

# Life & Health

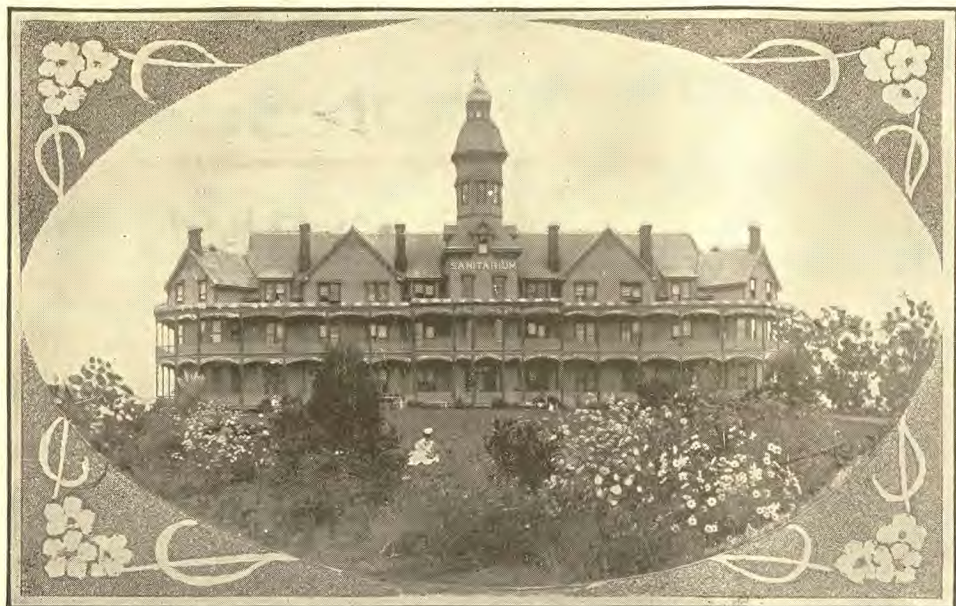


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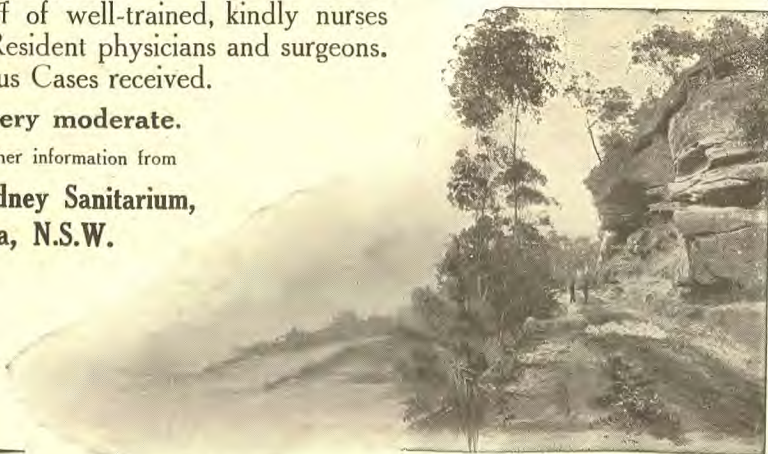
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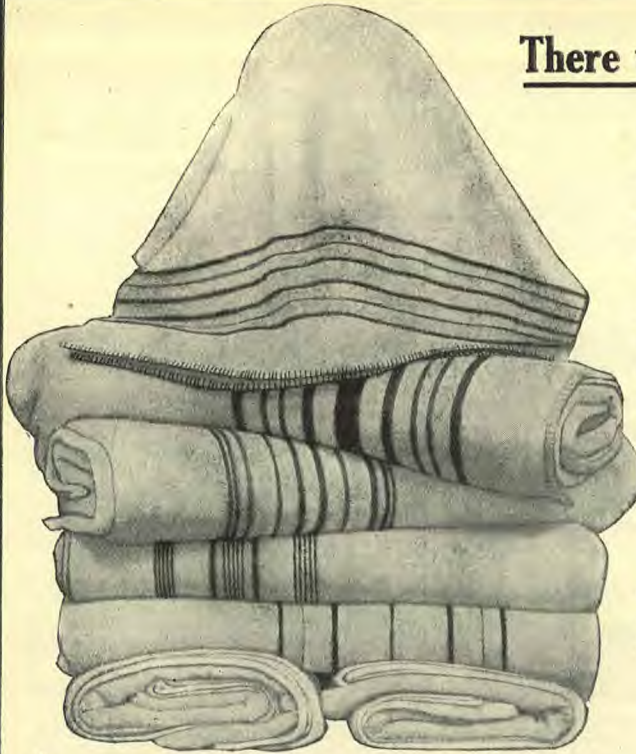
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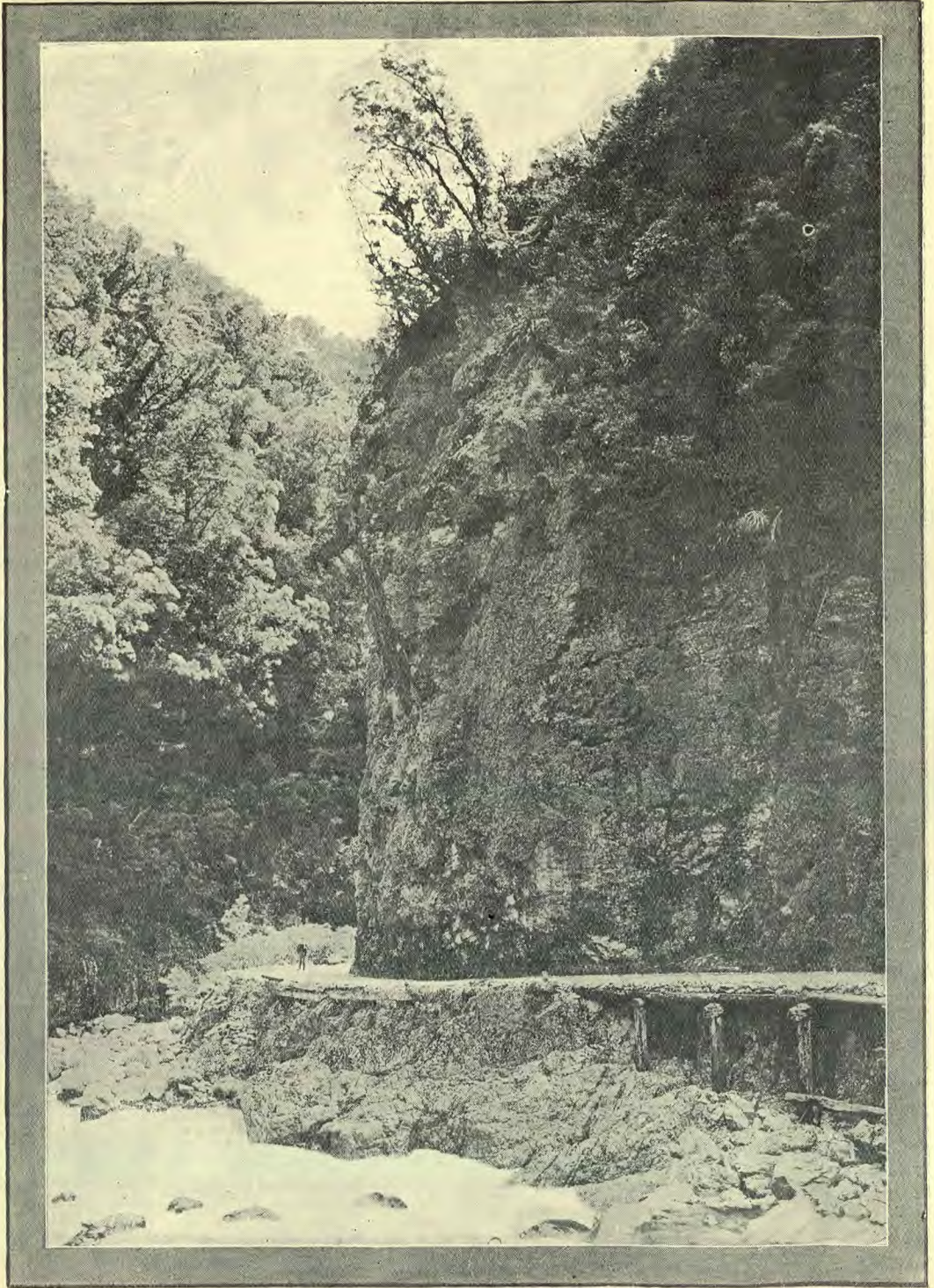
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IN THE BULLER VALLEY, NEW ZEALAND



LIFE &

HEALTH



Vol. 4

AUGUST-SEPTEMBER, 1914

No. 4

## The Need for Hygienic Schools

A. W. ANDERSON

**S**ERGI, the great Italian scientist, one of the leading thinkers in that field of study known to science as pedagogical anthropology, says very truly: "To-day an urgent need imposes itself upon society; the reconstruction of methods in education and instruction, and he who fights for this cause fights for human regeneration."

The adoption of principles of education on such lines as will tend to promote the fullest development of the mental, moral, and physical faculties of the rising generation should claim the attention of all worthy people. In times past the policy which has been pursued in the education of the youth has been one which calls for considerable improvement, and it is gratifying to know that many able scientific men and women are now devoting themselves to the development of better methods.

It is not our purpose here, however, to discuss the improved methods of pedagogy which are being adopted. These we leave to the consideration of our educational experts. There is, however, a field in the educational sphere into which we feel that we need to offer no apology for intruding. Side by side with greater

facilities for training the mental powers of the children there should always be seen the introduction of the best hygienic conditions obtainable. It is gratifying to lovers of cleanliness, pure air, and sunshine to see the care which is being taken in some countries to secure more perfect hygienic conditions for schools. A new type of building has come into use in modern schools, and the time of the obsolete barrack style of building which formerly did service is rapidly passing away. True, the modernisation of school buildings and equipment is costing much money, and if modern ideas in education are to be adopted universally it will entail a huge expense, yet in what better way could a nation expend its revenues?

### The Duty of Parents

The rising generation has a moral right to expect of its parents the very best equipment for the battle of life that can be procured. If our children, through being confined in ill-ventilated and badly lighted schoolrooms during the sunniest hours of the day, grow up with degenerate physique, deficient eyesight, and a predisposition to tuberculosis, and other dread maladies which are causing humanity

untold misery and woe, if not threatening it with actual extinction, the blame for this will lie at our own doors. We are living in an enlightened age, and it is demanded of us that we put our knowledge to a practical use. It is freely admitted that the predisposing causes for disease are largely preventable. If through our carelessness, indifference, or penury we fail to remove predisposing

disease. Children are ignorant of the danger of drinking from water taps which teem with bacteria deposited thereon from the mouths of diseased persons. It is not enough to warn children of the danger of this practice. The possibility of contracting disease in this manner should be absolutely removed from their reach by providing the improved hygienic drinking fountains which are now in use



A Hygienic Schoolroom

Sears, Photo., Melb.

causes to disease out of reach of our children, and should they fall into an untimely grave because of our neglect in this respect, are we not as guilty of their premature death as though they had come to an untimely end because we had permitted deadly poisons to lie about within their reach?

#### Propagators of Disease

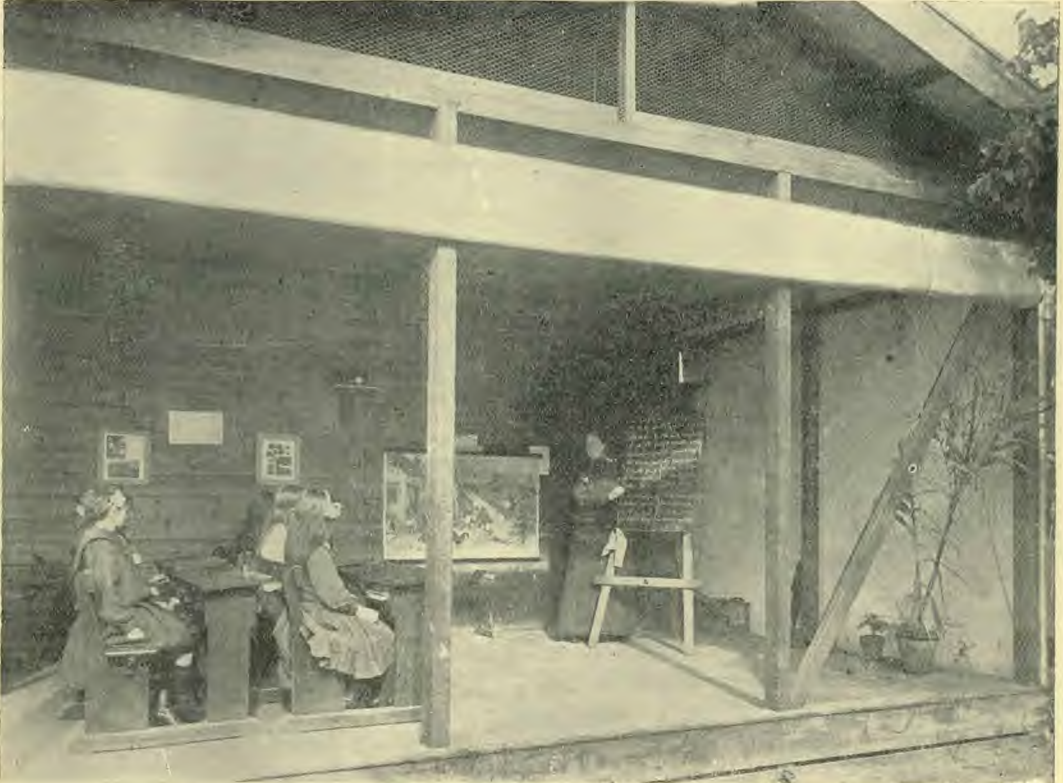
Undoubtedly schoolrooms and school grounds have been great propagators of

all over America and in many places in England and Germany. These fountains operate in the opposite manner from that of an ordinary tap. The jet of water bubbles *upward*, and to quench the thirst all that is necessary is to allow the jet of water to ascend into the mouth. Drinking cups, those great disseminators of disease, are unnecessary, and this improved faucet is both convenient and hygienic. No school in Australasia should retain the old obsolete style of

water tap any longer. The improved faucet should be provided at once if we desire to eliminate one well-known disease disseminator from our school premises.

The universal towel is another factor in distributing disease. A child can hardly be expected to carry a towel with him for his individual use. The average boy would sooner remain dirty than be bothered carrying about a towel with him.

has not been properly attended to, and whose skin calls for additional ablutions, are ordered by the teacher to the bathroom. It is said that this thoughtful provision has been very efficacious in teaching the children of the Fatherland habits of cleanliness, for it would certainly be a lesson a child would not be likely soon to forget to be ordered by the teacher to be washed at the school bathroom.



Sears, Photo., Melb.

A Schoolroom with an Abundance of Light and Air at a Minimum of Expense

What should be done in this case? Various expedients have been suggested, one of which, perhaps, might meet the difficulty. At some places abroad, absorbent paper towels are provided. After washing, these sanitary paper towels are used to absorb the moisture from the hands, and are then thrown away into a receptacle provided for the purpose.

In the public schools in Germany hot and cold baths are provided, and any children who arrive at school whose toilet

#### Playgrounds a Necessity

Children are not only fond of play, *they require it.* The old adage, "All work and no play makes Jack a dull boy," is true. Children who have no opportunity for play are to be pitied, for healthy play is essential for their physical and mental development. It is therefore satisfactory to observe that considerable attention is now being given to providing adequate play-grounds for children. Should vacant ground be unprocurable in

close proximity to a school, it would be better to secure the required land by removing some of the buildings in a crowded area, at whatever cost, rather than allow children to grow up with no place to play. Children develop in the playground many qualifications very necessary in order to fit them to face life's battles, and to deny them ample facilities for play is not only to fail to provide

should certainly be a portion of every park and enclosure set apart for the use of the children. In many parks and gardens, the warning notice appears at entrance gates, "Keep off the Grass." This regulation may be all very well for adults. They may be content to walk sedately along the gravel paths, but children delight to romp about on green grass, and where are they to fulfil this very



The Children at Play

Sears, Photo., Melb.

them with much pleasurable occupation in their early years, but also to rob them of the possibility of competing upon even terms with children who possess the advantages of a play-ground.

Portions of the parks in our Australasian cities could be put to the very best use by setting them apart as playgrounds for children. While the constant trampling of hundreds of young feet on grass is not conducive to its growth, yet there

natural desire if they are debarred from all the grass plots in the parks? Park committees, remember the little folks of the community.

To neglect children is to neglect the greatest asset the State possesses, for the entire future of any State or community is wrapped up in its children. Shall we not then give them the very best facilities for their mental, moral, and physical development?

