

The cover of 'The Australasian' magazine features a central illustration of a woman in classical attire, standing and holding a small object. The background is a textured, wavy pattern. The title 'THE AUSTRALASIAN' is at the top in a banner. Below it, the words 'GOOD HEALTH' are written in large, bold, block letters. To the right of the woman is a framed sign with text. At the bottom right, there is a separate sign with the words 'PURE AIR', 'PURE WATER', and 'PURE FOOD' stacked vertically.

THE AUSTRALASIAN

**GOOD HEALTH**

Medical and Health News.

D. H. KRESS, M. D.  
EDITOR.

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PURE AIR  
PURE  
WATER  
PURE  
FOOD

Published Monthly at the "Good Health" Office, Wahroonga, N. S. W.  
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Sanitarium Health Food Co., 283 Pitt St., Sydney.





Students and Teachers of the Avondale School,—Vegetarians.

*Good Health, Oct. 1, 1903.*



AUSTRALASIAN

Good



Health

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No. 10.

## Medical and Health News.

### A Visit to Wahroonga Sanitarium and the Avondale School.

HAVING just spent three very pleasant weeks at the Sanitarium at Wahroonga, during which time I also visited the school at Avondale, it occurred to me that the readers of GOOD HEALTH who have not had the opportunity of seeing these institutions, might like to know a little about them.

Nestling amongst thickly wooded hills, about thirteen miles out of Sydney, at Wahroonga, stands the Sanitarium, surrounded by orchard and orange and lemon groves. It is an imposing structure, and its outward beauty is a true index of beauty within, where such a general air of harmony and home comfort prevails that patients soon forget that they are such, and find themselves members of a very happy family.

The Sanitarium is equipped for work in a thoroughly up-to-date manner. Its sleeping apartments are large, airy, and sunny. The dining room and drawing and lounge room are comfortable to luxury. In the bath rooms methods of treatment by massage, electricity, and hydrotherapy, are amply provided for, and are administered by competent nurses.

In regard to diet every care is exercised, and with most beneficial results. It has been well said that "a table spread with the fruits of the earth can have no disturbing influence on mind or body."

Patients are guided in their choice and combination of foods by the physicians of the institution, their advice and treatment being at the disposal of patients during their stay at the Sanitarium.

Educational work is also carried on among the patients, and lectures given on general health topics. These lectures are exceedingly instructive and interesting.

Every appliance and convenience of a modern private hospital is found here, but a great deal is here that is not found in such institutions generally, and that is the wonderful harmony that prevails.

The workers, from those who fill the most important positions to those who do the necessary drudgery, are alike one in aim, and that aim is the good of those about them. Every service is performed cheerfully and efficiently, all seeming "content to fill a little space if God be glorified."

The result of all this is that patients who come in hopeless, find health and strength returning to them. One young lady, after months of treatment elsewhere, who despaired of ever being able to walk again, owing to an injury to her knees, has, during my visit, put aside her crutches, and is able to walk alone.

In addition to indoor work, the workers are proving a power for good to people in the villages around. Health talks are given in the various halls, cooking classes held, health literature distributed and sold, and any who are willing to learn are helped to a better way of living.



At the Avondale School the work is of quite a different character, though quite as interesting. The school is situated at Cooranbong, about seventy miles from the capital. The district is mountainous, and the scenery en route along Hawkesbury River is very fine. The school buildings are spacious and artistic, and well fitted for the educational purposes for which they are used. A day spent here impresses one with the magnitude of the work undertaken, the little fuss made over its performance, and the successful results attending the work. If it be true that "order is heaven's first law," then that law is well observed here. Work and classes are well arranged and carried out, the course of studies available being extensive, the students taking up such studies as Bible, English, physiology, physics, mathematics, languages, drawing, music, etc., whilst between class and study hours, the women and girls are instructed in general house and needle work, and the men and boys work in the farm, orchard, or factory.

Adjoining the school is the Health Food Factory, and GOOD HEALTH printing and publishing office. In the latter it was interesting to see the girl students at work setting and distributing type for the GOOD HEALTH journal, and for the various other books and pamphlets printed there. The office is well supplied with modern type and machinery, and will undoubtedly do a good service.

In the food factory much of interest was on view. From this source come our granose biscuits, granola, raisin, wheaten, gluten, and oatmeal sticks. This branch of the work will almost immediately be very much enlarged, as the demand for health foods is increasing so rapidly that the present plant is quite inadequate to cope with it.

Taken as a whole, the Avondale School is a hive of busy workers fitting themselves for work further afield, and consistently performing a daily round of duties for themselves and others.

My visit to both Wairoonga and Cooranbong has conferred on me much benefit from an educational and health point of view, and I sincerely hope that the promoters of this movement for the uplifting of humanity may have every encouragement and success in their noble work.

MRS. A. H. MACDONALD,  
*Secretary Victorian Vegetarian Society.*

### Alcohol.

ALCOHOL is one of the worst things to imbibe where it is necessary for the body to withstand great cold or fatigue. An eminent physician in giving advice to a party of young men who were setting out for the Klondike, said, "If you want to get the most out of yourselves in the land of the Yukon, let whisky severely alone." The Arctic explorer Nansen showed that those who drank alcohol could not bear the northern cold, and no one of his staff was allowed to partake of it. Another illustration of the undesirability of using alcohol in trying latitudes is given by Dr. Lesser, who notes that as an experiment a number of regiments in the English army while in the Soudan received certain quantities of alcohol, while other regiments went without. The result showed that the latter could bear the strain of long marches far better, and were better preserved than those to whom spirits were given. Dr. Lesser also remarks that he has found alcohol injurious to digestion and deleterious in septic conditions.

### Female Intemperance on the Increase.

DRUNKENNESS among women has increased with such alarming rapidity the last few years, that it is at present perhaps the most serious problem that confronts the race. In London at the present time more women are arrested for being drunk and disorderly than men. Truly this is a mournful state of affairs, since the drinking mother is not only unable to hand down to her children a healthy heredity, but is bound to neglect their proper bringing up.

The section of the "Statistical Register" dealing with law and crime for 1902 shows that there has during the year been an increase in intemperance among women in Sydney. The number of female arrests for drunkenness in the whole State was 2601, or an increase of 302 on those for 1901. The youngest female arrested was between fourteen and fifteen.

A BACTERIOLOGIST recently made a microscopical examination of the washings from a woman's trail worn on the streets of London, and found it to contain 10,672,000 microbes of disease.



### Babies Killed by Poisoned Milk.

THOUSANDS of babies are alive to-day who will be in the grave within a month from so-called summer diarrhœa if the present wholesale traffic in impure milk is not stamped out. More than 100 milk-fed children died in one day lately. Formalin and boric acid, each of which is a poison, have been found in the milk. Investigations now being conducted reveal details of uncleanness and disease-breeding conditions almost unbelievable. Physicians, chemists, and bacteriologists agree that dirty and adulterated milk is claiming its victims by the hundreds.—*Science Siftings*.

### Department of Food Reform.

MISS MAY YATES, superintendent of the Food Reform Department of the World's W. C. T. U., forwards her report, in which she says: "Avoidable errors in diet produce such an immense amount of disease that we may rest assured that if the people had pure air, pure water, and a proper supply of pure, nourishing food, almost all the physical ills flesh is heir to would soon vanish away."

In the circular accompanying the report, Miss Yates writes:—

"I especially desire to bring under your notice the fact that white bread and other artificial foods now largely used are deficient in brain and nerve food.

