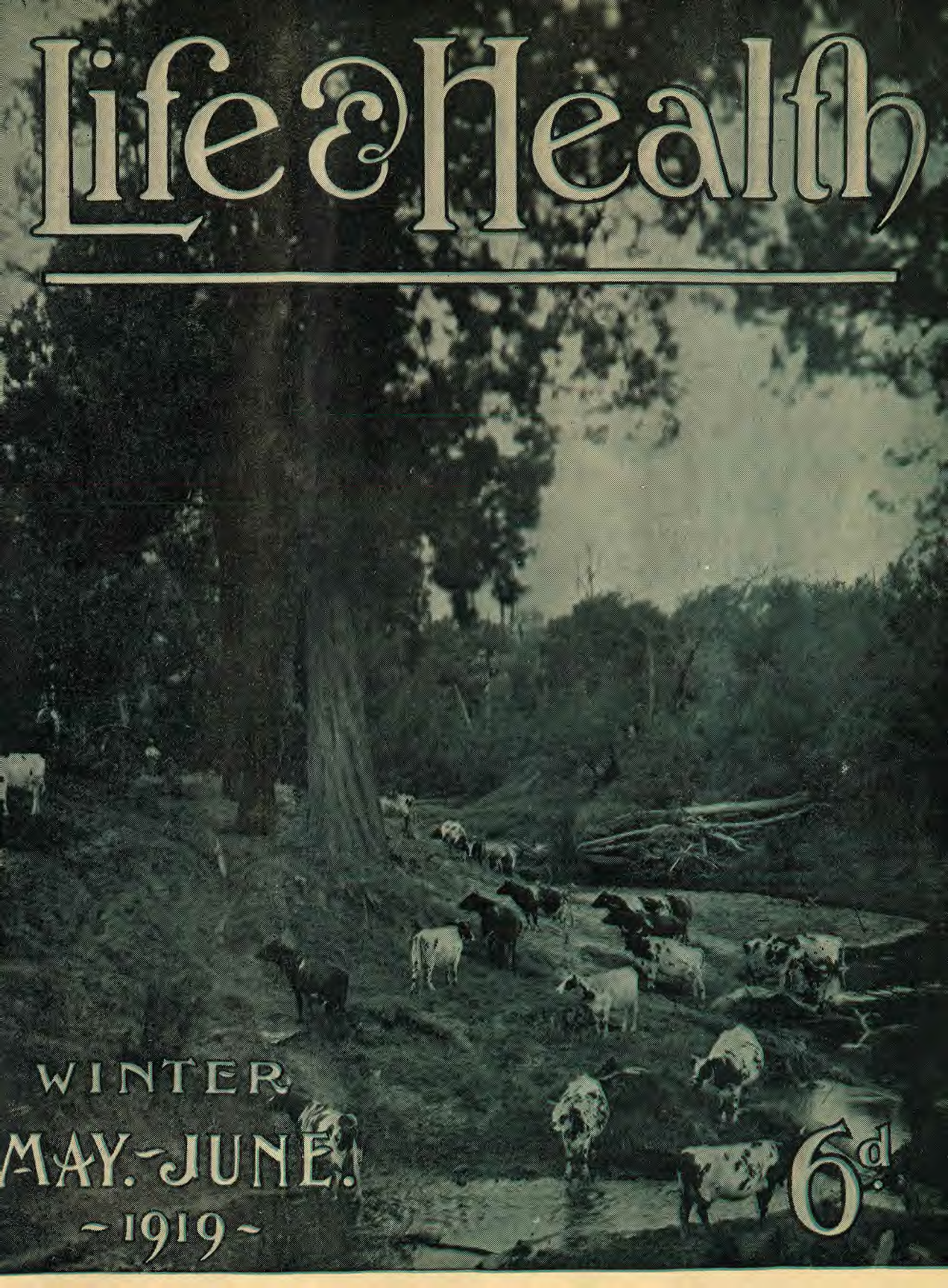


Life & Health

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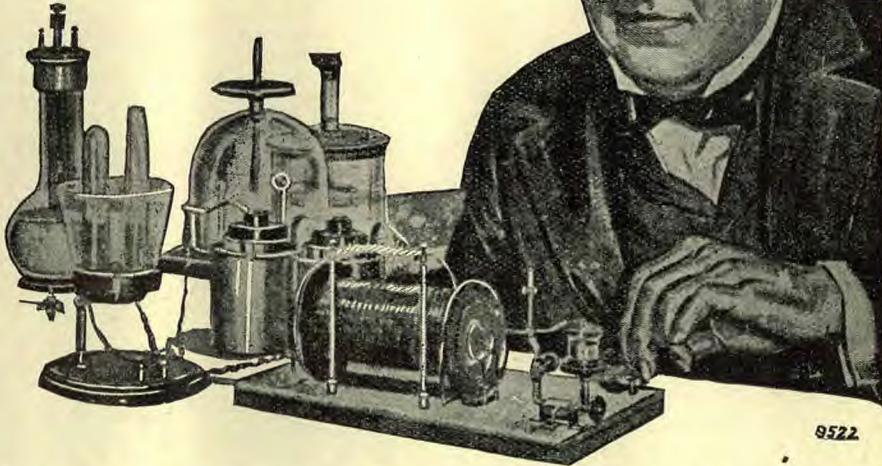
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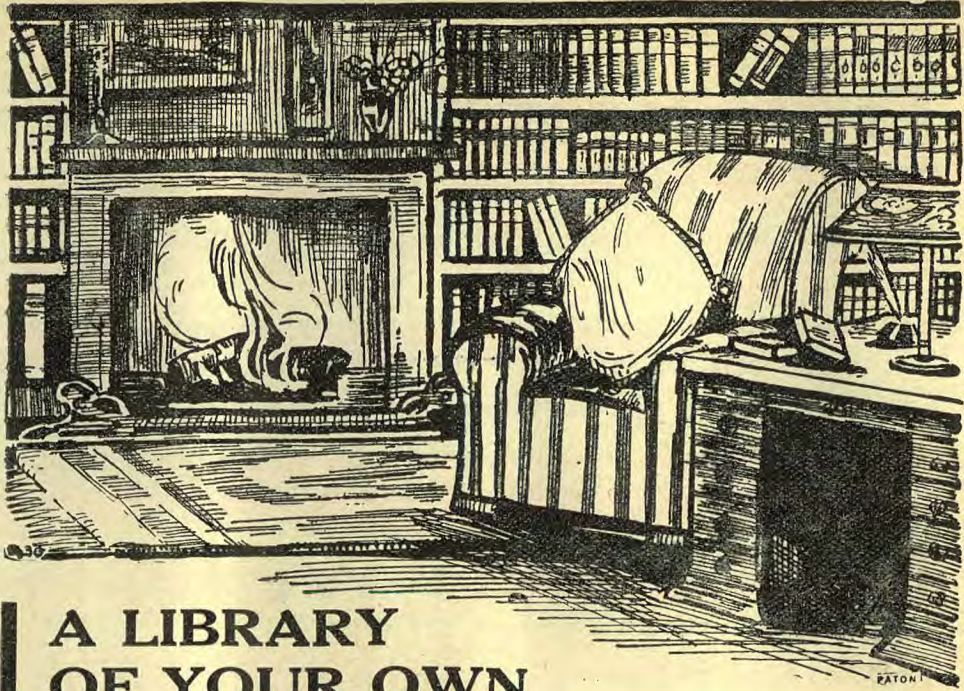
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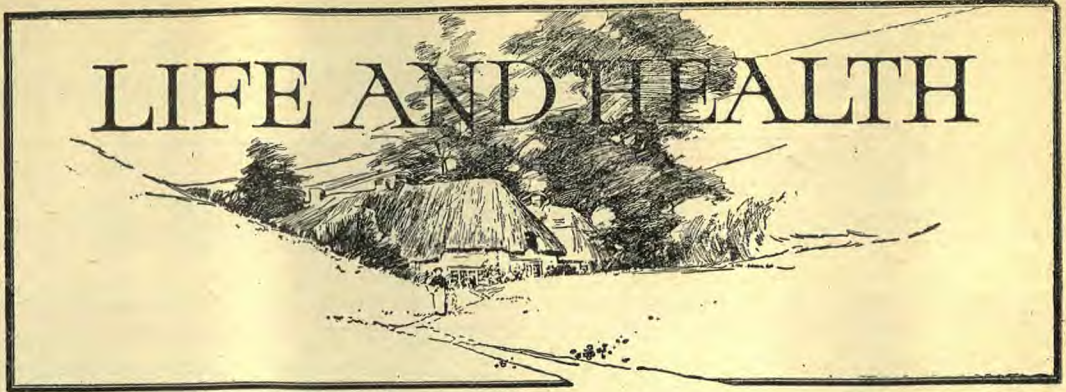
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THE CRY OF THE WORLD FOR BREAD HAS SENT WOMEN INTO THE HARVEST FIELDS OF ALL THE NATIONS

LIFE AND HEALTH



Vol. 9

May-June, 1919

No. 3

Editor: CHARLES M. SNOW

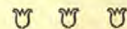
Associate Editors: { W. HOWARD JAMES, M.B., B.S.
EULALIA RICHARDS, L.R.C.P. & S., Edin.

A GOOD many housewives who feel tired during the forenoon may be suffering from too hearty a breakfast. Eat a little toast and fruit for the morning meal, and see if you don't feel better during the forenoon, and come to your mid-day meal with a better appetite. This will prove true in many cases of forenoon weariness; and the dinner will not only have a better relish, but will digest better, and—well, you will live longer.



THE average country dweller lives a more rational life than the average city dweller. He is more in the open, uses his muscles more freely, lives more simply, is more regular in his habits, has less opportunity for dissipation and vicious indulgences. It has been proved that the life expectancy of white males of one year of age is nearly eight years greater in the country than in the city, and the life expectancy of white females is six years greater in the country than in the city. We are therefore paying for the luxuries and conveniences of city life an average of seven years of our life. Comparing the life expectancy of the two sexes, we find that women have the advantage over men. It is claimed, and we think it is rightly claimed, too, that this increased life expectancy in women is due

to the fact that they are less addicted to the use of alcohol and tobacco. The reason for pointing the finger at liquor and tobacco as the guilty robbers of male life is found in the fact that the mortality of moderate drinkers is double that of abstainers, and the mortality of smokers is 57.6 per cent greater than that of non-smokers. The excess of male deaths over female begins at the age period of fifteen to twenty-five, the age when the smoking habit usually becomes established. Angina pectoris, probably a disease of the blood vessels of the heart, is more frequent in males than in females. Here also we have reason for pointing the finger of accusation at tobacco. Alcohol has deceived and impoverished the race for many centuries; but now the race is beginning to awaken to the menace of intoxicants, and is putting the ban on strong drink; but its twin evil, tobacco, needs the same attention. It is no friend of the race; it is a robber of life, a weakener of intellect; and its use in the form of cigarettes by boys is stunting their growth, and blighting many a promising career.



DR. T. BODLEY SCOTT declares that our lowest ambition should be a life of ninety years, and that after we reach forty or fifty our main task should be the saving

of the heart and arteries, whose failure accounts for one-third of the deaths between fifty-five and sixty-five. He admonishes us not to continue working at high pressure after fifty years or thereabouts, and not to over-eat or over-drink (any drinking of alcoholic beverages is over-drinking). Those who have been addicted to meat-eating should cut down the quantity (if they are unwilling to take the better course of eliminating it entirely); and beef tea and strong meat soups should be avoided. Wines and liquors should be discarded, also tea, coffee, and tobacco; and the life expectancy will be increased by avoiding all mental excitement, especially temper. Bursts of temper are as damaging to the system as a dose of some kind of poison. Have open air and regular exercise. He declares that anyone who lives till sixty without a rise in arterial tension and who has a sound heart is likely to live to a full old age.



SOME people get tired without knowing it. The first symptom of such weariness will be that you will find yourself getting amused at trifles, laughing when there really isn't much to laugh about. When you recognise this, you should rest. If you do not, the second stage will soon manifest itself. You will become "touchy" and ill-natured and feel quarrelsome. The third stage is the "cry-baby" stage, when the heart breaks over trifles, and life doesn't look good to you any more. A little rest before these two latter stages are reached will save many a family jar and help us to maintain our reputation for being sweet-tempered.



MANY of the supposed comforts and conveniences of life are now being scrutinised with critical eye by medical men, who find that these articles supposed so necessary would better be entirely eliminated or radically modified. One of these is the common pillow. Dr. Sheldon Leavitt, a physician of many years' experience, declares that the common pillow

is the cause of many of our bodily ailments. The same pillow is too thick for some and too thin for others. If too thick, the person who sleeps on his side will find his neck crooked in one direction for hours at a time. If too thin, he will find his neck crooked in the other direction for the same length of time. This puts a strain upon muscles, nerves, and ligaments which, in time, will affect the whole system. His rule is that the pillow, when the head is resting on it, should be just as thick as the distance from the side of the head to a line running parallel with the side of the body at the shoulder. For instance: stand with the right shoulder against the wall, hold the head erect, and measure the distance from the side of the head to the wall. That distance is the thickness the pillow should be when the head is resting on it. He prefers pillows made of curled hair to those made of feathers, the latter being too warm and soft to give the best results. The doctor believes that the heat of feather pillows may be the cause of the disease known as infantile paralysis. We pass these suggestions on to our readers with the recommendation that they test their worth for themselves.



THE editor of our esteemed contemporary, *Good Health* (London), sounds the following note of warning against diseased tonsils:—

"Another still graver danger [than that of decayed teeth] is the presence of septic tonsils in the mouth. When the tonsils become the seat of ulcers and when abscesses form in their substance and perforate these organs in all directions, they are said to be septic, and require prompt treatment. In very mild cases the use of a good gargle and painting the tonsils with an efficient antiseptic may be all that is necessary to get them into a healthy state again; but if they are saturated with abscesses, and are discharging poisonous puss day and night, there is no alternative but to have them removed by a surgeon."

