness and hotness of some parts may be the same as the causes of paleness and coldness of others. Indeed, these are often associated symptoms. Anything that excites or intoxicates the master (the brain) may seriously interfere with the work of the servant (the vaso-motor centre.) And besides, if the master is drunk the servant is quite likely to be *directly* affected himself, as well as indirectly influenced by the stupid or excited state of his master. Indeed, this is always the case, for the same thought and sense-stream exercises, and the same lymph and blood-stream nourishes and cleanses both higher and lower nerve-centres. So even though they be legion, *it is only through these two streams that the causes of blushing act. There are only two avenues to guard.*

Is Blushing Controllable.

This practical question leads to a further study of causes which the cure consists in removing. The group that gains entrance through avenue (1) includes all emotions, sympathies, actions, words, thoughts, which produce the self-conscious state. Sweep this whole group right out of the way by simply forgetting *yourself*. Forget who you are, what you are, how you look, and what others think. Look out at the heavens and the earth, the sea—"all that in them is"—you will then have no inclination or time to look *in* at self.



ROSTREVOR HYDRO, ENTRANCE WITH LODGE.

"See! Who has created *these* things?" Think of God and His universe—then think of some little child who needs your thought and your care.

The causes that enter through avenue (2) very often go in at the mouth. They then enter the blood through the millions of mouths of the food tube. Or, in at the nose they go with the air, and thence through the lungs to the blood; or, the poisons made in the body are kept in and mixed with the blood; or again, these poisons are cast out through sewers, but because they are left to decay on the skin and in the great sewer (the colon), they are taken back into the blood through the seven million mouths of the skin and the gossamer lining of the colon! So our minds are depressed and excited, our bodies blow hot and blow cold, and we suffer from all sorts of aches and pains all because we know so little about these wonderful bodies of ours which God builds and rebuilds day by day from the simpler dusts of the earth, and gives us to use while life lasts.

To Cure Blushing.

Begin by keeping out both classes of causes—poisonous thoughts and poisonous things. You know pretty well what that means from the mental side of the question. Do as well as you know to-day, and you will know better to-morrow. From the physical side it means to stop making

blood out of diseased and decaying meats, cheese, sausages, and the scavengers of both land and sea, instead of out of the fruits of the earth from which blood ought to be made. Remember the blood bathes the brain: and the blood is the food in solution. It means to taboo vinegar, pickles, condiments, fiery sauces and spices, and all other nerve irritants; to give up narcotics and stimulants, including tea, coffee, tobacco, beer, wine, meat extracts, "vii-cocoa," and all other

"patent" and proprietary "remedies," "tonics" and "foods" purporting to be "highly nourishing" or "concentrated." Give them all up for something better, because only one—that little one of three letters—is enough to arouse, excite, and confuse the brain and its faithful servants, and thus produce all your troubles.

Continue by getting out other nerve poisons that are being produced all the while by the body in health—then how much more in disease? Wash them out with blood purifiers—fruit juices and water. Work them out, sweat them out, and wash them away with soap and warm water. Afterward tone up the nerves and exercise the blood-vessels by the use of cool water and rubbing. Use the cleansing bath twice a week, also cleansing the colon if need be, toning always with cool water after. Use the tonic bath every day according to GOOD HEALTH directions. Sleep out-of-doors or with windows wide open, breathe deeply, and take chest gymnastics. Much could be said of the value of deep breathing in improving nervous control. Little need be said if the breathing is *done* and the benefit experienced.

Those who have taken this "cure" for a reasonable length of time, have found themselves not only free from the troublesome symptom of blushing, but healthier, happier, wiser and more fit in every way for the strenuous business of living.

WHY I HAVE NO CAKES OR PIES ON MY TABLE.

BY MRS. S. T. RORER.*

FOODS rich in fat constantly overtax the liver, and when mixed with fruits or starches excite intestinal indigestion, which is frequently followed by other disorders.

Heat lessens the digestibility of fat by causing partial decomposition, liberating free fatty acids, which are more or less irritating to the mucous lining of the digestive tract.

Fat is required to promote the assimilation of the proteids, the muscle-building foods, which, in turn, aid in the growth and development of the body; but when these fats are heated, the work of emulsification is difficult. Children, and persons whose digestive organs are weak, cannot easily emulsionise fats, and when taken in the form of pie or cake, where the ingredients themselves are complex, the operation is doubly hard. This is quite sufficient reason for the condemnation of pastry and cakes rich in fatty matter.

If such foods are unsuited to the delicate person, they must naturally tax the healthy, and, sooner or later, diminish the resisting power. A continual strain, even on the strongest machine, tends to weaken its parts.

Why Pies and Cakes Are Indigestible.

All of the ingredients from which pies and cakes are made are wholesome. Sugar, in a natural condition, is essential to a perfect diet. Fats, as I have stated, are necessary to the production of heat and energy, and are essential to tissue formation. In cold weather, they are the chief of the fuel foods. Flour and fruit are both nutritious and important foods, but when fat is rubbed with the flour, and fruits and sugar are added, and the whole cooked together, the combination is practically indigestible. The primary digestion of the starch, the normal action of the mouth, is greatly interfered with, due, no doubt, to the thin film of fat surrounding each starch granule.

Natural digestion upset at the beginning, cannot fully complete its work; and the imperfectly prepared materials are carried

along by the peristaltic movement of the intestines, until they are finally cast from the body as waste.

