

THE

# AUSTRALASIAN

# GOOD HEALTH

February 1, 1902

Volume 5 No. 2

## CONTENTS

A  
S  
Sound  
Mind  
in a  
Sound  
Body

Pure Air  
Pure  
Water  
Pure  
Food

Do Predigested Foods Weaken the Stomach?.....21

Diabetes Mellitus .....22

Muscular Vigor Necessary for Health.....23

Hygienic Dress .....23

What a Sigh Means.....24

Be Cheerful.....24

Poem—It Pays.....24

Treating of the Symptom.....24

Cure for Dyspepsia.....25

Keep in Good Humor.....25

A Harrowing Scene].....25

New Cure for Astigmatism.....25

The Midsummer Menu.....26

Poem—Fresh Air.....27

Flowers for the Appetite.....27

Eat Fruits Freely.....27

Animal Food and Ill-temper.....28

Poem—Content, My Heart.....29

No Sunstroke in Japan.....29

Summer Hygiene.....29

A Vegetarian Seaman's Experience.....29

Eating Between Meals.....30

What Really Killed President McKinley.....30

"Shut the Gate".....31

Questions] and Answers.....32

Publisher's Page—Special Notice.....33

Single Copy, Three pence.  
Yearly Subscription, Two Shillings and Sixpence.

Published Monthly at the "GOOD HEALTH" office, Summer Hill, Sydney, N. S. W.

Registered at the G. P. O., Sydney, for Transmission by Post as a Newspaper.

# W. T. Lee & Co.

HIGH-GLASS TAILORS, HATTERS, AND HOSIERS.

47 and 49 Hunter Street, Newcastle.

STYLE AND FIT GUARANTEED. WORKMANSHIP UNEXCELLED.  
OUR CUTTERS AND TAILORS ARE THE BEST.

*W. T. LEE & CO.*

Give Your Dear Children  




## Arnott's Milk



## Arrowroot Biscuits.

The Children's Health Food.

Comforts 

Cellular Aertex Shirts and Underwear.

Stylish Suits and Ladies' Costumes at Reasonable Prices.

## Fred. W. Landau,

Merchant Tailor, Mercer, and Hatter.

Only Address ; 331 George Street, Opposite Nicholson's, Sydney.



*Australasian Good Health, February 1, 1902.*

**SANITARIUM HEALTH FOODS.**—*See page 34.*



A WELL AND CORRECTLY FED CHILD IS ALWAYS HAPPY.

# Australasian Good Health

Vol. 5.

Sydney, N. S. W., February 1, 1902.

No. 2.

## DO PREDIGESTED FOODS WEAKEN THE STOMACH.

J. H. KELLOGG, M.D.

THIS is a very practical question. We may eat such predigested food as zwieback, toasted bread, or dextrinised starch without weakening the stomach, because it is not the duty of the stomach to digest these foods. The duty of the stomach is to digest albumen and to convert it into peptone. If we should eat food that had undergone gastric digestion, or food that had been digested by the action of pepsin, we might weaken the stomach, because the stomach must make gastric juice or hydrochloric acid for the digestion of albumen.

The work of the stomach is not to make digestive fluid to digest starch; it is saliva that digests starch, and the stomach does not make saliva; saliva is made by the mouth. It is produced through the stimulation caused by the dryness of the food and the movements of the jaws; and the more prolonged the chewing and the dryer the food, the greater the amount of saliva. After the food reaches the stomach the saliva will do its work with greater or less perfection, according to the thoroughness of the preparation of the food. If the starch is taken into the stomach for digestion as dextrin, the stomach can act more freely upon it than though it started as paste. In zwieback, browned rice, granola, and similar foods we have the starch dextrinised, so there is but one step before it is converted into sugar. A small amount of saliva

will convert a large amount of dextrinised starch into sugar, whereas it can convert only a small amount of oatmeal porridge, or the doughy substance inside a loaf of bread, because it must carry these through these different stages of digestion. The human stomach was never intended to digest starch in the ordinary form,—its raw state,—for the stomach cannot digest starch unless it has been cooked, to some degree at least.

Fruits, grains, and nuts are the natural diet of the human family. The frugivorous animals—monkeys, gorillas, chimpanzees, and apes—in Africa go to the fields of maize when the ears are in the milk, form in a row, and throw the ears from one to another, eating them with great gusto. When the corn is in the milk, the starch is in the form of dextrin, and is soluble and digestible.

In dextrinising the starch, then, and predigesting it, we are simply bringing it into the form in which it is found in fruit. When fruit is ripe it is created into dextrin and sugar. In ripe fruit we find no starch, that is, it is digested starch. The ripening does the same thing for green fruit, that cooking does for raw starch. So we can change grain into fruit by dextrinising it. By cooking we can convert a loaf of bread into almost the condition of sugar as found in ripened fruit. So this artificial method of cooking renders it possible for man to make use of grains as fruit,—to bring grains to a degree of digestibility almost equal to that of ripened fruit.

## DIABETES MELLITUS.

D. H. KRESS, M. D.

DISEASE never comes without a cause, and a cure can be brought about only by the removal of the cause or causes. In the treatment of disease it is, therefore, of the utmost importance—in fact, it is positively necessary—to ascertain as soon as possible the primary causes.

By the administration of drugs, or by the use of other therapeutic measures, it is possible to modify, change, or remove disagreeable symptoms, but if the symptoms are removed, and attention is not called to the causes which are responsible for the disease, the patient is really no better, for the disease still exists. He is deceived, and mistakes the symptoms for the disease; but sooner or later he will realise his true condition.

Dr. Elmer Lee, of New York, in a paper presented to the section of *Materia Medica* at the forty-ninth annual meeting of the American Medical Association, held at Denver, Colorado, made the following remarks:—

The study of drug therapy may become fascinating, and medical experimentation with human life as exciting as a romance, but these things are not the main object of the true physician. Sound health needs for its continuance a regular exercise of the different parts of the body and adequate nutrition for growth and repair. When these elemental conditions are not properly and regularly supplied it leads to disease. Then the way to cure is to right that which is wrong, using natural agencies rather than artificial. The greatest success in curing the sick comes by giving scientific attention to such matters as belong strictly to the actual necessities of life's forces. The *materia medica* is not required to support vital functions in health, and the question is, How far is it useful when the body is sick? From time immemorial in the treatment of the sick curative influences have been associated with substances which are not well understood by those who take them. From the physical standpoint the *materia medica* confers no important favor upon either the healthy or the sick body, but as yet the mind of the patient will not listen to the divorce between the bodily cure and drug effect, though in fact the drug actually retards health resumption.

