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A VEGETARIAN.

Good Health, July 7, 1902.

AUSTRALASIAN

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Health

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No. 7.

Nine Thousand Miles Without Meat.

MRS. S. M. I. HENRY.

NOT that I had eaten flesh up to the time of departure, but since one of the live questions of the day is, "What shall a traveller, who must be hygienic or die, eat and drink?" and as I have just returned from a trip of more than nine thousand miles, over a territory extending from south to north, from east to west, over mountain and many a plain,—alkali at that,—including stoppages in all sorts of places, I have laid up an experience which may bring encouragement to some dyspeptic tourist, or perplexed housekeeper, who, because she lives in an out-of-the-way place, and cannot obtain the dainty preparations that make health combinations easy, is tempted to give it all up, and go back to the old pork-and-beans ways of our fathers.

It was suggested that I write on "The Trials of a Hygienic Tourist," but since my trials have all been translated into triumphs, working out a far more and exceeding weight of earnest conviction that healthful living is possible under almost impossible circumstances, I have chosen to invite my readers to an optimistic view from an on-the-wing outlook.

First of all, before starting on a journey, it is well to do whatever one can to anticipate any emergency which may arise. As one would provide current coin for his purse, so let him to the extent of his ability prepare for his wayside lunches.

A small alcohol burner, with an aluminum or tin cup, will make it possible to have thoroughly cooked water anywhere, and also to steam a few figs, or prepare malted nuts

and fruit-coco, or with nut butter and protose to make a delicious stew, which, with the addition of zwieback, will constitute a dish savory and satisfying enough for even a beef eater.

Of course one must be willing to be satisfied with a few things, but those few things will be relished all the more for being few, as the journey proceeds.

A store of cracked nuts in a glass jar or tin can is a very convenient addition to the lunch basket, and on a long journey one can have the plenty of time that is requisite for their mastication.

If you are on a through train to some distant point, you can in the morning ask the porter of your Pullman or tourist car to bring you a quart of boiling water, a table, and to allow the curtains of your berth to hang after he has made it up. Thus shut in from observation you can prepare your little warm breakfast, and enjoy it to your heart's content. With one such warm meal you can be comfortable all the rest of the day with fruit and the cold and dry contents of your basket.

I have not once during this journey of five months found it necessary to seek any help from the dining-car or restaurant supplies toward making out my menu for the day.

I am aware, however, that I have not yet touched the point where most travelling laborers find the greatest difficulty.

It has been more than once suggested to me that on the road one can be comparatively independent, but when one must be entertained for a week, and when he goes to the table of his hostess, the trials of the "health reformer" inevitably begin; and yet one may have conquest, real genuine triumph, even

when a savory soup, followed by a great beef roast, oyster patties, and mince pie, is brought to the table, for one can take the biscuit, the whole-wheat bread, the fruit that nearly always accompanies such a dinner, and fill out the course with a dish of conversation flavored with such tact and gentle courtesy as shall make it possible to exhibit some of the samples which he "happens" to have in his lunch basket annex (his trunk, of course), and which will insure that from that time he will have at every meal something especially provided for him, even if the rest of the family still stay the fleshpots.

At one place where I was entertained on a former trip, the first meal offered nothing for me but some stewed fruit; for the bread was warm, there were no biscuits, and all the other food was so seasoned with things that, knowing what I do, I would not take into my stomach on any account, that I was left with no resource but almost total abstinence. I have learned, however, to be content even with abstinence so long as it is likely to be necessary in any place to which I may go. There are worse things than going without food for one or two or even more meals, especially if one's work makes a heavy demand on brain and nerve.

In this instance, as also in many others, the question was asked,—

"But what in the world do you eat?"

"I eat that which is good according to the Scripture," I replied.

"I should like to taste some of it," said my hostess, "for it is a long time since I have had anything good to eat."

"Would you, truly?" I asked. "Then if you will excuse me a moment, and have a pitcher of boiling water brought to the table, I will get a dinner for you and me that will make all the rest of the family wish to join us."

Everybody laughed, and several pleasantries were exchanged before I went to my room for supplies and also after my return, while I sat preparing malted nuts, almond cream with zwieback, and nuttolene sandwiches (for which I had found boldness to ask a plate of cold bread), out of which, with a dessert of canned peaches and almond cream, we two, my hostess and I, made a dinner that she declared she enjoyed as she had not any meal in many a day. And I must add that I should have run the risk of

going hungry after all the pains I had taken, because of the "samples" which I had to serve, only that I still had sufficient to go around.

The result of this little impromptu demonstration was that from that time I had free access to the kitchen, with the stimulus of constant questioning, for the preparation of the most dainty hygienic dishes that I could desire, with no lack of companionship in partaking of them, together with ample opportunity to "talk health" to an entire family of embryo invalids, as well as the satisfaction of having the family persuade the grocer to ask for the address of the food company from which I had supplied myself with the material for such delightful "things to eat."

But I am aware that I have not yet come to the real hard bedrock of offense as regards the food problem,—“What if you had not had access to that lunch basket annex? What if you could not possibly afford the nut preparations; and fruit should be impossible? What if you were left to the bare and rugged 'farm produce' for your supplies,—what then?”

As to the fruit, I believe that this important part of the menu need not be lacking. For myself, when I have been where it was not served on the table, I have bought it in the market for myself, have picked my first course from such foods on the table as I could use, and then gone to my room as soon as possible, and eaten my fruit for the finish.

Fruit can be obtained if one realises the necessity for it sufficiently to make it of importance. Dried apricots can be made delicious without stewing. Wash thoroughly (if you should be reduced to such a necessity, the paper bag in which you received them will serve for a washdish, provided you are careful and quick in your movements), put them in the glass fruit jar which you should always carry, cover with water, add sugar or not, according to your taste and hygienic convictions, and the apricots will be as tender and delicious as need be.

