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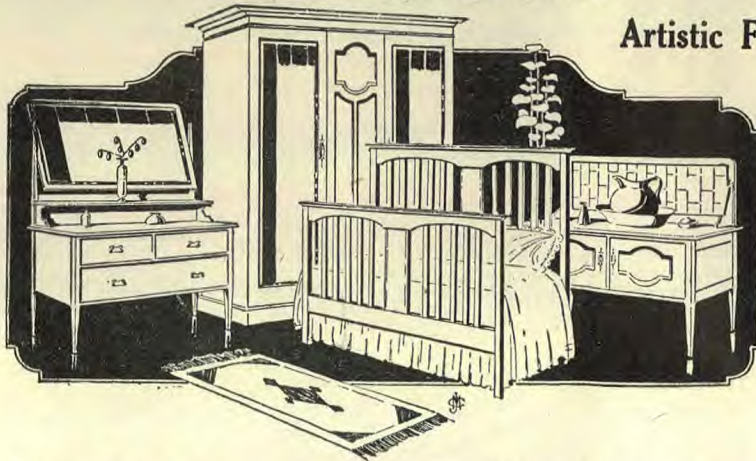
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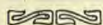
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LIFE &

HEALTH



Vol. 6

August-September, 1916

No. 4

Editor: CHARLES M. SNOW

Associate Editors: { W. HOWARD JAMES, M.B., B.S.,
{ EULALIA RICHARDS, L.R.C.P. & S., Edin.

IT is not known by the public generally that wood alcohol is a dangerous poison, whether used internally or externally. It is a menace both to life and to vision, and should never be sold without the "poison" label.

A NEW X-ray has recently been discovered by C. H. Stanley, of the University of Seattle, U.S.A., which is claimed to be a great improvement over the Röntgen ray for purposes of diagnosis and for treatment. The claim for the Stanley ray is that it gives better results, and does not injure those who use it.

THANKS to the vigorous way in which the American Public Health Department has taken hold of the yellow fever problem in Porto Rico, that disease, once so prevalent there, has entirely disappeared. The disease has been very nearly eliminated also from Cuba, as the Cuban Government has been continuing the campaign started by the American health officials while Cuba was occupied by the American troops.

DR. MCCORMAC, in *Western Medicine*, says that children with constantly recurring colds eat too much, especially of carbohydrates and fats. He suggests that the sugar be reduced or eliminated, that

skim milk be given in place of whole milk, and that, if they are regularly eating meat, there be a reduction in the amount. He advises a warm bath daily, followed by a cool sponge and a brisk rub. The bowels should be free, and the children should have plenty of fresh air both night and day.

AN excellent way to prevent "catching cold" is to wash the back of the neck every morning with *real cold* water, being careful to dry the neck and the hair at the back of the head thoroughly by the vigorous use of a *dry* towel. The drying process is most essential, as many very unpleasant headaches that are attributed to eye-strain or stomachic disorder, are caused by chilling the lower back portion of the brain when one goes out into the open air, or from a warm room into a cold one, with the back of the neck and the hair at the back of the head only partially dried. A careful attention to this little detail will prevent much suffering.

THE cold bath is an excellent thing—for some people, and perhaps for most people. But it often happens that persons who are most in need of physical help will get the opposite from a cold bath. One writer on health topics affirms that "persons with high blood pressure

may receive more harm than good from the cold bath." If the skin does not quickly and vigorously react from the cold bath, it should not be taken. It is an easy matter to test this. Plunge the bare arm into cold water up to the shoulder, hold it there for a few seconds, then remove, and dry quickly by a brisk application of a coarse towel. Having done this, watch the result. Does the skin remain white and clammy to the touch? If so, there is not proper reaction; and if the skin of one arm will not react, it is certain that there is not sufficient vitality in the system to cause the skin of the whole body to react. More than that, if the skin of the whole body refuses to react, there is set up a mild congestion of all the internal organs. When there is a proper reaction, the skin becomes warm and of a pinkish colour.

Modern Science and the Mosaic Code

THE following excerpt from the *Southern Cross* will be of interest to all our readers. It shows again, if other proof were necessary, that Israel's real leader was possessed of more than mortal wisdom. We quote:—

"The Mosaic code of health (says the medical correspondent of the *Times*) has interested sociologists in all ages. All kinds of values have been ascribed to its commands, and also, as was bound to occur, value of any sort has been denied. But as time passes the code continues to receive fuller justification; indeed, we seem to be approaching by way of scientific observation the same principles of public health as were given to the people of Israel by their leader. The latest scientific support for the Mosaic code is perhaps not a very great matter, but it is immensely interesting. In the last issue of the *British Journal of Surgery* there appears a paper describing the appearances of certain blood cells in malignant disease (cancer). The author is a well-known observer. Certain peculiarities of

the cells of the blood were noted by him in cancer cases, and it then occurred to him that these changes might also be produced by taking certain articles of diet. He carried out various tests, and the following is his conclusion:—

"It was found that one can reproduce the blood-picture of carcinoma (cancer) in respect to the nuclear pseudopods by partaking of certain articles of food—notably pork, and to a less extent other red meats.' He adds: 'Incidentally these observations suggest the physiological reason for the dietary imposed upon the Hebrew race. Gen. 9:4; Lev. 11.'

"The passage in Leviticus runs: 'And the swine, though he divide the hoof and be cloven-footed, yet he cheweth not the cud; he is unclean to you.'"

If you want to be healthy, spend as much time as possible in the open air. If your work requires you to be in doors in the day time, you can make up for this by spending your nights out of doors in a warm bed. If you can't make it warm, you will not gain much by doing it; but in ninety-nine cases out of a hundred it can be done. The night clothes should be light but warm; the head and neck should be protected against colds and draughts; and in real cold weather the bed may be warmed, before entering it, by an earthen bottle of hot water set up in the middle of the bed so that the bed clothes will form a tent around it. Night air out of doors has an advantage over day air in that there is usually less dust flying. After a night's sleep in the open, well protected from the cold in the cold weather and from annoying insects in the warm weather, one is bound to rise rested and refreshed and well aired.

I HAVE four good reasons for being an abstainer from strong drink: my head is clearer, my health is better, my heart is lighter, and my purse is heavier.—*Guthrie.*

Etiology—Causation of Disease

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

THE discovery of vegetable micro-organisms in anthrax, phthisis, pneumonia, and many other diseases has thrown great light on the causation of disease. In the same soil, and under exactly the same conditions, weeds of every variety grow in our gardens, and each weed is due to a specific seed. One child develops diphtheria, another scarlet fever, and a third measles, because of the presence and the development of the specific organisms. But weeds require certain conditions for their development; there must be something in the soil on which the seeds can develop as well as moisture and heat. Although weeds grow so readily, undoubtedly most of the innumerable germs of life taken to the soil by the wind, manure, etc., perish, because the conditions of development are not present. The young plant, as it emerges from the seed, will perish much more readily than the seed itself. The garden that receives careful attention is kept free from weeds by the destruction of the life of young plants rather than by the destruction of the seed. Fruit can be preserved by the one boiling, but vegetables require a second sterilisation before they will keep indefinitely. In the latter, the micro-organisms of decomposition are not destroyed with the full-developed germ; the warming of the soil, however, develops the spores into the young plants, and a second production of the boiling temperature destroys them, and thus the vegetables are freed from both the fully developed organisms and their spores, and consequently will keep indefinitely.

The difficulty in arriving at the causation of disease is due to the fact that no disease is produced by one cause only. Diphtheria germs may remain in the throat, or germs of typhoid fever may exist in the intestines for an indefinite time, without the production of the specific malady. It is the rain that develops the seed, but the seeds are not all

of the same kind. A number of people may be exposed to similar adverse climatic conditions; one will develop bronchitis, another pneumonia, kidney disease, rheumatism, or gout, and some will escape altogether. The adverse climatic conditions are the predisposing causes, but the specific or active cause is the presence of micro-organisms or other special constitutional idiosyncrasy. The active cause of all disease is not by any means always due to bacteria. Why one should develop rheumatism, another gout or rheumatic arthritis, we do not know. There is a great similarity in the symptoms, and yet the active and special cause is a mystery. Rheumatism and gout are undoubtedly associated with the accumulation of unoxidised waste products, uric acid, xanthin, hypoxanthin, etc., but there is some other special condition which we at present are not aware of, and which determines the special disease. Rheumatic arthritis, the disease which deforms and stiffens chiefly the smaller joints of the body, is not thought to be due to conditions such as are found in gout and rheumatism. Some have thought it due to some micro-organism, but we must admit its etiology is very obscure; it is certainly not due to high living as in gout, or to excessive use of nitrogenous foods and sweets, as in rheumatism. Heredity accounts largely for rheumatism or gout, but not for this troublesome and deforming disease which some have aptly called "poor man's gout." But what is heredity? What are the special conditions of constitution handed down from parents to their children which makes them susceptible to gout, rheumatism, dyspepsia, consumption, and other constitutional diseases? Heredity undoubtedly acts as a very important factor in all constitutional diseases, but the exact condition transmitted we cannot recognise, any more than we can, with the highest powers of the microscope, discern in the seed any

sign of the plan of the future plant, or in the ovum any evidence whatever of the special life it mysteriously holds.

With the exception of syphilis, the actual disease is not transmitted. At one time it was thought that consumption was clearly transmitted from the parent or parents to the children, but now we know it is only some special weakened constitution that is transmitted. Children undoubtedly suffer for the sins of their parents. The question is often asked, How is it this man remains healthy and strong, notwithstanding the fact that he lives a careless life and pays but little attention to the laws of health, while another, live as carefully as he will, is a continual weakling? Heredity, or an acquired constitutional weakness, is undoubtedly that which constitutes the difference between the individuals. The man who lives carelessly will undoubtedly transmit to his descendants weakly constitutions, even though he himself does not, in a pronounced manner, show the defects in his own constitution. The slave to alcohol, tobacco, or tea-drinking, cannot transmit to his offspring strong, healthy constitutions. Each generation is undoubtedly developing less resisting power to disease than its predecessor. It is indeed surprising that the human system has such resisting power to disease, and can develop a tolerance for such adverse conditions. The one who indulges appetite, however, although a certain amount of tolerance may be developed, lives a less useful life; he gets less out of his being through that indulgence, and has less resisting power to the inroads of disease, and must shorten his life.

We may place the causes of disease under two headings—predisposing and active. The successful treatment of eczema by parasitic remedies undoubtedly shows that it is due to some contagious element, although we do not know its nature; the disease can be communicated from one part of the sufferer to some other part, and yet it is very rarely given to another individual. The reason is,

“the soil” is not suitable for the development of the contagious element in the other individual. In the sufferer, however, the constitutional defect is right through the system; in him the predisposing cause or causes exist; in the other, some or all of the predisposing elements are absent. The amount of the infectious element that can come from one tubercular constitution is surprising. Osler writes: “The tubercle bacilli are widely scattered, and are found in varying numbers wherever human beings are crowded together. There are two chief sources—the expectoration of persons with advanced diseases of the lungs, and the milk of tuberculous cows.

“From a patient in my wards at the John Hopkins Hospital, with moderately advanced disease, Nuttall estimated that from $1\frac{1}{2}$ to $4\frac{1}{3}$ billions of bacilli were thrown off each twenty-four hours. Allowed to dry, the sputum becomes dust, and is distributed far and wide. Scores of experiments have shown the presence of the bacilli in dust samples from hospital wards, from public buildings, streets, railway carriages, and various localities. So widely spread are the bacilli that in cities at least few individuals pass a week without affording opportunity for their lodgment, usually in the throat or air passages, inhaled with dust. They may readily contaminate food. The hands of tuberculous subjects are almost always contaminated. From the street, tuberculous sputum may be brought into the house on shoes, on the long skirts of women, on the hair of dogs, etc. It is interesting to note that in some of the places most frequented by tuberculosis subjects, e.g., the sanatoria, the dust (as shown by experiments at Saranac) may be free from bacilli. Bovine bacilli are distributed by means of the milk, rarely by the flesh, and still more rarely by contact with the animals. A proportion of all cases of infection in childhood is with this variety. A careful study by Park and Krumwiede showed that bovine tuberculosis is practically negligible in adults, but in young children it causes

six to ten per cent of the deaths from tuberculosis.

"So widely spread everywhere is the seed that the soil, the conditions suitable for its growth, is practically of equal moment."—*The Principles and Practice of Medicine*, page 157. Osler then illustrates the susceptibility of different people to tuberculosis by the parable of the sower. "Some seeds fell by the wayside, and the fowls of the air came and devoured them up." "These are the bacilli scattered broadcast outside the body, an immense majority of which die." "Some fell upon stony places." "These are the bacilli that find lodgment in many of us, perhaps, with the production of a small focus, but nothing comes of it; they wither away 'because they have no root.'" "Some fell among thorns, and the thorns sprang up and choked them." "This represents the cases of tuberculosis, latent and active, in which the seed finds the soil suitable, and grows; but the conditions are not favourable, so the thorns, representing the protecting forces of the body, get the better of the struggle." "But others fell on good ground, and sprang up, and bare fruit an hundredfold." "Of this fourth group were the 54,435 who died of the disease in 1909 in England—the soil suitable, the protecting forces feeble."

Organisms that produce disease, like the seed in the soil, live on dead or dying organic matter. No diseased germ can develop in the perfectly healthy individual. The white corpuscles of the blood are like an army of well-trained soldiers. Directly any germinal matter comes within their reach, they, like the amœba in stagnant water, envelop, digest, and destroy them. If, however, these guardians of our health are lessened in number, weakened by unnatural surroundings, or overwhelmed by a superior force of the enemy, the disease will develop. Abundance of life is the best protecting agent of man. He cannot possibly free himself from contact with the active causes of disease, but he can so fortify his health, so develop his natural vitality, that the

specific and active causes have but little effect. Nature, when given a fair chance, is constantly fortifying herself against the inroads of disease. We have, however, to remember that we live under unfavourable conditions. Those conditions are referred to by the apostle in his epistle to the Romans: "For the creation was subject to vanity [frailty], not of its own will, but by reason of him who subjected it, in hope that the creation itself also shall be delivered from the bondage of corruption into the liberty of the glory of the children of God. For we know that the whole creation groaneth and travaileth in pain together until now." Rom. 8: 20-22, R.V.

We are surrounded by imperfection through the transgression of divine law, and if we are to maintain our health, we must abstain from everything which will lessen the fighting powers of our beings. We must remember that the predisposing causes of disease are of equal importance to the active or specific causes. We know not what the specific cause of cancer is, but it is certain that excessive consumption of flesh is a very active, predisposing cause. The use of tobacco, alcohol, tea, coffee, all lessen our fighting powers against the inroads of disease, and if we are wise we abstain from playing with nature. We may hope that the enemy will not discover the weak points in our fortifications, but why have weak points when they can be avoided? Abundance of fresh air, a good, strong, inherited constitution, outdoor exercise, healthful surroundings, will to some extent counterbalance the untoward effects of unnatural modes of living, but why should we appear before the enemy or enemies of our health with depleted forces, when it is our privilege to present an unbroken front? We should remember that the continual operation of small forces, those which we often neglect, frequently brings about disaster, although we defend ourselves from the greater and more apparent enemies of our constitution. Frequently we are at a loss to account for weakened constitutions. We cannot put our finger

on one or two special causes, but undoubtedly it is the sum of what we may call minor attacks of the enemy that have brought about the undesirable conditions of our health.

