

GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

July 1, 1908.

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VOL. 11.

NO. 7.

GOOD HEALTH

July 1, 1908

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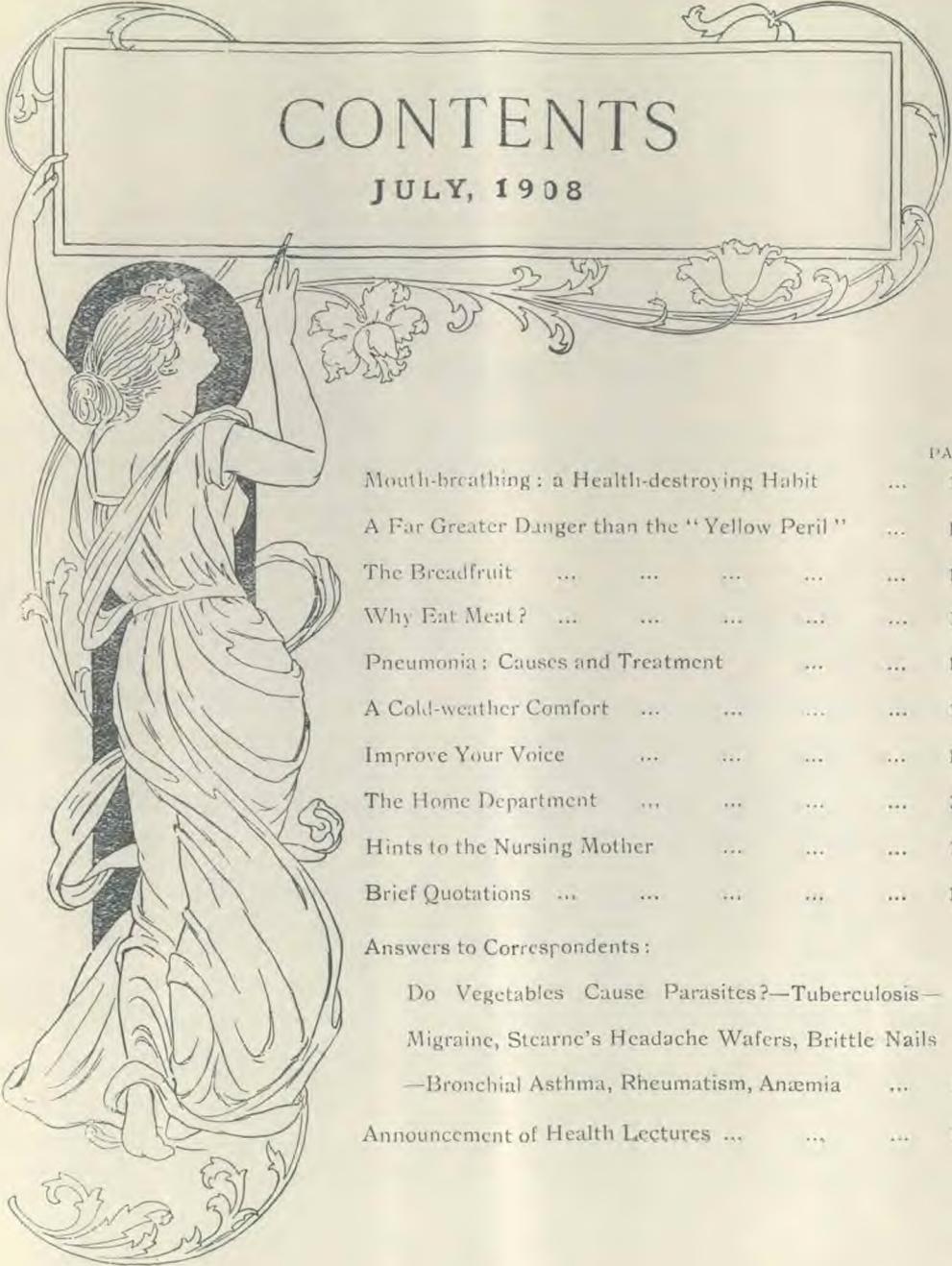
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Enjoying Nature's Choicest Beverage.

Good Health, July 1, 1908.

GOOD HEALTH

A Teacher of Hygiene

Vol. 11.

Cooranbong, N. S. W., July 1, 1908.

No. 7.

Mouth-Breathing: A Health-destroying Habit.

A GOOD HEALTH reader inquires, "What are the results of habitual mouth-breathing? If it is considered an injurious habit, please give an effective remedy for breaking up the practice, especially during sleeping hours, when it seems more difficult to correct than at any other time."

Mouth breathing is certainly an injurious habit. No doubt the larger proportion of the diseases of the nose, throat, and chest are directly due to this unnatural practice. The nostrils are especially adapted by nature to the preparation of air for the lungs. They are fitted with scroll-like bones, which are covered with a moist, warm membrane. This membrane warms the air and catches particles of dust, disease germs, and other foreign matter. This process of air filtration is begun by numerous fine hairs which guard the entrance to the nostrils, and is continued by the membrane lining the entire nasal canal and the pharynx, a distance of six or eight inches. As the air if taken through the nose is compelled to pass through narrow channels, lined with these filtering membranes, its cleansing is bound to be thorough.

The mouth is not intended for breathing purposes, so is not in any way fitted for warming and filtering the air. The passage from the lips to the windpipe is comparatively short, straight, and open, so that air when breathed through the mouth enters the respiratory organs almost unaltered. Cold, dust-laden air passes freely into the windpipe and bronchial tubes, carrying disease and death with it.

EVIL RESULTS OF MOUTH-BREATHING.

Disease and deformity due to mouth-breathing begin in infancy and early childhood. The nose becomes obstructed through the accumulation of secretions, and the child finds relief by breathing through the mouth. If

the nose were promptly cleansed by means of a nasal douche, its functions would shortly be resumed. Failure to attend to this, however, causes mouth-breathing to be continued until it becomes a fixed habit. Sooner or later the secretions which obstruct the nostrils are replaced by spongy growths, called *adenoids*. After this has occurred, it is useless to tell the child to breathe through the nose, as the air passages have been almost completely obstructed. Various deformities result from this changed relation of the nose and mouth. The nose appears pinched, the palate becomes higher and more arched, the lower jaw recedes, and the face assumes a vacant expression. The voice is altered, becoming nasal in tone, and the hearing is impaired, deafness sometimes resulting. The child becomes anæmic and comparatively sluggish and inactive. Growth is checked, defective development of the chest and lungs results, and pigeon breasts and other deformities of the chest are common.

Among the later effects of mouth-breathing may be catalogued most of the diseases of the nose, throat, and chest, not excluding consumption. In children and youth enlargement of the tonsils almost invariably results. This congested condition of the tonsils prepares the way for frequent attacks of tonsillitis, and also favors diphtheritic infections. Through the diseased tonsils the tubercle bacillus frequently finds its way to the lymph glands of the neck and chest. Through the disuse of the nose, chronic nasal catarrh is produced. Acute or chronic pharyngitis, laryngitis, and bronchitis are common ailments in mouth-breathers.

