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THE TALK OF THE OFFICE



"In proportion as society refines, new books must ever become more necessary."

DURING the last two or three decades considerable interest has been awakened in the subject of physical culture. The world has begun to appreciate the adage, *Mens sana in corpore sano*—"A sound mind in a sound body." It is beginning to realise that there is an extremely close connection between mind and body, that strong muscles, steady nerves, and sound wind are not a detriment but a decided help to clear and vigorous thinking and a good memory. A hundred years ago the average college student neglected to give sufficient attention to the training of his body; now the up-to-date, well-equipped educational institution never fails to make ample provision for the physical education of its students. Numerous members of the weaker sex have also participated in the awakened interest in physical culture, and they too have shared in the benefits of the gymnasium and outdoor life.

Yet bodily development may be overdone, or it may not be rightly done. Physical culture does not consist merely in developing large muscles; its object is not strength alone, but health, lissomeness, and higher efficiency as well. It is just here that many good-intentioned people have greatly erred. The ancient writers frequently remark upon the poor health of their professional athletes, and modern writers have often occasion to remark on the same thing. Strength even though great, with poor health, is certainly not the ideal at which we should aim; and neither is a huge development desirable that renders the body unwieldy and the movements awkward. Of Lutz, the great German athlete, it is said that he was unable to "put his arms far enough behind him to button his braces at the back, and the masses of flesh prevented him from crossing his legs when seated; he could only stoop when his knees were wide apart." "It is self-evident," says Eustace Miles, the writer from whom we have just quoted, "that such an unwieldy body is far from the ideal of gymnastic training, and may render the 'strong' man incapable of even easy feats of skill."

Those systems of physical culture are ideal which give us not only a good physique, but a graceful carriage, good health, perfect control over our bodies, power to concentrate our minds, and greater strength of will. Swedish movements, otherwise known as medical gymnastics, are considered as being among the most useful in attaining this end. Says a physician in a recent number of a first-class medical journal: "The Swedish system of gymnastic exercises is, as far as we are able to judge, by far the most rational, the most perfect, and that which is likely to train every muscle and nerve in the body in the most admirable manner."

To those seeking a sound, rational, scientific system, we can heartily recommend, in this connection, the School of Physical Culture conducted by the Bjelke-Peterson Bros., whose addresses may be seen on a preceding page of this issue of our Magazine. This system "is based on Dano-Swedish principles, with various modifications and additions which tend to enliven the lessons, thus making them as enjoyable and interesting to the pupils as possible."



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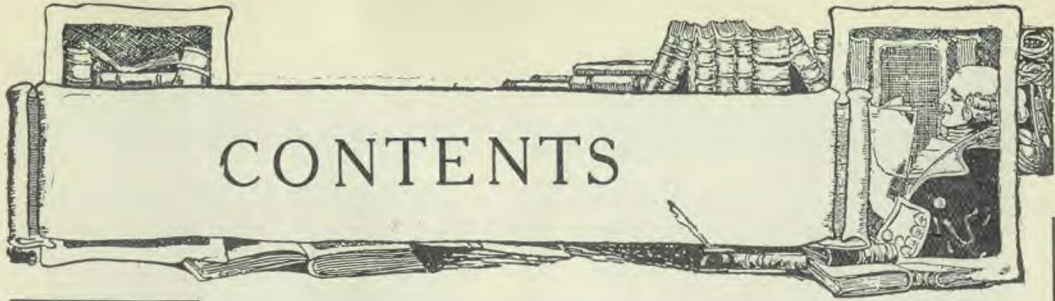
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LINDA FALLS, LEURA, N.S.W.

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EDITOR: A. W. Anderson.

CONTRIBUTING EDITORS: F. C. Richards, L.R.C.P. and S., Edin.; Eulalia S. Richards, L.R.C.P. and S., Edin.; W. Howard James, M.B., B.S., Melbourne; A. Stuttaford, M.D.; A. V. Heynemann, L.R.C.P. and S., Edin.; Ethel M. Heynemann, L.R.C.P. and S., Edin.; P. M. Keller, M.D.; Florence A. Keller, M.D.

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The Art of Keeping Well

THE greatest asset which an individual can possess is health, but it is seldom that this important fact is ever fully realised by men until they have reaped the fruit of their transgressions of nature's laws. Nothing is of greater value than a practical knowledge of the art of keeping well. Men may study the sciences with zealous care until they become competent to unravel profound mysteries, and yet fail utterly to understand the simple art of keeping well. Judging by the multitudes of sick and suffering humanity to be met with in every large city, one would think that the art of keeping well should be classified amongst the mysterious arts. And yet this art which seems so difficult to acquire by countless multitudes of people in every land is one which may be understood even by young children. If it were necessary to take a university course in order to attain proficiency in the art of keeping well, we might be excused if we complained of the task which was imposed upon us.

But so easily may we become acquainted with the basic principles of this art that their simplicity seems their greatest stumbling-block.

Doubtless we shall be criticised for making such a sweeping assertion, and yet it is perfectly true that there are only a very few simple rules to learn in order to become acquainted with the theory of healthful living. But the mere theoretical knowledge of these rules is of little value unless we put that knowledge into practice, and herein lies the whole difficulty.

Man's Perversity

Man is disobedient to law by nature. His perversity is innate. He knows what he ought to do, but he will run the risk of incurring the penalty of transgression in order to satisfy his perverse nature. He knows, for instance, that he ought to eat less than his desire prompts him to eat, but he will risk the penalty of his folly in order to satisfy his palate. He knows that he ought to masticate his food

thoroughly, but he will run the risk of becoming a dyspeptic rather than take time for this very necessary part of the digestive function. He knows, also, that he ought to retire early and rise early, but his natural perversity leads him to turn night into day and to spend the hours when he should be resting, amid scenes of frivolity and excitement, and in course of time he becomes a nervous wreck.

He knows also that he ought to take daily exercise in the open air, but he is so intent upon amassing a fortune that he deludes himself with the idea that he has no time to waste. When he has gained a competency then he will have plenty of leisure to indulge in out-door exercise. But having gained the competency, he frequently finds that his sedentary life has given him a *corpulency* as well as a *competency*, and so he passes the last few years of his life in misery, for his *corpulency* will not permit him to enjoy his *competency*. To his sorrow he now finds that he has to expend his hard-earned cash in seeking to rid himself of the overload of poisons which accumulated in his pain-racked body during the years when he was too busy to take the needed out-door exercise.

He knows, also, that he ought not to take any stimulating drinks, for he learned in his youthful athletic days that such things were not permitted if he desired to become a member of a team of athletes who were training for some contest. He knows also that he ought not to smoke tobacco, for this narcotic weed is well-known to have properties which reduce a man's physical efficiency very materially. But he is not in the athletic world now. He has put away childish (?) things and has entered the business arena, where he may smoke and drink without let or hindrance such as poor athletes have to undergo. He turns a deaf ear to the promptings of conscience within him, and congratulates himself that he has bidden adieu to prohibitions, and can now indulge himself and throw off restraint. For a few years he plunges into business with all the zeal he can

command. He works early and late; he is too busy to walk anywhere; too busy to play cricket, or to cycle, or to play tennis, or to take any part in active recreation. He thinks of his business all the time he is awake, and dreams of it at night. Holidays are of no consequence or interest to him now, except to give him an opportunity of declaiming against the folly of allowing such unnecessary things to interfere with business.

But after a time his body craves some stimulation. He finds there is something lacking. He is not feeling just as well as he used to do when he worked shorter hours and spent time daily in recreation. He speaks to his neighbour Jones about it on the way to the city in the railway train, and Jones at once informs him that he felt just the same last year, and that all he needed was a little "pick-me-up," and suggests that a glass of spirits would soon tone him up again. He takes Jones' advice and *feels* better. But, alas, for him he only *feels* better, that is all. One day he will find when it is too late that "wine is a mocker," it is a deception, "and whosoever is deceived thereby is not wise." After a time he finds the "tonic" is not having the same effect upon his system, and so he begins to increase the dose.

We need not continue to follow his unfortunate experience. It is the same old story—substituting *stimulation* for nutrition, or deception for truth. A man in health should never require stimulation. If he is wearied with overwork, a stimulant will not add one ounce to his strength. It is *rest* a wearied man needs, not stimulation. If the body is overburdened with poisons, alcohol will not remove those poisons. It may create a sensation and deceive the individual into the belief that he is benefited, by giving him a temporary sense of exhilaration.

Many men listen to foolish advice. They know what they ought to do. They know the theory of the art of keeping well. They know that by the exercise of a little self-denial and the abstention from alcohol and nicotine, and the exercise of

moderation in all things, a long, happy, and useful life is almost assured. But they are not willing to sacrifice the very transient pleasure of self-indulgence for the enduring joy of a healthful old age. Is there any stronger evidence required of man's perversity and folly? A. W. A.

Do You Desire to Be Well?

By D. H. Kress, M.D.

HEALTH does not come by the mere asking. "Whatsoever a man soweth, that

sure than the one who ignorantly or knowingly violates a law of health. The man who violates a law of the country in which he lives may flee for refuge to another country, but there is no refuge or way of escape for the transgressor of physical law.

The great burden of men and women is to escape the penalty of transgression. The real burden should be to avoid that which is responsible for the penalty. The world is in search of an elixir of life; for something that will take the place of obedience to law and counteract the



BETTER THAN DRUGS FOR THE CHILDREN

shall he also reap," is a law which is universal in its application. Only he who sows for health can exercise intelligent faith and expect to reap health. The one who ignores the law of gravitation by casting himself headlong from a precipice, is sure to be injured no matter how great faith he may claim to possess, but no

results of transgression. Drugs innumerable are dispensed, the purpose of which is to do this. The most they can do, however, is to change symptoms. For instance, the nervous man may for a time be relieved of his nervousness by the use of alcohol or tobacco. The fatigued and worn-out mother may find temporary

relief in a cup of coffee, tea, or coco-cola. But the person who resorts to narcotics is actually in a worse condition physically, even if the symptoms are more agreeable. Under the influence of narcotics the poor man feels his poverty less, but it does not lessen his poverty. The sick man feels his sickness less, but he is not less sick. He is merely unconscious of his condition.

The treatments of to-day aim at the removal of symptoms. The sick will have it so. They want to feel well whether they are well or not, and the physicians yield to their demands and supply them with drugs. When a headache appears, the question is not, What are the causes of this? and how can I correct them? but, Where can I get something that will stop this pain quickly? The something is found, but the causes are left uncorrected. Peace is pronounced when no peace exists.

The remedy will never be found that will counteract the results of wrong habits of living.

Health cannot be purchased. It cannot be put up in the form of pills, capsules, or in bottles, and dispensed at so much a box or an ounce. Millions of pounds that will be paid out this year in the purchase of patent medicines, pills, and opiates to afford relief from the disagreeable symptoms resulting from wrong habits of living only assist in making a bad matter worse. Cocaine, morphine, acetanilid, and alcohol, which form the basis of headache powders, soothing syrups, bitters, sarsaparillas, and spring tonics, never cure disease. They create a feeling of well-being; but the exhilaration brought about by the use of drugs is transitory. Drugs conceal that which nature tries to notify us of. They produce a state of unconsciousness of one's danger by deadening the nerves that convey the alarm.

Laxatives perform what they promise, but they become an ever-increasing necessity, they never *cure* constipation.

Acetanilid and caffeine relieve headache, but they sometimes permanently stop the action of the heart. Cocaine and opium afford instant relief from pain, but leave

the nervous system in a shattered state.

Trional, sulphonal, and chloral hydrate produce sleep, but no one has ever been known to be cured of insomnia by their use. Should an overdose be taken they produce a sleep from which there is no awakening. They are deceptive and dangerous drugs.

In the cultivation of plants, the gardener is forced to recognise the agencies which minister to plant life—*suitable soil, air, sunshine, and water*. When these are ignored, plant degeneracy or plant sickness begins. For man to regain and retain health, it is equally needful for him to recognise the agencies through which health and life are ministered to him.

Delicate health in middle life does not necessarily preclude the possibility of a long life. In fact, those who have inherited weakly constitutions and as a result are forced to live guardedly, usually live long, while those who have inherited vigorous constitutions, and who constantly affirm, "Nothing hurts me," die prematurely. Oliver Wendell Holmes observed this. He said: "One of the necessary requisites for attaining to a good old age, is to be rejected for life insurance by a first-class company." It seems necessary for man to be afflicted in order to learn the more excellent way of living.

Pure air, pure food, sunshine, pure water, and physical toil are the means through which the Creator ministers health to man. Not many years ago the sick were deprived of air, and water was withheld even from those burning up with fevers. Diseases which were then considered incurable we now find disappear by merely supplying the patient with an abundant supply of pure air. It has taken us a long time to learn that man must obtain the air he breathes at first, and not at second hand.

Importance of Pure Food

Pure food is next in importance to pure air. Nature designs that man should get the food he eats, as well as the air he breathes, at first hand. At the beginning God placed man in a garden, and sur-

rounded him with trees pleasant to the sight and good for food, and said, "Of every tree . . . thou mayest freely eat." He called his attention to the simple products of the earth and said, "To you it shall be for meat." The simple products of the earth were to be man's food.

The flesh of animals is second-hand food; it is filled with poisonous waste products, if not with actual products of disease, and is therefore not the food that will impart health. It is just as irrational to eat the flesh of an animal as it is to inhale the breath. In eating the flesh one obtains some food elements, but they have associated with them uneliminated body wastes. In inhaling the breath of an animal we obtain oxygen, but it has associated with it eliminated body wastes.

In the absence of better air we would be justified in breathing second-hand air, and in the absence of better food we would be justified in eating second-hand food. But whenever they can be obtained we should prefer and select pure air and pure food.

Aside from pure air and pure food, health depends upon perfect circulation of the fluid which conveys the properties from the respiratory and digestive organs to the tissues. A sluggish circulation of the blood encourages the accumulation of body wastes and impurities which lay the foundation for diseases of various types.

The rational method of treating disease consists in utilising nature's remedies and assisting the human organism in ridding the system of impurities. Massage and electricity are of value chiefly because they encourage tissue changes and aid in the elimination of impurities. Water as a therapeutic agency is of great importance. The ancient Hebrews, Egyptians, Greeks, Persians, and Romans, all recognised its value both in health and in disease.

These rational remedies aid the sick to get rid, not merely of their symptoms, but of their disease.

Fruits in Preference to Confections for Children

Two hundred and fifty thousand children were killed last year by poisoned foods in the United States of America according to Rutledge Rutherford, food expert, and editor of a food magazine. He declares that more people are killed by adulterated food in one year than the number engaged in the Spanish-American War. Counting the deaths of babies alone, he says, they number more by 60,000 than the total number of all the soldiers that were killed in all the battles of the four years of the Civil War.

In the mad race to increase profits through cheapening the cost of production recognised poisons are being inserted in foods in order to make use of poor grades of raw products. Such poisons find their way into food factories of many descriptions, and are especially numerous in confections and candies, soda fountain beverages, ice cream products, bakery goods, and other cheap "dainties" devised as magnets to attract pennies from children.

With such a record it is quite evident that it is more advisable for the child to be encouraged to take that food which is offered more directly by nature, such as fruits, for with fresh ripe fruits adulteration is impossible. But there is one rule that may be safely laid down, and that is, that under two years of age children are better without any kind of fruit whatsoever, except a little fruit juice. Much trouble in the nursery comes also from the indiscriminate giving of fruit—and especially of *uncooked* fruit to young children. Bananas, for instance, are often given to babies of a year old! They should never be given to any child under four.

There is a popular delusion that bananas are extremely nutritious and very digestible. In reality they are neither one nor the other—where young children are concerned. Most bananas contain a compact soapy core or centre. This is frequently swallowed by children in un-

masticated lumps, which may cause serious stomach troubles.

For this reason, when you give bananas to children (over four years old) they should be mashed, first with a fork, then with the back of a spoon, so as to insure that they shall be thoroughly freed from lumps.

