

NATURE'S PANACEA—LIFE OUT-OF-DOORS.

Good Health

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

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Editorial Chat.

Save Your Kidneys. JUDGING from the large sales of various much-advertised kidney cures, there must be many persons whose kidneys are more or less disabled. Such will do well to heed the advice given by Professor Chittenden, of Yale University, whose admirable book, "The Nutrition of Man,"* has thrown so much light on the food question. It is well known that the Professor is a firm believer in a low-proteid dietary. Speaking of "the partial protection that can be afforded to weakened or disabled kidneys by judgment and discrimination in the matter of diet," he goes on to say that "the consumption of excessive and unnecessary amounts of proteid food simply means the ultimate formation of just so much more urea, uric acid, etc., which must be passed out through the kidneys."

No Organ So Ill-Treated. HE quotes the words of Bunge: "There is no organ in our body so mercilessly ill-treated as the kidneys. The stomach reacts against overloading. The kidneys are obliged to let everything pass through them, and the harm done to them is not felt till it is too late to avoid the evil consequences." "It would seem the part of wisdom, therefore," Professor Chittenden concludes, "to adjust the daily intake of proteid food to as low a level as is consistent with the true needs of the body, in those cases where the kidneys are at all enfeebled, or where it seems desirable to exercise due precaution as a possible means of prevention."

Flesh meats being not only very rich in

proteids but containing in addition uric-acid waste products which must be eliminated through the kidneys, it follows that this class of food is especially likely to give trouble to persons in whom these organs are weak. There can be no doubt that a timely resort to vegetarianism has saved the lives of many such.

Alcohol Losing Ground. ALCOHOL seems to be losing ground the world over. The special Duma commission, which has been considering the drink question in Russia, reported recently in favour of removing the imperial eagle from the labels on vodka bottles, and putting on the skull and cross-bones in its place, accompanied by warnings against over-indulgence. If public-houses were to display the skull and cross-bones instead of the attractive signs that now adorn their fronts, some people might possibly bethink themselves before entering for their glass.

The Handwriting on the Wall. ANOTHER interesting omen may be recorded. We have just received from a well-known firm of brewers the announcement that they have put on the market an unfermented grape juice. This is good news, indeed, for it shows that the brewers have seen the handwriting on the wall, and realize that if they are to keep their shares from depreciation they must manufacture something better than alcoholic drinks, which are nothing less than slow poisons. Meanwhile it is encouraging to see the original Welch's Grape Juice, which was a pioneer in unfermented wines, maintain-

*Heinemann, 14/.

ing its popularity with the people as a most valuable food-stimulant and appetizer.

"Wastage of Child Life." DR. J. JOHNSTON, Late Honorary Surgeon to the Bolton Infirmary, has done well to bring out in pamphlet form (John Heywood, Manchester, 6d.) his series of articles on different phases of the public health as related to child life. The "Problem of the Child," as he calls it, is attracting widespread attention in these days, and is enlisting the interest and sympathy of all philanthropically inclined people who know the facts. Unfortunately these are still in a very small minority, and it is to be hoped that Dr. Johnston's pamphlet, which deserves a very large circulation, will do something to make the facts known. Among the subjects considered we note "Infantile Mortality," "Parental Ignorance and Neglect," "Infant Feeding," "Milk and Its Dangers," "Alcoholism in Women," "The Schoolchild and Free Meals," "The Half-Time System," "Motherhood, Housing, and Children," "Juvenile Smoking," etc. We heartily commend the work to GOOD HEALTH readers.

To Friends and Fellow-Workers. OUR best thanks are due to friends and fellow-workers, both for their kind expressions of appreciation of our double August number, and for their efforts to secure for it a large circulation. The number went off very well indeed, the whole edition of 50,000 being cleared off the shelves early in August. Now we shall soon be entering upon the busiest time of the year. As the evenings grow longer there will be more desire to read, and we cordially invite every friend of these principles to do what may be in his or her power to win for GOOD HEALTH a greater number of monthly readers. Some can doubtless get their newsgents to display a poster, which will be sent on request from our editorial office, and to order a few copies regularly through the usual channels. Another way to help the magazine is to call one's friends' attention to it. Still another way is to send it to some absent friend or loved one living in "Britain over-seas." One shilling and sixpence will pay for a year's subscription to the magazine, sent post free to any country in the postal union. It would be hard to find a more helpful and pleasant way of remembering one's friends.

WHY NOT CAMP OUT?*

BY H. J. STONE.

ARE you planning a conventional holiday? Do you propose to join in the popular rush to the great towns on our coast that spoil the beauty of the sea? Will this September find you following that monotonous round of boarding-house meals, with the same be-starched, excitement-loving, though always good-hearted, crowds? Will you flee from the rush and hurry of town life to the rush and hurry of seaside holiday life; from starched collars and picture hats to starched collars and picture hats again? Many are planning just such a holiday who have planned such an one a score of times before. Force of habit sometimes drives us to such crimes even in planning our vacation.

[*Let no one think September late for camping out. It is really one of the best months in the year, so far as weather is concerned, and is becoming increasingly popular as a holiday month.—EDITOR.]

But I trust that no reader of GOOD HEALTH is contemplating putting body and mind to such a strain. If, like the writer, you are loosed from your labours for two or three weeks only during the year, why not make it a thorough change, a real time of freedom in every way? If you have been cramped in a close office for a year, why not, for at least those two or three weeks in which you may do as you please, go to live in the mountains, or away on a farm in some quiet country spot, or even on one of those pretty islands up the Thames? Once you have broken with iron-bound conventions, there is unlimited choice. Expense need not hinder one from camping out. At the cost of the average seaside holiday, with its petty tyrannies and extortions, you may purchase your own camp outfit and hie

you away with some kindred spirit to the mountains and lakes of Scotland or Wales.

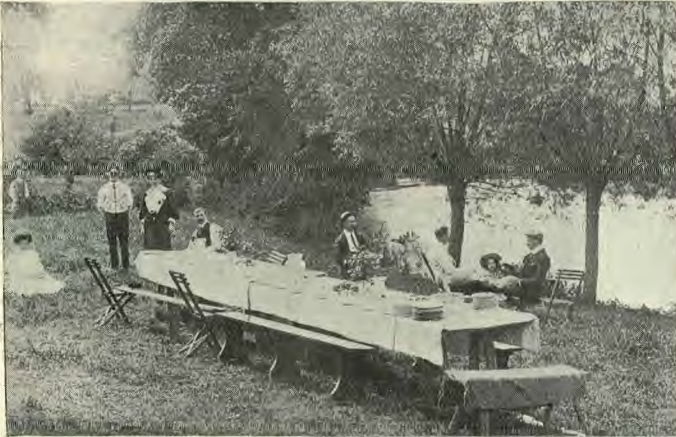
To the Dweller in Towns.

