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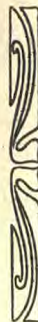
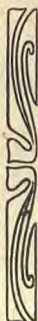
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NEW ZEALAND  
MOUNTAIN SCENERY





# LIFE AND HEALTH

Vol. 10

May-June, 1920

No. 3

Editor: CHARLES M. SNOW

Associate Editors: { W. HOWARD JAMES, M.B., B.S.  
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## A Blessing in Disguise

FOOD rationing has not been looked upon generally as a blessing, and yet where it has been carried out intelligently and the people have had a fair amount of nutritive food, a positive benefit has resulted. Surfeiting has been one of the great causes of intestinal disturbances. But it is practically impossible for people to indulge in surfeiting where rationing is impartially carried on with everyone receiving a fair amount of nutritive food. One doctor states that it is not too much to expect that selected foods and related substances may before long be expected to accomplish some of the effects which drugs are at present called upon to bring about. And to the extent that this change can be brought about the human family may expect to benefit.

## Some Gain From a Great Loss

FOOD rationing has not been an unmixed evil. Dr. Lafayette B. Mendel, professor of physiological chemistry in Yale University (New Haven, Connecticut), in the American Journal of the Medical Sciences for September, 1919, dealing with food factors in gastric troubles, says: "During the war we have learned the possibility of using more than

one cereal to advantage; we have succeeded in lowering the consumption of meat without apparent detriment; we have reduced the intake of sugar to the plane where it represented a condiment rather than a food; we have restored the conserved and less expensive vegetables to a worthy place in the day's food—this and other dietary changes have been instituted amid the fears of the devotees of custom in foods." While war-time restrictions have not been an unmixed blessing because of the effect upon the system of foods that are poor in nutritive value, or coarse and irritating, or lacking in digestibility because of the taste not being accustomed to them; yet in countries where it was possible to ration the people and still give them a fair amount of nutritive food, a positive benefit has resulted; and in other countries certain diseases entirely disappeared, showing that they thrive on a surplus of food. Surfeiting has been one of the great causes of intestinal disturbance. It is difficult to do this where rationing is carried out conscientiously and intelligently with a fair amount of food in proportion to the population. The doctor says: "It is not too much to hope that selected foods and related substances may before long be expected to accomplish for secretion some of the effects which drugs



are at present called upon to bring about." And to the extent that this change occurs, the human family may expect to benefit.

### Whisky In Influenza

DR. DUDLEY ROBERTS, M.D., Major in the U.S. Marine Corps, writing in the American Journal of the Medical Sciences on the disease known as Spanish influenza, which he calls the unidentified pandemic disease, puts whisky in the right place so far as its usefulness or uselessness is concerned in the treatment of pneumonia following influenza. He says: "Whisky has come into favour [among some] in the handling of these pneumonias, although from our experience it has no practical value." He further states that "cupping, counter irritation, and pneumonia jackets have proved entirely useless." The attempt to bring whisky back into the favour which it once enjoyed as a remedy has thus utterly failed. The clinical material on which this opinion of Dr. Roberts is based comprised about 1,500 cases at U.S. Army General Hospital No. 1, and about 200 cases at U.S. General Army Hospital No. 25. From the deceptive nature of alcoholic remedies it need not be a matter for surprise if the demise of many of these cases was distinctly hastened by the alcoholic "remedy" employed.

### A Review

FOR the benefit of new readers and to revive the memories of our regular subscribers we will give a rapid outline of the ground covered in four issues of LIFE AND HEALTH. Take, for instance, the first of the past four numbers. The general articles department dealt with the treatment of measles, a disease very prevalent just now; it told the reader how much sleep he needed to keep in good health and fit for his daily occupation; it gave the causes and treatment of biliousness, headaches, and constipation; and also advised how to keep "colds"

from the door. Another department dealt with the common disorders of childhood, while yet another gave useful advice on emergency remedies. The doctor's contribution of sixteen pages, and the housekeeping hints also contained invaluable matter.

In the next issue the doctor, in his editorial, dealt with the "liver," while in his "Chats" he gave expert advice on nearly a score of diseases. "Quiet Talks with Mothers" were especially helpful, while three prominent physicians contributed most interesting and valuable articles—none of them technical—to the general department.

The January-February issue was an all-round number, competent authorities dealing with such matters as these: Corns; bunions; correct combination of foods; self-preservation from drowning; relief for neuralgia; game exercises for children; chairs for children; efficiency in home-making; success in salad- and toast-making, and bottling fruit in Nature's way; in addition to the doctor's helpful Chats in all diseases to which man is heir.

The issue which followed this one was just as practical and equally as helpful. The variety of subjects dealt with in an unusually interesting way secured for this magazine a phenomenal sale, so that we have no copies of this number remaining on our store-room shelves. Indeed, we expect this position to be the rule instead of the exception in future, and hence all readers should make certain that their names are on the list of permanent subscribers.

All the splendid material which has been outlined in this retrospect, together with special editorial notes, children's pages, and a profusion of illustrations, have been obtained by our readers for the sum of two shillings—sixpence per copy. In these days of high prices, information obtained so cheaply is almost unbelievable; but we challenge any new readers to prove our assertions by making certain that they do not miss a copy of this money-, time-, and sickness-saving journal. F.



## Hookworm Disease

THE hookworm disease which is now causing considerable trouble in Queensland is found in all countries of the world where the conditions of climate and soil favour the development of the parasite. The hookworm is a small round worm about half an inch long and about as thick as an ordinary hairpin or small sewing needle, varying in colour from a dead white to a dirty grey, sometimes red from the blood it has swallowed. In the adult stage it lives in the small bowel, but is sometimes found in the stomach. It has strong jaws and a median tooth by which it attaches itself to the lining of the intestines. While clinging to the inner walls of the intestines, it sucks the blood and produces a poison which has a very injurious effect on the red corpuscles of the blood. The digestion is impaired by reason of the numerous wounds in the bowels caused by the worm and the extreme poorness of blood. The symptoms are those of malignant or pernicious anæmia which up till the discovery of the parasite resisted all treatment. Very many deaths have been caused by the disease. The worms do not multiply in the bowel but each adult female deposits great numbers of eggs, from a few hundred to three or four thousand every day, which are passed out with the normal bowel movements. Under favourable conditions of warmth, moisture, and shade the eggs develop young worms (larvæ) in about twenty-four hours. These organisms shed their skin twice during a week. After the shedding of the skin, the young worm is capable of entering the human body, and this is done in one of two ways. It may be swallowed with contaminated food or water, or it may get into the body by boring through the skin, usually the skin of the feet. Children who run about on infected soil without boots are liable to be attacked in the feet, where it produces what is known as "dew poison" or "ground itch." These larvæ enter the blood current, are carried to the heart and

on to the lungs, and finally are coughed up and swallowed. In the stomach they again twice shed their skins and finally fix themselves on to the walls of the intestines as the adult worm. The eggs have been known to appear in the stools six and one-half weeks after experimental skin infection.

### Symptoms

The symptoms are those of anæmia—poorness of blood—and vary greatly according to the severity of the disease. Some cases show but few symptoms, while in others a most profound illness is produced. Severe cases are typical—they are pasty-looking, pot-bellied, stunted, and prematurely aged, and may die at any time from severe anæmia. The well-fed and those who live under healthy conditions have the disease in the mild form. If the infection occurs before puberty it is likely to retard the physical and mental development of the child. A boy or girl of sixteen may present the body and mind of one of eight or ten years of age and young men and women of twenty may appear to be not more than twelve or fifteen. The skin and the lining membrane of the gums and eyes are pale, and in old cases the skin becomes dry and wrinkled. In the early stages of the disease "ground itch," "dew itch," or "toe itch" is often found on the feet or ankles. The hair may disappear from the body although on the head it remains normal. There may be in extreme cases great swelling of feet, ankles, and face, as in severe cases of malignant anæmia. The appetite may be very light or ravenous. There is sometimes an abnormal craving for unnatural articles such as dirt, clay, decayed wood, paper, lemons, pickles, sour milk, etc. The pulse is generally fast. Children are dull and slow to learn; headache and dizziness are common; joint pains are often complained of; mental weariness is frequently noted; and children may be very timid and emotional. The muscles



are soft and weak and the patient is easily tired.

#### Treatment

The remedies given are those which will either kill the worms or cause them to loosen their hold upon the lining membrane of the bowel and thus be easily expelled by the action of purgatives. The treatment of the ordinary case of hookworm disease is a comparatively simple matter and usually very effective. The treatment should always be given under the direction of a physician, as the remedial agent, thymol, in large doses may produce poisonous effects if taken without the observance of a few simple but necessary precautions. Thymol is soluble in alcohol, fat, or oils, and is then liable to be absorbed into the blood. Consequently on the day of treatment the patient must not be allowed to take any food or drink containing alcohol and fats of any kind. Patent medicines almost without exception contain alcohol and must be avoided. Butter, milk, and even cream in coffee or tea must be avoided. Thymol must not be given if there is any acute inflammatory trouble of the digestive organs. Such inflammation must be first treated before any thymol is given. The worms are usually surrounded by partially digested food and mucus, which would protect them from the action of thymol; consequently a preliminary dose of Epsom salts is necessary. Castor oil *must not* be given as it would dissolve the thymol. Dr. J. S. Lock, who has made a special study of the disease, gives the following directions to patients: "At bedtime for two nights before taking the capsules take an ordinary dose of salts and during the intervening day eat only liquid food, such as milk and soups. On the second morning, after taking the first dose of salts do not get up but stay in bed, and at 6 a.m. take one half of all the capsules and at eight a.m. the remaining half (sixty grains of thymol are put in four capsules each containing fifteen grains). At ten o'clock a.m. take another dose of salts. Do not eat anything at all on the day that you take the capsules until the last dose of

salts has worked off thoroughly. You can then eat an ordinary meal and it will not be necessary to stay in bed longer. Take only salts as it is likely to make you very sick to take fats, oil, or alcohol while taking the capsules." The thymol may be given finely powdered and mixed with an equal quantity of milk sugar if the capsules are not procurable. The size of the dose varies according to age. Dr. Stiles, who first discovered the cause of the disease, gives the total dose of thymol for various ages as follows:—

Under 5 years old	7½ grains
From 5 to 9 years old	15 "
" 10 to 14 " "	30 "
" 15 to 19 " "	45 "
" 20 to 59 " "	60 "
Above 60 years old	30 to 45 "

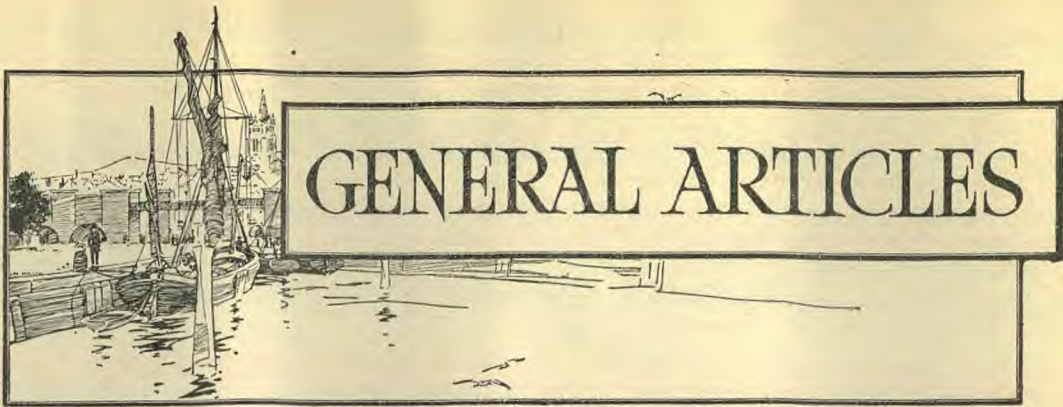
These doses are smaller than are used by many physicians. "The treatment should be repeated at intervals of two weeks until the microscopic examination of the stools shows that no more eggs are being passed. More than two treatments are rarely necessary in adults who wear boots or shoes. It occasionally happens that the worms cease to lay eggs for a short time after thymol has been given, though some of them may still be present in the intestines. For this reason it is always well to make a second examination about two weeks after the last treatment.

*"To Find the Worms.*—Instruct the patient to wash all the stools following the second dose of salts on the day of treatment through a cheese cloth or old flour sack and to look carefully for the small round worms. It is better for him to carry the cloth, kept moist, to his doctor for examination, because the little worms are easily overlooked by one not familiar with their appearance. They look like bristles."—*Bulletin of the State Board of Health of Kentucky, page 73 Sept. 1911.*

Hookworm disease is prevented by using only sanitary closets, disinfection, and proper disposal of the nightsoil.

W. H. J.





## GENERAL ARTICLES

### The Scarlet Plague

#### Deathly Taints that Endanger Mankind's Future

GEORGE H. HEALD, M.D.