Physical Culture

Its Necessity, and Wise Precautions Against Abuse

THE human system demands exercise, and will not be denied. You may deny its demands and think you are "getting on fine"—for a time, and laugh at those who religiously yield to the inexorable demands of Nature in this particular. But one day, and generally when it is too late, you will wake up to the fact that you have overdrawn your account at the Bank of Health, and Nature is making demands which you cannot meet. The very men who denounce all physical culture as useless fads are frequently called upon to pay the highest price for their delusion. In their early days they have been blessed with good health; they have worked in the open and built up a strong constitution; then they have risen

to some position of responsibility, and have chained themselves down to a desk to work from twelve to fourteen hours a day. They brag of how much they can do without wasting precious time in the foolish fad of physical culture; and then, just when they think they are at their best and declare they are going to live to be a hundred years old, some little artery whose coat has been hardening for ten, fifteen, or twenty years becomes so brittle that it can no longer stand the strain. It snaps without warning, and they go down with a stroke of paralysis.



SUCH MOVEMENTS ARE
AIDS TO DIGESTION
AND STIMULATE
THE VITAL FORCES

One writer on physical culture says: "It is really an astonishing thing how many giants of industry and transportation, particularly executive railroad men, die, or suddenly go to pieces, between fifty and sixty years of age. It is a common saying in railroad circles that a big general superintendent or department chief will seldom live beyond forty-eight to fifty-five years. Many break down before that."

Their sudden collapse is supposed to be due to their strenuous work and the strain of their tremendous responsibility. It is not that. It is rather due to the way they eliminate physical exercise from their daily routine. In their younger days, when they were building up their constitution, they took plenty of exercise in the open air and sunlight; and on their bodily bank account they have drawn and overdrawn during the later years of their life without replenishing that account by systematic exercise in the open or anywhere else.

The only exercise of any amount some people take is with their teeth, and under such circumstances exercise can be, and generally is, overdone. Neither does watching other people exercise help us to any appreciable extent.

One will ask, May not physical culture be overdone?—It may. Or something may be overdone that is called physical culture. But when physical culture is carried to excess, it ceases to be physical culture, and becomes physical degeneracy or physical deterioration. The pugilist is not generally a long-lived man. In training for his physical encounters, he has made demands upon his system which were entirely against nature; and he paid for his excessive drain in a depleted account at the Bank of Health. The young man who spends the principal part of his leisure time in physical preparation for athletic contests is seriously over-drawing on his health account. He may "feel fine"; he may win prizes; he may have a magnificent show of muscle; he may have a wonderful chest expansion; but some day disease will find a rotten timber

in his bodily structure. Vital defensive power has been taken from some part to give excessive strength to another part; and through that weakened section of his wall of defence the minions of the army of disease troop in, and make their way at last to the citadel itself. Then comes bodily capitulation, and the once strong and beautiful structure goes down through defeat to dissolution.

Because there is danger in overdoing, let us not go to the other extreme and look upon exercise as a menace. If we do that, we will take no exercise, and the lack is as bad as the excess. There is a median line; there is a sane course; and if we are wise, we will take it. If we would live to an enjoyable old age, we will take it. If we want to be a blessing and a help to those around us, we will take it.

This does not mean, either, that the farmer or the carpenter must purchase a set of Indian clubs and dumb-bells, a wand and a set of parallel bars, a pair of rings and a vaulting pole, and work an hour or two at these when he has finished his day's work. Such persons get all the exercise they need in their occupations.



LEG AND ABDOMINAL STRENGTHENER

But a sudden change from such a life to a sedentary life without some provision for regular exercise will, without fail, spell constitutional disaster not many years

after such a change is made. And those whose lives have always been sedentary need the exercise as well. The sedentary life is an artificial life, and artificial means of exercise are necessary if such a life is



TO STRENGTHEN THE ABDOMINAL MUSCLES

to be a healthy one. But, says the apostle, "Let your moderation be known to all men."

Handicapped by Liquor

NOT all the Australians who enlisted for the war got to the front. And what was the reason?—Liquor barred the way. Mr. A. L. Blythe, Honorary Adjudicator of the Amelioration Committee, N.S.W., was asked by the Select Senate Committee, appointed to investigate the effect of liquor upon the despatch and repatriation of troops, whether any of the 20,000 men who had passed through his hands had failed to get to the firing line. He replied, as recorded in the minority report of that committee: "Certainly, I should not say the whole of them, but a great number of them. . . . I worked out the cost to the country of the men who had given no service, taking in the cost of sending them away, bringing them back, the cost of pensions, etc., all capitalised at 5 per cent. I came to the conclusion that the cost was about £22,000,000." What did the country get out of it?—No service, but an increase of its debt. But the liquor dealers made a profit.

Influenza

The Disease, Its Symptoms, Preventive Measures, and Treatment

INFLUENZA is a highly infectious disease characterised by extraordinary rapidity of dissemination. It occurs in pandemic form extending over very large areas of the map of the world, and is followed for several years by outbreaks of a less general character. In 1892 Pfeiffer isolated the "Bacillus influenzae" from the nasal and bronchial secretions; these bacilli (germs) are present in enormous numbers in the secretions of the nose, throat, and air passages of those infected, and persist often after the severe symptoms of the disease have subsided. Apparently "human" influenza does not attack animals.

World-wide epidemics (pandemics) have been recognised since the sixteenth century. During the last century there were four—1830-1833, 1836-1837, 1847-1848, and 1889-1890. Osler states: "The last pandemic seems to have begun, as many others had before, in the Far East. It may have started in May, 1889, in Bucharia, reaching Moscow in September, and the Caucasus and St. Petersburg in October. By the middle of November Berlin was attacked. By the middle of December it was in London, and by the end of the month it had invaded New York, and was widely distributed over the entire continent. Within a year it had visited nearly all parts of the earth.

"The duration of an epidemic in any one locality is from six to eight weeks. With the exception, perhaps, of dengue, there is no disease which attacks indiscriminately so large a portion of the inhabitants; about forty per cent, as a rule. Fortunately, as in dengue, the rate of mortality is very low. Of 55,213 cases reported in the German Army, 60 died, or about 0.1 per cent. As might be expected, in the civil population the mortality is somewhat higher, reaching 133, or about 0.5 per cent of the 22,972 cases reported in Munich. Over one-half of

these deaths were due to pneumonia. In 1903 the deaths in England and Wales numbered 8,992."—*The Principles and Practice of Medicine*, page 116.

Epidemics of all diseases vary in intensity and mortality; this most probably is due to the virulence of the actual germ causing the disease. Bacilli in being transmitted from one person to another may increase or decrease in virulence. Vaccination for smallpox, or the treatment of rabies by the Pasteur method, is the inoculation of persons with the specific germ in a very attenuated form. The attenuated germ causes the system to develop antibodies in the blood which will destroy the more virulent form of the bacilli when infection takes place. We have a good example of antibody in diphtheritic antitoxin—antibodies prepared from the horse after repeated infection with diphtheritic poison.

The present epidemic, or rather pandemic—for it is of world-wide distribution—is due to a mixed infection; the increased mortality is due to the presence of the special pneumonia coccus (germ) and the increased virulence of the influenza bacillus. There seems to be considerable doubt amongst authorities as to whether the influenza germ is a virulent form of the old enemy or a new foe. Undoubtedly the infection is a mixed one, produced by germs, causing catarrh, influenza, and pneumonia.

Inoculation

The influenza germ, whether it be a virulent form of the bacillus discovered by Pfeiffer or a new arrival, is aided in its destructive work by allies. If it be a new arrival, it certainly has the ordinary influenza germ as an ally, and is also accompanied by other mischievous enemies such as those producing catarrh and pneumonia. The special serum now being used is not an antibody like anti-

toxin, but the result of the destruction of the germs of ordinary influenza, catarrh, and pneumonia. In other diseases such as acne, typhoid fever, blood poisoning, etc., similar preparations have undoubtedly excellent results in curing these diseases. The present serum does not prevent or cure the malady now in our midst, and consequently it is inferred that the specific bacillus has not been discovered and isolated. It is believed among authorities that if the specific bacillus were discovered and isolated, a remedy could be manufactured or developed that would be specific (curative); the specific germ could be developed in large quantities, destroyed, and the resultant production used as an antidote. If, however, the present serum will prevent the inroads of the destructive allies—those producing ordinary influenza, catarrh, and pneumonia—it must do good. Medical authorities are generally agreed that this is so. It is admitted that those who have been inoculated, both from the nursing and medical staff, have not only become infected, but have also succumbed. As a rule infective germs do not produce their specific complaints in a perfectly healthy body, but we know that with an overdose of infectious matter even healthy individuals succumb. We have an illustration of this fact in typhoid fever, which often attacks the healthy young adult. It is claimed that the present serum does protect those who are only exposed to a moderate dose of the present "mixed infection, but that the immunity is not sufficiently strong to protect from the overpowering dose inhaled by those in close and constant attendance on the infected. We believe inoculation of those exposed to the infection is advisable and that, when ordinary aseptic precautions are taken in the inoculation, no unfavourable complications—except of a very temporary nature—result. Permanent antibodies are certainly not developed in the system, for one attack does not protect from another for more than a few weeks.

Time of Isolation

Undoubtedly all suspicious cases should be isolated. The specific germs, after

gaining an entrance into the system through the nose, throat, or bronchial tubes, grow in number, produce their special poisons, and produce symptoms of disease in from one to four days; but more generally the period of incubation is from three to four days. A sufferer should be quarantined for at least ten days after the temperature is normal and contacts for six or seven days.

Germs from the respiratory tract, such as those of consumption and influenza, are short lived under sunshine and free ventilation. When a room is open to sunshine and is well ventilated, the germs inhaled are few in number and are readily destroyed by the healthy secretions in the air passages. In close, stuffy rooms the germs may exist in abundance and will produce their deadly work even on the most healthy.

The Mask

Attendants on influenza patients should always wear a mask while in the room. A mask should be made of four or more thicknesses of fine cheese cloth or gauze of such a size as completely to cover the openings of the nose and mouth. The mask should be boiled frequently, consequently three or four are necessary for the regular attendant. We do not see the utility of wearing masks in the open air; the exhalations from the air passages collect in the mask and contaminate the inspired air. Impaired vitality from vitiated air certainly lessens the resisting power of the individual. In crowded apartments or in the actual presence of diseased persons, however, the danger from inhaling the germs of disease is greater than that from the somewhat vitiated air inhaled through a mask that has been worn for some hours. The more frequently a mask is changed and thoroughly sterilised, the better.

Nose breathing is very essential for the avoidance of all air-borne germs; the nose is so constructed as to be almost a perfect safeguard against a moderate amount of vitiation of the air by germ life. Mouth breathers are constantly in danger of infection.

Disinfectants

One medical authority recommends the sniffing up the nose of as much boric acid as will go on a threepence (not piled up). This procedure would largely do away with the necessity of a mask.

Formalin is undoubtedly one of the best disinfectants, or germ destroyers, against air-borne infections. A five to ten per cent solution can be used for a spray or for saturating a sheet hung over the doorway leading into the bedroom of the influenza patient.

In coughing and sneezing a handkerchief should always be held in front of the nose and mouth to catch the fine spray of secretion always accompanying these acts. It is these fine droplets that carry infection. It should also be remembered that the fingers handling the handkerchief may also be a source of infection, and a good disinfectant soap, such as the Germicidal Mercurial soap of Parke Davis & Co., should be frequently used. The handkerchiefs should be boiled at the earliest opportunity. A $2\frac{1}{2}$ per cent solution of formalin in water makes an excellent spray for the nose and throat.

Symptoms

The symptoms usually come on abruptly three or four days after infection and consist of feverishness, headache, pains in the limbs, and marked prostration. The great prostration, out of all proportion to the intensity of the disease, is a marked feature of the disease. The fever is very variable, and in exceptional cases is the only manifestation of the disease; it is usually accompanied by chills, and when continued over a week or more is often mistaken for typhoid fever. Sometimes with the fever there is nausea and vomiting, or the attack may come on with abdominal pain, diarrhoea, and great prostration. The symptoms vary to a considerable extent according to the type of the disease. Four different types are recognised: (1) respiratory; (2) nervous; (3) gastro-intestinal; (4) febrile.

(1) *Respiratory*.—This shows itself as an ordinary cold with running from the

nose, fever, and prostration. The prostration and debility are more marked than usual. Where bronchitis and pneumonia set in, there is increased fever, difficulty in breathing, cough, delirium, and marked prostration. The pneumonia of influenza supervenes as a continuation of bronchitis; it is of indefinite duration, and differs from the ordinary pneumonia (croupous) which either clears up or kills in the first week of the disease. It is pneumonia—the catarrhal inflammation of the lungs—that makes the present epidemic so fatal. There is considerable dispute as to whether the present epidemic is really the Spanish influenza which has been so deadly in other parts of the world. We believe it to be a less virulent form of the same disease. Typhoid fever, scarlet fever, and measles occur in epidemics; some of these are of a comparatively mild character, others are more severe. Pleurisy is sometimes a complication of influenza, but not so much so as pneumonia.