Fats, in light cereal puddings, or in sauces that are not overcooked, are frequently easily borne by dyspeptics. These light puddings, however, must not in any way be confounded with pies or cakes. The fats do not become so thoroughly entangled with the starch, and the fruits and sugar are absent; the mixture is less complicated, less dense.

For these reasons, if for no other, I never have pies or cakes on my table. I do not care to trifle with my health. It is better a thousand times to be able, as I am, to work sixteen hours a day, than to enjoy for a few moments the pleasure of the palate, and have the disorders that follow.

I am fully convinced that few people know the pleasures of good health—what it is to be absolutely well, and equal to any task from the beginning to the end of the year. Then, too, a well-nourished body possesses a far greater resisting power than one continually worn out digesting complicated foods.

All the products formed by heating fats are extremely irritating; this also prohibits the use of the frying-pan.

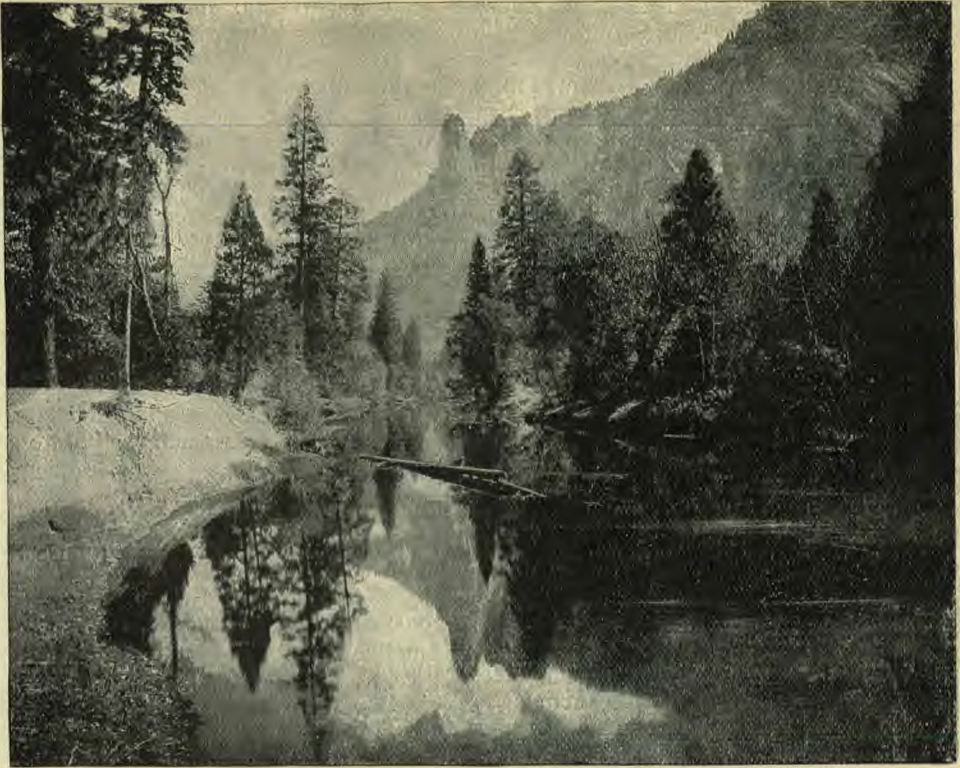
When fat is sufficiently hot to fry properly, it is also hot enough to produce irritant acids.

If the articles to be fried have been dipped in egg and breadcrumbs, the outside covering absorbs and retains more or less of the heated fat, which makes it most difficult of digestion. The inside creamy portion of a croquette may be eaten with impunity; the crust will upset the best stomach. . . .

No Use for a Frying-Pan.

I have never found it necessary in my own housekeeping to use a frying-pan. Croquette mixture is equally palatable when blended with the well-beaten whites of egg, and baked in the oven. This is also true of codfish balls, potato croquettes, and a thousand and one things that are generally fried, and no one will deny that a planked fish is far superior to one fried;

*Ladies' Home Journal.



besides being more wholesome, it is certainly more palatable and slightly.

There is another equally important side to this question, viz., the time and strength of the housewife. Bread and butter are always at hand. Raw fruits require no preparation: they have not been made indigestible by passing through the hands of the cook. Sugar, if it is used, is easily procured. A pie or cake is a complicated mixture, requiring time and labour that might be spent to better advantage.

The ordinary biscuits that can be purchased at any grocery store are easily converted into attractive sweets to take the place of cakes. Spread over them a small amount of jelly or chopped nuts; cover with a meringue, and dry or brown in the oven.

During the last twenty years of my housekeeping I have not used a pound of lard; nor a frying-pan for ten years. It has been a great saving of money, time, and doctor's bills.

Some Substitutes for Pies.

Cornflour and gelatine, for those that like them, may be converted into a dozen different puddings, all slightly and palatable.

Then, during the entire year, we have fresh fruit; in the summer, all forms of berries, peaches, apples, plums and pears, with the winter apples, oranges, grapes, cranberries and barberries for the winter.

Among the heavier desserts, to take the place of pies, are the roly-poly puddings, with their variety of fruit, and the tiny cup puddings made from muffin batter with cherries or peaches or apples.