I have been a few times reduced to what seemed an extremity,—have come close enough to the border line of dietetic despair to know just how it might be with one who could not find a way out; but I have not only found a way out for myself, but have been able to see far enough beyond the limits of

my own necessities to know that to one who has determined to be led neither by his stomach nor by the sight of his eyes in the matter of food, but who will at all hazards of self-denial keep himself to those things that are at least wholesome, there is no insurmountable difficulty, at least in our own country, to hygienic living, even while on the wing.

While I have a few times been left to wonder in just what condition I should arrive at my journey's end if there should not be a change in my favor, yet the necessary changes have always come in time; and with just one day at home for rest, I am at my desk in excellent condition for the work that has piled up about me; in fact, I should not hesitate to take on board the same little stock of "samples," and start to-morrow on another nine-thousand-mile jaunt if the call to do so were clear and definite enough to warrant the undertaking.

Meat Eating and Cancer.

J. H. KELLOGG, M. D.

DR. JOHN BELL, who was, about a hundred years ago, professor in a leading college in London, wrote that a careful adherence to a vegetarian dietary tended to prevent cancer. He also stated that in some cases persons who had already acquired cancer had been cured by the adherence to a non-flesh dietary. When I first read this book I did not agree with the author; I thought he was mistaken; but I have gradually come to believe that what he says on this subject is true.

I have often had occasion to remove cancers of various kinds and varieties, and have invariably said to the patient, "You must adopt a careful vegetarian dietary," and I have found that in a large number of these cases where my advice was heeded, the cancer did not return.

I met a lady some time ago whom I did not recognise. She said, "You saw me ten years ago and removed a large cancer for me, telling me it would very likely come back, and that I would probably die of cancer of the stomach; you did not think I could recover." However, she had adopted and carefully adhered to a pure dietary, and thus by acquiring pure blood and a strong body, her system had been able to fight off this dreadful disease.

The most remarkable case of this kind that I have ever met came to my notice a few years

ago. A gentleman who lives in this town had a cancer on his neck for four years. When he discovered it, he quit eating meat, and continued to adhere closely to a pure food dietary. He soon began to recover; after a time the cancer was reduced to a small growth, and finally disappeared and healed up. There is now only a small white scar on the neck where the cancer was, and during the two years that have elapsed since that time, this man has been perfectly well. He believes, and I believe, that this cure was due to a careful adherence to a vegetarian dietary.

I sent a specimen of this cancer to an eminent professor of pathology in the Cornell University, and after an examination, he pronounced it a case of cancer in its most deadly form. Thus was proved conclusively, at least to my own satisfaction, that there is a definite relation between meat eating and cancer, and as, Dr. Bell has said, that cancer can sometimes be cured by a strict adherence to a non-flesh dietary.

Causes of Alcoholism, and Its Evils.

D. H. KRESS, M. D.

WHENEVER in any community a demand arises for any class of goods, there are always to be found those who are ready to supply the demand. The demand must exist before men can be persuaded to handle the goods. I am convinced that the public house exists because there is a craving for the stimulation that is produced by strong drink, and that grocers handle it for the same reason that they handle other goods.

Could we stop entirely the sale of strong drinks by the grocer, and wipe out all the public houses within the next six months, we should accomplish some good, but they would naturally spring into existence again, or else the people would resort to cocaine, morphine, or some other poison to satisfy this abnormal craving. True, the public house and the soliciting grocer do much to increase the evils of intemperance, because they afford so ready a means of supplying the demands of the people, and thus are responsible for much of the drunkenness that exists. But they are not the primary cause of drunkenness.

The chief cause of the desire or craving for strong drink, which is responsible for the public house and all its evils, is to be found

at our tables in the quality and quantity of the food we eat. As long as people take stimulating and highly seasoned foods, the desire for stimulating drinks will exist. *Men who take stimulating drinks are always fond of highly seasoned foods.* In countries where highly seasoned foods are freely used, alcoholic drinks are also freely used as beverages.

I do not say that all who eat highly seasoned or stimulating foods become drunkards, but in every such case the appetite or desire for stimulation exists. If such a one is kept from becoming a drunkard it is because he has inherited or acquired more will power than his unfortunate brother.

It is, perhaps, not going too far to say that cooks make more drunkards than inn-keepers. Bad cookery leads to indigestion, and frequently indigestion leads to the taking of "bitters" to correct it—a remedy which is worse than the disease. Spices and condiments in the seasoning of food also lead to intemperance by the cultivation of a taste for hot, irritating substances. They create a craving for more food than can be digested, and for liquors as well. Persons who do not know how to cook seek to make food palatable by using spices and condiments to hide defects. Really good cookery consists in increasing the digestibility and improving the palatableness of food. Bad cookery ignores the natural flavors of foods, and adds a variety of high seasoning which renders them still more indigestible.

The Prevalence of Disease in Sheep.

THE use of the thyroid gland of the sheep in the treatment of the peculiar disease known as myxedema has led to the discovery, according to Napier, that "over fifty per cent. of sheep's thyroids examined showed more or less evident deviation from the normal." Great stress is laid upon the necessity for the examination of thyroids, so that diseased tissues may not be used.

The writer suggests that it might not be unwise to employ the same care when the sheep is to be administered by way of the kitchen. If thyroid glands are to be administered as medicine, it is certainly of the greatest importance that the healthy gland shall be obtained; but if the sheep is to be administered as food, is it not of equal importance

that the sheep shall be free from disease? If fifty per cent. of the glands are diseased, and if these glands are so essential to health that it becomes necessary to administer them to human beings because of the loss of their normal action, is it not evident that a sheep, the thyroid glands of which are diseased, must be also more or less diseased in other parts, and that the rest of the animal is no more fit for food than are its thyroid glands for medicine?