"Weakened brains and deteriorated nerve centres are especially liable to be attacked by the craving for alcoholic stimulants. Experience proves that the use of a vegetarian diet, combined with pure air and obedience to the other laws of life, naturally and effectually cure this terrible evil.

"Great results are often obtained by simple remedies, and women, by studying diet scientifically, taking the trouble to prepare the natural foods advocated by this department in a dainty, appetising manner, and teaching obedience to the laws of health, can help to remove the curse of drunkenness from our midst."—*The White Ribbon*.

THE oil of cocoonut has been recommended as a substitute for cod-liver oil, and is much used in Germany for phthisis.

### Drugs Falling into Disrepute.

THOSE who are inclined to think lightly of hygienic methods for the preservation of health and for its restoration when once lost, should ponder well the following words from F. A. P. Barnard, president of Columbia College, New York City, and chief editor of "Johnson's New Universal Cyclopedia," in the article in that work on the "Germ Theory of Disease":—

"The study of the laws of hygiene is assuming at the present day, in the estimation of the public and of the medical profession itself, an importance which places it above even the proper business of the profession—that of the science of therapeutics. Drugs, whether remedial or prophylactic, are falling more and more into disrepute."

### Swine Fever.

THE first intimation that swine fever has broken out in Victoria and that unless strong repressive measures were taken this disease would quickly establish itself in Australia, appeared in the April issue of the "Farm and Home." At that time the mere mention of the possible existence of swine fever in Victoria was ridiculed by the Stock Branch of the Department of Agriculture. But all the same we were in possession of evidence from the highest authorities, showing that the disease was not only present, but spreading rapidly. "Since then the disease has continued to extend its area of infection, and as the custodians of the public health, the Public Health Board took action and very soon incontestably proved that the dreaded scourge had been present for some time, and had already established itself to a dangerous extent. Although efforts, it is stated, are being made by some of the Government Stock Inspectors to induce the pig-breeders to believe that the heavy weekly mortality is not caused by swine fever, but some curable complaint that will shortly pass away, those engaged in the dairying industry now realise that swine fever exists over a wide-spread area, and that unless prompt, united, and continuous measures for its extirpation be rigorously enforced, the pig breeding industry will be destroyed, and an enormous expenditure subsequently entailed in rid-



ding this State of all traces of the scourge.

So strong a hold has the disease already obtained in Victoria that, according to the views of experts, many thousands of pounds will be required for its eradication, and further, that unless the task be undertaken by men qualified with a knowledge of veterinary science, its spread will continue until there will be the danger of this scourge becoming permanently established in the Commonwealth. It is becoming quite apparent that the Stock Branch of the Department of Agriculture, as at present constituted, is totally unable to stem the progress of the disease. We do not question the willingness of the stock inspectors to assist in arresting the spread of the disease, now that qualified authorities have definitely demonstrated to them that it is swine fever, but the work of eradication will never be properly grappled with until the operations of the stock inspectors are controlled by qualified veterinary surgeons.

#### **Mortality of Inebriates.**

DURING the communistic troubles in France in the early part of 1872, an eminent physician who had charge of the wounded communists, observed and published the fact that the mortality among them was fearfully great. Hardly any of those who were obliged to undergo any operation, lived. The doctor attributed this to the poisonous effects of alcohol, which so weakened the system that a mere flesh wound which would not confine a healthy man to his bed almost invariably proved fatal.

#### **Death in the Pie.**

AFTER partaking of chicken pie, thirteen English and American boys belonging to a mission school in China were suddenly taken ill, and twelve died. Ptomaine poisoning is supposed to have been the cause. Similar instances are not rare. Ptomaines are formed in meat as a result of decomposition, and their presence can not be detected by the taste.

#### **Drink Cures—What They Consist of.**

DR. T. D. Crothers, in an article which appeared in the *British Medical Journal*, says, "The prescriptions used by them

are all combinations of strychnine, hydrastin, apomorphine, and cinchona bark. The chief object of the treatment is to destroy the alcoholic appetite, and this is claimed to be a cure. In many instances the surprise and joy in the patient's mind at the disappearance of all desire for spirits is accepted as evidence of final cure, but when separated from the mystery and the psychical influence, reaction takes place in the opposite direction."

He holds that "inebriety and other drug disorders are not cured by specific or secret remedies. However much persons may be mistaken as to the effect of drugs, there have so far been no discoveries warranting the assertion that the degeneration from the drink craze can be cured in a few weeks or months." The prevalence of these quack cures indicates the existence of a vast army of "neurotics" who are suffering from drug habits of one kind or another. Rational treatment, a non-stimulating diet, the free use of fruits, and a firm trust in God are the only remedies of value in these cases.

#### **"Soothing-Syrups" for Babies.**

THE dire effect of the so-called "soothing-syrups" upon thousands of little innocent babies can scarcely be imagined. The awful crime of Herod, who slew the little children of Bethlehem, shrinks into insignificance when compared with the evil wrought by these drugs upon the infants of our land in a single year.

The essential ingredient of these syrups is some form of opium, to which children are especially susceptible. "Soothing-syrups" do indeed soothe the restless, suffering babe; not by removing the cause of the pain and healing the disease, but simply and solely by deadening the nerves and benumbing the delicate cells of the brain. Harm is done to the stomach and other digestive organs, and not infrequently permanent injury results. Sometimes the helpless babe is soothed into the stillness of death, as happened in a case some time ago, when a mother unwittingly poisoned her child with "soothing-syrup."

EACH outgoing breath contains two cubic inches of carbonic acid gas, and contaminates 5,000 cubic inches (about half a barrel) of air.



## HEALTH LECTURE.

*Lecture delivered by D. H. Kress, M. D., under the auspices of the International Health Association, at the Whist and Chess Club Hall, Pymble, on Thursday, July 16, 1903, at 8 p. m.*

THE subject I have chosen for to-night is health. This is a subject which should certainly interest everybody. God meant us to be in health, to be strong and well, and not to be ill. God's thought toward man is expressed in the following words: "*I wish above all things that thou mayest prosper and be in health.*" When the body is in health, it is capable of protecting itself against the inroads of all germ diseases, as tuberculosis, typhoid fever, and the plague. No plague can come nigh the dwellings of those who are in possession of this priceless treasure.

In health, the mucous membrane of the throat and lungs is capable of protecting itself. This is true of the alimentary canal as well; for the gastric juice and saliva are both germ destroyers, so that the body is well protected. One who is in health is safe anywhere, even in the midst of epidemic diseases. But there are few who are in possession of health; so we find it necessary to have strict quarantine laws as a means of self protection.

You have probably seen mould grow on the leaves of a tree; this is an indication that the tree itself is diseased. It is not only the leaves that are diseased, but the whole tree. People are found with coated tongues, and they look upon it as a very trifling thing, a local difficulty, but this is not so; it indicates a general run-down condition of the system, a degeneration of the whole man. Germs can no more grow on the tongue of a healthy person than mould can grow on the leaves of a healthy tree. A person who has a coated tongue is in a serious condition; he is in a position to take any kind of germ disease. I have here the halves of two potatoes, the one boiled, and the other raw. By planting a few germs from the tongue upon these potatoes, in two or three days, by keeping them in a warm place, the boiled potato will be literally covered with germs, so that scarcely any of the potato can be seen. But the germs planted on the raw potato will be destroyed. Why is it that the germs are destroyed on the raw and not on the boiled potato?—It is simply

because one is a living, and the other a dead potato. Germs can thrive only upon dead matter, they can thrive only upon dead or diseased tissue. They have their legitimate work to do, that is to reduce the body to ashes; and when they find a man in a dying condition, they fasten upon him, and claim him as their lawful prey. A person who takes tuberculosis, diphtheria, or any other germ disease, must be first in a general run-down condition in order for the germs to get a foothold. The soil must always be prepared for the seed, to make it possible for the seed to grow.