The only way to cure diabetes mellitus is to ascertain the causes and remove them, and by the use of natural agencies assist nature in restoration.

The knowledge that the function of the liver is to store up sugar and deal it out to the system as called for to maintain bodily heat and energy by oxidation, has led to the general agreement among pathologists and others, that the presence of sugar in the urine

is nearly always due to some functional or organic disease of this organ. Hepatic congestion is also common in these cases, but these are secondary conditions and not the primary or exciting cause of the disease. It is generally believed that the primary cause is the excessive use of sweets, or starchy foods. These foods have been considered dangerous, and patients have been placed on an exclusive flesh or albuminous diet.

### Principal Causes and Treatment.

Haig and other good authorities now consider uric acid, found in flesh foods, one of the principal factors in the causation of this disease. The presence of uric acid, resulting from the free use of flesh food and other incompletely oxidised and poisonous products, and from the excessive use of nitrogenous foods of all kinds, causes capillary obstruction, arterial tension, and hepatic congestion, and may thus disturb the function of the liver in storing up sugar.

Capillary obstruction also interferes with combustion of the carbonaceous foods, by lessening peripheral circulation. The excessive use of carbohydrates is injurious. The excessive use of albuminous foods is, however, more injurious. Either one of these may act as causes in producing diabetes. The system requires about seven parts of starch and sugar to one part of the albuminous food element; this does not vary much, whether in disease or health. If food is taken in this proportion, and properly masticated, diabetes will not result.

The principal cause of diabetes I believe to be incomplete digestion of both starch and albumens, resulting from overeating or the use of too much soft food, such as porridge or vegetables which are not properly insalivated. Food must be completely digested in order to be utilised by the system in repairing tissue and in the production of heat and energy.

The first step in digestion is mastication. Starch digestion begins in the mouth by the action of the ptyalin of the saliva. The saliva continues to act for the first half hour after the food enters the stomach. If the food is soft it is not masticated and time is not given for a proper amount of saliva to become thoroughly mingled with it. The starch enters the stomach unprepared, and undergoes fermentation instead of digestion. The partially digested food products are absorbed, and the

blood becomes laden with large quantities of dextrans representing different stages along the road toward levulose—the final product of starch digestion.

These products of incomplete digestion are difficult of oxidation, and no doubt some of them cannot be utilised at all, being un-oxidisable; as a result there is a lack of energy and a general feeling of weakness.

Food that is not completely digested does not satisfy the needs of the system; nature calls for more, and overeating is the result. As a rule diabetics are always hungry. By the means of eliminative baths, friction of the skin, hot and cold douches and sprays, etc., the circulation may be improved, oxidation increased, and nature assisted in restoration. The principal thing, however, is to remove the causes by correcting the diet.

The patient should be confined to a diet of thoroughly baked unleavened bread, zwieback, or better still, granose, eaten dry at the beginning of the meal, with nut foods—almonds or almond meal are preferable—and sub-acid or acid fruits used freely at the close of the meal. This diet I have found of the greatest help in the treatment of these cases. During the first week the dry food will not be relished on account of the lack of saliva to moisten it; but by the end of the week the salivary glands will secrete more liberally, and the use of the dry foods will become less difficult.

### MUSCULAR VIGOR NECESSARY FOR HEALTH.

THE difference between a person of weak muscles and one whose muscles are strong and sinewy, is not simply inability to lift or to put forth muscular effort, but a difference in the quality of muscle; and this difference is simply an index to the difference in the quality of the nerves, stomach, liver, and every other vital organ.

The man of iron muscle has the digestion of an ostrich and an appetite which requires no goading. The man of soft, feeble muscles has equally weak nerves, feeble digestion, inactive liver, and slow nutrition. Subject a man of weak muscles to such processes as will make him an athlete, and his digestive disturbance, his nervousness, his hypochondria, his uric acid diathesis, or whatever other disturbance of nutrition he may be suffering from, will dis-

appear under the potent magic of active vital processes, a richer blood current, and more highly vitalised protoplasmic life.

### HYGIENIC DRESS.

LAURETTA KRESS, M.D.

IN fitting a dress, the human body should be studied instead of the latest fashion plate. The dress should be fitted to the body, not the body to the dress. Neatness, simplicity, health, and convenience should be aimed at.

The clothing should be arranged so as to allow the free unrestricted use of every muscle of the body. It should not interfere with the free and healthful function of any organ. The respiration should be natural and unobstructed, allowing expansion of the lower lobes of the lungs as well as the upper, and permitting the diaphragm its upward and downward motion by which the free circulation of blood to the stomach, liver, and other vital organs is maintained. This makes it necessary in most cases to add several inches to the waist measurements.

All garments worn, including stockings, should be suspended from the shoulders. Elastics around the legs to hold up the stockings interferes with the venous circulation of blood producing varicose veins.

Every portion of the body should be comfortably protected. The extremities, which are furthest removed from the centre of circulation, should have additional protection. How frequently we find this reversed—thin stockings or no stockings on the legs, thin shoes, and four or five thicknesses of clothing round the trunk and lungs. This deprives the extremities of their proper amount of blood, causing congestion of the lungs, stomach, and pelvic organs—the uterus and ovaries,—and is undoubtedly responsible for much suffering. Many of the lung diseases, the dyspeptias, and female disorders may be traced to the evils of conventional dress. The dress should be short enough to clear the walks, so as not to gather the filth of the streets. Disease germs are often communicated in this way. Nor should the dress in any way interfere with the freedom of the limbs in walking.