Alcoholism in France.

SOME interesting facts relating to the consumption of alcohol and bearing upon the relation between alcoholism and crime have recently emanated from Paris. In 1850 it was estimated that the consumption of pure alcohol in France equalled one and one-half liters per head of the population; in 1896 it had increased to 4.19 liters, apart from the use of wines, beers, and cider. Inclusion of this last increment would raise the per-capita amount to 14 liters of alcohol, as compared with 10.5 liters in Belgium, 10 liters in Germany, and 5 liters in Sweden. A corresponding increase in the number of drink-places in France has taken place—from 280,000 in 1850 to 500,000 in 1896, or one for every 30 adults of the population. In Sweden, the annual consumption of alcohol between the years 1830 and 1834 equalled 23 liters per head, and the number of murders committed, 59; while during the three years from 1875 to 1878 the annual consumption of alcohol was only 5 liters per head, and the number of murders only 18.

That this growing consumption of alcohol is causing a certain amount of anxiety to the military authorities is evidenced by a series of posters which have been placed in all the barracks of the garrison of Paris, which clearly expose to the eyes of the soldier the ravages produced by alcohol on the human system. These bills, exhibited in the dormitories, lavatories, and dining-rooms, show the internal organs of a person addicted to drink, and those of a sober, healthy man. These diagrams are accompanied by a notice which enumerates the effects of alcohol from pathologic and moral standpoints.

France as a nation seems to be doomed. The latest statistics reveal the startling fact

that their death rate exceeds the birth rate. This undoubtedly is due in part to the excessive use of alcoholic liquors. The French were once a race of giants; to-day their armies are made up of short, round-shouldered men who greatly reveal the marks of physical and moral degeneracy.

That this deterioration is not confined to France, Italy, and Spain, where it is perhaps most conspicuous, is evidenced by a vast number of facts which might easily be brought forward; for example, statistics recently published by Dr. Henry May show that the birth rate has steadily declined in England during the last twenty-two years, and to the extent of two hundred thousand births per annum. The real significance of this decline in the birth rate is not dwelt upon by the writer mentioned. The fact that the civilised race is deteriorating and rapidly travelling toward race extinction, is not a palatable and hence not a popular theme. It is of no use, however, to disguise the fact that national decay is in the world, and that one nation after another is taking on marked evidences of senility; the older the nation, the more marked are the evidences of degeneration which it presents.

STATISTICS recently collected from the fifteen largest cities of Switzerland, the population of which varies from 12,000 to 163,000, give the yearly average of deaths from all causes for the period from January 1, 1891, to January 1, 1898, as 7,257. Of these, including both sexes over twenty years of age, there were 465 deaths which were ascribed by the physician in attendance, as certified in the death-certificate, either directly or indirectly to alcoholism. Taking both sexes into consideration, alcoholism, therefore, was the cause of 6.4 per cent. of all deaths occurring during this period. The deaths of males alone, between the ages of twenty and thirty-nine inclusive, formed 10.6 per cent. of the total death rate.

The highest percentage of deaths from this cause occurred among males between the ages of 40 and 59 inclusive, a time when the father is most needed by his dependent family. The percentage rose to 15.57.

These figures speak for themselves. They are probably too low, rather than too high, since many diseases which may have been in-

directly due to alcoholism could not have this ascribed as a cause of death. Only those cases were recorded in which there was absolutely no doubt, such as delirium tremens, hepatic cirrhosis, etc. Many cases must of necessity have been missed. Even as the figures stand, their significance is appalling, and this cause of death is on the increase. The ratio between the consumption of alcohol in the different cities, and alcoholism as a cause of death, is quite constant.

Another Swiss misfortune is the alarming increase of idiotic and weak-minded children, as well as the increase in insanity. According to the last census the inmates of the twenty State asylums numbered 6,164. The population of Switzerland is a little over 3,000,000. In 1879 the number of deaths directly traceable to alcoholism in the United Kingdom was 654 for each million inhabitants. Now it is 1960 per million. This shows an increase three times faster in proportion than the population.

"THEY have healed also the hurt of the daughter of my people slightly, saying, Peace, peace; when there is no peace."

This method of treatment, merely to heal slightly, is quite popular in the world to-day. The effort to make people feel well when they are not well is manifest in the treatment of physical as well as spiritual diseases. It produces an immediate effect, and that is what many want. The man who can preach something that will ease the consciences of men, and allow them to do things that are wrong, often becomes immensely popular. The doctor who can prescribe something that will instantly cure a headache while at the same time allowing the individual to continue indulging the appetite in things which produce it, is not the man who is likely to look in vain for business. In each case it is simply saying, "Peace, peace," when there is no peace. The hurt is healed but *slightly*.

DR. D. PAULSON.

If we had in a room a quantity of clothing for men, women, and children, and if we invited the poor in the city to come and help themselves, each would naturally select such garments as he individually needed. So it is

with the different tissue cells of the body. Each extracts from the blood what it individually needs. A nerve cell will take from the blood the substance necessary to build it up. Bone will take lime. How is it that each cell knows what to appropriate for itself? The cells evidently have a divine intelligence which suggests to them what to do. But suppose these cells were chloroformed; then they would not have the intelligence to choose for themselves.

When a man is drinking tea and coffee regularly, or using tobacco all the time, every part of his system must necessarily become more or less poisoned. In this case, when sugar which has been made from starch is brought by the blood to the muscle cells, they may refuse to recognise it as a necessary element, and it may fail to be burned up in useful work; consequently it accumulates in the blood, and is finally carried off with the secretion from the kidneys, thus giving rise to one of the leading symptoms of diabetes.