As I said before, there are very few who are in the possession of health. We find people rushing from one country to another, and taking ocean trips in search of health; but in reality health is not far from every one of us; for in it we live. It is in the air we breathe, and in the food we eat, providing we breathe pure air and eat pure food. The air is charged with electricity and health; that is, if pure. A short time ago I was on my way to New Zealand, and on the boat made the acquaintance of a lady and a gentleman, man and wife. In conversation with the lady, she told me that her husband was in delicate health, and that they had to leave New South Wales on account of the poor climate, as it did not agree with him. They were on their way to New Zealand. I was very much surprised, as I thought that it was difficult to find a better climate anywhere on the face of the earth than in New South Wales, and I think I am correct. I happened to sit opposite the gentleman at dinner, and of course was interested in what he ate. I knew that if I ate what he did, I should also be in ill health. After dinner I found him on the deck smoking his pipe, poisoning the very air in mid-ocean that he was compelled to breathe. No matter where that man goes the curse will follow him; he cannot escape it, because he carries it with him. Cursed shall he be in the city, and cursed shall he be in the country. "The curse causeless shall not come."

Tobacco is a deadly poison. You can test this merely by allowing the fumes of the weed to envelop a plant covered with insects. The little animals will drop to the ground at once and perish. These creatures have the same life that we have. If the cells composing the bodies of these insects and those of the human body were



examined, there would be found scarcely any difference. That which is destructive to the cells of these insects, is also destructive to the cells of the human body, the brain, nerve, and muscle cells. Take a drop of nicotine and place it on the tongue of a cat, and it destroys the cat in three or four minutes, and a cat has nine lives. People have recently been awakening to the fact that tobacco is injuring the minds and morals of our young men. The postal authorities in Chicago have refused to employ young men who are users of cigarettes. It has been found that eighty per cent. of the mistakes in that department were traceable to the use of cigarettes by young men. In Canada also a law has recently been passed prohibiting the manufacture and importation of cigarettes. A law came near passing in New Zealand two years ago, prohibiting the sale of tobacco to youths under the age of seventeen years. Similar laws exist in many of the States of America. Even Japan has a law prohibiting the sale of tobacco to youths. I have, however, never been able to explain why tobacco, if injurious to a youth of seventeen years, should be any the less injurious to a man of eighteen, twenty, or thirty years. (A voice: Hear, hear.) Where shall we draw the line? The fact is, a substance that is injurious to a young man of seventeen is injurious to mankind. I do not see how we can take any other position. Tobacco does the greatest injury when used in the form of cigarettes. The reason the cigarette is more harmful than the pipe or cigar is that the smoke is inhaled into the lungs. By smoking a pipe or cigar, the nicotine is merely brought in contact with the surface of the mouth and throat, perhaps one square foot of mucous membrane. By inhaling it into the lungs it is brought in contact with 1,400 square feet of mucous membrane. This membrane is so very fine and thin that the interchange of gases readily takes place between the blood and the tobacco inhaled. I think the smoking habit of the husbands and fathers is responsible to a great extent for the many sickly women and children. The fathers smoke the tobacco, and the wives and children, like the cigarette fiend, are compelled constantly to inhale the poisonous fumes.

In order to have health it is necessary to breathe pure air. When God made

man in the beginning, the record tells us, "He breathed into his nostrils *the breath of life*, and man became a living soul." Man continues to live only as he continues to breathe the breath of life.

### TUBERCULOSIS IN ITS RELATION TO MAN.

THE seventh annual meeting of the New Zealand branch of the British Medical Association was recently held at Nelson, New Zealand. There was a good attendance of members from all parts of the colony. Many subjects of interest and great importance, both to the medical profession and to the public, were freely discussed.

J. A. Gilruth, M. R. C. V. S., pathologist to the public health department, read a most interesting paper on "Tuberculosis in its Relation to Man." The following extracts are well worth careful thought, and show the importance of becoming acquainted with the source of our milk supply:—

"Tuberculosis is the most widely distributed possibly of all contagious diseases. Not only is it the most universally dangerous and deadly of those that afflict man, but it holds a similar place amongst the maladies which affect the bovine species; it is frequently found in pigs, and all classes of fowls; it may affect all the domesticated animals, and even wild animals when kept in captivity; and it has been demonstrated to affect fishes.

#### DISEASE COMMUNICATED FROM MAN TO ANIMALS.

"Instances in which animals have become naturally infected through the agency of tubercular attendants are not wanting. Professor Bang, of Copenhagen, cites an instance in which the cows on a farm where tuberculosis had never been seen became diseased through a phthisical attendant, who was in the habit of spitting on the fodder. He records a similar case on another farm, and also an instance of the infection of pigs, the sources being similar, viz, tubercular attendants who were in the habit of spitting on the animals' food and about the premises.

"Cozette's case is extremely interesting. On a dairy-farm where tuberculosis had never made its appearance among the



cows up till 1883, an attendant was employed who was suffering from phthisis. This man slept in the loft above the cows, and was in the habit of spitting over the edge into the manger underneath. In 1886 the two cows immediately below his 'bed' fell ill, were slaughtered, and found to be extensively tubercular. Later on, gradually, one by one, all the cows in the same row showed indications of disease, were taken to a slaughter house, and found to be tubercular. In 1892 the herd of twenty was tested by the tuberculin method, when seven reacted, and on slaughter were found to be diseased. The curious point is that these seven were all in the same row—that is, the one in which the first two cows were found. The other twelve cows, in a different row of stalls, were healthy, none reacting to the test.

DISEASE TRANSMITTED FROM ANIMAL  
TO MAN.

"The first class of evidence to be noted is the apparent transmission through infected milk. The case of the daughter of Dr. Grosse, of Geneva, is most interesting. There was no history of hereditary predisposition, and the source of the contagion appeared at first extremely obscure. Up till seventeen years of age the girl was in good health. Then she became ill, and died in less than a year. Her father made a *post mortem* examination, and found extensive tuberculosis of the whole of the abdominal viscera. The source of the infection was finally located on a small farm belonging to himself, which his daughter frequently visited, and where she was extremely fond of drinking fresh milk from the cows. Examination of the five cows on the farm showed that four were tubercular, the udders of two being affected with the disease.

"Dr. Salmon, of the Bureau of Animal Industry, U. S. A., reports an interesting case. A boy seven years of age had been fed on a great deal of milk from one cow, which was proved to be badly tubercular when examined later. The boy became ill, and was sent to the Children's Hospital in Boston, where the case was diagnosed to be primary tubercular peritonitis with effusion. An operation was performed, and the peritoneum was found to be thickly studded with minute tubercles.

"Dr. Stang, of Amorbach, mentions the case of a boy five years old who developed tuberculosis of the mesenteric glands and lungs, the circumstances pointing to a tubercular cow being the origin. Dr. Demme, of the Berne Children's Hospital, reports four similar cases, and states that in these cases he could with certainty eliminate any other origin. Van Kuck reports the case of a father aged thirty-three and his child aged one year, who both died of tuberculosis within a short time of each other. Both father and daughter drank exclusively the milk of a Jersey cow, which was found to be suffering from tuberculosis of the udder. Van Kuck considered the case almost conclusive.

