

Life & Health



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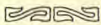
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COMMANDER OF THE BRITISH FORCES ON THE CONTINENT, AND RESPONSIBLE FOR
THE HEALTH OF SEVERAL MILLION BRITISH SUBJECTS

LIFE &

HEALTH



Vol. 6

June-July, 1916

No. 3

Editor: CHARLES M. SNOW

Associate Editors: { W. HOWARD JAMES, M.B., B.S.,
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ILL fares the land, to hastening ills a
prey,
Where wealth accumulates and men
decay.
—*Goldsmith.*

WHATEVER affects the physical health, whatever lowers nerve force or vital tone, affects the organ with which we do our thinking. Note that fact when you are tempted to over-eat or to over-indulge in anything else that will react upon your physical constitution.

WHY is winter the "open season" for pneumonia?—Because it drives so many people indoors, into poorly ventilated rooms. Read all about it in Dr. Paulson's article, "Look Out for Pneumonia," in our next issue. It may save your life, or at least save you some heavy doctor's bills.

IF a man, in a fit of despondency, hangs himself, thus shutting off the supply of air to his lungs, he dies in a few minutes; and the coroner will give a verdict of suicide. But if he accomplishes the same end by living in a poorly-ventilated room for several months, or even years, his death is then looked upon as a mysterious dispensation of Providence. If the growing of the trees were as slow as the acquirement of common sense by

the majority of individuals, trees started in Adam's time would hardly be saplings now.

HERE is the Code of Health. It is not original; but it is "just as good":—

1. Breathe only pure air.
2. Drink only pure water.
3. Eat only pure food.
4. Take sufficient muscular exercise.
5. Preserve proper attitudes.
6. Discipline the mind by proper mental exercise.
7. Take sufficient rest and sleep and proper recreation.
8. Restrain the passions and govern the emotions, and keep the mind pure.
9. Give attention to personal cleanliness.
10. Be temperate in all things.

To the man or woman who will carefully and conscientiously observe all those laws which relate to his physical health, nature vouchsafes, barring accidents, a long, comfortable life, free from a great share of the ills which come upon a large proportion of mankind. A great share of the sicknesses, and even a large proportion of deaths, are unquestionably due to the violation of some of the plainest principles of health morality, and are wholly preventable.

DON'T handle the cat.

Of course you will—but *don't*.

However, if you will insist on doing it, be sure to wash your hands before eating, or before preparing anything for others to eat.

If the children are given to understand that they must always wash their hands after handling and "pooring" pussy, they will do less of it, and there will be more of them living next year.

Cats pay not the slightest attention to quarantine regulations, or to any rules laid down by the health authorities. They are always nosing around unhealthful localities. They are just as free to explore localities where there are contagious or infectious diseases as localities that are free from such dangers. They make their explorations, and innocently return to have their backs massaged by the hands of their friends little and big. This process removes many of the germs of disease from their glossy coats, but they are not removed to a very safe place as far as the human inmates of the household are concerned. They are on the hands of whoever does it. Don't forget to wash those hands if they are yours, or to see that they are washed if they belong to your children.

IF it be necessary that the hands and the nails and the faces of our school children be clean when they present themselves at the school door in the morning (and surely no one will question it), is it not more essential that they present themselves with clean teeth? A dirty face does not look well, but it seldom causes illness. What enters the body is of more vital moment than that which is daubed on it from the outside, just as what we are is more important than what someone may think we are. Uncleanly teeth are a constant menace to the health of the child. Parents should insist, whether teachers do or not, that the teeth of their children should be clean. Not only does the cleaning of the teeth act directly as a protection against disease,

but the cleaning protects the teeth themselves against early decay and loss. A good set of natural teeth is one of the most valuable assets of the human body, and is seldom valued at more than half its real worth.

Avoid Stimulants

THE *Popular Science News* gives the following sensible advice in regard to the use of stimulants:—

"All of the so-called strengthening preparations which enable a man to accomplish more work when he is under their influence do this, not by adding units of force to his body, but by utilising those units of force which have already been obtained and stored away as reserve force by the digestion of his food. Kola, cocoa, chocolate, coffee, tea, and similar substances, while they temporarily cause nervous work to seem lighter, do so only by adding to the units of force which a man ought to spend in his daily life those units which he should most sacredly preserve as his reserve fund. The condition of the individual who uses these articles when tired and exhausted, with the object of accomplishing more work than his fatigued system could otherwise endure, is similar to that of a banker, who, under the pressure of financial difficulties, draws upon his capital and reserve funds to supplement the use of those moneys which he can properly employ in carrying on his business. The result in both instances is the same. In a greater or less time the banker or the patient, as the case may be, finds that he is a pecuniary or nervous bankrupt."

We are glad to see people awaking to the fact that tea and coffee are harmful stimulants. It should also be known that flesh meats belong to this class, as well as vinegar, pepper, mustard, etc. Give them all a wide berth, and adopt a simple, mild, nutritious diet that will nourish and build up the body without taxing too heavily the digestive powers.

Mother's Day
Second Sunday in May
 or
Second Saturday in May

SEVERAL years ago an appreciative daughter desired to commemorate the anniversary of her mother's death. It was not only the thought of laying some flowers on mother's grave, but it occurred to her that it would be a beautiful tribute to all mothers, the living as well as the dead, if their children, on a given day, would unite in the simple wearing of a white flower, and thus make Mother's Day universal. The papers everywhere caught up the idea, and in two years it swept over not only all of North America, but was heartily welcomed in other lands. The purpose of Mother's Day, as conceived by Miss Anna Jarvis, of Philadelphia, U.S.A., with whom it originated, is a day in which all lands as one nation may unite in honour of their mothers and in honouring motherhood.

The second Sunday in May of each year is proposed as the day when mother is to be specially remembered, and universal motherhood exalted in the esteem of every man, woman, and child. The plan is to make it not only a sentimental observance, but as far as possible to clothe it with the sanctity and dynamic power that comes from concerted action. The wearing of a white carnation, or other white flower, the beautiful emblem of truth and purity, will be filial evidence that the wearer loves to honour his mother living, or her memory if dead.

If away from home on this day, write mother a love letter, send her a telegram, use the long distance 'phone, or the special delivery of the post office.

The white carnation stands for purity; its form, beauty; its fragrance, love; its wide field of growth, charity; its lasting qualities, faithfulness—all virtues of a true motherhood.

In several American cities the mayors in past years have issued special proclamations endorsing the purpose and recommending the general celebration of the

day. The day has also been marked by the special singing of mother's hymns in the home, and by special services and distribution of white flowers in the Sunday-school and at the church, and in other places.

Remember mother; honour motherhood. You can never repay her for all she has done for you; but there are many ways in which you can show your appreciation of what she has been to you and done for you, and this is one of them—loving her while she lives and cherishing her memory if she sleeps, and you will be the better for having done it. If you are an observer of Sunday, let that be the day; if of the seventh day, let that be your day.

Don't Dream

THERE are thousands of persons who would build up splendid physiques—broad-shouldered, full-chested, strong-muscled, capable of any physical endeavour—if they could do it reclining in a rocking chair with a scented pillow under their heads and a swan's down cushion to sit on while the operation was in progress. The same class aspire to great wealth—by the method of wills and legacies and bequests from tender-hearted relatives who have obligingly passed away. Such do not deserve either the wealth or the healthy physique. If we would have health, let us learn to discard sloth and day-dreaming, and go to work for it. Better saw the back off the rocking chair and hide the cushion, and then get hold of something that signifies physical effort, whether it be a buck-saw or a dumb-bell, a spade or a vaulting-pole, a hoe or a pair of Indian clubs, and then put real vim into what you do with them. It is better to turn a clothes' wringer for your wife or mother or laundress than to *dream* about being an artist in club-swinging; better to hoe a row of corn or potatoes than to *dream* about beating the world at pole-vaulting. The things we do are the things that count; and the time we spend in dreaming is

never made up to us either here or here-after.

Nature is a good and a just paymistress. She never pays us for what we do not do. If we want good, physical development, we must pay for it in work—always, and only in work. If we earn ill health by what we do, she pays us in ill health—always, and only in ill health. But when we have earned health, we get it—unless we are bearing about with us a mortgage placed upon our systems by unwise progenitors, whose sowings of the seeds of disease are bearing fruit in us. Even then she releases us as fast as we are able to work off the mortgage.

About Disinfectants

The Good and the Inefficient

BULLETIN No. 39 (Hygienic Laboratory) of the Public Health and Marine Hospital Service of the United States relates entirely to the antiseptic and germicidal properties of solutions of formaldehyde. The bulletin is, of course, very technical, designed entirely for scientific and medical men; but its summary of the results of extensive experiments is clear even to a layman, and is valuable to all who have to do with the sick, especially those suffering from contagious diseases. From this summary we gather the following:—

“Five per cent formalin acting upon fæces destroyed most of the non-spore-bearing organisms within ten minutes; a few resisted ten minutes. The spore-bearing organisms resisted as long as sixty minutes,

“Fæces exposed to ten per cent formalin solution were rendered practically sterile immediately; a few colonies only developed after ten minutes' exposure. The spore-bearing organisms were destroyed after forty minutes.

“A ten per cent solution of formalin completely deodorised fæces at once. A three and five per cent solution renders them almost odourless after a very few minutes' exposure.

“On account of its germicidal efficiency and deodorant action, formalin would seem to be one of the most useful agents for the disinfection of infected human discharges or sputum, when used in a ten per cent dilution, allowing an exposure of one hour after mixing. . . .

“The action of formalin on toxine is an important property in its use as a disinfectant, for not only are the bacteria themselves destroyed, but their soluble products as well.”

By a five per cent or ten per cent solution is meant five or ten parts of the formalin to one hundred parts of the matter to be disinfected.

Bulletin No. 15 of the same laboratory, treating of copperas, or sulphate of iron, as a disinfectant, and giving detailed reports of many experiments with that substance, concludes:—

“Sulphate of iron (copperas) does not show any restraining influence over the development of putrefactive changes unless it constitutes more than two per cent of the mixture. It does not permanently restrain the development of putrefactive changes unless it constitutes at least five per cent of the mixture.

“As a germicide it has little or no action, even when applied under the most favourable conditions for disinfection. When the material to be disinfected was flooded with the agent in saturated solution, in nearly all experiments, its action was not apparent, and it failed to disinfect under such favourable conditions seven different varieties of pathogenic organisms out of nine, after an exposure of one hour to a saturated solution.

“Tested upon fæces, it failed to disinfect after three days, . . . and when it was applied in saturated solution and in double the bulk of the material to be disinfected.

“It seems, therefore, that copperas or sulphate of iron is of no real value as a disinfectant. The strongest solution has either no disinfectant action at all, or its disinfectant action is so slow and uncertain that its demonstration might be a

matter of interest, but certainly could not be of practical value."

In view of the fact that copperas has so long been looked upon as a reliable disinfectant, the report of these careful experiments should be of interest and value to all.

Bosom Companions

SOME statements are utterly devoid of poetry; some are all poetry and devoid of everything else. Some have more poetry than truth; and some more truth than poetry. But there is both truth and poetry in the following couplet from Oliver Goldsmith:—

Man's best companions, innocence and health,
And his best riches, ignorance of wealth.

To the man with a guilty conscience there is always "a worm in the bud" that is bound to injure or destroy the opening flower of the soul, and there is a sharp-toothed grub gnawing at the tap-root of life. Would you be healthy?—Keep a clean conscience. Violate no law of God and no just law of man. With innocence and health walking hand-in-hand, the soul as well as the head will be held erect, and the level eyes of sincerity and truth can look straight into the eyes of every other soul.

It is a dangerous thing to be rich. The great Teacher said it was more difficult for a rich man to enter heaven than for a camel to pass through that little gate known as the needle's eye. The camel *could* go through, but only after it had kneeled down and jettisoned its cargo. That is a procedure which few rich persons enjoy, and we fear that many turn away from the wicket gate, choosing to keep their temporal riches with them while they live, and close their eyes to the true riches of the better land.

But there is another danger, and one nearer to hand. A close acquaintance with riches and luxury is very liable to undermine the constitution of both the physical and the spiritual man. A wise

man and a successful man is he who, possessing wealth and all the facilities for over-indulgence, puts a bridle on his appetite and guides it only where he knows it ought to go, rather than letting it put a bridle on him and ride him and drive him where he knows he ought not to go. Wealth is not worth much without health to enjoy it; and health is always in danger where there is wealth to enable the possessor to gratify every desire. The wise man says:—

Better is little with the fear of the Lord than great treasure and trouble therewith. Prov. 15:16.

In Solomon's days as well as in ours there was trouble in treasure; but he who possesses good health has a treasure that wealth alone cannot buy, and one that will not minister to his downfall. Guard it as the apple of the eye, and turn the back upon every temptation to squander so precious an inheritance.

If You Will Drink

To the married man who cannot or will not get along without drink, the following is suggested by the *Watchman-Examiner*:—

1. Start a saloon in your own house.
2. Be the only customer. You will have no license to-pay.
3. Give your wife the price of a gallon of whisky and remember that there are ninety-six drinks in a gallon.
4. Buy your drinks from none but her; and by the time the first gallon is gone, she will have one pound and twelve shillings to put in the bank and the price of another gallon with which to begin business again.
5. Should you live ten years and continue to buy liquor from her, then die from the effects of your drinking, she will have money with which to bury you respectably, educate your children, buy a house and lot, marry a decent man, and quit thinking about you.

Being a Centenarian

BEING a centenarian is not an easy task, if we may judge by the few who accomplish it.

Neither is it an assured fact that "the good die young."

Many who have been "good for nothing" have died young; and many of those who have attained the ripe age of ninety or a hundred have been among the best of the good.

So the age at which death plucks the human fruitage of this earth is not infallibly determined by either man's goodness or his badness. Still we know of many who would have lived much longer than they did had they not been so bad as they were. And we know of many others whose ignorance of the laws of health has sent them to the grave long before they had lived out man's allotted span of life; and yet they may have been irreproachable and exemplary in their lives.

There is one peculiarity, however, which you will find in all nonogenarians and centenarians. They will never admit belonging to that class known as the "layabeders." They were generally "up with the lark" and "to bed with [or rather, at the same time as] the chickens." There is something about the cool quiet of the dawn that instils the elixir of life into the soul who is there to receive it, and as in the case of the blood on the door posts of ancient Israel, the angel of death has passed by that one with his slaughter-weapon sheathed.

Squandering in foolish amusements the best sleeping hours of the night, and sleeping away in the morning the best hours of the day, is fatal to centenarianism. And the same is true also of late, heavy suppers and great varieties of food. Simplicity of diet and reasonable and seasonable hours of work, of rest, and of sleep are the most powerful aids to the attainment of the century mark.

One has said, "I would rather live while I live, for I shall be here but once." But they who speak thus do not know what true living is—they only think

they do. He who lives as he knows he ought to live, knows that he lives more in the same length of time than the one who mistakes dissipation for life, and is willing to squander future days for the frivolities and sensualities of a profitless present.