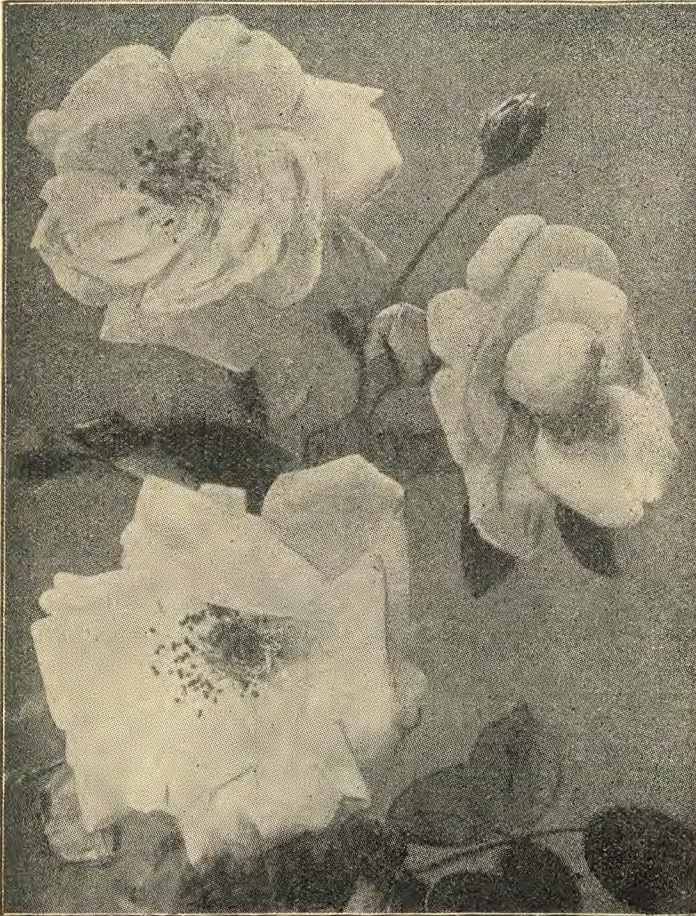
(2) *The nervous form*.—In the nervous form the catarrhal symptoms (symptoms of an ordinary cold) may be entirely absent. The headache is very severe, accompanied by pains in the back and joints, and marked prostration. The influenza germ has been found during life in the fluids of the spine and brain. All forms of neuritis may exist. During the acuteness of the attack the patient may have a very high temperature with unconsciousness. As a rule, however, this is of short duration. Nervous symptoms with prostration and debility may last for weeks or months after the actual influenza has subsided.

(3) *The gastro-intestinal form*.—This is ushered in by fever, nausea, vomiting, and perhaps diarrhoea; there may also be some jaundice.

(4) *The febrile form*.—In this form a very varying temperature with chills is the chief characteristic, and the former may last for weeks; these cases, we have already pointed out, may be mistaken for typhoid fever.

Treatment

The patient should be at once isolated in a well-ventilated and sunny bedroom. A sheet soaked in a five per cent solution of formalin should be hung over the doorway leading into the bedroom. However mild the symptoms, the patient should be confined to bed; this precaution will



probably prevent all the serious complications. It is the battling against the symptoms and leaving bed too early that bring on the dreaded pneumonia. The patient should be confined to bed for three days after the temperature has returned to normal. It is advisable to administer a good sweating treatment at the onset of the disease. Hot leg bath, fomentations to the spine, and hot lemon-

ade will, as a rule, induce profuse perspiration. After sponging with tepid water and thoroughly drying, the patient should be put into a previously warmed bed. If this hydropathic treatment is not available, a dose of Dover's Powder (10 grains) or aspirin (10-15 grains) may be given. When sweating occurs, the patient should be sponged, dried, and fresh warm night clothes should be put on. One sweating procedure is sufficient, for it must be remembered that prostration and debility are marked features of the disease. The patient should be carefully fed with nourishing but easily-digested food. Milk is an excellent food. Where the fomentations spoken of are not possible, a hot bath may be given. Sweating treatment gives great relief to the pains in the back, limbs, and joints. After such treatments, however, the patient must make up his or her mind to remain in bed, although the symptoms of the disease may have disappeared.

The drugs used to produce sweating should be used with caution, as profound prostration and debility are marked features of the disease; this fact should be especially remembered in the treatment of the old and weak. A

tepid sponge two or three times a day is always beneficial.

There is no treatment equal to fomentations for the bronchitis and pneumonia.

The convalescence requires special attention, as debility and general weakness often remain for some time. Change of air, good nutritious diet, and pleasant surroundings are necessary. W.H.J.

Valuable Water Treatments and How to Give Them

Sitz Bath

FOR the sitz bath two tubs are necessary—one for the hips and one for the feet; the former should be of sufficient size to allow the water to cover the hips and reach the abdomen when the patient is sitting in the bath; the tub for the feet should be of convenient size for the immersion of the feet. The patient should be protected from contact with the tub by towels or fomentation cloths placed under the knees and at the back. The patient should be well covered with a sheet or blanket and the temperature of the foot bath should be three or more degrees above that of the sitz bath.

Cold sitz bath.—If this is to be of short duration (two to eight minutes) the temperature of the sitz bath should be from 55° to 75° F. and that of the foot bath 105° to 110° F. The hips should be thoroughly rubbed while the patient is in the bath to keep up a free circulation. Loofah or friction mitts (rough towelling made to cover the hand) may be used. In the prolonged cold sitz bath the temperature should be from 70° to 85°F., and time of application from ten to thirty minutes; if chilliness is feared, a hot fomentation should be applied to the spine at the time of the bath.

If the sitz bath is of short duration the circulation and muscular power of the womb, bowels, and bladder are stimulated, especially so when the friction is vigorous. This treatment is very useful in constipation and subinvolution (wombs that have not returned to proper size after confinement), and to quicken the absorption of old inflammatory products after inflammation about the womb, etc. The prolonged cold sitz bath has a more intense action and is very useful in subinvolution. Chilliness or shivering should not be permitted. Much depends on the skill and care with which the bath is given. A neutral sitz bath, with the temperature

of 92° to 97°F., may be prolonged for twenty to sixty minutes or more and has a sedative effect, relieving pain and producing sleep.

Hot sitz bath.—The temperature should be rapidly raised from 100°F. to 110° or 115° F., the foot bath being at least two degrees hotter. Cold compresses should be applied to the head and neck. The duration of the bath should be from three to eight minutes. At the close, lower the temperature of the bath to blood heat or a little lower (97° F.) and allow patient to remain at this temperature for one to three minutes. If sweating has been produced, cold water must be applied to the body by sponge or by pouring the water over the shoulders and chest.

This treatment is useful in painful menstruation (dysmenorrhœa) or other pelvic pain, and is also of value in inflammation of the bladder (acute or chronic), enlarged prostate of old men, and retention of urine. The bath may also be given for sciatica or the reduction of ruptures. The effects of these hot hip baths are enhanced by pouring cold water on hips at the close and thoroughly rubbing and drying. When this cold treatment is added the bath is called a "revulsive sitz bath."

Packs

In packs a considerable portion of the body is enveloped in wet sheets or blankets—hot or cold.

Hot blanket pack.—The hot blanket pack is given for the purpose of producing intense sweating and relieving general internal congestion, such as in influenza, early pneumonia, febrile colds, and early stages of the exanthemata (measles and scarlet fever). It is very useful in acute Bright's disease, and relieves the congestion and high blood pressure in the kidneys, thus helping them to continue their work. The puffiness (oedema) all over the body in kidney disease is also

relieved. This oedema sometimes develops in the latter months of pregnancy, and if not relieved may lead to premature labour or puerperal eclampsia (often a fatal complication during confinement). Two to three hot blanket packs during the week will relieve this condition and help the action of the kidneys. This treatment is exceedingly useful in pain caused by gall-stones or renal colic. The general principles of the hot pack should be studied. We suggest the following for home treatment:—

Place two thick double blankets across the bed or table. Wring a new thick single blanket out of boiling water, and double lengthwise and place on the dry blankets. The patient should lie on this wet blanket; if it is too hot, towels may be placed between the patient and the wet blanket. Similarly wring out and double another single blanket and place over the front of the patient; three sets of fomentation cloths may take the place of this upper blanket. Place a good fomentation cloth over the feet and then wrap the patient well in the double dry blankets first spread on the bed. Between the first and second dry blankets two or three hot water bottles may be placed. The object is to make the patient perspire; a dry heat without perspiration would actually do harm. In case perspiration does not take place, the double blanket should be unfolded and another hot wet blanket should replace the one on the front of the patient, or a fresh set of fomentation cloths. The second hot blanket should be ready before the first is removed. Two attendants can give a hot blanket pack more expeditiously than one. During the treatment place cold wet cloths over the forehead and give the patient frequent drinks of cold water, or hot drinks if perspiration is delayed.

Precautions.—When too much water is left in the pack it is liable to burn the patient and will cool off more rapidly than when the blanket is wrung nearly dry. Be sure that the hot water bottles are sufficiently covered and that they do not burn the patient; this is not likely to

occur when they are placed between the dry blankets. When the heart is weak a cold compress or an ice bag should be placed over the heart during treatment. Great care should be exercised in giving packs in cases of paralysis, in unconsciousness, diabetes, dropsy, and insanity, to avoid burning.

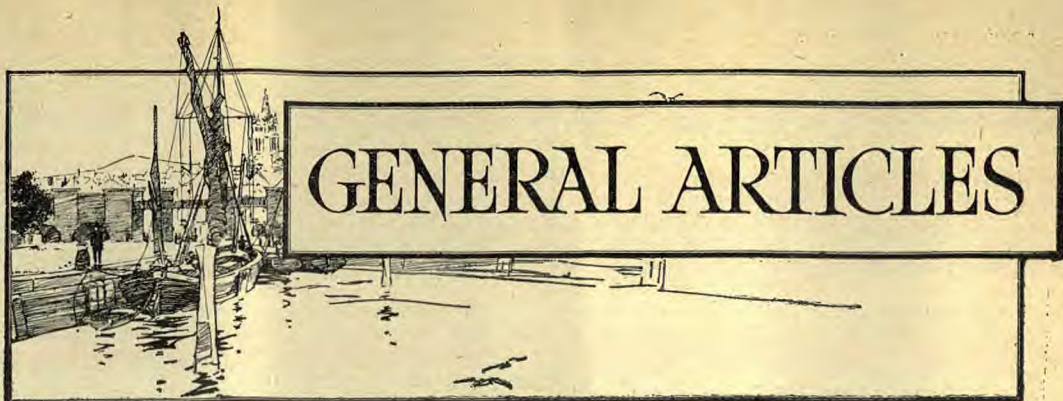
The preliminary hot foot or leg bath will greatly expedite the sweating produced by the hot blanket pack. The pack should be continued for twenty or thirty minutes, according to the effect produced. The patient should be gradually taken out of the pack and a cold sponge given. First remove the blankets from one arm, then from the other, the chest and abdomen, the legs, and finally the back, when the wet blankets have been entirely removed.

Dry blanket pack.—After the preliminary hot foot or leg bath is given, the patient may be enveloped in dry woollen blankets and hot water bottles used as in the wet pack. The patient should take a considerable quantity of hot water or hot lemonade. If a sheet is first wrapped about the patient, it will absorb the perspiration. If this procedure is well carried out, it will produce a free perspiration, but it does not relieve internal congested conditions as well as the wet pack.

Hot trunk pack.—The hot trunk pack is similar to the full pack except that the legs and arms are not included. On the back the hot wet blanket extends from the neck to the hips, and in front over the chest and abdomen. The hot foot bath can be given right through the treatment. The outside blankets, those used to cover the whole body, should not be so tightly wrapped around the patient as in the full pack. Hot drinks should be given throughout the treatment. It is usually best to place a dry fomentation cloth between the wet blankets and the patient. Place hot water bottles over the abdomen and on each side of the trunk.

The hot trunk pack is useful in pneumonia, pleurisy, and abdominal or kidney pain.

W.H.J.



GENERAL ARTICLES

Appetite and Digestion

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

Imaginary Appetite

AFTER leaving the mouth the food passes on to the stomach for further changes, but before discussing gastric digestion we will pause a moment and consider appetite and its influence upon the various steps of the digestive process. Briefly stated, appetite is a desire for nourishment, that is, for food.

Like most other things appetite may be imitated or simulated, and we have a counterfeit appetite as well as the genuine. When a well-fed and well-nourished person craves for food there is obviously something amiss with appetite. The real purpose of food is to sustain the body rather than tickle the palate. After a person has formed a habit of pampering his palate, the real appetite sense becomes perverted and is no longer a true index of the nutrition of the body and its requirements. An appetite under such circumstances, when the body is really not in need of food, is purely imaginary, and to yield to its demands simply means to provoke disorder of the digestive system.

There are few well-fed persons who do not suffer more or less from an imaginary appetite, and in consequence thereof frequently take more food than the body requires. Overeating is perhaps the most common dietetic error, and gluttony is a prolific cause of nutritional disorders.

Digestive Diseases

There is an almost innumerable list of stomach, liver, and intestinal disorders,

ranging from a mild form of gastric catarrh which is scarcely perceptible, to the most malignant variety of cancer. These congestions, ulcerations, infections, tumours, and cancers rarely, if ever, come by chance. There is a reason for every disturbance and for every disease, if we can but discover it, and there are always definite causes at work which produce these ailments. Abuse of one kind or another of the nutritional organs is well-nigh universal among the civilised and uncivilised peoples, and particularly the former. Small wonder then that diseases of the digestive organs are constantly increasing, and particularly the graver diseases, including ulcers, appendicitis, and cancer.

Real Appetite

Nature intended that appetite should be a signal for a further supply of food for the nourishment and sustenance of the body. Food is the fuel for the living machine, and the great bulk of the victuals that are daily consumed, something like ninety per cent, is utilised for maintaining the natural warmth of the body and providing the necessary energy for the muscles and other organs. When a man comes to the table feeling genuinely hungry, he has a keen appetite for even the plainest of fare, and he enjoys a plate of porridge and a dish of stewed fruit. He eats his brown bread and butter and apple or banana with keen relish, and mealy baked potatoes are to him a dish fit for the gods. Hot sauces, fra-

grant spices, and flavouring condiments are as unnecessary in his dietary as they are harmful and irritating. Even cakes and pastries are set aside for a slice of well-baked bread and butter and a dish of strawberries or cherries.