PREVENTION AND CURE.

A thoughtful consideration of these facts should lead parents to seek to prevent the formation of so dangerous a habit in their children. In case a young child contracts a cold, the disease should not be allowed to run its course. A warm bath should be ad-

ministered and the child put to bed and kept warm. The nose should be carefully cleansed with a solution of salt and water in the proportion of a teaspoonful to a pint. This solution may be used in a fountain syringe held not more than six or eight inches above the child's head, or it may be gently forced into one nostril and permitted to escape through the other by means of a small soft rubber nasal syringe. In either case the child should be held in the lap with the head bent over a basin. Inhalations of oil of peppermint, eucalyptus, or menthol are helpful in cutting short the attack. Parke, Davis & Co's. Chlorotone Inhalent is very pleasant and effective. The most convenient method of using is to place a few drops upon a piece of absorbent cotton. As the air is inhaled through this the essential oils are carried with it, thus disinfecting the respiratory tract.

In the early stages of adenoids much may be accomplished by the persistent practice of deep breathing and various respiratory exercises. An excellent exercise is forced breathing through one nostril at a time. The air dilates the obstructed passage. The same result is attained by persistent nasal breathing during brisk exercise.

Thorough cleansing of the nose twice daily with cold normal salt solution (one teaspoonful of common salt to a pint of water) together with the persistent practice of breathing-exercises will bring about a cure in a mild case of adenoids. The simplest way of using the salt water is to draw it through the nostrils from a glass.

The more advanced cases of adenoids, and mouth-breathing due to deformities of the nose or obstruction by polypi or other growths, require surgical treatment. In all cases the operation should be followed by the treatment described above, and persistent effort to break the habit of mouth-breathing.

CONCERNING ADULTS WHO SNORE.

Snoring is always due to mouth-breathing. The mouth-breathing may be due to obstruction of the nose, but is more commonly the result of position during sleep. For example, when one falls asleep in a chair the muscles of the jaw relax, the chin drops, and snoring results. The same thing is likely to occur when one sleeps in the dorsal position. The remedy is obvious. Such a position should be chosen before one falls asleep that the chin will be supported by the pillow or the arm. The prone position is a good one, with

the face turned slightly to one side. If one must sleep upon the back, the jaw may be tightly held in place by a bandage passed over the head. If this does not succeed, a second bandage may be tied over the mouth. In case of nasal obstruction the condition should receive appropriate surgical treatment.

A Far Greater Danger than the "Yellow Peril,"

Pointed Out by Dr. J. L. Kiehl.

THERE is a far greater danger menacing the white race than the dreaded "yellow peril." Those who study statistics predict that the white race will eventually annihilate itself by its excessive use of alcohol, and if strong measures are not taken in those countries where the evil is greatest, the end will come within a time that can be approximated. For many years, while only men drank, the bad effects were in part counteracted by the abstemiousness of the women, so that every new generation inherited only one-half of the poisoned blood. Now, however, in many countries the evil has become common among women as well, and the deterioration of the race is proceeding with rapid strides. The statistics of illness, insanity, and crime show to what a great extent the destroyers of the human race are aided by alcohol.

RESULT OF THE FRENCH INQUIRY.

Two years ago the Academy of Medicine in France instituted a rigid inquiry into all causes of death and insanity, and it was found that alcohol caused more than one-third of all the deaths. In ten per cent. of the cases it was the direct, and in twenty-four per cent. the indirect, cause. One-half of the cases of insanity had to be ascribed to the same cause. In some countries eighty per cent. of the crimes committed can be traced to alcohol; in other countries it is from thirty to eighty per cent. This gives only the cases in which alcohol was the direct cause. The indirect influence of alcohol is, of course, not so easily ascertainable, but in many cases an alcoholic ancestry can safely be set down as the primary cause of many crimes.

In Holland the national conscience has awakened to the evil of alcoholism, and many societies have begun a strenuous campaign against it. The government gives an annual subsidy to carry on the crusade. The effects can already be seen, although it will, of course,

take many years of hard work to lay the enemy low. Still, Holland has lost its third or fourth place in the list of drinking nations, seeing itself surpassed by Belgium and France. But, although that is something, there is still a great deal to be done if we consider that for every 240 inhabitants there is one liquor shop, or some 22,400 in all. Still, one seldom meets a drunkard in the streets, Holland in this respect contrasting favorably with Belgium, and drunkenness among women is rare. A law which has done much good is that which prohibits the selling of spirituous drinks to minors. Yet it is hard work for the lawyer to eradicate bad habits if the people themselves do not co-operate. This, happily, is increasingly the case. Medical and religious bodies have pointed out the danger to the nation, and from among the people themselves they receive strong support. The adult societies now number some 52,765 members, while the children's societies number 20,507. Besides the above-mentioned there are some twenty-three other organizations in Holland, all striving after the same high ideal of releasing the nation from its slavery to King Alcohol.

CAUSED BY THE CLIMATE.

To understand the hold which the drinking of spirituous liquor has obtained over the Dutch it must be remembered that the climate of Holland is very variable, damp, and chilly, and that alcohol was long looked upon as a kind of food stuff having health-giving and anti-rheumatic properties. Therefore those who had to go about in wind and weather regularly took their "dram to keep the damp out." So, for instance, sailors on Dutch ships were given their regulation dram every day. On men-of-war it was even deemed a breach of discipline to refuse it, and it is only quite lately that the total abstainer is allowed to do without it and is given instead a small compensation in money when he gets his pay. Some twenty years ago it was still the custom in every Dutch household to take a glass of port, sherry, or liquor at four o'clock in the afternoon, and the men at their clubs still adhere to their "bitters" to give themselves an appetite for dinner.

FOR TOTAL ABSTINENCE.

And yet, if any radical good is to accrue to the nation by the anti-alcohol propaganda, even the moderate drinker will have to reform, for the medical profession is becoming more

and more convinced that it is only by total abstinence that the individual can put forth his full mental and physical force, and that even the restricted use of spirits has a most detrimental effect upon children of drinkers.

Eight hundred prominent medical men have just published a kind of manifesto in which they expose, in popular form, the dangers of even a moderate regular use of alcohol. They point to the many accidents in railways, shipping and the industries in which alcohol was the cause; the misery and crime engendered, not only to the drinker, but also to his whole family, his descendants, and to all of those with whom he comes in contact.

They conclude by saying it is their conviction that when once alcohol shall have been eliminated from the regular daily list of foods, many social questions will be found easier of solution, and that the human system will attain greater strength to combat the onslaughts of illness and especially of infectious diseases and nervous disorder.

It may not be amiss to refer to the opinion of the polar explorer, Dr. Nansen. When he was asked whether he had taken alcohol with him on his Arctic sledge trip, he answered; "Most certainly not. If I had I feel sure that none of us would ever have returned."

The Breadfruit.

OUR cover illustration this month shows a fine bunch of breadfruit, the photograph of which was kindly sent us by Miss Ella Boyd, teacher of a native missionary school in Tonga.