External Use of Cold Water

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

THE application of cold to the face and hands on rising is decidedly stimulating; the faculties are dull and inactive during sleep, but the application of cold brings them again into activity. Cold in itself is depressing to vital functions; the immediate effect of cold water to the skin is a contraction of its blood vessels and the driving away of blood, which means lessened functional activity. Our systems, however, are so regulated through the nervous system that they endeavour to overcome every untoward influence. Antitoxins and antibodies are produced in the blood to fight against the infective fevers, and the application of cold calls on the system to produce more heat; thus cold in itself would produce a depressing effect, but united with the fighting powers of our organism it is a stimulant.

The cold of winter would lessen the activity of both mind and body if it were not for its stimulating power on the appetite and the increased oxidation of the food after it has been incorporated into the system. It is the reaction of the system to cold, and not the cold itself, that makes the application of cold water a stimulant. Apart from the reaction, cold would be a depressant. It is difficult either to think or work when the body is cold, and unless cold produces a reaction it can do nothing but harm. The very young and old, the weak and anæmic, and those suffering from fatigue, will often fail to react to cold applications. Similarly, a great dislike to cold application, as in neurasthenia, will prevent reaction and do harm. It is the reaction after cold application that accomplishes a good result. If a cold bath or a cold sponge is not followed by an increased circulation

and production of heat, it does harm and not good. For a reaction we need a certain amount of vigour in the system. Where this does not exist it can mostly be supplied by the primary application of heat. A cold sponge or a cold shower will, in most cases, be followed by a healthy reaction if the system has previously been warmed up by hot sponging, the placing of the feet in hot water, or by a hot bath.

A cold sponge or a cold shower directly one rises from the bed will be followed by a healthy glow and increased activity of all the organs of the body; but if the individual allows the heat to depart from his body by exposure to cold before taking the cold application, there may be no reaction, and the cold application will have an unfavourable result. The reaction can be helped by friction with a good, rough towel, and by exercise. Exercise either before or after the cold application will help the reaction. The reaction will also be helped by the room being moderately warmed. When cold is prolonged the reaction is overcome or prevented. To apply a short, cold application in fever would increase the production of heat, and do harm; but a lengthy and continuous application of cold removes heat from the body, and produces the much-desired fall of temperature. A tepid, or even a hot, sponge removes heat, but a short, cold sponge increases the temperature. This fact should be remembered in attending to unhealthy feverish conditions.

A hot bath without a cold sponge or cold shower will frequently lessen the temperature of the body and produce a "cold." The hot bath alone brings the blood to the surface of the body, and thus the heat of the body is quickly dissipated into the clothes or the air. Where the individual gets into bed immediately, this is not of so great importance, as the blankets retain the heat and prevent chill. A more lasting warmth, however, is produced when the hot bath is succeeded by the cold sponge or the cold shower. It should be remembered that the health of

our bodies depends on their activity—idleness means ill-health. The man who keeps himself warm by a big fire and a hot room cannot enjoy the same health as the one who reacts to cold, whose system fights against the cold; and this fighting is helped by work, exercise, and good food. Only sufficient clothing should be worn to maintain an even temperature of the body; too many clothes day or night will do harm and lessen the vitality of our systems. Only use the artificial means when the natural methods

are failing either through age, sickness, or other circumstances which cannot be overcome.

Frequently in LIFE AND HEALTH patients are recommended to have a daily sponging of the body with cold water, and there are very few who would not obtain benefit by this procedure. Cold water to the face stimulates the mental functions and cold water to the body will increase the activity of all the underlying organs. The cold water, however, must be so applied as to produce a decided reaction.

First Aid In the Home

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

THERE is an old saying that "accidents will happen in the best regulated home." It is equally true that apparently slight accidents may result very seriously if there is no one at hand who knows just what to do and how to do it. In many cases a neglected splinter has resulted in blood poisoning, and stepping on a nail has led to fatal tetanus, or lock-jaw. How needful, then, that every father and mother, yes, and the children too, learn the simple principles of First Aid to the Injured. It is not always possible to obtain the services of a doctor promptly, and the loss of even a few moments may mean the loss of a life in case of serious accident.

Let us consider briefly and simply some of the most common accidents and injuries:—

Snake Bite

At certain seasons of the year snakes are very prevalent in country places, and even in the outskirts of towns. If a person has been bitten by a snake, unless it be known with absolute certainty that the snake is non-venomous, it is best to give the patient the benefit of the doubt and treat him for venomous snake-bite.

The venom of a snake is deadly poison to the human body, and the instant it is injected under the skin by the fangs of

the snake it begins to be absorbed by the small blood vessels in the vicinity, and is soon carried by the veins to the heart, and thence to the entire body through the arterial stream. The first thing to do, then, is to prevent the flow of poisoned blood to the heart by tying a cord, or ligature, tightly round the affected limb above the snake-bite; that is, between the bite and the heart. No time should be lost in finding a suitable ligature. A necktie, hair ribbon, piece of tape or stout string, a belt, trouser-braces, boot laces, a handkerchief, any available thing which can be tied round the limb will do—the chief thing is to get it in place and tighten it quickly. To make doubly sure, a second ligature may be tied round the limb a little closer to the heart.

Now, if there are no sores about the lips or mouth, suck the wound to withdraw the poison, or with a clean knife enlarge the wound, causing the blood to flow freely. If there is any potassium permanganate (or Condy's crystals) at hand, rub some of it into the wound and hold it in place with a light bandage. This drug acts as an antidote to snake venom if brought into direct contact with it in the tissues. If potassium permanganate is not obtainable, and there is

carbolic acid, nitric acid, or other caustic at hand, cauterise the wound by sharpening a dead match, wetting it well with the caustic and thrusting it down to the bottom of the wound.

Up to this time the ligature is still tied tightly round the patient's limb. If a doctor has not arrived in the course of twenty minutes or a half hour, it is best to loosen the ligature very slightly so as to allow the blood to flow to and from the limb to a very limited degree. If no alarming signs of constitutional poisoning occur, the ligature may be gradually loosened still more, but the patient must be closely watched, and the ligature promptly tightened again if grave symptoms intervene.

Should the patient develop symptoms of shock; such as weak pulse and respiration, apply hot bottles to the extremities, give a hot, stimulating drink (not whisky or brandy), and place smelling salts to the nostrils. The injection into the bowel of a pint of hot water containing a teaspoonful of salt is a safe and effective stimulant. In no case must the patient be permitted to fall asleep until he is well out of danger.

Now let us summarise the treatment of snake-bite:—

1. Apply ligature tightly around the limb between the wound and the heart.
2. Suck the wound, if mouth is free from sores.
3. Enlarge wound with a knife, and cause to bleed freely.
4. Apply potassium permanganate crystals freely to wound.
5. Cauterise wound with carbolic acid, nitric acid, or other caustic if potassium permanganate crystals are not at hand.
6. Treat shock by use of hot bottles, smelling salts, hot drink, etc.
7. Slightly loosen ligature after twenty minutes or half an hour.

A person living in the country or working in the bush should always carry with him during the snake season a small vial of potassium permanganate crystals, a sharp knife, and a suitable ligature.

The bites of other animals should be

treated in somewhat the same manner, though the ligature or caustic would not be required unless the animal were mad. As a general rule, the wound should be well washed in warm water containing a little disinfectant. If the wound is deep and does not bleed, it may well be slightly enlarged with the point of a clean knife. Keep the wound covered with a clean dressing to prevent the entrance of disease germs.

In the case of wasp or bee-sting, remove the sting by aid of small tweezers or the point of a knife. Then mop the part freely with dilute ammonia. The application of a moistened blue-bag, as used in the laundry, often relieves the pain and irritation.

Cuts, Punctures, and Other Wounds

In the treatment of cuts, punctures, and other wounds there are two chief objects to be attained; namely, to arrest hæmorrhage and to prevent or arrest infection of the wound.

Control of Haemorrhage.—If the wound be but superficial and the bleeding slight, it is usually sufficient to cleanse the wound with a mildly disinfectant lotion, and then apply over the wound itself a small pad of old, clean linen, holding it in place by means of a bandage tied snugly around the part. If a blood vessel of considerable size has been severed, it may be necessary to tie a ligature around the limb to arrest the flow of blood. First of all, it is necessary to ascertain if the blood is flowing from a severed artery or vein. If an artery of considerable size has been cut, the blood, which is bright scarlet in colour, spurts from the wound with each heart beat. In this case the ligature must be applied lightly round the limb between the wound and the heart. If a vein has been severed, the blood, which is of a darker colour, wells up from the wound in a continuous stream, and is not noticeably affected by the heart beat.

If the hæmorrhage is from a severed vein, the ligature should be tied around the limb beyond the wound or on the side away from the heart, as the blood in the

veins is returning from the extremities toward the heart.

In the arrest of hæmorrhage it may be necessary to use what is known as a tourniquet. This consists of a simple ligature, or bandage, which is tied round the limb and then tightened further by passing a lead pencil or stout piece of stick through the knot of the ligature and twisting it round until the bleeding ceases. Sometimes the ligature is only required until the wound can be cleansed and a pad and bandage applied to it directly. A tight ligature should seldom be left in place for longer than twenty minutes or half an hour. At the end of this time it should be slightly loosened, and if the bleeding does not begin again it may, after a few moments, be loosened still further. As nature arrests bleeding by forming a blood clot in the wound, no effort should be made to dislodge blood clots.

As soon as a person sustains an injury accompanied by bleeding, he should be placed in a recumbent position, as this lessens hæmorrhage. If he has lost much blood, he should be warmly covered, and should have administered as soon as possible a hot rectal injection (one pint of water containing a teaspoonful of table salt).

Prevention of Wound Infection. — All about us are bacteria, or germs, which, though so minute, are potent in the causation of various diseases. There are many varieties of germs, and their habits of life are also various. For instance: the germs which cause abscesses or blood-poisoning (so-called) are on practically everything we touch, particularly in the dust and refuse of all sorts. Again, the germs which cause tetanus, or lock-jaw, live and grow in garden soil. The skin serves as a natural wall of defence against various disease germs, for though its surface may be itself unclean, as long as it remains intact the germs will not pass through into the tissues. But just as soon as there is a break in the skin, be it ever so slight, there is an open door for the entrance into the body of dangerous disease germs. Sometimes, very often in

fact, these germs are conveyed down into the deeper structures of the skin on the point of a rusty nail, or by means of a splinter or other article which pierces the skin. Hence the necessity of thoroughly cleansing and disinfecting all wounds as soon as possible after they are inflicted, and of preventing further infection by keeping the wound covered with clean dressings after this initial cleansing. This point cannot be emphasised too strongly. No wound is too trivial to receive prompt and careful cleansing. Particularly deep-punctured wounds should receive special attention, as the germs of tetanus thrive best in deep wounds where the light and air are largely excluded. If a man steps upon a nail while working about the garden, he should at once put the foot into warm water so as to encourage bleeding. It is well to enlarge the wound slightly and *make it bleed*, as this in itself washes out any tetanus germs which may have entered the food with the nail. Or another plan is to cauterise the wound, or, in other words, thoroughly disinfect it by thrusting a sharpened match wet with carbolic or nitric acid down deeply into the wound as is described under snake-bite. After having cleansed the wound and caused it to bleed, cover it with clean dressings, and keep the leg up as much as possible so as to favour the circulation and hasten healing. Watch the wound closely, and if there is the least doubt as to its favourable progress seek medical advice early.

If a splinter enters the skin, always remove it as soon as possible, as a splinter invariably carries germs into the skin and will suppurate or discharge if not removed promptly. The removal of the splinter may be facilitated by soaking the part in hot water for a time before attempting its removal. This also lessens the pain if it is deeply imbedded. If necessary, enlarge the skin opening slightly with pointed scissors, or a pointed knife, and use small tweezers or forceps in effecting the removal. If unsuccessful in removing a



A Beauty Recipe

GEORGE TEASDALE

To have features that are pleasant to look upon is a natural desire for every boy or girl to entertain, and it is proper to give some attention to the thought of how such features may be cultivated.

One day while reading an old book I discovered an excellent beauty specific which I have decided to divulge to my young friends, and my old ones too. The value of the recipe can be variously estimated from one hundred guineas up; indeed, some of my friends who know the secret think its value is beyond computation in coin of the realm, and they class its worth almost with life itself.

That the unguent may be most effective and its qualities shown to their very best advantage, it must be applied before the sun dries from off the grass the dew that was so beneficial to the complexions of our grandmothers when they were girls; or the application must be as soon after sunrise as possible. One remarkable thing about this cosmetic is that wet weather does not affect it disadvantageously, neither do the caresses of our friends in any way spoil its appearance; indeed they both add very much to its effectiveness.

Not only should it be applied regularly every morning, but frequently during the forenoon should liberal doses be well rubbed in. Delicate persons need not be afraid of it, for it is a genuine skin food that has no evil after-effects of any kind whatever. If the morning anointings be carefully attended to, no special thought

need be exercised for the evening, for at that time the effects of the earlier applications will be seen to their best advantage. The immediate results of a conscientious application of the lotion are truly magical; and when its use is continued persistently for a reasonable period of time, the benefits become so permanent that but little further thought need ever be given to the emolient.

Young women with faulty complexions, dull eyes, and even with irregular features and sour dispositions, by careful attention to early morning and forenoon applications, may become little less than glorified, a delight to their friends and acquaintances, and also to themselves.

Young men lacking in physique, with no figure, and of shuffling gait, can much improve their personal appearance and almost entirely obliterate their imperfections by a wise and constant use of this remarkable remedy; and they need never be ashamed to admit that they are using it, or to recommend their friends to do the same.

Good looking people can use it with excellent effect, for it is not only a transformer, but it is also a preserver of beauty; and children ought to be taught to use it unstintingly.

Indeed it is thought by some that when God saw how men and women would become marred by sin, and be ashamed of their physical blemishes, He provided this Edenic balm to hide their defects and even almost to beautify them; for it

is possessed of qualities that have power to alter the features marvellously and change the cast of countenance.

Now what is this that enshrouds in a halo of beauty its devotees, dazzling the eyes of all beholders that they should not notice any physical blemishes, that bewilders and charms all their friends, that has a soothing and quieting effect upon their enemies, and is a constant cause of admiration and delight? The name of this wonderful specific, this magical remedy for nature's disfavours, is—Cheerfulness, a sunbeam from heaven come to this dark earth to gladden the hearts and eyes of weary mortals.

Cheerfulness will do all that is claimed for it, and much more, if it be diligently and persistently applied when we feel least like using it. That is the time its

virtues are best seen and felt. Cheerfulness will transform, or hide, a multitude of blemishes, as the glories of the setting sun transform this disfigured old earth into a paradise, covering the wounds and scars of sin with reflections of the glory of heaven.

