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"Too often the minds of students are occupied with men's theories and speculations, falsely called science and philosophy. They need to be brought into close contact with nature. Let everything which their eyes see or their hands handle be made a lesson in character-building."



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October 1, 1906.

MEDICAL and HEALTH NEWS.

Juvenile Smoking and Its Proposed Penalty.

THE Bill which Lord Reay introduced this session in the House of Lords with a view to preventing smoking among boys was referred to a Select Committee for report, and this body has now begun to receive evidence on the subject. Some eight witnesses were heard at the first sitting on June 27, among them being Sir William Broadbent, Professor Sims Woodhead, and Dr. Arthur Wigmore, a vice-president of the Hygienic League.

The latter dwelt on the fact that among girls there was no deterioration of physique similar to that observable among boys. Such deterioration was largely ascribable, he considered, to the increased prevalence of smoking among boys. Sir William Broadbent said he thought the worst mischief was done before the age of sixteen; nevertheless he would like to see an age-limit of twenty-one, smoking at all being very undesirable in early life.

Professor Sims Woodhead dealt at some length with the general effect of nicotine, and said that he regarded the cheap varieties of cigarettes which boys smoked as so much rank poison. The effect of nicotine is cumulative and certainly most deleterious to a growing boy; even in very minute quantities nicotine is harmful to them. He thought that it would be much better that no one should smoke at all until the age of at least twenty-one was reached. Unless the question were taken in hand, the results to future generations would, he thought, be

disastrous, since smoking among juveniles is greatly increasing.

Among the general witnesses there were certain differences of opinion as to whether the tobacco-seller, the parent, or the child should be laid under penalties by the proposed act. Some favored birching the offending boy if need be.

Birching might be well, but for every stripe given to the boy, the father who uses it should receive two. We shall never succeed in persuading the youths of twenty-one of the harmfulness of tobacco so long as those whom they admire, and to whom they look as examples, continue its use. By what logic can we persuade any *sensible* boy that tobacco is bad for boys but not for men? Is it not the men who need the birching?

The child-like saying, "Mind where you are going, papa, I'm coming after you," is of significance. The boy will follow in the footsteps of his father. This reform must begin with those who are now devising every means to justify themselves in the use of this poisonous weed.

Tobacco Habit.—Its Origin.

THE use of tobacco, when first introduced, met with great opposition in all civilized lands. Penalties were imposed by rulers, and all classes were averse to the custom. Not only the youth, but also the adults received the birching. In some countries its use was made a capital offense, and those who persisted in the indulgence were obliged to separate themselves from society. But in spite of

these efforts, this pernicious habit has well-nigh become universal.

The Grand Duke of Moscow prohibited the entrance of tobacco into his dominions under pain of the knout for the first offence, and death for the next; and in other parts of Russia the practice of smoking was denounced and all smokers condemned to have their noses cut off.



"Tobacco," said the Grand Duke, "is a common herb, which grows almost anywhere, and was first found out by the barbarous Indians to be a preservative, or antidote, for a certain 'disreputable malady,' a filthy disease whereunto these barbarous people were very much subject. So that as, from them, was first brought into Christendom that most detestable disease, so from them likewise was first brought this use of tobacco, as a stinking and unsavory antidote for so corrupted and execrable a malady.

"To the baseness of this first use of tobacco doeth well agree the foolish and groundless first entry thereof into this kingdom. It was neither brought into this kingdom by king, great conqueror, nor learned doctour of physicke. With the great report of a great discovery of a conqueste, some two or three savage men were brought in, together with this savage custom.

"But the pitie is the poore, wild, barbarous men died, but that wild barbarous custom is still alive, yea, in fresh vigour."

The Sultan Amaranth 4th forbade the importation of tobacco into Turkey, and condemned to death those found guilty of smoking from a fear that it produced barrenness.

One of England's monarchs (James I) appealed to the patriotism of his subjects as follows:—

"Now my good countrymen let us, I pray you, consider what honor or policy can move us to imitate the barbarous and beastly manners of the wild, godless, and slavish Indians, especially in so vile and filthy a custom. Shall we that disdained to imitate the manners of our neighbor, France, having the style of

the Great Christian Kingdom, and that cannot endure the spirit of the Spaniards, shall we, I say, that have been so long civil and wealthy in peace, famous and invincible in war, fortunate in both—we that have been able ever to aid any of our neighbors, shall we, I say with blushing, abase ourselves so far as to imitate these beastly Indian slaves to the Spaniards, the refuse of the world, and, as yet, aliens upon the holy covenant of God?

"In your abuse thereof sinning against God, harming yourselves, both person and goods, and raking also thereby the markes and rotes of vanity upon you; by the custom thereof, making yourselves to be wondered at by all forreine and civill nations, and by all strangers that come amongst you, to be scorned and condemned; a custome, loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black stinking fumes thereof nearest resembling the horrid stygian smoke of the pit that is bottomless."

Baby Drunkards.

WOMEN who, while nursing their babies, are in the habit of taking alcoholic stimulants, will be interested in some remarks made by Dr. de Latour at Dunedin recently. In the course of a lecture he stated that a lady patient who was nursing her infant said: "The baby is so good; I am sure the beer I



am taking must be very good for it. I have a glass or so of beer at lunch, and then feed the baby, and it goes to sleep till tea time. At tea I have a small bottle of porter, and feed the baby again, and it goes to sleep all night." The doctor replied: "No wonder it sleeps well, for I am sorry to have to tell you that you put your baby to bed drunk every night. That baby will very likely be ruined for life by the food it has sucked from

its mother's breast." The doctor added that the mother went home and smashed every bottle of liquor she had in the house, and he only wished all mothers would follow her example.

Drink, Prohibition, Order, and Peace.

THE remarkably good order maintained in San Francisco for some weeks after the earthquake was due mainly to enforced prohibition. The editor of the *Argonaut* says,—

It was a new regulation—one unique in the city's history. The measure to which we refer was the closing of the liquor saloons. For many weeks there has not been permitted to be sold in San Francisco a drop of liquor of any kind. Even in the drug stores it has been impossible to obtain liquor unless on the prescription of a physician. Even upon these documents the military authorities have looked askance, at times forbidding the sale of liquor even when prescribed by a physician. The enforced sobriety and the civic calm resulting from this order have amazed the State. The Chief of Police remarked that he did not believe San Francisco could be so peaceful a community under any circumstances.

The inspired writer said, "When thy judgments are in the land the inhabitants thereof will learn righteousness." But it is a pity that these judgments are so soon forgotten, when favor is again shown the wicked.

What a surprising transformation would take place in our Australasian cities should prohibition be enforced. What has been done in San Francisco for a few weeks may be done in every city. Drink steals away the reason, makes criminals, keeps filled our prisons, our asylums, and our poor houses. Drink destroys happiness in our homes. Drink demoralizes, it brings a *woe* into the family, city, or community where it is allowed, not only to those who use it, but to those who suffer it to be used. "*Woe* unto him that *giveth* his neighbor drink," and woe unto the inhabitants of any city that suffers it to be sold.

Influenza and Rational Treatment.

