

# Life & Health

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APRIL-MAY  
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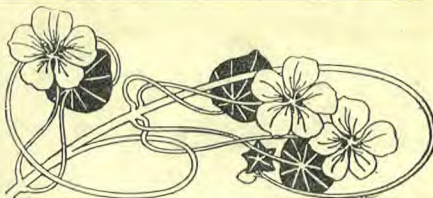
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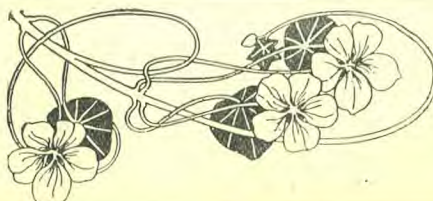
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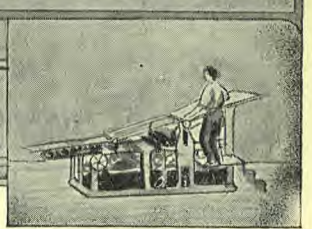
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### The Australasian Health Magazine

*Published Every Two Months.  
64 Pages and Cover*

Editors: A. W. Anderson, A. G. Miller

Medical Contributors: W. Howard James, M.B., B.S., Melbourne; P. M. Keller, M.D.; Florence A. Keller, M.D.; A. Stuttaford, M.D.

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Foreign Countries, post paid, 4/6

All orders sent direct to the publishers or their agents, either for single subscriptions or for clubs, must be accompanied by cash.

SIGNS PUBLISHING COMPANY LIMITED, Melbourne and Warburton, Victoria, Australia

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## Words of Appreciation

LETTERS continue to be received by the Correspondence Department, appreciative of this magazine.

A resident of Geelong, Victoria, writes:—

"I am always delighted with each number, as there are so many things contained in its pages that are so useful and helpful to mothers of large families."

From Ballarat, Victoria, one writes to say:—

"I have profited much from the valuable teaching of your magazine; and hope it will find its way into many more homes."

While from Rockhampton, in Central Queensland, an interested reader writes us thus:—

"Enclosed you will find order form, which I forgot to send with remittance. A happy New Year to you and the Company; long life to LIFE AND HEALTH. It opened a new door to me and showed me the silvery side of the dark cloud that seemed to settle on me. Again best wishes to LIFE AND HEALTH.

In a postscript the same writer mentions the complaints from which he had suffered, and concludes with an appreciative reference to the benefit the health teachings of LIFE AND HEALTH had been to him.

This number contains much in the way of excellent articles and valuable information, a perusal of which cannot fail to be interesting, instructive, and profitable. A careful reading of this issue on the part of every reader would not be misplaced.

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A HEALTHY EXPONENT OF THE OUTDOOR LIFE

LIFE &

HEALTH



Vol. 4

APRIL-MAY, 1914

No. 2

## How Can We Reduce Expenses?

A. W. ANDERSON

ON every hand there are complaints heard concerning the high cost of living. Various remedies are proposed, some of which are of very doubtful merit, while others commend themselves to our intelligence. Legislators talk of regulating house rents and the prices of commodities, and they advance strong arguments in favour of their proposals. Tradesmen strike for higher wages in the vain hope of seeking to overtake their constantly increasing expenditure, forgetful of the fact that the withdrawal of their wealth-producing energy from the industrial hive is a factor which cannot fail to increase the cost of living to themselves as well as the general taxpayer whether they succeed in securing the increased wages they desire or not. Even should they succeed, the natural result is that their additional wages are passed on to the consumer in increased prices. Thus day by day the cost of living increases slowly but surely. Workmen receive some relief from the financial pressure by obtaining increased remuneration, and in a short time they find fresh difficulties facing them in the advance in rent which is demanded by their landlords who, in order to meet the increased cost of the goods they must

purchase, demand more rent from their tenants. So the game of passing on costs continues from one class to another until one wonders what will be the ultimate result of this perplexing problem.

While it would be altogether out of place in a journal such as LIFE AND HEALTH to discuss at length this vital problem, and the causes which are tending to increase the financial burdens of the community, it would, perhaps, not be out of place for us to devote a few paragraphs to the question of the possibility of mitigating some of the trouble which faces us. We do not profess to offer any panacea for the woes of the financially overburdened which will immediately lift them out of their difficulties. But we know from actual experience that there are some things which are now considered necessary for the well being of the human body which could be better dispensed with.

As an illustration, take meat. This article of diet is usually considered absolutely indispensable, and the people of Australia expend more money in the purchase of meat than they do for any other article of food. Moreover, we use more meat per capita than any other nation. Meat is an expensive food, and although

it costs the nation so much money, yet the same amount of nutrition in another form could be furnished to our families for a much smaller expenditure.

It is estimated that in Australia we spend an average of about fifteenpence per week per capita for meat, which is a larger sum than we expend for any other item of food. This amount could be reduced very considerably, and not only would we find our household bills a little smaller, but our annual expenditure for medical fees would be considerably lessened. There can be no doubt that the consumption of meat contributes to the dissemination of disease, for, notwithstanding the care which is exercised by the health authorities it is quite certain that much of the meat which is sold is not immune from tuberculosis and other dread diseases. Even from men in the butchery business we have learned facts which lead us to doubt very much whether all animals sold for human consumption are just what they ought to be, and even if they pass the inspector's examination, there are unseen diseases and minor complaints lurking in the carcasses of slaughtered animals which are not apparent without microscopical or scientific investigation.

In sunny Australia, where fruit is abundant, and where all kinds of cereals and vegetables thrive, we have no excuse for consuming as much meat as we do. That we are the largest meat eaters in the world is something of which we should not be proud, and with such a favourable climate for the production of cheap fruit we should change our carnivorous customs to frugivorous.

Many people are possessed of the idea that if they deny themselves of meat their physical health will suffer. They feel sure that their strength will diminish unless they take meat at nearly every meal. How do the millions of Asiatics get along without meat? What sustains the rickshaw men as they haul their passengers up and down hill for miles?—Not meat, but *Rice!* It is doubtful if

they could trot at the pace they do on meat. What sustains horses in their arduous work?—Grain food! The strongest and fleetest animals are grain eaters. If they thrive on the vegetable kingdom, why cannot men do the same, especially as by nature the human system is adapted for a vegetarian diet.

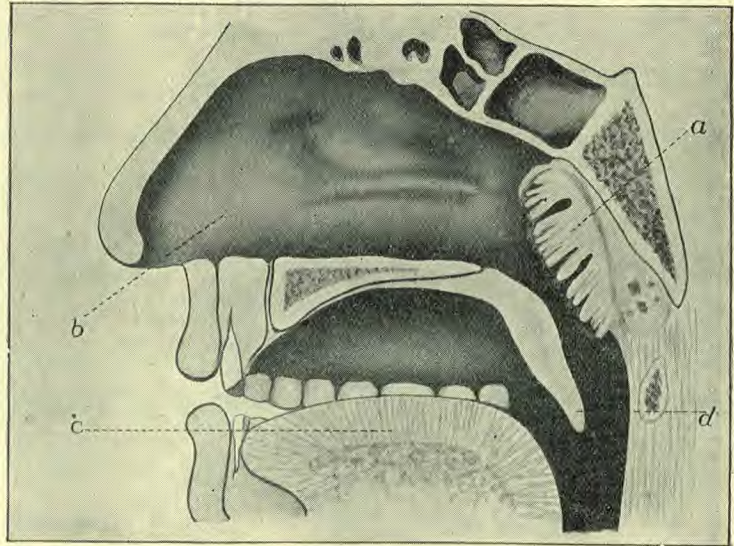
Not only could we at great profit to ourselves dispense with meat, but there are other things which could be banished from the daily menu with advantage. It is a noteworthy fact that the majority of men in the average walk of life eat too much. One factor which tends to induce them to eat too much is the custom of drinking with meals. If we could be induced to break this habit and quench our thirst by drinking only pure cold water *between* meals instead of hot tea *with* our meals, we should eat less food and assimilate more of what we do eat, and lessen the work of the excretory organs, which are overtaxed by the foolish habit of seeking to satisfy our perverted appetites instead of the normal needs of the system. Our bodies require a plentiful supply of pure water, and it is a great mistake to suppose that we can satisfy the natural requirements of the system by substituting a stimulating drink for that which the Creator has provided in such abundance. Men are careful to obey the laws of nature in their management of their machine shops and in their methods of carrying on their crafts. The capacity of a boiler is studied with minutest care; the greatest concern is exercised over delicate and intricate machinery; perishable goods are handled with anxiety; foresight, economy, and prudence are brought into requisition in all the various avenues of trade and commerce. In all this men show that they are possessed of sagacity. Why do they not exercise some of this intelligence in the care of their own bodies, which are the most intricate of machines? A little care and the exercise of common sense would result in better health, longer life, less pain, fewer tears, and consequently lessened expenditure.

## Post-Nasal Growths

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

"POST-NASAL growths," also spoken of as "Post-nasal Vegetations," "Adenoids," or "Adenoid Vegetations," as far as the mere names are concerned, are almost as familiar to the layman as to the physician; for this affection is exceedingly common, and quite a large percentage of children suffer from it. Although the names are so familiar but few have much idea as to their nature. "Post-nasals" are not new growths, they are simply an overgrowth of normal tissue in the upper part of the pharynx behind the nose; medically they are spoken of as hypertrophy (enlargement) of the pharyngeal tonsil. This third tonsil, sometimes called Luschka's tonsil, like the faucial (throat) tonsils, consists of lymphoid tissue, a tissue which is very active in growing children, and which is necessary for the development of leucocytes, the white corpuscles of the blood and the development of the body generally. This gland is especially active during the growing period, but from puberty onwards it lessens in size, and by the time the twenty-fifth to the thirtieth year arrives, it can scarcely be recognised, and may practically be said to be absent. In its active stage, in childhood, this pharyngeal tonsil is very susceptible to irritation, and like the throat tonsils it readily increases in size (hypertrophies). Thus it is that post-nasals and enlarged tonsils are mostly found in children. As age advances the throat tonsils (pharyngeal and faucial) become less and less subject to irritation and hypertrophy. It must be remem-

bered that this pharyngeal tonsil is a normal organ of childhood, and that it is only such an enlargement as will obstruct the air passages that constitutes a post-nasal growth. Under normal development breathing through the nostrils is not interfered with, but when abnormally developed the child must become a mouth breather in order to obtain a sufficient



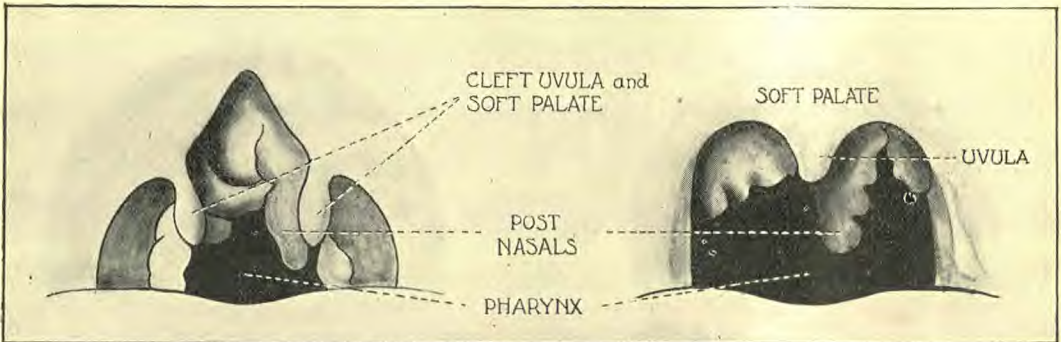
a. Adenoids. b. Nasal Cavity. c. Base of Tongue. d. Uvula

amount of oxygen for the needs of the system. Like the lining of the nose the gland is covered with rapidly moving hair-like processes called cilia, and these undoubtedly help to remove impurities from the air breathed through the nose. The air passing through the nose and upper air passages is warmed and purified by these special provisions of nature. Mouth breathers consequently are much more prone to throat, bronchial, and lung troubles.

Up till the time of William Hunter nothing was known of Luschka's tonsil; and it remained for Meyer of Copenhagen in 1868 to clearly recognise the hyper-

trophy of this organ. He discovered no less than 102 cases, and from microscopic examinations gave them the name of "Adenoid Vegetations." They are called vegetations as they have a very low form of organisation. They are not permanent organs like the muscular organs of the body, and fulfil their purpose in the early years of life. As post-nasals have only been recognised during the last forty or fifty years, it might be looked on as an entirely new complaint. Meyer, however, in 1895, by critical examination of the painting and sculpture of the European galleries discovered that the meningitis that caused the death of Francis II of France was due to adenoids, and also that Charles V and Ferdinand I of

feature of 83% of children suffering from these vegetations. Inflammation of this unseen tonsil is often the cause of ear-ache and feverish attacks in children. Hearing is also likely to be gravely interfered with through inflammation extending up the Eustachian tubes to the middle ear. Removal of the enlarged gland is generally quickly followed by loss of ear-ache and improvement in hearing, that is, if the operation has not been deferred too long. In long standing cases organic changes have taken place to such an extent that complete recovery is impossible. Lennox Browne makes some very interesting observations in regard to the effect of post-nasals in the deaf and dumb. He writes: "In many cases of deaf-mutism,



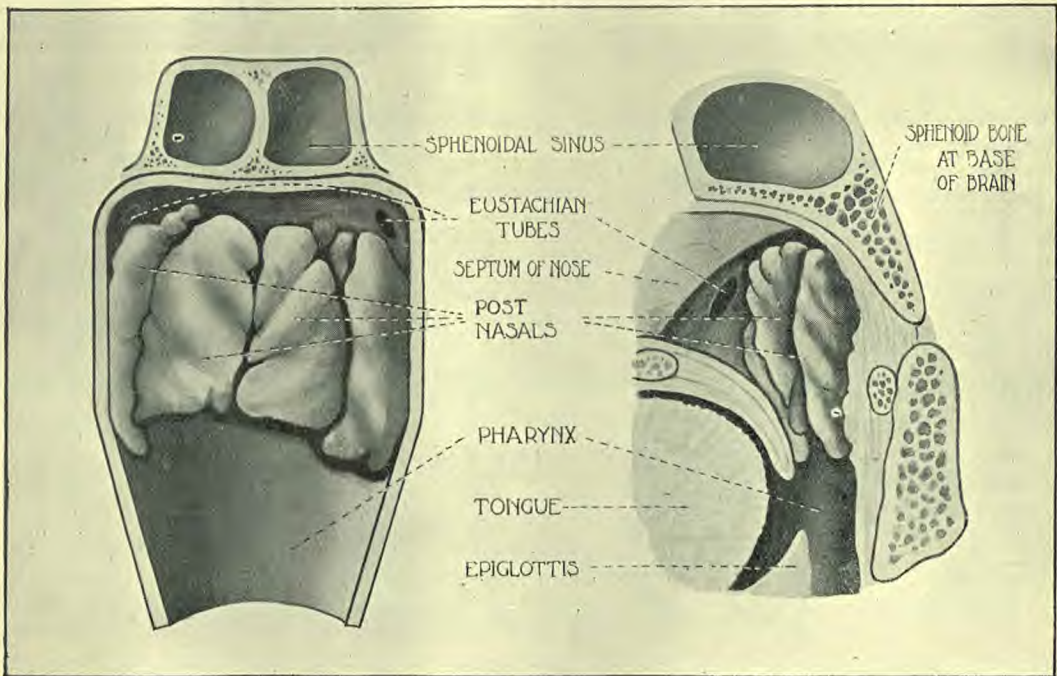
Austria were undoubtedly subjects of these vegetations. From the statuary of the Vatican he recognised that Marcus Antonius and three others suffered from these nasopharyngeal hypertrophies. Hence we must conclude that it is not by any means a new disease.