To those, chiefly, who for the greater part of their time must exist in crowded cities, and particularly to those whose souls yearn to get away beyond those limits which heavy railway fares and heavier hotel expenses mark out for the man or woman of moderate means, I

and reduce the daily mileage by very little, if at all. A single "gipsy" tent adds but three and one-half pounds to the pedestrian's outfit, and will pack neatly in the corner of a ruck-sack. These facts may not be new to many readers of GOOD HEALTH, but to those who love the open road, and cannot have too much time in the fresh green fields, how much they mean! To live and sleep and cook one's own meals in the open far away in the mountains,

these are dreams we scarcely hoped to realize. The advent of the light tent has made them delightfully possible.

If you have thoroughly made up your mind to break away from the old-fashioned holiday habit, and invest in a portable tent, write to



make this appeal. To such I would say: Get right away from conventionalities of every sort if you would have a real free, health-creating holiday. Tired and weary fellow-worker, you may exchange your pale face for the bronze of the traveller. You may have a holiday, the very memory of which will be a lasting joy. Away with your starched collars and cuffs, you men of the city! Exchange such abominations for the open shirt and the old loose tweed suit. Exchange your hard stools for the couch on the soft, warm earth. Be free, happy children of nature for at least a few days. With a portable camp outfit the whole wide world is open to you. A tent accommodating two persons weighs complete six and one-half pounds, and with cooking utensils, stove, and bedding will pack well on two cycles

Mr. A. P. Moeller, Sec. Cycle Campers Association, 6 Duke St., Adelphi, W.C.

The cut on this page shows some members of the Birmingham Natural Health Society at an outing.

THE Vegetarian Restaurant at the Irish Village in the Franco-British Exhibition is proving a magnificent success. We believe it is the largest establishment of its kind in this country at least.

NEXT month's magazine will contain a variety of interesting features, including an article on "Our Beds," one on "Nuts: Their Properties and Uses," and another on "Progress in the Use of Rational Methods."

DIABETES: ITS SYMPTOMS AND TREATMENT.

BY ALFRED B. OLSEN, M.D.

SUGAR diabetes is a constitutional disorder of nutrition, usually chronic, and obstinate to deal with, if not incurable. It is characterized by a marked increase in the quantity of water passed, the water containing a varying amount of sugar.

Causes.

Diabetes is a disease of the rich and well-to-do, and most often appears in adult life. Men are more susceptible than women. Heredity appears to be a factor, some persons having a distinct tendency to diabetes. Overwork, mental strain, worry, and anxiety are probably contributory causes, but we think that errors of diet, such as the use of stimulants and rich food, and gluttony, are also important factors. In many cases it is difficult to find any obvious cause.

Nature of the Disease.

In diabetes the normal use of sugar by the body is interfered with, and as a result, the quantity found in the blood is much increased. To remedy this undesirable condition, the kidneys eliminate it from the system. It seems that the sweetbread, or pancreas, is fundamentally at fault. True diabetes is usually found to be due to some destructive disease of the sweetbread, whereby the ability to break up and utilize the sugar is impaired to a greater or less extent.

Some Symptoms.

Besides the increased discharge of water and the presence in it of sugar (the most important sign), there is usually a good deal of thirst, an unnatural appetite, constipation of the bowels, dry mouth, and fissured, red tongue, dry, harsh skin with more or less itching, headache, mental depression, general weakness and debility, neuralgia, dimness of sight, boils and carbuncles, eczema, and emaciation, marked in the late stages. Gangrene may develop. In the event of a fatal termination, drowsiness and coma develop, from which there is no awakening. Weakness is a common symptom, and the prostration is sometimes very great.

Urine.

This is not only increased, but is decidedly pale in colour. The specific gravity is increased, and may vary from 10'15 to 10'40, or more. It contains from a fraction of one per cent up to ten per cent of sugar, and as much as a pound, in extreme cases, may be passed in twenty-four hours. The water has a sweetish taste and an aromatic odour. The amount in a single day may vary from two to ten quarts.

The Treatment.

In dealing with diabetic patients two things are of supreme importance—diet, and general hygienic measures for building up health. The older the patient, the more amenable the disease to treatment. Strict dieting may prove efficacious in producing an apparent or temporary cure by reducing the loss of sugar, or even in doing away with it entirely in the most favourable cases. An absolute cure is rare when the disease has once become thoroughly rooted in the system.

The Diet.

The object of dieting is obviously to reduce the sugar and sugar-producing foods, i.e., starches, to the lowest limit possible. The failure of the body to consume sugar, except in relatively small amounts, makes this necessary. It is practically impossible to avoid starch and sugar entirely, as one or the other is uniformly present in all foods. But by judicious selection it is possible to reduce the quantity of these foods to a marked degree, and still have a fair variety to choose from.

The Best Foods to Take.

Among fruits, one can, as a rule, take limes and lemons (e.g., plain lemon-water), sour oranges and apricots, currants, green gooseberries, strawberries, olives, and a few other acid fruits.

All cereals are interdicted, but *pure* gluten, or approximately pure gluten preparations, such as gluten bread, biscuits, gems, porridge, and gruel, may be taken.

Bran bread or cakes are also permissible.

Of vegetables the various greens are most suitable, such as parsley, water-cress, celery, asparagus, cauliflower, cabbage, spinach, turnip and beet tops, and most herbs; also radishes, cucumbers, chicory, sorrel, the oyster plant, romaine, young rhubarb, and tomatoes.

Nuts (except the chestnut), and nut preparations, with the exception of those that contain malt or other sweets, are admissible. Indeed, most nuts may be regarded as exceptionally wholesome foods for diabetics. Almond bread and other nut breads may be taken.

Milk and milk foods, for example, koumiss, butter-milk, and sour milk, are valuable, also butter, fresh cream cheese, and cream.

The white of the egg, being practically pure albumin, makes a good diabetic food.

Foods to Avoid.

Alcoholic beverages in all forms.

All sweet fruits, especially dates, figs, prunes, raisins, sultanas, grapes, bananas, peaches, and sweet oranges.

Sugar in all forms, jams, marmalade, malt extracts, sweet puddings, cakes, biscuits, rice, arrowroot, tapioca, cornflour, and all starchy foods.

White bread, and most biscuits.

Water Treatment.

Two or three warm baths a week prove helpful. Brief hot baths, followed by a cold spray or cold mitten friction, are also useful. The electric light bath is an excellent procedure. Turkish and Russian baths, cabinet vapour baths, and most baths that stimulate the action of the sweat glands and produce perspiration, are valuable. Hot water, hot lemonade, and other simple hot drinks, are useful for the same reason. Alternate hot or cold applications to the lumbar region of the back are recommended.

Exercise.

Diabetic patients ought to take systematic exercise as far as possible. Games, e.g., croquet, lawn tennis, hockey, and golf, are useful. Riding, cycling, and especially walking, should be done daily. All forms of exercise must stop short of strain and fatigue.

General Hygiene.

Persons suffering from diabetes should dress warmly all the year. Woollen clothing, such as the "Sanis" garments, is generally considered best. Avoid exposure to wet and cold, for a sudden chill is always dangerous.

Keep the bowels open, and see that they are emptied daily.

Live an even, regular, wholesome life, avoiding late hours, dissipation of all kinds, and excesses.

"All This Is Lobster."