DURING the Middle Ages, the civilised world was overrun by the black plague. Wherever the scourge passed, it mowed down the population like grass. We now have with us another scourge—"the great white plague," tuberculosis, responsible, perhaps, for one out of every ten deaths. But whatever these plagues may have done or may do for the individual victim, they do not mortgage the unborn, as does the third and greatest of the plague diseases—syphilis, the scarlet plague, which ruins not only the life of the individual—say that of the husband—but that also of the wife, and passes on to the unborn infant taints so serious that, if it lives at all, a physician may often pick the child out at once as a victim of hereditary syphilis.

#### Easily Transmitted

Syphilis is one of two so-called "social" or "venereal" diseases, entirely unlike in their mode of action, but both communicated by close contact with a person having the disease. It may be transmitted by kissing, or possibly indirectly by means of infected towels, drinking cups, and the like, though this is not the usual method of infection, for the germs outside of the body rapidly lose vitality.

One of these diseases, gonorrhœa, is local in its action, being confined usually to the genital organs. It may render the

man or the woman sterile—that is, incapable of becoming a parent—and is often, if not usually, the cause, in women, of the conditions that make abdominal operations necessary; and moreover, gonorrhœal infection from the mother is the principal cause of blindness in the newborn. Though it is a local disease, supposed by some to be no worse than a bad cold, gonorrhœa often reaches a chronic but practically incurable stage, from which active infection of others may take place at any time.

Possibly no man is better able to describe the ravages of syphilis than Dr. J. H. Stokes, of the Mayo Clinic, who has this to say regarding what he calls a "master disease":—

"Syphilis . . . is a master disease, the peer, and indeed the superior, of tuberculosis, the great 'white plague,' in the wide range of its influence over the fate of mankind, present and future. There is not a tissue or structure of the body which syphilis cannot affect, nor is there an aspect of the entire science of medicine in which it will not be encountered. . . . The disease has changed the destiny of mankind upon the earth. If it should cease at this moment to be transmitted its effects would not disappear from the world within two and perhaps three generations. Few indeed of living human beings can boast an ancestry free from



its remote effects." After citing various estimates of the prevalence of this disease—twenty per cent among the enlisted men, two to five per cent among those applying for commissions, three to twenty per cent among young women, etc.—Dr. Stokes continues:—

"Syphilis is one of the most widespread of all infectious diseases. Its victims are numbered in millions, not in hundreds. Not a man lives, or a woman, who does not elbow it every day, whose house has not seen its entry and departure, who may not at any hour have his name added to the rolls. While, to be sure, there are

"the way of the transgressor is hard."

The ravages of syphilis are extensive, and result in such hopeless terminal affections as locomotor ataxia and general paresis. Sometimes the body is a mass of sores. Again, the victim may be apparently well to the ordinary observer, yet be capable of infecting another.

It was the prevalence of these diseases, revealed in the medical examination of the young men in America called to the colours by the selective draft, that led to the present attempt on the part of the American Government physicians to inaugurate a nation-wide propaganda of education.



WE ELBOW THE SCARLET PLAGUE IN EVERY CROWD

variations in the nearness or remoteness of the risk, never does it become so distant that any one of us can sit by and say, in smug unconcern, 'This is not my affair.' While it is not so prevalent as gonorrhœa, it may beset us perhaps in disguise, and but too often in dangerous contagious form, in those unsuspecting hours when we believe ourselves at ease among our friends. Syphilis is too cunning a craftsman in evil to permit the limitation of his labours to the few."

#### **Mortgaging the Unborn**

When we consider that these diseases are not commonly transmitted by infected articles, but by direct contact, the lesson comes home to us very forcibly that

State Boards of Health are taking up the matter. Legislation is sought to place restrictions on vice, and to give health officers some control over infected persons. Physicians are urged to do all in their power to have patients continue treatment until completely cured.

Some, believing that these diseases may act as a deterrent to vice, have been opposed to measures looking to a general cleaning up of the infected ones. But this is a mistaken notion; for fear of these diseases acts very feebly, if at all, as a deterrent, and it is safe to say that every infected person is the indirect cause of the infection of one, perhaps of many, other persons, and of unborn babes. For



this reason, the emphasis, outside of the educational propaganda, is very properly directed to the cure of those who are infected.

The view that these diseases are a proper deterrent against vice is in itself vicious and provocative of much harm, for it tends to limit the effort to stamp out the disease and help the sufferers. Occa-

sionally physicians may hold such a view, having no desire to do anything for the relief of venereal sufferers. Meanwhile those who have the disease continue to infect others, to the deterioration of the race. While everything possible should be done to inculcate the principles and practice of purity, everything possible should be done to lessen the prevalence of this race scourge.

## Harm High Heels Do

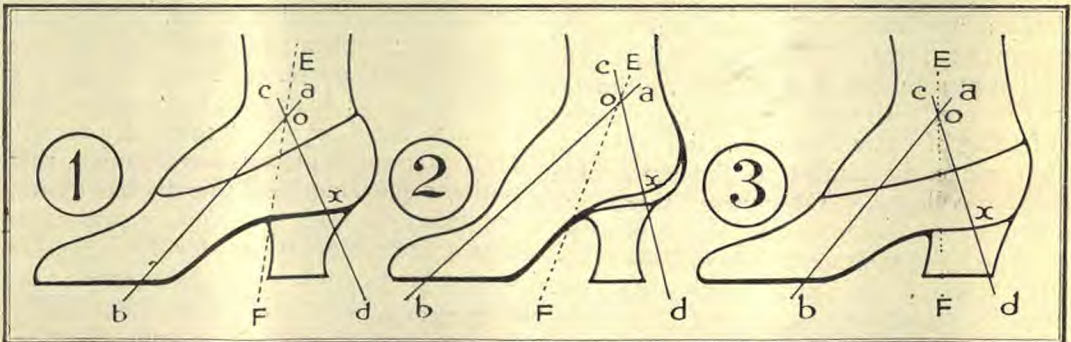
### Remedy for the Evil

EVERY woman who is willing to tell the truth about her high heels will admit that when she comes home from the dance and puts on slippers she feels as if she were falling over backward.

The reason is simple. She has braced herself back unconsciously all the evening

to the bones and muscles of the foot and to the entire nervous system.

In the drawings, "O" represents the position of the ankle, which acts as a hinge between the heel rest and the ball of the foot. The letter "X" represents the position of the centre of the heel.



to hold herself erect against the forward pitch imparted by her heels.

This bracing backward, though it may be unconscious, is a steady strain on the entire nervous and muscular system. This causes languor of the mind and pain in the muscles of the legs, back, and neck. It throws the bones of the feet out of their normal position, and in time results in weakened and broken arches.

In the accompanying diagram, fig. 1 represents a very ordinary French heel, and fig. 2 an extreme Spanish or spike heel. Both are injurious and dangerous

The lines "AB" and "CD" represent the thrust lines from the ankle into the heel and forward part of the foot. It will be seen that these vary in direction according to the shape of the shoe. The lines "EF" are the resultant direction of the two thrusts "AB" and "CD."

It will be seen that in fig. 1 and fig. 2 the heel thrust "CD" does not in either case pass through the heel of the shoe, as it should do; also that the resultants "EF" are not vertical as they should be. The resultants show just how much the body must brace backward to overcome



the forward pitch imparted by the heels.

Fig. 3 represents a foot in a proper shoe, which is not at all bad-looking and which may be worn with perfect safety. It will be noted in this that the line "CD," passing through the ankle and the centre of the heel "X," also passes through the heel of the shoe. The resultant "EF" in this case is vertical, and there is perfect balance for the body without unconscious bracing.—*Popular Science Siftings*.

### Influenza and Afterward

[THE following from a recent bulletin of the Kansas State Board of Health gives reliable and timely information regarding the recognition and treatment of influenza.]

#### How to Know Whether or Not You Have Influenza

The attack is usually sudden in its onset, and characterised by more or less severe headache, backache, and general body aches, with chilly sensations and a mounting fever. There is usually a sensation of soreness of the throat, although not severe, with more or less cough, and a feeling of extreme prostration—indeed, in some cases almost to the point of a severe collapse. Of course, there are many mild cases in which these symptoms are not so pronounced, but ordinarily an attack of real influenza will leave its impression upon your own mind as well as upon that of your physician, that it is something more than an ordinary cold or any of the other diseases of the upper respiratory tract. Frequently there is a profuse nosebleed, with an ingestion or a congestion of the eyes and other mucous surfaces. Some types of the disease take a form of so-called gastric or intestinal disturbance, or a disturbance of the stomach and bowels, characterised by more or less pain or diarrhoea.

#### What Will You Do When You Catch the Influenza?

The first thing you should do, without a moment's unnecessary delay, is to go to

bed, cover up warm, with heat applied to the feet and other portions of the body that feel chilly and cold, with thorough ventilation continuously, night and day, in the room. You should not leave the bed under any circumstances whatever. I desire to place all the emphasis possible on this point, as it is a crucial time, which may be, and often is, the determining factor as to whether or not you will have complicating pneumonia, which is so much to be feared on account of the heavy mortality therefrom. The getting up and chilling the surface of the body when you are perspiring—and in most cases there is generally a violent perspiration following the first high rise in temperature—is an exceedingly dangerous procedure, and nothing, no matter how urgent, should tempt you to get out from under the covers at this critical stage of the disease. The second thing you should do after going to bed is to summon a physician, and having summoned him and received his advice, that advice should be faithfully followed.

In uncomplicated cases the disease runs a rapid course, the fever terminating the third day; hence the name sometimes given to the disease of "three-day fever." If it is important, as I have shown, that patients suffering from this disease go immediately to bed, it is equally important that they remain there for a number of days after the temperature becomes normal. It is just at this point where thousands of people have made the fatal mistake of getting up too soon, many of the complicating pneumonias and meningitis having resulted from a too brief period of convalescence in bed after the temperature became normal. While it may not be necessary in every individual case to remain in bed for five days after the temperature becomes normal, yet that is the safe thing to do. Convalescents will be restored more rapidly and time actually gained by prolonging the stay in bed for several days even after you feel completely well. "Safety first" should be the motto at this critical period of the disease. Thousands of young men and women



have gone to their death from this disease because of the old-time notion that many people have, that they can "wear a disease out." There never was a more grievous mistake. Wearing a disease out, or putting off to a more convenient time or season the obviously needful care and treatment a disease should have, is another way of spelling disaster as applied to most diseases, but more especially to the one under consideration.

Caution and care in the treatment of the body after an attack of influenza are important, not only because you may thus escape immediate complications, but because, too, of the danger of reactivating old infections, such as that of tuberculosis.

It is not unduly pessimistic to say that in all likelihood many thousands of cases of arrested or quiescent pulmonary tuberculosis will be reactivated and active processes started again by having passed through a siege of this disease with the inevitable lowering of body resistance. This reason, then, must be an additional one for taking plenty of time for the convalescent period. That old aphorism, "Make haste slowly," can be resurrected, dusted, and put into practical use again with profit.

Finally, the course and termination of the disease depends quite as much upon you as upon your physician.

## Save Your Cleaner's Bill

### Grease Removing Secrets

STAINS or spots are usually an unknown quantity. If one knows where the stain comes from, three-quarters of the work of removing it is done. Let us begin by analysing this unknown quantity. Sugary stains, such as will be made from syrupy things, are usually surface stains; that is, the sugar will crystallise on the surface of the materials, showing a hard, caked spot, more on one side than the other. Scratching or bending such a stain will cause the sugar to crackle and whiten. There is little odour about a sugar stain.

Sugar stains, as such, are easily dissolved in cold water, but more readily in warm water. Where such a stain is on white materials it is easily removed by pouring warm water through the stain. If there is colour in the fabric, cold water is better. It will take a little longer, but the risk of weakening the dye is almost entirely eliminated.

Sometimes, with sugar stains, an acid ingredient, as from fruit, lemonade and ices, extracts the colour. The cold water will not, of course, do more than remove the sugar. When the sugar is out and while the fabric is still wet, pass the stain

over the neck of an ammonia bottle. Be careful to get just the fumes, as the liquid ammonia may produce another stain.

Fear of a water ring on delicately coloured fabrics often hinders the worker; but if, after taking out any stain, a water ring results, hold the stained garment in steam from a teakettle with a cloth tied over the spout; shake until the garment is evenly moist and continue shaking until evenly dried. Water rings may result from the removing of any kind of stain on coloured fabrics, but in all cases the steaming will overcome it.

Albuminous stains, like eggs and blood, are a second type of surface stains. Instead of crackling off the fabric they may peel off more like a skin. They make the fabric denser and more opaque than sugar stains. Should the unknown stain appear to be an albuminous stain, wash with cold water. Cheesecloth over the finger or a soft brush may help the worker to confine the water used.