THE majority of physicians believe alcohol to be a good stimulant, and hence recommend it in nearly all cases in which it is supposed that the patient needs an increase of strength or vigor, better appetite, better digestion, an increase of nerve energy. After many years of practice, the majority of intelligent physicians discover that the increase of strength which follows the use of alcohol and other stimulants is only apparent in character, and that the use of these drugs inevitably gives rise in the end to a weakening of the very functions it is supposed to rebuild.

Alcohol, although called a stimulant from time almost immemorial, is in no sense a stimulant. It is a narcotic, hence should not be used where an increase of energy is required; if used at all, the indication would be in cases requiring a diminution rather than an increase of energy. Alcohol lessens the vigor of the heart, and hence must be discarded in syncope, fainting, collapse, shock, and other cases supposed to require stimulation.

Better Quality Wanted.

THE world is always asking for men who are not for sale; men who are honest, sound from centre to circumference, true to the heart's core; men who will condemn wrong

in friend or foe, in themselves as well as others; men whose consciences are as steady as the needle to the pole; men who will stand for the right if the heavens totter and the earth reels; men who can tell the truth, and look the world and the devil right in the eye; men that neither brag nor run; men that neither flag nor flinch; men who can have courage without shouting it; men in whom the courage of everlasting life runs still, deep, and strong; men who do not cry, nor cause their voices to be heard on the streets, but who will not fail nor be discouraged till judgment be set in the earth; men who know their message, and tell it; men who know their places, and fill them; men who know their own business; men who will not lie; men who are not too lazy to work, nor too proud to be poor; men who are willing to eat what they have earned, and wear what they have paid for. It is always safe to trust those who can trust themselves, but when a man suspects his own integrity, it is time he was suspected by others. Moral degradation always begins at home. Honesty is never gained or lost suddenly, or by accident. Moral strength or moral weakness takes possession of us by slow and imperceptible degrees.—*The Royal Path of Life.*

A Young Man of Eighty-One.

WALKING into a tradesman's shop at Chatham the other day, I expressed my surprise at seeing the principal still at work, "Oh, I am only a young man," he exclaimed, "I am only eighty-one." I asked the secret. My friend said he was asked that question at the bank the other day, where they told him he was the oldest customer the London and County Bank had in Chatham, having become a customer in 1844. Some of the clerks wanted to know the recipe for his great age and wonderful activity. "I will give it to you," he said. "It is only three things,—no alcohol, no tobacco, and a cold bath every morning."—*Temperance Record.*

DEFECTIVE drainage is a prolific source of disease. Do not throw your slops and waste water into the back yard, to trickle back into the well and pollute it. Bad smells mean that decay is going on somewhere near, and the offensive particles floating in the air will produce sickness and death.



The Home

A PLEA FOR LIGHT.

OPEN the shutters! the sunlight sweet,
With its golden robe, and dainty feet
Just from the field the stars have trod,
Will not defile the house of God.

Open the shutters! the room looks cold,
The children's faces are pinched and old;
And from the door they look away
At laughing fields where sunbeams play,

Then turn again to the darkened room,
With eyes that shrink from the shades of gloom,
And long and ache for the bright "outdoor,"
For a dance in the precious light once more.

Open the shutters, and let the light
Flood all the room with billows bright,
And list how the notes of song shall spring
Like a bird when morn hath touched its wing.

How the ready lip and dancing eye
Will to each question make reply;
And the beams of joy and love and grace
Shall kindle and burn in every face.

Open the shutters! our Jesus taught
Where the light into the lily-bells was wrought;
On hillsides where the marriage wine
The sun distilled from Judah's vine.

No "pale religious light" for Him;
No shaded temple grand and dim;
But fields of light that He had sown,
To whom the spirit's needs are known.

Open the shutters! if we sit
At Jesus' feet, it seemeth fit
That in the light we read His Word,
So shall we better know the Lord.

—Mrs. S. M. I. Henry.

Clothing for Children.

LAURETTA KRESS, M. D.

A VERY important part of the mother's duty is to clothe her children so as to keep their bodies in health. This responsibility begins at the time the child is born, and increases as the days go on. We see there is much error being taught about the clothing of children, and as the result sickness and disease increasing with remarkable rapidity, because of failure to understand the organism of the body.

Mothers who are careful to have their own garments hygienic, are careless regarding their children. They place upon them ready-made clothing, bought at a very reasonable price in the shops. These have been made in large lots without any consideration as to the form of the body, and do not fit. They are tight in the arm holes, often measuring the same in the front, back, and chest, leaving no room for expansion as the child stands erect, and takes a deep inspiration. All these particulars are very essential to the development of a healthy child. There must be an abundance of room in the chest as well as about the waist.

The proper way for each mother to do in making garments for her children is to allow sufficient cloth in seams and about the chest and waist, so that they can be made larger as the child grows. Frequent measurements of the chest and waist should be taken as the child grows in years, so that the mother can be sure that the clothing is not binding or hindering the growth of the body, or displacing any organs.

Great care should also be taken to have all parts of the body clothed evenly. The arms should not be left with a thin covering over them, while the trunk of the body has many thicknesses. The legs and knees need correspondingly as much clothing as the thighs and the trunk. If these are not properly clothed, the blood on its way to the extremities and to the skin is chilled by contact with the air from both the morning and the evening breezes, and is driven internally, congesting the digestive organs, also the lungs and other organs contained in the body. The knees and legs being bare cause a great deal of disturbance with the throat and nose. Physicians who are studying into these things have noticed for a number of years that there has been an increase in disease where the arms and legs of children have not been properly clothed, and many deaths occur that might not have been, had some

heed been given to this great essential by the mothers.

In the autumn and winter, the limbs require to be clothed with two thicknesses of flannel or wool; long combination undersuits coming to the ankles and the wrists, with woollen stockings coming over the knees, will keep the hands and feet warm, and increase the assimilation of food very remarkably. If children have cold hands and feet, some disturbance of the digestion will surely follow. For colder weather it is quite necessary that the legs and arms should be well protected.

