

# Life & Health

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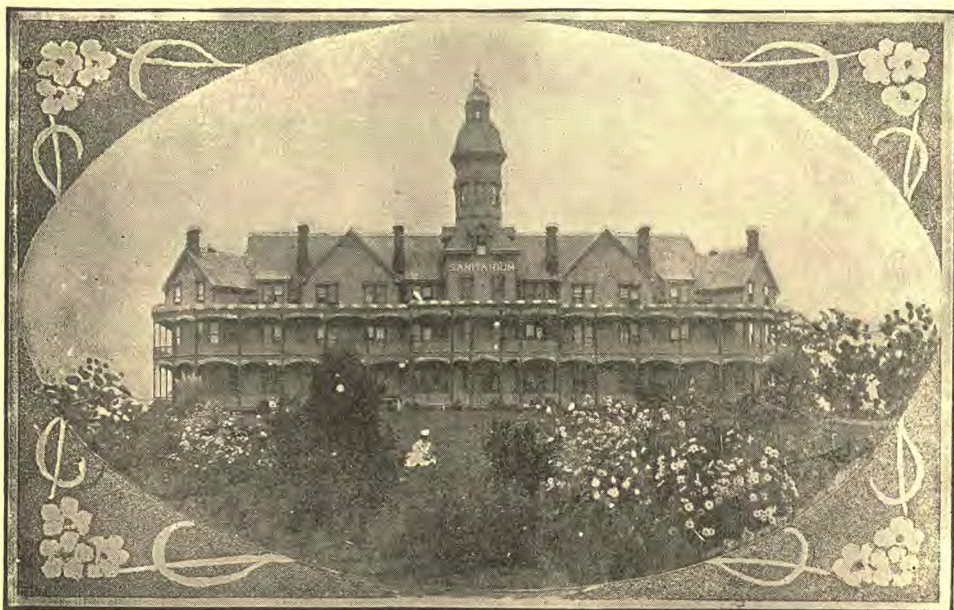
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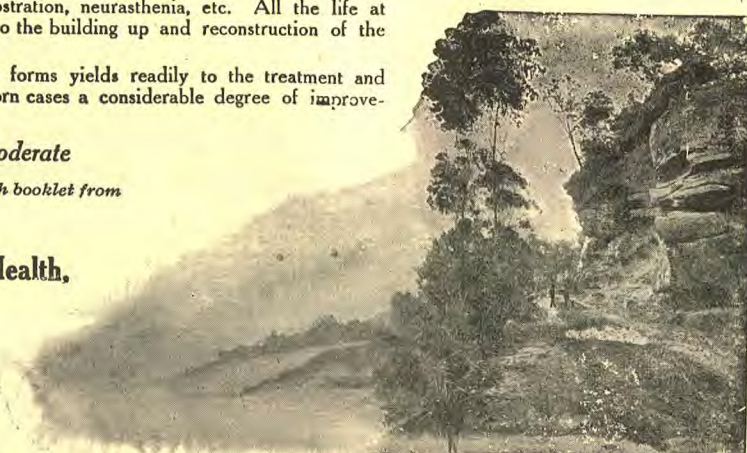
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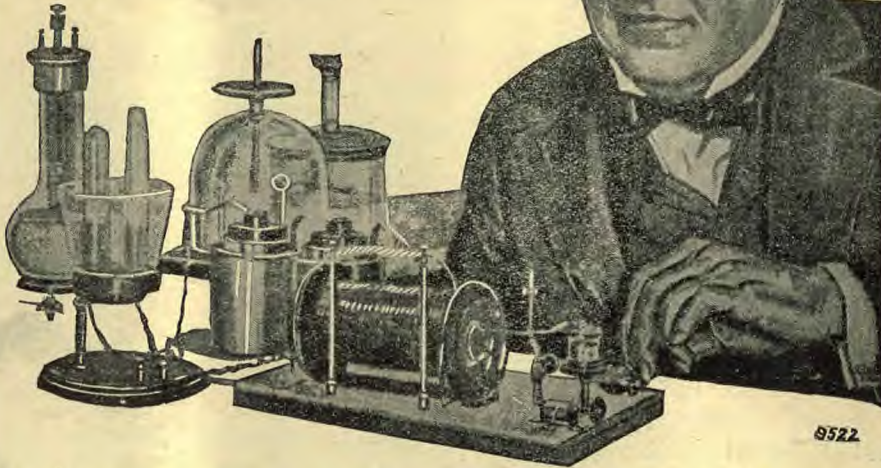


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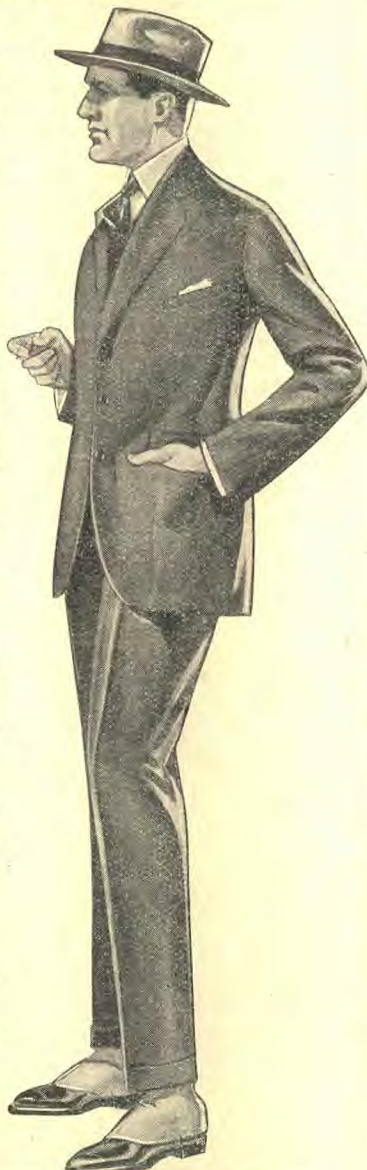
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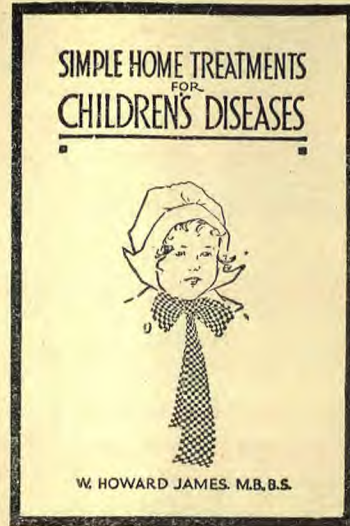
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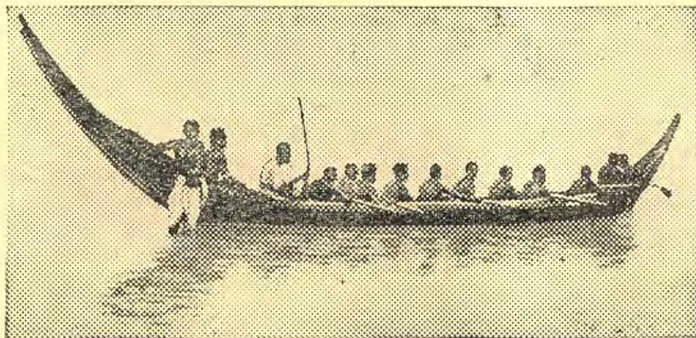
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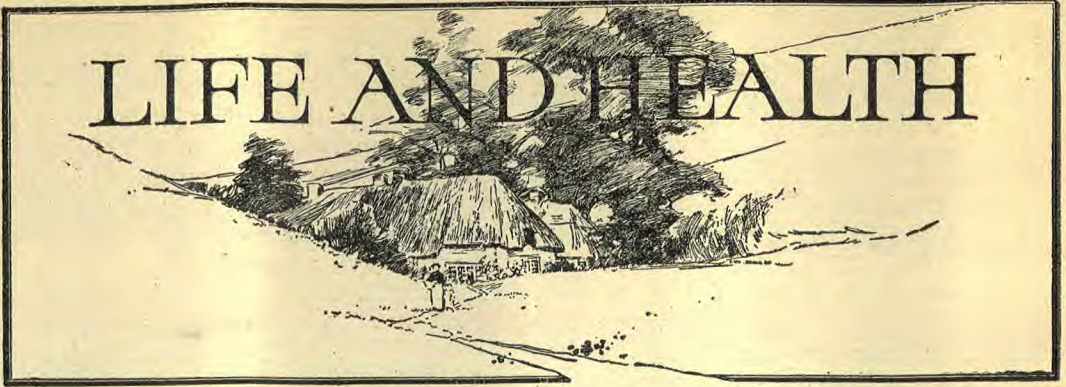




THE CAPITOL AT WASHINGTON ON THE NIGHT THAT THE UNITED STATES DECLARED  
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# LIFE AND HEALTH



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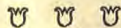
Editor: CHARLES M. SNOW

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

USE a white-enamel flat curtain rod to hang your towels on. It will not leave rust spots, and towels do not slide off onto the floor.



SAYS an exchange: "For local anaesthesia, cover the part with cotton, pour ether on it, and with bellows blow upon it, and in five minutes the part will be devoid of sensibility." A knowledge of this simple method of producing insensibility to pain where minor operations are necessary may prove of great value to you at some time in your experience.



NOW that we pay a good price for a broom it is worth while to make it last three times as long as it will if improperly cared for when new. Pull an old stocking leg over it to prevent the corns from breaking when sweeping under furniture, and always hang the broom up or stand it on end when it is not in use. A dip in hot suds will toughen the fibres and prolong the broom's usefulness.



A HALE and hearty old gentleman of eighty-four, whose record as college president, preacher, college professor, and all-round tireless activity enthusiast is one to

be envied, declares that worry is absolutely wicked. When asked how to avoid worry, he replies that there is only one really true and effectual way, and that is the Christian way. Some persons who have not the Christian hope and source of comfort, but yet are naturally of an optimistic nature, manage to avoid considerable worry; but it is at the best a kind of hit-or-miss basis for a happy, hopeful life. There is no foundation for comfort like the foundation laid in the Book of books, no hope like that to which the true Christian clings in every experience of life. The Christian, though he may not be of a naturally optimistic nature, knows that there is no occasion for worry. He knows that "all things work together for good to them that love God." Adversity may come; but the truly Christian attitude towards it will result in the building of a stronger character than before. The shafts of doubt may be aimed at him; but his shield of faith grows more impenetrable to them with each one repelled. The truest optimist is the true Christian. He *knows* that beyond the cloud the sun is shining. He *knows* there is a loving Father at the helm of the universe; and whatever may come, life or death, prosperity or adversity, comfort or distress, joy or sorrow, He doeth all things well. Don't worry. Be a Christian.

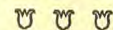


NOTHING rests quite so quickly and thoroughly and satisfyingly as massage. The athlete knows this; and, after violent physical exercise, has his "rub-down." What the athlete has learned the farmer and mechanic and housewife might learn, and very much to their advantage, too. Massage is said to be even more restful than sleep. When one is thoroughly tired, the tissues are choked with waste material. Nature must eliminate this before she can repair the injury that has been done the system by overwork. When massage is resorted to, these wastes are quickly eliminated, and Nature begins her work of repair. If possible to do so, give massage a trial the next time you feel fatigued.



MANY a person has lengthened his life by shortening his bill of fare. Too many carry the appetite of young manhood and young womanhood into later life when the body has ceased to grow and the system does not require all that the appetite encourages them to swallow. The youth and the maid from thirteen to eighteen or nineteen require more food than at any other time of life, while the system is undergoing rapid changes and development. When the growing period has ceased, the big appetite "habit," having been formed, is liable to persist. If it does persist and is pandered to without any conscious effort to control or restrict, harm is almost certain to result. The person who eats according to his needs rather than according to the dictates of his palate will suffer less and enjoy living more than they who eat without thought as to their system's requirements. Many a youth has produced an appetite in the gymnasium or the factory that has proved his ruin when he entered upon a sedentary life. The majority of the human family expect to have graves dug for them at the end of life's journey; but it is not necessary that they should dig them for themselves and with their own teeth.

IT is not generally known that a thorough mastication of food will help to conserve food. "The more we chew the less we eat," say those who have practised Fletcherising. It is certain, of course, that there is a point beyond which this proposition would not be true; but few are likely to try it to that length. The use of crust or toasted bread should be encouraged. The latter has been introduced into some schools as "crunch" or "crusk," and is doubly economical, since less of it will be consumed than of ordinary bread and more nutriment extracted.



### Avoiding Pneumonic Influenza

WHEN we had just settled down comfortably to enjoy our promised immunity from the dread scourge of pneumonic influenza, we were suddenly startled out of our fancied security by the quarantining of Victoria and New South Wales as infected States and by the daily reports of the hospitals, which leave no question that the epidemic is here. It is incumbent, therefore, upon all to do everything possible to ward off the disease both for their own sake and for the sake of those to whom they might convey it.

Dr. A. B. Olsen, of England, who has had considerable experience in the treatment of pneumonic influenza, in an article in the English *Good Health* warns his readers while this epidemic is prevalent to run no risk of mistaking the early symptoms of this disease for an ordinary cold or catarrhal disorder. He says, as the world has learned to its sorrow, that this is a dangerous disease, and one not to be trifled with.

The two essentials which he names in escaping an attack of this disease is first to avoid infection, and second to keep fit in body and mind. The disease is both contagious and infectious. The danger from infection seems to be the greatest in the early stages of the disease when the catarrhal symptoms such as sneezing, redness and irritation of the mucous membranes of the eyes, nose, and throat,



and more or less discharge from the nose, with mild fever, are present; and this is the time to practise strict isolation, and keep at a good distance from the patient. The trouble is, however, that while these symptoms are in evidence the patient and his friends usually feel that he has merely a bad cold. When these symptoms give place to the more marked symptoms of the disorder, such as an unmistakable rise in the patient's temperature, accompanied by pain and distress, headache and backache, and other aches and pains, and a marked feeling of exhaustion and collapse, then it is that the real nature of the disease is recognised. By that time the patient has probably conveyed the disease to a number of his friends and relatives.