#### Try Cold Water First

If the stain is known to be a blood stain and the fabric white, pour lukewarm water which contains three or four drops of ammonia through the stain. To confine the



water the cloth should be suspended bag fashion over a bowl so that the water runs quickly through the cloth.

Grease stains, such as might come from olive oil, butter, or soups, are easily removed with lukewarm water and soap. It is easy to distinguish a grease stain, as it usually has an odour and makes the fabric transparent.

If the garment has colour one may prefer to use chloroform, naphtha, or benzine. In this case, if possible, use a piece of the same fabric as a sponge to apply the remover. The greatest difficulty with this method is the likelihood of the grease spreading. To overcome this put a white blotting paper or several folds of clean cheesecloth under the stain. Change this pad each time a new grease remover is put on.

When the colour is very doubtful try French chalk. Place the powder rather thickly on the spot, giving it time to absorb the grease, then very lightly brush it off. Several applications probably will be necessary.

Make this rule: When in doubt as to the kind of stain use cold water first, because often it is all that is necessary. Hot water is likely to remove colour as well as to set stains.

#### Advice for Women Motorists

If the stain is from a combination, like a fruit with cream, the stain should be taken out like a grease stain, for the grease is the hardest to remove. Again, for example, coffee with cream should be taken out as a cream rather than as coffee. Clear coffee, clear tea, and clear fruit juices are most quickly removed with boiling water. These stains, like all stains, are best done when fresh.

Machine-grease—and in this group consider all such stains as axlegrease, tar, and machine oil—is most quickly removed by applying a clean fat, like lard, rubbing it thoroughly into the stain, then washing the stain with lukewarm water and soap.

If the whole garment is not to be wet, use a pad under the stain and apply the soap and water with a soft brush.

Change the pad very frequently, as it will be found that the black grease goes through with each application of the lard.

Ink stains are more or less complicated, especially when on colours. They are made by a chemical combination and require chemicals for removing. The various ink eradicators on the market consist of an acid, which is a bleach, and chloride of lime, which is a bleach. It will be seen at once that to take ink out of colours one runs great risk of taking the colour with it. The safest way is to experiment with the colour on some hidden part of the garment. In this way one has a working basis upon which to decide whether the ink stain can be removed and whether the results look better or worse than the ink stain.

For the acid ingredient dissolve one ounce of oxalic crystals in one and one-half cups of water. Bottle, mark with a "poison" label, and keep for use.

The second ingredient is of great service in all laundries as a bleach for soiled clothes. It is called Javelle water, and is made by using one pound of washing soda dissolved in one quart of boiling water and one-half pound chloride of lime mixed with two quarts of cold water. Pour the lime mixture into the dissolved soda. When these two mixtures go together the result is a cloudy sour-milk-looking mixture, which should be allowed to stand until the clear liquid rises to the top. This clear liquid is bottled and can be used as a bleach for all white linens and cottons and as ingredient No. 2 in removing ink stains.

To remove ink stains wash out as much ink as possible with lukewarm water. Apply a drop or two of the oxalic acid mixture, follow with two or three drops of Javelle, and wash with warm water. Repeat, if necessary, keeping in mind that many short applications do less harm than one long one. Stain removing requires patience. Chemicals hurried often mean destruction of fabric.

There are a number of ink stains which do not respond to this method. They, like old tea stains and coffee stains, boiled-



in grease stains, dye stains and, in fact, almost all so-called stubborn stains may be removed with oxalic acid, as prepared above, and potassium permanganate. Potassium permanganate may be bought in crystal form and a solution prepared by dissolving one grain of permanganate crystals in one quart of water.

For this method moisten the stain with warm water, then apply a few drops of this solution of potassium permanganate; wash with warm water, and the stain will turn to wood brown. Apply the oxalic, which will clear away the brown stain and reduce the colour of the spot. Wash, and when the stain is entirely removed rub over with soap and wash so that no chemical is left to do harm to the fabric. This should be done after removing any stain with a chemical.

If the ink stains are on woollen fabrics try the oxalic alone first; the Javelle, because of its soda ingredient, is more or less destructive to woollens. There will be a slight dissolving of the wool if it is used, but for appearance sake this is often preferable to an ink stain. In using the permanganate on silk one must make the choice between the ink spot and the light yellow tinge which, the permanganate is likely to leave on silk.

#### Practically Every Stain Can Be Removed

Iron rust stains cannot be taken out by water. They often come from bad bluing or rusty equipment. They are most easily removed by the use of mild acid, such as cream of tartar, which is spread on the stain and washed through by hot water, or by dilute oxalic acid or hydrochloric acid. When the stain is removed be sure to wash out the acid.

Mildew, when it is fresh, may be removed by washing, but as it is rarely discovered when it is fresh, it is more often removed by the use of potassium permanganate and oxalic acid as suggested above for ink stains.

Perspiration is most easily taken out of white fabrics because the stain it produces in coloured stuffs is usually a change of colour produced by an effect on the dye.

Warm water and soap will take plain perspiration stains out of white materials; in other kinds of stuffs, these stains are usually better left alone.

To sum up, it will be seen that stains are most easily and much more successfully removed from white cotton and linen fabrics; that white woollens and silks may yellow under the treatment, therefore one should make up the mind which stain is the least noticeable; that all coloured fabrics bring in a doubtful element—the uncertainty of dyes—and the most successful work done with them is that which does not involve chemicals, as chemicals are likely to affect dyes; hence the colour. —*Popular Science Siftings.*

### Combatting the High Cost of Living

Mrs. Allen Moon

IN these days of high prices it is important that we study to make the most of all our resources. It is also our duty to provide as far as possible for our own needs, and thus save food for the thousands of people who are starving in different parts of the world.

Every available foot of ground should be cultivated and made to benefit mankind in some way. Many formerly uncultivated corners have been put to good use since the need of "war gardens" has been emphasised. But many have not yet learned how to get *all* the benefit from their gardens. They may not only supply the table during the summer months, but furnish fruit and vegetables for the entire year.

There are various methods of bottling and preserving, but after all there is a *best* way if we can only find it. After several years of trying to keep fruit, sometimes succeeding and often failing, but never daring to attempt the bottling of vegetables, we believe that we have now learned the "best way" for preserving both.

There are several different cookers for bottling fruit, and each is advertised as better than any other. Doubtless all are



good, but they are expensive, and many thrifty housewives are content to use some home-made device. A common wash copper can be used very nicely. Something must be placed in the bottom to keep the jars from touching the bottom of the copper, and to allow the water to circulate freely under the jars. Any one who can use a saw and hammer can make a light rack from thin strips of board or lath to hold the bottles up off the bottom of the copper.

When this device is finished, the next step is to see that the bottles are in perfect condition. The best bottles are those with glass tops fastened down with wire springs. Test the bottles carefully to see that they are perfectly tight. Then they should be boiled for an hour before being used.

Only perfect fruit and vegetables should be bottled, and this should be done at once after it is gathered. Do not attempt to bottle over-ripe fruit or stale vegetables, as it will be a waste of labour and material.

Peaches, apricots, tomatoes, and all similar fruits may be quickly prepared by dropping in boiling water for a few minutes, when the skin will peel off like paper.

Wash berries carefully by pouring cold water over them in a colander. Drain, then pack into hot jars, fill the jars with hot syrup, put rubbers and covers in place, but not fastened tight, then put the bottles in the copper, being careful not to crowd them. (It is safer not to allow the jars to rest against one another.) Fill the copper to within two or three inches of the top of the bottles with hot water, spread a cloth over the top of the copper, and put the cover on tightly. Boil steadily for sixteen minutes, always counting from the time when the water begins to boil hard. Then take out bottles and fasten the covers down. Invert or lay on the side till cold, being careful that no cold draught strikes them.

All soft fruits are bottled in the same way as berries. Many prefer to remove

the stones from peaches, apricots, cherries, etc., then boil the seeds to secure the flavour, and use this water in making the syrup to pour over the fruit in the jars.

Hard fruits, as apples, pears, and quinces must be boiled from twenty to twenty-five minutes, and tomatoes twenty-two minutes.

Stringless beans and cabbage should be washed and cut up just as you would for cooking. Then put them in a thin cloth bag, put into boiling water or steam for ten minutes, then plunge at once into cold water. Drain, and pack tightly into hot jars, pressing down hard with a spoon. Add a level teaspoonful of salt to each quart, fill bottle with boiling water, and cook for two hours.

Shelled beans, peas, and similar vegetables are bottled in the same way, except that they must be boiled for three hours.

Parsnips, carrots, beets, salsify, and all root and tuber vegetables are much better if bottled while young and small, but they may be bottled at any time. First scald long enough to loosen the skin, then dip quickly into cold water. Scrape or pare off the skin, pack whole or in slices or strips, add salt and boiling water, and boil for one and one-half hours.

All fruit and vegetables should be kept in a dark place, or each jar wrapped in paper, to keep from fading from the effect of the light.

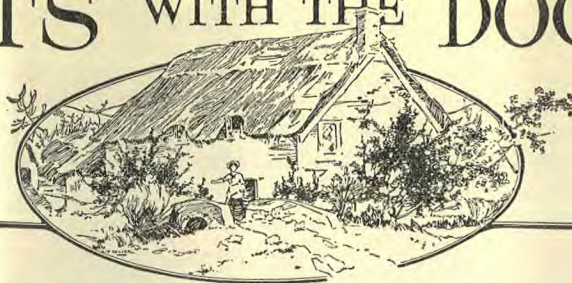
This method of bottling may be thought to be more work than some others, but if the directions are strictly followed, one may be sure of success.

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IT is not God's purpose that any human being should yield his mind and will to the control of another, becoming a passive instrument in his hand. No one is to merge his individuality in that of another. He is not to look to any human being as the source of healing. His dependence must be in God. In the dignity of his God-given manhood, he is to be controlled by God Himself, not by any human intelligence.—*Ministry of Healing.*



# 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.

## 347. Auto-intoxication

"Mrs. J.E.C." writes: "I feel very languid and heavy. I am troubled with wind very much, and at times get a pain between the shoulders. I also suffer from chronic constipation. I get no relief from any medicine, such as salts and pills; they take no effect after I have taken them a few times. My diet consists of one cup of weak tea a day, white bread, meat once a day, plenty of vegetables and fruit and milk puddings."

*Ans.*—Where there is chronic constipation, germs develop enormously along the intestine, food undergoes unnatural changes, and poisonous bi-products are formed which, when absorbed into the blood, cause headache, loss of memory, lack of interest in one's work, inability to concentrate the mind, often sleepiness during the day and especially after meals, disagreeable taste in the mouth in the morning, and dark-coloured urine. Some or all of these symptoms are present as the result of absorption of poisons from the intestines. A few people seem to suffer but little inconvenience from constipation; in these cases germ life is probably less active.

Fasting for long periods of time is often advocated in these cases, but unfortunately the individual is frequently thin and emaciated. Lassitude, however, is frequently not due to true weakness but to

the action of the absorbed poisonous products in the nervous system. We believe a short fast of from twenty-four to thirty-six hours often does good, but in a long fast the individual loses the vitality he needs to fight against disease. Great care should be exercised in the taking of bulky starchy foods, all foods containing fats, sweets, and flesh foods. A modified fast for a week or ten days will often help considerably. Only dextrinised foods, such as granose biscuits or zwieback, and fruit should be taken. The fruit may be fresh or stewed; the former, however, is preferable. A little unscalded cream may be taken with the granose biscuit or zwieback. A crisp lettuce may occasionally be substituted for the fruit. Abundance of pure water should be taken between the meals, and the body should be sponged daily with cold water. Our correspondent should abstain from "tea, white bread, meat, bulky vegetables, and milk puddings." Wholemeal bread is better than white bread; meat quickly multiplies germ life; and bulky vegetables cause flatulence. There can be no objection to a small quantity of French beans, very young green peas, cauliflower, or pumpkin. Potatoes frequently disagree, and cabbage, carrots, parsnips, and turnips should be omitted from the dietary altogether. Milk puddings are too bulky after a meal of meat and vegetables; a little bread and butter or unscalded



cream would be preferable. A milk pudding makes a good evening meal. The partial fast we have suggested is excellent for constipation. If medicine is absolutely necessary for the bowels, liquid cascara sagrada is best; it may be taken in from half to two teaspoonfuls before the evening meal or bedtime. If a hot enema is used it should be followed by the injection of half a pint of cold water which should be retained. All food should be thoroughly masticated and not more than three meals taken in the day. Nothing whatever should be eaten between meals.



### 348. Tonsillitis

"E.C." asks for cause of tonsillitis. Correspondent has had white spots in the throat but they have disappeared, although the throat is still sore and red. At the hospital they refused to remove the tonsils.