Dr. Solander, the botanist, who was with Captain Cook, called the breadfruit "the most useful vegetable in the world." It has been said that this fruit is to the Polynesians what corn is to other nations. Breadfruit is very nutritious, and is highly esteemed by many Europeans. It is prepared for use by cooking in a hole dug in the ground, or by roasting in the fire until the outer covering is charred. The pulp when roasted is white and mealy, but unlike any other food in flavor and texture. It takes the place of potatoes, and serves as the staff of life to those who do not have bread. When thoroughly ripened it becomes soft and yellow, in which form it is used for making soups and various preparations by the addition of cocoanut milk and other elements. Breadfruit is very perishable and

consequently is never seen in the Temperate Zone. It flourishes in the Tropics only.

Breadfruit grows in clusters on a very large and ornamental tree with bright green leaves one to two feet long. Each breadfruit weighs three or four pounds. The tree yields its fruit continuously during eight or nine months of the year. From the inner bark of

the tree, native clothing is manufactured.

The botanical name of the breadfruit is *Artocarpus incisa*, *artos* meaning bread and *carpus* fruit. The tree belongs to the nettle family. The memorable mutiny of the *Bounty* occurred while Captain Bligh was taking the breadfruit over to introduce it into the West Indian colonies.

Why Eat Meat ?

NO. 2.—BY A. W. SEMMENS, MANAGER OF SYDNEY SANITARIUM.

AS PREVIOUSLY stated, the introduced uric acid prevents the solubility of uric acid already formed in the body, and so hinders its excretions. As a result of this, if a man forms from seven to ten grains a day, and introduces another four to five grains in his food, he will probably fail to excrete all the uric acid he has to deal with, and will soon accumulate a more or less large store in the body.

Another point, if a man forms ten grains a day, and introduces only one grain a day, he may very probably excrete day by day all the uric acid he has to deal with, and may consequently never form an accumulation at all.

In other words all the formation of uric acid will do no harm, provided a large amount of introduction is not added to it. Flesh food is not the only product that introduces poison into the body, but is one of the chief factors in such introduction.

Fifty per cent. of the uric acid formed in the body is oxidized into urea. Uric acid may thus be regarded as an intermediate product, and its appearance in the urine (red brick dust) is an indication of incomplete oxidation of nitrogenous material, *i. e.*, it has not been used up in tissue formation. It then becomes a waste product and an imposition on the organs of excretion—the kidneys.

Many are deceived by the idea that beef tea is strengthening. Dr. Miller Fothergill says, "All the bloodshed caused by the war-like ambition of Napoleon is as nothing compared to the myriads of persons who have sunk into their graves through a misplaced confidence in the food value of beef tea."

The late Sir William Roberts, in his work entitled "Digestion and Dirt," said, "There is a widespread misapprehension among the

public in regard to the nutritive value of beef tea."

Albert Searl, Esquire, E. C. S., in "The Relationship of Commercial Aids to the Work of the Medical Profession," says: "I come now to the consideration of what was formerly regarded as the 'sheet anchor' of sick-room dietary—beef tea. . . . When prepared in the ordinary way it is a sheer waste of time and material, as it has been conclusively proved that ordinary beef tea is devoid of all nourishment."

In experiments recently made by Professor Snyder, of the University of Minnesota, United States, it was found that "a dog fed on beef extract entirely, died from starvation sooner than a dog that was deprived of all food." The reason assigned is that the beef extract stimulates the body to draw upon its own tissue for food.

Strange that in all fevers flesh foods are withheld on account of the failure of the gastric glands to secrete hydrochloric acid. Yet beef tea is given, which according to Professor von Bunge of Basel, Switzerland, in his admirable work on physiological chemistry, a standard authority, contains, outside of a minute quantity of gelatin, which is excluded from beef extracts, only decomposing products of food stuffs, which can not be regarded as nutritious.

It is in reality a solution of tissue poisons, and we have learned that one of these most poisonous products is uric acid. Then to withhold flesh and give beef tea, would simply be a paradox.

That this, then, in the very nature of things deteriorates the tissues of the body and so lessens the vital resistance of it against disease, is apparent from the facts that have already been deduced.

Leading medical teachers in France are

sounding a note of warning against the exclusive use of lean meats in diabetes, a disease in which lean meat was formerly supposed to be almost a panacea. A close study of the history of these cases has shown that an exclusive meat diet is not infrequently a cause of death through the accumulation of so great a quantity of ptomaines within the body, that the kidneys fail to cope with it.

Professor Borfelt says: "It is the duty of the physician who places his patient on a lean meat diet, to inform him of the fact that he is living close to the border line, and that his situation is like that of a man walking along the brink of a precipice; that he must on no account submit himself to the influence of an anæsthetic without first undergoing a few days' preparation, including an entire change of diet; and the truly wise physician will further instruct his patient that it can not be safely adopted as a continuous dietary without risk of constitutional injury."

Dr. Lauder Brunton has also called attention to the fact that from chloroform, anæsthesia is probably due, not to the chloroform itself, but to the fact that it arrests the elimination of tissue poisons, and that death is the result of these poisons rather than of the chloroform.

Dr. Brunton says that deaths from chloroform are on the increase in England, which fact he attributes to the increase in the use of meats.

The practice often resorted to by medical men of permitting children to suck raw meat can not be too sharply criticised and condemned as an abominable regimen, and one that lays the foundation for future and extreme damage to the liver and spleen.

The Salisbury cure is another imposition upon the human system. While apparently curing one difficulty and affording temporary relief the exclusive meat diet is certain to be followed later by a whole series of nutritive disorders, resulting from the over-stimulation of tissue activity, produced by an excess of nitrogen elimination, and from the accumulation in the body of uric acid, and various toxic waste substances necessarily present in all flesh meats of every description.

A glance at the accompanying table, giving the results of the latest investigations of Hall and Robins, ought to be sufficient to persuade any one of the folly of a meat diet.

The table, as given, presents some very interesting features, to which attention should be called especially. It has always been

understood that dark meats contain more uric acid and other extractives than lighter meats, such as chicken, fowl, veal, etc.; but the latest investigations of Dr. Hall, the results of which are set forth in the table quoted, also show that white meats as well as red contain uric acid in large quantities.

AMOUNT OF URIC ACID IN FOODS.

	Grs. per lb.
Fish (Salmon)	3.15
Mutton	6.75
Veal	8.84
Pork	8.48
Sweetbread (thymus)	70.43
Beef Steak	14.45
Liver	19.26
Kidney (of sheep)	3.50
Soup (made from bones)48
Hospital beef tea (cooked 8 hrs.)	7.00
Fowl	1.70
Rabbit	1.00
Mackerel (boiled 15 mins.)	1.00
Herring (kippered)	6.40
Herring (fresh)20
Herring (bloated)	2.20
Meat Juice	49.70
Meat Extract	63.00
Tea	175.00
Coffee	70.00
Cocoa	59.00
Wheat Bread (white)00
Oatmeal	3.46
Rice00
Peas	2.45
Beans	4.17
Potatoes04
Cabbage00
Cauliflower	1.50
Asparagus	1.50
Eggs00
Milk00
Soup (made from meat)	1.40

Once again scientific investigation proves that flesh food is inferior to vegetables. Why then eat meat?