Every sneeze or cough scatters large numbers of tiny particles of saliva or germ-infested droplets into the air. The room occupied by the patient or the railway carriage in which he has been travelling while these early symptoms of the disease were manifesting themselves are dangerous places for any person to enter or occupy.

Therefore, he warns all to look with suspicion upon every symptom of a cold and to take precautionary measures as soon as these are manifest. Any person who has these symptoms of a cold should take the utmost precautionary measures both for his own good and the good of others. To mingle with others while one has these symptoms is quite likely to make oneself the disseminator of disease and death among his associates unless a proper mask is worn and the utmost care taken to guard against sneezing or coughing in the presence of others.

At the same time, it is unwise to shut oneself up in a poorly ventilated room and think thus to escape danger. The more healthy the mucous membranes of the nose and throat are kept the less likelihood there seems to be of contracting the disease. They cannot be kept healthy unless we are properly supplied with plenty of fresh air. The foul air of a poorly ventilated room is a real source of

danger. Keep the windows open, especially at night. Dress warmly, but not too warmly, and put on a top coat when going out of doors if the weather is at all chilly. The feet should not be neglected, nor permitted to get cold or wet. If they should do so, they should be soaked in hot water immediately on coming indoors, and then dry hose and shoes should be put on in place of those removed. The following is the treatment which the doctor advises for those who have contracted the disease:

"Directly there is evidence of the first signs of catarrhal disease of the air passages, the patient should be strictly isolated and put to bed. The isolation is not only for the welfare of the patient but to protect the other members of the family from infection. Call a doctor to assist in diagnosing the disease. Good nursing, a light diet, warm baths, tepid sponging to relieve the fever, enemata for cleansing the bowels, and a quiet rest in a well ventilated room are the essentials for treatment. Drugs are not necessary. Give water freely to drink, either hot or cold as desired, and see to it that the patient has a warm bath at least once a day. It is a good time to give the bath in the evening, for it promotes sleep and is very refreshing to the patient. Treated in this way there is very little if any danger of complications and in the course of a week or two the patient will be convalescent from influenza. Strength will be gradually restored, and after a further week or a fortnight's quiet rest, the patient will be ready to return to duty."

The wearing of face masks has been found of great value in bringing the epidemic to an end in cities where their use has been made compulsory. Take every precaution; run no risk; and if the disease is contracted, follow instructions religiously, especially in the matter of taking plenty of time for recovery.

---

WHEN the physician can present Christ to his patients he is imparting power and strength that are of great value, for they come from God. — *Ministry of Healing.*



## Hydrotherapy

### The Simple, Inexpensive, and Effective Treatment of Diseases With Hot and Cold Water

THE term "hydrotherapy" is employed to designate all the external methods of using water in the treatment of disease. Practically all the beneficial effects of drugs can be obtained by the skillful use of water; it is superior to drug medication in the fact that the best results can be obtained without the drawbacks associated with the use of almost every drug. On the other hand it entails more labour and for that reason is not so popular either with medical men or lay people. Opium, morphia, and other sedatives certainly relieve pain and often quieten inflammation until Nature has time to remove the trouble, but they upset the digestion, depress the nervous system, and by continual use lose their beneficial effects. Continued hot fomentations, however, relieve pain, enable Nature to remove the cause, and leave no undesirable after results. Digitalis undoubtedly in suitable cases improves the action of the heart, slows and removes irregularity of the pulse, but it also irritates the digestive tract. Bromides and chloral hydrate will soothe and produce sleep, but they are mostly followed by mental depression and loss of appetite. They lessen the natural powers for sleep and eventually leave the sufferer in a worse condition. In fact, most of the cases of insomnia are the result of continual use of sleeping draughts. If the initial cause of the insomnia were endured for a time or if the insomnia were treated hydropathically, chronic insomnia would not exist; it is the drug treatment that makes this condition so intractable.

A great advantage of water is the many and varied ways in which it can be applied, as in the form of ice, steam, baths, fomentations, packs, etc.

The skin contains muscular fibres and elastic tissue that, by contracting, can drive the greater part of the blood into the general circulation again. Warmth

causes these blood-vessels to dilate and cold to contract. Alternate hot and cold applications to the skin by means of water can thus be utilised to help the general circulation. There is nothing more refreshing to a man after exposure than a warm bath. It dilates the blood-vessels in the skin and at the same time enables the individual to absorb heat from the water. If he were to get out of the bath and retire to a warm bed at once that heat would be retained, but if he were to expose himself to the cold atmosphere again it would be lost and quickly so, because the blood-vessels in the skin have been dilated through so much blood in the skin being exposed to the air. A cold shower and a sharp, brisk rubbing with a good rough towel, however, dissipates the warm blood all over the body. The cold applications and the rubbing also stimulate the heat-producing nerve centres, and thus the individual is enabled to maintain his own heat.

The immediate or exciting cause of pneumonia is often a chill which drives the blood to the lungs and feeds unhealthy conditions that already exist. Cold blood lacks vitality, consequently treatment must first be applied to supply warmth. This can be done by a hot bath, repeated hot fomentations to the chest, or along the spine. When the patient is thoroughly warm, a cold sponge to the skin contracts the blood-vessels of these parts and restores its circulation as well as that of the internal organs.

Local applications of hot and cold water are by far the best treatment for inflamed and congested conditions. Healthy blood restores the functions of the tissues, but blood that is not circulating loses its vitalising powers and is quickly saturated with poisonous waste products. Cold applications drive the congested fluids into the general circulation, and hot applications bring healthy



blood to the underlying parts of the body.

If the parts are congested and hot, cold applications should be first applied; but if cold, then hot applications are first required. Healthy contraction and dilatation of blood-vessels cannot be expected where there is lack of vitality. Continued hot applications would produce unhealthy dilatation—a paralysis of the blood-vessels and permanent congestion of the parts, but an occasional cold or alternate hot and cold will prevent this undesirable result. The continual application of heat will produce an appearance similar to that of chilblains; there is seen a bluish unhealthy colour due to blood that has lost its vitality.

In sprains, where blood has not left the blood-vessels and saturated the tissues, hot and cold applications are useful, but where there is a good deal of effused blood producing blueness of the parts, the applications should be chiefly hot, as heat keeps the effused blood in a condition which will enable it to be absorbed into the general circulation. Cold applications must, however, be given occasionally to prevent permanent dilatation of the healthy blood-vessels. Where the parts are continually hot and red, cold water applications are chiefly useful as they reduce the temperature and constrict the blood-vessels.

It is through the healthy blood that Nature does her repairing, and the alternate applications of hot and cold keep the circulation active in the underlying parts. The heat brings the blood to the parts, and when it has done its work and absorbed impurities, the cold hastens it on to the veins and lymphatics to be purified in the excretory organs—the lungs, kidneys, and skin. The deeply seated organs are also similarly affected. Hot and cold applications to the abdomen give tone to the liver and abdominal organs; when applied to the lower part of back, the kidneys are stimulated, and to the pelvis in women the womb and its appendages receive stimulation.

The derivative action of hot water—the drawing of blood away from one part

of the body to another—is largely used in hydrotherapy. In sleep the blood largely leaves the brain tissues; if this condition does not supervene on retiring, restlessness and sleeplessness are the result. Hot fomentations to the abdomen and spine or hot leg baths draw the blood from the head and often produce sleep; this action can be increased by cold water applications to the head. Hot leg baths will draw blood away from the pelvic organs and thus remove painful and congestive conditions in those parts. Cold applications to the pelvis alone would drive the blood into the underlying organs; hot applications draw the blood to the surface; hot and cold improve the circulation and thus restore normal conditions.

The action of the various applications of water on the nervous system is of great value. Everyone is acquainted with the relief from pain that comes from hot applications. Hot wet applications give much more relief than hot dry ones as the heated water contains so much latent, or hidden, heat. Sometimes very cold applications give more relief than hot; the holding of cold water in the mouth for a couple of minutes often relieves toothache when all other remedies fail; this action, however, is rather an unusual one. Water applications have either a sedative or a stimulant action. The dash of cold water to the face on rising is decidedly stimulating, and the same may be said of the cold sponge, the shower, or the cold mitten friction. Very hot applications have frequently the same action as the very cold. The neutral bath, at the blood temperature, 98-100° F., has a decidedly sedative action and often induces sleep if employed for half an hour or more. Every organ in the body is stimulated by a general cold sponge or cold mitten friction—if a reaction sets in. The reaction (the glow that follows) is expedited and increased by friction, and the after rubbing with a good rough towel or by exercise. If this reaction does not follow, the application would be decidedly sedative.

In feverish conditions a short cold

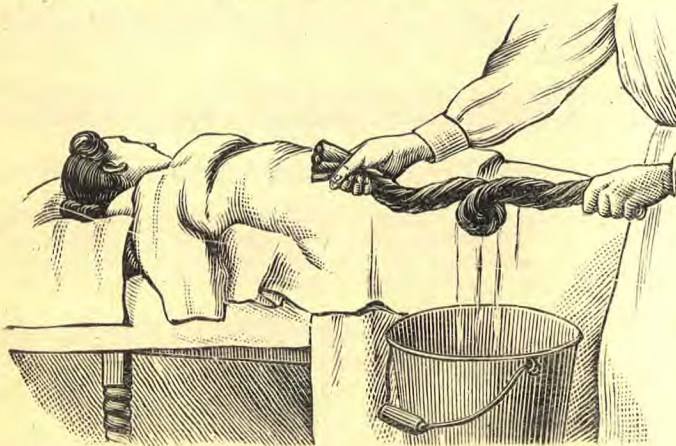


application will give but very temporary relief, as the reaction sets in so quickly, in fact, the coldness of the application stimulates heat production. More good is done in these cases by hot or tepid water. It is the sedative action of water that is wanted in these cases, and if cold water is employed, the applications should be very frequent, the cold wet cloths being removed as soon as they become warm.

Sometimes the sedative action of water is directly through the nerves as in the

has a still greater effect on the system. What is true of cold water is also true of hot in this respect. Alternate hot and cold applications from a jet of a hose with high pressure have a very stimulating effect.

Another very important use of water when used in various ways is its power of producing more or less free perspiration, thus lowering feverishness, freeing the blood from impurities, and cleansing the skin. Drugs, such as Dover's Powder (a



WRINGING THE FOMENTATION CLOTH

preparation of opium), aspirin, etc., produce the same effect by depressing certain nerve centres, those which keep the blood-vessels in the skin normally contracted, but the application of water in the form of the Turkish bath, hot fomentations, hot leg baths, hot blanket pack, etc., leave no foreign poisons in the blood, and consequently are much to be preferred. The loss of fluid and the effect of the sweating procedures on the nervous system are depressing to some extent, but a short

neutral bath (prolonged full bath at the blood temperature), sometimes to lessening of the temperature of the blood. Continued cold applications to the neck, for instance, cool the blood supplying the brain and the throat, and consequently act as a sedative in inflamed conditions of these parts.

The manner in which water is applied increases either its sedative or stimulative action; as a sedative the water must be neither hot nor cold, as both these states are stimulating; the neutral bath should be at a temperature of 98°-100°F.; the cold wet applications to reduce temperature should be applied without friction. Rubbing, or increasing of the force, as in shower bath, spray, or douche, adds to the stimulating properties of the water application. A cold shower is more stimulating than a cold plunge bath and water applied through the nozzle of a hose

application of cold water quickly relieves all depressing effects and the final result is decidedly tonic. Sweating treatments, however, must be used with care in those of weak constitution. Cold applications to the head and over the region of the heart will obviate much of the natural depression. An occasional sip of cold water is also good. The drinking of water, especially when hot, increases the action of the sweating applications. A free perspiration will do much to cut short an attack of influenza, or a feverish cold, and will often avert pneumonia when taken early. A free action of the skin is a great help in kidney disease and sluggish action of the skin, as in auto-intoxication. In the latter trouble, however, a free perspiration brought about by vigorous exercise is to be preferred.

Water, whether taken internally or applied externally, has a very cleansing



effect. A hot, or in the case of the weakly a tepid, bath should be taken twice weekly and a general sponge once daily by all. Such a practice would do much to

avert skin eruptions and boils, as well as act as a general tonic to the nervous system and is a splendid purifier of the blood.

W.H.J.

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## Fomentations

### What They Are and How to Apply Them for the Relief of Pain and the Cure of Disease

THERE is nothing so generally useful in hydrotherapy (water treatments) as fomentations, but to be effective they must be properly applied.

A fomentation is a local application of moist heat by cloths wrung out of hot water. The thicker the cloth the more water it will contain and the longer it will remain hot. Many burns have been occasioned through insufficient wringing. If the fomentation were applied next the skin, if properly heated, it would certainly burn, but if cooled off it would be ineffective, as the warmth would be retained for a very short time. To avoid burning and in order to retain as much heat as possible, the fomentation should be wrapped in a dry cloth before being applied to the skin. The temperature of the cloth should be tested by the back of the hand or by the face before applying.