CERTAINLY man was never made to be a carnivorous animal, nor is he armed at all for prey and rapine.—*Professor Ray.*



## Good Health Tit Bits



### WHAT A SIGH MEANS.

SIGHING is but another name for oxygen starvation. The cause of sighing is most frequently worry. An interval of several seconds often follows moments of mental disquietude, during which time the chest walls remain rigid until the imperious demand is made for oxygen, thus causing the deep inhalation. It is the expiration following the inspiration that is properly termed the sigh, and this sigh is simply an effort of the organism to obtain the necessary supply of oxygen. The remedy is to cease worrying. One may be anxious, but there is no rational reason for worrying. A little philosophy will banish worry at once. Worry will do no good; it will rob one of pleasures when blessings do come, as one will not be in a condition to enjoy them.—*Ladies' Home Journal*.

### BE CHEERFUL.

OF how many who read these lines, I wonder, can it be said, as it was once said of a certain gentleman, that they came down stairs every morning looking as if they had just heard some piece of good news? Picture the difference it would make in many a home if only one of its members had so cultivated and established the habit of cheerfulness that this could be truly said of him! As cheerfulness—as well as frowns, cross words, and ill temper—is contagious, there might soon be two cheerful persons in the family, then another, then all; and so the happy contagion would spread, till there's no telling where it would end. After all, pleasantness is just as easy in the "short run," to say nothing of being so much more satisfactory in the long run.

FRUIT cools the blood, cleans the teeth, and aids the digestion. Those who cannot eat it

miss the benefits of perhaps the most medicinal food on Nature's bill of fare.

### IT PAYS.

It pays to wear a smiling face  
And laugh our troubles down;  
For all our little trials wait  
Our laughter or our frown.

Beneath the magic of a smile  
Our doubts will fade away,  
As melts the frost in early spring  
Beneath the sunny ray.

It pays to make a worthy cause,  
By helping it, our own;  
To give the current of our lives  
A true and noble tone.

It pays to comfort heavy hearts,  
Oppressed with dull despair,  
And leave in sorrow-darkened lives  
One gleam of brightness there.

It pays to give a helping hand  
To eager, earnest youth,  
To note, with all their waywardness,  
Their courage and their truth.

To strive, with sympathy and love,  
Their confidence to win;  
It pays to open wide the heart  
And "let the sunshine in."

—*Lutheran Observer*.

THE TREATING OF THE SYMPTOM rather than the patient, a method too often followed, finds an exaggerated case in an experiment by a German doctor, who nearly cured a case of diabetes, he says, by driving a patient into temporary madness from thirst, water being withheld. The physician's report, which is said to have created considerable stir in Berlin, closes thus:—

I succeeded in effecting a great change for the better in his malady, and had he thirsted some hours more, the diabetes would have stopped altogether, but with it also the action of the heart.

We have heard mythical tales of curing a malady of the foot by cutting off the head.



### CURE FOR DYSPEPSIA.

IF Sarah will take five pounds of loose-waistedness, four of short-skirtedness, three of bodily cleanliness, and warmly clothedness, and with these take a stomach moderately full of unseasoned fruit and vegetables, and unbolted, unfermented bread properly combined, two or three times a day, with nothing between excepting a drink of pure soft water, mixed well with out-door exercise, pure fresh air, and plenty of sunshine for both soul and body, she will be cured of dyspepsia, or almost any other ill that flesh is heir to, without aloes, alcohol, or any other poisonous abomination.—*Beechwood.*

### KEEP IN GOOD HUMOR.

IT is not great calamities that embitter existence; it is the petty vexations, the small jealousies, the little disappointments, and the minor miseries that make the heart heavy and the temper sour. Don't let them. Anger is a pure waste of vitality; it is always foolish, and always disgraceful.—*Health and Home.*

### A HARROWING SCENE.

MR. MARVIN, who had been spending two days with his brother in Boston, described to Mrs. Marvin, on his return home, a most harrowing scene.

"It was at the dinner table last night," said Mr. Marvin, solemnly, that this occurred. We were all quietly eating, when suddenly little Mary gave a cry of distress and closed her eyes. Almost at the same instant my sister-in-law pressed her hand to her forehead, and tears streamed down her face. As I gazed at her in alarm, my brother Edward threw up his hands with an exclamation of intense and sudden pain, and then buried his face, over which a spasm was passing, in his napkin."

"Poisoned!" gasped Mrs. Marvin, with hysterical symptoms.

"No, my dear," said Mr. Marvin, with maddening calmness, "it was horseradish." *Youths' Companion.*

OWING to the rigorous sanitary regulations enforced by the Americans in Cuba, yellow fever has almost disappeared from the island.

### NEW CURE FOR ASTIGMATISM.

AN English popular journal is responsible for the following gem:—

"In the public schools of some cities measures are taken, by presumably competent officials, to test the children's eyesight upon the assumption—often too well founded—that the parents are not sufficiently watchful in that important particular. A little boy came home one day, soon after the term had begun, with the following note signed by the principal:—

"Mr. GREEN. Dear Sir: It becomes my duty to inform you that your son shows decided indications of astigmatism, and his case is one that should be attended to without delay."

"The father sent this answer the next day:—

"MR. KERSHAW. Dear Sir: Whip it out of him. Yours truly,

"JOHN GREEN."

*Boy.*—Papa wants to know if you would not like a piece of pork.

*School Ma'm.*—It is very thoughtful of your papa. Yes, I should enjoy it very much.

Two weeks passed. Nothing further was said, and the pork failed to appear.

*School Ma'm.*—Did your papa forget about the pork.

*Boy.*—Oh no, father did not kill the pig, 'cause she got well.

"BEAUTY is the mark God sets upon virtue."

THE greatest curative agent is motion, or exercise.

THE New York Board of Health has issued "a manifesto declaring the long skirts worn by some women on the streets inimical to health because they carry disease germs into the homes." Also the city of Pottsville, Pennsylvania, recently "ordered all women to wear short skirts on the streets." What a pity that so many women, scrupulously clean in every other way, insist upon sweeping the streets with their skirts. Most municipalities are provided with men hired to do such jobs with brooms.