PHILIP MUSKETT says, "This (Australia) is a land where meat-worshippers abide. But it is signally true, also, that Australia is a territory teeming with constipation, muscular rheumatism, goutiness, indigestion, liver disorders, rheumatism of joints, and uric acid"

"We may traverse the longest pathway,
If we only forge ahead,
Keeping the goal before us
With unfaltering, steady tread.
We may move the stones that strew it,
If we work, and work, and work;
But we never see the ending,
If we sit, and wish, and shirk."

Pneumonia: Causes and Treatment.

BY D. H. KRESS, M.D., SUPERINTENDENT OF WASHINGTON SANITARIUM, U. S. A.

PNEUMONIA, one of the most widespread and most to be dreaded of diseases, is present in all climates, and attacks people of all ages and during all seasons. The sudden temperature changes of spring may explain its greater frequency at that time of the year.

PREDISPOSING CAUSES.

Anything which lowers the vitality of the lung tissue renders one more liable to an attack of pneumonia. Among adults, alcoholism is one of the most potent of predisposing causes. The disease frequently follows a cold, or an attack of influenza.

Those who live high and exercise little are especially subject to the disease, and with such it frequently proves fatal. As a result of overloading the system with material that can not be appropriated, cell activity is lessened, tissue vitality is lowered, the circulation is rendered sluggish, and the internal organs, especially the lungs, are engorged. This is a condition that frequently precedes pneumonia. Exposure to cold or chilling of the body aggravates this condition, increasing the lung engorgement, and preparing soil favorable for the growth of the germs.

THE PNEUMONIA GERM.

Pneumonia is believed to be due to a specific micro organism, or germ, and to be communicable from one person to another. There are numerous instances on record where several members of the same family were, one after another, stricken down with the disease.

The germ is always present in the saliva of persons who have recently recovered from an attack, and may be present for years after. In fact it is frequently found in the mouths of healthy individuals who have never had pneumonia.

Like the germ of tuberculosis, it is present nearly everywhere; but while the tubercle bacillus produces its most fatal effects on those who are poorly nourished, the germ of pneumonia is more apt to cause a fatal termination when it gains a foothold in the lungs of the overfed and overnourished, gouty, or rheumatic subject. It is usually the weakling who succumbs to tuberculosis. It is

often the middle-aged man who appears to be as sound as a dollar, that the pneumonia germ selects.

PROGNOSIS.

While the disease is not apt, as a rule, to be fatal in childhood, a fatal end is almost a matter of course in the aged, and in those suffering from heart weakness, or kidney disease, or from diabetes. The disease is also highly fatal in the "well-nourished," the stout, the apparently robust who are fond of the pleasures of the table, and perhaps include more or less of alcoholic drink in their intake, and use meat freely.

Pneumonia usually runs its course, and not much can be done to abort it; but care in the matter of treatment and diet adds greatly to the comfort of the patient, and favors recovery.

TREATMENT.

The disease requires prompt and careful treatment. It is impossible to outline a treatment that can be employed in every case. The condition of the patient must be understood.

Heroic treatments should not be given by novices, as much harm may be done. As a rule, there is more danger in attempting to do too much than in doing too little. It goes without saying that the welfare of the patient depends very much on the skill and the experience of the attendant.

The aim of all treatment should be: (1) To relieve the engorged condition of the lungs; (2) to reduce the local inflammation; and (3) to allay the symptoms which distress the patient, such as pain and difficulty of breathing.

For the relief of pain, fomentations applied over the chest, in front and behind, for ten or fifteen minutes, will be found of value.

On removing the fomentation, a cold compress should be applied both to the front and to the back of the chest. The compress applied to the front should cover chiefly the parts involved, and should be kept cold by changing every few minutes. The compress applied to the back should be allowed to remain as a heating compress until the next fomentation

is applied, which should be after an interval of one or two hours.

The feet and arms should be kept warm constantly. This is important, as chilling of the extremities throws more blood into the interior, and embarrasses the already overworked heart and lungs. The circulation of the blood to the skin should be encouraged by cold mitten friction or cold towel rubs. The treatment serves a double purpose—the friction draws the blood away from the internal organs to the periphery, thus relieving the labored breathing and easing the heart's action; and the application of cold water lowers the temperature, and increases the oxidation and elimination of wastes.

If the fever is high, a wet-sheet pack may be preferred. Wring a sheet out of cold water, and wrap it snugly and rapidly around the patient, and around this one or two blankets, arranged so as to exclude the air. If the feet are kept warm, a reaction will occur in a short time, and the blood will be drawn to the periphery. Sweating may be induced by prolonging the wet-sheet pack, and in most cases will be found beneficial.

An enema of cool water may also be used as an aid in lowering the temperature. Encourage the drinking of cold water. Sipping of hot water will often relieve the cough.

The bowels may be kept open, if necessary, by a light cathartic.

Blue lips and labored breathing indicate extreme congestion of the lungs and failure of the heart, and call for immediate attention. Derivative treatment should be given at once. The hot hip- and leg-pack, with heat to the

feet, is an excellent means of affording relief. An ice-bag or a frequently renewed cold compress should be placed over the heart.

As soon as the inflammation of the lungs begins to subside, the cold compresses are no longer necessary. A general heating compress should then be used to promote the circulation of the blood through the diseased area and to encourage absorption.

Other treatment may be indicated. The one thing that should be kept in mind in giving treatments is the condition of the patients, and the treatments should be modified to meet each individual case. Any treatment which successfully equalizes the circulation and draws the blood from the engorged lungs and that will reduce the local inflammation, may be safely employed.

The open-air treatment of pneumonia, giving the patient unlimited opportunity to breathe pure air, is gaining favor in this disease.

DIET.

Attention should be given to diet. While in tuberculosis the chief aim is to improve the nutrition by feeding the patient on nourishing food, and plenty of it, in pneumonia it is best to feed sparingly, and of foods which contain comparatively little of the albuminous elements. Meats, eggs, beans, nuts, and nut preparations should be avoided. Beef extracts are dangerous, and aggravate the trouble. Fruit juices are beneficial in all stages of the disease. When the patient is able to take solid foods, thoroughly baked breads and ripe fruits are among the best foods that can be used.

A Cold-Weather Comfort.

BY EULALIA S. RICHARDS., M.D.

At this season of the year there is nothing more comfortable than a warm dressing-gown or wrapper to slip over the nightdress in the early morning, when retiring, when going to the bath-room for the morning bath, or when waiting upon some one who is ill in the night.

To be satisfactory the winter wrapper must be made of material which is warm and heavy. A garment which is inexpensive and at the same time very satisfactory can be made out of a woollen bed-blanket or a travelling-rug.