IT is a curious fact that rich, unwholesome food and wrong habits of eating do not in all cases give rise to local pain, but rather depress the mind through acting on the nerve centres, and cause doubt, discouragement, and gloomy forebodings. Sydney Smith has very vividly described the process:—

"My friend," he says, "supps late, he eats some strong soup, then a lobster, then some tart, and he dilutes these excellent varieties with wine. The next day I call upon him. He is going to sell his house in London, and retire into the country. He is alarmed for his eldest daughter's health. His expenses are heavily increasing, and nothing but a timely retreat can save him from ruin. All this is lobster, and when over-excited nature has had time to manage this tasteless encumbrance the daughter recovers, the finances are in good order, and every rural idea excluded from his mind. In the same manner old friendships are destroyed by toasted cheese, and hard, salted meat has led to suicide."

Enjoying an Apple.

I WAS once eating a ripe, juicy apple as it came from the tree, and a man near me said: "I would give anything if I could enjoy an apple like that." I asked: "Why can't you?" His answer was: "I have drunk whisky and smoked tobacco until I have lost all enjoyment in such things." In pursuit of elusive enjoyments, men lose the abiding joys of life.
—James Allen, in *The Life Triumphant*.

MY LITTLE "SANATORIUM."

BY WILLIAM M. SCOTT.

UP and down the country you continually hear of some isolated person who is fighting consumption by means of the open-air treatment, and the little "sanatorium" will be pointed out to you in some garden, on a hillside, or at the edge of a pine-forest, and you will be told of the lonely existence such a person must lead. But meet and talk with the camper yourself, and you will be surprised how altruistic he is, and how full of hope and courage, with healthy, weather-beaten face and decided tone of voice. All this has been developed through the grim determination to be an "overcomer." One feels a real admiration for such men, and the question arises, would not many upon whom disease has not yet settled, but whose occupations tend towards deterioration and lowered vital resistance, be greatly benefited by a modified form of out-door sleeping?

We read much about "tenting out," and this does well enough in the summer and early autumn; but when the cold, rainy season comes in, the camp is "struck," and we hie to warmer quarters. But why not continue our little "rustication" throughout a longer period, if not for the whole of the year? There is such a keen pleasure in feeling all alone in one's little shanty, with the birds as companions and the trees and flowers as our "Art Treasures," not to mention the quiet, fresh, and cooling breezes fanning our cheeks and clearing away the cobwebs of office or warehouse. A well-constructed and properly ventilated "sanatorium," let us call it, has many advantages over a tent. Doors and windows can be opened or shut at discretion, for protection from storm or too inquisitive visitors while the occupier is absent.

The one represented in the accompanying illustration is "pitched" in the garden of the Leicester Sanitarium, serving as a pleasant summer-house for quiet reading during the day and for open-air sleeping at night. It is substantially built of well-seasoned red deal, painted dark green on the outside and varnished inside, and is perfectly water-proof and comfortable. The dimensions, roughly, are as follows:

Length of sides, eight feet; width of ends, seven feet; height of sides to coping of roof, seven feet; from centre of floor to ridge of roof, ten feet. The roof is carried out a distance of one foot beyond the ends, and there is an eavesdrop over the sides. The end in which the door is placed is carried inwards two feet, so that there is a further protection against rain. There are two large French windows in the sides, and one on each side of the door in front. The back is the only side that is solid, but if desired a ventilator could be placed in it. There is also a canvas blind extension, which can be run out as a shade when one desires to be outside reading or taking meals. The cut shows how this can be used when one has company. It is not run out to full extension, as the trunk of a large tree is in the way. We might also mention here that the extension can be dropped to cover the whole of the front when one is undressing or taking a bath.

With reference to the bed, it will be noticed that a light, portable camp-bed with spring bottom, on which there is a hair mattress, is used. An ordinary "half" blanket is folded on top of the mattress, and on top of this another blanket, somewhat wider, and again folded, is placed, and it is between the folds of this one that the sleeper creeps at night. Over this may be placed a coloured military blanket or two. The writer prefers this to a sleeping-bag, as one does not feel so "cabined and confined," and the single coverings are more easily washed and aired.

If the nights are damp and cold and the draught on the head is great, it may be necessary and even advisable to wear a sleeping-cap that will come well down over the ears. As regards sleeping-garments, we believe they ought to be such as will well cover the whole body and yet be perfectly loose. A good pyjama suit, with the jacket fitting well up on the neck, and the trousers long enough to come right down to the feet would do, or a wide combination garment. We believe in always changing the under-garments that have been worn during the day for a sleeping-

suit, in order that they may be aired. For those who suffer with cold feet there is no greater comfort than for them to wear a pair of loose-knitted woollen bed-socks.

Many find it difficult and often impossible to fall asleep the first night when "sleeping out," owing to the intense stillness, or, if sleeping-out near or in a town, because of the various noises, which seem to be intensified, but these feelings will pass off, and sound and refreshing sleep will be en-

and feel that you can "take time by the forelock" with a few extra hours to devote to physical culture, a favourite pastime, or study.

We might mention in conclusion that such "sanatoriums" can be bought ready-made, and some are built on a base upon which they can be turned, so that the front can always be away from the wind. They can be seen at all the large sanatoria throughout the country, and vary in price from £10 to £50 according to size and finish, but anyone with some skill with joiner-ing tools could easily knock one together, or get a local joiner to do, so at comparatively small expense.



joyed the second or third night. Even if one does not sleep so long, the processes of repair and building which go on within our bodies during sleep are more quickly and thoroughly carried out, on account of the greater amount of oxygen taken into the blood with quickened and deepened respiration. Those who have been accustoming themselves to sleeping in well-ventilated bedrooms will already have noticed that less sleep is needed than when they slept in close, stuffy rooms. It is delightful to awake fresh and early,

"Because I live," He says, "ye shall live also." This is the life we are to present to the sick, telling them that if they have faith in Christ as the Restorer, if they cooperate with Him, obeying the laws of health, and striving to perfect holiness in His fear, He will impart to them His life. When we present Christ to them in this way, we are imparting a power, a strength, that is of value, for it comes from above. This is the true science of healing for body and soul.—*Ellen G. White, in the Ministry of Healing.*

The Best Mind Cure.

THERE is something better for us to engage in than the control of humanity by humanity. The physician should educate the people to look from the human to the divine. Instead of teaching the sick to depend upon human beings for the cure of soul and body, he should direct them to the One Who can save to the uttermost all who come unto Him. He Who made man's mind knows what the mind needs. God alone is the One Who can heal. Those whose minds and bodies are diseased are to behold in Christ the Restorer.

THE HEALTH OF THE BUSINESS WOMAN.

BY JOHN STRANGE WINTER.

It is obviously the first duty of every woman to keep herself, as far as is possible, in perfect health, but it more especially behoves the business woman to be particular on this point. The very natural question arises in one's mind as to why a business woman should be more particular about her health than any other kind of woman. Well, for this reason. A woman in business presumably fills a place which needs her. She cannot be ill without that place being temporarily vacant, and no place that needs filling can be temporarily vacant without dislocation and inconvenience to the rest of the staff. Besides, no one wants a sick man or woman in any billet, and the valuable man or woman is the one who is always well. Ill-health is very trying to the person who has to suffer it, but ill-health is maddening to those whom it inconveniences.

