

LIFE & HEALTH



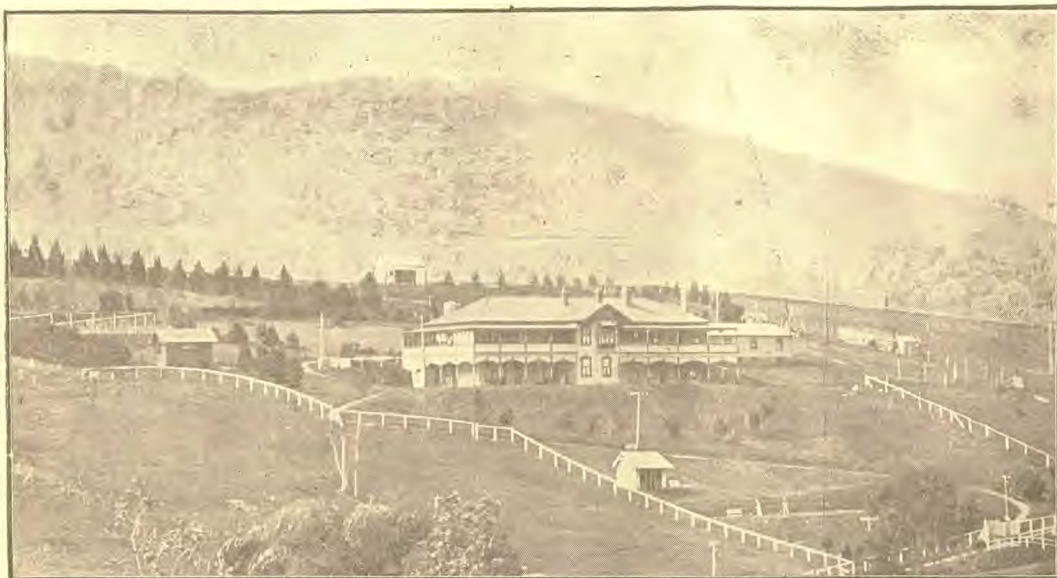
SUMMER

NOV-DEC 1917

SIXPENCE

Australia's Home of Health

WARBURTON, VICTORIA



THIS institution has been established for the purpose of treating persons suffering from all kinds of diseases except infectious cases. For those who are "run down" and require a bracing atmosphere or a change of diet, the Home of Health is the ideal place. The institution is well equipped for treating disease by the most modern methods. Maternity and surgical cases receive special attention. Registered by the Board of Health as a Private Hospital.

Send to-day for illustrated booklet and further information to

THE MANAGER, Australia's Home of Health,
Mt. Donna Buang Road,
Warburton, Victoria

Telephone 5, Warburton Exchange

CRAIG'S

Furnishings for Warmer Days

Every day brings nearer the necessity for preparing the interior of the home for brighter, warmer days.

Meanwhile even though you may not have any thought of buying—we want to urge upon you the welcome our store of 25 Separate Departments extends to visitors.

We want you to know that CRAIG'S is the real home for pleasing Furniture, Carpets, Blinds, Ironmongery, Glass, Crockery; and then, when buying time comes, you're sure of a place where buying will be to your satisfaction. If unable to visit us, send for

Art Furniture Catalogue of 112 Pages

CRAIG'S

**Craig, Williamson,
Proprietary Ltd.**

**Elizabeth St.,
Melbourne**



Don't Risk Dissatisfaction with that New Costume!

If there were any real reason for doing so—if there was a price consideration to be taken into account, perhaps a risk would be justified, but since there's no real reason and our prices are uniquely moderate, you really should in the name of common sense make your Costume Satisfaction certain, and

HAVE IT "LINCOLN-STUART"
TAILOR-MADE TO ORDER

The styles shewn here are typical
of the splendid range of designs at
your disposal in connection with our

Special Offer at £4-4-0

All-wool Indigo-Dyed Twills and High-Grade Covert Coatings of seasonable weight are the materials provided—stuffs that we can guarantee unconditionally. The special price rules FOR A LIMITED PERIOD ONLY, so if you're wise you'll

WRITE FOR PATTERNS and
STYLE-FOLDER—TO-DAY



LINCOLN, STUART & COMPANY Pty. Ltd.

"COSTUME SPECIALISTS"

Flinders Street

Melbourne

Victoria

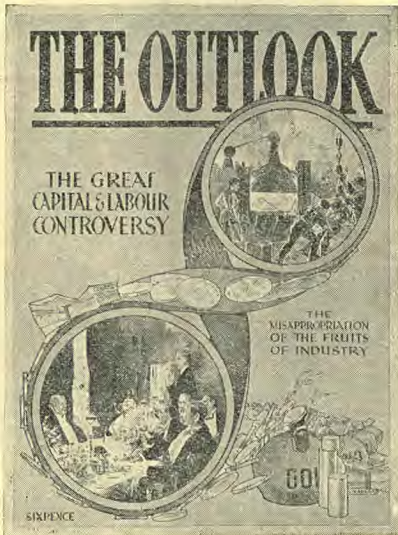


THIS IS A HILDYARD WIDE-TYRE STEEL-WHEEL WAGGON

The user says:—

"I am putting 2,000 sheaves on the Steel-wheel Hildyard waggon and only 600 sheaves on the wooden-wheel old-style waggon. Carting only takes half the time now. Six horses pull ninety bags after one inch of rain. It is the lightest and most handy waggon in the world."

Catalogue free Send for one Delivery prompt HILDYARD WAGGON WORKS, KENSINGTON, MELBOURNE



Reduced facsimile of the Cover

READ THE NEW

Outlook

on the Great

CAPITAL AND LABOUR CONTROVERSY

The following Chapter Heads will give you an idea of the intensely interesting contents of this Special Number:—

- The Divine Solution of the Labour Problem
- The Labour and Capital Controversy
- The Birthday of Religious Freedom
- The Hoarding of Wealth
- Freedom Jeopardised
- Wealth and Poverty
- The Harvest of Greed
- The Creed of Violence
- What Think Ye of These Things?
- The Coming Revolution
- Rushing to Ruin
- God's Invitation to You
- The Conflict Over—The Reign of Peace

Order from our General Agents, or

SIGNS PUBLISHING CO. LIMITED,
Warburton, Victoria, Australia

DO YOU KNOW

What a wonderful help we can be to you with our efficient Country Order Service and our immense Up-to-date Stocks. ¶ It matters not what you want, you are certain to find it here, and at a price too that will yield you a handsome profit. ¶ All you need is to write or wire, stating your requirements; the matter will have immediate attention.

BALL AND WELCH

PROPRIETARY LIMITED

180-188 Flinders Street, :: Melb.

Christchurch Sanitarium and Health Home

PAPANUI, CHRISTCHURCH, N. Z.

An Ideal Home for the Treatment of Non-Contagious Diseases

The treatments consist of baths of different kinds, including Electric Water Baths, Hot Air and Vapour Baths, Sitz Baths, Packs, and Sprays.

Electricity in its different forms, Galvanic, Faradic, Static, and Sinusoidal Currents being employed and adapted to the requirements of individual cases.

Trained Nurses of both sexes in attendance.

Massage.—Swedish Manual Movements which are of great value in improving weak muscles, restoring displaced organs, and correcting curvature of the spine, given by trained manipulators.

Special attention is given to all forms of digestive disorders, and the diet required for their treatment.

Diet receives special attention.



Use Only the Australian Made

Otto of Rose Toilet Soap

Pure, Fragrant, Lasting

**CONTAINS NOTHING OF A DELETERIOUS
NATURE TO THE MOST TENDER SKIN**

GOOD FOR BOTH MOTHER AND CHILD

Each cake tastefully wrapped and accompanied by certificate of purity. Dainty box containing 3 tablets, forwarded post free, on receipt of 3/3 in P/N or stamps, or 1 tablet for 1/3.

Modern Perfumery Co., Mfg. & Toilet Specialists
Dept. D 152 Elizabeth St., Melbourne

CONTENTS



EDITORIAL

Acid Dyspepsia	<i>W. Howard James, M.B., B.S.</i>	201
Acid Dyspepsia In Another Form	<i>W. Howard James, M.B., B.S.</i>	203

CHATS WITH THE DOCTOR

Fibrosis of Lungs—Blackheads—Abscesses in the Ear—Kidney Trouble—Goitre—Red Nose—Very Severe Cough—Want of Appetite—Acid Dyspepsia—Grating Joints; Noises in head; etc.—Glauber's Salts; Carlsbad Salts; Wetting the Bed—Constipation and Dyspepsia—Venereal Disease—Catarrh of Throat—Diet in Pregnancy—Injury to Lip—Severe Cough; Goitre; Ulcerated Tonsils—Injury to Head; Burning Face—Chapped Hands—Bread Making; Food for Dyspeptics—Bad Breath—Chronic Constipation—Tuberculosis and Indigestion—Costiveness in Baby—Watering Eye; Lump on Tongue—Thread Worms—Unanswered Enquiries		207-212
---	--	---------

QUIET TALKS WITH MOTHERS

Summer Clothing For Children	<i>Eulalia S. Richards, L.R.C.P. & S., Edin.</i>	213
------------------------------	--	-----

GENERAL ARTICLES

Do You Want To Quit Smoking?		216
How To Eat and Save Money	<i>Horace G. Franks</i>	220

HOME NURSING

Another Practical Talk on Home Nursing	<i>Minnie Genevieve Morse</i>	225
To Stop a Cold in the Head		227

THE HOUSEKEEPER

An Inexpensive and Wholesome Breakfast		228
Housekeepers' Helpful Standard		229
Recipes		229
Household Hints		230

THE CHILDREN'S HOUR

Mending Melissa's Dress	<i>Dorothy French Newbury</i>	231
The Crystal Cave	<i>E. Marie Sinclair</i>	232



IS IT TIME FOR DINNER?

LIFE AND HEALTH



Vol. 7

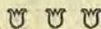
November-December, 1917

No. 5

Editor: CHARLES M. SNOW

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

HE who longs for the appetite to eat like a labourer without doing the work which the labourer does will sooner or later find that he is eating like a labourer without the digestion of a labourer and has to lie up somewhere for repairs. The advice of the good Book is good in this matter: "When thou sittest to eat with a ruler, consider diligently what is before thee: and put a knife to thy throat if thou be a man given to appetite." Prov. 23: 1, 2.



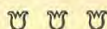
A REAL twentieth century household demands of its managers first of all a scientific understanding of the twentieth century requirements of a human habitation; second, a knowledge of the values, absolute and relative, of the various articles which are used in the house, including food; third, a system of account keeping that will make possible a close watch upon expenses; and fourth, an ability to secure from the various members of the household the very best they have to give to maintain a high standard of honest work. If service must be economised, then the trifles on the dresser, the carved ornaments on the mantel-shelf, should first be put away in order to save the time of dusting. Let one course at meals be sacrificed rather than the tem-

per of the family be tried past endurance in the vain endeavour to make one pair of hands do the work of two. If the house mother can so manage the finances of the family as to secure the safe rearing of a group of children with such strong and refined characters as will enable them to become capable, forceful men and women, why should she not have all praise?

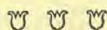


IT is generally conceded that cleanliness is next to godliness; but cheerfulness is one of the demonstrations of godliness. Don't be gloomy; it is the most poorly paid business in the world. In fact, it is a perpetual punishment both upon those who practise it and upon those who have to live with those who practise it. It is bad not only for the mental and spiritual condition of all concerned; it is bad for the physical condition as well. We must not expect food to digest properly in a stomach surrounded by a cloud of gloom. If we do, our expectations will never be realised. Do you want to be a dyspeptic? Then practise gloom, be a pessimist, look on the dark side of things. Are you a dyspeptic, wishing to be released? Then apply the antidote, cheerfulness, be an optimist, look on the bright side of things. If there be anything good, anything pure,

anything lovely, anything worth while, anything helpful, think on these things. Practise cheerfulness; it is one of the best paying businesses in the world. It will bless you, and all who know you will rise up and call you blessed.

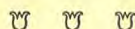


THAT is a splendid admonition of Scripture which reads, "Be content with such things as ye have." Another reads: "Godliness with contentment is great gain." Practically the same thought is found in the law of ten commandments: "Thou shalt not covet." Discontentment is the cause of worry, and worry is frequently the immediate predecessor of a nervous breakdown. Contentment and simple foods form a happy combination. One of the chief reasons for the happy healthiness of so large a proportion of the peasantry lies in the simplicity of their dietary and the happy contentment with which they partake of it. A variety of food combinations is very likely to lead to a variety of disease complications; and along that way lies danger. Cheerfulness should be practised always, especially at meal time; and that, with a liberal helping of contentment, will digest the most frugal fare. The greater the variety partaken of at any meal, the greater the strain upon the digestive organs and the system generally. The result is seen in sluggish livers, in sallow complexions, in heartburn, in poor digestion, in doctors' bills, and all too often in early graves. Simple foods of few kinds, well masticated, eaten with contentment and cheerfulness, will build up the system, and richly reward us, other things being equal, with good health and a long and a happy life.

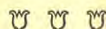


THINK of the beautiful, think of the true; think of the best person you know in the world and strive to be like him; fashion every act so that the best conscience could not condemn it; let the sunlight into your house and the sunlight of happiness and purity into your soul; don't

be a grumbler, don't be a grouch; it is possible to be sick and have even your sickness a blessing to those who wait upon you; don't look for the badness in your neighbours, but see how much goodness you can find there; by trying to close your eyes to the defects of your friends, you may find that your eyes have gotten into the habit of enlarging those defects, and need seasons of closing to get them back to normal; walk upright; be brave; be honest; be true; have a smile and a pleasant word for your friends—yes, and even for your enemies; then when night comes down, your conscience as well as your physical frame will sleep, and you will arise a better man, a better woman.



IF you must bend over at your work, don't stay bent all the time. It cramps your breathing capacity, and eliminates abdominal breathing almost entirely. But abdominal breathing is essential to good health. It improves intra-abdominal circulation, and this in turn improves the quality of the digestive juices. It also tends to tone up the internal organs, imparting new life to them. Abdominal breathing should be practised frequently during the day, and is especially important to those who lead a sedentary life.



IT is not a good practice when standing or walking to permit the abdominal muscles to relax. These muscles are the natural support of the stomach, liver, and intestines, and can never perform their normal functions properly while in a flabby condition from lack of use. Just as the muscles of the arm become flabby and useless from lack of use, so do these muscles. Make a practice of tensing the muscles of the abdomen frequently, even while at work, especially if the work is performed while sitting. A faithful following of this advice will soon be noticeable in improved health.

Acid Dyspepsia

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

THE digestive secretions are very dilute solutions of certain ferments, or enzymes, and chemicals; if either the ferments or the chemicals are deficient or absent, digestion cannot be carried on satisfactorily. For practical purposes our foods may be classified under three headings: proteids, carbohydrates, and fats. The proteids are nitrogenous substances, including all flesh foods, milk, cheese, cereals (oatmeal, flour, etc.); carbohydrates include all starchy foods, as well as those containing sugar. Flour, oatmeal, potatoes, and cereals all contain abundance of carbohydrates. Fats include butter, cream, oils, etc. Carbohydrates, when properly masticated, are partly digested by the salivary secretion of the mouth. Proteids are digested both in the stomach and small intestines. Fats, starches, and proteids are all digested in the secretions of the small intestine.