Prune bread pudding, apple bread pudding, canned peach bread pudding, are all made after the same rule. Cover the bottom of a pie-dish to about the thickness of two inches with fruit; stone the prunes cut the apples or peaches into slices; cover with a thick layer of rolled and dried breadcrumbs: beat one egg without separating it, add two tablespoonfuls of sugar,

and beat again: add two-thirds of a cupful of milk, pour this over the fruit, and bake in a moderate oven until the custard is set. Serve this warm with either cream or milk, or a sauce made of butter and sugar, or an ordinary lemon sauce. To give variety, take two eggs, separate them and make the whites into a meringue, and put this over the pudding after it has finished baking; return to the oven and brown on the top.

These desserts are inexpensive, and much more quickly made than complicated pies.

Some Cake Substitutes.

These are fewer in number, but we have at the very head of the list a few attractive cakes without butter, such as angels' food, sunshine cake, sponge cake, molasses sponge cake, lady-fingers, macaroons, kisses, almond cake, and cocoa cakes.

Marguerites are made in an endless variety of ways; one may use the round water crackers, or common soda crackers, the long flakes, or, in fact, any crackers that are not salted: cover them with chopped nuts, conserved fruits, preserves or jelly. The tops are always covered with meringue, made from the white of egg and sugar, dusted thickly with powdered sugar, and then browned slightly in the oven. They are palatable and sightly.

The ordinary unfermented, or beaten, bread, rolled very thin, and cut into squares and baked, covered with a mixture of chopped nuts, and then meringue, is most wholesome.

All Fried Foods Are Bad.

To REITERATE, all foods that contain, or are cooked in, hot fats are bad, notwithstanding the false impression, habits, prejudices, and narrow theories of those who wish to continue in the wrong, simply because they like things, because their parents existed for eighty years on these articles of diet. Bigotry of this kind prevents all investigation, and pronounces it useless.

Just a word to the outdoor labourer. The man who works from seven to six in the open air

may be able to digest pie; but there are many better foods from which he could get, with no greater outlay of digestive fluids, a larger return. In middle life, he, too, must pay a penalty, and either indigestion, rheumatism, or gout, or Bright's disease in some of its forms, or uric acid conditions, are his closest companions.

Mince pies are rather more complex than fruit pies on account of containing albuminoids; then, too, they have suet, in addition to the crust which, when heated, frequently produces irritating compounds, and in turn, sour stomach.

These foods first overtax the liver, then, by secondary reflex action, the stomach, and more or less affect the whole digestive tract.

—♦—

"EXCUSE me, mum; I was goin' to try to git you interested in a face lotion that 'ud make the ugliest skin beautiful, but I see you don't need nuthin' like that." "Well—er, I think I'll buy a box of it for a friend of mine."—*Houston Post*.

♦ ♦

A LADY consulted Dr. Abernethy. "You know my usual fee?" said he. Two guineas were instantly laid on the table. He put them in his pocket, and pulling forth sixpence, put it into her hand. "There," said he, "go and buy a skipping-rope, for all your illness proceeds from want of exercise."





FOOD & COOKERY



"I heard a voice at evening softly say,
Bear not thy yesterday into to-morrow,
Nor load this week with last week's load of sorrow."

"A Hot Weather Dinner."

BY G. GOLDER.

If the food used in hot weather is easily digestible, light, and not too bulky, and at the same time nourishing, one can go through the hottest weather with very little discomfort, providing the other laws of health are adhered to. Overeating should be strictly avoided. The following menu for a "hot weather dinner" may be found suggestive for those who must do laborious work in spite of the temperature.

Menu.

Protose Egg Flash (cold). New Potato Fingers.
Green Peas Steamed. Almond Gravy.
Dextrinised Rice Mould (cold).
Lemon-Fig Sauce (cold).

Recipes.

Protose Egg Flash.—Three cups finely mashed protose (mash with a fork), 2 lightly boiled fresh eggs. Beat the eggs with a fork (add salt if liked), then add three teaspoonfuls lemon juice or two tablespoonfuls raw tomato juice, then work the eggs into the protose. Press into a wetted glass mould, then turn out, and send to table garnished with sprigs of parsley. It can be flavoured with finely chopped mint or parsley instead of lemon or tomato juice, working the parsley or mint into the protose before adding the eggs.

New Potato Fingers.—Wash and scrape as many new potatoes as required (fair sized ones), cut into fingers the length of the potato, steam, and when done turn into a hot dish and allow to dry a little before sending to table.

Steamed Green Peas.—Shell and wash in salt water, tie loosely in a cloth and steam till tender. The peas have a better flavour if tied up with a sprig of mint and cooked. Serve at once.

Almond Gravy.—Add two cups almond milk (made by slowly mixing water with half a cup of almond butter) to half a cup of caramel cereal (liquid) and a little salt, and then let it simmer. Brown three tablespoonfuls of wholemeal flour in the oven, and mix to a cream with cold water, then add it to the milk with a teaspoonful of coker butter. Simmer until slightly thickened. If liked the gravy can be flavoured with a stick of celery, removing it before serving.

Dextrinised Rice Mould.—One and a half cups washed rice, one and one-quarter cups small sago, a little more than a pint of either almond or ordinary milk, as preferred. Place the rice in a shallow tin, and brown it slightly in the oven, then mix well with the sago, pour over the milk, and steam until it sets. When nearly cooked, add a beaten egg. Cool and serve. Sugar or any preferred flavouring can be added if liked.

Lemon-Fig Sauce.—One and a half cups of fig juice from stewed figs (no sugar added), one or two tablespoonfuls lemon juice, one and a half cups of milk. Mix these ingredients, and bring to the boil, and when boiling add a little cornflour which has been rubbed to a cream with cold milk. Add just enough to slightly thicken the same. Let cool and serve with the rice. The thickening may be omitted if desired.