It is far better for anyone who takes on work of any kind to realize this from the outset. Who needs a sickly servant, a neuralgic governess, a coachman with delicate lungs, a dyspeptic clerk, or a gouty employer? Just think for a moment what a bore each one of these can be, and is. In the abstract, one feels that it is brutal to blame people for their bad health—an "affliction of God," and so on. Rubbish! God never sends us bad health, but is blamed for all the mistakes that we make and all the ill-health that we bring on ourselves. And the business man or woman who realizes this truth and lives up to it is already on the high road to success.

Self-Control.

Now, first and foremost the business woman has to steer her course between the rocks of faddiness and the rocks of culpable carelessness. For instance, it is foolish of anyone to allow herself to get into a thoroughly faddy state over her food. People should be able to eat all food that is good of its kind and properly cooked. On the other hand, a person who knows she cannot touch lobster is intensely silly to be unable to resist that delicacy when she meets it at a supper party.

I have heard the tale of a very celebrated bishop, of golden eloquence and peculiar personality, subject to the topmost heights of gaiety and the lowest depths of that state which is commonly known as the "dumps." This extraordinary man would come down to dinner, when holding a visitation, or confirmation, or anything of that kind, and would hardly speak to a soul, touch no dinner, but perhaps finish a dish of rich cream. What wonder that he was very ill in the middle of the night! This man was a born orator, a great organizer, a most popular preacher, and of great influence; and yet, of how much greater influence would he have been had he been able to resist the temptations of the flesh.

Fatal Sunday Dinner.

I have known two old ladies in perfect health who died of eating. One, getting on for seventy, and of enormous obesity in person, died because of a tremendous early Sunday dinner of roast pork and onions, which must have tried her stomach to its farthest limit. She wound up the day by eating the same dish cold in the evening. Let us hope she enjoyed it; it was her last meal. The other was a woman approaching ninety, a tower of strength to her family, wits sharp and bright as a needle, person spare and elegant—a woman calculated to live to well over her century. She died of pickled mackerel. And the curious thing was, that she was warned by one of her children not to take more of this much-loved dainty. "Nonsense!" she said. "I have eaten mackerel all my life; it never hurt me, and never will." But she was dead the next day, and pickled mackerel was to blame for it.

Now these instances that I have cited are not those of business women, but we may apply the moral to every woman in business. For surely it is unwise for one in whom regularity is priceless to run the risk of doing anything which will lessen her value in that respect.

On the other hand, the business woman should never go very long without food.

It is very hard for women in many kinds of business to sit down in the middle of the day and get a good lunch. Those employed in large establishments have their meals with clockwork regularity, but those in beauty establishments, dress agencies, small shops, agencies of other kinds, libraries, and indeed any small business, often find it almost impossible to get away for lunch at a regular hour. For these, a good solid breakfast, therefore, becomes imperative. They may choose to

previous night. Late suppers should be ruled out if breakfasts are to be enjoyed.

The Overworked Woman.

For those upon whom business makes such demands that the mid-day meal is impossible, let there be regularly some strengthening mixture which can be taken in a few minutes between the spells of business. For instance, a dressmaker who cannot find time to sit down to a meal could quite well take an egg beaten up in



"The country-side ramble is an ideal form of exercise."*

make that breakfast of some well-tried cereal, with cream, a poached egg on toast, and fruit, fresh or stewed; but whatever they choose to make it, let it be a nourishing meal on which to lay the foundation of the day. There is an old saw which says: "An empty sack cannot stand upright," and this is peculiarly true in the case of women who are under any kind of strain.

Of course, no one can enjoy a hearty breakfast who has indulged in a hot, indigestible supper just before retiring the

milk. The same over-worked woman could dispose of a neat little pile of daintily cut sandwiches, with a glass of milk or a cup of cocoa. She could not sit down to a meal; and if she did, unless she could have the proper time in which to eat it, her digestion would soon be ruined. One of the great secrets of keeping the digestion in order is never to eat too soon or go too long without food. A stomach that gets no rest is soon worn out, and a stomach that is left to go quite empty and then filled up to repletion suffers the same fate.

*Some of the members of the Glasgow Physical Culture Society on a ramble.

The business woman should always be well shod. No other part of her dress is so important as this. And one who has to be out in all weathers should wear a good long coat which will not let the rain through. She should also be careful to wear skirts which do not get drabbled; indeed, if possible, she should slip off her skirt on arriving at her place of work, and wear another which can have no suspicion of damp about it.

Hours of Play.

She should have regular exercise and regular amusements, hours of play, change and relaxation from the exigencies of work. The country-side ramble is an ideal form of exercise.

She should not let herself get over fatigued without taking something to pick her up. And by a pick-up I do not mean any form of alcoholic drink; on the whole, she is better without that. If she is thin in person

a cup of hot milk or cocoa is as good a restorative as anyone can take. If she is stout, then a cup of hot lemonade will pull her together far better than even the familiar whisky and soda.

If the business woman is musical, she should make a rule to get in half an hour's music during the day. If she is devoted to reading, let her have half an hour's reading after she is in bed. But let her time herself, so as not to rob her system of its needed sleep. The business woman who reads for half an hour after she is comfortably flat on her back is more likely to have a good night than the woman who goes to bed with her mind full of the cares and worries of business.

At all hours of the day she must be guided first by common sense. And, let me tell you, common sense can be acquired. But my space is filled, and therefore I cannot enter upon a subject which needs an article to itself.

WHAT THE WHITE RACE MAY LEARN FROM THE RED MAN.—II.

BY GEORGE WHARTON JAMES.

IN addition to sleeping out-of-doors, nasal breathing, and deep breathing, we may learn from the Indian how to keep the spinal column upright, how to have a graceful carriage in walking, and how to cure stooped shoulders. With all younger women and men of all ages among the Indians, a curved spine, ungraceful walk, and stooped shoulders are practically unknown. The women produce this result by carrying burdens upon their heads. They will pick up a jar of water, containing a gallon or more, and, swinging it easily to the top of the head, will walk along with hands by their sides, as unconcerned as if they carried no fragile bowl balanced and ready to fall at the slightest provocation. And they will climb up steep and difficult trails still balancing the jar upon the head. The effect of this is to compel a natural and dignified carriage. I know Navaho, Hopi, and Havasupai women who walk with a simple, native, unaffected dignity that is not surpassed in drawing-room of president, king, czar, or sultan.

Then, too, another reason for this dignified, healthfully erect carriage is found in the fact that neither men nor women wear high-heeled shoes. The moccasin is always flat, and therefore the foot of the Indian rests firmly and securely upon the floor. No doubt if the Indian woman wished to imitate the forward motion of the kangaroo or any other frivolous creature, she could tilt herself in an unnatural and absurd position by high-heeled shoes, but in all my twenty-five years of association with them I never found one foolish enough to do so.