Fruits a Help in Constipation

When constipation is a trouble, orange juice is often very useful, and may be given to children from one year old and upwards, but it must be strained through muslin, so that no pips or particles of pulp may remain in it. One dessert-spoonful of the strained juice of a sweet orange may be given before breakfast to a baby twelve months old, if it is troubled with constipation. This should never be given too soon before or after a meal of milk, as it would cause the milk to curdle. It should be given midway between two meals. The quantity may be increased as the child gets older. At two years old baked or stewed apple, or prune pulp, may be given in small quantities—from one to two tablespoonfuls once a day sweetened with sugar. The skin and pips and core of the apple must be carefully removed.

To Make Prune Pulp

Prune pulp is prepared by stewing the prunes (dried) in water (enough to cover them) until they are thoroughly soft. They should then be rubbed through a sieve. This pulp is very useful for constipated children.

Grapes may be given to children from two years old, but the skins must be removed and the pips carefully cleared before the child is allowed to have them. Never hand a bunch of grapes intact to a young child and allow it to help itself from them. The grapes must be "prepared" first, and given one by one. Don't give currants or raspberries to children under four or five years of age. P. M. K.

Keep the Mouth, Teeth, and Throat Clean

"YOU have one gospel to preach, and you have to preach it early and late, in season and out of season. It is the gospel of cleanliness of the mouth, cleanliness of the teeth, cleanliness of the throat. These three things must be your text through life. Oral hygiene, the hygiene of the mouth; there is not one single thing more important to the public in the whole range of hygiene than that, and it is with that that you practitioners of dentistry have to deal." These are the words of Dr. Osler, Regius Professor of Medicine of the University of Oxford. They were spoken to dentists, it is true, but every man, woman, and child with a mouth, teeth, and throat to be cared for would do well to take them to heart.

"Many diseases would be prevented if the mouth were properly cared for, and mouth cleanliness would assist in the cure of many diseases. How do we expect to have a perfect stomach and digestion with a mouth reeking with infection! It has been said the mouth is the 'vestibule of human life,' and so it is; where every particle of food is masticated and mixed with the saliva and then passed into the stomach for digestion and so on into the system for maintaining life. We can get the best nourishment from our food if the saliva is pure, but with uncleanly teeth and an uncleanly mouth the saliva is very far from being as nature intended it should be. One dental writer says, 'There is sanitary reform in every other line, why not sanitary measures of the mouth and teeth?'

"Children are taught to wash their hands and face and comb their hair before coming to the table, but how many children are taught to cleanse their mouth and teeth before eating or even once a day? The latter is far more important than the first. How much pain would be prevented, and fear of the dental chair be overcome, if humanity could realise this all important fact of the benefit of oral prophylaxis. There would be no decayed

OLIVE oil is considered the most valuable food oil that nature produces.

teeth, no pyorrhea, no extracting, no 'killing of the nerves,' and other ailments that give us such awful fear of the dentist. I wish the mothers and fathers could realise this fact. Teach the children the importance of thoroughly cleansing their teeth. Not once a day, which is good as far as it goes, but the teeth should be brushed a number of times a day regularly and systematically. Make this matter a habit, one where you will not feel right until you have attended to your teeth. The older ones should get the habit also; they will be benefited as much as the children. I make this plea to educate the children, because, if the idea of oral prophylaxis is instilled into their young minds, it will stay with them all through life. If a child could be given the prophylaxis treatment beginning at a very early age, say two or three years old, I am positive that the teeth would be free from decay, or at least would have less decay, which would be a great advantage over the old way of waiting for decay to occur before placing the child under the care of a dentist. As he grows older, and when all the permanent teeth are in place, he will begin to appreciate the benefits of the treatment as he looks at his beautifully polished teeth and pink gums, and will continue caring for his teeth through life. So you can see the advantage of beginning this most important habit early in life. It is never too late to mend one's ways—so begin now.

"Oral prophylaxis is a thorough cleansing of the mouth. Removing all particles of tartar and accumulated decomposing food and matter between and around the teeth, polishing each and every exposed surface of the teeth, using antiseptics with compressed air, medicating, cleaning, and purifying every nook and crook. This treatment given regularly at definitely appointed times, will destroy all gelatinous forming micro-organisms, changing a disease-producing environment to one where disease and decay cannot thrive. If this treatment is given properly by a conscientious dentist regularly, it removes all infection from the mouth, absolutely pre-

venting decay; it beautifies the teeth generally; the gums will be of a healthy pink colour and rightly attached to the teeth; the breath will be pure and sweet. The general health will be better. Remember 'the man with a healthy mouth is never sick; the sick man never has a healthy mouth.'" F. C. R.

Fresh Air for the Babies

THIS time of year is hard on the babies. It is not only a question of their food, for while that is most important, the child must also have fresh air to breathe constantly if it is to grow strong and well.

Get him in a shady spot where the air can reach him. Put him in his go-cart, and let him kick and play. See that he has been bathed and is clean. Keep him free from heat rash if possible, and after his feeding he will be glad to play for a while before he sleeps. He may find his woollen stockings too warm these days, and if it has been your custom to give him the freedom of feet and legs, as some mothers do, then let him kick in the open air to his heart's content. It is wise to remove all superfluous wearing apparel on hot days, but the little mite must have on a woollen bandage, or the woollen low-necked and short-sleeved knitted band with straps, *that will protect him from getting cold across the back or abdomen when he is perspiring. You can put the linen next to the skin if you wish, to prevent irritation, and then do away with other woollens, except for this little bandage or shirt, and with his plain, seamless slip he will find comfort in the open air.

To let him sleep out of doors in summer is certainly one of the great blessings. Be sure the sun never shines where it reflects in his eyes, and cover him with a mosquito netting so the flies do not annoy him, that he may rest quietly. The mosquito netting should be raised so high that it does not suffocate him and the air can circulate through it freely.

Many mothers take the baby for a pram

ride, and this is a good idea. Dress him comfortably, and have him perfectly clean and fed well before starting. Then take along a little bag with you, which may hold any necessary change required for him, and when you come home he will be ready for his next feeding and for a good night's sleep.

To spend the day in the parks or out-of-doors is difficult if the baby happens to

When the child is learning to walk, care should be taken to guard against his standing on his feet for too long a time, and he should not be allowed to get tired walking. If left to himself he will stand for a while, and when tired will sit down or crawl about. He should not be encouraged or urged to stand or walk, his merely spontaneous efforts should be watched and guided. Knock-knees or



OZONE IS A GREAT BLOOD-PURIFIER

be a bottle-fed one, but for the mother who nurses her infant it is always delightful to get away from the house on a day that is excessively hot, and spend it in the open, where baby can get a change of air and grow like a rosebud in the freshness of the great outdoors.

When awake, the child should be kept out of doors, except in the very coldest weather, or on the stormiest days. In the hot part of the day in summer he should be kept out of doors in the shade. Abundance of fresh air, day and night, is of paramount importance, and the infant should be taught to breathe through the nostrils.

bow-legs frequently result from much standing and walking before the legs are strong. When he is out of doors vary his amusement by giving him a ride in his carriage part of the time, letting him walk only for short intervals.

Do not urge him, or even permit him, to lift heavy things, such as would tend to tax the strength of the infant.

Give the children fresh air. It will save medicine; do not be afraid of the night air coming into the rooms, but shield them from a draught blowing directly on them; that is all. Baby can then throw off disease, if he has it, much better if he is reinforced with oxygen.

F. K.

Habit is Second Nature

IT is an old but nevertheless very true saying that "Habit is second nature." Habit produces very definite psychic and physical results in our system. The first ride on the horse is generally a very awkward one, but practice so educates the lower nerve centres that the necessary movements are carried out automatically and almost independently of consciousness. Knowledge is first acquired by the intellectual nerve centres, and through them the lower nerve centres receive their education, and these being nearer their work can perform their functions better than the primary educating centres. The unconscious movements of the educated horseman are much more graceful than if he endeavoured to perform every action through his will power. The act of walking would be ten times more tiring if we called the mental powers in to direct every movement. A long walk with a pleasant companion and a pleasing environment is infinitely less fatiguing than a similar walk taken from a mere sense of duty.

What is true of physical exercises is equally true of mental and spiritual actions. The mind itself has higher and lower nerve centres. The lower nerve cells are trained by the higher; habit, a constant repetition, so educates them that they almost act automatically. A knowledge of what is truthful, amiable, and temperate, of promptness and all other excellencies, does not form the character until it has become part and parcel of the being, through being put into practice, through regular habits. There is no time like childhood for forming true nature. The admonition of Scripture should be written largely in letters of gold, "Train up a child in the way he should go: and when he is old, he will not depart from it." The responsibility of parents is truly great; no time is so profitably spent as that given to the training of the young in true and correct habits.

When evil habits are persisted in nature builds accordingly, and a really "second" nature is developed. Unhealthy habits, and these are the ones we wish more particularly to refer to, are often continued with so little apparent inconvenience that we do not recognise they are evil. Nature accommodates herself most wonderfully to circumstances, and does the best for us that can be done. Nature is constantly sounding her kindly warnings; primarily uncomfortable symptoms follow unhealthful practices, but when these practices are continued a toleration is set up. Nature encourages her subject to give up the unhealthy habit, but when her directions are unheeded she does the next best thing, she permits him to live the lower and less useful life. This is so, for instance, in regard to tobacco smoking; the primary results are far from pleasing, but as the individual does not heed these warnings a toleration is established, the nerves lose their fine sensitiveness, and a second nature is established, but that nature is an inferior one, and the man, perhaps unconsciously, is living on an altogether lower plane.

Valvular disease of the heart, often the result of acute rheumatism, detracts very considerably from its power as a circulating organ. To compensate for this the heart undergoes what is called "compensatory hypertrophy," that is, its muscles enlarge to overcome the obstruction or the incompetency caused by the valvular lesions. The patient may then *feel* quite well, and perhaps not even be aware that he has any cardiac weakness. A second nature is developed, nevertheless it is not to be compared to the primal nature; it is a patching, and that heart is not ready for emergencies like the normal heart, it has already accommodated itself to one serious emergency. Man, says the psalmist, "is fearfully and wonderfully made." The plan of his being represents the thought of the Deity, and must conse-

quently be perfect. The way in which it will accommodate itself to unfavourable surroundings is one of the proofs of its perfection. But we must remember it is "accommodation," and that "second nature" is not an improved nature, for that is impossible.

This "accommodation" and "tolerance" often make it difficult to persuade individuals that they are the subjects of unhealthy habits. The man in the slums of our large, unhealthy cities does not recognise that his environment is unfav-

ourable, that the poison-laden air which he breathes is constantly lessening the powers of his being, but let him have a change to the bracing mountain air, and he will learn that he has been living but a half life. We get so accustomed to unhealthy ways of living, to living up to half our privileges, that we are led to believe we are living normal lives.

When the hypertrophy of the heart fails the patient recognises his trouble, and similarly when the effects of tobacco, tea, coffee, and alcohol pass off, the user recognises that he is really much below par; the tea drinker must have his morning cup of tea, the alcoholic his glass of wine or spirit, and the smoker his pipe of

tobacco before he can commence his daily duties. The absence of the drug, or shall we say poison, reveals the damage that it has already occasioned. It is felt that these things are good because they make one feel better, but if these narcotics and stimulants had never been indulged in this need would not exist.

When the smoker, by perhaps some accidental circumstance, fails to smoke his pipe of tobacco, he frequently recognises symptoms of dyspepsia. Without the narcotic he recognises the true state of the gastric organs, but he mostly hastens to pull down the red flag, the sign of danger, by again narcotising the sentries on guard. One is forcibly reminded of the wonderfully accurate statement of Scripture concerning those "that tarry long at the wine; they that go to seek mixed wine." "Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of the mast. They have stricken me, shalt thou say, and I was not sick; they have



CHILDREN WHO HAVE BECOME ACCUSTOMED TO AN UNHEALTHFUL ENVIRONMENT

beaten me, and I felt it not: when shall I awake? I will seek it yet again." The drinker only recognises that he is "sick" and "beaten" when he "awakes," when the action of the drug passes off, and the result is he chooses to shut his eyes again. "I will seek it yet again."

Haig tells us that the headache caused by uric acid can be relieved by a dose of the same poison, a case of *similia similibus curantur*. A moderate amount of poison gives pain, but a larger quantity will paralyse and thus relieve pain. Tea undoubtedly is one of, if not the most common cause of headache; it upsets the digestive organs, interferes with metabolism, and overstimulates, and conse-

quently be perfect. The way in which it will accommodate itself to unfavourable surroundings is one of the proofs of its perfection. But we must remember it is "accommodation," and that "second nature" is not an improved nature, for that is impossible.

quently weakens the nerve cells. This headache can be temporally relieved by more tea, and so the vicious circle goes on. Abstinence for one week or at the most for one fortnight will often put an end to the nervous and bilious headaches, as well as to the constantly recurring depression that drives the sufferer to the teapot.

Undoubtedly the more we live in harmony with nature, the less we interfere with her plans by stimulants and narcotics the healthier and happier we will be. The time of inconvenience due to abstinence will be short; for nature, when unmolested, will quickly effect repairs and remove that which is the real cause of the unpleasant symptoms. We have to remember that pain is but the danger signal, and the trouble is that which is behind and which causes the pain.

W. H. J.

An Enemy of Health

THE following "fly catechism" is distributed to the school children of North Carolina:—

1. Where is the fly born?—In manure and filth.

2. Where does the fly live?—In every kind of filth.

3. Is anything too filthy for the fly to eat?—No.

4. Where does he go when he leaves the vault and the manure pile and the spittoon?—Into the kitchen and dining-room. What does he do there?—He walks on the bread, fruit, and vegetables;

he wipes his feet on the butter, and bathes in the milk.

5. Does the fly visit the patient sick with consumption, typhoid fever, or cholera infantum?—He does, and may call on you next.

6. Is the fly dangerous?—He is man's worst pest, and is more dangerous than the wild beasts or rattlesnakes.

7. What diseases does the fly carry?—He carries typhoid fever, tuberculosis, and summer complaint. How?—On his wings and hairy feet. What is his correct name?—Typhoid fly.

8. Did he ever kill any one?—He killed more American soldiers in the Spanish-American war than the bullets of Spaniards.

9. Where are the greatest number of cases of typhoid fever, consumption, and summer complaint?—Where there are the most flies.

10. Where are the most flies?—Where there is the most filth.

11. Why should we kill the fly?—Because he may kill us.

12. How shall we kill the fly?—(a) Destroy all the filth about the house and yard; (b) pour lime into the vault and on the manure; (c) kill the fly with a wire screen paddle, or sticky paper, or kerosene oil.

13. Kill the fly in any way, but kill the fly.

14. If there is filth anywhere that you cannot remove, call the officer of the board of health, and ask for relief before you are stricken with disease, and, perhaps, death.—*Selected.*





Be Your Own Health Officer

OF late years rigorous laws pertaining to public health are being enacted, and justly too. Everyone should be in accord with health boards, and have a spirit of co-operation. Yet, how often we see the reverse. Only a short time ago in a certain large town in one of the States there was an outbreak of diphtheria, and to prevent a spread of the disease it was suggested by the health authorities to send the patients to a temporary isolation hospital. So opposed were the parents that the report was sent in that "only at the point of a gun" would they send their children to the isolation hospital. Can we wonder at the conduct of ignorant people in Manchuria resisting the health authorities during that dreadful scourge of pneumonic plague which has recently devastated the country, when intelligent people in this enlightened land fail to see the importance of health law requirements?

Reports of inspection made as to the condition of certain bakeries and butchering establishments reveal a state of affairs that is not conducive to good digestion. The old saying, "What the eye doesn't see, the heart doesn't grieve," is not quite true if taken indirectly, for surely there must be public health grievance if people are served from unclean establishments with impure food.

Statistics prove that public health

generally has benefited considerably through health laws being instituted, and in like manner can private health be benefited if an individual will care for his own body, recognising that he is responsible for the welfare of a number of systems which make up his being. In this way he becomes a health officer with definite duties to perform.

Let us investigate the various departments which he must supervise.