The most serious results of post-nasals arise from obstruction of the air passages opening into the upper part of the pharynx. On either side of Luschka's tonsil we have the opening of the Eustachian tube which communicates with the middle ear, and equalises the air pressure on each side of the ear drum. The enlargement or inflammation of the tonsil will cause obstruction to this canal, and thus interfere considerably with hearing. According to Clarence Blake loss of hearing constitutes the most prominent

these growths are found; and although their removal may not always result in restoration of the hearing, to the extent of obviating the necessity of developing the speech by lip-reading or other adjuvant systems, yet clearance of the nasopharyngeal vault will be found to be followed by a great improvement in general strength and intelligence, and consequently by a more ready response to such educational methods. Concurrently will be observed marked improvement of the voice, especially in respect of the appreciation of modulation and inflections of tone, so conspicuously absent in the speech of most deaf-mutes. A search for adenoids should therefore be considered as an essential preliminary to the educational treatment of all these cases."—*"The Throat and Nose,"* p. 419.

In marked cases the presence of adenoid growths can be at once detected. The nasal breathing is almost nil; the mouth is open, the cheeks flattened, the alæ of the nose are collapsed and dimpled; the bridge of the nose is widened, often puffy and swollen; the inner canthi of eyes are drawn downwards; the veins about the root of the nose, forehead, and inner canthi of eyes are full and prominent. The child has often a dull, stupid appearance, there may be frequent headache, a backwardness in study, loss of

voice. The faucial tonsils are often, but not invariably, also enlarged. The same causes that produce adenoids have the same effect on the similar tissues of the tonsils. Fully eighty per cent of large tonsils in children are accompanied by adenoids. Adenoids, however, are more common than enlarged tonsils; authorities place the ratio of six of adenoids to five of enlarged tonsils. Frequently as the result of imperfect breathing and impairment of the general health, the chest also becomes deformed. It is sur-



Front View

Side View

energy, snoring, teeth grinding, dry mouth and throat. The respiration is often laboured, and the voice is abnormal; there may be stammering and stuttering. The mouth being kept constantly open, the front teeth become dry, and decay very early; they are often very much altered in position due to the arching of the palate. The nasal obstruction and the arching of the palate interfere very much with the production of the

prising how most of the symptoms of post-nasals improve once the obstruction is removed. There is no doubt whatever among modern physicians in reference to the utility of removing the enlarged growths. If the pharyngeal tonsil is enlarged to such an extent as to impede the nasal respiration and make the child a mouth breather, the operation should be performed. The operation, although not a severe one, is not trivial, and requires

skill and care. A good deal of damage may be done by a careless or unskilful operator. If the hearing does not improve after two or three weeks, inflation of the middle ear is necessary. It is not often that these growths can be actually seen. Sometimes on deep inspiration with the mouth open they may be discovered hanging down behind the soft palate. Holding the soft palate upwards and forwards may reveal the growths. They have frequently been seen through a cleft palate. Mostly, however, the symptoms already given are quite sufficient for the purpose of diagnosis. To the surgeon's fingers when introduced behind the soft palate they feel like a rotten sponge, and have been likened to "a bag of worms or currants." They are well supplied with blood, and readily bleed on examination by the finger. Digital examination should on no account be made by the layman.

As already stated, enlargement of the pharyngeal as well as the faucial tonsils occurs chiefly in the young, when the glands are especially active. They have been discovered in children only a few weeks old. The baby as a rule can take the breasts freely, and breathe quietly through the nose, but if post-nasals develop there may be great difficulty in sucking. This of course would be the result of obstruction of the nasal passages from any other cause. The most common age for adenoids is from three years up to puberty. They, however, have been removed in patients of forty or even sixty or seventy years of age, but as a rule the adenoids completely disappear, as already stated, by the time the twenty-fifth or thirtieth year has been reached. It would not, however, do to defer treatment by operation on this account, for the long continued obstruction to nasal breathing would produce irremediable results long before these ages are reached, and operation is the only remedy; all other procedures simply mean waste of time and energy.

No authority has attempted to point out a single definite cause for post-nasals;

as it is in most diseases, the causes are multiple, and the same causes do not hold in every case. Undoubtedly the disease is much more common than in the time of our grandparents, and without question the less vigorous constitutions of mothers and children of the present day constitute a powerful predisposing cause; a robust constitution will throw off disease, while a weak one will succumb. Of all the tissues of the body the lymphatic glandular tissue, as seen in the



Child Suffering from Adenoids

faucial and pharyngeal tonsils, has a special inherent deficiency of recuperative power, and consequently, instead of local inflammations subsiding, they leave the organs permanently hypertrophied. Digestive troubles in infancy due largely to bottle feeding, or poor quality of maternal milk, also act as powerful predisposing causes. Even in adults the faucial tonsils and the pharynx are kept in an unhealthy condition by disturbed digestion. Cure the digestion by appropriate treatment, especially careful dieting, and the throat



trouble will improve. Some authorities state that a humid climate predisposes to post-nasal growths, but adenoids are very common in dry climates such as South Australia and Queensland. Children of Jewish parents particularly suffer from hypertrophied tonsils, this may be due to close intermarriage. The children of lymphatic or strumous temperaments are specially liable to enlarged glands. Given one or more of these predisposing causes, repeated colds, insanitary surroundings, hay fever, scarlet fever, or other acute affections, will act as exciting causes and produce nasal growths. Some maintain that the persistent use of "the dummy" favours the development of post-nasal vegetations. It is certainly an unnatural habit to train a child up to constant sucking, and the child undoubtedly would be better without them; they, however, apart from other causes would not produce the trouble.

### The Morning Bath

THOSE who are accustomed to taking a morning cold bath in summer-time frequently find it necessary to drop such a drastic application with the approach of winter. If warm water is available, the temperature can be moderated to suit the requirements of the bather. A tepid or

cool bath, of a temperature from 70° to 80° or even 85° Fahr. makes a pleasant morning tonic, and rarely fails to bring a good reaction with a rub down. Where a bath is not available a tepid or cold sponge administered rapidly over the entire body brings almost equally good results. Others prefer the wet hand rub or the wet towel rub, and some a cold air friction bath, using a mitten or flesh brush and standing before the open window. The real test of the morning tonic bath is in the reaction. If a person feels a glow of warmth and comfort after the application, and there is no sign of a chill, then the bath has been well administered and acted as a real tonic. Some form of morning tonic bath is advisable for almost everyone, but it should always be carefully graduated according to personal requirements.—*Good Health*.

THE effects of drink on posterity are these: First generation, moral depravity, alcoholic excess. Second generation: drink mania, attacks of insanity, general insanity, paralysis. Third generation: hypochondria, melancholia, apathy, and tendency to murder. Fourth generation: imbecility, idiocy, and extinction of the race.—*Kraft Ebbing (German physician)*.





## The Baby Who Romped With Dad

H, LITTLE girl with the braids grown long,  
And the laughing lips and the heart of song,  
And the slim, cool hands, each night you wait  
As you always have by the arbores gate;  
But when your daddy turns in the street  
No more you scamper on dancing feet,  
With wind-blown curls and your arms out so—  
As on yesterday—ever so long ago!

Nay, you stand waiting him tall and straight  
And self-possessed, and you swing the gate  
To let him through, and you tippytoe  
For his kiss, then arm 'in his arm you go  
Up the garden walk where the red rose bends—  
Each rose in the garden and you are friends—  
And you smile at the world and the world looks glad;  
But where is the baby who romped with Dad?

Oh, where is the babe with her rush and shout,  
And her hair blown wild and her arms held out,  
With the little hurt when she slipped and fell,  
Which only the kiss of her dad made well?  
She stands wide-eyed with her lips apart,  
Her hands clasped over her fluttered heart,  
With her fluffy curls in a shining strand,  
And gazes into the Grown-up Land.

And just last evening a tall youth stood  
By the gate with her, and the distant wood  
Shone green and gold in the setting sun,  
And a bird in its shadowy deeps—just one—  
Trilled a low, sweet note in departing day;  
And she stood and watched when he turned away—  
Then she ran, arms wide, where her father smiled  
And clung to him like a little child.

And he knew—and, knowing his eyes grew dim—  
How much of that loving was meant for him;  
And he stood that night by her snowy bed,  
As she slept one arm 'neath her little head,  
And he thought long thoughts, and his heart was sad  
For the little girl who had run to Dad  
With a happy shout on those far-off nights,  
For the kiss-healed bruises and pillow fights.

—J. M. Lewis, *Ladies' Home Journal*.



## The Responsibility of Motherhood

EULALIA RICHARDS

**O**F all the blessings bestowed upon the human race by an all-wise Father, none is more precious than the privilege of parenthood. God has not only endowed us with His own life, but He has permitted us to become partners with Him in the creation of new beings.

The little child brings to his parents a wealth of love and joy, but he also brings a sacred and solemn responsibility. This responsibility is three-fold in its character, for has not the babe a body, a mind, and a soul, each of which should be trained for God who is the giver of the child life?

There is a little body to be cared for during a long period of helplessness, to be nourished with the purest food, to be clothed and washed, to be guarded from physical harm, to be cherished in health and nursed in sickness. There are little feet to be guided in life's pathway, and small hands which must be taught to perform their share of the world's work.

There is a young mind to be stored with whatsoever things are true, honest, just, pure, lovely, and of good report, so that there shall be no room for that which is evil.

There is a little soul to be guarded from the corrupting influences that are in the world so that a noble Christian character may be developed.

Such is the responsibility which the little child brings to his parents. While this responsibility should be shared by

the parents, the heavier burden as a rule must be carried by the mother. The father, whose business takes him away from home during the greater part of the day, sees but little of his children, and consequently has less opportunity of influencing their lives than the mother. She is with the little ones from dawn until dark, day after day, month after month, year after year. During these years of intimate association with her children, the mother has many precious opportunities of moulding their characters not only for time but for eternity.

What a pity that we mothers become so absorbed in keeping our houses in order, preparing the meals, making, washing, ironing, and mending innumerable little garments, blacking small boots, and washing little hands and faces, that we forget or find no time for the culture of our children's minds and souls.

When we have provided our little ones with a clean and comfortable home, with wholesome food and suitable clothing, we have performed but a part of our duty, we have merely provided for their physical development. We need also to give earnest thought to their mental and spiritual growth. The words of our Master might well be applied to us, "These things ought ye to have done and not to have left the other undone." But we hear the cry from many weary overburdened mothers, "How can we do more than we are doing? We are busy from

early morn till late at night, how can we find time for companionship with our children?

We sense deeply the difficulties which these busy mothers experience, for we know just how much work is entailed in the making of a home and the rearing of a family. But surely by the help of Him who has promised, "As thy day, so shall thy strength be," we may each one be enabled to rightly perform our whole duty to our children.

In many cases the difficulty lies in the mother's failure to recognise her most important duty. As mothers, we need to learn what are the really big things in life, the things that are worth while. We need to learn how to let slip those things which are of no vital importance to the welfare of our children.

How pathetic to see a frail mother spending weary hours needlessly decorating her child's frock or bonnet when, instead, she might be adorning the little one's mind and heart.

A clean, healthy child is the most beautiful thing in God's world, and needs no elaborately decorated garments to enhance its charms.

But oh the child-heart craves for love; it basks in the sunshine of its mother's face; it thrives in the companionship of her presence.

Let us make our homes clean, bright, attractive; let us provide our children with wholesome and appetising food, and with sensible and becoming garments. But, oh, let us do more than this! Let us each one endeavour to make our home the happiest place on earth for those who have been entrusted to our care.

Let us so simplify the routine of our daily domestic life that we shall find time for the helpful word and the kindly deed—time to *live* with our children. Thus shall we be-



Children bring to their parents a wealth of love and joy, but they also bring a sacred and solemn responsibility.

stow upon our children a priceless treasure, the cherished memory of a happy childhood. Thus shall we be enabled by God's help to fit our children for the responsibilities of manhood and womanhood.

## Safeguarding the Girls

TO MANY girls the conventionalities that rule in good society, when stated in plain terms, seem to be nothing but a series of meaningless "Must not's." The girls cannot see why bars should be put up against having "a good time" so long as they mean to do right. The secret of the matter is, of course, the girl's ignorance of the dangers beyond. In her innocent ignorance, she is very prone to think that she can take care of herself.

Nevertheless, every thoughtful mother knows that bars must be put up, and that girls must be kept from jumping over. If the mother thinks far enough she knows that the best way is to help her girls understand the reasons for setting limits, so that they will not want to jump over.

One of the surest safeguards, one that makes for instinctive self-protection, is training a girl to be dainty in her personal habits and refined in tastes, so that she is repelled by the coarse laugh, by unseemly conduct and talk, by familiarities offered by men or boys not of her own immediate family. Said a woman of note now past middle age, in speaking of herself and sister, "We were phenomenally ignorant of some things, but our girlhood days were as safe as if we had been under military escort. I can see now that in large measure this safety was due to the fact that we were so carefully trained that we could not be influenced by what touched upon the low and vulgar."

Another safeguard for girls lies in teaching them that no one need do what she knows is not "nice," because others do; that the fact of her knowledge of right is her law; that being fashionable cannot in any wise make right what is really, fundamentally wrong.

Mothers naturally shrink from telling their young daughters about the evil there is in the world. Yet it is to be remembered always that girls cannot be kept from knowing about evil unless they are put into solitary confinement. Much as

a mother may shrink before the fact, there are always coming times when a child has to take advanced life lessons, and mother is a better teacher than any other. The best way is to face that situation with love's courage. If the truth of the matter is wisely and kindly put, knowing why bars are up can help the girl to obey the law under the guidance both of reason and of conscience. Moreover, she will in many circumstances understand what she ought to do, as she would not if she were taught only a list of "musts" and "must not's."

One good point to bring to the surface right at the beginning is that all of a girl's older friends, all good people, like to protect her from harm, even from seeming to do what is unwise. Hence, conventionalities have taken form, just as have table manners, or business etiquette, and are upheld by all who know the ways of the world.

Right here, too, one may show that the chaperone custom is not meant to be a restraint, but that it leaves the girl free to have a good time and yet be free from dangers both physical and moral that can and do often arise wholly unexpectedly. It will be a rare case if mother cannot tell her daughters a story or two out of her own memory store to show that innocent girls, well meaning girls, have gone out from home alone or with their young mates and have met serious trouble from which an older and wiser person could easily have defended them.

If we teach the girl that she must not allow young men to be too familiar, it is only fair to tell her that this is dangerous ground for the young, that it can mean far more than it seems to mean, that the way of sure safety is to avoid the habit entirely. Also, mother may tell her that impure young men noting her carelessness are almost sure to think they may take liberties. One may tell her daughters pretty plainly that evil minded persons

often seek to mislead a girl and entice her into vile places from which it is not easy to escape, and from which it is impossible to come unharmed. She can be taught that if she never allows herself to speak to strange men, or even to women of whose standing she cannot be sure, she cannot be entrapped as too many girls are. She may know that if she keeps within bounds in regard to being out alone in the evening or with a girl companion

though she is as innocent as she can be. She may know, also, that after making such a break, it is difficult to set one's self entirely right before strangers.

With all the teaching of this kind the girl needs to be helped to feel in the bottom of her heart that mother is simply trying to show her how to take good care of her precious, well-meaning self, so that she may be as free as possible, yet be always safe in her goings and comings, in



Loud laughing and talking may be innocent enough at home, but it is a very different thing in a public place.

only, she will not offer to the suspicious any reason for mistaking her character, hence will save herself some unpleasant and dangerous experiences.