Caution—As all genuine remedies are counterfeited or imitated by nostrums said to be just as good or cheaper or more easily obtained, so cheerfulness has its imitations. Many people think that foolishness, levity, giggling, and such-like behaviour, are the same as, or as efficacious as, the real quality. But they are deceived; there is as much difference between them as there is between the peach-like complexion and healthful vigour of youthful beauty and its painted and padded and decrepit imitation.

How to Overcome a Perverted Appetite

MRS. MINA MANN

THE reward is promised only to the overcomer, and there is doubtless no one thing in our perverted natures harder to overcome than a perverted appetite. From time immemorial man has been a slave to his gustatory desires. It has been pertinently remarked, "For the sake of pleasing the first few inches of his alimentary canal, he will inflict burdens grievous to be borne upon the rest of the twenty-five feet."

Children grow to manhood and womanhood with the idea that the one thing to be considered in the selection of their food is their appetite, and that appetite one which, from the very start, has been wrongly educated. We have only to glance about us to know that the appetite is almost invariably a thing of education. Watch the Frenchman's delight over the flavour of asafetida with which his food is seasoned; or the German's pleasure while partaking of his Limburger; or the Indian smacking his lips over his maguey butter, made from the fat worm that lives

on the maguey plant, and you will realise that the appetite can be made to call for strange dishes.

But the question before us is: How to overcome a perverted appetite, and learn to take pleasure in simple, wholesome food. Perhaps one has become accustomed to some artificial stimulant, wine, beer, or some of the various liquors containing more or less alcohol, and the system seems to demand these unnatural products. To such we would say, that if you are really desirous of living a clean, wholesome life, you must drop all such things, and partake only of clean, wholesome food.

The very first requisite to the overcoming of an unnatural appetite is a genuine desire to be free. The second is the possession and use of a little will-power. Study your own system and its demands, and then how to meet those demands. Bathe frequently that the pores may be free to eliminate the wastes. Take plenty of outdoor exercise that you may bring to

the table the best of all stimulants—a good, healthy appetite. There is more danger of overeating than not eating enough. The system does not demand a great amount of food, and when we eat too much it is like putting too much fuel in the fire-box—it clogs the delicate machinery of the body, and causes dullness and a heavy feeling. It creates biliousness and gives a muddy complexion. Become intelligent regarding your body, and then use the moral and physical will-power

with which the Creator has endowed you, and life will take on a new aspect, and you can live naturally instead of artificially. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

The key to success in this matter is a knowledge of what is best, a determination to put into the system only that which is best for it, and a realisation of our own inability and insufficiency and of God’s power and willingness to supply our lack.

Adenoids

CHARLES HENRY HAYTON, B.A., M.D.

INFANCY and childhood are periods in life in which great changes take place in the body. Every tissue and every organ is affected thereby. The great rapidity of growth, both mentally and physically, gives to this period a peculiarity not found in adult life. When one realises that an infant at birth weighs seven pounds; doubles its weight in six months, trebles it in the year, quadruples it in two years, and then gains on an average of seven pounds each year till thirteen years old, one can easily realise something of the rapid growth and the remarkable changes that must take place. The progress of growth and development can be easily arrested by the most trivial cause. A simple cold, a slight constipation, an overgrowth of some tissue or organ, or even a slight change in feeding or in foods, is enough to check the developing process and to mar permanently the child’s physical and mental future. Every stage of this growth should be carefully watched by the parent as a gardener scrutinises his plants, and any hindrance to the full and free development should receive immediate attention.

Causation

Among the various tissues of the body that are especially active in infancy and childhood is what is known as lymphoid

tissue, a tissue composed of many round cells and numerous fine blood vessels. This tissue is found in abundance in many parts of the body. The spleen is partly composed of it, so also the thymus gland and the numerous lymphatic glands distributed throughout the system. There is a small patch of lymphoid tissue at the base of the tongue called from its position the lingual tonsil. There is a rounded patch embedded between the two pillars of the fauces on each side at the back of the mouth. These become greatly enlarged and sometimes reach the size of walnuts. They are commonly called the tonsils. Yet another patch is found in the posterior wall of the pharynx, up near the roof just behind the nose. This is called the pharyngeal tonsil, but is better known as adenoids. They form masses varying in size from a pea to a filbert. All these portions of lymphoid tissue become greatly enlarged in children, especially between the ages of three and twelve. In some they cause symptoms; in others they do not.

It is a curious fact that the excessive enlargements seem to run in certain families. All the children seem to have it, also the parents before them. This observation has caused medical men to believe that heredity plays some part in these growths. Just why this particular

tissue should enlarge at this time is not definitely understood; but that it plays some part in the development and metabolism of the child is certain from the fact that as the period of adolescence is approached, a great shrinking of this tissue takes place and some portions entirely disappear.

In some cases, however, it persists till late in life. A case is on record when adenoids were removed from a patient fifty years old.

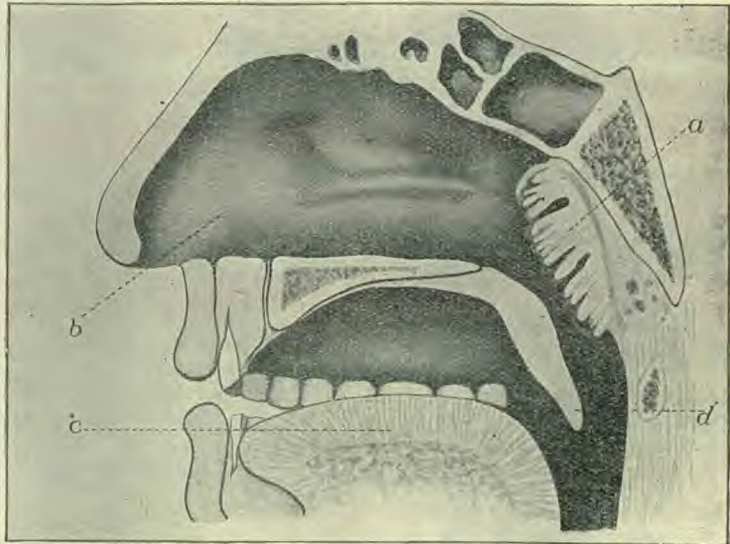
Symptoms

Adenoids are widespread. No climate or race is entirely free from them. They occur in the children of the Eskimos as well as in the races of the torrid zone. They seem to be more prevalent in damp and low countries than in drier and high altitudes, more in the winter than in the summer.

The nose is the natural channel through which the air enters the body. With very rare exceptions all children breathe through this channel. The infant at the breast cannot suckle without breathing through the nose. In the accompanying illustration the growths can easily be seen clinging to the roof and posterior wall of the pharynx. One can easily see what would happen from the partial or complete blocking of the nose by this obstruction. The stream of air is deviated from its normal course to the abnormal channel through the mouth. It is not natural to breathe through the mouth. Mouth-breathing is an acquired habit. "Shut your mouth and save your life" is an old saying with a great deal of truth. Through this obstruction in the nose the child becomes a mouth-breather, and lays itself open to all the attending evils of this

condition. Mouth-breathers are common in this country.

Just below the mass of adenoids and towards each side of the pharynx are the Eustachian tubes. We can see how these growths could completely cover these tubes and so cause all degrees of deafness. The Eustachian tubes are outlets from the middle ear. They cause an equilibrium of air pressure to exist on both sides



(a) ADENOIDS; (b) NASAL CAVITY; (c) BASE OF TONGUE; (d) UVULA

of the delicate membrane called the ear drum, thus allowing it to move freely in order to transmit the minutest vibration in the air to the internal ear. When these passages become obstructed by adenoids this equilibrium is destroyed. The drum becomes indrawn and fixed, and according to the degree of fixation of the drum does the child become deaf. Pain in the ears, abscesses of the ear passages, and a running from the ears are also signs of adenoids.

Who has not seen a child with open mouth, receding chin, thick lips, pasty look, a small, useless, pinched nose, a nasal, thick voice, and generally with rounded, stooped shoulders? Ask the mother a few questions about the child, and she will tell you that he is hard of

hearing, that he is dull and stupid at school, restless in his sleep at night, wets the bed continually. His appetite is poor. He bolts his food, thorough mastication being impossible. He is irritable and cross, does not play like other children, hardly ever whistles or sings, has frequent attacks of cold in the head, and is hardly ever free from them. Ninety-nine times in a hundred this child has adenoids and needs immediate medical attention. It is on record that in a school of 375 boys there were twenty-six described as bad scholars, and of these no fewer than twenty-two had adenoids, which being removed, these boys markedly improved in their classes.

Constitutional Effects

It is not surprising that children with the above group of symptoms are far from being robust and healthy, and grow up to manhood and womanhood constitutionally defective. The whole cast of their features undergoes a decided change, the continual mouth-breathing produces a high-arched palate, and as a consequence of this condition the temporary teeth are crowded together, and the permanent set which follows are likewise crowded and overlap each other and protrude through the lips, thus marring the facial expressions of the child. The arching of the palate produces a buckling of the thin plate of bone that divides the nostrils, and what is known as a deviated septum develops, which ushers in a long train of catarrhal troubles with the nose, throat, and ear.

It is quite natural that a child who finds it impossible to breathe through the nose, whose peaceful slumber is nightly disturbed, who is, as it were, "continually fighting for his breath," should suffer from deficient oxygenation of the blood, should be dull, heavy-eyed, and stupid. General ill-health is a logical consequence of this condition, and a very serious one at that. Among other constitutional effects of adenoids are the following: Asthma, St. Vitus's dance, stammering, stuttering, hawking, and scraping in the

throat, besides the list of infectious diseases to which these children are more liable.

Treatment

How should we advise parents in the treatment of this condition? To permit the child to go on suffering ill-health till permanent injury is done is an injustice to budding manhood. To wait till the adolescent period arrives, hoping that the adenoids will shrink and the symptoms



CHILD SUFFERING FROM ADENOIDS

disappear, is merely putting off the evil day. Before the time of puberty is reached, irreparable damage may be done. The face, voice, hearing, nervous and mental character may have become permanently changed and marred, while the most important educational period of the child's life will have been passed in ill-health. As parents who are deeply interested in the welfare of our children, we cannot afford to procrastinate, but should face the trouble frankly. Adenoids produce serious symptoms, and if left to themselves will eventually impair for life

the mental and bodily functions of the child. The treatment must be immediate and the conditions must be changed.

The majority of medical men are agreed that the most successful treatment is surgical. The growth must be removed in order to allow free circulation of the life-giving oxygen through the nasal passages. The operation to-day is a simple and safe one in the hands of skilful men, and no parent need shrink from permitting it if it is found necessary.

There are few operations in surgery which bring such immediate and gratifying results. The improvement generally begins in a few days after the operation, though the full benefits are not noticed till some months after. The breathing becomes freer, the sleep more quiet and

peaceful. The mouth assumes its normal shape and soon closes, and the voice and hearing greatly improve. The benefit to the general health is soon observed. The pasty, dull, and stupid look disappears. The child becomes more bright and intelligent at school, his weight increases, his chest expands, and in a few months the entire appearance of the expression is changed, and life becomes a joy to him instead of a mere existence. The beneficial results are seen in proportion to the age of the child. The older the patient after the seventh or eighth year is past the less marked are the results. No return takes place in ninety per cent of the cases, and the older the patient after the fourth year the less liable is this to happen.

What Seven Men Said—a Temperance Tribute

A GROUP of men casually came together at a dinner party the other evening, and one happened to look over the table, which the women had just left, and commented on the little alcohol that had been consumed. And here is what these men said. The first was a business man of large interests: "I wouldn't think of voting for State prohibition, but let national prohibition come up and it will have my vote in a minute. Drinking has become an economic issue, and I am willing to give up my whisky and soda for the good of the many." The second was a large employer of men, some eighteen thousand: "I am ready for national prohibition; up to this time it has seemed a far-away ideal to me; now I see it as a pure efficiency measure." The third was a clear-seeing Irishman: "Alcohol has been the curse of my people. I have stopped taking it, after forty years of occasional drinking, and my vote is ready for national prohibition." "Go

ahead," said the fourth man, a railroad official of high standing. "I am ready for it personally, and so are all the officials of our road." A physician was the fifth: "Medicine can do without it; science is against it; the old idea of alcohol as a food is exploded. I am all ready for my vote for national prohibition." It was a clubman who spoke next: "When I see drinking among the caddies at our club, and our caddy-master silly with it, I am ready to give up my cocktail and vote against the whole business." And, last of all, was a wholesale dealer in liquor who had started the talk, and who finished with this significant statement: "You're right; we are seeing the handwriting on the wall. I said at a meeting of our wholesale liquor dealers the other evening that we didn't have five years of life ahead of us. Strange as it may seem to you, I would vote for national prohibition. It's for the best all around." Not a dissenting voice!—*Ladies' Home Journal*.

When the Sundial Lost Its Tongue

C. A. M.

IT sat perfectly still on the top of a post in grandfather's yard. It could tell the time of day from sunrise to sunset. It was faithful and truthful. Grandfather believed it.

One day Mr. Grouch walked past grandfather's yard, shielding himself from the hot sun with a big umbrella. He walked up to the sundial, and we heard him mumbling to himself: "The old gentleman who lives here, I am told, believes this ordinary metal plate tells him the time o' day. Now, I have seen the astronomers," he went on to say, "watching the distant stars and getting from them our 'standard time,' but I don't believe anyone can read the time of day from a simple piece of metal." He and his big umbrella hovered over the sundial like a hen over her chicks. Then the sundial lost its tongue. To save its reputation it couldn't tell Mr. Grouch the time of day.

It was all because Mr. Grouch stood in his own light. It was not the sundial's fault. "I knew there was nothing in it," we heard him mumbling as he walked away. "But I'm glad I investigated for myself," he muttered.

Mr. Grouch is always standing in his own light. He uses his prejudices for an umbrella. He is very proud of his umbrella. He is always wondering how anyone hears God's voice in the Bible. It isn't the Bible's fault. Poor man, he needs someone to help him get out of his own light.

How long is it since you gave your wife something she *really wanted*? Perhaps it's only a kiss, or a word of love or appreciation. Perhaps it's a watch or a vacuum cleaner. But whatever it is, nothing else will quite fill the bill. Women are like strawberries: they want what they want, or they sometimes shrivel up and become sour.—*Farm Journal*.

Why Persian Carpets Are Not as Good as They Once Were

ANILINE dyes have not added to the reputation of the carpets of Persia, now invaded by the Turks. At one time the only dyes used in the Persian carpet industry came from indigo, madder, and vine-leaves. From these were evolved many delicate shades impervious to the action of sunlight. With aniline dyes the colours fade much more rapidly. In Persia you may see new rugs spread on the floors of bazaars, so that many feet may tread on them. By such hard wear—provided the colours are fast—the genuine articles improve in appearance, acquiring an attractive gloss. A Persian carpet of the best kind has a marvellous number of stitches, and a hearth-rug of pure silk may cost hundreds of pounds. Unfortunately young children are largely employed in this flourishing industry, working under conditions reminiscent of English textile factories of a century ago.