# The Home

## THE MIDSUMMER MENU.

SIMPLICITY of diet should be a matter of chief consideration at all seasons, but particularly so during the hot days of midsummer, when, to aid in keeping cool, the digestive organs should be taxed as little as possible, as likewise the strength and patience of the cook. The hours spent in an almost broiling heat in a hot kitchen, over a stove, preparing rich, unwholesome, and time-taking dishes of all sorts is conducive neither to the health of the one who cooks nor to that of the one who eats.

To keep comfortably cool is a prominent desire with most people at this season, but it may not have occurred to many that there exists a relation between the discomfort they experience and the food they eat.

The several purposes of food are to promote growth, to supply force, to produce health, and to furnish material to repair the waste which is constantly taking place in the body. Upon thought, it will be evident that if the food supply be such as to keep the vital fires glowing fiercely within while the same rays beat down with intensity without, one will be, as the old saying is, "between two fires," and his suffering will be proportionate to the heat produced by each.

It follows to reason, then, that while the bill of fare should contain a proper proportion of all the different food elements, an excess of fats and sweets, which are especially heat producers, should be avoided, particularly in the form of rich pastries, cakes, and confections, which have the additional objection of being difficult of digestion. Stimulating drinks and foods of every kind, including tea, coffee, flesh foods, gravies, sauces, and dishes highly seasoned with pepper and other strong condiments which inflame the blood and fan the vital fires, should likewise be discarded from the menu in hot weather; and in their stead may well be substituted a simple fare after Nature's own plan, of seeds, nuts, and fruits.

The lavish wealth of fruits and succulent

foods which the advent of summer brings, should be taken as a health hint from Nature, of the important place these were designed to fill in the summer dietary. Though possessing but little nutritive value, their abundant juices and wholesome acids cool and cleanse the system, and when served with food with which they combine well in point of digestibility, they are a food *par excellence* for hot weather use. Fruits do not affiliate well with flesh foods, milk, and milk products, and often give rise to digestive disturbances when partaken of together, but these latter are not for several reasons the most desirable hot-weather foods, and it were better that they be excluded from the menu in midsummer. They are foods that spoil very quickly at this season, requiring special conditions and care to keep them fresh and sweet even for a short period. The jeopardy to health from their use when not fresh being so great, the conditions for their proper care so frequently being unattainable in homes of moderate means, and the liability that proper attention will be neglected by careless cooks and servants in well-to-do families, it is far wiser to substitute other foods of similar nutritive value, less liable to be served in an unwholesome condition.

The dietetic value of these foods consists chiefly in the fat and proteid material which they supply to the system. These two necessary food elements may be supplied in quantity quite as well, and in quality far more healthful, in nuts and the cereal foods, which, when supplemented by a plentiful use of fruits, form an ideal dietary for the hot season.

Nuts and cereals are now manufactured into so many delicious, palatable, and pleasing foods that one can arrange a bill of fare for a hot day, both appetising and nutritious and with—what will be appreciated as a boon by most housewives—almost no cooking.

With such breads as granose biscuits, wafers, rolls, and zwieback as a foundation upon which to build, an almost unlimited

variety of dainty and healthful dishes may be prepared in connection with fresh and stewed fruits and vegetables. The keeping qualities of these breads is such that even if prepared at home, it is not necessary to make them as often as is required for softer kinds of bread, and they can be made in quantity on days when cooking is comfortable work, and if stored in a dry place, will keep in good condition a month or longer. If becoming too dry, they may be freshened by dipping each separately in cold water, placing on tins, and rebaking for a few minutes in the oven. Prepared from whole-wheat flours, they are pre-eminently nutritious foods, easily digested, and always convenient for use.

ELLA EATON KELLOGG.

### FRESH AIR.

Do you wish to be healthy ?

Then keep the house sweet ;

As soon as you're up

Shake each blanket and sheet.

Leave the beds to get fresh

On the close crowded floor.

Let the wind sweep right through ;

Open window and door.

The bad air will rush out,

As the good air comes in ;

Just as goodness is stronger

And better than sin.

Do this ; it's soon done

In the fresh morning air ;

It will lighten your labor,

And lessen your care.

You are weary ; no wonder ;

There's weight and there's gloom

Hanging heavily round,

In each over-full room.

Be sure all the trouble

Is profit and gain,

For there's headache and heartache,

And fever and pain.

Hovering round, settling down

In the closeness and heat,

Let the wind sweep right through,

Till the air's fresh and sweet.

Then more cheerful you'll feel

Through the toil of the day ;

More refreshed you'll awake

When the night's passed away.

—*Household Verses.*

THE perfect human form is the best fashion plate to follow in the making of clothing.

### FLOWERS FOR THE APPETITE.

"NO APPETITE ? Too hot to eat anyway ?" the doctor repeated after his patient, a thin and bloodless little woman who seemed to be fairly withering under the summer sun. "Then why don't you put some flowers and green stuff on your table ?

"I don't want you to eat them, understand," for the patient stared at him as though she doubted his sanity. "They'll help your appetite though. See if they don't.

"Up to last summer it never occurred to me that flowers in a dining room served any other purpose than that of decoration. But in a London hotel I met people who had studied the thing, and the head waiter gave me their theory.

"Yes, sir ; certainly, sir," this man said when I complimented him on the appearance of my table and the room in general. "We find it 'elps, sir, to trim pretty hextensively, especially hin close weather. Say that a gentleman—as it might be yourself, sir—is almost hovercome by the 'eat and doesn't care whether 'e heats hanything or not. But the flowers and the greenery make the place look cool, and they hinfluence 'im. Hafter a while 'e feels rested and refreshed, and 'is happetite comes back. We hestimate that it's worth pounds to us to 'ave such things 'ere on the table."

"I believe the waiter was right, and I've been recommending the flower-cure ever since. There's just one warning to add: don't overdo it. Use only one kind of flower, and that in one color only, at a time, and have plenty of green stuff. A rose or two and a little smilax will do more good than a 'Joseph's-coat bouquet'—as my wife calls the 'loud' kind—as big as a water bucket."—*Youth's Companion.*

### EAT FRUITS FREELY.

LAURETTA KRESS, M. D.