Acids change the colour of blue litmus test paper red, and alkalis change the red to blue again. The alkalinity (the reaction) of the saliva and duodenal secretion and the acid reaction of the gastric juice depend on certain chemicals. The gastric secretion owes its slight acidity to hydrochloric acid; the percentage of the acid, however, is very small, under normal conditions running up to one-fifth per cent—two parts of acid in a thousand parts of the secretion. If the acid is not sufficient, the proteids of the food are digested with difficulty; if the acid is in excess, the digestion of all starchy foods is retarded.

We thus see how very important the chemical reaction of the stomach is to digestion. Many authorities teach that, as carbohydrates are only digested in alkaline secretions, the digestion of rice, potatoes, bread, etc., is stayed until they reach the duodenum (the first part of the small intestine). This we do not believe,

for in health the acids of the stomach unite with the proteids (albumins or nitrogenous parts of our food), and thus the stomach contents do not become so acid as to interfere with the digestion of carbohydrates. The saliva continues to act on these constituents in the stomach, and when it has done its work the partly digested products pass out of the stomach. Where, however, the stomach contents are excessively acid, the digestion of the carbohydrates in the stomach must cease. These constituents are thus placed under conditions of warmth, moisture, and chemical conditions which are liable to cause unfavourable changes in the food (decomposition, some saying fermentation). Thus uneasiness or pain, flatulence (wind), and frequently acidity develop. Both the carbohydrates and the fats under these conditions will form foreign acids—acids that should not be developed in the stomach contents, such as lactic and butyric acids. Acid dyspepsia naturally presents itself under two very different conditions: (1) Acid dyspepsia, from the decomposition of food; (2) Acid dyspepsia, the result of excessive secretion of the normal acid of the stomach. We have stated that the foreign or unnatural acids form whether the gastric juice is deficient (hypopepsia or hypochlorhydria) or in excess (hyperpepsia or hyperchlorhydria), and thus the same symptoms may exist in both forms. Both the normal acid and the foreign acids increase as digestion proceeds. Often, only a test meal and a chemical examination of the stomach will reveal whether the dyspepsia is hypochlorhydria (deficient acid) or hyperchlorhydria (excessive acid). The distinction between *hypo* (under) and *hyper* (over) should be borne in mind.

Hypochlorhydria (Deficient Acid)

In hypochlorhydria there is difficulty in digesting almost all foods, whether they

be proteids (albumins), carbohydrates, or fats. Where there is excess of the normal acid (hyperchlorhydria), proteids such as are contained in flesh foods, eggs, milk, legumes, etc., are better digested than the carbohydrates, for they absorb the acid, and unfavourable changes do not so readily take place; whereas the carbohydrates (rice, potatoes, bread, etc.), not being digested in acid media, undergo unnatural decomposition with the production of acids and gas. These acids are very different from the normal acid of the stomach, and are very irritating to the delicate lining of the stomach, producing uneasiness and pain. The accumulation

and used without sugar), grape juice, malted nuts, the Italian pastes (macaroni, vermicelli), zwieback and milk, granose biscuits and milk, are all easily digested and nourishing foods. Those foods should be selected which agree best with the digestion, but sufficient must be taken to increase the weight, even though it causes some discomfort. Plenty of air night and day is essential, and the daily sponging of the body with tepid or (better) cold water has a decidedly beneficial effect. The general rules for good digestion must be followed. The food should be thoroughly masticated; drinking with meals should be avoided, especially cold drinks, as well



PLEASANT LABOUR IN NATURE'S COMMISSARY DEPARTMENT

of the gas of fermentation, or chemical action, further increases the pain and discomfort.

Deficient acid is frequently the result of constitutional weakness, the result of some illness, loss of blood, shock, or living on imperfect and insufficient dietary.

In these cases the general health must be attended to. Frequently it is necessary for the sufferer to force himself to take food in order to produce blood, thus strengthening the stomach and increasing its natural secretions. The most digestible food should be selected: milk—fresh or sterilised at a temperature below boiling point—eggs (raw or lightly cooked), gluten in form of gruel or porridge, creamed rice cooked in a double boiler, oatmeal gruel or porridge (well cooked

as tea, coffee, cocoa, and all alcoholic beverages; all fried dishes and foods cooked with fat of any kind, such as pastry and cakes, should be cut out of the dietary. The simpler the diet, the better; it should be remembered that every food produced by nature is a complicated mixture of all the necessary elements of good food, but they are right combinations. The free use of sugar and fats in cooking is harmful, and the less use made of baking soda and powders the better. The use of alkalis, such as baking soda, carbonate of magnesia, etc., shortly after meals, is harmful where there is deficiency of the normal acid of the stomach. At the close of digestion, when the foreign acids accumulate, they are sometimes necessary. Used in these cases well

diluted, they neutralise the acids, help to empty the stomach and to increase the flow of the natural acid for the next meals. Fifteen to thirty grains of either of these alkalis is sufficient; the dose may be repeated if the acid condition still continues. Where there is no acidity, not more than ten or fifteen grains should be taken, and the best time is half an hour before meals; they should be taken in about half a tumbler of warm water. The bowels should be kept regular by drinking freely of pure water between meals, and the use of such foods as puffed wheat, granose biscuits, stewed fruits, especially

prunes, and, when it agrees, oatmeal porridge.

Where the health and general strength are good, it is a good plan to cut down the dietary to a large extent. Omit one meal a day (the meal that can best be dispensed with is the evening meal). In these cases, care should be taken not to increase the amount taken at the other meals. The general rules for digestion must, of course, be adhered to. The treatment of hyperchlorhydria (excessive normal acid) will be considered in the next article.

Acid Dyspepsia In Another Form

Excess of Acid in Gastric Juice

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

THE symptoms of this form of acid dyspepsia are similar to those due to foreign acids, with the exception that they are developed, as a rule, more quickly after a meal. If, however, food remains in the stomach from one meal to another, the symptoms of both dyspepsias are practically identical. There is usually intense burning at the pit of the stomach. Acid foods, especially fruits and sweet foods, increase the acidity and give rise to pain. There is constant regurgitation of sour liquid food. As a rule there is not so much distension of the stomach with gas or flatulence as in the ordinary acid dyspepsia. The acidity in this form usually begins half an hour or an hour after eating, and increases till the end of digestion. The tongue is not so coated as in ordinary acid dyspepsia, and the bowels may be quite regular. This form of dyspepsia is often associated with hunger-pain. The secretion of the normal acid creates an appetite, and the pain is often relieved by food, especially of an albuminous nature, such as boiled eggs.

Treatment

Dr. Kellogg says of the treatment of

this form of acid dyspepsia: "This condition is sometimes an exceedingly obstinate one, resisting the measures of treatment employed until both patient and physician are thoroughly discouraged."

Hyperchlorhydria is often the result of some other disease, such as appendicitis (of a chronic nature), gall stones, or ulcer of the stomach. The increased acid undoubtedly is frequently a cause of ulcer, and when the ulcer is established, this again increases the acidity; thus a "vicious circle" is produced. The removal of the appendix, gall stones, or ulcer, will generally result in a cure. An operation for ulcer, however, is very rarely necessary.

We will consider treatment of this troublesome affection under three headings: dietetic, medicinal, and hydropathic.

Dietetic Treatment

No starchy foods can be digested in an acid stomach. Under ordinary circumstances, the proteids of our food unite with the acid of the stomach secretion, and this fact allows the digestion of starchy foods to continue in the stomach. In the acid dyspepsia under consideration,

however, the free acid is so abundant that the digestion of starchy foods is absolutely stopped. Starchy foods, therefore, must be limited in quantity as much as possible, and those that are taken should be thoroughly masticated in order to get the full action of the saliva, and should, for most patients, be dextrinised. If dextrinised foods such as zwieback, granose biscuits, etc., are thoroughly masticated, they quickly pass out of the acid stomach into the duodenum, and



GENTLE EXERCISE IN NATURE'S GYMNASIUM

their digestion is then completed. Some undoubtedly find good bread (twenty-four hours old) more digestible than that which has been made crisp by slow baking. If dextrinised food is not thoroughly liquified in the mouth, its rough particles may irritate the very sensitive walls of the acid stomach. Yeast buns made crisp in a slow oven often prove a very useful way of taking carbohydrates. Starchy foods combined with sugar, sweets, or fats, are very objectionable. The digestion of fat is often delayed in the stomach, which

means the development of the fatty acids; fat also envelops the starchy particles and prevents the free action of the saliva, and the sugar and sweets will also form acids in the stomach. Everything that increases the acidity of the stomach contents must be avoided.

With some, free fats will lessen the secretion of hydrochloric acid in the stomach. A tablespoonful of olive or almond oil on an empty stomach a short time before meals will have a decidedly beneficial effect. With many, however, fats and oils retard the digestion; butter and cream will turn sour, forming irritating acids. When butter is used in acid dyspepsia, it should be made from perfectly fresh cream, should be well washed in its preparation, and used within a couple of days after being made. Butter, if not good, is very liable to turn acid. The oils, however, do not turn sour but frequently repeat; if, however, they do not delay digestion, they should be persevered with.

The food that should be selected in this form of dyspepsia is that which will readily digest in acid solutions, and the only foods about which this is true are the proteids. Many sufferers find relief by taking flesh foods. We are, however, encountered with this difficulty, that flesh foods, especially the red meats, although they absorb the acid, increase its secretion. If they are taken, they should be minced so that their sojourn in the stomach will be as short as possible. The white meats, such as fish, poultry, and tripe, are readily digested in this form of dyspepsia, and do not increase the flow of acid to the same extent as the red fibred beef and mutton.

Eggs are a very valuable food; the white of a couple of eggs taken immediately before meals absorbs the acid without increasing its secretion. If eggs are cooked at boiling point or over, the albumins are coagulated too firmly for easy digestion; whether boiled or poached they should be put into boiling water and then removed to one side for six or eight minutes.

In the cooking of rice and farinaceous foods generally, the beaten eggs should be added during the last fifteen or twenty minutes of cooking, the rest of the cooking should be carried on with the door of the oven open. It is a good plan to place the dish in water; this ensures cooking at a low temperature. All albumins, whether they be flesh foods, eggs, or milk, should be cooked at a low temperature to ensure ready digestion and assimilation.

Milk is an excellent food for most sufferers from hyperchlorhydria. If it turns acid, as it will do with some, lime water should be added—a couple of tablespoonfuls to half a pint of milk. Some alkaline mineral water, as vichy, may be more agreeable, or five or ten grains of citrate of soda may be added to each half pint. Milk certainly absorbs the acid of the stomach, and by its alkaline salts neutralises that which is not incorporated with its albumins. Even milk with many will disagree, foreign acids forming one to three hours after it has been taken. In this case one of the alkaline powders recommended under medicinal treatment should be used to neutralise the acid. Milk, unlike flesh foods, does not increase the flow of acid from the glands of the stomach. Sometimes skim milk, on account of the comparative absence of fat, agrees better than the whole milk. There are certain foods that must be avoided by those secreting an excess of hydrochloric acid. All acid fruits, such as oranges, lemons, tomatoes, apples, pears, peaches, and gooseberries, increase the acidity. Stewed prunes will agree with most dyspeptics; they have the advantage of aiding the action of the bowels. All fried foods are especially harmful, for they are not only indigestible but tend to the production of foreign acids.

Beef tea, mutton broth, and similar preparations increase the acid secretion, and at the same time contain but little nourishment. Dr. A. L. Benedict writes concerning these preparations: "In so far as protein is concerned, a meat tea made by boiling cannot be more nourish-

ing than egg tea, that is the water in which the eggs are poached, or in plain words, it contains no proteid nourishment at all, and is, barring certain qualitative and quantitative differences, of the same dietetic value as urine." Pastry, new bread and scones, cake, tinned foods, legumes, and all complicated dishes are injurious. Tea and coffee hinder digestion and should, consequently, never be taken. Hot water, or hot water and milk, with the meals dilutes the acid contents of the stomach and thus lessens their irritating action on its walls, as well as aiding digestion. The longer food is retained in the stomach, the more the various acids will accumulate.

The coarser vegetables, such as cabbage, carrots, and parsnips, should be omitted from the dietary, as they are so liable to produce flatulence. Potatoes, if floury, cauliflower, and the various pumpkins agree with most cases of acid dyspepsia, but some are better without any of these vegetables. French beans and young green peas may be taken in small quantities. All cases of acid dyspepsia, however, cannot be dieted alike; each one has to find out for himself what agrees and what disagrees.

Medicinal Treatment

Careful dietary undoubtedly lessens the acidity of the stomach to a large extent, but mostly some help must be given to nature in the form of alkalis to neutralise the acid. A continual acidity must do harm to the delicate mucous membrane of the stomach, and interfere with digestion and the assimilation of food. If the acidity is not kept down, ulceration of the stomach will most likely supervene through the action of the powerful acid secretion on injured spots of the lining membrane. These injuries may primarily be caused by improper or insufficiently masticated food. It must be remembered, however, that without proper diet, the hyperacidity will never be relieved; drugs will only relieve symptoms if the cause of the trouble be not removed and the general health maintained. Large

drinks of warm water dilute the gastric juice and thus lessen its acidity and help the digestion of food. Warm water, half a pint or more, should be taken half an hour before, and also during, the meal.

The most usual alkali resorted to is the bicarbonate of soda purchased from the grocer. The commercial soda, however, contains impurities, and should not be used. If soda is used, it should be procured from the chemist; that prepared by Howard and Sons is the best. One teaspoonful in half a tumbler of warm water is the usual dose, beginning half an hour after meals and repeating every half hour until the acidity is relieved. We have not found soda a good alkali; it relieves acidity for the time, but does not check it; in fact, it probably increases the amount of acid secreted. Ten to fifteen grains (heaping saltspoonful) given in water half an hour before meals certainly excites the flow of acid, and is often given for deficiency of acid. The carbonate of magnesia, especially the burnt form (Mag. Carb. Ust.), is an excellent antacid, and may also be taken in teaspoonful doses, but this also has the objection that it acts very freely on the bowels; if, however, there is constipation, it is the best alkali. The calcined or burnt form has not the relaxing qualities of the ordinary form. Carbonate of bismuth relieves in some cases, but its action depends more on the protection it affords to the irritated walls of the stomach than on its alkalinity; it should, therefore, be combined with some other alkali; as it is constipating, it goes well with the magnesia salt already mentioned. We have found prepared chalk one of the best alkalis in hyperchlorhydria, especially where there is freedom from constipation; it can be advantageously given with magnesia. Charcoal tablets are frequently given with the alkalis as

they undoubtedly absorb the gas formed in the stomach and intestine. One of the following prescriptions will be found valuable in most cases:—

℞ Bismuth Carbonate
Mag. Carb. Ust.—equal parts
of each.

One level teaspoonful in hot water as soon as acidity is felt, and the dose repeated every half hour.

℞ Pulv. creta præparata
Mag. carb. pond.—equal parts

The same directions as in first prescription.