First, there is the digestive system. Naturally the health officer will think first of the stomach, but we must ask him to retrace his steps, for there are very important organs he has overlooked which form the entrance to the digestive department. We refer to the mouth and teeth. These must be inspected. It is the pride of every city to have the entrance to its main thoroughfare clean and well kept, so the entrance to the main thoroughfare of the digestive department should be clean and well kept. The health officer should see that the tooth brush is put into service to remove the germs which lurk around corners and crevices of the mouth. The best time for tooth brush service is before retiring and after meals. Then the teeth must be inspected. What milling company would allow work to be done with faulty machinery which permitted grain to pass only partially ground? Repairs would

be called for, new cog wheels here and there, new cutters and grinders. So the digestive department must have the gaps filled in and new grinders and cutters supplied, otherwise extra work is added to another willing worker, the

No more than three meals daily, evening meal to be light.

Drink little, if any, at meals.

Drink a glassful of cold water on rising, another, half to one hour before meals, and two to three hours after meals, one on retiring.

Then we come to the intestines. The health officer surely will see the necessity of *daily* attention. It is a sewerage, and anyone ought to know that when such becomes overloaded, dire are the consequences. To the public health officer the question of removal of rubbish and the cleansing of drains is of utmost importance for the public welfare, so, to the individual this part of the digestive department requires special attention, and he must not be content with anything less than free removal of waste matter daily. To his aid he may call in the service of various foods, such as coarse grains, brown bread, figs, prunes, fresh fruits, ripe olives, olive oil, and other articles known to be laxative.

There is another system of sewers that requires attention. We refer to the skin.

To keep this in good condition a daily cold bath or cold mitten friction are excellent, and at least once a week a hot cleansing bath followed by a dash of cold should be taken.

We must direct our attention to another department, that of the circulatory system. The health officer will find that it has been considerably improved by labour bestowed upon the skin, but the benefit



TAKE SOME OF YOUR EXERCISE IN THE GARDEN

stomach, and this is unfair. It is impossible for perfect digestion to be performed with imperfect teeth.

Next is the stomach, that much abused organ. Food is "dumped" into it at any time, in any quantity, and then it is filled up with fluids varying from ice cold water to scalding hot tea. If the health officer has any respect for this organ, he will make strict regulations in regard to hours of taking food, and adhere to the following rules:—

should be maintained by exercise. Before the existence of modern means of conveyance walking was the rule, and our forefathers have testified to its value. Now, motors and electric cars are exercised, while the health suffers. Patronise the bootmaker. Shoe leather costs less than medicine and doctor's bills.

There is a system of ventilation to be attended to. The lungs must be supplied with fresh air. "Bedroom climate" will not support good health, so see that the sleeping room windows are open night and day. If you are a mouth breather, see your doctor to know the reason why. There is an old saying, "A place for everything and everything in its place." This may be applied appropriately to the lungs. Many people carry their lungs on their back. See that the front of the chest has its share of lungs. How often we are told to keep the shoulders back. We do not approve of this. The correct thing is, "Keep your chest up." A good plan is to imagine a point at the top of the breast-bone, and endeavour to raise it to the highest possible point; never mind the shoulders, they will then naturally fall into place.

Finally, attention must be given to the most highly specialised of all systems, the nervous system. Having performed the duties of the day, the individual is left on his own resource. The remaining hours should be spent in rest, recreation, and recuperation, instead of keeping late hours, indulging in late suppers, etc. Generally associated with these must be mentioned alcoholism, which an ex-secretary of war says is, "The dynamite of modern civilisation." Yes, it is true, for there is nothing that will so shatter a man's nerves.

Will attention to the foregoing pay? Yes, just as surely as the public health officer receives his salary in so many pounds a year, so will the private health officer receive as a reward health and happiness, strength and endurance, and be fitted to resist the diseases which invade the land.

E. M. H.

Physical Vigour and Achievement

FEW people realise how much physical vigour has to do with their getting on in the world. Every mental faculty, every bit of ability, every function is marvelously strengthened, and the whole life-efficiency multiplied very materially by vigorous health.

Robust health also gives tremendous confidence to the entire man, and self-confidence is a marvellous encourager and supporter of one's ability.

If a man thoroughly believes in himself, and has the physical stamina which makes him master of the situation, equal to any emergency, he is released from the slavery of worry, anxiety, uncertainty, and doubt, which cripple the efforts of the weak.

The success aspirant ought to be jealous of any expenditure of force, any drain upon his vitality not absolutely necessary, because it cuts down the percentage of his possible achievement.

That little surplus of physical force which accompanies robust health makes all the difference between the courage and assurance necessary for doing great things and the timidity and uncertainty and weak initiative which handicap the physically weak.

There is a great difference between that eagerness for activity, that longing to do things which accompanies robust vitality, and the forced, indifferent, uncertain effort which is inseparable from physical weakness.

There is a great creative force in a strong vitality, because it tones up and increases the power of all the faculties, so that they produce vastly more, are very much more efficient than they would be if the vitality were low. In fact the excess of physical health which makes bare existence a joy is a wonderful help in everything we do.

Then, again, physical vigour adds wonderfully to one's personal magnetism.

Everybody admires robust health, because it is one of the things that everybody longs for, yearns for, and yet very few make it possible by their life-habits.

How differently the strong, vigorous

person looks upon life and its opportunities to the one who is weak, and, because of his weakness, susceptible to discouragement and despondency. The vigorous man laughs at obstacles before which the weak man hesitates and shrinks.

It is a great thing to have that bounding health, that excess of vitality which makes us feel like conquerors, equal to any emergency, which makes us the easy masters of conditions which would discourage weaklings.

Vigorous health is worth anything it costs. It is cheap at any price, and we should secure it, whatever else we get or do not get.—*Success*.

Keeping Clean Inside

By William J. Cromie

MOST of us are very careful about keeping clean on the outside, taking a certain number of baths weekly, and



A PROFITABLE FORM OF PHYSICAL CULTURE FOR CITY SCHOOL BOYS

Vitality is so precious, it means so much to one's success, that every one should look upon it as a possession too precious to tamper with, to take any chances with, or to squander.

There are multitudes of people who are mocked with an ambition for great things, but with no physical power to back it up; and yet other vast multitudes are squandering, wasting this precious success-power in all sorts of ways which give no satisfactory returns.

washing the hands and face when necessary; but how many of us give any thought to keeping clean inside? While we may not eat the proverbial peck of dirt, there are still many things that tend to make us dirty inside. We may not swallow dirt, but it is certain that we breathe it in through the mouth and nostrils.

The first thing, then, is to take pains to breathe only fresh air, as free from dust and gases as possible. When we

must breathe bad air in crowded halls and street-cars, we should be careful to keep the inside mechanism of the body clean and in good working order, so as to withstand these enervating influences. Micro-organisms in the air will not hurt us unless they lodge in unclean and diseased tissue; or, in other words, in suitable soil for propagation.

Practise deep breathing while in the open air; for this is an "air drinking" exercise that will help to keep one clean



internally. A little daily physical exercise is absolutely essential in keeping the internal mechanism well oiled; it acts as a polishing device, keeps away rust, and burns up dirt and filth that have not been eliminated. Every day, bend the body forward and backward, sideways to the right and to the left, and twist about from right to left, repeating each of these from ten to thirty times. Lie on the back, raise both legs, then raise the body to a sitting position. Take a brisk walk out-of-doors regardless of the weather.

Overeating causes more internal "dirt" than anything else. Improper foods and

too rapid eating form the cobwebs of disease. Laxative foods should be included in our dietary, as they are "the broom of the stomach." One of the following foods should be in each meal: apples, peaches, prunes, strawberries, cherries, currants, raspberries, grapes, plums, oatmeal, figs, lettuce, spinach.

A glass of cold water should be taken in the morning, and another at night, besides seven or eight during the day. This tends to give the body an internal bath; besides, the system needs at least this much water. However, do not drink much at meals, as liquids dilute the gastric juice, which is so necessary for digestion.

Once or twice a week spray the nose and throat with a mixture of borax and water; gargle the throat, and wash it externally with cold water daily. Where this does not suffice, it may be necessary about once a month to "clean house" by taking Epsom or Rochelle salts in lemon juice, or a colon lavage. It is unnecessary to mention daily bathing, cleaning the teeth after meals, etc., yet we are prone to become careless about keeping clean inside.

Don't Retire from Business

ENFORCED idleness by those who have acquired wealth, is, says an eminent physician, always an error so long as the health is good. Men of business should never actually retire while they retain fair bodily and physical faculty. It is one of the gravest of errors to attempt to enforce idleness on others from the mistaken sentiment of wishing to place them beyond the necessity for work. This is against nature. The earth, which is itself ever in motion, demands ever the motion of cultivation from its inhabitants that it may be a garden properly arranged from age to age. Those, therefore, who have idleness thrust upon them by their progenitors, should throw it off as if some necessity for work were equally theirs. By this plan they will live longest to enjoy the greatest happiness.—*Selected.*

Influence of Room, Light and Fresh Air on the Growth of Children

TO show the influence of room, light, and fresh air on health and growth, the following figures are given concerning the height and weight of boys in Bourne Village, England, as compared with those in Birmingham slums. Bourne Village has 840 houses, distributed at the rate of only nine to the acre; at the time of making up this table, the population was 4,000.

WEIGHT OF BOYS (POUNDS)

Age, years	...	6	8	10	12
Bourne Village	...	45	52.9	61.6	71.8
Birmingham slums		39	47.8	56.1	63.2

HEIGHT OF BOYS (INCHES)

Age, years	...	6	8	10	12
Bourne Village	...	41.1	48.3	51.9	54.8
Birmingham slums		41.9	46.2	49.6	52.3

The death rate (average of five years) is for Bourne Village 5.5 and for England and Wales 14.9 per 1,000. The infant mortality (average of five years) is for Bourne Village 68, and for England and Wales 121.8 per 1,000 live-born children.

Physical Training Secondary to Mental

THE idea that excessive physical exercise is a sound means of promoting health is erroneous. Man is not constructed to be a running or a leaping animal like a deer or a cat, and to raise the physical above the mental culture were to return to the shortness and misery of savage life. Physical training, while it should be moderately encouraged, should be refined and made secondary to mental training. Every rash and violent feat of competitive prowess should be discountenanced.—*Benjamin Ward Richardson, M.D.*

Alternate Work with Recreation and Rest

OCCUPATIONS of every kind, however varied they may be, require to be alternated, fairly, with rest and recreation.

It is the worst mistake to suppose that most and best work can be done when these aids are omitted. Strictly, no occupation that calls forth special mental and physical work should fill more than one-third of the daily life. The minds of men of all classes ought now to be devoted to the promotion of a systematic method by which the productive labour of every life should be carried on within the limited term of eight hours in the twenty-four. The body of man is not constructed to run its completed circle under a heavier burden of labour.—*Benjamin Ward Richardson, M.D.*

Irish Wit

GEORGE IV., on his visit to Dublin in 1821, met at a reception Sir Philip Crampton, Ireland's greatest surgeon.

"In what branch of the service is that magnificent-looking man?" asked his Majesty.

The gentleman to whom the question was put was too polite to hint that the King was mistaken in supposing that the distinguished surgeon was a naval or military officer.

"Sire," he replied, "he is a general in the lancers."—*Tit-Bits.*

MANY persons who have refrained from flying because the sport is so dangerous have nevertheless hoped that eventually some system of automatic equilibrium would be devised. Discussion of the problem by the British Association, at its recent meeting in London, is rather discouraging to this hope. The men of science incline to the belief that automatic stability is neither possible nor desirable. It was rather amusingly pointed out by one of the speakers that the tricycle, which has automatic stability, was superseded by the bicycle, which has not.



Isolation and Disinfection

PART II.—ISOLATION

THE room to be used for isolation should be chosen with care, having in view not only the comfort and well-being of the patient, but the safety of the family as well. It would be best if a small dwelling near by, but independent of, the family residence, could be obtained for this purpose. Here isolation could be carried out more satisfactorily, and with less danger to others than elsewhere. Where this is not possible, a room might be found at the end of a verandah that could be shut off from the rest of the house. The next best selection would be a room not often passed by the family at the end of a passage in the dwelling house, and upstairs would be better still. In hot weather it would be well to choose a room that is not too much exposed to the fierce heat of the sun; and, in winter, a bright, sunny room should be selected, avoiding one that is dismal or rendered unhealthy by shade or creeping vines or dampness.

The room should be light and warm, but well ventilated, and the windows so arranged that they could be lowered from the top as well as raised from the bottom. All the doors and windows should be provided with netting, as a protection against not only the annoyance of mosquitoes and

flies, but against their activity in spreading infection, as they visit every filthy substance containing infection accessible to them, and rapidly convey it everywhere.

Nothing not absolutely required should be left in the room, thus lessening the danger afterwards from disease germs clinging to them. Excepting the beds, all furniture, carpets, curtains, pictures, etc., should be removed, and so be spared from destruction which otherwise might be thought necessary. It would be best to have two single beds in the sick-room, that the patient may be moved from one to the other. They should be raised with bricks under the feet, so as to save the nurse as much as possible in bending over the patient, which is very tiring to the back. The beds should be so placed that the nurse could get around them easily.

The nursing should be done by one or two of the elder members of the family, unless professional nurses are employed, as grown people are less likely than younger ones to take these infectious diseases.

The room from which the patient was taken must be thoroughly fumigated, or closed until the patient is discharged, when all the work of disinfecting and cleaning

can be done at the same time, according to the directions given below.

There must be disinfectants kept constantly in the room, such as formalin, carbolic acid, and chloride of lime. The last can be used in solid form or in solution, as required. These three are among the most available.

Eight ounces of formalin to a gallon of water, well mixed, will give a solution of the proper strength. The ordinary miscible carbolic, when required to disinfect bowel discharges, etc., can be made of the necessary strength by adding one part to twenty of water. An equal quantity of this solution should be thoroughly mixed with all discharges. When needed for drains and similar disinfecting purposes, one part carbolic may be added to one hundred of water. Formalin is less likely to stain clothing than carbolic, and undiluted carbolic acid will burn the skin. Chloride of lime may be sprinkled over the contents of cesspits before removing them, and over gutters. Half a pound stirred well into a gallon of water will make a good, strong solution.

The formalin solution should be kept in the crockery wash-bowl or wash-basin, or in a pan or large bowl of sound uncracked graniteware, ready for use. Some of the solution should also be placed in the chamber and other vessels intended to receive the patient's discharges, and some in a washtub set aside for all the soiled clothing that can be boiled.

Linen and other goods that can be boiled without injury should be soaked in the solution, wrung out, and boiled at once in water with soda added to it. Woollen goods and other articles which cannot be boiled should be soaked in the solution for three hours, and then washed as usual.

A sheet wrung out of the solution should be hung in the place of the door, which may be kept open much of the time in mild weather. This sheet will also serve as a danger signal to guard against intrusion into the room by mistake.

An apron or sheet should be hung outside

the door, in readiness for the doctor's use when he makes his visits, and a basin of the solution also should be in a convenient place outside, in which he will disinfect his hands on leaving. This apron or sheet must be put with the patient's infected clothing, and boiled after each visit.

There should be toys and inexpensive picture books and illustrated journals supplied to the sick-room to interest the patient. These must be destroyed when the room is fumigated. A vase of flowers, to be replenished daily if possible, may be put on a little mat or neat table-cover on a box, where the patient can see it.

Outside the room, or in an adjoining room that opens into the sick-room, place a table for the patient's dishes, and for light cooking. The dishes, preferably of white enamel, should be washed thoroughly by themselves in boiling water with soda added. They should not be mixed with the family dishes. It would be advisable, where there are children, to provide suitable dishes for the sick-room, and to use them for no other purpose. The food may also be brought from the kitchen, and left near the room for the nurse to fetch.

It is of importance that the greatest care be taken by the nurse in handling the bedroom discharges, as her own safety and that of the community depend upon it. If the dwelling house is connected with a sewerage system, the discharges, after being well mixed with a good quantity of one of the three disinfectants mentioned, and allowed to stand two or three hours, may be thrown into the water closet. Otherwise they may be put into a kerosene tin and boiled in the open air. Should any unpleasant odour arise, as of burning, add more water. Soft paper or rags that have been used by the patient at stool should be burned in the fireplace.

No discharges should be allowed to dry on diapers or handkerchiefs, if these have been used, as the dust is very dangerous. They should be moistened with the disinfectant before being sent out of the

room. The infection may be destroyed on the night-dress, or sheet, or floor, if saturated with the solution before it has had time to dry. When this is done, the nurse must thoroughly disinfect her hands immediately. She must also be careful to do so after changing the patient's body linen.

