

THE AUSTRALASIAN GOOD HEALTH

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The Australasian

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Medical and Health News.

SPARE THE BIRDS.

STATISTICS published by the New York Zoological Society show that "the average decrease in bird life in that country during the last fifteen years amounts to more than forty-six per cent.; that is, there are only about one half as many birds in the United States as there were fifteen years ago." Consequent upon this decrease in birds there has been an increase of insect pests, which ravage the fields and vineyards, and leave bankrupt the farmer who should, through his productions from the soil, be the mainstay of the nation's prosperity.

EXERCISE CURE FOR CONSUMPTION.

IN a lecture recently delivered before the Reading Pathological Society, Dr. C. T. Williams said that graduated exercise was one of the most important features in the cure of consumption. In the German and other foreign sanatoriums, walking is the only exercise recommended, principally because other forms of exercise are not understood. In the Vejle fjord Sanatorium in Denmark, a very good and extensive series of walks are arranged in the beautiful wooded grounds. There are seven different walks, according to the strength of the patient, and the pace generally prescribed is something like two miles an hour. As athletes know, this slow walking requires sustained muscular exertion, and is not by any means the "crawl" many people imagine it to be.

There is no reason why, taken moderately, consumptive patients should not enjoy golf or croquet games, and gain in health thereby.

NATURAL REMEDIES.

AN American authority, who has looked into the subject, claims that nature has been lavish in providing remedies for many of the common ailments. Fruits often relieve diseased conditions of the body by encouraging natural processes. Taken early in the morning, an orange acts decidedly as a laxative, sometimes amounting to a purgative. Other laxatives are figs, tamarinds, prunes, mulberries, dates, nectarines, and plums.

The astringent fruits are pomegranates, cranberries, whortleberries, blackberries, prickly pears, black currants, and melon seeds.

Figs, split open, form excellent poultices for boils and abscesses. The juice of a lemon will remove tartar from the teeth.

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

STAMMERING, if not caused by malformation of the organs, can be cured, it is said, in three or four months by reading with the teeth closed for at least two or three hours each day. If this is done persistently, success will surely follow. If it fails, reading with the mouth shut is a certain remedy.

A Proposed Remedy for a Declining Birth-rate.

REPRESENTATIVE BLUMLE, of Pennsylvania, U. S. A., has introduced a bill in the Pennsylvania legislature which provides as follows: "That any lawfully married woman who is the mother of six children shall receive £2 in money and a gold medal. Any lawfully married woman who is the mother of nine children shall receive £4 in money and a gold medal. Any lawfully married woman who is the mother of twelve children shall receive £5 in money and a gold medal. Any lawfully married woman who is the mother of fifteen children shall receive £10 in money and a gold medal. That every seventh son or daughter of any lawfully married husband and wife who shall be born within the Commonwealth of Pennsylvania shall be educated by and at the expense of the said Commonwealth in any school, academy, or college so desired by said son or daughter; provided, however, that the cost of such education shall in no instance exceed the sum of £100."

INFLUENZA.—RATIONAL TREATMENT.

Lecture by D. H. Kyess, M. D.

At present the influenza is prevailing in most of the Australasian States. In fact few countries escape this disease. Fortunately it is milder in form than of previous years. In England four years ago the mortality from this disease was great. Those advanced in years especially succumbed to it.

It is evident that the disease is conveyed through the air from one to others, whether by germs or the specific poison produced by germs, it is difficult to say. Probably the reason why it prevails during the winter months is that during the cold weather, when people congregate in places of worship or halls, or even in their own homes, the windows are kept closed. The air stagnates, and impurities, or the specific poisons that are thrown off through the skin and lungs of one who has this disease, are inhaled by all. It is possible for many to take the disease by one evening's exposure.

It is dangerous to walk into some of these modern death traps. Scarcely any

thought is ever given to the matter of thorough ventilation in the erection of school buildings, churches, theatres, or homes. Not only may influenza be communicated in this way, but also consumption, catarrh, and other affections. True, to ventilate properly necessitates a greater expense in fuel, but we can ill afford to practise economy in this respect. In our homes usually the one who is taken with the disease feels chilly, and urges that every little crevice through which pure air gains access be closed. Thus the other members of the family are compelled to sit and inhale the poison-charged atmosphere, and for this reason every member of the family may expect the disease. It would be well for the one who feels chilly to occupy a room separately.

Let us keep our homes ventilated night and day. Pure air is more important than pure food. See that every bedroom has two openings, an inlet for pure air and an outlet for the impure. One opening is of little value; for the air must circulate in order to be kept pure. This necessitates two openings, opposite each other if possible.

The rise of temperature, or fever, is due to the presence of the specific poison in the system and a disturbed circulation of the blood. There is always internal congestion and cold extremities. The simplest method of treatment is always the best. The main object of treatment is not merely to reduce the temperature; for this may be done with drugs of various kinds, but the patient be in a worse condition. The aim should be to assist nature in her friendly efforts to burn up or eliminate the poison which is responsible for the rise of temperature and to equalise the circulation.

Various treatments may be employed to accomplish this. The most effective, however, and one which may be used in any home is the following: Place the patient's feet into a hot foot bath to which two tablespoonfuls of the best mustard have been added. Have the water as hot as can be borne. Surround the patient and bucket with a blanket or two. At intervals, as he is able to bear it, add more hot water to the foot bath. A hot water bag to the spine, or placing the hands also in hot water, makes the treatment still more effective. Apply cloths

dipped in cold water to the head at intervals, as patient may become faint. In a few minutes profuse perspiration will take place. During this treatment give freely of hot water or hot lemon drinks. After sweating for ten or fifteen minutes, place the patient in bed with bedding previously well warmed at a fire. Cover up well, and allow the sweating to continue. At the expiration of thirty minutes a tepid or cool sponge bath may be taken rapidly, being careful not to expose the patient to a draught, and changing the wet bedding for dry, warm bedding. Then retire for the night.

One treatment properly taken is usually sufficient to check the progress of the disease. A copious enema before treatment is also of value. The room should be kept warm during the treatment, but when the patient is in bed, the windows should be opened admitting plenty of fresh air. Abstinence from food with the exception of oranges or some other juicy fruit should also be enforced as soon as the symptoms of the disease make their appearance. If the person taking the treatment is feeble, the same treatment may be given in bed while in a horizontal position. Good vigorous exercise to the point of perspiration by the robust, followed by a hot bath just before retiring for the night, is also helpful.

After an attack of influenza, if rational treatments are taken, a person should be in better health than before. Nature not only gets rid of the poison which causes the fever, but other impurities which may have accumulated are also eliminated.

Mr. Horace Fletcher's Valuable Dietetic Experiments.