Good Appetite and Good Digestion

It is a noticeable fact that a genuine appetite is almost invariably accompanied by a good digestion. The hunger sense is rarely, if ever, manifested in a healthy person unless the stomach, liver, and other organs are ready for food and capable of digesting wholesome fare. Prof. Pawlow, the eminent Russian physiolo-

gist, has shown by an extended series of experiments that the digestive fluids flow more freely when the appetite is keen than when it is wanting, the food being the same in both cases. This abundant flow of the digestive fluids he calls the "appetite juice." The flow is quite as free in the stomach as in the mouth, and the abundant supply of digestive ferments goes a long way to ensure efficient digestion of the food. Simplicity in selection, preparation, and combination of the food is the keynote to sound digestion, and sound digestion is the corner-stone of good health and general physical fitness.

Simple Home Remedies

MRS. G. M. BROWN

FOR relieving pain quickly very few home remedies can surpass the fomentation. It is inexpensive, easily applied, and its effectiveness as a true "pain killer" can be appreciated only by those who have tested its virtues. I seldom see the well-known advertisement of a remedy which is said to "touch the spot," without thinking how truly this can be said of the fomentation. One great advantage of this treatment is that even if it should fail to relieve the pain completely (it always gives some relief, and in nearly every case much relief), its application will do no harm if properly and thoroughly made. There are some remedies of which one is doubtful in certain cases, and perhaps one fears that more harm than good may be done to the patient, but this is never so in the case of fomentations.

Before applying the fomentation prepare the patient. First remove all clothing from the patient which may hinder the application of the fomentation. It is quite unnecessary to get the bed wet if the fomentations are wrung very dry, but it is well to take the precaution of putting a folded blanket beneath the patient; or if this cannot be obtained, use towels or a sheet of stout brown paper.

How to Prepare Fomentations

Take two pieces of thick flannel about one yard long and three-quarters of a yard wide (an old blanket, not too much worn, cut in four pieces will make two sets), and fold one of them in four lengthwise. Immerse this in boiling water, leaving the ends out of the water to wring by.

After the fomentation has been tightly wrung, shake it gently and quickly, and place it on the dry flannel, which should be folded well over the hot one. If necessary to carry it any distance to the patient, roll the fomentation up tightly with the edges outside, so that when applying it the inside will still be hot and steaming; carry it under the arm to help retain the heat.

If the patient complains that the heat is too great, do not remove the cloth entirely, but pass the hand gently down beneath it, allowing the first heat to escape. The fomentation should be left on for three minutes, or until it is comfortably warm. It should then be removed, and a second one put in its place. Three are usually sufficient, but more can be given if the pain still continues. After this the part should be well sponged with tepid water, and gently rubbed with

a little camphorated oil or with olive-oil.

Before passing on to explain the use of some other simple home remedies, it would be well to state that fomentations can be made with less suitable material than flannel blankets; and in cases of emergency, where these are not obtainable, the writer has often had to resort to such articles as the following, which have served the purpose when nothing better could be found: children's old

will experience the same relief as from a steaming hot fomentation.

Revulsive Fomentations

In some cases where it is necessary to tone up a weak organ, and so enable it to do its work more thoroughly, the revulsive fomentation will be found very beneficial. It greatly improves the circulation of the blood through the organ, and so makes it more healthy and active.



woollen vests, parts of woollen combinations, Turkish towels, or a damp cloth placed inside a sheet of stout brown paper and laid across the top of a closed kitchen range. In a few minutes the cloth will be steaming hot, and can be applied directly to the patient, or if preferred it may be placed in a thinner dry cloth first. A method of making a fomentation without flannels is the following:—

Have a rubber bottle half filled with hot water, excluding the air; take a towel, moisten half of it, and place it over the bottle, then fold the remaining dry half over the damp one. Place the bottle on the painful part, with the dry towel next to the patient, and in a few minutes he

A revulsive fomentation is the same as an ordinary one with this exception: after each fomentation a towel wrung out of very cold water is applied to the affected part, and covered with a dry towel. The cold application is left on for one minute, and is then replaced by a hot one. The third and last cold one is left on for two minutes, and takes the place of the cool sponge which is usually given after fomentations.

An Efficient Remedy

Every person should know how to give an enema when it is needed. Many serious disorders could be averted if the bowels were promptly attended to. Constipation, with its evil results, is respon-

sible for many a serious illness; and when the bowels cease to act regularly, nothing else is so safe and efficient as the enema for cleansing them. But let it be clearly understood that the use of the enema is advocated only in cases of emergency. The patient must be taught to correct his habits of living.

The siphon syringe is best and most convenient to use. The bulb syringe, unless carefully used, is likely to introduce air into the bowels, and so cause pain. Fill the can with water at a temperature of 100° F. In stubborn cases of constipation it is better to add a little mild soap to the water. Hang the can on a strong nail, and allow the first tubeful of water to run away before inserting the tube, as this water is usually cold. Let the patient lie on the right side, and after oiling the tube, insert about one and a half inches into the rectum.

If the patient complains of pain, press the rubber tubing slightly, so that the water will flow more slowly. It is also a good plan to rub the bowels gently in an upward direction, beginning at the left side, and thus assist the water to rise in the large intestine. After as much water has been taken as the patient can retain (this is usually from one to two quarts in an adult, and should be retained as long as possible), rub the bowels from the right to the left side to help evacuate the water. To break up the habit of chronic constipation one of the two following methods may be used:—

First Method

When preparing the water for the enema at 100° F., add a cup of cold water to this on the second day, and on the third day two cups, and on the fourth day three cups, and continue adding an extra cup each day until the enema is quite cold. This graduated enema acts as a tonic to the bowels, thus relieving constipation, which is often due to lack of tone in the muscles of the bowels.

Second Method

Use a hand syringe and inject two tablespoonfuls of olive-oil into the rectum

at night. This, lying in the bowels all night, helps to soften the waste matter, and gives great relief in cases of hæmorrhoids, or piles, and in any case where there is a tender, painful condition of the rectum.

In closing, let it be clearly understood that attention must be given to the patient's diet in cases of constipation. All fine flour foods, boiled milk, well-cooked eggs, tea, and coffee must be avoided. Wholemeal bread and butter, lightly cooked eggs, plenty of fruit, and granose biscuits, which are excellent for this disorder, should be eaten, all foods being masticated thoroughly. Cold water drunk freely three hours after meals is also a great help.

To Relieve Headache

If the head is hot and throbbing, and the face flushed, withhold all food for a few hours; see that the bowels are thoroughly cleansed, using an enema when necessary. Give the patient a very hot foot-bath, beginning at 102° F., and increasing it in two minutes to 105° F. Keep cold cloths on the patient's head and round the neck. Dry the feet, put the patient to bed with a hot-water bottle at the feet, and continue to apply the cold cloths to the head. Keep the patient very quiet, and have plenty of air in the room, but not too much light. In a few hours relief will be obtained. If due to biliousness or stomach disorders, give plenty of hot water to drink, and apply fomentations to the stomach and liver.

If the patient is pale, and the headache is chiefly in the back of the head and neck, have him lie down, put a hot bottle to the feet, and give a set of good hot fomentations covering the entire length of the spine, bringing them well up the nape of the neck. Insist upon the patient's lying down for a few hours, and closing the eyes even if he does not sleep, as this form of headache is a nervous one, and requires absolute rest.

DO not throw away that cup without a handle; use it for a jelly, custard, or blanc mange mould.

"Is It Right to Do That?"

THIS question is constantly put to every doctor, often about matters concerning which he cannot make a definite reply. People ask, "Do you think it is right to bathe in hot water?" "Do you think it is right to bathe in cold water?" "Do you think it is right to drink with meals?" "Do you think it is right to wear cotton next the skin?" as if all these things were "right" or "wrong," irrespective of the individual case.

If we dared to attempt an epigram we should say that suicide is the only thing a man must never commit. If this is found too general, the answer is that hygienic rules must be general in their statement, but individual in their application.

"Is it right to bathe in cold water?" Right for whom, when, where, how? A strong young man looks on the cold morning plunge as a life-giver, and could not be persuaded to miss it at any season. This view of it is perfectly correct for that person. It is a life-giver, and the fact is proved by the exquisite sensations of increased vitality that follow it. Yes, it is "right to bathe in cold water."

Then some anæmic person with a poor blood circulation goes and does likewise—with what result? An imperfect reaction, shown by chattering teeth, fatigue, chilliness, and all the signs of depressed vitality—no, it is wrong to bathe in cold water.

In matters of health, each person possesses a personal equilibrium, the maintenance of which means health for him; general maxims must be tested, modified, and applied to his particular case.

Perhaps the most pernicious of all foes to health is the "fad." The spirits of the expert in hygiene sink to zero when he reads that open-work silk stockings are to be worn by young women through the winter season, or that while skirts remain so narrow, it will be out of the question to wear petticoats under them. He is perfectly aware that thousands of young women will follow the dangerous fashions and remain unscathed; but already he is,

metaphorically speaking, in tears for the thousands of other young women who will follow suit rather than look queer—the helpless candidates for influenza, bronchitis, and pneumonia.—*Youth's Companion*.

First Aid

Headache

HEADACHE may be due to any one of so many causes that it would be impossible to name them all here, even if all were known. If the pain occurs frequently and is severe, consult a physician; he may discover eyestrain, or infection of the bony cavities round the nose, or kidney trouble, or a thousand and one causes, some of which are obscure.

If the headache comes only now and then, attention to the bowels may easily remove the cause. Overwork or overeating, undersleeping, worry, poor ventilation by day or by night, an imminent cold—in fact, disturbance of any of the bodily functions—may show itself through a headache.

Darkness, quiet, and rest, a hot bath followed by bed, an ice bag to the head, and a brisk purge with salts or a seidlitz powder or one of the aperient waters will usually bring relief.

Most of the headache powders on the market will bring relief, not by removing the cause, but by dulling the pain with depressing drugs that often leave effects of their own much more serious than headache. The use of such powders, the effect of which is due to powerful coal-tar drugs, is unwise, even dangerous, except under the direction of a physician.

Earache

Pain is always nature's warning that something is wrong. Do not assume that earache is a thing of no account. Usually it is due to wax in the outer canal or to a cold or congestion in the throat or Eustachian tube. Some drops of warm sweet oil poured into the ear may remove wax that is not so hardened as to require medical aid. Instruments of any kind

should not be introduced into the ear by anyone not familiar with anatomy; there is too great danger of injuring the drum. A hot water bag will often give relief.

For earache that accompanies sore throat, use a good gargle. One may be had at any drug store. Or use a teaspoon of table salt or bicarbonate of soda in a cupful of hot water every half-hour.

Remember that earache may be the forerunner of mastoiditis, that treacherous disease of the bone immediately behind the ear. That region of the head is close to the brain, and infection spreads easily to the membranes that enclose the brain, where it causes meningitis. Here again, if the pain does not ease after the application of simple things, consult a doctor.

Nosebleed

Usually complete quiet and cold applications will stop nosebleed. If they bring no relief, direct pressure on the bleeding point may be applied. That point is on the septum, or middle dividing wall of the nose, about as high up as the little

finger will reach when pushed into the nostril. Cover the tip of the little finger with two or three layers of clean cotton cloth, insert it into the nostril as far as possible, and press it against the septum with a firm, steady pressure for at least five minutes; then withdraw the finger very slowly and gently, so as to leave the cloth in position and unmoved, for if the blood has clotted, removing the clot on the cloth will start the hæmorrhage again.

If that plan fails, introduce the end of a strip of clean cotton cloth or gauze that is one inch by twelve into the nostril on the blunt end of a pencil. Push it gently far up the nose, withdraw the pencil so as to leave the cloth in place, and push another fold home against the first. In that way plug the nostril full of cloth, and use a considerable amount of pressure. Do not leave the plug in place more than from four to six hours; remove it, and if necessary replace it with a clean plug. If the bleeding is not soon controlled, it is better to see a nose-and-throat specialist at once.—*Youth's Companion*.

Wheatmeal Versus Fine White Flour

LAURA L. ULRICH, Matron Sydney Sanitarium Health Food Cafe

BY the world's millions bread is looked upon as the staff of life; but it is a very poor staff when made of fine white flour from which the diastatic element (which digests the starch) has been eliminated in the milling. Fine flour bread is lacking in the nutritive elements that are found in bread made of whole wheat flour, and its use is neither healthful nor economical.

Superfine flour is distinctly a modern invention. The ancients used unbolted meal altogether; the present disease-producing devices known as bolting machines were not then in use. But man has sought out many inventions and nowadays millers take pride in producing flour of the utmost possible fineness and whiteness. The subject of bread should receive a good deal of attention because we eat more of this article of diet than of any other.

The difference between fine flour and whole wheat flour is largely in the proportion of gluten they contain. Fine flour is made from the innermost portion of the grain, which is almost pure starch, thus excluding those brain-, nerve-, and muscle-nourishing elements which are found chiefly in the portions of the kernel that lie next to the outer husk.