Hydropathic Treatment

Hydropathic treatment is undoubtedly helpful if sufficient time can be given for its application, but in hyperchlorhydria it is very different from that form of dyspepsia where there is deficiency of acid. With deficiency of acid, the less water taken at meal time the better, in hyperacidity, a glassful of hot water or more is decidedly beneficial. In *hypochlorhydria* (deficient acid secretion) cold water applications for fifteen minutes half an hour before meals increase the flow of acid, but in *hyperchlorhydria* the water application before meals should be hot. In *hypochlorhydria* hot fomentations, and in *hyperchlorhydria* cold wet compresses, are required after meals; the former increase the flow of gastric juice, the latter applications lessen it.

The general health of the patient must be maintained by gentle out-door exercise, good nourishing food, and the daily sponging of the body with cold water. Some medical practitioners put their patients on a purely milk diet, or minced meat and zwieback with alkaline treatment, but we believe this treatment should only apply where the acidity is complicated by ulceration.

CHATS WITH THE DOCTOR



NOTICE TO SUBSCRIBERS: All questions for this department must be addressed to the EDITOR, "LIFE & HEALTH," WARBURTON, VICTORIA. 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.

80. Fibrosis of Lungs

"W.B.," of Bendigo, writes: "I have been suffering for several years with lung trouble. Sometimes I suffer with soreness in the chest and between the shoulders. They say I have fibrosis of the lungs. Is there any cure for it?"

Ans.—In all the organs of the body is found connective tissue uniting the essential elements or cells. Irritation causes congestion and increases the connective tissue, which gradually causes the essential parts to be absorbed. By the continual inhalation of dust, especially in mining occupations, the lungs are irritated and the lung tissue, in parts, is more or less converted into fibrous or connective tissue, consequently breathing power is lessened. Often tubercular spots are found in the lungs. The disease is not curable, although the patient with care may live for many years. It does not run such a short course as ordinary consumption. The same treatment, however, applies as in the latter disease. Mining or any occupation associated with much dust in the air must be avoided. A change of climate to clear, dry, mountainous district is advisable. A life in the open air is necessary, and the windows of the bedroom should be open at night, keeping the bed out of the draught. The body should be sponged with cold water daily, and then quickly and thoroughly dried. If this causes chilliness, a primary warming of the body

with hot water is advisable. Chilliness must on no account be produced. Milk, eggs, cream, and cereal foods are essential. Cod liver oil suits some cases well, but as a rule we believe good cream is preferable. Drugs are of no service in this complaint.

81. Blackheads

"E.F." writes for a remedy for the above. He says: "I have also a muddy and greasy skin. I feel very drowsy in the day-time and do not often sleep at night."

Ans.—The skin has too much work. "E.F." should avoid much butter, all fatty foods, pastry, cakes, and sweets. A hot bath followed by a cold shower should be taken two or three times a week. The face and neck should be thoroughly washed in hot water and soap two or three times a day, always using cold water before drying. The blackheads or matter should be squeezed out by firm pressure of the fingers. At night, after this treatment, use the following lotion:—

Precipitated sulphur, 2 drs.

Prepared chalk, 40 grs.

Spirit, 1oz.

Rose water, 9 ozs.

Dabb freely over the face and allow to dry.

82. Abscesses in the Ears

"R.W." writes: "I have been troubled with abscesses in the ears for three years,

also poisoned tonsils and enlarged glands. The throat at times is very much inflamed, also my gums. I have suffered very much with neuralgia. Do you advise the removal of the tonsils?"

Ans.—The teeth, tonsils, and all unhealthy conditions of the mouth must be attended to in order to prevent the abscesses forming in the ears. Decayed teeth should either be extracted or properly filled. Where the gums are inflamed, they should be painted daily with tincture of iodine after thorough drying with absorbent cotton wool. If the tonsils are large, they are better removed. The following application will be found beneficial for the tonsils; use it once daily:—

R_x Tannic acid ʒss (half dram)
Tinc. Iodine ʒiii (three drams)
Aquam (water) ad ʒj (up to one oz.)

83. Kidney Trouble

"Mrs. F.S." has been told that her kidneys are in a bad condition. She writes: "My urine is clear and there is no difficulty in passing it. I have slight aching across the back occasionally, but nothing to speak of. I have been in the habit of drinking three pints of water or more daily. . . . In your opinion is it possible to have kidney trouble without knowing it? . . . The doctor had a sample of water and says it is too light. I was wondering if drinking water only would cause that."

Ans.—The drinking of cold water is not harmful except near meal time, when it may interfere with the digestion. The urine is certainly not so heavy (has a lower specific gravity) when much water is taken, but that is of no moment. With kidney disease there is always poor health, and often nausea and vomiting, puffiness of eyelids, and paleness of skin. It is necessary, however, to test the urine before one can be sure. The doctor may state that the kidneys are out of order without meaning there is any organic trouble, such as Bright's disease. Often the action of the kidneys is interfered with through poor digestion.

84. Goitre

"H.M." writes concerning a friend who has goitre—large swellings on each side of the front part of the neck. There is shortness of breath, at times it is painful.

Ans.—There is no medicinal treatment that will cure goitre. The general health must be attended to. It is dangerous in the form known as exophthalmic goitre, where the eyeballs are very prominent, and there is palpitation of the heart. Good, nourishing food is absolutely necessary, the digestion must be kept in order, and the patient should live in the open air as much as possible. They are now very successfully operated on.

85. Red Nose

"V.A.J." writes: "Could you advise me of cause and treatment of a red nose? It is always very red, and at times gets very sore."

Ans.—A red nose is generally caused by some form of indigestion, especially when due to new bread, scones, hot buttered toast, and bulky meals. "V.A.J." should avoid drinking much fluid with meals; a little hot water, however, is often helpful, but tea, coffee, and cocoa should be avoided. The bowels should be kept regular and the abdomen frequently sponged with cold water. Bathe nose with alternate hot and cold water, and at bedtime apply the following lotion: One ounce of calamine and one ounce of oxide of zinc to half a pint of lime water. Allow to dry on nose and wash off in the morning. Shake bottle well before using.

86. Very Severe Cough

"Rossi" wants a "remedy for a very severe cough." She thinks it rises from "a weak throat" as she suffers from "goitre and ulcerated tonsils."

Ans.—A persistent cough cannot be treated without first ascertaining the cause. We would recommend a thorough medical examination. "Rossi" would probably get benefit from treatment

recommended under "Abscesses in Ears" in this issue of "Chats." Throat troubles are frequently a cause of severe cough.

87. Want of Appetite

"F.J." writes: "My child is two years of age. He has a very poor appetite, although otherwise he seems fairly well. What can I do to get him to eat more?"

Ans.—Keep the child in the open air as much as possible. The bedroom should be well ventilated with the windows open to fullest extent as long as all draughts can be kept off the child. Sponge the child daily in almost cold water. Do not clothe excessively, but see that the feet and legs are kept warm. Avoid rich foods. Absolutely no foods must be taken between meals.

88. Acid Dyspepsia

"Subscriber (N.Z.)" and "H.M." are recommended to read articles in this issue on "Acid Dyspepsia." "H.M's." diet is probably too sloppy; no doubt more solid food in small quantities would agree better.

89. Grating Joints; Noises in Head; etc.

"Nottingham" complains of grating and noises in joints on movement, especially in spine and hips. Two years ago she had sciatica, and the trouble has never left the hips. She has some difficulty in hearing and has noises in the head. Tears run down the face, instead of into the nose.

Ans.—This case needs thorough medical examination. Sanitarium treatment would probably do much good. There is probably some nose and throat trouble which has extended up the Eustachian tubes to the ears. The grating in the joints may be due to a chronic form of rheumatism (rheumatic arthritis), and should be attended to at once. The symptoms point to chronic trouble and need careful treatment, such as can only be detailed after a thorough examination.

90. Glauber's Salts; Carlsbad Salts; Wetting the Bed

"Mrs. H. J. H." asks: "Are Glauber's salts as good as Carlsbad salts for anyone suffering from constipation, liver, and rheumatism? What treatment would you recommend for a boy of nine years who wets the bed? He has been circumcised."

Ans.—Glauber's salts consist of sulphate of sodium; the Carlsbad owe their purgative action to this same compound. The latter, however, contain some alkalis and are generally preferred when there is rheumatism, etc. For a simple purge taken before breakfast in hot water either salts can be taken with advantage. "Wetting of bed" is treated in last issue of "Chats," number 50.

91. Constipation and Dyspepsia

"G.H.J." writes: "Can any harm result from taking a copious hot enema two or three times a week, i. e., injecting from four to eight pints? Wholemeal bread, orange juice, and melsitos will open my bowels for a time, but finally fail. Why is it that one suffering from chronic constipation is urged not to swallow any laxatives but to try and relieve with foods? I suffer from dyspepsia and constipation. Could you suggest a week's diet for me? I am using Health foods.

Ans.—We certainly think repeated hot enemas are injurious; they paralyse the bowels. Do not use more water than necessary; it is better to add a little brown soap, and after the bowels have been opened, inject half a pint of cold water and retain; this restores the muscular power of the bowel. Purgative drugs are better omitted where possible. The best drug is cascara sagrada in liquid form; it should be taken in small repeated doses rather than in one large dose. Twenty to thirty drops in water may be taken three times a day; the smaller the dose the better. "G.H.J." is recommended to read articles on "Acid Dyspepsia" in this issue. We would suggest the following foods: Puffed wheat, granose bis-

cuits, wholemeal bread, toasted corn flakes, stewed prunes, and other cooked fruits. Avoid tea, coffee, cocoa, pastry, cakes, new bread, and scones. Drink water between meals. Fresh fruit is good for the bowels if it agrees with the digestion. Milk, especially boiled, and hard boiled eggs are constipating.

92. Venereal Disease

"Learner" is afraid he has introduced the germ of some venereal disease through the eating of unclean food or drinking contaminated fluids, and asks: "Is uncommon redness of the nose a sign of the existence of some venereal germ in the blood?"

Ans.—Venereal disease is never contracted in the manner stated. A red nose is mostly the result of indigestion and is not a sign of venereal disease.

93. Catarrh of Throat

"L.O.S." asks for a remedy for the above.

Ans.—This condition, as we have frequently stated, is due to imperfect conditions of digestive system and must be treated by carefulness in dietary. Butter, fats, pastry, and all rich foods must be avoided. Gargle the throat with tannic acid and water—30 grains to the ounce. A spray of the same strength with two drams of tincture of iodine we have found useful. Use these applications twice daily.

94. Diet in Pregnancy

"Mrs. T. O. (Queensland)" gives a detailed list of her meals and asks if it is sufficient in pregnancy.

Ans.—The dietary given is altogether too poor in albumen; raw or lightly-cooked eggs should be taken in addition. The granose biscuits and fruit are excellent, but in themselves they are not sufficient. The diet in pregnancy does not differ from the ordinary diet. In health the appetite increases to some extent and

more food can be taken and digested. "T.O." does well in omitting tea, coffee, and cocoa, also pastry and complicated made up dishes.

95. Injury to Lip

"L.C." had her lip injured three years ago by an old nail. It breaks out frequently and never properly heals. She has not been to a doctor.

Ans.—We would certainly advise medical advice. Proper treatment at this stage may prevent much trouble. A slight operation may be necessary.

96. Severe Cough; Goitre; Ulcerated Tonsils

"Miss H." complains of the above.

Ans.—A perusal of this issue of "Chats" will give "Miss H." sufficient information on these subjects.

97. Injury to Head; Burning Face

"Mrs. A.H." writes: "About three months ago I gave the top of my head a severe bump on a pole, which for the moment stunned me. With a burning sensation I get a severe pain over the injured part. . . . What is the cause of one side of a person's face being burning hot while the other side is quite cool, beginning about the same time each day, lasting for about five hours? Although the person's face is so hot, her temperature does not go above normal."

Ans.—Alternate hot and cold applications (four or five of each) twice daily will help the head. These symptoms mostly take some time to disappear. The redness of the face may be due to one of several conditions. Mostly it arises from digestive trouble; it may possibly be associated with the injury to the head or some abnormal condition of nose, throat, or teeth.

98. Chapped Hands

"S.G." writes for remedy for cracks in fingers and cramped hands due to milking.

Ans.—Equal parts of glycerine and

water rubbed into the hands three times a day will help. Compound tincture of benzoine and glycerine (one in four) is a good application. Toilet lanoline is easily applied and gives relief. The hands should be well washed and dried after milking.

99. Bread Making; Food for Dyspeptics

"Subscriber" wishes to know if tartaric acid is injurious to a dyspeptic when used for the making of bread, and asks for foods suitable for dyspepsia.

Ans.—Baking powders and yeast make light bread, scones, etc., by the production of carbonic acid gas. Baking powders, including tartaric acid, are injurious; we believe it much better to use yeast. The compressed cakes of yeast are made of yeast plant which has been thoroughly washed and separated from impurities which sour and injure the taste and digestibility of bread. The brewer's yeast makes good bread and can be used where the cakes (German yeast) are not procurable. All foods cooked with baking powders are injurious. "Subscriber" will gain some idea of foods advisable in dyspepsia by reading articles on "Acid Dyspepsia" appearing in this issue of LIFE AND HEALTH.

100. Bad Breath

"A.B. (Auckland)" writes: "My family are all troubled with offensive breath; could you suggest a reason and a cure? We are not troubled with decayed teeth, are not great meat eaters, and do not suffer from constipation. I am painfully thin, am 38, but look 43. I have seen several medicines advertised for increasing weight; would you recommend me to try one? I am always tired, but have a big appetite."

Ans.—Bad breath is undoubtedly an evidence of improper food, faulty cooking, or bad combination of foods. Sloppy foods; tea, coffee, and cocoa; foods cooked with or in fat; sweets of all kinds; flesh foods; coarse vegetables, as cabbage, carrots, parsnips, and onions; fruit and

vegetables at same meal; milk and much sugar; and complicated dishes all tend to upset the digestion and produce foul breath. Simple foods and not too great a variety at a meal should be the rule. Probably if the evening meal were omitted or only a little fruit taken, the disagreeable odour of the breath would be removed. We would not advise any of the advertised drugs or foods for increasing the weight, probably attention to the rules of good digestion even with a lessening in the amount of food would not only improve the digestion but increase the weight. Many people remain thin through overeating.

101. Chronic Constipation

"Mrs. M. Rudd" asks for advice re the above.

Ans.—This question has been answered frequently in past issues of LIFE AND HEALTH. The rules of digestion must be attended to, as chronic constipation is only a symptom that such has not been the case. The following foods and drinks will tend to constipation: Fried foods, foods cooked with or in fat, sweets, pastry, eggs, or milk foods cooked above boiling point, excess of flesh foods, tea, and coffee. The following foods are recommended: Wholemeal bread, granose biscuits, toasted corn flakes, puffed wheat, stewed and fresh fruits, prunes, dates, and oatmeal. Pure water should be taken plentifully between meals or on retiring and rising. All exercises that bring the abdominal muscles into action are good, such as gardening, rowing, etc. The skin should be kept active by daily sponging and health maintained by plenty of outdoor exercise.

