

Life & Health



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A NEW MAGAZINE

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THE WORLD OUTLOOK

JAN.-FEB.
1921



WHO IS IN CONTROL?

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WE offer no apology for introducing another magazine to the reading public of Australasia. Perplexing world-wide problems are continually arising which demand the serious consideration of everyone, especially of those men who are endeavouring to hold the reins of the different governments of the world.

When viewing the present conditions in the political, physical, social, and religious worlds, the question might well be asked,

Who Is In Control?

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Important to "Life and Health" Readers and Subscribers



SINCE the publication of the first issue of "LIFE AND HEALTH" the world has experienced some tremendous upheavals of wars, famines, strikes, pestilences, and earthquakes. Millions of lives have been lost, and the total is daily growing larger and larger. Unrest and perplexity are on every hand, and just what the future holds in store is a problem thousands are unable to solve.

For these reasons the publishers of "Life and Health" have decided to discontinue the publication of this magazine with the present number, and commencing with January, 1921, will issue

"THE WORLD OUTLOOK"

This will give our readers and subscribers of "Life and Health" the opportunity of obtaining articles, not only on the important subject of health, but on present day conditions in the political, physical, social, and religious worlds.

The following partial list of contents of the first issue will give some idea of the scope of the new Magazine:—

Who Is In Control?—Will 1921 See Permanent Peace?—High Tension Life—Visitors from the Unseen World—Will Socialism's Dream Come True?—Challenging the Word of God—The Days of Noah with Us Once Again—A Dream that Told the History of the World—The Monuments Testify to the Truth of the Bible.

In addition to the above, a section of each issue will be devoted to the consideration of medical and health topics entitled

"Chats With the Doctor"

And our readers can continue to send in their questions on these subjects which will be answered by a qualified physician in the columns of the magazine.

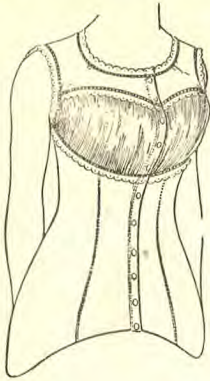
"THE WORLD OUTLOOK" will be published every two months, and each number will contain articles on up-to-date topics of intense interest. The first issue will be ready for circulation about the first of November 1920.

If your subscription to "Life and Health" has not expired, we will send you copies of "The World Outlook" for the unexpired time unless you advise us to the contrary. We feel confident that all our readers will welcome this new magazine.

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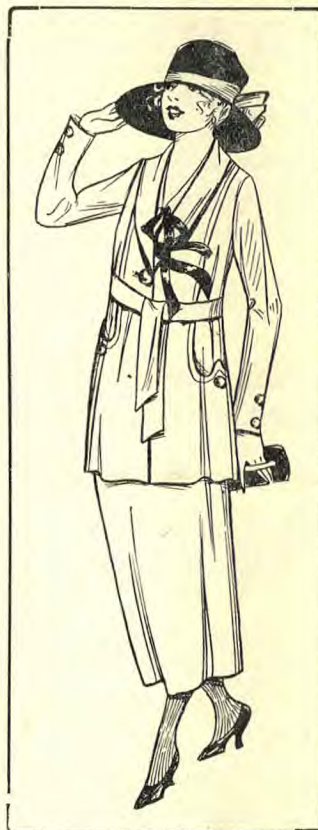
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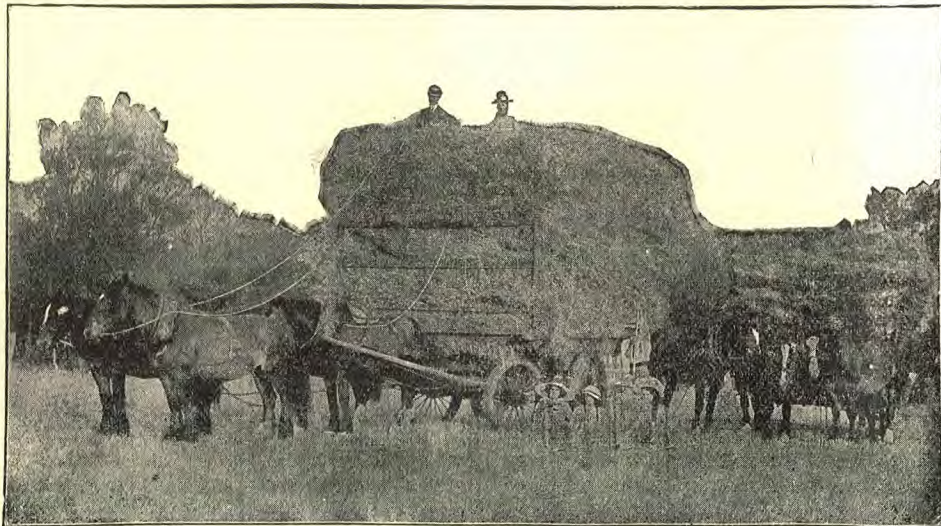
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CONTENTS



EDITORIAL

Don't Miss This		247
Good Advice Boiled Down		248
Another Chat on Skin Diseases	W.H.J.	249

GENERAL ARTICLES

Causes and Prevention of Consumption		255
Cheerfulness	Eric B. Hare	257
Just a Smile		258
The Wisdom of Buying in Bulk	Laura A. Kirkman	258
Some Valuable Hints on the Care of the Sick	F.M.H.	259
A Beauty Recipe	F.M.H.	259
Bodily Cleanliness		260
Have Patience		260
The Hygiene of Dress		261
A Cheap Tonic		261
The Nerve Garden	Alden Carver Naud	262
A Handy List for the Laundry		265
Indicators		265
Baby's Good Night (Poetry)	R. Hare	272

CHATS WITH THE DOCTOR

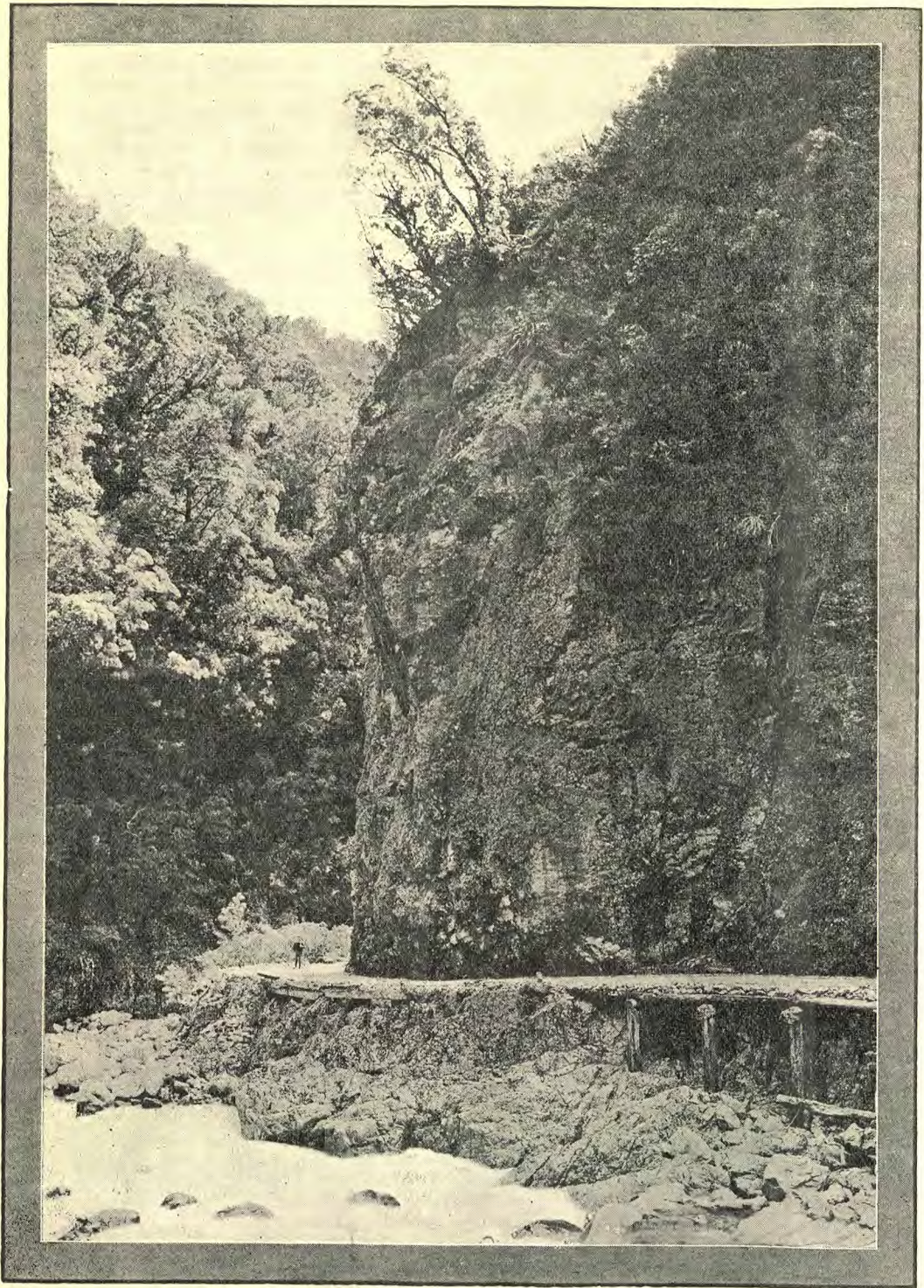
Goitre—Neurasthenia—The Use of Aspirin Preparations; Cooking of Beans—Paralysis (Hemiplegia)—Scarlet Fever; Measles; Use of Sulphur for Rheumatism; and Eczema—Mining and Miner's Complaint—Diet for Rheumatism—Freckles—Incontinence of Urine—Chronic Dyspepsia—Operation on the Womb—A Delicate Child—Inflamed Eyes		266-271
---	--	---------

QUIET TALKS WITH MOTHERS

For Young Mothers	Emelyn Lincoln Coolidge, M.D.	273
A Trio of Smiles		274
How Much Ought Father To Do?	Emma Gary Wallace	275
Exercise and Rest for the Baby	E. S. Richards, L.R.C.P. & S., Ed.	278

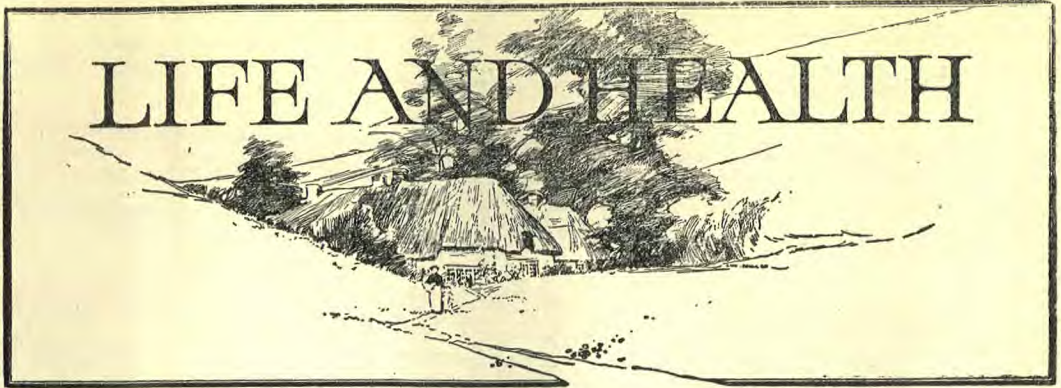
THE CHILDREN'S HOUR

The Useful Walrus	H.G.F.	281
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"THERE IS SOCIETY WHERE NONE INTRUDE"

LIFE AND HEALTH



Vol. 10

November-December, 1920

No. 6

Editor: CHARLES M. SNOW

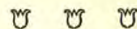
Associate Editors: { W. HOWARD JAMES, M.B., B.S.
{ EULALIA RICHARDS, L.R.C.P. & S., Edin.

Don't Miss This

WE are changing our shape, our size, our name. We are absorbing, and being absorbed by, another journal of more pretentious appearance and wider scope. While this is the last issue of LIFE AND HEALTH, we are not exactly going out of existence. The spirit of this journal will go marching on in the new one that takes the place of LIFE AND HEALTH. The name of the new magazine will be *The World Outlook*; and while it will deal with great world events and their significance, it will still give considerable attention to health matters. One feature of LIFE AND HEALTH that will be retained unaltered in *The World Outlook* is the department known as "Chats with the Doctor." We have been pleased with the popularity of this department among our subscribers and glad to know of the good it has accomplished. So we say to our readers: Keep on telling the doctor your symptoms, and asking him what to do for them. He will be just as ready and just as glad to answer your queries as in the past; and every issue of the new magazine will have important health suggestions in it besides the Chats with the Doctor department.