In infectious cases it is necessary for the nurse, because of her constant confinement with the patient, to bathe herself, change her clothes, and carefully brush her hair, to remove particles of infection that may have lodged there, before going out to take exercise. Brushing can hardly be depended on to free the hair from infection, even though the brush be wetted with a disinfectant solution. A more certain and convenient method consists in completely covering the hair with a white cap similar to a dust-cap before entering the sick-room. The nurse should leave this and her overall in the sick-room when she goes out, fresh ones being donned on her return before she enters the sick-room. She should not sleep in the same room unless the patient is an infant.

In contagious diseases it is best for one person to nurse the case throughout, and remain in isolation until the case is dismissed, when she may thoroughly prepare herself to mingle with others. Till then it would not be advisable, under any circumstances, for the nurse to approach others.

Before dismissal, the patient should be bathed, wrapped in a clean blanket, taken to another room, and dressed in uninfected clothing. Special attention should be given to thorough cleansing of the mouth, nose, throat, hair, and nails.

Disinfection

When the patient has been discharged, attention must be given to the fumigation and cleaning of the room and all articles that have been used by the patient. Straw mattresses, toys, books, and papers must be burned without reserve. The fireplace should be boarded up or made air-tight, by pasting layers of brown paper or news-

paper over it, and all ventilators closed securely.

In the middle of the room a large tub should be placed with a little water in it for safety. A pan with sulphur (4 lbs. for every 1,000 cubic feet of room space) should be laid on a couple of bricks in the tub. When everything is ready, a little methylated spirits should be poured on the sulphur, and a lighted match applied. Before doing so, however, the articles to be soaked should be put into the tubs containing the disinfectant solution for that purpose, and occasionally stirred, and the tubs placed against the wall out of the way.

Two lines should also be stretched across the room a foot apart, and across these should be drawn all soft goods that cannot be treated in the tubs. All other articles should be arranged in the best manner for the fumes to thoroughly surround them. On lighting the sulphur the attendant should at once withdraw from the room, close the door, and paste paper over the keyhole, and where necessary, to prevent the escape of fumes through cracks. It may be seen through the window if everything is progressing safely and successfully. The room should be kept closed for twelve to twenty-four hours.

When this important part of the work has been done thoroughly, the fireplace may be opened, and sulphur burnt in it in a similar manner. The bedsteads should be taken apart, scrubbed and cleaned, and other furniture that may have been left in the room should be gone over carefully.

The ceiling, walls, windows, floor, and skirting-boards must now be attended to. The wall paper should be taken off, and the walls re-papered, or calcimined afresh, as the case requires. If the walls are painted, or have varnished paper over them, it may be only necessary to clean them with cloths wet with the formalin solution. After wetting the floor well with one of the solutions mentioned, the floor and skirting-boards must be scrubbed with soft soap and hot water.

In municipalities where there are dis-

infecting appliances and a disinfecting staff, this whole work of disinfecting may be done by them far better and with less need, perhaps, of destroying goods than would be thought necessary by the family.

As a general rule, it would be in the very best interest of the patient himself, as well as of the household in which he resides, and of the surrounding district, if he could be removed to a public hospital as soon as the infectious or contagious disease manifests itself, rather than undertake the management of the case at home, where it will often be attended with great perplexity, inconvenience, risk of the health of others, and destruction of goods.

At many of the city hospitals will be found airy apartments and everything in readiness for such an emergency when the patient arrives, with nurses specially trained for the work, and having had practical experience in dealing with similar cases. This will be the wisest course to take to prevent an epidemic or suppress one if it exists.

A. S.

An Amateur Doctor

FATHER'S a doctor. He has so much business you'd think he'd get rich, but he doesn't. You see we live in the country, and no one has much money, and most of his patients have large families, and father says it takes all they can earn to buy bread and molasses for the children and food for the stock. They haven't any left over for doctor's bills.

Once in a while, when it's a real stormy night and father hasn't any calls to make, he'll say, "Well, chicks, let's have a good time to-night." Well—just that minute the bell will ring and someone wants father to go out to the Four Corners or, worse still, to the Junction. It is so discouraging.

Well, in this story I'm telling they wanted him out on Blueberry Isle—the lightkeeper had rowed in for him. It was very rough, and he was just as wet, but he didn't seem to know it, he felt so bad.

"I don't know as you'll want to go, Dr. Morison," he said; "but little Laretta's awful sick—we think perhaps she's swallowed something—or something—but it's a terrible bad night. I could 'a got in quicker with my motor, but she's shallow, and I was afraid we'd get swamped, so I brought the dory—she's safe enough."

Father was taking off his house-coat and putting on his big boots and his storm-coat, and he was ready to go the quickest, he's such a quick man! And he kissed mother and said if they sent for him to go to see Johnny Carr before he got back in the morning, to give the messenger the tablets in a little red box on his desk. And when he kissed me, he laughed.

"Why, Mary, child, don't look so blue! You ought to be thankful I haven't got to take Snowdrop out such a night."

Snowdrop's our horse, but she's black as night; it's just some of father's fun naming her Snowdrop.

After mother had taken little sister Lou up to bed, Max said, "I tell you what, Mary Morison, I'm never going to be a doctor—they work too hard and don't get any money to save, and they don't have sleep enough and have to eat on the run, and they don't have any leisure."

"Why I thought surely you would be a doctor, Max!" I said.

"Well, it's just grind—grind—and your time's never your own. I want to make money for you, Mary. I want you to have a blue silk dress like Elsie Starr's and a diamond ring and a little gold watch with your monogram on."

"It would be nice," I said; "but I'd rather be twin sister to a doctor that does as much good as father than have all those pretty things."

Just then the door bell rang. It was Ethel Lindsay to see if mother knew anything to do for her grandmother's toothache.

Mother took a bottle of oil of cloves and some cotton and some hops to put on outside—they make you sleepy, you

know, and help the pain—and went along with Ethel.

“Mother’s a born doctor’s wife,” said Max. “When I marry I’m going to find a wife just as near like her as I can.”

“I don’t blame you,” I said.

Just then someone rapped at the back door. This time it was Joey Cutler, who’s in our grade at school.

“Where’s the doctor?” he said. He’d been running, and he was all out of breath.

“He’s out. What’s the matter?” asked Max.

“Oh, our baby’s awful sick!” said Joey. “So hot! and mother can’t get him to sleep. She says she’s afraid he’s going to have a fever, and she wanted the doctor right away;” and Joey almost cried, he felt so bad. His mother lost little Jacqueline, her only other child besides Joey, years ago, and this is a dear little baby, quite new, less than a year old.

“O Max!” I said, “why don’t you go?”

“I don’t know anything about fevers,” said Max.

“Why yes you do,” I said. “Quinine pills and a vinegar sweat—you know father always gives those two things, and how it helped you when you had that feverish cold, two weeks ago.”

“So it did,” said Max; “brought me right up again, didn’t it?” You find the quinine while I get my coat.”

“And sometimes cracked ice is good to put on the head,” I said, as I went for the quinine. I didn’t have to hunt, father has everything labelled and in perfect order.

Max was all ready then, and I said: “What would you think of mustard plasters for the soles of his feet? Doesn’t that bring the blood down out of the head?”

But Max said that was too severe for a baby, so he took the quinine, and he and Joey started off running—Joey lives half a mile away. I watched them out of sight.

I wanted to go, too, but I couldn’t leave Lou alone, and pretty soon mother

came home. When I told her about the baby, she said a vinegar sweat couldn’t do any harm, and perhaps it wasn’t much sick, anyway, but she was afraid Max didn’t know how to use quinine. Mrs. Cutler is always so frightened when anything ails one of her children.

It was ten o’clock when Max came home. Nine’s our hour, but mother let me stay up to hear about little Charlie—that’s the baby’s name. Max said when he got there the baby was lying on the bed, and so hot, poor little fellow! And when Mrs. Cutler saw it wasn’t father she burst right out crying. And she said she knew the baby would die—it acted just the way little Jacqueline did.

But Max wasn’t scared a bit. He sat down side of the baby and looked at his tongue with a spoon and felt his pulse, and then he told Mrs. Cutler that it seemed to him the baby was sick just the way he was a few weeks ago, and father made him well right off in a day, and he knew just what father did for him, and he’d do the same for the baby if she wanted him to.

She seemed all discouraged, but she said he could try. Then he gave the baby a tiny piece of a quinine pill—he didn’t dare give him much. The baby cried, and I don’t wonder; pills are horrid when you break them. I always put a whole one way down at the roots of my tongue and swallow quick—and even then I hate them.

Then Max told Joey to bring him a hot stove-cover and some hot water and a basin and the vinegar jug, and Mrs. Cutler got him some pieces of flannel, and he wrung out one in the hot water and vinegar and put it ’round the hot stove-cover, and then the dry flannel ’round that—just the way father does—and he put that into the foot of the baby’s crib, and then he put the baby in and covered him all up with the bedclothes, except his face. And the vinegar and hot cloths were all steamy, and Max had a heap of clothes over the little fellow, and by and by he got all quiet and fell asleep.

Max stayed a little after that; and

before he left the baby's little head was all moist, and his little hand was damp, too, felt just like a roseleaf, you know, the way babies' hands ought to feel. And Mrs. Cutler was so pleased. But she wanted father to come over the next morning, just as soon as he got back from Blueberry Isle. He came early. Little Lauretta was lots better, and when he went to Mrs. Cutler's the baby had slept all night and only had a little cold.

Mrs. Cutler told father that she was surprised at Max; he was a born doctor and knew a great deal about illness for a fourteen-year-old boy. Max is all wrapped up in fevers now: he's reading about scarlet and typhoid and yellow and slow. I'm glad, for he is a born doctor; and I'm learning all I can, too, so as to help him.—*The Congregationalist*.

Tight Neck-Bands

IN all first-aid instruction, the first thing one is told to do in cases of fainting or convulsions is to loosen the clothing; but it seems not to have occurred to anyone to suggest that some of these cases might have been prevented had the clothing never been tight. Reference is not here made to the corset particularly, for tight-lacing has been so often denounced that its evils are well known. The present criticism is directed against tight neckwear.

In this regard men are as often at fault as women—in summer, indeed, more often. Actual compression of the wind-pipe is not the only way in which death by strangulation may be caused. The immediate cause may be congestion of the brain and perhaps apoplexy, the result of cutting off the return circulation of the blood in the veins of the neck. But a man need not die in order to experience the evil effect of tight collars; the bad effects come much sooner and much more readily than death. Many persons suffer from more or less frequent head-

aches, disturbances of vision, attacks of dizziness, and other disagreeable ailments due entirely to the constriction of the neck by collars that are too small or stocks that bind.

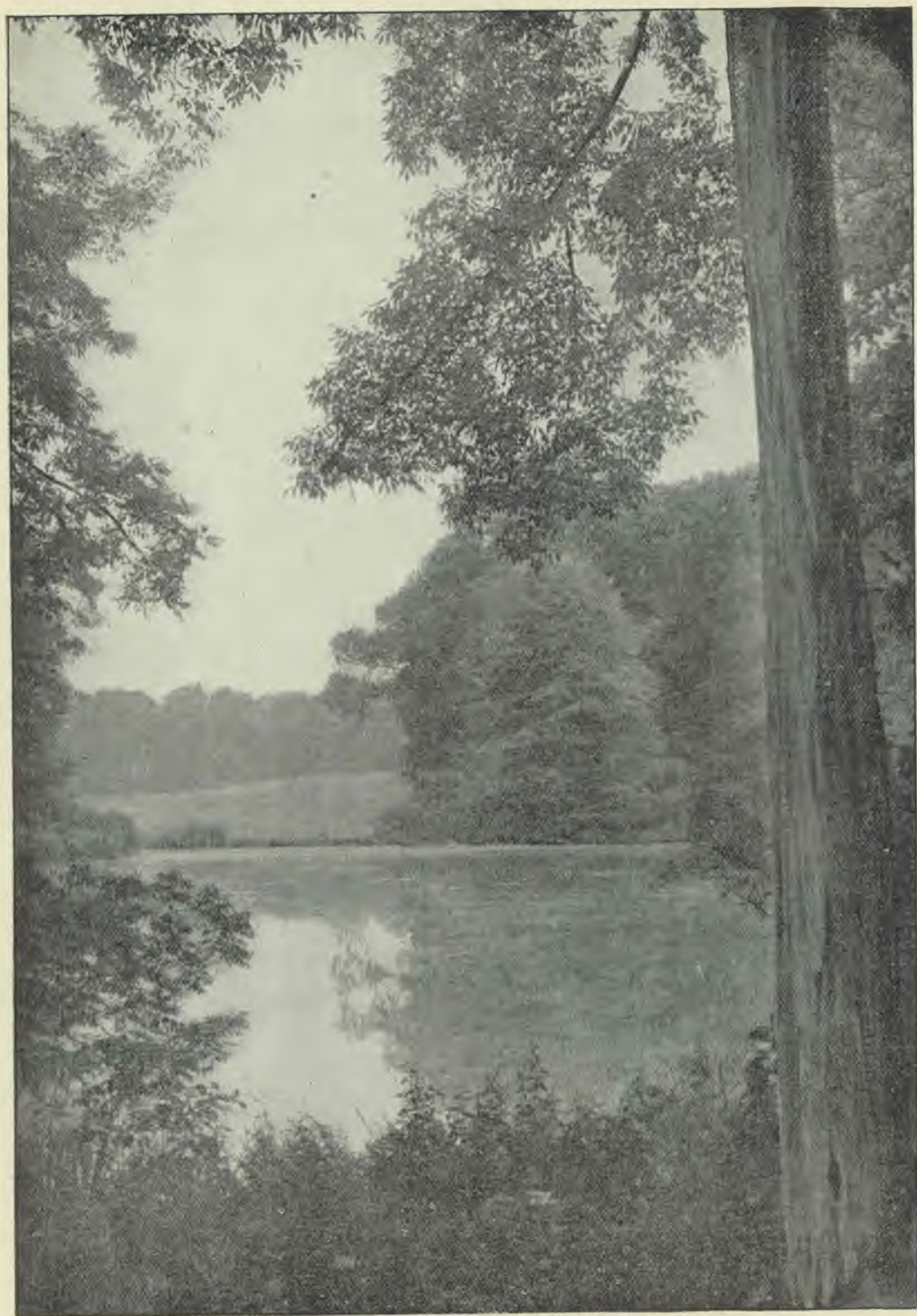
The veins of the neck are near the surface, and it takes little force to compress them enough to interfere with the current of blood.

In men, the trouble occurs more often in those with short necks, for it is the pressure of the lower edge of the collar that interferes most with the blood stream. Obviously, therefore, the man with the "giraffe" neck will suffer least. However, any tightness is bad. Not infrequently the tight neck-band of the pyjamas or the nightshirt may do almost as much harm as the stiff collar. Some cases of persistent insomnia have been due to congestion of the brain from this cause, and have been promptly relieved by leaving the top button of the night-dress unfastened.

The high, close-fitting stocks of women often cause severe headache, vertigo, and nausea, for which the wearers blame the climate, their diet, or anything except their foolishness in choking themselves.

Sometimes persons with all the symptoms commonly caused by eye-strain, who have no relief from glasses, or have been told by the oculist that they do not need glasses, get well with no treatment at all. They have not noticed that the welcome relief followed a change of dress in which the usual tight band that constricted the neck was replaced by one that was loose.—*Selected*.

"A WOMAN nearly seventy, with health and spirits of a girl, gave this as one of her secrets: Never touch bare feet to the floor, nor step on damp ground or dewy grass without overshoes. This advice is within the reach of every woman, and if followed would prevent many a cold, toothache, neuralgia, and rheumatic pain, as well as gloom-enveloped fireside."



" BESIDE THE STILL WATERS "



In the Woman's Workshop

IF there were no power-house the electric cars couldn't go; if there were no firemen the engines couldn't go; if there were no kitchens and cooks the people couldn't go. In every industry where energy is required every necessary appliance is brought into action; every convenience for the saving of labour is utilised.

The building contractor sees that all necessary material, tools, etc., are supplied before he engages men to erect a house. In fact, in every trade and profession the workers must have the means to work, and it is to the interests of the proprietor to have the work done quickly and well.