First Aid in the Home

(Continued from page 185)

large splinter or one that has penetrated the tissues deeply, obtain assistance. A neglected splinter is sure to result in suppuration or an abscess, and may result even more seriously.

As to the use of disinfectants in the treatment of wounds, considerable care must be exercised. The employment of over-strong lotions lessens the vitality of the tissues and retards healing. We can give no definite rule, as the common disinfectants (of the well-known *lysol* type), known by various trade names, vary considerably in strength. The instructions on the bottle may usually be followed safely though, as a rule. For cleansing purposes only, the lotion may be made somewhat weaker than is advised. But with all of our disinfectants, let us remember that just ordinary soap-and-water cleanliness counts for much.

Our next article will deal with the treatment of burns and other common injuries.



A WELCOME GUEST

WHEN baby comes! The earth will smile,
And with her springtime arts beguile
The sleepy blossoms from their rest,
And truant song birds to their nest,
To greet my guest.

When baby comes! Now fades from mind
All thought of self. The world grows kind,
Old wounds are healed, old wrongs forgot,
Sorrow and pain remembered not;
Life holds no blot.

When baby comes! Methinks I see
The winsome face that is to be,
And old-time doubts and haunting fears
Are lost in dreams of happier years;
Smiles follow tears.

When baby comes! God, make me good,
And rich in grace of motherhood;
Make white this woman's soul of mine,
And meet for this great gift of Thine,
In that glad time.
—*Ladies' Home Journal.*

Morbid Fears

The Need of Great Care with Children's Minds

James Hall

PROBABLY one of the worst afflictions of humanity is morbid fear—the unreasonable dread of many things quite commonplace, or the many torturing ideas that are merely products of the imagination. The number of people of both sexes and all ages who suffer from this ailment is much greater than is commonly supposed by those of more fortunate temperament.

It is but natural, of course, for all of us to beware of real dangers and risks, but I refer to people who are preyed upon by exaggerated and needless fears: some are nervous in the common ordeals of

life; others have an irresistible dread of many things in which their reason tells them there is no cause for anxiety; while others are victims to all sorts of foolish imaginations at times. People who suffer from such unfavourable conditions have to endure much unhappiness, and, unfortunately, are often treated with ridicule; whereas it would be more just to extend all possible help to them.

This ailment, known as a form of nervousness, is largely due to a weakened state of the nervous system, often caused or intensified by a low condition of health, for it is found that nearly all very nervous people are also suffering from a more or less weakened vitality, though many of these may not be aware of physical weakness until they are put to the test. All may be quite assured that by building up vital power, thus toning up the nervous system, great improvement will immediately result in the condition of the mind and spirits. These haunting fears are caused in many cases by the mind having been filled with exaggerated and vivid impressions during early childhood, and by the reaction of mind and body upon each other. The trouble becomes more difficult to shake off as the years advance.

I know that the nervousness of many grown-up people is due largely to their having been told ghost stories in childhood, or having been given vivid accounts of disasters at the age when they were governed more by their emotions than by their powers of reason. We are all endowed not only with a reasoning mind by which we think and learn, but also with a subjective mind, known as instinct,

which is some beneficent provision of nature acting throughout all nature for the preservation of all life.

The following well-known examples will show what is meant: An infant will take food almost immediately after birth; children are drawn instinctively to a man who is kindly disposed towards them; a man coming suddenly to an obstruction in the dark will stop instantly, even before his reasoning mind has had time to act.

The protective mind (or instinct) is capable of receiving impressions, especially during childhood, when the store of knowledge and the powers of reason are very small, and consequently such impressions often remain implanted in the mind throughout life.

If a sensitive child be told all the sensational details of a shipwreck, his mind is apt to be filled with a dread of the sea; so that even in the years of his manhood he may suffer an irresistible feeling of nervousness whenever on a sea voyage. Also there is no doubt that the fear that so many people have of the darkness at night time is due to their having been told ghost stories in childhood. That there are many such cases as these I know from personal experience, and there is no doubt that it is a very grave error to fill the minds of children with sensation, thus tampering with their normal instincts.

Most certainly it is necessary to warn children against the many dangers that exist in life, but it is best to appeal to their reason, and to teach them intelligently, so that they may go through life free from needless fears. Thus they will be better and brighter and happier than they would be otherwise. Those of us who are grown up, and are still handicapped by morbid fears, may rest assured of great improvement by following the right method of treatment. It is proved that by studying and practising physical culture and increasing the strength of the body, the condition of the mind and spirits will improve correspondingly, until confidence and courage are restored or greatly increased. Also great help is to be gained by seeking cheerful company,

and by adhering with self-discipline to a system of good habits and interesting hobbies that will make for mental culture.

By following these rules, improvement will certainly result, and our lives will become more satisfying to ourselves and a greater blessing to others.

School Day Influences

Sharlot M. Hall

THERE comes a period to all children, from ten to fifteen, when they begin to grow dimly aware of the mystery of life; to restlessly seek its solution, and to realise that the nursery story of the angel bringing little sister is not true. Their playmates drop bits of knowledge, and the mysterious silence preserved by mamma only serves to whet their curiosity. Then come school days and associations, and after a year or two the mother would be much surprised if she could just know what is being talked among her children and their playmates.

I do not wish to speak against our schools, but I know from my own experience that neither teacher nor mother can have any adequate idea of what goes on during play hours. I often wonder how parents can be so blind, so careless of the little notes that pass from hand to hand, and the secrets told with elaborate precaution. Children from all sorts of homes meet and mingle freely, and the stories told and language used is a shock to a thoughtful mind.

Perhaps I have the advantage of inside knowledge, for I went, a shy, quiet girl, from a lonely country ranch to a town school. The earnest intention to study medicine and make it my life work had given me considerable knowledge at a very early age, and to me the production of life was a holy of holies. Absorbed in my studies, I did not join any class or set, and soon the girls laughed and joked and told their experiences before me as if I had been deaf or blind. They were all nice girls, from the best families; but the things I heard them tell made me resolve

that no daughter of mine should ever leave her mother's care without the protection of knowledge.

The girls were not to blame; they were simply the victims of perverted curiosity. They came from homes where these deeper subjects are tabooed and helpful books forbidden. Their mothers were advocates of innocence preserved by ignorance, not protected by knowledge.

What a sad mistake! It was the girls kept in ignorance by mothers who listened most eagerly to those unspeakable tales. The sweetest innocence is knowledge that closes ears and mind to all low influences.

Every mother should herself give her children, both boys and girls, this knowledge by the time they are ten years old, or twelve at the farthest. Not fully, perhaps, but by degrees. Show them the wonders of plant life, and lead up so to the higher.

Boys need this home training far more than girls, for they come earlier in rough contact with the world, and see and hear so much that is spared their sisters. Older boys are all too ready to teach the little ones evil things, and grown men are sometimes brutally careless of their words and actions. Many a boy has ruined mind and body in his pitiful ignorance and before his parents would have believed the thing possible.

When Baby Is Teething

INTEREST and excitement attended the advent of a son and heir to a very young couple. The little stranger, after being duly admired by its relatives, evinced its weariness of the ordeal by a lusty outburst. The proud father standing near, however, threw up his hands in dismay and exclaimed, "Oh! the poor, unfortunate little beggar hasn't got a single tooth, isn't that too bad?"

For an instant the humour of the situation did not make itself apparent, veiled as it was by the evident distress depicted upon the young father's countenance.

Then baby's grandma came to the rescue and with a placid smile remarked:—

"Neither had father at its age," when the laugh became general at the expense of his ignorance. However funny this may seem, I assure you it was actually the case. There is still, however, a vast amount of general ignorance in regard to teething, for one not infrequently hears such questions as, "Well, how many weeks will it take?" or "Which teeth come first?" etc.

It is quite impossible for anyone to specify the exact length of time over which the teething process will extend, for it varies greatly in the case of individual babies. Some children begin teething as early as five or six months, yet six to seven is the average period, and it not infrequently extends well into the third year. Mothers whose children have been reared on physical culture lines have really nothing to fear from dentition.

Simple Means of Relief

Normally, healthy babies usually get their teeth quite early, in rapid succession, and with little or no physical disturbance. Should there be any attendant restlessness or discomfort, for instance, during the hot weather, a warm bath will soothe and allay. Should the bowels be in any measure constipated or irritated, a rectal injection of warm water, that has been boiled, will afford immediate relief and comfort. The teeth should appear in the following order:—

Two middle lower incisors, two upper middle incisors, two upper lateral incisors, two upper front molars, two lower lateral incisors, two lower front molars, two lower cuspids or stomach teeth, two upper cuspids or eye teeth, four second molars.

There are, however, deviations from this order, even in healthy babies.

Indeed, the normally healthy baby usually cuts many of its teeth without any preliminary notice, unless it be a frequent desire for water indicative of hot gums, and an increased activity of the salivary glands usually alluded to as "drooling." This drooling will often keep baby's little

dress or bib moist, but no greater inconvenience need attend it.

Among the earlier indications of teething are irritation of the gums, and a desire upon baby's part to bite everything within reach, ranging from mother's finger up to the edges of chairs, tables, etc. This desire should be anticipated by supplying baby with a ring, preferably of bone or ivory. Those made of rubber or celluloid are not hygienic, the latter being unpleasant to the taste as well.

Baby should have a drink of water several times during the day. At no time is it more essential to do this than during the teething period. The little mouth is naturally hot, and a cool, refreshing drink of pure water means so much to baby.—*Healthy Home.*

The Mother of the Girl

THE Mothers' Club was meeting at Mrs. Gardner's. The Gardners were newcomers in Maplewood, and this was the first time Mrs. Gardner had entertained the club.

The programme was finished at half-past four. Five minutes later three girls appeared with refreshments. One was Polly Gardner; in the others, two of the ladies recognised their own daughters. The girls were in the happiest of spirits, and thoroughly enjoyed the surprise.

"Why, didn't you know Christine and Bess were going to help Polly?" Mrs. Gardner asked, seeing the surprise. "I supposed they told you. They didn't let me know—the scamps!—that they were planning a surprise for their own mothers. They made everything, you know—salad and biscuits and all."

"But Christine never made a salad in her life!" Christine's mother exclaimed.

Mrs. Gardner lifted her brows whimsically. "You see, Polly adores to 'boss' things," she explained. "But the child is fair. She is ready to take orders, too, when her turn comes. We've talked that all over many times—haven't we, daughter?"

Polly's clear, laughing eyes looked straight into Mrs. Herrick's.

"Mother had a terribly hard time making me see," she confessed honestly, "but I do see now. I'll prove it to Christine whenever she wants me to."

The refreshments were delicious—everyone said so; yet more than one of the ladies ate absently, and finally, when the girls had removed the plates and gone off in a merry group, one of the mothers turned to Mrs. Gardner.

"I wish you'd tell me how you do it," she said abruptly.

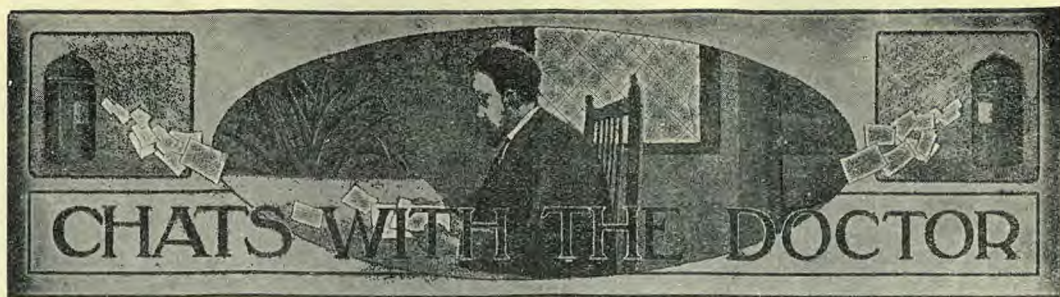
"Do what?" Mrs. Gardner asked in surprise. "Do you mean the salad? You see, Polly and I are comrades. We always have our fingers in each other's pies, and she prepares the refreshments for my guests, and I for hers. We think it tastes better so."

"No, I don't mean the salad. I mean—everything. The comradeship between you two —."

Mrs. Herrick's voice broke. A silence—a deep, listening silence—fell over the room, and Mrs. Gardner understood.

"I had to have a lesson," she said slowly. "My little daughter gave it to me three years ago. One day she ran up to my room full of excitement over some school matter. I had work that I thought important, and put her off. The colour flamed into her face, and she cried, '*The kind of mother a girl wants—*.' I did not hear anything beyond those words. The justice of them pierced me like a sword. I knew clearly and definitely—all mothers do—the kind of daughter I wanted mine to be. Had she not just as much right to the kind of mother she wanted? She was trying to meet my ideal; had I ever even stopped to think whether she had an ideal for me? That was the beginning. I began that moment to try to learn and then to become the kind of mother my little daughter wanted. That is all there was to it, ladies."—*Selected.*

"TALK health, happiness, and prosperity without appearing to do so."



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.

433. Dandruff (Seborrhoea)

Miss A.F.G. writes: "I see in LIFE AND HEALTH, July, 1915, that you advise 'V.D.L.' to send a stamped addressed envelope if she wishes a reply. Can you under same conditions reply to my inquiry? What really causes dandruff? Kindly prescribe a remedy for same. . . . My hair is very dry and broken on top, yet collects "oil" towards the neck, and even looks greasy."

Ans.—We do not reply by post except under very exceptional circumstances. Miss A.F.G. should have also read the latter part of notice given to "V.D.L."; viz., "See notice at head of this department." Dandruff is a condition of over-activity of the sebaceous glands, which causes an increase and alteration of this secretion. There are two principal forms: (1) A dry form in which the solid, fatty constituents of the secretion are excessive and form dense, scaly masses more or less greasy both to sight and touch. (2) An oily form in which the skin looks and feels as though it had been anointed with oil. It is probable that the irritation which sets up the disease is of parasitic origin. Certainly parasitic remedies are the most successful. We would advise the following ointment to be used at night:—

R Precipitated Sulph. ʒj (1 dram)
 Resorcin grs. x
 Adeps (Lard) ʒii (2 ounces)

Or, if sulphur is objected to: Thoroughly cleanse the scalp with naphtholated oil (1 per cent) and naphthol soap, and afterwards wash for seven or eight days in a one to two per cent solution of naphthol in alcohol.

434. Round Worms (*Ascaris Lumbricoides*)

B.H.R. asks for information and treatment in regard to long, white worms from which her two children suffer.

Ans.—They resemble in appearance the earth worm, but are not segmented or of such a red colour. The male worm is from four to six inches in length, and the female about ten inches. They are of a yellowish-white colour, tinged more or less with red. The worm is cylindrical in shape, tapering to a point at both ends. Their usual habitat is in the small intestines, but they wander about the alimentary canal considerably, and may be found in the stomach, œsophagus, throat, nose, or be passed out with the fæces. The female deposits an immense number of eggs, which are $\frac{1}{400}$ inch long, and can readily be discovered by the microscope. As many as three thousand of these have been found in a bit of fæces as large as a grain of wheat. They do not develop into worms until passed out of the bowel. Outside the body they resist destructive agencies very obstinately, and may retain their vitality for years.