Better is one hour of honest toil in the dewy dawn of a bright new day than a whole night or a whole year or a whole life spent in questionable amusement, folly, and dissipation. The soul who has reached the appointed span, standing on the sun-kissed mountain-top of life, with the welcome sunlight of God's presence shining in his heart, has views of life that are never experienced by those who perish from over-indulgence in the fog-enshrouded vales below. There are many things to interfere with our reaching that age; but it is far better to have lived worthily of that distinction and not attain to it than to live unworthily and then attain to it. There is nothing more incongruous in life than a crown of white hair on the head of one whose heart is irreverent and his soul impure.

Bad Teeth and Bare Limbs

WHY are our children losing their teeth at so early an age?—We mean their supposedly permanent teeth.

This is a question that is perplexing many. Some look upon this phenomenon as a certain sign of the physical deterioration of the race. It would be more reasonable, we think, to look upon physical deterioration as a result of bad teeth and lack of teeth. Food poorly masticated reaches the stomach in an improper condition, and the stomach is not able to prepare it properly for assimilation into the system. Therefore the system is improperly nourished, and deterioration is a natural result.

But why do the teeth decay in the young of our day, and particularly of our country?—Because the supply of nourishment required by the teeth in their growing time is withheld from them. And how is that done?—By making it com-

pulsory upon the system to furnish more than the proportionate amount of heat to the limbs of the child. If the child wore nothing at all, the demands of the surface for heating by the blood would be equal all over the body. But where the body is warmly clad and the legs are left exposed, there is an unbalancing of the demands upon the system. The extra circulation brought into the limbs keeps them warm and builds them up, but it drains the other extremity of the body, and *the teeth suffer just at a time when they need all the nourishment they can get.*

The exposure of the limbs, especially to the extent to which it is done by those who fear they will not be considered stylish if their children are not thus exposed, is a vicious practice, unbeautiful,

unhealthful—and there are some other adjectives beginning with “un” or “in” which could be applied to the custom with more appropriateness than safety.

It is asserted by some that it is done to “toughen” the boy or girl; but it toughens them where toughening is least needed, and makes them tender in a spot that is most vital to their health. To our mind, a good set of natural teeth is far more beautiful than a pair of bare limbs, and more stylish, too, because not so common.

When tempted to follow the fashion and expose the limbs of your little one, look ahead to the time when that little one will be grown up and begin to suffer the results of the practice in early loss of teeth and ill health resulting from poorly-masticated food.

Sugar—Its Digestion and Nutritive Value

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

ALTHOUGH sugar is such an important article of diet, it is only within comparatively recent times that it has been manufactured cheaply enough to become an item of ordinary consumption. Sugar from sugar cane was probably known in China two thousand years before it was used in Europe. In Europe it was employed for a long time exclusively in the preparation of medicines. An old saying to express the loss of something very essential was, “Like an apothecary without sugar.” It was in the fourteenth or fifteenth century, when cane sugar from India was produced in Northern Africa, that it became a common article of food among the well-to-do. “By many,” says the *Farmers' Bulletin* (No. 93, 1899), “the new food was still regarded with suspicion. It was said to be very heating, to be bad for the lungs, and even to cause apoplexy. Honey was thought to be more wholesome, because more natural than the ‘products of forced invention.’” In the year 1319, according to Bannister's Cantor Lectures, its price was 1s. 9½d. per

pound. Now, however, the use of sugar is universal. In the British Isles, for instance, eighty or ninety pounds are used annually for each person.

There are two chief varieties of sugar: (1) The product of the sugar cane and beet; (2) that contained in grapes and other kinds of fruit. The former variety is characterised by the facility with which it crystallises, and by its strong sweetness of taste. The latter is imperfectly crystallisable, and is of much inferior sweetness. It is found in grapes and other fruits, and may also be obtained by the action of acids and ferments on cane sugar, starch, gum, and liquorice. In the production of jam, especially when the jam is boiled for some considerable time, the cane sugar is changed into glucose. This is an important fact, for glucose, or “invert” sugar, is so much more digestible than cane sugar. Aitchison Robertson gives the proportion of cane sugar in most home-made jams as 20 per cent, while commercial jams vary from 10 to 50 per cent. He found that in some of

the home-made jams which he examined, the proportion of cane sugar which had been changed into glucose was as follows:

Strawberry	two-fifths
Raspberry	three-fifths
Blackberry	four-fifths
Marmalade	five-sixths
Plum	six-sevenths

Cane Sugar

Cane sugar is derived from sugar cane, or *saccharum*, a plant which appears to have come from the interior of Asia, and which, in very early history, was transplanted to Cyprus. It was introduced into the West Indies early in the sixteenth century. Sugar is also obtained from the root of the beet, which contains nearly one-tenth part of its weight of this principle. In the northern parts of North America, a large proportion of the sugar used is obtained from a variety of the maple, the *Acer Saccharinum*. There are other sources of sugar, such as green stalks of maize, or Indian corn, the sugar grass in North America and south of Europe, and the date and other palms.

Practically all of our sugar, however, is produced from the cane or the beet. After the cane has been crushed through iron rollers, a turbid juice is produced, which contains about 18 to 22 per cent of sugar. This is clarified and evaporated by heat and the addition of lime. After being condensed and the impurities removed, it is passed into coolers to crystallise. The solidified, or crystallisable, sugar is the brown, moist sugar which can be obtained from almost all grocers, the dark, viscid, and uncrystallisable residue that drains away constitutes *molasses*. The brown, or moist, sugar is again refined; its dark colour and uncrystallisable sugar is removed, and forms the *treacle* of commerce. When treacle is reboiled and filtered through animal charcoal *golden syrup* is produced.

Barley sugar is made by rapidly boiling down a concentrated solution of sugar. This destroys its crystallising power, and on cooling it solidifies into a transparent, amorphous mass of a vitreous nature. Acid drops are similarly produced, tartaric

acid being added while the liquid is boiling. *Sugar candy* is crystallised sugar. A hot, concentrated solution of sugar deposits, on cooling, crystals on the surface of the vessel in which it is contained, and on threads stretched across it.

Glucose or Grape Sugar

This sugar differs slightly in chemical composition from cane sugar; it does not crystallise. The taste is not so agreeable, and its sweetening power is less. Five parts of grape sugar have only the sweetening power of two parts of cane sugar. It is not so soluble in water. There are different varieties of glucose. The best example of these is dextrose, that which is found in the grape. When grapes are dried to form raisins, the dextrose separates out as little yellowish-white granular masses. Commercial glucose is usually got by boiling starch with acids. When heated it turns brown, and is used in cooking as "sugar colouring." Mixed with egg albumen, it is largely employed in the preparation of "icing" and "fondants" in confectionery, and in the manufacture of bonbons. Fruit sugar, or levulose, is found in most fruits, and is the best form of carbohydrates for diabetes. Honey is what is called an "invert" sugar, and is a mixture of dextrose and levulose.

Digestibility of Sugar

Ordinary sugar cannot be digested and absorbed into the system until it is acted on by the special ferments found in the intestines. In dyspeptic patients, where the digestion is delayed, and especially where the stomach is dilated, sugar is retained too long, and is very liable to fermentation, with the production of lactic and butyric acids, as well as alcohol. The sugar of milk (lactose) is the least liable of all sugars to undergo fermentation. It, however, has not the sweetening power of cane sugar, but in dyspepsias it is much to be preferred. Sugar in excess has a very disturbing action on the stomach and liver, and increases considerably the liability to diabetes. Brande,

in experimenting on dogs, found that a 5.7 per cent solution of sugar produced a reddening of the mucous membrane of the stomach; with a 10 per cent solution the mucous membrane became a dark red; while a 20 per cent solution produced pain and great distress. With this irritant action there is also a production of much mucus and the pouring out of a highly acid juice. The irritating action is much more pronounced in the case of cane and beet sugars than the invert sugars, such as glucose, fruit sugar, and honey. "Aitchison Robertson injected 250 c.c. of a 20 per cent solution of cane sugar into the stomach of a patient who was suffering from chronic gastric catarrh. Shortly afterwards the patient felt sick, and vomited a very acid fluid which put his teeth on edge. He complained also of heartburn and flatulence, and of severe pain in the region of the stomach. A solution of invert sugar of the same strength produced no discomfort. The experiment was repeated with similar results in other cases of dyspepsia. The invert sugar produced no unpleasant symptoms, and disappeared rapidly from the stomach, while the cane sugar caused much distress, and remained for a long time."—"*Food and the Principles of Dietetics*," by Robert Hutchison, page 278. A small quantity of sugar with a meal produces no unpleasant symptoms, but sugar in excess will certainly produce discomfort where the digestion is weak. Schule found that two to six lumps of cane sugar could be taken with breakfast without discomfort, but when that amount was increased to twenty lumps, considerable delay of digestion ensued. Much sugar with milk and milk foods is especially injurious to digestion.

Much sugar has an injurious action on the teeth on account of the dyspeptic disturbances produced, and by lingering in the crevices of the mouth and teeth, producing acids which eat away the enamel. The partaking of sweets by children, especially between the meals, is certainly detrimental to the teeth.

As a rule, about a quarter of a pound of sugar can be taken during the day without evil results; the exact amount depends, however, to a very large extent on the muscular activity of the subject.

Sugars, when they reach the blood, are classed as proteid-savers; they are oxidised, and the proteids are saved. Thus with the intake of sugar the amount of proteid food taken for the production of muscular exertion can be lessened. Sugars and sweets of all kinds are injurious in the rheumatic and gouty constitutions. They interfere with the digestion, the action of the liver, and the complete oxidation of nitrogenous matter in the system, with the result that the unoxidised products, such as uric acid, xanthin, and hypoxanthin, are increased in quantity.

When excess of sugar is taken, it will be passed out in the urine, producing what is termed "alimentary glycosuria," and a continuance of this practice will produce permanent diabetes. Muscular work and exercise, however, oxidise the sugar, and thus lessen the liability to rheumatism, gout, and diabetes.

Nutritive Value of Sugar

Sugar from a theoretical viewpoint should be a food of high nutritive value. It is a pure carbohydrate, and when once it gains an entrance into the blood, is easily oxidised, and yields up its energies readily to the system. One gramme (15½ grains) of sugar will yield 4.1 calories of energy. A lump of loaf sugar (about 5 grammes) would yield 20 calories. Four such lumps would yield as much energy as is contained in a medium-sized potato. One pound of sugar would yield half as much energy as a pound of butter. Sugar, when the digestion and the action of the liver are not interfered with, yields up energy very quickly and lessens the oxidising of the proteids and fats of the food and the tissues; thus it is frequently a fattening food. It is doubtful, however, whether the fat thus produced is of the same value as that produced by fatty and proteid foods. We have seen there is danger in lessening the oxidation of proteids, for

thereby uric acid and other purin bodies accumulate in the system, producing gout and rheumatism. Sugar is a much cheaper food than fat. More than twice the amount of energy theoretically can be obtained from the same amount of money expended. Sugar, however, is to a large extent an isolated chemical product, and not a natural food, and when used as a substitute for natural food, many of the salts found in the vegetable kingdom are lost from the dietary. A deficiency of calcium, iron, fluorine, and other minerals may result in anæmia and decayed teeth. Brillat-savarin long ago pointed out that "the English give sugar to their blood horses in order to sustain them in the trials to which they are exposed." In 1893 Mosso put the value of sugar as a muscle food to the test of experiment. He found by means of a special instrument (the ergograph) that sugar materially lessened muscular fatigue. The subject has been taken up by Vaughan Harley, Schumburg, Prautner, and Stowasser, who came to the conclusion that sugar is a specially valuable food for persons who have to perform a single muscular effort, particularly when this is necessary in a state of exhaustion. Certain rowing clubs in Holland have found sugar to be a valuable food in training. "The rowers," says Hutchison, "who used it always won, on account of their superior powers of endurance, and it seemed to counteract the bad effects of an exclusively meat diet, so that men did not become 'stale.'" We believe, however, that good, cereal food would be more efficacious. The "staleness" which is quickly produced under muscular exertion, when a great amount of meat is taken, would thus be lessened without the danger and the clogging effects of sugar. Where, however, there is great muscular exertion, there is very much less danger of sugar clogging the system. The German writer, Steinetz, found from personal experience in Alpine climbing that his capacity for exertion was much greater when he partook largely of sugar, and that fatigue was at the same time lessened. Under

these conditions, five to ten ounces of sugar in solution could be taken during the day, and for a short time even larger amounts could be utilised without any harm resulting.

Sugar, however, should not be largely used by those of sedentary habits, or where there is a weak digestion, sluggish action of the liver, or any tendency to gout, rheumatism, or diabetes. Sugar, when largely used, tends to bring on first a congested, and then a catarrhal, condition of the alimentary canal, producing a large secretion of mucus and a tendency to fermentation and the production of acids. It is especially to be avoided in all cases of acid and fermentative dyspepsias.

Apples

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

THE present season is noted for the abundant harvest of apples. There are in the States 5,000,000 cases of this fruit, and only 1,500,000 can possibly be exported.

The orchardist regards this fact as a calamity, but it should prove a great blessing for the home consumers. The necessity of having the apple crop disposed of by human consumption will do incalculable good. Our daily papers, in endeavouring to help our gardeners to dispose of their fruit, are bringing the greatest benefit on the consumers.

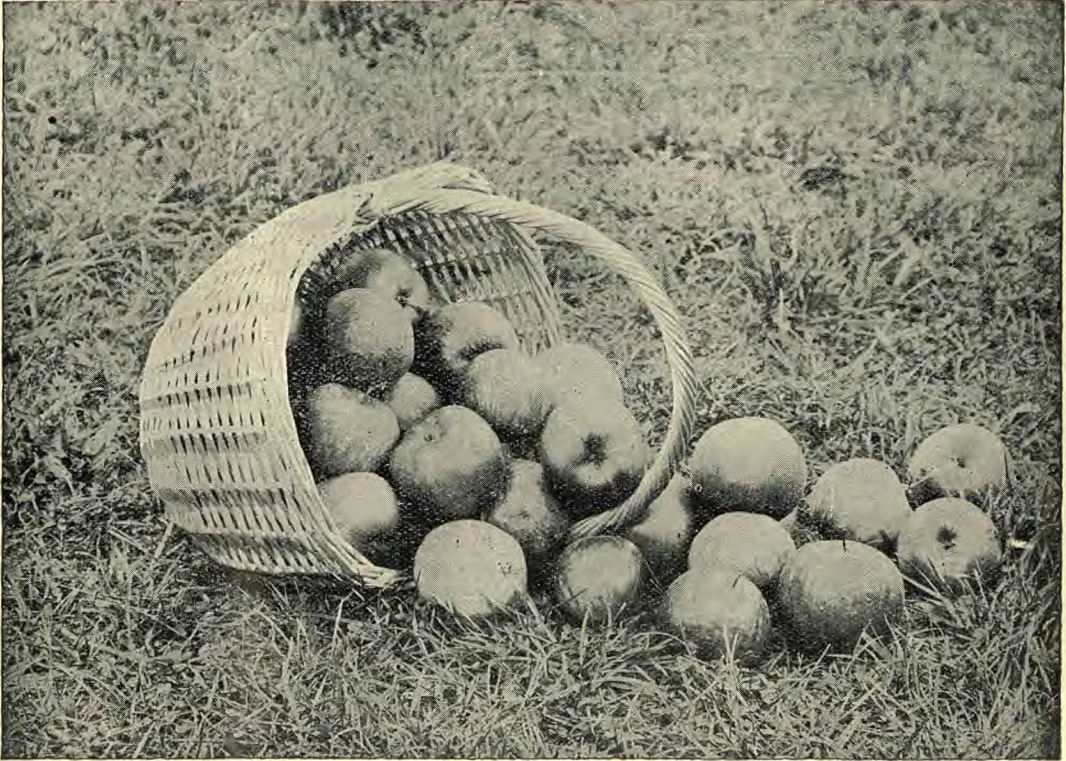
A very modest use of apples, one apple daily to each person in the States, will, we are told, dispose of the full crop, and give the orchardist some return for his labour. Almost everyone would be benefited greatly by taking two or three fair-sized apples during the day. Fruit of all kinds, when mature and fresh, is beneficial for healthful digestion, good quality of blood, and as a preventive of clogging of the liver, kidneys, and skin, and last but not least, the brain.