*Ans.*—Tonsillitis generally starts as an acute infection, and in the first place is always due to disease germs, such as those of diphtheria, scarlet fever, measles, or other septic infection. Continued ill-health, want of vitality, or digestive disorders prevent the tissues of the tonsils from returning to their normal condition, with the result that a chronic condition remains which it is difficult to remove. When the tonsils are large and projecting into the throat, they are better removed. Very often the pharynx and the adjoining parts are also diseased. The digestion and general health must be attended to. All foods cooked with or in fat and

sweets should be omitted from the diet. The bowels should be kept regular by suitable dieting. The body should be sponged with cold water every day. A good nourishing and digestible dietary is necessary. A good local application of a two to four per cent of protargol (or Burroughs and Wellcome's substitute) in water. This should be painted over the whole of the inside of the throat with a camel hair brush once daily. The disease must be perseveringly treated.

### 349. Diet at Sixty-six Years of Age

"Sid Cook" writes: "Will you kindly give the relative value of peanut butter mixed with peanut oil or water compared with ordinary butter? At present I am eating my own grinding of wheat cooked one hour as porridge for breakfast. For lunch, wholemeal bread with peanut butter (oil), two eggs, a little fruit in season. Evening meal consists of plenty of vegetables, potatoes, carrots, parsnips, beet, etc., cooked in oil or boiled in water and then warmed up with peanut oil and plenty of tomatoes. I am sixty-six years old and never felt better in my life, seldom eat meat, am a total abstainer, no tea, coffee, or cocoa. I feel like living forty more years. Kindly state why cheese is not a good food."

*Ans.*—Elderly people will live longer and be more healthy by reducing their diet considerably. They work and exercise less than when young and should consequently eat less, otherwise their system will be overloaded with waste products, "physiological ashes," and the arteries will become brittle from disease. The cooking of food in oil is a great mistake; it certainly lessens its digestibility. One of the reasons cheese is indigestible is the fact that the casein is surrounded by fat which forms a waterproof coating, thus preventing access of the digestive juices. Cheese contains also a small amount of fatty acids which are very irritating to the stomach. Seven ounces of ordinary butter are equal to nine ounces of peanut butter in full value. Peanuts



contain less fat but more proteid and carbohydrates than butter. Dairy butter contains eighty-five per cent of fat and only one per cent of proteid and no carbohydrates. Peanuts contain thirty-eight per cent of fat, twenty-five per cent of proteid, and twenty-four per cent of carbohydrates. We have found that dairy or factory butter agrees with most people much better than peanut butter or oil.

We believe correspondent would be better without so much oil, and would certainly advise him never to cook his food with oil. Wholemeal bread and fresh milk are excellent articles of diet for old and young. The vegetables mentioned may be continued as long as they do not produce flatulence and distension from their bulk. Bulky foods often disagree. Separated or unscalded cream is an excellent form of fat, and better than either butter or peanuts for most people.

### 350. Nose-Bleeding

"Spokane Windsor" writes: "For years my son aged twenty has been troubled with bleeding from the nose, sometimes lasting for hours. He is healthy otherwise. Is it dangerous and can it be cured?"

*Ans.*—Sometimes nose bleeding really does good as in some constitutional diseases, such as chronic diseases of heart and lungs or acute bronchitis. It relieves the strain of very high blood pressure resulting from over-exertion, excitement, anger, and may ward off an attack of apoplexy in those above forty years of age.

When the bleeding is excessive the patient should lie down quietly and face be sponged with cold water, or a handkerchief wrung out of cold water should be laid across the nose. The colder the water the better. Cold food and ice should be taken and no stimulants for several hours after the bleeding. Frequently plugging the front part of the nose with absorbent cotton wool will check the bleeding. In severe cases the whole of the nose must be packed, but

this must be given into the hands of the physician. Plethora (full blood) may be the cause of frequent nose bleeding, and in this case it can do no harm. In the weak and anæmic it should be stopped as quickly as possible. Little pledgets of cotton wool soaked in adrenalin solution (1 in 1,000) when introduced into the nose will check bleeding. Sometimes bleeding is the result of removing crusts from the lining membrane of the nose by picking with the fingers or violent blowing of the nose. The crusts should be treated with plain lanoline or weak boracic ointment.

### 351. Numbness of Extremities

"Stonehaven" writes: "I have an increasing numbness in the legs and arms. I cannot sit any length of time. I lose the power to hold a pen or needle after a few minutes, and have to rub my fingers to get the feeling back; it is also painful. I am fifty-two years of age and a vegetarian. . . . I am a small eater, drink cereal coffee, and am fifteen stone and very active. Bowels are lax. I have a severely ruptured navel."

*Ans.*—This case is certainly obscure; a thorough medical examination by a nerve specialist is recommended. Frequently the symptoms are the result of disease of nervous system, but they may be due to defective circulation. The weight should be reduced by omitting bread, potatoes, sugar, and puddings from the diet as much as possible. Skim milk is a good food in these cases. Hot baths followed by cold shower twice weekly and the alternate use of hot and cold water daily to the limbs with vigorous rubbing are recommended.

### 352. Sleeplessness

"E.R." writes: "Can you suggest a cure or partial remedy for loss of sleep? I hear the slightest sound, and two hours is about all the sleep I get each night. I have been ill for months."

*Ans.*—The question was answered in last issue of LIFE AND HEALTH under



heading of "Insomnia" in "Chats." Where there is great weakness a cup of hot milk or groats before retiring often helps one to get sleep, but generally speaking nothing should be taken at this time.

### 353. Stoutness

"Stoutness" writes: "I am thirty-three years of age and very stout, forty-five inches around the waist and my arms and legs are a terrible size. I am really tired of my life; I cannot get about like other people. I have water blisters on my eyes; they are very ugly. The doctor has removed them twice."

*Ans.*—Correspondent is advised to read advice under "Insomnia" in last issue of LIFE AND HEALTH. The blisters are probably the result of excessive fat, but they are very unusual. All sweets must be strictly prohibited. No white bread, potatoes, or farinaceous (rice, sago, etc.) puddings should be taken. Vegetables or fruit may be eaten with each meal. Zwieback or granose biscuit may be taken in place of white bread. Use skimmed but not fresh milk.

### 354. Varicose Veins

"W.H.R." writes us concerning a "complete cure" in a friend of his of a varicose vein extending from the groin to the knee by using antiphlogistine.

*Ans.*—We have no experience of this remedy in varicose ulcers. Antiphlogistine exerts a gentle pressure on the underlying parts and may possibly do good in some cases if used early.

### 355. Diet for Child of Two and a Half Years; Nervousness

"A.McK." writes: "My boy aged two and a half years will take milk with great relish, but I find it hard to persuade him to take anything else. He complains frequently of stomach-ache. I give him a little oatmeal porridge, stale brown bread and butter, banana; for dinner, baked potato, lightly cooked egg every other day, cauliflower. He will not touch even

a little plain rice or custard. He is fond of lentil soup flavoured with onion. I cannot understand why he is not more hungry. He looks healthy, but is bordering on being thin."

*Ans.*—A child can live well on milk; it is his natural food, and he should have plenty of it. Brown bread is often of poor quality and badly baked. Real wholemeal bread well baked is an excellent food both for children and adults. Milk, wholemeal bread, and fruit would be an excellent diet for young or old. The stomach-ache may be due to too many varieties at one meal. Custards are too rich for most children. A little lentil soup is good occasionally for a change. Granola and granose biscuits are excellent foods for children; the granola may be made appetising by adding well washed and cut up dates. Most children can take jam in moderation, but it should not be spread on bread and butter. It is a mistake to tickle the appetite too much; keep to plain wholesome food, and if children will not eat that let them wait till they are hungry; the appetite will come if they are not overfed. Let the boy live in the open air as much as possible, and daily give him a cold sponge; the bedroom should be well ventilated. Children are very much better without flesh foods. Our correspondent also asks for "a good food for one whose nerves seem to be troubling him." There is nothing better than plenty of fresh milk and wholemeal foods. Probably rest and freedom from anxiety is as much needed as good food.

### 356. Menstruation

"Plymptom." Plymptom is a young woman who has been "regular" for a few months but latterly "irregular."

*Ans.*—Mothers are very frequently much exercised over irregularity in their daughters. For a year or two after the commencement of menstruation there is often great irregularity, even when there is good health. If there be anæmia, poorness of blood, menstruation may be absent for



months or even years. Mothers often feel that if menstruation can be established, health would return, but the reverse is the truth; the health must first be restored. The less loss the better while in ill-health, and consequently the mere cessation need give no cause for alarm. In the early years of womanhood irregularity with good health need give no cause for alarm whatever. Some women right throughout life are extremely irregular and yet experience good health.

### 357. Painful Knee

"M.J.A." writes: "I have a painful knee joint, the part being on the inside of the knee. Occasionally there is a little swelling and stiffness. I can feel the joint grating on using the leg. I have had over thirty-five years handling and working with white lead paints."

*Ans.*—We do not think there is any lead poisoning in this case; probably it is the result of some injury, the cartilage of the joint may be slightly movable. A knee cap such as supplied by any reliable surgical instrument maker would most probably be helpful in this case. Foment the joint well before retiring finishing with application of cold water and the use of the following liniment: Lin.: Potassii iodii cum saponi.

### 358. Menopause (Change of Life)

"Constant Reader" asks for the symptoms of "change of life."

*Ans.*—These are usually of a nervous character and consist of headache, flushings, and perspirations. "Constant Reader" is forty-four years of age, has nervous headaches, and at night the heart beats quickly. She takes a warm bath daily and her changes are regular. The warm bath every day is weakening; twice a week is ample, and then should always be followed by a cold sponge. One always expects some menstrual irregularity at the menopause, but the symptoms mentioned, especially at the age of forty-four, may indicate that the "change of

life" is approaching. The bromides are the usual remedies, but we do not recommend them unless the symptoms (flushings, perspirations, etc.) are very troublesome. The following prescription may be taken in these cases:—

℞ Potassii Bromidi ʒii  
Tinc Lupuli ʒiv  
Aquam Camphoræ ad ʒviii  
S One tablespoonful after each meal.



### 359. Lienteric (Nervous) Diarrhoea

"C.S." writes: "As soon as food enters the stomach it flies to the bowel, and I must ease myself. I was given by a doctor some medicine containing bismuth, chloroform, opium, peppermint, and prussic acid. I was to take it for a month and it did me a lot of good. Occasionally I now have turns and take the medicine; but I am afraid it does not seem to have the same effect as at first."

*Ans.*—This is clearly a case of nervous, or what is medically called lienteric, diarrhoea. The prescription mentioned is quite a usual one among medical men.



Frequently this kind of diarrhoea occurs as a "morning diarrhoea," when it is probably associated with some degree of chronic catarrh. The bromides are usually advised, such as bromide of soda, twelve grains night and morning. Opium (laudanum in five drop doses) before meals relieves the symptoms, but as the drug has to be continued for long periods of time it is not advisable. The following foods should be avoided: Fruit in any form, vegetables, coarse bread, oatmeal, sweets, pickles, and preserved foods, smoked meats or fish, soups, pastry, sour articles of diet, cheese, and very hot or cold dishes. The following foods are recommended: Boiled milk, gluten porridge, rice, sago, tapioca, stale white bread, toast buttered when cold, rusks, biscuits, mashed potatoes, jellies, custard, and plain milk puddings. Thoroughly masticate all food, avoid chills, and wear a warm abdominal covering or piece of good flannel. Morning and night sponge the body with cold water and dry thoroughly with a good towel. Spend as much time in the open air as possible, and sleep in a well-ventilated bedroom.

### 360. Questions of "E.M.H."

1. We cannot see that any harm would arise from sleeping in a room in which the floor is covered with concrete. A mat or two of course should be placed in the room for the feet.

2. "What is the cause of one not being able to see in or on a clear moonlight night? When there is a beautiful full clear moon my sister cannot see her hand in front of her eyes. In the day she has splendid sight, but on a moonlight night it is pitch dark. It has only come on during the last three months."

*Ans.*—The above is a most peculiar case. There is evidently some defect in the retina. We would advise examination of the eye by a specialist.

3. "Is the pawpaw fruit good for any special complaint?"

*Ans.*—The milky juice of the stem and the fruit of this tropical product is said

to have some digestive action on albumens. We have had no experience with the fruit.

### 361. Drugs in Disease

"C.E.H." has taken exception to our occasional recommendation of drugs in disease, and quotes the following from "Ministry of Healing": "People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief and the patient appears to recover as the result of their use. . . . Health is recovered in spite of the drug, *but in most cases* the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period." "C.E.H." then quotes from an article in LIFE AND HEALTH on the use of arsenic in pernicious anæmia: "It is agreed by all medical authorities that arsenic is the best drug to combat the disease." He also takes exception to the use of baking soda in dyspepsia.