THE BANANA is, aside from the date, the fig, and the raisin, the most nourishing of all fruits. The amount of nutrient material contained in a pound of bananas is almost equal in sustaining value to that found in a pound of beefsteak. The amount of nitrogenous or albuminous substance found in a banana approximates five per cent. In the dried banana the proportion is about twenty per cent., or

one-fifth. Humboldt calculated that the banana, grown in suitable soil and properly cultivated, is capable of producing more food to the acre than any other plant. When well matured, the banana is easily digested.

A GRUEL MADE OF DRIED BANANA FLOUR is not only highly nutritious, but in the highest degree wholesome, and is often tolerated when ordinary farinaceous preparations, such as milk, buttermilk, etc., are promptly rejected. The banana contains a small amount of starch; but this is easily digested by the saliva within a short space of time.

Nothing is more wholesome or cooling in warm weather than luscious, juicy, well ripened fruits. The peach, the plum, the nectarine, etc., make their appearance when most needed—during the hot weather.

GREEN BANANAS or bananas that are not thoroughly ripe may be baked the same as apples, and are by some greatly relished when thus served; they are also readily digested prepared in this way.

APPLES may be eaten either raw, stewed, or baked. If eaten raw, they should be thoroughly ripened. Thorough mastication is essential. Large masses often enter the stomach interfering with the process of digestion, giving rise to fermentation or other disagreeable symptoms. Pears have the advantage over apples that they are usually of a more mild and palatable flavor. They do not require the addition of sugar, which is often added to sour fruit in such excessive quantity as to render the fruit entirely unwholesome. Instead of adding cane-sugar to sour fruit, the better plan is to mingle together sour and sweet fruits.

THE PINEAPPLE, as well as the lemon, orange, grape-fruit, tamarind, guava, pomegranate, sapota, and other tropical fruits are as valuable as they are palatable, and ought to be freely used when obtainable. Pineapples, when allowed to mature upon the plant, are extremely palatable and luscious, and almost as easily digested as the peach, although containing considerable more woody matter; but in the form in which they are usually obtained in this country, they are quite indigestible if eaten raw, and only the juice should be swallowed. The juice of the pineapple contains a digestive principle similar to pepsin.

## ANIMAL FOOD AND ILL-TEMPER.

REV. Henry Ward Beecher, in one of his sermons, gave an admirable illustration of physiological theology in the following words:—

It is not enough for you to pray that God will give you self-control. You are to study the cause of your irritableness. You are to study it both according to the law of moral truth and the law of physical truth. If men would go to their physicians, they frequently would find an answer to prayer in the revelations of truth concerning their structure.

I have known men who prayed for the grace of good temper in vain until their physician told them to stop eating meat; for they were of a peculiar temperament that could not endure such stimulation. So long as they ate animal food they could not control themselves, they were so irritable; but as soon as they began living on a diet of grains and fruits they were able to keep their temper. They sought in prayer relief from their irritableness. Their physician, by the aid of science, revealed to them the cause of that irritableness, and their prayer was answered. They were not unwise in praying, but they were wise when to prayer they added medical advice.

It is quite in vain for you to pray for a tranquil spirit, or a genial, hopeful spirit, when your organs of digestion are out of order. Not that one who is sick should not pray for health; but prayer is to be joined to diet. It is vain for you to pray that God will give you patience and then run heedlessly into those very circumstances where experience shows that the causes which lead to impatience will be omnipotent. Is it wise for me to ask that I may not be torn by briars and then run into the thickest hedge? Is it wise for men to pray that God will give them all the fruit of the Spirit, and then associate with men that will contaminate them? Have I a right to pray that God will purify my heart, and then let my ears drink in all the vile sayings, and wicked speeches, and vulgar insinuations of corrupt men? Can a man take fire in his hand and not be burned? Has a man a right to pray that he may be honest, and then go into temptation? Has a man a right to pray that he may be a truth-seeker and then take no pains to seek the truth?

It is folly for a man to pray for common morals even, and still more for spiritual graces, and then take no heed of the way, humanly speaking, by which these things are achieved. Just as soon might a man pray that he might have a knowledge of numbers and then shut his arithmetic, and pray that he might be a practiced civil engineer and sit in his chamber, as to pray for Christian graces and then do nothing. You must study these things. They are dependent on certain causes, and study is one of those causes. And the presumption of your prayer being answered is measured by the degree in which it leads you to study the conditions that tend to bring about that for which you pray. You are to work for it not without prayer, and you are to pray for it not without works.

**CONTENT, MY HEART.**

THE lark soars high, his slender wings are strong;  
So he is blest.

The little sparrow needs must sing his song  
Nearer his nest.

Content, my heart! To all it is not given  
To soar and sing;

And lowlier praise may sound as sweet in heaven  
As song on wing.

—Emma C. Dowd.

**NO SUNSTROKE IN JAPAN.**

It is said that sunstroke is rarely if ever heard of among the Japanese. Yet from the time they are born the sun has every possible chance to kill them. They are taken out before a single hair can be detected on their tiny, bobbing heads, and, with no covering, are trotted about on the backs of nurses, only just big enough to walk, and, like their infant charges, bareheaded. The principal occupation of these baiya, as they are called, is playing hop-scotch. This they do all summer long, the infants on their backs being of secondary consideration. The babe's head rolls round on its own and its bearer's shoulders, while the rays from the sun pour down with no more effect, apparently, than to develop a healthy-looking brown complexion. The wearing of hats is a new fashion to the Japanese, which has quite taken hold of the cities.—*Selected.*

**SUMMER HYGIENE.**

DURING the warm weather the body needs supporting the same as any other time of the year, as conditions are more exhausting to the vital forces, as well as not so favorable for keeping up the strength. What Nature provides is a good index to that which is best adapted to keep the system in good order. Abundance of fruit is very wholesome during the warm seasons. The large amount of juices contained in the fruit is a special tonic to the functions of digestion, nutrition and elimination. The functions of the body work under greater disadvantages in warm weather than cold; hence the much greater injurious effect which comes from over-eating, especially of food that is easily fermented or decomposed. These latter changes are very apt to begin in an unnoticeable way in the food before it is taken; and such products continue these un-

favorable changes in the digestive organs, giving rise to a great deal of trouble. The excess of nitrogenous food in this way becomes very injurious. All animal foods should be especially avoided.