"A similar case occurred in Palmerston South some years ago in the practice of Dr. Hislop. Unfortunately, Dr. Hislop did not record the full particulars at the time, nor did I take a careful note when he informed me of the circumstances. The facts are, however, that two girls died in 1894, one aged eleven and one aged sixteen, from tubercular disease of the intestines and peritoneum. The parents in each case were healthy, and it was impossible at first for the doctor to trace the source of the infection. It was found, however, that both houses received the milk supply from a neighboring farm, on which two cows were found to be extensively affected with tuberculosis. One, on which I personally made a *post mortem* examination, exhibited a condition of generalised tuberculosis, even the udder being extensively diseased.

"Bang relates the following cases which have come under his observation in various parts of Denmark:—

"A merchant whose two daughters were chlorotic wished them to drink milk freshly drawn. He procured a fine cow and fed her abundantly, but nevertheless she became tubercular, and it was necessary to kill her. A second cow, procured in the place of this one, also became tubercular and showed disease of the udder, which was probably tuberculosis. The two girls died at the ages of sixteen and eighteen years. The two younger children of the same family have attained the ages of twenty and twenty-four years, and are in perfect health.' 'A healthy cow became tubercular after having been



placed in the same stable in which another died of tuberculosis. A child which had been fed almost exclusively on the milk of these two cows became scrofulous, and died of tuberculosis.' 'A peasant of Silkeborg drank freely of milk freshly drawn. He died of tuberculosis, and almost at the same time a cow succumbed to the same disease in his stable, and a little later a pig. Another peasant who drank milk died of tuberculosis, and the disease was found to be widespread among the cattle of his farm.'

"Grothan mentions a case where a little girl suffering from a skin eruption on the leg was treated with fresh cream, the result being that later a tubercular ulcer appeared. The cow which supplied the cream and the milk was found to contain tubercle bacilli.

"In Europe, abdominal tuberculosis in children at the ages when milk is consumed is far more common than pulmonary tuberculosis. In all countries the latter form of the disease is generally on the decrease, while the former remains almost stationary. Surely to some cause other than infection through tubercular sputum must such a condition be attributed. As a matter of fact, while in Great Britain much attention has been paid to general sanitation of houses and other means of conserving the public health, and much attention has been called to the danger of infected sputum, very little has been directed comparatively to the milk supply.

"In many of the large cities the herds of cows supplying milk are affected to an alarming extent with tuberculosis, and even McFadyean estimates that one per cent. of the dairy cows of Great Britain suffer from tubercular disease of the udder.

"In Berlin and Paris (where the cows are under greater supervision than in Britain, and where pasteurised or sterilised milk is more commonly used) the percentage of cases of abdominal tuberculosis to phthisis, etc., is far less than in Great Britain."

An interesting discussion followed the reading of this excellent paper. Dr. Porritt hoped every country doctor would read Mr. Gilruth's paper. Since Dr. Koch's pernicious statement had been circulated, he knew of several people who, though they had previously recommended

the boiled milk for children, now recommended the mother to give it straight from the cow. He came across a case recently in his district where a man was suffering from tuberculosis. Being of opinion that two cows from which this man's milk supply was drawn might be a source of infection, he (Dr. Porritt) insisted that they should be examined. The report was that these cows were diseased, and they were ordered to be slaughtered.

Dr. Ogston thought members were to be congratulated on having a man like Mr. Gilruth, who could and did instruct them in his special branch. He believed he (Dr. Ogston) was one of the first to take steps to prevent a person in a phthisical condition from working among his fellows. He received information from a worker in a biscuit and lolly factory that a consumptive was working in that factory, and was in the habit of spitting about the place. It was his painful duty, of course, to inform the employers, and the result was that the man was dismissed. There was a great outcry about it locally, as the man was deprived of his livelihood, and, of course, he (Dr. Ogston) was blamed. He communicated with the local authorities of the district in reference to the case, and they had provided for him to some extent. He personally was not afraid to face a public outcry, as in the public interest it was the duty of a medical man to disregard the interest of the individual for the safety of the many.

Mr. Gilruth did not see why some children should not do well on boiled milk, as there was coagulation of the albumin in the boiling process which might suit their constitution. After his experience of the dairies in New Zealand he took care to have all the milk that came into his own house boiled. He referred to one place where two Maori boys while milking the cows washed their hands in the milk, and another place where the udders of the cows were scraping along on the top of the filth in the yards.

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*School Examiner*: What is the meaning of "false doctrine"?

*Schoolboy*: Please, sir, it's when the doctor gives wrong stuff to the people who are sick.—*Cincinnati Enquirer*.



## ACUTE RHEUMATISM—ITS CAUSE AND CURE.

DAVID PAULSON, M. D.

IN this disease some of the joints, ordinarily the knees, ankles, or elbows, and sometimes almost every joint in the body, become inflamed, and any movement of the same is extremely painful. This disease often produces horrible deformities, and so it is important that active treatment should be begun in the early stages, and everything done that can be done to arrest its progress.

The best men in the medical profession are very generally agreed that one of the principal factors in producing rheumatism is the accumulation of uric acid and other waste products in the blood; and just as rubbish gathers in that portion of a river where the stream is the slowest, so these poisons tend to crystallise or become collected about the joints, where the circulation of the blood is the least active.

If the waste products that are made in the muscles are a leading cause of rheumatism, it becomes clear that the tissues of an ox, loaded with the same products, must naturally tend to bring on this condition, as well as to intensify it when the disease has once begun, and that this is exactly the case, the extensive observations of some of the leading men in the medical profession, particularly Dr. Haig, have fully substantiated. On this point Dr. Haig well says,—

“Once we realise that these diseases depend solely upon the quantity and solubility of uric acid in the blood, and that, as I have further pointed out, the quantity of uric acid in the blood and its solubility in that fluid are absolutely and completely within our control, we shall pass at one bound from the unknown to the well known, shall see that these deadly diseases are not the result of unpreventable causes, but of our own dietetic follies; and that our children need not be crippled or decimated by them, if we allow them to live according to their own inclinations on milk and garden products, and abstain from forcing down unwilling throats the stimulating but deadly products of animal metabolism.”

The drinking of large quantities of water should be encouraged, as this will tend to dilute the poisons in the blood, and assist

in their elimination. During the first few days of the attack, the patient will need little in the way of food except an abundance of fruit. There is a widespread idea that in rheumatism the acidity of the fruit will aggravate the disease; but this is a mistake, as the acids of fruit combine with the salts of the blood and form alkalies. Gradually add to this fruit diet thoroughly toasted bread and other cereal products.

Many persons have an attack of this disease because they naturally possess defective powers of elimination. Hence the eliminative organs must be stimulated. This can be accomplished by short, hot treatments in the form of hot blanket packs, or better, when they can be secured, hot vapor baths. The painful joints should have hot applications made to them several times a day, followed by a very brief application of cold. This will serve to stimulate the activity of the tissues and also flush the diseased parts with a large supply of fresh blood, upon which the success of the healing really depends. At night it is well to wring a muslin cloth out of cold water and wrap it around the joint, then cover with a layer of cotton and a layer of newspaper, or some other impervious covering, lastly confining all snugly by a layer of flannel, which should be pinned down very closely, so as to confine the heat and moisture, thus making it serve as a gentle fomentation during the entire night. By treating rheumatism in a thorough-going way during its first stages, the horrible deformities and serious heart complications can in most instances be prevented.