Almond Fig Meat.—To one pound of fine almond meal add one cup of lemon juice, then steam in a covered basin four hours. Take three pounds of natural figs (the best ones with soft, thin skins), or if ordinary cooking ones are used they must be steeped until soft. Cut off the stems, and cut into quarters. Then cut up the steamed almond meal into small pieces, mix with the figs, and pass all twice through a fine mincing machine. Press into a wetted mould, turn out, and it is ready for use. This is a delicious and very sustaining dish. It can be spread thickly upon thin slices of stale Hovis bread, etc., for lunches, or used with plain, cornflour blanc-mange, or as a filling for tarts. It needs no cooking, as the nuts are previously cooked, raw nuts do not agree well with many people, but raw figs thus prepared are far better than cooked ones.

Almond Fig Pudding.—Take equal parts by weight of the almond fig meat above and fine brown or white breadcrumbs or zwieback crumbs, and pass through a mincer to mix properly; then mix to a batter with hot water or hot skim milk. Beat as many eggs as required into the mixture, and bake or steam, as preferred, until set. Serve with any preferred dressing, but use no sugar.

Steamed Rice.—One cup browned rice (baked to a golden brown), three and one-half cups water, two tablespoonfuls almond butter, reduced to a cream by using part of the water already given. A little salt may be added if desired. Steam for two hours.

THE WET-TOWEL RUB.

BY ALFRED B. OLSEN, M.D.

PLENTY of linen towels and a pail of water are the modest requirements for this procedure. Usually the patient lies in a sheet, and also a blanket if necessary. The room is heated if circumstances demand it. But one attendant is required.

Directions for the Towel Rub.

After getting everything ready, bathe the face and neck of the patient with cold water, and then apply a cold compress to the head. The compress is changed after it gets warm. The face may be dried or the water left to evaporate, thus cooling the head.

As in similar tonic rubs and baths, one begins with the chest. Partially wring a linen towel out of cold water (about sixty degrees Fahrenheit), and then apply it quickly to the chest. Rub the towel (not the skin) briskly with both hands, until the skin is reddened and the towel warm. Then remove the wet towel, apply a dry one, and again rub the towel until the skin is dry. There should be a scarlet glow in the skin if the treatment is given properly. Cover the part, and then treat the arms, one after the other, and then the abdomen.

The Rubbing.

Practice is necessary in order to acquire the proper skill for giving this treatment. There should be a good deal of stroking combined with gentle percussion. The movements must be quick and vigorous, but still given so as not to be uncomfortable or cause annoyance. The towel must be brought into intimate contact with the skin everywhere, and the rubbing should continue till the towel is actually warm.

Above all, don't permit the patient to get chilled. See that he is warm to begin with. If he is not warm, administer an electric light, vapour, or warm water bath, and then give the towel rub. A fomentation to the spine is sufficient to warm the patient. It is also important to bear in mind that a tired or exhausted person is not in a fit state to be benefited by this treatment.

The Temperature of the Water.

The degree of coldness of the water is an important factor in determining the vigour of the bath. For most purposes it is given at a temperature of fifty to seventy degrees Fahrenheit. But it may be given much colder, and then it is a stronger tonic. A neutral or tepid towel rub is much milder and is suitable for feeble and sensitive persons.

But other factors must be taken into consideration. The amount of moisture in the towel, the thickness of the towel, and the vigour of the rubbing also modify the effect of the procedure, and each by itself must receive careful consideration in order to get the best results. Sometimes the towel is moistened a second or third time and reapplied, before the part is dried.

Warm the Feet.

After rubbing the arms and trunk, do the thighs, legs, back, and lastly, the feet, while the patient is lying on his face. They usually require a good deal of rubbing and percussion to get them warm. Never leave them until glowing with warmth, and perfectly dry.

For Feeble Patients.

In treating feeble patients the temperature of the water should be from 70 to 97 degrees Fahrenheit, and the towel should be wrung rather dry before applying it to the body. Also apply a hot bottle or a fomentation to the feet while giving the rub.

Sometimes it is necessary to resort to a hot towel rub, and then the procedure is the same except that hot water from 110 to 120 degrees Fahrenheit is used in preparing the towels.

Physiological Effects.

There is a certain amount of shock to the nervous system which is not undesirable as a rule, and there is increased activity of the internal organs generally. Respiration is stimulated and the heart beats stronger. Indeed, the functions of the body are



THE WET-TOWEL RUB.

awakened and stimulated to fresh activity. The skin, too, is invigorated and becomes firm and resistant. In short, the tone of the entire body is raised.

Indications for the Towel Rub.

The wet-towel rub is a most efficient means of reducing the temperature in fever. The elimination of heat through the skin is accelerated. At the same time it strengthens the action of the heart, and improves the breathing.

It can be recommended for anæmia, neurasthenia, the different forms of dyspepsia, diabetes, obesity, rickets, tubercular glands, and chronic rheumatism. It is also a suitable tonic for most varieties of heart disease, but in these cases it is well to omit the chest in giving the rub. It makes an excellent treatment for the early stages of pulmonary consumption.

The wet towel rub can be made very mild by not using too cold water, by wringing the towel until it is almost dry, and by applying quick and energetic friction to the towel. One great advantage that it possesses is its extreme simplicity, which makes it possible to give the rub anywhere and under any circumstances.