A blanket makes the best fomentation cloths, as ordinary flannel does not retain the heat for a sufficient length of time. As six or eight cloths are necessary, a couple of new single blankets should be obtained. The size should be, for general use, from thirty to thirty-six inches square; four cloths can be obtained from the one blanket. Fomentations are better given while the patient is in bed as he can thus be conveniently covered while undergoing treatment. In regular treatment rooms, a large cotton sheet and blanket are used for this purpose. The bed clothes must be properly protected by towelling, as damp coverings give chills. When, however, fomentation cloths are properly wrung out and covered, there is little fear of dampening the bed or night

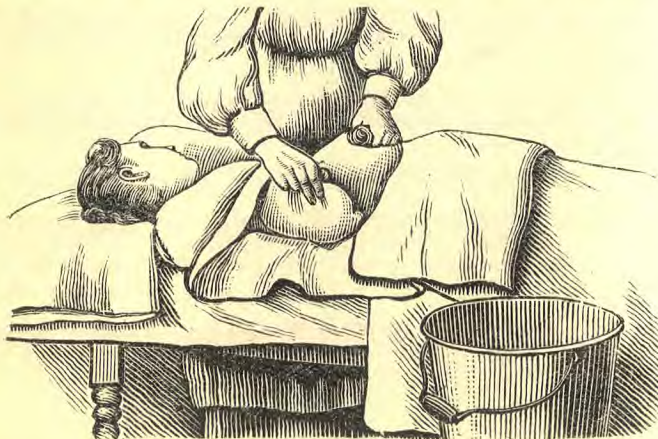
clothes. The fomentation cloths must be folded properly so as to cover the parts to be treated; cloths for the chest or abdomen, for instance, would require to be broader than those for the neck, arm, or leg.

A large saucepan does very well for the hot water; if placed over a gas jet it will not be necessary to remove it while heating the cloths; if, however, it be on a stove it will be necessary to place it in a sink or some other suitable place while wringing out the surplus water. The saturated cloth may be wrung out through a wringer or by hand. If using a wringer fold the cloth to three or four thicknesses of blanket, immerse in the boiling water the whole of it except one end for handling. If wringing by hand the two ends must be kept dry for twisting the cloth. After twisting the two ends till the cloth coils on itself like a twisted rope, pull the ends strongly. This will cause the excess water to leave the cloth, but it will remain sufficiently moist. If the hands are dipped in cold water before wringing they will be less liable to be scalded.

After wringing, the cloth should be folded to the size required. This should be done quickly and the fomentation cloth wrapped in a dry cloth previously spread out on a table. Only one thickness of blanket should intervene between the hot cloth and the patient. If the folded and prepared fomentation has to be carried some distance as from the kitchen to the bedroom, it should be closely folded temporarily to retain the heat. Before leaving the fomentation in position, try its effects on the patient's skin for two or



three seconds; if it be too hot, it can be removed for three or four seconds and reapplied. When in position cover it with dry towel or a piece of blanketing and make the patient comfortable under the bed clothes. See that the feet are kept warm; if necessary apply a hot water bottle or place the feet in hot water. A fomentation cloth properly prepared will retain its heat from five to ten minutes. If a very hot application is needed, two cloths should be used for the one fomen-



PLACING THE FOMENTATION

tation; these folded together can be wrapped in the one dry cloth, but as a rule the one cloth is sufficient.

After applying the fomentation a second one should be got ready so that it may be applied while the other is taken off. The patient must not be exposed more than can be avoided between the applications of the foment. Before applying a new fomentation dry the skin quickly with a soft towel, as the moisture on the skin will increase the intensity of the heat on first applying the foment. Frequently a cold compress, a piece of towelling wrung out of cold water, is used for thirty seconds between the fomentations. From three to five fomentations will, as a rule, be necessary for the one treatment. When applied for pain they should be renewed more frequently; in fact, as soon as the foment becomes "comfortable" another should be applied. The surface

of the body covered by the fomentation should be much larger than the part affected.

#### Precautions

Great care should be exercised to prevent burning; if the fomentation cloth is not wrung sufficiently dry, it is liable to burn. Care is especially necessary in treating cases that are unconscious, as in paralysis or under an anæsthetic after operations. Great care should be exercised in diabetes and dropsy. In such cases test the fomentation by the back of the hand or the face. A piece of dry gauze should be placed over sensitive parts such as the face. Prominent bony points, such as collar bone, shoulder bone, and points of hip bone should likewise be protected.

Where there is general perspiration after treatment the patient should be sponged with cold or tepid water and thoroughly dried.

In congestion of the brain cold applications should be applied to the head and

neck during time of fomenting. When there is pain, the cold wet compress is better avoided, but the parts should be sponged with tepid water after the treatment is finished. In treatment rooms each patient should have his own fomentation cloths, as disease is liable to be communicated from one case to another.

Fomentations are applied (1) to relieve pain; (2) for a derivative action—to draw blood away from a diseased part; (3) as a preparation for cold treatment; (4) for a stimulant or as a sedative. A short application is stimulating, a prolonged application is sedative, especially when the cold compress is not used. For the sedative action the heat should be moderate and the time of application prolonged.

#### Hot Compresses

For the eye and other delicate parts several thicknesses of gauze, cheesecloth,



or old linen handkerchief should be used. These compresses are small and lose their heat quickly and consequently should be applied very frequently.

#### Revulsive Compress

Where the cold compress is given after each application of heat, it is called a "revulsive compress." It is a mild stimulant and tonic measure and produces an increased circulation in the underlying parts. If the patient reacts well, the compress is better wrung out of ice water. The compress is allowed to remain for thirty seconds to one minute, turning twice during that time. The parts should be dried quickly before the next fomentation is applied. Usually three applications of hot and three of cold are made, alternating the hot and cold as described. Ice may be rubbed several times over the parts in place of the cold wet compress.

#### Hot and Cold to the Head

Hot and cold applications to the head are of great value in anæmia or congested headaches, and also in the case of a cold in the head. The hot and cold may be applied alternately or simultaneously.

*Articles needed:* Two ice bags with finely chopped ice and covered with cheesecloth, and a spine bag filled with hot water and covered with a fomentation cloth or towel.

*For alternate hot and cold:* Place the spine bag crosswise at back part of head and upper part of the spine. Cheesecloth

lightly wrung from ice water should then be applied to head, ears, and face and renewed every minute. After three minutes replace the hot spine bag with ice bags to back and top of head, and every minute apply to head, ears, and face compress wrung dry out of hot water. Three applications of the hot and cold should be given at the one treatment, finishing with cold sponging of the parts and thorough drying, especially of the hair.

#### Hot Water Bottles

An India rubber hot water bottle should be in every home. They are not equal to the hot fomentations, but they do not entail so much labour and can be used for a longer period of time. Applied over a foment they help to keep the latter hot for a longer time. Applied over a wet compress they act as a mild fomentation. They are very useful for cold feet, for pain due to colic or intestinal flatulence, and in fact may be used where fomentations are indicated. The bottles should be filled two-thirds full with very hot (not boiling) water, and when not in use should be hung up with the neck downwards and cork removed. Choose a cool place and on no account allow them to be doubled up, as this will cause the rubber to perish. A good hot water bottle should last three or more years. In insomnia a rubber bottle filled with cold or iced water and covered with a pillow slip acts as a good rest for the head and often induces a sound sleep.

W.H.J.







# GENERAL ARTICLES

## Constipation and Auto-Intoxication

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

THE wide prevalence of constipation, or sluggish action of the bowels in varying degree, makes it necessary for many people to use special means for emptying the bowels. The numerous and serious harmful results that arise from chronic constipation are little realised or understood by the public generally. When the contents of the bowels are retained longer than the normal period, which is only a matter of a day or so, two conditions arise, both of which are a constant source of mischief until the bowels are relieved. In the first place, there is a varying amount of fermentation, which might be more accurately described as decay or putrefaction. The fæces are always impregnated with microbes of one sort or another, and these organisms multiply and set up various forms of putrefaction, giving rise not only to foul gases which are perhaps the least harmful, but also to various other foul and poisonous products capable of doing great mischief. The result may be an inflammation of the bowel of varying intensity, diarrhœa, or dysentery. Or the inflammation may take place in the region of the appendix and then is known as appendicitis, another serious and oftentimes grave disorder which is capable of producing dire results.

Secondly, when there is delay in emptying the bowels, absorption of poisonous matter takes place more or less actively,

and a condition which has been called auto-intoxication or self-poisoning is set up. In mild cases the amount of self-poisoning is only sufficient to produce a feeling of languidness, discomfort, or even malaise, a loss of vim and vigour, conditions that are sometimes overlooked or misunderstood. But even a mild form of auto-intoxication, if long continued, may produce headache, backache, as well as stomach ache and numerous other aches and pains, including feelings of nausea, giddiness, and faintness. More severe acute attacks as well as the chronic self-poisoning may be the cause of sharp pain which may be mistakenly described as rheumatism or even neuritis. There is usually a coated tongue, a foul breath, and certain gastric and intestinal symptoms such as flatulence, heartburn, distention; but it is to be noted that some of these signs may be entirely absent and one may suffer from serious auto-intoxication without being aware of any discomfort in the region of the stomach. We have hinted at some of the consequences of chronic constipation just enough to show that it is a prolific cause of many physical disturbances and diseases. Retention of the fæces must always be looked upon as a menace to health, and the consequences, if the condition is not promptly remedied, may be serious or even grave.



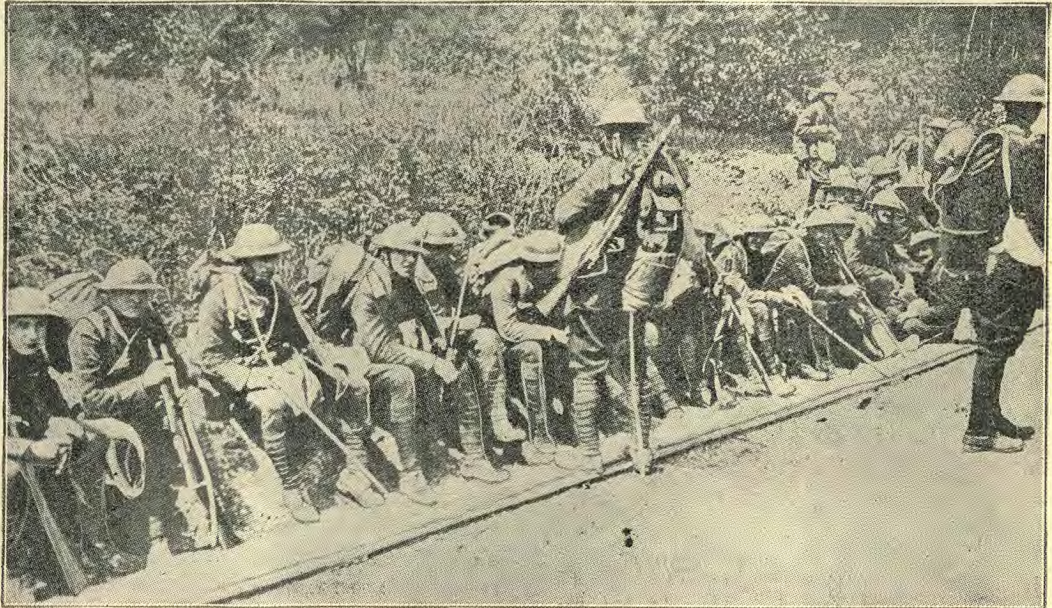
### The Remedy

The obvious remedy is to empty the bowels and to ensure a regular and complete evacuation at least once a day. This is the minimum consistent with good health, and there are medical authorities who claim that the bowels should move twice a day, while some say that the ideal is three evacuations per day.

Now there are three methods of dealing

no difficulty in obtaining normal activity of the bowels.

2. The second method is by the injection of water or a watery fluid into the rectum or even into the colon for the purpose of washing out the bowels and thus removing the more or less dried and hardened contents. It is oftentimes necessary to use enemas for a few days or even weeks until by suitable diet the bowels



RESTING ON THE MARCH

with refractory bowels as follows :—

1. By so selecting and regulating the diet and the physical activities of the body as to ensure a regular daily evacuation of the bowels. This is of course the ideal, and points strongly to a natural diet, that is, one consisting of fruit, nuts, fresh salads, cereals, grains, and vegetables of all kinds. Generally speaking, meat and meaty foods, as well as eggs and milk, are more or less constipating, while fruits, salads, and vegetables have the reverse effect. We have no hesitation in saying that fruit is the natural medicine of the body, and if it is taken in sufficient quantity daily, and if the other conditions are reasonably satisfactory, there ought to be

can be trained back into their natural state.

3. The last method is the one that is almost universally followed, and that is by taking some more or less nauseous and poisonous drug for the purpose of purging the bowels and emptying them. With very few exceptions purgatives, cathartics, and laxatives are quite as likely to produce harm as benefit, and their use should not be resorted to without the advice of the family physician. Powerful mineral drugs such as calomel, a preparation of mercury, should be totally avoided, and this might easily be done, because, even if it is necessary to give something by the mouth, there is a good selection to draw from



without giving mercury in any form.

Of late years a highly refined mineral oil, a hydrocarbon oil known as medicinal paraffin, has found favour with the majority of the medical profession. As far as we know up to the present time, a good grade of petroleum, for that is really what it is, when properly refined, acts solely as a lubricant to the alimentary canal and has a gentle laxative effect without being absorbed and without causing any mischief. Practically everyone, with very rare exceptions, if any, seems to be able to take the paraffin without difficulty, and the results are uniformly satisfactory. Any-

thing from a teaspoonful to an ounce can be taken two or three times a day, according to the requirements of the case. Paraffin can hardly be looked upon as a drug in the ordinary sense of the term, and it is a most useful laxative when conditions are such that enemas are difficult, if not impossible. Nevertheless when the enema is available, we consider it the most satisfactory way of dealing with costive bowels. Sometimes the use of a quarter or half an ounce of paraffin morning and evening in addition to a daily enema secures a more complete emptying of the bowels than the enema alone.

