

# Life & Health



6<sup>d</sup>

HOLIDAY NUMBER 1913-14

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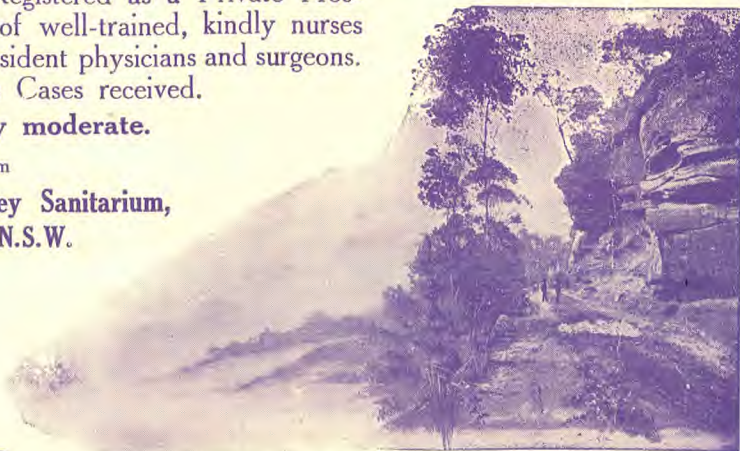
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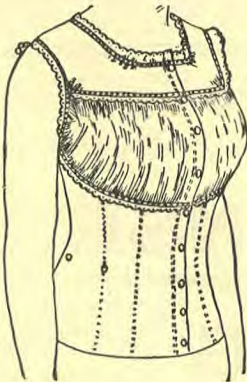
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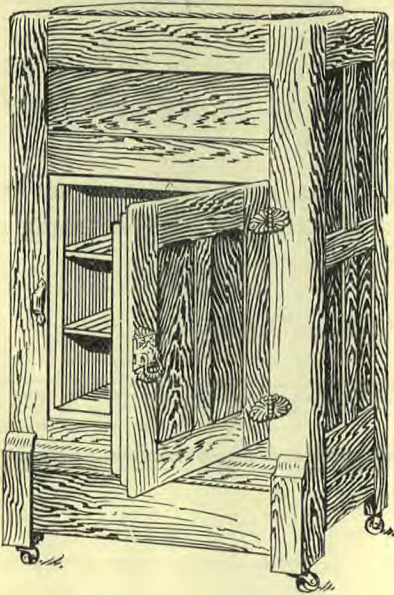
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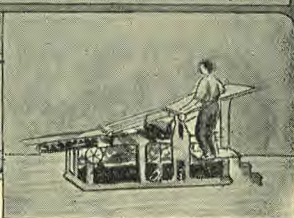
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### The Australasian Health Magazine

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64 Pages and Cover*

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THIS magazine has now been in existence for three years, and we are pleased to say that it is just as popular as ever, in fact even more so.

With the next number of LIFE AND HEALTH will commence Volume 4. In this volume we shall endeavour to keep the journal up to the high standard it has all along maintained, and which has won for it many warm friends; more than this, we hope to raise the standard, to improve the various features that have made the journal a success.

When this current issue reaches our readers, the holiday season will have begun or be soon beginning. The home of LIFE AND HEALTH is in the country, and to our city readers we would warmly recommend the country as a holiday change. Cowper's saying, "God made the country, but man made the town," is familiar to many. The home of LIFE AND HEALTH is surrounded by mountains, green-wooded to the summit, and fading into purple in the distance. Green fields, green trees, green hills, of variegated tints, glimmering neath the glory of the summer sunlight and casting a restful shade—these are the scenes amidst which this holiday number is being printed. Nearby a murmuring stream, fed by cool mountain waters and fringed with overhanging verdure, meanders along, winding like a thread of silver through a carpet of green.

Knowing from experience the beauty, the joy, the naturalness, the healthfulness of the country, we can heartily recommend it to our city readers; get away from "the madding crowd" for a little while; get away from the busy street, the endless array of edifices and dwellings, and enjoy a little change with nature. Enjoy the hills, the valleys, the streams, the pure, fresh oxygen-laden air of the country. The quiet, the change, the rest, the pleasant exertion, the variegated scenery of a country holiday, will probably in most cases prove far more enjoyable and profitable than a stay at the often over-crowded sea-beaches.

In conclusion, we would wish our readers all the compliments of the season.

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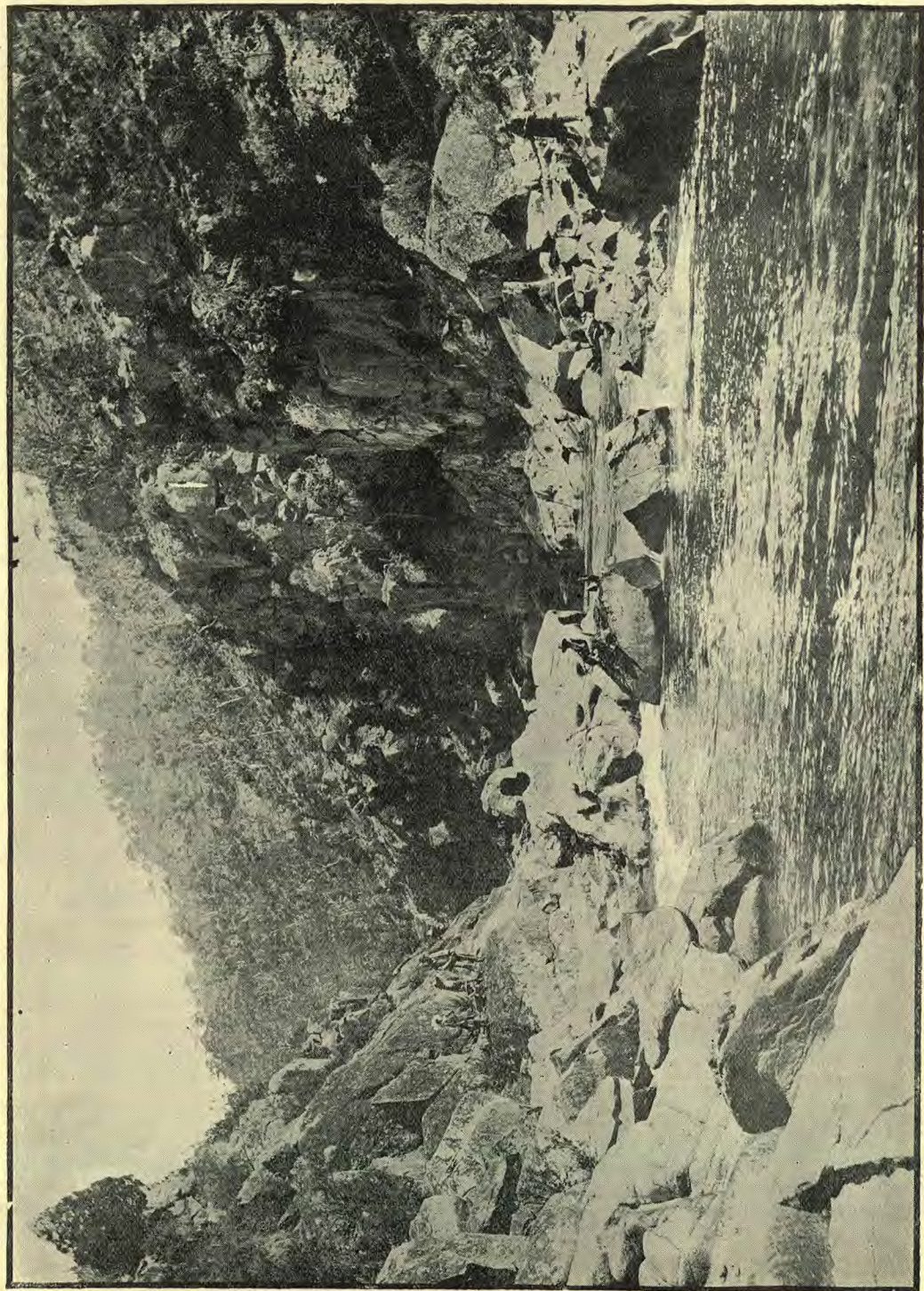
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*W. Howard James, M.B., B.S., Melb.*

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BELOKA GORGE, SNOWY RIVER, NEW SOUTH WALES.

T. D. Cleary, Photo., Sydney.



## Headaches

W. HOWARD JAMES, M.B.,B.S.

**H**EADACHE, like every other pain our organism is subject to, is a symptom of some abnormality or derangement; it is one of Nature's signals to warn us that her laws, the laws which the apostle tells us are "ordained to life," have been violated. Without these signals, kindly and divinely permitted, we would not recognise that we were transgressing the law—the will—of our Creator; we would continue in our unnatural mode of living, and disaster, without any warning, would be the result. Many are satisfied with removing the signal by a headache powder, a dose of antipyrine, or a cup of tea; but these temporary remedies unfortunately draw the mind from seeking a cause, for when the "red flag" is lowered, the danger is forgotten; they in fact do more, for they themselves become causes, and the headaches return not only more frequently but in severer forms. The popular remedies for headache simply mask the disease; they sprinkle the rankly growing weeds with a layer of soil; they are a "top dressing" which in a little time gives the weeds a still more vigorous growth. They remind one of a quack pill advertisement which appeared for some

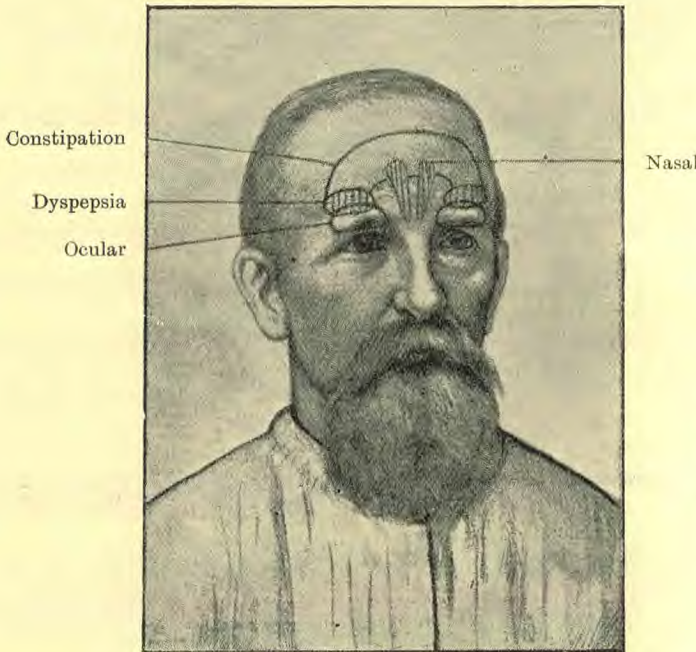
time in our daily papers, "Eat whatever and as much as you like, why study your diet when all inconveniences can be removed by taking the pills?" They are even more harmful than this advice, for the pills probably would carry off some of the superfluous and harmful food, but a cup of tea or a headache powder will not drive a particle of the poison that causes the headache out of the system, the poisons remain, and the sentinels are lulled to sleep. The pain and other disagreeable results of a dose of poison might be relieved by morphia, but the partaker would pay the penalty with his life. An emetic would not be so pleasant in its immediate effects, but it would get rid of the irritant, and the life would be saved.

The removal of the cause generally means some self-denial, a limitation of harmful and very temporary pleasure, but it is the only safe and satisfactory procedure. A well known physician once remarked to the writer: "Most people like to enjoy themselves at their meals, but I like to enjoy myself between my meals." The admonition of the Wiseman holds good for all: "When thou sittest to eat with a ruler, consider diligently what is before thee: and put a

knife to thy throat [*i. e.* curb your appetite] if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat." The merely temporary, and therefore deceitful, meats and drinks give pleasure but for a moment, but a wise dietary maintains freedom

trating this fact. The trouble is, folk are too often satisfied with the temporary and "deceitful," relief, and have not patience to wait for permanent cure.

The causes of headache are not usually in the head itself, except in some serious conditions, such as growths or chronic inflammatory lesions due to rheumatism or syphilis. A decayed tooth for instance will sometimes cause a severe neuralgic headache in the temple, or at the back of the head, although the tooth itself may not give any pain. A pledget of carbolic acid in the cavity of the tooth, or the removal of the tooth, will often cause the headache to disappear at once. Again: headaches are very frequently caused by some eye trouble, such as a difference between the focal distances of the two eyes, or astigmatism; these headaches are relieved by sleep, but become worse as the day develops, or after reading or other close eye work. Suitable glasses will give permanent relief to these headaches. Sometimes the eye trouble acts in conjunction with impure conditions of the



The causes of localised headache, according to the exact site of the pain  
Redrawn after Collins

from disease, and gives health, one of the greatest blessings man can enjoy.

We cannot emphasise too strongly the fact that temporary remedies for headache become actual predisposing causes of this symptom. Abstinence from the headache powders and tea drinking very frequently results in the disappearance of the headache itself. The removal of the tooth causes pain, but the beneficial results are permanent. Abstinence from tea, coffee, alcohol, tobacco, etc., may make the headaches for a time more evident, but a week's, or at the most a fortnight's endurance, will allow Nature time to remove the cause, and consequently the headaches also. The writer has had case after case illus-

trating this fact. The trouble is, folk are too often satisfied with the temporary and "deceitful," relief, and have not patience to wait for permanent cure. The causes of headache are not usually in the head itself, except in some serious conditions, such as growths or chronic inflammatory lesions due to rheumatism or syphilis. A decayed tooth for instance will sometimes cause a severe neuralgic headache in the temple, or at the back of the head, although the tooth itself may not give any pain. A pledget of carbolic acid in the cavity of the tooth, or the removal of the tooth, will often cause the headache to disappear at once. Again: headaches are very frequently caused by some eye trouble, such as a difference between the focal distances of the two eyes, or astigmatism; these headaches are relieved by sleep, but become worse as the day develops, or after reading or other close eye work. Suitable glasses will give permanent relief to these headaches. Sometimes the eye trouble acts in conjunction with impure conditions of the

blood, depending on imperfect digestion or constipation. In many, the headaches exist only when both these causes are operating together; attendance to digestion will very frequently relieve both the eye tension and the headaches at the same time, and thus do away with the necessity for spectacles. We might very conveniently divide headaches into two great classes: (1) those due to disorders of the nervous system; (2) those due to alteration of the blood (in quality or quantity) circulating through the brain. Pain can only be recognised by the sensory centres in the brain. In nervous headaches, although definite changes undoubtedly take place

in these sensory centres, they are not the seat of the disease. These changes are brought about by nerve currents from different parts of the body; the nerve currents may originate in a decayed tooth, in the womb, bladder, eye, ear, or

may be caused by quite a variety of diseased conditions. Pain on the top of the head is generally the result of either debility, diseases of the womb and its appendages, epilepsy, etc. Headache situated in the back of the head, to liver

**PARIETAL AND AURAL**

- Otitis Media (Middle Ear Disease)
- Foreign Body in Ear
- Caries of Teeth (Decayed Teeth)
- Dentition
- Eye Strain
- Syphilitic or Other Disease of Maxillary or Temporal Bones
- Cancer or Irritable Ulcer of Tongue
- Aneurism of Innominate

**VERTEX**

- Anæmia
- Hysteria
- Neurasthenia
- Epilepsy
- Disease of Uterus, Ovaries, Bladder

**FRONTAL AND TEMPORAL**

- Anæmia
- Neurasthenia
- Nephritis, Uræmia
- Dyspepsia, Constipation
- Myalgia and Rheumatism of the Scalp
- Lithæmia
- Eye Strain, Glaucoma, Iritis
- Disease of, or foreign Body in, Nasopharynx
- Disease of Frontal Sinus
- Syphilitic Nodes or Periostitis

**OCCIPITAL AND CERVICAL**

- Neurasthenia
- Spinal Irritation
- Epilepsy
- Meningitis
- Cerebellar Tumour or Lesion
- Dyspepsia
- Cervico-Occipital Myalgia and Neuralgia
- Disease of Cervical Vertebra
- Adenoids of Pharynx
- Middle Ear Disease
- Eye Strain
- Carious Teeth
- Uterine Disease



**EYEBALLS**

- Migraine
- Neuralgia of 5th Nerve
- Ophthalmoplegia Interna
- Coryza
- Inflammation of Conjunctiva, Iris, Cornea

**The general diagnostic indications to be derived from the seat of pain in the head and face.**

**LOWER JAW**

- Dental Affections
- Neuralgia of Inferior Maxillary Nerve
- Parotitis

**UPPER JAW**

- Dental Affections
- Periostitis
- Disease of Antrum
- Cancer
- Neuralgia of Superior Maxillary Nerve

nose troubles, etc. The locality of the headache often is an aid in diagnosing the seat of the disease. Headache over the brows for instance is generally caused by eye troubles; those a little higher to indigestion; those over the forehead to constipation, etc. Often similar headaches

and digestive disorders or womb trouble, decayed teeth, neurasthenia, etc. Headache situated at the side of the head, to ear disease, eye strain, disease of large arteries in the region of the heart, etc. The locality of the headache, however, is not by itself sufficient to diagnose a com-

plaint. Frequently headaches are due to exhaustion of the nerve centres through excessive mental work, worry, want of sleep, sunstroke, etc.

