

## OUR NEW "G. O. P." YEAR.

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MOST beautiful old Scottish love song keeps ringing in my ear as I sit down to write this paper. It is published by Cameron of Glasgow, in a beautiful wee five shilling book containing hundreds of the most charming of Scotch songs and music. The name is "The Lyric Gem of Scotland." The name of the song is "Time Wears Awa'." I wish, girls, I could give you the music. Never mind, the first verse I must quote—

"Oh, but the hours rin fast awa',  
Like Kelvin to the Clyde,  
I see on its bonnie gowan\* bank  
I woo'd thee for my bride.  
My ain dear love so sweet and young,  
So artless and so fair,  
Then love was a' the grief we knew,  
And you my only care.  
The voices o' those happy days,  
Steal on our dreams by night,  
And cherished memories rise and glow  
Wi' their departed light.

## CHORUS.

Time wears awa', time wears awa',  
And winna let us be,  
It's stolen the roses from your cheeks,  
The blythe blink from your ee."

Isn't it bonnie, girls? Ah, what a thing music is! Without my fiddle and my guitar by my side, I should never write a story. Music cheers one, and somehow my guitar is always in exactly the same frame of mind that I myself am.

But that song is also sad and plaintive. Never mind, if you but take the advice I am going to give in this simple paper, time will be in no hurry to steal the roses from your cheeks, nor the blithe blink from your eye either.

Much of what I am now about to say I have said before at one time or another, but at the commencement of a new volume, we always have a host of new readers, and my advice to them, I flatter myself, will be interesting.

The rules of health are indeed very simple, and happy indeed are those girls who obey them. It is a bit of a struggle at first, and you may fail for a time to get into the straight path, but persevere. Remember King Robert Bruce and the spider. Should you fail and fall back a score of times, just start up and try again, and shortly habit will become second nature.

I never yet knew a girl, who, strictly obeying the laws of health, needed either medicine internally, or cosmetics to face and hands. Of course I do not say a word against any attempt a girl may make to aid beauty, if the applications are simple and not injurious, and during the new "G. O. P." year, I hope to give many hints on beauty and strength.

And now for the rules of health:

**Food or Diet.**—It is a fact that good blood is made from good food, and never from physic. Those who advertise medicines to cure all ills, by so-called blood purifiers, should be looked upon as arrant and impudent quacks. For health's sake, reader, avoid them and all advertised quackeries. No doctor

\* The gowan is the wild daisy.

advertises. If he did so his name would speedily be removed from the register.

The blood must be purified, and can be purified, only by eating a sufficient quantity, at stated times, of just that sort of food which suits the system best. If any particular article of diet, or a meal of many dishes produces drowsiness, irritability, head symptoms, discomfort, eructations, or acidity, it must be avoided in future. A healthy girl should not even feel that she possesses either a stomach or liver.

**Proper Mastication.**—Only birds really bolt their food, because they have no teeth. It is ground up in the stomach by the stones they swallow, and nature provides them also with stomachic juices, that act upon their food as do our own gastric and salivary juices combined. If human beings do not eat slowly and masticate well, dyspepsia is sure to be the result sooner or later. It is important not only that the food should be well broken up, but mingled freely with the salivary juices before it enters the stomach.

**Hints for the Dyspeptic.**—Indigestion is one of those troublesome ailments that it is as much in the power of a person himself to prevent as of the doctor to cure. The symptoms are innumerable, and, unfortunately, they are mental as well as physical. Let the dyspeptic take these hints:—1, eat less; 2, masticate well; 3, avoid soups and sloppy food; 4, meat only once a day; 5, fresh air with exercise, and plenty of milk; 6, N.B., if little exercise, little milk; 7, no fatty fishes, no pork or veal; 8, white fish, fowl, game, tender mutton, or a slice of beef from a juicy joint; 9, eggs lightly boiled, raw or poached, not fried; 10, cold sponge bath before breakfast; 11, half a pint or more of hot water some minutes before the two principal meals. A squeeze of lemon may be taken in it; 12, a glass of soda water before going to bed, or plain water with the juice of half a lemon.