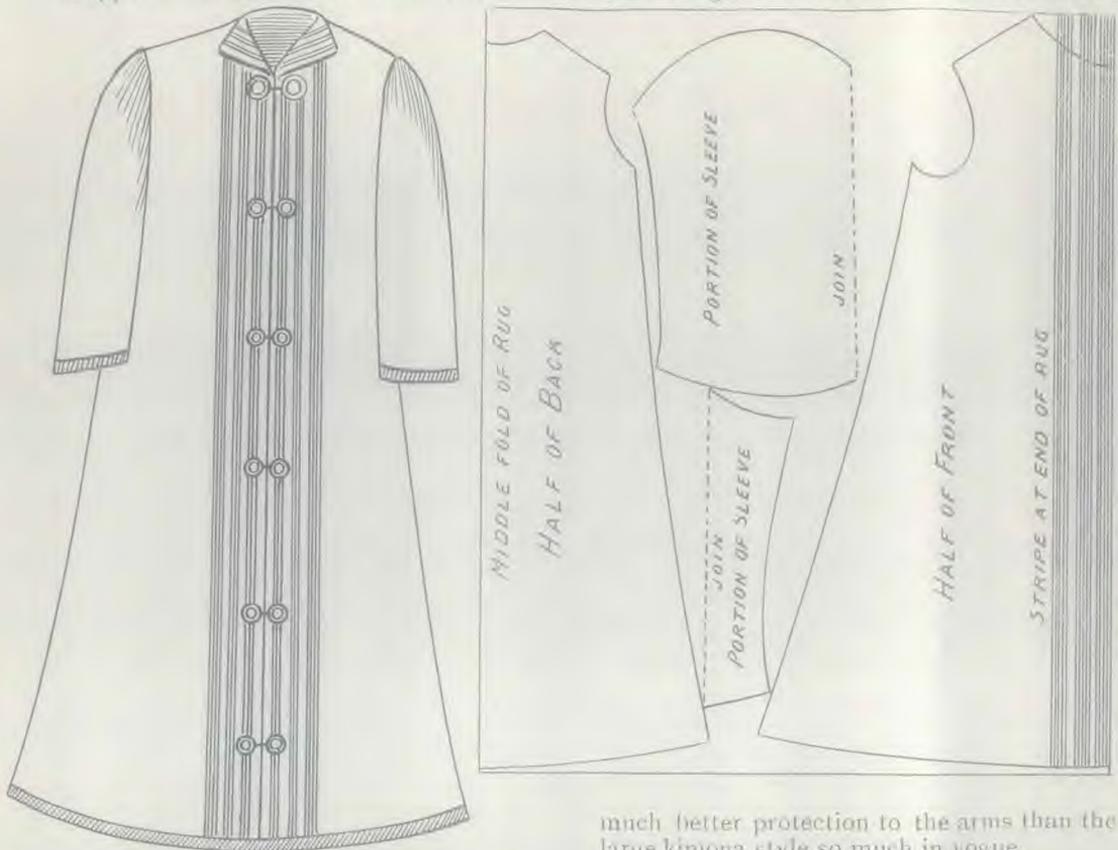
As I write, I have before me a neat and comfortable garment which has just been finished by a friend. It is made from a mouse-colored cotton travelling-rug with pretty stripes of white and dark brown at the ends. Though the rug was only a cotton one costing 6s. 3d. at one of the large shops, it is heavy and warm, and so like wool that it would scarcely be recognized as cotton.

In cutting a wrapper from such a rug it is necessary to lay the several parts of the pattern upon the rug carefully, so as to cut to

the best advantage, wasting no material.

The following diagram will show how the wrapper under consideration was cut.

It will be seen that the sleeves in the accompanying cut are moderate in size and not too flaring at the bottom; such sleeves afford



It will be noticed that in this case the rug was folded crosswise so that the middle of the back piece came to the fold in the rug while the stripes formed a decoration down the front of the garment. The sleeves and bottom of the wrapper were bound with a heavy satin (yet inexpensive) ribbon of the same shade of brown as occurs in the stripes. It was closed with large hooks and eyes, the buttons being used only for decorations. If desired, the garment might be closed with buttons and buttonholes. In fact it would seem that this would be the more convenient mode of fastening for a garment which is usually put on hastily.

In some cases the blanket or rug may be of such shape and size that it is more convenient to allow the stripes to encircle the bottom of the garment; this being the case, the pattern would have to be arranged accordingly.

much better protection to the arms than the large kimono style so much in vogue.

Improve Your Voice.

BY G. B. STARR.

You can enlarge your chest capacity from one to three inches in three months' time, by ten minutes' attentive and correct daily practice.

You can increase the volume of your voice ten times.

You can improve the sweetness of the tone, distinctness of utterance, inflection and modulation, so that your voice will be easily recognized by friends.

This means good solid improvement for every-day constant use, and not simply for exhibition at stated times and circumstances.

This improvement will add to every pleasure of life; it will sharpen all your powers, especially those of observation, and it will improve your health.

Large sums of money and much valuable time are spent upon the mastery and skilful use of wind and stringed instruments. The expenditure of this time and money are necessary to the attainment of the ability to produce harmonious sounds which will be pleasing to the ear and to which others will consent to listen, or pay large sums for the privilege of listening. It is of much greater importance that attention be given to the cultivation of the voice, that "harp of a thousand strings" upon which we play so constantly, either to the pleasure or the discomfort of our hearers.

The sawing and grating upon one or two tones of a supposed-to-be musical instrument, is not more disagreeable than is the harsh, rasping monotone of the uncultured human voice. It is not only wearisome, but disease-producing.

"Is it desirable that our musical instruments upon which we occasionally play, be sweet toned and in perfect tune, and of no consequence that our own voices and our children's voices be clear and sweet, musical and pure? Are easy, graceful attitudes important in pictures and statues, and not desirable in ourselves? Pleasant tones of voice and agreeable manners gain friends, win confidence, secure customers, inspire pupils, and delight audiences. They are agreeable and profitable everywhere?"

"Exercises in respiration, articulation and vocalization, strengthen the lungs, expand the chest, develop the muscles of the throat and neck, protecting them against cold and bronchial affections, call into action abdominal, dorsal, and intercostal muscles, and thus aid digestion, and in fact, invigorate all the physical powers. Such exercises also strengthen the mental and moral powers."—*S. S. Hamil, in Science of Elocution.*

Teaching a pupil to play skilfully one or more selections of music, on one or more musical instruments, can not be called a musical education. But beginning with the music scale, teaching the pupil to read all music, including in the instruction, time, modulation, execution, is true musical education, which will enable the pupil to read at sight, not one piece merely, but all pieces placed before him.

So should all understand that learning to recite or declaim one selection, or many selections, is not voice culture. But education in the sounds used in correct speaking or

reading, indistinctness of utterance, modulation, in becoming acquainted with the tones of your own voice, so that you know where you are speaking, on what tones, whether high or low; in the control of the breathing powers so that you can intelligently furnish the amount of wind necessary to the production of the sound required: and the cultivation of the eye and mind to see and decide how each production, be it prose or poem, should be rendered in order to bring out its true sentiment—this is voice education that will enable you to read, not one selection merely, but all selections placed before you.