To provide against a return of the disease, it is necessary to give the strictest attention to right diet, and in other ways constantly to cultivate health.

### The Significance of Decayed Teeth.

J. H. KELLOGG, M. D.

THE healthy savage has a clean mouth, although he never resorts to the use of the tooth-brush. The tongue and teeth are clean, not because of antiseptic care, but because his vitality is at so high a level that his tissues are unfriendly to microbes; they cannot thrive in contact with them.

I have had the opportunity of observing



primitive people in many different countries. I have studied members of the Yuma, Apache, Sioux, and other tribes of the American Indians, and the natives of Mexico, many scores of whom I have had the opportunity of examining carefully in connection with the dispensaries associated with the sanitarium at Guadalajara, Old Mexico. I have watched the Arabs of Egypt eating their brown bread and cucumbers and a handful of dates, and the Bedouins of the Assyrian deserts making a meal of dried figs, wheat cakes, and a little dried cheese. I have observed the peasants of Italy and Greece breaking their fast with a meal of boiled chestnuts and polenta. I have studied the peasants of Turkey and Bulgaria and other European countries. In all these cases I have almost invariably noticed the soundness of the teeth of these people of simple habits, and the absence of the foul breath and the coated tongue which are so common among the people of countries more advanced in civilisation. I was particularly struck with the soundness and beauty of the teeth of some of the most ancient mummies which I had the opportunity of examining recently in the museum at Cairo, Egypt. In talking to an audience of several hundred persons upon this subject, I raised the question, "How many persons present are able to testify to the possession of a complete set of sound teeth?" Only two persons responded, one of whom was a boy of ten years, and the other a Greek, a man who had been but three or four years in this country, and who had been reared in the simple conditions which surround the life of a Greek peasant.

Decay of the teeth is not the primary cause of indigestion, but the reverse of it; disorder of the stomach is the result of the violation of laws relating to diet and other matters pertaining to the regimen, while decay of the teeth results from the general vital deterioration which renders the body vulnerable to germs and microbic diseases.

The stall-kept cow, fed on distillery slops, soon gets teeth like those of her master, who endeavors to subsist upon a diet similar in character,—soups, mushes, purées, gravies, sauces, etc., together with tea and coffee, lager beer, wines, and other beverages, clean and unclean, intoxicating and non-intoxicating, which, though designated by more euphonious and appetising

names on the bill of fare, yet, when judged by the principles of dietetic science, are practically identical with the distillery slops of the swill dairies which furnish so large a proportion of the milk supply in our large cities.

The teeth of men and animals fed upon an insufficient, impure, or unnatural diet undergo decay in sympathy with the deterioration of the whole organism, and often afford the first evidence of general tissue degeneration; hence the state of the teeth may be regarded as an index to the state of the entire body.

The dentist should be not merely a repairer of dental breaches, but he should be a teacher of the laws of health; he should inquire carefully into the habits of his patients, dietetic and otherwise, and give sound instruction in relation to dietetics, dress, exercise, daily bathing, and all that pertains to the developing and maintaining of vigorous physical life; he should not consider his duty done when he has filled the cavities of decaying molars, washed germ-encrusted incisors, or supplied vacancies with artificial dentures, but should persist until he has in addition supplied his patient with a bill of fare based upon sound scientific principles, and has thoroughly impressed the importance of complying with all the laws of hygiene applicable in each individual case, as the only means whereby other and greater breaches in the constitution than those which the mouth presents, may be repaired, and the disordered functions regulated and kept in repair.

I would very briefly outline what I believe to be some of the more essential features of a wholesome regimen:—

1. The diet must be pure, unadulterated, whether by artificial sophistication, or by the toxic matters that accumulate within all animal bodies; it should be eaten at first hand, rather than filtered through the organism of another animal, and should consist of fruits, grains, and nuts, suitably prepared. Soft foods should be largely discarded from the dietary. Grains should be eaten chiefly, if not wholly, in a dry state, in the form of bread cooked at a sufficiently high temperature to be slightly browned, thus bringing the starch to the stage of achroödextrin, the third step in the process of transforming starch into sugar. The diet should include an abun-



dance of fresh fruit, the acids of which inhibit the growth of the germs which are the most dangerous in the stomach and the mouth, and act as a corrective of numerous morbid conditions of the alimentary canal, and encourage the action of the liver and kidneys, thus securing purity of blood and tissue.

The fats and nitrogenous principles found in meats can be obtained in better and more digestible form in nuts, which if properly prepared, furnish not only nutrient elements, but also the flavors, and to a considerable degree the gustatory satisfaction supplied by flesh-foods. Fluids should be taken only sparingly at meals, but should be taken abundantly at other times, especially on rising in the morning, and on retiring at night; tea and coffee should be discarded, for the reason that they are not only harmful narcotics, but interfere seriously with the digestion of both starch and proteids, as is clearly shown by the experiments of Sir William Roberts, of England, and other investigators.

The old English custom of eating twice a day, according to Thomas Tyron, between eight and nine in the forenoon, and three and four in the afternoon, was in every way preferable to the modern English custom of partaking of five meals, and the American custom of three meals a day. The Bedouins eat twice a day, and are perhaps the toughest and most enduring men on earth. The natives of India, Spain, South America, China, and Japan eat twice a day, which was without question the prevailing custom of the world in ancient as it is in modern times in these countries.

Indigestible things like pickles, blistering things like pepper and pepper-sauce, and rotting things like cheese and long-dead rabbits and other game, must be discarded as more suitable for the garbage box or the cemetery than the human stomach.

2. A sufficient amount of exercise should be taken daily to produce vigorous perspiration and muscular weariness. No man can long be healthy and maintain any considerable degree of physical vigor or a good vital balance without complying with the fiat of the Creator, "In the sweat of thy face shalt thou eat bread."

3. The daily cold or cool bath should be taken on rising, and should be followed by vigorous rubbing, so as to produce redness of the skin, which is an indication

of a good reaction of the surface circulation.

4. The dress should be such as to allow perfect freedom of movement of every muscle and limb of the body. Men need to give attention to this point as well as women.

5. Out-of-door life should be encouraged to the fullest extent, and the temperature of living rooms and especially of sleeping rooms, should be kept as nearly as possible to 50 deg. or 60 deg. F.

6. Tobacco, tea and coffee, alcoholics, and all other stimulants must be discarded as means which induce artificial felicity, the practice of which must put in sacrifice future comfort and health, and the premature failure of the faculties of the vital functions. The body can not be treated as a harp of pleasure upon which one can play with impunity so long as some gratifying sensations may be elicited, without incurring the sure penalty of suffering, disease, and premature death.

The man who desires to live long and well must seek out the divine order and follow earnestly the voice of nature, which is ever beckoning and calling to us, "This is the way, walk ye in it."

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"I AM the true vine, ye are the branches." As the life of the branch is sustained by nutriment received from the vine, so God's gifts and blessings come to man by abiding in Christ. Apart from Him we can do nothing. Our connection with Christ is formed and maintained by the Word. "The words that I speak unto you they are spirit and they are life." "The seed is the Word of God." All the gifts are in the seed, just as the oak with all its branches is in the little acorn. "Faith cometh . . . by the Word of God." This is true of every other gift. All the gifts and blessings God desires to impart to mankind lie concealed within His promises to man. We receive the gifts by receiving the promises. It is through the great and precious promises that we become partakers of the divine nature. It is through the Word, the golden tube, that the golden oil is poured into the golden bowls. Neglect of the Word leads to poverty of soul. To every discouraged or disheartened soul, it may be said, "Arise and eat, the journey is too great for thee."