There are few who realise that the kitchen is the woman's workshop. Here she is expected to turn out quickly and well the material to supply the energy and well-being of all the members of the household. How she manages with so scanty a supply of utensils is to be wondered at. If a man were so placed, alas for the dinner. He would give notice to quit.

In some homes where the income is small there is nothing else to do but put up with few appliances. Even then the husband, if he is thoughtful and handy, can fix up a cupboard and shelf or two, and put a hook here and there. All these little things the wife will find helpful.

In other homes where means will allow, somehow no one thinks of improving the comfort and conveniences of the kitchen. In these days when everything is done to

save labour, let us see if the idea can be carried out in the kitchen.

We must make an attack on the dresser. "Oh," says one, "that is one of the most convenient articles I possess. Everybody has a dresser." Doubtless, but it is because they haven't seen or used anything better.

Let us look at the dresser as one finds it in almost every kitchen. The upper part has three or four narrow shelves with a small ledge to prevent the dishes from slipping, which are placed upright. In front of the dishes are cups and saucers or other articles. Then on the outer edge of each shelf are hooks, on which cups and jugs are hung.

We will criticise its convenience. The table is to be set for, say, five members. Five times a plate is taken from the shelf, taking care not to knock over the cups and saucers, or the articles hanging from the hooks. If it is summer-time it may be necessary to dust each plate or wipe off fly-specks. After dinner comes the task no woman likes—dish-washing. The plates necessarily are handled separately in washing and drying, and placed in a pile, and then carried to the dresser. Five times again must the arm be raised, dodging behind cups and jugs to prevent collision. We have mentioned only dinner plates. We will leave the reader to figure out the dessert plates and cups and saucers, and we believe she will agree with us that there is an unnecessary expenditure of time and energy.

The shelves being open are receptacles for dust and flies. This necessitates their being dusted and washed at least once a week. Then there is the usual routine of taking every article down separately and putting each one back.

How much more convenient is a closed cupboard. It should not be too deep. The dishes can then be placed in piles. If the shelves are far enough apart cups and jugs not often in use may be put out of the way on hooks *beneath* the shelves.



AN UP-TO-DATE WOMAN'S WORKSHOP—A KITCHEN WITH CONVENIENCES

This is a saving of space. Having once used the closed cupboard for dishes one cannot help wondering who invented the dresser.

In American houses every nook and corner where it is possible, a cupboard is built in. It is a pleasure to see the kitchen convenient while working in it, and after duties are done there is not a thing to be seen except closed cupboards, table and chair, and the range or gas stove.

Care of Groceries

Many housewives use the bottom part of the dresser or safe for groceries. They are put in just as they are delivered.

The currants, raisins, sago, rice, etc., etc., are in bags of similar colour. There are big bags and little bags all huddled together. When cooking is to be done the following is usually the performance: The cook in a hurry wants some rice. She is not quite sure which bag contains it, so she feels several bags. No, this feels like sago or tapioca. No, that is split peas. In too much of a hurry to untie the string she tears a little hole in several bags to make sure. Some one

leaves the door open, and mice or other vermin pay a visit to pick up what has fallen. Now she wants some cream of tartar. There is another search. So many things look alike—powdered sugar, borax, boracic acid, soda, which is it? Often in the search things are upset, and then at the end of the month or sometime (?) the cupboard has a cleaning out.

Such a state of affairs ought not so to be. It pays to purchase sufficient screwtop glass fruit bottles for supplies such as rice, sago, tapioca, peas, beans, etc.

These, then, need not be kept in the cupboard if one is short of space. They could be placed on a shelf. Perhaps the dresser shelf would be suitable. If one uses tins instead of glass bottles they should be plainly labelled. For smaller supplies use the small jam or jelly covered glasses. The advantages of the glass containers are that their contents can be seen readily, so requiring no labelling. It can be seen when they should be replenished. They are clean and are vermin proof.

The Wood Box

Many husbands see that the wood box is kept filled. Needless to say the wife

appreciates it. Then there are many husbands who never think of chopping the wood, to say nothing of filling the wood box. Some of them only need a



DRAWERS FOR FLOUR AND SUGAR, AND BOTTLES FOR SPICES, ETC.

kindly reminder now and again, and finally they get the habit. Others utterly fail to do it. We would like such husbands to turn cook for awhile, and we believe it would be a case of "No wood chopped, no dinner cooked."

A Reason Why

The above suggestions are just a few, and if carried out will save the housewife time and energy. She has quite enough to do even when conveniences are at hand and the work well planned in household routine.

Many women do not know how to conserve their energy. They stand to do work which could be accomplished as well when sitting. They multiply steps when one journey would suffice. They forget that there is a little Willie or Mary who would gladly help if only trained to do so. It is no wonder that when the day is ended the mother feels tired, cross, and nervous.

E. M. H.

Improving the Interregnum

The Mistress Without a Maid

"I ALWAYS call the girl's day out Black Thursday. It's just the forlornest time!" moaned one woman with a family of three, while another who, in spite of fourteen to feed, looked well to the ways of her household, rejoiced: "I'm glad to get supper once in a while. How else can I see for myself just how the refrigerator and the dish towels are really kept. I learn enough about what orders to give the rest of the week to more than make up for the effort."

Aren't these two typical? Don't they show the attitudes taken toward that longer maidless period likely to occur even in the best regulated households? One declares she can't be drudging in the kitchen a single day, rushes to the nearest registry office, procures in haste, repents at leisure, and is speedily again left in the lurch. The other, while taking proper steps to search out a suitable servant, as soon as may be, yet, proud of her inde-



TRAINING THE CHILDREN TO HELP

THE best physicians to attend us are Doctor Diet, Doctor Quiet, and Doctor Merryman.—*Swift*.

pendence of any servant, sets to work philosophically to make the most out of the situation. The fact is, if you want to know how to do a thing well, do it yourself—at least once a year.

First, the interregnum is a chance to get ready for the new comer. The last incumbent has left dusty cupboard corners, mixed up grocery packages, saucepans with sooty bottoms—the neatest of girls has her pet negligences. Now there is just one way to prevent the new one from following in those trails and adding her own pet negligence thereto; namely, everything spotless and “a place for everything and everything in its place” when she arrives. Hours of scolding about what the last incumbent didn't do, and what this one is expected to do won't amount to half as much as the emphatic object-lesson of perfect order at first sight. A slovenly kitchen on arrival discourages a neat maid and encourages a slack one.

But the interregnum is most valuable for the education of the mistress. By timing her own jobs she learns what to expect of another. One housekeeper, always very particular about her bathroom, allowed half an hour for its thorough cleaning. What then was her amazement to find that it required an hour and a quarter of her own skilled labour! Her conscience smote her. Half the time she had scolded the maid for slowness, and the other half for neglect.

Then there are short cuts! Confess, Mrs. Mistress, to the work-savers both in cooking and cleaning you wouldn't for the world have your maid know you use when alone—nevertheless there are others. The head can rightly save the heels. Learn and teach. Note how exasperating is a fresh job turning up just at the finish when rest seemed right in sight, and you'll know why the maid gets cross over the tiniest extra that comes at the close of a back-breaking day. Here's the time to put your favourite theories in practice, and find if they really are practical. Test the ease of hygienic dish-washing with genuinely boiling water and no germ-laden wipers; the health value and time-saving properties as well of a dustless duster; and countless other things which you never quite dared insist on, firmly as you believed in them.—*Lucy Fairbanks Alvord.*

Fig Tea

MOST people are acquainted with the splendid laxative properties of the fig, and consequently know the value of home-made syrup of figs in combating constipation. But some may not relish the intense sweetness of the fig syrup, and therefore find it unpleasant to take. For such we would recommend fig tea as used at the Caterham Sanitarium. The matron has given us the following directions for making it: Get a pound of plain stewing figs, which usually cost 3d. or 4d.; wash them thoroughly in warm water; then cut them into small cubes about the size of a large pea, and roast them in the oven until they are a dark brown colour and quite hard and crisp. Take a table-spoonful or more of these, according to the strength desired in the tea, and, placing them in a basin, pour over them a pint of boiling water, and let it stand for three or four minutes; or heat the cubes in a basin of water, boiling them from two to five minutes. The tea thus obtained is pleasant to taste, especially if it is not too strong, and, if served with cream, makes an appetising drink, which most people would find no difficulty in taking. A cup or two of fig tea may be taken in the morning half an hour before breakfast. It has a mild effect upon the bowels, making it a useful remedy for correcting sluggish bowels.—*Good Health (London).*

To Keep Butter Hard Without Ice

IT is not absolutely necessary to keep butter on ice to keep it hard in hot weather. Procure a clean, new flower-pot, and soak in cold water half an hour. Put your butter on a plate in a rather high pile, and turn the flower-pot over it. Cover with a clean cloth thoroughly wet, and put in the coolest place you have. A larger quantity of butter may be kept by using a very large size flower-pot. Keep the cloth always wet. Milk and eggs may be kept in the same way if desired.—*Selected.*

Fruits as Food and Medicine

Now that the height of the fruit season is at hand, with pears, plums, grapes, peaches, and other fruit in the market, it is well to know something of their nutritive and medicinal value. Many persons

"Currants, berries, rhubarb, peaches, apples, pears, melons, and grapes each brings to jaded appetites and bile-laden systems its own message. A too common blunder is in overlooking the benefits we

might get from carrying the habit learned and practised when the mercury is up to blood heat on into the winter solstice. For bile gathers as surely if more slowly then, and the digestive organs are sluggish to congestion.

"Peaches are cathartic in principle and benignant in action. They may be indexed as a capital, all-round fruit. They correct constipation, yet have a decided tendency to brace the intestines. Prussic acid, in minute quantities, is secreted in the fragrant cells of the luscious peach, and as a healer, not a destroying principle.

"Fruits contain pre-digested food elements which do not clog the system, and which are valuable in sustaining strength. They are foods and

medicines, or rather foods which avert the necessity of medicine.

"After the sleep of the night and the inaction of the digestive organs, a sort of mucous film forms upon the coat of the stomach, indisposing it to do its proper



THE MANGO, A LUSCIOUS, COOLING FRUIT OF THE TROPICS

who are accustomed to think of fruits simply as healthful perhaps, but not particularly germicidal, will be surprised to learn their health-giving properties.

Marion Harland writes of the value of fruits as food :—



PLEASANT TO THE SIGHT AND TASTE, AND
EXCELLENT AS FOOD AND MEDICINE ☞

work. The gentle acids remove this and awaken the organ to a sense of what is expected of it. One writer upon gastronomy asserts in round terms that he would 'as soon cover the coat of his stomach with a viscid poultice as to compel it to take care of a bowl of oatmeal or hominy early in the morning.'

"Oranges have an advantage over the great majority of other fruits in being obtainable all the year. They are antibilious. So are lemons, but oranges are agreeable to the taste, and have nutritious qualities not shared by the more tart cousin."

There are other varieties of fruit which are of great medicinal value. A South American is said to have cured eight cases of yellow fever by feeding each patient half of a watermelon. The body became so drained of fluids by disease that the patient became ravenous for liquids.

As an aid to digestion—a really material aid—the pineapple stands alone

among the fruits. Its vegetable pepsin neutralises, or, perhaps, rather digests, albuminous substances in the stomach. Fresh pineapple, or, better still, the juice of one, placed in direct contact with eggs, or gelatine, or milk, will prove this fact conclusively by producing a bitter-tasting dish.

In case of catarrhal ailments of the throat and its downward connection—the alimentary canal or tract—pineapple cannot be overestimated, and it acts with equal force in malarial affections.

Oranges and lemons are not only valuable by reason of their potash salts, but especially for their citric acid. A case of paralysis of the entire right side is reported in a medical journal to have been helped by the adoption of the juice of oranges as a regular diet.

The *Woman's World* states that oranges are the only food used in the cure of aggravated cases of dyspepsia, with no other food allowed. The grape cure is successfully used in a great vari-



A CROP OF APPLES—A FRUIT THAT BRINGS
"TO JADED APPETITES AND BILE-LADEN SYSTEMS ITS OWN MESSAGE"

ety of cases, especially in wasting diseases, and bananas in the same way. In all of these fruit cures no other food is used, and no medicine.

Tomatoes, raw or cooked, stimulate a sluggish liver. According to the Banting estimate, five ounces of sugar a day will increase a man's weight one pound a week.

The salts and organic acids in the apple tend to improve the quality of the blood.

Cabbage, cut up to thread-like fineness, and eaten with lemon-juice, is digested in an hour.

As for dates and plantains, they contain sufficient nutriment to sustain life.

In these days of impure drinking water, water famines, and filtered water, it is well to know that one of the greatest advantages of fruit is that it offers us pure water for which we do not need a filter, to the amount of nearly fifty per cent in berries and more than ninety-two per cent in watermelons.—*Selected.*

Sour Milk and Some of Its Advantages

WE have all been acquainted with sour milk for many a year, but it is only within recent years that, through the teaching and influence of such men as Professor Metchnikoff, of Paris, we have begun to recognise its wholesomeness and great advantages. In the past many people have looked upon sour milk as anything but desirable or wholesome, and have usually been content to pass it on to the pigs.

Generally speaking, there are two kinds of sour milk: first, that which sours naturally in the course of one or more days, according to the weather, and secondly, that which is scientifically soured, and which we might call Metchnikoff soured milk. In either case the sourness or acidity is due chiefly to the presence of lactic acid. In the early stages of the souring there is but a comparatively small quantity present, but as

the milk stands the quantity increases until it gets very acid indeed.

To prepare Metchnikoff soured milk, the first step is to boil the milk for about twenty minutes in order to destroy the micro-organisms which it contains. Ordinary sweet milk contains an enormous number of germs, many millions to each cubic centimetre. Fortunately most of these microbes are non-pathogenic, *i.e.*,



MILK, SWEET OR SOURED, IS A FOOD, NOT A DRINK, AND SHOULD NOT, LIKE WATER, BE DRUNK BETWEEN MEALS (See page 40)

they do not produce disease, but milk may, and often does, contain the germs of disease, such as consumption, typhoid fever, scarlet fever, etc. After the milk has been boiled, it is cooled to a temperature of about 100° to 105° Fahrenheit, and then Yogurt or some other brand of lactic acid culture is added, and the milk is allowed to stand at the same temperature for eight to ten or twelve hours, by which time the lactic acid has been formed, and the sour milk is ready. It is necessary to carefully protect the milk

from dust during this period, otherwise there would be contamination. The milk can be served in this form, or it may be beaten up with an egg-beater, which makes it very light and frothy, and then it is ready for the table.

Any form of sweet milk, whether new milk, skimmed milk, or thin cream, is capable of being soured. As a rule the skimmed milk makes the most easily-digested form of soured milk, but of course it is less nourishing than the whole milk, since it is deficient in cream. If it is desired to increase the proportion of fat, cream may be added to the milk in any proportion.

Soured milk is best taken comparatively fresh, that is, within twenty-four hours from the time it is prepared, but in the cold weather it will keep two or three days, and sometimes longer if protected from the dust of the air.

A very wholesome cheese, which we might call lactic acid cheese, can easily be prepared from the soured milk by filtering off the whey. The addition of a little sweet cream to this cheese makes it most appetising as well as nutritious. When prepared fresh it makes a very wholesome article of food, which is easily digested, and which is quite superior to the ordinary cheese in the market.

Most forms of dyspepsia are benefited by the free use of Metchnikoff soured milk. The use of ordinary milk in many cases favours fermentation and the production of flatulence, but this is not true of soured milk when properly prepared. The lactic acid of the milk lessens and to a large extent prevents gastric fermentation. The acid has the effect of retarding the growth of the various bacteria present in the stomach, and this helps to combat the dyspepsia and relieve flatulence.

But the wholesome influence of sour milk extends beyond the stomach. Bacterial growth in the bowels is also retarded

and to a large extent arrested by the free use of sour milk. Milk prepared in this way is also useful in treating certain forms of chronic colitis, a not uncommon form of inflammation of the lining membrane of the large bowel.