The cold bath is the best tonic that a person can have, especially in the summer months.

During this season the skin is especially active, and to be kept healthy, needs to be frequently cleansed. Cold also brings about a reaction, each time a cold sponge or cold spray is taken, and produces in the system vital changes very similar to those brought about by living in a cold climate. The colder the bath the greater the reaction and the greater the tonic, providing the reaction is good. This latter must be brought about by exercise and friction upon the surface of the body, if necessary.—*Health Journal.*

**A VEGETARIAN SEAMAN'S EXPERIENCE.**

A RECENT number of the *Vegetarian Messenger* contained the following letter from Alfred H. Howe, of the United States Navy, at Cavite, Philippine Islands:—

I take pleasure in writing once more of the success I am meeting with as a vegetarian in a hot climate, where the skin diseases common to my shipmates are unknown in my experience. It is customary here, in the United States Navy, to have meat in some form at every meal. They have fresh meat frozen and brought from Australia. They have also canned meats, but the frozen "stiffs" are the more used. Variety of fruit is limited in this country to oranges and bananas, which are plentiful enough, growing wild, but the natives charge more for them than one would have to pay in New York, as they do for everything sold to white people. The only cheap thing here is washing, for which they charge "three-half-penny" a piece.

I made one convert on my first cruise, who, I may say, is a credit to the cause. Having suffered with dyspepsia when a flesh-eater, he has become healthy on a vegetarian diet, which he has been able to be true to, showing that even aboard ship in the Navy one can live entirely without eating flesh, if he has a mind to, as I have proved. Of course one may eat a small quantity of grease, as in macaroni, in which they put canned butter which may be adulterated, or bread which has been baked in pans greased with lard; but as for flesh-eating, it is never necessary in the Navy.

A soldier, speaking of their food in Peking, said, regarding the canned meat, that "it was better to starve to death than be poisoned by eating it." They had plenty of rice, however, and they came through all right. He said I would have got along all right there regarding diet.

The bread baked at Cavite is excellent, but it is

white. My health has improved so that I can eat white bread without any inconvenience. There is absolutely no whole-wheat flour used in the Navy. It would be a grand improvement if it were substituted for canned meats. Hard tack especially ought to be made of it, for hard tack is so tasteless that it is used as a last resort when bread or other foods fail, or in marching. Men should have nutritious food, which takes but little space.

### EATING BETWEEN MEALS.

H. S. LAY, M.D.

THERE is scarcely a dietetic habit more common among the people of this country, or one that is more injurious to health, and that tends to break down and weaken the digestive organs, than that of eating between meals.

This habit is almost universal with the children of the present day. Parents have generally imbibed the mistaken idea that children must eat much oftener than adults,—that they should eat at any and all times of the day, or as often as they may fancy that they are hungry.

This habit probably does more than any other one thing to lay the foundation of those much-dreaded diseases, liver complaint and dyspepsia, with all their train of evils. Physiology definitely establishes for us certain general principles in reference to diet, to

which we must give heed, or serious results inevitably follow. The fact is fully established by physiology that the digestive organs need regular periods of rest, just as much as any other organ or portion of the vital domain, and without it they must fail.

In eating between meals, we necessarily

interfere with the digestion of the previous meal, interrupting its progress, and at the same time adding an extra amount of labor for the already heavily-taxed digestive organs to perform, and rob them of that rest that Nature demands; for if we eat but a piece of pie, a biscuit, or even an apple, the entire process of digestion has to be gone through with, just the same as if we had taken a full meal.

Now, the time requisite for fully and perfectly digesting an ordinary meal, is at least five hours, and no food of any kind should be introduced into the stomach while this important process is going on, lest it be interrupted, or so hurried that the food does not remain in the small intestines a sufficient length of time for its nutriment to be taken up and carried to the thoracic duct preparatory to its entering the blood.

The true philosophy is, that the human stomach (at least at any time after the person has arrived at the age of two or three years) needs as many hours of rest out of the twenty-four as it labors. If this be true, what the effect must be of so eating between meals as to cause the stomach to labor incessantly for at least eighteen hours out of the twenty-four, I leave the candid reader to judge.

### WHAT REALLY KILLED PRESIDENT MCKINLEY.

SAYS Elmer Lee, M. D.,—

A long experience in active practice has taught me that at the beginning of all acute cases, medical or surgical, accompanied with shock of injury to vital organs, as in the case of the President, the safe method is to withhold every form of food so long as there is fever or other complications. Water, and water alone, is food and drink at such times, and is the only safe thing that may be taken by the patient. Food in any form or of any material may not be digested. Undigested food is the principal factor in producing septicæmia. The President was surely in a septic state from the second day, as shown by the low fever and pulse rate. At such moments of danger even a little food, and especially if it is not digested in the mouth, may lead to fatality. Such is, unfortunately, the termination of the President's case."

Says J. B. Thomas, M. D.,—

If the President had been at ———, he would have learned that he could get along nicely for weeks without food. In this great strain upon his vitality



he would have refused food, no matter by whom ordered, and would have dismissed anyone who knew no better than to order whisky for an inflamed stomach, and the chances are he would have made a speedy recovery.

Says Dr. Aug. F. Reinhold,—

The wisdom of the unsuccessful operation on President McKinley might be questioned, as it increased the wound inflicted, caused a further loss of blood, and decreased his vital energy and chance of recovery. Notwithstanding his age, the deceased would probably have overcome this second onslaught had he been left entirely without food and drugs till the wound healed. In typhoid fever, patients can live without food for weeks and months; and Dr. Tanner and others have demonstrated that we can exist without nourishment for a considerable time. This shows that the President, being rather corpulent, would have subsisted on his own adipose tissue for several weeks.