*Ans.*—We quite agree with the statement quoted from "Ministry of Healing." We have seen great harm done to the system by the continual use of depressing drugs, and in some cases death has been hastened. There has been a great change in the use of drugs since the above extract from "Ministry of Healing" was written, when its author was writing concerning the use of poisonous drugs such as mercury, nux vomica, quinine, etc. Mercurial preparations, for instance, were given until the teeth almost fell out of their sockets. We quite recognise, and practically all medical men now agree that drugs do not actually cure disease. They are only employed to remove the hindrances to the work of nature. It is nature that cures in every case. Often, however, one poison in the system has to be met by another poison. Take, for instance, the treatment of a wound. Both germs and antiseptics hinder the healing process, but the antiseptics are the lesser



of the two evils. The same may be said about the use of antiseptics in skin disease. In syphilis, the disease which is so rampant in our midst, there is a poison which must be met by some other poison such as mercury, iodide of potash, etc. No amount of hydropathic or electric treatment will rid the system of the poison. These drugs do harm to the system, but the syphilitic poison does much greater harm. The poison has to be destroyed and the system fortified at the same time to build up healthy tissues.

In the use of bicarbonate of soda for stomach troubles the intense acidity must be counteracted, for it keeps the stomach in a constant irritable condition. When the soda and acid combine, only common salt remains. Soda is not now used in the extraordinary large doses and so indiscriminately as when Mrs. White wrote against its use. Soda, however, is only a crutch at the best and should be used very cautiously; when not fully counteracted by the acids (whether they be the normal or the abnormal acids) it irritates and does harm. The physician is often called in to relieve pain. Fomentations or other hot applications have perhaps proved ineffective and as a last resort morphia or other anæsthetic is used. These anæsthetics relieve spasmodic and irregular muscular action, soothe irritated nerves, and give nature time to remove the cause of the pain. Morphia does not cure the pain, but prevents the cause of the pain from continuing to operate. The continued pain, unless relieved, in some cases would cause death. We do not believe in the indiscriminate use of drugs, and especially of patent medicines, and believe that "in most cases the drug only changes the form and location of the disease." In some cases, however, and often when hydropathic or other healthful measures are not available, the temporary use of drugs cannot well be avoided.

### 362. Heartburn During Pregnancy

*Ans.*—We would recommend to our correspondent some form of magnesia, as the heavy carbonate, in teaspoonful doses.

Take in milk or hot water. The salix magnesia, a proprietary preparation, we have found excellent. It has no special action on the bowels.

### 363. Marmite

"E.M.H." asks for the composition of marmite, how it is made, and if it contains germs and their products.

*Ans.*—"Marmite" is a proprietary article, and its constituents and preparation are consequently kept secret. We do not think "E.M.H." need worry in the slightest in regard to the germinal matter there may be in the preparation, for the cooking required in the preparation would destroy all these factors. It is supposed to be made largely from yeast. Robert Hutchison, M.D., F.R.C.P., physician to the London hospital, etc., writes under the heading of "Beef Extracts":—

"Recently *extracts prepared from yeast* have been introduced as substitutes for ordinary meat extracts. A good example of these is the preparation known as marmite, which has the following composition:—

Water	26.84	per cent
Extractives	34.67	"
Proteids	10.50	"
Mineral matter	26.95	"

"Such preparations resemble beef-extracts so closely in their general characters that they have been used in the adulteration of genuine meat extracts. The chief chemical differences between beef extract and an extract of yeast appears to consist in the presence of creatin and creatinin in the former, and their absence in the latter; yeast extract also contains relatively more of the bare adenine. Whether these slight chemical differences involve a different action in the body is still undetermined, but there is no reason to believe that yeast extract is in any way unwholesome, although it may, perhaps, not have quite the same stimulating effect on gastric secretion that genuine meat extracts have."—"Food and Dietetics," pages 97, 98.

Marmite is used in such small quanti-



ties that its nutritive qualities are of little moment. It is certainly an appetiser and, we believe, wholesome. You are reminded on the label that "too much spoils the flavour."

#### 364. Intestinal Dyspepsia

"Gisborne" writes concerning his wife: "She has a very sallow countenance, dark rings under her eyes, pain in right side, private parts, and over kidneys. Water at times is thick, dirty, and offensive, and difficult to hold. Her eyes and head frequently ache. She suffers from



tonsillitis. She gets very tired, languid, and irritable at times."

*Ans.*—The symptoms given certainly indicate some catarrhal condition of the small intestine—the part adjoining the stomach and which has such important digestive actions. The urine is high coloured as a result of the poor digestion. In this form of dyspepsia the tongue is generally coated, the bowels constipated, although sometimes constipation alternates with diarrhoea; flatulence, acidity, and repeating of food may be altogether absent. The patient is wise not taking tea, coffee, or flesh foods. Sweets and all sweet and rich foods must be avoided. Cooked fat or foods cooked in or with fat should not be taken. Avoid hard boiled eggs and cooked milk. Fresh milk, half a pint or more, or lactosa with each meal would probably do good as these cases are generally ill nourished. Bulky vegetables and puddings are better omitted from the diet. Wholemeal

bread, zwieback, and all wholemeal preparations are good. Fruit, if it agrees with the digestion, should be taken with meals except when vegetables are eaten. The bowels should be kept regular by appropriate diet. The whole body should be sponged daily with cold water. Four or five hot fomentations alternating with cold compresses should be applied to the abdomen once daily. Each fomentation should keep hot for five to ten minutes if properly applied; the cold wet compresses should remain over the part about two minutes. Sanitarium treatment would help this case. "Gisborne" has asked for a reply by post. The note at the head of "Chats" will explain why this has not been done.

#### 365. Cessation of Menstruation

"Kununoppin" has had almost a complete cessation function during eighteen months after her last child was born and thinks this cessation may be dangerous. Certainly the condition points to some form of ill health, but in itself it is in no way dangerous. An examination in this case is necessary before any advice can be given. The wearing of the pessary, if it does not give pain, should be continued. Sometimes an operation is necessary for the falling of the womb complained of.

#### 366. Questions from New Zealand

"G.E.A." asks if Agar Agar recommended for constipation in the Nov.-Dec. number of LIFE AND HEALTH can be obtained at the present time. It is procurable in Victoria from the wholesale druggists. The ordinary whitish flaky Agar Agar may be chewed with the food. The preparations of Parke Davis are more readily taken. Dr. Porter, in speaking of Agar Agar for constipation in connection with the sole milk diet, recommends the seaweed from which Agar Agar is prepared, stating that it is preferable to the prepared article. A small portion of the flat broad leaf should be chewed.

*Grape Juice.*—"G.E.A." also asks if bottled grape juice (unfermented) can be



recommended for infants. Sweet orange juice is the fruit juice generally recommended after age three months. The grape juice, however, may be used with advantage when the orange juice is not procurable.

*Cotton seed oil* can be taken as a substitute for the more expensive article olive oil. Half teaspoonful doses may be given to children of six months.

### 367. Zwieback and Fruits as Sole Diet

"Interested Reader" asks: "Is it possible for anyone to live on zwieback and fruits and maintain health and vigour?"

*Ans.*—We most emphatically answer in the negative. A certain amount of proteid is necessary to sustain health, and such a diet would not contain sufficient amount of this important ingredient. The system requires a variety in food. When a variety is taken the body selects what is required and rejects the surplus. In a monotonous diet as suggested the system has no choice. The diet is a good one for a "modified fast" in auto-intoxication and similar conditions.

### 368. Cold Feet

"R.E." writes: "I am a teacher and sit a good part of the day. I suffer very much during the winter from cold feet, but when I do much walking my feet get very hot and tingle very much. I suffer as a rule from constipation. My weight is 6 stone 10 lbs., and I am 5 ft. 6 in. At night I need ever so many clothes to keep warm. I always eat well and nothing makes me fatter."

*Ans.*—We would advise the use of fresh milk (a quart or more a day), fresh unscalded cream, and wholemeal preparations such as granose biscuits, wholemeal bread, and toasted corn flakes. Do not drink tea or coffee as both are constipating, and constipation undoubtedly tends to keep the feet cold. For the same reason avoid hard boiled eggs, custards cooked at a high temperature, white bread, and cooked milk. Fruit or vegetables should be taken with meals and plenty of water

drunk between meals. Walking exercise is better by far than warming the feet by the fire. Do not wear tight fitting boots. Warm gaiters that extend over the boots are very helpful. When sitting keep the feet off the floor by placing them on a low stool, for there is mostly a current of cold air along the floor. See that the legs are well covered with some good woollen material. Morning and night bathe the feet in very hot and cold water alternately, finishing with the cold and rubbing briskly with a rough towel. If the boots are of fair size then cork socks can with advantage be worn.

### 369. Gastro-Intestinal Dyspepsia with Deafness

"Clinton (Sydney)" complains of a great amount of flatulence and writes: "The tongue is never clean and I am terribly constipated. I never want any meals, but when I eat I feel better for the time being, but eating gives me a sense of fullness and I suffer some hours later. I seem to have trouble more at night time, wake up nearly every hour, and want to pass urine in large quantities and sometimes loaded. I have noises in the head and ears continually. . . . I have no energy and always feel tired. Under X-rays no ulcers of stomach could be found, but the stomach was dropped. I am all but stone deaf." Concerning his diet "Clinton" states: "My breakfast consists of granose biscuits in dry form and butter, cup of marmite, and one raw apple; dinner: soup, omelette, baked potatoes, and spinach; evening meal: granose biscuits, butter, gluten meal, milk pudding, or stewed fruit. I take no white sugar, drink neither tea, coffee, nor cocoa, and take no condiments of any description."

*Ans.*—There is undoubtedly a catarrhal (low form of chronic inflammation of lining membrane) condition of both stomach and bowel. The by-products of digestion absorbed into the blood have caused degeneration of the nerves connected with the hearing, hence the noises in the head and deafness. We believe



most relief will be obtained by proper dieting. We have not found marmite in hot water in any way beneficial in dyspeptic cases. The marmite is better spread very thinly on bread. We would advise a modified fast for ten days. Omit butter, soups, omelettes, eggs, and milk puddings for the diet. Take only granose biscuits and fruit (preferably uncooked). If "Clinton" will write to the editor at the end of the week further instruction will be given by post. We do not correspond with correspondents as a rule, but this is an exceptionally severe though interesting case. Once daily (say at mid-day) a half pint of fresh milk or lactosa may be taken with the granose biscuit.

### 370. Psoriasis

"Subscriber" asks for a suitable diet for "psoriasis," and wishes to know if jam, tomatoes, eggs, lemons, oatmeal, wheatmeal, or melsitos are injurious.

*Ans.*—There is no special diet for psoriasis. Flesh foods and indigestible articles of diet certainly throw extra work on the excretory action of the skin, and must be avoided. In regard to digestible food, each case has to find out largely for himself what agrees and what disagrees.

Jams and sweets, generally speaking, are indigestible. Tomatoes and lemons disagree if there is acid dyspepsia evidenced by acidity soon after meals, heartburn, etc. We certainly advise a vegetarian diet and the omission from the diet of such beverages as tea and coffee. The drug treatment is given in the Jan.-Feb. (1920) number of LIFE AND HEALTH.

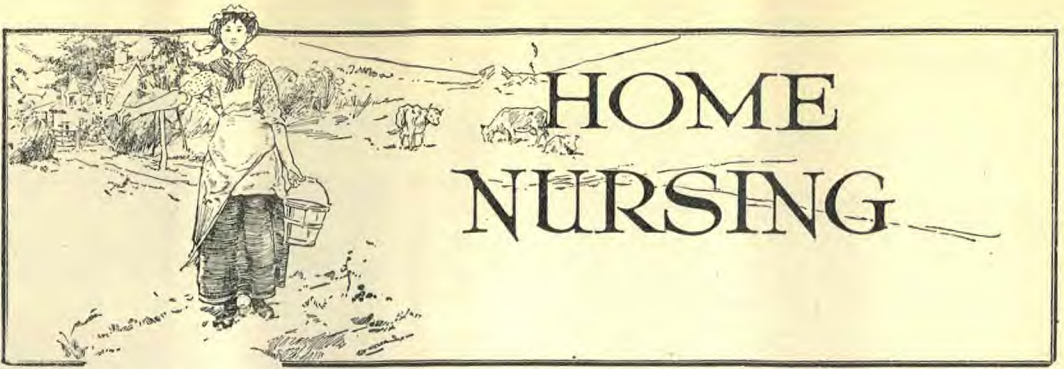
A five per cent ointment of chrysarobin is very efficacious for general psoriasis, or a ten per cent for limited patches. The chrysarobin may be added to lard freed from salt. A bath should be first given and the parts bandaged to protect the clothes as chrysarobin stains clothing. A thin layer of gas-works tar is efficacious and may be used in place of the above. Oil is helpful when the skin is very dry. The scalp should always receive special attention. Wash thoroughly with soap spirit, free the hair from all soap by thoroughly rinsing, and apply olive oil and salicylic acid (5-10 grains of the latter to the ounce).