A girl may be taught that while loud laughing and talking may be innocent enough when she is at home or among her own neighbours and friends, it is a very different thing when she is in a public place. Some one is sure to be within hearing in a mixed crowd who is ready to mistake the best of girls, may even set a whisper afloat, perhaps do something that attracts attention to her

her business life and in her pleasure-seeking. Help her to feel that her own innocence, an unblemished record, is a highly valuable possession.—*Jeannette N. Phillips, Ph. B.*

## The Proper Care of Children

Dr. E. S. Maxson

WHAT care should children have in order that they may grow and develop normally? Much has been written on this subject, so I will merely try to call

up some of the points that ought to be remembered.

First, in regard to sleep. It is important to see that children have their due amount of sleep. A young infant normally sleeps eighteen hours out of twenty-four. A child of four years should sleep eleven hours out of the twenty-four, and a child of ten years should sleep nine hours. Of course, I am merely speaking of averages; for some children require more sleep than others. It is important, however, that the little people have their sleeping hours encroached upon as little as possible.

It is far better for each child to have its own bed by itself. In this way contagious diseases are less likely to be communicated, and in the case of young infants, the danger from overlying is avoided. The child's sleeping-room should be thoroughly aired. In the winter-time it may not be wise to leave open the window in the room; but it may be practicable to open a window in an adjoining room.

The matter of diet is necessarily one of very great importance. Milk is not only the proper nourishment for infants, but it should enter largely into the diet of older children. Cow's milk for children should always be fresh and clean, but should not be too rich in cream. Professor Holt, of New York, thinks that Jersey milk is ordinarily too rich for children. The average healthy child should take, all together, from a pint and a half to one quart of milk each day.

Many of the vegetables, when well cooked and mashed, may be given to young children. Such, for example, are Irish potatoes, squash, and asparagus. On the other hand, none of the vegetables that are eaten raw, as radishes, onions, and cucumbers, are suitable for children to eat.

In the diet of children, cereals, when well cooked, are of great value. Rolled oats or some of the wheat preparations are to be commended. These also tend to lessen the decay of the teeth. These

cereals should be eaten with milk, but with little or no sugar.

Toasted stale bread is better than fresh bread for children.

Very little cake, except sponge-cake, should be given to children under seven or eight years of age.

Candies are a great source of temptation. Dr. L. Emmett Holt, who is perhaps the most celebrated specialist in diseases of children in America, places candies among the things that should be especially forbidden. On the other hand, Dr. Holt recommends for young children the use of the juice from sweet oranges. He also recommends for children the eating of stewed fruits, as apples and prunes.

It is very important for both children and adults to avoid eating between meals or before going to bed.

Children should be trained as far as possible to have the bowels move regularly at the same hour each day.

The clothing for children should be light but warm. The legs and forearms, being a distance from the heart, should be warmly clad in cool weather. When the feet become wet, care should be used to change the shoes and stockings.

The matter of exercise is of importance. The infant takes exercise by waving about its arms and legs, and later by creeping. Older children are naturally active. There is nothing so good as exercise in the open air. Some of the running games are to be recommended for strong children. Children should be encouraged to play with soft rubber balls that will not injure the fingers, or cause other accident. In my opinion boys should be discouraged from playing football.

Children should receive a bath often enough to keep them clean. Naturally some children who play in the dirt require more attention in this way than others. Some of the children enjoy sea bathing. Parents should be careful that their children do not remain in the water too long. If the lips turn blue and the teeth chatter, the child should come out of the water. Care should also be taken that the surf



It is important to see that children have their due amount of sleep



does not strike against the side of the child's head so as to injure the hearing.

Not only should the teeth be kept clean, but parents will be doing their child a great service by regularly having some good dentist examine and care for the child's teeth.

Mental overstrain should not be overlooked in children. This overstrain is made manifest by irritability of temper, headache, and by restlessness in sleep.

In the lives of children and young people there are periods in which mental fatigue is more easily induced than at other ages. The first fatigue period comes between the ages of seven and nine years. The second fatigue period usually occurs in girls about the thirteenth year and lasts for several months. The second fatigue period in boys generally comes a year later, or at the age of fourteen.

A child might better go more slowly in his studies than break down in health. It is not always a calamity for a child to have to repeat some of his work in school.

In closing, I would exhort parents to ever be vigilant in looking after the interests of the children that God has committed to their care.

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### Disobedience

I AM convinced as I grow older and see more of children and am better able to project myself into their world, that it is very rare to meet with actual intentional disobedience in young children. Very young children fail of a full understanding of the requests made of them,

and many poor little tender hands have been smacked when their owner was ignorant not only of his offence but more than that, still in ignorance of the meaning of the original request. The feeling that a parent has been cruel or unjust rouses anger, ill-will, and fear, in a child, and finally out of this mental disease there grows the desire to deceive—to withdraw the inner self from the misunderstanding parent. It is safe, in our dealings with very small children, to go on the general principle that none of them really wish to displease or to be disobedient. One very frequent cause of disobedience in little children is the bad habit so many of us have of giving commands in the negative rather than the positive form. A little child does not understand the meaning of the word "don't," and as it represents no concrete object it is not a word easily defined to a child's limited intelligence. One baby that I knew, when I asked if she understood "don't" replied naively, "Yeth, it'th the smack word."—*Frances McKinnon Morton.*

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"Do not allow anyone to get the impression that what you eat and drink, your way of living and working, your state of mind and heart has nothing to do with your physical health and strength. Out of more than one hundred prominent men, all over 70 years old interviewed, there were several who claimed to have given no attention to the matters of health: but closer questioning showed that not one had failed to observe in all important respects the great laws of hygiene."





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**190. Pains After a "Cured" Rupture ;  
Dark Urine**

"Hopeful" states that he was born with a "rupture," and that he wore a truss for thirty years. He has now left the truss off and feels no inconvenience except when he puts much work on the left leg, or when he does not get his usual amount of rest in bed. At these times he has a slight burning pain in the region of the rupture, darting toward the left hip, or down the left thigh. He also asks reason for dark-coloured urine, and wishes to know if "clear urine is a sign of the liver being in good condition."

*Ans.*—"Hopeful's" rupture has probably been greatly benefited by the constant use of the truss. The pain, he states, is not so severe as when he first left the truss off. The constant use of a truss undoubtedly affects the nerves of the parts, and it is not surprising that some nerve irritability remains after such long continued pressure of a truss. Probably in time these pains will leave him altogether. He asks if massage would be helpful. We believe it would; but at the same time there is nothing to worry about as far as the pain is concerned. He should carefully watch for any swelling about the site of the former rupture, and if such occurs, a medical man should be consulted. He should be on his guard against all sudden muscular exertions, especially the lifting of weights in the stooping position. Should the rupture

return, an operation is decidedly the best procedure.

Dark urine generally is due to excess of urates. It indicates that the kidneys are doing their work satisfactorily. Urates and other waste products exist in the blood after and during acute diseases such as pneumonia, specific fevers, and digestive disturbances, and these are separated mostly by the kidneys. Sometimes digestive disturbances are of a chronic nature, and the kidneys are constantly kept at full work, and the result may be structural changes in the kidneys or the formation of gravel or stone. Clear urine indicates either that the blood is normal as far as these products are concerned, or that the kidneys are not doing their work as they should. Where there is constant dark urine the bowels should be kept regular, and thus relieve the kidneys of some of their work. Plenty of water should be drunk between meals in order to dilute the urine, and thus enable it to dissolve out the waste products more thoroughly. A little acid fruit juice such as that of the lemon may with advantage be taken after the meal. The diet should always be carefully attended to. Everything that disagrees with the digestion should be eliminated from the dietary. Meat, hard boiled and fried eggs, legumes, and all fatty articles, should be avoided. Attention to these matters would in all probability lessen the pain at the seat of the rupture of which "Hopeful" writes.

**191. Pruritus**

A correspondent complains of great irritation about private parts. She states "there are no lumps unless they come up with scratching."

*Ans.*—The absence of pimples and lumps excludes skin diseases which are a constant cause of this exceedingly annoying trouble. Diabetes, sugar in the urine, is a frequent cause. Other causes are: Gout, Bright's disease, dyspepsia, some parasites, as threadworms, pediculi, ring-worm, or it may be the result of a pure "neurosis." The most common cause in women is an irritating discharge from the vagina. A profuse discharge is not so liable to cause this trouble (known as pruritus) as a scanty discharge. A vaginal injection of a pint or more of warm water to which a little Condy's fluid has been added should be employed night and morning. After drying the parts rub them thoroughly with hemlock ointment (*unguentum conii*). Use a cold water enema at night. The following ointment also gives great relief:—

℞ Menthol	ʒii (2 drams)
Olivæ Oil	ʒss ( $\frac{1}{2}$ oz.)
Chloroform	ʒi (1 dram)
Lanoline	ʒiiss ( $2\frac{1}{2}$ oz.)

The causes of pruritus, however, are so numerous that a thorough medical examination is the only satisfactory procedure.

**192. Moonlight—Is It Injurious?**

A correspondent writes: "I sleep on a verandah and have often wondered whether it is injurious in any way to have the moon shining on one's face. One hears vague rumours of the injurious effects of the moon's rays, but cases of actual injury are seldom heard of. Will your medical expert kindly give me the benefit of his knowledge."

*Ans.*—Lunacy (derived from the Latin "luna"—the moon) was anciently thought to be closely allied to the effects of the moon. We know now, however, that this is mere superstition. The only evil

effects that could possibly arise from the moon shining on one's face is that it may disturb the sleep.

**193. Rheumatism**

"Leonora" writes that two of her friends suffer very much with rheumatism. One has it very badly in hands and feet, and the other in the back, and adds: "I may state they are tea drinkers, which I know is bad for this complaint."

*Ans.*—Dr. Haig writes: "Alcohol and tobacco are stimulants only, and by improving the circulation they call out a certain quantity of albumen, force, and urea; but tea and coffee are infinitely worse, for though at first they act as stimulants in something the same way as the acids and alcohol, later on they come into the blood as the very uric acid which is causing the depression. We have seen above that fatigue is partly due to deficiency of albumens, and partly to impaired tissue circulation rendering the stock of albumens useless because they cannot get to the tissues—this defective circulation being the effect of uric acid to which the *xanthins* in tea and coffee are equivalent. The first action of these xanthins is as acids; they clear the blood of uric acid, and hence they are stimulants; later they come into the blood as uric acid, and increase the depression. Those who cannot get through their daily work without a call on the reserves with alcohol, tobacco, tea, or coffee (the action of which I have considered in 'Uric Acid,' p. 111), are either weak or diseased, and their path leads to physiological bankruptcy. And of what sort are they? . . . These stimulants are necessary, however, to flesh-eaters, and the reason is simple, for on all flesh diets they are constantly taking uric acid and the xanthins, and these are first stimulants and afterwards depressants. They unnecessarily call out the reserves, and then plunge all into depression and feeble nutrition by blocking the circulation; and while this is going on, other stimulants, such as alco-

hol, tobacco, or tea, must be called in to keep things going. It follows that the only way to get clear of stimulants is to give them up. If any are retained you must of necessity be led to take more, and gradually to add others which are more powerful."—"Diet and Food," Haig, pp. 123-125.

It must be remembered that our systems can only excrete a small amount of uric acid (perhaps sixteen to twenty grains daily). This amount may be formed even from nitrogenous foods which are free from xanthins and uric acid. When flesh foods (which all contain uric acid) and legumes, tea, and coffee (which contain xanthins—very near relatives of uric acid—in abundance), are taken the amount of uric acid gradually increases in the system, and rheumatism is the result. Rheumatic patients consequently should abstain from flesh foods, legumes, tea, and coffee, and take abundance of fresh fruit. Cereals and fruits, with the addition of milk, should be the only foods for all suffering from rheumatism.

#### 194. Tonic for Children

"Leonora" also asks for a tonic for children. "I have a little girl eleven years of age who is growing very quickly. She does not take her food as well as I would like, and I am afraid her health will suffer."

*Ans.*—We would not recommend any medicinal tonic. Mostly in these cases the food itself is faulty. Because the child has a poor appetite mothers often tempt them with scones, cakes, pastry, tinned fish, and other unhealthy foods, all of which derange the digestion. The food should be plain and simple, and all complicated dishes should be avoided. Again, mothers often allow their children to eat between meals, and they give as their excuse that they eat so little at meals. If this plan is followed they will continue with poor appetites. We cannot expect good appetites and good digestion when children have food more than

three times a day. See that the children sleep in good, airy bedrooms, that they have plenty of outdoor exercise, and sponge them all over with cold water at least once daily. Under these conditions children who are not actually suffering from pronounced disease, will quickly recover strength, and will not need any medicinal treatment. It should also be remembered that children require plenty of sleep. A child eleven years of age should have at least ten hours' sleep in the twenty-four hours.

#### 195. Bust Development

"Claremont" asks for advice *re* an advertised method of increasing the size of the bust. They promise "to produce a bust where none existed before in three weeks' time."

*Ans.*—We have not seen or heard of any cases where anything like this has been done, and consequently cannot recommend them. Our correspondent is anxious to get an answer before February 18, for after that time a proposed reduction to 30/- from £3 3s. will become "null and void." We believe these advertisements are frauds, and that the papers should not be allowed to print them. We certainly would not recommend our correspondent to have anything to do with them, for it will only end in disappointment and loss.

#### 196. Non-Appearance of Menses after Operation

"A. H." states that two years ago an ovary was removed, and the menses have not appeared and that there is a considerable amount of pain.

*Ans.*—The ovaries are frequently removed on account of severe pain, and unfortunately the pain does not always disappear after the operation. If both ovaries are removed, you would not expect the menses, the "change of life" would occur at once. Sometimes, how-

ever, the removal of one ovary is followed by the same result, but this is not usual. Nothing can be done to bring on the "changes" except the building up of the general health.

### 197. Patent Medicine for Indigestion

G. J. G., of Sourabaya, also asks of the efficacy of a patent medicine mentioned by "C.E.F.," and forwards a testimonial written by an unnamed "specialist" who states that "most people who complain of stomach trouble possess stomachs that are absolutely healthy and normal. The real trouble, that which causes all the pain and difficulty, is acid in the stomach, usually due to or aggravated by food fermentation. Acid irritates the delicate lining of the stomach, and food fermentation causes wind, which distends the stomach abnormally, causing that full bloated feeling." He then recommends the taking of a certain medicine to neutralise the acidity, etc.

*Ans.*—The acidity, fermentation, wind, etc., may not be due to any organic or structural disease of the stomach. In most cases these symptoms are produced by improper selection of foods, insufficient mastication, etc. The patent medicine referred to is by no means a new combination of drugs. Any qualified chemist could make up an equally efficient combination of antacid drugs. What we want, however, is to arrive at the cause of the trouble. Prevention is always better than these so-called cures. We would recommend our correspondent to read directions under "Eczema."

### 198. Eczema, etc.

"C.E.F." complains, "I have been troubled for some months with pimples breaking out on my hands and leg. These pimples itch very much, and when they disappear the skin becomes very dry and cracks." Correspondent also writes: "I read that firm pressure on the vagus nerves of the neck will give relief in some cases of asthma. Not knowing just where

the vagus nerve is situated I have not been able to try it. Would you tell me where the exact spot is as I should like to try if it has any effect."