IN an Irish daily there recently appeared this advertisement: "Wanted—A gentleman to undertake the sale of a patent medicine; the advertiser guarantees it will be profitable to the undertaker."—*Selected.*

CASEY—The dochter sez what I hov is "insomy." Cassidy—Och, shure. Oi've had thot throuble meself, and there's only wan cure fur it. Casey—What's thot? What d'ye do? Cassidy—Jisht go to sleep an' furgit all about it.—*Philadelphia Press.*

Refused to Make Further Repairs.

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

ONE SUMMER-TIME.—(Continued.)

BY JESSIE ROGERS.

IN the midst of utter confusion he lay unconscious, the blood gushing from a deep incision in the right foot, which we learned later had been caused by stepping on a sharp scythe left carelessly in the hay. Without ceremony she rushed into the house filled with wailing, panic-stricken people, who wrung their hands, and implored one another to tell somebody what to do. Straight to the bed she went, and with one gentle but effective sweep removed from under the limp form the four pillows some kindly soul had supposed would minister to his comfort. Then pouring a tumbler of water upon the pallid face, she called for a basin of water and towels. Snatching a sheet from the bed, she tore it into strips. I had followed close after, and like the rest now helped to carry out her short sharp directions. Beth is so gentle, so tender, but when she commands, it seems a law of nature to obey. I understood that day why all the evil angels of the primary grades were invariably passed through her hands.

In a very short while the boy lay in a cool, darkened room, upon a clean bed, the blood-soaked mattress being far removed, and his wound so treated and bandaged and comforted that when the fluttering eyelids lifted, he wondered to find himself in bed. Beth bent tenderly over him, when she knew that he was quite conscious, and proffered a cooling drink. Without allowing him to waste strength in questions, she said simply, "You had an accident this morning; it has left you quite a sick boy for a little while, but you are going to be all right in a little time if you'll be very, very still. The doctor will be here soon." A big boyish hand reached out awkwardly and closed over her soft firm fingers. Then the sleep of exhaustion fell upon him, and we left him—Beth lingering to suggest some expedients to be used "until the doctor comes."

Such an ovation as Maud and May accorded us—I say *us* because from Beth's account it appeared that I had snatched John Butler from the jaws of death, when, as a matter of fact, I had held a wash-bowl and wrung out two towels. But that is

the way Beth has. Accordingly, we were feasted and fêted like guests royal. The reaction of anxiety made us rather more than usually noisy that evening. Beth at the piano played the mellow old plantation songs that we all loved; Maud strummed the guitar; the banjo uttered grumbling protests under the manipulation of my unskilful fingers, while May, with her yellow hair swathed in an improvised turban, curvetted about in the intricacies of a "cake-walk." May is a Southerner, and will not leave off some of those pranks caught from the darkies "on the old plantation" (though on sundry occasions—immediately after we have been caught in the full enjoyment thereof—we have tried to point out to her this lack of correlation with her position in society). That particular evening she was contributing to the entertainment in double measure, as she drew a wailing accompaniment from the disabled interior of a French harp.

A knock, sharp and imperative, brought our efforts to a sudden terminus. On the veranda, hat in hand and bowing promiscuously, stood a gentleman, who, under less trying conditions, might have been described as "courtly," but who, "because of circumstances over which he had no control," appeared as ill at ease as a ploughboy at a banquet.

May collapsed into invisibility after the manner of a folding cup—that device of a disordered brain. Maud was instantly fathoms deep in the pages of "Young's Night Thoughts"—the diary of that worthy being conveniently at hand. Beth rose hurriedly, and gracefully bade our undesired visitor enter, while I, Lou Smith, stood awkwardly holding the tortured banjo in close and tender embrace.

"Pardon the intrusion, but I am told that one of you ladies did the exquisite bandaging that saved John Butler's life to-day, and I wish to meet the nurse who is so skilful that my services are not needed."

His self-possession had had time to adjust itself in the silence that had fallen, and with this remark he presented his card,

whereupon Beth gracefully drew me forward and presented me, with all due form, to Dr. Charles Thompson, and enlarged upon my resourcefulness and courage in a way deeply convincing to everyone except Dr. Thompson and myself. That man of medicine turned from bestowing upon me perfunctory compliment of my skill to ask politely of Beth if he might know where she had learned the art, and she walked neatly into the trap by her glowing and grateful account of the methods taught and demonstrated by the School of Health in its training on the subject of "Accidents and emergencies."

Our social status had been made known to him; therefore it was with philanthropic motive that he desired to know if Beth would be willing to attend an elderly lady an hour each evening. "It is not a case of acute illness, Miss Henderson, but of despondency and lack of interest in life that keeps the patient in bed, helpless with imaginary disorders. I shall be very grateful if you will consent to this, and if possible comfort and soothe her into more restful nights. She will pay you handsomely." Beth accepted his proposition eagerly, and promised to give an hour each evening to the business of "comforting."

So much suffering, so much sickness, so much ignorance, revealed in one day, even in this one tiny village, left May—laughing, rollicking May—strangely subdued and silent. After we had retired I knew that she came and sat by Beth for a long time, and I knew, too, that she shed tears on Beth's pillow—remorseful tears—because of her "uselessness." May had those seasons of introspection for three hours at a stretch, sometimes, during which periods we bore patiently the funereal gloom, and looked forward longingly to her sure sunshine. Oh, God's shiny people! And yet they, of all mortals, are least aware how much they are needed.