Voice culture we owe to our friends as well as to ourselves. "A bad voice is a bad habit to get rid of just as any other bad habit is to be got rid of, by turning the will upon it.

"A good voice is a good habit to be cultivated, just as any other good habit is to be acquired, by setting the will to acquire it. If your voice has a tendency to go up, you are to do with it just as you would with your elbow if it has a tendency to go up on the table—put it down, and keep it down by an exercise of the will. 'Will' it down, put it down, and keep it down, until it stays down without a conscious exercise of the will."—*Nathan Shepherd, in Before an Audience.*

"The power of speech is a talent that should be diligently cultivated. Of all the gifts we have received from God, none is capable of being a greater blessing than this. With the voice we can convince and persuade; with it we offer praise and prayer to God, and with it we tell others of the Redeemer's love. How important, then, that it be so trained as to be most effective for good.

"The culture and right use of the voice are greatly neglected, even by persons of intelligence and Christian activity. There are many who read or speak in so low or rapid a manner that they can not be readily understood. Some have a thick indistinct utterance, others speak in a high key, in sharp, shrill tones, that are painful to the hearers. Texts, hymns, reports, and other papers presented before public assemblies are sometimes read in such a way that they are not understood, and often their force and impressiveness are destroyed. This is an evil that can and should be corrected. On this point the Bible gives instruction. Of the Levites who read the Scripture to the people in the days of Ezra, it is said, 'They read

in the book of the law of the Lord distinctly, and gave the sense, and caused them to understand the reading.'

"By diligent effort all may acquire the power to read intelligibly, and to speak in a full, clear, round tone, in a distinct manner. By doing this we may greatly increase our efficiency as workers for Christ.

"The right culture and use of the power of speech has to do with every line of Christian work; it enters into the home life, and into all our intercourse with one another. We should accustom ourselves to speak in pleasant tones, to use pure and correct language, and words that are kind and courteous."—*Christ's Object Lessons*.

The Home Department.

The Invalid's Tray.

BY MRS. A. W. SKMMENS.

"HAVE you had a good breakfast?"—"Yes, though I did not feel that I could touch food when nurse brought in my tray. I said to her, 'Take it away—I can not eat anything this morning.' She only looked at me smilingly, and said, 'Just look at it.' She set it in a position that did not require any effort on my part to reach anything upon the tray, then left me. The result is that I have eaten a good meal. It did look so tempting and beautiful that it gave me an appetite."

This is an instance of an ideal invalid's tray tastefully arranged, and the food daintily served. There was neither a great variety nor a large quantity of food upon it, but it served the intended purpose, that of stimulating an appetite on the part of the patient so that she could partake of and enjoy the necessary nourishment.

Much depends upon the invalid's tray being nicely laid. Many a tray has been sent back untouched—and why? The food was properly prepared, but served with so little thought and care—a basin was filled too full, the bread cut too thick; a plate had the food smeared on one side; food which should have been hot was only lukewarm; and that which should have been served cold was in the same lukewarm condition. To people who are well these may seem but little things, but to the invalid with a capricious appetite they mean much.

When laying an invalid's tray, cover it with a snow-white napkin or a dainty tray cloth, select the prettiest dishes you possess, and have the silver and the glass shining. Arrange the tray with the greatest care, avoiding stiffness. Let everything on it be scrupulously clean. A flower with its foliage, or if flowers are not obtainable a few pretty leaves,

should always be placed upon the tray. A patient who is depressed may be brightened for the whole day by a smiling flower on her breakfast tray. Put the breads and all cold foods on the tray first, then when everything is ready place on the hot foods, nicely served in hot dishes. All hot dishes should be covered until the patient is ready to eat. Over all, throw a serviette to keep out any dust that may be in the atmosphere on the way from the serving-room to the bedroom. Carry the tray carefully, so as not to spill the food over the sides of the dishes.

Have the food on the tray properly combined for your patient's needs, and as far as possible anticipate her wants. It is far better to surprise the patient with a tasty appetizing meal than to weary her with inquiries as to what she would like, before mealtime.

Gruels are so often ordered for our patients that we will give a few hints and recipes for their making. Be sure that the gruel is never smoked, burned, or lumpy. The best way to cook gruels is to use a double boiler, or if you have not that, a tin can inside a saucepan may be used. The cereal forming the base of the gruel requires very thorough cooking in order that it may be easily digested. If oatmeal, barley, or maize-meal be employed, the cooking must be continued for three or four hours. This is the chief reason why the double boiler is preferable to the single saucepan—the danger of burning being obviated. It is usually best to strain all gruels for the sick. Following are two recipes for gruels, also several recipes for other dishes, suitable for invalids. Of course in any given case the doctor's orders as regards diet should be strictly carried out.

LEMON OATMEAL GRUEL.

Mix one heaping tablespoonful of fine oatmeal with a little cold water, and stir this into

three pints of boiling water. Boil until reduced to two pints. Strain, then let it cool and settle. When cold pour the clear gruel from the sediment, and add the juice of a lemon, also sugar to taste. In case of fevers this is refreshing served cold, but if it is required hot, reheat before adding the lemon.

MILK OATMEAL GRUEL.

Heat a pint of milk to boiling. Stir in a heaping tablespoonful of oatmeal, add a pinch of salt, and cook in a double boiler for three hours.

PLAIN OMELET.

Beat the yolk of an egg to a cream, and the white to a stiff froth. Add one tablespoonful of milk or cream to the yolk and season with salt. Then *fold* (not *stir*) the white in lightly. Turn into a hot pan and cover. Place on the stove where there is an even heat. It should cook quickly but must not burn. When it begins to set, lift the edges with a broad-bladed knife. When the centre is dry, it should be removed at once. If overdone it becomes hard and indigestible. Put it on to a hot plate and brown, turn one part over the other, and serve hot.

FLOATED EGG.

Separate the white from the yolk and drop the yolk, taking care not to break it, into boiling salted water. Cook until hard and mealy. In the meantime beat the white until it is stiff. Remove the yolk with a

skimmer. Let the water cease to boil, then dip the white in spoonfuls on to the top of the scalding water, allowing it to remain a second or two, till coagulated but not hardened. Arrange the white in a hot saucer, and place the yolk in the centre, or serve both on toast.

BROWN BEAN SOUP.

Soak a half pint of brown beans overnight in cold water. Then simmer gently until the beans are quite tender and the juice rich and brothlike. Rub through a colander to remove the skins, add a little salt and lemon juice, reheat and serve.

LENTIL AND TOMATO SOUP.

Cook a half pint of red lentils in a small amount of water with one pint of strained tomato juice added. When done season with a half cup of rich milk and a little salt.

GRAPE APPLE.

Peel and core a large apple. Fill the centre with sago and a little sugar, and pour over it some grape juice. Bake in the oven until tender.

A tempting little mould for a tray may be made of any colored fruit juice such as plum or cherry. Into half a pint of fruit juice, which is boiling, stir a tablespoonful of corn-flour which has been rubbed smooth with a little cold fruit juice. Add a little sugar if required and boil for several minutes. Then turn it into a mould which has been dipped into cold water. Serve cold with cream.