102. Tuberculosis and Indigestion

"J.P.," who has suffered from hæmoptysis (coughing up of blood), writes: "I am at present employed as a caretaker, and have from one to two hours' brisk work cleaning up each morning, and for the remainder of the day I have but very light work. I am able to be in the open

air practically all day, and I have sufficient air at night. My food is provided and consists of porridge and milk, meat, and toast for breakfast; soup, meat, and vegetables for dinner, also puddings; bread, butter, and jam for tea. I do not eat after tea. I continually have indigestion, pains in the stomach, chest, and back, coated tongue, and offensive breath. I have cut out tea, coffee, cocoa, and potatoes, and eat little meat. My appetite is good, and I like almost any food. . . . Each morning I have a cold sponge and a few minutes' exercise and again in the evening."

Ans.—Porridge should be taken without sugar. Milk and sugar make a poor combination. We would suggest lightly-cooked eggs instead of the meat. Toast on no account should be buttered when hot. Either the soup or the puddings should be omitted from the dinner. The pudding could be eaten at tea time. "J.P." will get valuable hints on diet from articles on "Acid Dyspepsia" in this issue of LIFE AND HEALTH.

103. Costiveness in Baby

"Naomi" states that her breast-fed baby frequently throws up curdled milk and is very costive.

Ans.—The throwing up of curdled milk is not a diseased condition; it mostly means that too much milk has been taken. Costiveness in breast-fed children often indicates that a change should be made in the mother's dietary. Everything that is constipating or indigestible should be avoided by the mother, and plenty of fresh water should be taken. The baby should have, in addition to the mother's milk, a little juice of a sweet fruit two or three times a day, and have occasionally a small drink of pure water. An occasional dose of half a grain of calomel often helps the bowels to regain natural action. Drugs of course should be avoided as much as possible in these conditions. The mother's milk being too rich in cream would not, as suggested, be at all injurious to the child.

104. Watering Eye; Lump on Tongue

"K.W.C." complains of one of her eyes continually watering, although she can see nothing wrong with it; also of a small lump like a grain of wheat on the tongue.

Ans.—There is evidently an obstruction of the tube that carries the tears from the eye to the nose. This requires the attention of a surgeon. The lump on the tongue may be due to some irregularity in the teeth (natural or artificial) or may be the result of an old injury, such as a bite of a tooth. If the lump increases in size medical advice should be sought, as it may be necessary to remove it and thus save the development of a malignant growth.

105. Thread Worms

"Miss R.H.," aged twenty-five years, asks for a remedy for the above.

Ans.—Take at night twice weekly 3 grains of Santonin, followed next morning by a good purgative, such as castor oil or Epsom salts. After the bowels are open, inject daily into the bowel a pint of salt and water (tablespoonful to pint) or the same quantity of infusion of quassia chips (pint of boiling water poured on a small handful of the quassia chips).

106. Unanswered Enquiries

"Nottingham" complains that her enquiries were not answered in last issue of LIFE AND HEALTH. Every endeavour is made to answer enquiries as early as possible. Letters often arrive after the portion of the paper containing "Chats" is in print, and consequently they must be held over till next issue. We are, however, endeavouring to arrange for "Chats" to be printed the last thing, in order to accommodate our readers as much as possible. You can assist us by forwarding your enquiries as soon as you can, thus assuring their answer in the next issue of LIFE AND HEALTH.



QUIET TALKS WITH MOTHERS

Summer Clothing For Children

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

TO the busy mother, summer comes far too soon. It seems that she has scarcely outfitted her little flock with suitable winter clothing ere the warm spring days come, and the children clamour for cooler garments. Now last summer's clothing must be put in order, various repairs made, and little garments lengthened. A number of new garments must also be made to replace those which are worn or outgrown.

If the youngsters were allowed to have their own way, with the first warm day of spring they would discard all warm clothing in favour of their lightest summer garments. But such sudden changes are unwise, and in many cases very dangerous. Severe colds, bronchitis, and pneumonia are likely to result from such reckless changes of clothing. The wise mother will insist upon moderation in this matter which has so important a bearing upon the health of her children.

With the advent of settled summer weather, the heaviest of the winter clothing should be packed away. To ensure against the ravages of moths and silver fish, it is best to securely wrap the woollen garments in strong, unbleached, unwashed calico, a few camphor balls being placed inside the parcel if desired. The mistake must not be made, however, of putting away all of the warm clothing, for cool days come even in midsummer, and on these days the little ones need additional protection from the cold.

The child should be dressed according to the weather and not according to the calendar. On very hot days the least possible amount of clothing should be worn, for little children bear heat badly.

One sometimes sees an infant or a wee toddler sweltering under a load of warm woollen clothing on a hot summer's day. Such a baby is certain to be restless and fretful, and is likely to have an irritating rash from overheating of the skin. A tepid bath and the replacing of winter garments by seasonable clothing will transform this unhappy infant into a most contented and comfortable baby.

However, the mother must always be on her guard, for in this country of ours sudden changes of temperature are not uncommon. Often a hot day terminates in a cold change. When this occurs, an immediate change in the children's clothing must be made. Warm shoes and stockings must be put on, also warm singlets, bloomers, knickers, or whatever garments are needed to protect the little ones from being chilled. In young children and babies it is particularly important to clothe warmly the abdomen and lower limbs. Neglect to do this has often led to severe diarrhoea, gastritis, pneumonia, and other serious disorders of the chest.

Summer Styles for Children's Clothing

There is no doubt that the advent of summer greatly increases the mother's

work, as far as the clothing of her family is concerned. Yet by giving the subject due thought and care, the mother's labour may be lessened. *Simplicity, suitability, and durability* are the three most important qualities to attain in planning the children's summer outfits.

A clean, healthy child is one of the

for the tiny tots; while the Ranger suits and the simple magyar frock are most suitable for the little lads and lassies who have outgrown their baby rompers.

For the little schoolgirl a suitable singlet, bloomers to match the frock, shoes and socks, and a simple magyar frock (which can be ironed quite flat), are all that is required for a hot day. Petticoats for every day wear are quite superfluous.

Now as to the suitability and durability of the children's summer clothing. Choose dark or medium colours for every day wear. Drill or galatea is suitable for the small boys' suits, while Japanese crêpe, gingham, or zephyr makes very satisfactory frocks for the little daughter. The crêpe, if of good quality, is particularly suitable, as it requires no starch and very little ironing. In making new garments for children, always cut them a little large and allow for a generous hem, so that subsequent alterations may be made if necessary.

The mother who takes great pride in the appearance of her children may object that dark suits and frocks are not becoming to the little ones; but this is not true if care is exercised in the choice of colours and styles. Attention should be given to the child's individual complexion in choosing the colour of the clothing. One



COMFORTABLE BUT NOT OVERCLOTHED

most beautiful things in the wide world, and certainly does not require elegant clothing or elaborate decoration to enhance its beauty. The simplest garments, if well cut and neatly made, are by far the most suitable for children's wear. The little one-piece rompers—so much used at present—deserve their popularity

girl may look exceedingly well in blue, another in brown, and a third may be quite charming in a dark rose shade, while appearing dull in a grey or brown. Care should be exercised too in the choice of styles. Good simple patterns of children's clothing are easily obtained and should invariably be used by the inexperienced

needlewoman. It is surprising how quickly simple garments may be made, and well made too, when once the mother "gets into the way of it."

It saves time to cut and plan a number of garments at once, rolling the pieces for each garment up in a separate bundle. Then plan for a sewing day, making the housework as light as possible on that day and serving the simplest of meals.

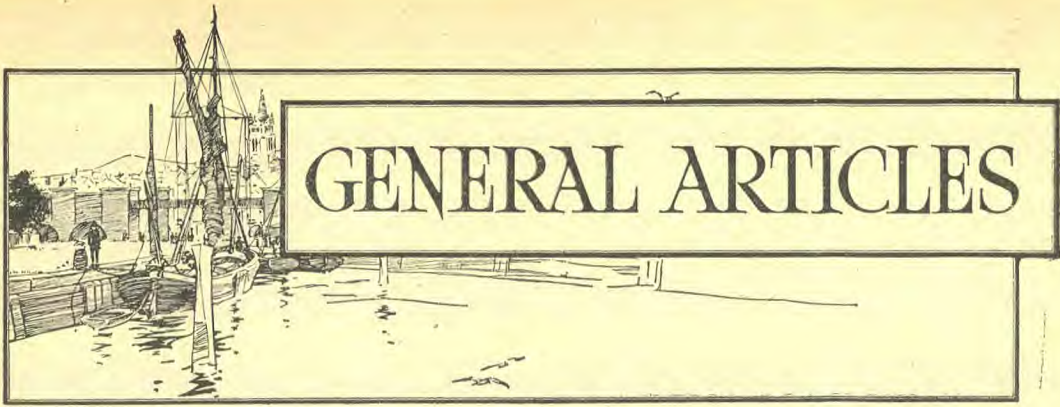
Before beginning the actual work of sewing, clean and oil the sewing machine, and provide an abundant supply of cotton, tapes, fastenings, buttons, and all of the little things so needful to the success of a sewing day. In fact, all of these preliminaries should be arranged before the sewing day or days, for there will need to be more than one sewing day in the week if much is to be accomplished.

By choosing dark colours for everyday wear, the actual number of garments needed is greatly reduced. A child who is reasonably careful of her clothes can manage with two dark frocks in the week, in some cases but one; while if white or light dresses were worn, a fresh one would be required each day. One little woman, a confectioner's wife, sent her twelve-year-old daughter to school each

morning last summer with a fresh white or light frock on. She acknowledged that she had to toil early and late to keep her daughter supplied with clean frocks and petticoats. The little daughter of her next door neighbour looked just as neat and attractive in pretty dark dresses, of which only one or two were required in the week.

For best wear, light colours may be chosen for the suits and dresses, but even in these garments simplicity should rule. A little girl's best frock should consist of fine material tastefully and daintily made, but *simply*. The elaborate creations now being displayed in many large shops and priced at several guineas each, are certainly beautiful as examples of fine needlework, but are wholly unsuitable for infants' and children's wear. Just now, during war time, when economy is the watchword in all lines of activity, should not we mothers study economy in the clothing of our families? But let us remember that the buying of poor materials and cheap, ready-made garments is not true economy. Let us purchase always the best quality of materials that we can afford, choosing such simple, sensible styles of making as will not soon become strikingly out of fashion.





GENERAL ARTICLES

Do You Want To Quit Smoking?

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

(Reprinted By Special Request)

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

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

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

The young man rinsed his mouth with the solution, then expelled it. The cure had been taken. The spectators looked

at him eagerly. The question, What will be the result should his lips again touch tobacco? could be read in the expressions of their faces.

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

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

"We are swamped with letters," said Miss Gaston. "Physicians from all over the United States and even from Canada have written for particulars concerning the treatment. I have promised all that their names would not be given out. One who came to our clinic was a very

prominent business man of about fifty. He stated his case with tears in his eyes.

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

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

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

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

who need help. Being a physician of wide experience in dealing with sanitarium patients, many of whom were sufferers from cigarettes and other vicious habits, he is peculiarly fitted for dealing with habit addicts of all kinds."

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

Cure Costs Only a Shilling

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

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

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

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

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

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

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

"They possibly represented the most conscientious young men of the city. Young men who have high ideals and aspirations, but who have been forced to recognise tobacco as a tremendous handicap in the attainment of their aims.

Nearly all complained of pronounced nervous symptoms, loss of memory, inaccuracy in mental work, or weak heart action and shortness of breath. Among those who applied were representatives from all professions—athletes, bankers, lawyers, and doctors.

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

Many Tried Cures Without Success

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

"Another most interesting and helpful discovery made several years ago in medical practice I have more fully demonstrated at this clinic, is that the food these men eat has much to do with their craving for tobacco. Some years ago the manager of a city railway, suffering from some serious intestinal trouble, came to me for treatment. I found it necessary to place him upon a diet of fresh fruits and well-baked grains and milk for several weeks. He had been an inveterate

user of tobacco. I assured him he would have to give this up. He did so with an effort, but the surprising thing was that at the end of six weeks he informed me that tobacco smoke was now actually offensive to him, and wanted me to explain why it was. I believed it to be due to the eliminative baths and the non-irritating diet of fruits and grains, but this needed to be more fully demonstrated.

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

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

"Since then I have seen many similar cases that had entirely lost the craving for tobacco and other narcotics by merely persevering in the use of a free fruit and grain diet for a time.

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

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

Greatest Smokers Have Dislike for Fruit

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

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

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

"In addition to this we advocate a few eliminative baths, thus getting rid of the stored-up nicotine, which, while in the system, tends to keep up a craving for more.

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

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

men are sorry they started the habit.

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

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

said she had contracted the habit since her wedding, and that it had brought the only disagreement between her and her husband."

Miss Gaston and Dr. Kress are now carrying their campaign actively into the other large cities.

"In the autumn," she said, "I shall open clinics in other cities, and I shall start a crusade in the colleges. They are the hotbeds of the cigarette habit. Manufacturers of cigarettes have admitted that their sales are proportionally large in college towns, and professors have compiled statistics showing the injury which the habit inflicts upon students. Many a boy smokes his first cigarette in college because the home influence is lacking. If we can reach the college students we can put the cigarette out of business—and we are going to reach them."

How To Eat and Save Money

Is This a Paradox?

HORACE G. FRANKS

THIS is war-time, as all the readers of this article must know to their cost.

This is economy time, as all should know and should realize.

Not only are we urged by our government to retrench in the matter of expenditure that we might furnish our country with the money necessary for war purposes, but we are also urged, many of us in fact compelled, by the condition of our finances to retrench our weekly expenditure to furnish ourselves and our families with the necessities of life.

For many reasons, the majority of which are well known, the prices of food have been soaring rapidly of late, greatly limiting the purchasing capacity of the weekly pay envelope. Who among our readers has not already felt the pinch of war?