We want right here to thank our subscribers for their patronage, and to assure them that we have always been interested

in their correspondence and in their health, and shall continue to be. The new magazine will be published by the same house that has issued LIFE AND HEALTH, will be edited by the same editor, and your health queries will be answered by the same doctor. We are not going out of business; but are going to give you a journal of greater variety, and one that will be brim full of the most interesting matter we know how to put into it. We trust that the friendships we have formed with our subscribers through the medium of LIFE AND HEALTH may grow stronger and deeper as the years go by. We are not bidding you Good-bye, but we want you to be able to recognise us when you see us in our new dress and with our new name.



THIS journal is interested in the moral, physical, and material uplift and betterment of the people from every possible viewpoint. That being so, it cannot be insensible to the effect of alcoholic beverages upon the constitutions of individuals who imbibe them. Exhaustive researches by scientists, who are impartial in their investigations and desirous of learning facts only, have demonstrated that the drinking of alcoholic beverages is detrimental in every particular to the health of the drinker.

The investigations referred to have demonstrated that, contrary to previous belief, alcohol is not in any sense a food, and has no nourishing value. Those who have taken alcoholic beverages for years, fondly imagining that they were getting food value for the money spent, have been deceived and have been undermining their systems instead of building them up.

Alcohol has for years been accredited with the power to create warmth in the body, and has been given to those shivering with the cold to warm them up. It has made them *feel* warm for a few moments by driving the warm blood to the surface where it quickly cools, leaving the body as a whole colder than it was before. Nature had been seeking to conserve the bodily heat; but the alcohol drove the warm blood to the skin, and the skin coming in contact with the outer cold, acts as the radiator of a motor car does, and cools off the warm blood. The more warm blood is driven to the surface, the faster the whole body is cooled down. And this accounts for the death of so many persons from freezing in the colder climates, who had taken alcohol to keep them warm. In this matter also the alcoholic beverage is a deceiver, just as the Bible declared it to be so many generations ago.

Some take alcoholic beverages because they have been taught to believe that they are an aid to digestion. Concerning this, Professor Halsti says, "We must allow considerable room for doubt. The majority of authors who have experimented along this line conclude that even small quantities of alcohol *retard* gastric digestion, and larger doses cause cessation of digestion." Doctor Legrain, Senior Physician to the Asylum Ville Everard (Paris), in a speech at the International Congress on Alcoholism at Bremen in 1903, made this declaration: "It is, above all, by its action on the general nutrition that alcohol weakens. It creates want of appetite, nausea, irregular and insufficient nutrition, indigestion, and consequently a faulty elaboration of the food. . . . It creates a poor nutrition, with all its consequences. . . . The general alteration of the body,

the sign of its being out of gear, is represented, as we know, by shortening of the length of life and by early appearance of the decrepitude which signifies old age."

Good Advice Boiled Down

A PHYSICIAN formerly connected with this journal, who has spent many years in a close study of health problems, gives the following valuable advice in a recent article on "The Art of Keeping Well":—

Thoroughly masticate your food, and do not make a practice of eating freely of soft, starchy foods.

Ordinarily three meals a day are ample, and in the majority of cases two are better than three.

The evening meal should be light, easily digestible, and should be taken at least three hours before retiring.

Vegetables and fruits should not, as a rule, be eaten at the same meal.

Sugar and milk eaten together, or preparations in which they are freely combined, are liable to ferment, and should be avoided.

Cane sugar and jelly are liable to produce catarrh, and should be used sparingly.

Acid or subacid fruits should be eaten at the close of the meal so as not to interfere with the digestion of the starchy food.

Sleep immediately after a hearty meal retards the digestion; so does hard mental or physical work, while cheerful moderate exercise for thirty minutes after meals has a beneficial influence on digestion.

Guard against meats, cheese, fried foods, animal fats, and the free use of butter. The fats found in nuts and olives are preferable to animal fats.

Pepper, mustard, and pickles are stomach irritants, and create a desire for alcohol and other narcotics.

Cheerfulness should be cultivated at all times, and especially during the meal hour.

Contentment and simple foods form a happy combination.

It is better to take a small quantity of water at frequent intervals, than large amounts at one time.

Another Chat on Skin Diseases

Nettle-Rash (Urticaria)

THE chief features of nettle-rash, or as it is medically called, urticaria (*urtica*—a nettle), are the sudden development of wheals or raised patches of skin with intense itching and perhaps burning. The wheals are firm to touch, at first red, but afterward white and bloodless in the centre. When the wheal subsides the centre becomes red and the border pale; the swellings vary in size from a three-penny piece or smaller to a five shilling piece. Scratching is followed by increase in number of the swellings. The wheals only last a few hours but fresh crops may continue for days. In chronic cases successive crops continue for months or even years. Although the individual wheal lasts as a rule not more than a few hours, some cases have been reported where they have remained for three months. Sometimes the rash is confined to one part of the body, but it may attack the whole body. When nettle-rash attacks parts like the eyelids or scrotum, the swelling may be intense and cause great alarm to the patient.

Causation.—Females are more liable to the affection than males. The disease is essentially a nervous disorder, those of a nervous temperament, or those who have a specially irritable skin, are most liable. Infants are particularly prone to nettle-rash. Malaria, gout, indigestion, diseases of womb or ovaries, predispose to the disease. The sting of nettles, jelly fish, wasps, the bite of insects such as mosquitoes, etc., may bring on an attack. We have frequently noticed a sudden development of urticaria after tapping an hydatid cyst. Certain articles of food which irritate the stomach may cause an attack. Shell fish, crabs, lobsters, pork, strawberries, mushrooms, and oatmeal may cause in susceptible subjects the appearance of the rash.

Treatment.—The digestive organs may require attention; a purgative is often quickly followed by relief. In chronic

disorders, nervous disorders, diseases of digestion, and of womb or ovaries, these conditions should be treated. Rough clothing, scratching, or anything that irritates the skin must be avoided. In acute cases the diet should consist of milk only until the rash disappears. Itching may be relieved by a neutral bath (98°-100° F.) for fifteen to twenty minutes. A hot bath containing either bicarbonate of soda (4 ozs.) or sulphurate of potash (2 ozs.) to 30 gallons of water will generally give great relief to the itching. After the bath, dry the skin thoroughly, and apply one of the following lotions:—

Lotio Carbolici (5 per cent). Tablespoonful of pure carbohc to half a pint of water thoroughly shaken in a bottle.

Liquor carbonis Detergens ꝓii (2 drams)
Acidi Hydrocyanicum

Dilutum ꝓj (1 dram)

Aqua ad half a pint.

An ointment of salicylic acid, 10 grains to one ounce of vaseline or a dusting powder of oxide of zinc, talc, camphor, and starch may be used instead of the lotion. Animal food should not be taken. Internal remedies as a rule do not give much relief. Calcium lactate (10 to 20 grains three times a day) or salol (10 grains three times a day) give relief in some cases; the former is useful sometimes when the wheals are of a large size (giant urticaria).

Psoriasis

Psoriasis is one of the most common of skin diseases. When fully developed it is seen in irregular circular patches on the knees, elbows, front of leg, and back part of the forearm. Those are the most common positions but it may travel to all parts of the body, the scalp, the back, and the front part of the chest. The inflamed patches of skin are slightly raised above the general surface and are covered with scales which superficially are a dirty white, but when these are scraped away the scabs are white or silver grey. When the

scales are removed, the under surface is red but not raw, and by the help of a lens bright red spots are seen which readily bleed.

The disease is somewhat similar in appearance to eczema, but there are no vesicles, no exudation or crusts, and the itching is not nearly so marked. When the disease is spreading, the patches are surrounded by a narrow zone of redness, but this does not exist when the disease is inactive. Frequently the patches heal in the centre and the skin becomes of normal colour, while the margins extend in a more or less circular manner; often the margin of the patches breaks up into sections. There may be some itchiness in acute cases, but in the chronic condition itching is rare. The general health of the patient is mostly very good; in fact, when the health fails the disease often becomes less prominent. The disease begins with a red pimple or pimples, and these quickly become covered with the characteristic scales. The disease may altogether disappear for a time, but whether treated or not, it almost invariably returns. In the spring and the autumn the disease generally becomes more evident. The cause is not known.

Treatment.—The patient should live on a lacto-vegetarian diet. Flesh foods, sweets, and articles cooked with or in fat interfere with the healthy action of the skin and should be avoided.

External treatment must be chiefly relied on. It is very important that any patches on the scalp be treated, for the disease will most certainly extend from an untreated scalp. The scalp should be thoroughly cleansed with soap spirit before any ointment or lotion is applied. A six per cent solution of salicylic acid is excellent for removing the scales in chronic patches. As long as any dandruff remains, the scalp must be frequently washed with the soap spirit and the salicylic acid lotion rubbed in. The washing of the scalp and the application of the salicylic lotion should be continued for six months after the dandruff has disappeared.

To remove the scales on the body, alkaline or sulphur baths are advised. Six ounces of bicarbonate of soda or 2 ozs. of potassium sulphurate should be added to 30 gallons of warm water. The patient should take a daily bath and remain in the water about one quarter of an hour. If the parts are much inflamed some soothing application must be used, such as calamine lotion (one ounce of calamine to half a pint of lime water). Cover the patches with strips of linen steeped in the lotion. The most generally used application, however, is chrysarobin. Dissolve one dram of pure guttapercha in half a pint of chloroform and add one dram of chrysarobin. This preparation should be painted over each patch; it forms a thin varnish which should be renewed every two or three days. Chrysarobin may be used as an ordinary ointment, but it stains everything it comes in contact with. The usual strength is five per cent in lanoline or vaseline. Rub well into patches, cover with lint on which a layer of the ointment has been spread, and bandage. Renew twice daily. When the parts get red and sore, some zinc ointment may be used for a few days, or the calamine lotion already mentioned. Olive oil and salicylic acid (10 grains to the ounce) is frequently followed by very beneficial results and is less objectionable than the chrysarobin. Common crude gas-works' tar applied with a stiff brush in a very thin layer is a very useful and cheap application. The following also makes a good varnish:—

R̄	Pix Carbonis	ʒj
	Benzol	ʒii
	Acetone	ʒj

Baldness

If the baldness is due to dandruff (seborrhœa), as it often is, that condition should be energetically treated. When the hair comes out after some acute illness, as typhoid, change of air and good tonic general treatment are necessary. Syphilis is an important cause of the fall of hair and should receive appropriate treatment.

The circulation in the scalp should be

stimulated by vigorous rubbing with suitable hair brushes, or the fingers dipped in ice-water. Hot and cold douches are useful. Where the scalp is dry the following application will be found useful:—

℞ Resorcini	ʒj
Quinæ Sulphatis	
Olei Ricini	ʒss
Spirit Vini Rect. ad	ʒiv

Resorcin tends to darken fair or white

℞ Tinc. Cantharides	ʒii
Acidi Acetici Fort:	ʒj
Glycerini	ʒiv
Sp. Rosmarini	ʒj
Aq. Rosae ad	ʒviii

The frequent use of the following soap will be found useful:—

℞ Saponis Viridis	ʒii
Thymolis	grs. 40
Sp. Vini Rect.	ʒii



A GROUP OF LEPERS OUTSIDE THEIR HUTS IN INDIA

hair; salicylic acid under these conditions may be substituted in the same strength. Where the scalp is oily (oily seborrhœa) the following may be used:—

℞ Resorcini	ʒiss
Hydrarg. Perchl.	grs. iss
Acetoni	ʒj
Spirit. Vini Rect. ad	ʒvi

Where there is no dandruff or seborrhœa the following stimulating lotion will prove useful:—

Diseases of the Sweat Glands

Excessive sweating is experienced in consumption, leprosy, and other wasting diseases. Violent mental emotions of a depressing kind will cause "cold sweat." In hot covered parts of the body, as the armpits, genitals, etc., excessive sweating may cause disagreeable rashes or eczema. Excessive sweating may be hereditary or start from early life. In the latter case it is probably due to disorder of the nervous

system. Often the cause of sweating cannot be recognised. Excessive general sweating must be treated by attention to the general health.