*Ans.*—The eruption is probably "lichen simplex," which is but a phase of eczema. As the correspondent asks the value of a certain patent medicine in indigestion we judge the stomach is also out of order. The digestion should certainly be attended to. We do not recommend the use of any advertised drugs. The medicine mentioned is only palliative, and will give temporary relief only. We would recommend that the food be thoroughly masticated, that dry foods, such as zwieback, granose biscuit, toasted corn-flakes, plain, unsweetened biscuits, such as wheatmeal and oatmeal biscuits, form a large part of every meal; that no drink be taken for two hours after a meal, and that tea, coffee, and cocoa be avoided altogether. Flesh foods, cakes, scones, and pastry should be altogether omitted from the dietary. Fried foods and all foods cooked with grease of any kind should also be avoided. Fresh fruit should be taken at the close of two of the meals of the day. They, however, should form part of the meal and not be taken after the appetite has been satisfied. The following ointment should be applied to the eczema:—

R̄ Ung. Plumbi Subacetatis  
Ung. Zinci  
Ung. Hydrag. Co.  
aa (equal parts) ʒi (one oz.)

To this two and a half per cent of carbolic acid may be added to allay the itching.

The vagus nerve is in the sheath of the carotid arteries on either side of the windpipe. The artery will probably be more affected than the nerve by the pressure. It may in a few cases give some temporal relief.

### 199. Fatty Tumour

"Kent" writes, "About six months ago I found a lump on my left shoulder about as large as an egg. There is no

redness or break in the skin. When pressed it feels full of small lumps, or 'seedy' perhaps expresses my meaning. There is not often any pain, but sometimes an aching which extends down the arm; . . . my general health is good."

*Ans.*—This is probably a "fatty tumour." It is a perfectly innocent growth. Sometimes they cause inconvenience by their size, or cause pain through pressure on some nerve, or set of nerves; in that case it is as well to have them removed. Sometimes these growths shift in position. Except for the reasons already given, or on account of their unsightliness, there is no necessity to have them removed. They will not prove detrimental to the general health or shorten life.

#### 200. Combination of Fruit and Vegetables

"Pt. Elliot" writes: "Health works state it is not good to mix fruits and vegetables. Can fruit be taken with or after potatoes? Are tomatoes to be looked on as fruit or vegetable?"

*Ans.*—The taking of fruit and vegetables at the same meal cannot be recommended. The stomach secretes a digestive juice in accordance with the food taken. Vegetables take considerably longer than fruit to digest, and require a different quality of gastric juice, consequently both should not be combined. When potatoes can be taken without disagreeable symptoms fruit with most people will agree if taken at the close of the meal. In this matter the individual must be a law unto himself. What will agree with one will disagree with another, and *vice versa*. Fruit after potatoes is not so likely to disagree as after other vegetables. Tomatoes dietetically should be treated as a vegetable.

#### 201. Paraffin Oil; Infection from Handkerchiefs

"Collinsville" writes: "I would like to know if paraffin oil is superior to olive oil as a laxative. Can germs of catarrh,

colds, asthma, or any disease be scattered through handkerchiefs being shaken in a room that have been used by persons affected. Do you approve of colon flushing instead of taking drugs, etc., and how should it be done?"

*Ans.*—Olive oil in small doses will be absorbed long before it reaches the lower bowel, and when taken in large doses it often disagrees with the digestion. Paraffin oil is not absorbed, and does not interfere with digestion. Dr. Lane, one of the most famous of English surgeons, has advocated largely the use of paraffin oil in constipation. Some need the oil morning and night (teaspoonful to dessert-spoonful), but it shows no result for some days. Paraffin oil is a petroleum product sometimes called white mineral oil. It is almost tasteless and odourless, and has the consistency of heavy olive oil. There is an elegant confection on the market called "Paralax," by the Paralax Manufacturing Company. It contains 90 per cent of paraffin, and is easily taken. We believe infectious colds, influenza, diphtheria, and consumption are frequently disseminated through the shaking of handkerchiefs used by people suffering from these complaints. Asthma, and the more chronic catarrhal conditions of the nose and throat, are not infectious diseases. The danger in infectious diseases is when the secretion becomes dry on the handkerchief. In the moist condition infection cannot very well be communicated to the air. Great care should be exercised in disinfecting or boiling all handkerchiefs used in the diseases mentioned. Consumptives should use flasks that can be thoroughly disinfected at frequent intervals. We do not believe in the continual use of flushings for the colon any more than the continual use of drugs for constipation. Proper dieting and exercise will relieve almost all cases of constipation, but it frequently means long perseverance. Constipation to a large extent depends on a poor digestion. A good enema or vegetable purgative is indispensable at times. If a pint or quart of cold

water will operate on the bowels, it is better than hot water. It is frequently necessary to have hot water and soap. We would advise the use of a cold douche (say a pint) after the hot soap enema. It causes a healthy contraction of the bowels and blood vessels, and relieves the relaxed condition caused by the hot water.

### 202. Appendicitis

"Morongea Creek" writes: "I have had a very severe pain in the right side, and a doctor tells me it is appendicitis. I want to ask your advice of how to treat it, and can it be cured without an operation? I have had it some months now, but only twice the pain has been so bad."

*Ans.*—We believe these mild attacks of appendicitis can be cured by careful attention to diet; in fact we have seen quite a number of cases clear up altogether under these conditions. A residence at one of the sanitariums for a fortnight would be a good education in regard to diet in these cases. In severe cases operation is often necessary, and the results are generally very satisfactory.

### 203. Alopecia Areata

"Baldness" asks several questions about the above. Alopecia areata is a peculiar form of baldness, occurring generally in patches, but it may spread over quite a large area. In rare cases all the hair of the face may be lost, and cases have been known where it has extended over the whole person. It mostly comes on suddenly. It begins in the scalp, and is mostly limited to that part. The cause is very obscure. There are two theories as to its causation. Some consider it to be a neurosis, while others are inclined to the belief that it is due to some micro-organism. The suddenness with which it comes on after fright or mental shock would favour the neurosis theory. Malcolm Morris states that he has known total alopecia occur in a lady within forty-

eight hours of receiving news of the death of her son. Stepp has recorded a case in which complete loss of the scalp hairs followed the shock of a railway accident.

Malcolm Morris writes, "Some years ago Kazanli reported the discovery of a microbe which he believed to be a specific, and micrococci have been found by Robinson and others in the root-sheaths of the hair around the affected areas, and also in the lymph spaces of the corium and subpapillary layer, but the few investigators who have seen these micro-organisms are not agreed as to their characters, and even if their existence be admitted, there is no clear proof of their causal relation to the process." Restoration of the hair takes place in most cases, and often almost as suddenly as the baldness came. Successive crops of downy hair may appear and wither away, and finally the hair may be completely restored. Relapses, however, are not uncommon. Michalson in his work ("Diseases of the Skin") reports a case where recovery took place after sixteen years. When the skin becomes thinned and adherent to the underlying structures, the baldness is generally permanent. General baldness is often hereditary, but this is not the case with alopecia areata. Correspondent asks if it could be caused by the bacillus coli in the blood, and whether there is any vaccine that can touch it. To both questions the answer is negative. The general health must be attended to. Massage and electricity and other invigorating measures are helpful. Sea-bathing, "salt glows," and cold mitten frictions are decidedly beneficial. The plan generally advised is blistering with "acetum cantharidis." The following may be rubbed into the patches night and morning:—

Ry	Chrysarobin	̄ss	( $\frac{1}{2}$ dram)
	Lanoline	̄ss	( $\frac{1}{2}$ oz.)
	Olive Oil	̄ss	( $\frac{1}{2}$ oz.)

The application should extend a little distance beyond the affected areas, but it should be carefully used.

**204. Sciatica**

"Benalla" complains of very severe pain right down the back of her thigh. "It is like cramp or jumping nerve toothache. At times I faint away. I have tried hot fomentations and cold compresses without getting relief. Doctor injected morphia which gave relief for the time. He has also given me aspirin, quinine, and phenacetin, which affect my head very much."

*Ans.*—This is evidently a case of sciatica. The cause may be constitutional, such as anæmia, uric acid, and allied products, or general nervous exhaustion. It may be from some local cause, as exposure to cold.

The general health must be attended to. Meat, legumes, tea, coffee, and all foods containing uric acid or xanthis must be avoided. Avoid all foods that interfere with digestion, such as fried foods, foods cooked in or with fat, or foods cooked with baking soda or baking powders. Galvanism along the course of nerve (indicated by pain), fomentations, hot, salt-water baths (seven pounds bay salt to thirty gallons water at 105°-108° F.); mustard and flour applications (one tablespoonful of mustard to three of flour) along course of nerve for half an hour. The site of plaster can be altered from time to time. The electric light bath and local electrical applications are very efficacious, but these can only be obtained under sanitarium treatment. Abundance of fresh fruit should be taken at two of the meals of the day.

**205. Horse Flesh and Cancer**

J. W. B. sends a cutting from *Otago Daily Times*, Dec. 13, 1913: "Forty-two thousand worn-out horses were exported from England to Antwerp last year. The French surgeons declare that eaters of horse flesh are immune from cancer." He asks if the opinion of the French surgeons is correct.

*Ans.*—Statistics taken both in these States and the British Isles clearly prove that cancer is much more prevalent among meat-eating communities. We cannot say that flesh-eating is the only cause of cancer, but it is evidently a very powerful predisposing cause. We do not see any reason why the eating of horse flesh should be different in this respect to ordinary beef and mutton. It has not been proved that the exciting germ of cancer is in flesh foods, but only that flesh foods are powerful predisposing causes of cancer. Further observations may prove that flesh foods are in themselves actual cancer producers, and in that case it may be that horse flesh is of a less virulent nature. It is better, however, to be on the safe side of the question, and abstain altogether from flesh foods. We have abundance of good, nourishing foods apart from them.

**206. Palpitation of Heart**

"Cullinga" states that his wife suffers from "a frightened, fluttering sensation about the heart accompanied with difficulty of breathing. . . . Attacks are intermittent, and continue for a considerable time. She is very much run down with loss of sleep and heat fatigue."

*Ans.*—In palpitation of the heart the heart beats are not so effective in circulating the blood, and the difficulty of breathing is largely due to want of blood in the lungs. To improve the heart's action, the general health must be attended to. It is impossible to have a strong heart with a weak body. As much rest as possible in the recumbent position should be taken. Cold wet applications over the heart, changed frequently, will help this irregularity of the heart. The daily cold mitten friction will also prove very serviceable. It is very important to attend to the digestion in all affections of the heart. With improved digestion and regular bowels, palpitation will most probably cease. Correspondent states his wife is nursing a baby, and this interferes



with her sleep. It would be well to relieve the mother of the baby altogether at night; the child can be trained to do without the breast from say 10 P.M. till 6 or 7 A.M., and will improve under this régime.

### 207. Pain at Back of Left Shoulder

"Groper, Brisbane," complains "a severe pain at the back of my left shoulder, which I can just reach with my left hand. At times it is like a knife being jabbed in, and some days it is worse than others. If working in the sun, it is at that point I feel the heat, or if it is a cold, bleak day it is across the shoulders. . . . Otherwise I am fit and strong. . . . I have worked in draughty parts of a mine, and have been frequently drenched while on the tracks with a team."

*Ans.*—A pain similar to the one described is frequently found in connection with dark coloured urine, nasty taste in mouth in morning, furred tongue, espe-

cially at back, constipation, and sleepy, drowsy condition in the day. In this case it is due to imperfect digestion in the first part of the bowel (the duodenum); fats and sweets should be avoided, also pastry cakes, corned meat, tinned fish and meat, and all rich foods. Avoid boiled milk and hard boiled eggs if there is constipation. Take freely of fruit; bulky dinners which give rise to flatulence and feeling of fulness should also be vetoed. There is a deficiency of acid in gastric juice. The juice of half a lemon after meals is very helpful. The trouble with our correspondent probably is a "myalgia," a muscular pain similar to lumbago, and often called muscular rheumatism. Three or four hot fomentations should be applied at night time. A good mustard plaster (one mustard and four of flour) for half an hour would perhaps be a more convenient application. An occasional Turkish or other sweat producing bath would be very helpful. Local electric light, massage, and other sanitarium treatments are very efficacious.

W. H. J.





"One can live more strenuously by spending a portion of each day out of doors."



## The Strenuous Life Without Nervousness

ALDEN CARVER NAUD

**B**AYARD TAYLOR, in the accompanying words, voices the true idea of the strenuous life. Nearly every one interprets strenuous living as being synonymous with vigorous endeavour and constant activity. In their zeal many exhaust their nervous energy, and instead of being strong and purposeful they become weakened and irresolute.

Excess in any direction grows into a vice. So when too much bold enthusiasm and unflagging exertion are given to the daily routine, no beneficial results are obtained; for it is as if an ordinary engine without any governor were designed to perform some specified task.

It is well to form a clear conception of any contemplated work in advance of the actual undertaking of the labour. The next prime requisite for successful achievement is that one carefully consider the probability of possible setbacks, and decide upon a course that will offer the least resistance along the line of unforeseen hindrances or adverse surprises. It is generally these surprises or temporary hindrances that are the occasion of a major portion of the friction which causes incalculable waste of nervous energy.

Poor judgment as to the proper amount of work to attempt during any given period of time induces inestimable confusion in carrying out specified tasks. This gives rise to a worthless expenditure of effort at the expense of efficient service, and renders the attempts toward accom-

plishment of worth-while tasks futile. Even though good judgment is shown in the quantity of work to cover in any epoch, no desirable end will be achieved unless proper method is observed in the carrying on of the work. When a task is approached haphazard, there is found an unnecessary number of rough ends in the fabric one is weaving. An undue amount of attention must be given to the petty details, whereas careful forethought would prevent interruption. This acts injuriously on the nervous system, irritating needlessly and causing an undue amount of wear and tear.

To avoid this, the work should be carefully outlined step by step in advance of any attempt at execution. Allowance should be made for any circumstances or contingency that might impede or impair. This is practicable in any line of work, whether it be that attempted by the artist worker or the humble labourer. The housewife resolves vaguely that she will attend to the family wash on the morrow. Now, if she is wise, she will begin well in advance by determining at once whether or not she has on hand the necessary requisites for her work,—soap, starch, indigo, clothes-pins, etc.—and will see that tubs, baskets, and wringer are in proper condition. She will also have in mind a proper course to pursue in case some unforeseen happening interrupts her activities, as the arrival of unexpected guests, or the breaking of a clothes-line.

To be sure, these occurrences are annoying, but it is surprising how much the nerves are spared if one mechanically follows up the line of action decided on beforehand.

The school-teacher could save herself an immense amount of nervous strain if she would begin each day with a clear idea of just what that day should contain, and a reserve force of previously conceived ideas regarding the possible upheavals of certain plausible emergencies.

When one is engaged in carrying on some favourite line of work, there is less dissipation of nervous energy. There is a constant realisation of the importance of the undertaking, and an ardent desire to see that it is satisfactorily executed.

Where work is from necessity attempted foreign to inclinations, excellent results may be obtained if one will but decide to be methodical, and will undertake nothing that has not been first carefully considered and painstakingly analysed.

Often good work is spoiled by the labourer continuing at the task after reaching a stage of physical exhaustion. This is very unwise, to say the least. Frequently the tension can be relieved and the nervous system spared by giving the attention to something else for a brief interval when the task in hand is beginning to be wearisome.

A young woman who has a responsible position on a large metropolitan newspaper is confined all day in a miniature office whose single window faces a dark-coloured brick wall across an alley. It is a cheerless outlook, and to most persons would prove a decidedly depressing influence. But the occupant of the office performs her exacting and arduous tasks day after day without undue fatigue or nervousness,

"I have a habit," she says, "of sometimes pausing in my work to 'catch up with myself' when I find my eyes, my head, or my nerves are becoming overstrained and are 'going to smash.' I just look across at that wall and let my imagination run riot. Sometimes those

weather beaten bricks are the Alps, beyond which I picture my Italy is lying. Again they are only bill-boards, on which I try to perceive the various scenes from different periods and epochs of my life gleaming forth. Sometimes I merely close my eyes to shut out the ugly wall, and then I see far away beyond the building, far beyond the city, away off into the very boundless and infinite. No doubt it is all very frivolous and very childlike, but I gain time by these harmless strategies to calm myself and get my nerves in hand. After this I am in a position to attend to my regular routine without taking cognizance of weariness and worry."