TEN years ago, when Mr. Fletcher was rejected by a life insurance company, he was surprised and alarmed. "What does this mean?" he asked. He had looked forward to a serene and healthy old age. It was an uncertain prospect now. He began to read books on diet and hygiene. "If you feed an engine with too much food, it gets clogged," he reasoned. "The same must be true of the body." And he set to work to find out how to reduce this amount. He had read that Mr. Gladstone had said that every morsel of food should be chewed

at least thirty-two times. It gave Mr. Fletcher an idea. "I will begin to chew," he said. He started with a bite of French roll. He found that he could chew it sixty times before the impulse to swallow. The longer he chewed, the sweeter and creamier it became. Bread had never before tasted as this tasted. He then tried different kinds of food. What was true of bread was true of beans, potatoes, griddle-cakes, and vegetables generally. The longer he kept them in his mouth, the better they tasted. The more he chewed, the less he ate, but the enjoyment of what he ate was keener than when he was eating large dinners. He began these tests in June, 1898.

When Mr. Fletcher began to eat two meals a day and to eat only what his appetite called for, he weighed 205 pounds, and measured 44 inches around the waist. After three months of simple living, he weighed 165 pounds, and measured 37 inches around the waist. He had lost nearly half a pound a day, yet the loss was not attended by any physical weakness. He felt in better condition than for many years, and his stomach trouble was disappearing. During these three months he had on some days eaten not more than one-fourth the amount of food that other people eat. He proved that his body was getting the amount of nutrition that it needed and no more.

The results of the first three months were these: Mr. Fletcher's appetite involuntarily discriminated against unpalatable foods, like meats. It was not a question of how much food, but what *kind* of food he wanted and how much he enjoyed it.

After six months of economic living, the waste matter of Mr. Fletcher's digestion was reduced to one-tenth the usual amount. The thoroughly chewed food relieved the stomach of the extra work that unchewed food imposes. Food not chewed and therefore indigestible reaches the stomach in lumps. Then the stomach is required to work this food to pass it into the intestines. When the quantity of food is large and not chewed, the lumps pass into the intestines. Fermentation and decay set in. In the case of Mr. Fletcher the food was so thoroughly chewed, and therefore so digestible from the chemical action of the juices of the mouth, that when it

reached the stomach it was ready to perform its various functions in renewing the body. The waste analysed and compared with the original amount of food before eating showed that the carbon, the fat, and the albumin had all been used for the benefit of the body.

Another test of Mr. Fletcher's endurance and strength was made at Yale. On February 4, 5, 6, 7, and 8, 1903, under the direction of Dr. William G. Anderson, he took every day the same exercises that were taken at that time by the members of the University boat crew in training. Before going to Yale, Mr. Fletcher had been in Europe, and had taken no exercise during the winter. He had lived on two meals a day—the meals consisting chiefly of macaroni, beans, potatoes, and milk. At the end of the first day's work he showed no sign of fatigue, and the next day he was not sore. A man aged twenty years given the same exercises without training was so sore the next day that he could take no exercise. During the five days of these exercises Mr. Fletcher ate twelve ounces of food each day. The men training for the University crew, who were taking the same exercises, were eating three large meals a day. Mr. Fletcher's body was being thoroughly nourished, and the work he accomplished showed it. He lost no bodily weight. He slept five hours every night.

In December, 1902, Mr. Fletcher climbed the 854 steps of the Washington Monument in Washington, and then ran down without resting. In Arlington, Massachusetts, last November, he skated for three hours. He had not skated for thirty-five years. He felt no soreness after it. In 1900, in France and Germany, he rode 750 miles on a bicycle in ten days. His daily diet on this ride was rolls, milk, cream, potatoes, and beans.

Mr. Fletcher's experiments with food have proved these things for him:—

(1) He can live on one-third the amount of food usually eaten and be healthy and vigorous.

(2) Only five hours' sleep are necessary.

(3) When food is thoroughly chewed, the waste of digestion is reduced nine-tenths.

(4) Since an important part of digestion is done in the mouth, thorough chewing is necessary.

Insanity from Coffee Drinking.

MUCH has been said about the relation alcoholism sustained to insanity. There are undoubtedly other causes which have received only a passing notice; for instance, a Mrs. Lindberg, of St. Paul, Minn., U. S. A., was adjudged by a probate court to be insane. On investigation, she was found at her home in a state of maniacal excitement so great that she could only with difficulty be restrained from tearing off her clothing. According to her husband's statement and the facts which were elicited by the investigation, it appears that the cause of Mrs. Lindberg's insanity was the use of coffee. Mrs. Lindberg had for some years been accustomed to the free use of coffee for the relief of headache. The headaches had greatly increased in severity, and the amount of coffee was gradually increased. Recently she had been taking thirty or forty cups of coffee daily. Tea produces the same effect as coffee.

Numerous other cases have been reported in which a complete breaking down of the nervous system has resulted from the use of tea or coffee. Tea-tasters and coffee-tasters furnish many illustrations of the deleterious effects of these beverages. Mrs. Lindberg was simply a coffee drunkard, and was as much addicted to her beverage as any toper was ever addicted to liquor. She kept her coffee-pot boiling continually, and devoted her whole attention to the brewing of her favorite beverage.

Tobacco and Heart Disease.

DR. STEPHEN PAUL TRUAX, one of America's most noted gynecologists, recently died of heart failure while performing a most critical surgical operation, expiring almost at the bedside of his patient. Before beginning the operation, the doctor complained of fatigue. He asked for and obtained some spirits, and then *apparently* revived he began the work. Dr. Herrimen, who finished the operation,

attributes his death to overwork and the immoderate use of tobacco.

That the percentage of deaths due to heart disease is greatly on the increase may be readily seen by examining the weekly statistical reports of Australia and other civilised countries. How many of these deaths are due to the use of tobacco it is not possible to state. Of one thing we are certain: tobacco injures the heart, and will, in time, produce organic changes of its structure. No other creature but man will even tolerate the presence of tobacco. Nicotine is a deadly poison, and is destructive to cell life wherever found. Flies exposed to the fumes of tobacco expire in a few moments. Insects on plants are readily destroyed by smoking the plants. That it has a similar effect on human beings, and is deadly when vitality is low, will be seen from the following, which appeared in the *World's News*:—

"The death of a septuagenarian lady, Mrs. Charlotte Matthews, occurred under unusual circumstances at Stamford-hill (Eng.) Mrs. Matthews, who was suffering from asthma and bronchitis, after attending church, went to visit her married son. The son and a few friends were smoking cigars in the parlor, and the fumes caught the old lady's breath as she entered the room. She fell back into a chair, and efforts were made to revive her, but before a doctor could be obtained, she expired."

The old lady died of poisoning; this is certain. Who was responsible for her death?—Her own son. There can be no doubt many are slowly dying by being compelled to live with tobacco-using husbands or sons.