# Dyspepsia and Mouth Digestion

(Continued)

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

IN our last article we endeavoured to show, as the apostle declares, that "the commandment was ordained to life," that natural law and the general provisions of Nature are for the good of man, that living in harmony with them means life, but to transgress means ill health and death. The only part of the digestion over which we have direct control is that of the mouth; if this part is properly attended to, Nature will faithfully carry out her part, and health will be assured. The teeth are given to be used. Unmasticated food cannot be ground up by the stomach or any other part of the alimentary canal. If food is not thoroughly masticated it is only slowly acted on by the digestive juices, and will tend to irritate the delicate mucous lining of the alimentary canal, and this when continued will give rise to all forms of dyspepsia. The teeth are constructed for grinding, and not for tearing apart as in carnivorous animals. Flesh foods are particularly liable to be swallowed in an unmasticated form, especially when hard salted meats are taken. Mustard, pepper, and other condiments are generally taken with these hardened and tough flesh foods in order to aid their digestion; these give temporary help, but although they cause an increased flow of the digestive fluids, they at the same time are irritants, and continued irritation must eventually terminate in disease. The irritation at first is not felt, for the stomach is not supplied with sensory nerves like the mouth. Taste, the sensations of the mouth, are given us in order to enable us to choose right food, but the stomach has no such function, it has simply to do the work relegated to it by the mouth. Does it not seem marvellous that the stomach and other internal organs are in a constant state of motion, and yet we are not conscious of the movements while health prevails. It is only when diseased con-

ditions exist that we are conscious of these movements. The conditions leading up to disease are not recognised, hence the difficulty of persuading people to reform their diet while they are in health.

When the irritation of the stomach by unmasticated and unsuitable food becomes established, we are then made conscious of the movements of the stomach and bowels by pain and other discomforting symptoms. Solid food will give pain, and consequently liquid foods must be taken until this diseased condition disappears. Foods such as milk, groats, Mellin's Food, Benger's Food, zwieback thoroughly moistened with hot milk, etc, are generally recommended in these cases. These are certainly advantageous while the pain and irritation exist. Food, however, that can be liquefied in the mouth will also be unirritating, and has the advantage of increasing the flow of saliva and reflexly the flow of gastric juice. Such foods as granose, wheat-meal or oatmeal (plain) biscuits, zwieback, crusts of bread, etc., when thoroughly masticated are excellent for almost all forms of difficult digestion. If, however, there is a deficiency of saliva as in fevers, or where the teeth are so decayed and deficient that food cannot be masticated, the more liquid foods would be advisable. We pointed out in our last article that the dextrinised foods have a double advantage, they are quickly digested and quickly absorbed; the maltose resulting from mouth digestion begins to enter the blood within ten minutes, and thus reinforces the digestive cells and aids the digestion of the other foods taken with the same meal. A thorough mastication of some dry cereal food with every meal is thus exceedingly advantageous to digestion.

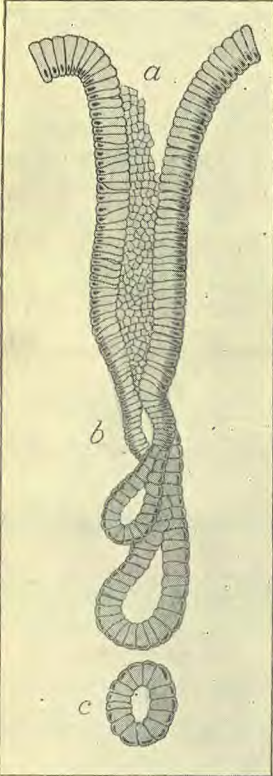
With many, starchy foods give a great deal of discomfort, producing acidity, uneasiness, and fermentation. This is only

true of starch that is not dextrinised, and not retained for a sufficient time in the mouth. Undoubtedly some forms of starch give more discomfort than others; potato starch with quite a number of people is particularly liable to disagree. Starch can only be digested in an alkaline secretion; the secretion of the stomach is acid, and hence its digestion

may be considerably retarded during its sojourn here. Some state that the digestion of starch ceases altogether within half an hour of its entrance into the stomach, but this altogether depends on what foods are taken with the starch. Albuminous foods absorb the acid of the stomach, and when the acids are combined they do not then retard digestion of starch. Potatoes are almost pure starch, and if taken by themselves or without a sufficient mixture of proteins, their digestion will soon cease on

most people. The movements of the stomach are such that the food first taken remains near the walls of the stomach, and the latter part of the meal is received into the centre of food mass taken at the meal; thus the acid secretions of the stomach act on food first taken, and the latter part of the meal retains its alkaline reaction received from mouth digestion for some time, thus it is that starchy puddings taken as a second or third course in the meal continue to be acted on by the salivary ferments even after reaching the stomach. It follows that starchy foods taken at the beginning of a meal should be thoroughly masticated, and only swallowed when fully liquefied; the stomach, however, does not develop a decidedly acid reaction for two or three hours after the meal, as the acid in the early part of the meal is neutralised by the salts of the meal, the alkaline saliva, and by combining, as already stated, with the albuminous elements of our food.

It is a remarkable fact that the secretion of gastric juice varies in quantity and quality with the food taken. Every distinct food has a specially prepared digestive fluid; each food calls forth a supply of those ingredients of the gastric juice specially required for its own digestion. Meat, for instance, produces a flow of juice large in quantity but poor in ferments; bread causes a scanty but very concentrated juice to be secreted which is very rich in ferments; milk, which is one of the most easily digested of all foods, produces only a moderate amount of juice, and that of weak digestive power. "If," says Pawlow, "one alters the diet of an animal and goes on giving the new food, one finds that the ferments contained in the digestive juices accommodate themselves more and more every day to the altered diet. If, for example, one feeds a dog for some weeks on milk and bread only, and then changes to a purely meat diet, which contains much more proteid and almost no starch, one observes a gradual increase in the proteid ferments of the pancreatic juice. The capability of digesting proteid increases



A Pyloric Gland, from a section of a dog's stomach. (Ebstein)

a. Mouth; b. Neck; c. A deep portion of a tubule cut transversely

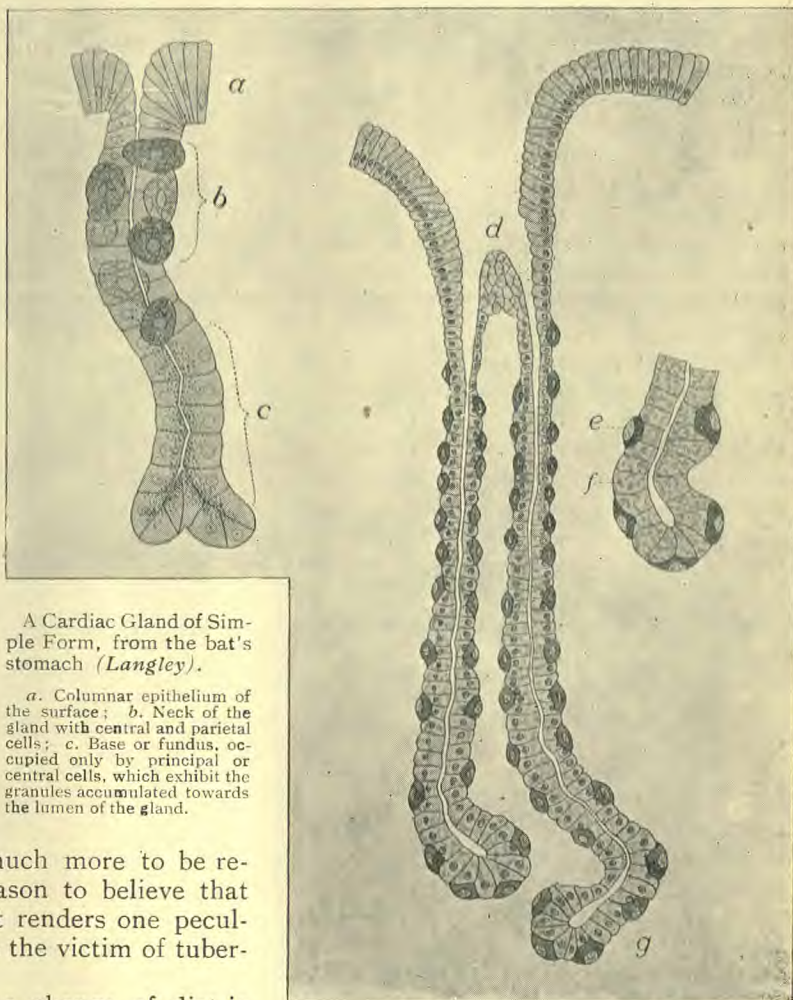
entering the stomach on account of the free acid present. The starch of good bread is more easily digested for two reasons, firstly, it is more thoroughly masticated, and, secondly, the bread contains more nitrogenous matter. Dextrinise the bread by making it crisp in the oven, and its digestion is further increased. Potatoes baked in the skin and thoroughly masticated in conjunction with some more highly nitrogenous food can be taken by

day by day, whilst, conversely, the starch-digesting power falls off. This adaptation takes place much more readily in some animals than in others. Where it does not easily occur, a sudden change of diet may produce considerable digestive disturbances."

Hutchison, in speaking of this subject, remarks: "In the light of these facts one can understand the enormous importance of establishing good 'digestive habits' in the young. If a child is encouraged to avoid fat, for example, he may ultimately lose the power of producing the secretion specially suited to the digestion of fatty foods, and may thus, with the best intentions, be unable to eat much fat all his life afterwards, and so suffer from impaired nutrition. This is much more to be regretted as there is reason to believe that inability to digest fat renders one peculiarly liable to become the victim of tuberculous diseases."

We thus see that a change of diet is very likely to be followed by some discomfort even though the change be a favourable one; the stomach does not accommodate itself to the new diet at once, time is necessary to change even its faulty habits. The meat eater requires a large amount (comparatively speaking) of acid to digest his food. When the flesh food is given up, the stomach secretes for a time more acid than is necessary for the non-flesh and more wholesome diet,

and this increase of acid interferes especially with the digestion of the carbohydrates (the starches and sugars) which form the largest part of the healthy diet. In leaving off flesh foods a little persever-



A Cardiac Gland of Simple Form, from the bat's stomach (*Langley*).

a. Columnar epithelium of the surface; b. Neck of the gland with central and parietal cells; c. Base or fundus, occupied only by principal or central cells, which exhibit the granules accumulated towards the lumen of the gland.

A Cardiac Gland, from the dog's stomach (*Klein and Noble Smith*). Highly magnified.

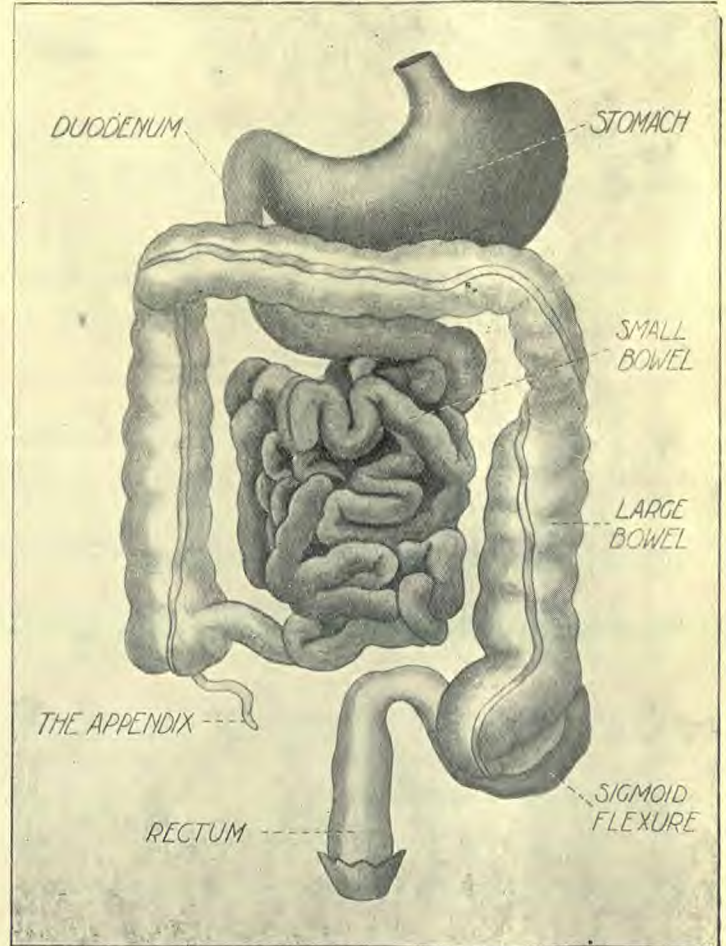
d. Duct or mouth of gland; e. Base or fundus of one of its tubules. On the right the base of a tubule more highly magnified; f. Central cell; g. Parietal cell.

ance is necessary until the stomach gets back to its normal healthy condition. Until this obtains there very likely will be some loss in weight as well as acidity and flatulence. Flatulence and acidity do not prove that the non-flesh diet is un-

suitable, but that the stomach has not had time to adjust its secretions to the change and the more rational diet. Those who are emaciated by disease such as consumptives, cannot suddenly change their meat diet, they have not the vitality to effect the necessary changes, and in these cases the change in dietary should be gradual.

We have seen that carbohydrates (starch foods) are digested in the mouth, proteids in the stomach, and fats in the duodenum. Starchy foods stimulate the flow of saliva, proteids the secretion of gastric juice, and fats that of pancreas. Thus we again see that Nature accommodates herself to the food taken, and that natural law, "the commandment," is always "ordained to life;" that Nature does her best under all circumstances. It is a well recognised fact that the free hydrochloric acid of the stomach is antiseptic, and destroys almost all germinal matter. Those germs, however, that form acids (acetic, lactic, succinic) are not destroyed: these acids not only stimulate the pancreatic secretion, but they prevent putrefaction. Thus flatulence is increased by a proteid diet, and lessened by a well selected diet of carbohydrates, such as granose biscuits, wheatmeal biscuits, etc., as already given. The proteids (as found in flesh foods, peas, beans, lentils, etc.) absorb all the acid of the stomach, and thus foods readily ferment under the influence of bacteria not destroyed by the free acid; but on the other hand the carbohydrates do not interfere with the free

hydrochloric acid, but tend to the production of other acids already named which are destructive to the germs of putrefaction. Hutchison states, "If one wishes to diminish intestinal putrefaction, the diet must contain plenty of carbohydrates, for it is only out of these that acids can be produced, and but little proteid.



This explains the very foetid nature of the stools passed by patients who are being fed exclusively on lean meat.

Fatty foods, especially free fats, are liable to interfere with digestion. They surround the particles of starch and proteids, and thus prevent their digestion both in the mouth and stomach. Free fat retards the secretion of gastric juice.



Thus skim milk often agrees better than milk rich in cream. Fatty foods are better taken at the close of the meal after the stomach has had a chance to secrete the hydrochloric acid in sufficient quantity. Thus when olive oil or cod liver oil is given to increase weight, it should be given a short time after meals. When, however, the fat reaches the duodenum, it acts as a stimulant to the digestive (pancreatic) secretion; it is emulsified by the bile, and digested by the pancreatic juice. This emulsification of the fat sets the proteids and undigested starches free, and thus they are prepared for digestion by the pancreatic juice, a fluid which digests all forms of food whether they be carbohydrates, fats, or proteids. It is in weak stomach digestion that fatty foods have to be avoided. Some maintain that the bile is an antiseptic, and that it prevents fermentation of food and flatulence, but probably its action as an antiseptic is only an indirect one. When the food is surrounded by fat (as in hot buttered toast, pastry, etc.), it remains undigested while passing through the mouth and stomach, and consequently liable to ferment. On reaching the duodenum the bile removes this fat, and allows digestion to proceed, and thus puts an end to fermentation. In jaundice there is absence of bile in the duodenum, and consequently fats cannot be taken without causing great discomfort.

### “Hardening” Children

A NEWSPAPER correspondence has been taking place recently with regard to the practice of the so called “hardening” of children, by sending them out in all weathers with bare legs. However praiseworthy the idea may be in a warm climate, it is wholly inconsistent in a country that possesses such fluctuating temperatures as our own. Every medical man knows that, anatomically, the knee joint is the weakest in the body, and therefore it requires to be kept warmly clad and protected, as far as possible, from the effects of sudden changes of temperature. Neglect to do so may pave the way for tuberculosis infection, with its consequent crippling of the joint. Upholders of Spartan practices are fond of quoting the example of Scottish parents, the bare knees of whose offspring bid defiance to cold and injury, forgetful of the fact that the conditions of life are slightly different in Scotland. Teachers of hygiene, health visitors, and others might well inculcate greater care in the clothing of the extremities of children, whereby much needless suffering might be prevented. The true principle on which the clothing of children should be based is that they should be as lightly clad all over as is compatible with warmth, having regard to the state of the thermometer, and that their clothing should be distributed as evenly as possible over their whole bodies.  
—*Medical Press.*



## BE KIND TO-DAY

BY R. HARE



WHY don't you love me to-day mama?"  
Whispered a wee little girl,  
While mother, with face darkly shaded,  
Combed out each clustering curl.  
"I've folded the napkins all ready,  
And helped little brother at play,"  
And the big tears fell while she murmured,  
"Why don't you love me to-day?"

Oh mothers, I leave you the question,  
Once lisped in that pleading refrain,  
"Why don't you love me to-day mama?"  
I whisper it yet once again.  
It may be the burden is heavy,  
Just two hands to keep things straight,  
While you rise in the morning early,  
And toil till the hour is late.

Then sometimes, perhaps in the gloaming,  
You sigh o'er the changeless lot  
That keeps your heart in a struggle,  
Your life in the humble cot;  
But say, have you thought of the sorrow,  
If life were silent as well,  
If no little lips in their prattle,  
Cast over it love's sweet spell?

If no little head touched the pillow  
That lies in the snowy bed,  
And you had to murmur in sadness,  
"The blossom I loved is dead,"  
Would you fret at the childish questions,  
Or jerk at the tangled hair?  
Would the patter of little footsteps,  
Then add to your load of care?