All workers, no matter whether they toil with brawn or with brain, find walls of one kind or another,—walls that harass and restrict. Wise indeed are they who make of the barriers a diversion and nerve quieter, rather than allow the walls to restrict and annoy until the spirit chafes and the nerves are worn out.

Those who work in the open air have a great advantage over the mass who must perform their activities indoors. There is a balm for nervousness in oxygen and ozone. Oftentimes the indoor worker can gain possession of his soul and find peace and quiet by thoroughly ventilating his office. But ventilation is, after all, only a makeshift to take the place of an actual exit into the open air and free sunshine.

One can live more strenuously and retain the strenuous pace for a greater length of time if the habit is formed of spending a portion (the greater the better) of each day out of doors, even though outdoors may merely mean the city streets, or, peradventure, a tiny yard or court.

The diet is also an important factor in determining whether or not one shall keep on resolutely with forceful, efficient life or weakly give way to hysterical outbursts of nervous irritability. One cannot live sanely on an injudicious diet. Overstimulating foods are not conducive to quiet harmony of living. When waters

of power-producing streams become choked and flooded, dams are carried away, work ceases, and mills stand idle. So, when the digestive organs are over-supplied, nerve mastery is impossible, and the brain activities become dormant.

A proper diet, both as to quality and as to quantity, is necessary to those who would be capable of giving to the world efficient lives and remain masters of their nerves rather than be mastered by them.

Working with and for others is a help toward self-control in any line. If one is big enough to live a large life all alone, then it becomes his duty to proclaim to others the method of entering into the fulness of complete life and joy of living.

Those who are determined may discover for themselves the real life,—the life of endeavour and accomplishment. However, if one would live a well-rounded, efficient, worth-while life, the nerves must be kept in subservience. Fortunate and happy are they who master the problems of life they encounter, and at the same time remain in control of their nerves, for without self-control and nerve mastery the biggest and best among humanity sink to the pitiful smallness of pygmies—in their own eyes at least. And who can live a big life with an insignificant idea of himself?

### Nature's Medicine

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

FRUITS may be regarded as nature's medicine. Besides fruit-sugar, which itself is a sun-cooked and predigested food possessing tonic properties, they have salts and acids, which render them efficient curative agents.

The predominant ingredient in most fruits is water, which sometimes reaches ninety per cent; although all fruits contain a trace of protein, and to a large extent must be regarded as starch and sugar foods. Most fruits also contain a trace of fat, but carbohydrates constitute the chief source of nourishment.

The sugar most abundant in fruits is levulose, or fruit-sugar, which is sweeter

than other sugars, and is more easily digested and assimilated than cane-sugar. Fruit-sugar is a predigested food, which is readily assimilated into the blood and speedily becomes effective for nutritive purposes.

Fruits are rich in salts and acids. The salts of potash predominate, but salts of soda, lime, iron, phosphorus, sulphur, magnesium, manganese, etc., as well as sodium chloride or common salt, are also found. Earthy salts are scarce; hence fruits can usually be given with impunity to those who suffer from degeneration of the blood-vessels. The pleasant, cooling, refreshing properties of fruit are largely due to the acids. Citric acid, one of the most common as well as one of the most wholesome, is abundant in lemons, limes, citrons, oranges, and grapefruit. Tartaric acid (in grapes) also produces cooling and refreshing effects.

Most fruits, when properly ripened and eaten under favourable conditions, including proper mastication, give little digestive trouble. Fruit-juices are most easily digested and assimilated, since their chief contents besides water are fruit-sugar, salts, and acids. Many persons invite digestive trouble by mixing fruit, particularly acid fruits, with milk foods, or by mixing fruits and vegetables. Fruit, either fresh or stewed, always goes well with nuts, breadstuffs, and cereal preparations. It does not assist digestion to eat too large a variety of fruits or other foods at the same meal.

Most difficulties with the digestibility of fruit are due to eating it when unripe or overripe. It is poor economy to buy fruit which is "gone" or is "going." Better pay a little more and get perfectly fresh, sound fruit, and avoid danger of colic or diarrhoea.

Fruit should be taken at meal-time with other food. Eating between meals or at irregular times, is apt to upset the digestive organs.

There is scarcely a drink more refreshing than freshly made lemonade. The larder should always contain lemons. Lemonade, taken freely, is excellent for

those who are developing a cold in the head.

Orangeade and the juice of fresh grapes, cherries, blackberries, gooseberries, green gages, pineapples, and apples, make delicious drinks, which can be taken with

but a small amount of alcohol, but they make poor substitutes for the home-made fruit drinks.

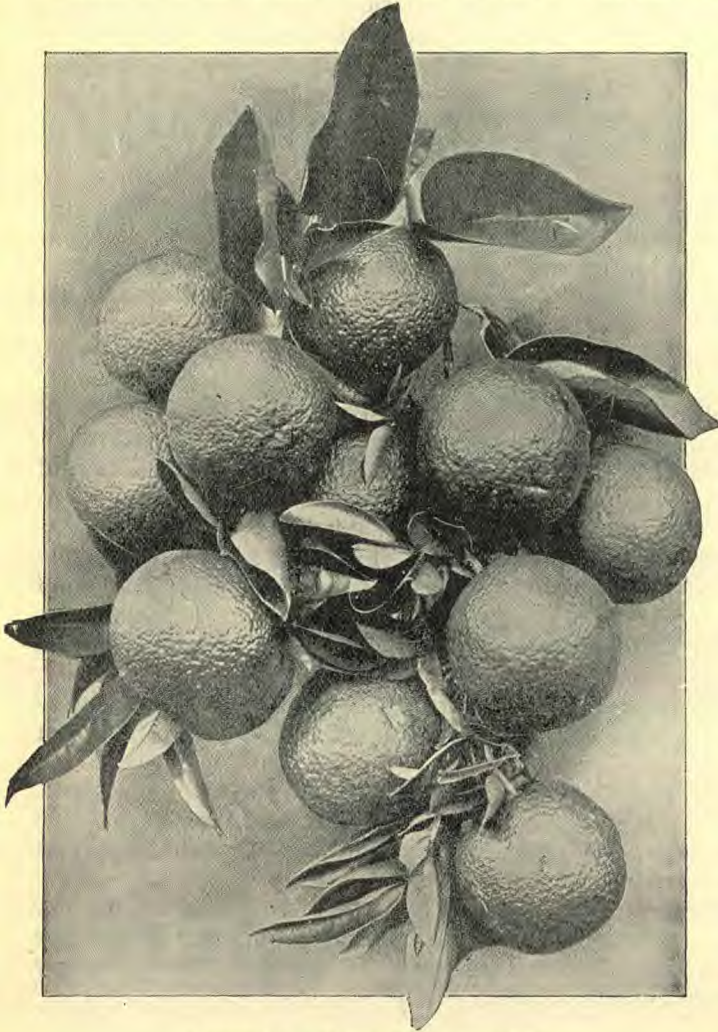
Non-alcoholic grape wines make a splendid tonic for persons suffering from anemia, nervous debility, neurasthenia, and other disorders.

Nature's aperient consists of laxative fruit taken freely with the meals. The more effective laxative fruits are figs, prunes, grapes, raisins, currants, and dates. The ripe olive is also a very efficient laxative. The beneficial influence of fruits in sluggish or torpid liver seems to be due to the presence of fruit acids and fruit salts. Fruit-sugar, too, is much more easily borne by the liver than ordinary cane-sugar. One may cure biliousness by dropping all food for a few hours or a day or two, and taking freely of fruit drinks, and then adopt a purely fruit diet for several days.

Many dyspeptics could be cured by means of a fruit diet for a week or ten days. We have often seen the experiment tried, rarely without benefit. Many fruits, when properly selected and prepared, are useful in gastric catarrh. A meal consisting of plain boiled rice, the white of an egg or a small junket, and from one to three baked apples, makes almost an ideal tray for an invalid or convalescent. Another excellent

preparation for gastric catarrh is mashed banana to which a small portion of cream is added, say two parts of banana to one of cream, and then beaten well with an egg beater.

Many fruits have a diuretic influence, and assist in the elimination of waste products. The orange, lemon, lime, and



Orangeade Makes a Delicious Drink

impunity. Cold fruit drinks are most refreshing and cooling to fever patients. Such drinks are always acceptable, and they help to lower the temperature and alleviate symptoms.

We have little confidence in most of the so-called temperance drinks that flood the market. True, many of them contain

citron are perhaps the most efficient. The fruit acids are in the body changed into alkaline carbonates, and these serve to diminish the acidity of the blood. Patients suffering from rheumatism almost invariably benefit by the free use of fruits, particularly by the citrous fruits.

In autointoxication there is a general feeling of depression, and various irritations, sometimes leading to actual ache or pain, a headache, a backache, or an ache in some other part of the body, with a distinct lack of fitness. The victim may feel drowsy, and yet not sleep well.

When a person is thus suffering, the best diet is a light fruit ration for a week



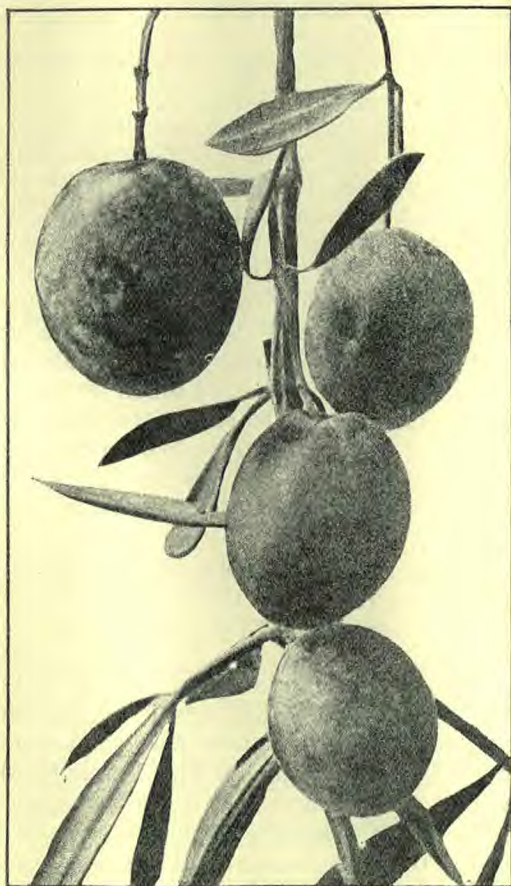
Non-alcoholic Grape Wines Make a Splendid Tonic

salts and acids have a cleansing effect upon the blood, and the result is a marked improvement in both health and spirits.

One of the best means of acquiring and keeping a clear, supple, healthy, active skin is by the free use of fruit. Oranges are almost always recommended by cosmetic authorities. Persons who follow a fruitarian diet and avoid flesh rarely develop the muddy, sallow complexion which is so common among meat eaters; and those who use fruit largely are rarely subject to eruptions.

Dr. Burney Yeo recommends the grape-cure for certain forms of gastric catarrh, as well as for constipation combined with congestion of the liver. Three to six pounds may be taken daily. The grape juice is helpful in the case of hemorrhoids and certain heart diseases. In congestion of the abdominal organs, a modified grape-cure often brings relief.

I affirm that the constant use of the fruitarian diet is one of the best preventives that we possess against the invasion of disease. The fruitarian diet means a pure, clean diet, one that is free from hurtful ingredients.



The Ripe Olive is a Very Efficient Laxative

or two, with plenty of water drinking. This will quickly enable the system to throw off the accumulated poisons. The

# PREPARING THE HOME FOR WINTER

O. C. GODSMARK, M. D.



NO OTHER season of the year requires such careful attention to the little things about the home as do the autumn and winter. The trees have shed their leaves, and unless care has been taken, the wind has piled them up in every nook and corner about the porches and steps, where, wet by the autumn rains, they begin a slow decay that poisons the air about the home in which we live.

The custom of throwing suds, dish-water, scraps from the table, etc., about the back door is a most pernicious one. Criminal indeed is the parent who will allow such a condition to exist. The helpless child or the innocent babe must, when the return of spring comes, be subjected to all the dangers of croup, diphtheria, scarlet fever, etc., and if he dies, who is the responsible one?

The throwing of such waste material about the back door is in summer bad enough, but during the autumn and winter it is tenfold more dangerous. In summer the rains wash much of it away, the sun's rays destroy many of the germs, the growing vegetation takes up much of the poisonous gases, and besides this the children are in some more inviting part of the premises at play away from this breeding-place of disease.

The little child in its play about the house is exposed to the cold draughts from under the doors, in a way that we older ones, who stand erect, are not.

Being down upon the floor, he gets the chill from every crack and crevice, and especially from beneath every loose-fitting door.

Often the odours from a cellar, where are stored the winter's supply of fruits and vegetables, sometimes in a condition of partial decay, are plainly noticeable by a stranger entering the room from the pure air without. The child gets all these germ-laden draughts in a much greater degree than the adult, because of his being on the floor. All these things should be carefully looked after, and much unnecessary suffering will be saved the younger members of the family. We cannot be too careful about the cleanliness of our homes, especially at this season of the year.

The question of proper ventilation in the home during the cold of winter, is a matter of no small importance. We have long since learned that to shut out the pure air of heaven from the home is to rob it of its most precious boon, health and happiness. No man nor woman, no matter how strong, can long be confined within close, ill-ventilated rooms, shut away from heaven's pure air, and not suffer the consequences. Pure air properly breathed means pure blood, and a free circulation of good rich blood to all parts of the body means health, always.

It is a simple matter to ventilate a living-room in the winter-time. First see



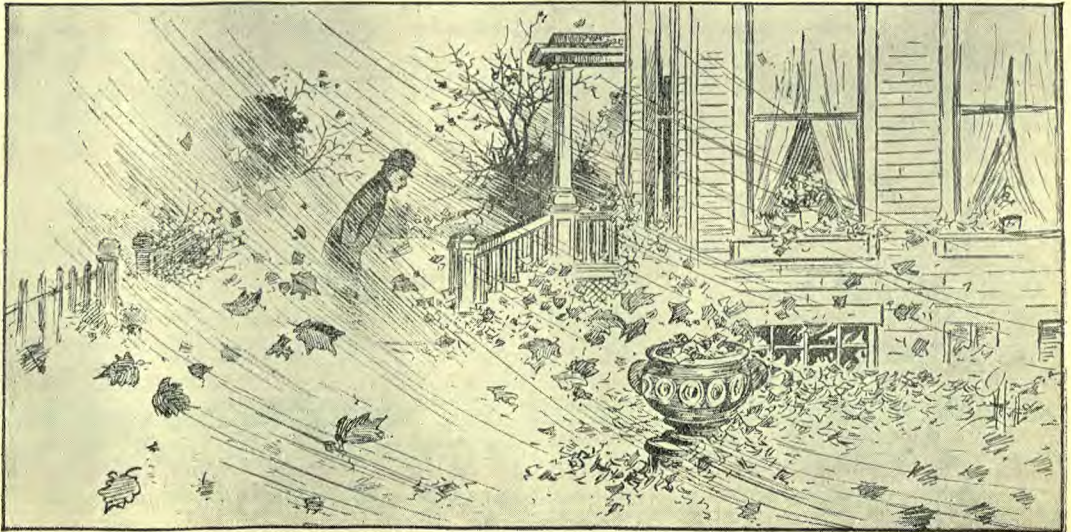
that the spaces beneath the doors are tightly closed so as to stop the cold draughts upon the floor; next cut a common lath the exact length of the width of the window, and tack it on the bottom of the lower sash. This will raise the lower part of the window about one-half inch above what it was. This does not let any cold air in at that part of the window, but it does make an opening just that width between the upper part of the lower sash and the lower part of the sash above, and the opening is of such a nature that the cold air coming in from without is deflected directly upward, so that it mingles with the warm air of the upper part of the room, purifying that portion of the air that is breathed, in place of chilling the feet and ankles by cold draughts upon the floor.