In conclusion, it is important to bear in mind that sour milk is a food and not a drink, and that it should be eaten at the meal-times and not taken indiscriminately at any time. From one-half pint to a pint, or even two pints, may be taken at a single meal, according to the amount of other food eaten. It should be taken with a teaspoon, and when well masticated with bread or biscuits, it is as a rule readily digested and assimilated, and must be regarded as a nourishing and sustaining article of diet. While ordinary milk is usually more or less constipating, sour milk seems to have lost this influence in the souring process, and is generally regarded as a mild laxative. At any rate, persons who suffer from constipation and are obliged to avoid ordinary milk, rarely find any difficulty when taking sour milk.

Straining Milk

DR. W. G. SAVAGE, of London, has expressed the opinion that strainers do not materially lessen the number of bacteria in milk. In fact, if they are not kept scrupulously clean, they may actually increase the number of germs in the milk. Strainers also encourage the idea that it is not necessary to be quite so clean, if the milk is to be strained.

"HOW to live on eightpence halfpenny a day is the problem that has been engaging the attention of a number of students and medical men in Copenhagen, Denmark. They have established a 'scientific boarding-house,' where good, wholesome food may be obtained at the monthly price of nineteen shillings."



Guard the Health of Your Children

By A. E. Schelin

NATURE amply rewards those who follow her closely. A natural man is a healthy man. The sickly man is in some way out of touch with nature. He has not understood his physical construction, and has not known how to adapt himself to nature's requirements. In his early years he went to excess. In his old age, when he pays with compound interest the debts of early life, he bitterly laments his youthful ignorance and folly.

Had he been taught in childhood how to be careful of his body, and why he should be careful, how much better, how much more efficient, and how much more useful and happy he might have been!

Is it not his duty, and my duty, and your duty, as parents, so to rear our children that they will benefit from our experience, and have good health to thank us for when they are older?

Physical efficiency is the foundation of all efficiency. In order to be a strong race, we must give more attention to physical development. A man's physical health is like the foundation of a house. The better the foundation, the more can be built upon it. If it is weak, its burden will crush it, and all will go down together.

If children were thoroughly taught the value of physical development, their capacity for intellectual development

would be far greater. Many children grow up with the impression that they can endure almost anything, and as a consequence they tax their physical organs in many foolish ways. When a waggon is new, it will stand much rough usage without breaking down; but the effects of this rough usage will show as it gets older. If children could comprehend this; if they could be made to know that every wrong use of the body, every careless indulgence, every excess, is that much in preparation for an early breakdown; if they could understand that later efficiency depends on the economy of their powers in youth, they would be more careful not to misuse them.

The child should be made to realise that without good health one cannot make the best use of an education. In fact, no one can consider himself truly educated who does not understand what is necessary for the proper care of his body and the development of all his powers.

If at school and at home our children were taught the value of hygiene; if, in addition to these theoretical lessons, cleanliness and personal hygiene, mastication, deep breathing, and physical exercise were encouraged, rewarded, and if necessary, enforced, we should soon

have a nation of healthy—and therefore happy and efficient—people.

Advocates of moral reforms will make the greatest advancement when they begin by teaching the importance of physical reform. When we have more walking and less car-riding, more careful mastication and less gluttony, more natural living and less following of fads and fashions, we shall have an excellent foundation on which to build up great moral reforms.

And the place to begin such reforms is with the children. Those who have fixed habits of life do not often change, much

will be of far greater value than a national department.

In establishing such a department it will be necessary to make use of reliable health books and health magazines. Also the services of the family physician, as personal adviser and counsellor in health, will be invaluable. Remember that the early health habits formed by the children, and the lessons learned by them regarding the care of the body, will be of incalculable value throughout life.

The Baby's Bath

By A. B. Olsen, M.D., D.P.H.

THE daily morning bath is not only a comfort and luxury to the child, but also an essential to the maintenance of good health. The bath should take place in a warm room and near an open fire, if possible. It must be remembered that the little infant is far more sensitive to variations in temperature than adults. On the other hand, it is not necessary to coddle the child unduly, and neither is it wise to have the water too hot nor the room overheated. Giving a bath near an open fire with a temperature of 60° Fahr. in the room is generally all that is required.

A compressed paper bath is light and portable, and answers the purpose better than the ordinary enamelled or galvanised iron tubs, but the latter will also do. See that the bath-tub is always clean. The water should be warm, that is, anything from 97° to 100° Fahr. The higher temperature will be desirable during the first few weeks; later it can be gradually lowered. At the end of six months the temperature can be reduced to 94° or 95°.

A little soap, and then only a very mild variety, should be utilised, for the skin of the child is very sensitive and easily injured. All that is necessary is to rub a little soap on the washcloth. Wash the face and head first, and then the other parts of the body. Have in readiness a warm, dry, soft towel, large enough to completely envelop the child.



HEALTHY, HAPPY CHILDHOOD

as they may appreciate the desirability of change. The time to work a reformation in habits is in the plastic period of childhood, when the mind and the habits, like the bones, may be moulded into almost any shape.

There is much agitation for a national department of health. Such a department will be of great value in many ways; but meantime every family should establish its family department of health. So far as the home and the well-being of its inmates are concerned, such a department

This lies in the lap of the mother or nurse, and the child is raised from the water, held for a moment in order to allow the water to drain off, and then laid in the centre of the towel, which is wrapped around the child. The towel is then pressed gently against the skin on all sides, thus removing the greater part of the moisture, and afterwards the limbs are dried, care being taken to dry well all the creases, including the armpits, the groins, seat, and the neck. All the movements should be gentle, and but little rubbing is necessary, or even desirable, during the early weeks of the child's life. Later on, as the skin begins to get stronger and the child hardier, more friction can be used to advantage.

In many homes the infant receives a bath both morning and evening. This is an excellent practice which we can heartily recommend, although the second bath is not absolutely necessary. But it does assist wonderfully in bringing refreshing sleep to the child. Soft water should always be used in bathing children. Where it cannot be obtained a very little borax may be added to the water to neutralise the hardness which is oftentimes so irritating to a sensitive skin, and may sometimes be the cause of an irritating eruption. Bear in mind that strict cleanliness is necessary in the care of infants. Whenever the child is soiled or wet, its napkin should be changed instantly, and replaced by a dry, clean one. Strict cleanliness is not only necessary for the comfort and health of the child, but also to prevent the frequent eruptions and irritations to which the tender skin of the child would otherwise be subject. Other things being equal, a clean child, dressed in clean clothes, and living in a clean, well-aired home, is a healthy, happy child, and one which gives the least amount of trouble.

IT has been said that women do many things well, but that the art of being a good mother they do best of all.

The Only Child

THE only child has usually been regarded as a more or less spoilt child as far as conduct and good behaviour are concerned, but it has not been realised until comparatively recently that the only child is also spoilt to a large extent physically and mentally as well as in temperament. Friedjung, an Austrian doctor, has recently made some interesting observations which are summarised in the *Medical Press*. He closely



HEALTH AND STRENGTH FOR THE ONLY CHILD

observed 100 cases of only children, and compared these observations with families of more than one child.

Of the one hundred single children forty-five were males and fifty-five females. Their ages varied from two to ten years. Eighteen of the one hundred were constantly ill, sixty-nine suffered from some form of nervous debility, and only thirteen were healthy.

Out of the one hundred children taken from families of more than one, the doctor found that only thirty-one were suffering from some slight form of nervous debility, while the remaining sixty-nine were perfectly healthy. The nervous

disorder in the single child showed a tendency to neurasthenia, a severe form of nervous debility. But the most interesting fact in regard to this class of children was the evidence of nervous anxiety. Many of the children were disturbed during their sleep with night terrors. In many cases there was abnormal development of the intellect, while in other cases there was evidence of marked deficiency in nourishment and loss of appetite, often associated with vomiting and habitual constipation, and intestinal catarrh was a not uncommon symptom.

It is interesting to note that the principal reason for the marked ill-health and nervous debility of the single children, according to Dr. Friedjung, is "an excess of tenderness lavished on these only children." Coddling a child is not the way to encourage wholesome development and sound physical and mental health. Children thrive much better when they have to share the attention of the parents with several brothers and sisters, for then there is far less danger of pampering their appetites and giving way to their unwise desires. The only child is to be pitied, for it is as a rule not only far less happy than the child who has brothers and sisters to associate with, but also less healthy and less good-natured.—*Selected.*

Foods for Children

THERE are two essentials, says *Good Health*, London, which predominate above everything else in the selection of food for the little ones. The first is absolute cleanliness. Much of the stomach and bowel disturbance to which children, and particularly infants, are so susceptible, is due to the contamination of the food. The various forms of dysentery and diarrhoea, which are so prevalent among children in the summer and early autumn months, are due very largely to unclean milk. Therefore it is necessary to give the greatest care possible to the selection of food, and particularly milk, and its preparation,

before offering it to babies and little children.

The second essential is simplicity. How often we find ignorant mothers giving their little ones articles of diet that are wholly unsuitable and oftentimes even dangerous to their lives! When the baby has been weaned from the mother's breast or from the bottle, it is very necessary that the transition to more solid articles should be slow and gradual. The child will naturally continue to use a very considerable quantity of milk. Bread and milk will be the standby at first. Fruit may next be introduced, but with the greatest of care. The juices of ripe fruits of various kinds are almost always in order, and are relished by the little ones with keen appreciation. Few children, if any, will refuse the juice of ripe, sweet oranges, and the same is true of fresh strawberry juice, raspberry juice, apple juice, as well as the juice of such dried fruits as prunes, figs, sultanas, and similar fruits.

Babies with half-a-dozen or more teeth soon learn to eat stale wholemeal or brown bread, to which a little butter may be added. The bread should always be well-baked, and never served hot and fresh from the oven. Eating bread teaches them to chew, and this is desirable. Later on they can learn to take plain biscuits and dried breads, such as zwieback. Certain unleavened breads in the form of biscuits, rolls, and sticks are also suitable for little children, and greatly appreciated by them.

Fruit juices are of particular value in dealing with mild cases of constipation in children. Orange juice is almost a panacea for sluggish bowels, and prune and fig juices are even more effectual.

It will be necessary to go very slowly in the use of vegetables, but a mealy baked potato mixed with a little cream is a safe article to give a little child at one meal of the day. Little ones as a rule enjoy potatoes, and take them willingly. Later on finely-minced spinach or some similar green prepared in the same way may be added to the dinner, but some time

should elapse before parsnips, turnips, beetroot, cabbage, and such coarse greens and vegetables are given to children.

When to Give Various Foods

The following table will serve to give a rough indication as to the time the changes in diet should take place.

Up to the eighth month, mother's milk or modified milk.

Eight to twelve months, milk, bread and milk, fruit juices, baked apple (not the skin), banana, prune, and other fruit *purées*, milk gruels, mealy potato with cream.

One to two years, the same articles mentioned above; also bread and butter, minced spinach and similar greens; stewed fruits generally, from which skins and seeds have been removed; various biscuits and bread preparations, rice and other milk puddings, and custards.

We give below a few simple recipes:—

Prune Puree.—Stew the prunes very thoroughly, and pass through a colander so as to eliminate the skins, and then it is ready to serve. If California prunes are used, no sugar is necessary.

Prune Whip.—Sift through a colander some stewed sweet California prunes which have been thoroughly drained from juice, and from which the stones have been removed. Beat the whites of three eggs to a stiff froth and add two ounces of sifted prunes; beat all together thoroughly, and bake in a custard cup in a hot oven for fifteen minutes. Cool, and turn out on a plate. Add one-eighth of beaten white of egg with one-half teaspoonful of sugar, decorate top, and bake until brown.

Granose Flakes and Milk.—Toast the flakes in the oven until they are crisp, and then serve with milk or cream according to season. This is one of the best breakfast dishes that can be obtained for children.

Banana Cream.—Mash a ripe but not discoloured banana, add to it an equal part of thin cream, and then whip with an egg-beater. This makes a very light, wholesome, appetising dish for babies. It has a mildly laxative action upon the bowels which is often desirable, but it would not be suitable when the bowels are loose.

Snowflake Toast.—Heat to boiling a quart of milk to which a little salt has been added. Thicken with a tablespoonful of flour rubbed smooth with a little cold water. Have ready the whites of two eggs beaten to a stiff froth; and when the sauce is well cooked, turn a cupful of it on to the beaten egg, stirring well meanwhile, so that it will form a light frothy mixture, to which add the remainder of the sauce. If the sauce is not sufficiently hot to coagulate the albumen, it may be heated again almost to the boiling point, but should not be allowed to boil. The sauce should be of a light, frothy consistency throughout. Serve as a dressing on nicely moistened slices of zwieback.





THE CHILDREN'S HOUR

Aunt Fanny's Story

By Sarah Huntington

IT was dinner-time, but Harold was huddled in the corner of the bathroom. "I don't want a clean face!" he declared stubbornly, while Aunt Fanny waited patiently. "Someone is always trying to wash me or dress me or put on my shoes or take them off!" he complained.

"I want to tell you a nice story," said Aunt Fanny, as she took down the face-cloth and prepared the water.

Harold did like a story better than all the other entertaining things that Aunt Fanny did for him. He began to creep slowly from his hiding and then he came to her side.

"I shall have to use a little water to tell you this story," she said, as she dipped the cloth in the bowl.

"Now there was a man who owned a splendid place, but the house was getting browned by the weather, and so he decided to fix it up. He began with the

roof." Aunt Fanny ran the cloth over the yellow curls. "He washed all the shingles with the hose, and then he came along down to the windows. These he gave a lot of water, and was very careful to see that the corners of the glass were clean. Then there was a little porch on the front of the house, and this was very black. He swept and garnished this nicely." Before Harold knew it his nose was fresh and rosy.

"Next came the door," said Aunt Fanny. "This had to be scrubbed very nicely, because all the visitors who come notice this first. The walls near the door had to be freshened up a little, and next he began on the bay windows. These needed more care than anything else," and when Aunt Fanny had explained all about this, the ears were clean.

"Now there is a long lane leading to the house, and this had to be ploughed again, and all the rubbish taken away."

She ran the cloth all about the neck, and Harold was as clean as his little baby sister.

"And then what happened?" he asked, as Aunt Fanny fastened his fresh collar.

"Why, the man was happy, and every one who rode by thought what a pretty change he had made."

Harold laughed. "That was a nice story, and it is nice to be clean. Tell me another."—*Youth's Companion*.

The Other Kind

"I HATE a hypocrite, anyway!" declared Dick Warren.

"What is that, Richard?" asked his father, looking up from his paper.

"Oh, I was telling Molly about Tom Birchlee. He's in my class—pretends to be a saint and a goody-goody boy, and to-day they caught him cheating in an examination."

"That was pretty mean business," said Mr. Warren, "but you ought not to hate him."

"I suppose not; but if he hadn't pretended to be so painfully honourable—"

"Then you do not like pretense and make believe?" interrupted his father.

"Of course not; nobody does."

"That's true," said Mr. Warren. "But you boys make a mistake in assuming that the only objectionable make-believe is that of the person who pretends to be better than he is. There is an almost equally unpleasant class of hypocrites who pretend to be worse than they really are."

"What do you mean, father?"

"Boys of good homes and good bringing up who put on rowdyish airs in public places. They are not really bad boys, but they like to give the impression that they are fast and tough. You know some boys of that kind, don't you?"

"Yes," reluctantly admitted Dick.

"Their example is bad for younger boys. Many people take them too seriously, and get a wholly wrong idea about them. Moreover, they put their

homes in a false light, and do their parents and friends a serious injustice."

"Yes, I see," said Dick. I never thought of it in just that way."

"They dress in loud fashion," went on Mr. Warren, "their hats are at an angle, their ties awry, their shoes unpolished, their socks of some impossible hue, their collars half turned up. They seem to think it clever to be either ill-dressed or over-dressed. It is true that clothes do not make the man; but the boy who goes to extremes in his dress or who is slovenly in appearance is putting a handicap upon himself that he will regret later.

"By trying to be thought worse than he is—of poorer manners, of poorer taste, of greater ignorance, of lower standards—he becomes guilty of pretence and make believe, is as much a hypocrite, in fact, as the boy who tries to be thought a saint and yet cheats in an examination."—*Selected*.

The Wind

In the city it blows the dust,
Sweeps the square with a whirling gust,
Swell the vine on the chapel's side
Like a tugging sail in a stubborn tide.