The Nations' Lessons

But stay! it does not end there. Nearly every belligerent nation has realised that

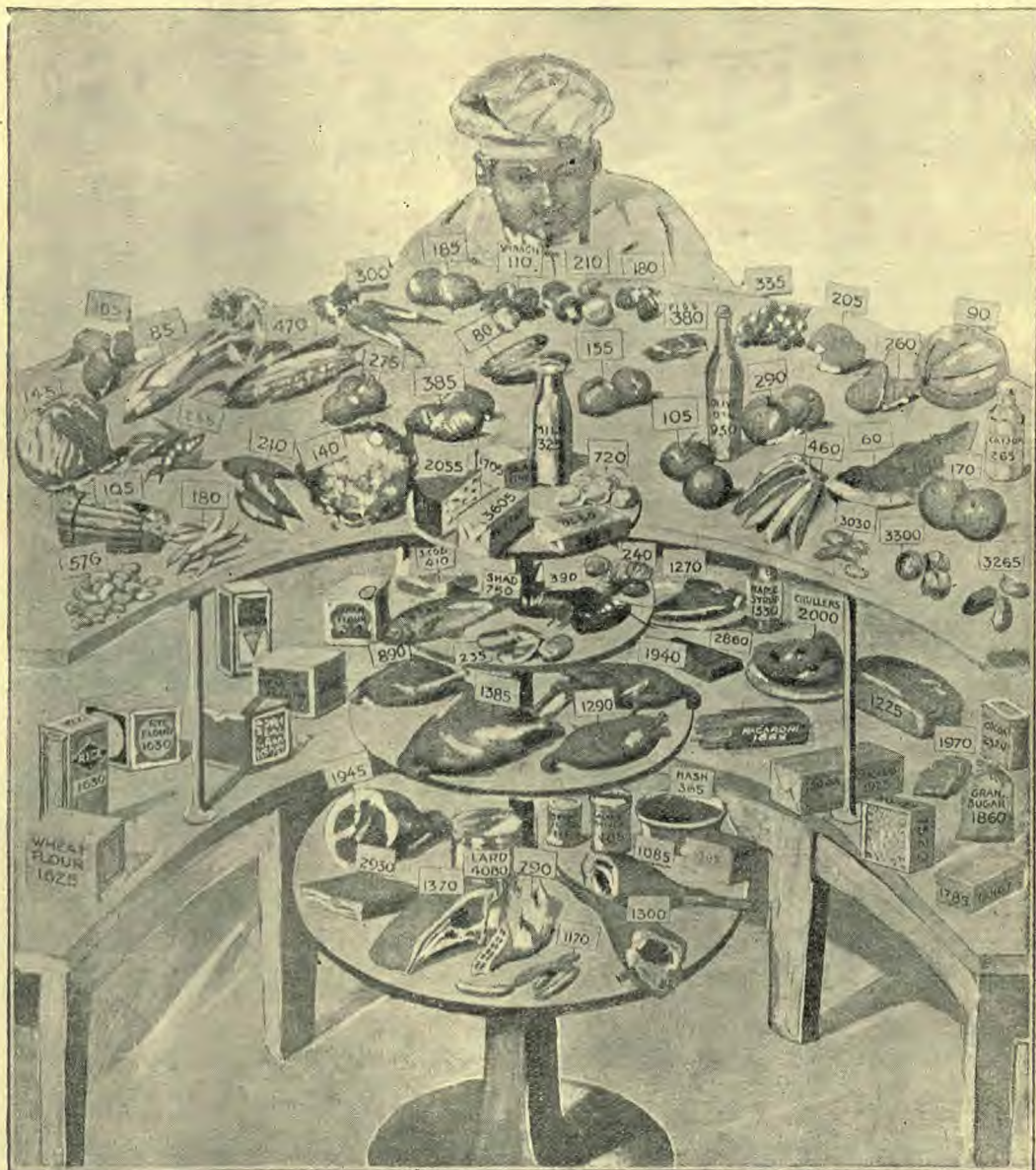
this great war is now being waged in terms of flour and sugar more than in terms of shells and guns. No matter how brave the nation or the individual, hunger forces each to its knees in humble supplication. The food expert has now become the chief of staff. The Food Controllers of the nations are the dictators of national affairs. All Europe is receiving its education at the school of the dietician, and we in distant Australia have yet to learn those lessons. We are drawing more and more liberally on our larders to help feed the Allies, and it is about time we commenced to put our own house in order—to educate our own little nation to the crying need for the conservation of food.

What Is Food?

Food and energy go hand in hand; likewise food and fatigue. Napoleon found that out to his cost in 1812, when

he ran short of bread, and endeavoured to overcome the difficulty by a double and

carbohydrates, and fats. In these times business men make no apologies for using



THE CALORY RESTAURANT — THE FUEL VALUES OF OUR FOODS EXPRESSED IN CALORIES PER POUND OF FOOD

even triple ration of meat—with distressful results.

Why was this? Both were foods—and supposedly nutritious. The whole matter can be summed up in calories, proteins,

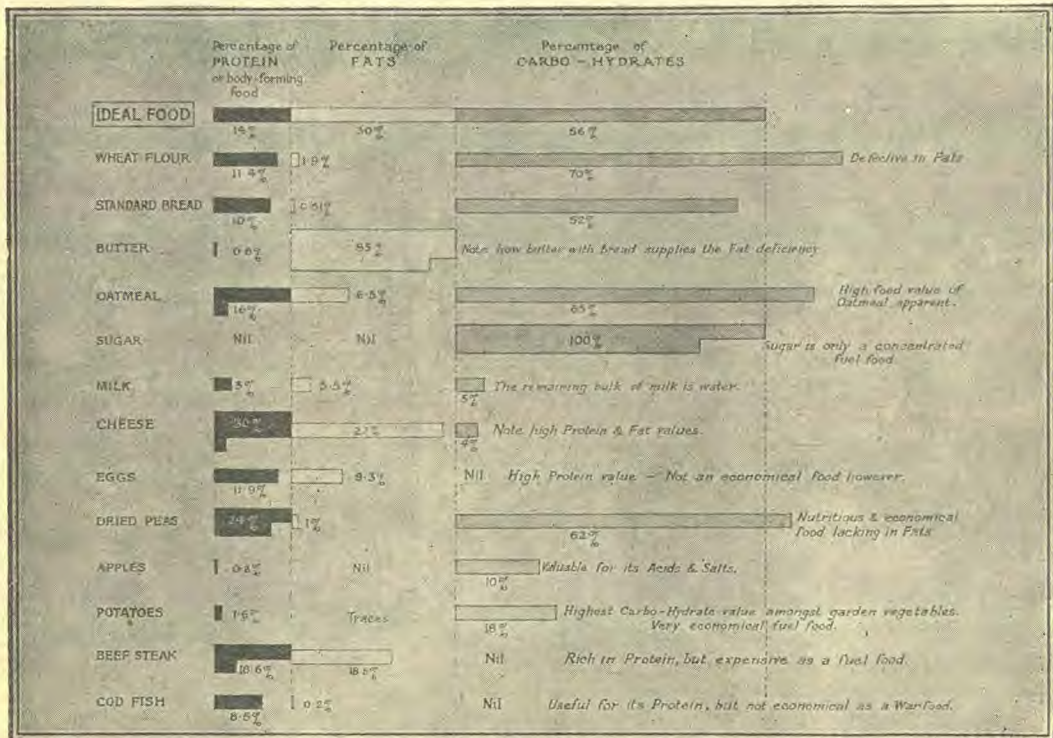
these scientific terms; neither do we. But we do intend stating in a simple manner what they are and represent.

We quote a few statements made by Dr. Eugene Fiske, director of hygiene of

the Life Extension Institute, on these topics:—

“Food is the body's coal and building bricks. It keeps the works moving, builds and repairs and regulates. Fuel is the first need. I mean this literally. The body burns carbon just as an engine burns it. Saying that, we have one of our definitions out of the way already:

food usually contains about one hundred calories. For example: there are about one hundred calories in a banana or an orange, in a thick slice of whole-wheat bread, in half of a good-sized potato or in an ounce of butter or oatmeal or beans or white flour. An ounce and a half of steak, however, is required to produce as many calories as are contained in an ounce



THE IDEAL FOOD COMPARED WITH OUR ORDINARY FOODS

carbohydrates. Our chief fuel-foods are starches, fats, and sugars. Starches and sugars are carbohydrates; fats are hydrocarbons. Among carbohydrates are foods such as potatoes, beans, bread, corn, oats, bananas, all high in heat-producing qualities.

“This definition is easy enough, and so is the next one. The measure of the heat in food fuel is a calory. You can note, if you like, that this is the amount required to raise one pound of water 1° Centigrade. But a simpler and more useful thing to remember is that an ordinary serving of

of butter or half a potato. A graham roll contains more calories than a small lamb chop. The chop has more than twice as much protein.

“Protein? This is tissue-building food—bricks for construction and repair. It is the nourishing substance of meat, fish, fowl, and white of eggs.”

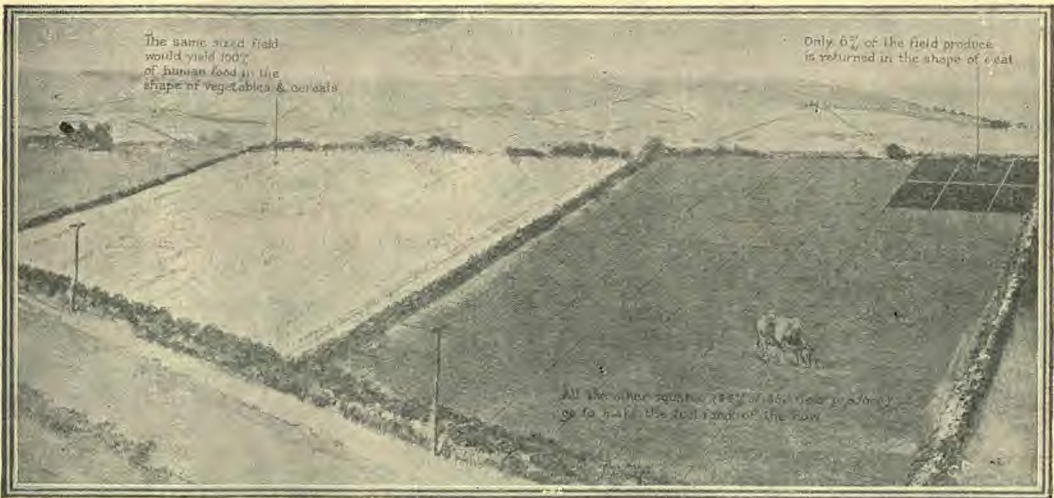
But which kind of fuel do we use for heating our bodies? Too many people use oak or mahogany when pine-sticks would do just as well. Dr. Fiske declares that meat is not necessary and not good for us: “I am simply contending for the

undeniable principle that meat should be used sparingly. This not only in the interest of economy, but also for the sake of our kidneys and livers."

What Shall We Eat?

What then should we eat to produce and keep health and to save money? The cheapest food is that which furnishes the greatest amount of nourishment at the least cost. But, whatever you do, do not turn your dining table into a chemical laboratory or your hours of preparation for and partaking of your meals into one

If meat is tabooed, what can take its place? is the common cry. Refer to the illustration already mentioned, and see what is procurable that will provide about the same constituent elements. Partake freely of vegetables, unless, as in some cases, certain vegetables be found to disagree. Potatoes are very important in the dietary, and are usually a cheap starch-containing food. The large quantity of alkaline salts present adds greatly to their value. But remember that there is usually a 15 per cent loss in peeling.



THE VALUE OF TWO FIELDS OF EQUAL SIZE SHOWN IN TERMS OF VEGETABLES AND MEAT

great period of worry. There is no reason why one should do this; there is every reason why one should not. Study the diagrams illustrating this article, keep within certain limitations, and then act as common-sense dictates. We append a chart explaining in a simple way the relative food elements of the things composing our daily meals, also a diagram giving the fuel values of food expressed in calories per pound.

The question may be asked, How many calories per person per day are required? A man of sedentary habits and ordinary-sized body who takes very little exercise should not require more than from 2,500 to 3,000 calories a day. Make this your rule, and build up on it for varying circumstances.

Prevent this by exercising more care in preparing this vegetable, or by cooking potatoes in their skins. Surely 15 per cent of food value is worth saving in these times!

A Difficulty Solved

The green vegetables are expensive, although rich in iron and other salts. Then why not grow them yourself for your own kitchen? Almost every Australian has "his little bit of land"; why not utilise it and make money by saving money? for saving money is making money nowadays!

Buy two or three threepenny packets of vegetable seeds, and plant them. No time? Well, rise half an hour earlier, and work before breakfast. The early rising will do you good, the exercise will

benefit your work, and the product of your toil will benefit your family—and your pockets. Worth trying, isn't it?

What shall you plant? Ask those who are doing it; they will tell you. This is a good time for planting beans, cabbages, cauliflowers, celery, lettuce, peas, vegetable marrow, brussels sprouts, and cress. Don't delay; try the plan to-morrow; you will not regret it.

Still another objection? Oh no! you will not suffer from the lack of meat if you read and note well the following:—

“Lack of phosphorus and lime is a far more important and pressing problem than the lack of meat.

“Phosphorus is found in good forms and proportions in the following: Milk, eggs (yolk), whole cereals, and breadstuffs made from the whole grain.

“Lime is found in these: Fruit, vegetables, and whole cereals, milk (and milk products other than butter), and eggs. Milk is especially rich in lime.

“Vitamines are found in milk, fresh fruit and vegetables, whole cereals, peas, and beans.”

Finally, if these methods are advised now and assured to be profitable in war-time, surely the most sensible thing to do would be to adopt this diet always. That is one of the reasons why the publishers of this journal have always advocated these methods of living; and now we see that food controllers and expert dieticians are declaring that such a diet is advisable, nay, essential.

Says the Life Extension Institute:—

“Put this down as a general dictum—among the best foods for most people are fruits, potatoes, cereals, nuts, (if well masticated), milk, sour milk, and vegetables. Among the worst are putrefactive cheeses, sweetbreads, liver, kidneys, ‘high’ game or poultry.”

We will, in conclusion, give a summary of this article, which summary we advise our readers to clip out, paste on a strip of card, and hang in the kitchen.

A Summary

Food is needed for two purposes:—

1. To provide the power for the body to do its work. Foods coming under this head are bread, rice, corn, and other cereals, sugar, potatoes, flour, butter, fat, oil, etc. We will call these the **Fuel Foods**.

2. To repair and rebuild the body tissues of the organs, bones, muscles, and nerves. These include eggs, milk, dried peas, oatmeal, etc. These are the **Building Foods**.

Another important need of the body is the **Mineral Salts**, best supplied in green vegetables, fruit, and milk.

Water is essential to all diets.

The Nation's Call

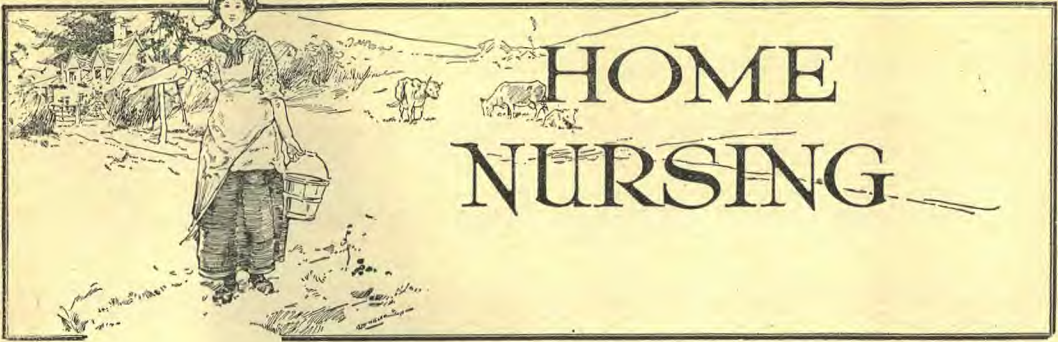
Eat pure, plain, wholesome foods—and save money.

Grow you own vegetables—and improve health.

Don't waste, but exercise forethought.

Save money, improve health, and preserve food—and thus be patriotic by helping your country in this time of need.