**About Vegetables and Health.**—It is the generally received opinion among scientists, that the day is not far distant when much less animal food will be used in this country than is now, and that as a nation we will be stronger, calmer, and happier for the change, and all the richer. There are people—and their name is legion—who live almost wholly on animal food. Well, we shall always have those wehr-wolves amongst us, but that ten or twenty years hence people will know more of the relative health-giving and tone-giving values of vegetable and animal diet, I have not the slightest doubt.

A change of vegetables should be used almost every day. The greener sorts, as well as mashed turnips, parsnips, and carrots, all help to cool the system and calm the mind. Stimulants will hardly be craved for if vegetables in abundance be eaten. Nuts are most nutritious, but as a rule they are oily, and therefore they must be avoided by the dyspeptic. Fruit in season, ripe and good, should be eaten before breakfast and after dinner. Oranges may be used with benefit all the year round. Best from March to June. Tomatoes always.

**Ablution and the Bath.**—People as a rule think too much about their livers and too little about the skin and lungs, especially those who live too freely. One cannot have any single internal organ in good working order if one neglects ablution. A girl may carefully wash the face and hands a dozen times a day, and still be, as regards perfect ablution, little better than a Hottentot. Pardon the comparison.

A warm bath should be taken every week. A cold bath every morning.

**Tub or not Tub.**—Should I take my cold sponge bath in hard frosty weather? This is a question I have been asked by a correspondent. My reply is "Most certainly, if you have vital energy enough in you to obtain gentle reaction by the time you have finished towelling." I do not, however, advise anyone to commence the practice of matutinal tubbing in the dead of winter. Begin in spring, and let nothing prevent you from having this glorious tonic every day of the year. There are those, of course, whose circulations are so feeble and their hearts probably so flabby that the tub might be unsafe. There are others who lack the moral courage to take it, and others again who are too lazy, bodily and mentally. This cold sponge bath, after an experience of over twenty years of it, I consider eminently tonic and bracing, not only to the muscles, but to every organ of the body. It also strengthens the appetite, improves the digestion, and accords an almost entire immunity from catarrh, and probably other chest complaints.

**Clothing and Bed-clothes.**—In one of my books I wrote as follows:—I do not care a deal what outer clothing is worn so long as it is not made from non-ventilating waterproof. India-rubber mantles, and foot-rotting goloshes are highly injurious. I prefer wool, and all wool, however, and I myself wear Dr. Jaeger's. The under-clothing, light in summer, thicker in winter, must be of wool if health is to be retained.

Keep the head cool and the feet warm, but do not muffle up the neck too much. The neck should be as hardy as the face. If it is so one avoids the risk of catching cold and sore throats.

Never sit in damp clothing, nor with damp, cold, or wet feet.

Avoid damp beds. If travelling, and you suspect the bed is damp, roll yourself in a rug or plaid, or pull off the sheets entirely.

The socks or stockings should be wool, warm and dry. Clothes damp from perspiration are even more dangerous than clothes that have been rained upon.

The bed-clothing should be light but warm, and the bed itself a soft even mattress.

**Recreative Exercise.**—Without this no one can enjoy perfect health. You may tell me that, being a working girl, you get too much of it, but I reply that hard work is not exercise.

Healthful, health-giving exercise must be taken in the open air. That is a *sine qua non*. It must be of a kind to gently stimulate the mind, and if possible it should be actually pleasurable, and calculated to banish for the time being all care and sorrow and worry whatever.

Walking exercise is very good, but your walk must have some object in it, if it be only to look at the shop windows or visit a friend. But a visit of ceremony to a distant milestone is of little value.

Everyone cannot afford to ride in a carriage or on horseback, but the latter is splendid exercise.

A course of dumb-bells taken in a judicious and scientific manner does excellent service. The irons must not be too heavy, else they stretch the joints and weary muscle and nerve. Regular motions ought to be gone through, so as to bring group of muscle after group into play. This drill should be continued half an hour at a time, morning and evening.