Sweating under the arms may be checked by pressing a very hot sponge to the part for a few minutes and then dusting with fine boracic acid powder or a powder of salicylic acid in starch (15 grains of former to one ounce of the latter). The same treatment may be adopted for sweating feet; in the latter condition cork socks should be used and washed daily in boric acid lotion.

Foul-smelling sweat may be due to rheumatic conditions or excessive waste products in the body. In these cases flesh foods, all foods cooked in or with fat, and rich articles of diet, must be avoided. The skin should be well sponged daily, and a hot bath taken three times a week. A Turkish bath or electric light bath once a week is very helpful. The sweat from the feet may be very foul-smelling, especially when water-proof coverings are worn on the feet, and the parts are not kept thoroughly clean. The socks should be changed daily, and the treatment already suggested should be carried out. The feet often become sodden and tender, rendering walking painful. The Germans use mutton suet mixed with two per cent of salicylic acid which corrects the fætor and prevents tenderness.

Bloody sweat.—Malcolm Morris writes concerning this condition: "Bloody sweat may occur as a result of the extravasation of blood into the coils and ducts of sweat glands. This condition may in very rare cases follow great mental emotions in persons of excitable temperament, or it may be a form of vicarious menstruation." "*Diseases of the Skin,*" page 459.

Scabies (The Itch)

The itch is a disease caused by the presence of the acarus or sarcoptes scabiei in the skin. The female parasite, which is discernible to the naked eye, burrows into the skin; the burrow is usually one-eighth to one-half of an inch or more in length. A tiny vesicle can often be seen

at the mouth of the burrow, but this is mostly scratched off and a little scab is left behind. The female lives about two months but deposits its eggs (usually about fifty in number) along the course of the burrow. These are hatched in a week or a fortnight. The parts attacked are where the skin is thinnest, as between the fingers and toes, the fronts of the wrists, inside the navel, the genital organs, and the breasts of women. The head and face are never attacked except in children in arms. In dirty people the track of the burrow is darkened by dirt, but in cleanly people the burrow is not readily seen. The parasite is always at the end of the burrow and can be dug out with a pin; if the acarus is alive it will cling to the end of the pin where it can be seen as a minute pearly object. Care should be taken not to make the parts bleed. The most marked symptom is itching, which is particularly troublesome at night. In persons, however, with an unsensitive skin there may be little or no itching. The disease is communicated by prolonged and intimate contact. Want of cleanliness is a predisposing cause, but no one can be said to be immune from the disease. Dirt and scratching may inflame the skin to such an extent as to obscure the disease.

Sulphur is the usual remedy, half a dram or more should be intimately mixed with one ounce of lard. Before applying the ointment the parts should be thoroughly washed with hot water and soft soap, sufficient friction being used to open the burrows and remove the scabs. Two or three applications should be made each day for three or four days. At the St. Louis Hospital in Paris the parts are first rubbed for half an hour with soft soap, the patient then remains in a hot bath for half an hour; then the following ointment is thoroughly rubbed in:—

℞	Potass. Carbonatis	ʒj
	Sulphur Sublimati	ʒij
	Adeps (lard)	ʒiiss

The patient puts on his clothes without washing. The one treatment is usually sufficient. Itching may remain for a day or two after the disease has been killed.

Often there is so much inflammation that some soothing application is necessary before the sulphur treatment; such as calamine, one ounce to half a pint of lime water.

Lice (Pediculosis)

Lice may exist either in the head, the body, or the hairs of the pubis. They differ in size and appearance according to the locality in which they are found. The body louse is the longest, the crab the

under side of the shirt collar. The crab (the louse of the pubis) may travel to the abdomen, chest, arm pits, and even to the eyelashes and whiskers.

For head lice in children the hair should be cut short, and white precipitate ointment rubbed in. In women the hair need not be sacrificed, but the scalp should be frequently smeared with the same preparation. To get rid of the nits, moisten the hair with acetic acid and then



GETTING BACK TO NATURE IN THE MOST PRACTICAL WAY

widest, the head louse being midway between the other two in both dimensions. The head louse varies in colour according to that of the skin upon which it feeds, being black in the negro, white in the Eskimo, yellowish brown in the Chinaman, and grey with black margins in the European. Each female head louse will lay from fifty to sixty eggs (nits) which are attached to the hair by glutinous material which can be dissolved only with acetic acid. Lice suck the blood from their hosts and leave little red specks which can be seen but not felt. When the top of the speck is scratched off, a tiny blood-crust is often left. Body lice are not found on the body but in the clothes, especially on the

carefully comb them out. The soaking of the hair with kerosene will destroy the lice and the eggs.

For body lice the clothes of the patient should be baked in a disinfecting oven at a temperature of 212° F. or more, and frequent hot baths taken, using some antiseptic soap. For the crab lice the white precipitate ointment should be freely used, or the following prescription, which will both kill the lice and destroy the nits:—

℞ Oleate of Mercury (5%) ʒvi
Aeth. Sulph. ʒii

Ringworm

Ringworm is caused by the growth of a fungus, a vegetable parasite, in the skin,

and may affect hairy or hairless parts of the skin and the nails. Ringworm differs in appearance according to the part of the body attacked.

Tinea circinata is the name given to that which attacks the hairless parts of the body. This begins in a small red spot slightly raised and having a well-defined border; the surface gradually spreads and becomes more or less scaly; the colour gradually disappears from the centre. There may be one or more red rings enclosing a scaly covered skin. This form of ringworm is often found on the face, neck, and hands or other exposed parts of the body. Sometimes the redness does not clear from the centre of the ringworm and clearly-defined patches appear instead of rings. Pimples and pustules may appear in the ringworm due to other vegetable germs.

Tinea tonsurans is the name given to the disease when in the scalp; it is a form rarely found except in childhood. It begins as a red spot about the orifice of a hair gland and gradually spreads until a scaly circular raised patch of considerable size develops. The patches may run together, the skin become thick, scaly, dirty grey colour, and surrounded by some redness. The patches are nearly always covered with broken hairs, which can easily be pulled out. Between these hairs the surface of the patch is dry and powdery. Sometimes the affected hair falls out and small bald patches are left without the previous formation of rings. This form is called "bald ringworm."

Treatment.—Ringworm on the body is easily cured, but that of the scalp requires patience. The superficial layer of the skin must first be destroyed in order to get at the fungus. The strong tincture of iodine or a blistering fluid will effect this. Then one of the following ointments should be rubbed in three times a day, until every sign of the disease disappears:—

R̄	Chrysarobin	grs. xx
	Lanolini	ʒj
	or	

R̄	Sulph. Subl.	grs. iii
	Acidi Carbolici	m. xx
	Lanolini	ʒii
	Ol. Olivæ	ʒii

In children a milder application should be used such as:—

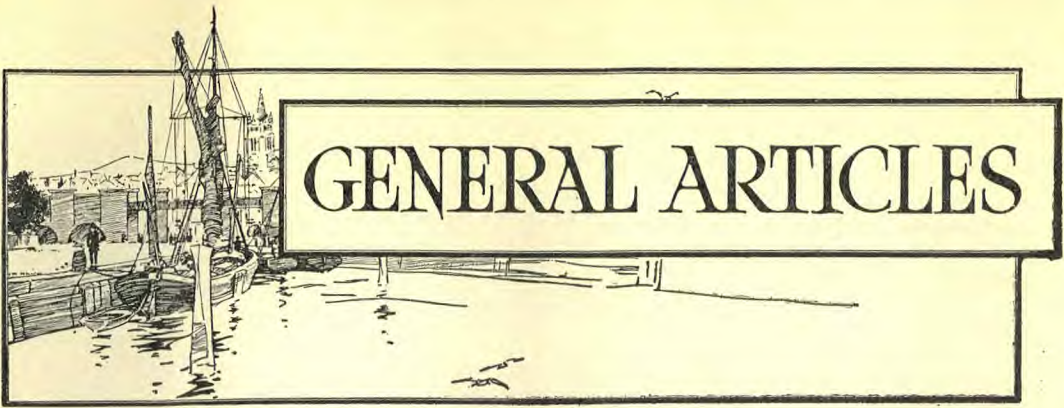
R̄	Hydrarg. Ammon.	grs. iii
	Lanolini	ʒii

Ringworm of the scalp (*Tinea tonsurans*) is much more difficult to treat, for the treatment must reach the fungus—the parasite. The diseased hairs should all be separately removed with forceps, as well as a ring of sound hair around the seat of disease. Then the diseased skin must be removed by spirit or ether wash. Ordinary water should not be used, as the fungus will live in water. A good wash can be made with salicylic acid and chloroform or ether—ten grains of salicylic acid to one ounce of ether or chloroform. No soap should be used, as this brings nourishment to the fungus. The strong tincture of iodine may be used in place of the wash. In the chronic cases, however, more powerful remedies are needed. Chrysarobin ointment (one dram to an ounce of lanoline) should be thoroughly rubbed into the parts with a bit of cloth. The remedy must be strong enough to produce inflammation of the parts. In severe cases the strongest of remedies are necessary, such as croton oil. The difficult case of ringworm of scalp cannot be cured without causing severe local inflammation. It should be remembered that ringworm is very contagious, either by direct contact or through brushes or other articles. The vegetable parasite will live for a year or two. Dogs and horses may communicate the disease. Children suffering from ringworm should not be allowed to attend school with other children and suspected contacts should be examined frequently so that early treatment may be adopted.

Barber's Rash (*Tinea Sycosis*)

The fungus of ringworm may attack the chin and other parts of the face. It may be transmitted from children, ani-

(Concluded on page 265)



Causes and Prevention of Consumption

WHAT is popularly known as consumption includes several diseases of the lungs, but the great majority of cases are due to what physicians call tuberculosis—that is, the production in the lungs of certain material of a low grade of organisation known as tubercle.

Tubercle may occur in other organs besides the lungs, and in certain stages of its development or decomposition it is difficult to distinguish it from some of the products of simple inflammation, but it is now generally agreed that wherever true tubercle is found there will also be found a micro-organism known as bacillus tuberculosis.

This bacillus can be cultivated, and in its growth it presents peculiar phenomena by which it can be identified. The product of the last of a long series of cultures when inoculated into certain living animals will produce tuberculosis in them. We therefore say that the bacillus tuberculosis is the cause of tubercle, meaning by this that without it there can be no true tubercle. But it requires something more than the mere presence of the bacillus to produce the specific disease. The bacillus exists in large number in the sputa of those affected by

it. It is very tenacious of life, and retains its powers unimpaired if the sputa containing it be dried and ground to dust.

The Number of Persons

who are affected with consumption is very large. The majority of them take exercise out of doors, and in the course of a year there are probably very few persons living who do not inhale some of these dried, yet living germs. Why, then, does the bacillus grow and produce its deadly effects only in certain persons?

To this question science at present can give no complete answer, but it can tell us something, nevertheless. In the first place, the bacillus grows best in persons whose parents were tubercular. The influence of heredity on the disease is well known. In the second place, it is most likely to flourish in persons weakened by other diseases, and in lungs whose vitality

has been injured. It is especially apt to follow certain diseases — as, for example, chronic pleurisy or measles. It flourishes among persons who breathe the air contaminated by the products of respiration of others. No doubt this is partly due to the fact that in close, ill-ventilated rooms, if one person is af-

AN OPEN-AIR LIFE MEANS STRONG AND HEALTHY CHILDREN



fectured with the disease, and is contaminating the air with the bacillus, all others in his vicinity inhale an unusually large number of the bacilli, but the foul air itself so influences the living surface of the



HEALTHFUL WORK IS ONLY PLAY FOR THE BOY

air passages as to accumulate dead or dying matter on it, and so furnishes food for the germ.

It will be understood from this that consumption is contagious, and of this there is little doubt; but, fortunately, the great majority of people, while in ordinary good health, are not susceptible to the contagion unless an unusually large amount of it gains access to their lungs.

The Bacillus Requires Heat

moisture, and nutritive material for its growth. Pure, cool, dry air prevents its multiplication. In ordinary cases of consumption, it is given off almost exclusively in the sputa, and in the air expelled in coughing.

Now, while our knowledge about the causes of consumption is not very complete or definite, it will be seen that it is sufficient to indicate some important means of prevention. In the first place, those who know that "consumption is in the family," as the ordinary phrase is—that is, whose parents, brothers, or sisters have had the disease—are forewarned that it is specially dangerous for them to live in close, ill-ventilated rooms, and on damp subsoils. Life in the open air, and especially in a cool, dry air, with plenty of sunshine, is what they should seek, and

they should do this before the disease appears.