And would the tattered dollies  
Crowd into your too-hurried way?—  
Oh mothers, read the sad picture,  
And love your girlie to-day.  
Yes, love as you would if to-morrow  
Placed white fading flowers at her head,  
Just love as you'd wish you had loved  
If the sweet little blossom were dead.



## Small Matters

MRS. D. A. FITCH

**I**T is small things which make up the sum of life. It is the little matters which count the most in housekeeping. The minute details of the home, if neglected, cause more annoyance than do the omission of some seemingly important matters.

### The Stove

A smoking stove renders the air unwholesome, injures the ceiling, and leaves soot and ashes on the furniture. No stove opening should be left uncovered a moment longer than is actually necessary. Very little more fuel is required to cook on the top of the stove than in direct contact with the fire. By adopting the former method, the necessity of often opening the stove is obviated, and there are no sooty kettles to soil other things and finally require the unpleasant work of cleaning. Besides this, moderately slow cooking is much the best, as rapid cooking causes the fine flavours of the food to escape to a great degree. If a pot boils, that is sufficient; and by keeping a medium fire much fuel may be saved.

Did you ever see a careless housekeeper empty her pan of dirt into the open top of the stove instead of the hearth, and notice the dust sail upward to lodge on the most convenient article within reach?

### In the Pantry

All good housekeepers keep cupboard doors closed when it is not necessary that they remain open. The pantry is only a

large cupboard, and dust is just as objectionable there as in the smaller cupboards. Food is usually stored in these places, and we cannot be too careful of it, and also of dishes. Germs are in the dust.

Let order reign in the pantry if nowhere else in the house. Have a place for each kind of china, and keep each in its place. Arrange another place for food. Do not put food and empty dishes on the same shelf, and just as may be convenient at the moment; for what is more trying than to find that a clean dish has been set into one of the same kind which is partly filled with soup or some other food?

### The Silver

If you are using solid instead of plated ware, you may give it almost any kind of abuse; but if the plated ware, it is economy not to use it for cooking purposes, nor to leave soiled pieces waiting a long time before washing and drying, especially if somewhat worn. Silver is badly injured by being moved about in the dish pan; it is best to wash it carefully. When spoons are to be laid in a horizontal position, it is well to let the convex part of the bowl be up, since this saves the ugly wear so often seen.

### In the Bedroom

Of course no tidy person will retire at night with the room in disorder, thus making inconveniences for the morning. Good judgment should be used in regard to ventilation, the occupant being sure

there are at least two openings into outdoor air. At proper time for rising it is well to take a cool sponge bath, or at least an air bath, accompanied by breathing exercises. Do not cease ventilating the room when you leave it for other duties. See that the bed is as wide open as circumstances will permit, and that a current of air is passing through the room. When sufficiently aired, the bed should be made, the floor cleaned, all drawers closed, dead matches and all other rubbish disposed of, slops emptied, and all things left as if visitors were expected.

No cleanly housekeeper will begin handling her breakfast cooking utensils until her hands have been washed. And if not at all convenient to comb the hair, she will at least closely confine it by means of pins or in a cap.

#### In the Kitchen

Have a sink or other place for washing dishes, and keep all dirty things out of it.

Even if in no other room of the house you use a dampened broom for sweeping, it should be used in the kitchen, that there may be as little dust as possible.

Be orderly while working, rather than allow an accumulation of misplaced articles, thus necessitating the use of valuable time in putting them in place.

If possible, secure promptness of the family at all meals, thus avoiding delays, waste of time, indigestion, and many perplexities.

Have plenty of good holders near the stove, and so save burning the fingers. "An ounce of prevention is worth a pound of cure," is true in more than one case.

Be careful about striking the edge of granite ware, for flakes are likely to find their way into the food, which when swallowed may produce some trouble as grave as appendicitis. Bits of glass could be no worse.

To taste from the cooking spoon and return it to the food without washing is quite unsanitary, and should be as care-

fully avoided as would a like practice at the table.

You should have a well-equipped ironing board, and it should be kept in some place where it will not be exposed to dust, preferably with the face to the wall.

There are many reasons why the housekeeper should put forth diligent effort to keep the house rid of the dangerous little creatures we call flies.

#### In the Sewing Room

A yard of fine thread costs just as much as a yard of that which is twice as coarse. Hence when a strong thread is required, which is the most economical—a single coarse one or a double fine one?

Sometimes a bit of perplexity may be avoided and considerable thread economized by running one seam immediately after another when sewing on the machine. A small bit of cloth may be run under the machine foot, which will, by the setting of a few stitches, serve to hinder the knotting of the thread on the under side at the time a new seam is being begun. Also less thread is used than by the ordinary method.

#### General

Remember that when sitting, a person is much more susceptible to the cold than when standing. On that account exercise care about leaving doors open. Visitors and perhaps others might not like to speak of their discomfort.

When desiring any important change in the house furnishings or the home management, seek to learn what will suit the convenience of other members of the family.

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To prevent accidents with bottles containing poison, buy a dozen tiny bells, and every time a bottle of poison is brought into the house tie a bell to the neck of the bottle. Even in the dark the bell will tinkle its warning. Another good way is to paste a piece of sandpaper securely to the top of the cork. One can easily detect the rough surface, and thereby know the contents.

## Cookery One of the Fine Arts

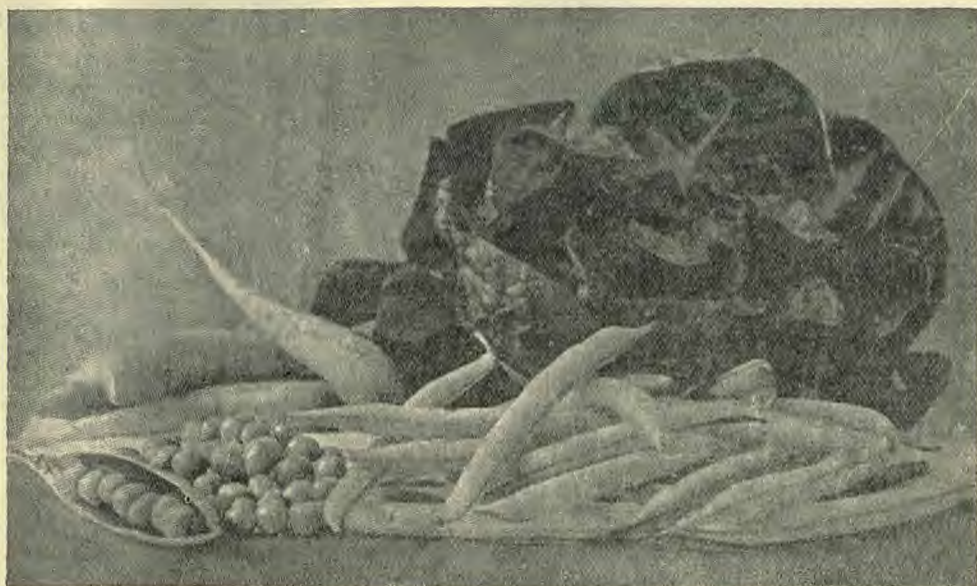
DR. LAURETTA KRESS

MAN lives by the introduction of food into his system. Sooner or later his physical condition will show whether this food is of the right quality or quantity. Disease results if this food is improper in quantity or poor in quality, or if it is poorly prepared for assimilation.

The cook plays a very important part in the home, as she prepares the food that goes to nourish the inmates. A good cook is one who, having studied the more

be to arrange some concoction to appeal to a perverted appetite, without any consideration of its digestive qualities. The average woman does not make any serious attempt to develop the art of cooking. To study how many food units will be needed in the building process of the human body, or what particular elements are necessary for certain cases, is to her like a lesson in Greek or Latin.

Imperfect knowledge of cooking leads



Vegetables admit of much variety in preparation for the table

important principles of right living and of food combinations, can, with care and thought, apply them with benefit to all the family. But how often the work of preparing the food is left to one who is illiterate, untidy, and careless, and who works only for a wage, not for the up-building of right living.

Cookery is not only a science, it is one of the fine arts; but it has been seriously neglected by the women of recent years. There are few who can make good, wholesome bread. The aim usually seems to

to diseases of every kind. Children and adults suffer the results of bad cookery. There should be schools in every city where the most wholesome ways of preparing foods for sick and well could be learned. If more time and study were spent on this great subject, there would be less need for the doctor, and there would be fewer mounds in the cemetery; but at present the cooks too often play into the hands of the physicians and patent-medicine venders and the undertakers.

Our palates need education to eat that

which is good. Our cooks need education in making foods that nourish. Many of the strongest animals find their sustenance in the plant kingdom. Why should we not find enough in the grains, fruits, vegetables, and nuts to build a strong body structure?

There are a few points which must be considered. The food must be palatable as well as digestible. A soup, a salad, a sandwich, or any other prepared food, should be made with this in view. There are flavours which each food contains that should be retained. Often in the cooking they are lost because of failure to know how to prepare it. For instance, the potato, when boiled, is put to cook in so much water that when it is done it has a large amount of water still left to be thrown away. This has extracted from the vegetable in the boiling process much of the salt which makes the potato tasty, and which is needed in the body; and when this water is thrown down the sink, the cook must do something to make this article palatable, so a large amount of salt is added, and some butter and pepper to make up for the absent elements which went down the sink. The same is true also of beans, peas, and lentils. They are usually cooked in water until partly done; this water is thrown away, and other water is added. In this first water much of the phosphates of the peas or beans is extracted, for as the water becomes warm enough to crack the skins and loosen the starches, the phosphates are dissolved into the water. When these important nutrients are thrown away, the food is tasteless unless something is added to bring up its flavour. So salt, pepper, and fats are again added in the endeavour to make palatable dishes. If the important natural salts of the food were conserved in the cooking, there would not be this need of adding artificial flavours. When peas, beans, or lentils are put to cook in cool water, without soaking, and a little vegetable oil (cottonseed or olive oil) is added, allowing it to cook with these legumes, the broth drained from them when done will have a "meaty"

taste, because all the phosphates are there; nothing is lost. This will make a stock for various soups—quite equal in flavour to meat soup. To this broth of peas or beans, or both cooked together, various vegetables can be added, and we have a vegetable soup. The recipe is given below:—

#### Vegetable Soup

One pint of yellow split peas, one cup of Lima beans, one-quarter cup of salad oil, one small onion, one small carrot, two sticks of celery, one small turnip, two medium-sized potatoes, parsley, one medium-sized tomato.

Put the beans and peas to cook together, with salad oil; cook slowly until done. There should be a good supply of fluid on the mixture when done. Drain this off, add salt, and vegetables chopped fine; cook all together until done, and lastly, add parsley, chopped fine. Serve hot.

This same kind of broth could be used in making a noodle soup.

#### Noodle Soup

Three yolks of eggs, one teaspoonful of water, two tablespoonfuls of nuttolen, one quart of bean broth, salt, one cup of strained tomatoes.

Put the yolks of three eggs into a basin. Add one teaspoonful of cold water and a little salt. Stir in flour enough to make a stiff dough. Put the dough on the kneading-board, and knead in as much flour as it will take. Roll out very thin. Dry a little, then roll up in a roll, cut into very thin strips. Shake them out to dry a little more, then drop into the boiling water broth. Prepare the broth by cooking one pint of Lima beans with one tablespoonful of salad oil or olive oil until well done. Drain off the broth. Add one cup of strained, stewed tomatoes. To this add the noodles. Cook rapidly in the broth until the noodles are well done. If any flavouring is desired, as onion, celery, etc., it should be added to the broth before the noodles are put in. Just before serving, add two tablespoonfuls of nuttolen, if desired, chopped fine, or cut into small dice.

It can also be used in making a gravy.

Take vegetable broth from any vegetable that may be cooking—peas, beans, potatoes, etc., mixture of all these broths is very nice. Add salt, and thicken with flour that has been browned in the oven to a rich brown colour. A little celery or onion can be added if desired, or a little strained tomato.

Or it may be used in making a toast for breakfast.

#### Minced Scallop on Toast

Mince one-half pound of nuttose and put it on to simmer in three cups of bean broth for three-quarters of an hour. Add a little sage, parsley, and salt; just before serving, chop the yolks of two hard-boiled eggs into the mixture. Serve hot on small squares of zwieback.

Healthful cookery, then, requires enough study to know the various wants of the human body and the elements in foods that will supply them. Then the food should be combined as tastily as possible to bring out all the flavours of the food itself, with the addition of the smallest amount of seasoning, so that the natural flavours can be noticed.

When a food is prepared for the table that tastes so strong of onion that one in eating it can taste nothing else at all, it is poorly prepared, or *bad cookery*. Any flavour, as onion, sage, bay-leaves, thyme, etc., should be added in such small quantities that it gives a pleasant taste to the food, but so that those eating it can hardly detect the extract flavour.

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### Fruit Diet

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

ANEMIA has been successfully treated by a fruit diet. Dr. Ashford, of Porto Rico, relates the case of a child under his care whose percentage of hemoglobin had fallen to less than a quarter of the normal. In three months on a diet consisting of bananas, this child recovered health, and the hemoglobin rose to the normal. Dr. Ashford was acquainted with numerous similar cases, and was compelled to conclude that animal flesh is not necessary for the provision of pure blood and sound, physical health.

Children whose tastes have not been misguided and perverted enjoy fruit. It is the orchard rather than the butcher's shop that the small boy is likely to visit. He passes the meat shop without temptation, but when he sees a fine display of beautiful, luscious fruits, his mouth begins to water. There is no better food for children. All the medicine that they require is found abundantly in fruit.

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To tighten a sewing-machine band drop a little castor oil on the leather band and turn the wheel quickly and the leather will contract.

### The Biggest of Woman's Jobs

IT was a woman who said that "the finest of arts is to improve the quality of the day." That is, the ideal achievement is not to crowd the hours more full of things, nor even to fill them with a different kind of things, but to take the plain day just as it comes, and to add to it that which colour adds to pictures and fragrance adds to flowers. Why a woman should have uttered this truism is that it applies so poignantly to the work in a woman's day. Housekeeping, for instance, involves the regular performance of a certain round of inevitable duties. Beds must be made, floors must be swept, breakfast, dinner, and supper must be served. These duties may be done in such a way as to make them the dreariest of tasks. The housewife may make the back stairs the wearisome steps of a treadmill. It is mostly a matter of thinking. Life depends upon the way we take it. The truth about the back stairs is that they are really Jacob's ladder, if we will; and the mother and the daughters are angels ascending and descending. They may not look it in their working-clothes, but to the husband and father that is what they are, unless they choose to be otherwise. He prefers aprons to wings: we may be sure of that. People talk in a large way about the "real work of the world," and seem sometimes to mean that in order to do it one must belong to the executive committee of a woman's club. But this is like the report of the crew of the life-saving station who said: "We saw a ship in great distress, and all night long we worked hard—with the speaking trumpet!" That is not effective service. Men have got to get wet in order to save ships. They have got to labour at the oars. And women, in order to save society, which is the "real work of the world," have got to take hold of the homely details of their domestic business. That is the biggest, the most important of all of woman's jobs. It is essential to the well-being of society. And it is dignified by its importance.—*The Ladies' Home Journal*.

### Water in Infantile Diet

IN order that a child may develop normally, writes Dr. L. F. Meyer in the review *Die Naturwissenschaften*, it is necessary to add to its food the amount of water required by its organism. This amount is in proportion much greater than that required by an adult. For every 1,000 parts of the weight of the body, the daily consumption of water may, in an adult, be limited to 35 parts: in a suckling the quantity of water must amount to 140 parts. The author of the article mentions the researches made in this matter by O. and H. Heubner.

These scientists had occasion to examine a suckling who received a sufficient alimentation so far as the calories were concerned, but whose weight, nevertheless, did not increase, although not suffering from any disease. They made a careful study of the case, and arrived at the conclusion that the want of development of the child was due to the insufficient quantity of water given to it with the food. In many cases of want of development in children, it is sufficient to add to the diet a certain quantity of water, without the addition of other alimentary

substances in order to obtain satisfactory results.

This question was also studied by other scientists, who all recognised the foundation of the Heubner brothers' opinion.

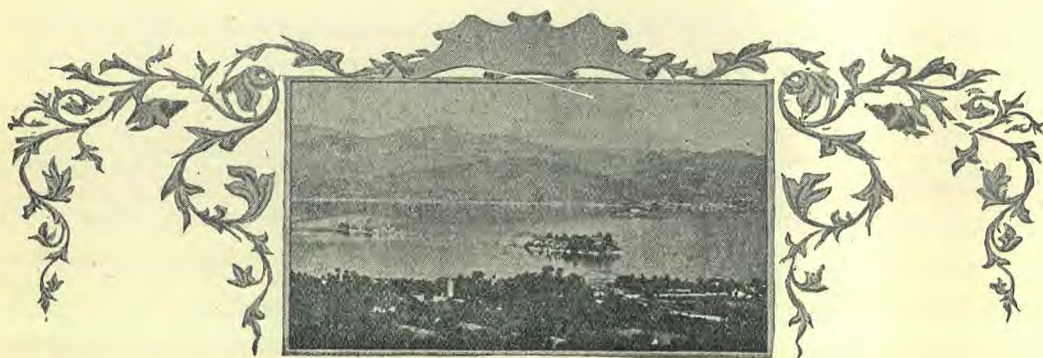
This is a very important question when dealing with children fed artificially, who are often given concentrated nutritious substances which must be diluted in water when being used.

In certain cases the child reared by artificial means develops normally, notwithstanding the insufficiency of water it ingests, whilst in other cases the weight of the child remains stationary, and may even decrease. In all these cases, the fact of adding to the diet a certain quantity of water at once induces an increase in weight.