## Varicose Veins, Prevention and Treatment

### Not To Be Trifled With

C. A. WASHBURN, M.D.

AT and after, the middle period of life in the stout, plethoric individuals, particularly whose occupations necessitate standing (i. e., motor men, mechanics, washerwomen, etc.), the heart, like a much used pump, is not working as stoutly and as vigorously as it did in the earlier years. There is necessarily more strain being put upon this same vital organ in a determined effort to supply a wider area of less vital tissue with its nutrient fluid. Hence the return flow of the blood through the venous system is retarded in its progress upward towards the heart for re-oxygenation.

Dilated superficial veins, in the first stages of varicose formation, are thought little of, even if noticed by the average individual, who is most apt to go on and on without giving thought or care to his general condition. Had he sought medical aid as the veins increased in prominence, his general condition would have been studied in conjunction with prescribed local treatment. This would have resulted ultimately in an immense saving of suffering and partial or perhaps total impairment of efficiency by long, enforced periods of rest from off his feet.

During pregnancy, in the working classes especially, little or no attention is given to general health conditions in connection with local treatment or corrective appliances of any nature. The woman continues the drudgery of domestic work without rest and without even a support which, in itself, if applied, would relieve the tension upon the overstretched vein tissue and afford artificial rest. The upright position is maintained throughout her long day that does not end with the sun. A gradually enlarging uterus, meanwhile, slowly impedes the circulation in her limbs by its increasing pressure upon the pelvic veins and enlarges the leg veins proportionately.

#### Another Cause of Varicose Veins

Holding the stockings in position with tight elastic bands, tape, or types of garters encircling the lower limbs is another prominent factor in impeding the flow of blood in the surface veins, producing "coarse" veins by constriction, and should be avoided. Happily women are rapidly emancipating themselves from these abominations but men still feel the stern yoke of custom binding them to their widely



heralded "necessities" decreed by fashion.

It must be borne in mind that the blood in the veins flows upwards from the foot towards the heart and that that organ, similar in construction to an ordinary pump, is working up hill driving the vital fluid against gravity. Numerous valves located in the veins assist the blood in its upward course. As the once healthy elastic tissue in the walls of the veins becomes weakened and "gives," as is usually the case with the accumulation of years, there is always present the tendency to knotting or pouching in the leg veins at about the position of the valves. As the condition is a progressive one, these dilatations increase in size, closely resembling a bunch of grapes, and the skin over the veins finally becomes thin and shiny.

#### Varicose Ulcers

In the process of time the thin walled veins may rupture and often do, and then a very serious if not fatal hæmorrhage results. If checked in time, the usual outcome is the formation of a varicose ulcer on the site of the rupture.

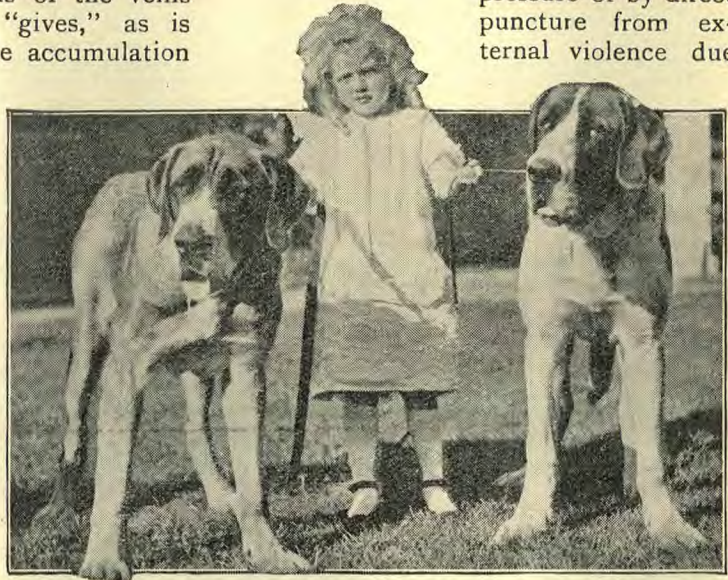
On the other hand eczema with its eruptions may make its appearance generally announced by troublesome itching. Caking of the leg, as a rule, follows with breaking of the skin surface, hastened by scratching and by the impoverished local circulation. In such an event, like the foregoing, a foul leg ulcer or sore extending deep into the underlying tissues results. Many of these ulcers persist a lifetime and come to be regarded as hopeless; in fact, as a necessary part of their life by those afflicted.

#### When Caution Is Needed

Persons with varicose veins plainly in evidence should indulge only in moderation in sports, lest the sudden, unaccus-

tomed, and excessive strain thrown upon the thin walled veins by swimming, running, jumping, mountain climbing, etc., or by a fall or injury directly to the vein itself cause rupture and grave hæmorrhage or ulcer formation eventually.

Alcoholics, particularly, whose veins are badly engorged, are extremely liable to hæmorrhage either from increased blood pressure or by direct puncture from external violence due



FAITHFUL PROTECTORS

to a fall or stumble, or a sudden blow.

Sedentary habits in plethoric subjects often accompanied by stubborn constipation may also lead to sluggish circulation and varicose vein conditions in the legs as well as to hæmorrhoids, which is another type of varicose veins.

As in so many other important conditions of life's physiology, early prevention here is a most necessary measure.

It seems conspicuously the habit with modern humanity to-day, possibly the result of the great rushing in a very hurried, so-called progressive era, absolutely to neglect certain important preventive measures in conserving the welfare and usefulness of the organism until something gives way and allows the systemic machinery to break down. Resort then is eagerly and hastily made to the family



physician and possibly later to the specialist for help of the immediate sort and brooking no delay.

I maintain that among the sadly neglected conditions of the human organism there is hardly any more prevalent than varicose veins and ulcers. While generally regarded obstinate and unsatisfactory to treatment due to their inherent sluggishness, very much can be done both to prevent and relieve these most distressing and disabling affections.

It should go without saying that habits conforming as nearly as possible to the normal requirements of nature should be instituted.

There should be few or no ordinarily intelligent persons that cannot be taught the vital importance of conserving the physical well-being of the entire body a generous nature has endowed. And there are absolutely none who cannot be taught to attend properly to the corrective, local measures which, if neglected, ultimately reflect on the whole body. In this way they may save themselves endless suffering and useless disabilities.

### Making the Sick Child Comfortable

Mrs. E. E. Kellogg

EVEN though the sick child is a baby, he should not be held in the arms. The warmth from contact with the mother's body will increase the child's discomfort. No position on the lap can improve upon that of lying on a clean, cool bed. If the child's illness is likely to be of considerable duration, a single bed of metal frame with woven wire springs and a soft mattress filled with some material not especially heat-retaining should be provided.

For use on the bed, cotton sheets are preferable to linen. Spread the lower one tightly and smoothly over the mattress, tucking it well under on all the sides. In case of small children, a mattress protector of rubber or oilcloth, two and a half to three feet in size, with a thin cotton pad above it, placed over the middle of the bed underneath the sheet is an improvement. Above the sheet a second one

folded in half and stretched tightly across the middle portion of the bed directly over the protector serves as an additional protection and also as a draw sheet. In case of severe illness it is possible to move the patient quite across the bed by gently pulling the draw sheet.

To cover the patient, lightweight fleecy blankets are the best. Quilts and comforts which do not permit the air to pass readily through are objectionable coverings for the sick. The covers should be just sufficient for proper warmth and no more. Too much warmth is enervating, and an excess weight of bed clothing is frequently more fatiguing to the patient. The under bed coverings and also the patient's clothing should be kept as smooth as possible. To lie on a mass of wrinkles adds greatly to the discomfort of the sick.

Single garments that slip over the head, and down over the feet, without much handling of the patient, or which button all the way down the front, are preferable for bed wear for the older child. The little one under two years will be very comfortable in an envelope night dress, that has a flap on one side that turns up at the bottom and buttons over on to the other side, like an envelope. Such a garment is easily pushed up when changes are required, and in warm weather it can be left open. In very hot weather the napkin alone will usually be all the clothing that is required, if a crib sheet or large square of laundered cloth is arranged underneath the baby so that in moving him the attendant's hand may be placed under the cloth, rather than in direct contact with the child's body.

If the weather is cool, it is well to protect the extremities with long wool hose or in some other way to keep them warm, as in illness the discomfort from cold feet and legs often occasions much restlessness and sleeplessness.

It is really essential to keep the little one cool in hot weather. It is most desirable that windows should be open wide, or that the sick one should have a bed on a screened porch in some location shaded from the hot sun.



## A Home-made Fireless Cooker

### An Ingenious Method of Kitchen Economy

Horace G. Franks

ONE hears a great deal nowadays of the necessity of economy—economy in diet, in lighting, in clothes, in recreation, yes, and in work. Even though the war is over, prices seem to remain at their highest levels, and the working housekeeper has to scheme hard to keep her household running smoothly. The well-to-do tell us that economy is the mother of a fortune, but it is enough for the average wife to believe that economy is the preventive against debt and misery.

One of the greatest pickpockets of to-day is the fuel bill. In fact, one city cook recently told the writer that it costs as much to prepare the dinner of to-day as it does to procure the viands. And all will agree that she was not very far out in her estimate.

Hence it is with a firm belief in the necessity for a "fireless cooker" that we make the following suggestions for the construction of a simple yet effective "straw stove."

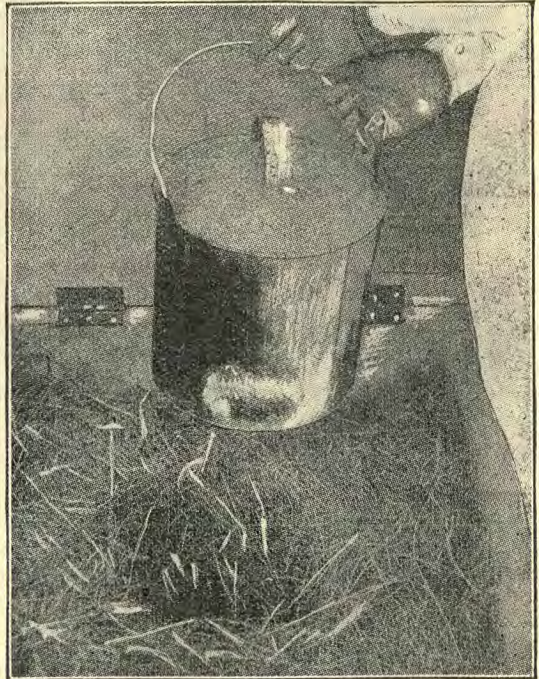
The requirements are but few: a stout wooden box with a well fitting lid; a miniature mattress; a quantity of hay or straw; a tin "billy" with a lid and handle. The box should measure about two feet six inches square and somewhat more in depth. The essential point is to so arrange the apparatus that around the cooking materials there are at least nine inches of non-conducting materials.

Next make a miniature mattress that will fit well in the top of the box. This should be about nine inches deep, firmly stuffed with hay. Ordinary bagging or hessian will suffice for the outside covering. The receptacle for holding the vessel in which the food is to be cooked should be an ordinary two-gallon billy-can.

Having all your apparatus at hand, set about "building your stove." Pack away about nine inches of straw in the bottom of the box, pressing down tightly, and ramming well in with a stick. Now

place your can in the centre and pack straw all around. Finally place the mattress on top, and fasten down the lid. Leave for about twenty-four hours, and on opening you will see that the straw has been well packed down and that there is room for more. The tighter the packing of the straw, the better the results.

The oven is now finished, and it only needs a little interesting experimenting on the part of the housekeeper to make it a



PLACING THE "BILLY-CAN" IN THE STRAW STOVE

great success. Let us suppose that a vegetable stew is wanted. Place all the ingredients in a covered jar within the can, noticing, however, that the top of the jar is only just below the lid of the "billy." If needful the jar should be raised by means of a saucer. Now fill the intervening space between the can and the jar with water, place on the fire or the gas stove, and bring to the boil. When boiling, quickly transfer to the straw box, place the mattress on top, and close the lid, carefully noticing that there is no soot or ash on the bottom of the can.



Three hours later the food will be perfectly cooked and scalding hot. It is practically impossible to overcook food in a "straw stove," and hence it is better to allow too much time rather than too little. If, however, the box is opened before the meal is cooked, the can must be brought to the boil again before enclosing in the box. The food cooked slowly in this way is of much better flavour than that cooked

We would suggest that those planning to adopt this simple idea keep a tally of their experimenting on a card, which can hang in the kitchen, in order that they may be able to see at a glance just how long is needed to cook a certain dish.

Try this economy wrinkle; recommend it to your friends and neighbours; and thereby save your own money and help them to save theirs.



COVERING WITH THE STRAW MATTRESS

in the usual way, and since the "straw stove" has been used for meat which often requires nearly a dozen hours to make it tender, vegetarians should find it very useful in their fruit stewing and vegetable cooking.

It will be seen that this method of cooking is a splendid idea for those who wish to go out while the meal is under preparation and yet who do not wish to leave the gas stove or fire burning in an empty house. This will also overcome the difficulty of dirty stoves caused by the dinner "boiling over."

## Helping to Solve the Rat Problem

D. Z. Evans

To rid stables, granaries, and other similar places of rats, we have tried many different devices, from steel traps to poisoning, but the simplest and best way to get them, and by wholesale, that we found and devised and used was to "catch them by the barrel."

Not far from the feed chest, near which we gave them a little feed free for a couple of nights, thoroughly protecting the feed bins, etc., we put a water tight barrel, minus the upper head. This barrel was carefully filled with water to within about a foot of the top. On the edge a very smooth shingle was pivoted so that it would naturally tilt toward the outside, but when the weight of the rat had gone beyond the pivot, over the water, into the water the rat would have to go, and then the shingle would mechanically reset itself.