The men, as well as the women, gain this upright attitude as the result of "holding up their vital organs" when they go for their long hunting and other tramps. It seems to me that fully one-half the white men (and women) we meet on the streets are suffering from prolapsus of the transverse colon. This is evidenced by the projection of the abdomen, which generally grows larger as they grow older, so that we have "tailors for fat men," and special implements of torture for



compressing into what we call a decent shape the *embonpoint* of women. But, I ask, as I see the Indians, *why do white people have this paunch?* If we taught ourselves, as the Indian does, to draw in the abdomen and at the same time breathe long and deep, this prolapsus would be practically impossible. Most Indian men have muscles in their abdomen like bands of steel. These keep the transverse colon in position.

Half the medicine that is sold to so-called "kidney sufferers" is sold to people whose kidneys are no more diseased than are those of the man in the moon. It is the pulling and tugging of the falling colon that causes the wearisome backache; and the lying and scoundrelous wretches who prey upon the ignorant, write out their catch-penny advertisements describing these feelings so that when the sufferer picks up their literature he is as good as entrapped for "a dozen or more bottles," or until his money gives out.

O victims of a false civilization, learn to walk upright, as God intended you should. Pull in the muscles of your abdomen, fill your lungs with air, then pull your chin down and in, and you will soon have three glorious blessings, viz., a dignified, upright carriage; freedom from, and reasonable assurance that you will never have, prolapsus of the transverse colon and its attendant miseries and backache; and a lung capacity that will help you to withstand the approaches of disease.

One more word on this subject before I leave it. I never knew an Indian woman who "needed a corset, don't you know, to brace her up, to sustain her weak back." The Indian woman is strong and well, and glories in her physical vigour and strength, and she wonders why her white sister is not equal to her in physical capacity. When I tell her that the white women pity her because, forsooth, "she has to do so much hard work while the lazy men sit by, smoking, and doing nothing," she looks at me in vacant amazement. Once when I was talking in this way, one of them said: "Are your white women all fools? Tell them we not only don't need their pity, but we despise them for their habits of life that lead them to pity us. The Creator made us with the capacity and power for work. He knows that all beings must work if they would be healthy. We would be healthy, and therefore we do His will in working at our tasks." (*To be continued.*)

THE DREAM AND THE REALITY.

BY G. WILLIAMS.

LIFE in a Johannesburg boarding-house—or those in any other South African town for that matter—is a period of one's existence that in after years is never forgotten; one which, at the time, causes thankfulness that life is but a transitory existence.

The dining-room in Mrs. Eloff's establishment was not an apartment in which anyone would voluntarily choose to eat; years had impregnated every article in the room with a smell of stale dinner and stale tobacco which no amount of fumigation or disinfection could remove. The only periods it was not noticed so much was when the hot, odorous dinners were brought in; at other times the boarders smoked to purify the air.

It was a blistering hot mid-summer day in December, and we, Mrs. Eloff's boarders, were patiently sitting round the table waiting the advent of dinner. The unusually long delay was caused through some breakdown in the kitchen arrangements; angry voices reached our ears, in which the kaffir was getting his usual share of the blame for having let the fire go out.

Meanwhile the boarders sat with patient faces which gave the lie to their inward feelings. My right-hand neighbour was passing his time with sipping at gin and bitters, "one of the best appetizers," he apologetically remarked to me. The man on my left had a quart beer-bottle before him, now half empty.

I had been sitting for about five minutes, also wondering how long we should have to wait. Not that I was hungry, appetite had not troubled me since I had been in the place, but eating helped to pass the time away, of which I had too much on my hands. The heat of the room made me drowsy, and I felt myself dozing off; the dining-room and its occupants faded from my view as I gradually sank into oblivious sleep.

I was not unconscious for more than a few moments; awakening I seemed to get up from the table, not caring to wait any longer; and remembering that I was shortly expected at a friend's house, I put on my hat and left the house.

At my destination there were in all five assembled. We all knew each other intimately; and there was no formality or restraint whatever. After greetings we entered a spacious apartment for the afternoon meal. The dining-table was ornamented by magnificent specimens of chrysanthemums, roses, orchids, and many other choice flowers, in a perfect galaxy of bloom and colour, exhaling a delightful fragrance. On dishes of such graceful design as to ravish the artist's eye with a haunting memory were fruits and nuts and cereal preparations which embodied all the elements essential to perfectly nourish the body and promote vigorous health; foods such as would seduce the most scrupulous palate with witching delights, and enthral the senses with their exquisite flavours.

From a bronze epergne, shaped as a vine, with green, enamelled leaves, hung clusters of black grapes like globes of amethyst mantled with nebulous bloom, delicate and as soft as mist o'er moonlit lake; there were also peaches with their carmine velvet cheek fading into delicate primrose; pomegranates choice as those which graced the banquets of Cleopatra; walnuts and brazil nuts possessing in their rugged shells wonderful sustaining properties and relishing flavour, these together with crisp whole-meal wafers comprised the viands before us.

We sat round the table; I was both hungry and thirsty; the food strongly appealed to me, being most appetizing and refreshing. The magnetism of these sun-ripened fruits permeated my whole being, causing a delightful feeling of well-being, more easily dreamt of than realized. My body throbbed with new life; discomforts and ills dropped from me as by magic, and cares that had oppressed flew away as the thistledown before the summer breeze.

The slanting rays of the sun low in the heavens streamed through the open French windows, enhancing the colours of the blossoms with a subtle transparency, transforming their hues into living pulsations which danced in the sunlight in myriads of iridescent sparks that from tree to tree approached and receded like groups of fairies in their elfin gambols.

I was about to compliment my hostess upon the beauty of her flowers when a strange darkness crossed my vision, and my nostrils were assailed by a revolting smell of burning flesh of some kind; my shoulder was rudely shaken, and some one seemed to be calling my name as from a distance. With an effort I tried to realize what was happening, when again I heard some one speak to me, this time close to me and distinct:—

“Mr. Fernlough, what will you take? I ask. Stewed lamb, boiled mutton, or roast pork?”

With a shock I awoke to realize that I was still sitting in my chair at the boarding-house and that the congenial company, æsthetic surroundings, and choice natural

viands were but figments of a brief dream, from which I had been rudely aroused to partake of a very distasteful meal. My neighbour had finished his gin and bitters; the other one had “gone through” another bottle of beer. I had just presence of mind to say, “Oh, nothing thanks; I don’t feel hungry” (which was now indeed the truth), and went forth into the fresh air and sunshine, to meditate in the park on life’s ironies, and especially to wonder why, with so many delicious natural foods requiring little or no preparation, women should slave over a hot stove for hours in order to supply us with the things which we really do not need, and which, if we stop to consider the pain and suffering they cost, must be essentially distasteful.

HOW TO LIVE HEALTHILY IN A LARGE CITY.

BY C. W. D. CONACHER.*

DURING the last 150 years the bulk of the population of this island has left agricultural and pastoral pursuits—the life of the open—and crowded together, oftentimes several layers deep—into cities and towns. This change has brought many new problems, some of which, such as water supply and drainage, are in process of satisfactory solution, but others, such as the question of pure air, have hardly been touched. The tremendous importance of fresh air is not half realized, yet a moment’s consideration of the relative value of the three first essentials to life—air, water, food—will show the pre-eminence of the first; for life cannot be supported without it for even a few minutes, and if mere existence is impossible without air of some kind, it is certain that happy, healthy life demands pure air and plenty of it.