The best results were obtained when the child ingested every day a quantity of water equal to 15 per cent of its weight.

The consumption of insufficient water, besides paralysing growth, or, at least, retarding it, is, in many cases, the source of other troubles.

Some physicians think that to this cause must be ascribed the fits of fever so often observed in the newborn.—*Translated for Life and Health from "O Commercio do Porto," by C. Strauss.*







**NOTICE TO SUBSCRIBERS:** All questions for this department must be addressed to the EDITOR, "LIFE & HEALTH," WARBURTON, VICTORIA, and not to Dr. W. H. James, who will treat correspondence only on usual conditions of private practice. Subscribers sending questions should invariably give their full name and address, not for publication, but in order that the Editor may reply by personal letter if he so desires. Because of this omission several questions have not been answered. To avoid disappointment subscribers will please refrain from requesting replies to questions by mail.

### 226. Treatment of Obesity

"Subiaco" asks "How to reduce weight?"

*Ans.*—Weight that is inconvenient is due to accumulation of fat. It is an evidence that more is being taken into the system than is being expended. The remedy, consequently, to put it shortly, is to work more and eat and sleep less. There are, however, certain forms of obesity that do not lend to treatment by reduction of diet; viz., those in whom a marked congenital tendency to the trouble exists, and in old people where the chief deposit of fat is in the abdomen. The reduction of the amount of food taken is the most important item in treatment. Fat may be formed from all varieties of foods, proteids, starches, sugars, or fats. However, there is much less risk of the proteids being converted into fat, consequently the reduction should be in the amount of starch, sugar, and fat taken. For an average individual the usual amount of food required for upkeep makes up from 2,500 to 3,000 calories of energy. From one-fifth to three-fifths of this amount should be cut off from the dietary. Some find their general health suffers less when fats, and others when starches and sugars, are reduced in quantity. In a fairly severe case of obesity the food should represent about 1,500 calories. The following table given by Hutchison will be of help in making up the 1,500 calories:—

Article	Calories
Two ounces of cheese ... ..	224
One ounce of butter (enough to cover three or four slices of bread) ...	208
A helping of cooked lean meat (four ounces) ... ..	196
A tumblerful of milk ... ..	140
A moderately thick slice of bread (two ounces) ... ..	138
A moderately thick slice of bread and butter ... ..	208
A heaped dessertspoonful of milk pudding ... ..	110
One egg ... ..	70
One medium-sized potato (2 ounces)	45
An ordinary lump of sugar ... ..	16

Avoid sugar altogether, remove all fat from flesh foods. Milk and its products should be used only in moderation. Puddings should be forbidden altogether. Bread should only be allowed in small quantities, it is even more fattening than potatoes. The coarser brown breads are preferable to the white. Green vegetables may be freely partaken of, also mushrooms. Fresh fruit in moderation only on account of amount of sugar they contain. Dried fruits and sweetened stewed fruits should also be forbidden. Avoid all condiments which increase the appetite, also a great variety of dishes. All made dishes, thick soups, sauces, and pastry should be cut out of the menu. Take three light meals in the day, and only two or three varieties of food at each meal. Alcohol should be altogether avoided, as it prevents the oxidation of food, and causes it to be stored up as fat. Water may be partaken of freely, as it is

very doubtful whether it in any way increases weight in stout people.

### 227. Nasal Obstruction

"A. N." states: "I have trouble with breathing at night through the nose. The secretion seems to dry up, and blocks the passages through the nose. Breathing is not troublesome in the day." He wants to know if honey is a good substitute for cane sugar.

*Ans.*—These cases require great perseverance in treatment. It is very important to thoroughly get the nose free from the hardened secretion. For this purpose a nasal douche or a fountain syringe should be used. Mix together equal parts of common salt, borax, and baking soda, and add one teaspoonful of this powder to a pint of warm water. In using the douche lean the head slightly forward and keep the mouth open. The fluid will then run up one nostril and come out through the other without entering the throat. This should be done twice daily. After a week's application of the douche, paint the lining membrane of the nose with balsam of Peru, or use pledgets of cotton wool soaked in same, and well introduced into nasal passages. It is absolutely necessary to attend to bowels, the digestion, and the general health. Avoid sugar, pastry, and the use of much butter. Honey is preferable to sugar.

### 228. Diet for Mothers

"Sandringham" asks for advice *re* the above.

*Ans.*—Baumm and Illner found by repeated experiments that fat was the only ingredient of the milk on which the diet produced any appreciable effect. Strange to say that the amount of fat in the food does not increase the richness of the mother's milk; in fact, an increased amount of fat eaten seems to diminish rather than to increase amount of cream in the milk. According to Thomson, "Food of Animals," London, 1846, p. 172, a bean diet produces more and richer

milk in cows than any other. The amount of food taken does not have as much effect as is generally supposed. Some mothers produce abundance of milk with quite a spare diet, while others produce but a very scanty supply with an abundant diet. It is said that during the siege of Paris women were able to continue nursing although almost starved to death. They produced the milk from their own tissues. The breed of the cow has more to do with the abundance and richness of the milk than the amount of food taken. Similarly some mothers are naturally much better producers of milk than others. We would, however, recommend a good substantial diet rich in proteids. The diet should be such that can be well digested. There is no objection to fresh fruit as long as it causes no discomfort. We believe in most cases three substantial meals during the day to be preferable to partaking of anything between meals. A small basin of groats or other digestible liquid milk food at bedtime can do no harm. The common prescription of stout for nursing mothers is altogether void of scientific justification.

### 229. Pimples

Balhannah asks, "What treatment would be beneficial for pimples?"

*Ans.*—The skin is an organ of excretion, through its glands many waste products are thrown off from the system; when the minute glands are overworked, obstruction takes place and pimples result. The remedy is to keep the skin active by exercise that will induce gentle perspiration, the taking of a hot bath twice weekly, and the sponging of the whole body with cold water once daily. Take water freely between meals, and keep the bowels acting once daily. Be careful in diet. Abstain from all animal foods, pastry, cakes, and all foods cooked with raising powders and grease of any kind. Food should be plain and simple, and tea, coffee, and cocoa should be altogether avoided. Eggs should only be taken in moderation, and should be lightly cooked.

**230. Ear Trouble**

"Beremboke" complains about two months ago she felt something moving in her right ear, and that in a few days she got quite deaf. Oil dropped into the ears appeared in the throat and made her sick and giddy. There is a little matter coming from the ear, and it has a bad smell, and sometimes mixed with clot of blood. In washing out the ear she feels water going into her throat.

*Ans.*—This is a case of perforation of the drum of the ear. A specialist should be interviewed, as special local treatment will be necessary. It is a great mistake to undertake treatment of ear affections without a thorough knowledge of what is really wrong.

**231. "Nervous Indigestion"**

"Gloomy" complains that she suffers from "nervous indigestion." She is always gloomy, despondent, imagining something is going to happen. . . . She finds that milking cows for any length of time brings on the attacks, and states she has always had a lot of work to do, and has got into the habit of eating quickly.

*Ans.*—The particulars given are hardly sufficient for us to diagnose the kind of dyspepsia from which "Gloomy" suffers, but we will answer the questions she asks. (1) She will find the various health foods helpful, especially the following: Granose biscuits, wheatmeal and oatmeal biscuits, toasted cornflakes. These should be thoroughly masticated and swallowed only when thoroughly liquefied. Take some with each meal. (2) Nervous and mental depression very frequently accompany indigestion. (3) A sea trip or a change would certainly be very beneficial. (4) Apples stewed or baked, sweet and sour foods frequently disagree with dyspeptics. Fruits stewed with sugar are very likely to bring on flatulence and acidity. They present very favourable conditions for fermentation. Sugar should be avoided as much as possible. Apples are much better in the fresh state, and should be taken at the close of the meal except

when vegetables form part of the meal. See that they are thoroughly masticated, or if the teeth are imperfect, scrape fine with a spoon. (5) There is no special food or tonic that we would recommend for "toning up the nerves." Good, nourishing food and attendance to the laws of our being are the essentials. The only way to tone up the nerves is to increase the general health. See the articles on digestion in this and the previous issue of LIFE AND HEALTH. (6) Extract of malt would not cause fermentation. It frequently gives some benefit as a food, but it does not help the digestion to any great extent.

**232. Enlarged Tonsils; Diphtheria; Pain Between the Shoulders**

"Anxious" asks about (1) enlarged tonsils in a girl of eight years; (2) How to recognise diphtheria; (3) Pain or weakness between shoulders; (4) Humming noise in ears, pressure on top of head, and states that she lives near a river which she thinks might be unhealthy.

*Ans.*—(1). The enlarged tonsils, if they have existed for six months or more, should be removed by an operation. All local treatments are tedious and unsatisfactory. Sometimes a change to a warm, dry climate will help materially. The operation, however, is not a severe one, and is not followed by any undesirable results.

(2) The most characteristic symptom of diphtheria is the appearance of greyish white membrane in the throat. If it is confined to the tonsil, it is probably not diphtheria; but if it extends beyond the tonsils to the faucial pillars or soft palate, it is almost certain to be diphtheritic. The other symptoms spoken of by "Anxious," fever (temp. 104° F.), tongue heavily coated, offensive breath, quick pulse, etc., may or may not be present. These symptoms occur in many other conditions other than diphtheria.

(3) This is a very frequent symptom of indigestion, and is often associated with pain in the lower part of the back, headache, highly coloured urine, and constipation. The general rules already given

under articles on "Digestion" should be studied. "Anxious" states that breathing often causes the pain to be more severe. This suggests pleurisy, but more probably it is only a dyspeptic symptom. Frequently the taking of a little lemon juice after meals in addition to attendance to general rules of digestion will be helpful. The humming noise in the ears and pressure on top of head are probably due to debility, which should disappear when the digestion, and, consequently, the general health improves. A fortnight at one of our sanitariums would probably right matters. We do not think the "river fogs" are at all responsible for the symptoms complained of.

### 233. Catarrh in Head

"A.C.F." complains of "catarrh in the head." Lately she has been getting very severe colds, last attack lasted twelve days; cannot breathe through nostrils, and in morning tongue is full of cracks, and lips are dry and parched. It affects also her ears and eyes. She has been away in the city, and while there felt much better, but a few days after returning got another shocking cold. Has sneezed as often as eighty-three times in the day.

*Ans.*—This is evidently a case of hay fever. A complete change is the best remedy, as the trouble is caused by pollen of various plants, odours of flowers, dust, and various emanations from animals, etc. We would recommend a hot sweating full bath before retiring at night. Alternate hot and cold applications to nose and eyes twice during the day. The daily cold bath with friction are helpful. Cold compresses to the neck with a hot foot bath will be found helpful at night when the full hot bath is not taken. Plugs of cotton wool saturated with eight per cent of menthol give relief. These should be inserted into the nostrils. Sometimes great relief is obtained by sniffing up forcibly into the nostrils a little fresh juice of a lemon poured into the palm of the hand. A fine spray of paroleine with

one-half per cent menthol and one per cent camphor often gives relief.

### 234. Non-Appearance of Menses

"Sylvia" complains that menses have not appeared for two clear months. She is single, twenty-one years. Also that bowels are out of order, but any laxative taken comes up immediately, and that her face is breaking out in pimples, especially around her chin. Her doctor could find nothing wrong with her.

*Ans.*—Where the general health is good, and there are no pelvic symptoms the non-appearance of the menses generally indicates pregnancy, but we certainly do not suspect this in Sylvia's case. We have frequently known cases go for three or four months without any inconvenience, and then the menses again appear normally. The most general cause is anæmia. We would certainly advise that nothing be done directly to bring the courses on. The bowels could be kept regular with dessertspoonful doses of liquid paraffine every night, or every night and morning. In regard to the "pimples" see No. 229.

### 235. St. Vitus's Dance (Chorea)

Two correspondents ask for the treatment of St. Vitus's dance.

*Ans.*—The patient should be kept as quiet as possible and free from worry, irritation, or excitement of any kind. Worms, eye strain, or any other irritant should be attended to. In bad cases the patient should be kept in bed in a sunny and well-ventilated bedroom. Food should be plain and nourishing. No more than three meals, however, should be taken in the day, and nothing allowed between meals. Flesh foods should be altogether avoided. The bowels should be kept regular by the use of dry food and plenty of water between the meals. The patient should be sponged daily with cold water. At night a neutral bath (95° F.) should be given for thirty minutes. This will lessen the movements and induce sleep. Moderately hot fomentations to the spine

at night time often prove helpful. In the case of children they should be kept from school and not allowed to associate with other children.

### 236. Dyspepsia

"A Subscriber" "would like to know what is the cause of a bitter brassy taste in the mouth, tongue is coated with a yellowish white fur at the back more especially, flatulence, no pain in the stomach, appetite usually pretty good. I drink a good deal of hot water, is it possible to drink too much?"

*Ans.*—This is a case of sluggish digestion. We would advise the abstinence from all food for three days, with the exception of granose biscuits or wheat-meal biscuits and fresh fruit. This will permit a freer circulation through the liver and the digestive organs generally. Cold water would be much preferable to hot water. Much hot water tends to produce catarrhal condition of the alimentary canal, while the cold is decidedly tonic. After the fast recommended, the following directions should be followed:—

Avoid drinking with meals, especially tea, coffee, cocoa, or any alcoholic drinks. Take only cold water between the meals (two hours after meals up to one hour before meals). Avoid pastry, cakes, scones, sweets, and all foods cooked with fats. Use butter sparingly. Eat freely with each meal some dextrinised foods, such as crusts of bread, zwieback, granose or wheatmeal biscuits. Fresh fruit should be taken at the close of every meal except when vegetables form part of the meal. The best vegetables are cauliflower, marrow, and spinach. Green peas or French beans may be used when in season. Fresh fruit generally will suit better than vegetables. All food should be thoroughly masticated. If the teeth are deficient the dentist should be consulted. Milk, cream, all flesh foods should be avoided. The dry, cereal foods are the best in this condition. A little lemon juice after the meal will be found serviceable. The whole body should be sponged

daily with cold water, and warmth induced by a thorough rubbing with a rough towel. A short hot sponge followed by a cold sponge is advisable where the cold sponge is not well borne.

### 237. Leucorrhoea

"Springhurst" complains that she has been troubled with "the whites" since her confinement three months ago, especially noticeable after straining or hurrying. There is also great itching of legs and hips.

*Ans.*—This is but a symptom of quite a number of womb complaints. After syringing the vagina with warm or tepid water in order to remove all discharges, use one of the following astringent injections (not less than one quart). To two pints of warm water add either one ounce powdered alum, one ounce powdered borax, one ounce boracic acid, or two drachms of sulphate of zinc. The digestion, bowels, and general health should be attended to. If relief is not obtained, a medical examination is advised, as probably some local application to the mouth of the womb will be necessary. Ingram's seamless enemas are the most serviceable.

### 238. Old Age Symptoms

Tasman writes: "Could you make a suggestion for the building up of the nervous system in the case of a man in his seventy-third year, of spare build, active habits, and generally good health, but with the following symptoms: (1) Irregular micturition, calls being too frequent at night; (2) more or less difficulty in writing, which is now cramped, laboured, and shaky; (3) a dropped heart beat; (4) cold feet.

*Ans.*—Robert Hutchison in his treatise of "Food and the Principles of Dietetics" writes: "The dietetic requirements of old age are just the reverse of those of childhood. The assimilative power of the cells is on the wane, and the bodily activities are restricted, hence less food is required. The danger of overfeeding the

old is almost as great as that of under-feeding the young; an excess of nourishment chokes instead of feeding the flickering flame of life. Leanness and longevity, it has been remarked, go together, and a man will only roll all the faster down the hill of life if his figure be rotund. 'Discerne,' says Bacon, 'of the coming on of yeares, and thinke not to doe the same things still, for age will not be defied,' and one cannot with impunity continue to 'do the same things' in matters of diet any more than in anything else." The evening meal should be light, and no fluid taken from 6 p.m. till morning. A daily cold sponge and plenty of fresh air are necessary. The bedroom should be well ventilated, and be exposed to as much sunlight as possible. Hot and cold (alternately) water applications to the feet. The legs from the knees downwards should be particularly protected from cold, stockings that fit over the under-pants and reach to the knee will help to keep the feet warm. All food should be plain and easily digestible. Exercise is beneficial, but it should not be fatiguing, as old people do not throw off waste products of fatigue like the young.

### 239. Appendicitis

A correspondent from Kadina writes: "I have read that attacks of appendicitis can be cured by careful attention to diet. . . . Will you please state what food should be taken?"

*Ans.*—Avoid tea, coffee, cocoa, alcoholic drinks, flesh foods, foods cooked with grease or fat of any kind. Masticate food very thoroughly, and take with every meal some crisp cereal food, such as rusks, zwieback, granose biscuits, wheat-

meal or oatmeal biscuits, or any plain, unsweetened biscuits cooked without fat of any kind. Not more than three meals should be taken in the day, and no food whatever between meals, not even an apple. Daily exercise or work in open air, and a cold, daily sponge are advisable.

### 240. Atrophic Rhinitis

A correspondent complains of the above, and asks for treatment. Follow advice *re* diet given under "Appendicitis" and treatment under "Nasal Obstruction."

### 241. Eczema

"Sweed" complains of a "sore leg," "a small, red spot very bright under a glossy skin, and spreads until it is as large as the palm of the hand. He finds no inconvenience till he knocks the skin off, then it looks very angry, and discharges a lot of water. . . . The skin is very itchy."