Immediately above the end of the shingle which overhung the water was suspended a nice bit of cheese, securely fastened, as an ever present but never reachable lure. To prevent the water from showing, we scattered a few handfuls of clover chaff, that would lie a long while on the top of the water before becoming moistened, and on the top of this also we scattered a few grains of whole corn, to add still further to the attractiveness of the lure.

The effectiveness of this trap, if properly made and kept up, and the approaches to it made easy, is really wonderful. We have taken as many as



twenty dead rats from the barrel at a time. By occasionally changing the water, and by also keeping the enticing cheese smell on and around the board, it will be a long time before it ceases to gather them in, for when they once strike the chaff they go under and are quickly drowned, disappearing as if they had merely slipped away.

### Out of Doors for the Nerves

W. E. Bliss, M.D.

SOMEONE has said that it is as uncommon to go through life without some kind of nervous break as to go through without the measles. Few nervous disorders, from insanity, locomotor ataxia, and paralysis agitans down to insomnia and the fidgets, can be laid at the door of our forefathers—that is, they are not hereditary. Above all other disorders, nervous diseases depend upon our own habits and manner of living.

Nerves are our best friends or our worst enemies. Treated three-fourths decently, they will carry us through life in a sane, happy, contented condition. If abused, they get it back on us a hundred-fold sometimes, in aches and pains and depression and exhaustion and fears and obsessions, more or less real or less or more imaginary. But whether genuine or not, they are real to the owner.

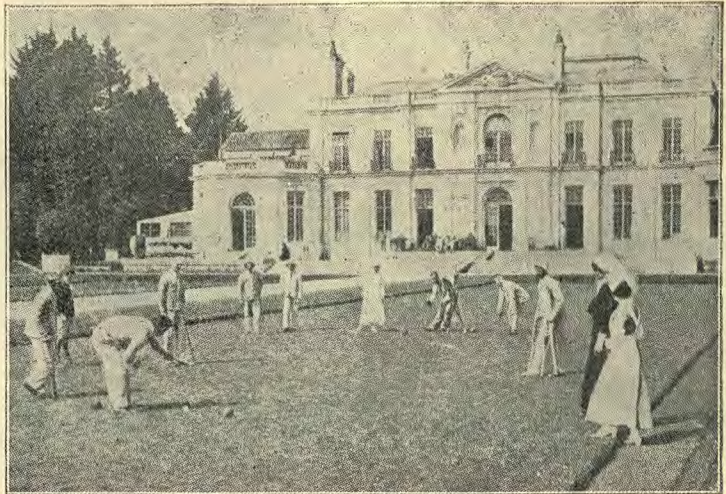
Some people say that the worst thing about nervous troubles is, they never kill. They are like seasickness, in that the possessor first fears he will die, then wishes he might, and finally fears he will not.

In these days, high and fast living and rapid transit are responsible for much of

the nervous disorder found. The mad rush of business and social life is driving people mad.

Insanity is plainly on the increase, as are all nervous diseases. What shall be done to check them? "Back to nature," some faddists tell us, and there is some sense in this doctrine. Simple living is very important. The present ban on high living, known as Hooverizing, is one of the greatest blessings that ever came to neurasthenics. Next to this is the associated movement in gardening—for profit as well as pleasure.

There is no better medicine for nervous-



WINNING OUR SOLDIERS BACK TO LIFE AND HEALTH

ness than fresh air and well-regulated exercise out of doors. Of course a person taking exercise should know from a physician how much exercise he can take, and should have his exercise supervised and, if necessary, prescribed. The best antidote for that tired feeling of a neurotic is a real tired feeling from work or exercise in games or gardening or other diverting pastime.

The best sleeping draughts known are draughts of fresh air taken in out-of-door exercises several times a day. No one can keep his health as good as it ought to be without a fair amount of exercise in the fresh air.



# Evil Results of Wrong Habits of Eating

MRS. E. G. WHITE

As a result of eating late suppers, the digestive process is continued through the sleeping hours. . . . The sleep is often disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed, and with little relish for breakfast. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits, late suppers are particularly harmful.

## Extremes of Temperature

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason, while the free use of hot drinks is debilitating. In fact, the more liquid there is taken with meals, the more difficult it is for the food to digest; for the liquid must be absorbed before digestion can begin.

Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit, and the irritation which calls for so much drink at meal time will largely disappear. Food should be eaten slowly, and should be thoroughly masticated. This is necessary, in order that the saliva may be properly mixed with the food, and the digestive fluids be called into action.

Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies, and when mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found. . . . At meal time cast off care and anxious thought: do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all His blessings.

## The Overeating Curse

Many who discard flesh-meats and other

gross and injurious articles think that because their food is simple and wholesome they may indulge appetite without restraint, and they eat to excess, sometimes to gluttony. This is an error. The digestive organs should not be burdened with a quantity or quality of food which it will tax the system to appropriate. . . . Sometimes the result of overeating is felt at once. In other cases there is no sensation of pain; but the digestive organs lose their vital force, and the foundation of physical strength is undermined. . . . Abstemiousness in diet is rewarded with mental and moral vigour; it also aids in the control of the passions. Overeating is specially harmful to those who are sluggish in temperament; these should eat sparingly, and take plenty of physical exercise. There are men and women of excellent natural ability who do not accomplish half what they might if they would exercise self-control in the denial of appetite.

Many writers and speakers fail here. After eating heartily, they give themselves to sedentary occupations—reading, study, or writing, allowing no time for physical exercise. As a consequence, the free flow of thought and words is checked. They cannot write or speak with the force and intensity necessary in order to reach the heart; their efforts are lame and fruitless.

Here is a suggestion for all whose work is sedentary or chiefly mental; let those who have sufficient moral courage and self-control try it: At each meal take only two or three kinds of simple foods, and eat no more than is required to satisfy hunger. Take active exercise every day, and see if you do not receive benefit. . . . Some wish that an exact rule could be prescribed for their diet. They overeat, and then regret it, and so they keep thinking about what they eat and drink. This is not as it should be. One person cannot lay down an exact rule for another. Every one should exercise reason and self-control and should act from principle.



# WINTER BEDS for SUMMER CROPS



*The larger root crops may be packed quite closely in an outdoor trench and protected with hay*



*A dry trench will protect the cabbages if they are turned head down and covered with earth*



*Before storing the roots in trench or cellar, break off their useless tops and discard them*



*Wrapping tomatoes in paper will enable you to keep them indoors for several weeks*



*Another method of keeping tomatoes for autumn and early winter use is to pack them in hay*



*If dry earth is used in the storage of parsnips there will be less shrivelling of the crop*





# 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.

## 234. Asthma

"B.H.T." writes: "On two or three occasions my breathing has been so severe that I have hardly expected to last the night out. I would like to know what to do during these attacks to get relief. I have had asthma on and off for twelve months. Would there be any benefit from sea bathing?"

The following advice will apply to "D.C." also.

*Ans.*—The most general remedy consists of the burning of nitre papers; they must be used freely so as to make the air of the room dense with its fumes. These papers may be readily made at home. Dissolve as much nitre (nitrate of potash) in water as possible. Dip thick blotting paper in the solution and dry. Many papers are used containing in addition one or more of the following: digitalis, stramonium, and lobelia leaves. Stramonium leaves and nitre mixed together may be burned on a shovel of hot ashes and the fumes inhaled. "Hemrod's Cure" is a well-known powder and is very useful in many cases; its chief ingredients are lobelia, nitre, green tea, and stramonium. Cigarettes containing some of these ingredients are convenient. All these remedies are likely to give headache and when frequently used irritate the lining membrane of the throat and bronchial tubes. The latest remedy (and often a most successful one) is the injection under the skin through a hypodermic

syringe of from 1 to 3 drops of a 1 in 1,000 solution of adrenalin chloride (a preparation from the suprarenal gland) at the very commencement of an attack. Often the production of vomiting or nausea will give relief. One-twenty-fifth of a grain of tartrate of antimony and potassium may be given for this purpose every half hour. Three and one third grains can be added to half a pint of water in a bottle; one teaspoonful of this would contain about one-twenty-fifth of a grain.

To lessen the frequency of the attacks: applications of electricity to the neck have given permanent relief in some cases and occasionally have cured. One of the latest remedies—the pneumatic treatment of Reichenhall and Moran—benefits a large number of cases. The treatment consists of alternately inspiring compressed air and expiring into rarefied air. The two drugs that are of greatest use are iodide of potash and arsenic. The following we have found very good:—

R̄ Pot. iodid ʒiss  
Vini antimonalis ʒiij  
Liq. arsenicalis ʒj  
Tinc. stramonii ʒiij  
Ext. Glycyrrhizi Liq. ʒiv  
Aq. ad ʒviii

A tablespoonful three times a day.

"D.C." will find this mixture useful for the phlegm. In all cases the cause of the attack must be sought for and as far as possible removed. There is no disease



that has so many different "cures" and so many causes. The most frequent causes are found in the nose and throat, such as postnasal growths, enlarged tonsils, inflammation of the lining of the nose (rhinitis), or delayed and painful teething in children. The immediate cause of an attack is often found in indigestible food and certain smells, such as that from birds, dogs, horses, flowers, dust, etc. Sometimes a feather bed will bring on an attack. Dyspepsia must be treated and constipation avoided. Climatic treatment is of the greatest value, in fact, a complete change of residence will frequently result in a cure if taken early in the disease. But each case must find a climate for himself, for some do best in large towns, others in the mountains, and a few at the seaside. In chronic cases where the heart is affected and the lungs have become emphysematous (over expanded with air), high altitudes must be avoided.

### 235. Extraction of Teeth and Resulting Bruised Chin

"A.L." writes: "Some two weeks ago I had six teeth (lower front) extracted. The dentist was careful and extracted them quite painlessly. I used a mouth wash very frequently but after two days my chin went quite black like a bad bruise and was sore to touch. It has taken two weeks to fade away and is now quite well, and the gums quite healed. Can you tell me the cause of the discolouration?"

*Ans.*—The case is certainly most peculiar; we would ascribe the cause to the nervous disturbance caused by the tooth extraction and not directly to the anæsthetic used. The action would be called medically "a reflex action."

### 236. Piles (Haemorrhoids)

"Palmerston" asks for a remedy for the above.

*Ans.*—Piles may be external or internal. *External piles* consist of small swellings at margin of the anus. They are often

swollen and painful, and the sufferer is compelled to lay up. The bowels must be kept regular; paper should not be used as a detergent but the parts washed with a soft sponge and warm water, dried, and dusted with boracic acid. Some soothing ointment should be used in the painful condition such as:—

℞ Morphinae Sulphatis grs. x  
Belladonna and stramonium ointment—  
one dram of each.

Piles are better removed. The base of the pile is injected with a local anæsthetic (preferably cocaine and adrenalin) and the most of the pile cut away with sharp scissors. Ligatures should not be used as externally they are liable to give much pain. Bleeding is easily controlled by pressure from aseptic gauze.

*Internal piles.* The best treatment is an operation. As a rule they do not return. Palliative treatment is to be recommended in the milder cases. The diet must be carefully watched, all indigestible foods avoided, also condiments, spices, pickles. Tea and coffee certainly favour constipation and are harmful to digestion and should also be prohibited. All powerful purgatives should be avoided. Small doses of cascara are useful, or saline, such as Epsom salts in hot water on rising. Sitz baths several times a week are of great value; also injections. The water for the injections must be either very hot or very cold. The injection of witch hazel (2 drams to 2 ozs. of water) makes an excellent application. Tannic acid is of great use in lessening the size of the piles and stopping bleeding. It may be given in suppository form or as ointment. The suppositories are of the shape of a thimble and can be readily used. The ointment should be introduced by specially constructed syringe with a bone rectal nozzle.

Tannic acid (two drams to two tablespoonfuls of water) may be used if the ointment or suppository is not available. Gall and opium ointment is a favourite remedy. The following generally gives more relief:—



Equal parts of ointments of tannic acid, stramonium and belladonna squeezed into the bowel night and morning.

Lockhart-Mummery give the following prescription for suppositories:—

℞ Ichthyolis  
 Acid tannic of each 5 grains  
 Extract belladonna  $\frac{1}{3}$  grain  
 Extract stramonium  $\frac{1}{3}$  grain  
 Extract Hamamelin 10 grains  
 Mix and make into a suppository.

Only a qualified chemist can make them satisfactorily.

### 237. Chronic Rheumatism

“Beaconsfield” writes: “I am suffering with some trouble to my knees. It is a great pain to walk after sitting or lying. The chief pain seems to be under the knee-caps and when walking the pain is like a band of iron tied tight around. Lately I have had great weakness in the small of the back. I always carry a stick as it is difficult for me to step down a curb and I am afraid to walk on asphalt for fear of falling. I seem to have no control over my legs. I suffer very much from flatulence and am always tired, not sleepy; breathing is very laboured on exertion. Have a fairly good appetite. I am 59 years of age. About ten years ago I had asthma very badly. Thirty years ago I had severe illness, lost all the use of my arms for months and have never fully recovered use of arms; cannot raise them high or behind without great pain.”

*Ans.*—We have called this “chronic rheumatism” for the lack of a better name. So-called chronic rheumatism has no relationship to true rheumatism (rheumatic fever). The symptoms are due to absorption of poisons from the intestinal tract through a long period of time. The poisons absorbed act on the nervous and the muscular systems. Dietetic treatment is absolutely necessary. Flesh foods, tea, coffee, sweets of all kinds, fried foods, cakes, pastry, new bread or scones, pickles, spices, and excessive use of salt must be avoided; also any food that is found to

disagree. Fruit and vegetables are good if they are readily digested, but they should not be taken at the same meal. Avoid drinking with meals, but drink water freely between meals. A glass or more of fresh milk can with advantage be taken with each meal. Clothing should be light but warm; chills must be avoided. The body should be sponged daily with warm water; the best time is on retiring for sleep. Over fatigue must be avoided, but a moderate amount of work is good. The patient really needs two or three months Sanitarium treatment. “Beaconsfield” should persevere in the above directions for months even though there may be little or no improvement for some time. Electric light baths and massage would do good in this case.