It is only when re-introduced into the

alimentary canal with food, water, or by fingers or toys of children, that the ova develop into worms. They are consequently more common in children of uncleanly habits. Infants creeping about the floor may become infected by dust brought in on the shoes from manure heaps. The habit of children putting their fingers and toys into their mouths is certainly one way of infection. The drugs used in the treatment of the round worms do not kill but only paralyse them, and consequently an occasional purgative is necessary. The usual remedy is *santonin*. It can be given in powder mixed with sugar or jam, and is also made up as lozenges. The dose at the age of two years is $\frac{1}{4}$ to $\frac{1}{2}$ grain; at six 1 grain; and at twelve 2 grains. Give morning and night with a dose of castor oil every second day. *Santonin* is poisonous; four grains have been known to cause serious symptoms in a child of four years old.

Spigelia, an American remedy, is said to be entirely safe. The following is a safe prescription, and combines with the anthelmintic the purgative action necessary:—

℞ Ext. <i>Spegeliac</i>	ʒii (2 ounces)
Ext. <i>Linnac</i>	ʒix (9 drachms)
Alei <i>Anisi</i>	n4
Olei <i>Cari</i>	m4

S.—Half a teaspoonful for a child of two years, a teaspoonful for one from four to ten years old.

435. Gravel and Piles

J. F. asks for treatment of the above, Where the water is of high colour or solid particles appear in the urine, attention must be paid to diet. Avoid flesh foods, tea, coffee, cocoa, pastry, rich foods of all kinds, and sweets. Take fruit (fresh preferably) after every meal, except when vegetables have been taken. Drink freely of water, or water flavoured with fruit juice, between meals, first thing in the morning, and on retiring at night. For the piles bathe twice daily, especially after the bowels have acted, with hot and cold water, dry thoroughly, and apply the following ointment:—

℞ Ferri Sulph.	grs XXX (30 grains)
Ung. <i>Cosin</i>	ʒii (2 ounces)

The only sure cure for piles is an operation. This gives permanent relief; the operation is neither a dangerous nor a difficult one.

436. Rupture

A.B. complains of a rupture which he has not been able for some time to keep back by the aid of a truss. Frequently the rupture will descend into the pouch of the testicle, and will only return on lying down.

Ans.—Very probably another form of truss will be effectual. We have found a scrotal truss, pear-shaped with the small end downwards, is the best for those ruptures which descend into the scrotum. We have no hesitation whatever in these cases in recommending an operation. The operation should always be a success; the rupture never returns, and the truss can be altogether dispensed with. With ruptures that cannot be kept well and easily back with a truss there is always a risk of strangulation, which is a very dangerous condition, and may cause death unless operated on quickly.

437. Displacement of the Womb

L.W. complains of the above, and states that although she has been married some time she has no children.

Ans.—Sometimes a well-fitting pessary will give a considerable amount of relief. The ring combination fluid pessaries are the best, and not so likely to do harm as the harder varieties. This is a condition that is easily remedied by an operation. The operation would probably confine the patient to bed for about two or perhaps three weeks.

438. Bowel Flatulence

Subscriber writes: "Will you kindly insert treatment for bowel flatulence, irritation of bladder, chlorides in urine. The doctor has been giving me soda mixture (tabloids) and thyroids, but I find no benefit from that treatment.

Ans.—To answer this question satisfactorily we should know the state of the bowels and tongue, and whether there is heartburn, sour eructations, or other purely stomach troubles. A careful dietary is absolutely necessary in these cases. The meal should be commenced with some dextrinised food, as granose biscuit, wheatmeal biscuit, rusks, or zwieback. This should be thoroughly masticated, and not swallowed till it is absolutely reduced to pulp. Be careful to obtain really good bread, and it should never be eaten fresh. Great benefit is obtained by substituting dextrinised food altogether for bread. Cut new bread into slices half an inch thick, and bake in a slow oven till crisp right through without much browning. All food must be thoroughly masticated. There should be a complete rest of half an hour or more before and after meals. Avoid bulky foods, such as vegetables and lentils, peas, and beans. Avoid also tea, coffee, cocoa, all fried foods, cakes, scones, and mixed dishes. Mushy, sloppy food, as porridge, should not be taken. A complete fast in bed for a day, taking only water followed by three or four days of the following dietary would give subscriber a good start: Zwieback or granose biscuit and lightly poached egg (not boiled), or zwieback and hot milk. Take these foods only twice daily for a few days, and no food whatever between the meals. Charcoal tablets taken after the meals are helpful. If fresh fruit agrees, it may with advantage be taken at the close of the meal, but not between meals. Well-matured, scraped apples would be a good form of fruit. We would advise that the last meal of the day should consist entirely of fruit. In all dyspeptic cases the peculiarities of the individual have to be considered. It is very true of these cases what is one man's food is another man's poison.

439. General Debility

F.S. states that she was married at twenty-three, and had six children before she was thirty, and ten before she was

thirty-seven years. She suffers from great weakness, and is broken down in health, and feels like an old woman. She is now forty-one years of age, and her youngest child is four years of age; . . . has suffered from heart failure at night. Suffers very much with her eyes and nerves. Has been wearing glasses for years. Also has nasal catarrh and deafness in one ear, nostrils are frequently stopped. . . . At times she gets a severe pain under left lower ribs, and wants to know if it is ulceration of the liver.

Ans.—There is nothing that will do this case good apart from prolonged rest and good, nourishing, easily-digested food. The night's rest should be as long as possible. An hour's rest should be taken both before and after meals. The food should consist largely of raw or slightly cooked eggs, and milk (not brought to boiling point), gluten, creamed rice, and any nourishing food that can be easily digested. See that the bedroom is large, airy, well-ventilated, and lighted. Get out in the sunlight as much as possible. Sponge the body all over daily with cold or tepid water. A month's rest in a sanitarium would be of great benefit—a less time would do but little good.

440. Varicose Veins

Mrs. J.D.B. complains of the above, and asks for a remedy.

Ans.—The most satisfactory remedy is an operation. The operation is not a serious one, and the results are excellent. The bowels should be kept regular by the taking of fruit with meals and the drinking of water between meals. Avoid standing as much as possible; standing is worse than walking. An elastic stocking or an evenly applied bandage should be worn. We do not believe in any of the advertised remedies for this trouble.

441. Congenital Weakness and Constipation

M.L.H. asks for information as to treatment of her daughter aged twelve years, who has been very weak since

birth, has cataract in both eyes, and suffers from constipation. She asks if she should bind up her ankles; she cannot walk. There is a deposit in the urine. Is this an indication of diabetes?"

Ans.—We do not believe any good can be done by binding up the ankles. We would advise daily sponging with very hot water, then cold, and rubbing into the body cotton seed oil. General massage of the body, and especially the limbs, would be helpful. We would recommend the following foods: Gluten gruel, rice, unboiled milk, nut meat, bromose, toasted corn flakes, granola and dates, wheatmeal and granose biscuits, dried figs, raisins, olive oil with meals, stewed prunes, and fruits. Water should be given freely between meals, and especially on retiring at night and first thing in the morning. A deposit in the urine is due to weak digestion and constipation, and is not an indication of diabetes. Diabetes is associated with great thirst and often an itching about the urinary passage. Small doses of sulphate of magnesia an hour or so before breakfast would be useful when necessary for constipation; or, if that is not effectual, a dose of cascara sagrada at bedtime. Cascara is often more effectual when given in three divided doses just before meals. The cascara evacuant preparation of Parke Davis is excellent, but rather expensive.

442. Goitre and Weak Eye

M.L.H. also complains of weakness of right eye. She is near-sighted in the right eye, and writes: "I have some trouble with my throat; it is fairly full, my neck measuring 16 inches round; the swelling seems to be both sides. Would it be goitre, or swollen glands?"

Ans.—Probably the use of suitable glasses would remedy the watering of the eye. The swollen neck most probably is goitre.

443. Drowsy Feeling after Meals

A.B., Newtown, N.Z., complains: "I have a drowsy feeling after meals (if sitting down). I understand this to be a

symptom of "auto-intoxication." I have been following LIFE AND HEALTH principles for many years with good results. Would an acid mixture suit my case as recommended in the 1915 Aug.-Sept. Chats? Is it possible to obtain unpolished rice? Does it require more cooking than the polished?"

Ans.—The drowsy feeling is often due to bulky food, such as vegetables, beans, and lentils. It then comes on very quickly after meals. The drowsiness from auto-intoxication comes on later, sometime after meals. A little lemon juice (a teaspoonful) in water after meals would help to dissipate the drowsiness, especially in case of auto-intoxication. Avoid bulky foods, drinking with meals, or for two hours after the meal. Use chiefly fresh fruit for the evening meal. Avoid new bread, scones, cakes, boiled milk, and complicated dishes; also all foods cooked with fat or fried. The acid mixture may be used for a few days, but not continuously. Take with each meal some zwieback, granose biscuits, or other dextrinised foods.

Unpolished rice can be obtained from leading grocers in our large cities. We believe it should be cooked a little longer than the ordinary polished rice.

444. Dyspepsia

X.Y.Z. gives a detailed account of the dyspeptic symptoms, and also the dietary she has been following, and asks if the latter is correct.

Ans.—We would advise her for a short time to leave off the milk, and see if any beneficial results follow. Also avoid butter and scalded cream. The best diet for her would be poached eggs (lightly cooked) and zwieback. If flesh foods are taken, keep to the white meats, such as boiled or steamed fish or chicken. Use with eggs zwieback, granose biscuits, or stale bread. Eggs may also be cooked by placing in boiling water, remove from the fire, and allow to stand for seven or eight minutes. Creamed rice (rice boiled in milk) generally digests well and

quickly. Milk agrees taken in this way better than any other. A good, thorough, general examination would be helpful to determine the condition of the organs and the general constitution. Sometimes dyspepsia is kept up by anæmia, chronic appendicitis, gall-stones, ulceration of stomach or duodenum, or by womb trouble. If benefit is received from the powder mentioned, there can be no objection to its continuance.

445. Stiff Knees and Ankles

G.A.G. writes: "I have had bad knees for about eighteen years. The knees are stiff, with stabbing pains under the caps. My ankles also pain, and at times swell. My knees will not allow me to walk more than about half an hour. My knees are quite stiff after lying on my back with my legs straight. Cold and wet weather affect my knees very much."

Ans.—Probably this is a case of rheumatic arthritis. A fairly liberal dietary is necessary. The knees should be well fomented at least twice daily. The treatment will have to be persisted in for some length of time. A few weeks at a sanitarium would be decidedly beneficial.

446. Dysmenorrhoea

"Miss Nature" complains of painful menstruation.

Ans.—In these cases an examination is necessary to find out the cause. There are about twenty different causes for this trouble. The chief are anæmia, misplacement of womb, and narrow opening into womb, or inflammation about these parts. Sometimes a slight operation is necessary. We would advise hot hip baths (106° F.) with feet in water a couple of degrees hotter at night for a four or five nights before the expected time. After the bath insert deeply a piece of absorbent wool (about the size of the big thumb), saturated with solution of ichthyol in glycerine (one in eight). A piece of string should be attached to the wool so as to facilitate removal in the morning, when a hot douche should be used.

447. Itching Skin Disease

Mrs. H. F. complains of the above, and states: "I have had it for the last five years; . . . it heals, and then breaks out again after a short time."

Ans.—There are a large number of skin diseases with the above symptoms, and consequently it is almost impossible to give any satisfactory line of treatment. Try once a week a warm bath of sulphuretted potash (2 oz. to thirty gallons of water) for twenty minutes, and then apply the following ointment to the eruption:—

R̄ Lig. Carb. Detergens ʒii
Sulphuris Praecip. ʒj
Ung. Hydrog. Co. ʒp
Vaseline ʒij

448. Flatulent Dyspepsia

Mrs. N. M. writes: "I have been suffering from a form of indigestion for nearly three years. . . . My indigestion is in a wind form. It seems to collect under my left side, and when I breathe it sounds like water gurgling up and down. There is a slight pain there at times. When very bad on my right side I fancy there is a lump about as big as an egg, midway between the ribs and the hip joint. It is hard, and when I press on it it seems to force wind to the left side, and then to belch up. . . . In my confinements I suffer very much with "after-pains"; they all go to my left side, and make me vomit with every pain. . . . I have no pain there or anywhere at other times. . . . I have a good appetite, and have a gnawing, sinking, hungry feeling about a couple of hours after meals. My worst attacks generally come on at night or morning, usually between two and three in the morning, when I have to walk the floor for about three hours, as I cannot lie down. It seems to affect my heart if I lie. There is no acidity with it, or does not rise, only very seldom have I noticed any. Sometimes after taking porridge for breakfast I have vomited, and my stomach has been very sour. I am pale and thin.

Ans.—The flatulence in dyspepsia is accounted for in quite a variety of ways. Most lay greatest stress on the fermentation charges. We know how yeast germs will quickly raise the dough for bread-making. This is due to the spores decomposing the flour or potatoes and developing carbonic acid gas. The flatulence from starchy foods, such as bread, is due to this. Other germs produce acetic acid or lactic acid or butyric acid fermentations; the latter will result when fats are long delayed in the stomach. Butter and scalded cream are likely to produce the latter, but not so with olive oil or cotton seed oil. Some account for development of gas in the intestine on the theory that it is excreted by the blood, and others that the gas is swallowed by the food. We are not inclined to place any importance on these theories. Again, it is argued that the acid secretions of the stomach, when they come in contact with the alkalis of duodenum, will produce chemical action and the production of gases. This theory we think a very reasonable one. Keep the stomach contents normal by the proper selection of food and thorough mastication, and this chemical action will be avoided. The theory of fermentation we also believe to be reasonable, for sterilised foods, such as zwieback, granose biscuits, wheat-meal biscuits, are not, as a rule, followed by fermentation, such as in the taking of bread or potatoes. Mushy foods, such as porridge, are not masticated and mixed with the saliva; consequently, their starchy contents remain undigested in the stomach and will ferment. Proper mastication of dextrinised food will ensure a good flow of alkaline saliva, and produce a normal acidity of the stomach; this will prevent both fermentative charges and chemical action.