Most headaches, however, come under the second heading, being due to alterations in the blood circulating through the brain; the blood may be of poor quality, or it may contain toxic substances. In anæmia, a condition recognised by paleness of the face, gums, and inner surface

the blood, and irritating the delicate brain cells, cause headache. The headache in these cases is undoubtedly accentuated by the increased temperature of the blood; if the temperature be lowered by cold compresses, the blood bathing the brain centres is cooled, and relief is experienced. Cold compresses are generally applied to the seat of the pain, and these undoubtedly relieve; but in most cases greater relief would be obtained by applying

them over the great blood vessels in the neck which supply the head. To produce this result the cold wet compresses must be frequently applied. Headaches are often relieved by drawing blood away from the brain by a smart purgative, the hot foot bath, fomentation to back of neck, etc. A mustard plaster on the back of the neck often produces relief. Headaches are more troublesome in the early part of acute diseases than in the more advanced stages. The brain cells after a time seem to become more tolerant of the toxins and heat; this is most probably due to a partial inhibition of their functions. Some would

call this a mild form of paralysis, but that expression does not correctly describe the condition. We certainly would not call the hardening of the skin of the palm of the hand by hard work a paralysis, even though their sensibility be materially lessened thereby.

Dr. Haig has clearly demonstrated the fact that uric acid in the blood is a frequent cause of headaches; this would be especially true in rheumatic or gouty subjects, or in those suffering from kidney disease. A certain amount of uric acid is daily formed from the burning up of the albuminous foods in the tissues, and in ordinary health sixteen to twenty grains

Eye and teeth      Anæmic and neurasthenia

Neurasthenia



Uterine

Ocular neurasthenia and melan- cholia

The causes of localised headache, according to the exact site of the pain.  
Redrawn after Collins

of the eyelids, we frequently have severe headaches chiefly located on the top of the head. It is probable, however, that it is the impurity rather than the poorness of the blood that causes these anæmic headaches. The blood being poor, the kidneys and excretory organs are not sufficiently robust to carry on their functions satisfactorily, with the result that impurities are left in the blood, and these irritate the brain centres and cause headache.

Headache is generally one of the first symptoms of influenza, fevers, diphtheria, blood poisoning, and other diseases of bacterial origin; the toxins, the production of diseased germs, are absorbed into



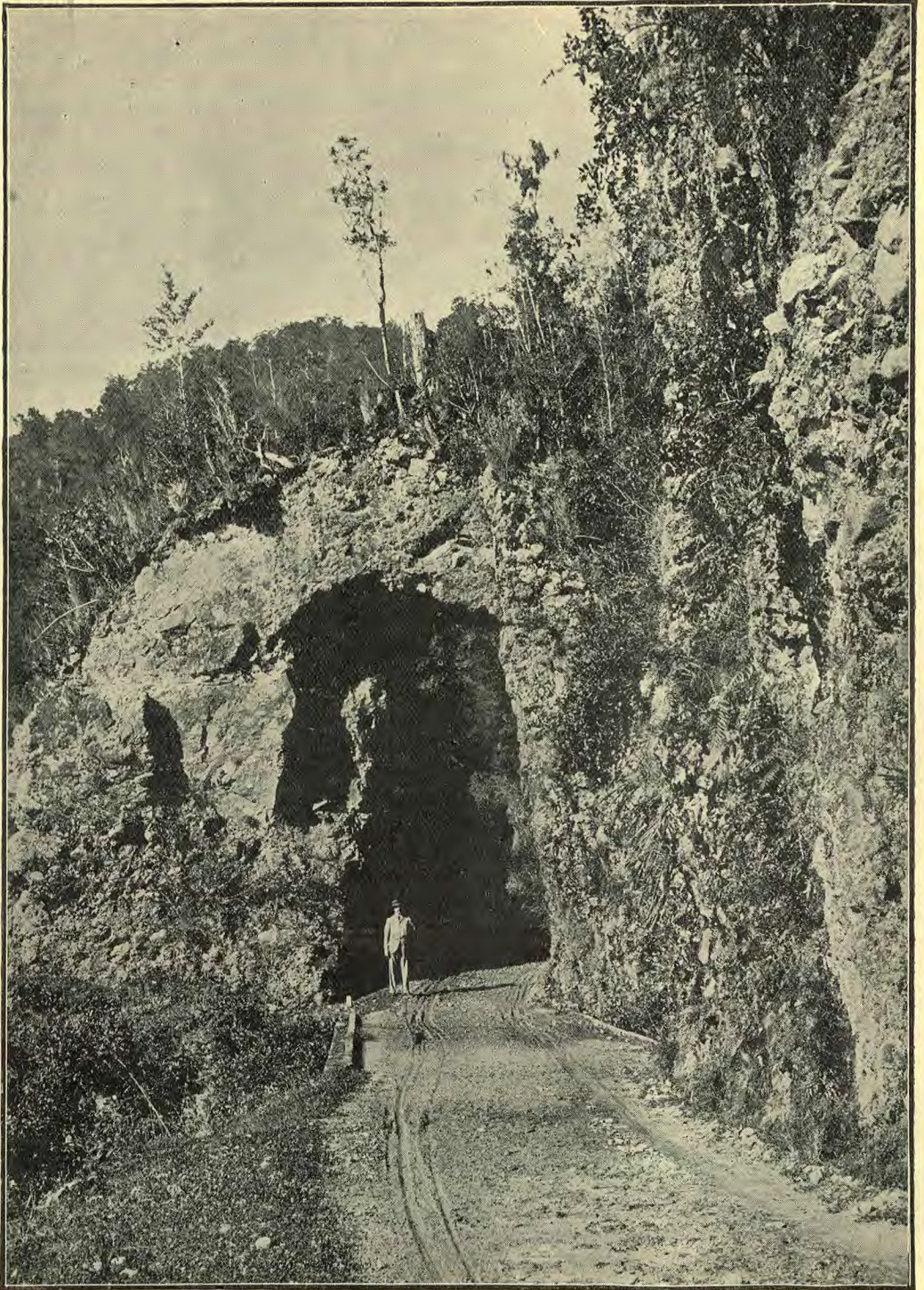
are excreted daily by the kidneys. Many additional grains may be added daily by consumption of foods already containing uric acid, such as butcher's meat (especially the red meats), tea, coffee, and legumes. Uric acid, and other allied products (Hypoxanthine, etc.), result from insufficient oxidation of albuminous foods. If the food be thoroughly oxidised, urates are formed, and not uric acid, and these are readily dissolved in the blood and excreted by the kidneys. If excess of albuminous food be taken, some will escape thorough oxidation, and the result will be a formation of uric acid. Dr. Haig found that the consumption of eggs, although they do not contain uric acid, predispose to the formation of uric acid. No doubt individual idiosyncrasy plays an important part in this respect. Seeing that only a small quantity of uric acid can be excreted from the system daily, we certainly act wisely in abstaining from foods which already contain this poison.

Constipation is a very frequent cause of headache, the fæces are retained too long in the alimentary canal, with the result that undesirable products are formed, and find their way into the blood. It is remarkable how quickly the headache is relieved after the bowels have been thoroughly opened by a purgative or enema. These ill defined poisons formed in the intestine are evidently very quickly eliminated, and in that respect differ considerably from uric acid. Undoubtedly the purgative also relieves by lessening the congestion in the brain. Biliousness is

frequently associated with headache; in these cases there is generally constipation; the stools are of a light colour, and have a decidedly offensive odour. The waste products from the liver in health are freely poured out into the intestine, and have an antiseptic and purgative action; in bilious attacks this does not take place, and consequently some of the waste products are absorbed into the blood, causing yellowness of skin, headaches, and general feeling of ill health. Rich foods, foods rich in fat, and especially when the fats are brought to a high temperature, as in baking and frying, bring about these results. Consequently, pastry cakes, fried dishes, much butter, scalded cream, should be avoided in those subject to biliousness. Much cane sugar or foods containing it, as well as foods cooked with the aid of baking powders, should also be avoided, as they tend to bring on the acute catarrhal conditions associated with biliousness. The bilious man should live largely on plainly cooked cereal foods, fruit, and drink neither tea, coffee, cocoa, or alcoholic beverages of any kind. This is good advice for all, but especially for the bilious.

Thus we see that in almost, if not every form of headache, there is some impurity in the blood. The impurity may arise from products of germ life, as in the acute specific fevers; it may be introduced in our foods, as uric acid in animal food; it may result from want of oxidation in the tissues, or it may be absorbed from the alimentary canal as the result of imperfect digestion.





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MOUNT BULLER ROAD, NEW ZEALAND

## GENERAL ARTICLES



### Concerning Holidays

MARIE BLANCHE

**A** HOLIDAY—a real holiday, I mean—ought to have a threefold enjoyment: anticipation, realisation, retrospection. Yesterday you planned it out, to-day it is an accomplished fact, to-morrow it will be a memory. Those weeks when you plan, and pack, and look forward, discussing the weather prospects with so much interest and hope—they surely, although it sounds paradoxical, are the yesterday of a holiday. The setting out for and the arrival at the neighbourhood of your choice, the glorious days, weeks, or if you are fortunate, the months, in which you realise fully the enjoyment of the holiday itself—that is the to-day. And the to-morrow—the memory—what of that? Is it not the remainder of the year when you look in review upon the happy time spent by the sea or in the country, or perhaps a brief period of travel or rest as the case may be—the annual holiday seen over your shoulder, as it were, looking back upon yesterday?

Where shall I go? What do? These questions are not always wisely answered. Facilities for travel, it is true, are perfect. Choice is enormous. Decision is a task. Change of scene and occupation we feel are necessities. We long to shake off the hundred worries of everyday life. We must have our holiday, but it is quite obvious that the same kind of holiday will not suit all alike.

Are you a busy worker in some crowded city or manufacturing town? Is your life spent midst the roar and rattle of mills, and machinery, and smoking chimneys? Then get far away from all that sort of thing. Go to some hamlet on the hilltop, and study to be splendidly lazy, where lavender-scented sheets enfold you while you sleep, where roses peep in at your bedroom window to greet you when you wake, and where the sweetest sounds that echo over the land are the babble of some crystal stream and the cry of young lambs.

Are you an overworked mother or a jaded business man? Then throw aside domestic or business cares, and go away to some farmhouse, where the music of the ploughboy's whistle and the merry milkmaid's song may take the place of countinghouse or nursery distractions, and where the simple allurements of oaten cakes and new milk will provide your chiefest dissipations. Or go and spend the vacation amongst the everlasting hills and rocks, in view of the ever-sounding sea, for there is ozone in the breezes on the coast; there are bromides in the dewy mountain air.

A walking tour is frequently the desire of those who are forced to live cramped and sedentary lives. It is a natural and healthy longing for exercise and action, more freedom for limbs and lungs. But don't go to extremes. If for instance, you

are accustomed to very little exercise, don't, in your zeal, go and join a party of pedestrians who are, perhaps, in perfect train-



"Choose a genial companion, pack a light knapsack, and sally forth."

ing, and bent upon covering half a dozen trips in a week. Don't go for a cycling tour with a party on wheels who will simply turn up their sunburnt noses at anything less than sixty miles a day.

Be moderate. Walking tours on the coast are invigorating, but undertaken alone they are dreary business; choose, therefore, a congenial companion, plan your route, pack a light knapsack, and sally forth. A bag with a change of boots, linen, etc., can be sent on by rail from place to place, and as, owing to its weight, the carrying of a tent is out of the question on a walking tour, you will probably turn in for the night at the local hostleries.

One thing is certain in this matter of holidays—if, on your return, you can honestly say in your heart of hearts that you feel a new man or a new woman, then be sure that you have had just the right sort of holiday, just the one, in fact, most suited to your needs, and one that will, I hope, leave happy memories till holiday time comes round again next year.

## Making the Most of the Summer for Health's Sake

Wm. M. Scott

### Conventional Attitude

LET us make up our minds that convention is not to rob us of our birthright, and that we are to dress in a healthful, not a fashionable manner; that, as frequently as possible, we are to romp and play in the paddocks or by the seaside as we did when children; and that we are to follow the habits of the birds and go early to bed and be up with them in the early morning with just the same spirit of song and praise. To "count our many blessings" and sing praise to our Creator for all the joy and beauty of the earth is a part of true religion, and there is nothing that is more conducive to health. Let us make up our minds that we are to get the most we can out of our all-too-brief summer time, and is not time made up of seconds, minutes, and hours?

### In the Morning

This is the season of all others in which we can follow with comfort and safety some of those health rules relating to the

morning bath and exercise advocated in former articles on physical culture. It is wonderful how the hottest day can be rendered tolerable, even enjoyable, by the regular morning bathing and exercise, combined with rational dress. If you have the right of choice, then your bedroom should face the morning sun, so that its genial warmth and vitalising rays may be enjoyed while you bathe, exercise, and perform your toilet, or later when you work, read, or write. The breakfast, for health's sake, should consist of cereals and fruit principally.