Parlor Lecture at the Sydney Sanitarium by

D. H. Kress, M. D.

INFLUENZA usually makes its appearance in epidemic form once a year, though isolated cases occur the year round. The disease begins with what is usually regarded as a cold, associated with cough, expectoration, free discharge of mucus from the nose, and headache confined principally to the forehead surrounding the eyes. There is also a rise

of temperature, a disrelish for food, and more or less digestive disturbances.

The causes of influenza are predisposing and exciting. Influenza is a germ disease. It is impossible for any one to take the disease as long as he is in possession of a good degree of vitality. It is only when the system is run down, perhaps from loss of sleep, over-eating, an impoverished diet, the breathing of impure air, or other irregularities, that it is possible to have influenza. The germs of influenza are always and everywhere present and ready to fasten upon anyone who becomes careless in his habits. They evidently exist for the purpose of teaching us the value of pure air and right habits of life.

Why is the disease more common in cold weather than in warm weather? Because in cold weather men and women huddle together in closed, ill-ventilated rooms, railway cars, trams, etc., where someone always insists on keeping every window closed for fear of draught. Or people attend theatres or other gatherings for pleasure, where hundreds and even thousands are shut up together in large auditoriums, with an inadequate supply of fresh air. The air in these places becomes foul in a short time, and becomes charged with carbonic acid gas and organic wastes exhaled from the lungs of those present. The inhalation of these impurities and poisons lowers the vitality and resistance of the tissues of the body, chiefly the lung tissues. All that is now needed is the presence of the specific germs of influenza, and there are always present in every such gathering those who are either just coming down with, or recovering from, this disease. These may communicate the disease to quite a number. The people, after exposure, go from these places to their homes in various parts of the city and associate with their friends. In this way the disease spreads, and in a short space of time becomes epidemic.

Consumption is just as frequently communicated in these places as influenza. In influenza the person is soon made conscious of its presence, while tuberculosis works in such an insidious, quiet, and slow manner that the real cause and time of contagion are not suspected.

It is almost impossible for one who is compelled to travel in winter or to associate with the people of civilized communities to escape influenza. However, the danger of contagion may be minimized by careful diet, bathing, and regular habits.

TREATMENT. When the first symptoms of the disease appear, the following home treatments, though simple, I have practised for years in treating patients, and have found them of the greatest value in cutting short the duration and severity of the attack.

First, a copious enema of warm water should be given to thoroughly cleanse the colon. Then place over a reclining chair a couple of blankets or rugs covered with a sheet. In front of the chair have a bucket partially filled with water as hot as can be borne. Have the patient sit or recline upon the chair, with a spine bag filled with hot water and enveloped in a towel applied to the spine, and place the feet in the hot water. Then lap the rugs so as to envelope the body, legs and arms as well.

Keep adding boiling water to the foot bath at short intervals as the patient is able to bear it. A little mustard may also be added to the water. In fifteen or twenty minutes, if the treatment is given as it should be, and in a warm room, perspiration will begin. If the cold is in the lungs, three or four fomentations may be given to the chest, with the other treatment. Cold compresses may also be applied to the head to prevent faintness.

Hot water and lemon or hot water only should be drunk freely. The sweating may be kept up from thirty minutes to one hour. The patient should then be quickly sponged off with hot water and well wiped and the entire body thoroughly rubbed with a little olive oil. Then have him put on his night garments and at once go to bed. The bed should have been warmed previously. Place a hot bottle to the feet of the patient.

Have the patient remain in bed the next day, or if sunny, sit in the sun's rays. Give no solid foods, but water or fruit juices may be taken freely. Sub-acid fruits may be eaten. If necessary, repeat the treatment the next evening. Let easily-digested foods be eaten sparingly for a few days, and avoid exposure to draughts.

By following this simple treatment, the one suffering from influenza will not only make a speedy recovery, but will probably be in better health after recovering from the attack.

SOME say alcohol gives endurance. If so, why do great employers of labor cut off the supply of drink when work of an especially arduous or lengthened nature is required?

Cure-alls.

SOME startling exposures were recently made in a lecture by Dr. Mason, New Zealand's chief health officer, regarding the many advertized "cure-alls." We sincerely hope the good work begun in America and followed in New Zealand by Dr. Mason may be taken up by other health officers whose duty it is to enlighten an innocent and ignorant public, and that it may spread until *all* who still sit in darkness receive the light.

Dr. Mason declared that the gap between savagery and civilization was nowhere smaller than in New Zealand. A glance at the advertisements on the pages of magazines and other publications showed that there were millions of white people as credulous to-day



Thousands of Individuals make Shipwreck Each Year through "Cure-alls," falsely so-called. The Good Health stands for the Lighthouse, will you heed its warning?

as the humblest wabine in the King Country.

"Hundreds of scoundrels," he said, "are living, nay, making fortunes, out of such unimaginable fools as we seem to be." The "quack" assured the victim that he had a "short-cut" to health, which he alone sold, and the patient trusted in these "cure-alls."

One of the inducements to buyers of patent medicines was a declaration that all communications would be treated in strictest confidence, but it seemed that these so-called "confidential letters" were often hawked about. When one of these fakes in one city, who had received a confidential letter from a victim, had bled him to the utmost of his

power, he would pass the letter on, and the patient would suddenly receive a communication from another quarter, and so the business would go on until he was left penniless. The victim's only safety lay in not answering those communications.

Another matter was the alleged cures for dipsomania. Nearly every magazine had advertisements declaring that a drunkard could be cured, have the whole of his inner economy rearranged, inside a week, by absorbing a concoction secreted in his breakfast cup. The lecturer contended that there was no salvation for the drunkard except in remodelling the way of his life on sane, healthful lines. Outside a comic opera the claims of these patent "curers" could hardly have a place, and yet they were seriously believed.

He also referred to the "professor" who engages to increase the height of a person, notwithstanding the Scriptural saying that a man, by taking thought, cannot add a cubit to his stature. "By believing in these 'doctors,'" continued the speaker, "people displayed a greater faith than their belief in God."

Referring to electric belts, Dr. Mason submitted that they contained not a tittle of electricity. Describing different specimens of belts, Dr. M'Laughlin's and others, he traversed the claims of one constructed on the "dry cell" principle—"It ought to be spelt with an 's,'" he added. These belts were made of a series of small pieces of zinc and copper covered with some other material, at a total cost under 5s, but the cheapest retail price was £7 or £8.

Passing on to a drug called peruna, advertised in New Zealand, and mentioned in our last two issues, he remarked that there had been cases of people drinking themselves into a state of intoxication by using this drug. Analysis had shown that a sample of peruna contained more alcohol than some whisky. The percentage of alcohol was higher than the proportion in champagne or claret, and was much greater than the quota in beer. In America this drug, which was advertised in Wellington as a cure for consumption and a specific for the lying-in mother and her child, was prohibited by the government from distribution among the Indians.

Over £20,000,000 was paid out last year by peoples in civilized lands for these widely-advertized "fake" remedies. The time has come when every *honest* publisher should

refuse to advertize these so-called cure-alls. £8,000,000 is paid out annually for advertisements. How can the manufacturers afford to spend £8,000,000 annually for advertisements? Let us note the actual cost of the ingredients composing the medicines, and we shall understand.