"It ain't so far to happiness—it's lyin' all around;  
It twinkles in the dewdrops, brings bloom to  
barren ground.

It sings in all the breezes; it ripples in the rills;  
It's written on green banners that wave from all  
our hills.

"It ain't so far to happiness; we rob our lives of  
rest

To find it o'er broad oceans as far as east and  
west;

From all the dear home places in sorrow we  
depart,

And dream not that its dwelling-place is ever in  
the heart."

### Cheer Up.

"A MERRY heart doeth good like a medicine." I hear someone say, "It is easy enough to be merry when a man is in good health, or when everything moves smoothly; but when in pain, and the winds are contrary, how is it possible to be cheerful?"

Cheerfulness may be cultivated. If we have but little, it is time to invest what we have, or put it out at usury that we may have more. "Give, and it shall be given unto you; good measure, pressed down, and running over, shall men give into your bosom."

We reap what we sow. The one who goes about with a long face sees a reflection of himself wherever he looks. "As face answereth to face in water, so doth the heart of man to man." You may have noticed a cheerful company sitting at the dinner table. A dyspeptic comes in looking very sad. He takes his seat. Notice the change. Every face becomes gloomy. That man is making his own surroundings; he is injuring all with whom he meets, and he himself becomes a greater sufferer as a result. We make our own surroundings in a great measure. The brightest and warmest spot to be found on this earth is found in the sunshine we create for others.

Release a bee, and it makes a straight line to the nearest flower garden. It singles out the sweetest flowers and literally covers itself with sweetness. It revels in it.

# The Home

Release a crow or vulture, and it will pass by a dozen flower gardens and make a straight line for an old putrid carcass a mile away, and stuff itself until it is unable to croak.

Like attracts like. To the pure all things are pure. They gather only the pure like the bee. They have a relish only for the sweet and the good. Everyone may gather the beautiful or the noxious from his surroundings. Heaven within finds heaven everywhere.

### Prompt People.

DON'T live a single hour of your life without doing exactly what is to be done in it, and going straight through it from beginning to end. Work, play, study—whatever it is, take hold at once, and finish it up squarely; then to the next thing, without letting any moments drop between. It is wonderful to see how many hours these prompt people contrive to make of a day; it is as if they picked up the moments which the dawdlers lose. And if ever you find yourself where you have so many things pressing upon you that you hardly know how to begin, let me tell you a secret: Take hold of the very first one that comes to hand, and you will find the rest all fall into line and follow after, like a company of well-drilled soldiers; and though work may be hard to meet when it charges in a squad, it is easily vanquished if you can bring it into line. You may have often seen the anecdote of the man who was asked how he had accomplished so much in his life. "My father taught me," was the reply, "when I had anything to do, to go and do it." There is the secret—the magic word "now."

### Dr. A. Clarke on Tea-drinking.

FROM the "Autobiography of Dr. Adam Clarke," I copy the following:—

"In the year 1782 A. D. Dr. A. Clarke read Mr. John Wesley's 'Letter on Tea,'



When he had finished it, he said, 'There are arguments here which I cannot answer; and till I can answer them to my own satisfaction, I will neither drink tea nor coffee.' He broke off the habit from that hour, and never afterward sought for arguments to overturn those of Mr. Wesley, and from that day to the present never once tasted tea or coffee. . . He spent that time in reading and study, which he must otherwise have spent at the tea table; and by this, in the course of thirty-seven years, *he had saved several whole years of time*, every hour of which was devoted to self-improvement, or some part of that great work which the providence of God gave him to do. For a short time after he left off the use of these exotics, he took in the evening a cup of milk and water, or a cup of weak infusion of camomile; but as he found that he gained no time by this means, and the gaining of time was his great object, he gave that totally up. In the morning he found it easy to supply the place of tea or coffee by taking milk in some form or other, or any other aliment which the junior parts of the families where he lodged were accustomed to take for their breakfast.

### Evils of Piano Playing.

A FRENCH scientist of note maintains that a large number of the nervous maladies from which girls suffer are to be attributed to playing the piano. He shows by statistics that of one thousand girls who study this instrument before the age of twelve no less than six hundred suffer from nervous disorders, while of those who do not begin till later there are only two hundred per one thousand, and only one hundred per one thousand among those who have never worked at it. The violin, he says, is equally injurious. As a remedy he suggests that children should not be permitted to study either instrument before the age of sixteen, at least, and in the case of those possessing delicate constitutions, not till a later age.—*Boston Cultivator*.

### Warm-Weather Cookery.

FRESH fruits, vegetables, and greens are easily procured during the summer months. Let these take the place of some of the hardier foods used during the winter and spring. The system is not in need

of so much fatty or heat-producing foods during the warm season. Light, cooling, refreshing foods are needed. During the warm weather, the digestive organs are not able to digest the hardy winter meals.

Nature understands well the needs of her children in providing them so liberally with fruits. Fresh fruits are especially suited to form a large part of the diet in summer. Cherries, peaches, apricots, bananas, tomatoes, etc., are perfectly wholesome, and if well ripened may be used freely. Fresh peas, French beans, and greens are within the reach of all, and may be prepared in a variety of wholesome ways. It is not advisable to exhaust strength, or overheat the blood by bending over hot kitchen fires during warm weather. Keep cool, and help to keep your family cool.

Cool drinks are better than hot or warm drinks. Refreshing drinks may be made from the small fruits, the grapes, berries, etc. Orange drinks, or lemon drinks, with the addition of some natural home-made fruit juice, are also refreshing.

If you had had Smith's heredity, conditions, and environment, you would be just like him.

Just think of this for a moment and see what a lesson it furnishes in toleration. We are apt to judge everyone else from our own standpoint. To interpret a man from his own point of view imagine yourself in his place, with all his burdens and weaknesses. How this thought would temper our attitude toward our fellow men! Could it prevail it would at once usher in heaven upon earth.

But we insist that others shall see with our eyes and hear with our ears. This is not only unjust but impossible. People can no more think alike than they can look alike.

We may urge our view upon the other man, but until he sees its truth, it is not truth to him.

When common ground is sought, it is always found, and then its area naturally increases. As truth is desired for its own sake, the various paths pursued converge to a final agreement. To hold the other man's view in respect is to bring him toward yours.

Opposition is to be melted down by the universal solvent—love.—*Henry Wood*.



### Home Medicine.

**CORN SALVE.**—A much-praised corn salve is made as follows: Salicylic acid, half a drachm; extract of Indian hemp, ten grains; collodion, one ounce. Apply by means of a brush twice or thrice a day. A better way is to wear shoes that do not pinch, and avoid having corns.

**HEARTBURN.**—A teaspoonful of wheat charcoal, taken immediately after a meal, is an excellent non-medicinal remedy for this uncomfortable derangement of digestion. A teaspoonful of glycerine, taken before or just after a meal, is also useful.

**TENDER FEET.**—When feet are tender and painful after long walking or standing, great relief can be had by bathing them in salt and water, a handful of salt to a gallon of water. Have the water as hot as can be comfortably borne; immerse the feet, and throw water over the knees with the hands. When the water grows cool, rub feet and limbs briskly with a dry towel.

If we are tired, we hold in our own hands the remedy. Rest is the antidote for fatigue. The demand for it should never go unheeded. When it does, the results are manifest. We may see them any day, anywhere, in pale cheeks, in eyes outlined with dark circles, and in the modern great curse—nervousness. If people wish to have natural roses in their cheeks and lustre in their eyes, they must have natural sleep and plenty of it.