Why the Japanese are Hardy.

MR. H. IRVING HANCOCK in his little book entitled "Japanese Physical Training" says:—

"The Japanese are noted for possessing the sweetest dispositions to be found anywhere in the world. Politeness and good nature seem inborn with the Japanese baby. As time goes on and the child reaches adult age, kindly disposition appears to have increased in geometrical ratio. When a Caucasian applies for physical training under a Japanese teacher,

he is required to furnish satisfactory proof as to the evenness of his disposition. Even after he has been admitted to the school, if the white man shows too great a tendency to sudden temper, he is politely requested to seek instruction elsewhere."

"The commonest Japanese laborer—the one who has to spend the greater part of his working hours in hard, manual labor—is in the habit of cleansing his body twice daily. If he does not, and the fact becomes known, he is looked upon by his associates as being something of a pariah. During the warmer portion of the year the more leisurely classes of the Mikado's people take three baths a day."

"The Japanese eat fresh air with even more gusto than they do food. The *samurai* of old rose in the morning to pass out into the open air, there to take a number of deep breaths. The time of the morning chosen was just as the sun was coming up. At this hour the air is purest. . . . In the coldest nights of winter air circulates through the native house without interference. If the sleeper feels chilled, he adds more bed clothing. But the passage of fresh air through the entire house is never prevented."

When a Japanese suffers from insomnia, he gets up and goes out into the open night air, and if there is a hill near, he climbs to the top of it. But insomnia is very rare in the Mikado's kingdom.—*Life*.

Cosmetics that Improve the Skin.

BY J. H. KELLOGG, M. D.

A PREPARATION of apples, grapes, cherries, peaches, figs, bananas, and all other kinds of fruit, combined with nuts of various kinds,—almonds, pecans, hickory nuts,—and with well-cooked grains, applied to the inside of the stomach, is the best possible preparation for whitening the skin.

The trouble with the skin when it is dingy and dirty, is that the dirt is more than skin deep. There are also dirty muscles and a dirty brain, dirty glands, dirty blood; the whole body is contaminated; the dingy color of the skin is merely a sign of the condition of the other organs. Simply to bleach the dirt off the face is a very hypocritical procedure. We may make the skin of the face clean while

the rest of the body is filled with organic dirt, tissue debris, and effete, worn-out, and diseased matter, which has accumulated as the result of vital work and improper diet. We should be interested in the whole skin rather than in the skin of the face alone.

I do not object to an interest in cosmetics, provided they are of the right sort, and the interest extends to the whole body. If one were so to educate himself as to have perfectly clean blood, he would have a clean skin over his entire body. If his whole body is full of light, his face will be clean. This is a practical truth. It is of no use to doctor the face with cosmetics or to poultice and steam it when the whole body is full of dirt, because the dirt keeps coming back.

It is right to cultivate physical beauty. If we could have seen Adam and Eve passing up and down here, I imagine we would have seen the finest-looking people the world has known. God made man upright and beautiful, and it is right to cultivate beauty, but not in a deceptive way; we should cultivate a beauty that is more than skin deep,—a beauty that is born within, and that blossoms outward. To be beautiful we must eat beautiful things. What a beautiful cheek a ripe peach has! Who could wish a complexion more beautiful than the blossom of a peach? The way to get such a bloom is to use the peach itself.

Nutritive Values of Fruit and Nuts.

A SPECIAL bulletin has recently been published by the California Agricultural Department comprising the results of studies conducted by M. E. Jaffa, assistant professor of agriculture of the University of California, as to the nutritive values of fruit and nuts.

In all, thirty-nine experiments were made by Professor Jaffa, and the results of his investigations demonstrate the fact that these articles of food have a much higher nutritive value than has usually been assigned to them. Many people are learning that it is an error to regard nuts merely as an after-dinner accessory, or to use fruit solely for its agreeable flavor, or medicinal properties.

Protein, carbo-hydrates, and fat are supplied by fruit and nuts in favorable comparison with other foods, and dried fruit is shown to contain more nutrition than



an equal value invested in lean meat. The same sum will purchase six times the energy to be derived from porterhouse steak if invested in peanuts.

It was found that a steady diet of fruit and nuts tended to become unpalatable when unaccompanied by other foods, on which account the beneficial effects were neutralised.

The Horrors of Jam Making.

A BIRMINGHAM jam manufacturer has been fined the exemplary sum of £20 for having on his premises several casks of fruit pulp for sale or for preparation for sale, which were unfit for human consumption. When the inspector visited the premises, the proprietor informed him that he made jam of various kinds from fruit pulp, sugar, and glucose; and grape jelly from grape pulp. Rejected jams were re-mixed with fresh mixing, boiled and sold again. For sweetening purposes he said that he had used the refuse of boiled sweets of various kinds, and as a result a quantity of the jam had been rejected. The Medical Officer of Health stated that the effect upon those who ate jam made from this pulp would probably have been to produce gastric disturbance, possibly sickness, that the result would certainly have been conducive to the spread of disease. We are glad to see the sanitary authorities waking up in this matter. The supervision in London might also be made more drastic.—*Science Siftings.*

How to Live Long.

THE chief secret of long life, according to Dr. Tracey, is to eat little, and to eat seldom. He says:—

“It is notorious that prisoners, who are put upon a restricted diet, as a rule improve in health, and those persons who live to a great age usually belong to the poorer classes, who have been compelled all their lives to be satisfied with scanty and frugal fare.

“The fatuity of most men with regard to exercise is most distressing. They avoid the use of their muscles in every possible way until their health gives way, and then take up the most unnatural and ridiculous methods of restoring the equilibrium. They never walk when it can be helped; they take a car to go four or five blocks, an elevator to go up one story of a building, and when they feel the lack of physical exercise, play golf or bowl, or put up dumb-bells, swing Indian clubs, or pull away at weighted ropes in their bedrooms. In other words, they carefully shun any kind of exercise that subserves a useful end, and devote themselves to that which accomplishes nothing.

“Now the oddest thing is that if the diet were properly proportioned to the occupation, this lack of exercise would not be felt, and the consequent devotion to monkey gymnastics would not be necessary. Sir Henry Thompson, in his excellent work on ‘Food and Feeding,’ has put this aspect of the case as well as it could be put. ‘Many a man,’ he writes, ‘might indeed safely pursue a sedentary career, taking only a small amount of exercise, and yet maintain an excellent standard of health, if only he were careful that the ‘intake’ in the form of diet corresponded with the expenditure which his occupations, mental and physical, demand. Let him by all means enjoy his annual pastime and profit by it, to rest his mind and augment his natural forces, but not for the mere purpose of neutralising the evil effects of habitual dietetic wrong doing.’