"For out-of-door wear there is need of extra clothing for the limbs as well as for the trunk. No doubt many a serious illness has resulted from lack of care in this respect. Whatever degree of warmth is required for comfort for any portion of the body is necessary for other parts as well. Therefore, children's out-of-door outfit should be such as will secure an equal additional increase of warmth to the entire body proportionate to the severity of the weather.

"Many other points in addition to that of healthfulness require consideration in the question of clothing for children. No child ought unnecessarily be required to wear unbecoming garments. Many a little one has been made self-conscious and unhappy by being obliged to wear some article of clothing so out of harmony with beauty or good taste as to make the wearer a target for comment and even ridicule. Healthful garments are not, as many seem to imagine, of necessity so peculiar in design as to be ungraceful or inartistic. God has clothed the flowers of the field in beauty and loveliness, and it was certainly not intended that human flowers should be clad in ugliness; not that all the vagaries of fashion should be followed, but when purchasing or making children's clothing, the mother may aim to choose that which is adapted to the peculiarities of the intended wearer, and so to combine harmony in color and simplicity in style as to make an unobtrusive garment answer every hygienic requirement, and also satisfy the innate love of the beautiful.

"To dress a child simply is always in good taste, and while all the clothing should be made neatly and well, for ordinary wear it should not be of such delicate material as to subject the little wearer to the slavery of

constant care lest she spoil her shoes and soil her dress. Not only does such a bondage of thought and care concerning dress mar the happiness and curtail the freedom of the child's activity, but it so emphasises the subject to her mind that it is likely to foster vanity and a love of dress.

"Children's attention should be called as little as possible to dress as an adornment.

"Teach them early in life that it is the clean, smiling face, ruddy cheeks, and upright, healthy frame that should be the chief attraction; that dress is simply the setting for the jewel; and that while it should always be whole and tidy, it should not be the thing in itself to attract admiration. Teach the principle that it is the sound body, the perfect poise, the near approach to God's ideal, that gives the charm, and not the ruffles and furbelows of a fashionable attire."

"Speak Like You Do When You Laugh."

"A BABY of three years," says a recent writer, "once preached me a sermon, and I pass it on for the benefit of other downcast and despondent ones who need to learn to 'rejoice evermore.'"

"How is the baby?" I asked drearily, standing at the foot of the staircase leading up to a chamber where the little one lay ill. I was tired, unhopeful; my mood came out in my tone.

"Peak like you do when you laugh," called the weak little voice upstairs; and if ever I felt rebuked by an angel, that was the moment. It has come up to me a hundred times since; I hope I am the brighter and cheerier for it.

"Speak like you do when you laugh." That means sparkle and gladness and good will. Those fretful lines at the mouth corners don't come from laughing. The weary ones around the eyes have another origin. But the plainest outward sign of despondency is that in the tone. The sick feel it; that is why 'visitors are forbidden.' Little children are infallible weather prophets; they will not 'take to' you. And you and I—just common working men and women, neither sick nor young nor old, but busy and often tired, we love,—yes, that is the word,—we love the bright, loving, laughing, happy voice. 'Speak like you do when you laugh.'"

Seasonable Recipes.

Legumes and Nuts.

L. K.

PEANUTS AND HARICOTS.—One cup raw peanuts; two cups raw haricots. Shell the nuts, blanch by pouring boiling water over them; allow them to stand a few moments, then remove the hot water, and drop into cold water; change again to the hot water, and allow them to stand until cool enough to handle. Slip off the skins. Put to cook in one quart of water (better placed in an earthenware jar in the oven), add salt, cook slowly for two hours, then add two cups of small haricots which have been cooking in one quart of warm water. Let both cook together for six or eight hours. When done, they should be soft, mealy, and rich with juice.

PEANUT AND TOMATO PUREE.—Prepare and cook the peanuts as directed in the preceding recipe. When done, rub through a colander or grind in a meat grinder. To two cups of peanuts, add half a cup of stewed tomato. Re-heat and serve.

LIMA BEANS.—Put the beans into boiling water, and cook till tender; but not till they fall to pieces. Simmer slowly, but do not boil hard. They should cook nearly dry. Salt to taste. A teaspoonful of nut butter to each pint of beans can be added if desired.

MASHED BAKED HARICOTS.—Soak over night a quart of small haricots. In the morning drain the water off, put to cook in boiling water, salt added to taste, and boil till perfectly tender, and the water has nearly evaporated. Rub through a colander, to remove the skins, add a teaspoonful of nut butter. Put into a shallow pie dish, smooth the top with a spoon, and brown. If preferred, half zwieback crumbs may be used with the beans, and seasoned to make variety. They are very nice perfectly plain. Slices of lemon on the well browned surface make a pleasing effect when serving.

BAKED HARICOTS.—One quart haricots; one tablespoonful sugar. Proceed as in preceding recipe until the beans are nearly done, then add one tablespoonful of moist sugar, and a small quantity of salt. Turn into a baking dish, brown nicely.

MASHED PEAS.—Soak one quart of dried green peas in cold water over night. In the morning drain, put to cook in warm water, cook slowly until perfectly tender, allowing them to simmer very gently toward the last until they become as dry as possible. Put through a colander to remove the skins. Add one tablespoonful of nut butter rubbed smooth in cold water, and a little salt. Turn into a baking dish, and brown in the oven. One-third or one-half toasted bread crumbs or zwieback crumbs may be used with the sifted peas when preferred. A savory dish can be also made by adding celery, sage, parsley, or onions minced fine. Serve with a sauce prepared as follows:

Heat one pint of strained, stewed tomato. When boiling, thicken with a tablespoonful of flour rubbed smooth in a little water. Salt to taste.