It is a mistake, however, to look on fruit as a source of nourishment; it should not be taken with that idea; it

should be looked on more as the lubricator which makes the machinery work harmoniously and without destructive friction. Some fruits may certainly be ranked as food, such as figs, dates, and perhaps bananas. Those in the tropics who live largely on the banana, we are told, develop considerable abdominal distension on account of the quantity taken. With the exception of the date and the fig,

auxiliaries to those naturally occurring in the human system. Such enzymes are destroyed in cooking, hence the desirability of not relying solely upon cooked foods."—"Nutrition," page 189. This testimony is borne out by other scientific writers. The juices of pineapples and matured apples are certainly very helpful to digestion.

Apples and fruit generally, if eaten in



A BASKETFUL OF NATURE'S OWN MEDICINE

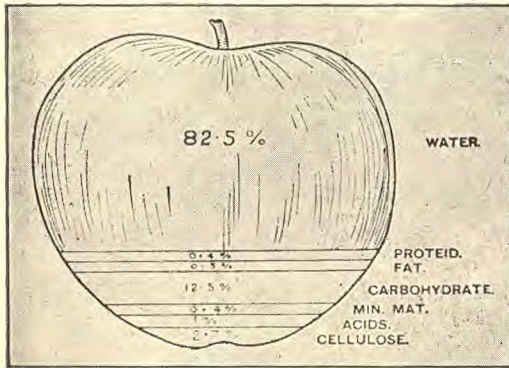
fruit should never be considered as a food. The taking of fruit often does good by lessening the amount of food taken, for we are living in an age when food is taken to excess. We are a generation of dyspeptics on account of excess of food, insufficient oxidation, and lack of proper supply of fruit and pure water.

Fruit is best in its natural condition. Sohn states: "Uncooked fruits and vegetables contain digestive ferments (enzymes) which may possibly act as

unripe condition, prove hurtful to digestion, and are irritating to the bowels, producing pain, and often diarrhoea. They contain excess of indigestible cellulose and free acids, and the starches are in a condition in which they cannot be readily digested and assimilated. All immature fruits require cooking; they are then serviceable to the system, keeping the bowels in a natural condition, and supplying many of the salts necessary for healthful condition of the blood and the organs

generally. Cooked fruit, however, cannot be compared to the mature fruit, that which has been predigested (to a large extent) by the rays of the sun.

The apple, like all other fruits, is mostly composed of water. The little real nourishment it contains is obtained from its carbohydrates, chiefly found in the form of fruit and cane sugars. It is not nearly so rich in these foods as some other fruits. The grape, for instance, contains, on an average, about 15 per cent, the banana 23 per cent, the date 65 per cent, dried figs 63 per cent, dried prunes 66 per cent, currants 64 per cent, and



raisins 74 per cent. The amount of protein in apples is very small, ranging from .2 to .5 per cent. Fruits and vegetables as a rule contain very little of this important article of food. Dates contain $4\frac{1}{2}$ per cent, dried figs $5\frac{1}{2}$ per cent, bananas $1\frac{1}{2}$ per cent, and prunes $2\frac{1}{2}$ per cent.

The juice of the raw, mature apple is very helpful to digestion when taken after meals. This undoubtedly is due to the free acid (.84-1.00 per cent), its enzymes, and salts. The composition of the acid is considerably altered by cooking. The chief acid in the apple is malic, as in pears and plums. In grapes we have tartaric, in currants and strawberries citric acid in addition to malic acid. Citric acid is found in lemons, tomatoes, and pineapples. The digestibility of fruit in the stomach and intestines depends largely on its nature and degree of ripe-

ness. Hutchison states: "Five and one-third ounces of raw apple (one large or two small apples) require about three hours and ten minutes for digestion by the stomach. On the other hand, if the fruit be unripe and the amount of cellulose consequently greater, digestion may be much more prolonged."

Apples and other mature fruits have a wonderful effect in keeping the blood healthy, and, consequently, the organs and the skin in a healthful condition. They possess very valuable anti-scorbutic properties. The malates, citrates, and tartrates of potash and soda, although acid in the fruit, are in the blood converted into carbonates of potash and soda (alkaline salts). They are consequently of great value in gouty conditions, and in those conditions of the system where there is a tendency to a deposition of acid urates and purin bodies generally. The apple also contains a small amount of iron, a constituent absolutely necessary for the oxidation produced in food and tissues through the blood. Iron is found more largely in the strawberry, gooseberry, and fig, which contain from 2 to 2.75 per cent.

Much more might be said concerning the great usefulness of the apple and other fruit. We believe the present campaign, which has the object of cultivating the more general use of the apple, will do incalculable good.

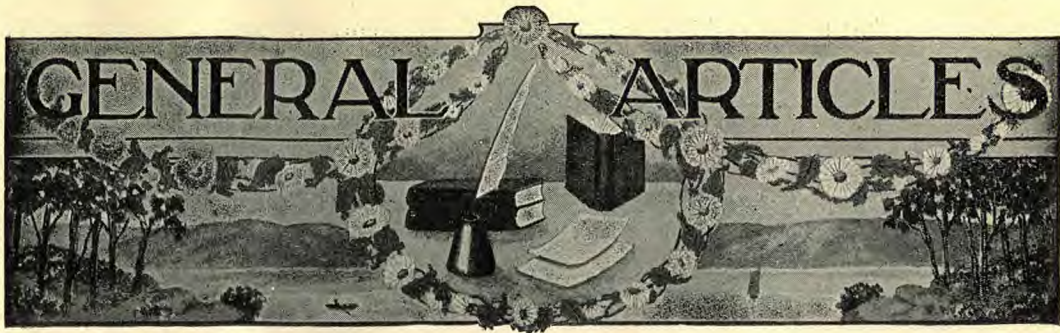
LITTLE Lawrence's grandfather was very ill and a trained nurse had been employed to care for him. When he became convalescent, a young woman, who had studied in a hospital for a short time, was secured in her place. A sympathetic neighbour meeting Lawrence, the following conversation took place:—

"How is your dear grandpa this morning, Lawrence?"

"He is better."

"Have you the trained nurse still?"

"No, the trained nurse has gone away, and the one we have now is half trained and half wild."



Do You Want To Quit Smoking?

Read about the Discovery of the Cure for the Tobacco Habit—An Interview with Dr. D. H. Kress and Miss Lucy Page Gaston, the Organisers of the Anti-Cigarette League in America

"THE discovery of the cure for the cigarette and tobacco habit was a mere accident," says Dr. Kress. "In treating a case of ulcerated mouth with a nitrate of silver solution, the patient noticed he could not smoke after the treatment, and inquired the reason. This caused the discovery that silver nitrate caused a distaste for tobacco. That this solution will effectively produce a distaste for tobacco, we have since fully demonstrated."

Armed with this discovery, Dr. Kress joined hands with Miss Gaston and her associates in the league to shear My Lady Nicotine of all that makes her tempting. He went to Chicago and opened a free clinic in the offices of the league, 1119 Woman's Temple.

Following the announcement that he would administer a tobacco cure to such victims as might apply, on August 3 H. A. Simonds, a travelling representative of a Chicago fashion house, an inveterate smoker, applied. There was a large gathering of spectators, who watched interestedly as Dr. Kress handed the young man the potion with instructions to wash out his mouth with it when he felt a craving for a smoke.

The young man rinsed his mouth with the solution, then expelled it. The cure had been taken. The spectators looked at him eagerly. The question, What will

be the result should his lips again touch tobacco? could be read in the expressions of their faces.

He smiled, opened his cigarette case, and extracted a ready-made cigarette. He rolled the little paper pipe between the palms of his hands, then lightly tapped one end in the approved fashion of skilled users, and lighted it. A few puffs and doubt was over. The former "fiend" jumped to his feet, rushed to an open window, and hurled the cigarette through it.

Since then several hundred persons, including staid business men of middle age, old men, married women, actresses, young girls, young men, and Chicago's youngest "veteran smoker," a 4-year-old boy, have been treated. And, in addition, the league's headquarters are swamped with letters that every mail brings from all over the country from persons of every walk of life, of both sexes, and of nearly all ages, who desire to try the cure.

"We are swamped with letters," said Miss Gaston. "Physicians from all over the United States and even from Canada have written for particulars concerning the treatment. I have promised all that their names would not be given out. One who came to our clinic was a very prominent business man of about fifty. He stated his case with tears in his eyes.

"He said that if he could only get a three days' start on the habit he could conquer it. He was given the treatment, and has not smoked since. He declared that if he was cured he would send hundreds, and they have been pouring in from all of the office buildings in Chicago's 'loop' district.

"Nine out of ten tobacco users who 'have the habit' in their sane moments confess their bondage, and many would gladly make their escape if they knew the way out. In interviewing large numbers of users of cigarettes and tobacco in other forms, many are found who do not use tobacco because of the pleasure they derive from its use so much as to escape the misery felt when deprived of it.

"Occasionally a man is found who had the nerve and the strength of will, unaided, to break away and 'stick it out' until the craving has been conquered. Some cases are on record where through conversion the appetite of years has been almost miraculously taken from a man whose will power was gone. It was once said by a rescue worker that when God saves a man He takes away the appetite when He sees that the victim of drink or tobacco has not the will power to conquer, but otherwise He leaves the appetite to be conquered. Tobacco users who are sufferers from the habit, confess that they have often tried to break the chains that bind them by throwing away their tobacco and solemnly resolving that they will never touch it again. Most, however, in their weakness again and again yield to appetite's imperious demands.

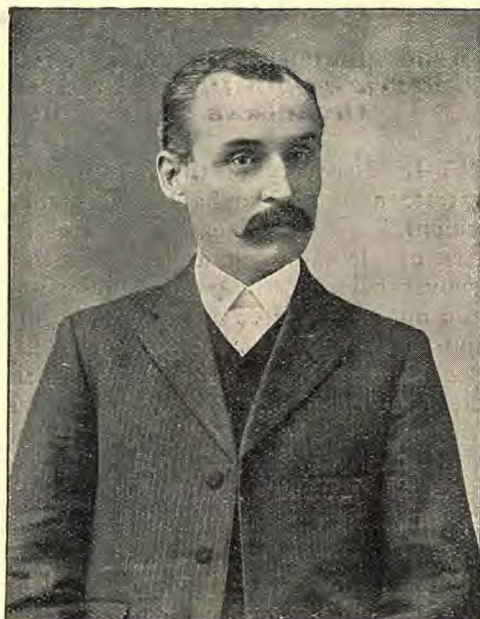
"Since the organisation of the Anti-Cigarette League, the need of some curative agent has been felt, and there has often been the hope expressed that a place might, through some means, be provided where victims of the cigarette habit could be placed under scientific medical treatment. With the advent of Dr. Kress as general secretary of the league, light broke, and steps have been taken to attempt to cope with the large number of victims who need help. Being a physician of wide experience in dealing with sanitarium

patients, many of whom were sufferers from cigarettes and other vicious habits, he is peculiarly fitted for dealing with habit addicts of all kinds."

Dr. Kress says his solution can be prepared by any druggist. The cure is free and open to all, he says, and he gives the formula to you through this journal.

Cure Costs Only a Shilling

"The silver nitrate solution," he says, "which is used as a mouth wash, can be



DR. KRESS, GENERAL SECRETARY OF THE ANTI-CIGARETTE LEAGUE

prepared by any druggist, and no secret is made of the formula (one-eighth of one per cent solution). The mouth should be washed out with it only after meals. It should not be used more than two or three days, or until the worst part of the struggle is over. The cost will not exceed a shilling at any chemist's shop. The chemical action of the nitrate of silver on the saliva makes tobacco in any form repulsive. In connection with this, threepence worth of gentian root, which is a mild and harmless stimulant used in spring medicines, will prove helpful if

chewed when a desire to smoke is felt.

"There is no remedy in existence, and, probably never will be, that will take away the craving for tobacco permanently. The only way to get rid of the craving is, after all, to get rid of that which produces it. In my long experience I have found that all tobacco users are fond of highly-seasoned, spicy foods, and freely make use of salt, pepper, mustard, vinegar, and other irritating substances of like character, and usually indulge too freely in meats of all kinds. Such a diet is irritating and unnatural, and tends to create a feverish condition of the body, for which temporary relief is sought, and tobacco is resorted to. Being a narcotic, this exerts a soothing influence temporarily, but when the narcotic (or deadening) influence of one smoke has worn off the same desire or craving again appears, hence the necessity of another smoke, and another, and another.

"Appetite is master, and although most smokers are conscious of serious injury, few are able to gain their freedom without help. Boys who early take up the cigarette habit are usually those who have been given coffee and tea, and other highly stimulating and irritating foods which create an unnatural appetite."

In order that the cigarette or tobacco habit may be conquered quickly, Dr. Kress recommends that a fruit diet be adopted for three days, as the juices of fresh fruits neutralise the tobacco poisons. After the fruit diet, for one week there should be used, in addition to fruit, well-baked cereal foods with thin cream or milk, and a small quantity of sugar if desired. Buttermilk, sweet milk, or some cereal drink, should take the place of tea or coffee. After this week vegetables may be added to the diet, being careful in the use of salt.

In his long experience, Dr. Kress says he has known of many permanent cures being brought about by such a change in the diet. An eliminative bath three times a week, either Russian, Turkish, or electric light, for a couple of weeks, will greatly aid in ridding the system of the

nicotine, and salts or citric acid as a laxative will prove helpful, he says.