Often there is an interference with the chemical action and the secretion of the digestive juices from reflex causes. Hip disease will cause pain in the knee, and ovarian disease headache; similarly appendicitis, gall-stones, uterine or ovarian trouble, or ulcer of stomach, will

often interfere with the secretion and proper chemical action in the alimentary canal. Some of the most troublesome forms of flatulence and acidity are due to such organic lesions, and the symptoms disappear when these troubles are removed by operation or otherwise. Sometimes the nervous system is out of order, or the blood contains too small an amount of iron (anæmia); these again interfere with the normal secretion of digestive juices; with the result that acidity, heartburn, sour stomach, and flatulence develop. We would advise "N.M." to masticate thoroughly with each meal zwieback, granose biscuit, or other dextrinised food. Avoid baker's bread as much as possible, and especially new bread. Potatoes, carrots, cabbage, parsnips, and peas should be omitted from dietary. Cauliflower and marrow are not so likely to disagree. The foods we would recommend are granola, creamed rice, gluten gruel, lightly cooked eggs (never allowed to come to boiling point), toasted corn flakes. These should form the chief articles of diet. Tapioca and sago may be taken occasionally for a change. Half an hour before meals apply successively four cold wet compresses over the abdomen from ten to fifteen minutes. At night use three good fomentations followed by cold sponge, and a moist abdominal bandage should be worn through the night. The latter consists of four thicknesses of moistened gauze covered with oiled silk or cotton wool and good flannel bandage. Sponge body every morning with cold water, and use briskly a good rough towel.

449. Nasal Catarrh and Dyspepsia

A. B. T. complains of dyspeptic symptoms and catarrh of nose and throat, and constant hawking and spitting. We would recommend her to read what has already been advised for dyspepsia. For the nose and throat use a fine spray of hydrogen peroxide. A spray can be obtained that can be fixed for both the nose and back of the throat. In the throat the spray should be directed upwards

behind the soft palate. A wash consisting of ordinary saline solution is good for the nose. Tablets of purified sodium chloride can be obtained with directions for making the saline solution.

450. Oily Hair and Weak Throat

"Fontana" writes for a remedy for oily hair, and states "her hair has been falling out very badly. . . . Whenever I sing or read, even for a short time, my voice gets so tired and husky."

Ans.—Wash the head repeatedly with ordinary soap and water, and apply the following lotion:—

R̄ Boric Acid ʒiv (4 drams)
Distilled Extract of Hamamelis 1 pint

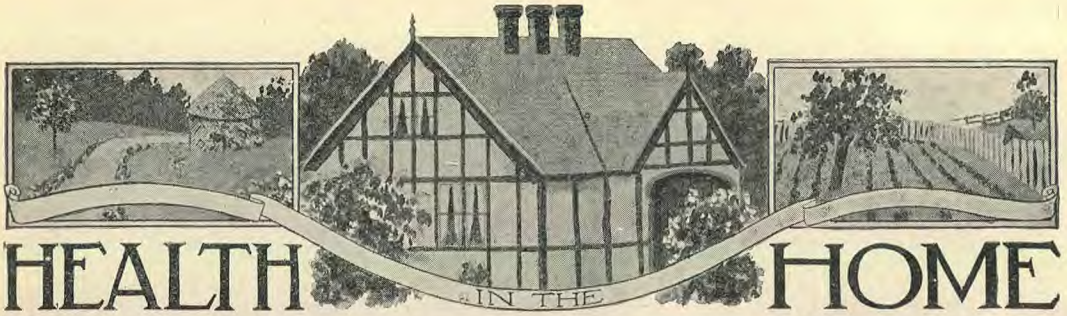
Gargle the throat twice daily with solution of chlorate of potash (teaspoonful to half pint of boiled water), and spray the throat daily with hydrogen peroxide.

Unanswered Letters

Miss C. T. could not very well be answered through our columns. "J. M.," "Mrs. J. S.," "Mrs. L.C.S." letters cannot be satisfactorily replied to, apart from a personal examination.



Sears' Photo., Melbourne.



Health and Beauty in Dress

FRANCES M. STEELE

THE only successful way to have beautiful clothing is to possess a body beautiful in shape. This may be done in a far more complete manner than women are apt to realise, for nature is kindly, and will heal many injuries if allowed to do so.

A dress suited to one may be hideous for another. Beautiful dress cannot be in any sense uniform like the uniformity of fashion. It will make every woman look her best; it will hide her defects of structure when they are incurable; it will heighten her good points. If a woman will learn what are the essential elements of beauty, and will set about securing them, the result will be a beautiful picture of herself.

The process is not necessarily expensive; with a little industry, genuine beauty may be had at a trifling cost. This does not mean that inferior things, paltry designs, and flimsy materials are to be put in place of substantial textures in the hope of satisfactory results. All dress involves a certain expenditure. It is careful thought that secures charming effects from inexpensive but honest fabrics.

A beautiful gown is becoming; it gives room to exercise every muscle, so that its wearer may be graceful; and for that reason it will also be healthful, it will be suited to the performance of her particular duties, and it will express herself, and not another. It must be all this, or

it is not beautiful according to the standard of good taste.

Our definition of a natural body includes such outlines and proportions as are shown by Greek sculpture. These outlines for a woman are a comparatively small head, slightly drooping, somewhat narrow shoulders, a body bounded by successive, gentle, outward curves softly melting into one another, the widest part being at the hips, thence declining to the feet. A man has a comparatively large head, high, square shoulders, and is largest there, while his body gradually tapers to his feet. Therefore such features of dress as make the shoulders appear broad and high, and the body taper from the armpits with lines approaching each other like the sides of the letter V, are masculine, not feminine. Fashion does not imitate the lines of the natural body. A conventional gown contradicts them. If one wishes to be truly beautiful, she must forget the fashion plate.

To make herself beautiful, a woman must secure the outlines of classic sculpture by healthful gymnastics and proper diet. She may do this in her ordinary duties if she will learn to stand rightly. To learn to breathe correctly is also necessary. It is but little matter what gown she wears while she is growing right proportions. The old ones made large enough will answer till they are worn out. But no one can be graceful or beautiful, no matter what her outlay,

while she clings to corsets and whale-bones. "Health waists are a device of the devil, to keep in bondage women who are seeking deliverance from the weakness and misery from which a really healthful mode of dress might emancipate them." No one need look "slouchy." Knitted underwear of sufficient weight, and one petticoat with its own waist, are enough under the gown. Stockings made to fit each foot, rights and lefts, and shoes without heels, with soles of the shape of the sole of the foot, are very important to insure growth toward right proportions. An ideal body is firm, closely knit, with only enough fat to round out its muscles. Any person can measurably control his own weight.

When the body has attained right proportions, the simplest dress will enhance its loveliness. The care that selects and provides just the right thing to adorn a beautiful body, brings with it its own reward. It is like the work of a painter.

As the living tissues a woman deals with are transcendently superior to canvas and colours, her work may be far finer in result; for she may infuse into it every day the changeful expression of a glowing soul.

Bread and Its Digestion

D. H. Kress, M.D.

IN the modern and common way of making bread, the flour and water are well mixed together, a little yeast is placed in it, and thoroughly worked into every part; then the dough is moulded into loaves, and put in a warm place to rise.

As with new wine, the yeast begins to grow at the expense of the sugar and other food elements in the loaves, and produces fermentation and forms gas, which raises the bread and makes it light. In this process of fermentation much of the nutriment is destroyed, the blessing



BREAD SHOULD BE THOROUGHLY BAKED

of life becomes corrupted, and is at least partially converted into a curse.

In baking bread, the heat is not sufficiently intense to destroy the yeast and other germs that have been cultivated in the interior of the loaf. By partaking of it, these germs are thus transplanted to the stomach, where, under favourable temperature, the germs grow, fermentation results, and gas is formed. At the same time alcohol and other poisonous products are formed, and the stomach becomes a hold of foul spirits, which are

carried by the circulation to the brain, and so control the man. This accounts for much irritability and many family quarrels. The whole family is in confusion because they are all intoxicated; the children are stubborn and rebellious, the parents unreasonable and tyrannical. The table has become a snare and a stumbling-block instead of a blessing. Hearts wax gross; eyes are blinded and seared; sanctifying truths are not discerned.

The digestion of starch depends on the action of the saliva and the pancreatic juice. This necessitates thorough mastication, or breaking up of the food into minute particles in the mouth, and the

free mingling of the saliva with it. If this is neglected, gastric and especially intestinal fermentation results. Again the food becomes a curse instead of a blessing. In order to insure thorough mastication and digestion, cereal foods, as breads, should be thoroughly baked and eaten dry. For this reason it is better to eat fruit at the close of the meal. Here again we have before us the Lord's Supper, an ideal meal—the bread was broken and eaten first. The fruit (or wine) was partaken of at the close. Eating in this way is the best safeguard against the habit of overeating, as there is very little danger of eating too much dry food if no liquid is taken with it.

Look Out For Pneumonia

DAVID PAULSON, M.D.

THE hay fever season is past and gone; but what is far more serious, the pneumonia season is still with us. During the winter months pneumonia claims more victims than does tuberculosis.

Strangely enough, the pneumonia germ, like the poor, is always with us. The greater portion of our population carry around these germs in their throats every month of the year. Why, then, do not more people have pneumonia?—Simply because the health and vitality of the average individual are enough to keep the pneumonia germs in peaceful subjection, instead of permitting them to get the mastery over us.

God maintains, in every healthy mortal, certain bodily defences against pneumonia, and these must be battered down before the germs can get the upper hand; just as it is our privilege to have enough spiritual vitality in the soul so that we shall not become victims to the devilish temptations that are constantly thrust upon us.

The appearance of rusty sputum, a severe pain in the chest, a persistent cough, and a sudden rise of temperature,

in nine cases out of ten spell pneumonia. The fever, the increased heart action, and even the congestion in the lungs, are really Nature's last desperate efforts to gain the victory; but these curative efforts are sometimes so drastic that instead of destroying the pneumonia germ, they kill the patient. Nevertheless, the modern doctor is wise enough to appreciate these important agencies, and so co-operates with Nature, instead of smothering her efforts, as practitioners of former days frequently did. He endeavours to give to healing reactions the guidance and direction they need.

The care and management of a pneumonia case is always a critical proposition. For this reason, it is not wise for the average layman to undertake such a responsibility. But every one may do something far better than to cure a case of pneumonia; that is, he may prevent it.

Prevention Is Better Than Cure

Some people inherit such an excess of natural vitality that they can daily squander it in riotous living, and yet have enough left to keep the pneumonia germs

at arm's length; while others, who are not so fortunate, spend legitimately each day about all the vitality they have to spare. In other words, having no deposit in the bank, they are simply living from hand to mouth. Hence they are in danger of taking pneumonia as soon as they are subjected to some unusual exposure, such as loss of sleep, for most of our vitality is generated while we are asleep.

Others invite pneumonia by some outrageous dietetic indiscretion that produces auto-intoxication, which in turn cripples the natural forces of the body, so that the bodily defences go into bankruptcy, and the pneumonia germs seize the opportunity to break loose like an uncontrollable mob.

Conservation—the Master Word

We read much, these days, about the importance of conserving our natural resources, preserving our forests, and developing better varieties of fruits and vegetables; but it is a thousand times more important to learn how to preserve and conserve our natural vitality, so that we may successfully resist the invasion of disease germs.

Under ordinary circumstances, an unusual exposure to cold and wet is sufficient to bring on an attack of pneumonia. Then why is it we do not see more cases of pneumonia during a wet camp-meeting?—Simply because the people are constantly taking the fresh-air cure, and that is the best treatment for pneumonia. And do not forget that what can cure pneumonia, can prevent it.

The most intelligent doctors now endeavour to move their pneumonia patients outdoors; and as a consequence, surprising results are secured. The pneumonia ward in the Presbyterian hospital in New York is up on the flat roof, with only a windbreak around it. That institution recently reported fifty-six successive cases of pneumonia without a single death; and not a drop of medicine was administered, except a few laxatives. Compare this record with the fifteen to twenty-five per cent death-rate under the old pro-

gramme, when the patient was smothered in a stuffy room, and systematically doped with poisonous drugs that only hindered his recovery. Dr. Osler has well said there is nothing in bottles that is of any benefit in a case of pneumonia.

Every few hours, either the patient is moved indoors, or the windows are closed, if he is taking the cure in a room, heat is turned on, and the patient has a hot hip and leg pack, which brings twice as much blood down into the extremities as was there previously. That means only half as much blood in the lungs, and hence there is freer respiration and less work for the heart.

After this pack has been given a few minutes, it is removed, and a vigorous cold mitten friction is given to the entire body. This tones up the nervous system, and reduces the temperature; and the reaction that follows brings the blood to the surface, so it can cool off more rapidly. During this treatment, an ice bag is placed over the heart, and it can be used advantageously from time to time during the day.

Great care must be taken that the shoulders shall not become chilled, as this aggravates the disease.

Take the Pneumonia Cure Now

Why not take the pneumonia cure in advance? Here is the prescription:—

Have your bed out on the verandah during the milder months of the year, and thus store up so much vitality that when the pneumonia germs begin to come in like a flood, you will have resistance enough to confront them. When you finally move your bed indoors, arrange also to move as much of outdoors indoors as is possible. If you find it inconvenient to open your bedroom windows, smash one or two windowpanes, and forget to repair them. It is better to have a broken window than broken health.

Are you afraid of a draught? Then become accustomed to it, just as your horses have become accustomed to the automobiles. Why not wrap up your head at night, as if you were going out

driving? This will do no harm, provided you do not cover your face. Or hang a sheet a foot or two from the open window, to break the force of the wind. Buy an extra blanket or two, so you can keep comfortable. That is cheaper than hiring nurses after you get pneumonia.

Remember, the fresh-air fiend rarely becomes a pneumonia victim.

An Instructive Experiment

Several years ago, the pathologist of Rush Medical College inoculated two rabbits with pneumonia. To one of them was given alcohol, which used to be the orthodox remedy, and is not altogether out of style yet. That rabbit died. The other one recovered. A drop of blood was taken from the living rabbit and put under the microscope. The white blood cells were found to have eaten up the pneumonia germs. That saved the rabbit's life; for the white blood cells are one of God's great healing agencies, as well as one of the most important defences He has established in our bodies.

A drop of blood was taken from the dead rabbit also, but the white blood cells had not eaten up the pneumonia germs in that. These germs had been left free to manufacture the terrible toxins that killed the rabbit, and that destroy human beings under similar circumstances.

Why did not the white blood cells destroy the pneumonia germs in the rabbit that had received the alcohol treatment?—No doubt because the same alcohol that made the rabbit drunk, also made the white blood cells drunk. In other words, they were anæsthetised.

This instructive experiment explains why, when the drunkard catches pneumonia, he dies so quickly. It also explains why the moderate drinker is always in greater danger of pneumonia than is the total abstainer.

A multitude of such experiments have taught the medical profession that alcohol has no place in the sick room, and is dangerous in health.

Do you sometimes take a few "drops" just to make you feel a little better? If

you do, you are destroying your own divinely-appointed defences against disease. Is not that a dear price to pay for a few good feelings? It is almost as foolish as for a man to set fire to his house in order to see the flames.

The Poison-Feeling Delusion

The same is true of the entire stimulant family. Tobacco comes under the same condemnation. It contains no nourishment. It is a poison, and only a poison. The good feeling that it brings is the result of its poisonous effects. Some people have so much vitality that tobacco does not *seem* to do them any harm, but it never did anybody any good. A poison-free life is better than a poisoned one. The most intelligent physicians are beginning to appreciate this, although some of them, because of being slaves themselves to some poison, do not possess the necessary courage to tell the truth as they know it.