*Ans.*—We would recommend the application of the following lotion:—

R <sub>x</sub>	Calamine	ʒi (1 ounce)
	Oxide of Zinc	ʒvi (6 drachms)
	Aq. Calcis (Lime water)	Oss (half a pint)

Shake well, and apply frequently to the parts with clean butter muslin.

"Trust" and another complain of face, neck, and back of knees. The same lotion will be helpful. After the redness subsides, apply the following ointment:—

R <sub>x</sub>	Calamine	ʒiii (3 drachms)
	Zinci Oxidi	ʒii (2 drachms)
	Acid Boric	ʒii (2 drachms)
	Balsam Peru	ʒi (1 drachm)
	Vaseline	ʒiii (3 ounces)

The digestion and bowels should be carefully attended to. W. H. J.





## The Cause and Cure of Disease

C. HALLAM

### The Violation of Nature's Laws

"THERE are 1,500 distinct diseases described in our medical works, and with them go thousands of symptoms, *but they all spring from the violation of only a few of nature's laws.* That this is no theory but an absolute fact has been demonstrated by the painstaking efforts of thousands of scientific men in all parts of the world."—*The Surgical and Medical Bulletin.*

The laws of nature are perfect, no matter how large or how small the organism may be in which they operate. Emerson recognised this when he said, "The microscope cannot find the animalcule which is less perfect for being little. These laws are not only perfect, but they have behind them the power of nature to sustain the organism.

When natural law is not interfered with, the various organs of the living body are in beautiful harmony one with the other. If the law is abused, retribution must follow, and we suffer for our foolishness.

If we ill use but one organ, the other members of the body are affected by it, for every member is intensely sympathetic one with the other. Science now vouches for that fact, but Scripture has recorded it right through the ages. "The body is not a single organ, but many. . . . God set the members every one of them in the body, *as it hath pleased Him.* . . . There should be no schisms

[division] in the body; . . . the members should have the same care one for the other. And whether one member suffer, all the members suffer with it [M.E. Version, sympathise with it]; or one member be honoured, all the members rejoice with it." 1 Cor. 12:14-26.

Through the human family trying to make nature bend to their self-will, the world has become a vast disease-producing area, which gives work, of a most lucrative kind, to thousands of medical men.

In Victoria alone there are over 400 doctors. In the whole Commonwealth there are 6,600. In London there are 150,000. And the work of this great army of medical men, besides the thousands employed in other parts of the world, is to try and *counteract the violation of only a few of nature's laws,* and in the great majority of cases drugs are prescribed which are positively harmful to the body, which I will prove in due course.

### The Black Fact

This startling headline drew my attention to a paragraph in *The Children's Encyclopædia*, which reads as follows: "*Knowledge is useless unless it is used. 40,000 people die in this country (England) every year from consumption, which a great doctor says would be stamped out in twenty-five years by using the knowledge that we now have.*"

At "The World's Medical Congress"

held in England last year, Mr. Asquith in opening one of the proceedings said: "Between the ages of twenty and forty-five one out of every three deaths is due to pulmonary tuberculosis." But the Prime Minister also gave statistical justification for hope that the evil could be controlled, if not stamped out. He continued, "In the ten years from 1871 to 1880 the average annual deaths in England and Wales from all forms of tuberculosis numbered about 70,000. In 1911 they had fallen to 53,000. Allowing for increase in population, the number of deaths in 1911 would, had the death rate of 1871 to 1880 continued, have been about 103,000; 50,000 lives, therefore, were saved in the course of one year through the knowledge that we now have."

In the daily press it was reported that a well-known doctor made this statement from a public platform: "A system of compulsory training has led to the drilling of 100,000 youths, and had begun a navy that will cost millions of pounds, but against a present internal destroyer that is worse than war—the great white plague of consumption—the most of us do little or nothing. *The keynote to the prevention of disease is health.* Be healthy, and one could not be consumptive."

Dr. Burnett Ham states that "2,000,000 of the world's inhabitants die from consumption every year."

Dr. Robert Bell, the world's greatest cancer specialist, in his book, "The Cancer Scourge," says: "25,000,000 of the inhabitants of the globe, at present, are doomed to be cut off by the terrible scourge, *all of which deaths are preventable.*"

The above facts give us an idea of the ravages of the two greatest scourges that humanity have to contend with, and yet the world's best men tell us that they are preventable if we only practise the knowledge that we now are favoured with.

We are living in greatly enlightened times. The science of the human body has received very special attention, so that we are now in possession of an abundance of absolute facts—which the above

quotations will substantiate. By using the knowledge which has been so bountifully supplied to us, we may banish from our homes pain, suffering, and misery, untimely deaths, and the many heartaches which accompany these curses which have been caused through man's inventions in connection with diet and the manner of living. Let us do our part and advance with the times. It is worth the trial.

"It is only when the body has been abused, injured, or insulted for years that it contracts disease, and even then give it but half a chance, and every cell in the body is again reaching out after health."  
—*Dr. Paulson.*

#### Drugs

There never was, never will be, and never can be a drug that will cure disease, for curing disease without removing the cause would be as much a miracle as the turning of water into wine, or raising the dead. Drugging is detrimental in two ways:—

First, it puts foreign, and therefore disease-producing, material into the texture of the body; and by so doing it also, secondly, strikes at the most fundamental law of organic life; viz., the law of continuous change. This law may be expressed thus:—

"The existence of any organism depends upon its being able to maintain a process of change, in continuous adjustment with its surroundings." (See Herbert Spencer and other writers on Biology.)

We are told that drugs are essentially intractable, and do not lend themselves to a process of change. In their mildest and least harmful forms they obstruct and dam the river of the water of physical life. No language can convey an adequate notion of the miseries which drugs have brought upon mankind.

When they lie dormant in our system they perplex and retard all its operations, and always tend to drive us towards the ever-open gates of death.

One of the greatest authorities of modern times—Sir Frederick Treves—



has spoken of the extraordinary habit people have of taking drugs, "but," he says, "the medicine bottles are gradually diminishing, and the time is not far distant when they will all be replaced by *simple living, suitable living, suitable diet, plenty of sun, and plenty of fresh air.*"

Another well known writer, T. H. Neville (Royal College of Surgeons, Dublin), states: "Nature teaches that *no limit can be set to the curability of disease, organic or functional, in an undrugged and rightly fed body. To this I can testify from my own observation and practice.*"

"Mother Nature is always trying to teach her children to keep her statutes and observe her laws. Bodily pain is simply the rallying of her forces, trooping her guard, or calling out for assistance. She keeps up her cry, often full of unspeakable agony when it is disregarded, or, more agonising still when misunderstood, until it is silenced in despair or changed into victory—the voice of joy and health. . . . Her way is always to be doing the very best, most kind, and healing thing she can from moment to moment."

With these undisputed facts before us, I will now endeavour to give my readers what up-to-date, scientific investigation teaches concerning the cure of not only the two most dreaded foes of the human family, tuberculosis and cancer, but of the 1,500 diseases and the thousands of symptoms which go with them, and which are recorded in medical works. The curing measures are not nauseating, for Nature's medicine is most refreshing. It does not cover over the complaint, but completely eliminates it, and leaves the body in such a vital condition that the fungus of disease has no possible hope of obtaining sustenance from the healthy tissue, for the food that is necessary for its existence is not there.

#### The Breath of Life

Fresh, pure air is one of Nature's strongest and most far-reaching medicines. It should be taken during the whole twenty-four hours of the day. We can

be intemperate over the matter of food, but in the partaking of fresh air we may exercise as much intemperance as we like. The more we indulge the better it is for us. Oxygen, which is the predominant element in the air we inhale, purifies the blood.

We must of necessity inhale with every breath we take disease germs and objectionable matter of some kind, for the atmosphere contains untold myriads of atoms, some of which are drawn into the body at every inhalation. But the Creator in His great wisdom made ample provision for this by placing within the blood wonderful little organisms whose sole work is to destroy these impurities as fast as they come into the body. But they can only successfully do this when they are strong and healthy and of the right number.

Modern science has discovered that the most reliable way to diagnose the case of a patient is to examine the blood, for now they recognise that the blood gives them important information as to the patient's condition. If it is poor, that is, if it is lacking in the number of cells which form the protective force, and those which are told off to carry oxygen to the different parts of the system are ill-shaped, which means that they are weak and sickly, they know at once that the body is in a languishing condition, and the cause of the trouble is found in the disease germs which are roaming about in the blood unmolested.

Modern science has only gradually become aware of this truth, and yet inspiration recorded it thousands of years ago in the following words, "*The life of the flesh is in the blood.*" Lev. 17:11.

Good blood keeps us alive and is disease proof, and the most important thing to do to have a healthy blood stream is to breathe plenty of fresh air, for every cell in the body must have a constant and regular supply of the life giving element—oxygen—which abounds in pure air, and at the same time get rid of its accumulation of bad, poisonous air—carbonic acid gas—which develops in every cell through the natural processes of life.

Crowding together in cities, and passing the most of the time in stuffy offices; living and sleeping in rooms where pure fresh air is conspicuous by its absence, the human beings who live under these conditions have developed the habit of breathing short instead of long, even breaths. The result of this is, the lungs, the air organs of the body, do not get fully inflated, the air very seldom reaching the apex region of these organs; that is, the pointed part of each lung which is situated near the root of the neck. The dread germ of consumption finds this spot, and takes up its abode without fear of opposition from its enemy, oxygen. It commences its devastation and finds its food in the tissue of the lung.

The law of breathing has been violated, consequently the apex of the lungs becomes an ideal breeding ground for one of our greatest enemies.

To understand this very important matter more thoroughly, it will be necessary at some future time to briefly consider the structure of the lungs, and also how the oxygen is transported from them to the blood.

If the principle of right breathing is once appreciated and put into practice, and the fact that thorough ventilation, both by night and by day, is recognised as of the greatest importance, a great stride will have been made towards bringing the body into a disease-resisting condition.

## How to Escape Influenza

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

THERE are three facts of vital importance with regard to influenza which very few recognise.

The first fact of supreme importance is that influenza is a very serious disorder; and if we take into consideration, as we ought, the disastrous after results that frequently follow, we must look upon influenza as a comparatively fatal disease.

The second vital fact is that influenza is a typical germ disease, and that it is both contagious and infectious, and therefore readily spreads from man to man.

The third and perhaps most important fact of all is that fresh air and the outdoor life are the best preventives and antidotes for influenza.

### A Serious Disease

Not until people begin to recognise the serious and even grave character of influenza shall we be able to accomplish much in diminishing its mortality. There is every reason to believe that influenza is quite as "catching" as smallpox or scarlet fever, and infinitely more so than typhoid. Nevertheless, practically no effort is ever made to isolate the patient, as would be done in a smallpox case, and thus protect

the family, the relatives, the friends, and the public generally from the contagion.

Influenza is at the present time one of the most prevalent, if not the most prevalent, of winter epidemics, and the toll of deaths which can be traced directly or indirectly to influenza is a very large one, much larger than is ever appreciated by the public. According to Dr. M. K. Robinson, M. O. H., the deaths in Dover, England, from influenza for the first quarter of 1913 amounted to just over eleven per cent of the total mortality, or more than one in ten.

### Bacillus of Influenza

Influenza is an acute infection caused by a specific microbe called the bacillus of influenza, which chiefly attacks the respiratory passages, causing the well-known local symptoms of a very hard cold. But there are also numerous constitutional symptoms which are due to the distribution by the blood of the poisons generated by the germs. It is this grave poisoning which accounts for the extreme prostration and the severe aches and pains from which the patient suffers.

### Isolation

All persons coming in contact with a patient suffering from influenza are extremely liable to catch the disease; and the spread of influenza through the household, through the school, or through the office or workshop, or in other places where people gather daily, is a common occurrence. The only efficient method of controlling the epidemics of influenza is to isolate the patient from the earliest stage of the attack. Just as soon as the head becomes congested and there is sneezing and a general feeling of languor or *malaise*, or other symptoms of the disorder develop, the patient should promptly return home, go to his bedroom, get into bed, and remain in the room for a period of ten or twelve days, or until the symptoms of the infection have passed. Such treatment is not only wise for the sake of the family and the community, but equally advantageous to the patient, who has a far better chance for a complete recovery than if he attempts to drag around a day or two and tries to keep at work. Complete rest in a well-ventilated room with an abundance of fresh air, plain feeding, and good nursing, affords the best chance of escaping from the grave disorders which are prone to follow an attack of influenza.

### The Treatment

Little more needs to be done for the patient than providing the necessary quiet and rest and nursing. A cleansing enema should be given before the patient is put to bed, and repeated daily as long as is necessary. The bed should be warm, a hot bottle provided if the feet are cold. Daily tepid or warm baths are soothing, and assist in alleviating pain. Hot fomentations, and hot packs bring the greatest relief from the intense aching, and may be given as often as necessary. The patient should also be encouraged to drink water freely. Sponging with tepid water or equal parts of alcohol and water serves to refresh the patient and ameliorate the fever.

The diet should be light, and should

consist largely of fruit juices, baked apples, stewed fruits, and also fresh fruit, especially oranges, grapes, and mellow pears and apples. Cereal gruels and other preparations may be taken, as well as stale bread, zwieback, and plain biscuits. Albumen water, Metchnikoff soured milk, and plain egg-nogs are nutritious and easily digested.

### The Best Antidote

We cannot sufficiently emphasise the importance of providing an abundance of fresh air. Those who would escape influenza must cultivate the fresh-air life, and live in the fresh air constantly whether outdoors or not. This means freest ventilation possible, and the ever-open window. There is little danger of taking influenza when out for a tramp in the country or for a row on the sea, or the lake, for in the fresh air the microbes are readily dispersed. Fresh air is also of the greatest importance in the sick room, and whether a fire is required or not, the windows must be kept wide open. This does not mean placing the patient in a draught, or in some other way causing a chill, which might bring on bronchitis, pneumonia, or other mischief.

### Hotbeds of Infection

But the foul air of close-ventilated or ill-ventilated rooms should be avoided as you would the plague. All overcrowded living rooms, offices, and workshops are simply hotbeds of infection, not only for influenza, but for the common cold, consumption, and many other contagious diseases. The germ-laden, musty, and dusty atmosphere of the average church, chapel, hall, theatre, variety house, and cinematograph show, and similar public places of congregation, is always a serious menace to health, and thousands have caught colds, influenza, bronchitis, pneumonia, consumption, or some other infection from visiting these places. If the public would protest against the foul, vitiated air of so many of these public meeting places by remaining away, the authorities concerned would soon provide the neces-

sary ventilation, and would also take care to see that the hall or church or chapel was thoroughly renovated with fresh air before every gathering.

#### Bracing Effects of Cold Air

Winter is the bracing season of the year, and the majority of people ought to experience an increase of health and strength in the cold weather. If the proper precautions were taken with regard to equable clothing, protection from the

damp and wet, and the provision of an abundance of fresh air, we should find winter the healthiest season of the year, and the cold would become a real tonic which would serve to brace us up, and invigorate us for the rest of the year. The cold fresh air is nature's greatest and best tonic, and those who would increase their vitality and fortify themselves against disease should take deep draughts of the cold fresh air daily, and many times a day.

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## Is Tea as a Beverage Injurious or Otherwise?

N. J. CAIRE

THE tea plant is supposed to have been first discovered in China a century or two since, and was introduced into Europe by some of the early traders or navigators. Chinese history relates that it was used by that people as a beverage, and when once it became known in Europe a great demand was soon created, although its cost was somewhat considerable, ranging up to twenty or thirty shillings per pound weight.

For many years the Chinese were the only growers of the plant, as the climate and soil were suitable for it, and the demand from Europe becoming so great, they were unable to supply it in sufficient quantity. To meet this exigency they commenced a system of adulteration, by drying other common leaves and colouring them with poisonous substances, both vegetable and mineral. As a result of this, it was found that several tea-tasters and others connected with the tea trade in London were taken seriously ill, some of whom died. Inquiries were instituted, and upon an analysis being made, poisons were found in the tea, quite apart from the two poisons contained naturally in the plant itself; viz., theine and tannic acid. This discovery dealt a severe blow to the Chinese tea trade, which it has never recovered, as the Ceylon and Indian

people, having both climate and soil, succeeded in growing the tea plant with very great success, and up to the present there is no better tea than the Kandy tea in the Island of Ceylon.

Of all beverages tea perhaps has become the most popular of all that the world has ever known, if we look at the vast areas on which it is grown and the immense trade it has established internationally.

Among the nations the consumption of beverages is varied. England stands highest in Europe as a consumer of tea, France is known as a wine-drinking country, Germany for its lager beer, Russia for its vodka, and so on in the lesser European States. The greatest consumers in the world of tea per capita, however, are the Australians. Statisticians estimate that the average quantity consumed per individual in Australasia is fourteen pounds weight per head per annum.

Let us now consider whether *tea is injurious or otherwise*? Naturally, without any adulteration, the tea leaf contains two very powerful poisons in small quantities; viz., theine and tannic acid. Analysed, one teaspoonful of tea contains a quarter grain of theine and half a grain of tannic acid.



"THE COLD FRESH AIR IS NATURE'S GREATEST AND BEST TONIC."

N. J. Caire, Photo. Melbourne

In minute quantities such as these, they act as a stimulant to the human system when the quantity consumed is restricted to one teaspoonful per diem for each individual, allowing four teacups of boiling water to have been passed over it through a strainer, and not allowed to be soaked in the water.