Many cities have spent millions in bringing water from far-off rivers and lakes, but little has been done to prevent the pollution of the atmosphere, which in its turn pollutes our bodies, inside and out, our clothes, and our houses.

Eighty per cent of our population live under a smoke pall, so that, living in foul air, they are denied the vitalizing influence of the sun, which at the same time is a

powerful destroyer of certain bacteria. Smoke-producing manufactories are withering human happiness, and are wasting our national reserve of coal as well. Smoke-preventing apparatus of all kinds exist, and have been installed by some public-spirited firms, who have found that while eliminating smoke they have also reduced coal and other bills.

Public interest in the question must be roused, and then rapid reform will follow. No better work could engage the attention of GOOD HEALTH readers, and I strongly recommend to their notice a little book, “The Destruction of Daylight,” by Principal Graham, of Dalton Hall, Manchester University.

But even with a smokeless atmosphere the problem of good air would not be entirely solved as long as our houses and offices, warehouses and workshops, public buildings, theatres, and tramcars, are improperly ventilated, as is the case with most of them at present.

The average individual does not recognize that the “stuffy” smell encountered on entering any crowded place indicates the presence of a poison no less harmful because it is insidious. Who of us would care to wash in, much less drink, the water used by twenty persons previously? Yet when we breathe this tainted air we

*Secretary of the Glasgow Physical Culture Society.



MEN'S CLASS IN PHYSICAL CULTURE.*

are taking into our lungs (presumably to purify our blood!) filth which has been excreted by our own and other people's bodies. This fact cannot be stated too bluntly, for it is at the root of that lassitude, "that tired feeling" (as the quack advertisements say), which signifies a general lowering of the resistant powers of the body and is a direct invitation to disease.

It is a question of education, and we cannot begin too young. If the air of our schools is clean and sweet, and the children are taught to dislike any other, they will be much brighter themselves, do better work, and be an educative influence in the home.

The townsman is probably better off than his country cousin in regard to a regular supply of good water, it is for him to take full advantage of it, to make up for some of his disabilities. To many the daily bath or sponge down with cool or cold water is an important factor in the joy of living. Water in some form enters largely into our bodies every day, and it is curious how rarely it is used in its ordinary state. All kinds of impurities or adulterants are added; some may not be harmful, but others, such as alcohol, tea, etc., very often are. Like most other

*Owing to the difficulty of getting all our members at one time at the photographer's, only half of the classes appear in the photos.

things, it is best unadulterated, and we could well make freer use of it, as it cleanses within as well as without.

The question of food is a thorny one, but the city-dweller should remember his less active life, and select his food so that his eliminative organs are not overtaxed; and above all, whatever his food is, he should see that it is set well on the way to good digestion by being thoroughly masticated.

By many exercise is supposed to be the monopoly of the young. Well, then, be a monopolist all your days, and "they will be long in the land."

To take one instance of the incalculable value of exercise:

some of our leading authorities trace to constipation many, some say most, of our ills. Yet this never troubles those who take simple but regular and judicious exercise, and attend to their diet, even if they have a natural tendency towards it.

Healthy living in cities, as elsewhere, resolves itself into the practice of a few common-sense rules which soon become habits, all making for health and against disease, for cheerful usefulness and against peevish inefficiency.

A wise man has said: "It is well to cure, but it is better to prevent. The first shows more skill, the latter more wisdom." In how many matters we seem determined to show our skill! A large proportion of the sums spent annually on such curative institutions as hospitals, sanatoria, and asylums, and perhaps on prisons and reformatories, could be saved by a little more attention to that greatest of all preventives—education. As an example of educational effort absolutely unsupported by wealth or influence, GOOD HEALTH readers may be interested to hear of the Glasgow Health Culture Society. Founded six years ago by half a dozen young men who were imbued with ideas received from some advanced health authorities, it now numbers about 400 members, half of them ladies. Its object is "to promote a knowledge of the natural

means by which health may be attained and maintained," and all who think these are worthy objects are invited to join. There are no limits as to age or social position. It exacts no pledge, and binds itself to no particular system of diet, exercise, bathing, or anything else. It believes that its members are thinking beings, and it gives them food for thought. Once fortnightly during the winter, lectures are delivered by medical, public health, physical training, and other experts. When possible these are illustrated by lime-light or by practical demonstrations; questions and discussions are generally invited at the close. Our lectures are well attended, and sometimes there is "standing room only." Our library contains several hundred books of the most interesting nature, special attention being paid to those of an outdoor character in order to foster love of the country and the open air.

Our exercise classes in the winter, and swimming and life-saving classes in the summer, have grown steadily. Instead of one gymnasium, as in the past, this winter we shall have three, the two new ones being the best in the city, and granted to us by the School Board, which shows that the local education authority appreciates our work. We exercise for health, not merely to accumulate muscle. Only the

most approved systems of exercise are taught, and those under the direction of experienced instructors.

Our weekly afternoon rambles are our practical exposition of "the return to nature," and "the open-air life." Numbers present vary from ninety to one hundred and twenty, but one is never conscious of being in a crowd. Dusty and motor-infested highways are avoided, and we seek out the quiet places of the earth. That there are so many places of beauty and interest in the immediate neighbourhood of this great city, has been a revelation to many.

This summer we started a series of addresses and papers by members and friends, many of a holiday character. One, entitled "The Glamour of the Hills," stimulated interest in mountain-climbing, another on "Cycle-Camping" resulted in many of our members, pedestrians as well as cyclists, spending their week-ends and holidays in tents made by themselves.

All our subscriptions are very low, and we are often asked how it is done. The answer is: we have no paid workers, everything is done by enthusiasts, so that practically all our expenses are for rent, printing, and postage. Any surplus funds go to propaganda, and out of them we have printed and distributed 8,000 copies of our pamphlet, "How to be Healthy." A new edition is in hand, and a copy will be forwarded to any GOOD HEALTH readers who enclose a penny stamp.

DR. BREWSTER, of the St. Vincent Institution in St. Louis, says: "It can be asserted with great certainty that the boy who commenced to use cigarettes at ten will drink beer and whisky at fourteen, take morphia at twenty-five, and spend the rest of his lifetime alternating between cocaine, spirits, and opium." —*The Quarterly Journal of Inebriety.*

"HE a beast must die that hath done c̄no good to his country."



LADIES' CLASS IN PHYSICAL CULTURE.

CLEAN HOUSES AND PREMISES.

BY M. ELLSWORTH OLSEN.

THERE is no better all-round rule of hygiene than that which may be summed up in one word, CLEANLINESS. Frequent bathing is necessary to keep the skin in a wholesome, active condition, and frequent renewal of the under-clothing is equally important.

These things, however, have to do with personal hygiene. There is also a hygiene of the house and premises which is deserving of the most careful attention.

Let us notice a few elementary principles. First, let care be taken to keep dark corners sweet and clean. If rubbish of any kind must be allowed to accumulate, let it be always in the open, where the sun's rays can get at it. Never allow it to be piled up in out-of-the-way corners, and breed disease. The best way is to allow nothing of the kind about the premises. Keep only those things which are really useful to you; pass the other things on to some one who can use them, or, if useless, destroy them. This principle, consistently carried out, will go far towards simplifying the house work and clearing the yard of rubbish. There is nothing that affords a better soil for the growth of noxious insects and germs than rubbish heaps of various kinds.