In making whole wheat flour the entire nourishing part of the grain is ground, nothing but the outer husk being removed. When we consider that whole wheatmeal is a perfect food, supplying to the body those elements it requires in right proportion, why should we discard the most nourishing part? Why not use the entire wheat flour which contains a much larger proportion of the elements especially calculated to nourish the brain and nerves and to support the vigour and vi-

tality of the body? Of late years many people are waking up to the fact that wheatmeal is a valuable food, and there is an ever increasing demand for it; but most people do not know that wheatmeal (like all cereals) requires several hours of cooking. Wheatmeal that is stirred into water and placed on the stove to cook for ten minutes and then eaten as porridge is not wholesome and readily ferments in the stomach. This way of cooking cereals has done much to bring them into disre-

the water in the outer saucepan rapidly boiling for the time required to heat it through. Do not eat it with milk and sugar because sugar and milk combined are a common cause of flatulence. If sweetening is desired, add a few raisins or dates to the meal while cooking, or serve melsitos with it.

There are many grades of wheatmeal on the market. Be sure to get the purest obtainable. We would recommend the Sanitarium brand of whole wheatmeal



HARVEST TIME IN THE OLDEN TIME

pute. When poorly cooked cereals, in a pasty, raw state are eaten, followed by quantities of bread made from fine white flour, it is small wonder that we should find such an increase in stomach, liver, kidney, and other organic troubles. To be well cooked, wheatmeal needs to be stirred into boiling salted water and boiled up well on the stove for a few minutes, then placed in a double boiler and allowed to continue cooking for one and a half hours. To economise fuel, this porridge should be cooked while the dinner is being cooked, and in the morning it will only need to be well heated by keeping

ground in our own mills. It is made from the choicest grade of wheat, and contains the highest proportion of gluten, the chief brain- and blood-building element of the grain. A test will show the wholesomeness and advantage in using it not only for bread, but also in place of white flour in making cakes, pastry, and other foods. When one becomes accustomed to the natural wheat flavour of whole meal, white flour tastes most insipid. It is a matter of educating oneself to choose that which is best. If we will do this, we will discard the use of so much fine flour and will use wheatmeal. For

making bread, cakes, etc., the finely ground wheatmeal is better, while the coarser ground meal may be used for porridge. If those with very delicate stomachs find a little difficulty in using wheatmeal, we would recommend in these cases that the meal be sifted before using, or that granose be used instead. Granose is the original of all flaked cereals. It is made from entire wheat kernels and retains the sweet nutty flavour of the whole grain.

Granose biscuits are subjected to processes of cerealine digestion, cooking, roasting, steaming, and disintegration, and are prepared for immediate use, digestion, and assimilation. They supply the essential nerve-, blood-, and bone-building salts which are lacking in superfine cereal products. No cooking is required. Serve as a porridge by pouring a cup of hot milk or a cup of fruit juice over the biscuit, or eat with stewed fruit. When used in place of bread—and granose is the best form of wheatmeal bread—just crisp the biscuit in the oven for a few minutes, then split and butter it.

If you have difficulty in procuring good wheatmeal bread from your baker, try making some at home. The following is my own recipe for bread, and success is assured if directions are carefully followed. The rolls and gems, too, are delicious. The gem irons are inexpensive and may be bought at any ironmonger's.

Wheatmeal Bread

For the sponge, put in a basin 5 cups of white flour and 2 cups of wheatmeal; add one tablespoonful of salt; mix with three cupfuls of lukewarm water and 1 cupful of yeast. Mix well and sprinkle plenty of wheatmeal over the sponge. Leave it in a warm place all night, and in the morning knead well with sufficient wheatmeal to make a firm dough; shape into loaves, put into buttered bread tins, and leave an hour or two until well risen; then bake in a moderately hot oven for one and a half hours.

Wheatmeal and Olive Oil Rolls

Put two-thirds of a cup of olive oil into a basin; add to it by degrees one and one-quarter cups of cold water, beating all the time till a creamy emulsion results. Have 4 cupfuls of wheatmeal in a bowl to which has been added a little salt, stir into this the beaten oil and water. It will be very dry, but do not add more liquid; mix well and turn out onto the pastry board, and knead very thoroughly; divide into three portions, roll out into a long roll, rolling over and over on the board, until about one inch thick;

then cut into lengths about four inches long and bake till nicely browned and the rolls feel firm when pressed on the side.

Wheatmeal Gems

Take one cupful of milk and break into it one egg; add a little salt, and beat vigorously till full of bubbles; add slowly, beating all the time, two cupfuls of sifted wheatmeal; continue beating for a few minutes, then pour the mixture into heated gem irons that have been oiled. Bake in hot oven for half an hour.

Don't Worry

WHY? Because it does not pay. He who spends his time worrying about possible contingencies has none to spend on what must be done now. We all take reasonable precautions if there is an epidemic of some infectious disease going the rounds of the district, but we take very little notice of the oncoming scourge of worry. For it is a scourge. Worry is a disease—and a universal one at that. It dates back to antiquity and will doubtless reign over the minds of the majority of men until the end of the world ends their worries. Many people have acquired the worry habit, and it sticks to them like an adhesive plaster. It goes to bed with them, makes an uncomfortable bed-fellow, and gives them their first thoughts on rising. Their very first mental effort of the day is to seek for some unpleasant subject about which to worry. But we can always find something to worry about. If not a misfortune of yesterday—then of the day before or of the week before; if not of our own, then of someone else. But why worry about it? What is past cannot be altered now; if one should make amends, then spend time doing that rather than worrying over it. If you are a victim of the worry habit—that is, if you are affected with the disease whose common name is worry—you are uselessly wasting valuable energy and you may be assured that your life will be of little value to yourself or to others.

Though your mental efforts in seeking to overcome the habit are unquestionably valuable, physical exercise is of infinite value. If you find that try as you may you cannot avoid worrying, immediately

find some means of actively using the muscles of your body. Take a long walk or find some work in the open which will keep you pleasantly and continuously occupied. Failing this, take some exercise in your room. Do anything to send the warm blood coursing through your body, and soon you will feel the pulsations of a new life stirring your whole organism. Exercise is a sure cure for worry, especially if you remember also that worries are never important, even if they appear so to you. Their only importance is the power they have for harm, and, as their power is for evil, stamp them out insistently and permanently. Realise the tremendous possibilities of life, and stop wasting your time and energies with unimportant worries, for time is money and energies mean life and health. H. G. F.

To Get Rid of Ants

THE tiny red ant that gets into pantry or kitchen is perhaps the most difficult to fight. It builds in or on the foundation usually, and not outside in the ground. Hence it is difficult to find or destroy the nest. For these saturate a sponge in sweetened water and put it where the ants run. From time to time pick up the sponge, and plunge it in hot water to kill the ants that have collected there. Saturate the sponge in sweetened water and repeat. Keep this up several days, and you will get nearly all of them, and will so weaken the colony that the young will perish.

Other ants build their nests out of doors. A little patience will trail them to the nest, which may be destroyed with hot water, kerosene, or gasoline. Or the ant colonies may be destroyed by pouring an ounce of carbon bisulphide in a saucer, setting it down quickly beside the nest entrance, and covering all with a light tub. Throw dirt around the edges of the tub to make it tight. Do not let sparks or any kind of fire near the carbon bisulphide. It is highly inflammable and will explode. The liquid carbon bisulphide

evaporates quickly, and its gas, being heavier than air, penetrates the nest, and asphyxiates the insects.

Cloves, ground or whole, sprinkled on pantry shelves or where ants run in the house, are said to drive them away. Oil of lemon sprinkled about is said to have the same effect.

The writer had a four days' tussle with red ants. They were winged, and were about one-quarter of an inch long. They had a nest under the porch. Boiling water was the cheapest and handiest thing the house afforded. So, at sundown each day, several buckets of boiling water were poured on the nest. The fourth day chloride of lime was sprinkled over the nest, and boiling water then poured on. That finished the colony. But the first two applications of water didn't seem to diminish their numbers very much.

To the foregoing suggestions add a little patience and determination. It's easy to get rid of ants if you don't expect to do it all in ten minutes.—*Kansas City Star.*

Bible Teetotallers

WHILE there is no evidence in the Bible that the use of intoxicating wine ever did, or ever could do, anyone the slightest possible good, we have the illustrious example of some of the most eminent Bible characters as teetotallers.

The Israelites

During the sojourn of the children of Israel in Egypt, they were, undoubtedly, total abstainers, since their masters, the Egyptians, at that time made no use of any fermented liquor. During their journey in the wilderness, the Israelites were of necessity abstainers, their only drink being the purest water from the rock.

The Nazarites

With the establishment of the Jewish ceremonial law, there was instituted an order of teetotallers. They were called Nazarites. They dedicated themselves wholly to the service of God; and one of the conditions of the dedication was total

abstinence from the use of wine. To insure a perfect observance of the pledge, all wine was prohibited, whether fermented or unfermented. Many of the finest personages of the Bible were members of this class. It is quite probable that Daniel and his three Hebrew brethren were Nazarites, since they refused to drink the king's wine.

Samson

This Hebrew Hercules was a teetotaller from his birth. None of his muscles



GOOD FRIENDS

were weakened by alcoholic degeneration. None of his nerves were paralysed by stimulants. He was a Nazarite, and is a fair illustration of the incompatibility of alcohol with strength. Milo, the famous Greek who rivalled Samson in his prodigious strength, was likewise a total abstainer, as well as a vegetarian.

The Rechabites

These were a sort of family temperance society. They abstained from the use of wine because they were commanded to do so by their father; and the Lord commended them for their constancy. If the

sons of the present age were as careful to follow the commands of their fathers as were those of ancient times, there would certainly be fewer drunkards. But drink deprives a youth of natural affection. It leads him to trample upon the authority of his father, and treat with contempt the prayers and tears of a loving mother. What a terrible monster is drink!

The Essenes

The class of Jews known by this name were very temperate in all their habits.

They were strict teetotallers, carefully avoiding the slightest indulgence in fermented drinks. They were noted for their rigorous piety. It is thought by many that John the Baptist was a member of this class. He was a Nazarite, at least, and thus a teetotaller.

Timothy

Timothy must have been a total abstainer, since it was necessary for Paul to advise him to take a little wine (sweet wine) for his "stomach's sake." There would have been no propriety in such advice had he been in the habit of using wine.—*Selected.*

A Use for Waste Cardboard

SMALL pieces of pasteboard saved from breakfast-food boxes or squares cut for the purpose will get out absolutely every bit of the cake batter, thickenings, and anything mixed in a bowl, thus saving every particle. It will be many spoonfuls daily. The squares are equally efficient for removing grease from any vessel, either round or square. They are also much better than a knife for removing the waste from dishes before washing, thus saving wear on the dishwasher's nerves.

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.

248. Unfermented Wine

A correspondent asks for recipes for the above.

Ans.—We quote from "Science in the Kitchen," by Mrs. E. E. Kellogg:—

Recipe 1.—Take twenty-five pounds of some well ripened, very juicy variety of grapes, like the Concord. Pick them from the stems, wash thoroughly, and scald, without the addition of water, in double boilers until the grapes burst open; cool, turn into stout jelly bags, and drain off the juice without squeezing. Let the juice stand and settle; turn off the top, leaving any sediment there may be. Add to the juice about four pounds of the best granulated sugar, reheat to boiling, skim carefully, and bottle the same as fruit. Keep in a cool, dark place. The wine, if it be sealed in bottles, will require a corker, and the corks should first be boiled in hot water and the bottles well sterilised.

Recipe 2.—After preparing grapes as above and rejecting any imperfect ones, put them in a porcelain or granite fruit saucepan with one pint of water to every three quarts of grapes, heat to boiling, and cook slowly for fifteen minutes or longer, skimming as needed. Turn off the juice, and carefully filter it through a jelly bag, putting the seeds and skins into a separate bag to drain, as the juice from them will be less clear. Heat again to boiling, add one cupful of hot sugar to each quart of juice, and seal in sterilised cans or bottles. The juice from the skins

and seeds should be bottled separately.

Recipe 3.—Wash the grapes, and express the juice without scalding the fruit. Strain the juice three or four times through muslin or cheese cloth, allowing it to stand and settle for some time between each filtering. To every three pints of juice add one of water and two cupfuls of sugar. Heat to boiling, and keep at that temperature for fifteen minutes, skim carefully, and bottle while at boiling heat. Set away in a cool, dark place.

249. Headache From Sunstroke

"G.R. (East Perth)" writes: "About six years ago I suffered from sunstroke for sixteen weeks. I get headache on the left side of the crown of the head; it works down to the back of the ears, forming a swollen ridge. This pain is of a numb character. I get swelling on the right side behind the ear but no pain. Since the illness I have had to wear glasses, otherwise I cannot read. I am 49 years of age and a painter by occupation."

Ans.—"G.R." should be careful to get right glasses; the eyes should be tested by a thoroughly qualified specialist who will prescribe suitable glasses. It is of great importance that the lining of the hat be red or orange. Smoked or tinted brown or yellow (not blue) glasses should be worn outside the house, even though the glare is not noticeable. The general

health must be attended to; eat such food as will keep the bowels regular; avoid all stimulants, including tea, coffee, and tobacco; take plenty of sleep, and avoid excitement of any kind. Overeating must be avoided, especially of rich foods.

250. Gastritis

"Mrs. E.B." complains of attacks of "acute gastritis." She writes: "Sometimes I go a week or longer between the attacks. I never eat an egg although fond of them, and I avoid sauces and pickles. Otherwise I am in good health; after the attacks I am sore for days, especially when I reach up bile. My baby (4½ months) is not affected by the attacks. If I study my diet, will the attacks leave me in time?"