### Dressing for Health

Of the great value of sunlight in the cure of disease and building of health and vitality, much has been written. We cannot, most of us, spare the time to go to some resort where sun-baths can be taken, but we can do the next best thing, which is to dress in light-coloured, porous garments, so that the light rays may pass easily through to the surface of the body. In warmer climes, where the sun's rays are more powerful than they are in this country, it is necessary to tone them down somewhat, and a red or yellow garment is worn for the purpose. It is little that we need to bother about this, further than to see that our heads are protected from the direct sunshine, or rather the heat-rays, which may lead to trouble. Reduce the weight of the clothing to a minimum, but ever have within easy reach a warmer suit of underwear to resort to in the event of a sudden cooling of the atmosphere.

### Men's and Women's Clothing Compared

When will men emancipate themselves from the tiring and unhealthful habit of wearing funereal, heavy, and impervious suits all the year round? Women may and do alter their dressing habits with the seasons, but very few men do. No, they must go to their offices and business in the conventional brown, blue, or black serge or tweed suit which, before many hours, becomes soaked with perspiration and the poisonous emanations from their

bodies. No wonder they feel tired and irritable under such conditions, whereas they might be as cool and comfortable as their wives and sisters in their light dresses of linen or cotton. And yet, a large majority of men know the freedom and comfort that comes with donning the cricket or tennis flannels. Why not so



Dressed for comfort

clothe daily for comfort's sake—for health's sake? Cricketers and tennis-players go to and from their games so clad. Why can't we commence going to and from our places of business in like apparel, or, better still, like Mark Twain, in white linen, cotton, or duck? Perhaps the washing bill may prove a consideration in taking up such a custom,

but consider the gain in health and reduction in doctors' bills, and the odds are decidedly on the side of clean, washable, light-coloured garments.

#### Making the Most of Holidays

Well, here is a time, surely, when all can throw aside their mourning clothes and dress for purity and gladness. If you are privileged in being able to spend your holidays at some quiet, secluded country or seaside village, then make up your mind to enjoy freedom to the full. Convention allows you special privileges in the way of dress at the sea—why not in the country? If you happen upon a quiet, shady glade, by the side of a stream, by all means have your swim, but be in no hurry to get back again into your conventional attire. As you would romp, race, and play leap-frog as children by the sea, so do the same on the green grassy carpet, or bask in the sunshine, with the head covered. But be careful at first not to over-expose the body to the brilliant sunshine. A quarter of an hour may be as much as you can safely stand the first day, but the exposure can be speedily increased until you can stand it for hours. At other times, dress in garments of the lightest weight and colour and open texture. The light, as you know, passes easily through light-coloured blinds, but with difficulty through dark-coloured. Your clothing ought to be adjusted in the same way. You can either court the warming, vitalising sunshine or light rays or shut them out.

#### The Outdoor Life

Live and sleep out in the open air. Do not allow rain to drive you indoors or keep you there. There is nothing more glorious than a brisk walk in the rain in an old suit of clothes or light, washing flannels. No danger of catching cold if you throw off your wet garments immediately you return from your walk, sponge quickly with cold water and dry well, redressing in dry under- and outer-garments. Have all your meals out-of-doors, and do not trouble the womenfolks with elaborate cooking, nor expect them to do all the waiting. During holidays, if not at other times, there is nothing that leads to pleasure and happiness like everyone taking their share of household duties. Every member of the party should be expected to do a little towards preparing the simple meals and laying them out, as well as washing-up afterwards. The simplest of food, served in the plainest fashion, proves acceptable when living the healthy, outdoor life.

#### The Children

In the summer-time our children ought to have more consideration in regard to these selfsame matters. They love freedom from conventional attire just as much as we do.

Seize every opportunity of gaining health or adding to your vitality by living and exercising in the open air with as little hampering clothing on as possible.





# HOME NURSING

## The Nurse

MRS. G. M. BROWN

**I**N speaking of "home nursing" it is unnecessary to say much about the choice and qualifications of a nurse, for although no one should take up nursing as a profession without careful thought, and unless she feels sure that she will be able to devote herself heart and mind to the work, yet all should know something of the rudiments of nursing, and should be prepared to fulfil some of the duties of a nurse should it become necessary to do so. We never know at what moment accident or sudden illness may lay a loved one helpless, and should be prepared for emergencies. How often have even those who dislike nursing longed to be proficient, and have suffered keenly at seeing what ought to have been their place filled by another—more skilful but less dear. We often hear it said that "a little knowledge is a dangerous thing," but while this is true in many respects, yet it is also true that a little knowledge of nursing has often saved a life in some moment of sudden need.

Amongst those who may be well-meaning and yet not make good nurses are the following:—

### The Noisy

These, although kind and loving, are continually disturbing the patient. They wear creaking boots, or else walk on their heels; they slam doors, rattle cups, knock over bottles, etc., poke the fire, and add coals in the noisiest manner, and so keep the unfortunate patient in a continual state of nervous expectancy, wondering when the next crash will come.

### The Ghostly

But this class are not more trying to some patients than the nurse who steals about on tip-toe with finger on lip murmuring, "Hush-h-sh!" Everything is whispered, and the senses of the patient are kept at full tension, trying to find out what is going on. The cat-like step also keeps the patient continually wondering in what part of the room the nurse will appear next. It is always well to remember in a sick-room that to speak low is better than to whisper loudly.

Another class unsuitable for nursing is

### The "Fussy"

Nothing is too troublesome to do, and yet everything is made a trouble of. What might be arranged without a word is made the cause of many, and the patient is often led to feel that she is causing a great deal of work, and suffers mortally in consequence.

The duties of a nurse are varied and numerous and, of course, chiefly depend upon the nature and surroundings of the case; it will only be possible to give general hints here.

A nurse must always obey orders. No matter how skilful or accomplished she may be, or how great or varied her experience, she is not a doctor, and she can best display her knowledge and exercise her skill by carrying out the directions she has received. If a nurse has doubts, she should speak to the doctor in charge; but on no account should she receive his orders in silence and then

when he has gone refuse to obey them. If a nurse has made a mistake in anything, she should be very frank and open in speaking of it to the doctor, even at the risk of being blamed. Secrecy is only adding one fault to another, and the patient's life may be risked by seeking to conceal a mistake.

Another essential quality of a good nurse is that she should be very observant and faithfully report to the doctor any symptoms or information which she thinks will be useful to him in studying the patient's case.

In her conduct towards a patient the nurse must always remember that recovery is the great object to be attained, and when necessary should sacrifice her personal feelings and comfort to promote that end. Not that her own health should be neglected. This is very important, and unless well guarded the nurse will become unfit to perform the many and trying duties which are expected of her. Regular exercise in the open air is absolutely necessary for every nurse, and a walk of half an hour once a day is the minimum. Her food should be light and nourishing, and should be taken regularly out of the patient's sight and away from the sick-room.

In closing, there is one point which it is always well to bear in mind, that a good nurse, although kind and gentle, must be firm. It is not easy to carry this out, especially when the patient is a relative or friend, but it is absolutely necessary for the patient's progress that the nurse should be obeyed and so helped to carry out the doctor's orders for which she is responsible.

### The Care of the Patient

In washing a patient it is important that as little of the patient's energy should be expended as possible; a sick person's vital powers are always low, so washing ought to be done at that time during the day when the patient is at his best. It is not always advisable to perform the whole toilet at once; but at least

the hands, face, and teeth should be washed before breakfast, and the hair tidied, not necessarily combed or brushed thoroughly at this point. An hour or two after breakfast the patient will be feeling stronger, and then the general wash can be given. If the patient is unable to take a bath, a sponge bath must be given in bed. For this purpose the following articles will be required: two basins, one large and one small one, a piece of soap, two flannels, two towels, a blanket, and a long mackintosh sheet, or a large sheet of brown paper.

Have everything in readiness before disturbing the patient. It is a great mistake to start the operation, and then find that the flannel is missing, or that the clean clothes are not aired and ready for use.

Next close the windows if the weather is cool, and if there is a fire in the room place the clean clothes before it. Then procure the water, which should be between 105 and 108 degrees, as it cools quickly. Place the mackintosh on the blanket, and roll it up to the half with the blanket on the inside. Turn the patient on his side, and place the roll behind his back. Now turn the patient on to his opposite side, and he will pass over the rolled blanket and mackintosh, which can now be unrolled to cover the remaining half of the bed. The edges of the blanket should overlap down the middle of the patient, while the mackintosh or brown paper should protect the under bed-clothes. Next turn back the upper bed-clothes and remove the patient's night clothes, taking care to keep him covered as much as possible. If there is an injured limb, the sound one should be uncovered first, as this will give more room in the garment for moving the painful injured one. In putting garments on, the injured side should be attended to first. Now proceed with the washing. The face is washed first with the water in the small basin, which should be soapy; it should be then thoroughly rinsed with the water in the larger basin; next, the arms and neck. Place one towel beneath



the limb and follow the same direction with regard to the soap and rinsing water. Each part should be thoroughly dried. The trunk of the body is next washed, and after that the limbs, each one separately. The back should be washed last. If the patient is very weak, he can be turned on to his side, and while the nurse is supporting him with one hand and arm, she can with the other wash the back. If it is necessary to wash the head,

the nurse should always note carefully any marks or abrasions on the body, and any sign of an approaching bed-sore, viz., a red shining appearance of the skin, should be carefully treated by:—

1. Thorough daily washing.
2. By the application of a little methylated spirit which will harden the skin.

At the same time all pressure on the part must be avoided, as this is one of the probable causes of bed-sore.



Changing the Upper Sheet. Clean sheet and blanket raised to show method of rolling soiled bed clothes.

the water should now be changed, and the basin containing the clean, soapy water should be brought close to the bed, and as much on a level with the patient as possible. Place a towel on the pillow beneath the head. Well rub the hair with soapy water, taking care to prevent the soap from going into the eyes, and afterwards thoroughly rinse in clean water in the large basin. Now turn the remainder of the towel over the head, and dry thoroughly. When washing a pa-

tient, the nurse should always note carefully any marks or abrasions on the body, and any sign of an approaching bed-sore, viz., a red shining appearance of the skin, should be carefully treated by:—

When the bathing is finished, replace the clean clothes which should be aired and warmed. Give the patient a hot bottle to his feet, and if necessary, something warm to drink.

It may be advisable to change the patient's sheets about this time, so perhaps a few hints regarding this procedure will not be out of place here.

All sheets must be well aired and warmed before being put on the bed.

### To Change the Upper Sheet

Remove the counterpane, and loosen the bed-clothes. Next remove all the blankets with the exception of one, which will prevent the patient from feeling chilly. Now place the clean sheet on the bed over the soiled sheet and blanket, and put another blanket over the clean sheet. The order of the upper bed-clothes should now be as follows; soiled sheet, one blanket, clean sheet, one blanket.

to the patient. The soiled sheet and one blanket are now passed out at the foot of the bed, and the rest of the blankets are replaced on the bed.

### To Change the Under Sheet

Loosen the under sheet all round, turn the patient gently on one side, and roll the soiled sheet up lengthways until half of it forms a roll against the patient's back. The bed is now in this condition :



Changing the Under Sheet

If it is possible to have someone to help, the work of changing the sheets is made much easier, but it can be done alone.

If the services of two people are procured, proceed as follows: Stand one each side of the bed, and grasp a good handful of the clean sheet and top blanket. Hold it firmly, and at the same time roll down the soiled sheet with its blanket to the foot of the bed, taking care not to raise the clothes so as to cause a draught

one half is covered by the clean sheet, the other by the soiled one, the unused halves of the sheets forming rolls running from top to bottom down the centre, and the patient is lying near the centre on the soiled sheet. Now the patient is to be again moved, first to his back, and then to his other side. During this movement, he crosses the two rolls, and so lies on the clean sheet. It is now only necessary to draw away the soiled sheet and unroll and arrange the remainder of the clean

one. In some surgical cases, where a splint or other apparatus has to be kept in place, it is injurious to turn a patient from side to side. In such cases the under sheet must be changed by rolling from top to bottom. Two people stand, one at each side; all that is free of the soiled sheet is formed into a roll at the head; the clean sheet—rolled up—is placed above it. The patient's shoulders are then raised, and the soiled sheet rolled up, and the clean sheet unrolled, until the small of the back is reached. The shoulders are then laid down, the hips raised, and the rolling and unrolling process continued. Finally the feet are raised. If necessary the body must be sponged or wiped before it is laid on the clean sheet.

#### Draw-Sheets

Draw-sheets are used in surgical and other cases to keep the lower sheet from getting soiled. They are generally made by folding a sheet so that it shall reach from just below the shoulder to the knee. Sometimes a piece of waterproof sheeting is inserted in the folds. They may be changed in the same manner as lower sheets.

#### DOING SOMETHING

If you're sick with something chronic  
And you think you need a tonic,  
Do something.  
There is life and health in doing,  
Doing, then, is health accruing.  
There is pleasure in pursuing;  
Do something.

If you are fidgety and nervous,  
Think you need the doctor's service,  
Do something.  
Doing something will relieve you  
Of the symptoms that deceive you:  
Therefore, if these troubles grieve you,  
Do something.

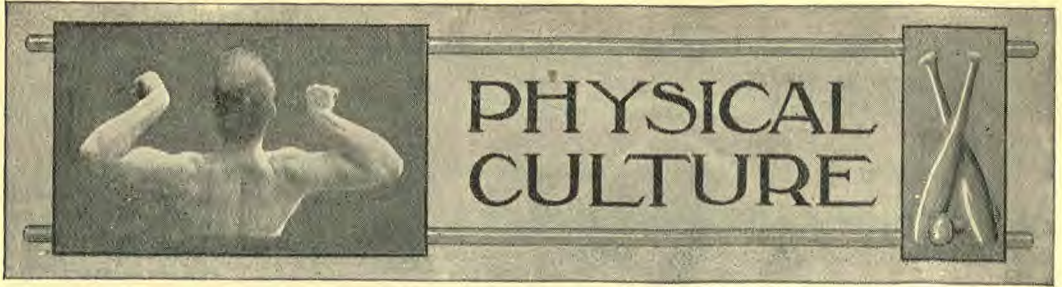
If you do not like the weather,  
Don't condemn it altogether,  
Do something.  
It will make the weather clearer,  
Life will sweeter be and dearer,  
And the joys of heaven nearer;  
Do something.

And if you are seeking pleasure  
Or enjoyment in full measure,  
Do something.  
Idleness! There's nothing in it,  
If you're busy, don't begin it,  
'Twill not pay you for a minute:  
Do something.

—Character Builder.

To cure is the voice of the past; to prevent, the divine whisper of to-day.—  
*Kate Douglas Wiggin.*





## Some Special Exercises for the Business Woman

ANNE GUILBERT MAHON

WHEN I found, after a year of office work of strenuous days from 9 A.M. until 6 P.M. spent bending over a desk or typewriter, that I was becoming round-shouldered and hollow-chested as a result of my cramped attitude, that my breathing capacity was not so great as it had been, and that I contracted cold easily, I thought it quite time for me to take some measures to remedy this condition. My physician was one of those who believed in prescribing the "ounce of prevention," and when I consulted him for treatment for a severe cold, he said to me: "Your system is run down from the nature of your work and office confinement. That is why you take cold so easily. What you need is more fresh air and physical exercise. Join a good gymnasium—some evening class. It will do you more good than any medicine I can give you."