“The best general rule is to rise at a given hour every morning, whether tired or not, and go to bed when sleepy.

“According to the account of Cornaro’s granddaughter, written after he had died, of no perceptible illness, at the age of one

hundred years, ‘during the latter part of his life the yolk of one egg sufficed for a meal and sometimes for two!’”

The Art of Self-defence.

A YOUNG man who came to his pastor with the inquiry: “If it would be unwise for him to learn the manly art of self-defence,” was somewhat surprised when the good man answered promptly that he considered such knowledge a most excellent thing, and that he had himself acquired it in his youth, and had found it invaluable. “Indeed,” said the young man much interested. “And what system did you learn?” “Solomon’s” replied the clergyman, gravely. And then seeing an expression of perplexity on the face of his companion, he added, “You will find it laid down in the first verse of the fifteenth chapter of Proverbs: ‘A soft answer turneth away wrath.’ “It is the best system of self-defence of which I have ever heard.”

Effects of Tea on Digestion.

TEA contains tannin; if you add a little iron to tea, it becomes black. No one would think of making tea in an iron teapot; it would be as black as ink. If you take a strong cup of tea and stir it with an iron spoon, it soon becomes black; this is because of the combination of the tannin of the tea with iron, a combination that makes ink. Leather is made from soaking hides in a decoction of oak bark, which contains tannin. The tannic acid combines with the connective tissue of the hides or skins, and thus produces leather.

So when a man eats a piece of beefsteak and drinks a strong cup of tea, the tannic acid of the tea combines with the connective tissue of the steak, and begins to convert it into leather. Certainly if one understands this, he cannot imagine that tea would have a very favorable influence upon digestion. If one were to soak his beefsteak in a strong cup of tea for half an hour, he would find it as impossible to chew it as to chew sole-leather. So when a person eats beef and drinks tea, the leather-making process is started in his stomach.



The Home.

Two Mothers' Experiences.

"WELL, wife," exclaimed Mr. Lee one morning after breakfast in early winter, "I met Mr. Johnson yesterday with his wife and baby, and they are looking fine. Mr. Johnson says they are all well, feeling like new creatures after months of careful living according to your directions. Mrs. Johnson looks a new woman. She has gained much in weight, and looked so neat and pretty in a real 'health' dress. Baby is a fine, rosy boy. She says he sleeps all night long. She allows him to play in the sunshine nearly all day, and 'old sol' has painted his fat cheeks with beautiful roses. She had his little legs well covered, and his arms also. It did my soul good to see this; for only a day or two ago a young mother came into the office to see one of the men, with a weak, sick-looking child with legs bare, and the child coughing all the time. I could not help noticing the contrast between these two children. I wish you could meet this young woman, and tell her how to clothe her little one."

"My dear husband, you forget that it is very hard to mention these things to people who have been reared so differently all their lives. They have thought it toughened the children to keep their knees and legs exposed to cold air. That to cover them with one or more thicknesses of wool was 'coddling' them, and they would surely die of croup or influenza. Many of the mothers have never heard of

putting long drawers on young children and having them come down to the ankle, drawing up over these long, wool stockings to cover the knees. If mothers could only once see the benefit this has in the health of their children, their doctor's bills would be reduced to the minimum."

"Why don't you, dear, have a little meeting with some of the women in our vicinity, and tell them all about this," said Mr. Lee, whose enthusiasm was great; for he had seen this acted out in his own home with his bonny, rosy Harold, who, at one and one-half years, had never known what a cold was, or who had never been disturbed one night with pain since his birth.

Mrs. Lee laughed aloud and said, "One would think, my dear, that I was a lecturer. How funny I would feel giving such a lecture! I will do all I can, however, in a quiet way, by visiting and living to help every woman who needs help."

"There is a large field of usefulness in store for you then; for as I have observed in the past few years, there are very few children clothed properly. Look at the death rate all over the world. It increases rapidly from time to time. Their eating and clothing has much to do with this, together with their sleeping in ill-ventilated rooms," answered Mr. Lee.

"True, there is an alarming increase in the death rate, and much depends on these things you have mentioned. We ought to feel so thankful for the good we have received by a knowledge of how to live, and the real benefit it has been to others with whom we have come in contact. I am sure Mr. and Mrs. Johnson and their child have received lasting benefit from learning how to live," said Mrs. Lee.

(Concluded.)



Story of the Brownies.

It was a very rainy Saturday in May, and three very little girls stood looking out of the sitting-room window.

"What a horrid, horrid day," said Alice.

"What a little Miss Grumblekin," exclaimed Aunt Lucy, as she hurried through the room.

"But, Aunty, we haven't anything to play with," said Julia.

Aunt Lucy stopped a moment. "I know a nice game you can all play," she said.

"What is it?" asked Dora.

"Play you are all little brownies."

"But what do brownies do?" cried all in a chorus.

"Things to help people when nobody sees," was the reply; "surprises, you know. They keep jumping and hopping all day long, doing little things for others. It is very hard for them to stand still." And then aunty left the room.

Soon after, three little brownies began to jump around and look for something to do. Alice went in the hall, Julia went upstairs, and Dora stayed to dust the parlor.

As the family sat at the supper-table that evening, mamma said, "I believe that



there has been a good fairy around to-day. Somebody dusted my room and put my work-box in order."

"Why, how strange!" said grandma. "Somebody found my spectacles, and saved my coming down-stairs for the morning paper, too."

"I wish you would notice the hall closet," said Aunt Lucy, "you know it's the catch-all for the family."

"Yes," said mamma, "when everything else is in order, that closet is all topsyturvy. I must straighten it soon. But it

looks very nice to-night; shawls and hoods are all on the shelves, and the hats and gloves in their places. I could hardly believe my eyes."

"There is a certain little girl," said papa, "who often forgets to put my gown and slippers by the fire, but my fairy must have done it to-night."

That evening Alice, Dora, and Julia told their aunt it had been such a happy day. And you would not have thought them the three little girls that had pouted at the rain in the morning.—*Child Garden.*

What the Baby Said.

Now, I SUPPOSE you think because you never see me do anything but feed and sleep, that I have a very nice time of it. Let me tell you that you are mistaken. How should you like every morning to have your nose washed up instead of down? How should you like to have a pin put through your dress into the skin, and have to bear it all day till your clothes were taken off at night? How should you like to be held so near the fire that your eyes were half-scorched out of your head, while your nurse was reading a novel? How should you like to have a great fly light on your nose and not know how to take aim at him with your little, fat, useless fingers? How should you like to tire yourself out, crawling away across the carpet, to pick up a pretty button or pin, and have it snatched away as soon as you begin to enjoy it? I tell you it is enough to ruin any baby's temper.

Better Whistle than Whine.