Go to bed early with a peaceful mind, with cheerful thoughts. Banish worry and care. Children should have from eight to ten hours of uninterrupted sleep. Grown people should have from seven to eight hours, never more than nine. Too little sleep does not sufficiently repair the strain of the waking hours. Too much sleep is also bad. It depresses the vitality. It makes the subject heavy, dull, and may even enfeeble the intellect. To be completely reparative, sleep must be peaceful.

ALL authorities that have treated on longevity, place exercise, moderately and regularly taken, as one of the main factors of a long life. That there are many exceptions does not alter the fact that physical exercise is as useful in keeping one healthy as it is in prolonging life. Good

walkers are seldom sick, and the same may be said of persons who daily take a certain prescribed amount of exercise. Exercise is both a preventive and a remedial measure. Pliny relates that a Greek physician who took up his residence in Rome was wont publicly to declare that he was willing to be considered a charlatan if at any time he should ever fall ill, or if he failed to die of any other disease than old age. Celsus, in speaking of the same physician, observes that his faith in the benefit to be derived from exercise was so great that he had in a great measure abandoned the administration of internal remedies, depending mostly on hygienic measures and exercises. As an evidence of the correctness of his views, Pliny tells us that this physician lived to be a centenarian, and then only died from an accident. —*National Popular Review.*

### Test Water With Sugar.

THE supply of drinking water for the family should be tested occasionally. Water that at one time is pure and wholesome may become too impure for use, yet it may be without color, and have no odor or taste to show its dangerous qualities. Typhoid fever is frequently communicated through the drinking water.

A simple test of drinking water is the Meisch test. Fill a clean pint bottle three-quarters full of the water to be tested, and dissolve in it half a teaspoonful of granulated sugar. Cork it, and set it in a warm place for two or three days. If during this time it becomes cloudy or milky, it is unfit for domestic use. If it remains perfectly clear, it is probably safe. Be careful that the bottle is absolutely as clean as you can make it, and the sugar pure.

The second test is also a simple one. Obtain from a trustworthy chemist a pennyworth of saturated solution of permanganate of potassium. Add about five drops of this to a pint bottle of water. This will turn the water a beautiful rose-purple. If there is any considerable amount of organic matter, the color will give place, in the course of a few hours, to a more or less dirty reddish-brown. If the color of the water in the bottle remains for twelve hours unchanged from the rose-purple it assumed when the permanganate of potassium was first added, it may be considered free from organic contamination.



## Answers to Correspondents

**Butter.**—What is the objection to butter?

*Ans.*—The principal objection to butter is that it is a free fat.

**Numbed Fingers.**—Will you kindly inform me of the cause of the fingers appearing like wax, and being numbed and lifeless up to the second joint when exposed to the cold air, or even while taking a sponge bath in the morning? The person has a delicate look about her.

*Ans.*—The blood supply is regulated by the sympathetic nervous system, so this is evidently a nervous disturbance. There is, of course, a cause for this disturbance, and we probably find it in errors of diet. When this is the case, there are irritants circulating in the blood which prevent the nervous system from carrying out its work of regulating the blood supply. If a person is in health, and the hands are placed in cold water, immediately upon withdrawal they become warm. This is owing to an impulse being sent to the centre controlling that part, and the warmth is due to a greater supply of blood to the part. In this case and others of a similar nature, the principal thing is to see to the diet. It is a fact that most of our diseases can be traced to the stomach. Our diseases are like the streets of London, which all run to one centre. The difficulty with people is that they are trying to mend things from the outside, when the work must begin on the inside.

**Meal Hours.**—If a simple meal be taken at eight o'clock, would you think it well to wait until three o'clock for the next? In other words, does a simple meal take as long to digest as a large one?

*Ans.*—This is quite a practical question. The time which is required for digestion depends upon what the simple meal is composed of. If it is composed of food which is easily digested, there would not be harm in taking another meal before three o'clock. Another thing to be taken into account, however, is the condition of the patient, whether the stomach is in a condition to empty itself readily. There are some people whose stomachs are in such an atonic condition that it takes a long time for the organ completely to empty itself. I think by far the better way is to have breakfast at eight o'clock, and dinner at 3 P. M., or a little later if anything. A large meal would naturally take a longer time to digest than a small one, because it requires a greater amount of gastric juice to digest the food. I do not think it is wise in all cases to be limited to but two meals a day. There are some conditions under which three and even more meals are advisable. There are people who have their breakfast at 6.30 or 7 A. M. I think it would be best for them to take another meal about 1.30, and in the evening a light meal composed of fruits and easily digested grains. In this matter, however, an iron rule cannot be laid down for every one to follow.

**Offensive Breath.**—What can be done to remedy an offensive breath?

*Ans.*—If there are unfilled cavities in the teeth, they should be attended to. Any catarrhal condition should receive attention, but probably the

trouble will be found to originate in the intestinal tract. Poisonous gases, the products of decomposition, are absorbed from the intestines into the blood and thrown off through the lungs. For this reason a bad breath frequently accompanies constipation. The remedy, then, is to improve the condition of the digestive system. Eat more simply, avoiding foods which tend to decompose. Keep the bowels free by means of a laxative diet. A dry diet combined with some fruit is excellent for a time, as biscuits with baked apples and grape juice. Regular daily massage to the bowels is excellent. In all cases of fetid breath from intestinal decomposition, the nitrogenous part of the food should be restricted.

**Leg Ulcers.**—What is the treatment for ulcers in the leg?

*Ans.*—The treatment for ulcers is to improve the circulation of the part. In chronic ulcers the tissue surrounding the part is of a dark bluish color, the circulation is impaired. Anything that will induce a free circulation to the part, as massage, hot and cold spray to the leg, etc., would be the treatment indicated. In a case like this, where, after healing, the ulcers break out again, instruction is needed in the matter of dieting and drinking, and building up the general health. A quicker way is by curetting. If a lady is a tea drinker, she would need to give up tea.

### Spread of Tobacco Using.

TOBACCO became known in Europe shortly after the discovery of America. The natives came forth against the Spaniards at Paraguay, four hundred years ago, beating drums, throwing water, chewing tobacco, and squirting the juice.

Oviedo speaks of the natives smoking, setting fire to the dried leaves of tobacco, and inhaling the smoke through a hollow, forked stick, of which the forks were placed in the nostrils, and the other end held over the burning mass.

Columbus also observed the smoking habits of the natives, and the chaplain who attended Cortez, tells us that king Montezuma had his pipe brought to him after he had dined. Self-respect led him afterwards to wash his mouth with scented water. Sir Francis Drake and his companions on their return from Virginia, in 1585, to England, were the first to introduce the Indian plant called tobacco, or nicotine, into England, having been taught by the Indians to use it as a remedy against indigestion. It immediately began to grow into general use and to bear a high price. At present tobacco-using is universal, and so is indigestion. We find tobacco is really responsible for what it was supposed to cure.



## NEWS ITEMS.

THE juice of a lemon will remove tartar from the teeth.

THE celebrated Kant has justly observed, Take from man hope and sleep, and you will make him the most wretched being upon earth.

THE lungs present a surface of about 1,400 square feet, that is, equal to the floor of a room forty feet square.

THROUGH eating tinned lobster, shrimps, and crab paste, three persons have recently died in Dover from typhoid. Such things should be ticketed "Typhoid," and for a trade mark bear a death's head and cross bones.