Hints to the Nursing Mother.

It is a significant fact that several million pounds are spent annually in Great Britain and Australia for artificial infant foods. The relation of this fact to the alarmingly high infant mortality is now clearly recognized by those who have the nation's good at heart. It has been stated by a prominent investigator that of the 150,000 infants who die annually in Great Britain in the first year of life, three-fourths have been artificially fed. In France the mortality of suckled children is eight per cent., and that of hand-fed children is sixty-one per cent.

When a baby is deprived of its natural food, one of three factors is usually responsible. Among the poorer classes *poverty* is usually pleaded. Either the conditions are

such that the mother is compelled to toil all day in a factory, or else because of poverty the mother herself is ill-fed, and so is unable to nourish her offspring. How to better these unfortunate conditions is too large a subject to be considered in this article, except to suggest that it might be better if charitable or municipal corporations would give less attention to the artificial feeding of infants and more to the proper feeding (and education) of mothers.

Among the middle and upper classes the reasons for artificial infant feeding are usually two. Either the mother is so weakened physically by some wasting disease or by incorrect habits of life that she *can not*, or else she is so lacking in natural affection and the

proper appreciation of her maternal duties that she *will not*, nurse her infant. The woman who regards her social obligations as of greater importance than the rearing of her children, forfeits her right to motherhood.

Since it is almost impossible to prepare an artificial food which in every way conforms to the natural product, the mother who could nurse her infant, but will not, does her child a great wrong. She who fain would nourish her baby, but can not, is to be pitied, since she is denied the truest and sweetest joy of motherhood.

There is much which the prospective mother may do to enable her to nourish her infant in the natural way. In addition to the general health principles which should be faithfully carried out during all the months of waiting, special attention should be given to the breasts during the latter weeks, massage being employed daily. This the woman may easily do for herself by grasping the breast with both hands and rubbing with a gentle but firm alternative circular movement, until the breast is glowing with an increased blood supply. This treatment increases the power of the glands to secrete milk, as does also the employment of the alternate hot and cold compresses, which may be used in obstinate cases. Great care must also be taken to see that no article of clothing makes pressure upon the chest. The failure of many mothers to secrete milk is doubtless due to the long-continued wearing of the corset, which constricts the chest and almost invariably brings pressure to bear upon the mammary glands. Then, too, special attention must be given to the mother's diet during the nursing period. Her food should be simple and nourishing, and should include a fair quantity of semi-liquid preparations such as oatmeal and other gruels. These gruels may be made with milk or with part milk and part water. Those who can not take milk might find malted nuts a good substitute. All indigestible articles should be avoided, as the taking of such would not only disturb the mother's health, but the infant's also. In addition to the gruels taken at mealtimes, an abundance of water should be taken at proper intervals between meals. Barley or oatmeal water may be taken if preferred. Tea, coffee, and other stimulating drinks are much better left alone. This applies especially to stout and other alcoholic beverages, which are not only unnecessary, but quite objectionable for the nursing mother, and for

her infant who must suffer secondarily.

It is very necessary that the nursing mother take some outdoor exercise daily, and also that she obtain a proper amount of rest and sleep.

There are a few mothers (and only a few) who in spite of every care are still unable to nurse their infants. Such must find some artificial food for the little ones. The questions arise at once, What food shall be selected for the baby? Shall one of the numerous proprietary foods be chosen? and if not, why not?

While some of these prepared foods may serve very well for an occasional child, most of them are open to serious objections.

Some of them contain fairly large quantities of starch, a food element which young infants are wholly unprepared to digest. Others prepared from milk do not contain the full nutritive value of milk, hence do not properly nourish the child. Mothers should be cautioned against the use of the cheaper brands of condensed milk as an infant food, for when it is diluted according to directions, it is quite deficient in cream and usually in the bone-forming elements as well, so that it constitutes a very imperfect food. Babies fed upon it may grow stout, due to the large per cent. of sugar contained in the food; at the same time the bones may not be properly developed, and other symptoms of rickets may appear. The more expensive brands of condensed milk which contain the full cream would not be open to these objections. In most cases properly modified cow's milk offers the best substitute for mother's milk.

Brief Quotations.

Meat is properly neither a fuel food nor a force food. To eat it at every meal as the vast majority of Australians do, is absolutely injurious.—Philip Muskett.

It is one of the axioms of physiology that the majority of the diseases of mankind are due to, or are connected with, *perversions of nutrition.*—Chittenden.

WHEREVER dried fruits, such as raisins, prunes, apples, pears, peaches, and apricots are obtainable at moderate prices, it will be found that they can be used as staple articles of diet much more freely than is customary, with the best results to the health and vigor of all classes of workers.—Mrs. E. G. White.

Answers to Correspondents.

132. **Do Vegetables Cause Parasites?**—E. D. Nguaro: 1. Does lettuce or cabbage cause thread worms? Kindly advise treatment. *Ans.*—Uncooked vegetables sometimes convey the ova of thread worms and other parasites into the alimentary canal. Usually such vegetables come from gardens which are fertilized with right soil or where there is opportunity for contamination by dogs. Green vegetables used in salads or otherwise eaten without being cooked should be most carefully washed leaf by leaf, and as an additional precaution it is well to immerse quickly the leaves in hot water, then in cold.

A simple treatment for thread worms is by means of enemas of quassia chips infusion; a handful of the chips is steeped in a quart of water for a few hours overnight, then introduced into the large bowel by means of a fountain syringe. This treatment should be preceded by one or two doses of castor oil or salts, given while the child is fasting or taking only fruit and water. Salt enemas are sometimes successful.

2. What is the cause of a person dreaming a great deal? *Ans.*—A common cause of dreaming is the taking of food shortly before retiring. Another common cause is a troubled, anxious state of mind during waking hours; business or domestic worries, or other troubles upon which the mind is permitted to dwell during the day, often cause troubled sleep and dreams.

133. **Tuberculosis.**—M. B., Gatton, Queensland: Kindly advise treatment and diet for a young woman who appears well but suffers from the above complaint. *Ans.*—Briefly, the treatment should consist chiefly in an outdoor life at a rather high altitude, with plenty of sunlight and pure air. Exercise should be taken to the extent permitted by the strength of the patient, except when there is fever; then the young woman should rest quietly in bed on the verandah or out of doors. Graduated exercises, especially breathing, should be taken daily. A tonic friction bath daily would prove beneficial, also hot and cold compresses to the chest and back twice daily, followed by heating chest-pack, three changes thirty minutes each. In cold weather the patient should be kept comfortably warm by means of blankets and hot-water bottles. The diet should be nourishing, digestive, and rich in fats. Good sterilized cream and milk, new-laid eggs, cereal products and fruits, also nuts and nut foods if readily digested, make up a dietary which meets these requirements.

134. **Migraine, Stearne's Headache Wafers, Brittle Nails.**—S., Eskdale: 1. Can you tell why my nails are raised and broken down the centre? *Ans.*—Ridged and broken thumb nails usually indicate an impoverished condition of the body. Sometimes such nails indicate weakness of the heart causing poor circulation in the extremities. No special treatment is necessary for the nails themselves, though the alternate hot and cold arm-bath will

improve their nutrition by increasing the local circulation. The nails will improve as the general health improves.