Ans.—We believe careful dieting will effect a cure in this case. It is difficult to state exactly what one should eat and should not eat; the old adage, "What is meat for one man is poison for another," has a good deal of truth in it. There are, however, general rules for good digestion which apply to all, such as thorough mastication of food, avoidance of tea, coffee, and cocoa, fried foods, foods cooked with or in fat or grease of any kind, pickles, hot sauces, mustard, spices, etc. Fruit and vegetables should not be taken at the same meal; ordinary sugar must be largely eliminated from diet, especially with milk and milk foods. The taking of dishes made with milk, eggs, and much sugar is the cause of much flatulence and disturbance of digestion. Eggs are better omitted from cooked dishes, especially when fat of any kind and much sugar are used. Rice with milk, for instance, is quite rich enough without eggs. The dextrinised foods, such as zwieback, granose biscuits, and toasted cornflakes, are excellent in almost all forms of stomach trouble; they, however, require thorough mastication. Mushy and sloppy foods disagree with many.

251. Patent Medicines

"J.J." asks whether a certain patent

medicine is good medicine for the kidneys.

Ans.—Most patent medicines are made to give temporary relief, but give no permanently good results. We do not recommend the use of any patent drugs; they are put on the market purely for money-making, and their ingredients are mostly decidedly harmful.

252. Neuritis

"Scotia" writes: "I have a friend who has been ill for a long time with neuritis. He has had the best advice but still suffers a good deal. The doctors have told him that the sheaths of the nerves are affected. When walking he feels as if he has small pebbles or peas in his boots, and his lower limbs and abdomen are often very cold. He is seldom free from pain. He is a very abstemious man, and neither smokes nor takes any intoxicating liquors. For breakfast he has porridge and milk; for dinner, meat and vegetables, together with rice or similar pudding; and for tea, bread and butter and egg or stewed fruit. He drinks a cup of tea at dinner and tea time. . . . He has work that means a great deal of worry."

Ans.—The causes of neuritis are so manifold that the term itself does not carry much to the mind of the medical man; neuritis, in fact, is only a symptom of many diseases. Sometimes it is due to metallic poisoning, as in workers in lead and painters. Sometimes the poison is from lead or arsenic taken as a drug or in beer or other drinks. Absorption of poisons from bad teeth, diseased gums, infected wounds, may be the cause. Again there may be some organic disease of the spinal cord, some constitutional disorder, as gout, rheumatism, syphilis, or diabetes. Most authorities agree that alcohol in any form should be prohibited; painful nerves need soothing treatment and not irritants. We would certainly include all stimulants, such as tea, coffee, and tobacco in this prohibition.

In regard to diet, it should be full and

generous. In gout and other constitutional trouble an appropriate diet must be selected. Rest, which should be as complete as possible, is in most cases advisable; rest lessens the irritability of the nerves. Galvanic electricity would be suitable in this case, it may be made direct to the skin or by a bath. Constipation must be avoided by selection of proper food; undoubtedly absorption of poisons from the bowel increases the irritability of inflamed nerves. We would advise in this case a course of sanitarium treatment.

253. Indigestion

"Constant Reader" writes: "I am 33 years of age, and have a tenderness at the pit of the stomach and over the liver which is relieved by taking food. I am much troubled with wind; food repeats, comes on from one to three hours after taking it. My appetite is good, but I suffer from constipation; don't sleep well; suffer from headache; have a dull heavy head; bad taste in the mouth; lowness of spirits; ringing in the ears. I have three meals in the day. *Breakfast.*—Porridge, toast, one boiled egg, and half a pint of milk. *Lunch.*—Bread, butter, and fruit. *Tea.*—Roast meat, vegetables, milk puddings, with a cup of tea. I take a pint of hot water before breakfast. Between meals I drink lemon water, about a quart per day. I am a teetotaller, but smoke about two ounces of tobacco per week."

Ans.—This is a form of hypo-pepsia (deficient power of gastric juice) with a certain amount of auto-intoxication. "Constant Reader" should read advice given under "gastritis."

For breakfast we would advise some dextrinised food instead of the porridge. Toasted corn flakes with a little raw or separated cream; or slightly toasted granose biscuits with a little milk. It is better to eat the biscuits dry and sip the milk. Puffed wheat, granola, or other dextrinised foods make a nice change. If toast is taken, butter lightly after

most of the heat generated in toasting has disappeared. Toast buttered hot is very indigestible. Probably a little extra milk or lactosa would suit better than the egg. Stewed or fresh fruit can be taken at the close of the meal. The main meal should be at mid-day. Tea is especially injurious when meat is taken. Butter and all fatty foods should be partaken of sparingly. Avoid white bread and substitute granose biscuits or good well-baked wholemeal bread. Tobacco is certainly injurious and should be given up altogether. The evening meal should be very light and consist largely of dextrinised foods and fruit. If sugar is added to the lemon drinks, their beneficial qualities are more than counter-balanced. In most cases of auto-intoxication with constipation, milk in the form of lactosa is advisable.

254. Asthma

"C.J.P." asks for treatment for the above. He also suffers from dyspepsia.

Ans.—The subject of asthma is treated in last issue of "LIFE AND HEALTH" (March-April) under "Chats." "C.J.P." should read advice given under "gastritis" and "indigestion."

255. Frequent Micturition

"Edna" and "J.C.C." complain of not being able to hold their water for any length of time.

Ans.—From the letters we would judge that they drink too much water. As far as we can gather from the letters written, the trouble is of a nervous character and not due to any disease. Tea and coffee stimulate the flow of the urine; also alcohol. There is no necessity to strain or boil the drinking water. A good hot sitz bath—sitting in tub of hot water—for twenty minutes before bedtime would probably give relief. Probably in both cases habit has a lot to do with the trouble. Possibly the boy needs circumcision.

256. Womb Trouble

Ans.—All the symptoms complained of by "The Apiaries" are evidently due to displacement of the womb, for which there is no home cure. The womb may be displaced backward, forward, or to either side. When the womb bends on itself in a backward direction, it is spoken of as "retro-flexion"; when it is displaced backwards without any bending on itself, it is "retro-version." "Ante-flexion" and "ante-version" similarly express the forward displacements. The position of the body influences the position of the womb. Backward displacements are relieved by the knee-chest position. The buttocks are elevated while the chest and knees (the latter should be separated about 18 inches) are on the bed; this throws the upper part of the womb upwards and forwards. The patient should remain in this position for ten or more minutes at a time, and the exercises should be partaken of three or four times a day. Where there is forward displacement the patient should lie on the back with two or three pillows under the buttocks so that the fundus (the upper part) of the womb will fall backwards. These exercises do not cure the trouble, but certainly give relief. India-rubber glycerine pessaries are very useful in many cases for keeping the womb permanently in a proper position in case of backward displacements. The old fashioned hard pessaries are not to be recommended. If there is any displacement of the very sensitive ovaries, pessaries may, by pressure, cause continued irritation and inflammation, and thus only aggravate the symptoms. In the treatment of all displacements, the general health must be attended to; with poor health the womb often remains heavy and the ligaments that support it become stretched; but increased health will tend to lessen the bulkiness of the womb and tighten up the ligaments. In many cases, however, only an operation can give permanent relief. Our correspondent complains of sterility; the displacement most likely is the cause. Frequently an operation obviates this latter condition, but

long continued displacements often produce slow inflammatory conditions which to some extent are permanent. Correspondent should consult a specialist in women's diseases—a qualified medical man.

257. Fits (Epilepsy)

"H.S." writes: "I have a friend who suffers from fits. . . . He can tell just a few seconds before one takes him; he falls backwards and foams at the mouth. When he comes out he knows nothing of the last work he was doing, and his mind is void. Would you please tell me the best treatment and if these cases can be cured by sanitarium treatment; the patient is a man of forty years of age."

Ans.—The case is one of epilepsy; the usual treatment is bromides in from ten to thirty grain doses three times a day. The one bromide may be used (potassium or soda), or the same dose may be divided between the two or three bromides (potassium, sodium, and ammonia). The potassium salt by itself is very depressing. Often the tincture of belladonna in ten minim doses increases the efficacy of the bromides, but this is more so where the fits are of a very short duration. Drug treatment, however, as a rule gives no permanently good results, but mostly one has to choose the lesser of two evils, the use of drugs or the continuation of the fits. We have had great improvement under sanitarium treatment. The building up of the general health and the removal of waste products from the blood by the abstinence from flesh foods, tea, and coffee, will frequently help the patient considerably. Epileptic patients should abstain from flesh foods, tea, coffee, and legumes (dried peas and beans). Sanitarium treatment should extend over some months, but an absolute cure is certainly rare even under the best conditions.

258. High Coloured Urine

"Enquirer" asks the "cause and meaning of a sediment of a brick dust character

in the urine after it has stood for a while. What would you advise in the way of diet for the same?"

Ans.—The sediment spoken of is due to excess of urates, the usual nitrogenous waste products from the system. When the urine is warm, the urates are held in solution, but as it cools the urates separate as a sediment. Excess of nitrogenous foods (especially animal food), coupled with poor digestion, are the usual cause of sediment of urates in the urine. The same condition occurs in feverish states of the system, due largely to the "burning up" of the nitrogenous tissues of the body and scanty secretion of urine. When the amount of urine is increased by the drinking of water, the urates are kept in solution and the sediment is not so likely to occur. The treatment of the condition consists of attention to digestion, the avoidance of flesh and highly proteid foods, the free use of fruit or vegetables with meals, and the drinking of water between meals. Rich foods, sweets, foods cooked with or in fat, cakes, and pastry should be eliminated from the diet.

259. Use of Apples and Onions

"Enquirer" also writes: "Do raw apples agree with a person when they act on the kidneys within a very short time, say half an hour, by increasing largely the

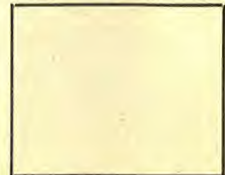
amount of urine discharged which is very light in colour like water. Would you advise anyone to persist in eating onions, especially cooked, when they cause a good deal of gas in the bowels which, when discharged, is very offensive?"

Ans.—Apples as well as other fruits contain a large amount of water, and consequently increase the amount of urine. If the urine has increased in quantity, it naturally contains less percentage of the urates, and consequently it has more of the colour of water. Apples, when they agree with the digestion, are a perfectly healthy food, and the increase in the flow of urine can certainly do no harm, although it may cause some inconvenience; it is only the latter consideration that "Enquirer" must consider. In regard to onions, any food that causes the production of gas should be avoided. Gas is an evidence of fermentation or undesirable chemical action.

RALPH WALDO TRINE declares that "full, rich, and abounding health is the normal and natural condition of life. Anything else is an abnormal condition, and abnormal conditions as a rule come through perversions. God never created sickness, suffering, and disease; they are man's own creations. They come through his violating the laws under which he lives."

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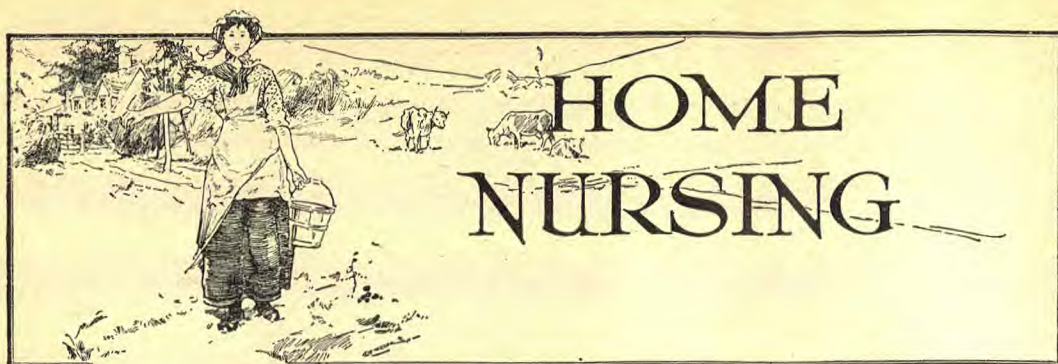
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The After Effects of Disease

CARRIE A. RITTER

MANY diseases, scarlet fever, meningitis, adenoids, infantile paralysis, whooping cough, and even measles, leave their dreadful stamp on child-life in deafness, blindness, and other physical defects. Why it is so often the firstborn, even the only child who, in spite of the most careful nursing, is left with these troubles, we cannot explain, but such has been our experience.

Sometimes these defects are so slight that even the parents do not realise they exist, and the child is blamed for failure in school or home, while he is really doing his best. In visiting a public school one day, the principal pointed out a lad waiting to see him, sent by the teacher. "John gets into a great deal of trouble in the classroom," explained the principal, "but I have recently discovered that he is quite deaf. Now watch. John—John!" he said, but the lad did not heed until the principal first attracted his attention and spoke louder.

Much so-called inattention may be traced to failure in understanding the teacher. Again, in visiting a school, the guardian of one of the girls remarked, "You notice Mary is quite deaf?"

"I had not," the teacher replied. "I am so glad you told me because I thought she was not always attentive, when probably she did not even know I was speaking. I will have her sit near me and be sure she understands what I say." The girl had a bright, intelligent face, show-

ing no lack of interest in affairs around her. The teacher is always glad to cooperate with the parent when defects can be helped.

We are speaking especially of deafness because so many people seem to suffer from it. There are great institutions where the deaf may be wisely taught, but it is hard to persuade a mother to send away to school the child who has just undergone an operation, or who has just come back to her from a battle with death. Somehow, as she thinks of the days and nights of anxious care, it is unendurable to consider sending him to strangers. Indeed, we meet parents who firmly believe their child must put up with its misfortune and not be taught.

One mother tells us how backward her little girl is in learning to talk, how noisy and destructive. Possibly the girl is a mute because she is deaf and of course, never having heard a voice, does not try to imitate the sounds. We all learned to talk because we heard some older person form words. It is stated that rarely is a child born mute with the ability to hear; it is mute because it does not hear.

One little fellow had adenoids removed when about six years old. His mother fancied he heard as a baby because he enjoyed playing with a bell, but who can be sure, for the bell was bright and the shining of a thing is in itself a delight to a baby. The operation gave back to the child the hearing through one ear.