I acted on his advice immediately. There was a college not far from my home where the night classes were excellent, and I joined the gymnasium class at once. Apart from the enjoyment and exhilaration which those evenings afforded me, I soon found a great improvement in my condition. My round shoulders were straightened out. I found myself unconsciously holding the right position while at work and at other times. My breathing capacity was greater, and,

after a short time, my tendency to catch cold entirely disappeared. I practised the home exercises faithfully, always devoting at least ten minutes to them upon rising, and the same time upon retiring. On the evenings I spent at the gymnasium of course I omitted the evening practice.

I became an enthusiast over physical culture, obtaining and reading all the magazines and books I could on the subject. Later, when the gymnasium class closed in the spring, I joined a private class in physical culture, where the exercises varied slightly from those I had learned at the gymnasium, but were equally good. I kept a physical-culture note-book, jotting down in it every variety of exercise which I found, so that I had a large list of good ones to choose from, and varied my daily schedule from time to time, always retaining those which I felt I most needed.

Finally out of my large list I selected seven which I thought were of the most value to me, to offset the bad effects of the bent position I must keep during the day, and to bring into use the muscles which were being unused, owing to my sedentary life. I made out my list in the order which afforded as much variety as possible, *i. e.*, after an arm exercise a leg or trunk movement should follow, thus giving one set of muscles a rest

while I exercised a different set. The exercises were taken in loose clothing, before an open window, with as much fresh air as possible in the room. They were the following:—



Fig. 1

1. "*Thumbs Locked.*"—This was so called by my physical-culture teacher, who contended that it was the best all-round exercise any one could take. Standing position: Heels close together, toes pointing out, weight on balls of the feet, head up, chest held high, arms hanging down in front, fingers pointing to the ground, and thumbs locked. In this position raise arms slowly in front until high over head, inhaling deeply all the while (Fig. 1). Hold arms high over head and hold breath for a second, then unlock thumbs, separate arms, with palms held out, and bring them down slowly, extended straight out at the sides of the body, exhaling slowly at the same time.

This exercise practised frequently during the day will do much to counteract that feeling of bodily fatigue which every desk worker feels, and will straighten out round shoulders and exercise almost every muscle in the body.

2. "*Swimming Movement.*"—This is a familiar exercise to most physical culturists, and consists (while maintaining correct standing position) of raising the

arms on a level with the shoulders, bending elbows, and resting the backs of the thumbs and first fingers on the chest. The movement is made by pushing the hands out forcibly, as in swimming, and bringing them back to position on the chest. The exercise, to be beneficial, should be done with force, and the hands should be extended as far as possible at all times when making the half-circle (Figs. 2, 3, 4).

3. "*Knees Raise.*"—Standing position. Hands placed on shoulders. Raise right knee very slowly, with toe pointing to the ground, as high as possible, trying to raise it to a level with the chest. Alternate with left leg. This is a splendid exercise for the sedentary worker, as it exercises those muscles which are usually



Fig 2

dormant. It is also said to be a remedy for constipation.

4. "*Arm Extensions.*"—Correct standing position, as described in the first exercise, should be kept in this as in all the other movements.

(a) "*Arms Stretch.*" Hands resting on shoulders, elbows held down close to the sides. Extend arms forcibly upward,

keeping them parallel and close to the ears. Stretch as if trying to touch the ceiling, then bring them down to first



Fig. 3

position. In this, as in all the arm-extension movements, the arms and hands should be kept perfectly straight. Bring hands back to position (resting on shoulders) after each movement.

(b) "Arms Reach." Hands on shoulders, elbows down, extend arms directly in front, palms facing. Try to touch the wall in front.

(c) "Arms Sidewise." Extend arms forcibly at each side, palms down, arms on a level with the shoulders. Stretch as if you were endeavouring to touch the wall at each side.

(d) "Arms Downward." Extend

arms forcibly downward, fingers pointing to the floor.

(e) "Arms Backward." The same movement as the last exercise, but with the fingers pointing back of the body, palms out.

5. *Trunk Movements.*—These are to stimulate the internal organs, to strengthen the muscles of the waist and back, and to exercise unused muscles, all of which are so essential to the sedentary worker.

Standing position: Hands resting on shoulders.

(a) "Trunk Backward Bend." This should be done very slowly and carefully, taking care never to strain nor to bend too far. The movement is made by trying to raise the chest slightly, allowing the head to go back ever so little. Great care must be taken in this exercise not to strain. It should always be taken slowly, and the bend should be very slight.

(b) "Trunk Forward." Bend forward toward the floor, keeping the knees rigid, the movement being made from the hips (Fig. 5),

(c) "Trunk Sidewise Bend." Bend as far as possible to each side, keeping knees rigid and bending from the hips (Fig. 6).



Fig. 4

(d) "Trunk Twisting." Slowly twist body to the right, then back; to the left, and back to first position. This exercise must also be done very slowly, to be of



Fig. 5

benefit, and the knees must be kept perfectly stiff, all movement being from the hips. Do not allow the head to drop forward.

6. "Arm Circumduction."—Arms extended straight out from the shoulder as far as possible, fingers held out straight, palms down. Describe a complete circle with arms, the movement being made entirely from the shoulders. Breathe deeply while taking this exercise.

7 "Steeple Hands."—Arms extended high over the head, parallel and on a level with the ears, finger tips touching. In this position bring arms down slowly in front until touching the floor, keeping body perfectly straight and knees rigid. This exercise will be found hard to do at first, but "practise makes perfect," and after a few trials it can be accomplished with ease.

Any woman practising these exercises ten minutes each morning, at the same time inhaling fresh air, and following them with a cold sponge and a brisk rub, will be wonderfully invigorated for her daily work.

KEEP an even temper, no matter what happens.

## Outdoor Exercises for Women

Lauretta Kress, M. D.

EXERCISE is as important for women as for men. Every muscle, in order to maintain its best condition, must have exercise, by which the free exchange of blood is hastened. This movement of muscle, or elongation and contraction, acts upon the tissue the same as filling a sponge with water and squeezing it out again. Each contraction squeezes upon the blood-vessels, causing them to empty, each elongation or relaxation causing an inflow of blood. This carries out of the muscle all debris, and keeps up a healthy tone. All muscles need the same treatment. Certain groups we use sufficiently, others have no exercise, and consequently are handicapped.

Many women have for so long accustomed themselves to few exercises that the larger group of muscles do not become developed as they should. It is unusual to find a woman with well-developed arm muscles. A piano player develops the



Fig. 6

muscles of the forearm; but the biceps and triceps, the large muscles of the arm, do not become developed as they should. Trunk muscles in civilised women are not used to advantage on account of the bands around the waist. Corsets and tight clothing hinder the proper use of the trunk muscles.

We find for this reason many women with very flabby abdominal muscles, so that the internal organs, because of lack of support, are likely to fall down, or prolapse.

There are many forms of exercise in which women can engage with great



Gardening is a delightful exercise

benefit. Gymnastic exercises, under most circumstances, are very valuable; but the out-of-door exercises are much better because of the fresh air taken into the lungs, and because they are useful exercises. One feels when the exercise is over that one has accomplished something. I think of gardening, especially hoeing, as a delightful exercise. It is not a heavy one,

and is very healthful. Any woman can engage in this useful exercise in her own garden. One hour a day, or even one-half hour, will keep the garden in good condition, and will afford an excellent chance for the development of the muscles of the arms and trunk.

I remember with interest a patient who, though she was developing tuberculosis, was determined to live. She put on a pair of strong shoes and a short skirt, and hoed in her large garden each morning until the sun was too hot. This exercise morning by morning had the effect of restoring the appetite and increasing elimination through the skin and lungs. The cough ceased, she gained in flesh, and to-day, after seventeen years, she is strong and healthy. There is something particularly interesting in hoeing, for one is working over plants which so readily respond to care. If one's own merry heart produces a song to go with the work, the exercise is improved.

Another useful and healthful exercise for women is mowing the lawn with a lawn-mower; a fourteen- or sixteen-inch size is easily managed, and is not too heavy for the ordinary woman to push.



When the technique is acquired, rowing is one of the most beneficial of exercises



This, too, is an exercise she can take early in the morning. An hour occupied in this way is well spent. It obviates the expense of hiring the work done, and it adds much to our lady's health.

Rowing is a very pleasurable exercise, and when the technique of rowing is properly acquired, it is one of the most beneficial of exercises. The general movement of the arm and back muscles, together with the muscles of the thighs, makes it an excellent exercise. I have seen women become experts with oars, and develop splendid muscles by the exercise.

Swimming must be mentioned here also. Every woman should learn to swim, not only for the exercise she may gain from it, but because sometime the ability to swim may save a life.

I have not mentioned walking as a means of health getting. Among certain classes of women walking clubs are being organised. A walk of from three to five miles is taken regularly, and very often much longer ones. When taking my medical course, I averaged six miles every day, and frequently took a longer walk than that. English women have prac-

tised this exercise to great advantage for years.

Our present easy and rapid modes of travel spoil our men and women, so that walking exercises are not so popular as they once were. An energetic walk exercises nearly every muscle of the body. When the head is erect, and the body in good poise so that the weight does not come down too hard on the heels, thus jarring the spine, walking becomes an exercise that cannot be excelled in its benefits for all.

Walking is a healthful exercise under nearly all circumstances. Of course it would not be healthful to walk in the evening along a marsh infested with malarial mosquitoes, nor would it be an advantage to take a walk in an atmosphere polluted with various impurities, nor to walk in the sunshine unprotected on one of our hot summer days; but given a moderate temperature and a fairly pure atmosphere, if one walks energetically with erect head and springy step, on balls of feet rather than heels, and with a mind full of courage and good cheer, the walk cannot but have a wonderfully invigorating effect.





## Humiliating the Child

DENNIS H. STOVALL

NOTHING wounds the heart of a child more keenly than humiliation. It is a form of punishment that needs to be administered with caution. There are times, perhaps, when good may come through this method of chastisement, but so rare these occasions that the safe rule is to avoid it altogether. A child can easily detect the difference between wise correction and overhumiliation. The one leads to immediate improvement, the other brings a season of heart-breaking sorrow or stubborn resentment.

A child is but little different from a grown-up person. So it is not difficult for every mature man or woman to estimate the pain some children are obliged to endure through being overhumiliated. There are children who are never free from this. The family circle, particularly that part of it composed of the older members, is a sort of mutual flaw-picking society, each of whom makes a continual practice of holding up the shortcomings of the boy or girl for public inspection. This is humiliation in its very worst form. It is a very human thing to make mistakes, and the sensitive child suffers enough through making a misstep, without having the disagreeable thing flaunted in its face.

Just two things must result from overhumiliation. The child will either suffer with a broken heart by having its over-

sensitive spirit deeply wounded by the continual thrusts, or it will grow careless and indifferent of its faults. Neither one of these results is desired by the wise and thoughtful parent. Correction should serve only one purpose, and that is betterment or improvement. The sensible child does not object to having its faults corrected, and if the correction is made in the right spirit, it will at once profit by it. But there is a vast difference between rightfully correcting a child and overhumiliating it.

Happy is that home in which there is no self-appointed critic—that cold-eyed individual who is always and forever taking notice of the undesirable things the younger members of the family do, picking out the faults, and bringing out for inspection the unfortunate habits that the boy or girl is making a good fight to subdue. The mother or the father, the older brother or sister, the uncles and aunts who appoint themselves critics for the young, are sometimes more harmful than all the evils against which the brave boy and girl fight and struggle. A mother will sometimes thoughtlessly, while calling or being called upon, use the greater part of the half-hour or hour, telling of the "bad" and "naughty" things her little boy or girl has been doing. The poor child, helpless and unable to defend itself, must sit in silence and endure the

ordeal. And, as hinted, its heart is either wounded forever, or is calloused with indifference.

The writer is intimately acquainted with a family in which the children are never made to suffer the torture of over-humiliation. Obedience is a strict rule in this family, and a sharp line is drawn between right and wrong, but the method of correction or punishment is never over-humiliation. If a child commits a wrong, whether wilfully or thoughtlessly, the mother calls him gently to her room, and the two of them talk it over. Scolding is never done in the presence of strangers, and punishment is never administered in the presence of the family. When at table, instead of talking of disagreeable and undesirable things, the good, the pure, the noble, and the brave, are brought to the fore. The motto of this happy family (and it is truly happy) is: "If I can't speak well of a person or thing, I will not speak at all."

How do they dispose of their faults and mistakes? In just the same open-hearted manner with which they conduct every phase and feature of the family life. Absolute confidence exists between the children and the parents. When a boy commits a wrong, if he is a very small boy, he goes at once to his mother and tells her of it. If he is an older boy, he goes to his father and makes the same frank confession. The boy was taught from earliest childhood that he can use his faults for self-improvement if only he will try. So he has no hesitancy in going to his father or mother with them. The rest of the family may never know what the faults were or how they occurred. These are matters that are held sacred and never revealed. So the boy improves; he gains strength to own his misdeeds and to profit by them; he gets an early appreciation of honesty and authority, and he loses all desire to correct another's faults. Though filled with a heart of love and a spirit of forgiveness, he is brave and strong, with the firm resolution and strength of purpose that characterises the real man.

## Sleep and Air for the Baby

Edythe Stoddard Seymour

THE new baby should sleep eighteen out of the twenty-four hours at first, from evening until dawn, with two daytime naps later.

Do not feed the baby at night oftener than absolutely necessary. A bottle of comfortably hot water to drink through the nipple, a dry diaper, and a turn on the opposite side, will usually be all that is necessary to put baby to sleep when he wakes up. First substitute the hot-water bottle for one feeding at night, and gradually for others, until at five months of age baby and mother can sleep all night.

The following are some of the causes of nervousness and colic in the baby at night: First, prenatal influences, as, for instance, the effects of the mother's working hard up to the time of her confinement, or of some mental strain she endured; second, too much rocking. If the baby is rocked at all, it should be a gentle motion, soon discontinued. Few babies need any rocking; third, romping, and also sudden loud noises, which excite the baby too much for him to sleep well.

Worry or fatigue in a nursing mother, or errors in her diet, as the eating of indigestible foods, will give the baby colic. Nursing mothers should keep calm and rested: it is well for them to lie down each time while nursing, and then baby is easily left on the bed without waking him.

To be healthy, the baby must have fresh air night and day, at all seasons, during all kinds of weather. This can be accomplished in one of the following ways: Place him elsewhere, then air and heat the room before bringing him back; air an adjoining room, then close these windows, and open the door into the room where the baby is; or put his wraps on him, and air the room he is in. Sun the baby and also the room if possible, with the baby's back toward the light.