Even the necessary dust-bin has been known to attract flies, which, it may be said in passing, are in their habits among the filthiest of insects, and should never on any occasion be allowed to settle on food. The deceptive little creature may look very innocent poised on the edge of the sugar bowl, but two minutes before it has very likely been bedraggling itself with the filthiest offal, and thousands of virulent typhoid fever germs may be clinging to its body. In well-kept homes apple and potato parings and similar

things, often thrown into the dust-bin, are burned. This is by far the better plan.

Fortunately we are not greatly troubled with mosquitoes in Great Britain; but in the United States and other countries



WHERE MOSQUITOES BREED.

where these insects are very numerous, methods are now coming into vogue which promise largely to exterminate them. Scientists have found out that the female mosquito of the most dangerous kind must have stagnant water in which to lay her eggs. The "Ladies' Home Journal" accordingly gives the following summary of the best means of getting rid of the pest:—

"Clean out every place where water stands.

"So dispose of old tin cans, bottles, or what not that rain cannot possibly be retained.

"Watch your roof gutters.

"Empty your rain-barrel of water every week, or screen it with fine-meshed wire.

"If you have a sluggish brook or a stagnant pond near your house, spray kerosene or coal oil on the surface; this makes it impossible for the 'wrigglers' to breathe when they come to the surface, and they die. The coal-oil application is only necessary at the edges, and is good only so long as the oil film is unbroken."

These rules, which are further illustrated by the accompanying cuts, will be seen to be exceedingly important when it is remembered that scientific investigations in recent years have traced both malaria and yellow fever to the mosquito.

They are rules, moreover, which with certain modifications can be carried out to excellent advantage everywhere. The main principle is to keep things clean and tidy. Disease germs do not thrive in a clean house, neither are noxious insects attracted to a clean neighbourhood.

Of course, where any member of the family is afflicted with tuberculosis or any other contagious disease, special precautions have to be taken. When the sputum raised from the lungs is thrown out with the other slops, and soiled handkerchiefs are mixed with other clothing, the whole house and neighbourhood is soon infected, and myriads of germs infest the place, causing the death of one inmate after another.

Barns and outhouses should be kept in a wholesome condition, and domestic animals should be comfortably housed, but not allowed to take undue liberties.

Cats and dogs do not always keep the best company at night, and may communicate disease to human beings. Calves and pigs have been known to occupy quarters in very close proximity to their owners. Such arrangements are not conducive to health.

Cleanliness is highly essential in the kitchen, that modern laboratory where the food is prepared for daily consumption, and in the scullery, where the family



MOSQUITO PROOF.

"Change every day the water in a drinking-pan for dog, cat, or bird.

"Watch the water-trough near your stable.

"In other words, get rid of, or coat with kerosene, all stagnant, standing water, and you will get rid of mosquitoes.

"If you have a playing-fountain, put little fish, like minnows or goldfish, in the water, and they will eat the mosquito larvæ.

washing is done. Dish-cloths and dish-towels should be washed thoroughly daily, and kept sweet and clean. The dishes themselves should be washed in hot, soapy water, and then rinsed in clear, hot water, after which they can be wiped dry with clean towels. Knives, forks, and spoons should also receive thorough cleaning. The kitchen should be well lighted, and supplied with abundance of fresh air. Sunshine is the best of all disinfectants.

Great care is desirable in handling food, to keep it free from contamination with dust and germs. Milk is one of the foods

as possible the dangers inherent in a dwelling.

The bedrooms, in which the average person spends about one-third of his lifetime, should be as bare of furniture as possible, but redolent of pure, fresh air, and open to the rays of the sun. Old carpets and curtains and much bric à-brac are entirely out of place in a bedroom. The window is by far the most valuable thing in a room where one sleeps, and it should have the habit of remaining open day and night. In fact there should preferably be a couple or more of windows.

Careful attention should be given to drains, and the water supply should be above suspicion. Everything of this kind should be good enough to pass the strictest of sanitary inspections.

By measures such as these disease is fought intelligently "at long range." He who neglects even the least of these needful precautions is surrounding himself with conditions that cause disease;

he is inviting trouble, and he need not wonder if it comes at his bidding. Not Providence, but careless, uncleanly habits and unsanitary house conditions are the causes of a very large part of the disease with which mankind is afflicted.



A NEGLECTED BARNYARD.

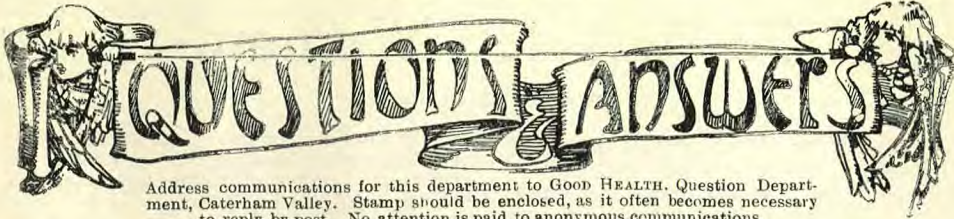
most easily contaminated. Hence it requires special care. All cupboards should be kept clean and airy. Bad odours are readily absorbed by milk, which also affords a favourite medium for the multiplication of countless colonies of germs.

Living-rooms need to be flooded with fresh air and sunlight, and the less curtains and upholstered furniture, the better. The aim should be to make the air on the inside approach in freshness and purity as closely as possible the air on the outside. Man was not intended to live in a house, he is naturally an open air animal. Hence the great importance of minimizing as far

THE Summer School at the Caterham Sanitarium closed on the 29th July, after a very profitable session. The enrollment of regular students was something over twenty.

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QUESTIONS & ANSWERS

Address communications for this department to GOOD HEALTH, Question Department, Caterham Valley. Stamp should be enclosed, as it often becomes necessary to reply by post. No attention is paid to anonymous communications.

Coldness and Numbness.—R.J.L.: "My wife suffers from coldness and numbness of the legs from the knees to the soles of the feet. What would you recommend?"

Ans.—Give her a hot and cold leg bath morning and evening, followed by a good rub and twenty minutes' massage. Have her wear woollen lined boots of ample size, and see that she has at least two pairs, so that she can alternate them from day to day. She ought to wear woollen hose, and if there is any dampness of the feet the hose should be changed frequently.

Poor Appetite.—L.W.: "My appetite is very poor, and I am also exceedingly thin. My friends advise the use of Bovril and meat. What would you counsel?"

Ans.—If your health is otherwise in a fair state you ought to get out-of-doors and go in for exercise and physical culture. A brisk walk before breakfast will act as an appetizer. Take plain, wholesome food, such as is recommended by GOOD HEALTH from month to month, and chew your food well. If you are suffering from any particular disease, you ought to consult your family physician. No, we cannot recommend Bovril, and we think you would be better off without animal flesh. Fruit, nuts, nut foods, cereals, breads, vegetables, and the dairy products furnish an ample supply of nourishing and wholesome food.