Daisy Powders

Are a highly-recommended headache cure. The medicament consists of acetanilid alone. It is put up by the Daisy Limited Mammoth Works, Holbeck, Leeds, England. It is sold at 7½d per packet of ten powders, containing six grains to the powder. The estimated cost of ten powders is ½d.

Curic Wafers

Are recommended as "a safe and certain cure for headache, toothache, and neuralgia." They are put up in packages containing twelve wafers each, and are composed of acetanilid, phenacetin, and caffeine citrate. These packages are sold at 1/-, and the estimated cost is nine-tenths of a penny.



Stearn's Headache Cure

Is recommended as "a speedy, certain, and safe cure for headaches of all origin, whether sick, bilious, nervous, or hysterical." The contents are acetanilid, caffeine, and sugar of milk. It is sold at 1/-. The estimated cost of the package, containing twelve powders, is a little less than ½d.

Bell's Fairy Cure,

Which is stated to give instant relief in all cases of neuralgia, headache, etc., is also composed of acetanilid, phenacetin, and caffeine. The selling price of ten powders is 7d, the estimated cost of the ingredients $\frac{1}{4}$ d.

Kaputune

Is advertized to cure in ten minutes headache, neuralgia, and all other nerve pains. Eighteen powders are sold at 1/1. The cost of ingredients, acetanilid and sugar, is a little over $\frac{1}{4}$ d.

Hoffman's Harmless (?) Headache Powders

Are described as "a simple and effective cure for all headaches." This medicine is also composed of acetanilid, with the addition of sodium carbonate and cocoa. It sells at 1/1 per package of ten powders, and the cost is $\frac{1}{3}$ d. Acetanilid is one of the most harmful of all drugs. It especially injures the heart, it also shatters the nerves. The increase in deaths due to heart failure in modern times is no doubt largely due to the increased use of these headache and neuralgia cures.

There are many other so-called "cure-alls" used in Australia, not mentioned in this list. How can a person tell which are poisonous and which are not? Here is a simple test. Any drug or patent medicine that removes pain, reduces fever, or causes a feeling of well-being is dangerous, and should be avoided. But this is what they are *all* advertized to do. The only safe course to follow, therefore, is to avoid them all.

Simple and Effective Home Treatments.**Insomnia**

Is a most distressing condition. It may be palliated by the employment of what is known as the heating compress. The heating compress is made and applied as follows:

Take a piece of bleached cheesecloth, two yards long, and fold it lengthwise into three thicknesses. Begin at the end and roll it into a loose roll. Wet it in cold or tepid water, and wring out the dripping surplus. Wrap it round the body, over the abdomen. Over this wrap a flannel binder, and pin it snugly down the side with a few safety-pins. Over this it will be best to pin an oiled silk or oiled muslin binder. The flannel binder should overlap the cotton one a little. The flannel and oiled silk are best sewed together in one binder. In a short time after being

applied a gentle heat is felt all through the abdomen. The gentle heat dilates the abdominal bloodvessels, reducing the tension of those in the brain, thus inducing sleep. The sleep generally continues many hours.

Sore Throat

Is a common ailment associated with influenza, colds, and fevers. It is therefore important to know how to treat it. Nothing is better than the cooling compress. This must be properly applied. Many use this, but do not get the benefit from its use because it is carelessly applied.

The usual way it is done is to wet a cloth and put it around the neck, then to bind over it a wad of flannel three or four inches thick, and a comforter or two over that. That only makes a heating compress, and invites the blood to the throat, thus increasing the inflammation. The only way is to wet the end of a short towel for about six inches; place it across the neck, and wrap the dry part round the neck and over the wet part, pinning it fast. Evaporation will go on from such a compress all night, keeping the throat cool, and taking out the inflammation. There is no danger whatever of taking cold. This same treatment may be used in the treatment of inflamed pints, etc., with good results.

DO ALL TO THE GLORY OF GOD.**1 Cor. 10 : 31.**

When you think, when you speak, when you read,
When you write, when you sing, when you walk,
To be kept from all wrong, when at home or abroad,
Live always as under the eye of the Lord.

Whatever you think, never think what you feel
You would blush in the presence of God to reveal
Whatever you say, in a whisper or clear,
Say nothing you would not like Jesus to hear.
Whatever you read, though the page may allure,
Read nothing of which you are perfectly sure
Consternation at once would be seen in your look,
If Jesus should ask you to show Him the book.
Whatever you write, if in haste or with heed,
Write nothing you would not like Jesus to read.
Whatever you sing in the midst of your glees,
Sing naught that His listening ear would displease.
Wherever you go, never go where you'd fear,
If the great God should ask you, "How camest thou here?"

Turn away from each pleasure you'd shrink from pursuing,
If the Lord should look down and say "What art thou doing?"

COURAGE, hope, faith, sympathy, love, promote health and prolong life.

Spread of Vegetarianism Among the Better Classes.

THE popular Chinese Minister to the United States has become a pronounced advocate of vegetarianism and the simple life. Some years ago one of the division chiefs of the United States Postoffice department, a Mr. Bishop, being broken down in health, became a patient at the Battle Creek Sanitarium, and while there was under my personal care. He became so enthusiastic over the wonderful results which he experienced in consequence of his adoption of the simple principles and habits which he learned at the Sanitarium, that he prepared for his friends in Washington, D. C., a sanitarium banquet at one of the leading hotels of the city. The guests included many of the notable people of Washington, among others, Minister Wu Ting-fang.

Not long ago a prominent Philadelphia attorney received from Mr. Wu a letter, concerning which the following reference recently appeared in a leading newspaper:—

"The host of friends left behind him when Wu Ting-fang, one of the most noted diplomats of China, returned home from his duties as Chinese Minister to the United States, will be astonished to learn that Mr. Wu has given up eating meat and drinking tea and coffee, to say nothing of wines and 'good red liquor.'"

In his letter to the Philadelphia attorney, Mr. Wu says: "So it will interest you to know that I am now living on a simple diet of nuts, vegetables, and fruit, with no flesh or strong drinks, champagne included, of which, as you know, I was once very fond. It is my intention, whenever opportunity occurs, to preach the doctrine; in fact, I have done so to the Empress Dowager."

Mr. Wu Ting-fang is said to be one of the most intelligent and scholarly Chinamen who has ever visited America, having had a liberal education in the universities of Europe.

Medical Men Are Interested.

DR. PERKS of Paignton, England, in a recent public address in referring to the health side of vegetarianism quoted his own personal experience, which he claimed ought to have some special value because medical men were trained to special habits of observation. Until about twelve years ago he frequently

suffered from severe headaches which incapacitated him from his professional work on the average one day a month. He became acquainted with the vegetarian position in the pages of Dr. Haig's book and of other writers, and decided to leave off a flesh diet. In the course of a short time he found that the headaches were diminishing in frequency and severity; in six months they had ceased; and he had since had no return of them. Not only so, but he had experienced generally better health, had been capable of more sustained physical exertion, had enjoyed greater mental clearness, and had been practically immune from the smaller ailments. Indeed, it was hardly too much to say that one felt one's youth had been renewed to the extent of ten or fifteen years. Naturally he had compared his own experience with that of patients and others who had adopted vegetarianism, and he had known scarcely one who had not acknowledged a surprising increase of health, energy, and enjoyment of life.