Whatever it was that Beth said that night, it had the effect of leaving May very sweet and cheerful, and, moreover, it led her across the garden and into the region of wild disorder which is the permanent condition of the house of Aker, the constant additions thereto leaving no time for the business of housekeeping. At noon, having swept, scrubbed, and, so far as might be, garnished the dilapidated home, she came across the garden leading by one hand Paul Thomas Aker, aged two years and eight months, while in the other she carried a little dress, reasonably clean, but "rough dried." He was sticky and grimy and ragged and small, but quite big enough to understand perfectly how entirely Maud and I disapproved of him, as we stood in the kitchen door, our manner as well as our persons barring entrance to our immaculate domain. He cast an appealing glance upon us, and folded his little hands with such an air of self-deprecation that our disgust began to thaw rapidly. Nero, big, loving Nero, got up and licked Paul's little hand. May snatched up the silent baby and fled with him to the bath-room, whence there presently came the sound of splashing water, gurgling baby laughter, and little snatches of kindergarten songs. She made sundry trips upstairs, and descended with mysterious parcels, and from one of these we caught the flutter of a blue ribbon, which from our cursory view we judged to be identical with that



THE DIAMOND HEAD LIGHT.

which presently adorned his person. The result of all this was that our noon-day board was graced by the presence of the small namesake of the great apostle, enthroned (somewhat unsteadily, but none the less serenely) upon a chair, a soapbox, and a cushion, and he graciously accepted dainty morsels proffered by May, while the rest of us looked upon the transformation with amazement.

"The master of the house across the way was sorely distraught by my attack," laughed May, "until I discovered that he feared I might demand remuneration for my services; but I managed to let him know that I was doing it because I have a penchant for scrubbing, indeed, that I cannot help scrubbing, just as the rat must perforce go on gnawing. After that he dogged my steps and elaborated upon the privileges of Christian graces, assuring me that the exercise of these is a privilege within the reach of all—even the very humble."

It was about this time that invitations to participate in the above-mentioned privileges began to pour in upon us. Beth and May found themselves very much occupied with the various calls, while Maud and I were much in demand by ladies who wished to be taught cooking; and, furthermore, we were honoured by a call from the village teacher, a dame correct, severe, and learned, who assured us she would be willing to enter a class in cooking and gymnastic work if we wished to open such, for she was aware, she said, that in these days of social levelling, the cities were offering wonderful privileges, even to the very poor. When she left, Maud and I felt that we should call her back and extend formal thanks for her suggestion. We laid definite plans that evening in full counsel, and opened our class the following Monday. I may as well record here that before the close of that glorious summer we had the satisfaction of knowing that in many homes gross foods had been substituted by clean, and tortured bodies freed from articles of distress and clothed with garments of comfort. One of our theories that had borne demonstration being that change is rest, we put our whole energy into these different lines, when once the social ostracism had lifted a little.

Beth and May were out a great deal, for there was much sickness, but our evenings were seasons of delight. Out under the trees until the dew fell, or comfortably disposed on the wide veranda (with Nero's great head invariably on my knee), we sang and laughed and watched the stars come out, and thanked God for His summer-time.

A queer case had been brought to Beth's sympathetic notice. An elderly spinster, sour and disagreeable, had been "bedridden" for many weeks. The hospitalities of the people had begun to wane, and their sympathies to fail, for petulance wears out solicitude, and the housewife who can patiently abide having her best dainties crossly criticised is an extinct species. Therefore it chanced that the condition of Miss Wade, spinster, was very low about the time Beth and May took seriously to nursing. A great, idle brother, who "never felt quite pert," and herself managed to live on the food which Maud and I warmly pressed upon them, but they felt that we did not fully understand how hard it is to bear privation, especially when one is "bedridden" and "not feeling pert." Other cases had yielded to Beth's skill as unto magic. But there she failed utterly.

(To be concluded.)

Some Results of an Unnatural Dietary.

DR. HAIG, in his work on "Diet and Food," dwells at length in the chapter on "The Physiology and Pathology of Fatigue," on the stimulating character of flesh foods. Incidentally he shows that this unnatural diet is largely responsible for the injurious habit of eating too frequently, so common nowadays, and also for the alcohol and tobacco habits, and a host of minor ills. He says:—

"A meal of meat, as compared with a meal of, say, milk, cheese, and bread, equally rich in albumens, is like the force in an explosive oil as compared with the same amount of force in a slow burning oil.

"Stimulation is not strength, but force rendered a little more quickly available; and it is always followed (and must be so)

by an exactly corresponding amount of depression, when the force used up is not available, and has to be replaced.

"This action of meat, as a stimulant and producer of quickly worked-off force, has a good deal to do with the fact that, as we have come to eat more and more meat, we have also come to have a larger and larger number of meals in the day; and now while the bread, cheese, and vegetable feeder can do well on two, or at most three, meals a day, the flesh feeders often take four, or perhaps five.

"It follows, also, that quite an exaggerated and erroneous estimate has been formed of the power of meat to produce force, because its stimulating effect has been mistaken for power, and the depression which followed has either been overlooked, which is possible at first, or later, has been counteracted by tobacco, alcohol, and other more harmful stimulants; but the man who gets his albumens from a less stimulating source, having no

early stimulation, has also no consequent depression, and so probably never feels the want of any alcohol at all.

"Hence it comes about that those who took alcohol on a flesh diet generally very soon give it up when they give up flesh, and smoke also very little, having no craving for any stimulant.