Another Practical Talk on Home Nursing

Medicines and Their Use

MINNIE GENEVIEVE MORSE

THE household medicine cabinet may be one of its most useful possessions, or, on the other hand, it may be one of its greatest sources of danger. Drugs, in skilled and experienced hands, can do inestimable service in relieving human suffering, but, when carelessly used, they are liable to cause irreparable harm. There are a few household remedies which it is well to have always at hand for use in minor and unmistakable ailments, or for emergency use, but any more elaborate prescribing should not be attempted by the amateur. A great deal has been preached and written of late years about the danger involved in experimenting on one's self or one's family with the medicines so frequently and attractively advertised as sure cures for the various ills that afflict humanity, but it is impossible to emphasise it too strongly. The new laws relating to drugs have made it impossible to obtain some of the most dangerous without a physician's order, and one can no longer become addicted to the use of a "tonic" composed largely of alcohol without disregarding a printed warning, but there are still plenty of medicines of various kinds which can be bought everywhere that cannot be safely taken or administered by a person without medical knowledge. A large proportion of the

widely sold preparations for the relief of headache, neuralgia, influenza, and colds contains drugs which are very depressing to the heart, and are liable to do a great deal of harm if used without a doctor's advice; even death has sometimes resulted in such cases. Another dangerous practice, against which too much cannot be said, is that of recommending to others a remedy which has been successful in one's own case; it is impossible for an untrained person to know whether the conditions are really similar, even though they may appear to be so, and the amateur practitioner runs the risk of producing a very different effect from the one intended. Drug idiosyncrasy is another factor to be remembered; the same drug may affect two individuals very differently, and there are some persons who are so susceptible to the action of certain drugs that a very moderate dose may have an unexpected and startling effect on them. Experimenting with medicines is like playing with fire, and the cases where it is really necessary for the amateur to usurp the physician's prerogative are few and far between.

On the other hand, every mother should be supplied with a few safe household remedies, the use of which she should thoroughly understand. There are few

physicians who are not willing and glad to furnish a list of such things as will be most likely to meet the needs of a family, and to give full directions as to how to use them. Such a list will probably include simple remedies for indigestion, constipation, and colds, a spray or gargle for sore throat, an antiseptic solution for cleansing wounds, carron oil or some other quick relief for burns, aromatic spirits of ammonia for use as a restorative, castor oil, paregoric, prepared mustard leaves, a tube of an analgesic cream, etc. Even the most harmless medical supplies, however, should be kept carefully in a place of their own, and, if necessary, in a locked closet or cabinet. Under no circumstances should they be left about where young children can find them, or the result may be tragical in the extreme. A small cousin of the writer discovered a bottle of sugar pills standing on a table, and, being pleased with the taste, ate them all. They contained a sleep-inducing drug; fortunately a very mild preparation, or there could have been but one end to the story. As it was, it was necessary to work over the child all night to prevent his falling into a sleep from which he would never wake.

Everything belonging to the household medical supply should be plainly and fully labelled, so that there may be no possibility of mistaking it for anything else, for most deplorable accidents have resulted from the lack of such precautions. Preparations ordered by the doctor, and marked merely "One after meals," or something equally indefinite, if preserved to be used a second time, should have their use and if possible their contents written upon them before being put away. It is not advisable, however, to use very old medicines without consulting a doctor or pharmacist, as fluid preparations may be altered or degenerated by long standing, and pills and tablets sometimes become so hard that they pass through the digestive canal without dissolving. Bottles containing poisons should not only be marked with a noticeable "Poison" label, but should be either of a distinctive shape

or covered with rough projections, so that they can be readily distinguished when handled.

A nurse's duties with regard to the giving of medicines ordered by the physician are to measure them accurately, administer them at exactly the time directed, and observe their effects. In the first place, however, she should be absolutely sure that she has the right medicine. "Always read the label twice," is a rule mercilessly drilled into the nurse in training, and it is one equally important for the home nurse. Under no circumstances should one take or give a dose of medicine in the dark.

With regard to measurements, fluids are usually ordered in doses of drops or spoonfuls. In the former case, a glass medicine dropper should be used, and in the latter a measuring glass, as spoons vary considerably in size. Small glasses can be obtained with the measurements for tea-, dessert-, and tablespoonfuls marked on the side. Two teaspoonfuls equal one dessertspoonful; two of the latter one tablespoonful; and two tablespoonfuls equal one ounce. Liquid preparations are usually diluted with water; if the exact quantity of the latter is not prescribed, it is well not to use more than is necessary, as it merely prolongs the discomfort of taking a distasteful dose. It is usually well to shake the bottle before using, as many medicines contain ingredients that settle toward the bottom of the bottle after standing. In pouring, one should remember to pour from the side of the bottle away from the label, so as to avoid defacing it, and drops that run down the side of the bottle should be wiped off; untidy-looking medicine bottles and stained table covers do not speak well for the orderliness or intelligence of the nurse. Mistakes in quantities are sometimes made by the inexperienced in using pills or tablets, and the home nurse should be very sure she understands exactly the dose to be given; for example, two one-hundredth-grain tablets of nitroglycerine do not equal one two-hundredth, but one-fiftieth; two one-thirtieth-grain strychnine

tablets do not equal one-sixtieth, but one fifteenth, etc.

Medicine-glass covers are sometimes made to resemble the face of a clock, with hands to be set at the hour when the next dose is to be given. When medicines are to be given at frequent intervals, it is well to keep a record of the hours at which the doses are administered. If a dose is forgotten, or omitted for any other reason, the nurse must never make the mistake of giving twice as much the next time; the result of doing such a thing might be very serious. Nor should medicine ordered to be given before meals be given after them if forgotten, except by the doctor's permission; many drugs act quite differently according as they are given on a full or an empty stomach. Cathartics act more quickly and efficiently if given when the stomach is empty, and gastric tonics, which are intended to stimulate the flow of digestive juices, are best given shortly before eating. Medicines which contain one of the digestive ferments, such as pepsin, which are given to aid digestion where the natural secretions are insufficient, are given after meals. Drugs which are irritating to the stomach are less likely to have undesirable effects if given after eating; sodium bromide, a much used and comparatively harmless nerve sedative, is a drug of this class, and should always be thoroughly dissolved in water and given when there is food in the stomach. Preparations of iron, arsenic, the iodides, and such tonics as the malt extracts and cod-liver oil are also usually given after meals. Sleep-inducing medicines vary greatly in the time they require for taking effect, and upon this depends the time at which they should be given. Where a hypnotic takes effect within a few minutes, as, for example, is the case with paraldehyde, a disagreeable, but very effective sleep-inducing medicine, and one of the safest known, the patient should be made ready for the night in every particular before it is administered, so that there may be no interference with its effects. Such drugs as veronal and trional, however, require some time to produce

their results, and should therefore, be given considerably before the patient's bedtime.—*American Motherhood.*

To Stop a Cold in the Head

IF the cold has been contracted but a few hours, and the chief symptoms are sneezing, watery discharge from the nose, a "stuffed" feeling in the head, and general chilliness, it may be abated by energetic treatment. 1. Take a hot foot or sitz bath, or both combined, drinking during the bath a pint or two of hot water or hot lemonade. After the bath, sponge the body with salt water, using a tablespoonful of salt to the quart. Remain in a warm room, carefully protected from draughts. 2. Bathe the face with very hot water for five minutes every hour. 3. Snuff into the nostrils a hot solution of salt, teaspoonful to the pint of water, every three hours. 4. Inhale the fumes of ammonia or menthol. 5. If impossible to take a hot bath, the next best thing to be done is to take an abundance of exercise in the open air. Active exercise for three or four hours in a keen, cold atmosphere is equal to a Turkish bath in its general purifying effects, though of course it does not cleanse the skin.—*Good Health.*

"THE importance," says Hutchison, "of water to the infant will be evident when one recollects that more than three-fourths of the whole body consists of it, and that it constitutes about four-fifths of milk, which is the natural diet of infancy. Water has also local uses in the stomach and bowels, promoting, as it does, the processes of absorption and secretion. One is too apt to forget that an infant may suffer from thirst as well as from hunger, and that water will allay the former better than milk. The effect of a drink of cold water is certainly always worth trying if a child is suffering from evident but unexplained discomfort."



THE HOUSEKEEPER

An Inexpensive and Wholesome Breakfast

IN homes where it is only by careful planning that the few shillings earned in a week can be made to cover the actual necessities, the skill, or lack of skill, of the mother as a cook means very much. If she spends more for food than the family can afford, there is less for other needs. If she spends too little, they become ill because they are not properly nourished. Every working man's wife should become intelligent as to cost and food value of what she gives her children.

It may mean not only the welfare of the children, but in some cases the difference between a drunken husband and a sober one: for the man who resorts to intoxicants is very often the man who has not food of the right sort served to him at home. His system remains unsatisfied, he craves something more, and readily resorts to the public-house for some stimulant.

It is most necessary, as the father and children start away for the day, that they have been served with the best breakfast it is possible for the mother to provide with the means at hand.

The cereals are some of the cheapest and best of breakfast foods. One reason why they are not more popular is because the one who prepares them does not cook them properly, nor provide a reasonable variety.

Good old oatmeal stands at the very top of the list in nutritive value, yet how often we hear it said that "oatmeal does not agree with John." Now the main

reason why "oatmeal does not agree with John," is because it is not cooked *long* enough, or is *sloppy* or *sticky*. If it is stirred into the water while the table is being laid in the morning it is not cooked sufficiently. Porridge cooked by the slow process is not going to disagree with any one in ordinary health. For chronic constipation and some forms of intestinal trouble, oatmeal cooked ten minutes is recommended, but this is the exception.

The porridge can be made the day before while the dinner is cooking, and then set to steam all the afternoon. If one does not keep the fire in the kitchen, it can be set in front of an open fire.

A porringer, or double boiler, is the best for cooking cereals, but if one is unable to have this she can make one. Take any small stew-pan, and set it into a larger iron saucepan. If the smaller one falls in too far, put a saucer turned upside down in the bottom of the saucepan and the stew-pan will rest on this.

One pound of oatmeal, semolina, or rice will make a liberal breakfast for four adults and two children. If one can afford to have with this one quart of milk it is good. If this is not within one's means, golden syrup makes the porridge very palatable.

One-half pound of stewed prunes or of stewed dried figs would not add greatly to the expense and would be a most valuable addition to the breakfast. It is well to use zwieback, or twice-baked bread, with soft food such as porridge. If this is warm and crisp, butter will be but slightly missed. A loaf of bread will do for an

ordinary family of six if the above menu has been followed.

One can see at a glance that the above breakfast is very cheap.

Oatmeal Porridge.—For 11b. of oatmeal, heat $1\frac{1}{2}$ quarts of water to the boiling point and add a little salt. Sprinkle into it the oatmeal, stirring frequently with a fork, until it sets. Place this inside the outer boiler, and stand where it will cook several hours. In the morning add a little hot water to the porridge and place the boiler where it can be heated.

After the oatmeal has thickened, it should be stirred very little or none at all. Much stirring breaks up the particles, and makes the porridge pasty or sticky. For smaller quantities take one cup of oatmeal to three of water.

Semolina Porridge.—Take three and one-half times as much water as semolina, and proceed as for oatmeal. The meal must be put in more slowly and carefully than is necessary with the oatmeal, or the semolina will be lumpy.

All grains should be put into actively boiling water, and allowed to boil fast until they set or thicken. The inner boiler may remain on top of the stove during this stage. They should be stirred frequently, but gently, to prevent burning until the smaller boiler is placed within the larger one.—

Good Health.

Housekeepers' Helpful Standard

CUT this out and paste on the inside cover of your cook book:—

Four saltspoonfuls of liquid equal one teaspoonful.

Four teaspoonfuls of liquid equal one tablespoonful.

Three teaspoonfuls of dry material equal one tablespoonful.

Four tablespoonfuls of liquid equal one wineglassful, one gill, or one-quarter cup.

Sixteen tablespoonfuls of liquid, one cup.

Eight heaping tablespoonfuls of dry material, one cup.

Two gills, one cup, or one-half pint.

Four cups of liquid, one quart.

Four cups of flour, one quart or one pound.

Two cups of solid butter, one pound.

One-half cup of butter, one-quarter of a pound.

Two cups of granulated sugar, one pound.

One pint of milk or water, one pound.

Nine large eggs, or ten medium, one pound.

One round tablespoonful of butter, one ounce.

One heaping tablespoonful of butter, two ounces, or a quarter of a cup.

—*Australian Farm and Home*

Recipes

French Rice Creams.—Wash three tablespoonfuls of rice, and cook in a double saucepan with a pint of milk until tender. Dissolve three quarters of an ounce of gelatine in a little water, and strain into the rice. Whip three-quarters of a pint of cream, sweeten, flavour to taste, and lightly whip into the rice, which should measure nearly a pint. Pour into a mould decorated with pink jelly and chopped glacé fruits, and set in a cool place. Turn out when cold, and serve with a cold fruit-sauce.

Vegetable Soup.—Put on a large saucepan of water to boil. Shred a good-sized cabbage, and set in the boiling water to blanch for five minutes. Strain the cabbage, and return it to the saucepan with one pint and a half of boiling water, one pint of milk, a shallot chopped small, a tablespoonful of minced parsley, one ounce of butter, and salt to taste. Bring all to the boil and cook for a quarter of an hour, shake in some crushed tapioca, and boil for ten minutes. Take a slice of toast, cut it into dice, put it into the tureen, and pour the boiling soup over.

Apple Snow.—Two pounds of apples, sugar, lemon juice, three eggs. Pare, core, and cut up the apples. Stew them with the sugar, flavour with lemon juice, and put in only a very little water. When soft, beat them to a pulp. Whisk the whites of the eggs to a stiff froth with a little sugar, then mix them into the apple, and beat until they are white and stiff. Pile high on a dish, and serve with sponge fingers.

Apple Omelette.—Stew a pound of apples with sufficient sugar to sweeten, water to keep them from burning, and when cooked mash them to a pulp. Make a batter with an ounce of flour, a gill of milk, two eggs; add the apples when they are cold, and beat the mixture quite smooth. Make an omelette pan hot, put an ounce of butter in it, and pour in the omelette mixture. This should be cooked more slowly than batter usually is, for if quickly done the apples will not get hot enough. When it is a golden brown on both sides, turn it on a hot plate, sift sugar on it, and let the little ones eat it at once. This sweet, it is needless to say, will be quite as much appreciated by the grown-up members of the family as in the nursery.

Eggs a la Mask.—Make an onion sauce by cutting up one large onion into very small dice. Fry this in an ounce of butter till cooked, not browning it, then add a tablespoonful of flour, salt, and enough warm milk to make it of the consistency of cream. Bring to the boil, stirring all the time. Boil four eggs hard; shell and quarter them. Arrange these in a dish in any nice design with croutes of fried bread round. Pour the sauce boiling hot over; it should be thick enough to mask the eggs.

Apple Custard.—Use five eggs, well beaten, to a quart of milk. Stir in a pint of apple sauce, sweeten and flavour to taste, and bake carefully. Set the custard into a pan of water in the oven to prevent burning.

Dried Apple or Peach Pie.—Stew fruit until tender, mash fine or rub through a colander. Allow one pint of fruit to each pie, two tablespoonfuls of butter, three of sweet cream, four of sugar if fruit is tart. Mix well before placing in shells, add a dash of spice to dried apple pies, nutmeg to peach pies; put on top crusts and bake until crusts are thoroughly done.

Apple Biscuits.—In spite of their name, these do not belong to the bread family at all, as neither flour nor yeast enters into their composition. Peel and core some ripe apples, and reduce them by boiling to pulp. Flavour with juice of lemon, and mix while warm with their weight of powdered sugar; put on plates, and dry in a slow oven for several days. The heat should never be sufficient to bake, only to dry them. When thoroughly dried, they should be packed in glass jars for winter use. Apricots, pears, plums, raspberries, strawberries etc., may be prepared in the same way.