In the second place, the thorough and prompt disinfection of the sputum of consumptive patients before it has time to dry is a matter of great importance to the public health, so much so that it is the imperative duty of such patients and of their physicians and attendants to see that this is carried out.

The extent to which consumption can be prevented in a community, if it is treated as a contagious disease, is shown by the experience of Naples, where, for over eighty years, it was so treated, with precautions so rigid as to be inhumane, but with the result of practically stamping out the disease.

Among the modes by which the germ of tubercle may be conveyed, mention should be made of the meat and milk of tuberculous cattle. The danger from the milk of tuberculous cows is sufficient to warrant preventive effort, but that from the meat of tuberculous animals is probably very real. Where there is any proper inspection of the markets, very



AND ALSO FOR THE GIRL

little of this meat is sold in its natural state, but it goes into the so-called Bologna sausages, and is disposed of in other ways which require more attention than they have yet received.—*Health*.

BEFORE putting up your new wire clothes-line, give it two coats of white enamel. It will last twice as long, and will not rust. Try it to-day with your old ones.



Cheerfulness

"GOOD morning! Good morning!!" Did you notice how cheerfully that greeting was given? Did you not feel the corresponding cheerful chord vibrate in your own soul? Then did you ever stop to think that the power was vested in your words to produce the same harmonious vibrations in the minds of others. A cheerful good morning, with a smiling countenance, will put to flight many a heart-ache, will dispel gloom and banish worry. "Kind words can never die," and they never go alone; they are accompanied with loving thoughts and gentle actions, which leave behind pleasant memories and bright hopes.

"The two kinds of people on earth I ween
Are the people who lift and the people who lean."

Then will you not join the gallant army of lifters who march to and fro throughout the earth to lift with the lever of cheerfulness! There's many a man who can be happy and cheerful when all around is congenial to his feelings, but he is not the lifter. Ah no! He is a lifter whose soul thrills with that cheerfulness begotten of a clear conscience and a love for

God and his fellowmen. The true lifter strikes the primary tone which makes others respond to its sweet chord of love, joy, and peace.

"It is wicked," as one has said, "for us to go about with faces which indicate that life has been a disappointment instead of a glorious joy." God bids us "Rejoice evermore." How often we hear Him exhort His people to "be of good cheer," to "be glad and rejoice." Though Christ was the "Man of sorrows" and acquainted with grief, He is the captain of our "Lifting Band." With that gentle voice, that kindly smile, He leads, leaving us the example to follow in His steps.

How we shun the pessimist! The world is full of people, people who have:

"Nothing to do but work,
Nothing to eat but food,
Nothing to wear but clothes
To keep them from going nude.

"Nothing to breathe but air,
Quick as a flash 'tis gone;
Nowhere to fall but off,
Nowhere to stand but on.

"Nothing to comb but hair,
Nowhere to sleep but in bed.
Nothing to weep but tears,
Nothing to bury but dead.

"Nothing to sing but songs,
Ah well! Alas! Alack!
Nowhere to go but out,
Nowhere to come but back.

"Nothing to see but sights,
Nothing to quench but thirst,
Nothing to have but what they've got,
Thus through life they're cursed."

Earth's inhabitants are beset with two thousand diseases; its hospitals are inhabited with 12,800,000 sick; 4,000,000 blind grope their way and long to see the



SIXTY-FIVE RAYS OF HOME SUNSHINE

light; and a million deaf long for the sound of the kindly word and the strains of the sweet song.

Let us pity such and go forth to sweeten the world, "to preach the gospel to the poor, to heal the broken hearted, to preach deliverance to the captives, and recovery of sight to the blind," and let us give of our service cheerfully—"For God loveth the cheerful giver." Let us dispense cheerfulness wherever we go; this world has too much of gloom.—*Eric. B. Hare.*

Just a Smile

PEGGY was two years younger than Bessie. As is the way with younger sisters, Bessie's outgrown clothes became Peggy's humiliating heritage. One day Bessie made an exciting discovery.

"I've got a loose tooth," she said, "I think I'll pull it out."

"Oh, don't," Peggy implored. "Mother will make me wear it."

The Wisdom of Buying in Bulk

Laura A. Kirkman

"How *can* you buy so much of one thing at once?" said Mrs. Young Neighbour. "My bills are staggering enough with the scanty ordering I do."

"That's just why they are staggering," replied Mrs. Old Housekeeper; "because you don't buy in bulk. Do you know that you save a few pence every time you buy several tins or packages of one thing at the same time? And it's the penny saved here and there that tells.

"Every autumn I buy a dozen tins of pineapple, peas, and corn," she continued. "If you doubt the wisdom of this, you have only to compute the cost of these tins if purchased singly and then compare the amount with the reduced price I paid for them because I took so many at once.

"And all the year around I buy my cereal, soap, rice, flour, sugar, beans, and tapioca

in the bulk whenever the supply runs out, because these are things which will not spoil and so there is nothing to be lost in that respect, while there is much to be gained from a financial standpoint from such buying.

"And here is another little 'tip,' if you will take the advice of an old housekeeper: stick to one tradesman. Tradespeople appreciate fidelity in the customer, and naturally show that appreciation by giving a regular customer their first consideration.

"Another tip," added Mrs. Old Housekeeper, "is that preserving jars of different sizes are excellent for keeping all dry groceries free from dust, dampness, and household pests."

HAVE any of your tin articles "sprung a leak"? Fold a piece of tinfoil over the hole, apply the tip of a red-hot poker to melt it, and when cool the hole will have vanished.

Some Valuable Hints on the Care of the Sick

F. M. H.

THERE are few homes not visited by sickness—few of us who do not know what illness means. And it is true that few who have not suffered can sympathise with those who do. Some homes contain invalids, or one who is frail and delicate. Sometimes a guest, visiting relative, friend, or lodger may fall sick; therefore it would be well for us all to learn, and be careful to carry out, the following rules which, when observed, hasten recovery and awaken gratitude. Quietness is of prime importance, so—

1. Wherever possible place the sick in the most cheerful room farthest away from the kitchen and living rooms.

2. See that all the doors between are kept shut, and quietly fastened, not banged.

3. Be careful to tread lightly, and if overhead, to wear slippers and avoid moving beds, etc., about.

4. Teach the children to moderate their tones and to avoid playing or talking anywhere near the sick room.

5. When it would cause distress, let the piano practice be omitted.

Note: Sounds not noticed by us when well—or even pleasant to us—may become unbearable when ill, and in houses with very thin walls sounds carry far.

6. Let the nurse maintain a cheerful face and manner.

7. Keep visitors out, especially all who would stay long, talk loud and long, and relate things sad and depressing.

8. Anticipate their needs, not requiring to be asked to lower blinds, open or shut windows, shake up pillows, remove slops, refill water-bottle, remove dead flowers, etc.

9. Never arouse from slumber either babe, youth, or adult either to bath, feed, etc., sleep being the best medicine and Nature's sweet restorer.

10. Arrange tray daintily, using bright cutlery, prettiest plate, a wee bouquet, and not too large helpings.

11. See that all food is carefully prepared, and study the patient's tastes re saltness or sweetness, etc., and as far as reasonable.

12. Unless specially advised by physician, never force food upon sick children or adults; occasional abstinence is beneficial to all, and food to benefit must be desired.

13. Whether loved ones or a stranger, treat them just as you would like to be treated were you in their condition. Remember "kind hearts are more than coronets," and "with what measure ye mete it shall be measured to you again."

A Beauty Recipe

LET all who would possess true beauty that will never fade or tarnish, but which improves with age, seek diligently to cultivate daily:—

A contented mind.

A trustful and hopeful spirit.

A courteous manner.

A friendly smile.

A calm and dignified deportment.

A strict sense of justice.

An unyielding integrity.

A large-hearted benevolence.

A hatred for all that is false, unreal, or unholy.

A love for all that is noble and pure and good.

A willingness to learn from the humblest creature.

A disposition to esteem others better than ourselves.

A tender regard for the young, the weak, and the aged.

A pity for the fallen.

A reverence for all things sacred.

A heart governed by principle, not policy.

A heart at leisure from itself to soothe and sympathise.

A constant purpose to treat all as we like to be treated.

This recipe cannot fail. Try it.

F. M. H.

Bodily Cleanliness

THE organs of this wonderful body of ours are curiously loyal to each other. If one organ is unable to perform all the work which is put upon it, for instance, the others faithfully turn in and labour to do its share as well as their own. This is a beneficent provision for the tiding over of temporary difficulties; but it was never intended in the scheme of things to become a permanent arrangement. When it has lasted long enough, the organ or organs doing extra work begin to show signs of distress. Nature is just, as well as kind, and always takes toll.

When the skin is put to it to perform part of the work that should be done by the liver, the kidneys, or other organs, it must soon throw out its signal of distress in the form of sallowness, roughness, and pimples.

Now, cleanliness of the skin is by no means attained by mere surface rubbing and scrubbing, although a certain amount of this is necessary, and many a proud, fastidious, and otherwise dainty young woman needs to be told how to wash her face properly.

A young woman ashamed of her complexion should bath regularly, and try the effect of drinking more water and eating fewer sweets, giving her digestive organs a bath and a rest. Let her then treat the face to an occasional thorough washing in soft water, using one of the good mild soaps, of which there are now so many offered. Let her also breathe plenty of fresh air, and then watch the speedy improvement that will come.

On the other hand, errors of diet, neglected bowels, insufficient bathing, and an unventilated bedroom would dim the best complexion in a week.

The reward for living a hygienic life is almost immediate in the improvement of bodily and mental health, and with health comes the reward of bright eyes, a clear, transparent, glowing skin, a brisk, youthful walk, and a well-developed figure.

It is one of the primary qualities of beauty without which no perfect harmony

of features can make a beautiful complexion.

It is due to the general ignorance of plain laws of health that there exist so many fretful, disagreeable women, to say nothing of the thin, haggard-looking ones, and those to whom good looks seem a lost ambition.

Every woman should study these laws, not only for her own well-being, but for the mental comfort and general happiness of those who come in contact with her.

Have Patience

IN these swift-moving days, when society, business, and church are all running at high pressure, when slowness is regarded as a greater disgrace than inaccuracy, and when the universal ambition is to "get there" in the shortest possible time, there is more need of old-fashioned patience than ever before in human history, and there is possibly greater danger of lacking this grace. For the swifter the speed, the madder the pace, the more high-soaring and intense the ambition-fevered mind, the greater the danger that men, seeing only or too vividly the immediate goal for which they strive, will rebel against the providential restraints which have been wisely imposed upon them, and either spoil their lives by useless fretting, or seek their goal by paths that are forbidden.

Someone has wisely said that we need to have patience with ourselves, and most of us will bear ready testimony to this very patent fact. If there is one thing we do not understand in this world it is our own nature, and its revelations of weakness and infirmity are apt to prove exceedingly discouraging to us, especially in our younger days. The slow moving plodder measures himself against the apparently rapid-travelling genius, and he is prepared to give up the struggle at once. The hare and the tortoise have no meaning for him, as he thinks the days of the tortoise have gone. But when twenty-five years, or even ten years, have gone

by, if the tortoise of today has kept his pace steadily and without discouragement, he is amazed to find that the old, old fable still applies, and the tortoise has come out ahead, and, more than that, the

slow movements have gradually accelerated until the tortoise pace has become, for a tortoise, almost incredibly swift. It almost seems as though the tortoise had ceased to be a tortoise.

The Hygiene of Dress

WE have long been accustomed to associate an utter disregard for hygienic considerations with the particular fashion in women's dress which happens to prevail. Tight-lacing, high heels, pointed toes, and long trains have all been affected at one time or another by women who are as fully aware of the dangers attaching to them as any college professor, but Fashion, that tyrant they served so slavishly, overcame every other sense of fitness. There are indications, however, that Fashion, possibly becoming alarmed at the advance of knowledge among her worshippers, and fearing to lose her hold over them, is at last taking hygiene into her confidence and is profiting thereby. In illustration we need only compare the fashion plates of a few years back with those of the present day when we shall see how the trailing skirt for outdoor wear has completely given way to the shortened walking dress. The scavenging which was carried out by the former must have been appalling, and it is inconceivable that any decent, cleanly woman could go about in public places in a garment the inner surface of which must have been in a few days a mass of filth picked up from stairs or paths along which she has swept, in more senses than one. But even some of the short skirts worn at the present time are not above, we mean this literally, sweeping the dirt from the stairs which the wearer is descending. It is only necessary to follow a lady down the steps of an omnibus to observe the bottom of her dress flip-flip-flopping over each successive step and carrying away the dust and dirt that have accumulated there. But while the Fashion which rules automatically the dress of women, seems to

be coming to her senses, her twin brother who has charge of the dress of men is apparently becoming retrograde. This is all the more to be deplored because men, when scoffing at the dress of women, have with the self-satisfaction of their sex been able to point to the common-sense which was the distinguishing feature of their own apparel. They must now descend from their pedestal and cry *Pec-cavi*. While the women have given up fouling the inside hem of their skirts with the dirt of the streets, men at the instigation of Fashion have begun to carry it away in the pocket they have devised by habitually turning up the bottoms of their trousers. We shudder to think of the accumulation of filth which must be found in these receptacles, and as we believe it is the custom to have the turn-up made as a permanent pocket, it is doubtful whether during the period of wear any attempt is made to get rid of the accumulation. In the interests of hygiene we hope this prevailing fashion will be but a short madness, and that men ere long will be properly clothed and in their right minds.—*The Medical Officer*.