The aim of the league in opening its free clinic in Chicago, Dr. Kress says, was especially to aid newsboys, messengers, and street gamins of that city. The league has found, he says, that in the city of Chicago the use of cigarettes is almost universal among the boys who are employed as messengers and newsboys, and that possibly seventy per cent of the boys attending high schools smoke.

"We were surprised, however," he says, "to find that the majority of the applicants were not from this class, nor were they from the lower stratum of social life, but from the better classes.

"They possibly represented the most conscientious young men of the city. Young men who have high ideals and aspirations, but have been forced to recognise tobacco as a tremendous handicap in the attainment of their aims. Nearly all complained of pronounced nervous systems, loss of memory, inaccuracy in mental work, or weak heart action and shortness of breath. Among those who applied were representatives from all professions—athletes, bankers, lawyers, and doctors.

"The real estate offices and Board of Trade were also well represented. The women who applied were without exception from the educated and better classes of society, the average age of the applicants being twenty-four years. The oldest was a man of sixty who complained of heart failure, and the youngest a child of four and a half years. The uncle informed us that this mere infant used from ten to fifteen cigarettes daily. The average number of cigarettes consumed was twenty-seven daily, the lowest being seven and the highest 150. Among those who admitted they could not sleep through the night without taking from one to three smokes, were two women.

Many Tried Cures Without Success

"We were surprised to find that in many instances the older smokers had graduated from the cigarette, and were

now using strong cigars or the pipe, and were inhaling the smoke. The cigarette no longer satisfied them. A few not content with this, confessed that they actually chewed the remains of these strong cigars and swallowed the juice. Practically all admitted they had attempted to give up the habit, but had failed. Some had tried various cures. As a consequence they had lost confidence in their ability of ever succeeding.

"Another most interesting and helpful discovery made several years ago in medical practice I have more fully demonstrated at this clinic, is that the food these men eat has much to do with their craving for tobacco. Some years ago the manager of a city railway, suffering from some serious intestinal trouble, came to me for treatment. I found it necessary to place him upon a diet of fresh fruits and well-baked grains and milk for several weeks. He had been an inveterate user of tobacco. I assured him he would have to give this up. He did so with an effort, but the surprising thing was that at the end of six weeks he informed me that tobacco smoke was now actually offensive to him, and wanted me to explain why it was. I believed it to be due to the eliminative baths and the non-irritating diet of fruits and grains, but this needed to be more fully demonstrated.

"Later a man crippled up with rheumatism came for treatment. I placed him upon a similar diet, and also recommended that he give up tobacco. After a day's trial he said, 'Doctors, I am willing to co-operate with you in every way, but the tobacco I cannot give up, and, in fact, I do not care to abandon it.'

"I permitted him to continue its use. He continued the same diet after leaving for his home. Six months later he came to my office and said that gradually smoking had become less and less enjoyable, and that finally it became actually distasteful to him. He assured me he gave up the habit not from choice but because of necessity.

"Since then I have seen many similar cases that had entirely lost the craving

for tobacco and other narcotics by merely persevering in the use of a free fruit and grain diet for a time.

"I discovered that in every case those who applied for help at our clinic were fond of highly-seasoned foods, and were liberal users of meats and coffee. All acknowledged their liking for a too free use of salt, pepper, mustard, vinegar, and other irritants of a like character. I also found that those who used most freely of meats and highly-seasoned foods were also the heaviest smokers, and expressed themselves as having no use whatever for fresh fruits.

"For instance, a chef from one of the leading hotels of the city said, 'The very best fruit found in the city passes through my hands, but I never touch it. I do not care for fruit.' Meats and coffee with a little bread made up his bill of fare.

Greatest Smokers Have Dislike for Fruits

"The one who used one hundred and fifty cigarettes daily I found had a positive dislike for fresh fruits, and lived chiefly on meats. On the other hand, the one using the least cigarettes was practically a vegetarian, eating meats only once or twice a week. To one young fellow who complained of the intense craving he possessed for tobacco, I said, 'What do you eat for breakfast?' To which he replied, 'A cup of coffee or two, and some doughnuts.' For lunch he had ham sandwich with a liberal supply of mustard and a cup of coffee. For dinner, pork chops, potatoes, and soups highly seasoned.

"One fellow who was passing through the city and was out of employment, having his attention called to the relation the diet sustained to the craving for tobacco, said, 'That reminds me that a few weeks ago I was placed where I had nothing but apples to eat for three days, and during that time I had no desire for cigarettes.' Others said that they had observed that after meals composed largely of meats and highly-seasoned foods the craving for a smoke was irresistible, and

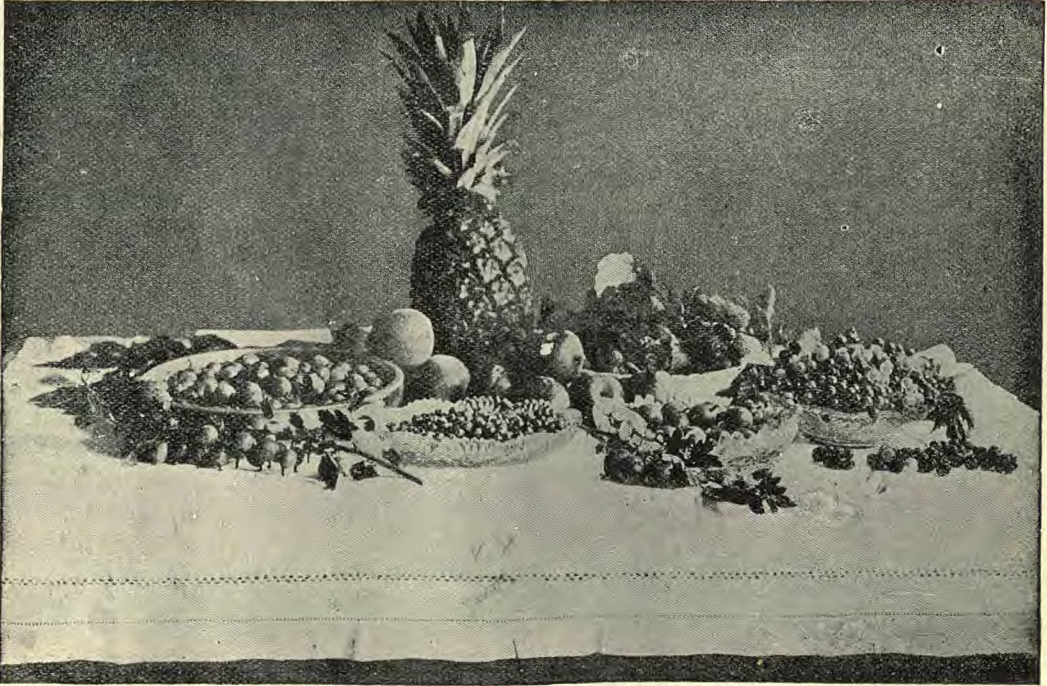
when fruits were used the desire was less pronounced.

"There can be no doubt that the adoption of a diet composed chiefly of sub-acid fruits, as peaches, pears, grapes, apples, oranges, etc., will in time neutralise all desire for tobacco.

"In addition to this we advocate a few eliminative baths, thus getting rid of the

is because they are more changeable of mind," said Miss Gaston. "Anyway, I am surprised at the large number of women who have written me heart-rending letters asking for the slightest encouragement, that they might be able to sever the bonds which hold them slaves to the cigarette habit.

"Actresses seem to be in the majority



A DAINTY AND DELICIOUS REMEDY FOR THE TOBACCO APPETITE

stored-up nicotine, which, while in the system, tends to keep up a craving for more.

"Each applicant is expected to sign the pledge 'never again' to dally with Lady Nicotine before leaving the clinic. The aim in this being to resurrect the dormant will."

Miss Gaston states that women are the easiest prey of the cigarette. Her experience since the cure has been advertised, she says, shows that a larger percentage of the fair sex than of men are sorry they started the habit.

"Maybe it is because women have a weaker will power than men, or maybe it

of women patients. Some reported that they want to quit smoking because it is impairing their voices for singing and speaking. Married women also seem to be in the majority of the applicants. One of the most pitiful appeals we have received was from a young married woman, who said that the cigarette habit had almost disrupted her home. She said she had contracted the habit since her wedding, and that it had brought the only disagreement between her and her husband."

This autumn Miss Gaston and Dr. Kress will carry their campaign actively into the other large cities.

"In the autumn," she says, "I shall open clinics in other cities, and I shall start a crusade in the colleges. They are the hotbeds of the cigarette habit. Manufacturers of cigarettes have admitted that their sales are proportionally large in college towns, and professors have com-

plied statistics showing the injury which the habit inflicts upon students. Many a boy smokes his first cigarette in college because the home influence is lacking. If we can reach the college students we can put the cigarette out of business—and we are going to reach them."

Typhoid Fever: Its Cause and Symptoms

A Disease that Ranks Fourth in the Number of Deaths It Causes

CLARENCE E. NELSON

TYPHOID fever is a general infection, caused by the bacillus typhosus; but it has been recognised as a specific disease a little less than one century.

Ranks Fourth in Mortality

In 1829 the name "typhoid" was given to the fever. At this period, typhoid fever prevailed in Paris and many European cities, and it was universally believed to be identical with the continued fever of Great Britain, where in reality typhoid and typhus co-existed. In the list of diseases causing the greatest number of deaths, typhoid fever ranks fourth. This much-dreaded disease is due to one thing, ignorance of the cause. Let me impress this one point: The only way any one gets typhoid fever is by ingesting it by way of the mouth, and that only with some article contaminated with the discharges of a typhoid patient.

How Typhoid Is Caused

Imperfect sewage disposal and contaminated water supply are two special conditions favouring the distribution of the bacilli. Filth, overcrowding, and bad ventilation are accessories in lowering the resistance of the individuals exposed; while from an infected person the disease may be spread by fingers, food, and flies.

In the United States, typhoid fever continues to be disgracefully prevalent. From thirty-five thousand to forty thousand persons die of it every year. According to a moderate estimate, nearly one

half a million people are attacked annually. It is more prevalent in country districts than in cities; and as Fulton has shown, the propagation is largely from country to town. What is needed is a realisation, by the public, that certain primary laws of health must be obeyed.

A very striking incident occurred at Plymouth, Pennsylvania, in 1885. The town, with a population of eight thousand, was in part supplied with drinking water from a reservoir fed by a mountain stream. During January, February, and March, in a cottage at a distance of sixty to eighty feet from the stream, a man was ill of typhoid fever. The attendants were in the habit of throwing the evacuations out on the ground toward the stream. During these months, the ground was frozen and covered with snow. In the latter part of March and April, there was considerable rainfall and a thaw, in which a large part of the three months' accumulation of discharges was washed into the brook. At the very time of this thaw, the patient had numerous and copious discharges. About the tenth of April, cases of typhoid fever broke out in the town below, appearing for a time at the rate of fifty a day. In all, about two hundred persons were attacked. A large majority of all the cases were in the part of town that received water from the infected reservoir.

Diverging now from the cause to the symptoms, of these I shall speak very briefly, as it is the doctor's duty to recog-

nise that phase, and also render the necessary treatment and directions.

Briefly the symptoms are a gradual onset, during which there are feelings of lassitude and inaptitude for work. The onset is rarely abrupt. During the first week, there is in some cases a steady rise in fever, the evening record rising a degree or a degree and a half higher each day, reaching 103 or 104. The tongue is coated and white. The abdomen is slightly distended and tender. Headache and mental confusion are very common. In the second week, the symptoms become exaggerated. Diarrhoea and tenderness of the abdomen are marked. The third week shows a gradual decline in the fever. Loss of flesh is very noticeable, and weakness is pronounced. With the fourth week, in a majority of cases, convalescence begins.

Preventing its Spread

Now as to treatment: It is necessary to call a competent physician, who will give full instructions. Permit me to say this much: Take great care to see that all the excreta are carefully disinfected with chloride of lime or with some other effective agent, and thus prevent the spread of this awful disease.

Milk Versus Alcohol

H. G. Franks

ONE of the favourite arguments of the anti-prohibitionist is that for the purpose of stimulation nothing can produce better results than alcohol. During the past few years, however, scientists and medical men have even been querying this property of that poison, with the result that alcohol is now classed as a drug, along with other deadly poisons. But in face of such a fact as this, there are many people who still advocate the provision of alcoholic beverages for our soldiers. They know, and even admit, its evil effects on the system, but for the purpose of temporarily re-vitalising a man and increasing his physical possibilities, a

drink is advised which leaves him, in a very short space of time, in a state worse than his previous condition. That such a course is not politic, however, is now recognised by the Allies, and it will possibly interest the anti-prohibitionist to read that it is not beer or spirits which is contributing so largely to the present fighting capabilities of the Allies' troops, but it is that which has always been so much enjoyed as a drink, namely, milk.

The following interesting and useful extract is taken from "Hoard's Dairyman," and we quote in full because the account of the experiments and results is so simple and convincing:—

"Milk is now used by the Allies to stimulate all of their soldiers before they go into battle. The Teutons serve their men with beer, but the Allies on the western front, thanks to the discovery of the chemical-psychological division of the Pasteur Institute in Paris, have found that milk is not only a helpful food, but one of the most powerful stimulants known.

"The way this discovery was made, like most great discoveries, was in part accidental and in part deliberate. A large number of puppies, 125 to be precise, were under experiment with various drugs, the purpose of which was to find the relative differences between them in the way of improving the ability of the animals to work a miniature treadmill.

"All the well-known medicines, such as caffeine, strychnine, digitalis, quinine, and a long list of drugs were inoculated into the young creatures, and their energy, power, endurance, and strength were measured in accordance with the speed, time, fatigue, respiration, and heart beat. The puppies thus tested were found to exhibit varying degrees of vitality and strength under the influence of the drugs given, but were sooner or later more exhausted after a burst of Herculean strength, artificially produced, than when left to themselves.

"After each training exercise and experiment, the investigators were accustomed to reward the little tired creatures

by giving them different foods, such as sugar, beef-juice, milk-toast, milk, and candies. This soon put the doggies on their feet again, and they were put back into their comfortable quarters to sleep, rest, and be ready for the next day's research.

"One of the investigators one day observed that three of the puppies that seemed to have an instinctive dislike to meat broth, candies, and bread, and had been, consequently, fed almost exclusively upon cow's milk, appeared to be growing faster and also to be more active and muscular and less given to falling immediately to sleep than the others. He called his colleague's attention to this. At first they were loath to attribute the superior energy of these three puppies to the milk. Dr. Kamband, therefore, determined to secretly give half of the dogs—sixty, to be exact—a half saucer of milk before they were placed upon the miniature tread-mills.

"There was much amazement when the entire corps of experimenters watched the records that day. The puppies which had been given the milk performed their work with a dash and form three times greater than the other sixty odd puppies, were less exhausted and more playful after their work, and did this irrespective of the particular drug which was given them beforehand. Moreover, it was found from that time on that the puppies were more attentive and alert when put to their tasks. All of the dogs were tried in this way, and it was found beyond peradventure that milk showed a slowing of the pulse, strengthened the heart and muscles, toned up the whole animal, and acted as an undoubted stimulant of the most efficient type.