NOTE.—These biscuits can be put into the oven every day after the midday meal is over, as the oven will then be cool enough.

Apple Snowballs.—Wash some rice well; boil it for ten minutes in fast boiling water; drain, spread on small floured pudding cloths. Peel and core some apples, being careful not to break the apple when taking out the core. Fill the centre of the apple with sugar; place on the rice in the cloths; tie up, and boil for about half an hour. Serve with sugar.

Apple Meringue.—Peel, core, and quarter four large apples; stew till soft, with one ounce of butter and two ounces of sugar. When the mixture is cooked and cool, add one tablespoonful of apricot jam, and pile on a glass dish. Whip the whites of two eggs with two ounces of castor sugar, and spread over the apples. Put in the oven for a few minutes till slightly browned.

Cornish Potatoes.—One pound of potatoes, 2 oz. of breadcrumbs, half a pint of milk, 2 oz. of butter, one egg. Boil the potatoes and mash them, add the butter and breadcrumbs. Beat the egg in the milk, and add to the potatoes; season well. Put on a greased tin, and bake until brown.

Lemon Paste.—Stir well together 1 lb. of castor sugar, the grated rind and juice of three lemons. Add 4 oz. of butter, then beat up six eggs, and mix all well together in a stewpan. Set it over a slow fire, keep stirring until it becomes thick, and has boiled four or five minutes. Pour it into a jar. When cold, tie down. It will keep for months in a dry place.

Prune Whip.—Soak prunes over night, then stew gently in the same water until tender. Remove the stones with a fork, and press the prunes through a sieve or colander. When cool, whip this prune pulp with a fork or batter whip. At the last whip into the prune pulp a little cream, or, if this is not obtainable, the stiffly-beaten white of an egg.

Household Hints

Cleaning Silver by "Magic"

As a small child I remember having to spend Saturday morning helping to clean the silver with whitening and ammonia—and it did seem to take an endless time. To-day, to clean silver as if by magic requires but an aluminium pan and one tablespoonful of bicarbonate of soda (baking soda) to every quart of hot water. Place the silver in the soda and water in the aluminium pan for a moment, and, presto chango! the silver is cleaned; rinse and dry, and you will find the oldest piece brightly shining.

To save the scouring of a good aluminium pan, use a piece of old aluminium (or zinc, which acts equally well) in an enamelled saucepan. To a quart of water add one teaspoonful each of washing soda and salt. Heat to boiling, and put in the silver for a minute to remove the tarnish.

An Improvised Steamer for Asparagus

HAVE you ever had asparagus to cook, and no boiler tall enough to hold it unless you cut the stems? Place the asparagus upright in the lower part of a double boiler, partly fill it with water, and use the upper part inverted as a lid. This gives plenty of room for the heads of the asparagus to stand without breaking, and allows them to cook in the steam.

Butter Flavour in Cake

Do you object to butter substitutes in baking? It isn't that you taste the cottonseed oil when you use one of the cottonseed oil products that line the shelves of the grocery stores, but rather that you miss the good butter taste so characteristic of cake. Using half and half of butter and cottonseed oil will give the butter flavour and still help to lower the cost of the cake.

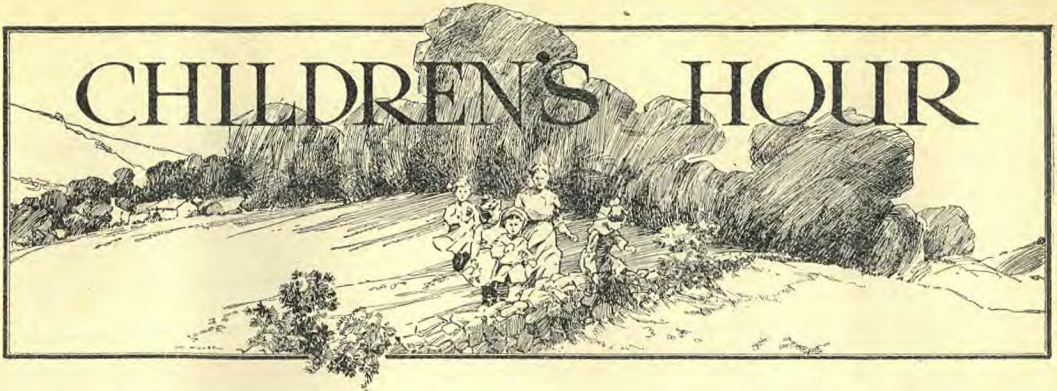
A Guide in Feeding Children

FOOD for children is one of the topics of the day. The simplest rule yet given is to make a quart of milk the basis of a child's daily food, no matter whether the child's age is two or ten. This does not mean that the child must drink it all; it may be served in puddings, custards, soups, junket, or with cereals. This, with a well-cooked cereal, an egg, fruit or fruit juice, and a fresh green vegetable and crusty bread, gives a child the necessary food for his daily growth and activity.

What Is the Answer?

IN planning a meal, how many of these eight things do you include?

1. A food rich in protein; not necessarily meat. In place of meat you may use eggs, beans, lentils, or nuts.
2. A starchy food; such as cereal, potatoes, rice, or macaroni.
3. At least one green or watery vegetable.
4. Some fruit, if possible.
5. Fat, which may be added to foods in the preparation.
6. A relish, such as celery or olives, to stimulate the appetite.
7. Something difficult to masticate, to lend interest to the meal.
8. A pleasing colour combination to attract the eye. Do not repeat the same colour several times in one meal.



Mending Melissa's Dress

Dorothy French Newbury

ELIZABETH sat on a hassock mending Melissa's dress. Melissa was her oldest and largest doll, and Elizabeth did not know how she had managed to tear her new spring dress. Still, it did not matter much how it happened, after all. The only thing to do was to mend the dress, and since Melissa was not able to mend it herself, Elizabeth was trying hard to do it for her. Besides, it was Elizabeth's birthday, and she was going to have a party in the afternoon. Of course Elizabeth could not allow Melissa to wear a torn dress to the party.

It was a beautiful spring morning, and it was the hardest thing in the world to stay in the house on such a morning, let alone mending a dress that should not have been torn. Just outside the window there was a robin singing in a tree where the leaves were barely out of the buds.

"Oh, come out! Oh, come out! Oh, come out!" the robin was singing, almost as plainly as a person could speak the words.

"I can't stand it much longer!" sighed Elizabeth. "But I just must mend this dress so that Melissa can go to the party. O dear! It's such a job!"

Then, just as she was putting some more thread in her needle, Teaser came bounding in through the door.

"Don't you dare to bother me, Teaser!" said Elizabeth. "I'm as busy as I can be!"

But Teaser was not to be put off in

that way. He jumped round the room in little, short leaps, stopped in front of Elizabeth long enough to bark sharply, and then bounded to the door and back again.

"Yes, yes, Teaser," said Elizabeth, "I know that it is a beautiful day, and I want to go out and play with you, but this dress simply must be mended."

Teaser barked again. No doubt he knew very well what she said, but he had no idea of giving up so easily. Suddenly he seized Melissa's dress in his teeth and pulled it.

"Stop, Teaser!" cried Elizabeth. "Stop, I say, or you will tear it worse!"

But Teaser did not stop. He only pulled the harder. Suddenly, with an extra tug, he pulled the dress from Elizabeth's hands and dashed through the door, with the dress flying behind him. Elizabeth leaped from her hassock and ran after him.

"Come back! Come back!" she cried. "Come back here this instant, Teaser!"

Teaser looked over his shoulder and tried to bark, but, with the dress in his mouth, he did not succeed very well. Out of the yard he ran and down the road, with Elizabeth, now on the verge of tears, calling to him in vain as she pursued him.

Not far from the house Teaser suddenly stopped in the middle of the roadway. He dropped Melissa's dress and began to sniff at a parcel that looked as if it had just fallen from a passing waggon. At first Elizabeth was so eager to pick up Melissa's dress, now more soiled and torn

than ever, that she did not see the parcel; but Teaser barked again and danced round her in such a way that she had to notice it. She picked it up and ran with it back to the house.

"See, mother!" she called. "See what Teaser found in the road, where he had dragged Melissa's dress—the horrid thing!"

The parcel bore no address. It was a long box, wrapped in plain brown paper. What could it be? Who could have lost it?

Elizabeth's mother decided to open it. Perhaps there would be a name or an ad-



"STOP, TEASER, STOP, I SAY"

dress inside. And when they took off the wrapping paper and removed the cover, what do you suppose they found? A beautiful doll, about the size of Melissa, dressed in the loveliest clothes!

"Oh! Oh!" was all that Elizabeth could gasp; and Teaser, who was much excited over the box and its wrappings, barked two or three times as loudly as he could.

Just then Elizabeth's father came in.

"Would you like that doll?" he asked.

"Like it!" cried Elizabeth. "Of course I would like it, but of course I can't have it! Some little girl has lost it—or some little girl's father was taking it home to her."

Then Elizabeth's father laughed, and

took her on one knee and the wonderful doll on the other knee.

"Well," he said, still laughing, "that new doll has come to your birthday party. I was bringing her home from the village, and the parcel fell from the waggon just before I got here. Teaser saw it fall, but it was too large for him to carry, and he made you go and get it before I could go for it myself."

"Oh, then she's mine, after all!" said Elizabeth, and she seized the beautiful new doll from her perch on her father's other knee and hugged him and the doll the same time. "And Teaser knew it all the time and was trying to tell me!"

A little later, when Elizabeth looked deeper into the box that the doll had come in, she found there several extra dresses. One of them she promptly gave to Melissa to take the place of the soiled and torn dress that was fit only to be thrown away. And what a party they had!

The Crystal Cave

E. Marie Sinclair

THE sun shone brightly over the islands of Bermuda, and a large field thickly grown with tall palms, oleanders, and wild flowers seemed to have the special favour of its warmth. On a platform of soft, cool grass lay stretched at full length two young negro lads, natives of the islands. The elder was about fourteen years of age, and his companion was perhaps two years younger.

Not far below lay the broad expanse of ocean, and away to the left lay the little foot-hills. It was during the spring month when the islands wear their most joyous colouring. Every little flower, plant, and vegetable seemed to be stretching its leaves up into the sunshine.

Carl, the elder of the two boys, rolled over and seemingly buried his face in the soft earth, in which position he lay perfectly quiet for a full minute.

"There is cold air blowing up into my face!" he exclaimed, suddenly springing to his feet.

Edgar saw a small opening in the ground that might, to the casual observer, have passed for a rabbit-hole; but as the boys pressed their faces into it, a cold draught told them that it came from many feet below.

"There must be a cave down there," said Carl, "and I am going to make the hole bigger."

The two ran home, soon returning armed with a spade and pickaxe; and after a few minutes of hard work, there appeared to their gaze the entrance to a hole which looked to be bottomless, and when they dropped in large stones the noise of the descent was lost in silence, many feet below.

Carl hastily pulled off his coat and hat. "I'm going down," he said, "and when I call, you follow me," whereupon he made his way downward, half-climbing, half-falling, and disappeared in the darkness.

After seeming ages of suspense, Edgar heard him calling; but the dark cave was too much for the lad's courage, and he shouted to his friend to come up.

Again the sound of crumbling rock, and Carl stood beside him.

"Now we must get a rope and candles to take down," he said, "for it's black as night, and all the stones I broke off fell into water."

The children were very mysterious and excited on their return home that night, for they had decided not to mention the discovery until further explorations had been made.

Morning found the two little workmen again on the scene. On the ground lay rope, boards, nails, and lanterns. First the rope was lowered, and Carl slid down, hand over hand, until he stood on level ground. Next the rope was hauled up and boards and lanterns let down, and in a few seconds Edgar stood beside him in the darkness, where there was no sound but the murmur of the unseen water.

With the aid of the lanterns, the children began carefully to pick their way forward through the semidarkness.

What looked like huge icicles of purest

crystal hung from the roof, and the ground underfoot was composed of the same substance. Presently they stood on the land's edge, and before them stretched a sheet of perfectly transparent turquoise-blue water.

Here they sat down, nailed the boards together until they took the form of a crude raft, and in this strange manner the lads set forth on their still stranger journey.

The water extended all over the cave, its smooth surface broken only by four small islands of whitest stone, and everywhere from the roof hung the crystal icicles or stalactites.

Completely fascinated by the new wonders that each moment sprang into view, the children, forgetful alike of food and worried parents, paddled about all day; and when they finally regained the world above, the sun had set.

For two months the discoverers spent each day in the strangest and most fascinating playground ever known to childhood, and on each little island lanterns were placed which, when lighted, brought the distant parts of the cave dimly into view, and here among the shadows the children swam and played marvellous games by the hour.

By and by other children were let into the secret, and the news spread rapidly over the little village of Bailey's Bay. And one day, accompanied by their fathers, they led the way down into the cave. Some time after, an entrance was blown out by dynamite in another portion of the field, and a broad flight of stairs laid, down which, by paying two shillings, hundreds of curious sightseers from all over the world may safely descend into the boys' fairyland, which is now brightly illuminated by electric light, while over its still waters little floating bridges have been laid from end to end, a distance of seven hundred feet.

The lads left Bermuda, and were given a liberal education in one of the large colleges of the United States, where they were sent by the grateful owners of the land under which lies the now world-famous Crystal Cave.—*Youth's Companion*.

Life and Health

The Australasian
HEALTH MAGAZINE

Published
EVERY TWO MONTHS

48 Pages and Cover

Price (Payable in advance):

For 12 months, post paid, Commonwealth
and New Zealand, 3/6

Foreign Countries, post paid, 4/6

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

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

*When forwarding Money Orders or Postal Notes,
please make same payable to SIGNS PUBLISHING
COMPANY LIMITED, WARBURTON, and not to in-
dividuals. All remittances from New Zealand should
be in the form of Money Orders, as Postal Notes or
Stamps are not negotiable in the Commonwealth.*

Our General Agents

Address: "Life and Health"

Victoria

Chancery Lane, 422 Little Collins St., Melb.
C/o Vic. Tract Soc., 22 Stanley St., Richmond

Tasmania

C/o Tasmanian Tract Socy., Franklin Cham-
bers, Macquarie St., Hobart

New South Wales

"Tereora," The Avenue, Strathfield
304-308 George Street, Sydney

South Australia

116 Grote Street, Adelaide
19 Grenfell Street, Adelaide

West Australia

"Warwick House," St. Georges Terrace,
Perth
103 William Street, Perth

Queensland

186 Edward Street, Brisbane
Corner Peel and Grey Streets, Brisbane

New Zealand

108 Ponsonby Rd., Ponsonby, Auckland, N.Z.
Strand Arcade, Queen Street, Auckland
83 Willis Street, Wellington
86a Cashel Street, Christchurch

CROWN BRAND
Rinoldi
MACARONI VERMICELLI
AND
FANCY PASTES

MADE BY LATEST
UP-TO-DATE MACHINERY
from
FIRST QUALITY MACARONI WHEAT

*A Nutritious Food,
easily digested and
of Delicious Flavour*

THE LEADING BRAND
for SOUPS, PUDDINGS
and MILK DISHES

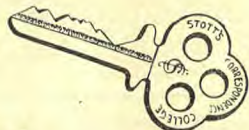
COOKING DIRECTIONS ON ALL 1lb. PACKETS

Thos Reynolds
118 Williams Road, Prahran
Cable Address: Reynolds, Prahran A.B.C. 518 Edition

CROWN BRAND RINOLDI VERMICELLI
CROWN BRAND RINOLDI MACARONI
CROWN BRAND RINOLDI FANCY PASTES

When replying to advertisements please mention "Life and Health."