In the country the good, great wind
Carries the pollen soft and blind,
Sends swift billows across the grass
And silver ripples o'er pools of glass.

Swings the trillion's silent bell,
Makes the hymn of the woodland swell,
Crests the river with dancing waves
And shouts for joy in the clefts and caves!

—James Buckham.

Taking Her as She Came

TWO very nice little girls had a quarrel one day.

"Anyhow," said one to the other, who was an adopted child, "your parents are not real."

Whereupon the other little girl retorted: "I don't care, my papa and mamma picked me out. Yours had to take you just as you came."



CALLING THE HENS

By Delia Hart Stone

When neighbour Dobson calls his hens,
 He scatters forth the grain,
 And then he drums upon a pan
 With all his might and main.
 And you should see them fly and run.
 To watch them is the greatest fun.

When Mr. Mason feeds his flock,
 He strews the seed around,
 And then he clucks as to a team,
 A very cheerful sound.
 And how the chickens fluttering fly
 I can't half tell you if I try.

When grandma goes to feed her chicks
 She doesn't need to call,
 For as she passes on her way
 They gather, one and all.
 With cackle gay they scurrying come,
 Without a whistle or a drum.

And when she stoops among her pets
 They light upon her head,
 Upon her shoulders or her arms.
 They've nought to fear or dread.
 Her flock is always tame, we find,
 She is so gentle and so kind.





“As He Eateth, So Is He”

By D. H. Kress, M.D.

IN the minds of many observing men and women there is little doubt that a very intimate relation exists between what man eats and drinks and what he is physically and morally. From my own observations as a physician during the past fifteen years, I have again and again been forced to recognise that there is truth in the old German adage, “As he eateth, so is he.” So thoroughly am I convinced of this, that on determining on short acquaintance what a man is morally, I rely more on observing what he eats and drinks than upon the way he may speak or deport himself while in my presence.

A friend of mine in answer to the salutation, “How are you?” replied, “I am well. Don't you think so? Look at me.” Although he looked robust and the picture of health, I replied, “You may feel well and look well, but in order for me to say you *are* well, I would have to know something of what you eat and drink.” The beer drinker under the influence of his drink feels well and looks well, but he is not well. Let pneumonia, cholera, typhoid fever, or some other germ disease fasten upon him, and his case is almost hopeless. He may have a red face and an abundance of tissue, but it is inferior in quality. The beer drinker is not well either physically or morally.

Food has as great an influence on the health and disposition of an individual as drink. No man can be in health who has a sour stomach, and no one can have a sour stomach and a sweet, amiable disposition at the same time.

Sydney Smith, many years ago in a letter to Arthur Kingslake, said: “Characters, talents, and virtues are powerfully affected by beef, mutton, pie crust, and rich soup. I have often thought,” he added, “I could feed or starve men into many virtues and vices, and affect them more powerfully with my instruments of cookery than Timotheus could do formerly with his lyre. Someone has said that frequently those persons whom God has joined together in matrimony, ill-cooked joints and badly boiled potatoes have put asunder.”

The matter of diet is already receiving more attention from the medical profession. Many obscure diseases of the past are now recognised to be due to auto-toxicosis, or intestinal infection, resulting from dietetic errors. The noted doctor, Andrew Blythe, in his “Authoritative Manual on Health and Diet,” wrote prophetically of what we shall witness in the near future. He said, “When by successive researches the science of diet has become better understood, without doubt a school of physicians will arise,

discarding drugs and treating maladies by cutting off certain foods."

"There are diets," he insists, "by which diseases may be prevented and diseases cured; there are diets which make the skin glossy, the frame vigorous, and the spirits joyous; others which mar the face with wrinkles, speckle the body with eruptions, and make the form lean, hollow, and prematurely old."

Is it not time for those who are engaged in the work of moral reform to recognise that the same intimate relation that exists between the diet and the health also exists between the diet and the morals? If it is necessary to give attention to diet in order to promote health, it is equally important to give attention to diet in order to elevate the morals.

When this scientific fact is appreciated as it should and will be, much more will be said from the pulpit in regard to the need of eating and drinking to the glory of God. Undoubtedly many a crime and many a sin have been committed on the impulse of the moment because the brain was at the time under the narcotic influence of poisons generated in the stomach and intestines. Serious errors in judgment are frequently due to indigestion resulting from the quality and quantity of food eaten. Many a poor man has, no doubt, served double sentence, while others have not been sentenced who should have been, simply because the judge was suffering from auto-intoxication.

For the impatience of the mother, the unreasonable disposition of the father, the rebellious nature of the children, an explanation may frequently be found in the food served them by a well-meaning but ignorant cook.

Dr. Wiley, chief chemist in the U.S. Department of Agriculture, evidently realises that an important relation exists between diet and domestic happiness. In addressing the Bakers' Association at Atlanta City recently he said: "Good bread, in my opinion, would help solve the American evil of divorce. If bakers," he added, "make good bread and then educate the people to buy it, the great

destroyer of domestic happiness—dyspepsia—will be removed, and we will hear no more of the divorce problem."

In order to have health and peace in our homes the preparation of the food must receive consideration; it cannot be entrusted to ignorant and illiterate cooks. Cookery will in the near future be regarded as one of the greatest and most important of sciences, worthy of the attention of our most highly educated young women.

Even if the food is well prepared, too great a variety of such foods will create indigestion. The free use of sugar or butter also favours fermentation and the production of irritants, the first symptoms of which are impatience, irritable temper, and despondency. In the presence of these, domestic happiness cannot exist.

There are certain foods which contain products which tend to develop the most undesirable traits of character. Dr. Baron Liebig says, "The ingestion of flesh produces in carnivorous races a ferocious and quarrelsome disposition, which distinguishes them from non-meat eaters." While the noted Gauthier after his prolonged research and study concludes that "A flesh diet is a more important factor in determining a savage or violent disposition in any individual than the race to which he belongs." In conducting experiments in his laboratory on various creatures, he observed that animals when fed upon grains remained gentle, and when given flesh to eat they became quarrelsome, unmanageable, and destructive. He could change their dispositions at will by merely changing the quality of their food.

The poet Byron, in relating his own experience, said: "Flesh-eating makes me ferocious; the devil always comes with it until I starve him out;" while Canon Home Littleton, head of Hallyburg, one of the greatest British public schools, concludes, "It is well nigh impossible for even the best intentioned man to live physically pure if he eats meat in excess."

A noted preacher some years ago in one of his sermons said: "I have known

men who prayed for the grace of good temper in vain, until their physicians told them to stop eating meat. So long as they ate animal food, they could not control themselves; they were so irritable; but as soon as they began living on a diet of grains and fruits, they were able to keep their temper. They were not unwise in praying, but they were wise when to prayer they added medical advice."

These demonstrations may be explained by the fact well known to science that meat has concealed within its fibres poisonous wastes which exert a similar narcotic influence on the brain to that of alcohol. For this reason the meat habit is almost as difficult to give up as is the alcohol habit. But in order to reach the highest ideal in health or in morality, it will be found necessary to give up not only the alcohol but the meat habit as well. It will be necessary also to learn to eat of wholesome foods in such a way as to prevent the formation of alcohol and other narcotic poisons in the alimentary canal.

In order that the children of Israel might have health and become a holy people, the flesh of animals was withheld from them, and they were given manna to eat and water to drink.

Daniel and his three companions, in order that they might be blessed with physical health and moral soundness, refused to defile themselves "with the king's meat and with the wine that he drank," but requested instead that they might have "pulse to eat and water to drink." They were not disappointed in their expectation. God honoured their faith and blessed them mentally, morally, and physically.

As well might we expect a tailor to make a good suit of clothes out of poor cloth, or a carpenter to construct a substantial building out of rubbish, as to expect healthy tissue and an unclouded brain from the employment of inferior and impure material in their construction. That which men eat and drink determine in great measure what they are.

The Need of Relaxation

By Mrs. H. R. Salisbury

A GLANCE at the tense faces and bodies of those we meet daily in the streets, is all that is necessary to convince even a casual observer that there is need of relaxation—a little "letting go" of the tension. If we are in a hurry, we not only run with our legs, but with our faces, our arms, our whole bodies, and thus a great deal of energy is often unnecessarily and unconsciously wasted. Through simple thoughtlessness and lack of self-control we sometimes tire ourselves more than we would by hard physical labour. What we need is not to do less work, but the same work in an easier way, with less tension.

Waiting for the Train

If you have an important engagement to meet, and your train is fifteen minutes late, do you sit or stand quietly, conscious of the fact that your hurry will not bring the train any faster? or do you pace the platform, look up the track every two or three minutes, and consult your watch between times? If you do the latter, you not only tire yourself, but waste much energy which might be put to better use.

"After we discover that the people who sit still on a long railroad journey reach that journey's end at precisely the same time as those who 'fuss' continually, we have a valuable piece of information which we should not fail to put into practical use."

There is a wonderful connection between rest and quiet of the body and of the mind. Perfect control of the body gives control of the mind also, and the ability to keep perfectly still when one feels nervous, has its quieting effect on the mind.

Don't Fidget

When you are talking with a friend, do you stand still without shifting from one foot to the other, playing with your watch-chain, or smoothing the handle of your umbrella? If you are waiting for

something, do you tap with your foot on the floor, or drum on the chair or table? When you sit, do you hold on to the chair, or does the chair hold you? If, whenever you sit down, you would relax your hands and arms and allow them to rest in the lap, you would rest more; and by withdrawing the energy and tension from those parts of the body which are not in use, you can economise strength

tise slow, deep breathing, and see if it is not less painful.

A Good Resting Exercise

When you have been working under a strain till you feel tired, physically and mentally, and cannot take the time for a half-hour's nap, take ten minutes for the resting exercise given below, and you will be repaid for the time spent:—



N. J. Caire, Photo.

SEA-BATHING AT ST. KILDA, NEAR MELBOURNE. CHILDREN KNOW HOW
TO TAKE RELAXATION

and nerve-force, and be resting one part while the others work.

People speak of "bracing" themselves to stand a pain. The very act of bracing often makes one feel the pain more intensely, because all the nerves are put on a strain. The next time you have to visit the dentist, do not grasp the arms of the chair tightly and nerve yourself for what is coming, but instead, relax; let your hands rest easily in your lap, prac-

Lie perfectly flat upon the bed, or better, the floor, and "let go" as much as you can, allowing the whole body to relax. Let yourself feel very heavy. Close the eyes, and slowly take six deep breaths. Imagine that all the life has been withdrawn from your right arm, except in the upper part. Keeping the eyes still closed, very slowly raise it from the floor, lifting it only a very few inches in a minute. Lift entirely from the upper

part of the arm. By the time the arm is vertical, you will find it quite heavy. Hold it straight up while you take three more deep breaths, then lower it as slowly as you raised it. Let the hand hang relaxed all the time. Take the same course with the left arm.

Effect of Tobacco-Poisoning upon the Nerves

THE statement has been made that the effects of tobacco so far as observed are only functional, that is, disorders of normal processes, never organic or structural. Evidence obtained by a series of animal experiments conducted by Guillian and Gy (Compe. rend. Soc. de biol., 1908) resulted in the detection of actual changes in the structure of nerve cells in animals poisoned with tobacco.

The injuries discovered consisted almost entirely of changes in the fine granular bodies of the cells which became diminished in number, cloudy, and discoloured; and in the appearance of "vacuoles" or places in the cells in which the characteristic network had disappeared. Such "vacuoles" are produced in the nerve cells by fatigue. Their extension over the entire cells means the disappearance or death of the cell.

Not all the cells were damaged to the same extent in the tobacco poisoned animals. Cells injured in varying degrees would be found in the midst of others entirely sound.

The authors state expressly that the different poisonous substances seem to show in tobacco poisoning a special affinity for the nerve cells. It is here that the maximum damage is found. These lesions, they say, are interesting to know, and to put parallel with the multiplicity of nervous symptoms observed so often in experimental tobacco-poisoning as well as in the human subject. "With men, or at least with certain subjects, the prolonged and immoderate use of tobacco often causes disorders of the intellect,

such as difficulty of attention, inability to fix or associate ideas."

Their findings apparently show the physiological basis for these symptoms.—*Scientific Temperance Journal*.

Brains Cleared by Electric Atmosphere

How to make stupid or sickly school-children become bright and active, how to make the lazy, "clock-watching" clerk or office employee become a model of energy, how to give a new vitality to the man or woman worn out by social or business duties—all these and a hundred similar things may be made possible if the discovery of a Boston physician, Dr. Andrew F. Christian, is all that he claims for it.

The secret, he says, lies in a machine for vitalising air by electricity, and, while Dr. Christian has invented the machine, it simply puts into practical effect a generally known and accepted theory of the effect upon ordinary air of certain kinds of electrical currents.

As a student of electrotherapeutics, or electrical treatment of disease, in medical schools and hospitals both here and abroad, Dr. Christian has gathered certain very definite ideas as to what may be done with that mysterious current which bears life and death, health and disaster, in its spluttering blue sparks. And, as in so many great discoveries, while Dr. Christian has been working quietly in his laboratory, similar experiments have been carried on abroad, until at the present time children in the schools of Stockholm are subjected to electrical currents as they work in the class-room.

The results of these experiments with children have proved that the backward pupils undergoing the stimulus of electricity are able to do as good work as normal children who have not been placed in this life-giving atmosphere. That the same thing can be expected under similar conditions anywhere is the opinion of Dr. Christian.—*Boston Post*.

The Country Boy's Chance

By Orison Swett Marden

ONE of the most unfortunate phases of modern civilisation is the drift away from the farm, the drift of country youth to the city which has an indescribable fascination for him. His vivid imagination clothes it with Arabian Nights possibilities and joys. The country seems tame and commonplace after his first dream of the city. To him it is synonymous with opportunity, with power, with pleasure. He cannot rid himself of its fascination until he tastes its emptiness. He cannot know the worth of the country and how to appreciate the glory of its advantages and opportunities until he has seen the sham and shallowness of the city.

The sturdy, vigorous, hardy qualities, the stamina, the brawn, the grit which characterise men who do great things in this world, are, as a rule, country bred. If power is not absorbed from the soil, it certainly comes from very near it. There seems to be a close connection between robust character and the soil, the hills, mountains and valleys, the pure air and sunshine. There is a very appreciable difference between the physical stamina, the brain vigour, the solidity and the reliability of country-bred men and that of those in the city.

The average country-bred youth has a better foundation for success-building, has greater courage, more moral stamina. He has not become effeminate and softened by the superficial, ornamental, decorative influences of city life. And there is a reason for all this. We are largely copies of our environment. We are under the perpetual influence of the suggestion of our surroundings. The city-bred youth sees and hears almost nothing that is natural, aside from the faces and forms of human beings. Nearly everything that confronts him from morning till night is artificial, man-

made. He sees hardly anything that God made, that imparts solidity, strength, and power, as do the natural objects in the country. How can a man build up a solid, substantial character when his eyes and ears bring him only sights and sounds of artificial things? A vast sea of business blocks, sky-scrapers, and asphalt pavements does not generate character-building material.

There is something in the superficial life of cities which tends to deteriorate the individual. The effeminate influences of city life sap the fire, force, and virility out of those who are country-bred after two or three generations. The brain fibre as well as the muscle begins to soften and wither away. It cannot stand the softening, deteriorating city influence much longer than this.

In other words, virility, forcefulness, physical and mental stamina reach their maximum in those who live close to the soil. The moment a man becomes artificial in his living, takes on artificial conditions, he begins to deteriorate, to soften. He may be more refined and more cultivated, but it is at the cost of vigour, stamina, and force.

Just as sculpture was once carried to such an extreme that pillars and beams were often so weakened by the extravagant carvings as to threaten the safety of the structure, so the timber in country boys and girls, when brought to the city, is often overcarved and adorned at the cost of strength, robustness, and vigour.

Much of what we call the best society in our cities is often in an advanced process of decay. The muscles may be a little more delicate, but they are softer; the skin may be a little fairer, but it is not so healthy; the thought a little more supple, but less vigorous. The whole tendency of life in big cities is toward deterioration. City people rarely live

really normal lives. It is not natural for human beings to live far from the soil. It is Mother Earth and country life that give vitality, stamina, courage, and all the qualities which make for vigorous manhood and womanhood. What we get from the country is solid, substantial, enduring, reliable. What comes from the artificial conditions of the city is weaken-

processes in nature's laboratory, mixing and flinging out to the world the gorgeous colourings and marvellous perfumes of the rose and wild flower! No city youth was ever in such a marvellous kindergarten, where perpetual creation is going on in such a vast multitude of forms. . . .