"When beer, claret, white wine, and other liquors were tried upon these baby dogs, not only were they not stimulated, but they were found to become dull, sluggish, and literally "dogged" in their work. The pulse and respiration went fast, and outwardly deceived as if it were stimulating them. As a matter of fact, it could be seen on the charts that they

were weak and not living up to past performances.

"Upon the publication of these results, the military authorities of Paris and London published their new anti-alcohol laws. Absinthe is to be used to make explosives, and October 10, 1915, was set as the last day for 'treating' in England.

"Milk itself has now been found to have all the qualities of a true elixir of life. It contains sugar, minerals, oils and fats, albumens, starches, and water. These are all the foods necessary to man. Now it is also seen to contain some mysterious and magic power of not only whipping up the living tissues, but holding them pleasantly to the task without the subsequent reaction and collapse so usual with strychnine, quinine, ergot, and other artificial stimulants.

"Furthermore, drugs are prone to set up bad habits, and also to send up blood pressure to varying degrees, whereas milk is a vital tonic, an essential food, and the sort of a tonic that leaves not the slightest trace of harm behind. The French Government, realising this, has ordered all café proprietors to push the sale of milk as a beverage superior to coffee, tea, cocoa, and all the popular soft drinks."

For a long time this journal has advocated abstinence from such beverages as tea and coffee, and it is gratifying to note that such a course is strongly advised by the French Government. We have also always highly recommended living on Nature's own productions, and here again our efforts are assisted, for alcohol is found nowhere in Nature in the free state, whilst milk is Nature's perfect drink, so necessary to infants and the survival of the human race.

WHICH is better, capacity for hard work or brilliant qualities? The great surgeon, Sir Frederic Treves, is quoted as saying that if he were compelled to undergo an operation, he would be very careful to select a surgeon who was not brilliant. "Hard work," says he, "produces better results than brilliancy."

A Chat Concerning Your Nose

A Little Science, a Few Remarks, and
Some Good Advice

C. F. Pollock

THE nose, with its two nostrils, is a double passage leading backwards to the top of the throat. Its chief use is to let the air which we breathe pass through to the lungs, and in doing so to warm and filter it to some slight extent. Each of the two passages is divided up into several passages by thin bones, like the curved and rolled edges of some shells, which bulge inwards from the sides. The whole surface is covered with a membrane, kept damp with "mucus"; and in the parts of this membrane which line the upper passages, the nerve which carries impressions of smell to the brain breaks up into a vast number of delicate branches. The extremities of these ultimately end in the moist surface, and thus "catch" the impressions of smell.

The nose is acutely sensitive to common sensation and to irritating things like mustard or smelling salts; and so, if something which should not be there gets into the nose, there is at once a great flow of mucus, and, with a sneeze, we get rid of the unwelcome intruder.

A use of the nose which is infrequently ignored is that the spaces inside it act as sounding chambers, which improve the voice. When your nose is so stuffed up with a cold that you cannot even breathe through it, your friends will tell you in their ironical ignorance that you are speaking through your nose. Therefore, keep your nose clear for the sake of your voice—and your neighbours.

We must not forget also that the nose is very important as a characteristic feature, which gives variety and expression to our faces, whether the nose be the button of a baby or the big bridge of a Wellington.

When we speak of the nose, however, we most naturally think of our sense of smell. The sensations of smell are started by substances in a state of extremely fine particles like gas or vapour;

and when we wish to get as strong an impression as possible, we sniff up the air into the inner passages, and so bring a perfect shower of the particles against the lining membrane there, the very part by which we smell.

The sense of smell is exceedingly delicate and acute in most people, and we can distinguish an almost indefinite number of different smells, both separately and when they are mixed; but that is nothing compared with what some animals, such as dogs, can do with their keen scent. A flesh-eater, like a wolf, will track his prey for miles; a grass-eater, like a cow, will unerringly avoid poisonous plants; a deer will scent the hunter a very great distance. Our sense of smell is soon blunted, and so we can work among many disagreeable smells without being conscious of them or suffering from them, for not every nasty smell is dangerous to health.

The nose has a most wonderful and lasting memory, which is often very pleasant, or the reverse. The mere thought of a violet lets us smell a violet again at once; but so also the thought of a bad egg lets us smell that. Not only so, but a whiff of some smell will instantly bring back a crowd of memories in a way that nothing else in the world can do.

Here are some rules for you:—

Sometimes, if not always, try to look beyond the end of your own nose. Don't let anyone lead you by the nose; judge for yourself. Don't turn up your nose at any honest work or honest person. Endless harm is done by people, even girls, pushing their nose in where it is not wanted.

"If the average man would keep his eye on his employer's interests as steadily as he does on the clock, the days would not seem so long. If he paid more attention to the *quality* of his *work*, and less to the quantity of his pay, he would soon discover a tendency to obesity in his pay envelope."



The Little Stranger and How to Care for Him

EULALIA S. RICHARDS. L.R.C.P. & S., Edin.

FORTUNATE the babe whose mother knows how to keep him healthy and happy. No doubt every mother desires to give her child the best possible care, but sometimes her very anxiety leads her to make grave mistakes in the rearing of her baby.

Think, for a moment, of the actual requirements of a healthy babe. He needs fresh air, suitable nourishment, and sleep. And like all baby creatures, he also needs to be kept clean and warm. Just five fundamental needs—air, food, warmth, sleep, cleanliness. He may be depended upon, if unhampered, to take such exercise as is suited to his requirements. So the mother need scarcely think of this at first, except to see that the wee limbs are not hindered by unsuitable clothing.

Now, think again for a moment of some of the things which a young and healthy baby does *not* need.

He needs no *food* during the first day or two of life other than the fluid in his mother's breast, and pure, boiled water. Nature (with few exceptions) provides the right food at the right time. Many a tiny babe has a severe attack of gastritis before he is three days' old, just because his nurse becomes impatient at Nature's delay and fears that baby will starve.

He needs no *medicine*. Think of giving a new-born baby brandy and peppermint water and castor oil! Let the rule be, nothing but boiled water unless ordered by the doctor in attendance.

He needs no *elaborate wardrobe*. What an awful bore it must be to a new baby to be dressed in the conventional style for babies. Think of the number of times he must be turned from front to back, and from back to front again before all the tapes and buttons and safety pins are fastened. Just a few (two or three) simple garments, which are easily adjusted, are required at one time, and in this land of sunshine not very many changes are needed.

He needs no *stiff binder*, merely a soft, woollen bandage for warmth and to hold the needful dressing in place. There is no possible excuse for the old-fashioned binders, which must have been a terrible torture to babies in the days gone by.

He needs no *entertainment*. Wee babies are often passed from one admiring friend to another; they are tossed about; they are laughed at and talked to; they have bright things dangled in front of their eyes, and jingly things rattled in their ears, when all they really long for is to be left alone to enjoy themselves in their own simple way. A healthy baby whose natural tastes have not been perverted loves nothing better than to play with his own toes and fingers until he quietly falls asleep. Certainly there are babies who seem nervous and highly-strung, and require more entertainment than others, but the mothers of such babies should study constantly how to

soothe them rather than to seek new and novel means of entertainment.

The following suggestive schedule for hours of feeding baby may be helpful to the young mother:—

1st week	1 week to 6 weeks	6 weeks to 4 months	4 to 8 months	8 to 12 months
7 a.m.	7 a.m.	7 a.m.	7 a.m.	7 a.m.
9 "	9.30 "	10 "	10 "	10.30 "
11 "	noon	1 p.m.	1 p.m.	2 p.m.
1 p.m.	2.30 p.m.	4 "	4 "	6 "
3 "	5 "	7 "	7 "	10 "
5 "	7.30 "	10 "	10 "	
7 "	10 "	3 a.m.		
9 "	3 a.m.			
12 "				
4 a.m.				

It will be noticed that from the second week on to the sixth the child should be fed every two and a half hours during the day, and but once in the night. At six weeks of age the interval between feedings should be lengthened to three hours. Some inexperienced mothers continue the two-hour interval throughout the early weeks of life, while others follow no plan at all, or the plan of "warm meals at all hours."

Irregular feeding is most disastrous to the health of the baby. A few sips of warm, boiled water may be given if baby seems thirsty before the proper interval has elapsed. If the interval is cut short, and baby is fed before the proper time, he may be satisfied for the time being, but is almost certain to suffer pangs of colic a little later. It should be noticed also that after four months of age there should be no feeding between 10 p.m. and 7 a.m.

To facilitate this plan, as well as for baby's safety and comfort in other ways, he should sleep in a little cot by himself. In fact, from the earliest days, baby should always sleep in his own little bed. Many a mother is a slave to the demands of her baby, who insists upon having the breast at all hours through the night. Such a

procedure should never be permitted. During the early weeks of life baby may be lifted into mother's bed for his one night feeding, but as soon as he has finished he must be returned to his own cosy nest. But if he should cry to stay with mother, what then? Why, put him back in his own bed just the same, making quite sure, of course, that he is dry and comfortable. He may cry once or twice, but he will learn almost at once to behave like a little man. It is wonderful how quickly even a young baby may be taught regular habits and good manners. It is also very astonishing that a baby less than a week old will discover whether he can have his own way by crying for it.

Not long since, a weary-eyed mother sought a doctor's advice for her eighteen-months'-old daughter. The baby, who was pale and fretful, was still on the mother's breast, though she should have been quite weaned by ten or twelve months. All during the consultation she kept tugging at her mother's frock and angrily demanding a drink. And not only did she behave so by day, but all through the night she made demands upon her weary mother, who was busy all day and needed her rest at night. We mention this case because we believe that many poor mothers find themselves in the same predicament. Such distressing situations can only be prevented by adopting and adhering to regular and proper rules of feeding from the earliest days of baby's life. It should be remembered that even young babies require frequent sips of plain, boiled water. It should always be given warm.

The morning bath should be given about midway between the early morning feeding and the second. The temperature of the bath should be about 100° F., or blood heat, and everything required should be in readiness before beginning the bath. Use a mild soap in washing baby, and dust on a little good talcum powder after drying the skin. If there is

any discharge in the nose, the nostrils should be cleansed by a small, twisted bit of cotton wool, which has been smeared with vaseline.

To prevent chafing of the skin, always wash baby after removing a soiled napkin, after which rub a little lanoline or vaseline over the parts likely to chafe. Always be careful to remove the napkins as soon as they are wet, and wash and dry them well before they are used again. Even young babies may be taught cleanly habits early in life.

Baby's clothing should be soft and non-irritating to the tender skin. The individual garments should be loose and comfortable, and not so long as to hamper the little limbs. When baby is short-coated, great care should be taken to see that the legs and feet are warmly clothed. Long bootees or leggings, which reach well above the knees, should be worn always, except on hot days. Chilling of the legs and feet is one of the most common causes of colic, diarrhoea, and broncho-pneumonia in babies. While it is necessary to clothe baby's extremities warmly in cool weather, over-clothing the little body in hot weather should be carefully avoided.

Baby should not only have regular hours for feeding, but for sleeping as well. During the first few weeks of life, a healthy baby will sleep nearly twenty hours out of the twenty-four. As he grows a little older, he is satisfied with a long sleep in the forenoon and a shorter nap in the afternoon. Still later the afternoon sleep may be dispensed with, but the forenoon sleep should be kept up until baby is ready for kindergarten. We consider it most unfortunate that babies and young children should be taken to picture shows and other gatherings in the evening. A baby's nervous system is sensitive and easily disturbed. He requires long hours of sleep in a dark, quiet, comfortable place; and certainly these conditions cannot be enjoyed at picture

shows or on the street. A baby's place at night is in his own comfortable bed. And is not the mother's place during the evening hours at home with her babies? At times the mother may require the rest and diversion of an evening out, but she should not obtain her enjoyment at the expense of her baby's health and development. Let some responsible person



PARENTAL LOVE IN FULL BLOOM

remain with the baby at home while the mother enjoys her occasional outing.

Now, just a few words about fresh air for the baby. Baby certainly needs fresh air night and day, but he need not be exposed to strong draughts of air. It is not really necessary for a young baby to be taken for a daily outing. He may obtain the fresh air quite as effectively during his morning sleep as if taken out for a ride in his pram. Make baby quite comfortable in his carriage, and leave him on a sheltered verandah or balcony. Here

he may sleep without the jars and jolts and street noises incident to a ride in his go-cart. Oftentimes baby will sleep for two or three hours if left in a quiet out-of-door place. The mother may require once during his long sleep to change his position, turning him from one side to the other, as babies often wake from being weary of one position, and will go to sleep again if gently turned over to the other side. When baby grows a little older he will greatly enjoy a daily outing.

Further suggestions regarding baby's care may be given at a later time.

The Boy and the Home

Lena K. Saddler

MANY a home is not made attractive to the boy, and so the boy is not attracted to the home. The alley, the barn, most any place is a more attractive place to meet his playmates than the home where the phrase, "Don't do this," or, "Don't do that" is constantly sounding in his ears.

Too often "his room," if he is so fortunate as to possess a whole room, is anything but an inviting place. Most every home possesses a spare bedroom, a parlour, a sitting-room, and a dining-room; but the children are not often allowed to play in any of these. Provision is made for guests, but the poor children—where do they come in? Too often they "don't come in" at all; they go out—out into the street, the alley, where their innocent, believing minds are laid open to the wickedness and vice of the street "arab."

It is here the boy gets his first lessons in cigarette-smoking and in novel-reading. His already deranged nervous system finds stimulation in the exciting and blood-curdling stories and the narcotic effect of cigarettes. A young man who was serving a life sentence in prison, was one time asked where all his troubles began. He said, "The work of ruination was completed before I was eight years old. Although my parents were well-to-do, and I was associated only with the

neighbour's children, yet it was the influence exerted by these children that has proved to be the seed of my ruination."

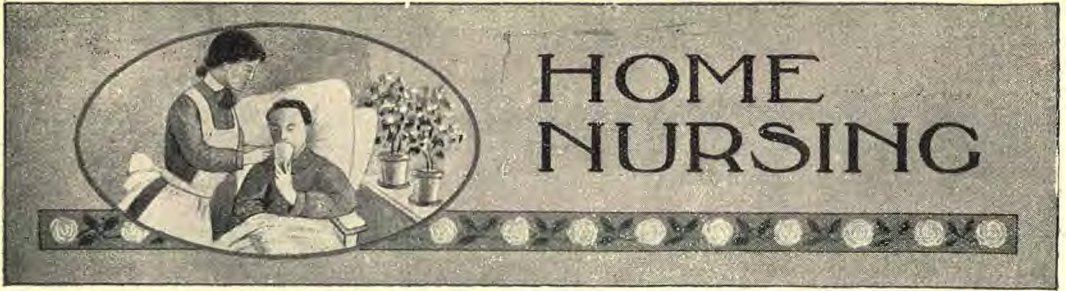
Evil associates are bad, but, if possible, bad books are worse. These stories mar the mind and cripple the memory. Mothers and wives can do more far-reaching work for the cause of temperance, purity, and righteousness, more to save their sons and husbands from the evils of drink and worldliness, by making home the more attractive place, than by seeking to exert their influence at the ballot.