The following varnish is good for patches on the skin:—

R̄	Pix Carbonis	ʒi (one dram)
	Benzol	ʒii (two drams)
	Acetone	ʒi (one ounce)







## The Three C's of Infancy

B. WALLACE HAMILTON, M. D.

THERE would be fewer worn-out mothers if there were more general knowledge of the causes of colic, colds, and constipation. These three C's are responsible for the loss of much time, and more sleep, and for greater pain than is at all necessary. The causes of the three C's are very numerous; no two mothers have exactly the same problem. But many general rules of care apply to all cases and go far toward preventing them.

It is the modern preventive measures that have sent such a broadside into our time-honoured notion that "all babies have colic and colds and are constipated, because these ailments are hereditary." Such musty old superstitions have been cast into the discard, where they belong.

The three C's are more intimately connected than would appear to the casual observer. Overfeeding may cause all three. Overfeeding overloads the system with undigested food, which in turn weakens resistance to the invasion of numerous varieties of microbes, and this condition causes a toxic condition of the blood to ensue. This

in turn locks up all avenues of elimination, and the results are:—

1. Food retained which undergoes putrefaction. Colic results.

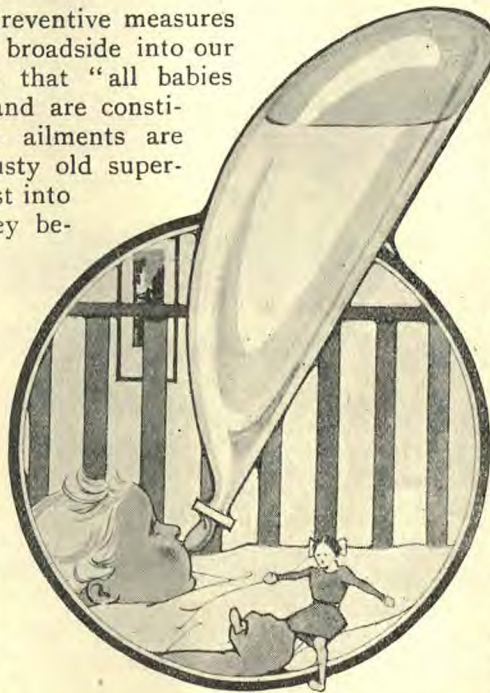
2. Food retained which becomes hard, dry, formed, and impacted. Constipation results.

3. Toxic substances, resulting from food retained, are absorbed by the blood, and weaken the resistance of all mucous membranes of the body. Colds result.

If overfeeding were the only cause of the three C's, surely a mother ought to be ashamed to allow a cold, colic, or constipation in her baby. In all justice to the worn-out mothers, however, we must admit that there are many other causes of the three C's.

### Colic

Colic is generally caused by one of two things—indigestion or exposure to cold. In the breast-fed baby the underlying factor at fault may be one of the following easily-corrected conditions:—



"OVERFEEDING MAY CAUSE ALL THREE"



1. Chilling of the baby's body.
2. Indiscretions in the mother's diet.
3. Too hasty nursings.
4. Too frequent nursings.
5. Too prolonged nursings.
6. Air swallowed during the nursings.
7. Insufficient drinking water.
8. Constant use of pacifier.

In the bottle-fed baby any one of the above conditions may also be at fault; but it is more frequently an actual indigestion caused by too much sugar or too much protein in the food.

The signs of colic are a sudden sharp paroxysm of crying, accompanied by kicking with the legs drawn up on the abdomen, a distention of the abdomen with gas, causing rumbling and gurgling in the intestines, and an escape of gas from the bowels and mouth. Cold hands and feet generally accompany colic.

The best preventive measures for colic are: (1) Holding the baby over the shoulder for a few minutes after each feeding to expel the air and gas from the stomach; (2) giving copious drinks of cool boiled water between feedings.

When the baby has the colic, lay him on his stomach on a hot-water bag. Pat his back gently with the palm of your hand. Turn him over and rub his abdomen with your warmed hand anointed with olive oil. Give plain hot water or peppermint water, two teaspoonfuls every ten minutes. Test the heat of the water on your own tongue first in order to avoid scalding the baby's mouth. Always see that the hands and feet are warmed. Never give whisky, brandy, gin, fennel, catnip, or any herb to a baby with colic. Plain hot water will give as much relief and will not disturb the stomach. When your baby has had an attack of colic, always reduce the amount of the feedings by one-half for the next day.

There is a good deal of misinformation current on the subject of colic, but the above hints will control it effectively.

#### Colds

The way to keep your baby free from colds:—

1. Give plenty of fresh air night and

day. Keep the baby outdoors as long as possible every day. The nursery should be well ventilated and have a daytime temperature of sixty-eight degrees. At night open the windows top and bottom.

2. Keep the baby's nose in a clean, healthy condition by daily cleansing with liquid albolene. If adenoids are present, have them removed.

3. Don't kiss the baby. Don't allow him to play with children who have colds. Have a separate handkerchief for him.

4. Don't overclothe him, night or day.

5. Don't overfeed him.

6. Finally, don't regard any cold he may get as of little consequence or as something that can be allowed to take care of itself. Don't be easy-going in the matter of colds. If your baby has frequent colds, there is something the matter either with him or with the way he is being cared for.

What you must do for your baby's cold:—

1. Isolate the baby in the best ventilated room you have.

2. Keep him in bed until all cough and fever have subsided.

3. Choose a room accessible to sunshine. Arrange a window board to deflect the air upward in ventilating.

4. Permit only such toys as can be burned when the illness is over.

5. Do not give any cough medicine unless prescribed by your doctor. Many patent cough medicines contain opium, which is very harmful.

6. Fumigate and clean the room after the attack is over. Formalin candles are the best for this purpose because they do not destroy or discolour furnishings or fabrics.

#### Constipation

Persistent constipation is nearly always the result of improper feeding or weakness. When it is due to weakness, that is, the inability to expel the bowel contents properly, it will adjust itself as the baby grows older and stronger. It may be helped by gentle massage of the abdomen, using the palm of your warmed hand anointed



with cocoa butter or olive oil. This should be done each day. Occasionally a soap stick or a small glycerine suppository will be necessary.

When constipation is due to improper feeding, it must, of course, be corrected by a change in diet. For example, you can use oatmeal water in the place of barley water; or, instead of using lime water, use a few drops of milk of magnesia in each feeding. Occasionally a teaspoonful of fresh cream, with an equal part of warm water, given before a nursing, is effective. After the fifth month, freshly strained orange juice is of value. One of the best measures for the prevention and relief of constipation is the giving of copious drinks of cool boiled water between feedings. The constipation problem will cease to be such a difficult and persistent one when the universal use of the tiny vessel, or chamber, for young infants becomes the accepted thing. Babies as young as three months of age get accustomed to having a movement when placed on a small vessel at a regular and definite time every day.

Here are several *causes* of constipation occurring in the bottle-fed baby, which apply to all children during the second year as well:—

1. Boiling the milk.
2. Overheating the bottle, which in turn overheats the milk.
3. Insufficient outdoor air and exercise.
4. Insufficient drinking water between feedings.
5. Using foods containing too little solid matter.
6. Prolonged use of foods containing too much protein and too little fat or cream.
7. Conditions which weaken the muscular tone of the bowel, such as rickets, malnutrition, severe and exhausting diarrhoea.
8. In older children too much starchy food and too little vegetables and fruit juices.—*The Delineator*.

## Household Hints

**CLEANING PAINT.**—We should like to emphasise the importance of washing paint in the spring. Flies and other insects lay their eggs in the crevices of doors and windows, and if these are not destroyed, these pests will be found very troublesome the following summer. Do not use soda for washing paint, as this brings off the paint. Only soap and warm water is necessary.

For white enamelled paint a good preparation is made of one gill of vinegar, one gill of paraffin, half a gill of linseed oil. Apply this to the paint with a soft rag and gently rub. It will take off all the stains, and leave a nice gloss.

The colours of faded carpets and tapestry-covered furniture can be revived by washing them over with a cloth wrung out of ammonia and warm water.

Wallpaper can be very easily cleaned in the following way: Take a clean sponge and a bucketful of nice clean bran. Hold the sponge face upwards and sprinkle with bran. Quickly turn this on the wall and rub gently up and down. Repeat this process several times if necessary. In these days of expensive wallpapers and the scarcity of labour it is well to know a way in which old papers can be made to look fresh and clean.

Now that the average woman has to do so much of her housework herself, owing to the servant difficulty, she will find it not only save her hands, but time and trouble, to wear good loosely-fitting gloves.

And, according to the experience of a lady I know, the best kind she has ever had are those she now makes for herself, of stout swansdown calico.

These are cut out to a rough outline of the hand just to the wrist, and have gauntlets added to well cover the lower part of the sleeve. The glove portions are fitted together, stitched round, and the gauntlet added. These gloves, she tells me, wear extremely well, and can be easily washed.





# QUIET TALKS WITH MOTHERS

## The Cigarette's Relation to Vice and Crime

Nicotine Swelling the Ranks of Degenerates from  
the Youth of the Nation

DANIEL H. KRESS, M.D.

IN the year 1914, a select committee was appointed by the Canadian Government to enquire into and to report on the expediency of making an amendment to the existing laws, for the purpose of remedying or preventing evils arising from the use of cigarettes.

Only those who were eminently qualified to speak on the subject were summoned as witnesses. Among these were superintendents of insane asylums and industrial schools, judges of juvenile courts, and inspectors of prisons and public charities. Some facts were brought out which ought to be generally known. The statements obtained were not made in a haphazard manner. They were made under oath; hence they are reliable and of special value.

Mr. W. L. Scott, who for seventeen years had been president of the Union of Children's Aid Societies for the province of Ontario, was the first witness sworn. He testified: "I am not a medical man, but I can say this,—that our experience here in Ottawa is, in dealing with delinquent children coming before the courts, that practically all the children who come before the courts, or who are extreme cases—that is, not casual cases, but repeaters, cases where we find difficulty in putting them on the right way—are cigarette fiends. With very few exceptions, all the

boys we send to the industrial school are cigarette fiends."

One of the members of the committee asked: "What was the condition of these boys? Had the smoking of cigarettes caused the weakness, or had their natural mental weakness caused them to take to cigarette smoking? Have you studied their previous history to ascertain that?"

He replied: "I do not know that I have sufficient information on that point to be of use. I imagine it works both ways. We find that in those cases, a considerable proportion of them are mentally deficient—that is, they are below the average mentally—and doubtless a boy of that character would be more likely to take to cigarette smoking than a boy of normal mentality; but certainly numbers of boys of normal mentality do take to cigarette smoking."

### Earmarks of Moral Perverts

The Hon. F. X. Choquet, judge of the Montreal juvenile court, said, "I have dealt with over three thousand boys, and I regret to say at least ninety-five per cent of these boys smoke cigarettes."

The next witness, Mrs. Rose Henderson, probation officer of the juvenile court, Montreal, declared: "The smoking of cigarettes among the young is one of the most pernicious and terrible things that



we have met. The children who come in there are many of them absolutely lacking in mentality, having no idea of moral conduct." "Almost every boy we have coming into the juvenile court is all trembling, shaking, and undersized."

Mr. Owen Dawson, clerk of the Montreal juvenile court, testified as follows: "Corroborative of what Judge Choquet said when before the committee last week, I would say that of about three thousand boys who came before the court, we found ninety-five per cent make use of cigarettes. I have been interested in the boys of Montreal for eight years, and I have tried to help, one way and another, about five thousand boys since I came to Montreal; and it is interesting to note that I have never once succeeded in getting a boy to stop smoking cigarettes, although I have tried hundreds of times. I have got them to stop for a month or two, but they always reverted to the cigarette. On the other hand, helping boys to keep away from liquor, I have been more successful. Of course, cases of that kind have not been so numerous; and with boys of seventeen or eighteen years of age, we have succeeded in that respect. In regard to cigarette smoking, however, we have never succeeded in getting them to stop. It seems to get hold of the boy to such an extent that he never can give it up."

Mr. Kyte asked, "Have you any knowledge of the proportion of girls brought before you who are cigarette smokers?"

Mr. Dawson replied, "I have no certain knowledge, but I am credibly informed



that about sixty per cent of the girls are cigarette smokers, and the majority are immoral girls, prostitutes; and the prostitute class are great cigarette smokers."

Mr. Morphy: "Let me ask you a question about inhalation. Does a young girl do inhaling as much as a boy?"

He answered: "I could not say from personal observation, but I understand they do. Of the boys who smoke, ninety-eight per cent inhale; I could almost say one hundred per cent."