But how was he fed?—On beef juice and whisky, strychnine and other drugs. From every text book on physiology it can be learned that beef juice contains but one per cent. of nourishing, life-sustaining albumen, and ninety-nine per cent. of excrementitious matter. As a noted physician puts it, "If I could think of anything nearly approximating beef juice, it would be *concentrated urine*." The beef juice alone was sufficient to cause and explain the rapid decline. If you dip a piece of red flesh in alcohol, it turns gray and hard, the same as if it had been cooked; this is because both the alcohol and the cooking process coagulate the transparent albumen of the flesh. But the same as boiling kills the life of an egg, so coagulation of flesh by alcohol deprives it of its life. Hence, feeding the President with whisky further accounts for his sudden demise. And now, as to the saline injections, strychnine and digitalis, do they nourish? Are they capable of forming normal tissue?—By no means. Suppose that you have an old horse that is pulling a load uphill. Would it be wiser when the horse shows symptoms of exhaustion, to drive him on till he breaks down, or to allow him to rest, and thus gain the summit by easy stages? The administration of these poisons corresponds to the whipping up of the horse; it stimulated the heart till it could go no further. In my opinion, Mr. McKinley died a victim of the routine physician's delusion as to the excellent qualities of the poisons mentioned. If they had understood their business, the President would be alive to-day, and Czolgosz would not be a murderer.

Says the editor of *Physical Culture*,—

My opinion may not be worth much, but I believe firmly that had President McKinley been compelled to fast, as nature clearly indicates of all acute inflammatory conditions, whether produced by a wound or an acute disease, he would to-day still be the living, acting Chief Executive of the United States.

No one questions the fact that the late President steadily improved till solid food was administered.

## "SHUT THE GATE."

L. A. SMITH.

IT is important to keep away from disease germs, but it is no less important to have a barrier in your system to keep the germs away from you. More people escape disease by having this barrier against disease, than escape it from keeping away from places where disease breeds. The fact is that disease germs of nearly every kind are floating in the air, and no person can expect to keep entirely clear of them.

That very common disease, tuberculosis, for example, is much more liable to be contracted by a breaking down of the barrier which a healthy state of the system affords against the germs, than by contact with a tuberculosis patient, or with any dangerous source of infection; though, of course, any person is more liable to contract consumption in such places than elsewhere. But it should not be imagined that to be safe against this malady one has only to keep away from the victims or plague spots of the disease without giving particular care to bodily health. The greatest danger arises not from a locality, but from a condition. When the system is run down from starvation or disease, or the mucus membranes of the lungs or the intestines are inflamed, or in an unhealthy state from whatever cause, the person's condition is one which invites the disease to fasten upon him. The germs which are always present in the air, find a weak spot where the conditions are favorable to their propagation, they fasten upon it and begin to multiply, and ere long the victim finds himself on the road to a consumptive's grave, without having been near any particular source of infection. In a healthy system the conditions are never favorable to the propagation of disease germs; the vitality of the body resists them; and while this might not be sufficient to ward off the most contagious diseases, it is undoubtedly one of the best safeguards one can have against many of the diseases which are recognised as being due to the presence of a specific organism or germ.

ALARMED by the ravages of strong drink, the Belgian government has ordered the display in all school-rooms of a printed placard setting forth the injurious effects of alcohol.

## Questions and Answers.

*"What is the cure for intestinal indigestion?"*

Mouth digestion. Intestinal indigestion is nearly always due to improper mastication of foods.

*Please give your opinion on the following: Baby was born on the 14th of last March, there was what appeared to be a roll of fat on the back of her neck, it has been getting larger. It is soft and free from discolorment and painless.*

It is probably a fatty tumor, if so it will not disappear, but may have to be removed in order to get rid of the deformity. It would be well to have it examined by a physician or surgeon.

*I have a constant weary and tired feeling in my legs. My business seems like a loadstone to me. Have had these symptoms for three years. Have had pills, medicine, electricity, massage, etc., but nothing gives relief. Can you suggest a remedy?*

You are, no doubt, suffering with auto or self-intoxication. The tired feeling is probably due to the retention or accumulation of waste products in the system. The cause may be indigestion, resulting in fermentation of the foods and the formation of poisons. Similar symptoms are found in diabetes or Bright's disease. Have your urine analysed. Be careful in your diet. Eat not more than three meals a day, with an interval of at least six hours between meals. Eat the last meal not later than three hours before retiring. Let the evening meal be light, composed principally of fruits. Do not drink with meals, or immediately after. Masticate your food well. Take a short vacation and rest from your business.

*What food would you recommend for diabetes?*

Recent studies of the dietetics of this disease have clearly demonstrated the great danger involved in the free use of flesh foods. The rapid tissue disintegration taking place in severe cases of diabetes results in flooding the system with waste matters, which are toxic in character. When to these are added the toxic substances contained in the flesh of animals, it becomes apparent that the diabetic who makes use of almost an exclusive flesh diet is in a constant state of self-intoxication, or on the constant verge of diabetic coma. If he escapes this, it is simply because the liver and kidneys are still able to do a sufficient amount of work in destroying and eliminating this excessive waste. Nuts contain more albumen than is found in flesh. Nuts are also rich in fats. They do not contain the uric acid and other excrementitious products found in flesh, they are, therefore, by far the safest and best foods to use in this disease. Protose is a nut product that we can highly recommend in this disease, having used it for several years in our medical practice with good results. Eggs may be used moderately. Lettuce, cabbage, cauliflower, celery, and other greens may be used, also sub-acid fruits freely. Use no soft, starchy food. All foods containing starch should be eaten dry and well baked,—as

the crust of bread. Granose is an ideal food for such conditions.

*How much water should one drink in hot weather?*

It depends on how much he perspires. Of course he must drink enough to make up what he loses by sweating. One should drink all the water that his appetite calls for, and sometimes more. In cases of uric-acid poisoning, rheumatism, and similar troubles, one must drink because he ought to drink. The reason for this is that the blood becomes too saline and too thick. It has a high specific gravity, and drinking dilutes it, and also washes out poisonous matters. If a person eats salt, it thickens the blood so that he is thirsty. One might smoke tobacco and thus poison his system and not be thirsty, or drink tea and coffee without feeling thirsty, and yet the poisons taken into the system might be more damaging than salt. So one should have a systematic plan of drinking. Just as he applies water systematically to the hands and face to cleanse them, so water should be applied methodically to the interior of the body for the same purpose.