One word might be mentioned, in passing, of "domestic tranquillity." Fireside happiness and family harmony are among the greatest possible influences with which to promote the cause of temperance. Let every effort be put forth to make home the choicest place on earth for the children. Let the home hold the youth so securely that it is impossible for the enemy of truth and righteousness to gain an influence over him.

Clean Hands and Faces

THE little ceremony of washing before meals ought to be a matter of course in every well-conducted home. Boys, as they are growing up, are often indifferent to the necessity for clean hands, and imagine that if they wash their faces when they get up in the morning they have done their duty for the day. A mother who wishes her children to be refined in manner and neat in appearance should insist on immaculate hands and faces at the table.

The next step from well-washed hands is the assuming a clean jacket or a fresh print dress by the boy or girl, particularly before the evening meal. A little care and attention as to this detail makes for health. Absolute purity should characterise everything about the table, not only in the cooking and serving of the meals, but in the toilet of those who partake.—*Selected.*



Bronchitis: Its Cause and Cure

EULALIA S. RICHARDS, L.R.C.P. & S., Edin.

EVERYONE knows that this is the season of the year when we must vigorously wage warfare against colds, influenza, tonsillitis, bronchitis, pleurisy, pneumonia, and other inflammatory diseases of the lungs.

There are two classes of people who are almost certain to fall a prey to one or the other of these complaints. The *first* are recklessly indifferent to the care of their health, needlessly exposing themselves to cold and damp, and neglecting to feed and clothe their bodies properly. The *second* (and their name is *legion*) are over-anxious about themselves, and so afraid of catching cold that they overload themselves with clothing, and most carefully close all doors and windows for fear of a draught of air.

If we would be healthy and enjoy freedom from these prevalent and distressing complaints, we must be sensible, and carefully avoid both extremes mentioned above.

How to Escape Cold-Catching

Keep your windows open day and night, but particularly at night. During the day windows need not be widely open, and the room may be kept at a comfortable temperature by a fire. Sunshine and fresh air mean death to disease germs.

Take some exercise in the open air each day. Exercise quickens the circulation and keeps all of the organs healthy and active.

Wear warm but light clothing. It is best to wear cotton or linen next to the skin, as wool tends to overheat the skin, making it moist and sensitive to sudden changes in the temperature of the atmosphere. The limbs, being more exposed to cold and further removed from the heart, should be clothed more warmly than the rest of the body. This rule is usually reversed. Always change the clothing if it becomes wet through exposure to rain or through excessive perspiration.

Take some form of cold bath each morning on rising, not necessarily a plunge or immersion bath. A quick shower, or rubbing the body vigorously with a towel wrung from cold water, will serve admirably. Dry the skin well after the cold application, and dress quickly.

Eat plain, nourishing food in sufficient quantity to maintain the strength of the body, but do not overeat.

Drink an abundance of water (from eight to ten glasses in twenty-four hours). This flushes the organs which eliminate the poisons from the body.

Keep the bowels active by attention to diet, exercise, etc.

Those who intelligently obey these various laws of hygiene will seldom succumb to colds—the occasional exception being the infectious colds which are epidemic, and which assail all who are “run-down” or self-neglectful in any regard.

However, we shall briefly consider the treatment of these winter ailments, and

will take bronchitis as a type of the class to which it belongs:—

Bronchitis

Bronchitis is a catarrhal inflammation of the delicate membrane lining the larger air tubes. This congestion is sometimes caused by the presence of disease germs in the air passages, but more often by an inactive state of the skin, which causes it to chill readily if exposed to cold, dampness, or a draught of air. If the skin becomes chilled, the blood, which should be flowing through it freely, is driven inward to some internal part, causing congestion or inflammation of the part affected.

The first symptom of bronchitis is a sense of tightness in the chest with dryness of the throat. The patient desires to cough, but is unable to raise any phlegm. Later on, the inflamed membrane produces a large amount of mucus, which tends to block the air passages and leads to severe and prolonged coughing. At this stage of the disease there is expectoration of thick, sticky mucus. There is more or less fever throughout, together with some difficulty in breathing, loss of appetite, and a feeling of general weakness.

Treatment of Bronchitis

Place the patient in a bright, well-ventilated room. Do not make the mistake of closing tightly the windows. The fresh-air cure is quite as essential in diseases of the lungs as in any other ailment. If the weather is very cold, there should be a fire in the room and a teakettle of boiling water on the fire to prevent the atmosphere from becoming too dry and irritating to the patient. The purpose of treatment is chiefly to correct the congestion of the lungs, and so remove the cause of the cough and other distressing symptoms.

As early in the course of the illness as possible give the patient a hot foot-bath followed by hot fomentations to the chest, and still later a cool chest pack. Proceed as follows: The patient should undress and wrap himself in one or more warm

blankets. He may then seat himself upon a chair and place his feet in a foot-bath nearly filled with hot water. A kerosene tin with one end removed makes a fine foot-tub. The water should be as hot as can be borne, and should be renewed from time to time. A small towel wrung from cold water should be placed around the patient's neck, and his face may also be well sponged with cold water. While this hot foot-bath is in progress, apply hot fomentations to the chest, first to the front and then to the back.



THE COOL CHEST PACK IN POSITION

The method of applying fomentations has been described in this magazine. However, we may state briefly that a bucket of boiling water is required, also two pieces of blanket flannel about one yard square. Fold one flannel lengthwise several times, and dip the middle portion in the boiling water until it is well saturated. Keep the ends dry so as not to burn the hands. Now wring the flannel by twisting the ends in opposite directions. When dry enough, quickly shake out the wet flannel, and fold it in an oblong shape large enough to cover the chest. Wrap it in the dry flannel and apply at once to the bare chest of the patient. Leave in place for about five minutes, then wring

again from the hot water and apply to the back of the chest. The skin should be well reddened when the fomentations are finished.

Now apply the cool chest pack. Two small towels are required and two pairs of men's woollen underpants. Wring the towels (folded once lengthwise) from cold water, and cross them over the patient's chest so that both the back and front are



EVERY PORTION OF THE WET TOWEL MUST BE COVERED

covered. Then cover the wet towels with the dry underpants. The simple diagram will show how the pants are applied and fastened with safety pins. Every portion of the wet towels must be covered by the dry pants.

Now, put on the patient's night garment and tuck him up snugly in bed. There is no danger of his taking more cold if the treatment is given carefully as described above. The result should be a marked lessening of the congestion of the lung, and consequently relief of the troublesome symptoms.

The patient should remain in bed while there is fever and other distressing symptoms. The fomentations may be employed twice daily, and the chest pack should always be applied afterward as

long as the cough is troublesome. This chest pack has an almost magical effect in relieving the night cough so troublesome in the case of children suffering from severe colds or bronchitis. It may or may not be preceded by the hot fomentations. If properly applied, the chest pack soon becomes warm, and serves as a mild poultice or fomentation through the night.

Throughout the course of bronchitis the diet should be very light, and the bowels should be carefully regulated. If the cough is very obstinate, obtain the advice of a physician, and give the patient such medicine as may be prescribed, but under no circumstances employ patent cough mixtures whose nature is unknown. In the majority of cases no cough mixture is required if the fomentations and chest packs are employed early and faithfully.

The treatment outlined for bronchitis may also be employed for severe colds, influenza with chest complications, and other inflammatory conditions of the lungs.

We may say in closing that some of the chest complaints so prevalent at this season of the year are very severe. Pneumonia, in particular, is the cause of many deaths among the young as well as the old. In any case of severe illness, the services of a doctor should be obtained if possible.

Yawning and Deep Breathing

YAWNING is not considered a mark of politeness, but Dr. Naegeli, of Germany, says that it is one of nature's remedies, and acts like massage on the lungs and several internal organs.

He advises every one to exercise the lungs and all the muscles of breathing as often as possible by yawning and stretching, and believes that many chronic lung troubles may thus be prevented.

In cases of nasal catarrh, inflammation of the palate, sore throat, and earache, he recommends yawning from six to ten times in succession and then swallowing. The result will be surprising. This advice of Dr. Naegeli's is evidently based on the same principle as deep-breathing. —*Healthy Home.*



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.

410. Giddiness and Faintness in Heart Disease

G. writes: "I would like to ask if you could advise in regard to relief for giddiness and faintness arising from long-standing valvular disease of the heart. . . . I have tried all the medical advice I could get hold of. I am seventy years old, and every year, at the fall of summer, have a bad attack, lasting about a month or six weeks. . . . I have to stay in the house all day during hot weather, and have a little walk every night, which has no bad effect as long as I walk slowly and go but a short distance. . . ."

Ans.—As much rest on the back as possible should be taken. It is better to rest on the right than the left side. The clothing should be warm, but not heavy. The bedroom should be well ventilated, but not draughty or cold. The simpler the diet the better. All red meats should be discarded; they increase the work of the heart. It would not be wise, however, to change suddenly from a meat to a vegetarian diet. All legumes—peas, beans, and lentils—should be avoided. Tea and coffee are injurious, and should be altogether avoided, also all alcoholic drinks. During an attack of giddiness and fainting, there should be complete rest. Three times daily apply short, hot fomentations over the region of the heart followed by cold, wet compresses, three minutes each—five of each.

411. Biscuits

An inquirer asks the value of biscuits as an article of diet.

Ans.—Charles E. Sohn, F.I.C., F.C.S., writes: "The great possibilities of a biscuit are rarely, if ever, realised. Instead of the over-sweetened, super-fatted article that so appeals to the taste of a child—whose appetite it destroys—a biscuit might be so adjusted in composition as to satisfy the normal, nutritive ratio—a whole-diet food that would feed, not tickle or cloy, the palate. As it is, we have to treat biscuits as a very unimportant article of diet, very deficient in flesh-forming compounds, and over-charged with sugar, starch, fat, and flavourings. There are a few exceptions to the above description, but where the nutritive value has been raised by introduction of materials rich in protein, the price has too frequently been raised in a still higher ratio. The ordinary ranges of composition of biscuits commonly found in the market is as follows:—

		per cent
"Water	1 to 12
	(usually under 10 %)	
Sugar	5 to 35
Fibre	0.15 ,, 1
Other Carbohydrates		
	(Starch, etc.)	40 ,, 80
Protein	4 ,, 14
Fat	2 ,, 22
Mineral Salts	0.8 ,, 1.5"
	"Nutrition," pp. 171, 172.	

Biscuits, weight for weight, contain much less water than bread, and consequently should be more nutritious. The best biscuits are the unsweetened, or only slightly sweetened, and made up with a minimum of fatty matter. Most biscuits are made porous and light by baking powders or carbonate of ammonia. Undoubtedly the best biscuits on the market are the wheatmeal and oatmeal biscuits prepared by the Sanitarium Health Food Company. They are nutritious, healthful, and easily digested, although not so porous as most of the biscuits on the market on account of the absence of baking powders.

412. Cracked Nipples and Earache

"Worried" asks for treatment of the above.

Ans.—The "cracked nipples" should be thoroughly cleansed with boiled water after suckling. Wash with alcohol and water, and cover with sterilised gauze or gutta percha tissue.

For earache attend to any throat trouble, constipation, or stomach trouble that may exist; foment frequently the affected ear, and drop in ten drops (warmed) of the following lotion frequently:—

R Menthol	...	20 grains
Camphor	...	20 "
Phenol	...	15 "
Glycerine	...	1 ounce

The powders in the above will form a liquid when powdered together.

413. Headache and Retching

Mrs. F.W.D. asks for treatment of the above.

Ans.—From the other symptoms given we would recommend that a thorough examination be made by a qualified specialist in women's diseases. For a week before the "changes" we would recommend a hot hip bath (102°-103° F.) for twenty minutes before going to bed. Keep the feet in hot water at 105° F. Sponge thoroughly with cold water before

going to bed. Keep the bowels regular. Take with each meal some dextrinised food, such as granose biscuits, zwieback, or rusks, and some fresh, mature fruit at close of the meal. Drink freely of water two or three hours after meals, at bedtime, and on rising. Avoid fatty and rich foods, especially those cooked at high temperature (frying or baking).

414. Incontinence of Urine

F.M.H. asks the cause of children ten and twelve (boy and girl) wetting the bed at night, and the remedy.

Ans.—This symptom is common to many different causes. Often, unfortunately, the underlying cause cannot be discovered. Children should not be treated harshly; they are generally mortified at the failing, and would only be too glad to avoid it. Profound sleep is often a cause; in these cases the children should be wakened when the parents retire. Many recoveries take place at puberty. In many debility or anæmia is the cause, Sea-bathing and athletics will often prove very serviceable. Sometimes pinworms or other irritable condition of the bowel will cause the trouble. Frequently it is due to contracted foreskin, and in this case the child should be circumcised. An irritable, over-acid condition of urine will increase the trouble, consequently it is imperative that the digestive organs should be attended to. See that excess of sugar and nitrogenous foods are avoided. Fresh fruit with meals is helpful. The children should daily have a cold bath and cold douches to the lower part of the spine.

415. Compressed Foods

The patent medicine referred to by F.M.H. contains a large quantity of iron and marrow fat, and should be helpful where anæmia exists. The best "compressed nutriment" for travelling is nuts or "malted nuts." Dried figs, prunes, and dates are also nutritious and agreeable to taste. Malted milk would also be a fairly convenient food for one travelling

who wishes to avoid bulkiness. Nut meat, nuttolene, and nut cheese contain a large amount of nourishment in a small space.

416. What to Wear Next the Skin

F.M.H. also asks, Is it all right to wear cotton and wool mixed?

Ans.—All garments should be light and porous. Heavy woollen garments cause excessive sweating, and the sweat absorbed by the material lessens its porosity, and thus prevents the natural evaporation from the skin, bringing about a clogging of the pores of the skin and unhealthy eruptions. A thin cotton garment under a woollen garment could be worn—this would absorb the perspiration, and could be frequently changed. It is better to use different under garments during sleeping hours. Cellular garments are much to be preferred to those of close texture. In the instruction given to the Hebrew nation, we read: "Neither shall a garment mingled of linen and woollen come upon thee." Dr. Adam Clarke writes: "This may as well refer to a garment made up of a sort of patchwork, differently coloured and arranged for pride and for show. A folly of this kind prevailed anciently in this very land." We see no objection to a mixture of cotton and wool.

417. Poisonous Bites

Treatment for Snake Bite.—(1) Place immediately a constriction between the wound and the heart so as to prevent the venous blood from carrying the poison through the body. The ligature must be very tight, so as to prevent swelling of the limb through the continued circulation in the deeper arteries. (2) Inject into the two punctures a four per cent solution of permanganate of potash, or cut parts with sharp knife, and bathe the parts freely with the same solution. Bleeding should be encouraged by hot bathing and keeping the injured limb low. The powdered permanganate of potash could be rubbed into the wound, and the solution injected into the surrounding

parts. Keep the patient warm, and prevent sleep by strong coffee. Do not use alcohol in any form. (3) Cover the wound with sterilised dressing (boiled gauze), and place the limb in a comfortable position.