Hundreds, to-day, are sleeping outdoors, and are receiving benefit thereby, who but a few years ago were spending their nights in closed, stuffy bedrooms. The pure air agitation is working wonders for thousands, and we hope it may continue. If we cannot take our work to the great out of doors where health rules supreme, then let us open up the windows wide and let the great out of doors come



Hundreds, to-day, are sleeping outdoors

in to abide with us. Pure water, pure air, plenty of sunshine, and a proper amount of exercise are God's great remedies left here on earth for us.





## Vegetarian Sandwiches

GEORGE E. CORNFORTH

IT is said that the sandwich originated when John Montagu, the fourth Earl of Sandwich (1718-92), not wishing to interrupt a game in which he was interested, called for something which he could eat and go on playing. A loaf of bread and a joint of meat were brought. He buttered two slices of bread, and, placing a slice of meat between them, made a combination which he could eat while continuing his pastime. Ever since that time the sandwich has been found to combine foods in a very convenient form for a picnic, party, luncheon, or other informal meal, so much so that even vegetarians have appropriated it, having discovered that many other foods besides meat can be used in making sandwiches that are a delight to the taste, and quite as nutritious and satisfying as those made with meat, and far more wholesome; for the least wholesome meats are commonly used in sandwiches, and hot condiments seem to be a necessary part of them.

The bread used in making sandwiches should be fine-grained. All kinds can be used—white, whole-wheat, Graham, rye, nut, and steamed brown bread. The bread should be one day old, as fresher bread is less wholesome and cannot be cut into smooth, thin slices. The butter should be creamed, not melted. The filling should be something of pronounced flavour, such as cottage-cheese, ripe olives, jelly, or, if that which is to be used as filling has little flavour, something should

be used with it to add more flavour. We do not recommend removing the crust from sandwiches, which is usually thought necessary; for the crust is the best part of the bread. However, if something especially nice is desired, the crust may be removed. In that case the crust should be cut off before the bread is buttered. This will avoid wasting butter, and the crust can then be dried and made into zwieback-crumbs, for which there are many uses.

If it is desired to make the sandwiches specially thin and dainty, this can be most easily done by cutting the loaf of bread in two in the middle, spreading each cut surface with butter, cutting off a thin slice from each buttered end, and putting the two slices together. Continuing thus, the slices will all fit together. After they have all been cut and buttered, the filling can be put in; but for ordinary sandwiches the desired amount of bread should first be sliced, the slices being piled together as they are cut off, then the slices should be spread with butter and put together in pairs. Next spread the filling on one of the slices, and press the second slice upon the filling. After the sandwiches are all filled, they may be cut into any desired shape. Cutting them cornerwise makes a convenient shape, or cutting them twice parallel with the edges makes oblong sandwiches. Sandwiches are sometimes cut into diamonds, crescents, rounds, and other shapes, but this

is wasteful, and is done only because the person desires to do something different. To make round sandwiches the bread can be baked in small round tin cans.

If the sandwiches are not to be used at once, they should be covered with a cloth wrung out of cold water, and set in a cool place to keep them moist.

Like other foods, sandwiches can be made more attractive by a little attention to garnishing. Lettuce or parsley placed between the slices so as to make a pretty green edge around the sandwich is very attractive. Lettuce, parsley, carrot tops, ferns, or other pretty green leaves, also flowers, may be used to garnish a plate of sandwiches. Sandwiches should be served piled on a plate covered with a doily.

enough to spread. Garnish with one or two nut meats pressed on top of each sandwich.

### Jelly Sandwiches

Spread one slice of buttered bread with jelly, and cover with the other slice. Garnish with halves of walnut or pecan meats.

### Nut and Jelly Sandwiches

Use any kind of chopped nuts. Spread the bread with butter, then for each sandwich spread one slice of the buttered bread with the chopped nuts, and the other with jelly. Graham or brown bread is nice for these.

### Nut and Date (Fig or Raisin) Sandwiches

Chop together two parts dates and one part nuts, and use as sandwich filling; or use raisins or figs; or use peanut butter with chopped dates or figs.

### Ripe Olive Sandwiches

Pit and chop fine a few ripe olives, and mix a little mayonnaise with them; or use chopped ripe olives



Jelly Sandwiches Garnished with Nuts

### Baked Bean Sandwiches

Mash the beans enough to break them up a little, not enough to make purée of them, because the sandwiches are nicer if there is something to chew; use the beans plain, or season them with lemon juice, or spread one slice of the bread with salad dressing. Brown bread may be used for these.

### Lentil Sandwiches

When you have lentils left over, make them into dry purée, by cooking them down dry and rubbing them through a colander; season the purée with salt and a few chopped walnuts, and you have a splendid sandwich filling.

### Nut Sandwiches

Spread chopped nuts of any kind upon one slice of buttered bread, and cover with the other slice; or use peanut butter; or season the peanut butter with a little lemon juice and salt, or a little tomato juice and salt; or make a mixture of chopped nuts of two or three kinds with a little peanut butter, adding salt to season, and enough oil to make the mixture soft

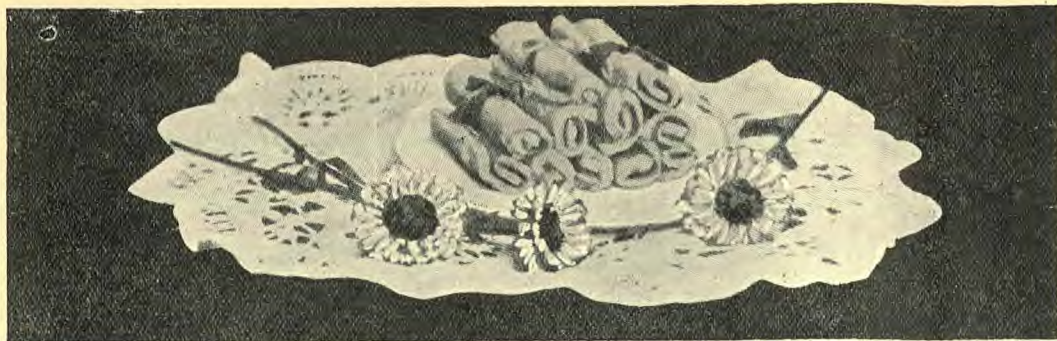
and chopped nuts; or chopped olives, chopped nuts, and mayonnaise; or chopped olives and chopped celery.

### Egg Sandwiches

Use either scrambled eggs or velvet eggs as filling. Spread one slice of the bread with mayonnaise if desired, or mix mayonnaise with the egg mixture after it gets cold. To make the scrambled eggs, slightly oil an omelet pan. Put into it one-fourth cup of cream, or two tablespoons of milk, then break in three eggs. Add one-fourth teaspoon of salt. Cook slowly, stirring and scraping the egg from the bottom of the pan, till the egg is of the desired consistency, but it should not be cooked too hard, or it will be difficult of digestion. Or use tomato juice instead of the cream or milk.

To make the velvet eggs, use—

2 eggs,  $\frac{1}{4}$  cup of milk, a bit of salt  
Beat together and cook in a double boiler, keeping the water in the lower part of the double boiler a little below the boiling-point, till the mixture thickens, but do not cook it so long that it curdles.



Diploma Sandwiches

Another nice way to prepare eggs for sandwiches is this:—

Cover the bottom of a slightly oiled omelet pan with a thin layer of the velvet egg mixture, and cook over a moderate heat till it sets into a thin sheet, then cut this sheet into pieces of the desired size and shape for the sandwiches.

Chopped ripe olives or chopped nuts, or both, can be added to any of these egg fillings.

#### Fresh Tomato Sandwiches

Put a thin slice of tomato between two slices of buttered bread, or spread one slice of the bread with mayonnaise, or lay a lettuce leaf on top of the slice of tomato.

#### Lettuce Sandwiches

Spread one slice of bread with butter, the other with mayonnaise, or spread both slices with mayonnaise, and place between the slices a fresh, crisp lettuce leaf which has been washed and thoroughly dried.

#### Celery Sandwiches

Use chopped celery mixed with mayonnaise as a filling, or make—

#### Rolled or Diploma Sandwiches

Trim the slices of bread, steam them slightly, spread with butter, then roll a slice of the steamed bread around a stick of crisp celery, tie with baby ribbon, and trim off the celery even with the ends of the sandwich.

Other kinds of rolled sandwiches can be made by spreading any kind of filling on the steamed and buttered slices of bread, rolling and tying with baby ribbon.

#### Watercress Sandwiches

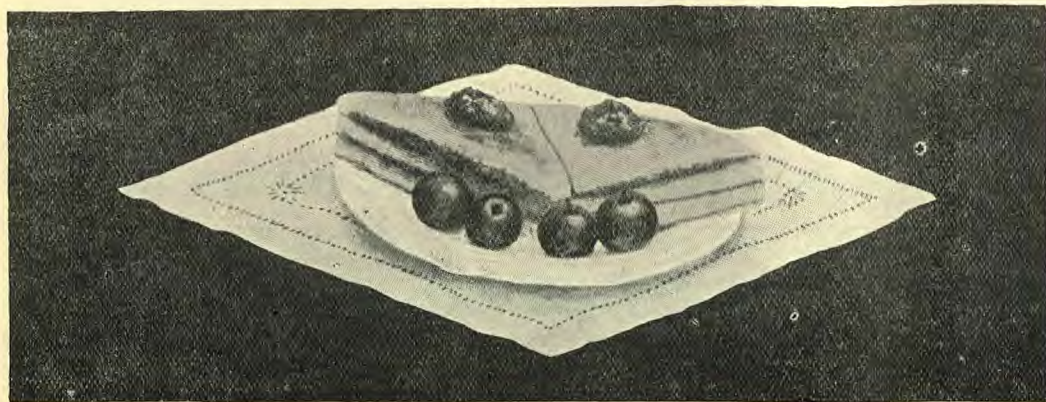
Spread half the slices of bread with butter, the rest with mayonnaise, and lay sprigs of watercress between the slices, or chop the cress fine and mix it with mayonnaise.

#### Radish Sandwiches

Use thin slices of radish between slices of bread, one of which has been spread with butter, the other with mayonnaise.

#### Apple Sandwiches

Pare, quarter, and core nice eating apples and chop them fine. Mix a little mayonnaise salad dressing with the apples, and use for sandwich filling.



Hub Sandwiches

### Strawberry Sandwiches

Use sliced, fresh strawberries between buttered slices of bread. A little sugar may be sprinkled on the berries if desired. Other fresh berries may be used.

### Fresh Peach Sandwiches

Use sliced fresh peaches for filling. Slices of sponge-cake may be used for making these sandwiches. No butter is needed on the cake.

### Pineapple Sandwiches

Use thin slices of fresh pineapple between buttered slices of bread, or chop the pineapple fine, drain off the juice, which may be used for some other purpose. Spread one slice of bread with butter, the other with mayonnaise, and use the pineapple for filling.

### Hub Sandwiches

Trim, toast, and butter three slices of bread. On one slice spread chopped ripe olives with which a little mayonnaise has been mixed. Place on this a second slice of toasted bread. Lay on this a lettuce leaf and a thin slice of tomato. Cover with the third slice of bread. Cut cornerwise. Then place on a plate with two ends together so as to form a diamond shape, as in the illustration. Garnish with ripe olives, and a bit of jelly placed on top of each sandwich.

### Ribbon Sandwiches

Use white bread and dark bread. Trim the bread so that the slices are all the same size. Spread the slices with butter. Then pile four slices one on top of the other, using the white and dark slices alternately, and using any kind of filling desired between the slices. Press well together, then with a very sharp knife cut the pile into one-fourth-inch slices, so as to make sandwiches composed of alternate strips of white and of dark bread with filling between.

### Three-Layer Sandwiches

are attractive, made of two slices of white bread with a slice of dark bread between, and filling between the slices. Cut into three oblong strips, making three sandwiches about as wide as they are thick.

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## What I Know About Reducing the Cost of Living

J. L. Buttner, M.D.

I SHALL make no apology if at the outset I affirm that the high cost of living should be considered in a philosophical spirit. It is only one side of the great problem of living. If it now constitutes more of a problem than ever before, it is not in any sense a new problem. At all times there have been those who have too much and those who have too little, and this condition will presumably continue.

### Parasitism

We may discourse learnedly on the gold depreciation, and we may analyse shrewdly the ascension of the prices of the necessaries of life and contrast it with the failure of salaries to keep pace with them, and yet be far from an understanding of the essential causation of such trouble. Even at the risk of being thought a simpleton, I shall assert that the real cause is selfishness and greed, with their concomitant luxury, dissipation, sickness, and waste. One who is not a producer or a conservator of the riches of a nation, is a parasite either wilful or unfortunate. The prevalence of this parasitism is at the bottom of the burdens and the difficulties of life. Many of our problems will be solved when this truth is universally accepted and acted upon.

### Economy and Thrift

An income of £2,000 yearly may seem an enormous amount to the average worker, but even that may not be enough if more is wanted than it can furnish. The problem of the high cost of living is not so much a question of income as how it is used and what is the spirit that presides in the home. In your way of looking at life lies your possibilities. Let us discard the idea that we can live comfortably and ape our wealthy neighbour. Able men or women may make their incomes increase with their desires, but this solution cannot be universal. Most of us must live within close boundaries, make the best of it, and be content. The genius of this lies in securing the greatest advantages that ordinary moderate circumstances can confer, by the intelligent cultivation of economy and thrift. It is sometimes better to produce more and economise less. The individual alone can decide that for himself. True economy lies between waste of substance and waste of time and effort. For most persons, strict economy is the only way out of absolute dependency and want. Thrift is the ability to produce outside the sphere of a regular occupation.

Let us be more specific. It is on rent, clothing, and food that most of the income is spent.

#### The Home in the Country

I should recommend every family to have a house with a garden. This is the minimum *bonum*. The apparent advantages of the city are a hundred times offset by increase of sickness through contagion and lack of air and sunshine. Here the economy is in the intelligent conservation of our health. Back to the country to live a better and a more natural life! Once there, every one should be able to get some returns from the resources of the place. Cut your own wood, plant your own lettuce; put something in the ground and it will give back a hundredfold. Even city back yards, with their dismal, dirty look, could be made to yield something useful or pleasurable. Vegetable gardening is one of the easiest and simplest ways of getting a handsome profit from a minimum outlay. A Chinese family would live in a city lot that is weed-ridden or bare. Waste vegetable matter—leaves, parings, etc.—makes good manure, and should be given back to the soil from which it came. The water from the wash-tub is loaded with valuable substances for plant growth. Learn as much as you can about gardening, but do not think that you have to be an expert before you can get some results. With a package of mustard-seed, a piece of ground, and sufficient water, any time of the year except freezing time, you can in three weeks have salad greens that are quite agreeable. This is only a small affair. There is always something to get in the country for those who are thrifty, if nothing else than that priceless advantage—*health*.