THE late Professor Dujardin-Beaumetz, of Paris, recommended the vegetarian regimen. He himself adhered to a pretty strict vegetarian regimen for a number of years before his death, and by so doing, he no doubt greatly prolonged his life.

INFANT MORTALITY.—Dr. Griffiths, the president of the British Medical Association, in the course of his annual address at Swansea, stated that the mortality among children of one year and under was increasing. Such mortality was largely due to causes which could be prevented. Even a moderate improvement in sanitary law and its administration would save at least 60,000 lives yearly.

EFFECT OF ALCOHOL ON ANIMALS.—M. Grobaut, professor of physiology in Paris, in describing the effect of alcohol upon animals, says that the successive stages of intoxication through which they pass are gaiety, sadness, solemnity, and a supreme intoxication which ends in death. Rabbits are very curious when under the influence of liquor, and a drunken kangaroo is brutally aggressive.

THE NUMBER OF GERMS IN CHEESE.—One of the articles which may well be dispensed with by those who desire to keep their stomachs in a clean, wholesome condition, is cheese. Careful investigations show that a pound of strong cheese con-

tains on the average 500,000,000 germs. Poisoning from cheese is especially common in warm weather.

SEVERAL deaths have been reported recently as a result of over-doses of morphine and other anodynes, taken apparently without medical advice, simply to induce sleep. The practice of resorting to drugs to secure a night's rest is a most pernicious one, and also ineffective, because the artificial stupor brought about in this way is by no means equivalent to "Nature's sweet restorer."

VITAL STATISTICS.—During the week ended August 21, 125 deaths were recorded in Sydney, of which ten were from the country, leaving 115 deaths of residents. In the age groups the mortality for children shows an upward tendency.

Thirty deaths were of children under five years of age, eighty-five of persons above the age of five. Phthisis caused 15 deaths, equal to 13 per cent. of the total; heart complaint, 13; cancer, 9.

LADY HENRY SOMERSET'S retirement from the presidency of the British Women's Temperance Association on the ground of ill-health is a matter of general regret. She has filled that important position for more than a decade, and with signal success. In her the temperance cause loses an enthusiastic worker, a fearless and outspoken advocate, whose utterances carried considerable weight, and a gifted lecturer, who rarely failed to find herself in sympathy with her audience.

A LECTURE was delivered by Mrs. A. H. MacDonald, under the auspices of the Women's Health Society, on August 3 to a large and appreciative audience. The subject was "Body-building," and information was given regarding the various factors brought into use in building up a strong and healthy body. Fresh air, and plenty of it, sunlight, bathing, exercise, and food were brought under comment, and the necessity urged for our food being pure, eaten slowly, not too often, and so prepared as to be readily assimilated by the body.

At the close of the lecture, samples of home-made bread and nut butter, and also biscuits (a new wheatmeal biscuit), were handed round, and a number of cookery books sold.



in the stomach, or prevent their development. They are thus a valuable means of preparing the stomach for good digestion in persons suffering from slow digestion or so-called biliousness, coated tongue, and the like.

PERHAPS the most astonishing statistics in Mr. Coghlan's book, "Seven Colonies of Australasia," are those that describe what the average Australian eats and drinks.

Apparently he has the best appetite, if not the best digestion, of any human being on the planet. He eats every year 264 lbs. of meat, which works out an average of two sheep and one-fifth of a bullock for every man, woman, and baby in Australasia. He eats more than twice as much meat as the average Englishman, three times as much as the average Frenchman, and four times as much as the average German or Swiss.

THE Royal Commission on Physical Training (Scotland) in concluding its report, stated: "Whatever may be the case with the population as a whole, there exists in Scotland an undeniable degeneration of individuals of the classes whose food and environment are defective, which calls for attention and amelioration in obvious ways."

DURING a more recent illness the doctors prohibited the late Pope Leo XIII from snuff-taking, and it is said he suffered keenly from the deprivation. "The times have greatly changed since Urban VIII and Innocent X vigorously proscribed tobacco, the former Pope going so far as to threaten to excommunicate anyone who might take a pinch of snuff within the precincts of the Vatican. The brief issued on February 1, 1659, by Innocent X against the use of tobacco was abrogated on January 16, 1725, by Benedict XIII, because he himself was addicted to the weed. Like Benedict XIII, Leo XIII took snuff in large quantities.

IT KILLED THE MONKEY.—Dr. Lauder Brunton, the eminent London physician, while making some experiments in India a few years ago for the purpose of ascertaining the best method of obtaining anaesthesia in connection with surgical operations, took occasion to notice the influence of tight lacing. Choosing a female monkey

for the experiment, he applied a plaster jacket to represent a corset, then tied a bandage around the abdomen to produce the effect of skirt bands worn by women. It is not surprising that the monkey soon died. The experiment was repeated a number of times with like effect; now and then a monkey survived, as some women do, without apparent ill effects, doubtless because it happened to possess an uncommonly tough constitution,—in other words, was more than ordinarily hard to kill. If tight lacing is so pernicious for monkeys, can any process of logical reasoning make out that the practice is wholesome or harmless for women?

IN anaemia better blood is required. The only way in which to get better blood is to get better digestion. We cannot get better blood without proper food. Food is as necessary for the formation of blood, as are wood and iron to the construction of a building: and the quality of the tissues will depend upon the quality of the material with which they are supplied. You cannot get good blood and good tissues out of poor material, even by the best possible digestion, any more than a tailor can make a good garment out of poor cloth—any more than a shoemaker can make good shoes out of poor leather. So good food is the best thing for anaemia. Many persons are taking various preparations of iron, and many other medicines which are supposed to make good blood, and all the time they are keeping their systems starved and their blood impoverished by a poor diet.

If you will consult a table of digestibilities, you will find a very important fact; namely, that the articles of food which are the most nourishing are at the same time most digestible; rice, for example, digests in an hour, and its nutritive value is more than three times that of the best beefsteak. Ordinary beefsteak requires 3 hours for digestion; lean beef, fried, 4 hours; salt or "corned" beef, 4 hours and 15 minutes; roast pork,  $5\frac{1}{4}$  hours; salt pork,  $4\frac{1}{4}$  hours; roast mutton,  $3\frac{1}{4}$  hours; veal,  $4\frac{1}{2}$  hours. Most persons regard fowls as highly digestible food, but the table says: "Boiled fowls, 4 hours; roast duck,  $4\frac{1}{2}$  hours;" quite a contrast to "rice, 1 hour; boiled milk, 2 hours; ripe apples, 2 hours; sweet, mealy apples,  $1\frac{1}{2}$  hours; baked potatoes,  $2\frac{1}{2}$  hours."



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They argued the question quite warmly. As the clergyman and doctor were good friends, the latter was more lenient than usual. However, he bided his time. The next afternoon the physician said to the clergyman,—

"It's a nice day. I would like you to go horseback riding with me."

Riding they went. When they were about eight miles from the sanitarium, the physician said, "O, doctor, won't you get me that flower by the roadside? I don't like to leave this horse."

As soon as the clergyman was on the ground, the doctor galloped off with both horses, and the clergyman was compelled to walk back to the sanitarium. Upon his arrival he was very angry, and was for packing up and leaving at once. There was no train that night, so he was forced to stay a few hours longer. The next morning he came down radiant and good natured. "Doctor," he said, "I was pretty sore at you last night, but I forgive everything. I have had the first good sleep I have enjoyed in months. Hereafter I'll obey your orders implicitly."—*Selected.*



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