Bites from insects are best treated by an alkaline wash, such as solution of baking soda or carbonate of ammonia—a level teaspoonful to two ounces of water.

418. Use of Salt

F.M.H. also asks "if there is any physiological reason, apart from mere taste, for some people in way of food and drink liking everything very salty, while others prefer scarcely any."

Ans.—It is more a matter of habit. Excess of salt is bad, but a little is required with most cooked foods, as salt is lost to some extent in the process of cooking.

419. Picture Shows and Eyesight

Constant attendance at picture shows has an injurious effect on the eyesight.

420. Nasal Irritation

F.M.H. writes: "A youth who has been operated on recently for adenoids has constant trouble with his nose, blowing and snuffling ever since. What is the cause of that, and what can be done to remedy it?"

Ans.—There is something abnormal in connection with the mucous membrane of the nose. Douche the nose well with Burroughs Wellcome's Soloids Eucalyptia—one powdered and dissolved in five tablespoonfuls of warm water. Continue twice daily till relieved.

421. Asthma

Mrs. A.M. asks for treatment of the above.

Ans.—Dr. Abbott in his recent work, "Hydrotherapy," which is an excellent production, writes on the subject of "Asthma":—

"The treatment of the asthmatic parox-

ysm by means of hydrotherapy is a disappointment, and this in spite of the fact that by a more or less prolonged course of hydiatic, diatetic, and climatic treatment, very severe cases of asthma of long standing are almost completely cured. Permanent and very decided results are obtained in cases that submit to treatment for a sufficient length of time. Hydiatic applications, however, may be made to assist in relieving the patient during the paroxysm. Two objects are to be obtained—the lessening of the dyspnoea and facilitating expectoration. These may be accomplished by some mild sweating treatment, fomentations to the chest, or the inhaling of medicated steam. As soon as the patient breaks out into a gentle perspiration, the dyspnoea begins to lessen.”—*Page 199.*

An emetic or enema should be used if stomach is overloaded. The fumes of nitre paper will often give relief. Dip a sheet of absorbent paper into a saturated solution of nitrate of potash and then dry. Cut the dried paper into the required size ready for burning. The patient should be in a small room or extemporised tent. The burning of stramonium leaves will often give relief. Attend to any abnormality in air passages. Watch the diet carefully. Out-door life in open country—warm and fairly dry—is advisable, also daily cold sponge bath. Keep the body comfortably and warmly clad. No general treatment can be given that will suit all cases.

422. Constipation

J. M. asks some questions in reference to the above.

Ans.—Olive oil is helpful in some cases. Try two teaspoonfuls after each meal. Pineapple, like other fruits, has some laxative action. Apples, pears, strawberries, passion fruit, figs, and prunes are helpful. We would not advise more than one cold bath in the day except in hot weather. Drink freely of plain water two or three hours after meals, at

bed-time, and on rising. Avoid tea, coffee, cocoa, milk (especially boiled), cakes, scones, and spices. Take freely of wholemeal bread, vegetables, fruit, granose biscuits, and zwieback. Have a regular time for going to stool, for instance, directly after breakfast. Chalmers Watson, in “Food and Feeding in Health and Disease,” states: “Excess of meat and excess of tea are factors in the development of constipation, and the amount of these should be restricted.” Buttermilk has a laxative effect.

423. Acid Dyspepsia

W. M. says he fails to get relief from the above; that 379 Acid Dyspepsia in last LIFE AND HEALTH suits his case, also 391.

Ans.—We would recommend the following dietary:

Breakfast

Very lightly poached eggs on toasted corn flakes or zwieback.
Zwieback and cream (preferably raw).

Dinner

Steamed or boiled fish or poultry.
Zwieback and fresh butter.
Granose biscuits. Wheatmeal biscuits.
Creamed rice or sago.

Tea

Stewed apple and granose biscuit or zwieback.
Creamed rice. Stale bread and cream.

We do not as a rule advise flesh foods in any form, but often they are indispensable in hyperchlorhydria (excess of hydrochloric acid). One of the meals could with advantage consist of hot milk and zwieback only. A drink of hot water half an hour both before and after meals is an advantage. Whenever acidity exists, the irritability can be lessened with advantage by diluting the contents of the stomach with hot water. We believe this is far preferable to using baking soda, bismuth, and other alkalis. The pill W. M. refers to has a beneficial action on the bowels, and may be taken occasionally.

424. Floating Kidney

E. D. writes concerning his grandmother, who is seventy-four years of age: "She has suffered for a long time with pain in her back and side. Her doctors have lately told her that the pain is caused by floating kidney, and that she is too old for an operation, and that medicine can do no good. She has always suffered from constipation. Do you think the case is serious?"

Ans.—We quite agree with her medical advisers that an operation is out of the question, and that medicines could not possibly do any good. Sometimes a firm abdominal bandage will give relief. The trouble is not a serious one as far as the life of the patient is concerned; its seriousness resides in the discomfort it gives. Read remarks on "Constipation."

425. Retching: Answer by Post

E. T. writes: "Since November I have been suffering from dry retching. It usually comes on through the night. Sometimes after having my tea I feel very sick and lose all my tea. . . . Previous to this sickness I have always been well and healthy. I would like an answer through the post privately."

Ans.—The particulars given are not sufficient to elucidate the cause of the sickness. Some of the most prominent causes of retching are: Gastric irritation, pregnancy, appendicitis, chronic pharyngitis, catarrh of bile-duct, congestion of liver, gastritis, neurasthenia, quinsy, and relaxed uvula. In regard to answers by post we would refer our correspondent to notice at head of "Chats."

426. Questions by "Novice, (N.Z.)"

There is no objection to drinking limited quantities (say small tumblerful) of aerated water made by seltzogene. When there is flatulence, the drinking of water charged with carbonic acid will increase the discomfort and distension. A small amount of carbonated water will

relieve irritation of stomach and tendency to retching.

For uric acid trouble we would recommend the avoidance of all flesh foods, tea, coffee, sugar, and sweets, and the drinking of water freely between meals. Eat freely of fresh fruit, and take vegetables at midday meal. We do not recommend the much-advertised pills mentioned. Bananas may be taken if desired. "R. Magnesia Ustae" means "Take of calcined magnesia," *i. e.*, magnesia from which the water of crystallisation has been driven off by heat. We do not know of a recipe for lemon syrup when lemons are not procurable. Many essences are prepared from coal tar products which exactly resemble those of many fruits and are used in the preparation of fruit drinks. We do not recommend these artificial products.

427. Stomatitis

"Wellington Subscriber" writes: "I have had for some time a very dirty tongue, furred and yellowish. Some time ago I showed it to a doctor here who said I had stomatitis. It was then at one side full of furrows, as if it were coming to pieces. He told me my diet was all wrong. The tongue has a considerable number of holes in it now, and looks in one or two places 'angry' with sort of sores. . . . I have a poor appetite, and have been in the habit of taking whisky before meals."

Ans.—Stomatitis is an affection of the mouth, and is due to the action of microscopical vegetable organisms. Decayed teeth and an unhealthy condition of digestive organs are the chief predisposing causes. The teeth should be attended to by a skilful dentist, and any disorder of the alimentary canal should receive sound treatment. The mouth should be washed out twice daily with a solution of permanganate of potash. One teaspoonful of a four per cent solution (three drams to eight ounces of water) should be added to half a pint of sterilised water. Whisky or any other alcoholic drink is certainly

injurious. Avoid drinking with meals, and especially tea, coffee, and cocoa. Take mature fruit at close of every meal except when vegetables have been taken. Take with each meal some dextrinised food, such as granose biscuit, zwieback, or rusks. Masticate all foods very thoroughly. Avoid flesh foods, rich cakes, heavy puddings, recooked dishes, and all fried foods. The diet should be as plain and simple as possible.

428. Indigestion

M.A.M. writes that she has "pains in her chest and liver," that she "suffers with her head, and indigestion," and "was born nervous," and that she is "taking granose biscuits."

Ans.—The symptoms are vague and indefinite, too much so to form a correct opinion on the case. The general rules for indigestion should be carried out. Only three meals in twenty-four hours; no food whatever, not even an apple, between meals; thorough mastication of all food; take with each meal some dextrinised food, such as granose biscuit, wheat-meal biscuit, zwieback, or rusks; avoid drinking with meals, especially alcoholic drinks, tea, coffee, or cocoa; avoid all fried foods, foods cooked with fat, cakes, scones, new bread, and all rich foods; avoid mixed dishes and too many varieties of food at the one meal; do not take excess of sugar, especially with milk foods; rest for half an hour before and after meals; keep the bowels regular by taking plain water or water and fruit juice at bedtime, on rising, and between meals (up to one hour before meals); avoid the coarser vegetables—cabbage, carrots, parsnips, turnips, and potatoes unless really floury.

429. Bronchial Catarrh

"Puzzled" writes: "I am troubled with bronchial catarrh. A few months ago I had a serious attack of influenza, which has now passed away, the only effect being that during sleep my mouth fills with mucus frequently, thus disturb-

ing my rest. I live temperately, total abstainer, wholesome diet, sedentary occupation, but plenty of outdoor exercise. Married, age forty-eight."

Ans.—These are the kind of cases in which a personal examination is so useful in order to decide what the trouble really is, and to understand the constitution of the patient. We can only give very general directions. As a rule, cold sponging directly after rising is helpful. If cold water is badly borne, sponge first with hot water, or stand in small quantity of hot water while sponging. Keep the body warmly clad, especially feet and legs, but do not wear heavy clothing that will cause sweating. Outdoor exercise is good, and the bedroom should be large and well ventilated. Do not wear more clothes at night than is absolutely necessary. If there is catarrhal condition of throat and nose, douche and gargle twice daily with salt and water (teaspoonful to half pint of boiled water) not quite cold. If the tongue is at all coated, avoid fatty foods and foods cooked with fat, and all rich articles of diet. Take fruit freely after meals if it agrees with the digestion. A warm, dry climate should be chosen. Damp, low localities are injurious. Avoid stuffy and crowded rooms, which are always laden with germs, and, consequently, keep the catarrhal condition going. If debilitated, the patient should have plenty of milk, raw or lightly-cooked eggs, olive oil, and good, nourishing food. Overloading the stomach, however, must be avoided, and the bowels should be kept regular. When a fresh cold is taken, eat very lightly, take some sweating procedure, drink abundance of hot water, or hot water with lemon juice, and remain in bed. Decayed teeth may be the cause of excess of fluid in the mouth.

430. Acne and Aching of Legs

"Wyong" writes: "My daughter suffers from a very sore face. The chin and forehead are one mass of pimples. These pimples come to a head in a few days, and when squeezed, first a solid, yellow matter comes out, then a drop of

blood, and finally a watery fluid, which keeps oozing out until it dries up and forms a small scab. My youngest daughter suffers at times with leg ache. Turpentine eases the pain when rubbed in, but does not cure."

Ans.—We would direct "Wyong" to what is said in the last issue of LIFE AND HEALTH under the heading of "Acne." The *Lancet* and *British Medical Journal* speak well of a preparation of silver, "Collosol Argentum." The parts should be well washed with hot soap and water, and the undiluted "Collosol" applied as a wet dressing. A little of the same application can with advantage be injected into each pustule with a hypodermic syringe. The washing and the dressing should be applied every night. The causes of leg ache are so numerous that it would be impossible to give the adequate treatment. It may be due to debility, varicose veins, rheumatism, neuralgia, or constipation. Alternate very hot and cold water applications would probably give relief. Give three or four of each application, finishing with cold.

431. Catarrh of Throat

Mrs. T. M. complains of the above. "The throat feels as though there were a lump in it. I cough up very little; there is a feeling that I want to continually swallow."

Ans.—Local applications apart from the treatment of the general health do not produce much benefit. The general health must be improved. The digestion and the bowels are generally below par, and require careful attention. An outdoor, active life is generally advisable. Breathing through the mouth must be avoided. Very often this is due to some obstruction in the nose, which should be attended to. If the digestion is sluggish, or there is a disposition to biliousness with a coated tongue, avoid the free use of all kinds of fats and sweets. Abstain from tea, coffee, and cocoa, and take with meals fresh fruit freely. Gargle the throat twice daily. A teaspoonful of the following powder to half a pint of warm

water, or use same solution as a spray:—

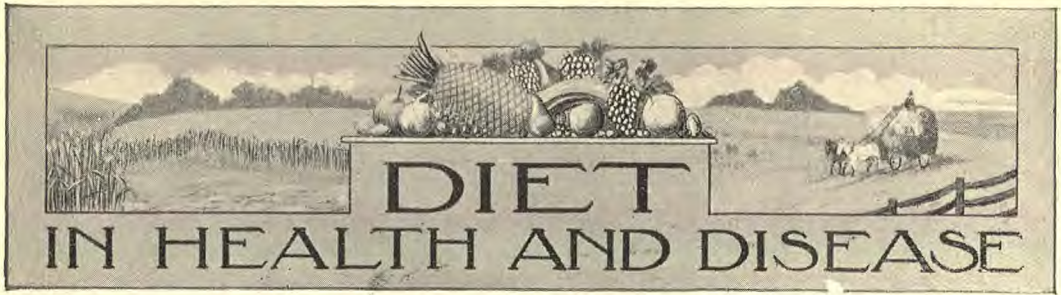
Borax, common salt, baking soda, equal parts. Paint the throat twice weekly with nitrate of silver, twenty grains to an ounce of distilled water. Treatment must be persevered with for a considerable time.

432. Excessive Smoking, Itchy Piles, and Walking in Sleep

J. A. writes: "I have been troubled with pains in my right side; the food seems to have to force its way through the bowels. I suffer with bad headaches, loss of memory, glary eyes. I do not drink, but smoke a great deal. I have itchy piles. I have a son thirteen years who is very restless in his sleep, and sometimes walks in his sleep."

Ans.—The excessive smoking is probably the cause of the symptoms complained of. The smoking should be given up altogether. Follow the instruction given under "Indigestion" in this issue of LIFE AND HEALTH (Chats). For piles also read instruction under that heading. Add to ointment recommended three per cent of carbolic acid. The boy should take a very light evening meal and a warm bath before retiring. He must avoid all stimulants, such as tea, coffee, spices, and much flesh food. Flesh food, if taken, should not be eaten more than once daily. Better avoided altogether, and use milk largely.

"THEY say in England that too much war-time knitting and sewing are responsible for the appearance of a new malady, which may be compared with writer's cramp or tennis elbow. The physicians call it 'knitters' neuritis,' and say that the only successful treatment is to give up knitting indefinitely. The first symptom is the feeling that the usual wrist and finger movements incident to that employment cannot be followed with the customary ease. The muscles presently get stiff, and in the later stages develop a spasmodic cramp as soon as knitting needles are taken into the fingers."