As I was taking a walk, I noticed two little boys on their way to school. The small one stumbled and fell, and, though he was not very much hurt, he began to whine in a babyish way, not a regular roaring boy cry, as though he were half killed, but a little, cross whine.

The older boy took his hand in a kind, fatherly way, and said,—

"Oh, never mind, Jimmy, don't whine; it is a great deal better to whistle."

Jimmy tried to join the whistle.

"I can't whistle as nice as you, Charlie," said he, "my lips won't pucker up good."

"Oh, that is because you have not got

all the whine out yet," said Charlie; "but you try a minute, and the whistle will drive the whine away."

So he did; and the last I saw or heard of the little fellows they were whistling away as earnestly as though that was the chief end of life.—*Selected.*

Housekeeping Hints.

Avoid debt as you would the pestilence. Never spend a penny unless you are absolutely sure you can afford it. Expensive things are to be avoided by the average housekeeper. In furnishing your house, remember that trumpery is worse than useless, and, if you do your own work, will take much time that might better be given to reading or resting.

The kitchen is the most important part of the house. It should be well lighted and ventilated, for about half of your time must be spent in this room. A good cooking stove is indispensable, and it must be kept free from soot and ashes, if you wish to keep your temper. Nothing should be cooked that is not essential to health, or rather that is injurious to health, for it would be worse than a waste of time. Everything about the kitchen should be kept scrupulously clean, whether the rest of the house is or not. Use as little tin ware as possible. Yellow earthenware is more easily kept clean.

Before retiring at night clean out your stove and lay the fire ready to touch a match to it in the morning. Set the table and make all other preparations for breakfast that can be made beforehand. It may seem hard to do if you are tired, but it will be easier than to be obliged to make haste in the morning, and get so nervous that you will feel upset for the day.

After breakfast, clear away the dishes, do the baking, prepare the vegetables for dinner, sweep the kitchen, clean the lamps, and put everything in order, then use the remainder of your time in setting the rest of the house to rights. Never do kitchen work in the afternoon.

An Argument for Cheerfulness.

A book has just been written entitled "Optimism," the writer of which—Miss Helen Keller—is a girl, without sight, hearing, or speech, imprisoned from her birth in mere soundless night. By a

triumph of patience and genius she has been taught to read and write, has been wisely educated, and now, herself, turns author. She entitles her book "Optimism" as a rebuke to all grumblers. We reproduce a passage in which this blind girl tells the secret of her happiness:—

"If happiness is to be measured, I, who cannot hear or see have every reason to sit in a corner with folded hands and weep. If I am happy in spite of my deprivations, if my happiness is so deep that it is a faith, so thoughtful that it becomes a philosophy of life; if, in short, I am an optimist, my testimony to the creed of optimism is worth hearing. As sinners stand up in meeting and testify to the goodness of God, so one who is called afflicted may rise up in gladness of conviction and testify to the goodness of life. Once I knew the depth where no hope was, and darkness lay on the face of all things. Then love came, and set my soul free. Once I knew only darkness and stillness. Now I know hope and joy. Once I fretted and beat myself against the wall that shut me in. Now I rejoice in the consciousness that I can think, act, and attain heaven. My life was without past or future; death, the pessimist, would say, 'a consummation devoutly to be wished.' But a little word from the fingers of another fell into my hand that clutched at emptiness, and my heart leaped to the rapture of living. Night fled before the day of thought, and love and joy and hope came up in a passion of obedience to knowledge. Can anyone who has escaped from captivity, who has felt the thrill and glory of freedom, be a pessimist?"—*Life.*

Do You Appreciate Your Mother?

THE appeal of a father to his careless daughter:—

I want to speak to you of your mother. It may be that you have noticed a careworn look upon her face lately. Of course, it has not been brought there by any action of yours, still it is your duty to chase it away. I want you to get up to-morrow morning and get the breakfast, and when your mother comes and begins to express her surprise, go right up to her and kiss her. You can't imagine how it will

brighten her dear face. Besides, you owe her a kiss or two. Away back when you were a little girl, she kissed you when no one else was tempted by your fever-tainted breath and swollen face. You were not as attractive then as you are now. And through these years of childish sunshine and shadows she was always ready to cure by the magic of a mother's kiss, the little, dirty, chubby hands whenever they were injured with those skirmishes with the rough world. And then the midnight kiss with which she routed so many bad dreams, as she leaned over your restless pillow, have all been on interest these long years. Of course, she is not as pretty and kissable as you are, but if you had done your share of work during the last ten years the contrast would not be so marked. Her face has more wrinkles than yours, far more; and yet if you were sick, that face would appear more beautiful than an angel's as it hovered over you watching every opportunity to minister to your comfort, and every one of these wrinkles would seem to be bright wavelets of sunshine chasing each other over to your comfort, every one of those days. These burdens, if not lifted from her shoulders, will break her down. Those rough, hard hands that have done so many necessary things for you, will be crossed upon her lifeless breast. Those neglected lips that gave you the first baby kiss will be for ever closed, and those sad tired eyes will have opened in eternity, and then you will appreciate your mother, but it will be too late.

Abnormal Increase of Insanity.

NEW South Wales reports an abnormal increase in insanity. The average annual increase for twenty years has been 119, but 199 were added the past year. The proportion of the insane to the whole population is now one to 299. There is said to be urgent need for additions to the existing hospitals and for the erection of new institutions. Lunacy is steadily increasing both in Britain and America, and we believe this is true also of other highly civilised countries.

In the annual report just issued in England of the Gloucester county lunatic asylums at Wotton and Barnwood, Dr. Craddock draws special attention to the

grave increase of lunacy in that country. Dr. Craddock says: "Unless something is done to arrest this most alarming increase of insanity, and assuming a similar increase in the future, what is the outlook for, say fifty years hence? *If the reproduction of their species by physically and mentally tainted, immature, and drunken parents, is allowed to go on unchecked, the outlook for our descendants is gloomy indeed.*"

According to Dr. Wines, the proportion of insane to the million inhabitants in America increased from 673 to 1,700, or 253 per cent. during the forty years ending 1890. The number of imbeciles and idiots increased in the same time from 681 to 1,527, or 224 per cent. At the same rate of increase, the lunatics will by the end of the century number nearly 2,000 per million, an increase of 300 per cent. in half a century; and the feeble-minded will have increased to more than 1,700 per million, an increase of 255 per cent.

The figures are truly appalling, but they only represent the rate at which degeneracy and deficiency are increasing in the race. In older countries, in which the same causes are in operation, the process is further advanced, as in Great Britain, for example, where the number of insane per million is already more than 3,000, and is increasing even more rapidly than in America. It requires but a very simple mathematical calculation to show that at this rate of mental deterioration only a few centuries could elapse before sanity would be the exception, and insanity, or idiocy, the rule in civilised countries. The wrong habits are responsible for much of this.