Naps or outings can be arranged on the porch or outdoors. When a blanket is needed, it is best to roll it around the

baby, so he cannot pull a loose corner over his face, and thus smother. Feel the baby's hands and feet to see that they are comfortably warm. Never put enough covers over him to make him perspire; that and extra "bundling" of the neck or other parts makes the skin sensitive, so it is easy to catch cold. Baby should live out-of-doors as much as possible; and sleep all that is possible, without loud,

The little brain is like the sensitive plate of a camera, ready to receive impressions. Baby learns rapidly about cleanliness of person and surroundings (environment), and to love. He learns the cuddling, warm love of the mother, the strong arm and proud love of the father. Later he notices the efforts to amuse him made by other members of the family.



An ordinary clothes basket makes a comfortable bed

sudden noises near, and with the strong light shielded from his eyes.

#### The Baby—Environment

From an early age babies notice faces and understand expressions, and also tones of the voice. The influence of living among unhappy people has been known to make a baby quite ill. Always keep a pleasant face and quiet speech in the baby's presence.

Quarrelling, smoking, the sharp scratching of matches, banging of doors, and other unpleasant things that take place in some homes should be done away with, so baby can thrive.

Many feet in crossing the floor keep it unfit for the baby to sit on. A child's low chair, without rockers (for safety); a large armchair, with cushions; or a large clothes-basket or a box may be used for baby to sit in; a sheet may be spread on

the floor in one corner of the room, and a fence be made around it with chairs or low baby-yard fencing.

Baby's environment should be that of kind words toward each member of the family, and his parents should take time to talk to him. Sometimes father can hold the little one while resting (and reading maybe), if mother is busy. Sometimes he should help the mother in the evening if she is very busy, so she can have a play spell with baby. Father should help care for baby at his mealtime to give the mother a chance to eat her meal. Baby will notice this in time, and not become selfish in demands of the mother's strength and time.

Flowers on the table, music if possible, pretty pictures, reading-matter, and shiny furniture will all be noticed by the baby, and will have a good influence.

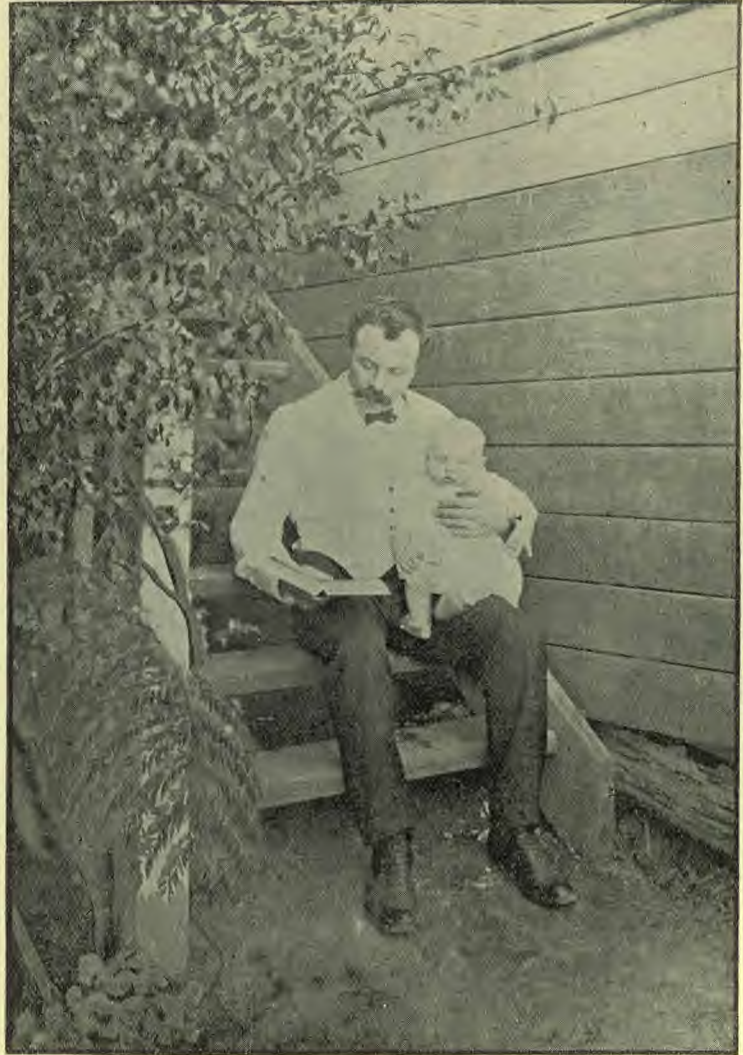
### The Reasons for Feeble Children —Heredity

Mrs. E. G. White

IN this age of degeneracy, children are born with enfeebled constitutions. Parents are amazed at the great mortality among infants and youth, and say, "It was not formerly so." Children were then more healthy and vigorous, needing far less care than is now bestowed upon them. Yet with all the care they now receive, they grow feeble, wither and

die. As a result of wrong habits in parents, disease and imbecility are transmitted to offspring.

After their birth they are made very much worse by carelessness and inatten-



"Sometimes the father can hold the baby while reading."

tion to the laws of their being. Proper management would greatly improve their physical health. But parents, considering the miserable inheritance already received from them, seldom pursue a right course toward their infant children. Their wrong course results in lessening

their children's hold on life, and prepares them for premature death. These parents had no lack of love for their children, but this love was mis-applied. One great error of the mother in the treatment of her infant is that she very often deprives it of fresh air, that which it should have to make it strong. It is a practice of many mothers to cover their infant's heads while sleeping, and this, too, in a warm room, which is seldom ventilated properly. This alone is sufficient to greatly enfeeble the action of the heart and lungs, thereby affecting the whole system. While care may be needful to protect the infant from a draught of air, or from any sudden or too great change, especial care should be taken to have the child breathe a pure, invigorating atmosphere. No disagreeable odour should remain in the nursery, or about the child. Such things are more dangerous to the feeble infant than to grown persons.

Mothers have been in the practice of dressing their infants with regard to fashion instead of health. The infant wardrobe is prepared to look pretty, more for show than for convenience and comfort. Much time is spent in embroidering, and in unnecessary fancy work, to make the garments of the little stranger beautiful. The mother often performs this work at the expense of her own health, and that of her offspring. When she should be enjoying pleasant exercise, she is often bent over work which severely taxes eyes and nerves. And it is often difficult to arouse the mother to her solemn obligations to cherish her own strength, for her own good, as well as that of the child.

Show and fashion are the demon altars upon which many women sacrifice their children. The mother places upon the little morsel of humanity the fashionable dresses which she has spent weeks in making, which are wholly unfit for its use, if health is to be regarded of any account. The garments are made extravagantly long, and in order to keep them upon the infant, its body is girded with tight bands, or waists, which hinder the free action of

the heart and lungs. Infants are also compelled to bear a needless weight because of the length of their garments, and thus clothed, they do not have free use of their muscles and limbs.

### What the Mother Leaves Out.

THAT a child must first of all be healthy; that health is absolutely essential to success of any kind, the average mother is beginning to get pretty clearly into her mind with regard to her child. But she interprets the laws of hygiene to mean three things: fresh air day and night, wholesome food at regular intervals, and as much sleep as possible. These are essentials. But one thing remains, and that the average mother leaves out of her regime. She must substitute for the modern child's craving for excitement, restlessness, and pleasure, the atmosphere of quiet, contentment, and happiness. She fails, first of all, to dress her child wisely. Where she makes the mistake here is that she dresses her child for her pleasure, but not for his convenience. Again, she does not realise that the most normal and fortunate of people are those who are able to find joy in simple commonplaces, and contentment in the ordinary routine of a busy life. This, as applied to the child, means a quiet, uneventful mudpie and sandpile existence, with mother near enough to give a sense of companionship.

The little common joys of every day,  
My garden blowing in an April wind,  
A linnet's greeting and the morning fall  
Of happy sunshine through the open blind.

These are the real joys of life, but they are lost upon children who are trained always to be entertained. They are not to be had at the diabolical children's parties. They are the gift of quietness and the blessing of healthy solitude. And they are the only virus that can render a child immune from that craving for excitement which is nothing less than a nervous disease, and is the curse of so many homes to-day.—*The Ladies' Home Journal*.



LET THE CHILDREN ENJOY THEMSELVES IN THE OPEN AIR

### Children's Mental Clothes

ALL mothers of more than one child will tell you that no two children can be brought up alike. Everybody knows that this is true. Yet when our children reach the school age, for the sake of convenience we assume that their mental natures can be brought up exactly alike, and we turn them over to the school with a cheerful carelessness that, when one stops to consider, is just a little difficult to explain. Suppose all the children were obliged to wear clothes that were given out in the schoolroom, and that the clothes from each grade were all of precisely the same cut and size. What a great letting out of hems and taking up of tucks and sewing on of trimming there would be the minute the little people came home with the new garments! There is no reason to suppose that the mental garments that they actually do bring home and wear will fit them any better or be any more becoming. It is more worth while to examine into this matter than we suppose, to see if we cannot let out a hem or take up a tuck, and so secure a better mental fit. And it is a most fascinating occupation to add a little trimming, or even do a little mental embroidery to increase the becomingness of the educational costume.

#### The Real Way to Teach Through Play

The youngster who has been taught to behave himself reasonably well is doubly fortunate if his mother still stands at the

helm to guide the development of his mental habits. Childish curiosity, properly handled, grows into the eager interest in the unknown that is a never-failing characteristic of the bright mind. The love of stories may be made the foundation of a real literary taste, and leads in a natural way to the study of reading, the acquirement of an extensive vocabulary and the accumulation of a large fund of general information. The natural fondness for creating, "making things," may aid in numberless ways the development of dexterity, and naturally and without friction the child may learn to write. The love of riddles and puzzles, so universal among children, might just as well lead them gradually into all kinds of mental arithmetic, forever banishing the dread of mathematics. Most important of all, the habit of obedience lays the foundation for power of attention which soon becomes the habit of concentration, the absolute essential of good scholarship. All this and much more may be accomplished in the work and play of every-day home life, without friction, and incomparably better than at school where individual needs, though recognised by all good teachers, cannot possibly be met. It is the colossal mistake of our educational method, absurd if it were not so serious, that we kill by starvation the natural gifts and strength of our babies, and later require them to spend years at arbitrary and artificial tasks in a vain effort to resuscitate what we have so thoughtlessly neglected.—*Selected.*







## Salads

GEORGE E. CORNFORTH

THE following are a few combinations which may be used with the dressings given in the last article:—

### Celery and Walnut Salad

Cut celery into small dice. Mix mayonnaise with it. Sprinkle broken walnut meats over the top.

### Vegetable Salad

Mix together in any proportion, string-beans cut into small pieces, green peas, cooked carrots cut into dice, diced celery, and chopped olives. Use either mayonnaise or French dressing.

### String-Bean Salad

Cut tender string-beans into diamond-shaped pieces. Boil them. When cold mix with them a few olives cut into small pieces, celery cut into dice, and a little onion cut fine if liked. Use either French or mayonnaise dressing, and sprinkle broken nut meats over the top.

### Potato and Beet Salad

With a mixture of diced cold cooked potatoes and beets in any proportion, use either French or mayonnaise dressing. A little hard-cooked egg cut into small pieces and grated onion may be added if liked.

### Cucumber and Radish Salad

With diced cucumbers and thinly sliced radishes use French dressing.

French dressing may also be used on lettuce, young, tender leaves of spinach, endive, cold cooked spinach. The best way to prepare lettuce to use with French dressing is to shred it. To do this cut the large leaves once or twice lengthwise, then pile several leaves together and roll them up into a tight roll, then with a sharp knife cut across the roll, making fine shreds. Shake the shreds apart. Remember, in using French dressing with this shredded lettuce, to use only as much dressing as the lettuce will take up.

I am not including onion in many of these recipes, for its flavour is disliked by many, but it might be added to nearly all the vegetable salads for those who enjoy the flavour.

### Spinach Salad

Form cold cooked seasoned spinach in the shape of bird's nests. Place each nest on a lettuce leaf. In the nests place little eggs made from cottage-cheese. Place a spoonful of mayonnaise on the side of the nest.

### Carrot and Pea Salad

Over equal parts of peas and diced cold cooked carrots use mayonnaise dressing.

### Raw Carrot Salad

Very young, tender carrots which are usually pulled up and thrown away when the gardener is "thinning out" his carrots may be washed, scraped, and sliced, and used as a salad with French or mayonnaise dressing.

### Egg Mayonnaise

Cut cold hard-cooked eggs through the centre crosswise. Remove the halves of the yolks. Cut the half whites into strips lengthwise of the egg, making triangular-shaped pieces. Place lettuce leaves on individual plates. In the centre of each leaf place half an egg yolk. Around each yolk place the triangular pieces of white so that the sharpest corner of each piece is toward the yolk. Drop bits of mayonnaise on the lettuce around the white.

### Celery and Egg Salad

With one cup diced celery mix the chopped whites of two hard-cooked eggs. Add mayonnaise dressing. Place on a bed of lettuce leaves. Slice the yolks, and arrange them on top of the salad.

### Stuffed Tomato Salad

Scald and peel firm tomatoes. Cut a hole in the stem and remove the pulp. Fill with diced cucumber mixed with mayonnaise or French dressing. Garnish with nasturtium leaves and flowers. Or fill the tomato shells with cottage-cheese to which chopped pecans and chopped celery have been added.



Graham biscuits. Spinach salad in the shape of a bird's-nest.

and put a spoonful of mayonnaise on top of each. Or fill the tomato shell with diced pineapple mixed with whipped cream dressing.

#### Ribbon Salad

Over equal parts of red cabbage and white cabbage, shredded, use whipped cream dressing.

#### Asparagus Salad

Place stalks of cooked asparagus in rings of tomato or cooked beet which has been soaked in lemon-juice. Place on lettuce leaves. Drop spoonfuls of mayonnaise on the tips of the asparagus.

#### Stuffed Cherries

Remove the stones from fresh or canned cherries. Fill the cavities with pieces of nuts. Serve on lettuce with mayonnaise which has been mixed with a little whipped cream.

#### Cottage-Cheese and Apple Salad

Peel an apple, remove the core, and slice the apple crosswise. Dip the slices in lemon-juice so that they will not discolour. Place them on lettuce leaves; on each slice place a ball of cottage-cheese seasoned with cream and salt, and on top of the cheese put a spoonful of mayonnaise.

#### Cottage-Cheese and Pineapple Salad

Use a slice of pineapple in place of the slice of apple.

#### Banana Salad

Cut a banana into quarters lengthwise. Cut each piece in half. Dip the pieces into mayonnaise to which whipped cream has been added, then roll the pieces in chopped nuts. Lay the pieces on crisp heart leaves of lettuce.

#### Fruit Salad

Select rosy-cheeked apples. Polish them. Cut a slice from one end. Remove the core, then scoop out the inside of the apple, putting the pieces into whipped cream dressing. Add to the apple mixture a little pineapple cut into small dice. Make funnels out of the tender lettuce leaves. Press them down into the apples, then fill them with the apple mixture.

#### Orange, Apple, and Cherry Salad

Use whipped cream dressing with a mixture of these fruits.