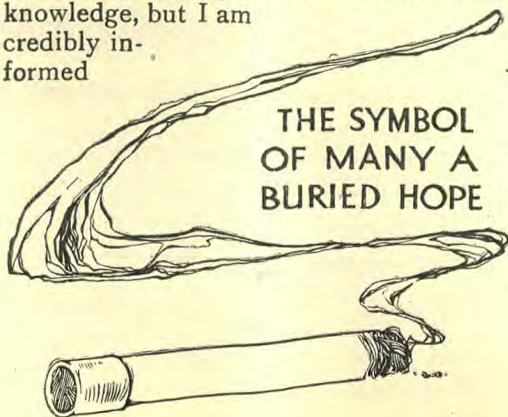
Mr. Kyte: "Have you any knowledge of the extent to which cigarette smoking prevails among the women of Montreal?"

"From what I have noticed, I have not seen smoking among the working people of the poorer classes. We hear of it among society women and among prostitutes."

#### Weakens the Will

Mr. Stewart wanted to know at about what age, on the average, these children began to smoke cigarettes. The reply was: "At eight, nine, and ten years, and girls of a higher age."

Mr. J. J. Kelso, who has been superintendent of neglected and dependent children of the province of Ontario for twenty-one years, being sworn, stated, "In our work among delinquent boys, we find that these boys are all cigarette smokers."



THE SYMBOL  
OF MANY A  
BURIED HOPE



The question was asked, "Is it not possible that a boy may become a cigarette smoker because he has criminal tendencies, rather than that he became a criminal because of cigarette smoking?"

"No; I think it is the other way,—that the smoking of cigarettes leads to juvenile depravity; that if we could stop boys smoking, we would prevent the tendency which eventually leads them to the commission of offences. I believe that the cigarette habit creates a disposition to steal and weakens the will power. It also creates a desire for notoriety; and that tendency makes boys bravados, and makes them want to be burglars." He further said, "Girls of seventeen and eighteen who are living in bad houses all smoke cigarettes."

Mr. C. Ferrier, superintendent of the Victoria Industrial School, said: "I observed this,—that boys fourteen to sixteen coming into the school are invariably cigarette smokers, almost without exception. The reason why nearly all boys from fourteen to sixteen smoke, I could not say, nor could I say what is the connection between their smoking and the crime for which they are sent to the school; but the two things happen that way,—that the boys sent to the school from fourteen to sixteen are nearly all sent for theft. Almost without exception they are cigarette smokers. Now, what the connection is between the commitment of crime and the cigarette, I have not been able to determine. But that there is a connection, I feel quite sure; and if there is one, I think it is that the cigarette habit weakens a boy's will power. I do not know why it is, but I know it is so.

"I have asked many boys, 'Why do you smoke?' I rarely get an answer that is satisfactory. The boy will say, 'Well, it is because the kids smoke,' the gang of boys that he goes with. It is for this reason he smokes, although he does not know why he started. I asked a mother that, one day when she was talking about her boy, and the way he had slipped into wrongdoing. I said to her, 'I believe that the habit of smoking has a great deal to

do with it.' She said, 'Right from the beginning of his life almost, before he was five years of age, he was smoking.' 'Well, how do you account for that?' 'I cannot account for it any other way than that his father was a habitual smoker and the boy has inherited from his father that appetite.'"

#### Wipe Tobacco off the Earth

Dr. Burgess, superintendent of the Protestant asylum at Verdue, near Montreal, approved the foregoing testimonies by saying, "I smoke myself; and while I do not think the use of tobacco is beneficial to any one, I do not regard its use in a moderate degree as being especially harmful to any one. Of course, if you indulge in the use of tobacco to excess, it does harm. I am opposed to cigarette smoking. I never smoke one myself. The cigarette being very mild, young boys become addicted to its use, who otherwise would not smoke a cigar or a pipe. It is disgusting in Montreal to see boys on the street of the age of six, seven, eight, or nine, puffing away at cigarettes. The cigarette is so mild that a boy takes a whiff or two one day, and another day more whiffs, and so acquires the cigarette habit, whereas he is not nearly so likely to take to a pipe or a cigar."

To the remark, "We have our chairman here, who does not smoke," he said: "He is better without it. Any man is better off if he does not smoke."

Mr. Charlton queried, "You say you agree that any man who does not smoke is better for it?" to which Dr. Burgess replied, "I think if tobacco could be wiped off the face of the earth, it would be better for the earth."

Mr. Morphy asked, "What would you put in its place?" He said, "Nothing. No man is benefited by the use of tobacco."

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HYGIENIC living will lessen to a considerable degree an important item in the family expenses, for the doctor seldom visits the home whose members understand and practise the principles of good health.





*"The building  
of a ship is more wonderful than  
the launching  
of it."*



## Care of the Expectant Mother

LOUIS A. HANSEN

SOMEONE has said that the building of a ship is more wonderful than the launching of it. The building of the baby's health should begin with its very first life—its prenatal existence. More or less questionable belief exists regarding the effect of certain influences upon the unborn life, such as the "marking" of a child, influencing its future artistic or vocational tendencies, and even determining its sex.

Whether or not there is any truth to these various theories need not be considered here. Doctors say that "marking" is not possible, the only connection between the mother and child being that of the blood circulation for the purpose of nourishment, with no nerve connection.

The growth and development of the child being the one purpose of its prenatal existence, the life and conduct of the mother should constantly have this in view. At this time assimilation of food is usually at its best, hence the mother will get the most good from

what she eats if her digestion is normal. An extra amount of food is not needed, and the food need not be very different from that to which she is accustomed, provided she has been eating wholesome food. Keeping within the range of that which is good for a woman to eat at any time, and avoiding whatever causes indigestion or gives distress or discomfort, a pregnant woman may eat what she likes.

At least two quarts of liquid a day should be taken. The drinking of milk, especially after the fifth month, is advisable. Special care should be taken to avoid constipation. The use of fresh fruits, vegetables, and coarse breads will help in this. The bowels should move at least once a day. If this is not possible through regulation of the diet, other means should be used. The use of mineral oil is recommended as about the simplest and safest artificial laxative measure. But make use of natural food laxatives and get along without



LOOKING FORWARD INTO LIFE



the use of artificial laxatives if possible.

The use of senna with fruit, a simple remedy, is advised by some. Place an ounce of senna leaves in a jar and pour over them a quart of boiling water. Let stand two hours, strain, and to the liquid add a pound of well-washed prunes, letting them soak over-night. Next day cook in the same liquid, adding two tablespoonfuls of brown sugar. Both the fruit and the syrup are laxative. Six prunes, eaten at night, is a dose, to be increased or decreased as may be needed. If constipation persists, get the doctor's advice.

Use common sense about exercising. At least two hours a day should be spent out of doors when possible, and more would be better. Don't engage in games that cause fatigue, but get exercise enough to cause perspiration and to help stimulate the excretory organs. Avoid violent exercise or heavy lifting. Lying around all day in inactivity is not good. Neither is it well to undertake taxing shopping, or to engage in social affairs that are trying. A normal life is what is needed.

The other members of the family should do everything possible to contribute to a quiet, happy, care-free life for the mother-to-be. Little occasions of pleasure, especially out of doors, will help toward mental diversion. The coming event should be anticipated with joy and not looked forward to with dread.

Let the clothing be seasonable. At this time special care should be taken to avoid anything that will restrict the cir-

ulation. Let nothing be worn that will bind the abdomen or breasts. Tight garters may cause varicose veins. The clothing should be suspended from the shoulders. Have the clothing so constructed that raising the arms above the shoulders will lift the outer garments, including the skirts. Wear union undergarments, no corsets, and only low-heeled, comfortable shoes.

Fresh air in abundance is important to the pregnant woman. See that the rooms are well ventilated, especially the bedroom. Sleep out of doors when possible. Practise deep-breathing. Setting hours of the day for taking a number of deep breaths will help the cultivation of a good habit,—good for anybody that will follow it.

Consult a dentist to make sure that the teeth are in sound condition. Make good use of the teeth in the thorough mastication of the food. Brush them well after eating and after vomiting. Milk of magnesia is recommended as a good mouth wash to neutralise the acidity.

Of course, consult a good physician regarding any serious condition, and see that definite arrangements are made for the attendance at childbirth of a physician who is selected for his qualifications and not merely because of some fancy. A good deal of after-suffering may result from improper care. If it pays to have a good veterinarian to attend a fine cow, it is surely worth while and all it costs to have a skilful physician for the important and sacred service of human motherhood.

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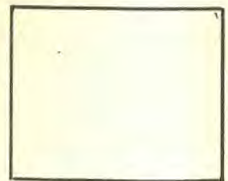
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## The New Baby

IT is more than ever important that we should make the best of our babies. The modern parent is no longer under the delusion that "the baby cannot be spoiled because he is so little." He or she has studied biology, and knows that his littleness and helplessness are just the reasons why he can be spoiled in those first three months—even the first three weeks. The modern parent knows that the time to begin teaching these essentials of a successful life is the first day the baby becomes a citizen of this universe.

The traditions and superstitions of kindhearted but unscientific grandames and family doctors are fast being relegated to the limbo of curious folklore. Children are no longer purposely exposed to contagious diseases under the superstition that "they must have them some time."

The baby is the most helpless of all creatures at its birth. It has few instincts and reflex movements, and almost no habits. The helplessness is due to the incomplete development of the nervous system.

It is criminal negligence not to guide the little child wisely, intelligently, patiently through these plastic and formative years. In each period of the child's life there are developing some traits to be fostered, others to be ignored, and some to be corrected. It is waste of energy to attempt to cultivate a characteristic, for example, love of colour or ability to read, before the child is ready, but the loss is irreparable if an interest is not developed or given an opportunity for expression when it is ripe.

During the first three months of his life the baby is concerned chiefly with sleeping and feeding. This is the golden opportunity for establishing certain good physical habits, which have been laid down for us by Dr. Mary L. Read, a mothercraft specialist. The first of these is regularity.

This is the foundation, not only of sound digestion and sufficient sleep, but also of

self control, appreciation of law, morality, and religion. Feeding should come at a regular, fixed time as prescribed by the doctor. From two weeks of age, training can begin in regularity of eliminations, which is no less important. Bathing and bedtime should be at regular hours. The nervous system readily adjusts itself to a regular rhythm. Irregularity now means an irritated, disordered, spoiled nervous system, difficult to bring into control later.

The second of these physical habits is self-reliance. Be sure the baby is comfortable, dry, and warm. Then leave him in his bed, quietly, without a light. This is the first fundamental lesson he must learn through experience and reason. He does some reasoning now, by association of circumstances. If he learns that by making himself sufficiently disagreeable he can get whatever he wants, the foundations are laid for infantile tyranny, weak will, self-indulgence, and disrespect for authority.

A third habit is good humour. The baby has but one way of making his discomfort known—by crying. Little discomfort, little crying, except for exercise. Much discomfort, much crying, and a peevish disposition developed. Cultivate good humour by keeping the baby well and comfortable.

The baby at birth has few motor coordinations formed. He can open and shut his eyes and take in his food, but his arms and legs wave about without control, and his only speech development is a cry. The muscles are weak, and the nervous system is undeveloped, and its centres in the spinal column and the brain are not yet connected. If the baby is allowed to kick and wave his arms and roll himself about, the muscles will rapidly grow stronger, and their exercise develops their corresponding brain centres.