THE only difference between a sick man and a well man is that the sick man is the well man in a state of embarrassment. Whatever is good for the sick man is good for the well man. If certain medicines would injure the well man, they will injure the sick man. If any difference should be made, the man who is sick needs food that is more natural than the other. The bath that is good for the invalid is also good for the healthy person; it helps to prevent him from becoming sick. The pure diet recommended for the dyspeptic, should be followed by the man who "can digest anything;" the one who would avoid dyspepsia.

Seasonable Recipes.

LAURETTA KRESS, M. D.



A Few Practical Hints.

It is not best to serve desserts or dainties at the close of the meal, as it offers an inducement to overeat. As a usual thing, enough has been eaten before the dessert is served, but the temptation is generally too great to resist; over-indulgence is the result. Desserts could with benefit be wholly dispensed with, but if used should be served with the meal. It would be safer to serve desserts at the beginning of the meal than at the close.

A few spoonfuls of soup at the beginning of the meal is not harmful, and may be beneficial in some cases as an appetite stimulator. But it is unwise to take freely of liquids at the beginning of the meal. It dilutes the digestive agents and results in fermentation of the food, or indigestion. Soups are better served at the close of the meal if a quantity is taken. This custom is universally followed by the Chinese.

ONE-RISING BREAD.—Take a pint of lukewarm water, add one tablespoonful of lively liquid yeast, or one-fourth cake of compressed yeast dissolved in water. Add slowly, beating vigorously, three or three and a half cups of whole-wheat or some other nutritious flour. Knead thoroughly for half an hour, shape into a loaf (it is best to have small loaves), place in bread-pan, cover well, and let it rise until light. When perfectly light, bake in a well-heated oven.

POTATO BREAD.—Cook and mash perfectly smooth potatoes to make a cupful. Add a teaspoonful of best white sugar, one cup and a half of warm, soft water, and when the mixture is lukewarm, one-half cup of yeast, or one-half cake of compressed yeast dissolved in water, and flour to make a very thick batter. Allow it to rise over

night. In the morning add a pint of warm water and flour enough to knead. The dough will need to be considerably stiffer than when no potato is used, or the result will be a bread too moist for easy digestion. Knead well. Let it rise, mold into four loaves, and when light again, bake.

BREAKFAST DISHES.

GLUTEN PORRIDGE WITH DATES.—Heat a quart of milk or water, or one half of each, as preferred, to boiling; sift in lightly with the fingers six tablespoonfuls of gluten, or sufficient to make a porridge of the desired consistency. Just before serving, add some fresh dates, from which the stones have been removed.

BANANA TOAST.—Peel and press some good bananas through a colander. This may be very easily done with a potato masher, or a vegetable press may be used for the purpose. Moisten slices of zwieback with hot cream, and serve with a large spoonful of the banana pulp on each slice.

DINNER DISHES.

NUTTOSÉ WITH GRANOLA.—Put one-half pound of nuttose through a vegetable press, or grate it quite fine in a grater. Mix together two cups of granola and three of warm water; season with a little salt and a little pulverised sage or minced celery. Put alternate layers of the seasoned granola and the nuttose in a pudding-dish, finishing with the nuttose. Press together slightly, and bake in a moderate oven until lightly browned.

MARBLÉ BEANS.—Cook equal quantities of white navy and black beans until tender and the moisture has become mostly evaporated. Rub each separately through a colander, and season with salt and half a cup of cream or nut butter of the same consistency to the pint of bean pulp. Arrange in any preferred way, so as to give a marbled appearance, in a slight' yoiled, circular baking dish, smooth the top with a knife, and bake until nicely browned on top, and dry and mealy throughout. Invert the baking dish over a plate, and the beans should come out a perfect loaf. Garnish with slices of lemon.

SHORTCAKE OF GRANOSE BISCUIT.—Heat the biscuit in a warm oven until crisp. Split them carefully, and toast them on the inside, over the coals, and when just ready to be served, lay one half of each on the dessert tray, cover with the fruit, and place the other half on top. If the shortcake stands at all after being prepared, the biscuits lose their crispness. The flakes are even more desirable with fruit than the biscuit. They need to be prepared on individual plates.

PEA AND TOMATO SOUP.—Soak one pint of Scotch peas overnight. When ready to cook, put into a quart of boiling water and simmer slowly until quite dry and well disintegrated. Rub through a colander to remove the skins. Add a pint of hot water, one cup of mashed potato, two cups of strained stewed tomato, and one cup of thin cream. Turn into a double boiler and cook together for a half-hour or longer; turn a second time through a colander or soup strainer, and serve. The proportions given are quite sufficient for two quarts of soup.

Questions and Answers.

Sick Headache.—What remedy would you recommend for sick headache?

Ans.—The best remedy for sick headache is a stomach-tube. A sick headache is evidence that there is something in the stomach undergoing decomposition. If this decaying matter is not removed, it will spread poisons all over the body. You must then wait for nature to eliminate them. But if the decomposing matter is washed out, the headache will be relieved at once. The most sensible plan is to exercise carefulness in eating, and prevent the possibility of decomposition. Headaches are often caused by tea drinking, and will entirely disappear as soon as the tea is wholly dispensed with.

Obesity.—How may obesity be overcome?

Ans.—Walking is an excellent remedy for obesity, but it must be remembered that it takes a large amount of walking to obtain the amount of exercise required by such a case. Hill-climbing is about the only kind of exercise which can be relied upon to reduce obesity. Eat as little as possible, and food which contains only a moderate amount of starch; avoid sugar and fats as much as possible. Granose and fruit is an excellent diet for persons suffering from obesity.

Sterilised Butter.—How is butter sterilised?

Ans.—In making sterilised butter, the cream must be first sterilised by boiling from fifteen to twenty minutes. The butter must then be made with as little exposure to the air as possible. Butter thus made is not perfectly sterilised; that is, it will not keep indefinitely, as will perfectly sterilised food substances, but the dangerous and disease-producing germs are killed.

Falling Sensation.—What causes the sensation of falling when you are just going to sleep?

Ans.—It is a neurasthenic symptom closely akin to a small explosion in the head. It shows a disordered condition of digestion which is disturbing the sympathetic nerves. The hearty evening meal is frequently the cause of the trouble. Eat only a little bread, or, better still, granose biscuits and fruit in the evening. Take a warm foot-bath before retiring.

Night Sweats.—What shall I do for cold night sweats?

Ans.—A saline sponge bath (two teaspoonfuls of salt to a quart of water) taken at night on retiring, is a valuable remedy.

Sciatica.—What is the best diet for a sedentary person who has quite constant sciatic pain?