Oftentimes, especially if a man was over forty, a change of diet caused some temporary disturbance of the constitution; but let not that discourage. The amount of the trouble was in fact in the same ratio as the need for a change. To the question why was it that the medical profession was not more in favor of a vegetarian diet, he replied that his profession, like many others, was apt to be conservative, but people would be surprised if they knew the number of medical men who were themselves vegetarians, and were quietly recommending vegetarianism or much greater temperance in meat-eating, to their patients. The vegetarian movement had long passed the stages of indifference and ridicule, and he ventured to think that it had now almost passed the stage of argument and was becoming generally recognized as sound in principle.

Population of France.

THE results of the French census of March 24, 1901, have only recently been published. The total population enumerated was 38,466,924. As might be expected with a declining birth-rate, the number of persons under twenty years of age has declined. This decrease has been greater for the male than the female sex, the diminution for the former in ten years having been seven per cent. and for the latter two per cent.

Why Doctors Give Medicine.

Mrs. Rogers lay in her bed,
 Bandaged and blistered from foot to head,
 Bandaged and blistered from head to toe,
 Mrs. Rogers was very low.
 Bottle and saucers, spoon and cup
 On the table stood bravely up;
 Physic of high and low degree;
 Calomel, catnip, boneset tea—
 Everything a body could bear,
 Excepting light and water and air.
 I opened the blinds, the day was bright,
 And God gave Mrs. Rogers some light.
 I opened the window; the day was fair,
 And God gave Mrs. Rogers some air.
 Bottles and blisters, powders and pills,
 Catnip, boneset, syrup, and quills,
 Drugs and medicines, high and low,
 I threw them as far as I could throw.
 "What are you doing?" my patient cried.
 "Frightening death," I coolly replied.
 "You are crazy!" a visitor said.
 I flung a bottle at her head.
 Deacon Rogers he came to me;
 "Wife is coming round," said he.
 "I really think she'll worry through;
 She scolds me just as she used to do.
 All the people have poohed and slurred,
 And the neighbours have had their word;
 'Twas better to perish, some of 'em say,
 Than be cured in such an irregular way."
 "Your wife," said I, "had God's good care,
 And His remedies—light, water, and air.
 All the doctors, beyond a doubt,
 Couldn't have cured Mrs. Rogers without."
 The deacon smiled and bowed his head;
 "Then your bill is nothing," he said.
 "God's be the glory, as you say;
 God bless you, doctor, good-day! good-day!"
 If ever I doctor that woman again
 I'll give her medicine made by men.
 —*Medical World.*

Queen Victoria Home for Consumptives.

CONSUMPTION, named by Professor Koch the "dwelling sickness," is a house disease, and is always commonest in poor and crowded areas, principally because the air in these places is impure. The organic impurities and noxious gases inhaled reduce the natural power and resistance of the lung tissue to germs of disease. Modern treatment consists in building up these barriers of defense. This necessitates pure air and good, nourishing food. We are informed that in the Queen Victoria Home of New South Wales, where this treatment is adopted, eighty to ninety per cent. of the cases that are treated are either benefited or cured. The examiners, however, receive only the cases that are most hopeful, three or four out of every five being rejected. The rejections are partially

due to the fact that only 192 patients can be accommodated during the year. Yet in New South Wales there are over 4,000 consumptives who need the accommodation of such a home. Many cases have to be turned away from these homes that should be isolated, and might be greatly benefited by the treatments.

In a country like ours, where the weather is never severely cold, tents could be provided at a small expense for many of these cases. Tents would be found in many respects to be superior to these homes, where so many have to be crowded together. The chief thing in any treatment for consumptives being pure, out-of-door air and nourishing food, none need be denied of these. The remedies are free, the only cost is the well-ventilated tent, which may be erected a short distance from any dwelling.

Dangers Attached to Eating Raw Foods and Fruit Skins.

PROFESSOR METCHNIKOFF, in his Harben lectures recently delivered at King's College, on the "Hygiene of the Alimentary Canal" (reported in the *Lancet*, June 2, 1906), warns us of the perils of eating certain vegetables and fruits unless previously boiled.

The Professor said: "Among fruits, it was principally strawberries which introduced parasites, ova, and infectious germs into the intestinal canal. It was therefore necessary to boil them. Even cherries, although growing on trees and far from the soil, should be carefully scalded or boiled, because the birds which took a bite out of them frequently contaminated them with contagious matter.

"As it could not be doubted that salad, radishes, and other raw vegetables transmitted entozoa and pathogenic microbes, their surveillance from a hygienic point of view became indispensable. Washing these vegetables, even with boiled water, was not sufficient, and it was necessary at least to scald them with boiling water, or better still, to boil them."

Appendicitis, he declared, was frequently caused by bites, from intestinal worms lodging in the cæcum, carrying microbes into the tissues of the appendix. The eggs of the worms adhere to the raw vegetables, and when introduced into the alimentary canal, afterwards develop. Hydatids may be caused in the same manner.

The Possibility of Disease Being Communicated Through Meat.

A CASE is recorded by Dr. Walder in which six hundred persons were attacked after eating the flesh of a calf which was killed when moribund. Six died, the post-mortem appearance being that of typhoid fever.

An instance is related of ninety-seven persons who ate the meat of a cow which, when



slaughtered, was ill of hemorrhagic enteritis. They were seized with symptoms like cholera within four to forty-eight hours.

Those who subsist largely upon meats are in constant danger of at some time eating the tissues of a diseased animal.

Many cases of illness are never traced to the true cause. Meat-eating is responsible for many of the sudden illnesses and sudden deaths.

THE British Australian Tobacco Company recently cleared from bond in one day a quantity of tobacco leaf for which the sum of £46,000 duty was paid. No wonder Australians complain of poverty. They are spending their money for that which is not bread, and their labor for that which can never satisfy.

"Do you like going to school, Johnny?" asked the visitor.

"Yes, sir," answered the truthful urchin; "and I like coming home, too, but I don't like staying there between times."

Is Salt Too Freely Used?

DR. HUTCHESON says,—

"Sodium is chiefly taken in the form of sodium chloride or common salt. Of this most people consume about *twenty grammes* daily, which is probably at least ten times as much as is really necessary to meet the needs of the body. It may be admitted that the amount of sodium chloride contained in a natural form in ordinary foods is quite sufficient for our needs, but there is no proof that an extra addition is in any way harmful. It is equally far from being proved that such addition conduces in any way to the well-being of the body. In large quantities it actually delays the process of digestion."

Dr. Braithwaite has suggested that excess of salt in the diet is a probable factor in causation of cancer. He says in the *Lancet*,—

"Wherever cancer exists, two, at least, of four factors must be present: one of these is salt in some excess, the other is a local irritant."