#### Strawberry and Pineapple Salad

Place in a bowl alternate layers of diced pineapple, and strawberries cut into halves, sprinkling each layer with grated maple-sugar. Sprinkle a little lemon-juice over all.



No-soda biscuits. Egg mayonnaise. In this salad the mayonnaise dressing is placed over the egg yolk.

## Home Adjuncts

Mrs. D. A. Fitch

THERE are few subjects on which more might be written, or about which more needs to be said, than the home and its attractiveness. Many and varied are the appointments of a true home. Love must be the ruling spirit of the home; not only love for the other members of the family, but love for the home itself, its environments, and its work. In order to make the habitation really a home, this love is not to be exercised on a selfish basis, but must be heaven-born. Love for the home will so lighten the otherwise burdensome tasks that changeful occupations will shut out the call so often made for questionable recreations.

Order is said to be the first law of heaven. Then to have a heavenly home there must be order; not order enforced and obligatory, but that which is a natural result of love for regularity and system. Unfortunately, many parents have no in-born love for tasteful arrangement, but a housekeeper's instinct—if I may so call it—may be acquired. Scarcely anyone objects to order,—having a place for everything and everything in its place; but the wish may be for someone else to keep them so.

Occasionally one is met who does not wish to have his room put in order. Said a young man, "I don't like things put away. I want them handy. I wouldn't mind if my books and papers lay a foot deep on the floor." Should he chance to read this, he will remember spending a good portion of a day hunting for a piece of paper which ought to have had a more convenient place than among the foot-deep literature on the floor.

Cleanliness is another of the practical adjuncts of the home. It usually is an accompaniment of order, but not necessarily so. Articles may be clean, but out of place; or in place, but not clean. Housekeepers having these twin accomplishments are no more afraid of exami-

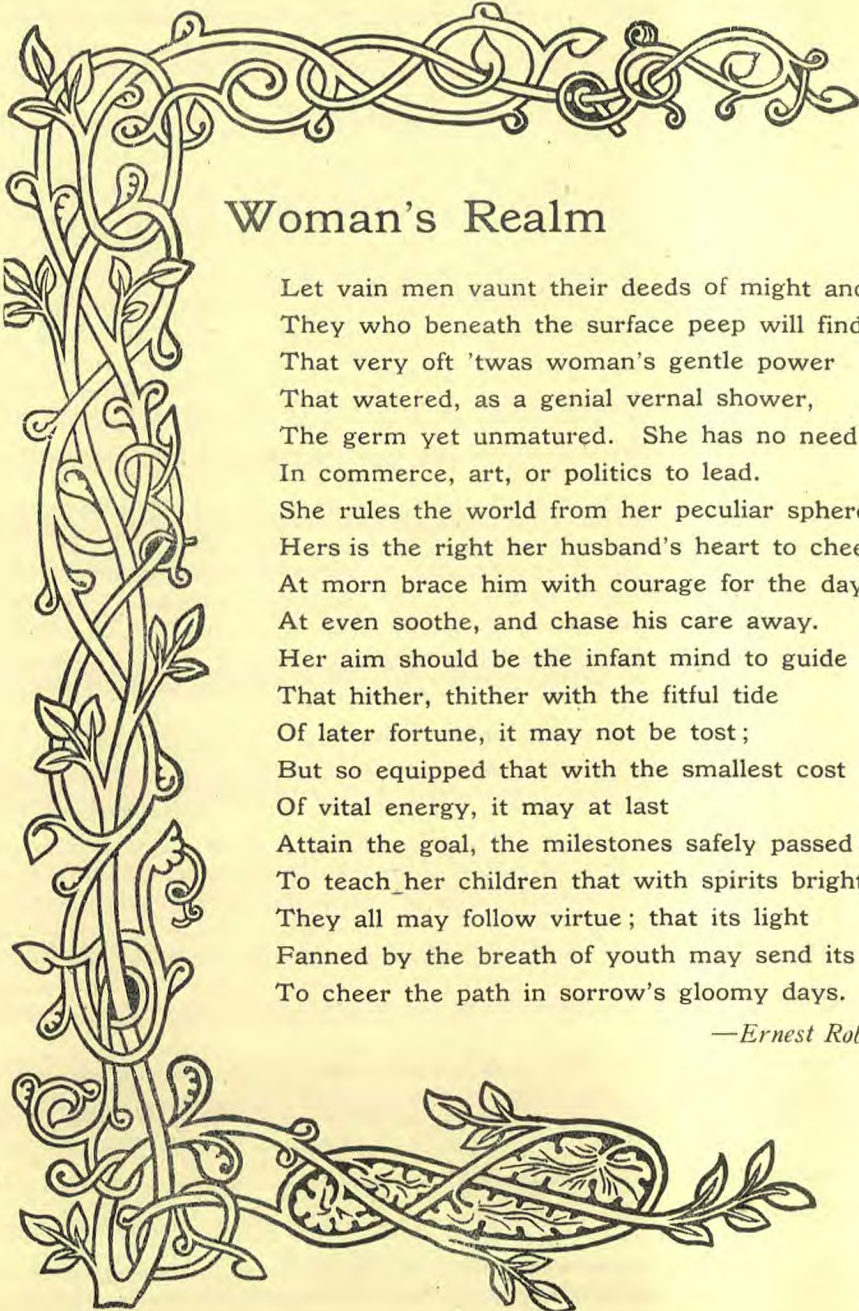
nations on the top shelf of the pantry, or under the bed, than in the middle of the parlor floor or on the polished surface of the front hall mirror.

The requirements of an attractive home do not consist in elegant furniture or a fine building. The writer remembers some very happy weeks spent in a log house where the roof did not altogether protect from rain. Her youth was mostly spent in the large farmhouse, the second story of which was unfinished. Blankets or sheets formed the room partitions, and nothing intervened to dull the sound of the "rain on the roof."

Homes, simple in construction, practically unadorned, but sheltering loving hearts, are even more attractive than palatial residences whose inmates are wrapped up in city business, or other outside pursuits.

Though the practice of economy is desirable even in the wealthiest of homes, it is a matter of the greatest importance in the homes of the poor. In most such homes it is want of economy—perhaps often because of not knowing how to economise—that has contributed materially to the distressing conditions. Settlement workers, by proper instruction, have enabled many families formerly living in squalid poverty to secure the greatest possible good from a proper expenditure of their limited incomes.

Promptness and punctuality in everything which pertains to the best interests of others should be the rule. Regularity of meals is to be urged both as a matter of convenience and as a means of promoting the health. A teacher of dietetics was explaining the necessity of regular meals on the ground of the "gastric juice habit," when one of the class, a man with a family, said, "Meals are so very irregular at our house that the gastric juice never knows when to flow."



## Woman's Realm

Let vain men vaunt their deeds of might and mind ;  
They who beneath the surface peep will find  
That very oft 'twas woman's gentle power  
That watered, as a genial vernal shower,  
The germ yet unmatured. She has no need  
In commerce, art, or politics to lead.  
She rules the world from her peculiar sphere :  
Hers is the right her husband's heart to cheer ;  
At morn brace him with courage for the day ;  
At even soothe, and chase his care away.  
Her aim should be the infant mind to guide  
That hither, thither with the fitful tide  
Of later fortune, it may not be tost ;  
But so equipped that with the smallest cost  
Of vital energy, it may at last  
Attain the goal, the milestones safely passed ;  
To teach her children that with spirits bright  
They all may follow virtue ; that its light  
Fanned by the breath of youth may send its rays  
To cheer the path in sorrow's gloomy days.

—Ernest Robinson.

## The Need of Capable Cooks

P. S. Bourdeau-Sisco, M. D.

IT would almost seem needless to speak or write upon this important subject, were it not for the fact that so many entrust this very essential and thoroughly scientific work to ignorant, illiterate persons who have no knowledge of the first elements of the subject. Their effort is so to arrange the food that it will cater to perverted appetites. They take no thought of securing pure unadulterated foods, and have no knowledge of the different food values and best food combinations.

Because of this prevailing custom, many young women feel that a work that is so often done by uneducated persons, is a work that is not to be performed by one who has spent years in high school and college. This certainly is a mistaken idea. Cooking is not only a science, but an art. It requires a good education to be able to understand the chemistry of the different foods. And art must be exercised in the preparation of these foods so that they will appeal to the smell, the sight, and the taste. The most wonderfully constructed machine in the world is the human body; and practice, skill, and the best judgment are required to give it just the nourishment that is suited to its needs, and necessary to keep it in good working order.

It is said that "as a man eateth, so is he." We are made up of the food we eat. How important, then, that this food be the purest, most free from disease, rightly balanced in food elements, and that it be prepared in such a manner that the digestive juices will be able properly to do their work upon it, without the so-often-seen results of fermentation, acidity, constipation, etc. A good cook must understand anatomy and physiology to be able to adapt the foods to the laws that govern the body. Is it any wonder that so many persons are sick, considering the food they have to eat?

One young woman, a high-school teacher, recently said, "Why, Doctor, I had to be under the physician's care all last year because of the stuff I had to eat at my boarding-house. There was so much fried food, grease in everything, and the food was so rich and highly seasoned." Now a cook should know why fried, greasy foods are not wholesome; why condiments hurt the digestive organs. If we do not know why these combinations work injury, we cannot hope to remedy their ill results.

Whatever may be our profession, we should feel it our duty to understand how to cook. The time we spend in learning this important science will be most profitable to us and to all who will partake of food prepared by our hands.





## Simple Remedies for Children's Ailments

EDYTHE STODDARD SEYMOUR

### For a Burn

**C**ARRON-OIL should be kept on hand for burns. Make it by shaking equal parts of lime-water and olive oil together until they form a milky-looking emulsion. Apply on a clean cloth. Vaseline, olive-oil, butter, or lard can be used until the other is ready, or for a slight burn.

### For a Cut

Bathe a cut with hot water; if bleeding much, pack on baking-soda and bandage rather tightly; if blood comes in spurts from an artery, tie firmly between the cut and the heart, bandage the place, and send for a doctor.

### For Sick Stomach

If sick stomach comes from overeating, stop all food, and give a teaspoonful of lime-water in milk every half-hour. Feed thin milk two hours after vomiting stops. If there is diarrhoea and vomiting, send at once for the doctor.

### For Loose Bowels

Give a teaspoonful of castor-oil; but if it is possible to do so, get the doctor at once, especially in the summer, for a diarrhoeal condition may in a few hours get so serious that even the doctor may not be able to do anything for the child.

### For Constipation

Feed between the regular feedings sweet cream, orange-juice, or strained oatmeal gruel made from long-cooked oats.

### For Eczema

Avoid all soap over eczema spots, clean with olive-oil, and if the surface is moist and angry, dust with talcum powder, preferably the borated talcum. Keep the child from scratching the spots. In case of eczema, one can almost be certain that there is something in the diet that needs correcting.

### For Heat Rash, Stomach Rash, Hives

For any such eruption first give a dose of castor-oil, then dab moist baking-soda over the irritated skin, and let it dry on. Repeat this often if there is itching. Give orange-juice between feedings.

### To Remove a Splinter

Heat the end of a needle red hot; when cold, pick out the splinter with it. Drop a little peroxide of hydrogen on the place.

### For a Dog or a Cat Scratch

Wash the wound and drop peroxide of hydrogen on it. Always keep this in the house (and bandages, too), as it is very cleansing and healing.

### Contagious Diseases

Mothers should know how to distinguish contagious diseases from ordinary heat rash or a rash caused by indigestion. If there is any doubt, call a doctor. Some grow worse so rapidly that the patient gets beyond help before the doctor sees him. I have personally known two lovely girls to die because the parents did

not know for a week that their daughters had diphtheria.

#### Diphtheria

This comes on suddenly, with fever, sore throat, vomiting, and pains in the back and limbs. On examination the throat shows white spots. Children less than a year old or nursing babies seldom contract the disease. It is very contagious, and one should step aside when the patient coughs. The eyes as well as the mouth take the germs. In severe cases of croupy cough, examine the throat for white spots. Membranous croup is one of the worst forms of diphtheria.

If a child has been exposed to diphtheria, or the disease is present in the neighbourhood, have him gargle his throat every day with peroxide and water or salt and water; if the child is too young to gargle, wash the mouth with a clean cloth dipped in a peroxide solution.

If the baby is already sick from diphtheria, send for the doctor, and get a room ready to keep the child separate from the rest of the family. Remove all unnecessary furniture. Make a bucket of water milky looking with creolin, and go over the floor and furniture with a damp cloth wrung from the water. Washing-soda or soap can be used if creolin is not at hand. While waiting for the doctor, inject warm water into the bowels to clean them out.

#### Scarlet Fever

Scarlet fever is also very serious and very contagious; sometimes the case develops so fast that the patient dies in a few days. Others have it very lightly. All should be kept isolated, and stay in bed while the rash is out. Later the skin dries and peels, and the child should stay alone until the doctor says it is no longer likely to transmit the disease.

Scarlet fever comes on suddenly; the child complains of sore throat; sometimes this symptom is very severe. Vomiting usually is severe at first. The rash appears in fine, bright-red pimples about the third day, first on the front of the neck and around the armpits. The chin,

nose, and mouth are free from rash. A physician should always be called, as dangerous complications occur.

#### Measles

This disease is usually considered mild, but often there are complications that make it dangerous, and even fatal. The patient should stay in bed, in a partly darkened room, with the eyes shielded from the light, until the rash is gone. The purplish-red rash appears first on the face, the spots being about the size of a split pea. The eyes and nose run, and there is a cough.

#### German Measles

The rash of German measles resembles that of measles, but is rose-coloured, and disappears a minute after pressure. The glands back of the ears and under the chin swell about the time the rash appears. It is the mildest of all these diseases, and needs no treatment. Keep the child indoors while the rash is out.

#### Whooping-Cough

starts with an ordinary-sounding cough; after the disease progresses, there are a number of short coughs followed by a prolonged whooping sound. In light cases there is little of the whooping, but it is just as contagious as in severe cases. If there is much vomiting, feed a few spoonfuls of milk between coughing spells. Keep the child out-of-doors as much as possible, bundling him well when the weather is bad. Avoid heating exercise, for this is sometimes fatal.

#### Mumps and Chicken-Pox

Mumps, with the swollen glands under the angle of the jaw, and chicken pox, with its watery-looking blisters, are both mild diseases. Keep the child indoors.

### First Aid and Common Sense

"FIRST aid to the injured" has been the target of much good-humoured sarcasm, no small part of which is justified. There is a certain quality in human nature, a sort of fussy love of managing

other people's affairs, that makes it more agreeable to be the doctor than to play the part of patient. When you add to this quality a little half-digested and vaguely remembered information gathered from some "first-aid" pamphlet, you have a combination that is often amusing and sometimes dangerous.

In no intelligent community ought it to be possible for such a scene to occur as took place one summer in a boys'

seen before; and so on. Meanwhile the commotion and the lack of any sensible assistance had thrown the poor boy into a state of frantic fear that was far more dangerous to him than any fish-hook.