A Cheap Tonic

THE cool morning bath—a luxury at any time of the year to one who has learned to appreciate it—is almost a necessity in the warm weather. It will tone and invigorate for the entire day, and will prevent much of the lassitude which often accompanies the warm weather. An occasional warm bath in the evening, for the purpose of cleanliness, will also add to the comfort.

The Nerve Garden

ALDEN CARVER NAUD

IT was not a beautiful garden, it was not even moderately attractive, but it was a very remarkable garden for all that, and it proved a source of great satisfaction to its mistress, who was fascinated by her wee garden plot and exhibited it proudly to all of her relatives and friends. She would point out the tall sunflowers in the background and the sweet peas near the woodshed. She would pause to gather a few pansies from a miniature pansy bed while she called attention to the three rose bushes near at hand. Off to one side more useful plants were growing—lettuce, radishes, young onions, string beans, and butter turnips. Her entire garden occupied a space scarce larger than an ordinary verandah.

"It is my nerve garden," the owner would remark proudly. "In this little plot I have planted nervous prostration, brain fag, and other serious nerve derangements, together with a heap of other physical ills. My indigestion, headaches, and lung trouble are all buried in different nooks here and there about this little garden. These flowers and herbs and vegetables are all monuments to commemorate their places of interment."

When questioned, she explained just what her garden actually meant to her. She had been a sick, nervous, worn-out society woman. After she "went to pieces," she made a hobby of her ailments, and consulted an infinite number of physicians, and was sentenced to innumerable hospitals and sanitariums. In these different institutions she was subjected to various treatments—electric, X-ray, massage, and drugs. All the while she was still an invalid, and slowly but surely her flesh, her spirits, and her money were ebbing away.

Chancing to be at home temporarily, she was surprised by a visit from an old-time friend. The friend brought with her a small scarlet geranium in a green flower pot. It was one of a great many she was

cultivating in her own border. She was bubbling over with enthusiasm, and graphically described her attempts at gardening and the results she obtained, both pleasant and otherwise. The invalid was inspired by her animation, and after she was left alone with the scarlet geranium she resolved to plant the gift in her yard as the nucleus of a garden for herself. That was the beginning. The idea took possession of her, and she soon abandoned herself to the pursuit of her newly found happiness. Her mind, filled with a definite purpose, became more active, her interests broadened, and she grew to be less aimless and indolent. About this time her indigestion began giving her less trouble, and she forgot many of her minor ills. The outdoor air, the sunshine, the exercise, the new interests and environments, did the rest.

"Yes, it is my nerve garden," she explained to her husband's partner one evening, as she proudly exhibited her achievements in the diminutive back yard. "It means much to me, for I have taken the undesirable part of my life and I have converted it into something beautiful and useful."

The gentleman she addressed was nervous, irritable, and fussy, although presumably in good health. But at the woman's words he began a line of rapid thinking. He noted the woman before him, and contrasted her with the nervous wreck who began the little garden. He was brought abruptly face to face with his own deficiencies. And that evening at his own home he resolved that he, too, would make a nerve garden. But the strictly conventional little patch of greensward on either side of the cement walk before his door represented his all in all along the line of real estate. It would be worse than useless to think of nerve gardening there. Nevertheless, his spirit revolted at the thought of his perpetual indoor living, devoid of exercise and sunlight. In the

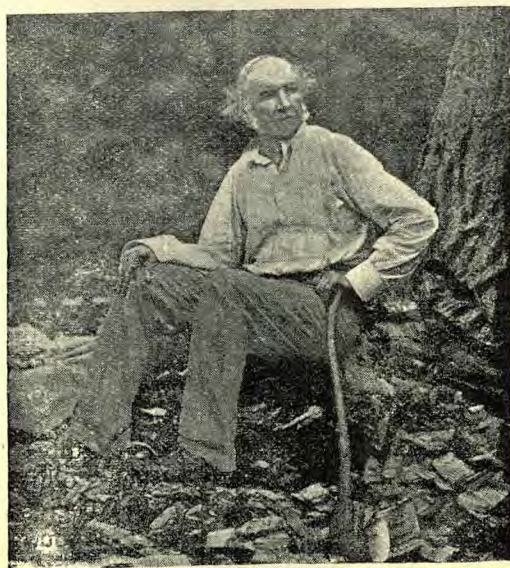
HE PUSHES HIS OWN PLOUGH AND SAVES THE KEEP OF A HORSE



THE MAN WITH THE HOE MAY BE LOOKING DOWN BUT HIS HEALTH IS ALWAYS LOOKING UP



WITH THE SEEDS OF VEGETABLES HE IS ALSO PLANTING THE SEEDS OF A NEW LIFE



GLADSTONE, ENGLAND'S GREATEST STATESMAN, PERIODICALLY BURIED HIS NERVES UNDER A PILE OF CHIPS

course of time he determined to adopt an expedient to compensate for his lacking opportunities for gardening. He got the camera habit, and learned to make use of the open air and sunlight, which he had never before enjoyed. He made collections of original park views, and obtained pictures of pleasing bits of scenery here and there about the city and in other people's gardens.

In an incredibly short time his new-found enthusiasm totally replaced his old-time irritability. He was enabled to look at life from an entirely new viewpoint, and was better equipped for his business and social obligations. His nerve garden was only a camera, but it took him into the air and sunlight, and gave him new interests. So the results were the same as if he had purchased a rake and hoe instead of a camera.

These are two examples of the nerve garden,—the place where brain fag was dropped and the tension of weary nerves eased. Any one can determine the particular sort of garden that will suffice for his own individual case.

The instances are rare and isolated where one has such complete self-mastery that any daily routine will not, in due course of time, grow monotonous and wearying. This is true, even when following the line of favourite occupation and performing congenial tasks. In such cases there will come times when the hands on the dial move slowly and the necessary details of employment grow irksome. After this point is reached, it is soon evident that nerves are beginning to manifest themselves. The wise person at this juncture will ease up a trifle and shift the weight somewhat while the bearings are oiled and due repairs made.

This is the exact time when the nerve garden should be planned. The gardening is easier and more pleasant and is more effective than when one waits until there is a diseased body to throw into the scheme and a lagging spirit begins the diversion. Actual gardening is the best, no doubt, if only a scarlet geranium is planted in a green flower pot. There is

something in the feel of the earth that gives one renewed grit. However, it would be best to place the flower pot outdoors, if possible. Both the geranium and its owner will be better off in the open air. But if actual gardening on even a humble scale is utterly impossible, something else must be made to substitute for the nerve garden.

Fortunate indeed is the person who has a hobby when the nerves begin to vibrate discordantly. The unfortunate office employee who feels the first sting of an overwrought nerve should cultivate some kind of nerve garden.

The housewife can make a real live garden, or raise chickens, or walk in the park, or dress dolls for her babies—anything in the line of pleasing diversion will answer the purpose. Something different from the regular routine and ordinary, wearying, everyday duties is all that is necessary. A new line of activity for recreation will rout even obstinate nervous difficulties. Some one has said: "Rest is not idleness, and to lie sometimes on the grass under the trees on a summer day, listening to the murmur of water, or watching the clouds float across the sky, is by no means a waste of time."

The idea of a nerve garden would cure many a case of nerve trouble that now baffles the skill of conscientious physicians. Nervousness may be transformed from a curse into a blessing; for nervousness is like an electric current; under proper control, it will prompt purposeful action; without control, havoc results.

If there are wrong connections in your social, domestic, or personal activities, if, now and then, you find a live wire down, or discover that your lines are getting crossed, try to get out into the open, into a nerve garden, and devise some way of readjusting your entire system of wiring, if necessary. Some have made nerve gardens in spite of incredible odds. They have successfully planted their nerves in art, science, philanthropy, or athletics. When life begins to pall on you, when trifles annoy you, and humanity, individually or collectively, irritates you, get into

a nerve garden of some sort just as quickly as possible.

"Friend, all the world's a little queer, except thee and me; and sometimes I think thee a trifle peculiar." When you reach this stage, you would better shut down the dynamos entirely and stop all the engines. It will take your utmost of time and attention in a nerve garden to get back to normal again. Become so full of health and strength and hope and courage that life will seem good to you once more and the earth a worth-while planet.

"Diving and finding no pearl in the sea.
Blame not the ocean; the fault is in thee!"

A Handy List for the Laundry

THE efficient housekeeper has tacked up in her laundry a list of re-agents for the removal of stains. The following list may be copied for this use:—

Medicine Stains: Dissolve with alcohol.

Tar Stains: Dip in kerosene, then wash in warm water with naphtha soap.

Milk, Cream, Tea, and Cocoa: Soak in cold water one hour, then use mild soap. If tea stains are old, soak stained part in glycerine for a short time.

Grass Stains: Rub stain with alcohol or with black molasses and wait a half-hour before washing.

Fruit and Coffee: Put stained part over a bowl and pour boiling water on it from a height. Peach stains require bleaching with Javelle water (one part boiling water, one part Javelle water), after which rinse in ammonia water, then in clear water.

Iron Rust: Apply borax and water, or ammonia, and spread over a bowl of boiling water. Drop a ten per cent solution of oxalic acid on the stained part and when stain is gone dip at once into ammonia water, or borax water.

Indicators

To keep the hands and ears clean and the finger nails cut are noticeable matters not to be overlooked in making one's toilet; and children should be trained to

attend to these things for themselves while quite young. Habits of neatness are not so much natural as acquired, and good dressing, from Alpha to Omega, is one long siege of keeping at it.

The best dressed woman one sees on trains, in waiting-rooms and similar places is not the one who flaunts gay colours and fancy "fixins" galore, but the one who wears good material quietly fashioned, with hat and gloves of the same type.

A sensible dress that will stand the tug of travel and general wear indicates a sensible mind, and is always becoming; while a sleazy, dragging silk or fancy costume indicates a light and trifling mind within. By their dress ye shall know them. The knack of dressing well on few clothes and little money is not as well understood as it would be if more thought and care were used.

Another Chat on Skin Diseases

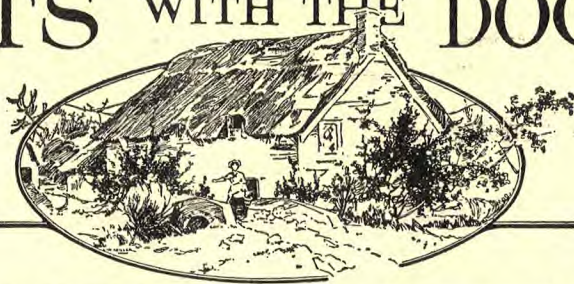
(Continued from page 254)

mals, or the shaving brushes, razors, etc., of the barber. (In Germany hairdressers are compelled to disinfect their instruments every time they are used.) Treatment is the same as for ringworm of the scalp. The chrysarobin ointment should be used in a strength of ten grains to half a dram to the ounce of lanoline or lard.

Ringworm of the nails. The nails become thickened, brittle, rough, and lose their shiny appearance. The nail affected should be thoroughly scraped and a strong chrysarobin ointment applied. Doctor Harrison of Bristol uses two lotions. No. 1 consists of liquor potassii and distilled water, half an ounce of each and half a dram of iodide of potash; and No. 2 of hydrag. perchlor. grains four, spirits vini rect., and water,—half an ounce of each. After scraping the nail, No. 1 is applied on lint, covered by oiled silk for fifteen minutes; then No. 2 is immediately applied in the same way for twenty-four hours. The nail is then scraped and the same treatment applied as long as necessary.

W.H.J.

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.