Dr. Haig, the author of "Uric Acid in Causation of Disease," says,—

"The question of salt-eating is one which requires consideration from several points of view. On ordinary diet I used to be an ordinary taker of salt. Two or three years ago I decided to give up salt entirely for a little and watch the results, and I found after doing this for several weeks that whenever I took salt again I got very decided nasal catarrh, almost as if I had taken an iodide. On the other hand it seems clear that I get all the chloride I want without its being added in noticeable quantities to my foods, for as soon as salt can be tasted in my vegetables or cheese I get symptoms of chloridism. As regards excretion of uric acid, salt does harm, for the addition of a mineral acid diminishes the alkalinity of the blood and tissue fluids. My own practice, therefore, is to take no salt except on the rare occasions that I feel a distinct desire for some, and I even go further and avoid those foods to which salt has been added in appreciable quantity."

A Friend Writes as Follows:

DR. KRESS,
Dear Sir,—

I have been reading your health books. Have left off meat, tea, coffee, and cocoa, for the last eight months. I take granose biscuits, protose, caramel cereal, rice, and eggs. I thank God and you that they came under my notice. I am so much better in health.

Tuberculosis and the Laundry.

At the last meeting of the Academic de Medicine, Professor Landouzy communicated the results of an inquiry into the mortality among a group of 257 workmen exposed to dust and treated as in-patients in the Laennec hospital during the years 1900 to 1904. All these men came from the hospital area, and lived in the same surroundings at home and at work; they had the same wages, and the same number of hours' work, the same kind of food; they also had the same alcoholic habits.

They worked in the same class of houses, and were treated by the same medical officers in the same hospital. In the 257 cases considered the tuberculous mortality was 7.78 per cent. A similar inquiry among 238 washermen and women, which Professor Landouzy embodied in a communication to the Tuberculosis Congress in Paris, showed that 143, or 60 per cent., died of tuberculosis. In 1903 alone, among thirty-seven deaths among laundry workers, twenty-nine, or 78 per cent., were from tuberculosis. Tuberculosis in both groups was almost exclusively pulmonary. This shows that bacilli-laden dust of dirty linen is the most active agent of that trade. A woman dies after fifteen years at this trade. A strong girl who starts as a washerwoman at the age of seventeen or nineteen is dead at thirty-two or thirty-four. Men resist rather longer when not alcoholic.

How to Live, and Still Be Useful in Old Age.

AN enquirer who a year or two ago asked at a great American factory where the older men were, was told to "go around to the cemetery." It is a sad fact that few men advanced in years are found in active life; they are either buried or shelved. Their usefulness is at an end. Yet according to the scientist Metchnikoff, "Man should be at his *best* at eighty-five, and still active at one hundred and twenty." Sir Benjamin Richardson also expressed his fixed opinion that *every* man and woman should reach the age of one hundred years.

Dr. Haig asserts that a rational dietary would lengthen the average of human life from forty or fifty years to twice this period at least. In the life of the distinguished octogenarian Miss Susan Anthony, we have illustrated what may be expected by the adoption of the simple life.

In addition to her simple diet, there are two other rules to which Miss Anthony has constantly adhered throughout her lifetime. The breathing of plenty of fresh air and the abundant use of pure water have been cardinal principles with her. She never fails to sleep with a wide-open window, even when the thermometer is at zero. And every morning she starts the day by rising at seven o'clock for a cold sponge bath, followed by a brisk rub.

Dr. Guy, in calculating the average duration of life in the wealthy classes, arrived at the very surprising result, with regard to adults, that the higher the position in the social scale, the more unlimited their means, the less the probability of a long life.

Labor in general, therefore, does not tend to shorten life; but on the contrary, by strengthening health, lengthens life; while, on the other hand, idleness and luxury are productive of the same results as the most unhealthy occupations.

Know Thyself.

THE ignorance that exists in regard to the needs and requirements of the human body is alarming. Men and woman eat they know not what, and they know not why. The engineer, or fireman, is compelled to pass a state examination to show his competency to fuel his boiler and run his engine. Yet it is of infinitely greater value to know how to fuel and run the human engine.

We make a study of the soil and expect results in farming or gardening only as we put into the soil the elements which it lacks. The successful farmer and orchardist must be a student.

The State Governor of Victoria once said, "Should we give the same thought and care to the development of our young men, that we do to our race horses, we would produce as fine a race as can be found anywhere in the world." He might have added that should we feed and treat our fine race horses as we do our children, in a very short time racing would be a thing of the past, because of horse degeneracy.

Horace Fletcher suggests some pertinent questions that it might be well for each one to ask for himself and of himself:—

"Considering my body as an engine, would I accept myself as a competent engineer on my own examination and confession?"

"Were I an iron-and-steel automobile, instead of a flesh-and-blood automobile, which I really am, could I get a license for myself as a *chauffeur*, to run myself with safety, based upon my knowledge of my own mechanism and the theory and development of my power?"

"Were I an owner of valuable live-stock, would I employ a farm-hand or a stable-hand, even at so low a wage as three pounds a month, who knew as little about the proper feeding of my animals as I know about the proper feeding of myself and children?"

Sydney Abattoirs.

THE agitation concerning the proposed removal of the Sydney abattoirs has brought out some things that ought to be known. The Mayor (Alderman Lucas), in speaking of Sydney's meat supply, recently quoted from a report which referred to the cruelty of cattle being kept in trucks or ungrassed paddocks for as long as *nine days* before being slaughtered, the cattle being literally starved. One of the aldermen replied, "No wonder we get bad meat."

The Mayor continued: "Now they say they want better facilities for taking cattle to Glebe Island. It is practically starving cattle by driving them such a long way from Homebush to Glebe. *On the arrival at the abattoirs the animals are killed almost at once. This should not be, for the cattle undergo most trying conditions in trucking, detention at Flemington Saleyards, and then a long hustle to the slaughter-house. The result is that the animals are unfit to kill.*"

When cattle are driven, and crowded together, and shunted about in trains, their flesh is fevered and certainly is unfit for human consumption, yet we are told that this is the meat furnished to the dwellers of Sydney. But why have slaughter-houses at all? Why breed and kill animals for food? Why not derive our nutriment direct from the products of the earth, and thus do away with this horrible business, the tendency of which is to brutalize those who are compelled to do the killing, etc.? So terrible have some of these districts become, that in Chicago the stockyards are known as "hell with the lid off."

MANY die from disease, the cause of which is wholly imaginary.

A CONTENTED mind, a cheerful spirit, is health to the body, and strength to the soul.

Patent Medicine Evil.

ALL patent medicines contain alcohol, and when given to the young may create a craving for alcohol which will later in life be satisfied at the public bar. Last month we called attention to peruna, a much advertized remedy. Peruna contains about forty per cent. of alcohol. Of the percentages of alcohol in some of the most commonly advertized nostrums, Hostetter's bitters contain, according to an official State analysis, forty-four per cent.; Lydia Pinkham appeals to suffering womanhood with twenty per cent.; Hood's sarsaparilla cures "that tired feeling" with eighteen per cent.; Burdock's blood bitters with twenty-five per cent.; Ayer's sarsaparilla with twenty-six per cent.; and Paine's celery compound with twenty-one per cent. The fact is that any of these remedies could be interchanged with peruna or with one another, so far as general effect goes. It should be noted that the



proportion of alcohol in these "medicines" is much greater than that in wine or beer.