Four cups of tea is the limit that should be consumed in one day by anyone residing in cities to ensure the balance of health being preserved. The consumption of greater quantities will slowly, but surely, undermine the human constitution. It very insidiously affects the digestive organs, then the nervous system, and finally the mainspring of the human body; viz., the heart. Seeing that Australia has the lowest average of human life in the world; viz., only twenty-seven years, it leads one to reflect as to the cause of this in a land like Australia with its almost perfect climate. Of course, there are many who by careful dieting and moderation in drinking live to a good old age, but they are comparatively few. The majority must evidently pass away in childhood and in their teens to reduce the average to such a low rate.

The writer knows of ladies who regularly consume from four to six cups of strong black tea at each meal, apart from occasional times or at afternoon teas; giving an average of from twelve to twenty-four, or even in one case as many as thirty cups of strong tea in one day. It is only stating the truth to mention that in each particular case of the abuse of tea-drinking the writer has had under his notice, the individual has suffered from shattered nerves.

One or two anecdotes of facts will perhaps have a more convincing effect upon the reader, and explain more fully the nature of the poisons and their effect on the food we consume.

A medical man was called in to visit a married lady friend of his who felt very unwell. After a careful examination of the symptoms of his patient, he came to the conclusion that organically there was nothing wrong with her, but he suspected

that there was an abuse of tea, so he decided to demonstrate practically the effects of tea upon the human system. He asked as a favour that he might dine with his patient and her husband on the next evening, which was gladly acceded to by his patient. He also asked that she would kindly have a leg of mutton boiled, and also to add a teaspoonful of tea leaves to the water it was boiled in. At the appointed time next evening the medical gentleman kept his appointment, and met his gentleman friend, who took his usual place at the head of the table to do the carving. On commencing that duty he found it so tough that he could scarcely carve the joint, and asked his good wife if she had not been served with some very old or tough mutton, as he could not carve it they would find it impossible to eat or masticate it. Here, then, was the opportunity for the doctor to explain matters by telling them his suspicions that tea drinking was the cause of the illness of his lady friend. He explained that tannic acid was a most powerful astringent, more so than alum, and that meat soaked in a solution of tan or tannic acid partakes of the nature of leather. Not only that, but that every organ of the human system becomes hardened in like manner until eventually it becomes impossible for them to perform the various functions necessary to properly do the work of digestion and assimilation. Needless to say, the practical lesson was a useful one, and convinced this good lady how serious it was to make an abuse of tea as a beverage.

Mature reflection brings to mind the fact that during the eighteenth century, many years after the introduction of tea, patent medicines for the cure of indigestion, constipation, etc., were introduced in the shape of pills and tonics. In spite of their advent, these ills still remain unmitigated, and the use of these pills has grown to gigantic dimensions, and will still continue until the causes are removed.

It is only recently that the members of the medical profession are beginning to

utter a warning note in respect to the abuse of tea as a beverage, and scientific works are very pronounced in their declarations of the too free use of tea, especially by mothers during the period of nursing their infants.

It is only of late that tea is being suspected of being the cause of so much mischief to the human family, by breaking down the digestive organs and to some extent being partly the cause of the low average of human life.

The writer of these lines recollects the time, twenty years since, when he drank tea that he was a martyr to indigestion and constipation. Every medicine and pill that guaranteed a complete cure was tried unavailingly. Eventually the advice of the most eminent medical man in Melbourne was obtained, who recommended the discontinuance of tea, and instead to use milk and water. Suffice to say from that time to the present, indigestion has not made its appearance any more; and, consequently, patent medicines are unknown now in his home.

Here is another anecdote of a lady with a constitution shattered by the abusive use of tea:—

A lady feeling very unwell called to consult a medical man as to the state of her heart. He examined her carefully, but could find no organic disease of that vital organ, and then set about trying to seek other symptoms in regard to diet, etc. The diet was not such as to cause the illness she was suffering from, so he began to suspect tea as the cause on her confession that she loved her cup of tea dearly. Of course he gave her his opinion that the abuse of tea was the cause of her nervous breakdown, and otherwise she was quite sound in health.

Next day she called on him again to complain that she was not satisfied with his opinion, and that her heart was diseased, and could he recommend her a special doctor for heart disease. He gave her the name of a specialist, to whom she applied, who on examination found the same result as the other medical man, but also suspected tea as the cause of all

her trouble. He had no time to argue the reasons out with this lady, but simply wrote on a piece of paper in large letters, TEA and TERROR, and of course took his fee, probably two guineas.

In our walks abroad we meet with thousands of young women whose complexions (which should possess the rosy hue of health) are pale and white. This affection is generally put down to a natural cause, or that the person may be of the anæmic kind. For every effect science insists there must be a cause. It is only reasonable to expect that for the anæmic state there must be a cause or causes.

Here is yet another anecdote which came under the personal observation of the writer in the old country many years since. A grocer, operating one of the principal stores in a large town of 30,000 inhabitants, had two handsome daughters who assisted him to serve the customers in the store. At that time it will be remembered that a fashion set in to powder the face white, so that ladies might appear with pale, delicate complexions, instead of the natural rosy colour of nature which appertained to the rural country girl. It was rumoured that chewing tea leaves would produce the desired effect, especially the "Gunpowder" and "Souchong" variety. These young ladies (who were quite beautiful enough naturally) determined to be in the fashion, and commenced to chew the tea leaves or dust. How long they did so cannot be stated, but it is sufficient to know that they became very pale, and their constitutions perhaps in one or two years were irretrievably ruined and poisoned, and both passed into eternity as suicides.

Probably these ladies having the tea chest close to them continually (and anxious to be quickly in the fashion) would frequently be partaking of a pinch of tea to chew until the custom became habitual. In this way it is easy to assume that in the course of each day they would consume about half to one teaspoonful of raw tea per diem. Chewing

it and assimilating it with hot saliva would of course extract the full quarter grain of theine and the half grain of tannic acid. Then add to this the tea they would drink at each meal as being about an equal quantity, which would equal a half grain of theine and one grain of tannic acid per day. Let us see what three months of these small quantities will make up. Taking ninety-two days as the average for three months, this will make the quantity consumed as forty-six grains of theine and ninety-two grains of tannic acid, which if taken in one dose is quite sufficient to poison any human being. In fact, no chemist would supply these poisons to any ordinary customer in those quantities. Seeing, then, that the tea plant contains poisons in very minute proportions, ought not the people generally to be made acquainted with these facts, and warned of the danger to the public health if the habit is to be persistently abused of drinking strong tea in great quantities?

Whose duty is it to take this in hand? The editor of LIFE AND HEALTH I know is doing good work in trying to lessen the evil of the abuse of tea-drinking, but I think our municipalities should take the matter in hand. They are styled from "old times" our City Fathers, and if they are really so, they should have the welfare of their ratepayers at heart, as the ratepayers and their properties are really their assets.

If our councillors could but see it in its proper light, and grasp the suicidal tendency of the excessive drinking of strong tea and its effects, they would see that thousands of infants who pass away as baby victims to their ill-nurtured food, if

only given the chance to survive childhood would materially help to swell the statistics of our population which we in Australia need so badly. Some towns of 20,000 ought now to be 40,000. Some of our cities of 50,000 ought to be 75,000.

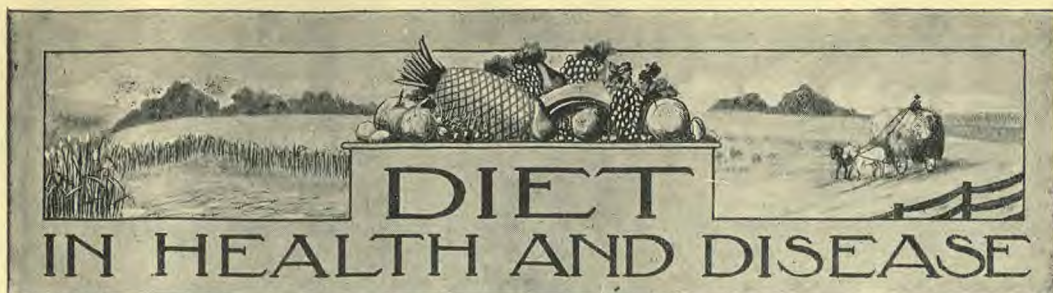
To those who are sceptical of these figures, I would say go and make up the infant death rate for the past decade or two, and see what our filled-up cemeteries have swallowed of human life; if it had only been allowed to have been healthily nourished, would now represent thousands of human beings which, with their offspring, would now possess property, and being consumers of every kind of produce would be large contributors to the municipal taxes and to the general revenue of the Commonwealth.

The press generally has warned us that to save ourselves as a Commonwealth from the Yellow Peril in years to come, we must people Australia, and we have set to work in fair earnest to draw upon Europe and Great Britain for population at a great cost to the public purse, whilst by a suicidal tendency of abusive habits we are sacrificing many thousands of lives every year.

To those kind readers of LIFE AND HEALTH who may take an interest in this matter, I would say that there is no danger in cutting off the habit of tea drinking to one of milk and water, as in tea there is only a stimulant, and not a *particle of nourishment*, whilst in milk there is every chemical ingredient in their proper proportions for the perfect nourishment of every part of the human system. If there is no nourishment whatever in tea, then is it any wonder that so many infants die in babyhood?







## Food Should be Relished

G. H. HEALD, M. D.

NOT infrequently letters come to the Questions and Answers department of *Life and Health* in which the writers complain of indigestion, constipation, coated tongue, and the whole gamut of symptoms which indicate poisoning from the food. In nearly all these cases the correspondent is careful to give the information that he does not use meat, tea, or coffee, and that he has been trying for some time to live up to all the light of health reform.

Such letters are always a perplexity. In a way they are like the young man who came saying, "All these things have I done from my youth up: what lack I yet?" And the answer that I am prepared to give may be received with as little grace as the young man manifested. The fact is, in doing "all these things" they have failed in the very essential of health reform; for of course it is obvious or ought to be obvious, to any who are not completely obsessed with a theory, that one who has a coated tongue, with indigestion, constipation, and a host of other disagreeable and life-shortening symptoms, is *not* living health reform in the spirit, though he may be following it in the letter. He may be conscientious; he may be careful to regulate his conduct according to the best light he has; but it is just as certain that he is violating some physiological law as it is that water will not run uphill. The proper adjustment of our bodies to our surroundings

tends healthward; and when the tendency is the other way, there is a reason for it.

One physiological law, which we have been very slow to learn, is that *good digestion depends upon relish*. This has been proved by careful experiment on dogs and other animals, and also on human beings. It has been shown that the use of monotonous foods, foods that do not give pleasure in the eating of them, foods that are swallowed simply because they contain the required amount of protein, fat, carbohydrate, and salts, do not stimulate an adequate flow of digestive juice, and the digestion is therefore slower and more imperfect. Moreover, the saliva is thick and ropy and deposits the substance which becomes tartar on the teeth and fur on the tongue. The tartar in the course of time causes the teeth to loosen, and the septic mouth poisons all the food that enters it. The coated tongue being unable to taste food, the condition goes from bad to worse, for even savory foods can no longer adequately stimulate the salivary and other digestive glands.

A prominent dentist who is also a physician and surgeon, has made an extended study of this subject. He first learned that the quality and quantity of the salivary secretion depend on the kind of food eaten. Certain of the foods, as the acid fruits and foods generally that have a distinct taste, increase the secretion of saliva. Later he learned that the secre-

tions of the stomach, pancreas, and liver were similarly affected,—in other words, that “what is best for the mouth is best for the remainder of the alimentary tract,”—and concluded that “the mouth is the most important part of the whole canal.” If digestion is right in that part of the canal over which we have control, it will be right the remainder of the way. If digestion is wrong, the cause is largely in the mouth. This simplifies the problem, and makes it more hopeful.

It is generally known that digestion is largely controlled by a “reflex arc,” consisting of nerves carrying sensations of taste, etc., to the brain, and other nerves carrying secretory and other impulses from the brain to the glands and other structures of the alimentary tract. This doctor found that by severing one part of this arc,—the pneumogastric nerve below the heart,—so as to prevent the messages from the brain reaching the stomach and other abdominal organs, the stomach dilated, the food remained in it undigested, fermenting and decomposing, and finally caused the death of the animal through blood poisoning. He believes that a milder but more prolonged effect of a similar nature is produced in the human subject by blocking up the other end of the arc; that is, by diminishing the taste perception, first, by a habitual diet of a non-stimulating character (that is, not stimulating to the salivary glands), and, secondly, by the formation of a coating on the tongue which prevents the tasting of even foods with marked flavours.

In order to test this, he fed animals on boiled and neutralised food (neutralised with carbonate of soda). If the experiments were begun early enough, the animals all died before they were six months old. Development was retarded in a marked degree in all cases. Starch and lime in excess were extracted from the bowels. The salivary glands did not develop properly. After death, the animals nearly all showed a markedly diseased condition of the stomach. Mind you, practically all that had been done in this case was to take the normal taste out of the food.

In another series of experiments, the doctor showed that the poisons from the germs of the human mouth, if injected into animals, will cause a rise in blood pressure, and he thinks this may account for a large proportion of the high-pressure symptoms—cold feet, pale complexions, headache, and constipation—in human beings with bad teeth. By feeding rabbits with a culture from the germs of decayed teeth, he caused illness, with loss of appetite and constipation. Whether or not we grant that these experiments are conclusive, we must admit that bad mouth conditions in the human are nearly always accompanied with bad conditions elsewhere. A normal saliva is one of the best preventives of bad mouth conditions, and a proper dietary is the best assurance of a normal salivary secretion; and a dietary that is insipid, tasteless, unappetising, is not a proper dietary.

Fletcher was not so far off when he taught that the function of the mouth is to taste and enjoy food, not to bolt food. If you will observe carefully, you will perceive that there is a much larger proportion of dyspeptics among those who do not care what their food tastes like than there is among those who are particular as to the taste of their food.

This article must not be taken as a defence for the position that we live to eat, or that the principal use of the table is to furnish us with certain animal pleasures. Like fire, our senses may be excellent servants or hard masters. Temperance lies between the extremes of indulgence of the sense of taste for the mere pleasure of it, and the asceticism which makes a virtue of cutting off all the pleasures of taste. Either extreme fails of securing the greatest measure of health for the body. The nerves of taste have been given us for a purpose, and the fulfilment of that purpose is to enable us to distinguish between the good and the bad. It should be remembered, however, that the nerves of taste can be, and often are, so trained that they give pleasure only with foods that are not the best for the body as a whole. For this reason they cannot be relied upon as an infallible guide.

## Choice Health Hints

DAVID PAULSON, M.D.

GOOD health is the best form of life insurance.

When you sell health for money you exchange wealth for trash.

If you want to have health you must fight those things that cause disease.

### Fresh Air and Sunshine

No one has a corner on the air market. There is no fresh air trust.

Your lungs can't be washed, but they can be aired.

You wouldn't offend your stomach with dirty water; then why offend your lungs with filthy air?

A flood of sunshine in the home may fade carpets, but it puts the bloom of health upon your cheeks. Take your choice.

An open window is better than an open grave.

Warm, stuffy rooms have killed more people than ever froze to death.

Those who sleep with their windows open, can get along with an hour's less sleep than others. They are that much ahead by breathing fresh air.

One of the most certain ways of producing not only unhealthy blood but also an unhealthy mucous membrane, is to poultice the lungs sixteen times a minute with impure air.

### Deep Breathing

You will live longer if you take longer breaths, for you will have better blood.

You ought to practise deep breathing until it becomes natural, and then you are not far from the kingdom of health.

Deep breathing improves the digestion. Practise it frequently during the day. More die of air starvation than food starvation.

After each meal breathe as deeply as you can ten times in succession, then breathe normally for a minute, then take ten more deep breaths. Increase this by one round every day until you take from

three to four hundred deep breaths daily as a regular habit.

### Dietetic Suggestions

Do not eat a morsel between meals.

If you keep your digestive mill constantly grinding, it will soon wear out.

Food must be well relished in order to be well digested.

Many dietetic errors are due to a low conception of eating.

Avoid iced foods and drinks.

Do not make a cold storage plant out of your stomach.

Fletcher has well said: "Do not eat when you are mad, or bad, or sad; only when you are glad."

It is not only necessary to bring a good appetite to the table, but it is also important to come with a good state of mind.

Remember your teeth are put in your mouth, not in your stomach; so the first thing to do is to chew. Chew for your life. If you chew long you will live long; and you will not need to eat so much.

If you taste your food before you swallow it, you will not have to taste it afterwards.

Eat your bread with gladness.

"A merry heart doeth good like a medicine."

When one eats in an ugly, dissatisfied, contemptible, hateful state of mind, he is sinning toward God and is wronging himself. The great ideal is to continue feeling thankful all through the meal.

### Drugs, Spices, and Condiments

Intemperate eating is infinitely more common than intemperance in drinking.

"Avoid patent medicines as you would a pestilence."

Use salt sparingly. Condiments should be wholly discarded, because they irritate the stomach, tending to produce gastric and intestinal catarrh.



N. J. Caire, Photo, Melbourne  
FRESH AIR AND SUNSHINE ARE ESSENTIALS TO GOOD HEALTH

Tea and coffee are drugs, not foods, and should come from the drug store instead of the kitchen.

Avoid mustard, pepper, and highly-spiced foods that taste hot when they are cold, for they continue being hot after they are swallowed and even after they are absorbed into the blood. Mustard plasters may properly be applied externally, but they should not be used internally.