### 238. Acid Dyspepsia

“Wimmera” complains of “burning heartburn and a most distressing feeling in the stomach.” A doctor put her on a diet of “meat, eggs, cheese, well toasted bread, buttered cold,” and advised that she “drink as little tea as possible and none with meals, and to avoid sweets.” On this diet “Wimmera” improved wonderfully. About two years ago “a return of the wretched symptoms came, with water brash and catarrh added.” “Wimmera” from her letter certainly has a good deal of worry and anxiety which makes her worse. “Wimmera” continues: “My heart troubles me a great deal. I am by nature a very active woman and I find the slightest exertion causes an increased beating of the heart which is very uncomfortable and distressing. Is this all due to the condition of the stomach? I am always sensible to the beating of the heart; why is this? . . . The gnawing in the stomach keeps me awake very often.” “Wimmera” asks if she comes to town could she have a personal interview.

*Ans.*—Undoubtedly this is a case of excessive acid in the stomach. Consequently acid fruits and everything of an acid nature should be avoided. Proteids



such as the doctor recommended absorb the acid and give ease. Flesh foods, however, stimulate the flow of acid, as they require acid for digestion; consequently they should be avoided. In the general run of dyspepsias the drinking with meals should be avoided, but in acid dyspepsia the drinking of cold water often lessens the amount of acid secreted. Tea and coffee, however, should be avoided. A dessertspoonful to a tablespoonful of olive oil can be taken with advantage at each meal. Milk (fresh) is an excellent food in these cases. It often agrees better when a little bicarbonate of soda (Howard's)—a quarter teaspoonful—is added to each glass. Soda is converted into ordinary salt (chloride of sodium) when it comes in contact with the natural acid of the stomach, and this is much less irritating than acid. Salt, however, should only be taken in very moderate quantities as it is most probably a source of acid. Lightly cooked eggs, dextrinised foods such as zwiebach, toasted corn flakes, or granose biscuits, should enter largely into the diet. Bread should always be stale—one day old—and must be of best quality and well cooked. Take only three meals a day. Food often allays symptoms in these cases, but between meals a glass of water would be preferable. A teaspoonful of the following powder can be taken after meals in water or at any time when the acid or burning feeling is present: equal parts of carbonate of bismuth, carbonate of magnesia, and Howard's bicarbonate of soda. If the bowels become too relaxed, the carbonate of magnesia can be omitted. The indiscriminate use of soda is bad, but it is less irritating than excessive acid. All worry and anxiety will increase the trouble. A personal interview can be arranged by post.

### 239. Hereditary Consumption

"Anxious" writes: "Could you kindly tell me if a child born of a consumptive mother would be likely to have the complaint in any form. Although two years

of age the child only weighs 21 lbs., is peculiar looking, with large head and prominent abdomen and little thin legs. She has chronic bronchitis and diarrhoea also frequent night sweats and fever. Do you think there would be any danger in allowing her to associate with healthy children? Could you recommend any special diet?"

*Ans.*—Certainly the tendency to consumption is very frequently inherited. Authorities differ on the point as to whether the disease itself is actually transmitted from parents to offspring. We believe it is. The child in question has every appearance of having inherited the disease, but it may recover under very careful treatment. It certainly should not be allowed to mingle with other children. The child should live in the open air as much as possible and the bedroom should have abundance of fresh air and very free ventilation. Rich milk and separated cream should form a large part of the dietary. Wholemeal bread, granose biscuits, granola, malted nuts, oatmeal and similar preparations are excellent. Three good meals and plenty of rich milk should be the dietetic order. The milk can be boiled as there is a tendency to diarrhoea.

### 240. Worms

"Interested" asks for treatment of worms in a child of seven years. There are several kinds of worms found in the intestines, the chief of which are (1) tape worms; (2) round worms; (3) thread worms. The treatment of these has been given in a previous issue.

*Tape worms.* Rest in bed on a milk and rusk diet for three days. Cascara should be given daily to keep the bowels open. It is better given in three small doses such as ten to thirty drops of liquid extract. Give on the fourth day at 5 a.m. two tablespoonfuls of the compound senna draught and at 9 a.m. fifteen drops of male fern (this can be obtained in capsule form). Repeat this dose every quarter of an hour for other three doses. Give the senna again at 11 a.m.



*Round worms.* Give on an empty stomach the following:—

R Santonin grs. v  
Castor Oil half an ounce  
Acacia Mucilage half an ounce  
Syrup 1 teaspoonful

Make up to 2 ozs. with peppermint water.

*Thread worms* usually indicate an unhealthy state of the large bowels especially where there is excessive secretion of mucus. The starchy foods must be lessened in quantity and a mild aperient given every night, such as grey powder (1 grain) and rhubarb powder (4 grains).

Quassia is an effective remedy. It should be combined with some purgative. For a girl of seven years give one ounce compound decoction of aloes before breakfast and pill containing one grain of extract of quassia at night. Next day give a similar pill after each meal. Continue the pills a few days—as long as worms appear in the fæces. The diet should be spare during treatment. Give enema of salt and water (one tablespoonful to half a pint) after the bowels have been opened. The buttocks should be raised and the enema run through a funnel and tube. For the itching apply a little weak precipitate or nitrate of mercury ointment. The ordinary precipitate or nitrate of mercury ointment should be mixed with equal parts of lard or vaseline.

Infusion of quassia chips is beneficial as an enema with or without the salt.

#### 241. Round Worms

"Fright, Brisbane," sends us a sample of round worm (female) about six inches long. They live in the intestines but often wander into the stomach, throat, etc., and frequently are passed out with the motions. They lay their eggs (ova) in the intestines, but these do not come to maturity until they are passed out of the body. Children get their fingers soiled with fæces and thus carry infection. Drainage from privies, etc., carry the eggs to the water. When the water is drunk by human beings the worms develop in the intestines. Often salads communicate the disease due

to the water used in watering. The treatment has already been given. "Fright" passed one by the bowels and another wandered into his mouth. They will not do any serious harm, but should be treated.

#### 242. Nasal Catarrh and Deafness

"Subscriber, Mt. Gambier," complains of tenderness and some discharge from outer ear. He has also catarrh of the nose and back of the throat, and asks the question: "Will catarrh of the nose cause deafness or does it affect the ear and can anything be done to prevent further trouble?" His hearing at present is perfectly clear. He has been advised to have an operation to straighten the septum of the nose.

*Ans.*—The slight discharge and tenderness described by "Subscriber" will not cause deafness. It will disappear if he injects hydrogen peroxide (1 to 2 of warm water) into the ear twice daily for a few days. The ear should be pulled upwards and backwards during syringing and canal dried as well as possible with pledgets of absorbent cotton wool after syringing. Nasal catarrh is a common cause of deafness due to the catarrh extending up the Eustachian tube to the middle ear (this tube extends from behind the nasal cavities up to the ear). It is important to keep the digestion in good order and avoid constipation. Fats and sweets should be taken very moderately, especially if there is drowsiness or heaviness. Mix common salt, borax, and baking soda (equal parts) and use a heaping teaspoonful to pint of water for cleansing the nose and throat. This can be done by a douche, syringe, or pouring a little into the palm of the hand and sniffing up each side of the nose, keeping one side closed by pressure with the finger while sniffing up the other side. Attend to the general health, for good health tends to remove catarrh.

#### 243. Superacidity

"C.A.T. (E. Caulfield)" has been reading Eugene Christian's lessons on scien-



tific eating. She suffers from "super-acidity and fermentation" and "disturbed sleep and dreams." She lost three inches in waist band the first week she started treatment of Eugene Christian, and wishes to know if she is taking sufficient. She takes each day—*Breakfast*: A glass of water; a heaping tablespoonful of clean wheat bran cooked a few minutes and served with cream; two bran meal gems or plain wheat boiled; two eggs—whites very lightly poached. *Luncheon*: Baked potato; an onion, cooked preferably in casserole dish; a glass of water; a tablespoonful of wheat bran. *Dinner*: Celery; choice of turnips, carrots, or parsnips; a baked potato or plain wheat boiled (I take the potato); a tablespoonful of bran; a glass of water (I take the bran uncooked). *Secondary breakfast*: Five extremely ripe bananas baked in a hot oven for ten minutes served with cream or a little butter; a tablespoonful of bran; a baked sweet potato. *Luncheon*: Corn bread or a bran meal gem; butter or nuts. *Dinner*: Celery with nuts; choice of onions, carrots, turnips, or parsnips; one or two whole wheat gems or a baked potato. *Menus for spring or summer*: *Breakfast*: A pint of junket, a tablespoonful of bran. No. 2. Bran meal gems or a muffin with butter; one egg; a tablespoonful of bran. *Luncheon*: Peas or asparagus cooked; a baked potato. No. 2. Tender corn or new potatoes with butter. *Dinner*: A light vegetable soup; string beans; tender peas, carrots, or parsnips—any two of these; corn or new potatoes. No. 2. Vegetable soup; peas, beans, summer squash, or egg plant—any two of these; corn or potatoes.

"I rise every morning with a coated tongue. Would it hurt me to take a little sweet fruit? Sweet apples at 5 a.m. and at breakfast caused fermentation and soreness of stomach. I bring up a great quantity of wind."

*Ans.*—The diet given is essentially one for constipation more than for super-acidity. We do not think "C.A.T." can keep her weight up on the diet given. Bran is good for constipation, but is not

very nourishing as so much of it is unabsorbed. A good deal of the wheat also is unabsorbed. The luncheons are extremely light. Vegetables it must be remembered, contain about ninety per cent of water. A glass of fresh milk with each meal would improve matters. The diet for excessive acid is given in this issue of "Chats" under "Acid Dyspepsia."

#### 244. Leucorrhoea

"A.B." asks for composition of vaginal wafers recommended in "Practical Guide to Health."

*Ans.*—Very few chemists keep these wafers made up. We would advise that "A.B." make up her own solutions; she will find them just as effective and much less expensive. Alum and sulphate of zinc may be used in the quantities of one teaspoonful to a quart of water for injections night and morning. A combination of drugs is often good. The following is a good combination:—

Sulphate of copper  
Sulphate of zinc  
Sulphate of alum

One and a half drams of each in glycerine 6 ounces.

Use of this one tablespoonful to a quart of tepid water morning and night.

Two drams of boracic acid to the quart is a good application.

#### 245. Obesity, Ravenous Appetite, etc.

"J.B." writes: "I am putting on flesh rapidly, particularly about my waist and bust. I feel I want to be eating all the time, but do not want to fall into the habit. The pores of my skin are very open and my face at times is very red and inclined to be flushed, especially in the mornings. Skin looks quite sagged under my eyes. My hair is getting thin and falling out and becomes very oily after it has been washed a few days. As far as I know I am in perfect health."

*Ans.*—Fats, sugar, and sweets should be avoided. Limit the use of starchy foods such as potatoes, rice, sago, and



bread. Use largely the dextrinised foods, such as granose biscuits, puffed wheat, and toasted corn flakes. Fruit and vegetables may be eaten fairly freely. Only take three meals a day and make the evening meal a very light one. A glass of hot water may be taken with meals. A hot bath twice weekly followed by a cold sponge and thorough friction of the skin with a rough towel is recommended. "J.B." asks for the cause of her trouble. It is not a diseased condition but a constitutional peculiarity perhaps inherited.

#### 246. Dyspepsia

"Mrs. S.," 82 years of age, writes: "I have been very sick all the winter but am better now. Still I have a very bad stomach. If I take a drink of water and go out to walk I get a heavy load about my throat and heart. I get very bad pain down my back and my left arm aches. When I get anything to eat it makes my head ache. I am always grinding my teeth."

*Ans.*—Elderly people as a rule eat altogether too much, especially of flesh and nitrogenous foods generally. "Mrs. S." is evidently suffering from dyspepsia, want of tone in stomach due to her age. Avoid cold drinks and cold food, but the food must not be taken too hot; the temperature of the body or slightly over is

advisable. Soft, easily masticated food will suit "Mrs. S." better than the hard foods, such as rice, sago, tapioca, plain custard, granose, or groat gruel. Avoid tea, coffee, and cocoa, all fried foods, and foods cooked with baking soda, baking powders, and grease of any kind. A hot water bottle for a quarter of an hour placed over the stomach will probably give relief.

#### 247. Diet for Boy Subject to Convulsions

"M.Mc.L." says: "My boy is 2 years and 3 months, is healthy, well grown, has had four convulsions, the last 4 months ago. He is very much inclined to be constipated."

*Ans.*—Give only three meals a day and absolutely nothing between meals but water. He is even better without fruit between meals. Give either fruit or vegetables but not both at each meal. We would not recommend flesh foods, not even fish. Avoid tea, coffee, cocoa, fried foods, new bread or scones, rich cakes, pastry, pickles, sauces, much salt. The following foods are excellent: oatmeal porridge, granola, milk, vegetables, fruit, wholemeal bread, rice, sago, tapioca, granose biscuits, dates, figs, and raisins. Do not use butter too freely. See that he does not eat his food too rapidly. Avoid free use of eggs; one three times a week is ample; they should be lightly cooked.