Ans.—The cause of the difficulty must be sought out and removed. Rest in bed with a fomentation over the seat of the pain will generally effect a cure in the course of one or two weeks. Carefulness in food combinations is important.

Nervous Prostration.—How long does it usually take to cure a case of threatened nervous prostration at your Sanitarium?

Ans.—Nervous prostration is nothing but a

symptom. If it comes from a physiological cause, it is not dangerous. If a person has nervous prostration because he has been working too hard, a proper amount of rest will cure him; but if his nervous prostration is caused by indigestion, as is often the case, that is quite another thing. He must find out what to eat and how to manage the stomach, so that it will not give him nervous prostration by flooding his body with poisons. If you are threatened with nervous prostration, you probably have indigestion. You may have a prolapsed or a dilated stomach. The length of time required to effect a cure depends upon the cause, and how long it takes to remove it.

Bread and Dyspepsia.

THE conclusion sometimes arrived at that wheaten bread is unfit for consumption by dyspeptics because ill effects are noticed to follow its use are erroneous. On the contrary, it has been pointed out by authorities that farinaceous food is peculiarly adapted to some dyspeptic patients. It is the microbes in the starch which are capable of producing irritating acids that cause the trouble. To avoid this Bouchard recommends that only the crust or toasted crumbs of bread be used by dyspeptics, particularly those whose stomachs are dilated. The reason of this is explained by the fact that baking temporarily, though not permanently, arrests the fermentation of dough. When it is again heated by the warmth of the stomach, the fermentation is renewed. In cases where the bread is toasted brown throughout, the fermentation is stopped permanently. Well-baked breads in the form of granose biscuits or zwieback well masticated, will cure ordinary cases of dyspepsia.

The First Patient.

HOWARD's father is a physician, and one day when the doctor was out, Howard and a little playmate were "playing doctor" in the real doctor's office. Presently Howard threw open a closet door and revealed an articulated skeleton to the terrified gaze of his playmate, but Howard himself was perfectly calm. "Pooh, Walter!" he said to his playmate, "what you 'fraid of? It's nothing but an old skellington!"

"Wh-wh-where did it come from?" asked Walter, with chattering teeth.

"Oh, I don't know. Papa has had it a long time; I guess it was his first patient."

—*Harper's Young People.*

News Items.

CHARLES LAMB once declined to take rhubarb pie because rhubarb is physic. "But it is pleasant and innocent," said his host. "So is a daisy," rejoined Lamb, "but I don't like daisy pie."

Lamb was right. Rhubarb may be good physic, but it is not a good food, even though made palatable by the deceptive magic of the cook. Mustard is valuable as an emetic in case of poisoning, but certainly of no value as a food or condiment. Baking powder is a good laxative under the name of Rochelle salts, but an utterly unfit accompaniment of food.

DR. H. SNOW, of the Cancer Hospital, Brompton Road, London, recently made a somewhat remarkable statement regarding the progress of cancer research. "On all hands," said Dr. Snow, "we find schemes of cancer research, which must, of necessity, fail until some step is taken to clear away all the traditional lumber of past centuries, and to formulate distinctly and precisely that which is known with certainty." In his opinion a world's congress on cancer was necessary, and at present they were simply groping in "Darkest Africa on the map of medicine," so far as cancer was concerned.

THE belief that fever is a protective against infection seems sanctioned by the following facts: First, *fever is a condition developing in all healthy animals as soon as they undertake, as do all healthy animals, to resist infection*; and while it may be urged that it is a coincident symptom alone, this hardly seems probable in view of its importance—that is to say, nature would hardly devise a plan for vital resistance handicapped by such an important phenomenon if it were useless in itself. Second, *animals which receive sufficiently large doses of germs or their toxins to cause death, beyond all doubt often develop very little fever or none at all, or, in other words, are so overwhelmed that resisting methods cannot be developed by the body.* This is proved by clinical experience and the researches of Gamaleia, and others. Third, *animals which receive smaller doses speedily develop fever and survive, but if the same dose be*

given and fever prevented by artificial means, they die as promptly as if large doses were used.

TROLLER, a well recognised authority on digestion, called attention to the fact that the mere act of chewing stimulates the secretion of the gastric juice. He discovered that as soon as the food entered the mouth and the process of chewing began, the stomach made preparation for its reception by pouring out its fluid. There is a direct telegraphic communication between the mouth and the stomach, so the more thoroughly the food is masticated, the more abundant will be the flow of the stomach fluids. Difficulty in the digestion of albumin is not always due to inability of the stomach to digest, but may be due to a lack of stomach fluid, resulting from improper mastication and to the starch surrounding the albumin not being dissolved, owing to its insufficiency of saliva.

(ACCORDING to the *Daily Paper* a well-known firm of West End chemists are making up pills as silver-coated bonbons, to be handed round on silver dishes immediately after the entree. By this beneficent means the unsuspecting gourmand is enabled the next day to applaud his host and hostess for the excellent cookery and perfect wines of the previous evening's repast.)

In days gone by, when we were ill,
The nurse knew what to do;
She gave us sweetstuff with a pill,
And so she pulled us through.

But when the modern diner eats,
His hostess sends a tray
Of silvered pills round with the sweets—
He blesses her next day!

World's News.

He may bless her the next day, but not the next year.

A REPORT has just been issued by the Government Statistician showing deaths from all causes in New South Wales during the year 1903, also comparative tables affording a review of the mortality from each disease during the previous five years.

The deaths, 16,497 in number, exceed the numerical average of the last five years by 427.

Typhoid fever raged with exceptional virulence, giving a total of 475 deaths,

which is the heaviest death-roll from this disease for the last ten years, excepting 1896, when there were 509 deaths.

Constitutional diseases show a rise of 12 per cent. The main factors in this adverse record were cancer with 930 deaths, an advance of nearly 18 per cent., and phthisis, with a mortality of 15 per cent. above the average list.

THE occupation which furnishes the most suicides in the United Kingdom is that of the soldier. Out of every million soldiers, over 500 commit suicide between the ages of 25 and 45, and over 2,300 between the ages of 45 and 65. No other figures approach these—those for *butchers, who come second for the ages 45 to 65, being 700. Publicans are second for the ages 25 to 45 with 400.* The smallest percentage for the 45 to 65 period is amongst gardeners—274 per million.—“*Pears' Cyclopaedia.*”

THE King is now setting an example of living upon a very plain and simple diet—doubtless owing to medical advice. Flesh food is not altogether eliminated from the menu at present, but this may follow in due course, as His Majesty is aware of the movement which is progressing so rapidly in favor of abstinence from flesh.

The king is discountenancing the tedious, wasteful, and unhealthy dinners of many courses which have hitherto been considered indispensable.