It is because we have so little scientific cookery that so many have to resort to mustard, pepper, and other fiery condiments and spices. These things that taste hot when they are really cold, that give the palate a twist, also injure the nervous system.

#### Water-Drinking

Do not drink while eating, nor eat while drinking.

If you drink at mealtime you should drink between the mouthfuls instead of with the food.

Drink a glass of water on rising and retiring, an hour before each meal, and one to three hours after eating.

During the winter months many people almost forget to drink water. Such should be reminded that water drinking is simply taking a bath on the inside. The average mortal would live much more comfortably if he drank a larger quantity of water.

#### Exercise

When we are resting, only one-third of the blood in the body is in the muscles, while when we are exercising two-thirds of it is in the muscles. There is no better way of relieving congestion of internal organs. The benefit of active exercise remains a long time after it has been taken.

There is no better all-round exercise than vigorous, energetic walking. It should be taken with the head erect, chest up, abdomen drawn in, breathing deeply through the nose, maintaining at the same time a cheerful state of mind, trying to be in harmony with nature and nature's God.

A capital way of strengthening the

abdominal muscles is to sit well forward in a chair with chest well up, and then tilt forward and backward, raising the knees each time. Do this a few times a day when you have nothing else to do; you will be astonished in a short time how it will strengthen the abdominal muscles, and it is far more important to have strong abdominal muscles than it is to have strong muscles in the arm.

#### Religion and Health

Health and happiness result from obedience to God's laws. Misery and unhappiness result from disobedience.

We shall make but little progress in this campaign for better health until our souls are gripped with the great truth that the laws of health are the laws of God, that sickness and suffering are directly or indirectly due to the violation of these laws.

If we co-operate intelligently with God in the restoration of health, making use of such opportunities as are within our reach, discarding such things as God has clearly shown us are wrong, God will give us health, and He will bless to our own good, and to the good of His work, whatever infirmities He permits us to retain, just as He did in Paul's case.

Every invalid should heed the divine injunction: "Come unto Me, all ye that labour and are heavy laden, and I will give you rest," and have implicit, personal faith in that power that upholds the universe and has promised, "I will never leave thee nor forsake thee."

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#### How to Be Healthy

Drink less; breathe more.

Eat less; chew more.

Clothe less; bathe more.

Ride less; walk more.

Sit less; dig more.

Worry less; work more.

Waste less; give more.

Read less; write more.

Preach less; practise more.—*Selected.*

## Some Thoughts on Diet

BY A ONE YEAR FOOD REFORMER

PEOPLE who have been food reformers all their lives, or for a number of years, hardly realise the difficulties that beset the beginner, especially if he be a fairly healthy person. An invalid, no doubt, would find it comparatively easy to be a consistent abstainer from things which he knows, by painful experience, sadly disagree with him. But the ordinary healthy man has so many interests beyond and above his diet, that it is difficult at first for him to concentrate his mind sufficiently on the subject.

"Oh, I don't care what I eat," he will say in an off-hand manner. "I have the digestion of an ostrich—bread and cheese, beefsteak, a dinner of seven courses, or a supper of one—nothing comes amiss to me. Besides, I have other things to think of, my inner man must get along as best he can. I can't be bothered with him."

On the ethical side of the question he will be equally hard to convince. "What, cruel to kill to eat!" he will say. "My dear man, beware of letting your morbid imagination run away with you. Sport cruel? Nonsense! It's every Briton's duty to keep down birds and ground game, and if we didn't eat them the foxes would. And if we gave up hunting foxes and other vermin, the poor birds and rabbits would have far more cruel deaths at their hands than we ever give them!" And no arguments the ardent missionary of food reform can advance will move him one jot from his position.

Now take the case of a nervous man. He is told by his doctor, or by a convinced fruitarian friend, that he of all people should give up flesh foods, tea, coffee, and stimulants. He also has been accustomed to give little heed to what he eats. Poor fellow, his mental sufferings are often terrible, but if his physical health is fairly good, he will probably receive the suggestion of a change of diet with scorn. We will suppose, however, that his friend is untiring in his efforts to convert the suf-

ferer, and that he at last gives way, and consents to try fruitarianism for his health's sake, the ethical part of him remaining unconvinced of the necessity.

For the first few weeks it is probable that his mental sufferings will be greater than ever, while his physical symptoms may also become more insistent. If his chief troubles are irritability, "touchiness," and concentration on self, these will probably become more marked. He will crave for his savoury meat, his customary cup of tea or coffee, his moderate allowance of claret or ale with ever-increasing vehemence, and he will become an "ill man to live with." In three months' time he will begin to notice some slight improvement in his mental and physical condition, but if living among meat-eaters, he will still crave for the meat and stimulants he sees others enjoying.

Perhaps his best chance of happiness at this stage lies in entering some food-reform boarding house or Health Food Café, where he will be surrounded by people living on similar lines to his own. We will assume that he does so for the second three months of his "cure."

At the end of six months he has probably heard and read a good deal about the moral and spiritual side of food reform, and if he is a thinking man, as nervous folks usually are, he will find that it is impossible to refute the arguments of those who advocate food reform from an ethical standpoint.

Apart from all questions of health, if it is proved to be possible for a man to "flourish and wax fat" without taking life in any form, should he not endeavour to do so? And after a six months' trial he finds that he is benefited, morally, spiritually, and physically, by the change of diet, is there any reason under heaven why he should return to meat and other stimulating foods and drinks? No doubt the old arguments advanced by meat-eaters, such as "Every creature of God is good,

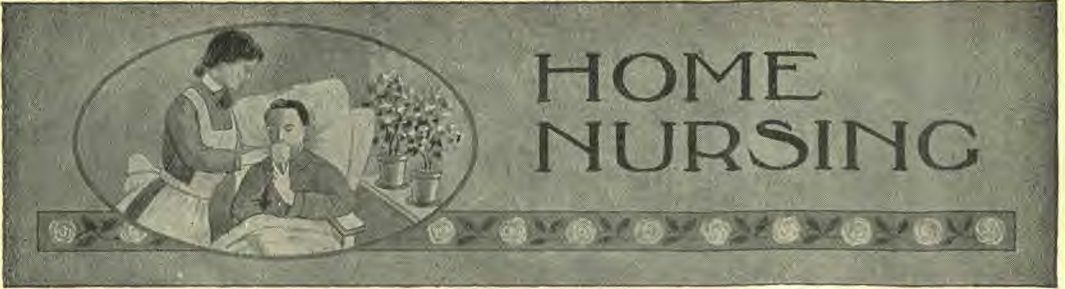
if it be received with thanksgiving," and Peter's vision, "Arise, Peter, kill and eat," will at times have weight with him, so that he will frequently be of two minds. But let him stick uncompromisingly to fruitarianism for nine months, he will then find his faith in his own private judgment in this matter will have increased, and he will be less troubled by vacillation.

And here it is necessary to warn fruitarians against "faddism" in any of its forms. It is not essential that your neighbour should feed on exactly similar lines to yourself. Find out definitely what proportion of proteid, fruit and vegetable salts, and what quantity of liquid suits you best, then do not be annoyed if your dearest friend prefers quite a different diet. We need a broader outlook on life than mere diet can ever give us. The great danger

in food reform lies in the undue importance which food is apt to make in our thoughts. Eat moderately and sensibly, by all means, then turn your thoughts to more important matters, or there is grave danger that you will develop into a "food faddist," than whom no more aggravating person exists.

At the end of the first year we will imagine our typical fruitarian safely and pleasurably sailing with a fair wind down the breezy straits of a frugal and moderate though not restricted or unvaried diet, leaving on the one hand the Scylla of all stimulating foods, and on the other the Charybdis of faddism and a narrow mental and spiritual horizon. And if so much can be accomplished in one short year, what may not be possible in half a lifetime?—*C. Elizabeth Rutley.*





## How to Keep Well

### Easier to keep from Being Sick than to Get Well When Ill—Scientific Cleanliness and its Untold Benefits

MARY ALICE HARE LOPER, M.S.

**T**HERE are simple but effectual precautions against disease, which should not be ignored or neglected in the home life. Parents who properly safeguard their own health and the health of those under their care, will be amply repaid by the absence of disease sources in the home. "An ounce of prevention is worth a pound of cure," is a truism which every home keeper would do well to remember. It is so much easier to keep well than it is to get well after one becomes ill.

One may have wealth or ease or luxury,  
Or greatest fame that time can ever tell;  
But wisest sages fittingly agree  
That "life is not to live, but to be well."

#### A Secret of Keeping Well

Many mothers have come to recognise that the secret of keeping a baby well lies in scientific cleanliness; and the rule is a proper one for the entire household. Many a case of serious blood-poisoning has resulted from a slight injury, which, if it had been cleansed immediately with a few drops of some good disinfectant, would have healed without trouble. Many a case of sore eyes is contracted from using a towel which has become infected by someone similarly afflicted. Infected tableware, also, is recognised as a common source of disease, so that the pub-

lic dining-room is a great menace to health.

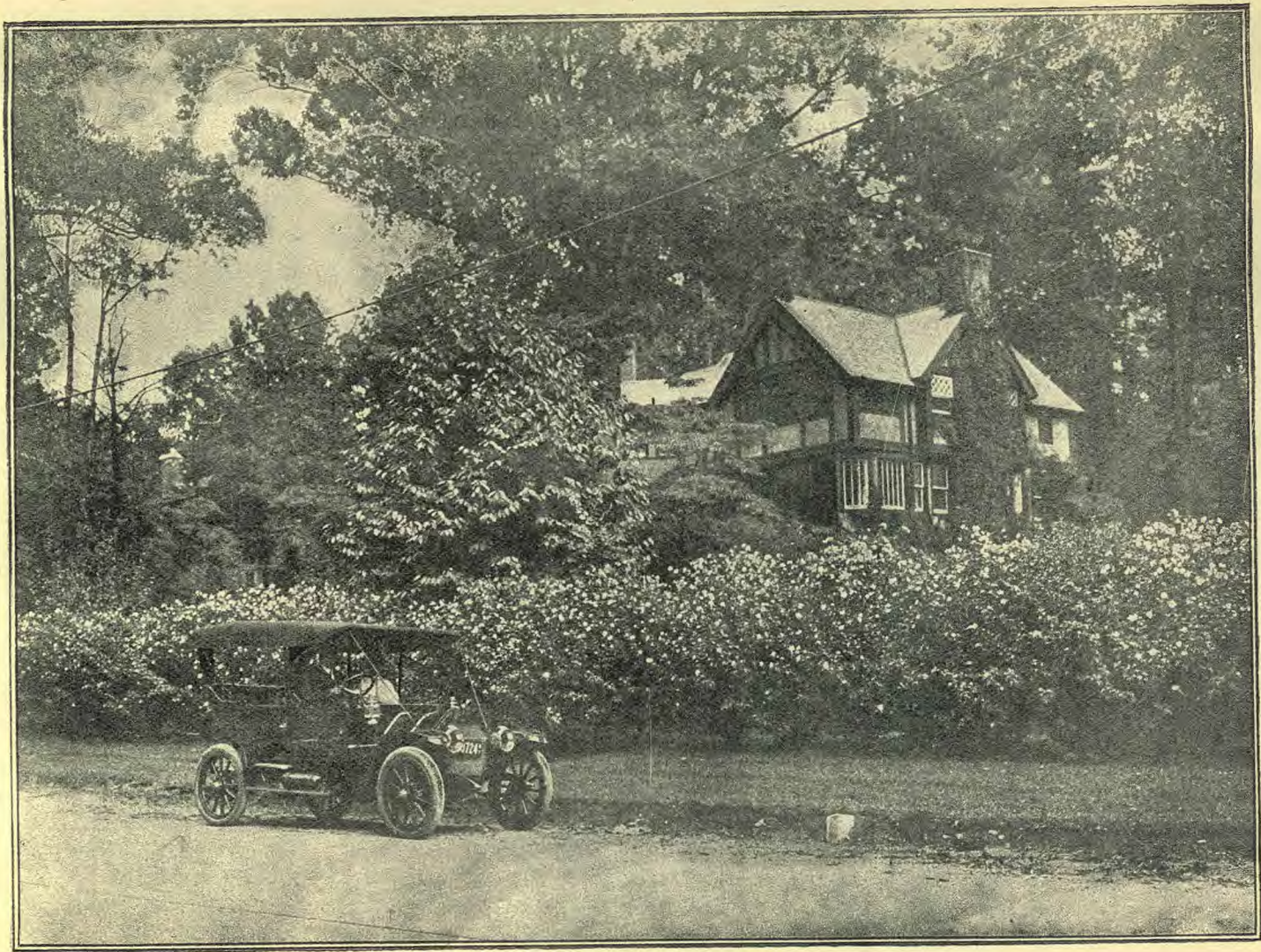
It is surely commendable that our government has seen fit to enact pure food laws for the safeguarding of the public. And now if we could only have some pure dish laws, so that food would not become contaminated during the serving process, that would surely be "a consummation devoutly to be wished." May the day hasten when proper thought will be given to this matter. Family tooth-brushes are quite unknown, but family hair-brushes and combs are very common, in face of all the varied forms of scalp disorders. There are family conveniences that are eminently proper; but in the domain of health, individual conveniences only are safeguards against contagion.

#### Dangers from Kissing

The common custom of kissing has come to be recognised as a fruitful source of illness. It is well known that life itself may be risked by kissing patients suffering from diseases which may be communicated in this manner. It is repulsive to think of using a table serviette that has been used by someone else; and yet how difficult it seems to refrain from kissing loved ones known to be suffering from deadly diseases!

"Well," says one, "I think this crusade against kissing is all old-fogyism. I am





WHEN NUMEROUS TREES ARE PLANTED IN TOO CLOSE PROXIMITY TO THE HOUSE THE PURIFYING RAYS OF THE SUN ARE NEARLY EXCLUDED

not at all afraid to kiss even those afflicted with tuberculosis." But the fact is, not being afraid of contracting a disease, is no sure protection against it. I once knew a trained nurse who did not seem to be at all afraid of the typhoid case under his care, but the bell tolled for his funeral while the patient was convalescing.

One should use judgment in associating with the sick, and should refrain from kissing when there is danger of becoming infected with disease germs. This is a good rule to follow even in case of a common cold.

#### Infected Clothing

Infected clothing is a source of disease of which many do not seem to realise the danger. Handkerchiefs, especially, are disease carriers; and those used by patients suffering from any form of contagion, should be boiled in soap and water for twenty minutes, with as little previous handling as possible. All infected clothing that can be boiled, may easily be disinfected in this manner. It can then be washed without danger of contagion. After handling infected clothing, cleanse the hands with pure peroxide of hydrogen, or some other good disinfectant.

Clothing that will not stand boiling should be fumigated with formaldehyde or sulphur, or be soaked for two hours in a cold solution consisting of two tablespoonfuls of bichloride of mercury to one gallon of water. Formaldehyde and bichloride of mercury are deadly poisons, requiring care in their use, and should be kept in bottles differing in appearance from any other bottle about the home; and they should be plainly labelled "Poison." Large coloured-glass bottles answer the purpose well, and they should be kept out of the reach of children.

It has been wisely suggested that no one should ever take a dose from any bottle without first reading the label *twice*. If this rule were followed carefully, many a case of accidental poisoning might be avoided.

Children should be taught never to place in the mouth food or anything

else that has fallen to the floor. Playthings that lie about the floor should not be placed in the mouth. The creeping baby may become infected easily with disease germs from the floor, and therefore will bear watching.

#### Water, Air, and Sunshine

Our olfactories were given us not only for pleasure in enjoying the delicate perfume of flowers and the sweet odours of ripening fruits, but that we may discern when we come in contact with foul air, which may give rise to disease.

Typhoid fever, tonsillitis, diphtheria, etc., may easily develop from imperfect sewerage or surface drains. The surface well, also, is a dangerous thing. Many a case of serious illness, and many a death have occurred as the result of infection from these sources.

Too much shade, also, is a menace to health. Far better have a dwelling-house occupy a rise of ground wholly apart from shade, than to have the purifying rays of the sun so nearly excluded as they are when numerous trees are planted in too close proximity to it. Disease germs flourish where dampness reigns, and many a little grave in the cemetery attests the deadly effects of impure water, bad drainage, and too much shade. Far better cut down the shade trees than live in a damp atmosphere. Disease germs die where the sun has full sway.

However, the all-wise Creator has endowed man with sufficient wisdom to ascertain what is for his best good, and man is under obligations to use that wisdom as God intends. "Little foxes spoil the vines." So little transgressions of Nature's laws, often repeated, result in illness and death. "Eternal vigilance" is the price of health as well as of liberty; but it pays to practise it.

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"NOT every man knows how much he can stand. He who loads up with too much suffers in health and shortens his life."

## Some Timely Precautions

HOUSECLEANING has a great deal to recommend it, in spite of the temporary discomfort and tired muscles.

In making every nook and corner spick and span, forgotten things will be run across and household needs discovered. Sooner or later the medicine closet or shelf or cupboard, or whatever place is reserved for supplies of this nature, will have a thorough "going over," and when it is all clean and orderly and nicely replenished, the mother will have a renewed sense of satisfaction and security; she is reasonably ready for emergencies.

When the spring weather begins to lure the children out-of-doors, and they feel life stirring in their veins as the sap rises in the trees, they long to climb and wander a little farther away and to do more venturesome things than when chill winds blow.