BROWNED BAKED BEANS.—One pint small haricots; three pints water; one tablespoonful of nut butter; one cupful of zwieback crumbs. Brown the beans in the oven till a nice brown. Put to cook in warm water, not hot. Cook slowly for two or three hours. Turn into a baking dish, and add nut butter and zwieback crumbs. Bake in the oven until a nice brown.

SAVORY LENTILS.—Cook the brown lentils the same as the peas. Take equal quantities of cooked brown lentils that have been rubbed through a colander to remove the skins, and zwieback crumbs. Moisten with half a cup of water into which a dessert-spoonful of nut butter and a small quantity of salt have been stirred. Or, for variety, half a cup of chopped walnuts and half a cup of water. Season with a little powdered sage. Turn into a baking dish, and bake until well browned. Serve with tomato sauce.

SAVORY MACARONI.—One cup macaroni; two cups zwieback crumbs; one beaten egg; two cups milk; a little sage. Break in inch lengths good macaroni. Boil in water (to which salt has been added) until tender. Mix zwieback crumbs, milk, a little powdered sage, mint, parsley, or chopped onion for seasoning together, and add one beaten egg. Place the macaroni and savory mixture in alternate layers in a baking dish. Brown in the oven, and serve.

MACARONI AND TOMATO.—One cup macaroni; two cups tomato; one tablespoonful flour; one tablespoonful nut butter. Prepare the macaroni as in above recipe. When done, turn into serving dish, and pour over it a sauce made from one pint of strained stewed tomatoes, heated to boiling. Mix a tablespoonful of flour with a tablespoonful of nut butter and sufficient water added to braid it. Turn into the hot tomato, and allow it to boil until it thickens.

THOROUGHLY baked potatoes are more digestible than boiled potatoes, and the outer portion of the potato than the inner. Potatoes which have been mashed may be rendered more digestible by browning in the oven. Ordinary bread is rendered far more digestible by the process of cutting into thin slices and browning in a slow oven, so that the dextrinisation is complete throughout the slice. Ordinary toast, made by browning the outside of the bread, is a poor substitute for zwieback. The preparation known as granose is an example of dextrinised food; it consists of grains of finely-selected wheat which has been cleaned, steamed, oven dried, rolled out between steel rollers, and again oven dried, so that it is cooked three times. The starch granules are burst by the boiling process, and the roasting of the thin flakes turns a large proportion of the starch into dextrin, thus rendering it an ideal food.



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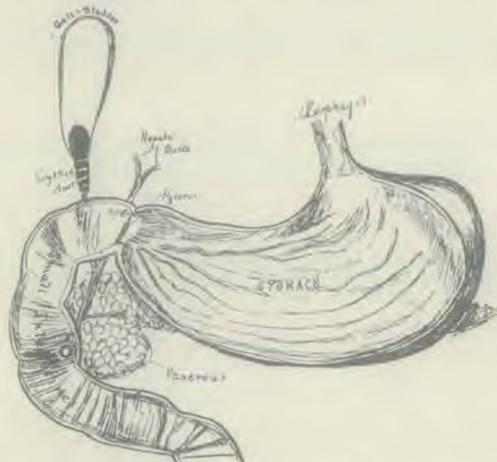


The Result of Overeating.

J. H. KELLOGG, M.D.

It is generally true with physical as well as moral transgression, that one bad habit invites another; and especially is this the case in reference to diatetic errors. A person who eats too fast is likely to eat more than is necessary; and the same is true if too large a variety of food is partaken of, or food rendered exciting and stimulating by seasoning with irritating condiments.

Intemperance in eating is responsible for a greater amount of evil in the world than is intemperance in drink. Indeed, it can be clearly shown that intemperate eating is,



in the first place, one of the most potent causes of intemperance in drink, and also that it is one of the obstacles in the way of the reformation of those who have become the victims of alcoholic intemperance.

The evil consequences of excess in eating are at first simply imperfect digestion, the overtaxed organs being unable to accomplish the complete digestion of the alimentary mass. In consequence of the delay thus occasioned, changes take place by which acids are devel-

oped which irritate the mucus membrane, and gases are produced by which the stomach is distended, and its muscular walls weakened and partially paralysed. In course of time inflammation of the gastric membrane is developed, and dilatation of the stomach occurs.

This condition is one which cannot always be wholly cured. It gives rise to a great variety of ailments in addition to the discomforts connected directly with the stomach itself. Dilatation of the stomach often originates very early in life. The writer has found the organ dilated to more than its normal size in children ten or twelve years of age, and in many cases has been able to trace this condition found in adults back to early childhood.

At first an individual who overeats will be likely to accumulate flesh quite rapidly; but very soon the digestion becomes so much disturbed that no gain takes place, and, indeed, the patient not infrequently becomes considerably emaciated even while daily taking large quantities of food. When the opposite is the case, the blood is filled with crude, imperfectly elaborated material, which, when absorbed, fills the system with poisonous substances. At first the liver is able to exclude these to a considerable extent, but after a time the energy of this patient organ is entirely exhausted, and the whole system suffers in consequence. Biliousness and the various conditions usually attributed to torpidity of the liver are generally due to poisoning of the system by toxic substances absorbed from the alimentary canal, which may be either the result of the putrefaction of food in a dilated stomach or colon, or the products of imperfect digestion.

Excessive eating also occasions injury to health, by producing an excessive fullness of the blood-vessels, thus incurring the risk of rupture within the brain, and resulting paralysis. Other equally serious mischiefs may

arise from the accumulation in the system of a greater quantity of nutritive material than can be utilised, which occasions general clogging and obstruction of all the bodily functions, and imposes an enormous burden upon the kidneys in elimination of the unused material.

That Beautiful Skirt.

ONLY a little dust, almost imperceptible dust, caught on the rug on the floor of the handsome hall.