It is reported that his majesty is enjoying much better health than he has done for many years, as might be expected; and there is every reason to hope that a beneficial influence will be exerted by this fact becoming generally known, for his majesty's dietary restrictions are rigidly observed by his hostesses when he is visiting.

THE *British Medical Journal* recently devoted eight pages to a discussion of the best means for the prolongation of life. The greater part of this space was occupied by a lecture recently delivered by Sir Hermann Weber, M. D., F. R. C. P., before the Royal College of Physicians of London, and the main points of his advice may be comprised in a few sentences:—

Moderation in eating, drinking, and physical indulgence.

Pure air out of the house and within.

The keeping of every organ of the body as far as possible in constant working order.

Regular exercise every day in all weathers; supplemented in many cases by breathing movements, and by walking and climbing tours.

Going to bed early and rising early, and restricting the hours of sleep to six or seven hours.

Daily baths or ablutions according to individual conditions, cold or warm, or warm followed by cold.

Regular work and mental occupation.

Cultivation of placidity, cheerfulness, and hopefulness of mind.

Employment of the great power of the mind in controlling passions and nervous fear.

Strengthening the will in carrying out whatever is useful, and in checking the craving for stimulants, anodynes, and other injurious agencies.

DEMME, a noted statistician, made a special study of the hereditary influence of alcohol on children. He selected two groups of ten families each, living under the same conditions and circumstances, with the exception that one group was addicted to the use of liquor and the other was temperate. He observed them for a period of twelve years, paying especial attention to the health and life of the children. To the intemperate families fifty-seven children were born, and of these twenty-five died within a few weeks of birth, six were idiots, five poorly developed physically and mentally, five epileptics, six deformed, and only ten could be considered healthy. To the other families sixty-one children were born, and of these five died within a few months of birth, two had St. Vitus's dance, two were very backward mentally but not idiotic, two were deformed, and fifty were perfectly normal and healthy. Bourneville studied the cases of 1,000 children in Bicêtre, an institution for epileptic and feeble-minded children, and found that six hundred and twenty of them came from drunken families. Dahl of Norway reports that from fifty to sixty per cent. of the children in such institutions come from families where one or both parents are addicted to the use of liquor.

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A GENTLEMAN suffering from rheumatism, who took three months' treatment at the Sydney Sanitarium, Wahroonga, writes: "I was a sufferer for over two years, and never expected to be cured. But I am thankful to be able to say to-day that I am perfectly cured. I am working twelve hours out of the twenty-four, and feel as well and strong as ever I did."

Another writes: "I am pleased to say that I am now as sound as ever."

Still another: "I am glad and thankful to say I have been very well since my stay at the Sanitarium a year ago, and am still carrying out health reform."

Another says: "I desire to express my happiness and gratitude to you for the wonderful change which has been brought about in my wife's health. What a contrast between my wife's leaving her home for the Sanitarium and her return from there. How shall I express thankfulness to God for His mercy which He has bestowed upon us?"

Recently one patient still at the Sanitarium made a gain of one pound a day for ten days, gaining during that time over ten pounds in weight.

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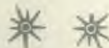
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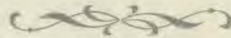
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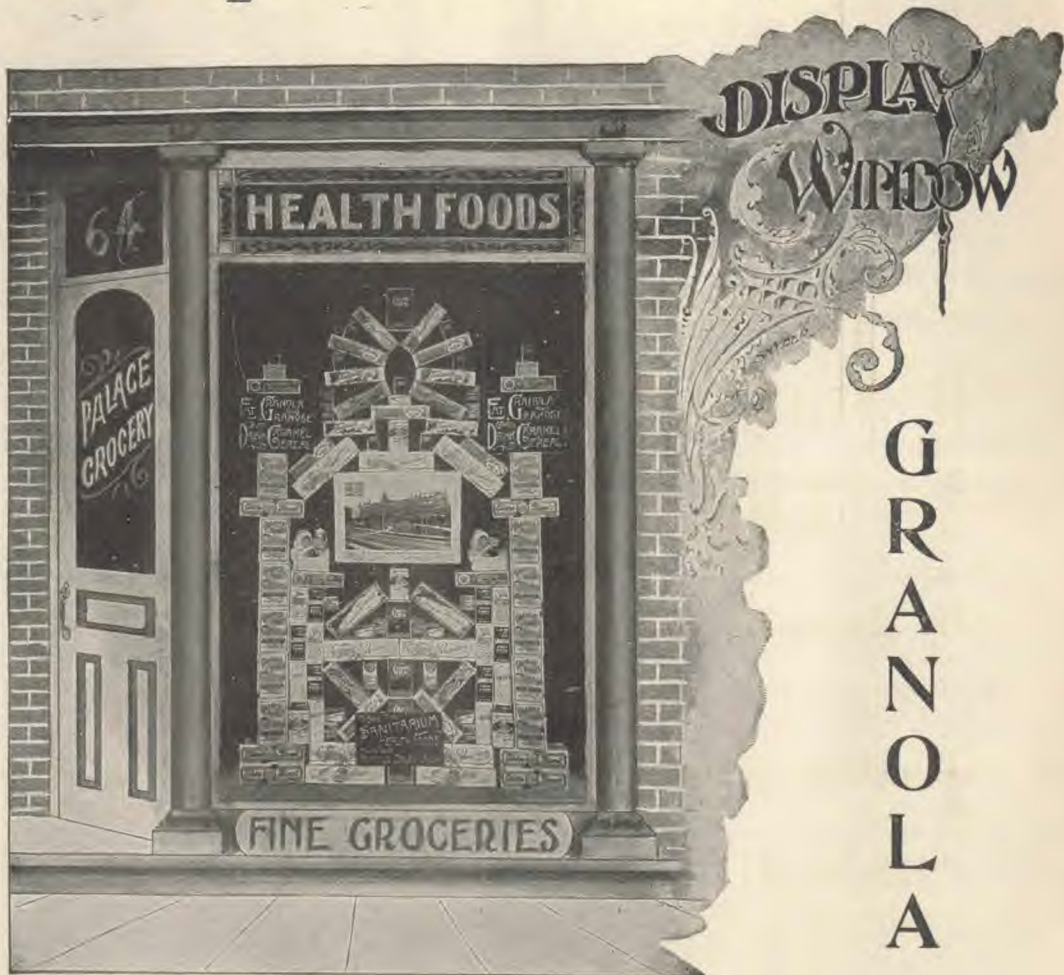
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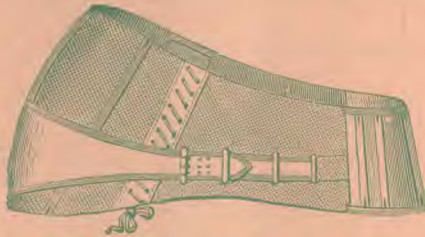
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