"Another very common effect of meat-eating, whether alcohol is added to it or not, is a certain amount of dulness, heaviness, and disinclination for mental or bodily exertion in the morning hours, often associated with more or less irritability and mental depression. In fact, the meat eater is never quite himself or to be seen at his best till the evening, when rising acidity clears his blood for a time from excess of uric acid; and this is, I think, at least one of the factors that has caused our morning and evening hours to grow progressively later and later, as we have come to live more in towns and to eat more meat.

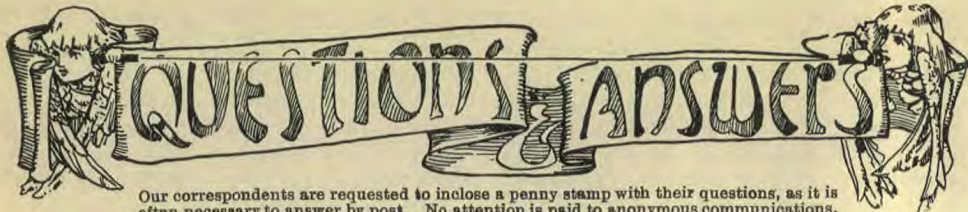


BURNING THE CANDLE.

The spendthrift youth, rejoicing in his store
Of vital force, and confident of more,
In living riotous life's substance wastes,
And gleefully his own consumption hastes.

But when the flame of life is nearly spent,
He hoards the remnant insignificant,
"Husbanding out life's taper at the close,
He keeps the flame from wasting by repose."

E. E. A.



QUESTIONS & ANSWERS

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

Almond Butter.—W.H.H.: "Kindly say how much almond butter should be taken by a person who uses no other fat, butter, or oil?"

Ans.—Two to four ounces a day.

Irritation of the Skin.—A.J.H.: "I am suffering from a severe itching and tickling sensation of the skin, which causes me to scratch vigorously. What would you recommend to relieve the irritation?"

Ans.—The application of carbolised vaseline to the affected part ought to give you relief. If this is not successful, we would recommend the use of alkaline baths, as described in the March number of GOOD HEALTH.

Nervousness.—A.G.: "I suffer from nervousness, and although I have tried numerous so-called remedies, I have got no relief. I have been taking Fellow's Syrup, but have not benefited in any way by it—indeed, instead of getting better I am afraid I am getting worse. Do you think Coleman's Nerve Pills would do me any good?"

Ans.—No; we strongly advise you not to resort to any drugs or pills which you find advertised in the public press. You would do better to have a course of tonic treatment at some well regulated sanitarium such as the one at Caterham or at Leicester.

Flatulence.—S.F.: "I have severe attacks of wind before meals, and also at night, and I also have vomiting of green mucus. 1. Would you advise cold sponging night and morning? 2. What food ought I to have after I have been sick? 3. What would you recommend for breakfast? 4. What can I take in the night after an attack of wind? Hot milk seems to make more wind."

Ans.—Yes, provided you get a good reaction, and are not chilled. 2. We think it would be better for you to skip a meal and drink water only. 3. Toasted granose flakes with stewed fruit, a soft boiled egg, and brown bread and butter. 4. Sip a glass of hot water slowly. It is not well to take hot milk, or any kind of food, at night.]

Burgundy for Anæmia.—M.E.: "Kindly prescribe a diet for an anæmic person. 2. Does Burgundy make blood? I have been recommended to take it for this purpose."

Ans.—1. For an anæmic person we would recommend the following: Toasted wheat flakes with cream, stewed fruit, a soft boiled or poached egg, and brown bread and butter for breakfast; for dinner, a plain vegetable soup, nut roast, or a thin slice of protose, baked potatoes, some tender green vegetable such as spinach or cauliflower,

and a plain rice or tapioca pudding, or plain custard; for supper, which should be taken not later than half-past six, bread and butter with both fresh and stewed fruit. 2. No, we would recommend you not to take any form of alcoholic beverage. It is more likely to do you harm than good. Welch's Invalid Port, which is pure, unfermented juice of grapes, is a real tonic.

Milk Powder—Granose Flakes for Children—Linen Mesh Underwear.—"Cyfaill": "Do you recommend the use of — Milk Powder for a child of eight months in place of fresh milk? 2. How soon can we begin to give granose flakes? He has not cut any teeth yet. 3. Would you please say if Linen Mesh Underwear is a preventative to taking cold?"

Ans.—1. We are not favourable to the use of milk powder of any kind, and think that you would do better to obtain good, pure, fresh cow's milk, and then modify it according to the directions given in August, 1905, GOOD HEALTH. 2. Granose flakes, in the form of a thin gruel, could be given to advantage at any time now. 3. Yes, in your case we would advise Linen Mesh Underwear. In winter time it is sometimes advisable to wear some light woollen garments over the linen mesh.

Asthma.—"Amicus": "Four years ago I had my first attack of asthma, and since then I have had periodical attacks—two or three each year. I have been to Scotland three times, and each time had a severe attack. In London I keep fairly well, except that now and then I am wheezy, especially if I am over-energetic. In view of the above, might I ask—1. Whether a permanent cure can be effected. 2. By what means? 3. Should I diet myself? 4. What should I avoid in diet? 5. Will cycling and swimming be beneficial to me? 6. Was it the air in Scotland that caused the trouble?"