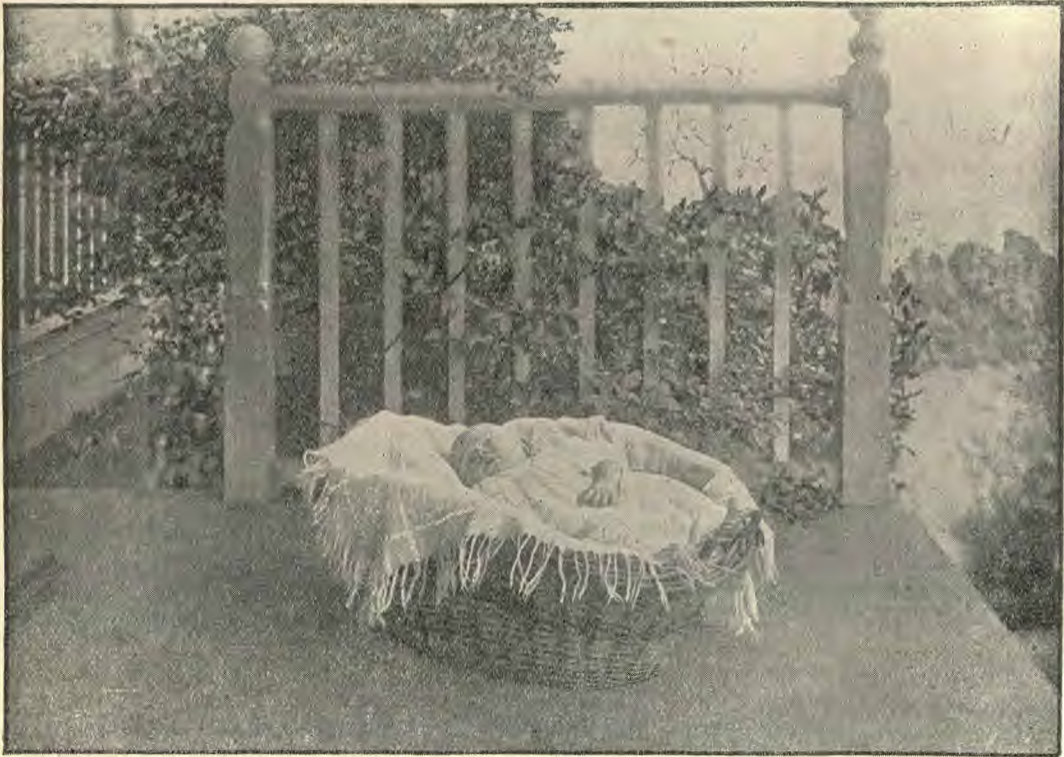
It is literally necessary for the development of his mind that he shall be allowed physical activity. This is obtained by



grace of loose clothing, no binder after the third week, a crib or pen to roll or creep in while awake, a bed large enough to allow twisting about, and covering that permits free, vigorous kicking.

A rod across the front of his bassinet for him to grasp is his first toy, aiding in his gaining control of arms and hands, and providing them with some other occupation than finding their way to his

nursery table, or other flat surface, with clothing removed or at least loosened. Motor memory is also trained by always doing them in the same order and with the same number of counts for each movement. The exercises should be done slowly, to avoid strain, and rhythmically. The first one may be given before the end of the first month, and the others added gradually, at intervals of a week or two.



THE YOUNG OF THE HUMAN FAMILY ARE THE MOST HELPLESS OF ALL CREATURES

mouth. At about four months he will begin using it as a real piece of gymnastic apparatus, trying to lift himself up to it, especially if he has been regularly placed for part of each day on his stomach, and has been developing those muscles in the back of his neck in his effort to look out upon the world.

Some simple physical exercises, given once or twice a day, before the bath or mid-afternoon feeding, will facilitate the development of motor co-ordinations. For these he should lie on the padded

Four counts are enough for any one movement at this age.

1. Let the baby grasp your finger while you hold one of his hands in each of yours. Extend his arms straight out at the side, and bring them together over his chest, as in clapping. For some months he will probably keep his elbows stiffened. All arm exercises help to develop the chest and upper back.

2. Grasp one foot in each hand, and bend the leg up till the knee touches the body. Do this four times with the right,



four times with the left, then with both together. All leg exercises develop the trunk muscles and overcome constipation.

3. Grasp one foot in each hand and bring the leg up at right angles with the body, the leg straight, not bent at the knee.

4. Grasp one foot in each hand, and bring the leg up towards the body till the toes nearly touch the mouth.

the arrangements for his creeping and tumbling without at the same time getting a coating of dirt and dust or an unnecessary record of bruises.

In summer a heavy rug can be spread on the dry grass, or at other times on the porch or in an open-air room. It should always be covered with a clean cloth. Imagine yourself crawling on hands and knees on a dusty floor, and remember



A MELBOURNE SUBURB AS SEEN FROM AN AEROPLANE (See page 137)

5. Bring the arms down to the sides, then raise them above the head, parallel to the body. Do this at first with both arms simultaneously, later with one arm at a time.

The trunk muscles need a great deal of exercise in the latter part of the year. Instead of trying to keep the baby after six months of age looking like a "spick and span" fashion advertisement, provide

that babies have much less resistance for disease germs. At this tumbling, creeping, climbing age jumpers are the only rational clothing, with knitted leggings and sweater for cool weather. During those two or three tumbling months, a little padded cap will protect the precious head.

To prevent spinal curvature he should not be propped up to a sitting position



until about six months, when he can sit without support, and then it is permissible only in fifteen-minute periods, in a chair or vehicle that permits his legs to bend at the knee and provides support for his feet. The spinal column is still soft cartilage, easily mis-shaped and bent.

For the first few months his senses of hearing and vision are incomplete. He is sensitive to noise, and can vaguely distinguish objects as masses, and bright moving objects. It is a great strain upon those delicate nerves to permit a strong light to shine directly into his eyes, or to attach a shining, swinging object near his face, in his moving carriage. He needs gentle voices in the nursery. Loud clapping, shouting at him, pounding on some noisy instrument to attract his attention, are all insults to his nervous system.

At the sound-loving age, in the second half of his first year, a set of reins with sweet-toned bells, a copper or brass bowl that he can pound with a wooden spoon, or even a large Japanese gong will satisfy his desire for noise, and cultivate a taste for musical rather than harsh sounds. Babies love music as soon as they are sufficiently awake to take notice. It is noticeable that towards the end of the first year babies who thus hear singing and humming about them try to imitate the singing, and early gain a range of tones instead of a dull monotone.

Babies are sensitive to rhythm. They are soothed by the cadence of nursery rhymes and poetry long before they have the faintest comprehension of the meaning of words. From the babies' point of view, Mother Goose or Hiawatha or Virgil or Browning will answer equally well.

Attention and concentration naturally develop early. They can be cultivated by not disturbing his absorption in the object he is watching or experimenting with. His curiosity and love of exploration ask only a space, with a door and drawer, a lock and key and similar simple objects sacred to his usage, for this phase of his mental development while he is creeping about.

At eight or nine months he is ready for some of the nursery games of imitation and surprise, such as peek-a-boo, pat-a-cake, waving bye-bye, rolling and receiving the ball, shaking hands.

By the end of the first year he has learned to climb to his feet and stand, at least with support. He is jabbering away a few syllables without meaning. He can handle a cup and spoon with some dexterity. He knows the meaning of obedience. He recognises the members of his family circle, and enjoys his little games with them. He is no longer the helpless infant, but is becoming A Person, toddling out into the great, unknown world, eager for adventure.—*Popular Science Siftings.*

### Washing Woollens

THE young housekeeper was close to tears when she ran into the kitchen of the motherly old lady next door. She had a wrinkled piece of cloth in her hand.

"Just look at this," she said, holding up the cloth. "I thought I'd wash that old blue skirt and make it over; and now look at it!"

The mass of cloth did present a woe-begone appearance.

"Yes, you do have to be careful in washing woollens," said the older woman. "The greatest danger is that it will shrink the way this has. I learned that, as you have done, by experience, years ago, but I also heard a woman explain it.

"The most important thing to remember, she said, is that the temperature of the washing water, the rinsing water, and the drying room should be the same. Steaming is one cause of felting, so drying should not be done near a stove or hot pipe. Use good soap and avoid friction and hard wringing. It's better to souse the cloth up and down in the water, rather than to rub it, and to wring by pressing rather than by twisting.

"In pressing woollens, remember heat must be avoided. The cloth should be almost dry before you begin, and then it should be pressed with a moderately hot iron on the wrong side."





WAITING TO START

### Up in the Clouds

I SUPPOSE many of my young friends would like to have been with me recently, when I made a journey up into the sky in an aeroplane. Of course, there are some who prefer to stay on the ground, contenting themselves with merely looking at the aeroplane as it speeds through the air. But now that I have "been up," I can tell you what flying is like; for although I have not flown nearly as far as Sir Ross Smith, I can give you a brief description of what it feels like to be a "birdman."

Our first picture shows the aeroplane waiting for us to get in, and so, after the pilot has climbed into his tiny cabin in the front of the machine, my friend and I climb into our seats, making certain to have our goggles and cameras with us. For a moment there is silence, and then we hear the mechanic outside call, "Contact!" Like an echo comes the reply from the pilot, "Contact"; and then whirr-r-r-r, zoom-m-m, roar-r-r, bang!! We look out, and find ourselves rushing across the aerodrome like a racing motor

car, making straight for a hedge about one hundred yards ahead. It seems absolutely impossible to miss hitting it; but just before we reach it, and just when the ever-increasing noise tells us that something must go, the earth seems suddenly to drop from beneath us, and some mighty power takes hold of us, and lifts the nose of the machine up to an angle of 45°, until all Melbourne seems spread out beneath us like a kindergarten sand-tray. Wonderingly and rapidly we take in the extensive view, with human beings fading first to the size of flies, and then to practically nothing; with the toy houses diminishing until they gleam like pebbles on the beach; with railway lines appearing like a network of silver threads; with the bay looking like a toy yacht pond, or a swimming pool; and with steamer-funnels, railway engines, and factory chimneys sending out a smoke screen as though they would hide themselves from the prying eyes of the birdmen.

By this time the roar of the engines seems to have died away, and the only noise which breaks the stillness of the heavens is the wind singing and humming and whistling a merry tune through the wires and stays of the aeroplane. We got out our cameras and, as soon as the pilot had shut off his engine and glided down two thousand feet, until we reached the height of about one thousand, we leaned over the side and "snapped" the view beneath us. At three thousand feet Melbourne looked like a map stretched out below us; but as we came down lower, it grew, first into a sand-tray, and then into a toyland, sprinkled with tiny specks



waving tinier white handkerchiefs, and with upturned white faces. Click! the photograph is taken, and away we go, climbing again, ready for another glide and another photo. After writing—or trying to write—two short letters, I took another glance at the moving panorama below, and the large photo reproduced on page 135 will give an idea of what the ground looked like. The group of tents—170 of them—in the foreground form the encampment of the Seventh-day Adventists, while the long, hut-shaped buildings near the centre of the picture comprise the Caulfield Military Hospital.

Oosh! Without warning we find ourselves huddled together in a corner of the small cabin, and, on looking out, find that we are travelling vertically to the earth. Another thrill as the machine falls through the air about three hundred feet,—and we have sideslipped! We are prepared for the next sideslip, and as we cut off the corners and take short cuts in this exciting fashion, I see that the earth is rapidly and in jerks coming up to meet us. Two more sideslips, and the houses get larger and larger, as though they were balloons being inflated; we look out and recognise the aerodrome; we shut off the engine, glide gently, and without a bump pull up right in front of the hangar. Out we step, stamping the earth to make sure we are on a firm foundation, and ride away, having had a most exciting flight, yet being unable, for an hour or two, to collect our minds and settle down to mere earthly occupations. Perhaps travelling twenty-three miles in sixteen minutes made earth-life rather monotonous.



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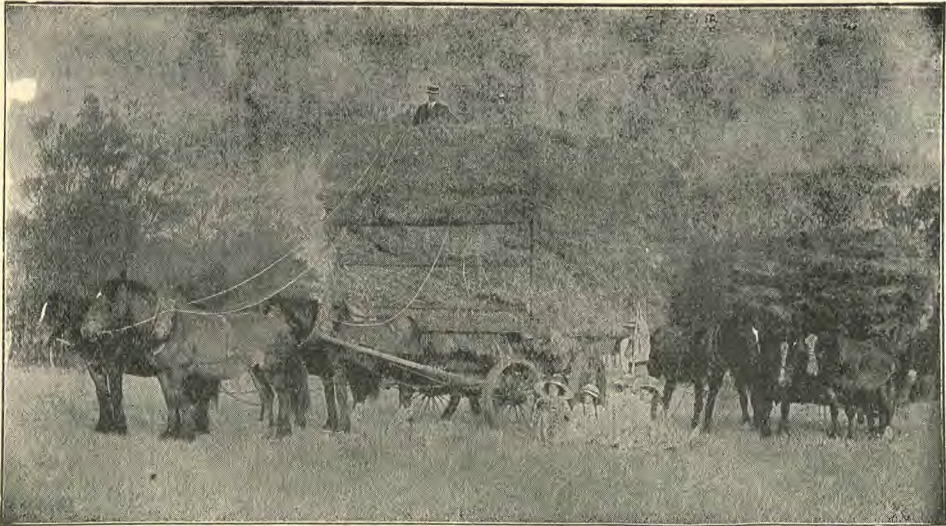
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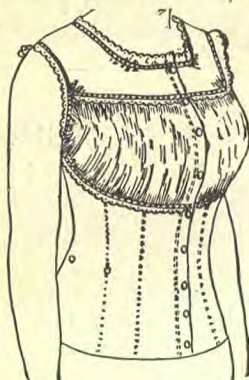
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**T**HIS Institution is located among the picturesque hills of the North Shore-Hornsby railway line, and stands over 600 feet above the level of the sea. It is about twelve miles from Milson's Point, and is one of many similar institutions scattered 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)

**Nº 2** POUR  
**BOILING WATER**  
OVER **GRANOLA**  
And stir quickly with  
fork to separate grain

**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 Frucerea Advt. elsewhere)