Dr. Evans, the eminent pathologist, until recently health commissioner of Chicago, now the popular health writer for the *Chicago Tribune*, says that the thousands who are addicted to the use of tea and coffee are "drug addicts." He says that physiologists are compelled to regard coffee, tea, tobacco, and whisky as drugs in the same sense that opium and cocaine are. Certainly they are infinitely milder, but the same stimulant principle runs through them all.

Dr. Dixon, commissioner of health for the great State of Pennsylvania, says that both tea and coffee are stimulants, and though the mind is often stimulated for a short time by their use, there is a period of depression following. It is sometimes during this period of depression that pneumonia germs get in their deadly work. The "up and down" life is not an ideal one, neither spiritually nor physically.

Auto-Intoxication and Pneumonia

More people are poisoned from within than from without. The large intestine is a paradise for germs; and under certain conditions, decomposition takes place

very readily there, and poisonous substances are produced that overwhelm the entire system, just as surely as if alcohol had been taken.

The luscious fruits, the nutritious grains, the wholesome vegetables, with dairy products, do not furnish a fruitful field for the germs that naturally inhabit the alimentary canal; while flesh foods are their best culture media, as every laboratory worker knows. When he wants to cultivate germs, he plants them in beef tea, not in fruit juice.

Is it not foolish to saturate the alimentary canal with putrescible material that is so readily transformed into virulent poisons? When stagnation of the alimentary canal exists—and that is the most common ailment among civilised people—then the conditions are ideal for auto-intoxication; and this condition favours not only pneumonia, but also nervous prostration, neuritis, sick headache, depression, and a long train of other

evils that are often supposed to be due to a dispensation of Providence, when in reality they are largely caused by unwise eating and drinking.

In Conclusion

The main reason why winter is the pneumonia season is because the cold weather drives so many indoors. That means inhaling poisonous air, thus furnishing an excellent opportunity for the pneumonia germs to come to the front. To avoid pneumonia, breathe pure air; drink pure water instead of poisonous drinks; eat clean, wholesome food, fresh from the lap of Nature, instead of various, second-hand foods in the form of flesh, fish, and fowl.

Last but not least, have faith in God. He is not only willing to preserve us from "the pestilence that walketh in darkness," but He will also bless us with health and strength, provided we are willing to cooperate with the laws of health, which are indeed the laws of God.

Nature's Every-Day Prescriptions

VEGETABLE and fruit acids, salts, and astringents are Nature's every-day prescriptions.

Apples are good for those disposed to gout and sluggish liver, as well as for all bound to a sedentary life. Two or three eaten at night, baked or raw as preferred, will correct constipation.

Oranges are a remedy for influenza, also a purifier of the system. Other citrus fruits possess kindred qualities.

The juice of the pineapple has digestive powers. All ripe, fresh fruits have tonic properties, the peach, grape, and strawberry ranking very high among them.

Good fruits must be chosen, not fibrous or pulpy stuff. Lose none of the parts next the skin, as here the mineral elements are especially stored. Preserve Nature's balance of parts.

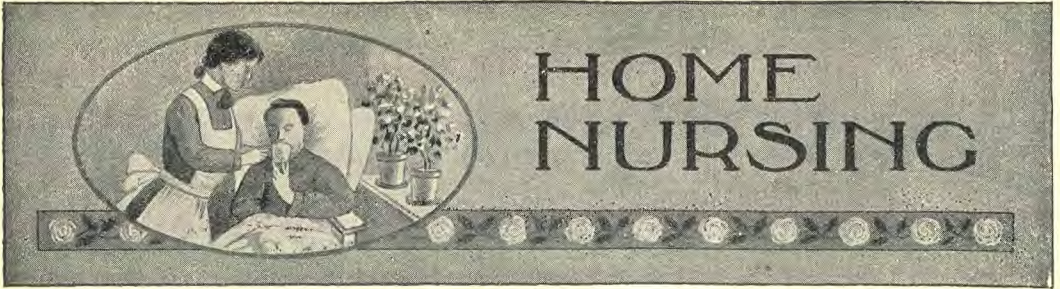
Rhubarb is a most efficient stomachic, strengthening and inciting the overworked

organ to healthy action, while its laxative qualities enable the clogged system to rid itself of much effete matter. Some laxative properties are also found in parsley.

Spinach and young "greens" of every sort are highly important to the menu.

Of the cabbage family there are many branches: Brussels sprouts, accounted among the most delicate vegetables for table use, when rightly prepared; the common drumhead, the red variety, excellent for pickling; cauliflower, broccoli, and kale, all delicate and appetising.

Beans and peas need scarcely be spoken of here, as their high rank among nutrients is well known. But do not forget that while these are more nutritious than even wheat, they are also very difficult of digestion, requiring long and careful cooking, thorough mastication, and afterwards a good assimilative power.—*Australian Farm and Home.*



Nursing in the Home

ABBIE WINEGAR SIMPSON, M.D.

ONE who undertakes to nurse the sick should be a keen observer. Many are deficient in this very necessary quality, but the powers of observation may be cultivated until very little will escape the attention.

Symptoms are the language of disease, and, like every other language, we must be able to read it readily and intelligently if we hope to understand its significance and enter into its mysteries. Especially is it important to be able to detect and understand the symptoms in children, as they can seldom give a description of their feelings sufficiently accurate to form from it a correct diagnosis.

It is well to have a systematic method of procedure in the study of cases, as there will then be less danger of overlooking some obscure but important symptom or condition:—

1. It is well to note if there is any change from the normal in the general appearance of the patient. He may appear dull or languid. He may talk more or less than is natural; very likely he will be more quiet. If a child, he may be more fretful than usual. The face may appear flushed, indicating a little fever. The eyes may be dull, and the whole appearance may indicate disease.

Learn from the patient or his friends, if possible, the cause of the difficulty. This is one of the first steps in the treatment of any disease. Remove the cause, if possible, when the symptoms will often

disappear and the patient gradually return to a normal condition. With children trouble often arises from eating unripe fruit, or confectionery, and from eating at irregular hours, when the stomach should have rest. It may be that the patient has over-eaten, or has eaten indiscreetly, and thus brought on an acute attack of gastritis or indigestion, in which there may be all the symptoms of a more severe illness. There may be chill, fever, nausea, vomiting, severe pain in the stomach, and tenderness on pressure, and often headache. Such a condition can usually be relieved by very simple means. No food should be given for at least twenty-four hours. The bowels should be thoroughly emptied by means of the enema, and if there is food in the stomach, it should be removed, the easiest method being perhaps by means of the warm water emetic. Fomentations should then be applied over the stomach once or twice a day, and the moist abdominal bandage worn continuously, except when the fomentations are applied. By such simple means a long and serious sickness may often be avoided, as acute attacks, if allowed to progress, usually become chronic, and are much more difficult to cure.

2. Ascertain by means of the thermometer whether or not there is fever, and if so, how much. Note the pulse carefully, whether there is any deviation from the normal. Observe also the breathing, whether it is natural or laboured. Watch

the child while asleep, noting if it is restless.

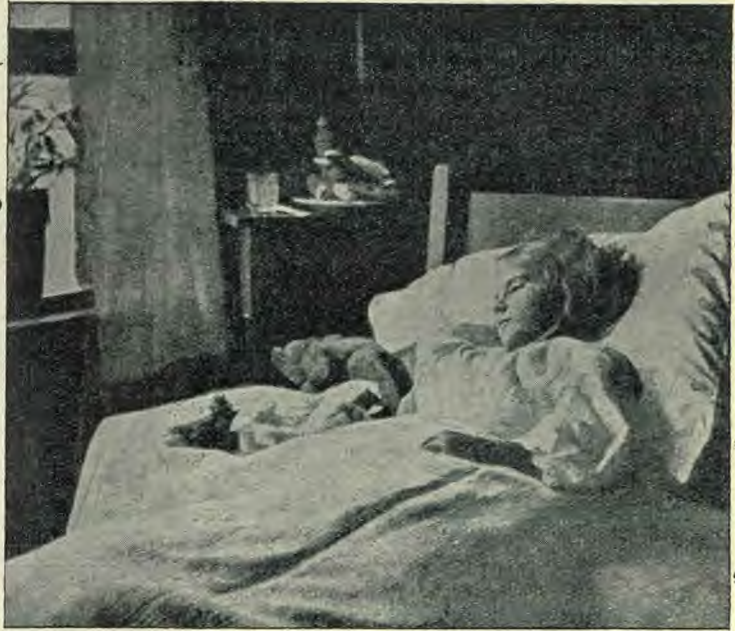
3. Note the condition of the abdomen, whether distended or retracted, and learn whether the bowels have been evacuated regularly and thoroughly. Observe, also, if there is tenderness on pressure. Tenderness with bloating may indicate peritonitis, or what is commonly known as inflammation of the bowels, and should have immediate attention. This condition is often accompanied with constipation; hence it is important that a thorough movement of the bowels be secured as early as possible. Applications of heat for relieving the pain and soreness are also indicated.

A marked retraction of the abdomen may indicate a tubercular condition (consumption of the bowels), or it may mean severe brain trouble.

4. The nurse should observe the appearance of the tongue, as this is an index not only of the condition of the stomach, but of the whole alimentary canal. The normal appearance of the tongue is a fresh red colour without the least furred or white appearance. In fever and acute digestive disorders, the tongue is at first white and thickly coated; later the coating may become darker, and the tongue may be cracked and become sore. The mouth in fevers should be frequently washed with some disinfectant. Cinnamon water may be used for this purpose, or a solution of listerine diluted one-half.

5. The position of the patient should be taken into consideration, as there are certain positions peculiar to certain diseases. In all diseases the patient will involuntarily put himself into the most

comfortable position. One with peritonitis will lie with the limbs strongly flexed on the body. In this position the abdominal walls are more relaxed, and there is not so much tension, and consequently less pain. A patient with pleurisy or pneumonia will lie on the affected side, as this leaves the other side free, and breathing is more easy. This position also suppresses the chest movement of the affected side somewhat, and thus may



THE PATIENT WILL INVOLUNTARILY GET INTO THE MOST COMFORTABLE POSITION

give some relief. In case of colic in children, relief is often obtained by lying on the stomach, as this makes a pressure on the abdomen, and relieves the gas which is the cause of the pain. In meningitis the head is drawn back, often until it lies between the shoulders.

6. The cry of the child in sickness is also very suggestive. Everyone recognises the loud, strong cry of the healthy child. In pneumonia or other inflammatory conditions of the lungs, the cry is somewhat suppressed, any vigorous exercise of the lungs in crying making the pain more severe. In croup the cry is

hoarse. With severe brain disease there is a sharp, piercing cry, indicating acute pain.

A careful study of these symptoms will aid the nurse in arriving at a correct conclusion as to the real trouble, and with a knowledge of the disease, the remedy will naturally be suggested.

In olden times the physician was considered the embodiment of wisdom and knowledge, and so superior was he to all others that few ventured to trespass upon his sacred domain, even to inquire the meaning of this or that symptom, or to study the human body sufficiently to

understand the most simple things relating to disease; but this is no longer so, and to-day the efficient nurse, watching the patient hour by hour and ministering to every need, is considered of far more value than the physician who calls once or twice a day upon the patient, who, under the excitement of the doctor's visit, may appear to be in quite a different condition from what he really is.

The conscientious, thorough, and efficient doctor is necessary for the good of humanity, but when every mother studies to make herself intelligent and efficient in the care of the sick, there will be far less necessity for doctors.

Some Signs of Approaching Illness

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

MOTHERS, nurses, and teachers should endeavour to study natural and normal conditions in the children under their control and care so as to be able to recognise any departure from health, however slight. Those who are almost constantly associated with children have rare opportunities of noticing their appearance in health and disease, their daily habits of life, and their physical and mental conditions. By careful observation one soon comes to recognise the normal state, and then can quickly determine any change or departure or abnormal appearances or conditions.

Prevention of a serious or even grave illness is often possible, provided the earliest signs of departing health are recognised and proper measures are taken promptly. Rest is the great healer, and a day's quiet rest at the crucial time will frequently prevent or abort an approaching illness. A water injection to empty and cleanse the bowels is a valuable preventive. The patient should be encouraged to drink water freely, and the diet for two or three days should be very plain, simple, and digestible, and also somewhat restricted. A warm bath and

an extra abundance of fresh air, or, if possible, a quiet rest out of doors on a folding cot or a reclining chair will facilitate the restoration of worn-out energies.

The following hints and suggestions, while intended especially for those who have the care of children, may also be useful in observing the health conditions of older persons:—

Activity and Sleep

A healthy child is an active child, and usually a noisy one, too, and is almost constantly at play or work. Lessened activity, and unnatural quietness are suspicious. When a child wants to sit or lie still and complains of weariness and tiredness and becomes subdued, dumpish, or lethargic, there is ample reason to anticipate that the child is either unusually fatigued and worn-out, or is threatened with some illness. Unusual sleepiness or wakefulness are also decidedly suspicious signs.

It is a well-known fact that temper is very largely a matter of health, although there are exceptions. But when an amiable, good-natured child becomes irritable, peevish, and cross it is wise to

regard this change in temper as a portent of coming illness, and to prescribe rest and the other hygienic measures mentioned above.

Pain and Ache

Pain must always be regarded as a danger signal. There is a reason for the headache or backache or stomach-ache, or any other ache or pain, and the wise mother or nurse will carefully investigate such symptoms and endeavour to ascertain the underlying cause. Very frequently a headache is caused by some disturbance of the stomach, liver, or bowels, due probably to indiscretions of diet, such as overeating, rapid eating, or eating between meals. In all such cases it is wise to miss a meal, or simply give barley water, oatmeal gruel, or stewed or baked apples, or some other simple preparation. Pain in the abdominal region is usually indicative of indigestion or constipation, or both. If very acute, and if there is a suspicion with regard to the food taken at the last meal, an emetic of lukewarm water with the addition of a little mustard should be given for the purpose of emptying the stomach. A plain water or soap and water enema should also be administered for the purpose of emptying the bowels. Give the child water to drink freely, either hot or cold, and see that the diet is carefully restricted and scrutinised for a few days. A hungry child who is given only plain and wholesome food rarely has any difficulty with digestion, and constipation is unknown in healthy children.

Children are far more susceptible to harm from stale or contaminated food than older persons, and quickly develop symptoms of ptomaine poisoning. In all such cases it is necessary at the earliest possible moment to get rid of the offending matter by emptying the stomach and cleansing the bowels. But strong laxatives and purgatives should be strictly avoided. If necessary, a small dose of cascara or castor oil may be given, but, as a rule, it is wiser to rely upon the enema.

It is well to bear in mind that children

are liable to appendicitis as well as older persons, and that a pain in the right side of the abdomen may indicate the early stages of this serious disorder. While in such cases a purgative might cause serious or grave injury, it is always safe to administer a plain water or soap and water enema, and also to give the child plenty of water to drink. Where there is the slightest suspicion of approaching appendicitis, the family physician should be sent for without any delay.