The fact is that there is such a diversity of attractions and distractions, of tempta-



AWAY FROM THE DIN OF THE BUSY CITY

ing, enervating, softening. The city gives more polish, but at the cost of strength, sincerity, and naturalness.

The country youth, on the other hand, is in the midst of a perpetual miracle. He cannot open his eyes without seeing a more magnificent painting than a Raphael or a Michael Angelo could have created in a lifetime. And this magnificent panorama is changing every instant.

There is a miracle going on in every growing blade of grass and flower. Is it not wonderful to watch the chemical

tion and amusement in the city, that unless a youth is made of unusual stuff he will yield to the persuasion of the moment and follow the line of least resistance. It is hard for the city-bred youth to resist the multiplicity of allurements and pleasures that bid for his attention, to deny himself and turn a deaf ear to the appeals of his associates and tie himself down to self-improvement, while those around him are having a good time. These exciting, diverting, tempting conditions of city life are not conducive to

generating the great master purpose, the one unwavering life aim, which we often see so marked in the young man from the country. Nor do city-bred youths store up anything like the reserve power, the cumulative force, the stamina, which are developed in the simple life of the soil.

For one thing, the country boy is constantly developing his muscular system.

The drudgery of the farm, which we hated as boys, the rocks which we despised, we have found were the very things which educated us, which developed our power and made us practical. The farm is a great gymnasium, a superb manual training school, nature's kindergarten, constantly calling upon the youth's self-reliance and inventiveness. He must



A TYPICAL AUSTRALIAN PICNIC PARTY

His health is better; he gets more exercise, more time to think and to reflect; hence, he is not so superficial as the city boy. His perceptions are not so quick, he is not so rapid in his movements, his thought action is slower, and he does not have as much polish, it is true, but he is better balanced generally. He has been forced to do a great variety of work, and this has developed corresponding mental qualities.

make the implements and toys which he cannot afford to buy or procure. He must run, adjust, and repair all sorts of machinery and farm utensils. His ingenuity and inventiveness are constantly exercised. If the waggon or plough breaks down, it must be repaired on the spot, often without the proper tools. This training develops instinctive courage, strong success qualities, and makes him a resourceful man.

Is it any wonder that the boy so trained in self-reliance, so superbly equipped with physical and mental stamina, should take such pre-eminence, should be in such demand when he comes to the city? Is it any wonder that he is always in demand in great emergencies and crises? Just stand a stamina-filled, self-reliant country boy beside a pale, soft, stamina-less, washed-out, city youth. Is it any wonder that the country bred boy is nearly always the leader; that he heads the banks, the great mercantile houses? It is this peculiar, indescribable something; this superior stamina and mental calibre, that makes the stuff that rises to the top in all vocations.

There is a peculiar quality of superiority which comes from dealing with *realities* that we do not find in the superficial city conditions. The life-giving oxygen, breathed in great inspirations through constant muscular effort, develops in the country boy much greater lung power than is developed in the city youth, and his outdoor work tends to build up a robust constitution. Ploughing, hoeing, mowing, everything he does on the farm gives him vigour and strength. His muscles are harder, his flesh firmer, and his brain-fibre partakes of the same superior quality. He is constantly bottling up forces, storing up energy in his brain and muscles which later may be powerful factors in shaping the nation's destiny, or which may furnish backbone to keep the ship of state from floundering on the rocks. This marvellous reserve power which he stores up in the country will come out in the successful banker, statesman, lawyer, merchant, or business man.

Self-reliance and grit are oftenest country-bred. The country boy is constantly thrown upon his own resources; he is forced to think for himself, and this calls out his ingenuity and makes him self-reliant and strong. It has been found that the use of tools in our manual training schools develops the brain, strengthens the deficient faculties, and brings out latent powers. The farm-

reared boy is in the best manual training school in the world, and is constantly forced to plan things, make things; he is always using tools. This is one of the reasons why he usually develops better all-round judgment and a more level head than the city boy.

It is human nature to exaggerate the value of things beyond our reach. People save money for years in order to go to Europe to visit the great art centres and see the famous masterpieces, when they have really never seen the marvellous pictures painted by the Divine Artist and spread in the landscape, in the sunset, in the glory of flowers and plant life, right at their very doors.—*Success Magazine*.

Study

It is probable that if boys could hump up their brains as they do their biceps, and say boastfully, "Feel of that, will you?" they would take much more kindly to mental training. But the brain is shut away in a bony case, where they cannot see it or touch it, and there is no visible sign that it grows in strength and vigour. Boys too easily think of it as something fixed and unalterable, too easily conclude that they are born either bright or dull, and will continue either bright or dull to the end of the chapter. Arguing from this premise, they are likely to decide that education is acquiring information—mostly information which a bright man does not need in order to get along, and which a dull man can make no use of—in either case superfluous.

But that is not the way to think either about the brain or about education.

The brain should be thought of as something that can be as easily developed as the biceps. It is important and advisable, of course, to have supple, strong, quickly responding muscles, which will do rapidly and easily whatever you ask of them; but they cannot do their best work except under a good master, and their master is the brain. You cannot even play athletic games well without a good

brain. Then train your brain; keep it at hard problems until they seem no longer hard; make it quick, smooth-working, sure, capable of long effort. Take the brain that nature gave you and bring it to its highest efficiency.

Education should be thought of as a means to this end. To impart information is not its purpose. That difficult problem in arithmetic which will never have its counterpart in actual life, does for the brain exactly what a difficult athletic feat does for the body. It "supplies" it. Education supplies mental *training*; it is to the mind what the gymnasium is to the body. Each serves the same end—development. It is as silly to ask the practical use of Latin as to ask the practical use of flying rings.

Imagine what the muscles of a man would be who had sat in a chair since the age of ten. If you do not want your mind to be in an analogous condition when you are a man, exercise it.—*Youth's Companion*.

How They Lost Their Health

TRYING to save time at meals, taking only ten or fifteen minutes for luncheon, with their minds intent on business problems.

By not taking a little outdoor recreation every day. They did not know that the

bow always on the stretch soon loses its spring, its elasticity.

They went into physical bankruptcy by using up more force each day than nature generated.

They did not think it necessary to take exercise.

By turning night into day; by too complex living.

They thought they could improve on God's plan and draw more out of their physical bank than they deposited; result, physical bankruptcy.

By hurrying, worrying, fretting, stewing, driving, straining to keep up appearances.

They spoiled their digestion by over-eating, eating too many things, bolting their food.

They took life too seriously, did not have enough fun, enough play in their lives.

Through the "doctor habit" and the patent medicine habit.

They were always thinking about themselves, analysing themselves, looking for trouble, for unfavourable symptoms, imagining all sorts of things about their physical condition.

Did not adapt diet to their vocation. The brain-worker, the sedentary man, ate heavy muscle-food, such as meats, etc.

By hot temper, jealousy, by a selfish, critical, nagging, scolding disposition, which poisoned their blood and brain.—*Selected*.



Chats with the Doctor

[Send questions for this department to the Medical Superintendent, Sydney Sanitarium, Wahroonga, N.S.W.]

43. Regularly Recurring Boils.—"I have been troubled for the past four or five years with boils which come on annually about this time and last two or three months. I have tried all sorts of remedies, but they seem to run their course in spite of everything. I might say that I am a moderate drinker as well as a moderate eater, and am generally very regular and methodical in my habits. I would esteem it a favour if you would reply to this in LIFE AND HEALTH."

Ans.—There are two common causes of regularly recurring boils. One is a run-down condition of the system at a corresponding period each year; the other, a periodical accumulation of waste products in the body. In either case the direct cause of the boils is an infection of the skin with pus-producing micro-organisms. Prevention consists in maintaining a high degree of vital resistance by conforming to all the laws of hygiene. For example, exercise and deep breathing in the open air cleanses the system, purifies the blood, and increases the body's resistance, while daily cleansing of the entire surface of the body with soap and water lessens the chances of infection by removing from the skin pus-forming germs which otherwise might gain entrance through the pores, thus inducing pimples and boils. Either too much or too little food, of all kinds, or of one particular kind, such as proteid, fat, or sugar, may be the preparatory cause of an annual harvest of boils.

44. Rash on Scalp.—"For some time I have had a rash on my head which is very irritating, and on rubbing it burns, and something like dandruff falls. I am afraid it is eczema. I am forty-seven years of age, and I have been a strict vegetarian for some time, and use a lot of

peas, beans, and lentils. Will you kindly let me know what is the best way to treat myself?"

Ans.—This rash is an evidence of irritating substances in the blood, just as rheumatic pains are an evidence of irritating deposits in muscles or joints. Indeed, one may almost call the condition from which you suffer rheumatism of the scalp. You are likely using peas, beans, and lentils too freely. Use less of these foods and more fresh fruit, vegetables, milk, and cereal foods. Bathe the entire body daily, and wash the scalp once or twice a week with a pure, mild tar soap, or a combined tar and sulphur soap. Under this treatment the scalp should shortly improve.

45. Infant Feeding; Malted Nuts.—"I would like your advice about feeding my baby. He is between five and six months old, and has always been breast-fed. He is a fine, strong baby, but is troubled a little with wind, which often makes him crave for his drink before the right time. I feed him about every three and one-half hours, and not after ten p.m. He has not cut any teeth yet. I would like to know what you think is the best food to give him. I have always suffered very much with wind myself, but am now much better. I am careful as to my diet. I have been taking malted nuts, and would like to know the best way to take it when not in milk."

Ans.—I think your babe is doing very well. He should begin to cut his teeth in a month or two. You could begin feeding him with fresh, sterilised cow's milk in small amounts mixed with strained granose, barley, or oatmeal gruel. The milk should be obtained from a healthy cow—preferably Jersey, or other small breed. Begin with one-third or one-half milk with a teaspoonful or more of added

cream, as best suits your baby's digestion. A little sweet fruit juice from fresh ripe fruit may be given an hour or so before feedings, and the intervals between milk feedings may now be lengthened to at least four hours. If the food is of proper strength, the child will go that length of time without fretting.

As to your own condition, I would suggest that you take malted nuts somewhat sparingly. You may use this preparation dry, sprinkled over fruit or other food in much the same way as brown sugar; or you may use it in milk, as you are already doing. It is very nice added to cereal gruels, and in a variety of ways. See "Good Health Cookery Book," p. 123.

46. Scientifically Soured Milk, Lactosa.— "In the August-September number of LIFE AND HEALTH you mention, 'the taking daily of a pint or more of scientifically soured milk.' Is it possible to 'scientifically' sour milk other than in the ordinary way? If so, can it be done by the ordinary person, and please explain how? Do you recommend the taking of above as a powerful factor in helping to keep a person in robust health?"

Ans.—Concerning the souring of milk, I may say that scientific souring consists in the addition of selected germs to previously sterilised milk. We supply the lactic acid bacillus in tabloid form. These tablets, crushed and added to sterilised milk, cause the milk to turn sour through the rapid multiplication, with resulting acid formation, of the lactic acid bacillus. Milk prepared in this way differs from accidentally soured milk in very much the same manner that a flower garden differs from waste land. In the one grow selected plants; in the other weeds and such plants as have been dropped there by chance.

Because of its disinfectant action, scientifically soured milk is useful as a cleanser of the alimentary canal; while milk which has simply gone sour or rancid, or has otherwise altered through having stood unprotected for a dangerously long space of time, may not only be of no value, but

may be injurious as well; indeed, such milk sometimes develops deadly toxins and ptomaines.

Scientifically soured milk is known at the Sanitarium as lactosa. You may obtain tablets for the preparation of lactosa from the Sanitarium Supply Dept. The price is 3/7, post paid, for a bottle containing two dozen tablets.

47. Ptomaine Poisoning; Poisoning by Caustic Soda.—"What home treatment would you advise for ptomaine poisoning if a doctor is not available?"

Ans.—The most satisfactory method of home treatment for ptomaine poisoning is preventive treatment. The sources of ptomaines are now so well and so generally known that to partake of food containing ptomaines is an easily avoided and almost inexcusable error. Anyone who reads the press reports of ptomaine poisoning should possess sufficient knowledge to prevent this serious and often fatal form of poisoning. The method of prevention is so simple that one has only to refrain from eating those articles of food mentioned in reports of these cases to escape entirely all danger. The foods at fault are decomposing foods which contain a large proportion of proteine. Thus stale ice cream, high meat, poultry, game, pork pies, sausages, and cheese are the articles most often found guilty. At the home table another class of foods which are not so deadly ought to be carefully used during the warm summer months and eaten only when fresh. These are custards and other dishes into which eggs, milk, and sugar enter largely. In hot weather within twelve to twenty-four hours such dishes may generate toxins and ptomaines. Cream, milk, and butter are also foods which require to be kept in a cool place and not allowed to become rancid. After a food containing ptomaine has been eaten, the first thing in treatment consists in removing that food and its ptomaines from the alimentary canal in the shortest possible time. To accomplish this the stomach is washed out either by means of a tube or by emesis.

The best emetic is large draughts of warm salt water. About a pint or more is taken into the stomach, which is then stimulated to contract by irritation of the throat. Several washings should suffice to remove the offending poison from the stomach. The cleansing of the stomach should be followed by frequently repeated doses of Epsom salts, a teaspoonful at a dose. Water should be taken with the salts in large amounts, a half pint every half hour until half a dozen glasses have been taken. After the bowels have acted freely the colon should be washed out with warm water, containing common salt in the proportion of one teaspoonful to the pint. Abdominal pain is best relieved by a hot trunk pack or fomentations. In serious cases heat and friction should be employed to support the action of the heart and to relieve internal congestion. Muscular cramps and twitchings and other evidences of nerve irritation which come later are best treated with hydro-pathic applications, such as fomentations, heating compresses, and the wet sheet pack. Feeding should be begun with bland liquids, such as strained cereal water and gruel. Sweet fresh fruit juice, strained, usually agrees well, and is permissible in many cases.

2. "What should be done in cases of caustic soda poisoning?"

Ans.—Here again, an ounce of prevention must be stated to be worth a pound of cure. Prevent accidental poisoning by keeping poisons out of the reach of children, in a locked cupboard. Treatment for poisoning with caustic soda or

potash consists in carefully passing the stomach tube and washing out the stomach with lemon juice, diluted vinegar or acetic acid. Taste these to see that they are not too strong, or the antidote may add to the injury already produced by the caustic. If no stomach tube is at hand, the acid solution should be freely drunk, and vomiting induced by putting the finger down the throat. Follow the acid solution with olive oil. Let no time be lost. Give olive or other oil first, if no weak acid is at hand.

48. Moist Itchy Piles.—"Please give a cure for moist, itching, external piles; can they be cured without operation?"

Ans.—Keep the bowels acting freely but gently by means of diet alone, or with the aid of the enema or a laxative, such as cascara. Once or twice daily take a sitz bath, the temperature of which is from 70° to 80° F., the duration from ten to twenty minutes. During this time the feet should be kept in water as hot as can be comfortably borne. Finish the treatment by thoroughly cleansing the affected parts with soap and warm water, followed by cold. Then dust freely with boracic powder. Great benefit is experienced by the injection of a small amount of cold water into the rectum before the bowels act. Afterwards the parts should invariably be cleansed with a soft cloth or sponge and cold water. Resinol or ichthyol ointment is sometimes useful, for a short period at least. The only absolute cure for piles is the operation performed by competent surgeons.

F. C. R.

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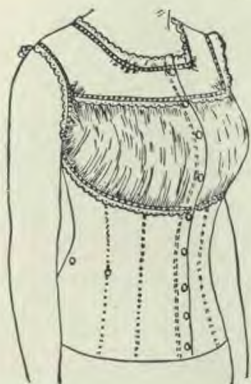
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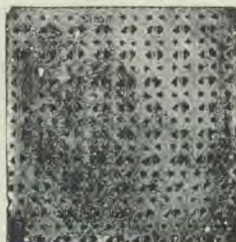


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