On the school playgrounds they run and frisk. The good brown earth calls them, and they answer with bat and ball and other games. Sometimes there are falls and cuts and bruises.

We do not need to cross bridges until we get to them, but sometimes distressing predicaments may be avoided by being prepared. The mother is wise who heeds the advice, "Be ready," "Keep cool."

Avoid accidents by teaching the children common-sense rules of self protection.

Always to look where they are going.

Never to walk on the railroad line.

Never to play with fire-arms.

To keep away from trees and metal in a thunder storm.

Not to play in the roadway.

Not to play with matches; (store them in tin boxes.)

In case of fire catching the clothing, not to run about but to lie down and roll over or to smother flames with a woollen rug or blanket.

Not to go near other children with contagious diseases such as whooping cough, etc.

Not to touch a bleeding wound with a dirty hand.

Never to taste the unknown contents of bottles or samples of medicines left at the door.

To let gas jets and fires alone.

To be kind to all animals as their bites are dangerous.

Not to lean over balconies or out of windows.

Not to go too near to bonfires or machinery or the heels of horses or into strange buildings.

The list might be added to indefinitely, but if each mother will safeguard her children by teaching them proper caution concerning their own surroundings, giving reasons thereof, the emergency supplies will be less often needed.

A First Aid Cabinet should contain among other things a packet of sterilised absorbent cotton, several widths of bandages neatly rolled, preferably sterilised, a pair of tweezers (to remove splinters, etc.), different sizes of safety pins, a pair of scissors, several widths of surgeons' adhesive plaster, a tourniquet (a wooden handle with a length of stout wide bandage fastened at each end, to be twisted about a limb to stop bleeding), a bottle of reliable peroxide of hydrogen, a jar or tube of carbolated vaseline, an antiseptic soap for cleansing dirty wounds, a bottle of liquid ammonia (for insect stings), a bottle of Carron Oil, equal parts lime-water and linseed oil (for burns), a small magnet for the removal of metal specks, a bottle of aromatic ammonia, in event of shock or collapse, suitable laxatives, essence of peppermint or extract of ginger for stomach-ache, a bottle of liniment, etc.

Discard all bottles and their contents with loose corks or without labels. Loose corks permit evaporation, and so the contents change in character and strength. Death has been caused by using medicines so changed. It is unsafe to trust to memory to "remember" what is in a bottle. Our memory may play us false, or

some one else may wish to use the medicine.

If an accident is at all serious, do not delay in sending for medical or surgical help. Sometimes time is an important factor. Shock or collapse indicates a serious accident, and is evidenced by clammy skin, vomiting, irregular breathing, very weak or very rapid pulse, and sometimes by insensibility.

Loosen all clothing, cut it if necessary, apply heat to the region of the heart, give hot drink such as a broth or milk, and send for assistance.

Use only boiled water upon open wounds. Sterilise all implements such as tweezers before using. Small openings may be pulled together with surgeons' plaster, but where stitches are necessary, physician must be relied upon. In cleaning a wound use fresh pledgets of absorbent cotton. A greasy wound not thoroughly cleansed by the antiseptic soapy water, is sometimes effectively cleansed by wiping with gauze moistened with turpentine or benzine. - ; ;

Sprains may have moist heat applied to relieve swelling and pain, but as all sprains may be serious, a physician should be consulted.

Poisons ought to be kept in a separate place and to be distinctly labelled. Every house should have a good emergency book of some sort containing a list of common poisons, their antidotes, and other general information.

The wise mother will thoroughly acquaint herself with the contents of such a book during her leisure, so that in time of need she will know exactly where to turn for timely assistance without a moment's delay.

Be ready. Do not become nervous. Nothing is gained, and much is lost when mother "loses her head," besides conditions often appear much worse than they really are.—*Emma Gary Wallace.*

---

"It is a singular fact that a strong and continued desire for an object will in time breed the ability to acquire it."

## Treatment of Tuberculosis

Rational Measures in the Home—Often Better than Change of Climate

MARTHA N. CANFIELD, M.D.

THE laboratory reports have confirmed the doctor's fears—father's sputum contains the tubercular germ. What now? Of course the good man has been working with might and main to pay for the home, and to give Mary her music, and John his chance at college, and has forgotten him-



"In the tent the patient may be taught to co-operate with you."

self. No vacation, hardly a holiday, only work, work, work, in a dingy, ill-ventilated little office! A few months ago the children were ill for several weeks, and he acted as night nurse to save more expense; and of course, when attacked with grip, he was unable to recover well.

☞ We have all heard this story, and have seen the pathetic setting forth from home in search of the lost treasure, health. Somewhere it is in hiding, and we must find it. Let us stand for a moment in the ports of entry and study the arrivals.

Here is a young man who has had that unusual termination of pneumonia called empyema, or abscess of the lungs. A portion of the rib has been resected and the lung properly drained. He arrived at our sanitarium from a hotel in the city, and we were obliged to return him to the same place, as we had no arrangements suitable to care for these cases. I remember that the surgeon with whom I saw this patient remarked with fervour as we left the room, "It is a *crime* to send a man like that away from home."

Another case was that of a young woman affected with tuberculosis, whose parents had wandered from place to place in search of health. Hers was then what is known as an arrested case of tuberculosis. Incidentally we learned these facts, when called to see the aged and feeble mother, who needed medical attention and the care that could best be bestowed in the sanitarium. But the parents were reduced to penury by their migrations for the daughter.

The cases I have seen of this malady, which claims its millions annually, has made a deep impression; and I am glad to see the movement toward intelligent home care of our tubercular patients.

The angel sought so far away,  
We welcome at our door.

Thus Whittier sang in "My Psalm," and so may the ones sing who are suffering of tuberculosis. It is outdoors they need,

combined with good food and good nursing. How much more conducive to recovery it is to fix a tent or a sleeping porch at home for our patient, and keep him thus outdoors dressed like an Eskimo if necessary, to brave the winter, but outdoors, in bed if he has a temperature, and quiet, at least until the temperature subsides. This measure, with good food from the home table, with feedings of milk if necessary between the meals, the cheerful atmosphere of home, and the kind home folks about, is better than desolation in a strange land for a patient doomed perhaps anyway.

Thorough isolation may be maintained right at home. In the tent or in the sleeping porch, the patient may be taught to co-operate with you. The dishes, dish-cloth, napkins, towels, etc., should be used only by the patient. The sputum should be burned quickly, never allowed to dry out and thus become a menace to others; and the mouth should be covered while coughing. No flies should be permitted in the tent, which should be thoroughly screened in summer; no carpets, curtains, nor bric-a-brac. Sunshine, air, rest, and freedom from anxiety—want of these was the chief factor in the etiology of the disease, and they are the remedies to be used in its cure. Observing these regulations makes it safe and possible for friends to visit the patient, provided that all kissing is left out.





## CHILDREN'S HOUR

# Springtime

By  
PHYLLIS LEE

What does springtime bring to you?  
Grasses green, and skies so blue;  
Sunny hours, springing flowers,  
Cool, refreshing, misty showers.  
Merry brooks, shady nooks,  
Call to us to leave our books.  
Birds and butterflies and bees  
Flit among the blossoming trees.  
O'er the sod, daisies nod.  
All are praising God.

All the earth is very fair,  
Springtime freshness in the air.  
Birdies sing, on the wing,  
Praises to our Heavenly King.  
In the grove, breezes rove,  
Softly telling, God is love.  
Heaven and earth all tell His fame,  
Praising the Creator's name.  
List the zephyrs in the wood  
Whisper, God is good.

Thankful hearts should more and more  
Praise Him for such bounteous store.  
Children dear, far and near,  
Let us join the springtime cheer.  
Let us prove that God's love  
Has the power our hearts to move.  
In the springtime of our youth,  
Let us serve the God of truth.  
Echoes ring, while we sing  
Praises to our King.

### In Jack's Workshop

"CR-EA-EA-K! cr-ea-ea-k!" complained the old grindstone noisily, and after the fourth or fifth turn Lucile looked up at her cousin, whose nose was very close to the hatchet he was grinding.

"Why don't you oil it, Jack?" she asked.

"Going to soon's I find time," he answered briskly. "Too busy just now."

There was a small oil can on the deep window shelf within reach, and still turning the crank with one hand, Lucile reached out the other and attempted to oil the dry sockets, but the can was empty.

"Haven't you any oil?" she asked.

"Yes, in the jug on the bench there, but I'm in a hurry now; I'll try to find time for it to-morrow."

Lucile let go the handle, and walked resolutely to the jug. Not more than two minutes were required to fill the can and put a few drops in the complaining crank sockets, but Jack waited with his hatchet still pressed to the stone, and his face wrinkled with impatience.

"I'm in an awful hurry, Lucile," he exclaimed, impatiently.

"All right, that's what I did it for, and to save the crank; father says when our carriage wheels creak, they are wearing out for want of oil, and the carriage has to go slower. Now see," and grasping the crank, she turned it more rapidly than before. After the first revolution the creaking ceased. She looked at him brightly. "It turns lots easier," she exclaimed.

Jack smiled a rueful acquiescence. "I

suppose you're right," he acknowledged, "but it did really seem like wasting time. There!" a few minutes later, "that's done. Now I'll get some boards and start on a new boat."

"Is the edge all right?" asked Lucile, doubtfully. "You've only been sharpening it a few minutes, and you said the edge was awfully dull."

"Oh, I guess it'll do, and, anyway, I can give it a few more touches in the morning. But what do you know about edges?"

"That's what a hatchet's for, isn't it—the edge?" she asked, seating herself upon a basket of shavings, and clasping one of her knees in her hands. "Father says nothing can do its best unless it's at its very best, and that means tools and everything. But wasn't it too bad your boat wouldn't go yesterday? What was the matter?"

"Oh, the old thing leaked, though I made it just as the book said to. I'll build one more; and if it doesn't sail right, I'll know that the man who wrote the book didn't understand what he was writing about. And I worked all day yesterday on the old thing, too." He dropped upon a box, and began to lace one of his shoes, looking ruefully at Lucile as he did so.

"Did you use that hatchet in making it?" asked Lucile.

"Of course; that, and the drawing-knife, and the planes and saw on the bench beside you, and hammer and nails, and such things."

"The hatchet was awfully dull," said Lucile, pointedly. She reached around and took the planes from the bench, and examined their knife-edges critically; then she took down the saw, and touched her fingers cautiously to the teeth. "What made your boat leak, Jack?" she went on; "was it the shape of the boat, or just cracks?"

"Why, I wouldn't wonder if it was cracks," he confessed, frankly, but smiling a little at her questions. "The water came in where the pieces were put to-

gether. I couldn't seem to fit the joints very tight."

"You couldn't very well, I suppose, with dull tools," conceded Lucile, sympathetically. She handed him the saw, and he took it with a protesting grimace.

"I know it's abominably dull," he said; "in worse condition even than the grindstone. No, you needn't show me the planes," as she made a motion with them toward him. "I know just how they are, for I've been using them. But you see I've been so awfully busy, I really couldn't find time to sharpen them. I guess I'll have to take to-morrow to clean house and fix things—that is, after the new boat is finished." The shoe was laced now, but he made no attempt to rise. Indeed, he seemed to have forgotten his hurry of a few minutes before.

"Maybe it might be a good idea to sharpen up the tools first," suggested Lucile. "It took you all day yesterday to make the boat, you know, and two hours would have sharpened the tools nicely. The two hours would have been well spent. And——"

"If the tools," said Jack, "had been sharpened nicely, the edges that made the joints of the boat that Jack built would have been all right, and a whole day saved, whereas," springing suddenly to his feet, "if experience is to be made of use, the said Jack must begin this forenoon to sharpen tools instead of commencing on another boat. Thank you, Lucile; are you open to another engagement at turning grindstone?"

"Indeed I am," springing merrily from the basket of shavings, "and I'm going down to the dock to see the new boat launched. I don't believe she will leak."

Nor did she. As soon as the tools were sharpened Jack went to work on the boat, and Lucile, instead of going off to her books and playthings as usual, remained with him in the little workshop, holding the pieces of board while he planed and nailed them, and after it was built painting most of the boat herself, and then, at his peremptory command,

lettering in her own name, "Lucile," on the stern.

Then he took the new boat down to the dock and sailed it for an hour, where it proved itself "as tidy a little craft as ever cut the waves." When he took it out, the little boat was just as dry inside as when launched. But that was not all. Before Lucile's visit ended a month later, Jack's workshop looked like a new place.



Launching the Boat

All the tools were sharp, the oil can was kept filled, and the grindstone didn't squeak, and, as Jack himself confessed, he was able to get a good many more things done, and still had time to spare.—  
*Boys and Girls.*

“WHEN you are sick don't get discouraged. There is more hope for the one who wants to get well than for one who thinks he is surely going to die.”

## The Bonfire

Clara Pinckney

THE trouble began when Jack lost the shilling that his father had given him for the football game. All in vain he hunted for the lost money. He did not tell his father or ask for another, for he was ashamed of his carelessness, but it was hard to have to miss the game that he had counted on seeing.

When the next morning came his father said to him, "You had better clean up the yard to-day before you go to the game this afternoon. Rake the leaves together and burn them."

It was a very heavy-hearted Jack who got the long-handled rake and set to work in the big yard. Last year it had been fun to rake the fallen leaves into a great pile and make a bonfire, but the loss of the money and of the chance to see the game made the task seem like real work this time, instead of play. His little sisters came running out to help him, and for their sake he tried to turn the work into a frolic.

"It was my own fault that I lost the money," Jack said to himself. "This job must be done, and I'll do it as if I liked it."

It was a brave resolution, and he tried his best to carry it out. He let Mollie and Beatrice help him, and he did not complain or scold when they jumped into the pile of leaves that he had gathered into the middle of the lawn. When he had set fire to some of the driest leaves on one side of the pile, the smoke curled up into a tiny cloud. Then the fire blazed brighter among the leaves, and almost at once it started to run along in the dead grass on the lawn. It ran toward the house, and gathered strength as it went.

Jack was frightened. His father had gone away for the day. He dashed into the house and called his mother. She seized a broom, and told him to bring a bucket of water. Together they fought the little tongues of flame that were darting here and there in the grass and leaves,





"The Smoke Curled up into a Tiny Cloud"

but he had to bring several buckets of water before they had put out the fire.

"You should have piled the leaves in the path, not on the grass," said his mother. "Then there would have been no danger when you set fire to them."

Jack understood. He should have thought of that before. So he and the girls made the unburned leaves into a new pile in the middle of the wide path.

When the big pile had burned at last, and Jack was raking over the ashes, he saw close by something that glistened brightly. He reached for the object with his rake, and pulled it to one side of the path. It was the lost shilling!

"Hurrah! I've found it! I've found it!" he cried. Followed by his sisters, he ran into the house to tell the glad news to his mother, who knew about the game and the lost coin.

"Just think!" he exclaimed when he had told the story. "I can go to the game this afternoon, after all. And the yard is all cleaned up, and we had a great time doing it. What a fine day it has turned out to be, and I thought this morning that it would be the very worst day that ever was!"

"It often happens that way," said his mother, "if we keep on doing right."

### A Little Boy's Dream

ONCE upon a time there was a little boy who had a dream. He thought he was sitting on a fence so high that he could see almost the whole world. He could see farms and fields for miles and miles away.

On one farm there was a barn and a house.

As the little boy looked at this house he found that he could see right in at the windows, although he was sitting on the high fence. In this house he saw a little boy who would not get up when his mother called him in the morning.

"Jimmie, Jimmie," called the mother, but the little boy shut his eyes tighter than ever.

"I never did that," said the boy on the fence; then he said, "How queer that other little boy's name should be Jimmie, just like mine."

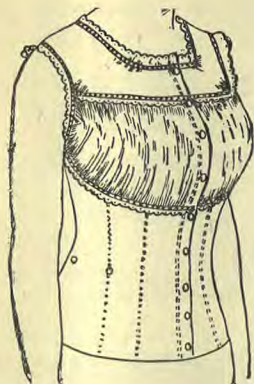
Slowly the little boy awoke. His mother was standing beside his bed, calling "Jimmie, Jimmie."

"I was dreaming," said he, "and I saw another little boy just as lazy as me."

"Sometimes it is good for us to see how we seem to other people," said his mother.—*Exchange.*



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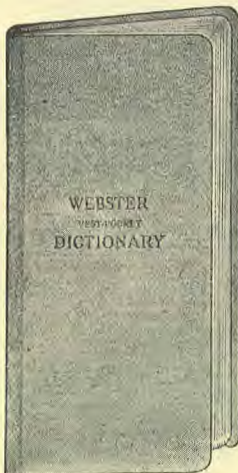
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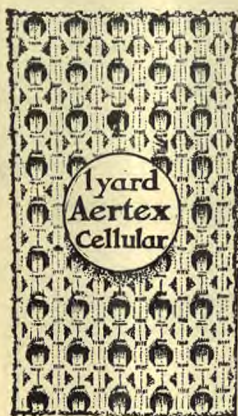
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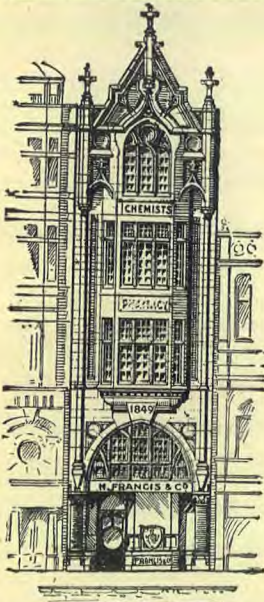


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