408. Goitre

"Corio" writes: "For about two years I have been suffering from goitre, mostly on the right side of the neck. By the use of a lotion and the taking of some boiled herbs it is gradually disappearing. I am thirty-five years of age, my appetite is very good, and I take a little meat once a day, but do not take tea, coffee, or cocoa, always using milk for my drink at meals. Do you think a strictly vegetarian diet would assist me? If so, I should esteem it a favour if you would let me know what foods I should eat so as to get plenty of nourishment and thus build up my body."

Ans.—We think a strictly vegetarian diet (non-flesh) would certainly help in this case, and would help the treatment. Flesh foods are not particularly nourishing, their chief property being that of a stimulative. For general strength and endurance there is no better diet than that of the wholemeal preparations combined with fresh milk and raw or lightly-cooked eggs. We are quite convinced that most people would do much better if they substituted wholemeal bread for the white altogether. Not all bakers cook good wholemeal bread, however, and where there is no choice of bakers one may have to make one's own bread. The wholemeal can readily be obtained, or by the purchase of a small mill the wholemeal flour can be prepared from good wheat. If wholemeal flour were used more in

cooking we would hear very little of the constipation trouble which is almost universal. By the use of white bread we miss very many important ingredients of the wheat. Granola and granose biscuits are excellent foods. Granola may be mixed with cut up dates and exactly double quantity of boiling water added (one cup of granola to two cups of boiling slightly salted water). There should be no stirring whatever, but the dish should be kept in a warm place for a quarter or half an hour. Use with cream or milk. One could not get a better diet than that of wholemeal bread, granola, granose, fresh milk, lightly-cooked eggs, vegetables, and fruit.

The treatment of "goitre" is given in last issue (Sept.-Oct.) of LIFE AND HEALTH.

409. Neurasthenia

"Inglewood, W.A.," writes: "Before the war broke out I was a strong woman, but I had a lot of losses and worry that broke my health up. One doctor tells me I am run down and that I should get away from the house for a long rest; another tells me it is the change of life, nerve, liver, and dyspeptic trouble, and I need a rest. I am forty-three years of age. I am so weak and nervous, I get shivers so bad in my back and up my spine in cold weather, and heats all up from below the waist, they make me feel

faint. I wake up in the morning to find my left hand dead and I have to rub it for some time to bring it round; and I get noises in my left ear at night when I go to bed."

Ans.—The doctors' statements are probably all correct, and the advice of a prolonged rest is good if it can be carried out. This is evidently a case of nervous breakdown—neurasthenia. The advice given in regard to food under the heading of "goitre" in this issue of "Chats" should be carried out. Tea, coffee, and all stimulants should be avoided. A cold sponge all over the body should be taken on rising in the morning and a tepid bath (100°F.) for twenty minutes at night-time three times a week. See that the bedroom is well ventilated and live in the open air as much as possible. Only take the three meals in the day and eat nothing between meals. Regular sanitarium treatment is very helpful in these cases.

410. The Use of Aspirin Preparations; Cooking of Beans

"Information." We believe the use of the tablets spoken of is harmful and that they simply relieve for the time. Headache powders are made from other but similar drugs, such as phenacetin, phenazone (antipyrine), and citrate of caffeine; their continual use is certainly harmful. "Information" also asks: "When cooking Canadian Wonder beans, should the first water be drained off them?" We believe the flavour of the Canadian Wonder bean is improved by the draining off of the first water, but apart from the flavour the first water contains nothing harmful. Beans are highly nitrogenous food and should be used sparingly.

411. Paralysis (Hemiplegia)

"Scotia" writes: "Last October my wife, aged sixty-six years, was seized with a paralytic stroke, since which time she has had no use of the left leg and left arm. . . . At times her mind wanders. Sometimes she calls out in a very loud

voice and other times she lies in a sleepy state all day. The voice has never been the same as before the stroke. Occasionally she takes turns very similar to epileptic fits, but soon recovers from them. . . . Her general health is good but we have trouble with the bowels. As we are careful to draw the sheets frequently, shift her from side to side and place her on a large air cushion when on her back, she has no bedsores. A nurse comes every morning and evening to attend to her. She has a great objection to cascara for the bowels."

Ans.—Light massage is always good in these cases; it does not strengthen the muscles to any extent, but keeps the circulation active and helps in the excretion of waste productions. The movements should be chiefly toward the heart. Methylated spirit rubbed over parts where there is any pressure is a good preventive of bedsores. If she objects to cascara for the bowels an enema of warm water and soap could be given occasionally. Omit white bread and give in its place whole-meal bread and granose biscuits. Fruit, preserved figs, and stewed prunes are helpful. Cascara may be given in tabloid form but it is usually not so effective. The case being so long standing does not give much prospect of recovery.

412. Scarlet Fever; Measles; Use of Sulphur for Rheumatism; and Eczema

"Mother" wishes to know:—

1. What could be used to allay itching of scarlatina rash and whether intolerable itching is usual?
2. How would a child be affected if it contracted scarlatina on top of measles?
3. Will putting sulphur in the boots cure rheumatism? Would there be more danger of taking cold in winter through using this treatment?
4. Is sulphur used in all forms of eczema?

Ans.—Intolerable itching is quite unusual in scarlet fever. The following ointment would relieve itching and prevent infection of others:—

R Acidi Carbolic grs. 40
 Thymol grs. 20
 Vaseline one ounce
 Lanoline one ounce

A child with measles may become infected with scarlet fever. We have frequently found the two diseases together and all have recovered. The chief trouble would be the development of kidney or heart disease. Scarlet fever in conjunction with measles has been of a mild nature in our experience.

We do not think sulphur in the boots would have any effect whatever on rheuma-

and is not nearly so well as previously.

Ans—Ordinary consumption is due to the development of special germs in the tubes and tissues of the lungs. In miner's complaint the irritating particles of dust cause chronic inflammatory conditions of the tubes and tissue of the lungs; the lungs are not so capable of resisting the inroads of the tubercular germs and consequently the chronic inflammatory condition is often accompanied by the tubercular trouble as well. The congestion in the various parts of the lungs brought about by the inhaled dust causes the develop-

ment of what is known as connective tissue—tissue that binds the essential parts of any organ together. This connective tissue takes the place of the true lung tissue, and consequently there is less breathing power. Shortness of breath and cough with general weakness are the chief symptoms. A miner who develops a bad cough which continues for weeks should certainly seek some other employment.



A LITTLE TOUCH OF NATURE NEAR THE HOME OF "LIFE AND HEALTH"

tism, neither would it render the individual more susceptible to colds either in winter or summer.

Sulphur, as prescribed in July-August number of LIFE AND HEALTH, is more especially used for eczema of the scalp and face when due to seborrhœa (the disease that produces dandruff).

413. Mining and Miner's Complaint

"Wife" wants to know something about miner's complaint. Her husband has been mining for three and a half years

If taken early the disease may be overcome, but after years of development recovery cannot take place, for the lung tissues are destroyed. The disease is of longer duration and has a slower course as a rule than ordinary consumption.

414. Diet for Rheumatism

"Kimbrook" writes: "I am suffering from rheumatism in the knees and ankles, which are swollen; otherwise I am perfectly healthy, married, age forty-eight, small meat-eater, take tea, cocoa, and soft

drinks, fond of cake, pastry, and all fruits. Will you kindly advise suitable diet?"

Ans.—Dr. Haig has shown that in rheumatism the blood circulates slowly through the minute capillaries and this is especially so in the connective tissues around joints. The slow circulation permits the deposition of uric acid and other irritating substances which cause inflammation, pain, and swelling. An excessive amount of nitrogenous foods, especially flesh foods, sweets, and indigestible articles, loads the blood with waste products, gives it a less alkaline reaction, and slows the circulation as already described. Cakes, sweets, and flesh foods should be altogether avoided. Tea and coffee contain a large percentage of salts akin to uric acid; they also interfere with digestion and the action of the bowels and should be avoided. If wholemeal bread is substituted for the ordinary white bread there is no fear of a deficiency of the nitrogenous element of the food. Milk makes an excellent substitute for flesh foods in rheumatism. Wholemeal bread, milk, vegetables, and fruit make the best diet for the rheumatic.

415. Freckles

"Singapore" writes: "A friend of mine has freckles on her face and wants to know if there is any cure for them. She has tried several kinds of ointments prescribed by physicians, but without success. Can you recommend a remedy? Are they caused by a parasitic germ or are they natural?"

Ans.—This condition is certainly not due to germs any more than is the black colour of the skin in a black man. Freckles may be prevented to a large extent by wearing a veil of green or blue colour of thick gauze and by avoiding the sun; they may be diminished by the application of preventive cosmetics (greasing the face).

Dr. R. V. Müller gives the following directions in "Hygiene of the Face and Cosmetic Guide":—

"The face should be washed with hot tea and at night lotions such as the following should be used:—

	"Chlorate of potash	2 grammes
	Rose water	250 "
or	"Distilled water	250 grammes
	Liquid ammonia	2 "
	Essence of lemon	10 drops
	Corrosive sublimate	1 gramme
	Glycerine	5 drops
	Eau de Cologne	10 grammes
	Talcum	10 "
	Alcohol 90%	100 "

"Apply this lotion at bedtime on gauze and cover with oiled silk."

416. Incontinence of Urine

"Broken-Rest" writes concerning her boy of ten years: "Even though we get up and waken him three times at least every night, he invariably wets his bed, especially in cold weather. I do not allow him to drink much water in the evening. He sleeps so soundly that nothing will waken him except we lift him right out of bed."

Ans.—We would advise continuance of the treatment adopted. Teach child to sleep on his side. A "bobbin" or some small hard substance strapped to the small of the back will wake him up should he turn over. Avoid tea, coffee, spices, mustard, pepper, meat, meat juices, and sweets. Keep the bowels regular. It is good to get the bowels open just before bedtime. Often circumcision is necessary. Threadworms if they exist should have appropriate treatment.

417. Chronic Dyspepsia

"W. H. G.," who is of sedentary occupation, writes: "For about twelve months I have suffered from acidity of stomach, blood, and urine, indigestion, neuritis, constipation, and nasal catarrh. Have lost two stone in weight, from twelve stone to ten stone. Three doctors thought my teeth, which were very bad, were the cause, and I had them all extracted, but have not improved in health. X-rays disclosed a displacement of the transverse colon. I have worn an abdominal belt, and have been treated with Bismuth Carb., Sodii Bicarb., and Mag. Carb. My

diet consists of little red meat only once daily, vegetables, and fruit; no tea, coffee, or alcohol. I take for breakfast a small plate of rolled oats, a boiled or poached egg with a small piece of bacon, one cup of cocoa, or frucerea essence, and dry toast. Lunch: Vitogen biscuits or granose, malted or brown bread, milk or frucerea. Dinner in the evening: Simple soup as Scotch broth, small quantity of red meat, boiled fish, vegetables, wheaten bread and butter, malted milk, frucerea essence or cocoa, custard, stewed apples, pears, prunes, rice, sago, tapioca, bread puddings. Do not eat buttered toast,

tralise the acids of the stomach; they have better results if given in cold milk. Hot drinks debilitate the stomach and increase liability to the development of acids; consequently we would recommend that cocoa and frucerea be omitted from the diet, and cold milk or milk and water be taken. Water after a meal when acids are forming dilutes the contents of the stomach and lessens the irritability of the stomach. In many cases absolutely cold water is better; in others the chill has to be taken off. Cold water, however, decidedly lessens the secretion of acids. All flesh foods in-



DINNER TIME WITH THE WATTLE GATHERERS

anything fried or too fatty, nothing salted, tea, coffee, vinegar, acid fruit or vegetables, pickles, sauces, pastry, heavy puddings, pies, or tarts. My chief symptom is constipation; the doctor thinks I have atony of the intestine."

Ans.—Correspondent has made his letter difficult to read through writing across previous writing. His trouble has been clearly diagnosed by his medical advisers. Alkalis such as those mentioned are sometimes necessary to neu-

crease the secretion of acids and are better avoided; they certainly absorb acids, but this does not make up for the increased secretion of acids. Milk makes the taking of flesh foods unnecessary. White bread should be omitted altogether, and wheaten bread substituted. Coarse bran can be added to many of the prepared dishes, such as omelettes, scones, plain cakes, etc.; this will help the action of the bowels. Two mouthfuls of Agar Agar may be thoroughly chewed and

swallowed after each meal. Avoid soups. Lightly-cooked eggs as a rule agree with these cases. Correspondent did not state whether he had had the contents of the stomach chemically examined. It is always important to know whether the acids are those of fermentation or natural acid of the stomach.