It was a Turkish rug, lying on the perfectly waxed, hardwood floor, in a hall where neatness seemed to reign along with all the appointments of wealth.

But there was that almost imperceptible dust!

How did it come to be there? If you had ears that could hear its voices, it would tell you. It would say that it had clutched a fold on the beautiful lady's gown, and come in from the street.

It was a beautiful gown as well as a beautiful lady,—a tailor-made gown, and its fashionable bias flounce trailed stylishly on the ground.

Everything was stylish about the lady, from her fair face, with rather deep circles below the eyes, to her slender and handsome walking shoes. She walked trailing her gown properly, dust or no dust. Indeed, she ignored the dust of the street; but will the dust ignore her?

Let us listen, if she will not, for this almost imperceptible dust moves and acts with fearful power, and if we listen, possibly we may understand its language.

Soon after coming in on the beautiful lady's gown, other steps followed, and other gowns helped to move the dust along farther into the house; but it had a fancy for the beautiful lady. Her frailness attracted it, and it followed her to her bedchamber. Her feet had never trod the loathsome precincts whence it came, but it came to her on her gown.

Soon there came to the chamber a little child, a sweet, rosy cherub. In its romping it stirred the dust about.

Then the dust began to be separated, being formed of many particles, and these talked among themselves. As they talked,

they danced back and forth, waltzing, swirling, capering, with every motion of the child and its mamma, the beautiful lady.

A scientist could have understood them if he had caught some of them under his microscope. He would have called them "germs." With what alarm he would have recognised the diphtheritic, and with what dismay would he have seen the tuberculous germ approaching the frail lady!

Back and forth, dancing, capering, waltzing, the germs kept time while baby in its mother's arms said, as thousands of other little ones were saying,—

"Now I lay me down to sleep,
I pray the Lord my soul to keep;
If I should die before I wake,
I pray the Lord my soul to take."

This baby was saying it for the last time.

When night came again, thousands of little voices sent up again the baby prayers, but this one was gasping out its little life on mamma's bosom,—destroyed by a germ.

A yellow card at the front door warned all comers against diphtheria.

The beautiful lady sought health vainly for a year or more, then found rest "beyond the sorrow and the parting."

"Broken hearted," it was said. "Found death in the dust of the street," said the microscope. A victim of the long skirt.
—*Woman's Journal*.

Horse Butchering.

THE citizens of Greater New York received a rude shock when, in the course of the trial of a case prosecuted by the Society for the Prevention of Cruelty to Animals, the superintendent of that Society announced to the court that a slaughter-house was in operation just across the river, in New Jersey, where horse meat was converted into sausages and sold to residents of the poorer districts of the city. He went on to say that a number of men were engaged in a regular business of buying up old and decrepit horses and selling them to the proprietors of slaughter-houses in New Jersey and on Long Island, and that the flesh of these animals is then pickled and packed in barrels, or made into sausages. Within the limits of Greater New York such slaughtering must be done secretly, as it is against the law, but up to the present time it has not been prohibited by law in New

Jersey, and there is no secrecy about the business. It is pretended that all the horse-meat is exported to Norway, but those familiar with this trade laugh at this pretense. A few days ago the State Board of Health of New Jersey instructed its counsel to draft a bill to be presented at once to the Legislature, the object of which was to give complete supervision over the traffic. A prohibitory law was not deemed wise, because horse-meat as an article of food was not regarded as dangerous or hurtful, although it was a kind of food that would bear close watching. The New Jersey legislators are said to be almost unanimously in favor of prohibiting or at least restricting this business, but it is so late in the session that it may be found difficult to enact a suitable law before adjournment.—*Philadelphia Medical Journal*.

The Mosaic Code Confirmed.

THE sanitary laws of Moses have been the standard upon which all sanitary legislation has since been based. Its rules for quarantine, for disinfection, and the sanitary rules respecting foods, have never been improved upon in the slightest degree until the most recent times, and since so great light has been thrown upon these subjects by the developments of bacteriology and physiological chemistry. A recent confirmation of the instructions respecting clean and unclean animals, at least as regards the forbidding of horse-flesh as food, has lately been brought forward by M. Pflüger, who has been investigating experimentally the value of horse-flesh as food. He finds that the use of horse-flesh as a diet is injurious, producing decidedly harmful effects. D. H. K.

WE feel the importance of finding an immediate remedy for a dislocated joint, and we should not be less concerned about the cure for dislocated stomachs, livers, etc. These conditions require much time and great care to improve. The patient must return to nature's way of living. Every garment which presses upon the body must be exchanged for a loose one or laid off altogether, that nature may have a chance to bring the prolapsed organs back to their rightful position and condition.

"ALL of us have in our circle some friend of mature age who does not alter her garments every six months,—scraping the sky with her hat feathers in the spring, only to sprout them forth over both ears in the autumn, or who, bunching up her neck ribbon at the back to-day, considers it almost a sin not to have the bow in front to-morrow. She goes on the even tenor of her way with a gown of quiet color, good quality, and graceful form, and never is quite in or quite out of fashion. We accept such a friend as pleasing to the eye, and without peculiarities."

THE symptoms of our diseases are oftentimes merely efforts of nature to cure. A person who has lung trouble, coughs. The cough is not the trouble, it is the effort of nature to throw off the diseased matter. An individual has fever. This fever is merely a symptom of some condition. There is some poison in the system which nature is trying to oxidise; and so we find that nearly all the symptoms from which we suffer are but the voice of nature directing our minds to the best way to throw off disease. Seldom should this voice be smothered; but observe her efforts, and she will teach us what to do to get well.

"NOTHING can work me damage but myself; the harm that I sustain I carry about with me, and am never a real sufferer but by my own fault." The tobacco user, polluting the atmosphere he is compelled to breathe, we find frequently in search of a more healthful climate. He makes his own atmosphere. He carries the curse with him wherever he goes. Cursed will he be in the city, cursed will he be in the field or country, or on the mountain top. He cannot get up high enough to escape the curse; even the atmosphere of heaven would not agree with him.