The Warner safe cure, together with all the Warner remedies, according to Mr. Adams, in *Colliers*, is leased, managed, and controlled by the New York and Kentucky Distilling Company, manufacturers of standard whiskies. Duffy's malt whisky is another company of the New York and Kentucky concern. The supposed benefit derived from these nostrums is due to the presence of alcohol. They undoubtedly create a craving for strong drink, and the free use of these medicines by women probably explains the increase in female drunkards of recent years.

"IF our bodies are to become fit homes of the Spirit, we must set about clearing out the rubbish and refurnishing them. We can not see through the windows of our house if the panes are choked with dust, or clouded with tobacco smoke."

THE HOME.

A CHICKEN'S RIGHTS APPEAL.

A queer little chicken went out for a walk,
And, meeting another, both stopped for a talk.
"Don't you think," said the first, "we're dread-
fully used?"

I, for one, am tired of being abused.
Now to-day when I stepped in a neighboring yard,
Such a cry as was raised! I declare it seemed hard;
Just a few little seeds from the edge of a bed,
And a stone was aimed straight at my poor little
head."

And so I just said, "'Twas just so with me—
Such a fuss about nothing I never did see.
Now, for instance, one day I saw on the ground
Some little scarlet fruit, so tempting and round,
I thought I'd just try to see if 'twas sweet,
Or anyway fit for a chicken to eat.
So I scratched around, pecking at one here and
there,

When a dozen came flying like balls through the
air.

Then I hurried away as fast as I could,
And hid myself close in a neighboring wood,
While the farmer's wife said, 'Let me once catch
that hen—

She'd never peck my nice tomatoes again.'
Now imagine the state a chick's mind must be in
When the least little trifle can raise such a din.
I think human beings are far from polite.
Don't they know we must live? Isn't that a
chick's right?"

—Elizabeth A. Davis.

Willie Will Get On.

WILLIE THOMPSON, the office-boy to a large firm of publishers, was a smart lad, and when recently he was sent to one of the operative departments with a message, he noticed at once that something was wrong with the machinery. He returned, gave the alarm, and thus prevented much damage. The circumstance was reported to the head of the firm, before whom Willie was summoned.

"You have done me a very great service, my lad," said the genial chief. "In future your wages will be increased by one dollar weekly."

"Thank you, sir," said the bright little fellow. "I will do my best to be worth it, and to be a good servant to you."

The reply struck the chief almost as much as the lad's previous service had done.

"That's the right spirit, my lad," he said. "In all the years I have been in business, no one has ever thanked me in that way. I will make the increase two dollars. Now, what do you say to that?"

"Well, sir," said Willie, after a moment's hesitation, "would you mind if I said it again?"



The Procrastinator.

"If procrastination runs in your blood, and if you have come down from an indolent ancestry, you will be obliged to discipline yourself severely to overcome the 'putting off' habit, for every disagreeable task that confronts you will tempt you to postpone it. All sorts of excuses will present themselves to you, and the only way to overcome this fatal tendency is to compel yourself to begin at once the thing you dread. Do not allow the argument which, perhaps, speaks in your blood to confront you.

"Listen to nothing, but begin the work instantly, and you will soon conquer this unfortunate weakness which is fatal to all achievement, and death to any effective endeavor. Force yourself to begin immediately the task at hand.

"Procrastination is the greatest enemy of achievement. Nothing is more delusive than delay. The man who thinks he is going to do the delayed thing later, especially if it is a disagreeable task, will probably never do it."

"Uncooked Foods and How to Use Them."

THE heading of this article is the title of a work written by Mr. and Mrs. Eugene Christian.

Some years ago, being ill, Mr. Eugene Christian, then a tobacco expert, came to the Battle Creek Sanitarium for treatment and for the purpose of learning how to eat. While there he was under my personal care. Mr. Christian gradually regained his health and for the first time experienced the real joy of living.

In a letter recently received from him he says, "I am absolutely in perfect health."

His Only Chance.

"IS THERE a man in all this audience," demanded the female lecturer on woman's right, "that has done anything to lighten the burden on his wife's shoulders? What do you know of woman's work? Is there a man here," she continued, folding her arms and looking over the assembly with superb scorn, "that has ever got up in the morning, leaving his tired, worn-out wife to enjoy her slumbers, gone quietly downstairs, made the fire, cooked his own breakfast, sewed the missing buttons on the children's clothes, darned the family stockings, scoured the pots and kettles, cleaned and filled the lamps, and done all this, if necessary, day after day, uncomplainingly? If there be such a man in this audience, let him rise up! I should really like to see him!"

And, in the rear of the hall, a mild-looking man in spectacles, in obedience to the summons, timidly arose. He was the husband of the eloquent speaker. It was the first time he had ever had a chance to assert himself.

Food Adulteration and Results.

THE following deaths were recently reported in an American exchange, from the use of adulterated foods:—

Child died in Wimbledon, N. D., from eating candy colored with coal tar dye.

Charles Chapman, Holt, Mich., died from typhoid fever contracted after eating ice cream.

Hazel Garland, Howell, Mich., died from typhoid fever contracted after eating ice cream. Both cases reported to Michigan State Health Officer.

John Calvin Tucker, Martling, Ala., died from eating ice cream probably containing poisonous flavoring.

Herbert A. Wilcox, Alma, Mich., died from typhoid fever contracted directly after eating ice cream at a dinner after which a

score or more persons were afflicted with the same ailment.

Althea B. Soule, Alma, Mich., died from typhoid fever supposedly superinduced by same cause.

Two-year-old child of Frank Kolb, Iowa City, Ia., died from consuming an overdose of butter color.

Miss Tona Dunlap, Alebo, Ill., died from eating poisoned candy.

Twin babies, died at Providence, R. I., from chronic formaldehyde poisoning, the poison being contained in milk which it was used to preserve. Deaths reported to Providence Department of Health.

Martha Hargraves, 40 Colorado Ave., Chicago, died from arsenic contained in candy beads.

Dr. W. D. Bigelow, Chief of the Division of Foods, United States Bureau of Chemistry, relates an incident of hundreds of deaths being caused by beer being manufactured from glucose, in the manufacture of which sulphuric acid made from arsenic-bearing mineral had been employed.

The following case of illness was reported, showing the effects of formalin poisoning:—

"The past month a physician was called to attend a child, who, the father reported, showed symptoms that seemed to presage some contagious disease. The child's eyes were swollen and half shut, the cheeks highly flushed, and a red rash covered the arms and face. The physician pronounced it a case of formalin poisoning, due to eating canned goods in which this poisonous preservative had been used. The child was naturally delicate, and instead of affecting the stomach, as is usually the case, caused the outbreak as detailed above."

Twelve persons were poisoned at the Alhambra flats, Detroit, after eating products cooked from a can of baking powder in which was afterward found arsenic, enough, it was said, to kill a hundred persons.