418. Operation on the Womb

A correspondent signing herself "New Zealand" has been operated on for backward displacement of the womb, but is still a sufferer. She still feels as if the womb was heavy. She wears a belt, and wishes to know if she should use corsets.

Ans.—Corsets will only tend to bring back the displacement, but a properly made abdominal belt is a support. Sometimes a circular fluid pessary inserted gives much support in these cases, but they should not be worn apart from medical supervision. Condyl's Fluid and water is a good injection where the discharge is at all offensive. We certainly do not recommend the "Orange Lily" treatment. The cold sponging suggested in "New Zealand's" letter is excellent. The general health must be attended to. Get as much fresh air night and day as possible. Eat freely of wholemeal foods, milk, and eggs (lightly cooked). The strange feeling on the top of the head is probably due to weakness. Correspondent asks how to make "protose." This is a proprietary article made in America.

419. A Delicate Child

"Cooroy" writes concerning her daughter aged five years: "I have had her to about twenty different doctors; one told me she was suffering from catarrh of the stomach and chronic indigestion, and another that she had liver trouble and deficiency of blood. She is never well, often gets bad attacks, and is feverish for days with quite a yellow look about the face; her motions are yellow, but sometimes white with dark streaks through them, and sometimes black. She com-

plains of headache, being always tired, has blue rings around her eyes, sore stomach, the bowels are never open without medicine, the heart and pulse are very quick. Her motions sometimes are like the yolk of an egg, with a dreadful smell."

Ans.—There is evidently a chronic inherited weakness of the digestive organs. She should only have three meals in the day, and not a scrap of food (nor even an apple) between meals. We would recommend the following foods: Wholemeal bread, milk, granola, oatmeal porridge, granose biscuits, and, if it agrees, a lightly cooked egg once a day. Prunes, dates, and stewed fruits; cauliflower, spinach, green peas, french beans, and floury potatoes. Avoid sweets, jam, all foods cooked with baking powders of any description, foods cooked with fat, pastry, cakes, vinegar, pepper, mustard, tea, coffee, and cocoa. Sponge the whole body with cold water twice daily, keep her out of doors as much as possible, and let her sleep in an airy, well-ventilated bedroom. Separated or raw cream would be better than either jam or butter on her bread. This is the best form of fat for a child of this description.

420. Inflamed Eyes

"J. T. Branhholm" complains of inflamed eyes. "There is a little yellow matter gathering in the corners at times. My eyes have been like this for three years."

Ans.—Sufficient information has not been given to show what the disease really is. The eyes should be bathed well with boracic acid and hot water (full teaspoonful to half pint hot water) twice daily. At night smear the lids with the following ointment:—

R̄	Zinci Oxidi	one dram.
	Ung: Hydrarg. Nitratis	one dram.
	Lanoline	half an ounce
	Vaseline	half an ounce

If you have lettuce left after a meal, wash it thoroughly and keep in an earthenware jar tightly covered.



Baby's Good Night

By R. HARE

The sweetest home memory that links with the past,
The one that must linger while reason shall last,
Is the memory that calls back the hour of delight,
When love, long ago, kissed the baby good-night!

The vision was calm as the sweet summer dream,
And round it the gloaming had cast its fair gleam,
While stars in their jewelled lights, changeless and bright,
Smiled over the scene of that fondest good-night!

How brightly the little eyes flashed in their joy,—
Love's idol untarnished by sin's base alloy,
But tears dim the vision that beacons my sight,
Since love, long ago, kissed the baby good-night.



QUIET TALKS WITH MOTHERS

For Young Mothers

EMELYN LINCOLN COOLIDGE, M.D.

MOST mothers dread the summer because they fear the baby may contract diarrhœa. It is, indeed, true that many babies have diarrhœa in summer, but if the mother understands how to care for the baby intelligently at such a time the disease may be rendered much less serious, and in many cases prevented.

Diarrhœa must be considered a poisoning of the system, and the frequent movements from the bowels as Nature's effort to rid the system of the poison. Therefore it should be our part to assist Nature all we can. To do this we must give a dose of castor oil to clear out the intestines and do away with the irritation that is causing the trouble. It is very wrong to give medicines to check the diarrhœa until the castor oil has first been given and had time to act. Another way to help get rid of the poison is to wash out the bowels with salt water. One teaspoonful of salt to one pint of boiled water may be used. This should be put into a fountain syringe, hung three feet above the child; a soft rubber catheter should be attached to the tube, well oiled, and gently worked up into the bowels as far as possible, and the tepid salt water should be allowed to flow in and out of the bowels until at least one quart has been used. This may be done once a day if there is much mucus or any blood in the bowel passages.

In treating diarrhœa the most important thing of all is to stop milk. Milk

makes the poisoning many times worse, causing the bacteria in the intestines to multiply, increasing the fever and simply adding fuel to the fire. Only boiled water or barley water, rice water or wheat-flour gruel should be given for at least twenty-four hours, and for several days if the attack is a severe one. Many lives have been saved by promptly stopping the milk in time. Even if the baby is being nursed by his mother it is best to stop the milk feedings for twenty-four hours at least, substituting the water or gruels. If the baby is not much improved in twenty-four hours a doctor should be called at once. Sponge baths with a teaspoonful of bicarbonate of soda in a basin of tepid water will make the baby more comfortable and help to reduce the fever. If the child is in the city he should be taken for cool rides on a ferryboat, or kept in rooms made as cool and comfortable as possible during the heated part of the day: then in the cool of the late afternoon or early morning he may be taken out in his baby-carriage. If possible he should be taken to the country or seashore.

After the movements appear thicker and more normal in character milk may be added to the gruels. Begin with only a quarter of an ounce to each feeding of gruel, and little by little increase the amount until the regular formula is reached. A breast-fed baby may be given two or three ounces of a gruel first, and then allowed to nurse five minutes after

the movements are better. The next day an ounce less of the gruel may be given and he may be kept at the breast five minutes longer, and so on, gradually working back to all breast feedings.

The frequent, thin movements from the bowels when the baby has diarrhoea mean that a great deal of water is being lost from the system: therefore plenty of pure boiled water must be given to make up this loss. An ounce should be offered the baby every hour at least, and oftener if he seems thirsty. When the stomach is also irritable albumin or egg water may be retained better than plain water.

It Is Better to Prevent Than to Cure

Far better than curing an illness is preventing it. While every case of diarrhoea may not have been prevented, at least a great many cases might have been if the milk bottles, nipples, and all utensils used in preparing the food had been kept scrupulously clean. Never for one moment should milk be allowed to stand in a bottle after the baby has finished his meal. The bottle must at once be rinsed out with cold water, then allowed to stand full of cold water in which is a pinch of borax. Once each day the bottles should be scrubbed with a bottle brush and hot soap-suds, and then rinsed and boiled. After the nipples are used they should be rinsed in cold water and placed in a covered cup of boric-acid water, or water with

bicarbonate of soda in it. Once every day they must be turned inside out and scrubbed with a brush and scalding water.

A Trio of Smiles

Mother (looking through magazine)—“Darling, I see from statistics given here that every third baby born in the world is a Chinese.”

Father (fondling his first-born)—“Then thank goodness this is our first.”—*New York Globe*.

“Do you get plenty of sleep?” said the visitor to small Edward.

“Yes, ma’am,” he answered. “Mamma puts me to bed every night at eight o’clock.”

“To keep you healthy?” he was asked.


“No, ma’am,” was the reply. “It’s so she can mend my clothes.”—*Chicago Daily News*.

A lady who had just received an interesting bit of news said to her little daughter:—

“Marjorie, dear, auntie has a new baby, and now mamma is the baby’s aunt, papa is the baby’s uncle, and you are her little cousin.”

“Well,” said Marjorie, wonderingly, “wasn’t that arranged quick?”—*Boston Transcript*.

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How Much Ought Father To Do?

EMMA GARY WALLACE

TIME and time again earnest individuals discuss with much seriousness the part that the father of the family should have in the actual conduct of the home. There are always expressions of opinion on both sides. Some feel that he has done his part when he provides a home and the wherewith to maintain it; while others are equally firm in the conviction that part at least of the responsibility of the home itself must fall upon husband as well as upon wife.

Now, it goes without saying that circumstances alter cases and that it is very difficult to lay down a hard and fast rule which will fit every case, but we are ready in all fairness to acknowledge that marriage is, or should be, a partnership job in which each has duties and responsibilities regularly and efficiently met.

It sometimes happens that the wife and mother is frail and the family income insufficient to employ much outside help; or possibly the mother's tasks are many owing to the needs of a large and growing family, and the husband's business hours short enough that he has more or less leisure which he is glad to use to make it easier for her.

However, there is a good deal to be said even in a case like this as to how much help the wife should expect or accept.

Many a time, I have seen business men of marked ability left far behind by those who were younger and of more limited experience and less natural shrewdness. This was true because the successful ones had time to master and to make their own the elements of success. It requires the incentive of a home, an ambition for a growing family to spur a man on to do his best, but make the load too heavy and he will soon become discouraged.

In an emergency any man worthy of the name will do all in his power to shoulder as many home burdens as possible, but as a steady diet he should not

be asked to do more than his legitimate part. Of course the question hinges upon what his part is.

I believe that any man is more self-respecting who is able to earn enough money to support his family according to their station in life, and that it is his wife's business, if her health permits, to organise and maintain that home as efficiently as the income warrants. It is just as necessary that she have some leisure for inspiration and refreshment as it is that her husband have it, and if she has no one to relieve her so that she may enjoy these little recess times, then by all means should the husband and father *divide* his spare time so that each one may have some leisure.

It is undeniably true that any mother who remains too near her daily tasks without taking time to change her viewpoint a little now and again, soon becomes either nervous, irritable, over-inclined to magnify small things, or mentally sluggish. For the sake of the congenial atmosphere of the home and the children themselves, the mother must maintain her individuality and her cheerful outlook upon life.

One very conscientious husband and father, whose business was such that his office was in his own home, felt that part of the care of a delicate child should devolve upon him. His wife was strong, but having been a petted, only daughter, was inclined to demand over-much assistance and attention. The result was that his work grew poorer and poorer in quality until his income diminished in place of increasing, so making it harder for everyone concerned. When he should have been mingling with the people with whom he did business, or studying to keep himself abreast with the times, or devoting careful thought to his executive management of his work, he was washing dishes, dressing and undressing the children, and watching them

while they played nearby. In time his wife became a habitual complainer because his earning capacity was so small, and he became old before his time and quite convinced that his lack of ability had stamped him as a failure.

It is quite right that the husband and father should have certain tasks about the house to care for which call for a

one will present problems of its own. He should also be the final Court of Appeals in case of an emergency in discipline, and should uphold the authority of the mother and insist upon unfailing respect for her.

It is not fair that the wife should save up all sorts of odd jobs for the single afternoon off or the one spare hour in the day, or always be ready with a request at



THIS IS MOTHER'S WORK

man's strength, provided he is not able to pay any one to do such work, and it is equally certain that he should also share in the responsibility and training of the children. Just what part of the actual training shall be his again depends upon the length of his hours of daily business life. Certain it is, however, that his responsibility always must include an example of the highest probity; he must be ready to give time to thoughtful conferences with his wife over the general policy of directing the life of each child, for each

that moment for assistance. One man remarked in exasperation:—

"I don't believe I ever sat down in the world to read a book, paper, or magazine for ten minutes that Mary didn't want a bucket of water, a bucket of coal, the chickens fed, or the baby minded."

This sort of thing doesn't set a thoughtful example for the children who should be trained that father has had important work to do during the day and must not be interrupted when he attempts to take a little rest. One of the most important

contributions which any husband can make toward a happy home is a cheerful and brave spirit, ready appreciation, a disposition toward perfect fairness, and a desire and willingness to co-operate in a constructive, helpful way in anything which will make for the improvement of the home, or for the benefit of the members in the home.

No modern housewife likes to think that part of her household tasks are slighted, yet there is such a thing as the art of occasionally side-tracking non-essentials and doing it gracefully. This does not necessitate that the home shall be neglected or the children allowed to run wild, but often times a simpler meal is better than an elaborate one if it gives time for the family to gather together pleasantly and without anyone being over-taxed or irritable through extreme weariness. Then, if some of the freshly laundered clothes are folded and put away without being ironed on a very warm day that the mother may have time to take the children on a little outing with daddy because he leaves business at one o'clock for the day, no one is going to be injured in consequence.