There are many sensible first-aid books. One of them should be always and instantly accessible. Even that is not enough; the knowledge that it contains should be stored in the brains and in the memories of the elders of the house.



A reliable book on "first aid" should be in every camp

camp. A member of the camping party—a small boy—had embedded a fish-hook in the fleshy part of his foot. In a few moments he was lost in a struggling mass of screaming women, from the midst of which his agonised yells could be heard long after he himself had become invisible. Meanwhile the women were screaming at the top of their lungs that the hook should be pulled out at once; that it should be left in to "work out;" that a doctor was necessary; that to call a doctor would be foolish; that it had happened to every child; that such a thing had never been

To read a first-aid book carelessly through is simply to confuse the mind. The "do's" and the "don't's" are sure to become inextricably mixed. What action to take and what not to take should be committed to memory, and rehearsed till they are as familiar as birthdays. Many of the little emergencies of life call only for intelligent home treatment. Others demand the immediate presence of a doctor. The chief value of first aid knowledge is to be able to decide correctly to which class the case belongs.—*Youth's Companion*.





## CHILDREN'S HOUR

### WHO IS SHE?

Perhaps you know the little girl  
Who's always losing things;  
Her head is in a constant whirl—  
Her property has wings.

She's very sure she puts away  
Each article in place,  
But when she wants them they're astray,  
And thus begins the chase:

"Oh mother have you seen my hat?  
It's nearly half past eight.  
I thought 'twas earlier than that—  
I'm sure I shall be late!

"And where's my coat? I hung it there  
Upon that hook last night.  
Well, yes, perhaps 'twas on the chair,  
Or under it you're right.

"Somebody hid my books there. No,  
I'm sure it wasn't I.  
Hat, coat, gloves, books—a kiss! And so  
I'm ready now. Good-bye!"

What work and worry she could spare  
Herself, and others, too,  
By just a little thought and care.  
Now, can this girl be you?

—Alice L. Carson.

### Some Babies of the Zoo

FROM baby elephants down to the baby kangaroos, frequently no larger than mice, and sometimes only as big as your thumb, the babies of the Zoo are most interesting little chaps. The only difficulty about being interested in them is that their mothers are so fiercely jealous that no one else gets a chance to care for them without fighting for it.

The question is often asked whether animals born in captivity are more likely to become tame than those born free.

"Wild animals," said one keeper, recently, "are never tamed—they are

trained. It is fear of man, if anything, that holds them in check. That is the reason, I think, why we so often observe that an animal born in captivity is perhaps a little wilder than one that has been captured and then brought to us. The captive-born never know what the fear of man is, because from their earliest infancy they have been used to seeing men."

The Zoo children have their worries over what are much the same as colic and croup, and they have as hard a time over their teeth as we had when we were babies. Sometimes a young animal will even have "fits" or spasms over cutting its teeth. It is a critical time with them.

Thus little bears have the hardest sort of work cutting their sharp little molars and incisors. Indeed, one can never be sure that a little bear will live until he has all his teeth, and is two or three years old.

Young lions, too, are sometimes slow in shedding their first or milk teeth, and suffer a great deal. Indeed, sometimes they can't take food at all for days at a time, and are in danger of starving. Then the keepers catch them and pull their old teeth out. They whine and cry a good deal over it, but it saves them.

Baby lions are just like little kittens—except that they show fight along with their playfulness from the very moment they open their eyes. Then, of course, as their teeth and claws develop they become really dangerous, and the playfulness becomes less and the fight more with this huge member of the cat family.

As a rule the little fellows are light



LION, LIONESS, AND CUBS

brown in colour, growing more tawny as they become older. A baby lion will play with a ball of worsted like a cat—until you begin to play with him yourself, and then you see the difference. In six years the lions become adults, measuring from eight to ten feet in length. Tiger kittens are even wilder than young lions.

The wolves—which are of the dog family, as the lion and tiger are of the cat family—are very prolific. The baby wolves have very thick, soft silky hair, when they first come into the world, in most species a dark, bluish grey. They grow lighter as they become older, and the hair becomes coarse and harsh.

They look for all the world like young puppies when you observe them from your own side of the cage-bars. Indeed, the dog is a long domesticated relative of the wolf. A young wolf placed in a litter of puppies will have a good and friendly time—but it is not many weeks, or even days, before the puppies cease to do so.

The jackall and fox are much like the wolf. In two or three years the little wolf puppies are full grown.

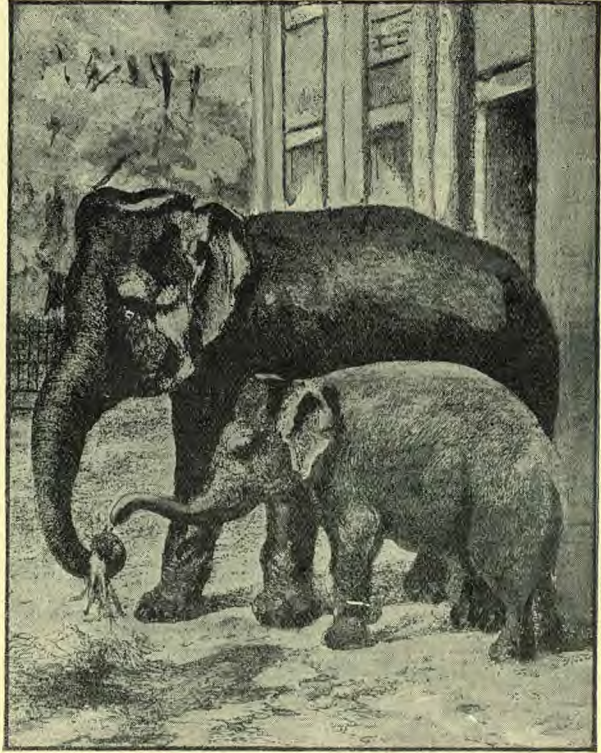
Then there is the camel, the patient beast of burden—on the desert and in the park in the summer. The young camel is also an ungainly creature, all legs, with a thick, shaggy pelt.

But the largest of all these members of the infant class in the Zoo is the baby elephant—a pinkish grey fellow at the start, but rapidly becoming the dirty grey-black of the parents.

Two hundred pounds is a good normal weight for him to start with, though some are smaller, and others range up to two hundred and fifty, and even three hundred pounds—weights befitting the youth of the largest of land animals.

The “baby,” if such he may be called, takes his dinner with his mouth, not with his trunk, as many people suppose.

Of all the babies of the Zoo, none are watched with keener interest than those which most closely resemble man—the monkeys, from the smallest marmoset to the largest chimpanzee and orang-outang. The mothers of these babies will hold them in their arms just like a human mother, and rock them gently to sleep; they don't sing to them, however. As for the young ones, they are like children



Elephant and Young

in many respects. Some baby monkeys are like most children, they delight to show off. One chimpanzee will sit in his cage as quiet as a mouse as long as no one is looking.

But let a visitor approach, and away he goes, “getting funny like a child before company.” He will put both elbows on the floor and slide on his ear and chatter, or, hand-over-hand, climb to the roof of his cage and swing by one foot.

Speak sharply to a young monkey, and



### Vacation Time

School-books now will be forgotten, and our story-books read  
Under trees where the shade is welcome. Bright is the garden-bed ;  
Meadows are green and hillsides are sunny, with blossoms sprinkled o'er.  
Merriest picnics now we are having down by the cool seashore.  
Early and late the birds are calling, quickly the glad hours run,  
Romping and racing, happy and gay—this is vacation fun.

—Mary Catherine Callan, in *Youth's Companion*.

he will run to his mother, who will abuse you fearfully.

One thing the animals do not have to bother about is naming the baby. But the keepers do.

Of course, as soon as a birth occurs in the Zoo it is invariably reported in the newspapers, then letters come in from readers of the papers, suggesting names for the new arrival.—*Girl's Own Paper*.

### The Little Loaf

ONCE, when there was a famine in a certain land, a rich man sent for the twenty poorest children in the town to come to his house. And when they all arrived, he said to them:—

“In the basket there is a little loaf for each one of you. Take it and come back to me every day, at the same hour, till the good God sends us better times.”

Eagerly did the hungry children run to the basket, and quarrel and struggle for the bread, because each wished to have the best and largest. At last they went away, without even thanking the good man.

But Gretchen, a poorly but neatly dressed little maiden, remained standing

modestly in the distance. Then she took the smallest loaf, which alone was left in the basket, and gratefully kissed the rich gentleman's hand, and went quickly home.

Next day the children were just as ill behaved as before, and the poor, timid Gretchen received this time a loaf which was scarcely half the size of the others. But when she came home, and her sick mother cut the loaf open, many silver pieces of money fell rattling upon the floor.

The mother was not a little alarmed, and said. “Take the money back to the good gentleman at once, for it certainly got into the dough by accident. Be quick, Gretchen, be quick.”

When the little girl came to the rich man, and gave her mother's message, he said kindly:—

“No, no, my child, it was no mistake; I had the silver pieces put into the smallest loaf to reward you. Remain always as contented, peaceable, self-denying, and grateful as you are now. She who would rather take the smallest loaf than quarrel for the large ones will obtain far richer blessings than even if money were baked into the loaf. Go home, and greet your good mother very kindly from me.”  
—*Selected*.





[Send questions for this department to the Editor, LIFE AND HEALTH, Warburton, Victoria.]

NOTICE.—Subscribers sending questions to this department should invariably give their full name and address, not for publication, but in order that the Editor may reply by personal letter if he so desires. Because of this omission several questions have not been answered.

### 157. Goitre

A correspondent from Hamilton states: "My daughter aged fourteen years has recently developed a lump in her neck. I noticed it about six weeks ago. It seems to be gradually getting larger. It is on the right side, and just below what is called 'Adam's apple.' She is a healthy girl, and so far it hasn't troubled her. In the event of it being goitre, what would you advise me to do?"

*Ans.*—This is evidently a case of unilateral goitre. Many of the treatments for goitre can only be carried out by a specialist. Goitre is mostly due to "hard" drinking water, and, consequently, a change of climate is often beneficial. An ice cap should be placed over the goitre for half an hour two or three times a day. In this way the blood vessels of the gland are contracted, and the supply of blood being lessened, the growth of the goitre is also restrained. Painting the tumour with tincture of iodine, or an equal part of tincture and liniment of iodine, is certainly useful. Galvanism is also helpful when properly applied. Begin with a weak current, say, six Leclanché cells, and gradually increase to twelve cells. The negative electrode should be placed upon the lower part of the back of the neck (over the spine), and the positive moved about upon the skin in front of the sternomastoid muscles upon each side. The sternomastoid muscles extend from the side of the head, behind the ear, to the top part of the breast bone (sternum) in

the middle of the neck. These muscles are made apparent on turning the head from one side to the other. Each sitting should last from ten to fifteen minutes three or four times a week.

### 158. Vaccination

Mount Gambier asks for "advice as regards vaccination in the present small-pox scare. Do you think it advisable to be vaccinated, and if not, why not?" Serum-therapy, the treatment of disease from different blood preparations, is becoming more and more successful. It is a natural treatment, a fighting against disease with the remedies nature herself produces. The great success of treatment of diphtheria with anti-toxin, no one, with any experience whatever, can doubt. The mortality from this disease has been lessened very considerably. Other serums, the anti-streptococcic serum in puerperal fever, Flexner's serum in meningitis, the special serums prepared from acne (a pustular disease of the skin), etc., are without question producing very beneficial results. There can be no reasonable doubt that the inoculation with the vaccine from cow-pox when successfully performed has a very protective action against small-pox, and if it does not prevent the onset of the disease altogether, it very much mitigates the symptoms. In most cases it is an entire preventive, especially when recently performed; the protective action to some extent lasts throughout the lifetime.

Re-vaccination after six or seven years, however, is advisable where there is risk of infection. Vaccination should be performed under proper aseptic conditions. If there be a lack of surgical cleanliness in the instruments of the operator, the skin or clothes of the patient, other germinal matter may be inoculated and cause serious trouble. We believe the calf lymph prepared under government supervision can be fully relied on, as every possible precaution is taken to avoid the inclusion of anything of an injurious nature in the vaccine.

#### 159. Gall Stones

"Inquirer" from Booleroo Centre, writes: "My brother is troubled with gall stones. He has been very ill with them. The doctor says he is too weak to undergo an operation. He has been in poor health for some time. Could you tell me of anything that would relieve him of them or give him ease?"

*Ans.*—Where the attacks of biliary colic are persistent and the general health permits, we believe operation is the best procedure. Where operations are inadvisable, something must be done to relieve the excruciating pain. Pain, of course, can be relieved by morphia, but this should be a dernier resort. It certainly gives great temporal relief, but at the same time it undoubtedly deranges the whole system, and has a specially unfavourable action on the whole of the alimentary canal. A full, hot blanket pack or hot trunk pack, will often make morphia unnecessary, or lessen the size of the dose required. Wring the blanket from boiling water, quickly spread it out over a dry blanket, and as quickly as possible wrap it about the patient, and cover well with dry blankets. The arms need not be included in the pack. The heat of the pack may be maintained by hot water bottles. The hot blanket may be renewed in half an hour's time, or as soon as the heat is sensibly lessening. Where the pain is not

so severe, large fomentations may be sufficient. A full hot bath will often give great relief. Apply cold cloths to head and neck. There is no really specific remedy for gall stones apart from operation.

#### 160. Baldness

"Otero" writes: "Is alopecia areata a nervous affection or a parasite? Two years ago I got two patches on the left side of my head, . . . and now another patch has come."

*Ans.*—It is generally believed to be due to a parasite. Many authorities have considered it to be a nerve disease, and have treated it accordingly. Undoubtedly the best results are obtained by those agents which cause the most irritation. Irritation increases the blood supply, and thus stimulates the growth of hair. Strong carbolic acid, strong sulphuric acid, or ordinary blistering fluid, may be applied to the patches. When not using these strong applications, alternate hot and cold applications followed by massage are helpful.

#### 161. Seminal Discharges

"Outis" complains of the above during evacuation of the bowels. Very often due to masturbation during youth, and to too frequent venery. "Outis" states that he is otherwise "strong and in good health." Many self-styled "specialists" regularly fleece young men on this point. The symptom is one that certainly should be attended to, but often the quack advertiser does much more harm by the mental condition he causes in his patient than is caused by the continuous losses. It is the worry of what "might occur" that drives some to the lunatic asylum. The discontinuance of bad habits, and the observance of the laws of health, will do much to rectify the errors of youth. Sleep in a good, airy bedroom, avoid soft mattresses and heavy coverings. Sponge morning and night with cold water the

loins and private parts. The bowels should be kept regular by suitable diet, and the drinking of cold water between the meals. Avoid tea, coffee, much animal food, condiments, pastry, and all rich foods. Exercise in the open air is very helpful. Above all things, do not let the mind dwell on the trouble.

### 162. Urticaria Nettle Rash

A correspondent from Canterbury, N.Z., complains of "swellings which come up on any part of the body without a moment's notice, and last a few hours, and then disappear. The swellings are very large and firm, the skin being very tight. . . . There is no pain, but a little itching. . . . The cold never affects him, but if he gets over-heated he has more swellings, and if any part is irritated it swells."