Many of the American products here mentioned are used freely in Australasia. How many cases of sickness are produced by their use is not known. The ignorant never ascribe sickness to anything they may have eaten, and in fact among intelligent men and women much ignorance exists in this respect. Food adulteration is not confined to America by any means. Our safety is in using simple, natural foods prepared in a simple, natural manner, and to avoid, as far as possible, the questionable foods mentioned.

Give but Don't Take.

Old Dr. Grimm got sick a-bed, as doctors sometimes will;
His brother doctors were called in, for he was very ill.
All looking wise, they felt his pulse and squinted at his tongue;
Auscultated, felt, and thumped around his liver, heart, and lung;
And when they read his temperature, each solemnly shook his head,
As if to say, "His time is short; Old Grimm will soon be dead."
Leaving behind powders and pills, liquids of every hue,
They all stalked out with solemn air—as doctors often do.
Then Dr. Grimm winked both his eyes, and chuckled through his beard—
But right on time, and dose on dose, those nostrums disappeared!
Now, day by day, these medics came, unsmiling and sedate,
And day by day it seemed that death would seal their patient's fate;
And day by day they changed their drugs, the color and the style;
Directing how to take the stuff, they solemnly out would file,
And weaker, weaker, Grimm would wink and chuckle through his beard—
But right on time, and dose on dose, those nostrums disappeared!
One day there came a happy change, old Grimm much better grew;
The modest doctors took the praise—as doctors *sometimes* do.
When last they went, Grimm winked his eyes and chuckled loud and long,
As looking at the table near he viewed its bottle throng.
One by one he emptied them, nor left a single drop;
Then smiling, watched the bitter stuff slow mingle with the slop;
And lifting up his pillow with mysterious sort of air,
Raked from his bed, powders and pills that he had hidden there.
"Ain't this a measly mess of stuff?" unto himself he said;
"If this had got inside of me, I'd ten to one be dead!
When I began to dose and drug, this motto I did make;
Although the books may say to give, discretion says, 'Don't take!'"

Beer and Sickness.

SURGEON-GENERAL WEIR has forwarded the following striking statement on this subject to the Royal Army Temperance Association, with a letter in which he states: "When I first compiled this information, I was astounded to find that the consumption of beer is unfavorable to a

vigorous life in the East." Statement, showing the percentage of sick and deaths, and daily consumption of beer per man for the year ending June 30, 1903:—

Corps.	Beer per man daily.	Sickness Percentage	Deaths Percentage
"A"	4 pints.	96	5
"B"	2½ "	73	1
"C"	2 "	54	1

Beer-drinkers do not live out half their days.

Beer may be an aid in putting on adipose tissue, but the tissue is of an inferior quality. Beer causes fatty degeneration of the muscular tissues. Fatty degeneration of the heart is common among beer-drinkers. In Germany, where beer is freely used, heart disease has increased 300 per cent. among the young men in the past twenty years. It is said that one-half of the young men between the ages of eighteen and twenty-two are unable to bear arms, owing to heart disease brought about by the use of beer and tobacco.

Believes It Cannot Be too Widely Circulated.

TO THE Editor,
Dear Sir,

I cannot tell you how much I appreciate your valuable little journal. In my humble opinion it cannot be too widely circulated. Living as I do in tropical Queensland, I know something of the growing tendency, owing to want of knowledge, to consume alcohol. It is really thought by some that people living in the tropics cannot get along without it. This I know to be absolutely without foundation. I, like your journal, always preach more grain foods and fruit and less meat. If people studied their diet more, I'm sure this "unquenchable thirst" which some experience would not exist.

When one looks round and notices the evil consequences attending the consumption of alcohol and the use of improper foods, one cannot but feel impressed with the great need for workers such as yourself in the field of reform. But how hard it is to get people to listen to anything that is contrary to their accustomed style of living, especially with regard to diet. Beef, potatoes, bread, and tea are on the table almost every meal; and in the face of this, is it any wonder that people, especially women, complain of various ailments, which they attribute to the trying climate?

The work you have in hand is a noble one, and I'm proud to think that there are men of your profession who have the welfare of the people so much at heart. There is no wider field or more urgent work of reform than that in which your little paper claims to take some part. I trust you may long be spared to continue the good work you have taken up.

Yours very truly,
W. PALMER.

QUESTIONS and ANSWERS

Menopause.—What is the best treatment at the period of the menopause?

Ans.—The patient should be relieved, if possible, from care,—from burdens, either mental or physical. Remain out of doors as much as possible, especially if very nervous, or disturbed by "flushings." A prolonged neutral bath at ninety-two to ninety-six degrees, for twenty or thirty minutes, may be taken daily with advantage. A cool bath may be taken in the morning, but should be a towel rub or a cold mitten friction, rather than a cold tub bath or a cold shower bath; the shower and tub baths are too severe.

Coughs and Colds.—1. What is the proper way to treat a cough and cold? 2. Do you believe in drugs of any kind?

Ans.—See treatment for influenza on page 205.

Constipation.—Drinking hot milk, or rather boiled milk, gives me constipation; can I do anything to stop this? Should I drink the milk cold?

Ans.—Do not *drink* milk; milk is not a drink, it is a food. Malted nuts used in milk makes it easier of digestion by preventing the formation of large curds.

Throat Catarrh.—Sometimes I cough up from my throat little round balls which seem to be particles of food which have stuck in my throat and have partially decayed, for they have a most objectionable smell. I often gargle my throat after meals if I feel anything sticking there, but that does not seem to do much good. Can you advise a cure?

Ans.—Probably the substance is due to a dry form of catarrh. Improve the general health.

Giddiness.—My wife is sixty-three years of age and fairly stout. She appears to be fairly well but suddenly something comes over her and she becomes giddy and has to be led to the bed. Her head when on the pillow seems to be so heavy that it is with the greatest effort that she can raise it up. Sometimes she perspires freely when she has these attacks. Sometimes there is a pain in her foot, and as long as that remains, her head is not affected, and when she has the giddiness in the head, the pain is not in the foot.

Ans.—Your wife is evidently suffering with hyperæmia of the brain, or congestion of the brain, and is in danger of apoplexy. No doubt her digestive organs are also disturbed. She needs the best of care and attention for a time. A stay of three months at the Sanitarium during the warm weather would be just the thing for her. Here she could be under medical care and receive the treatment and diet indicated. Let her avoid tea, coffee, and cocoa, and use no sugar, or very little, and no greasy foods, pastry, or puddings.

I would advise granose biscuits and milk, green peas or green beans, rice, nut grains, granola, eggs occasionally, and fresh fruits. I also recommend a warm foot bath each night before going to bed.

Tobacco Poisoning in a Child.

DR. ROBERT BLEASDALE reported in the *British Medical Journal* the following case of tobacco poisoning:—

"On Good Friday last I was called in to see a boy, aged two years, whom I found to be in a dying condition from tobacco poisoning.

"I knew the child well. He was a strong, sturdy little fellow, but it appears that recently his mother had come to the conclusion that 'he had worms,' and she was on her way to my surgery accompanied by the boy when a bona-fide midwife met her and assured her that she could cure him.