#### The Dress

Dress is an expression of personality; it tells something to others of what we are. Care of clothes and good buying should be taught. It is one of the sins of this civilisation that worthless garments are on sale, even if at a low price. Under

the lure of cheapness the poor and the ignorant pass their hard-earned money to the conscienceless manufacturers and merchants. Every woman should have a hand in the making of her dresses and her hats. To leave herself entirely in the hands of the professional is to increase their costliness. They should be the artistic effort of her own mind. My sister, have a hand in that self-expression. Discard the abominable, savage, and vulgar luxuries that mean the death of the beautiful creatures that grace the surface of the earth. You and your purse will be the better for it. Learn the beauty of the line devoid of unnecessary hangings. Fashion or no fashion, give up elaboration and the multitude of time-consuming frills. Help fashion to acquire sense. Oppose inertia to innumerable plaitings of one kind or another. Here, more than anywhere else, thrift is master. If it is helped by artistic feeling, it may work wonders.

#### The Food

Food usually makes the largest debit account in the family exchequer. How unnecessary the indulgences that cut the biggest figure! Many pride themselves on having anything they want to eat; the most expensive is none too good for them. There is a great deal of pride and a misconception in that attitude,—pride that they can afford it, misconception that the most expensive is necessarily the best. It is not so very far back that men were uncertain how they would secure their next meal and how much it would be. Like carnivorous beasts, they were dependent on chance. Like the beasts, they would swallow as much as they could hold. To feast and to give feasts was the greatest pleasure. We are not far removed from barbarism in that we still consider a quantity of victuals a proper adjunct to every sort of business. In this matter we have to progress against enormous opposition. To eat in order to supply the simple needs of the body is a practice that has not struck the fancy of the masses.

### A Fashion in Eating

There is a fashion in eating, as in other things. It is not yet guided by scientific knowledge. The most needy, because frequently the most ignorant, follow the example given, and take as imperative the suggestions of the general tendencies of the day. The longing of the multitude is for what they do not have, for the pleasure of the rich man's table, true or fancied. So the money goes for things of questionable value, while the useful and inexpensive are passed by. A whole treatise would be required to develop this idea completely. I shall offer a few hints as a general indication.

Simplicity is the first requisite of a healthful diet. A variety of foods is important, but this need not lead to lavish expenditure. There should be an abundance of the ordinary foods. We may, however, reject meat on principle, or may abstain from it for hygienic reasons.

Anyone who, unprejudiced, studies the question, may be convinced that a fleshless diet is beneficial. Many persons, however, cannot seem to come to absolute abstention. There are so many factors that tend to perpetuate the habit that it takes real effort and much constancy of character to disentangle oneself from the bounds of custom. Even a half-hearted practice is of value. As meat is the most expensive food, some advantage will accrue.

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"WE frequently read of a chimney fire. If people knew how easily it can often be extinguished there would not be so much cause for alarm. Sprinkle a handful of sulphur over the fire in the stove and open the back draught. The sulphur creates a gas which puts out the chimney fire, as I know by experience. Twice I have had occasion to try it with good results."





# HOME NURSING

## Asthma

ALFRED B. OLSEN, M.D., D.P.H.

**T**HERE are two varieties, bronchial or true asthma, and asthma which is secondary to some organic disease such as that of the heart or kidneys. Asthma is characterised by a peculiar form of difficult breathing, which is believed to be due to spasm of the smaller bronchial tubes. It is not very well known just how this spasm takes place, nor what is the direct exciting cause, but we do know that persons of a neurotic, that is, nervous temperament, are most susceptible.

### Symptoms

Little need be said of the symptoms except that there is a characteristic gasping after breath, which is painful to witness at times, and which causes a great deal of distress to the patient. The symptoms are aggravated by marked changes of temperature, and are often worse at night. An asthmatic attack may last only a few minutes, or may continue for several hours. It may return nightly for a few days or weeks, and then disappear altogether for months or even years before appearing again. The onset is always sudden, but sometimes the patient has warning signs that an attack is approaching.

### The Causes

We know almost as little of the actual causes of asthma as we do of the character of the spasm which takes place in the bronchial tubes. Climatic conditions sometimes appear to have a marked effect

in bringing on an attack. A chill resulting from exposure to storm or wet will often precipitate an attack in one who is susceptible. Chronic bronchial catarrh is frequently associated with asthma, and probably is an exciting cause.

Some good authorities believe that diet has considerable to do with asthma. At any rate a banquet or free feeding on any occasion is not unlikely to be followed by an attack of asthma. The use of alcoholic liquors and overeating, especially of rich, nitrogenous foods, can safely be regarded as predisposing causes. Those who are subject to asthmatic attacks would do well to cut down their flesh food to the minimum or avoid them entirely; and also to give up the use of alcoholic beverages, tea, coffee, and cocoa. Constipation seems to be at least one of the minor causal factors, and overloading of the bowels with the accompanying absorption of waste matter into the blood will sometimes account for an attack.

It is worthy of note that gouty as well as neurotic persons seem to be peculiarly susceptible. Among other causes that are sometimes mentioned are worms and teething in the case of children, and certain disorders of the skin.

### The Treatment

“There is probably no condition in which so many drugs have been used; and it must be said at the outset, that a remedy which is immediately successful in one case may have no effect in another,



and further, may prove quite useless in the same case at another time." Such are the comments of one of the best authorities on the treatment of asthma, and the statement is true. In other words, there is no universal cure for asthma, and anyone discovering a genuine cure for this common disorder would soon make a fortune. Painkillers and paralyzing agents galore have been, and still are, administered as routine treatment, but

Perhaps one of the simplest and at the same time most successful remedies for alleviating an asthmatic attack is the inhalation of plain or medicated hot, moist air. Everyone subject to asthma should obtain a suitable inhaler, which is not an expensive affair, and have it ready for any emergency. Another simple remedy, and one that is easily obtained, is the burning of nitre paper. This can readily be prepared by soaking absorbent paper in salt-

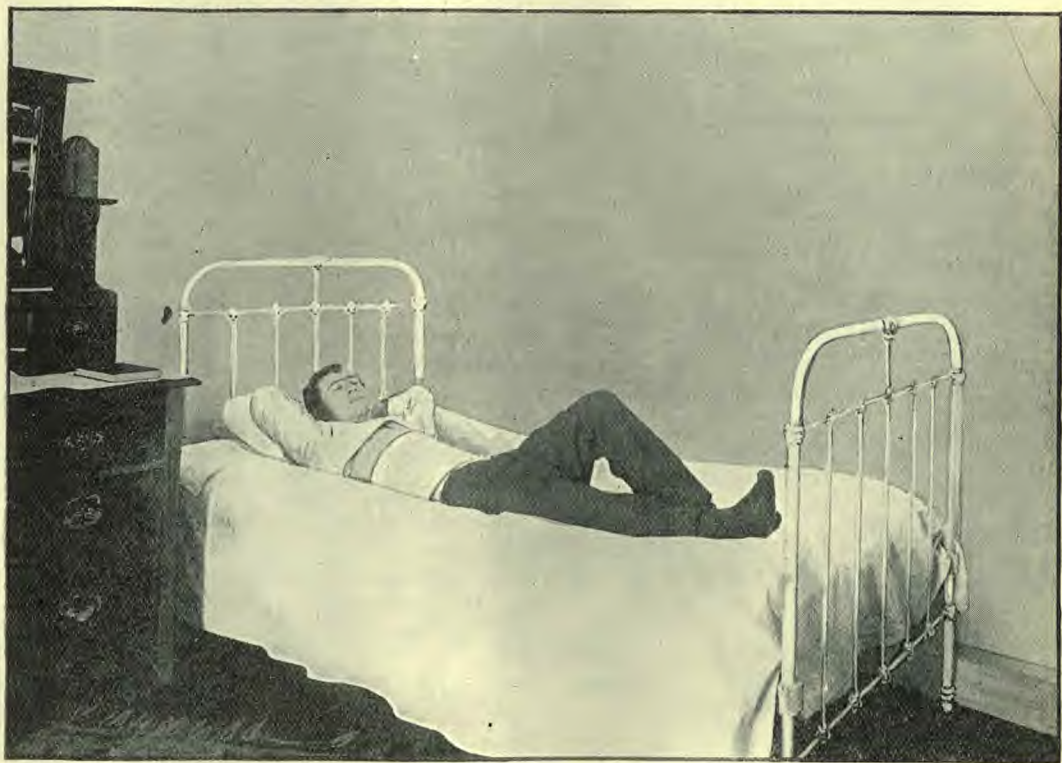


Fig 1. The Moist Abdominal Girdle

always with uncertain success. It is marvellous what comparatively simple remedies have accomplished at times. Some of the drugs given, like morphia, are exceedingly dangerous, and it is seldom wise to take them; in any case certainly not without a physician's prescription.

Various inhalants and fumigations are frequently employed, and not without considerable success, at least temporarily.

petre and then drying it. In the majority of cases the relief is both prompt and marked. If the stomach is overloaded, tickle the throat with a feather and relieve it. It is a curious thing that the causing of nausea or vomiting itself often relieves an attack of asthma, even though the stomach is not particularly overloaded.

The diet is a matter of great importance. Food should be plain but nourishing, and all irritating articles such as con-

diments, pickles, sweets, jams, marmalades, pastries, cakes, as well as those already mentioned above, should be carefully avoided. A diet consisting largely of fruit, both fresh and stewed, can be highly recommended. Three meals a day are ample, and nothing should be taken between meals. All asthmatic patients should be very strict about guarding against overeating, which, of itself, is liable to bring on an at-

or three layers of a woollen bandage so that the air will be excluded from the wet compress, and fasten snugly by safety-pins. (See Fig ). This compress is best worn at night. On removing it in the morning, bathe the parts with cold water and dry well.

#### What to Avoid

In dealing with any case of asthma it is necessary to search for the cause, and



Fig. 2. The Girdle Completed

tack, or at least aggravate the condition.

Fomentations to the chest or throat, sipping hot water, warm or hot baths, and similar hyriatic remedies are, as a rule, more effective in giving relief than drugs. The moist abdominal girdle is particularly valuable when digestion is bad. To apply it wring a linen towel of suitable size out of cold water rather dry, and fit it snugly around the trunk as shown in Fig 1. Cover the moist towel with two

ascertain it if possible, and then remove it. If this can be done the cure is usually permanent, but it is often exceedingly difficult to find the direct cause of asthma. A sudden change of temperature is a matter of extreme importance in the case of all those who are liable to an attack. Simply going from a warm sitting-room or drawing-room to a cold bedroom undoubtedly accounts for many of the night attacks. The bedroom should be of the

same temperature as the sitting-room, and it is well to moisten the air by having a small kettle of boiling water on the fireplace. While asthmatic patients require fresh air, all risk of a chill must be carefully avoided.

Noxious fumes, dust, or foul air, must also be strictly avoided, for their irritating effect will quickly produce an attack in those who are susceptible. If the

patient has adenoids or enlarged tonsils, these should receive prompt and efficient attention. Chronic nasal catarrh, as well as bronchial catarrh, is not unlikely to aggravate asthma.

As far as climate is concerned, a comparatively dry atmosphere, where changes are seldom marked or abrupt, is desirable. A moderate elevation above sea level is also considered advantageous.

## The Danger of Amateur Doctoring

CHAS. K. FARRINGTON

I DECIDED to write this article when a dear friend of mine, a physician of great skill, said to me, "I do wish people would stop advising one another what to take in times of sickness." He further explained that he did not mean in cases of serious illness, for then a doctor is usually called in, but in the common minor disorders which give friends such an opportunity to offer free advice, which, if followed, often proves very costly in the end. Before expressing himself as mentioned above, the doctor told me of the latest case of amateur doctoring he had been called to rectify. Unfortunately, such occurrences were not rare in his experience, and he was moved to speak strongly upon the subject.

After a nerve-racking and prolonged period of time, he had been able to save the life of a patient who, upon the advice of friends, had taken a well-known remedy for the purpose of curing a cold. The remedy was of unquestioned value in relieving certain disorders, but it was never intended to be taken without a physician's orders and his supervision. The user had no idea of its properties whatsoever, and, thinking to be on the "safe side," took a small amount every hour, hoping thereby to break up the cold safely and surely. Often this method of taking medicines appeals strongly to the amateur, for it seems certain to him that no dan-

gerous results can follow, because of the smallness of the dose. He would fear to take an ordinary amount of the medicine, but feels that a small quantity could not possibly hurt him. The absolute fallacy of such reasoning will be apparent from the results of the case in question. The nature of the remedy used was such that it was not rapidly absorbed by the human system; therefore it was possible to take a dangerous amount in *small doses* before the effects became noticeable, and that was just what was done in this case. The patient then passed into a state of unconsciousness, and it was only after much skilful treatment on the part of the attending physician that his life was saved.

My doctor told me that it was customary to give a certain amount of this remedy at intervals, but the condition of the patient had to be first taken into consideration, for if the heart's action was poor, or if some of the other organs of the body were in a diseased state, it was sometimes best not to use it. The layman does not consider such matters. He frequently thinks that what will help one case will also aid another. Let me give the following example, which will assist the reader in understanding the matter:—

### Acute and Chronic Diseases Cannot Always Have the Same Treatment

Two persons come to a doctor's office, both having a form of acute throat trouble.

AUTHOR'S NOTE.—The incidents mentioned in this article were given me by a skilful surgeon and general practitioner.

One can be given a local treatment, which the other cannot stand because of a diseased condition of the membrane of the throat *before* the acute trouble attacked it. In one case conditions before the attack were normal; in the other, long-continued *chronic* illness had weakened the throat. But the layman would judge, because each had the *same acute throat trouble*, that the same treatment could be given each. And, as a rule, when he attempts to prescribe medicines, he falls into the same error, and considers that what would aid one case would also help another. Farther on in this article I shall mention other incidents that will enable the reader to understand fully these matters.

#### The Danger of the Indiscriminate Use of Tonics

The "amateur doctor" likes very much to recommend a tonic. He knows of one or more which, by the way, his family physician has used with good results for himself or some member of his family. "Dr. H. gave me such a wonderful tonic," you will hear him say. "It built me up so nicely and quickly, and I am sure it will do you no end of good also. You are undoubtedly, as I was before I took it, a little run down. Get a bottle or two; it costs only 3s. 6d. at B's." Again we have an instance of the absurdity of the reasoning of the amateur. What has caused the patient to whom he has recommended a tonic to need one? Are the conditions the same as in the case of the sufferer for whom the physician ordered the tonic originally? Probably the amateur has never considered these points. People become run down from very different causes, oftentimes from very obscure ones, which the untrained mind would consider similar. And there is another phase of the subject. What size dose is the best? No one but a skilled physician is competent to judge in these matters.

#### How Long a Tonic May Be Safely Used

A tonic is usually considered by the amateur to be used for building up a run-down condition of the system. But few

persons not in the medical profession realise that there are tonics which can be used for extended periods of time with safety, and others which should be used for only short periods of treatment. For example, my physician told me that he had just discovered that one of his patients was using a tonic that had been prescribed for him three years before, after an acute bronchial attack. The medicine was excellent for the purpose for which it was given, a quickly acting stimulant for both brain and body having been needed. But in the condition in which the patient was at the present, no active brain and body stimulant was required, but simply a gradual building up of the nervous system. The physician at once ordered the first-mentioned tonic to be discarded, and specified one suitable for periods of time covering many months. Now the name of one of these tonics ended in the letters "phite," the other in "phate,"—not much difference in the name, but a vast difference in the effect; yet, on account of the apparent similarity of the name, the uninitiated would consider them as about the same. My physician told me that he had patients, men and women working at their daily tasks, who would be seriously affected by an *ordinary* dose of the first-mentioned tonic, because of the stimulus to the brain, while other patients would receive only good results from a similar dose. The reader can easily see from these examples the great danger of attempting to do what one has not been taught to do.

#### Even a Trained Nurse May Not Give Food or Medicine Without a Doctor's Orders

In a well-managed hospital even trained and experienced nurses may not give a patient either food or medicine without the attending physician's orders. It would be well for every reader of this article to remember this. Nurses who have had practical training and large experience cannot take upon themselves in any degree the qualifications of a physician. If they cannot do so, is it reasonable that an amateur should?