A New Treatment of Diabetes

THE nature, symptoms, and usual course of diabetes were described in an article that the *Companion* published a few months ago. In discussing the treatment we said that it must be mainly dietary, and that the object of it was to exclude from the diet food that contains much starch or sugar—bearing in mind at the same time that there is danger in an exclusive meat diet. The physician has often a difficult task to steer his therapeutic barque between these two perils—the Scylla of carbohydrate starvation and the Charybdis of protein excess.

Since that article was written, however, a plan of treatment for the disease has been given to the world that offers a good deal of promise. It is very simple, yet in the cases in which it has been tried it has almost never failed to relieve the patient and to make his life once more worth living, although it can hardly cure the nutritive fault that always lies at the root of diabetes.

The treatment is dietary, but it differs from the diets hitherto relied upon, since it does not restrict the use of one kind of food, but the use of all kinds; in other words, it is a starvation treatment. It is not, however, so bad as it sounds, for the starvation is intermittent and does not last long. The patient is told to eat nothing whatever until his kidneys stop excreting sugar. That may mean one or two days; it seldom means more than four or five. Then he gradually resumes a full diet in order to test his tolerance for sugars, fats, and meat; he takes food

enough of those three classes to sustain life, but not enough to cause the excretion of sugar. If that does return, the patient fasts again, and he does so as often as the sugar reappears.

Often the physician prescribes a fast day once a week as a safeguard. In severe cases, when the acid condition of the body is so pronounced that there is danger of coma, a solution of bicarbonate of soda is given freely. That is the only medicine used, and that is only occasionally employed. It is unnecessary to add that, simple as this treatment is, it should be attempted only under the direction of a physician; for it would be very easy to overdo the dieting, and thus to do more harm than good.—*Youths' Companion*.

Some Rules for Living

A NOTED specialist of London has drawn up a set of rules that are worth paying some attention to, though in some things they are not strikingly new. One thing he warns against, namely, the tendency to overeat as one grows older. Up to twenty-four years in a man and twenty years in a woman the diet should be generous, in order that the framework of the body should be well formed, but after those ages a wise limiting of the diet, he thinks, is necessary to the very best of health. After the thirtieth year is passed, only enough food is necessary to maintain weight and strength, and if this rule were observed by the ordinary healthy man

and woman, he and she would be on the highway to perennial youth. The set of rules that he gives is as follows: Do not eat heavy suppers; drink little or no alcohol; avoid rich meats and pastry; do not grow fat by eating too much (fat people seldom reach a good old age; the youthful old man is lean); lessen your food continually

a taste for "the seasonings" rather than for "the foods" themselves.

The natural flavours of the grains and vegetables are unknown to many people. The burning flavour of mustard, vinegar, pepper, and spices, so irritate the mucous lining of the œsophagus and stomach that an unnatural thirst is set up that water can-



A HEALTHFUL BREAKFAST TASTEFULLY PREPARED

as you grow older; overeating produces all the diseases that make one old. Just enough, and a trifle over, is the ideal.

Evil Effects of Condiments

MANY articles in diet which appear upon modern tables are so highly seasoned and stimulating in character that they can only lay the foundation for the stimulant habit in those who constitute the rising generation.

So much of the natural flavours of the foods are completely destroyed by the use of condiments, that the children acquire

not quench. Further stimulation is demanded. This further stimulation is found in cigarettes by the boy, and in intoxicating drinks by the young man.

There is no longer any doubt as to the stimulating properties of flesh foods. Uric acid, which is present in all flesh foods, is a direct means of producing an unnatural craving for stimulation.

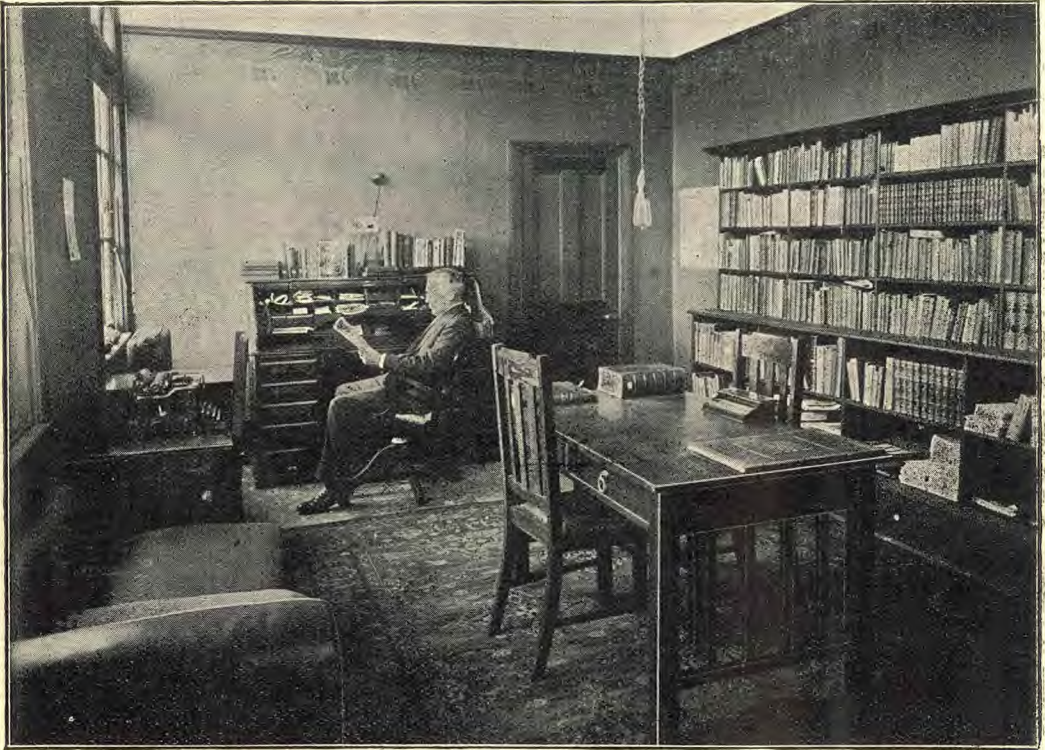
Veritable "grog shops" are manufactured in the stomach when sweet-meats and improper combinations of foods ferment. Considered from a chemical standpoint, moisture and heat are all that is necessary to convert cane sugar into alcohol.

These conditions are both met with in the stomach, and in cases of weak digestion every opportunity is afforded for the fermentation of the stomach contents and the production of alcohol.

By the circulation of the blood, these products of alcohol find their way to the tissues. Nerves are thus irritated, and

day, 'I had to keep praying continually in order to keep from doing something mean.' Now, while living on a simple diet of fruits and grains, he is free from the old outbursts of temper. He still prays, but it is for others who are afflicted as he was.

"How many are in the condition in



THE NEW EDITORIAL ROOM OF "LIFE AND HEALTH"

a condition of affairs is created which can only be satisfied by the taking of larger quantities of alcohol.

The children who partake of candies and sweetmeats the least are those who are less likely to fall victims to the liquor habit.—*Selected.*

Diet and Temper

"A NATURAL diet is a wonderful help in the spiritual life, to say nothing of the physical. 'When I was eating beefsteak,' said a friend of these principles the other

which this man was, desirous of working for souls, yet so burdened themselves with ungovernable passions and violent tempers that they have no energy left with which to help others. Perhaps by dint of hard struggling they may at last enter into the home above; but where are the sheaves that they might have garnered, had their habits of life been such as to favour their spiritual growth and development? God has given us the living truths of health reform as helps to the higher spiritual life and more abundant service for the Master."



WANTED—A BOY



WANTED—a boy.” How often we
This quite familiar notice see!
Wanted—a boy for every kind
Of task that a busy world can find.
He is wanted—wanted now and here;
There are towns to build, there are paths to clear,
There are seas to sail, there are gulfs to span,
In the ever onward march of man.

Wanted—the world wants boys to-day,
And it offers them all it has to pay;
'Twill grant them wealth, position, fame,
A useful life and an honoured name;
Boys who will guide the plough and pen;
Boys who will shape the way for men;
Boys who will forward the tasks begun,
For the world's great work is never done.

The world is eager to employ
Not just one, but every boy
Who, with a purpose staunch and true,
Will greet the work he finds to do.
Honest, faithful, earnest, kind,
To good awake, to evil blind,
A heart of gold without alloy—
Wanted—the world wants such a boy.

Rev. E. L. Meadows



Bennie's Arithmetic

THIS is the way Bennie, whose story is told in the *American Magazine*, learned the table of twos:—

“Tootums Wunner to,
 Tootums Toor for,
 Tootums Threer sick,
 Tootums Forer ate,
 Tootums Fiver ten,
 Tootums Sixer twelve,
 Tootums Sevener for teen,
 Tootums Ater six teen,
 Tootums Niner a teen,
 Tootums Teener twenty,
 Tootums Levener twenty too.
 Tootums Twelver twenty for.”

It was very easy to get this little interesting chat by heart, but when it came to applying it to a problem in arithmetic is it any wonder that Bennie couldn't see the connection?

Carl's Faithfulness

Bertha Locke Anderson

CARL lived alone with his mother in a little cottage close by the water's edge, where all day long he played on the rocks and sailed his little boats in the cove that ran up between two points of land.

About a quarter of a mile from the place where he lived, and looking straight out to sea, was a small island on which stood the lighthouse that was the joy of Carl's life. At night, when the great lamp in the tower was lighted, he would clap his hands for joy; and even after he had gone to bed and his mother thought that he was asleep, he would lie awake and watch the light flashing in the dark-

ness to warn vessels off the cruel rocks. Then Carl would think of all his mother had told him about the light, how it pointed the way for the vessels, and by shedding its rays faithfully night after night saved hundreds of lives every year; and his mother would always add, “I hope my little boy will learn faithfulness from the great light.”

Carl thought, “How I wish I could do something as useful as the work the light does!” But being only a little boy, he thought that there was not much that he could do.

One rainy night in September, after Carl had gone to bed, there came a knock at the door. It proved to be a message from a neighbour who lived a mile away and was very sick; so Carl's mother must go to her at once. Perhaps she could not get back until morning, and so Carl might be alone all night. He tried bravely not to think how lonesome he would be, but it was hard to speak up, as he did, and say, “Never mind, mother. I'll be all right!”

After his mother had gone, Carl watched for the great lamp to be lighted, knowing that he should feel less lonely when he could see its rays; but somehow, as he watched, he fell asleep. It seemed hours afterward that he awoke. The great light was not to be seen! In all his life this was the first time that it had not been lighted. What was the matter? He thought of all the things that might have happened, but what could he do? If only he could reach old Captain Grover, who lived about half a mile down the road! Surely Captain Grover would know what to do.

Carl dressed quickly, and started out through the wet and the darkness, trying not to mind the black shadows and the cold rain. At last he reached the house, and by pounding on the door and shouting at the top of his voice, he got Captain Grover out of bed.

The old man dressed quickly, and started for his boat at the shore. "Come



A LIGHT TO GUIDE THE MARINER

on, Carl," he said. "I may need you out at the light."

The boat was hauled up on the sand, some little distance from the water. The captain and Carl together, partly by pulling and partly by pushing, got it to the water at last, and then they slipped the oars into place and set out for the island. Carl had never been on the water before at night; but he was not afraid of anything when he was with Captain Grover. He sat in the stern and watched the cap-

tain pull the big oars that urged the boat from the shore out into the darkness.

It did not take long to reach the island, and after tying the boat so that it could not go adrift, they started for the lighthouse. There they found Mr. Faxon, the light keeper, on the floor at the foot of the stairs, groaning with pain. He had started to go up to light the lamp as usual, when he slipped and fell, and sprained his foot so badly that he had been unable to move. He had tried to crawl up the stairs, but had fainted. You may be sure that he was glad indeed when he saw Captain Grover and Carl standing over him.

In a few minutes Captain Grover had the great lamp lighted. Never had it looked so beautiful to Carl as it did that night. They put Mr. Faxon to bed, and Captain Grover said he would send the doctor and Mrs. Grover to take care of him. Before they left, he told the light keeper of Carl's share in the work, and Mr. Faxon called Carl to his bedside, and said, "You are a brave, faithful boy! You do not know how useful a thing you have done to-night. When I send my report to the government, I shall mention your name."

He kept his promise, for not long after that Carl received a large and important-looking envelope that contained a letter of thanks from the head of the Bureau of Lighthouses. Do you wonder that Carl counts the letter as one of the most cherished things that he possesses?

Gracie's Plaint

"WE tan't get no hen nor chickens no-how; we'se asted all about; we'se has to do de hen and chickens oursels, and Tommy he has to trow 'Tock-a-doodle-do' and flap he's arms. I wisht we had a weal hen and chickens, don't 'oo? Oo ought to see de pitty nests we'se made, and de little eggs and eberytings, but we tan't make no hen's or chickens."
—Selected.

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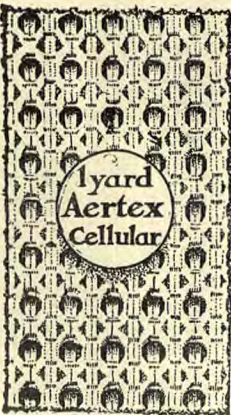
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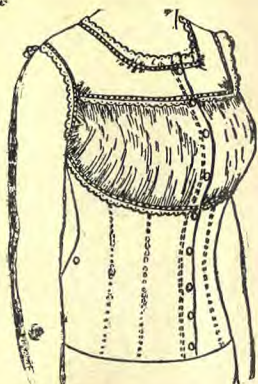
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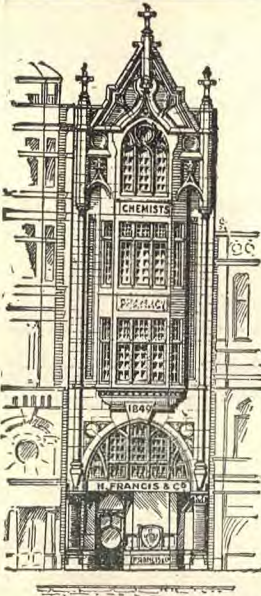
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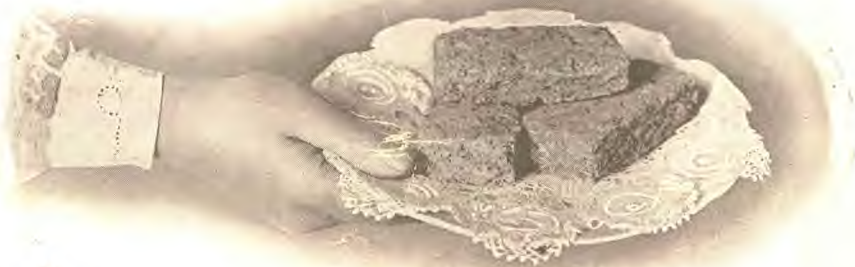
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