Ans.—1. We are not prepared to say definitely without more complete information or a personal interview. Asthma is often a very obstinate disease to deal with, and difficult to eradicate from the system. 2. A course of tonic treatment at some well-regulated sanitarium, such as those at Belfast, Caterham, and Leicester. 3. Yes, by adopting a plain, simple diet of wholesome and easily digested food. 4. Tea, coffee, cocoa, condiments, sweets, pastry, cakes, pickles, cheese, and all rich and greasy foods. If you take flesh at all, use it sparingly, and not more often than once daily. 5. We think that there would be no objection to moderate cycling and swimming, providing you find the exercise agrees with you. 6. We are not prepared to say.



CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

CATERHAM, SURREY.

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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.
(Managing Editor.)

Address all business communications to

GOOD HEALTH, 451 Holloway Road, London, N., and all editorial correspondence to the Editors, same address. Telegraphic address: "Uprising, London."

GOOD HEALTH may be ordered through any newsdealer. Yearly subscription, post free, 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2. Indian Office: **GOOD HEALTH, 39/1 Free School St., Calcutta.**

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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THE index for Volume IV. of **GOOD HEALTH** is now ready, and will be supplied free on application. The new bound volume of **GOOD HEALTH** is also ready, neatly and attractively bound. Price 2/6, post free.

NEXT MONTH.

"**Sighing, Sneezing, and Yawning**" is the title of an instructive article by Dr. Franklin Richards. The writer explains the physiology of these interesting respiratory phenomena, and shows that both sighing and yawning, for example are an indication that the body needs more oxygen.

"**The Outdoor Club**" is the title of an article which we shall publish in the September **GOOD HEALTH**. It deals in detail with the advantages to be derived from an outdoor life. The truth is that people are beginning to recognise, although only slowly at first, the great importance of living more in the open air and less in the stuffy, close rooms of our houses.

"**The Responsibility of Motherhood**" is the title of a very earnest and sympathetic article by Mrs J. W. Gillmour, of Belfast. We need not emphasise the importance of this subject, and we feel sure that all of our lady readers will peruse it with interest. The sacred responsibility of motherhood is too often overlooked by careless and ease-loving women who sometimes think more of an evening at the theatre than a quiet hour with the children.

DR. R. C. INGERSOLL, superintendant of the Calcutta Sanitarium, has prepared for us an article on "**Whiskey Pegs: Are They Unwholesome?**" which will be interesting not only to our readers in India, but also to those living in the United Kingdom. We are glad to note the steady change in public opinion against the use of alcoholic beverages of all kinds, and we trust the day will soon come when all preparations of alcohol will be relegated to commercial purposes solely. No alcoholic preparation can be looked upon as a true food in any sense of the term, and the sooner people come to realise this important truth, the better it will be for our national physique.

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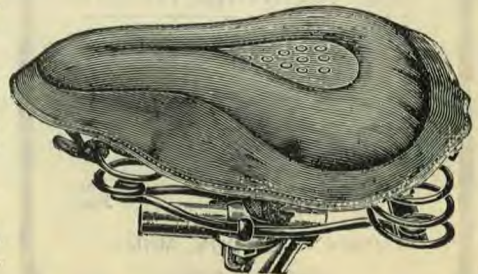
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Ninety-nine per cent. of the people
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It is provided with superior rubber tubing and bulb, the latter being fitted with an improved ball valve. Balsams and all other preparations can be freely used without any danger of clogging.

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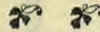
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GLUTEN MEAL (wheat extract), a highly nourishing and easily digested product. Makes superfine gruel or porridge in one minute. Is a luxury for the well, a necessity for the sick. Excellent for children. Per lb. packet, 20%, 10d., 40%,1/8.

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PROTOSE.—First-hand meat, obtained direct from the vegetable kingdom. Provides the same elements of nutrition found in animal flesh, without the impurities. Tasty and easily digested. Is generally acknowledged to be a triumph of inventive genius in the realm of Health Foods. 1½ lb. 1/4; 1 lb. 1/-; ½ lb.....8d.

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Send us **One Shilling** for a package of samples and cookery book, or ask your **GOOD HEALTH** agent for these foods.

Manufactured in the interests of HEALTH by the

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PERFECT health depends upon perfect circulation.—*Selected.*



IF resolutely people did what is right, in time they would like doing it.—*Ruskin,*



A MAN "too busy" to take care of his health is like a workman too busy to sharpen his tools.—*Selected.*



MEN travel far to climb high mountains, to observe the majesty of the ocean, to trace the sources of rivers; but they neglect themselves.—*Augustine.*



OH, for a little more fresh air, more fun and laughter in the lives of grown-up people, so that the shouts of happy children might no longer jar upon their nerves, and shatter their peace.—*The Interior.*



WE are, as a people, justly proud of our hospitals. The trouble is, we have not yet learned to be ashamed of our diseases, and vigorously to attack the cause.—*Lady Henry Somerset.*



A GREAT preacher has truly said: "Kindly words, sympathising attentions, watchfulness against wounding men's sensitiveness—these cost very little, but they are priceless in their value."—*Sel.*



THE stomach is not only exposed to certain disorders peculiar to itself, but is likewise the great sympathiser with most of the local and constitutional derangements of the system.—*C. R. Pemberton.*



"THE ideal doctor is the ideal man, the ideal man has ideal conduct, and ideal conduct comes from good deeds done, not of necessity, but from love of good deeds, when, indeed, conduct becomes really moral."

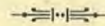


IT seems to me that, in the cure of all chronic complaints, however distant their seat may be from the stomach, those will have the greatest success who attentively consider the present state of this organ.—*John Fothergill.*

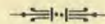
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