The tests for deafness are many; any doctor will know quite a number, but any mother can try simple ones. Coming behind this child, we held a watch to his dull ear without letting him see what we had. No change of expression; but with a change to the other ear; a smile broke over his face, then as he learned to talk he would say, "Tick, tick," and we knew he heard. He would touch the injured ear and say emphatically, "Ear, no good," then the other, "This, all right." How he disliked a phonograph or any instrument of that nature! He declared it went, "Yaa, yaa," imitating the harsher notes, then he would squeal, and put his hand over his ear, saying, "Ow," to make us understand it hurt him to hear it—showing that all the softer sounds were lost to him.

Adenoids and other obstructions may simply injure the middle ear, or the nerve may be affected. A doctor tells us that to prove where the trouble is, lay a watch against the skull near the temple and if the nerve is healthy and only the middle ear with its tiny bones affected, the person will hear the ticking. The protruding ears, distended nostrils, and open mouth are not always noticeable in a child having such trouble, and the magazines do not always describe symptoms plainly. One mentions, "Elongated facial configuration," "Hypertrophy of pharyngeal tissues," and "Ossification of ossicles," and two columns more just such, all as clear as mud to the average mother, isn't it?

The child who has had meningitis has

usually heard and talked before the sickness, perhaps even been to school, so the training is much easier. An eight-year-old boy fought this disease with that wonderful vitality even apparently frail children possess. He came back to life, weak and shaky, his hearing gone. He had



DELIVERING THE MAILED IN THE INTERIOR OF CHINA
(See page 135)

been to school a year or so; upon that slight foundation parents and teacher worked, teaching him new words by means of those he already knew. For such a child, words must not be all simple, new ones can be explained and he can be taught to pronounce them. This

boy was taught arithmetic and geography, names and all, by written and printed explanations. From general reading and observation, he acquired a far greater knowledge of current events and history than the average grown-up gets, and at an early age in spite of total deafness was able to hold a good business position.

What would we do with a deaf child who did not care to read? Impossible to imagine one, since they soon learn that reading is the way to get the information they crave. The deaf child lives in a world of his own; he can sit and read while a dozen people converse around him.

His language is that of books, no baby-talk, no slang, very little acquired from his playfellows.

Mothers often do not realise their children are totally deaf, therefore mute, because the little one generally understands the mother's meaning. This of course is the beginning of the wonderful lip-reading. The child will usually understand much said by its daily associates especially when accompanied by some motion.

The deaf child rarely jumps when you come suddenly behind him; he feels your presence. One proof of loss of hearing is the rapidity with which the other senses develop. Pounding on a hand-rail will often call a deaf person upstairs, while the slightest tap on the floor, one you would not notice, will attract his attention. Then people will tell you he heard, but he did *not*, he felt.

The child has language, a jabber, no words being formed since he knows none. This he delivers very rapidly when excited. The average mute is also very demonstrative, flourishing his hands, stamping his feet and protesting violently when not getting his own way. The jabber seems to have a meaning, for another young child, who is in no way defective, readily understands it and talks it, too, in preference to English unless watched. It was interesting to observe Grace, aged six, and entirely deaf, with her brother two years younger, who could hear perfectly. "Grace wants" so and so, he would say, though no one else understood her. When

shown the thing it was generally what she desired.

These children are often destructive, throwing articles on the floor, sometimes in passion but apparently quite as often for pure love of seeing it smash. They are noisy, too, loving to bang things. Why, since they cannot hear? But as training advances and the child becomes interested in other matters, these traits may disappear.

Then, too, there is that cry—unearthly, uncanny, making one shudder when heard for the first time—the call of the mute, the cry of the hurt or frightened animal. Listen for it, you mothers who are not sure about your child—there is no other human cry so pitiful, so haunting.

The progress in learning seems sometimes painfully slow to the anxious mother, slow even to the experienced teacher; but one day the child will wake up. Oh, the joy of knowing things! One boy discovered as he began to hear and talk, that everything has a name. How he delighted to learn them! "What name, mamma? What name, teacher?" he would cry. (The deaf in learning to talk often leave out the verb.) When he was told, he repeated it exultantly and rarely forgot, telling the new name to anyone who chanced to come in.

Often he would see something in a picture which recalled some experience before he could talk. One day looking at a picture, John became suddenly animated, took a pencil and drew a long, crinkly thing, then told the teacher something in his broken jabber with which was interspersed the words he knew, his uncle's name occurring often; then he made the motion of pulling a fish from the water, then another mention of his uncle with a very disgusted look on his face. "What name?" he asked his mother. "Fish," she suggested, showing him a picture of one. "No, no," vehemently.

Suddenly she remembered. His uncle caught an eel in the river nearly a year before. He was greatly disgusted at the capture and it tickled the boy immensely.

When explained to the child, he answered

promptly, "Yes, eel, teacher, fish, no!" He knew the difference.

Pictures play a large part in the teaching, since most of the commoner objects the child knows by sight. If he can hear a little, he soon learns their names. Teacher and child together make scrapbooks of cambric, paste in pictures with a strip of white paper below each; then the child points out and names the object in the picture, writes the name on the paper, the

Another, a girl, loved to show anyone who came to her home how quickly and neatly she could put together a sectional puzzle.

Eyes are useful to all of us, but especially so to the deaf. Other senses may become more acute, but, oh, those eyes, how little they miss! Sometimes mothers and teachers wish they did not see so well, for nothing comes into the house but they see it. It is a wonderful lesson to



A TYPICAL AUSTRALIAN SCENE

Sears, Photo., Melb.

teacher showing how to spell it if he does not already know.

Sometimes printed letters seem easier at first as they are like those in the books. So also may be taught the names of colours. One must work out these schemes for each individual, with much of the kindergarten idea.

The deaf child, particularly a young one, is delighted to show what he can do, for he is not self-conscious. Do we make our children so by talking about them in their presence? A little fellow would take his reader down to the specialist who was treating his ears and read to him, showing his progress.

the teacher as well, this keeping your eyes open that you may be ready to answer questions—this being ears for a restless, eager boy or girl.

Finally, because your child is afflicted, do not believe it is the will of God to let him go untrained, to become a burden to himself and the community. Rather believe it is right to teach him all that is possible. We know a lady who has been very deaf since babyhood, yet she is one of the happiest women we know, giving out of her sunshine to others. She is a great charity worker also, and can even preside at a large public meeting in spite of her affliction.—*American Motherhood.*



THE HOUSEKEEPER

Household Hazards

Some Cautions and Precautions

THE verdict of guilty has been pronounced upon the soapy bath in many cases of sprained ankles and fatal falls. The powder box is not the innocent looking article it appears to be. When given to fretful babies for amusement, it may easily cause the death of a child. If the top of the box works itself open, enough powder may be drawn through the perforated top to cause the mischief.

Failure to disconnect electric irons, the heating of paraffin wax to the point of explosion during the preserving season, and the placing of a petrol-cleaned hat in the kitchen oven to speed up its drying, are a few of our very latest causes of fires in the home.

Chloroform liniment rubbed upon an aching arm and later dried over the heat from a gas oven started a fire that severely burned an elderly woman.

You may look in vain for a reduction in fire insurance rates as long as kerosene and such like are used to start a fire or speed up one that is not burning well, and as long as ashes are not kept in metal receptacles. Also, if you would like to cut down the rates, don't use petrol for cleaning purposes, especially in any closed place, or permit rubbish to collect about the house. Never hang lace curtains near gas jets or use celluloid or similar substances near any flame.

It is exceedingly dangerous to go to eeslp with an electric pad placed under

heavy bed clothing for the reason that the cumulative heat has been known to ignite material near it. Some of these warmers for zero nights have thermostats, which take care of the dangers to a certain extent, but if we want to play for safety we will disconnect these electrical warmers when we feel the charms of Morpheus overcoming us.

We become so accustomed to the use of electricity that we sometimes forget that all is not gold that glitters. A little insulation out of place may be the means of causing considerable trouble. Such spots should be remedied immediately, especially on flexible cords. Avoid touching them. Connecting cords should never be hung over nails, pipes, or any metal. You can make your body a speedway for electric current if certain conditions are not what they should be, and these conditions are very hard for most of us to determine. In bathrooms, laundries, basements, in fact, any room that may have a damp floor, heaters, pipes, or radiators should not touch electrical fixtures.

A young man while taking his bath used an electrical vibrator at the same time, thinking an electrical bath would improve his health. It didn't, because he died.

When in a bath do not touch any electrical fixtures. Stay away from your telephone during an electrical storm, and do not come in contact at any time with

metal while using it. The ordinary electric lamp globe gives off heat enough to ignite material in close proximity to it. Keep paper shades away from it unless properly protected. Don't take electrical shocks for fun! The person with a weak heart may have a funeral instead.

The Mischief of Gas

Your nose is a good gas accident preventer. It will detect the tiniest leak along gas tubing or about a cock. But don't look for a gas leak with a match! When you find it, use kitchen soap to stop it, but not as a continued remedy. If the leak is a bad one open all doors and windows at once, call up your gas company, and if they do not respond soon call up the fire station to shut off the gas supply. Gas fumes travel far, and a leak in the basement may be discovered by a person on the third floor. All gas appliances should be purchased from well-known firms, because appliances sold by them are tested for the essentials of safety.

Coroners can tell you of many cases of accidental poisoning from carbolic acid, bichloride of mercury, cyanide of potassium, beetle powders, and other dangerous drugs. Beware of various toilet preparations, such as bay rum, witch hazel, and many household liniments that contain a goodly amount of alcohol. In normal times we were quite sure of getting genuine alcohol, but these are not normal times and drug authorities tell us that a surprisingly large amount of wood alcohol is substituted. Wood alcohol is a deadly poison! A comparatively small amount taken internally results in immediate death. Recently when used in a liniment and absorbed by the body of a man when the preparation was rubbed into his chest twice a day for two weeks it caused total blindness.

Mercurial poisoning may be in that beautiful red colouring that milady buys for her cheeks and lips. It has happened. The dye used in making grey hair brown, or white hair grey, may contain salts of silver, lead, copper, and bismuth and can

cause serious poisoning. It has also happened. If you are a gardener, the stuffs kept about the house, as deadly food for insects, would not keep you in good health very long.

We cannot "swat" all the flies, and so we distribute poison about the house, in some cases in the form of arsenious oxide. Any coroner will prove to you that the flies don't always get what is intended for them. Sometimes people do! Rugs on floors cause broken backs. Often a pin prick causes blood poisoning.

Smother fire with a blanket or fire extinguisher, if you think you can put it out. In this case the kitchen broom is your best friend. Dipped in water it can be directed perfectly, and will shower water on the fire. Don't use your hands to pull down blazing curtains or draperies—use the broom. Water thrown from a dipper is far better than a bucketful which, in the excitement of the moment, is generally thrown over everything else but the fire.

It is dangerous for women to stamp out fires, on account of the nature of their clothing. Do not use water on a fire from oil or grease. Use sand or the earth from flower pots.—*Popular Science Siftings*.

Strawberries

STRAWBERRIES are rich in all mineral salts usually found in fruits; they also contain iron. It is said strawberries are rich in soda, and for that reason are recommended for gout. The soda salts of strawberries also neutralise the acids present in rheumatism.

French Way of Serving Strawberries

Set a dainty cup or glass containing sugar in the centre of the plate, pile the berries around the cup. Berries should be fresh, with hulls on.

To Can Strawberries

Also red raspberries, and all delicate berries.

For each two quarts of hulled berries (just enough to fill one quart jar) use one cup of granulated sugar. Put a layer of berries into an earthen or graniteware dish, sprinkle with sugar, cover with another layer of berries and so on. (Strawberries are so juicy they will not bear any water.) Let sugar and berries stand together in the ice box or cellar for several hours. They may be prepared late in the afternoon and put into cans the first thing in the morning.

When ready to can the fruit, drain off the juice, heat it to boiling, turn the berries carefully into it and shake and turn the dish once in a while to keep the fruit heating evenly. When just boiling all through, dip carefully into jars with a handled cup. Put the covers on quickly, no matter how many bubbles of air there are nor how much froth there is in the jars, and screw down tight. After pressing the edge of the covers down if necessary, lay the jars on the side (instead of inverting, for strawberries) and turn over occasionally while cooling. When perfectly cold, set jars upright and you will find the berries evenly distributed through the jars, and they will never rise to the top.

As fruits are nearly all water, it is commonly thought they possess little value as a food. The following figures taken from the United States Department of Agriculture give the comparative value of fruit per pound represented in heat calories as compared with milk.