"With the mother's consent this woman cut up half an ounce of thick twist tobacco and poured on boiling water. After allowing it to cool, she gave the boy an injection of about half a gill of this decoction, this being about half of what she had prepared. The child in a short time became comatose, and when I saw him he was in an advanced stage of narcosis. I was unable to discern any pulse, and the breathing had almost ceased. The pupils were widely dilated and insensitively.

"I proceeded at once with artificial respiration, and kept this up for about an hour, during which time I had instructed the friends to administer a soap-and-water enema. For the first twenty minutes there was little effect, and whenever I ceased artificial respiration the breathing stopped. Gradually, however, I noticed a change for the better, and at the end of about forty minutes the child vomited. After this the improvement continued, and I was able to cease my efforts at the end of an hour."

This is not the only way children may be poisoned with nicotine. There is no more effective way of introducing nicotine or any other volatile poison into the system than by inhalation. Thousands of infants and children die yearly from nicotine poisoning because compelled to inhale a nicotine-laden atmosphere.

THE men and women who are lifting the world upward and onward are those who encourage more than criticize.

NEWS & NOTES.

THE birthrate in England and Wales during the past quarter was 27.5 per 1000—the lowest on record.

The birthrate in the United Kingdom has been steadily decreasing since 1895, when it was 29.4 per 1000. In 1904, the latest return available, the rate per 1000 was 27.6.

THE Londoner's departure from the normal can be estimated by the fact that in the London Hospital alone, during one year, according to Sir Frederick Treves, there is used—

1,000,000 pills.
 Three tons of Epsom salts.
 Three tons of carbolic acid.
 Three tons of ether and chloroform.
 Ten tons of lint.
 Eight tons of cotton wool.
 Seven hundred kangaroos for supplying ligaments for tendons.

In one year this hospital had 14,394 operations, or forty every day.

A DEPUTATION waited on the West Australian Premier and asked him to introduce a Local Option Bill. One of the speakers stated that Western Australia occupies the unenviable position of holding the world's record as far as the consumption of drink is concerned. In 1904 the drink bill was £2,381,768, which worked out at 10s 9d per head of the male adults per week, or nearly £28 per year. The Premier said that all were practically agreed as to the value of the principle of local option. He promised to consult his colleagues with a view to seeing if the wishes of the deputation could be met.

P. T. BARNUM once said: "I will undertake to give bond for the fulfilment of a contract that if the city of Philadelphia will stop selling liquor, and give me as much as was expended for liquor last year to run the city next year, I will pay all the city expenses, no one shall pay taxes, and there shall be no

insurances on property, and a good suit of clothes shall be given to every poor man, woman, and child, and a barrel of flour to every needy and worthy person, and then I shall make half a million dollars by the operation."

THE following figures, based upon government returns, give the average expenditure during the past ten years on the articles named:—

Bread	£78,000,000
Butter and cheese	39,000,000
Milk	34,000,000
Eggs	11,000,000
Fruit	10,000,000
	£172,000,000
For alcoholic liquors alone	£175,000,000

DR. CUYLER, who has been for sixty years engaged in ministerial work, says: "Many make the mistake of attempting studious, mental work at night with a brain fatigued by the duties of the day. Burning the midnight oil means burning out one's life before it is time. Morning is the time for work, for one hour before noon is said to be worth five after sunset. Heavy brain work should be followed by physical exercise, for hard brain work and hearty eating, with little or no physical exercise, are a short road to the grave."

THOMAS A. EDISON, the inventor, in discussing his well-known theory that people sleep too much, added to it a statement of his belief that people eat too much as well. Stomach trouble made it necessary for Mr. Edison to reduce his diet, and after living for two months on twelve ounces of food a day, he found not only that he was as heavy and strong as ever, but also that his mind was clearer.

"The country is food-drunk," he declared in an interview. "I have investigated the subject enough to discover that a man can't do good, clear, logical brain work with his stomach full of undigested food. The fact is, people eat too much, sleep too much, and don't work enough. Men eat and sleep themselves stupid. Sometimes they eat and sleep themselves into the grave."—*National Daily Review*.

The Australian and The Rabbit.

DR. DANYSZ's anti-rabbit microbes have been the means of bringing to light some things which must appear strange to the consumer of rabbit flesh. Disease, especially hydatids, is said to be very common among them, and the inspection is said to be a mere farce, diseased animals being sold without let or hindrance. The prevalence of hydatids in the rabbit would no doubt explain the prevalence of this disease among sheep and other creatures with which they associate in the fields. The destruction of the rabbits as considered by some would be a financial loss to the country. It is evidently so regarded by the Minister of Customs for New South Wales, who recently said he regarded it as "criminal" for people to seek to create a panic against the consumption of rabbit flesh on the ground that some of the carcasses may contain hydatids. As a matter of fact, he said, it is well known that many animals, and especially sheep and wallabies, in the hilly country, suffer to an extent from hydatids, and, moreover, cattle are prone to certain blood disorders. "If certain pastoralists who were trying to raise a scare did not exercise care," said the minister, "they might be hoist with their own petard, as the prejudice being fostered against rabbit flesh might be directed against meat of every sort." The minister is right.

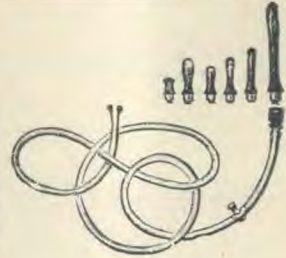
Digestive Action of Fruits.

IN the London *Lancet*, J. G. Sharp shows that many common fruits contain ferments which play the part of papain and bromaline

(ferment of pineapple), and that they can digest both egg and serum albumin to a limited extent. The fruits experimented with were strawberries, cherries, oranges, pears, and apples. To obtain most benefit from them they should be eaten at the end of the chief meal. Oranges are said to be highly efficacious as an aid to digestion.

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The Good Health Library.

The following booklets are published at the GOOD HEALTH office, and may be obtained at any time, either from the publishers direct, or through any of the health food agencies:—

A Food Guide in Health and Disease.—A most important booklet which contains a lot of valuable information. Price, post-paid, 2d, 5s per 100.

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Appendicitis.—Just the booklet for those afflicted with this disease. It deals with the nature, effects, and treatment of the disease. Valuable advice given. Price, 4d, post-paid.

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Nut Meat A combination of the choicest nuts and grains, possessing nutritive value, taste, texture, and appearance in advance of the best beefsteak. Being thoroughly cooked and preserved, is ready for immediate use, and is suited to all the purposes for which flesh is in demand.

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- Oxford Chambers, 473-481 Bourke Street, Melbourne, Victoria.
- Sub-Agency of Victorian Tract Society, E. C. Terry, Corryong, Upper Murray.
- 186 Edward Street, Brisbane, Queensland.
- N. Queensland Tract Society, Eyre Street, North Ward, Townsville, Q.

- Hydropathic Institute, Victoria Square, Adelaide, S. A.
- 127 Liverpool Street, Hobart, Tasmania.
- 131 St. John's St., Launceston, Tasmania.
- 246 William St., Perth, West Australia.
- 37 Taranaki St., Wellington, N. Z.
- E. C. Davey, 213 Orchard Road, Singapore, Straits Settlements.
- Sanitarium Food Co., Papanui, Christchurch, N. Z.

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