SUCCESS



The RIGHT KEY to it is TRAINING!

WHICHEVER way you may turn in the search for **ADVANCEMENT**, **BIGGER PAY**, **BRIGHTER PROSPECTS**, you will be confronted by a locked doorway at the entrance to **Success**, which opens only to the right key—the key of **TRAINING AND QUALIFICATION**. All comers are not admitted. You know this yourself.

If you are a Clerk or Book-keeper, and desire the Key to Success, you can acquire it by Training and Qualification in Accountancy, Advertising, Salesmanship, or General Business Practice. If a Mechanic, you must have specialised training in Mechanical Draughtsmanship or Engineering to open the Door to Success in that sphere. There is no other way. And so on through the numerous callings and professions enumerated below, from which any man or woman may Choose the Career best suited to his or her circumstances, aptitude, aspiration, inclination, or ambition.

The present holds great and glowing chances for the men and women who aspire to independence and prosperity. To a Brighter Future, Better Standing, **MORE MONEY**, and **SUCCESS**,
THE RIGHT KEY IS TRAINING

You may ask, "Can I qualify for any one of these callings?" Yes, of course you can! Thousands of men and women are doing so.

You should get some particulars of what is doing. Send **TO-DAY** for our illustrated **PROSPECTUS "G"**—a veritable mine of information—**FREE!** It will be accompanied by a special letter of advice upon the subject that interests you. It will place you under no obligation. Send for this valuable information without delay. The matter is an important and urgent one—for **YOU!**

STOTT'S CORRESPONDENCE COLLEGE

(Address nearest office)

100 Russell Street, Melbourne

70 Pitt Street, Sydney

Creek Street, Brisbane

AMONG OUR 250 COURSES ARE THE FOLLOWING!—

Civil Engineering	Bookkeeping
Shire Engineering	Shorthand, Typewriting
Bridge Construction	Accountancy
Surveying	Commercial Law
Electrical Engineering	Journalism, Literature
Telegraphy, Telephony	Story Writing
Steam Engineering	Mathematics
Wireless Telegraphy	Languages
Gas and Oil Engines	Drawing, Illustrating
Suction Gas Plants	Architecture
Irrigation Engineering	Architectural Drawing
Sanitary Engineering	Building Construction
Mining Engineering	& Estimating
Chemistry, Metallurgy	Agriculture
Mechanical Drawing	Fruit Growing, etc.

We Successfully Prepare for **ALL**
Public Examinations.

TELL US WHAT **YOU** ARE INTERESTED IN
INFORMATION FREE!

JOHN SHARP & SONS LTD. Timber and Iron Merchants and Importers



Large Stocks of Australian & Foreign Timbers,
Galvanised Iron, Asbestos Sheets, & Three Ply Woods always on hand

We Manufacture:—Fruit Cases of all descriptions, Mantelpieces, Grilles, Troughs, Ladders, Joiners
Work of all Kinds, Tanks and Rainwater Goods
(City Road, South Melbourne)

BOSISTO'S
'PARROT BRAND'

TRADE MARK
REGD

EUCALYPTUS OIL

FOR
RHEUMATISM,
SPRAINS,
BRUISES, WOUNDS,
COUGHS, COLDS,
BRONCHITIS, &c.

AVOID IMITATIONS
ASK FOR **BOSISTO'S**
'PARROT BRAND'

How to Make Money
Get a "STATES" Incubator

and hatch "Chicks that live."
An easy, profitable way of increasing income in your spare time. No machine so reliable as the "States" can be offered.

The construction and detailed principles are exactly the same as the world-famed "Prairie State" models—now impossible to import. The "States" is more durable, obtains bigger results, and burns less oil. Catalog "C 14" gives full particulars. Write for it to-day.

Use AMERICAN READY ROOFING for your Fowl Houses. It's cheaper than galvanised iron.

J. BARTRAM and SON
PROPRIETARY LIMITED
586 BOURKE ST MELBOURNE

DO YOU WANT TO KNOW HOW TO

Reduce the Cost of Your Living?

If so, call at the nearest branch of the
SANITARIUM HEALTH FOOD CO.'S VEGETARIAN CAFÉ



VIEW OF ONE OF OUR VEGETARIAN DINING ROOMS

An excellent assortment of Health Foods always on hand
BRANCHES IN ALL STATES

Note carefully the addresses

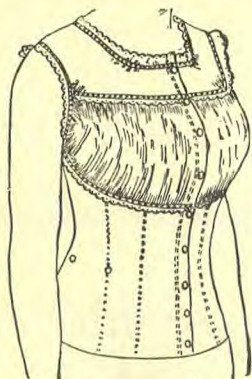
THE SANITARIUM HEALTH FOOD COMPANY

SYDNEY (Head Office), 304-308 George Street,
(between Post Office and Hunter Street)
MELBOURNE, Chancery Lane, 422 Little Collins Street
ADELAIDE, 19 Grenfell Street (near King William Street)
BRISBANE, 186 Edward Street (near Queen Street)
PERTH, 103 William Street
WELLINGTON, N.Z., 83 Willis Street (over Shortt's Pictures)
AUCKLAND, N.Z., Strand Arcade, Queen Street

Write or call for copy of **NEW DESCRIPTIVE BOOKLET**

When replying to advertisements please mention "Life and Health."

Health Appliances for Home Use



SOLID COMFORT is to be found in wearing the

GOOD HEALTH BODICE

A perfect substitute for the corset. Gives satisfactory support, and allows perfect freedom of movement. A well-made and well-fitting garment.

Patterns, cut to measure (post free), 1/6

Bodice carefully made to measure in either white or drab jean.

PRICES : plain, 10/6 ; trimmed, 12/6

In ordering send bust, waist, and hip measurements, also length front and back from base of neck to waist line. Measurements should be taken snugly over underclothing.

TESTIMONIAL

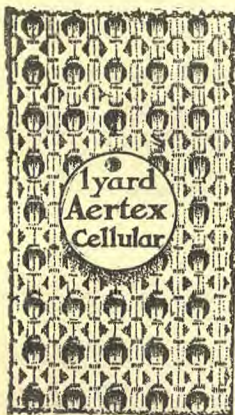
To Manager,

Dear Sir,—The "Freedom Waists" came duly to hand, and they fit splendidly, for which accept my sincere thanks. They are a boon to me, for I have not worn corsets for over twenty years, and on returning to Australia I had a difficulty in buying anything in that line to suit me, until I learned about your "Freedom Waists." Now I am perfectly satisfied.

I remain yours faithfully,
C. J. B. DURHAM.

"Rabenau," Mt. Victoria.

Address orders to "AUSTRALIA'S HOME OF HEALTH," Wahroonga, N.S.W.



1/2 yard
Aertex
Cellular

Aertex Cellular Shirts

Aertex Cellular Under-shirts, Pants, Pyjamas, Socks, Fabrics, etc.—also Ladies' Underwear

Diagram showing the wonderful protective quality of Aertex Cellular in proportion to its weight.

Samples and price lists on application

DAVID BRAHAM & CO.
76 Market St. Sydney

Equal in Weight to



1/2 yard
Ordinary
Fabric

Telephones Burwood 664 and 427

H. R. REUBEN

Dental Surgeon

Railway Parade
Burwood, N. S. W.

Dietetic Errors

How They May be Avoided;
Their Relation to Disease.

By D. H. Kress, M.D.

64 Pages . . . Price Sixpence, postage 1d

Baby's Firsts

By DR. MARY WOOD-ALLEN

A valuable book on the physical care of the babe from the time of its arrival to the beginning of the second year. Written by a physician and a mother, it treats all the topics considered in a scientific, yet simple and thoroughly practical manner. A boon to mothers; it tells how to make many of the small things which add to the baby's comfort.

Price, post free, 1/-

SIGNS PUBLISHING COMPANY LIMITED,
Warburton, Victoria

The Most Aromatic and Delicious
Cereal Beverage Made

Frucerea Essence

The New Instantaneous Food Beverage
For Breakfast Dinner and Tea

No Boiling or Straining

Makes a delicious cup of Cereal-Coffee in a minute. Does not attack the heart and nerves as do Tea and Coffee. Prepared wholly from grains and fruits by our special process.

Guaranteed under Pure Food Act

READY INSTANTLY

Here's the way you do it—

Place a teaspoonful of the Frucerea into a cup and add boiling water and milk with sugar to taste—that's all.

Always Keep a Bottle in the Home

NOTICE: Cold milk added to coffee will always spoil the effect—therefore hot milk is preferable.

MANUFACTURERS—

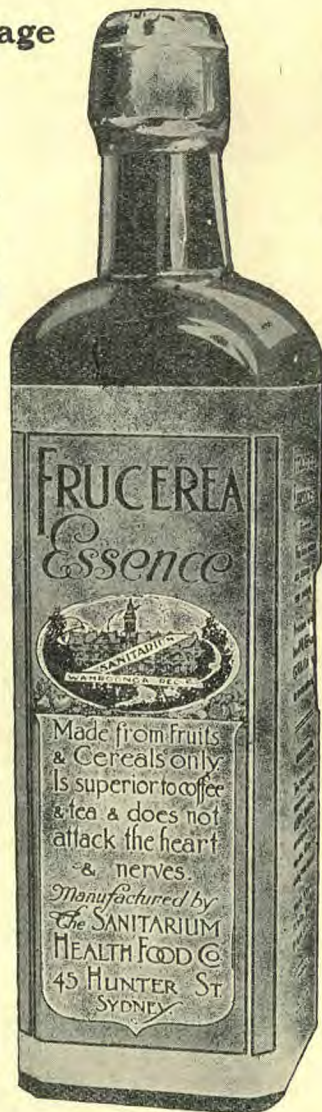
SANITARIUM HEALTH FOOD CO.

Head Office: 304-308 George Street, Sydney

BRANCHES AND AGENCIES

MELBOURNE, Victoria, Chancery Lane, 422 Little Collins Street
ADELAIDE, S.A., 19 Grenfell Street
BRISBANE, Queensland, 186 Edward Street
PERTH, W.A., 103 William Street
AUCKLAND, N.Z., The Strand, Queen Street
WELLINGTON, N.Z., 83 Willis Street (over Shortt's),
CHRISTCHURCH, N.Z., 86 Cashel Street
HOBART, Tasmania, H. Moore, Liverpool Street
LAUNCESTON, Tasmania, J. Beck, Charles Street

On application to any of the above addresses our new descriptive booklet will be supplied free.



When replying to advertisements please mention "Life and Health."

LACTOGEN

The NATURAL MILK FOOD For Infants and Invalids

LACTOGEN is a complete food made in Australia from pure full cream milk, modified by the addition of cream and lactose, so as to approximate human milk as closely as possible in nutrition, digestibility, and wholesomeness. It contains no starch products, cane-sugar, preservatives, or any foreign matter, and is the most suitable substitute for maternal milk when such is lacking or deficient.

LACTOGEN is practically identical in composition with human milk, and contains not only the requisite amount of Lactose, but also the full complement of Milk Fat.

ANALYSIS

	Lactogen diluted with $\frac{6\frac{1}{2}}$ parts of water by weight	Average composition of human milk
Fat ...	3.13	3.1
Lactose ...	6.38	6.6
Proteids ...	2.80	2.0
Ash ...	0.62	0.2
Water ...	87.07	88.1

WRITE FOR SAMPLE TIN AND EXPLANATORY LITERATURE

THE BACCHUS MARSH CONCENTRATED MILK CO. LTD.

MELBOURNE: 591-9 Little Collins St. SYDNEY: 1 Bond St. BRISBANE: 98 Eagle St.
ADELAIDE: Grenfell Buildings, Grenfell St. FREEMANTLE: 38 Mouatt St.

H. FRANCIS & CO.



IMPORTERS OF

Surgical Instruments and Appliances of Every Description, Air and Water Beds, Pillows and Cushions, Hot Water Bottles, Elastic Stockings, Leggings, Knee-Caps, etc. Antiseptic Dressings, Bedrests, Enemas, Bandages, Trusses, Icebags, Sprays, Galvanic Batteries, Thermometers, and Every Requisite for Invalids.

Illustrated Price List, Post Free on Application

**280 BOURKE STREET
MELBOURNE**

Branch Pharmacy, 111 Collins St.

Orders by Post Promptly Attended to

CHEMISTS

BRINSMEAD

THE GREATEST BRITISH PIANO

Sole Agents:

Carnegie & Sons

106 Elizabeth St., :: Melbourne

Brinsmead, Allison, & Squire PIANOS

The Sydney Sanitarium

Wahroonga, New South Wales



THE SYDNEY SANITARIUM, Wahroonga, on the North-Shore Hornsby railway line, is an ideal place to go for health, rest, and wholesome recreation. Delightful scenery, bracing climate, sanitary buildings and grounds, large orchard. Modern equipment for Hydro-Electro- Radio- Photo- and Masso-Therapeutic Applications; also Surgery and Obstetrics. Registered as a Private Hospital. Large staff of well-trained, kindly nurses and attendants. Resident physicians and surgeons. All Non-contagious Cases received.

Rates Very Moderate

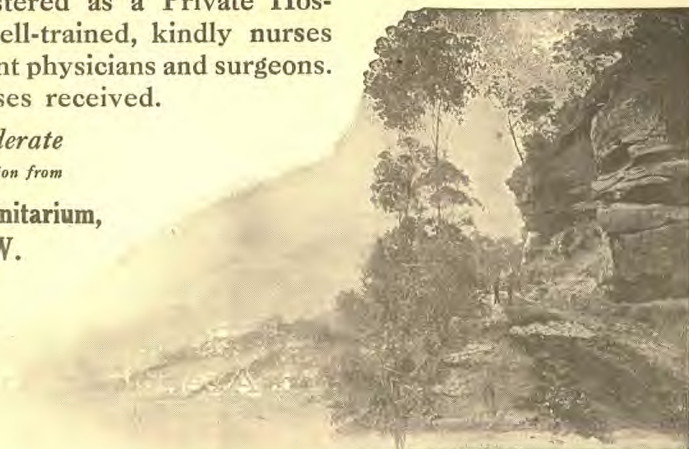
Further information from

**The Manager, Sydney Sanitarium,
Wahroonga, N.S.W.**

Telephones

Nos. 137 and 354

Wahroonga



One of the Beauty Spots near the Sanitarium

**For EVERY TABLE
EVERY MEAL**



GRANOSE BISCUITS

Are made from the choicest wheat, which has been so treated that all the nutrition contained in the grain is retained. The starch is perfectly cooked and dextrinised, and ready to be instantly dissolved in the stomach.

Manufactured by the

Sanitarium Health Food Co.

Head Office:

304-308 George St., Sydney



**Free Sample and Price List on Application
Branches and Agencies in every State**