Food Value of a Pound of Fruit

	Calories per lb.		Calories per lb.
Milk	325	Olives, ripe	1205
Bananas	460	Grapes	450
Plums	395	Persimmons	630
Pomegranates	460	Prunes	370
Whortleberries	390	Apricots	270
Blackberries	270	Cherries	365
Cranberries	215	Figs	380
Huckleberries	345	Lemons	205
Muskmelons	185	Watermelons	140
Nectarines	305	Oranges	240
Pears	295	Raspberries	310
Strawberries	180		

The above table reveals the fact that many of the fruits possess a greater food value than milk. Dried fruits have a higher food value expressed in calories than has the best beef.—*Mrs. S. N. Haskell.*

Some More Ways of Cooking Potatoes

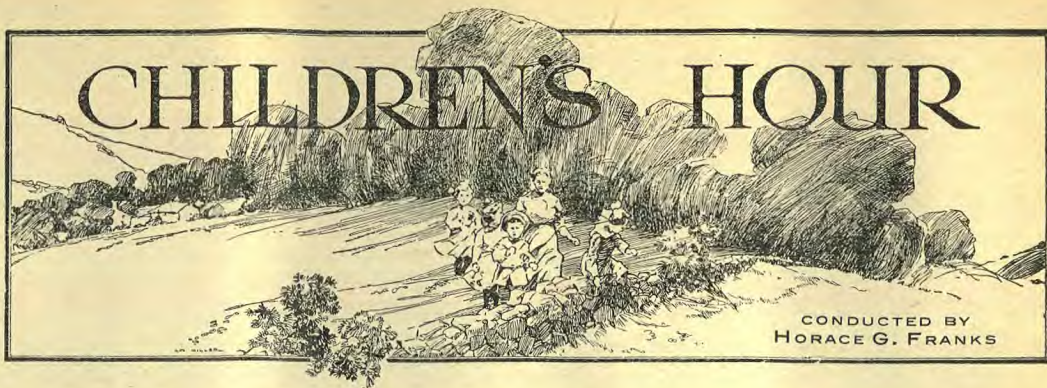
Egged Potatoes.—Put a fair-sized piece of butter into a frying-pan, and when it boils brown put in it a small onion finely chopped. Cut some cold boiled potatoes into slices, put them into the pan, pour over them the well-beaten yolks of two eggs, add salt to taste. Fry a golden brown on both sides. Place on a hot dish, and put into the oven for a few minutes to absorb the fat. Serve very hot.

Baked Potatoes in Slices.—Plentifully butter a round baking tin with fresh butter. Pack closely in this a quantity of slices of raw potatoes of equal thickness, seasoning each layer with salt. Put a few pieces of butter on top, cover the pan, and put it into a brisk oven. When the potatoes are done, turn them out into a dish. Serve at once. They should come out like a cake, crisp on the outside and soft within.

Fritters.—Rub half a pound of cooked potatoes through a wire sieve, or put them through a vegetable presser. Melt an ounce of butter in a saucepan; add to it the potato, the yolk of an egg, salt to taste, and mix all well together. Next beat the white of the egg to a stiff froth; it may be necessary to have the white of two or more eggs, and mix them lightly into the mixture. Have ready a frying-pan of boiling fat and drop into this pieces of the potato about the size of a walnut. Fry until a nice brown. When ready lift each one out carefully with a drainer, and rest on paper to drain well. Then place on a very hot dish on a folded napkin, and serve garnished with parsley.

Potato Mound.—Mash some potatoes previously boiled in their jackets (it is always much easier to mash potatoes while they are warm than when allowed to go cold), mix with them a little milk and salt; when quite fine and smooth pile in a mound on a buttered plate or dish, put a spoonful of butter on the top, and brush the mound over with a beaten egg, then place in the oven until a pretty golden brown. It can be easily slidden off from the dish on which it has been cooked to the one on which it is to be served.





The Story of the Chinese Postmen

IT was evening. The blinds had been let down and the three little girls in an English home were seated in front of the cosy fire waiting for their usual weekly story. Oh no! not a fairy tale, but a true story of life and conditions in other lands. Their brother had set apart one evening each week for this cosy talk together, and to-night all were as anxious as ever to hear the interesting things he had to tell them.

"This evening, little sisters, I want you to come with me to the far-away land of China. And when we arrive in that wonderful land, I want you to imagine I am a letter travelling to a friend who is a missionary in the heart of that great continent, and I will tell you my story.

"You post me in the letter box in Peking, and then I start my adventures. First of all I find myself in a room full of Chinamen, one of whom picks me up, looks at my face, and places me in a bag at the end of the room. Very soon the bag is sealed at the top, and I am carried off on the back of a man on a bicycle to a railway station, where I am placed on a train. In this fashion I travel for two hundred miles, till we come to a fairly large town, where I stay for the night.

"Early next morning I find myself suddenly lifted up, placed in a large basket, and started off on a journey which shakes me about most terribly. And no wonder! I soon find that I am travelling on a cart with two wooden wheels, drawn by an ox. Of course this part of the journey is

rather a slow one, and I go on and on for several days. But one day there is a sudden stop; my basket topples off, and the poor mail-carrier looks with a rueful glance at his one-wheeled cart lying in a heap by



A CHINESE INLAND MAIL BOAT

the wayside, a collision with a stone having caused the left wheel to come off. But such accidents do not worry the Chinese much, and with the help of a few villagers we are shortly off again along the bumpy track. Next day we stop again, this time for a change of conveyance. From the conversation, I can tell that we have reached a tall rock with a gorge or ravine separating us from the other side.

"However am I going to get across? But soon my question is answered in a very practical way. My basket home is taken off the bullock-van and fastened on to a large hook. Then the wheel to which this hook is attached is placed on a cable stretched across the gorge; and away we go! In a few seconds I arrive

at the other side, where another bullock-van is waiting for me. For half a day we trundle along, until at last we come to a good-sized town. Outside the large gate in the massive stone wall we stop, and are not allowed inside until the postman has presented his passports for strict examination. The officer says, 'All right!' and inside we go. We do not stay here very long; for soon off I go again, this time in a bag on the back of a horse. This is the most dangerous part of the journey, for along the mountain paths my

waiting for me, this time in the form of a rough cart drawn by five mules. In this I travelled for about thirty-five miles, exchanging it finally for a place on a camel's back, by means of which I passed over many miles of waterless country. By this time I thought I must surely be reaching the end of my journey; but no! I soon found that I was to have one more experience.

"After spending the night at a dirty little village, I started next morning on the last stage of my travels. And what do you think the vehicle was this time? A wheelbarrow! Look at this picture, children [page 129], and see what my 'motor-car' was like. Not very comfortable, is it? Finally, after a long run in this manner, I reached the home of the missionary to whom I was addressed, there to make his heart glad with news from his loved ones."

Just here the speaker clapped his hands, and the three little maids were suddenly reminded that they were seated by the



THE BULLOCK MAIL VAN

guardian has to keep a strict look-out for wild animals and highwaymen, in addition to taking the risks of diseases and floods. But on this trip, however, he gets through without any mishap, going steadily along until we reach the banks of a wide river. There is no cable to take me across this stretch of water, and as I begin to wonder what we shall do, two Chinamen come up the stream seated on a most strange looking contrivance. This, I am told, is their boat. It is like a raft made of sticks and balloons. Two long hides are sewn together and blown up like large bolsters, and planks are tied across them, on which the mail bags are placed. And in this way I was paddled across the calm inland river, being thankful all the time that the weather was not stormy. On the other side a new kind of conveyance was

fire in England and not travelling in the wilds of China.

"I have now told you of the wonderful postal facilities in that strange land of the East, and you will no doubt be surprised when I tell you that the charges for sending letters in that country are very low, being smaller than those made by any other Government.

"But now, my sisters, it is bedtime, and off you must go; but I want you to remember one thing. The experiences which that letter went through to reach the missionary were exactly the same as the missionary himself had to go through in order to reach his present home. He has to face many dangers every day, so, as you say your prayers, ask God to take care of all His missionaries all over the world."

A Hard Word Easily Explained

WHILE the great European war was being fought, there were a large number of new words constantly appearing in the newspapers and magazines. One of these



FIG. 1

words was "camouflage"—a French word meaning to disguise.

In order to save our troopships and other steamers from being sunk by submarines, clever men invented a method



FIG. 2

of painting them so that the outlines of the ships could not be easily distinguished. This was called "camouflaging."

And the method they employed was that of painting the ship's sides and funnels with great blotches of colour. When seen close by, the painting looks very strange, but from a distance it makes the vessel hardly visible. The accompanying pictures will help to illustrate this in a very simple way.

You will see from figure 1 that the outline of a dark-painted boat is very dis-



FIG. 3

tinct and can be easily made out from a great distance. But notice the difference in the appearance of figure 2, which is, as it were, closely painted in black and white mixed. This is certainly harder to distinguish, although the outline is still rather plain. Figure 3, however, shows a great difference of appearance. This has been cut out of large type, and is similar to the style of painting the ships in dazzling colours of huge and fantastic shapes.

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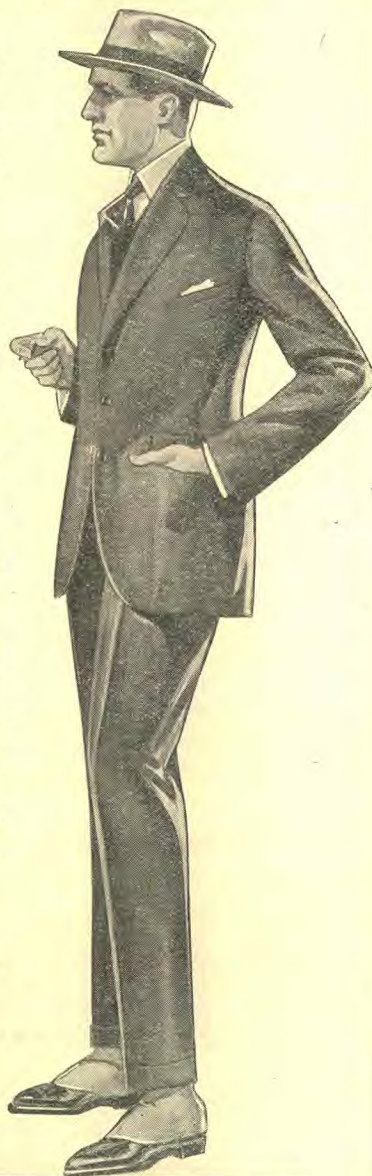
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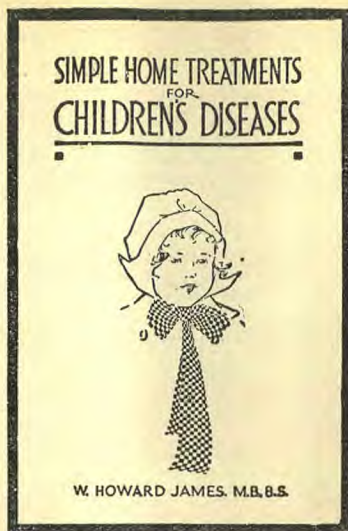
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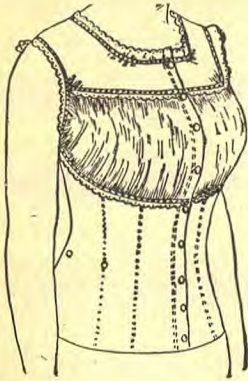
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Orders by Post Promptly Attended to

CHEMISTS



For Baby and Mother

there is no better food than LACTOGEN. It is the ideal diet for baby when the mother's milk is deficient in quantity or quality, because it is identical with human milk in composition and digestibility. Nursing mothers find LACTOGEN an invaluable food for themselves. It amplifies and improves the natural supply of milk, at the same time rapidly restoring health and strength.

LACTOGEN

THE
Natural Milk
FOOD

Write for Free Sample and
our Helpful Book on Rearing
Baby

The
BACCHUS MARSH
Concentrated Milk Co. Ltd.,
593 Little Collins Street, Melbourne
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Australia's Home of Health

The Sydney San.)

Wahroonga, New South Wales



THIS Institution is located among the picturesque hills of the North Shore-Hornsby railway line, and stands over 600 feet above the level of the sea. It is about twelve miles from Milson's Point, and is one of many similar institutions scattered throughout the world. The Institution has been established for about eighteen years, during which time it has been patronised by thousands of people from every part of Australia and New Zealand, who have highly appreciated the help derived from the various treatments prescribed, including Hydrotherapy, Massage, and Electricity.

Among the cases successfully treated are disorders of the nervous system,—such as nervous prostration, neurasthenia, etc. All the life at the establishment is adapted to the building up and reconstruction of the nervous system.

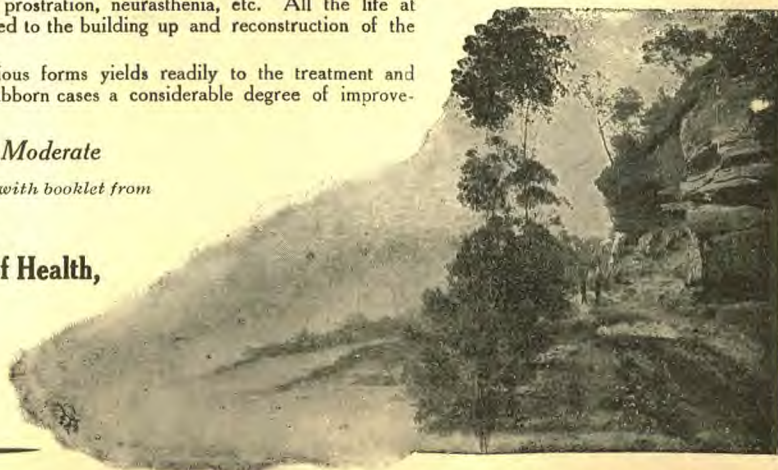
Rheumatism in its various forms yields readily to the treatment and diet; even in the most stubborn cases a considerable degree of improvement will be secured.

Rates Very Moderate

Further information with booklet from

**The Manager,
Australia's Home of Health,
Wahroonga,
Sydney, N.S.W.**

Phone. Nos. 683 and 684
WAHROONGA



One of the Adjacent Beauty Spots

GRANOLA



PLACE
GRANOLA

Nº 1
INTO BASIN
WITH DRY
SPOON
(See Recipe)

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



Nº 2



Nº 3

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



Nº 4

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

ADD MILK, CREAM OR
STEWED FRUIT TO TASTE

What could be easier?

ALWAYS READY



Nature's Breakfast Food

Enriches the Blood
Strengthens the
Nerves
Forms Bone and
Muscle
Supplies the needs
of growing children

**ALWAYS READY
NO COOKING**

Saves fuel and time

MANUFACTURED BY

Sanitarium Health Food Company

(Head Office) 308 George Street, Sydney

BRANCHES IN EVERY STATE (See Addresses on Grainut Advt. elsewhere)