Manufacture of Jam.—W.W.: "Will you kindly inform me through the columns of GOOD HEALTH the best method of making jam, giving special instructions with regard to the use of sugar?"

Ans.—If jam is used, the home-made variety is by far the most wholesome. But we do not consider jam of any kind a very desirable article of food. It is better to put up the fruit in glass jars, with merely sugar enough to make it palatable. If cooked well, put into sterile jars, and then sealed air-tight, the fruit will keep for years in a perfect state. If it is necessary to make jam, it is well to use as little sugar as possible. The fruit in either case ought to be perfectly sound, clean, and ripe. Much of the fruit ordinarily used in making jam is in a state of decay and unfit for food.

Stomach Troubles.—G.H.M.: "I have been suffering for several years past with stomach troubles. When the attack comes on I have pain in the stomach, either directly, or sometimes two hours after a meal, the pain often lasting until the next meal. It is very acute at times. I take three meals a day, and my diet consists of bread,

fruit, beef or mutton, vegetables at the mid-day meal, and also some light milk pudding. I often have to resort to drugs to relieve the pain. What diet and what treatment would you recommend?"

Ans.—Take for breakfast toasted flakes with a little cream, a dish of well-stewed prunes or apples, granose biscuits, or stale brown bread and butter, and a soft-boiled or a poached egg. For dinner take a little well-baked nut roast, or several thin slices of protose or nuttolene, a mealy baked potato, some tender spinach or similar green, and a dish of browned rice, together with zwieback or some other form of bread. In place of the nut roast or nut food you might have a small omelet. For supper, have fresh or stewed fruit, granose biscuits, and butter. You must take pains to chew your food well, and avoid eating too great a variety at one meal. Also avoid drinking with your meals. Do not fail to go in for recreation, such as a brisk walk two or three times a day. To relieve the pain of an acute attack, apply fomentations to the stomach and skip a meal, drinking plenty of hot water—two or three pints if necessary.

Nasal Catarrh.—R.T.: "I suffer with nasal catarrh, and expectorate a yellow phlegm, which seems to come from the throat. My senses of smell and of taste are imperfect. What can you recommend?"

Ans.—Get a catarrh outfit, which you can obtain of the Good Health Supply Department, and syringe the nose soon after rising; also use the nebulizer for ten minutes two or three times a day. Adopt a plain, simple diet, avoiding stimulants and stimulating foods as far as possible. Get out-of-doors in the fresh air, and see that your rooms are well ventilated at night. An acute attack might be treated by a hot foot bath, and a pint of hot water to drink.

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A Page for Women.*

Conducted by Marie Blanche.

Milk for the Nursery.

THE subject of wholesome food, and particularly the supply of clean new milk, is one which is of vital importance to every housewife, and especially to those who are mothers, and who have children to feed and nourish from infancy. There is lamentable ignorance on this point, not only amongst the poor and unenlightened, but also amongst the well-to-do and more educated classes. Take, for instance, the question of milk, which forms a very large item of the diet of most children.

The One-Cow Fallacy.

Some parents, thoroughly well-meaning and undoubtedly anxious about the health and general well-being of their little ones, will arrange with the dairyman to preserve the milk produce from a special and apparently healthy cow for their own use. An instance of the danger of doing this has quite recently come to my knowledge through an intimate friend of a family who had made just such an arrangement as I have alluded to above. The mother, anxious that her little daughter should enjoy all the advantages of a complete milk diet, arranged with a neighbouring farmer to supply the nursery entirely from one selected Alderney cow. For a time all went well, though the child did not flourish as the mother had expected, and after a few weeks she was found to be developing suspicious glands about the neck. The local doctor was consulted, but did not express any definite views. The child's temperature became alarming, and a specialist was telegraphed for. He knew the family, and was satisfied that the child was of healthy parentage, of clean blood, and free from consumptive tendencies, but he unhesitatingly pronounced the patient to be suffering from tuberculous glands, and immediately made inquiries about the milk supply. The farmer was greatly distressed, and willingly gave every opportunity for the inspection of the cow in question. Moreover, to make assurance doubly sure, he insisted upon the beast's being killed and a thorough examination made, the result being that it was found to be a tuberculous animal.

As the medical man explained to the distressed mother, if the milk supply had been drawn from the entire farm subject to sanitary inspection, and not from one particular cow, the dangers would have been greatly lessened. But all milk should be well boiled before drinking. The ordinary can in which it is delivered daily at most houses is a germ-laden vessel and a positive snare, and I have myself been supplied by a well-known dairy company in London, a dairy renowned for its pure milk and sanitary farm arrangements, who sent the milk, several days running, in a can that

was little short of poisonous. One morning, feeling that matters had reached a crisis, I betook me (with the odoriferous can) to the dairy headquarters and made a complaint.

The authorities were horrified, and declared the can had never left their dairy in such a foul condition, so in this case it must have been the fault of the man who delivered it at the door, and who, instead of taking his cans every night to be scalded and purified, had used them day after day unwashed. Since then I have declined milk left for me in a can, and always insist upon its coming direct from the dairy in a sealed bottle.

From another dairy, also of good reputation, and renowned for its healthy cattle, I procured a tin of milk powder, which was supposed to be thoroughly sterilized; and therefore safe and wholesome. In this one tin, containing a pound of dried milk, I found eighteen living things, some small brown creepers of the beetle family, and some merely maggots and wriggling worms. Here again I went off to headquarters, taking with me some of the live stock in a small box. The manager of the dairy, the secretary, and the company's analyst all came forward to hear my story and to inspect the contents of the said box, but horror and astonishment coupled with profuse apologies were the only things they could express, and even after the most careful inquiry the firm could offer no satisfactory explanation whatever. All this shows how very careful one has to be in the matter of the milk supply.

Alarming Ignorance.

Then, again, is there not alarming ignorance amongst mothers of the poorer class, who seem to have no idea of how children ought to be fed. We see mothers feeding their children on corned beef, ice-cream from the barrow, pickled cabbage, salt pork, and all manner of unwholesome things.

Here is a story that was told to me a few days ago by a doctor's wife. The mother of a delicate girl who seemed to be suffering from loss of appetite and general *malaise* called in a physician, who, to tempt the patient to eat, prescribed "a few oysters and a little champagne." To most of my readers I am aware that this will seem shocking advice, but I give the story as it was handed to me. "Where d'yer 'spose I'll get money to pay for luxuries like oysters and champagne?" asked the woman. The doctor shrugged his shoulders, knowing, perhaps, that many of the Lancashire miners earn good wages, and often enough spend a fair amount of them on cheap champagne and oyster suppers. The following day, meeting the mother, he made inquiries and said he hoped the girl was better. "Well, she aint," bluntly answered the woman; "she's dead." "Dead!" repeated the physician in consternation. "Did you give her what I prescribed?" The reply was: "Well, not exactly, but I give her the nearest the likes of us can afford. I give her cockles and gingerbeer."

*Correspondents are requested to enclose a stamped envelope with the quest ons as it is often necessary to answer by post. Address Marie Blanche, Sunny View, Caterham.



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