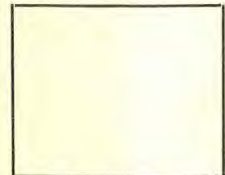
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# QUIET TALKS WITH MOTHERS

## Shall the Cow Mother Our Children?

IMMER KNARF in "Physical Culture"

WE are hearing much of the science of Eugenics; for, wherever we turn, we are confronted by its hortatory advocates who beseech us, with oratorical impressiveness, to consider the *right* of the child to be "well born."

But what *is* birth itself? When does it *begin*? Where does it *end*?

Surely there does not exist the mother so stupid as to suppose that birth begins only at the moment of the actual, physical arrival of the little stranger into this realm! No; for every mother exercises the utmost care to nourish and cherish the wee visitant from other spheres for months prior to the crucial advent. And yet, is the new being any less helpless, any less dependent upon care and protection, in the months that follow its arrival than during the months that precede?

Birth rights of the child inevitably imply birth responsibilities of the mother; and, if these birth rights extend through subsequent months as well as through prior months, then the period of the mother's parental responsibility must be correspondingly lengthened. In other words, the Eugenic duties of the mother do not cease with the mere arrival of the baby.

Yet, immediately upon the newcomer's advent, many a mother repudiates her most fundamental maternal obligation; transfers the duty to an utter stranger;

turns the dependent little creature over to a foster-mother—and that foster-mother not even a human being, but a mere beast of the field—the cow!

Take the trouble to listen, and you may hear an apparently intelligent young mother talking Eugenics while she stuffs a dead, inanimate nipple into the tender little mouth in order that the sensitive, susceptible throat may suck (often through a rubber hose) hours-stale milk.

Ignoring the irresponsible foster-mother entirely, let us ask ourselves what this natural—or, rather, unnatural—mother has actually done? Has she committed any crime? Well, not a crime that falls within the code of our present crude and limited civilisation. Nevertheless, she has done that which would surely appall her if she had enough breadth of conception to believe that her favourite Eugenics includes the raising of children as well as their bearing, and possessed sufficient depth of knowledge to realise the full significance of her act; for, in reality, she has done virtually all that lies within the power of her ignorance (short of actually giving her infant poison) to destroy the baby's chances of health and strength and to reduce its hold upon life. To express it with blunt positiveness—instead of making a lame attempt at courteous negativeness—she has not only rubbed health and strength off the little



kindergartner's slate of life, but she has perhaps written thereon, instead, invalidism and weakness; yea, possibly broken the slate itself, for the tablet of life disintegrates before even an ignorant mother's

His old world has vanished; the new world is totally different—alien, unknowable. All the old things are gone; all the new things are mysterious and unlovely. Yet, stay! All has not changed;



hand may actually inscribe upon it the word death.

How has she done all this?

For months she and this little pilgrim have been absolutely identical, living the same life—a life mathematically synchronous even to the heart-beat. Both have been nourished by the same blood, fed by the same food, subject to the same atmosphere, dependent upon the same breath, susceptible to the same external temperature.

A fearful earthquake comes suddenly into this peaceful existence, bringing with it convulsion and change. A vast cataclysm shatters the diminutive pilgrim's whole existence; and, after it is all over, he finds himself in a strange, new realm.

one thing is the same—the mother! Her body, her flesh, her blood, her pulse, her breath, her life, are yet with him. Still, he feeds upon her; still, he lives with her, by her, through her; still, he feels her softness and warmth, knows the beat of her heart, drinks of her life; still, her food is his food, her being his being; still, the glowing, delicious, fresh stream of her pulsing life flows into his yearning body! So, after all, this horrible, new, strange world may be bearable!

The wonder of it—the mystery of it! The real but subtle thread of physical, mental, and spiritual heredity—the endless harmony—which it represents! It is a thread which ties his dear old world to the dreadful new one.



But, what is this? Some dead thing is thrust into his mouth!—a thing that does not glow and beat with the pulse of life! Something comes between him and her — something terrible — an awful shadow! the shadow of a monster! the cow-mother!

The beautiful thread is cruelly snapped. All the dear old, known things have vanished now! Everything is dark; misery is rampant; the universe is an incomprehensible chaos!

Ah, mothers! How can you?

Hark! We can still hear the sweet young voice prating of Eugenics!—telling how the birth rights of her little one have been respected and safe-guarded. Yet, lo! even while she speaks, she is letting him slip, slip, slip away from her.

Naturally, we wonder how many little ones who creep shyly into our lives are forced to slink painfully back again while we chatter of Eugenics. Of course, such a thing is next to impossible to discover with positive exactitude; but one medical authority makes the following statement:—

It is estimated that three hundred thousand babies died in the United States last year (1910), before reaching their second birthday, from gastrointestinal complaints attributable to improper feeding. The abandonment of the breast for the bottle accounts chiefly for this appalling state of affairs. Tuberculosis gathers in only half as many victims, and the other virulent diseases only a third.

Bovine milk, even if it contained the same essences as human milk, is necessarily subject to countless vicissitudes, both before and after it leaves the udder; and, though it be from the same dairy daily, it may nevertheless come from a hundred different cow-mothers in as many different days; nor is it possible for the baby to receive it immediately fresh. Human milk, on the other hand, should be as much purer than cow milk as the human life is capable of being superior to the cow life. Each mother must decide for herself the amount of her own superiority to a cow. If she honestly believes the cow her equal, these pages hold no interest for her. Moreover, human milk is inevitably instantly fresh;

it is also absolutely unhandled, and therefore beyond the slightest chance of taint in transit. In addition to this, it is the product of the family strain, and consequently perfectly consistent with the genealogical conditions; besides which, being manufactured by the same system that produced the consumer, it is fitted with divine exactitude to his peculiar needs.

Of course, these advantages presume the health of the mother.

No cognisance has been taken here of the claim that pasteurised or sterilised milk—which to-day means practically all dairy milk for infants—is anything but benefited in food value by that process. There are many experts who do not deny that pasteurisation robs the fluid of a certain definite portion of its vitality and virility. However, the case is bad enough without this count.

Hush, mothers! Do not speak; for—do you not see?—if you say that you cannot nurse your own offspring, you but admit your inferiority to the cow and demonstrate indubitably that our racial degeneration has already reached a point that is worse than alarming.

No wonder the angel of death steals them softly and mercifully away from our ignorant keeping by the hundreds of thousands per annum; no wonder that anxious, panic-stricken students of the situation are wildly flying the red flag of danger from every rampart of the social citadel; no wonder the air is filled with shouts of warning that our virility and endurance are decreasing, that our moral fibre is weakening; no wonder, then, that business and political corruption have grown apace through love of ease; no wonder our idealists decry the materiality and sinking standards of our age; no wonder our hero-worshippers have exhausted themselves bewailing the admitted and startling dearth of truly great men.

Ah well! When we make a cow the mother of our children, we must needs expect to breed a race of calves!

And yet—all this whilst we solemnly chant the Eugenic Chorale!





# THE HOUSEKEEPER

## Some Secrets of Health and Economy in Diet

ROSE SMALL HILL

IT has never been clear to me why when one tells people one is a vegetarian they immediately smile, "Oh, are you one of those people who eat hay and that sort of thing? I don't see how you can live without something substantial: there doesn't seem to be anything to eat unless there's meat on the table."

It is curious that vegetarianism should be regarded as a dietetic peculiarity when it is considered that most people, though they themselves seem to be wholly unaware of it, partake of large quantities and several varieties of vegetables at a meal, and then for just *one* course eat meat.

Simplicity in diet, as in many other things, is becoming the modern keynote. But it should be borne in mind that simplicity for the mere sake of simplicity is dietetically not of the slightest value. If more nourishment was extracted from a diet the complexities of which would puzzle a French chef himself, than from a simple diet, then bodily health and efficiency could better be maintained on it than on the latter.

In practice, the question of maintaining the balance between waste and repair, which is constantly going on in the body, is not settled by the simplicity or extravagance of one's diet, but on condition that the necessary nourishment is secured therefrom. A man might as easily starve on a diet of potatoes, white bread, and

water as if he tried to subsist on a fare consisting of lobster à la Newburg, oyster cocktail, and some varieties of wine.

It only needs some such disclosure, as now and again occurs, as of the ill-nourished condition of children, to the point of being unable to properly pursue their studies, to confirm this statement. In the case of these children the diet was certainly simple.

The proper course to follow in a case of this kind is not, as was done, for the school board to assume the responsibility of providing the children breakfast, but to educate the mothers of the children in how to obtain the maximum of nourishment from a minimum of means; that is to say, to teach people the relative nutritive content of the foods, so that they may know how to select and combine those foods that will properly nourish the body and at small cost.

Among the cereals and vegetables could be found such foods, cheap as to their market cost, but rich in nutrition, and which would afford a greater variety than is possible with the habitual meat and potato diet of "poor people." While such foods do not furnish epicurean living, as it is generally regarded, they do a well-nourished one.

While it is not my intention here to discuss tinned goods as a food, it seems clear that fresh, simply prepared dishes



without the large amount of strong spices used in the tinned preparation is, without a doubt, the better kind.

I have particularly noticed the unfavourable attitude of foreigners toward tinned food stuffs. And this is not from any economic standpoint. They just seem to dislike them because, as one old German lady said, "I like to know what goes inside." Home-made philosophy, but not at all bad when one thinks it over a bit.

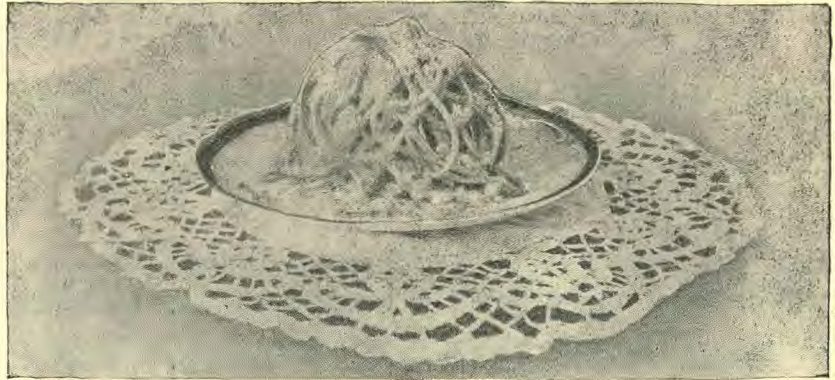
It does seem that one could learn something helpful from these housewives who come to us from across the sea. Let us begin, say, with the Italian. Now macaroni and many of the other foods used by them are not the most expensive kinds, yet see what really delicious dishes the Italian prepares. True, we object to the high seasoning and white flour used, but then why shouldn't the housekeeper experiment for herself—substitute desirable ingredients for those that are objectionable? We often use whole-wheat flour where recipes call for white, butter or olive oil where lard or beef drippings are called for, and so on.

Then there are the many vegetable dishes which the German hausfrau serves—the nourishing bean soup, lentil dishes, the tasty potato dishes with other ingredients added to make up what the potato lacks.

And there is the French woman, who can serve the simplest dishes in the most attractive manner. And no matter how much is said to the contrary one does prefer eating tastily prepared dishes and sitting down to an attractive table. But by attractive I do not mean a table groan-

ing under a fare that has been "doctored" out of all semblance of the original food. Such a table is neither beautiful nor digestible, and, what is far worse, taxes the strength of the mother so that by dinner time a rest is craved more than the meal. What I do mean is to garnish the dish with a bit of greens, or an olive, a slice of beet, and so on. This is not much trouble, but it is pleasing, and really adds relish to the meal.

The advantage of acquainting ourselves with the methods of preparations and the



SPAGHETTI AND MUSHROOMS

foods which delight the housewives of other lands is that it enables us to provide greater variety to our own repasts. The prime purpose of food is to nourish, but the pleasing appeal of foods to the eye and its savoury qualities stimulate the flow of the digestive juices, resulting in better assimilation.

Food that appears unappetising causes revulsion from it and destroys hunger. Therefore while first we must consider the nourishing value of food, still we cannot disregard appearance.

The recipes which I am giving are not regulation cook-book recipes, but have been obtained by me direct from housewives who use them in their regular fare. The dishes are attractive, wholesome, easily prepared, and most of them are inexpensive,—characteristics which should appeal to all our readers at this time of high prices.



### Rice in Cabbage Rolls

Scald some large cabbage leaves till they are limp and pliable. Boil some rice, add to it a few raisins, blanched almonds, and sugar to taste. Now take the leaves and put a tablespoonful of the rice in each and roll up (see illustration), tucking the ends in carefully, so none of the rice can get out. Then take the little rolls and put into a saucepan with a lump of butter or some good olive oil and let simmer gently till the cabbage is done, say about twenty minutes. Properly made, they are a delicious dish, and if the rice is not thoroughly cooked in the first place there is no danger of the food being over cooked.

### Potato Balls or Dumplings

Mash about four medium-sized potatoes, add an egg beaten up and salted to taste, and as much flour as seems necessary to enable one to make from the paste little balls, by rolling in the hands. The "knack" is in cooking them. Drop them into boil-



RICE IN CABBAGE ROLLS

ing water (that has been salted) and cover tightly by placing a weight on lid; cook without uncovering for twenty minutes.

The European has a dozen and one uses for these little balls, and I find them a pleasing addition to a vegetable stew.

### Stuffed Tomatoes

A little French woman who delights in serving her family prettily utilises all her left-over vegetables in the following manner:—

Chop cold stalks of asparagus, bits of spinach, string beans, or any vegetable that may be on hand. Add salt, lemon juice, olive oil, and the pulp of the tomato which must be removed carefully to avoid breaking. Mix these well and then fill the hollowed tomatoes with the mixture; stick a sprig of parsley or celery in each. A pretty dish and certainly most inexpensive.