If the baby cries at nights it is wiser and cheaper to consult the doctor, or to train the child to a suitable routine, than to send the father to business in the morning ill-prepared to do his part of the world's work.

Every thoughtful wife should take into consideration the nature of her husband's task. If it is one requiring great clearness of brain and steadiness of nerve, it should be her pleasure to shield him from nights of broken rest. At the same time, in justice to herself, she should plan to make up through a day-time rest what she herself has lost, even if some tasks have to be done in a less finished manner than she would like. Wholesome, nourishing food and sanitary measures, fresh air, and a cheerful home atmosphere need never be sacrificed, but sometimes it is a real test of courage to omit some of the details of especially nice living to which we are accustomed and which we dislike

to do without. It is simply a matter of weighing and choosing that which is of the greatest importance.

When trying to decide how much the other partner in the home making busi-



AND THIS IS FATHER'S WORK—SOMETIMES!

ness should do, it is a very good plan to put yourself in his or her place and to try to realise what the other's tasks are and how they can be performed best. A true helpmate is one willing to assist in achieving that best, not at the point of the utter sacrifice of self, but by the exercise of good judgment, firmness, and intelligent executive management.

Exercise and Rest for the Baby

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

ALL healthy young creatures are full of life and activity, and babies are no exception to the rule. They develop their little muscles by using them. Watch a young babe awaking from sleep and notice how he turns and twists and stretches his limbs. As he grows older his movements are stronger and better controlled. The young child should be allowed full scope for his activity. Do not dress him up in fine clothes and expect him to sit still and keep clean. It is quite unnatural for him to wish to sit quietly, and as for keeping clean, that is quite as unnatural and difficult. Make sure that the youngsters are comfortably and suitably clothed and then turn them out of doors to play with Mother Nature.

But after play comes rest. Young growing things need much sleep, for it is chiefly during sleep that growth occurs. During waking hours the young child's nervous energies are quickly expended, and this waste can only be made good by sleep. The new born babe if healthy spends nearly twenty hours out of the twenty-four in sleep. As he grows older he gradually spends less time in sleep; but every effort should be made to ensure regularly the required amount of refreshing sleep. We use the word *refreshing* sleep, because such sleep as a baby snatches while on shopping expeditions or at the picture show or places of amusement is not refreshing or conducive to health. Make it a rule to permit nothing (but exceptional circumstances) to interfere with baby's morning sleep, or to prevent his going to bed at the usual and proper evening hour. The morning sleep should not be discontinued too early. In fact, up to the kindergarten age the morning sleep should be the rule. After the age of three or four years the child may not go to sleep, but he should be encouraged to lie down quietly and rest for a short time before lunch, and in many cases he will sleep. This rest hour makes

a beneficial break in the long day, and if it is observed regularly the children look for it, and will even ask for it, if mother forgets.

It is to be feared that we mothers often forget how weary our little ones become during the course of a long day. Young children usually waken early in the morning, and when not sleeping seldom rest. So they must become very tired before the day is done. A tired child is usually cross and fretful. In fact, the development of fretfulness in a child who is usually bright and sweet tempered should suggest weariness and nerve exhaustion, and the mother should soothe the little one to rest rather than administer punishment or manifest impatience. A few days ago a mother was observed hurrying along one of Sydney's crowded streets. She was dragging by the hand a little child of about three years of age. It was evident that the child was greatly fatigued; his feet were dragging heavily, and he was wailing such a tired pathetic cry. But the poor mother, no doubt herself weary with a morning's hurried shopping, pulled the baby along roughly and said impatiently in answer to his plea: "No, you're not a bit tired, so hurry up and come along."

Cleanliness

There is, no doubt, much truth in the old saying that "cleanliness is next to godliness." Cleanliness is certainly an important matter in the rearing of children; but we may think of two forms of cleanliness in relation to the little ones. One is really important, whereas the other need not be maintained too rigidly.

The average child is never happier than when making mud pies or pottering about in the dirt. Take a poor baby who has been reared too carefully, having always been dressed in nice clothes and denied the freedom which is his right. Turn this little child loose, and where will he

go?—Straight to the dirtiest place he can find either in the garden or perhaps by the roadside. Here he will seat himself in a state of glorious happiness, quite content just to play in the dirt. But this is a wholesome sort of dirt. What matter if the little lads and lassies do turn up at meal times a bit grubby and black of face. Soap and water are cheap, and this is the

young children should be provided with tooth brushes and some pleasant and effective tooth paste. Always before going to bed, and preferably night and morning, the children should thoroughly brush their teeth. If the tongue is coated, this too should be brushed, and the mouth as well as the brush thoroughly rinsed afterward. In case of sore throat or an



"THE AVERAGE CHILD IS NEVER HAPPIER THAN WHEN MAKING MUD PIES"

sort of dirt that does not matter. As long as the little ones begin the day with clean shining faces and come to their beds at night with clean bodies and clean minds, this only is needful.

But now just a few words about bodily cleanliness and the things which are of vital importance to the welfare of the child.

Not only must the mother maintain ordinary skin-cleanliness in the children by means of the daily bath, but she must give special attention to their teeth and to the apertures of the body. Even

epidemic of colds in the house, each child should be required to gargle well the throat and to cleanse the nostrils daily. A half teaspoonful of listerine in a half glass of warm water makes a good gargle; while glycothymoline may be used undiluted in an atomizer for spraying the nose. If one has not an atomizer, tepid salt water (one half teaspoonful of table salt to a glass of water) may be drawn up through the nostrils from a glass. The water returning by way of the mouth clears the nostrils of all discharge. In case of a cold in the head, cleansing the

nose twice or thrice daily in this manner greatly hastens recovery and minimises the use of handkerchiefs.

In case of young babies or children too young to use a handkerchief intelligently,

any dried secretions. A fresh swab should be used for each nostril. The baby should be held in the mother's lap with his head against her chest. Even young children will submit to this cleansing without cry-

ing or struggling once they become accustomed to it and know they will not be hurt.

Young children often pass very bad nights when suffering from colds in the head, but this method of cleansing the nose relieves the troublesome stuffiness and difficulty in breathing.

Special attention should also be given to the scalp. Frequent washing, daily brushing, and if necessary the use of a mild hair tonic, will keep the scalp clean and the hair in fine condition. If scurf or a greasy crust appears on a child's head the parts should be well soaked with olive oil or vas-line. Gentle rubbing will help to dislodge the crust, but care must be taken not to injure the scalp by rough use of a comb or stiff brush. Once the scalp is freed from crust it should be kept so by frequent washing and brushing of the hair.

But the most important matter in personal hygiene is doubtless the care of the teeth. Decayed teeth are not only unsightly and painful, but they are a decided menace to the general bodily health. It should also be borne in mind that *clean* teeth do not decay. Hence the mother's duty in helping her children to maintain dental cleanliness.



THE ABORIGINAL MOTHER HAS A BETTER WAY THAN DRAGGING HER CHILD ALONG BY THE HAND

the nose may and should be cleansed in the following way: wrap a little cotton wool around the end of a match (with the head removed) twirling it in the fingers until the cotton adheres firmly to the match. Now dip this in clean vaseline and gently pass it into the nostril, turning it round several times so as to dislodge



The Useful Walrus

DID you ever hear of leather coming from the ocean? No, I do not mean merely coming *across* the sea in ships, but leather manufactured from something which lived in the sea itself. You will never guess the name of the creature from which we get the leather; so I will tell you. His name is Mr. Walrus and his hide is so tough that we can use it, not merely as shoe leather, but for grinding fine metal articles to a very smooth finish.

Mr. and Mrs. Walrus and family live in the great Arctic Ocean among the icebergs. They are very fond of company and so they gather together in herds. From a distance they look very much like seals, but when one gets closer it is seen that they are much larger and much more ugly (if that is possible) than the seal. In addition to fierce-looking tusks, the walrus's face is adorned with long drooping whiskers which make the animal look very sour as well as dangerous.

The length of the walrus varies from twelve to fifteen feet and it usually weighs between 1,600 lb. and a ton. The walrus has always been hunted by man, but up

to recent years the hunting Europeans only took its tusks, which are generally about fifteen inches long, although the Eskimos used the hide for tents and suggested to whale hunters that they use this hide to protect exposed parts of their vessels from injury by the ice.



LANDING A WALRUS

Today, however, it has been discovered that walrus leather, when properly tanned, makes one of the finest polishers, for, when rightly treated with pumice or emery, it will produce on any metal a cleaner and smoother surface and a more brilliant and lasting polish than any other agent. Therefore walrus-hunting has become a very profitable business, and the great northern seas are being depopulated

of their strange whiskered inhabitants.

The ship carrying the hunters, which is generally a whaler, is anchored some distance away from a herd of sleeping walrus, for the animal is usually killed while resting or sleeping on its iceberg home. A small boat then puts off and the occupants quietly row toward the resting animal. Suddenly the walrus raises its head as it hears the splash of the oars or the creaking of the boat, and just as suddenly the rowers drop their oars and become perfectly motionless, drifting along on the flowing tide until old Mr. Walrus decides that he was mistaken.

Finally, however, the boat is manoeuvred into a position close to the floating iceberg with its walrus passenger, and then a man standing in the bow of the boat takes aim. First with a rifle and then with a harpoon he shoots the innocent creature. This double shooting is necessary so that the walrus, if killed by the rifle shot, will not sink and be lost. Sometimes the harpoon misses its mark in the body of the walrus; when it does, the wounded walrus gives the crew a lively and exciting time. Hunters tell us that the walrus is very much like the grizzly bear in nature; ordinarily he is rather tolerant of human beings and takes little notice of them, but when wounded he becomes a fierce and dangerous enemy, and it is no uncommon thing for a boat to be crushed by a blow from an angry walrus.

We often speak of a thing as being "as tough as the hide of a rhinoceros"; but it would be just as correct to say "the hide of a walrus," for the outside covering of this sea-and-land animal is a veritable armour, so arranged that the walrus can be killed only by a shot in one place—at the base of the skull. Should a bullet strike the animal anywhere else it would glide harmlessly off. And well it might, for the hide of the walrus is always at least half an inch thick, while sometimes it is three times that thickness. A piece of this skin, mounted on a wooden wheel, provides the metal polisher with a splendid instrument which will last him many months in constant use.

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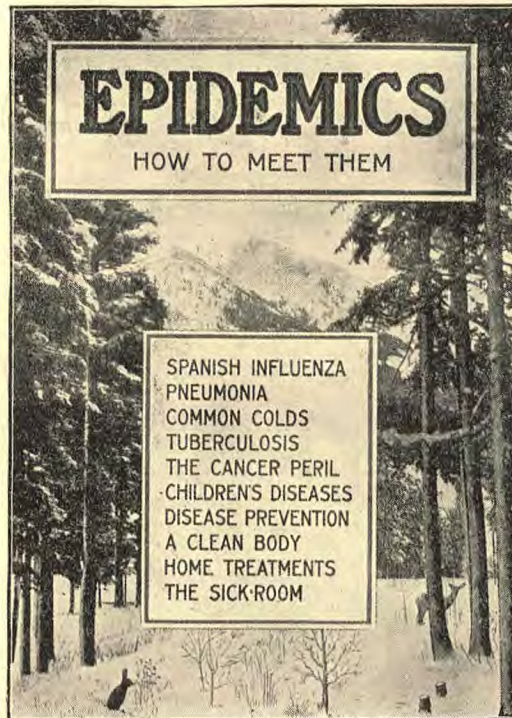
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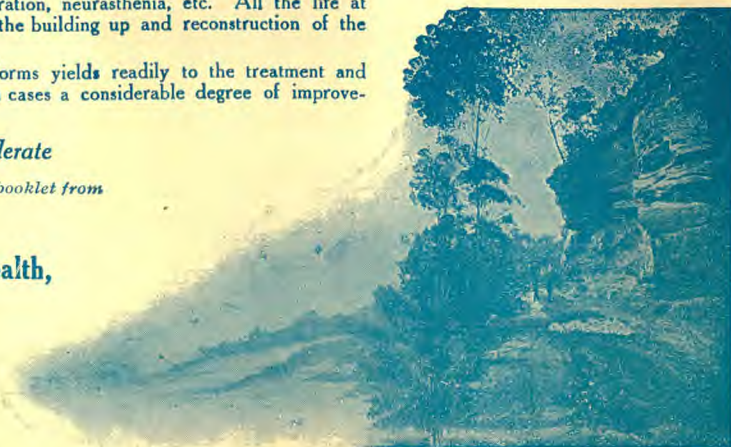
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