### Hives in Infancy

IN infants, urticaria, or hives, is essentially a chronic disease, occurring not only in the bottle-fed and the ill-nourished, but also in the breast-fed and the apparently well-nourished. It may begin anywhere from the fifth week to the fifth year of age, but usually during the first two years, and it affects the sexes about equally. The disease is most common in summer, but exposure to either cold or heat may cause a fresh outbreak in one who has the disease. Even the exposure of the child's body for the purpose of examination may cause new wheals to form. Vaccination is sometimes followed by hives in a previously apparently healthy infant.

Infantile hives is characterised by intense itching, as shown by the constant tendency to scratch; second, by loss of sleep and crying at night; third, by the eruption consisting of wheals, pimples, blisters, and even pustules. The limbs are more frequently affected than the body, and the head and face seldom. The wheals are usually surmounted by pimples or blisters; and when the wheals subside, the pimples remain for weeks or months. During the early stage of the disease, the child may appear healthy and well nourished, but later, sleepless nights and constant itching cause peevishness and fretfulness, and the child becomes manifestly ill-nourished, perhaps somewhat emaciated, and has a pasty face.

In nearly all cases it will be found that the mother has allowed the infant almost anything to eat. Not infrequently is a child of two years given meat, soup, pickles, coffee, tea, raw fruit, candy, and other unsuitable foods. In the breast-fed, in no single instance have I found the child fed at regular intervals, and what is of more import, the diet of the mother is usually unsuited to the nursing function. From my observation, I believe I can say that hives in infants is due to poisons generated in the intestinal canal. Hav-

ing this condition within, an external irritation, such as insect bites, or itch, or vaccination, may cause an explosion for which the child has already been prepared by the internal condition.

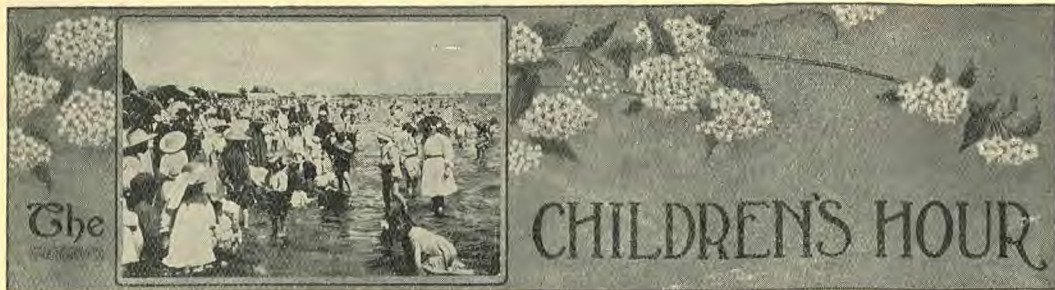
Another cause of hives is the habit of swaddling the infant in a superabundance of clothing, particularly those made of coarse wool. The child's body is thus, during the warm months, in a constant sweat, and the maintenance of an even body temperature, which is so necessary to a balanced circulation, is impossible.

Ordinarily the child comes to the physician with reddened patches, wheals with central pimples or blisters resembling somewhat a fleabite, and deep-seated and scratched pimples, and the trouble is easily recognised; but sometimes, on account of the scratching, it is difficult to determine the nature of the eruption—whether it is hives, or itch, or insect bite.

In treatment, the first thing to attend to is the diet. In the case of the nursing infant, the diet of the mother, and the regularity and number of the infant's meals must be attended to. Too often the infants have been overfed. Another important matter is the care of the child's finger nails, which should be trimmed close, and kept scrupulously clean, so as not to infect the skin from scratching. Third, too much clothing must be avoided.

Drugs are of minor importance. The bowels, however, must be kept open. Locally for the itching, alkaline baths are good, the simplest being the addition of common washing-soda to the bath. The child should be kept in it for at least fifteen minutes. To allay intense itching in addition to the baths, cooling salves and lotions, such as of menthol, may be used, but it should be remembered that they do not help or cure the disease, nor does any local application.

It is necessary to persevere in the treatment of this obstinate infant affection, giving attention in every way to the general hygiene of the child.—*Udo J. Wile, M. D.*



### THE TAG-END BOY

Keep up with the crowd, or ahead, my boys; for this  
 is the end you'll find;  
 He amounts to but little, or fails outright, the fellow  
 who lags behind.  
 He thinks there is time to catch up, but no; and this  
 he discovers instead:  
 While he tries to recover the ground he's lost, the  
 rest have gone on ahead!  
 The place that he hoped to obtain is filled by Henry  
 or Ned or Bob;  
 Always behindhand a little bit, he loses each longed-  
 for job.  
 Lag never behind, let me warn you, boys; keep up  
 with the crowd; you can.  
 For a tag-end boy—'tis the truth I tell—grows into a  
 tag-end man!

—Adelbert F. Caldwell.

### Keeping the Eyes Open for What Is Going On

A CALIFORNIA boy, named Markham, walking along a Pacific Coast beach, noticed how much certain shells resembled buttons. This suggested the idea to him that they might be worked into ornamental buttons. He was not able to perform the work himself, but he interested older persons in the matter. The shells were worked into buttons, an industry was established, and he secured a permanent position. He used his eyes and his wits, and they paid him back a hundred-fold. I suppose thousands of other boys had passed these shells and never conjectured what might be done with them.

California uses an enormous amount of redwood, and the mills that cut it up are among the most important in the world. About ten years ago there was employed

in one of these mills a boy helper named Grayson. Grayson, although he was not paid to do so, was always studying the shafting, belting, and driving power about the mill. He rarely had anything to say about it, but there was little in its manner of construction he did not understand. He had been with the mill company about a year when one day he called the boss foreman to one side and showed him some drawings of the mill's power. He said: "I may be wrong, but it seems to me if such and such shafting is done away with, and such and such belting is added, and the power is applied in this manner, the mill will do about a third more work than it does now. What do you think about it?"

The foreman, after giving the drawings a careless examination, replied: "That you're a lunatic and wasting time."

However, the foreman took the drawings to the manager of the mill and told him the story, laughing as he did so. The manager did not laugh after he had given the drawings a cursory glance. Instead, he replied that he wished to keep them for a time. They were in his possession for two weeks. At the end of that time, he sent for Grayson and asked him from what mechanical school he had been graduated.

"None at all," was the reply.

"Well, do you think you have sense enough to make the proposed changes in the power application of the mill? Your drawings hit the nail on the head, but can you boss the job of making the changes?"

That is a hard question to put to a seventeen-year old boy, but Grayson was equal to the situation. He said that he believed he could bring about the changes. He was given the opportunity; in three weeks' time the mill was working under thirty-three per cent greater efficiency than it ever had before, and the boss foreman took off his hat to the lad.

The eyes when rightly used take in a hundred and one impressions that may not be needed or used to day, but which, sooner or later, will prove of value. To learn to observe the most trivial thing and eventually to find a use for it is to be master of the habit of observation, one of the most valuable that can be possessed.



The Country Saw mill

World's Work.

Grayson, by using his eyes and his brains, had found his place. Grayson's advancement was, of course, rapid after that.

The boy who makes use of his eyes to watch all that is going on about him has a great advantage over the one who heedlessly stumbles along, careless as to what the busy world is doing. The proper use of the eyes builds up the memory and encourages the brain to more active work.

In my profession, the man who cannot observe is almost useless as a police officer, and this is true of a hundred and one other occupations. Teach the eyes, at all times, to be taking note of what is going on about them, and then educate the brain to make use of the knowledge they gather. Success will not seem so far away when this habit is acquired.—*Edward H. Postfield.*



## The Task

EDITH sighed as she laid down her patchwork for the fortieth and fourth time. What merry fun the children were having out there coasting!

You see, the day before, her mother had told her she must sew four squares together before she could go out and play in the snow, and she had not wanted to a bit! She just hurried through with her stitches as fast as ever she could, taking long ones, and poor ones—any kind so as to make those four pieces stay together. Then she had skipped gaily out to try her sled on the fresh white snow.

But did she enjoy those extra minutes gained by doing her work carelessly? At the time, I am afraid she thought she did! But when the next day came, her mother handed her back her patchwork sadly, because she loved her little girl, and was sorry to find she had been a shirk, and told her she must do it over, and with the very neatest stitches.

And that is why she stopped often and sighed, and her work seemed to go on very slowly indeed. She made up her mind then and there that it always pays to do one's very best the first time.—*Youth's Companion.*



## What Smoking Does for Boys

WE do not believe there is an Australian boy who does not wish to grow up tall and straight and athletic, with a fine, clear brain and firm, steady nerve. Yet many of the boys are doing something that will stop their growth and make them pale, weak, and dull. They are smoking the deadly cigarette.

Boys who wish to be athletes will not smoke. When an athlete is in training



"Boys who wish to be athletes will not smoke"

for some special work, such as rowing or footballing, he is not allowed to smoke, because tobacco weakens him and makes him unable to do his best. It makes his heart weak and his breath short. If tobacco does harm even to the full-grown and firmly set body of a strong man, how much more harmful must it be to the unformed, delicate body of a growing boy!

It is by exercise of all kinds that boys grow strong and hardy. The boy who smokes does not like to exercise. To-

bacco makes him lazy and dreamy and idle. Boys who want to be healthy will not smoke.

The heart is the force-pump of the body that sends the blood to every part. The tobacco poison at first makes the heart beat very much faster than it ought to. It will even make it beat one hundred and twelve times in a minute, when the proper number is only seventy-four. After a while it gets tired out, and can only beat slowly and feebly. The beats are not strong enough to force the blood to every part of the body. Some parts do not get their share, and all sorts of diseases come from this cause.

Boys who want to be good students or business men will not smoke. The brain needs one-fifth of all the blood in the body. When the blood is poor and the heart weak, the brain does not get its full supply, and cannot do its work properly. This makes the boy smoker dreamy and stupid. He cannot study, for he cannot hold his attention on any one subject; his mind wanders from one thing to another. The nerves are the telegraph-wires that carry messages from all parts of the body to the brain, which is the central telegraph office. Tobacco poisons and spoils the nerves, so they cannot do their work quickly and well. The smoker cannot think and act quickly, and he loses his memory.

The nerves of the eye get weak, the sight becomes dim, and the smoker has to wear spectacles. Sometimes even these will not help him, and he loses his sight altogether. A great doctor says that out of thirty-seven cases of paralysis of the nerves of the eye that he examined, twenty-three had been blinded by the use of tobacco.

Boys who want to grow up to be good men will not smoke. The cigarette brings a host of moral evils in its train. When the brain and nerves are poisoned by its use, the conscience gets weak. The boy

smoker will sometimes lie or steal without feeling that he is doing anything very wrong.

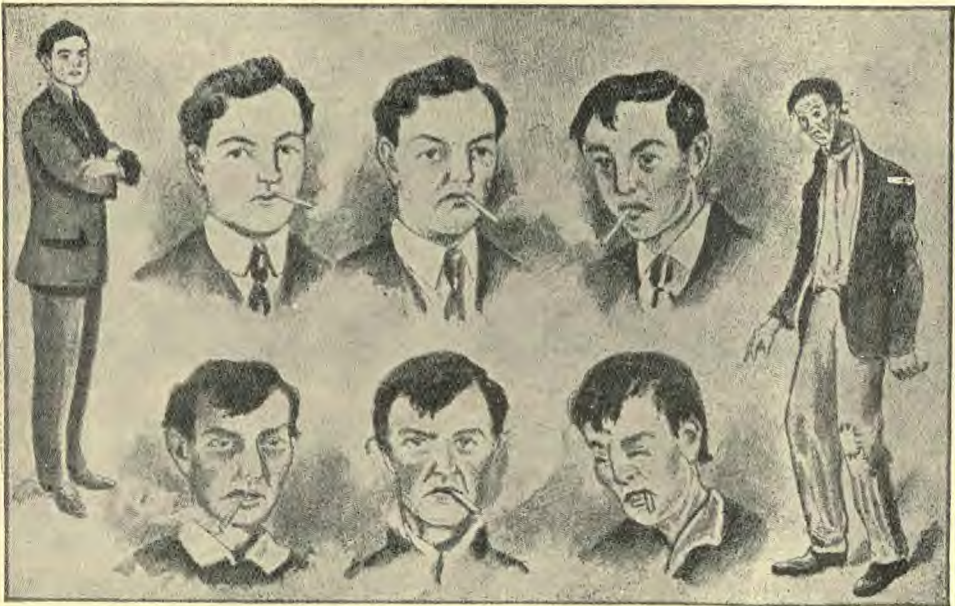
It is hardly a step from the cigarette to the hotel. Tobacco smoke dries up the lining of the mouth, and makes the throat burning hot. Pure water does not taste good to the smoker. He must have something with a stronger taste. So smoking leads to the drinking of intoxicating liquors.

Did you ever hear the story of Sir Walter Raleigh, when he first began to practise in England the filthy habit of smoking, which he had learned from the American Indians? His pipe made him thirsty, of course, and he called for a tankard of beer. When his servant came in with the beer, he was horrified to find that his master was, as he supposed, on fire, for smoke was pouring from his

mouth and nose. He was in such a hurry to put out the fire that he emptied the tankard of beer over his master's head.

From that day to this, people have been trying, with beer, wine, and whisky, to put out the fires caused by their tobacco smoking. But they pour it down their hot throats, inside their bodies, instead of over their heads, where it would not do any harm. Smoking and drinking are twin evils.

Boys who want to be gentlemen will not smoke. It is an unclean habit. It gives a bad odour to the breath and the clothing, and makes one unpleasant to other people. It makes one selfish. The smoker goes about poisoning the air that other people have to breathe, caring only for his own pleasure. In short, smoking is good for nothing, and bad for everything, except chimneys.—*Selected.*



The Career of a Cigarette Smoker

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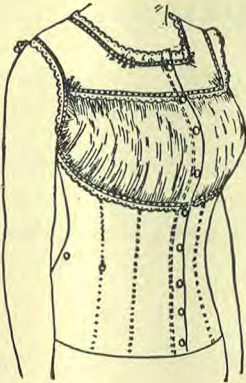
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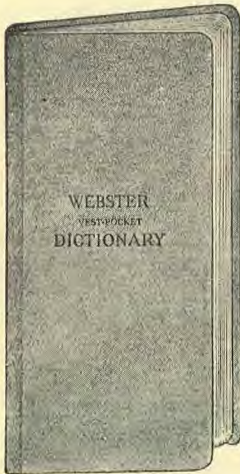
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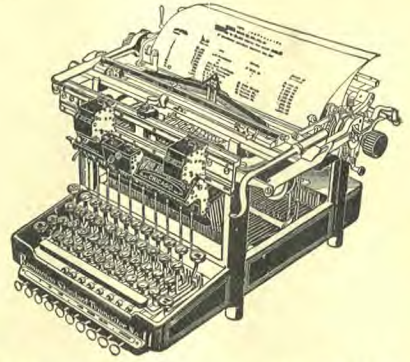
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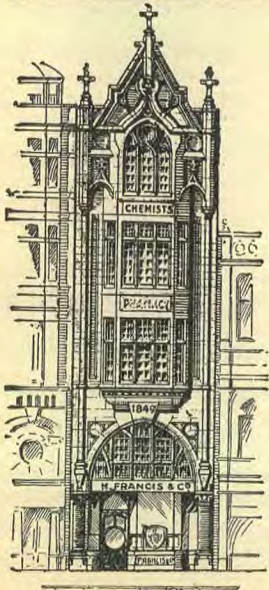
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