### Spaghetti and Mushrooms

Boil a pound of spaghetti in slightly salted water for fifteen minutes. Now put into a saucepan one-quarter pound of butter and two onions cut very fine,

or better still, chopped, one pound of mushrooms sliced; and simmer for five minutes. Meanwhile peel and cut into small pieces four fair-sized tomatoes, add, and let the mixture cook for fifteen minutes; salt to taste. Serve hot with cream cheese.

### Eggs in Casseroles

Into tiny individual casseroles put a small lump of butter. Chop a little parsley, one dried mushroom, and a young onion, put into casserole, and when the butter is melted drop an egg into each little dish, sprinkle some breadcrumbs over the eggs and keep over a moderate heat till the eggs set.

## Fruitarianism, Its Advantages and Dangers

IN the equatorial region fruits may form the chief source of nourishment, the most extensively used as staples including the banana, fig, date, etc. In the subtropical regions fruits abound side by side with other food classes, and here the hygienist must discriminate as to the amount of fruit advisable in a mixed diet. In the temperate zones excessive consumption of fruits, when fresh, as a staple of diet is im-

practicable for several reasons, but they are used extensively in dried form, in preserves, etc.

The late Dr. Louis M. Cowley of Havana, wrote a paper on fruitarianism not long before his death, and we are now able to reproduce a few of his deductions. "Fruit cures"—for example, the grape cure—go back to antiquity. This use of fruit, however, is not dietetic in the ordinary sense. Whosoever eats fruit as a preponderant article of diet soon learns that it has manifold disadvantages, especially in childhood. Because of the exquisite flavour and refreshing quality of fruit the child is naturally attracted to it and will eat it in excess.

### The Dirt of the Stalls

The bowel disorders which are apt to



follow its use can of course be explained in part by infected dirt and dust (food intoxication from unripe fruit, cherries, etc., has apparently been traced in some cases to germs on the surface). Much must depend on the evolution of the fruit—whether extremes of heat, cold, humidity, etc., have interfered with normal maturity. Certain kinds of fruit, as oranges, grapes, and ripe bananas, are so bland that they can be eaten freely. Others are laxative, some are astringent, while a few, like the strawberry, have for many persons some specially irritating, if not toxic, property.

With some dietetic authorities nuts are classed as fruits, but the fat content of nuts should make of them a radically different food class. Fresh fruits are not necessarily eaten raw, for some are improved by cooking. Where fruit is a staple it is usually eaten both raw and cooked, which helps to vary the monotony of the diet.

Only a brief study of fruitarianism is needed to convince one that fruits as a dietetic article may be greatly abused. In hot countries fruit after lying on the ground readily collects animal parasites, and in the southern States of the U.S.A. such fruit has aided in spreading hook-worm disease. Insects also deposit their eggs upon fruit so that the latter may become a source of peril. In such cases it is the sugar in the ripe fruit which first attracts the insects.

Various kinds of parasitism can follow the ingestion of fruit which is covered with larvæ. The scoleces of the echinococcus (both dangerous parasites when in the human body) have often been found on pears, while the creeping fruits have been plausibly accused of transmitting typhoid fever, dysentery, and cholera, as a result of exposure to human excretions.

The problem of the danger of dirty fruit on city stalls should be dealt with by legislation, and screening from flies should be obligatory. In refined households fruit is not only washed well, but often peeled before being eaten.

Fruit is recommended especially for the rheumatic, gouty, arteriosclerotic (preliminary period), and numerous other classes of invalids, for its content of organic acids. Curiously enough, it appears to have value in chronic diarrhoea and even irritable stomach, although it would seem to be contraindicated. The apparent value of fruit in constipation is known to the public. Where there is danger of deficiency disease, as in the case of bottle fed infants, sailors, etc., the value of fruit juices is also well known. Hence certain classes of subjects profit by being fruitarians to a considerable extent.—*Popular Science Siftings.*

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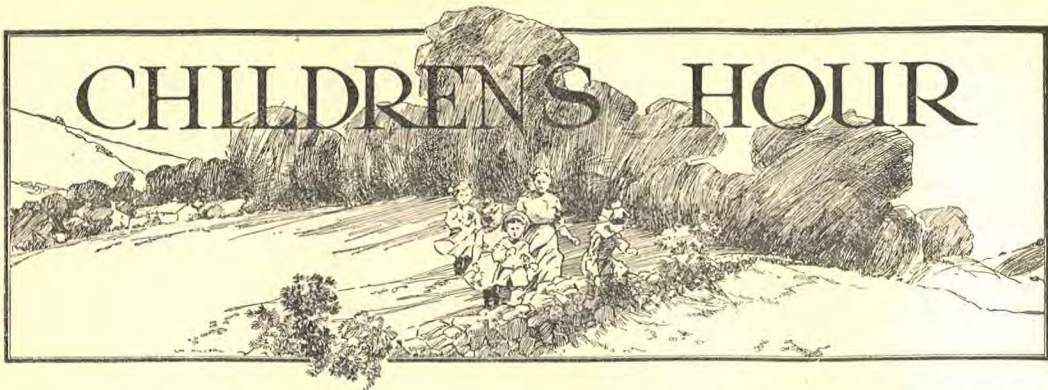
### Fruit for Bad Breath

A DIET exclusively of wheat bran and fruit, preferably apples and oranges, continued for three or four days is advocated by Professor Kellogg for clearing the tongue and sweetening the breath in ordinary cases. Half a pound of sterilised bran should be eaten daily, and apples may be eaten as many as desired if causing no inconvenience. Twelve to sixteen apples taken at four meals will suffice. They must be eaten raw and should be well masticated. The apples may also be eaten whenever there is a craving for food. It is further affirmed that since fruit lays no tax upon the digestive tract, berries, grapes, oranges, etc., may be added to the diet if desired. The greater the bulk and the less the actual food value represented in the food the better. The bran is necessary for the reason that the tender cellulose of fruit is often almost completely digested and so furnishes little residue.

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Do not attempt to increase the palatability of foods by the addition of commercial vegetarian meat flavourings, says the author of "Chronic Colitis." He declares that these "are in nearly all cases yeast derivatives," and "are quite as injurious and productive of gout as the extractives of meat."





# CHILDREN'S HOUR

## The Rainbow Ant

### A Nature-Study for Girls and Boys

OVER in the paddocks, where the grass holds sway amid the scattered gums, are anxious forage parties, scouring the country round, laying in supplies against the coming winter. What, what must winter mean to the world of little lives—to the summer, sun-loving insects? How will they thrive, how even survive the frost and nipping air?

It means to them a suspension time of life, weeks of hiding in the warm, brown earth, or of snuggling down beneath the dead, crisp leaves, of fasting and sleeping, of waiting and waiting.

The crickets will soon sleep beneath the roots of the clover, and the beetles will creep into crannies, the bees will stay in their cells, and the ants close the doors of their homes. All will hide from Jack Frost's nipping fingers and his icy breath. The birds will follow the summer about, maybe; but Mother Earth, a loving mother, will gather the little insects under her warm mantle; they will sleep sweetly enough there with her.

And over away in the paddock, where the forage parties are scouting for food, run roadways, roadways that have been laid bare by the tread of millions of, oh! such tiny feet—all leading from the large mound hummock of sandy soil that peeps above the withered grass and faded leaves. Along the narrow tracks thousands of these anxious scouts walk and run and toil. Nearly every one joyously runs up and out from that sandy hollow with its

splendid dome; and nearly every traveller returns down its tunnelled shaft bent and heavy laden.

Some toil along the roadway with a load too heavy for even an ant's muscular back; one has a tiny grain of sugar from the cottage yonder; one drags a flower-beetle's severed leg, and one carries a white ant "worker" that had peeped from out its clayey shelter. No sticklers for daintiness are these sturdy ants; how can they be, when hungry, helpless, countless thousands of rainbow ants are dependent on their booty?

Beneath that gravelly dome lies the home or village; it is the rainbow ants' colony. Underground, the network of open drifts is alive and swarming with ants: worker ants, a few royal ants, ant infants, ant eggs, and tiny ant youngsters newly fledged, standing on weak legs.

The toilers in the field, the single "sisters" of the home, come forth from out that tunnelled village, clad in rich yet sober shining mail. They hurry along the narrow way, climbing over the mouldering leaves, too busy to know the glory of autumn, though they feel the message of the keener breeze. The wind may whisper of its frolics with the russet leaves, but all the ants know is the shivering of the grasses up above as they plod wearilessly along, looking, in their garb of purple and tawny brown, like scraps of autumn themselves.

Their long brown legs carry them swiftly, while their delicate trailers wave sensitively to and fro in front of their brown heads; but the grim, hungry jaws



are set as they pace on, with never a care for tumbles over grassy tussocks or hilly stones, just little knotted beads of energy.

Wingless and wiry, each tireless scout presses forward, each one innocent of sting, but with a noxious poison spray to use at need; and each with sharp, keen biting jaws as well. When food is found, how tightly the steely jaws will snap. Setting homeward, how strenuously she will pull, tugging backward, pushing for-

ward; after which they will not be helpless, footless little grubs any more, but little rainbow ants, ready to take a small share of the work as well.

The toiling sister workers are kept busy, busy. There are the eggs, too, which the queen ants have laid. They must be taken and piled up where the temperature suits best, and where they will be warmest. To and fro they pass unceasingly, threading the dark mazes of irregular, winding



TURNING WORK INTO PLAY

ward, even standing almost upright on hind legs in sheer desperation to get her booty home, undaunted by the fiercest tussle, until at one of the many portals she will stumble in, weighty bundle and all.

Once within her home, what a busy housekeeper she will be. There is home to keep clean, and who is cleaner than an ant? There is food to be got ready for those hungry, impatient, silent larva babies, whose mouths are weak, so that they cannot eat. They must have soft, liquefied food, which she has prepared, and which she gives them from her own mouth.

For days, and even weeks, the infants will need her tender, unremitting care, until they have had their transforming

passages within the gravelly home; always giving heed to the morrow, too, by foraging to fill the many pantries.

Neither do they forget to feed the royal ants—the only ones who are exempt from labour, whom nothing is allowed to disturb. Each little king and queen might say, if it had voice:—

“ Stay, stay at home, my heart, and rest ;  
Home-keeping hearts are happiest ;  
O'er all that flutter their wings and fly  
A hawk is hovering in the sky,  
To stay at home is best.”

After their one spring revel in love and light, after their one glimpse of the dazzling sun and the world when they took their honeymoon flight on wings



(their badge of rank), the royal ants were content to remain, ever after, within the confines of that village home below the ground. Not but what that brief bliss was to them the maddest, happiest whirl in air; but having realised their ambitions, they rested ever after, happy in being fed and guarded by their patient, faithful sister-workers.

Maybe if they could only think, their thoughts would be of joy to know how many, many mound homes, dotted all over the Commonwealth, have been founded by flitters from the parent village, for this Iridomyrmex ant covers our wild lands from north to south of our huge continent.

### A Little Girl's Logic

A LITTLE girl was on a visit to her grandfather, who was a New England minister.

"Only think, grandpa, what Uncle Robert says."

"What does he say, my dear?"

"Why, he says the moon is made of green cheese. It isn't at all, is it?"

"Well, child, suppose you find out yourself."

"How can I, grandpa?"

"Get your Bible, and see what it says."

"Where shall I begin?"

"Begin at the beginning."

The child sat down to read the Bible. Before she got more than half through the second chapter of Genesis, and had read about the creation of the stars, and the animals, she came back to her grandfather, her eyes all bright with the excitement of discovery: "I've found it, grandpa. It isn't true, for God made the moon before He made any cows."—*Selected.*

DON'T be idle. You don't need to make a workshop to be idle in. The devil will furnish that and promise you good wages and a good time while you occupy it. But it never pays, as you will one day find to your cost.

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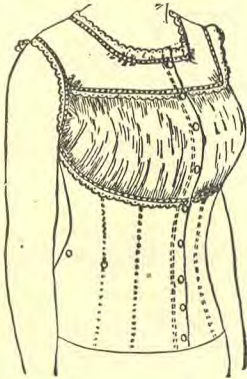
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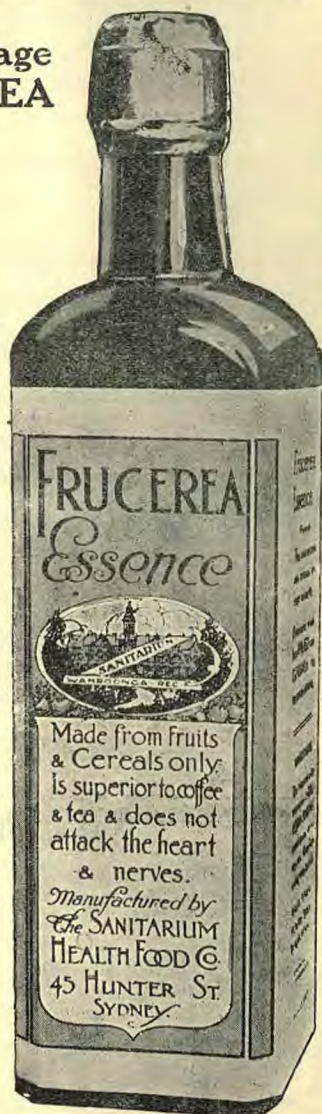
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PLACE  
**GRANOLA**

**Nº1** INTO BASIN  
WITH DRY  
SPOON  
(See Recipe)

**POUR  
BOILING WATER**  
OVER GRANOLA  
And stir quickly with  
fork to separate grain



**Nº2**



**Nº3**

PLACE COVER  
QUICKLY OVER  
BOWL TO RETAIN  
STEAM, LET STAND  
A FEW MINUTES.



**Nº4**

**RESULT — TASTY  
SOFT GRAINS —  
NOT MUSH!**

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STEWED FRUIT TO TASTE  
What could be easier?

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