*Ans.*—The case is evidently one of "urticaria." It is often very persistent and difficult to get rid of. It is most generally due to gastro-intestinal disorders, disorders of digestion, but it also occurs in connection with cerebro-spinal fever, dengue, malaria, disorders of menstruation, mental emotion, intestinal parasites, bronchial troubles, rheumatism, etc. It may be due to drugs or special foods, such as antipyrine, quinine, excess mineral waters, mushrooms, oatmeal, pastry, pork, shell-fish, or other indigestible foods. In some, strawberries cause it. Nettle rash is thus but a symptom of many diseases, and a very careful examination and inquiry into history of case is necessary before any satisfactory treatment can be advised. It is certainly a nervous symptom. Daily cold sponging and thorough friction with a rough towel will be found helpful. The diet should include a plentiful supply of fresh fruit. All articles difficult of digestion should be avoided. Silk or cotton garments should be worn next the skin. Avoid heavy clothing. Avoid tinned foods, fish, corn meat, pastry, rich foods.

### 163. Deficient Lactation

A Bunbury correspondent complains that her first child died through artificial feeding, which was rendered necessary through insufficient supply of mother's milk, and asks for advice in regard to future children.

*Ans.*—There is certainly no drug which has any specific action in the production of milk, neither is there any special food that will bring about this result. What is required is good, general health. Over-feeding will not necessarily produce milk. It may simply add to the weight, or produce digestive disorders. The general health during pregnancy should be maintained by plain, simple, and nourishing diet, the avoidance of too many articles at one meal, and the use of tea, coffee, or cocoa. No food of any description should be taken between meals, and the evening meal should be a light one, so as to ensure a good night's rest. The bed-room should be airy, well ventilated, and exposed as much as possible to sunlight. The body should be daily sponged with cold water, and reaction favoured by friction of rough towel. Daily but light exercise should be taken in the open air. Gentle massage of the breasts, especially during the last two or three months of pregnancy, will help to develop the breasts. Dr. Kellogg states that "Gentle manipulation of the nipple in imitation of the act of milking is in many cases very efficacious in promoting the secretion of milk. By this means the secretion has been produced in women who had never borne children, and even in young girls and men in such a quantity as to enable them to perform the part of wet-nurse with entire success." After the confinement, the drinking freely of water between the meals and liquid foods at meals will help the production of milk. Any good, plain food will produce milk, and milk itself, if well digested, is particularly helpful. We do not believe in the taking of nourishment between meals. Three meals daily with perhaps a small basin of gruel, groats, or hot milk



at bedtime is all that is required. The child should be put to the breasts a few hours after birth, and at regular intervals until the flow of milk is regularly established. Do not feed the child on milk, sugar and water, or on any solid foods, such as sago, maizena, etc. Much harm is frequently brought about in this way. It must be remembered that, generally, nature produces all that is necessary for the child, and very little is required for the first three days. It must be acknowledged, however, that some women, although perfectly healthy in themselves, are very poor mothers, and in these cases artificial feeding is often absolutely necessary. No solid food, such as maizena, sago, and bread should be mixed with the baby's milk for the first eight months. A great deal of trouble is occasioned by the non-observance of this rule. Cow's milk is not so rich in sugar as mother's milk, and a little sugar of milk (not ordinary cane sugar) should be added to each drink. Fresh cow's milk should be allowed to stand in a jug for two or three hours, and the upper creamy third should be given the child. This may be diluted with at first equal parts of water. In unhealthy children the cow's milk sometimes disagrees, the large curds formed in the stomach are not properly digested. Barley water or some thickening food, such as Mellin's food or other infant's food may, with advantage, be added. This causes the milk to form much small curds in the stomach, and, consequently, the digestion is more satisfactory.

#### 164. Change of Life

"Millicent" asks for "a safe and necessary medicine to take, as she is just undergoing the change of life, and as she is afraid of getting a bad leg, what would be a preventive?"

*Ans.*—No special medicinal treatment is necessary during the climacteric period. Nature, when properly respected, is equal to all emergencies. The frequent use of castor oil during pregnancy, and the ad-

ministration of purgatives, hypnotic and sedative drugs, such as the bromides, during the climacteric period are all, not only absolutely unnecessary, but harmful. Unless constipation exists, no special treatment is required for the bowels. The leg trouble is probably due to enlarged veins. The leg should be rested in the horizontal position as much as possible.

#### 165. Asthma

A correspondent asks for treatment of asthma. He has tried the burning of blotting paper, which has been soaked in saturated solutions of nitre, without much result, and other remedies. Asthma is essentially a nervous disease, and it may have its origin in the terminal nerves of the bronchial mucous membrane or in the nerve centres of the spinal cord. The origin is, however, frequently referred to digestive or womb troubles. During an asthmatic attack the smaller air tubes of the lungs are very much lessened in size by muscular contraction—the lung is full of air, but the narrow bronchial tubes will not allow the air to be passed into the larger air tubes. Morphine, chloroform, inhalations of nitre fumes, etc., will relieve the spasm of the small bronchial tubes, and relief is at once obtained. Morphine and chloroform should only be used in extreme cases, and when administered by the physician. The powders advertised for asthma usually contain belladonna, hyoscyamus, and stramonium beans mixed with nitre. These are burnt on hot coals, and the fumes inhaled. A free action of the bowels will often ward off a threatened attack. A change of climate will often produce wonderful improvement, and sometimes a complete cure. It has generally been taught that the climate should be precisely opposite to that in which the asthma was first contracted. Often densely populated, smoky, and stuffy districts of large cities are the most suitable for the relief or prevention of spasmodic asthma. There are comparatively few sufferers from spasmodic asthma amongst

the population of the poorest districts of London. As, however, many cases of asthma are associated with more or less bronchial catarrh, a dry and warm climate with a good elevation is desirable. It must be remembered, however, that the personal element is especially great in asthma. What will suit one case admirably will have quite an injurious effect in other cases. Exercise in the open air (not fatiguing), cold sponging followed by friction with a rough towel, remove undue sensitiveness of the surface of the body, and thus lessen the predisposition to attacks. The digestive functions should be carefully attended to. Diet should be simple and nourishing. All mixed and complicated dishes should be avoided. Many sufferers are quite aware of foods that bring on an attack in their own cases. Suppers and late dinners should be avoided. Feather beds and pillows in many will increase the liability to asthmatic attacks. There, however, is no specific treatment for asthma. Every case needs special treatment to correspond to its special nervous peculiarities.

#### 166. Tender Ovaries; Urine Treatment; Chilblains

"Diamond Creek Inquirer" asks for remedy of above apart from operation or rest; and also if "urine is ever efficacious, internally or externally, in the treatment of diseases."

*Ans.*—Tender ovaries may be due to many conditions, and a thorough medical examination is desirable. Rest during the menstrual period is absolutely necessary. Bowels should be regular, and as far as possible without the use of purgative medicines. Avoid all foods that cause flatulence and constipation. A hot, twenty-minute hip bath (102° F.) with foot bath (104° F.), followed by cold sponge and use of rough towel before retiring, is helpful. Urine contains poisons excreted from the blood, and could not possibly do good in any disease. We know of no condition where its external application is advisable. We have heard

it recommended in chilblains, but such undesirable treatment is not necessary when such excellent results can be obtained by forming a protective covering with surgical collodion and cotton wool. Moisten the cotton wool with the collodion, and allow to dry on the parts. This will cure chilblains in a couple of days.

#### 167. Rough Skin on Face of Child

W.A.B. asks for remedy, and states that the child "is inclined to eat too much, but is kept in check."

*Ans.*—Disturbed digestion is responsible for roughness of skin of the face in most cases. Use plain food, avoiding much sugar and articles cooked with fat of any kind. Free use of fresh fruit with breakfast and tea is advisable, but not between meals. The bowels should be kept regular (without medicine), and frequent washing of skin with tepid water is advisable. There can be no objection to the use of well-prepared lanoline.

#### 168. Nasal Catarrh and "Germ of Insanity"

A.P. complains of "a discharge from the nose coming down the back of the throat, like white jelly," and also writes: "I have been told that my nerves are completely shattered, and that I have the germ of insanity. Is there such a thing as germ of insanity? If so, is it possible to keep it from developing? . . ."

*Ans.*—Nasal catarrh is a very common complaint. In a great many cases it is due to frequent colds brought on by over-feeding or improper foods, and insufficient care of the skin. From these causes the blood is loaded with impurities, which increase the liability to chills and colds. One of the best remedies for a recent cold is a short abstinence from food or an exclusively fruit diet for full twenty-four hours or more. This procedure allows the skin to throw off the poisons in the system, and no fresh poisons are absorbed from the alimentary canal, with the result that the "cold" begins at once to mend.

Too much clothing about the body interferes seriously with the action of the skin. In nasal catarrh, however, it is absolutely necessary to keep the extremities warm. All rich and indigestible articles of food should be avoided, especially fried foods, foods cooked with fats and complicated dishes—dishes containing too many kinds of foods. The skin should be kept active by daily cold sponging. The neck and upper part of the body should especially be liberally treated with cold water. All drinks, especially tea, coffee, and cocoa should be avoided at meal times. Unless the digestive organs and the skin be attended to, there can only be temporary improvement from local applications. Local treatment, however, is very valuable when the general health is attended to as directed. A daily or bi-daily wash of nasal cavities with a slightly alkaline astringent and antiseptic lotion is advisable. The following is a simple and useful application: Take equal parts of common salt, borax, and baking soda. Mix thoroughly. Use one teaspoonful of this powder to half a tumbler of warm water. Pour little in palm of hand and sniff up both nostrils daily.

There is no such thing as "a germ of insanity." A general impairment of the system, especially the nervous system, may be a precursor of insanity. The mind, like all the functions of the body, depends on the general health for its effectiveness. From A.P.'s letter we would not judge that she need have any fear of developing insanity.

#### 169. Gravel

Correspondent writes: "Would you let me know what is good for the gravel, . . . pain around the hip extending to the left kidney, . . . pain comes on any time the water is clear?"

*Ans.*—"Gravel" comes under the heading of stone in kidney or bladder, for they are minute stones of uric acid, urates, phosphates, or oxalate of lime, etc. These ingredients of the urine should be carried away in solution, but when in excess they

are deposited in the kidneys or bladder as "gravel," or when the deposit increases in amount as "stone." We do not think correspondent is really suffering from either gravel or stone, but the condition is such as to lead to these troubles. When the pain is severe, there is nothing better than a hot bath. Under this treatment the spasm of the ureter relaxes, and if there be small stones they may find their way to the bladder and relief be obtained. Hot fomentations or poultices to the loins would produce a similar effect. With proper diet and a healthy digestion stone or gravel would not form. Improper diet and poor digestion bring about an unhealthy condition of the blood, a condition that prevents the blood dissolving fully the waste products, "physiological ashes" formed in the tissues, thus the kidneys have to excrete poisons in the solid form which should have been completely dissolved. We would advise a liberal supply of fruit at the close of the morning and evening meal, easily digestible vegetables at mid-day meal; the avoidance of all animal food except milk; abstinence from tea, coffee, cocoa, legumes, pastry, cakes, and all foods cooked with baking soda or powders. No food to be taken between meals. Plenty of water or fruit juice and water night and morning and between meals (not sooner than two hours after the meal). Light but warm clothing. Daily sponging of body with cold water, and abundance of fresh air night and day.

#### 170. Rupture Cures

W.G. sends us some advertisements from a London firm who professes to cure ruptures with a "healing compound" and various forms of expensive trusses. From the very nature of rupture it is utterly impossible for any medicinal treatment (inwardly or outwardly) to have the slightest effect on rupture. We believe any good, regular surgical instrument-maker would give more satisfaction, and at a very much smaller cost, than could be obtained from any of these self-styled "specialists," who undoubtedly are prac-

tising for the sole purpose of money-making. Trusses, however, are only palliative, and we strongly advise operation for all ruptures where there is anything like fair health. An operation with a three weeks' rest in bed will give freedom from rupture for life, and save the endless annoyance and expense of trusses.

#### 171. Headache

"Anxious," Brisbane, complains of "headache about right temples, constipation, chronic cold, phlegm in throat, crusts in nose; takes cold very easily, but very seldom gets a cough of any kind; sometimes slight deafness and sore throat.

*Ans.*—We would advise "Anxious" to read directions under "Nasal Catarrh" in this issue. Also article "A Sure Cure for Constipation" by Dr. Rand in October-November issue. Dry foods, such as granose, wheatmeal, or oatmeal biscuits, zwieback (doubly baked bread), in place of ordinary bread, cornflakes, plain water biscuits would prove helpful in this case. Avoid fats and all rich dishes, use butter very sparingly. The juice of an orange or a teaspoonful of lemon juice after meals would be helpful in this case, as

there is evidently a deficiency of the normal acid of stomach. Milk (especially boiled) and hard-cooked eggs should be avoided. Masticate food very thoroughly.

#### 172. Stomach Trouble

"Anxious," Northcote, complains of "stomach trouble. . . . Soups and milk give very much pain, and cannot be retained. Coffee and cocoa act similarly. I never drink tea."

*Ans.*—An occasional fast for twenty-four hours would prove beneficial in this case. Coffee and cocoa should be avoided as well as tea. No drink whatever should be taken with the meals. Water or water with a little fruit juice should be taken between meals, also first thing in the morning and on retiring at night. The dry foods, recommended under "Headache" in Chats, if very thoroughly masticated, would prove beneficial. Frequently changed cold compresses over the abdomen for a quarter of an hour, about half an hour before the meals, would tone up the gastric secretion. Correspondent has not given sufficient details for fuller directions.

W. H. J.



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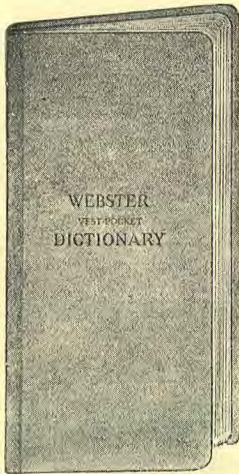
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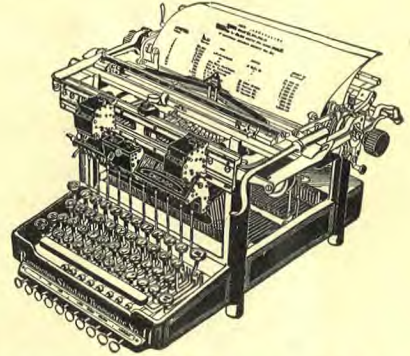
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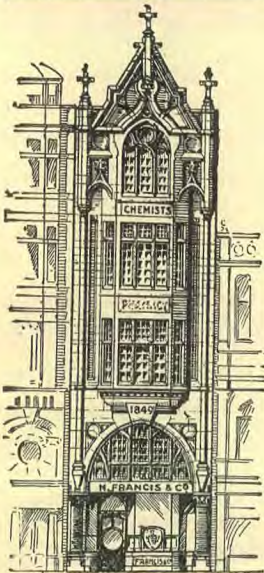
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