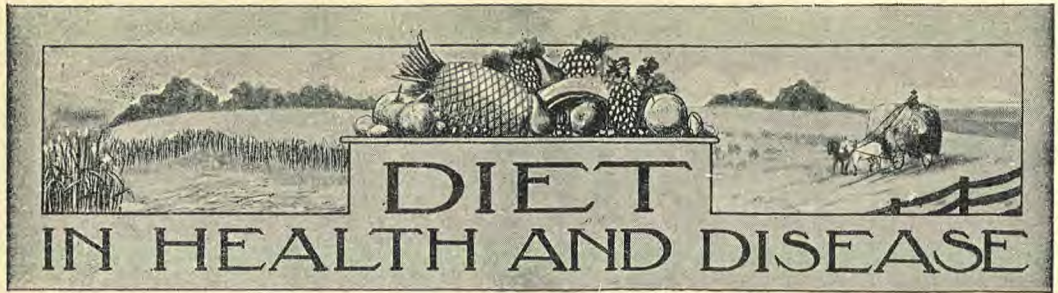
Vomiting in a child usually means either an overloaded stomach or some irritating and offending article in it, and should therefore be encouraged. It is an act on the part of nature to get rid of disturbing material. Lukewarm water should be given freely in order to wash out the stomach as completely as possible, and the child should be given rest.

Pain in the limbs, such as legache, often points to a mild attack of rheumatism, and should, therefore, receive careful attention.

Hot fomentations, warm baths, rest, and massage are the measures that should be taken to give relief. The term growing-pain is simply another name for rheumatism in many cases. Healthy growth does not involve pain of any kind. Many a child has developed a serious attack of acute rheumatism simply because what was looked upon as innocent growing-pains were neglected.

BEFORE the Professional Women's League of New York, Miss Blanche Weaver delivered an address, in which she said: "The blood is purified by air. If you wear corsets, you constrict the lungs and diaphragm, and you don't get enough air. An elephant takes eight breaths a minute; a mouse takes 120. A tight-laced woman takes pretty nearly as many as the mouse, and is of just about as little account."

"NEVER tell people that they look bad, but help them to forget it."



The Amount of Food Required by the Child Daily

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

THE most reliable method for deciding the amount of food required by the average infant has been found to be that of weighing a great number of infants before and after each (breast) feed at different

stomachs of children are very great, and the size after death is no criterion of the capacity during life. In giving a table of amounts required, room must be made for a large variation, as children differ so

Amount of Milk Required for the Child During the First Year

Age	No. of feedings in 24 hours	Intervals between the meals by day	Intervals between the meals by night	Quantity for one feeding	Quantity for 24 hours
		Hours	Hours	Ounces	Ounces
3rd to 7th day	10	2	2	1-1½	10-15
2nd & 3rd weeks	10	2	2	1½-3	15-30
4th & 5th weeks	9	2	1	2½-3½	22-32
6th week to 3rd month	8	2½	1	3-4½	24-36
3rd to 5th month	7	3	1	4-5½	28-38
5th to 9th month	6	3	0	5½-7	33-42
9th to 12th month	5	3½	0	7½-9	37-45

ages. The difference in the weights shows the amount of food the child has taken. Schmid-Monnard found that the quantity taken at a meal surpasses the capacity of the stomach, the explanation of which probably is that the stomach begins to empty itself before the meal is finished. The capacity of the stomach of infants thus cannot be regarded as an infallible evidence of the amount of milk required. In fact, it is very difficult to get the exact capacity of a child's stomach. The individual variations of the

much in their requirements. A sickly, small child will require smaller quantities at shorter periods than a big, healthy child. It is very important that the feeding of a child should be conducted with great regularity. Time must be given for the stomach to empty itself before the next feed is given. After the first two weeks the less food given to the child at night the better. The child, like the adult, is a creature of habit, and should be trained to have absolutely no food of any kind between meals. Holt gives the

foregoing table as a help in the artificial feeding of infants. In the breast-fed child, if fed at regular intervals, the amount taken can be safely left to the appetite of the child.

The quantities given above are only applicable to a healthy child of average weight. For delicate infants the amount taken may have to be lessened, and the intervals slightly lessened. The two

criteria by which we may judge where the amount given is sufficient is (1) Does the child increase regularly in weight? (2) what is the character of the stools? If in the healthy infant there is no regular gain in weight, or the stools contain undigested milk, it is evident that there is something wrong in the supply of milk; either the quantity or the quality is at fault.

The Value of a Fruit Diet

A FRUIT diet is of the highest value in cases of chronic disease, especially when the stomach is infected with germs. Germs will not grow in fruit juices. Even cholera and typhoid fever germs succumb in a short time to the influence of the juices of such fruits as the orange, the lemon, the apple, and the strawberry. A fruit diet is the best means of disinfecting the stomach and the alimentary canal in general. An exclusive fruit dietary for three or four days is sometimes advantageous. In other cases a fruit breakfast, a fruit supper, and a mixed diet for dinner is a practical plan. Fresh ripe fruits are somewhat more effective than stewed fruits for the destruction of germs.

In a fruit diet, the use of the skins and seeds of fruits should be carefully avoided. Fruits with hard flesh must be carefully masticated, and, for most persons, should be cooked either by baking or stewing. The majority of dyspeptics must avoid the use of fruits and vegetables at the same meal. Strong acid fruits interfere with the digestion of starch in the stomach, and hence should be eaten at the close of the meal. In the use of melons, the pulp should be rejected; the juice only should be swallowed. Fruits, with the exception of the plaintain and the olive, contain but very little nutrient material, consisting chiefly of water; they tax the digestive organs but very little, hence may be taken when other foods cannot be eaten. Fruit juices are especially valuable as restoratives, being quickly

assimilated, and not taxing the digestive organs.

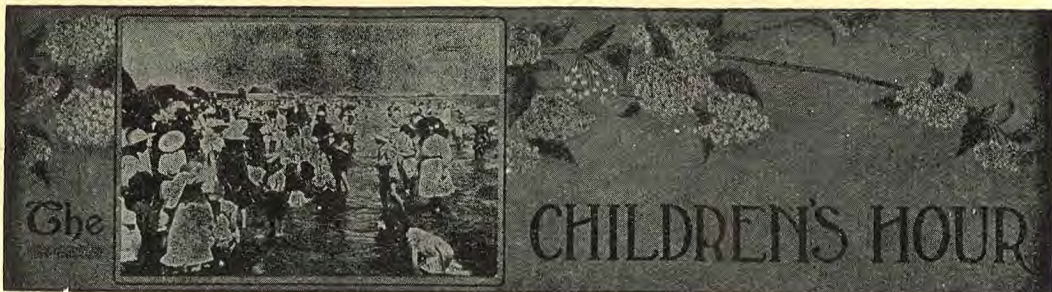
Pineapples have been known as a luscious and most refreshing form of nourishment; but only recently has it been discovered that they contain a digestive



"GERMS WILL NOT GROW IN FRUIT JUICES"

principle similar to pepsin, and so powerful that, according to the *Lancet*, it will digest one thousand times its own weight within a few hours. If a slice of fresh pineapple is laid upon a raw beefsteak, the surface of the steak soon becomes gelatinous owing to the solvent powers of this enzyme, which is said to be destroyed by cooking.

Entirely apart from its digestive properties, the pineapple is a very wholesome and appetising food. If the stomach is rather sensitive, it will be best to reject the somewhat tough fibre, after extracting the juice by chewing. This fruit is especially pleasing in the spring before the arrival of summer fruits and vegetables.—*Selected.*



I WOULD'N'T BE CROSS

Margaret E. Sangster

I WOULD'N'T be cross, dear, it's never worth while ;
Disarm the vexation by wearing a smile ;
Lef hap a disaster, a trouble, a loss,
Just meet the thing boldly, and never be cross.

I wouldn't be cross, dear, with people at home,
They love you so fondly. Whatever may come,
You may count on the kinsfolk around you to stand,
O loyally, true, in a brotherly band !
So, since the fine gold far exceedeth the dross,
I wouldn't be cross, dear, I wouldn't be cross.

I wouldn't be cross with a stranger, ah, no !
To the pilgrims we meet on the life-path we owe
This kindness, to give them good cheer as they pass,
To clear out the flint stones and plant the soft grass ;
No dear, with a stranger, in trial or loss,
I perchance might be silent, I wouldn't be cross.

No bitterness sweetens, no sharpness may heal
The wound which the soul is too proud to reveal.
No envy hath peace ; by a fret and a jar
The beautiful work of our hands we may mar.
Lef happen what may, dear, of trouble or loss,
I wouldn't be cross, dear, I wouldn't be cross.

Only a Trifle

"DON'T let me see you do that again,
Roy. Will you never remember ?"

"Roy forgets, father," was little Gladys'
ready excuse for her pet brother.

Roy hung his head. It hurt to hear
his father speak sternly—and before the
others, too.

The children had finished their "home-
work," and were gathered at the table
under the droplight. Gladys was devour-
ing "St. Nicholas," Patsy was deep in a
"perfectly lovely book," while Roy was
turning the pages of a boy's annual, full
of the most entrancing tales. It had been
lent by a boy from whom he had borrowed
another.

Mr. Raymond was never too much in-

terested in his own deeper literature to
pause and glance at the little group. He
always knew what they were reading.
He enjoyed adventures as much as Roy
himself did. It was jolly to be "chums
with daddy," who liked stories, and could
"tell a fellow" so much.

Mr. Raymond disliked to find fault,
but he wanted his young people to be "as
good as he could make them." He
watched for odd or unlovely habits that
cling to some people all their lives because
no one has loved them well enough to
check them. Roy, like many children,
had the habit of licking a finger before
turning a page. Gladys had broken her-
self of the same "trick" by slow degrees.
She knew how hard it was to remember.

"Never mind this time, my boy. Per-
haps we can find a way to help you.
Shall I tell you some of the reasons why
I dislike the habit ?"

Mr. Raymond drew a chair to the table
beside Gladys, and books were laid aside.

"In the first place, it is not a pretty
habit. It spoils a good book, it dog-ears
the pages, and the silly part of it is that
it does not really make it easier to turn
the leaves.

"Now, this is a nice book, Roy, but it
has fallen into bad hands already. See
the soiled edges ! When next your finger
touches your lips, who can say how many
bad germs may go with it ? I know of a
Sunday-school library book that carried
danger from house to house. Little
Benny Bigelow took it home. It was a
pretty story, but he was slow at reading
it because his head ached, and he felt
strange and tired. Benny moistened his

fingers to turn the pages. He felt too sick to go to Sunday-school, and asked his sister to return it.

"Benny was a quiet, patient child, and no one noticed that he was ill till baby sickened and the doctor came.

"'Diphtheria!' he said at once. Then he looked at Benny and examined his throat. 'He has evidently had it,' he exclaimed. 'It is the light cases that spread the disease.' Still, no one remembered the book.

"It would have broken kind little Benny's heart had he known that the epidemic that spread through the village and carried suffering and death to many homes was traced to the book that he had handled. Do you wonder that I dislike it, Roy?"

"I don't believe I will ever forget again, father. It is just disgusting."

"Oh, you will forget sure, Roy," piped Gladys. "I will put a bit of court-plaster on your finger when you start to read or study. You won't put that in your mouth."

But Roy did not forget. Daddy's little story stuck fast in his memory.—*Selected.*

A Difficult Question

PRESIDENT CLEVELAND'S daughter Esther was only a little girl when the telephone came into use. She was with her mother in the White House at Washington, where the Presidents of the United States live, and her father was in Chicago. He telephoned to his wife when he was coming home, and she called little Esther, and put the receiver to her ear that she might hear her father's voice. Esther was filled with wonder. It was her father's voice she heard; there was no mistake about that. But where could he be? Suddenly a fearful thought smote her, and she burst into an agony of tears. He must be inside the telephone!

"Oh, mamma!" she wailed, "how can we ever get dear papa out of that little hole?"

Why She Got the Doll

A QUEER old man once gave a tea party for all the little girls in his town; and when they were all gathered in his front yard, in white dresses and carefully tied sashes, he offered a doll for the most popular little girl in the crowd. But half the children did not know what "most



"MARY WAS NOT THE PRETTIEST NOR THE CLEVEREST, BUT SHE GOT THE DOLL"

popular" meant. So he told them it was the best liked little girl. All the children voted, and Mary Brain got the doll. Mary was not the prettiest nor the cleverest of the children, but she got the doll.

"Now," said the queer old man, "I will give another doll to the one that first tells me why you all like Mary the best."

Nobody answered at first, but presently Fanny Wilson said: "It's because Mary always finds out what the rest of us wants to play, and then says, 'Let's play that!'"

The old gentleman said that was the best reason he had ever heard.

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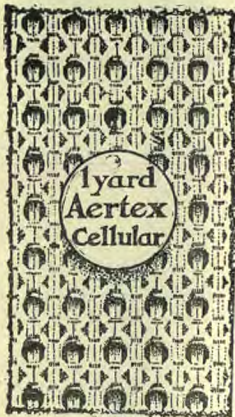
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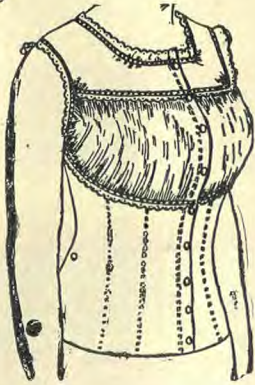
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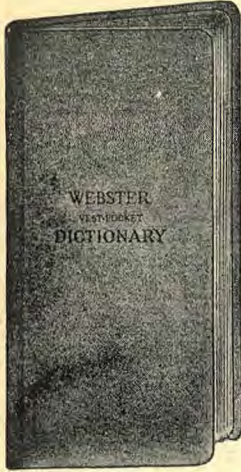
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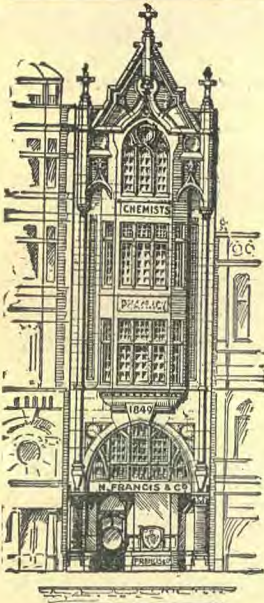
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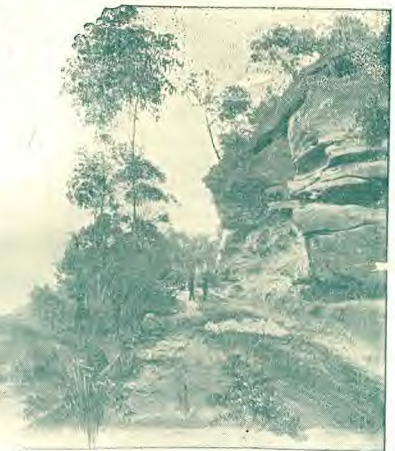
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