WHEN one habitually breathes poor, lifeless air, and sleeps in poorly ventilated rooms, the system is deprived of oxygen, and the vital fires burn low. A pale, expressionless face indicates much more than can be seen. It indicates that each red-blood cell is pale because of air starvation.

The restriction of respiration by tight clothing, by neglect of exercise, by bad positions, or by living in poorly ventilated rooms, is one and the same in the final results.

Questions and Answers.

Dandruff and Falling Hair.—A correspondent is seriously troubled with dandruff and falling hair. The scalp is very sensitive, the hair oily, and occasionally bloody water oozes out at the roots of the hairs.

Ans.—The scalp should be shampooed thoroughly two or three times a week with eggs and some good soap, such as pure Castile, Pear's, or tar soap. After the shampooing, apply a lotion consisting of twenty grains of resorcin and five minims of castor oil to the ounce of alcohol. This lotion should be applied freely daily, and rubbed into the scalp thoroughly.

Mushrooms.—Do you recommend mushrooms as food?

Ans.—No. The mushroom is of doubtful value as a food product. Its nutritive value is so exceedingly small that it would scarcely be worth eating even if there were no objection to its use. It only contains two or three per cent. of nutriment. It is not easily digested, and all mushrooms are placed under suspicion from the fact that so large a number of the numerous species are highly poisonous. A person who habitually eats mushrooms is constantly in danger of poisoning by somebody's mistake in gathering the fungi. Mushrooms differ from the great class of food-producing vegetables in that they consume oxygen and send into the air carbonic acid gas, thus aiding in polluting the atmosphere as do animals. The carbonic acid gas is a product of fermentation or decomposition, which evidently takes place in this plant. This accounts for its short life. Mushrooms thrive only on masses of decaying vegetable substances. They partake of the nature of the soil in which they grow. So long as we have such an abundance of luscious fruits and nutritious nuts and grains, it seems that we may easily dispense with the mushroom. They grow principally in the dark. In Paris they are cultivated in the dark tunnels underneath the city, that were cut out to furnish stone in building. Manure and other decaying substances are thrown into these tunnels. In this soil and under these conditions they seem to thrive best.

Tea Drinking.—As tea is so refreshing, is it not good to take a cup sometimes when exhausted?

Ans.—Tea is not refreshing, it is only stimulating. Artificial stimulation is not strength. The same argument used here would apply to whisky. I do not understand how mothers can consistently ask their children not to touch spirits, while they themselves are taking something equally injurious in tea, for tea contains more poison even than spirits.

Eating at Bedtime.—What is your opinion about taking a dry crust or biscuit just before going to bed? I find I sleep better for it.

Ans.—I think it is wrong. It is a sign of a dilated stomach. A man I knew used to take a meal every two hours and felt better for it. People have a craving and think it is food they need, and go on in this way till finally they get into a hopeless state of health. In this man's case, the craving was caused by an excessive flow of gastric juice. By taking food this acid was absorbed, and the pain was relieved, and the

man felt better. The stomach is thus kept constantly at work, becomes injured and permanently ruined. A person who is troubled with too much blood in the brain cannot sleep on retiring to bed. By taking food the blood is drawn from the brain to the stomach. Sleep is obtained, but the foundation is laid for disease. Take a hot foot-bath, which will draw the blood away from the brain, and take a drink of hot or cold water before going to bed, and you will find much benefit from it.

Catarrh.—How may catarrh be cured?

Ans.—Not by local applications. It is a sign of a weakened state of the body, shown by the extremities always being cold and the skin dry. It is due to an effort of the mucous membrane to expel poisons that should be thrown off through the skin. Improve the circulation and action of the skin by taking a cold bath each morning, and attend carefully to the diet, and the catarrh will disappear.

Diarrhoea.—What is the best home treatment for diarrhoea?

Ans.—The regulation of the diet is of first importance in this, as in most diseases of the digestive organs. The patient should abstain entirely from the use of vegetables, cheese, and meat. The diet should consist chiefly of milk and oatmeal, granola, granose, or other cereal foods in the form of a porridge or gruel. Fats should be carefully avoided. Next in importance as a measure of treatment is the proper employment of the enema. We have seen more benefit derived from the injection of large quantities of hot water—as hot as can be borne, and in as large quantities as can be retained—than from any other single measure. Fomentations to the bowels should be applied once or twice a day, and the moist abdominal girdle should be worn night and day. The patient should be clothed very warmly, carefully avoiding cathartics and emetics. If the disease has been caused by cold, it is best treated by sweating baths. The warm blanket pack is excellent in such cases. A hot hip bath daily is invaluable in all forms of intestinal irritation. Above all, guard well the appetite. Small amounts of the purest and most easily digested food alone are admissible, until the motions are regular.

Germ in Milk.—After milk is sterilised, if it is not used right away, will it again become infected with germs?

Ans.—It is very apt to, as germs are present everywhere. After milk is sterilised, it should be kept in a clean place where germs are not present, or at least not to any great extent. If the milk is kept in a proper place, in a clean, covered vessel after it is sterilised, there is very little danger of more germs getting into it.

Dyspepsia.—Is dyspepsia a curable disease?

Ans.—Most cases of indigestion are curable under proper hygienic regulations and rational methods of treatment; but there are some forms of dyspepsia in which the glands of the stomach are destroyed and atrophied, so that they cannot secrete the proper amount and kind of gastric juice. In a case of that kind, dyspepsia could not be said to be curable, but there are very few forms of dyspepsia that cannot be cured. The word "dyspepsia" really means difficult digestion, or imperfect or partial digestion of the food.

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