2. I suffer very much from migraine; are Stearne's headache wafers injurious? I have taken a good many of them. *Ans.*—I am unable to give you the exact composition of Stearne's headache wafers, but it is likely they contain one of the coal-tar pain-relieving drugs, antipyrin or acetanilid. These drugs are chiefly remarkable for their effect in depressing and injuring the heart. It is not improbable that you have injured your heart through the use of these wafers, and that the deformed nails are a result of this injury. You should at once stop taking these wafers and have your heart examined by a competent physician.

135. **Bronchial Asthma, Rheumatism, Anaemia.**—H. H., Dulwich Hill: Kindly advise treatment to relieve bronchial asthma, rheumatism and anaemia. *Ans.*—This question demands more space and detailed advice than can be given in this department. The treatment of these diseases will be given from month to month in the general section of this journal.

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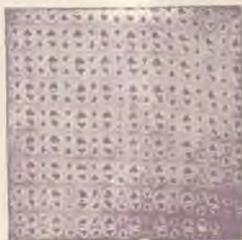
AERTEX CELLULAR FOR WINTER

Underclothing, Sleeping Garments, &c., An Absolute Safeguard Against Chills

Retains a pleasant, even warmth over the surface of the body, while allowing free escape to all unhealthy vapors emanating from the skin.

Sole Agents for New South Wales,

DAVID BRAHAM & CO.,



Recommended by Medical Experts as the ideal clothing for all seasons, being warm in winter and cool in summer. Made in pure wool, merino, linen, cotton, and various unions.

Illustrated Price Lists and Samples Post Free.

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Malt Bread

Tel. 9, Wahroonga.

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P. E. Jennings,
BAKER.

Carts call and deliver in your suburb daily.

WAHROONGA.

Vienna Bread a Specialty.

As supplied to the Sydney Sanitarium and the leading medical profession.

THE AIM AND IDEA OF

Australia's Three *Hygienic Restaurants*



Is not simply to avoid meat and other flesh foods.

IT IS PRIMARILY

To select a variety of nourishing and sustaining foods, which may take the place of flesh foods as builders of the body.

NOR IS THIS ALL.

The foods must be so digestible that they are well assimilated, and unlikely to clog the system. So in these days of hurry, they must be light, and of pleasant consistency, not heavy nor depressing.

Again, the foods must be good and refined in taste without being stimulating and irritating.

Much then will depend on the cookery, which must be scrupulously clean, as well as scientific.

Whichever State you live in, if you visit any one of these cafes, you will find that all these points are strictly attended to.

The addresses of the Sanitarium Health Food Cafes are as follows:

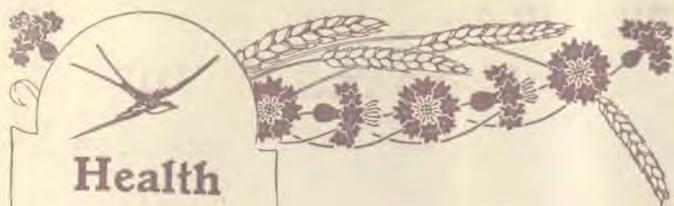
Sanitarium Health Food Cafe,

SYDNEY, Royal Chambers, 45 Hunter St.

MELBOURNE, 289 Collins St. (Opposite Block).

ADELAIDE, 28 Waymouth St., Near King William St.

Good Health, July 1, 1908



Health
is
Wealth

Pure
Sanitarium

Health Foods

Have You Tried Our

NEW FOODS ?

Nut Crisps

A Well-flavored Biscuit, in the Form of a Stick, Short and Crisp in the Eating. Prepared from Grains and Nuts.

Fruit Luncheon

A Wholesome Fruit Biscuit of Grains and Fruit. Put up in Neat 12-oz Cartons.

Melsitos, or Wheat Honey

Extracted from Wheat only. Delicately Flavored and may be Used Freely by All in Place of Sugar, Jam, Honey, or Other Sweets. No Artificial Sweetening Used in the Preparation.

Other Foods, soon to be Manufactured for the First Time in Australia, to be Placed on the Market Shortly.

Order from the Agency of Your State. Note Addresses of Agencies below.

SANITARIUM HEALTH FOOD CAFE, 45 Hunter Street, Sydney, N. S. W.

SANITARIUM HEALTH FOOD CAFE, 289 Collins Street, Melbourne, Vic.

SANITARIUM HEALTH FOOD CAFE, 28 Weymouth Street, Adelaide, S. A.

SANITARIUM HEALTH FOOD CO., Papanui, Christchurch, N. Z.

SANITARIUM HEALTH FOOD AGENCY, 15a Willis Street, Wellington, N. Z.

N. QUEENSLAND TRACT SOCIETY, Blackwood and Walker Streets, Townsville, Q.

SANITARIUM HEALTH FOOD DEPOT, Heathorn's Buildings, Liverpool Street, Hobart, Tas.

131 St. John's Street, Launceston, Tasmania.

826 Hay Street, Perth, West Australia.

186 Edward Street, Brisbane, Queensland

SANITARIUM HEALTH FOOD DEP., 12 Dhoby Ghaut, Singapore, S. S.

Prepared by the Sanitarium Health Food Co., Cooranbong, N. S. W.

Situated in the
Most Picturesque Spot around Sydney,
 Nearly 700 feet above sea level, yet only 11 miles from
 the city, is
THE HOME OF "GOOD HEALTH" IDEAS.

It offers to the
 health-seeker
 the advantages
 of a thoroughly
 equipped
 Hydropathic
 Institution.

The terms are
 very moderate.



Water Baths,
 Electricity,
 Massage,
 Careful Regu-
 lation of Diet,
 Pure Air,
 Sunshine, and
 Rest are the
 principal
 agencies of
 restoration.

The Sydney Sanitarium

The Sanitarium is charmingly located in the beautiful, picturesque suburb of Wahroonga, on the North Shore-Hornsby Railway Line, being eleven miles only distant from the Metropolis. The situation overlooks the Liverpool Plains and Valley of Lane Cove and Parramatta Rivers. Extensive panoramic views, extending from the Sea Coast right up to the Blue Mountains are obtainable from the verandahs.

The following **TARIFF** includes residence, board, daily attention of physician, daily general treatment (six days in the week) in the treatment rooms:—

Single Rooms, per week	£2 10s	£3 3s	£4 4s
Three or more persons in a large, commodious room, per week			£3 5s
Board and Residence, per week			£1 10s

All necessary attention is given to each case. Those having consumption of the lungs, or any other contagious or infectious disease, are not admitted. Trains leave Milson's Point, Sydney for Wahroonga every hour during the day. A special conveyance meets all trains at Warwick station upon notification.

For further Particulars, and Descriptive Booklet, Address

Tel. No. 137 Wahroonga

The Manager, Sydney Sanitarium, Wahroonga, N. S. Wales.