*When is the best time to drink?*

Just before going to bed at night. Why?—Because during the night the tendency of kidney-action is to diminish; hence poisons accumulate in the body during the night. If one drinks just before going to bed, it will wash out poisons and dilute the blood, and this tends to increase the activity of the kidneys. So it is important to drink water at bedtime. It is also important to drink first thing on arising in the morning. Stomach action will be stimulated, the appetite awakened, and the food will be digested better. Then about three or four hours after eating is another good time for drinking. If water is taken copiously at this time, it will help the stomach to unload itself at the proper time, and the movement of the food will be hastened through the intestines. Have four times for drinking during the day,—on going to bed, the first thing in the morning, and three or four hours after breakfast and dinner. If one has been taking exercise and is thirsty, drink again: it is best to drink when one is thirsty, except with meals.

## USE RECKITT'S BAG BLUE.



# Australasian Good Health,

Organ of the International Health Association.

A 16-PAGE MONTHLY,

ISSUED IN THE INTERESTS OF HEALTH AND TEMPERANCE.

SUBSCRIPTION RATES:

SINGLE COPY, Post Paid ... .. 2s 6d per year.  
" " " " Foreign Countries ... .. 3s per year.

Address AUSTRALASIAN GOOD HEALTH, 25 Sloane Street, Summer Hill, Sydney, N.S.W., Australia.

*Persons receiving copies of the GOOD HEALTH without having ordered them, may know they are being sent by some friend, and that no claim will be made for payment.*

## SPECIAL NOTICE.

THE Managing Board of the Summer Hill Sanitarium have decided to permanently close the institution. A special effort is being made to speedily complete and equip the new building at Wahroonga which we hope to occupy shortly. The new and commodious buildings are situated about twenty miles from the Sydney Post Office, on an elevation of over six hundred feet above the sea level. Some of the special advantages are the pure, invigorating, country air and pleasant scenery and healthful surroundings.

The institution will be provided with all the modern appliances of value, for the successful treatment of all chronic diseases. A proper dietary, hydrotherapy, massage, electrotherapy, physical culture, etc., etc., are some of the principal methods employed.

For the present, we would invite our patients to the Avondale Health Retreat, located at Cooranbong, two miles from Morisset Station, seventy-six miles from Sydney, and twenty-six miles from Newcastle. This institution is under the charge of Drs. D. H. and Loretta Kress, and is well equipped for the treatment of all chronic diseases. Charges are moderate. Hopeless cases are not received. Correspondence invited.

"KEEP a supply of smiles and kind words for home use."

All business communications and orders should be addressed to AUSTRALASIAN GOOD HEALTH, 25 Sloane Street, Summer Hill, Sydney, N. S. W. Remittances may be made by registered letter, P. O. money order, or by bank drafts drawn on Sydney. Stamps will be accepted for small amounts.

Orders for the GOOD HEALTH may also be sent to any of the following agents:

New South Wales Tract Society, 25 Sloane Street, Summer Hill, N.S.W.

Victorian Tract Society, Oxford Chambers, 473, 481 Bourke Street, Melbourne.

New Zealand Tract Society, "Beulah Hall," 37 Taranaki Street, Wellington, N.Z.

Queensland Tract Society, The Arcade, Edward Street, Brisbane, Queensland.

West Australian Tract Society, 263 Newcastle Street, W. Perth, W.A.

South Australian Tract Society, Hughes Street, North Unley, S.A.

Sanitarium Health Foods may be obtained at any of the above addresses.

If the wrapper of your journal is marked with a blue cross, it means that your subscription expires with the next number, and that you should renew at once.

## The Latest Hygienic Appliance.

Combination India Rubber

### Hot Water Bag and Fountain Syringe.

The "BON TON," 3-quart bag, with three Vulcanite Pipes and Tubing, etc., complete. Price, 7/6.

The "HOUSEHOLD," superior quality 4-quart Bag, with six Vulcanite Pipes and Tubing, etc., complete. Price, 10/6. Postage, 8d extra.

The advantages of these appliances over any other are many. The **Hot Water Bag** is useful as a footwarmer for Muscular Pains, Neuralgia, Stomach and Backache, etc., and when used as a **Fountain Syringe** the bag cannot spill at the neck. It need not necessarily be hung up as the pressure of the hand on the bag is quite sufficient to cause a gentle or forceful flow of water. Wholesale and Retail from

## Perdriau and Company,

RUBBER MERCHANTS,

(ONLY ADDRESS)

270 George St., Sydney.

# TRY ROBIN THE NEW STARCH.

## Sanitarium Health Foods

Are you in search of Health? Use Sanitarium Health Foods. The following are a few of the many foods that may be obtained at the

Health Food Depot, 24 Royal Arcade, Sydney.

**Granose.**—A palatable, thoroughly prepared, and partially digested health food, made of the whole wheat. Sold in the form of biscuits or flakes.

**Granola.**—Composed of various grains. May be used for porridges, puddings, etc. Requires only a few moments cooking for use.

**Protose.**—A natural and perfect substitute for meat, composed of nuts and cereals, ready for immediate use.

**Caramel Cereal.**—The great food drink, a substitute for coffee, tea, and cocoa.

We invite all to Come and Examine and Sample our Foods.

HEALTH FOOD DEPOT, 24 Royal Arcade, Sydney.



## Langdon, Hopkins & Langdon

Sydney, Annandale, Petersham  
and North Sydney.

TIMBER MERCHANTS,

STEAM, SAW AND MOULDING MILLS, Annandale.

### FULLER & Co.,

Wholesale and Retail Ironmongers,

Newcastle.

Large and Most Complete Stock of

BUILDING REQUIREMENTS,  
ENGINEERS' AND STEAM FITTINGS,  
ENGINE OILS AND LUBRICANTS,  
COOKING STOVES AND RANGES,  
ENGLISH AND AMERICAN TOOLS TO SUIT ALL TRADES,  
TABLE CUTLERY, ELECTRO PLATE,  
PANEL DOORS AND SASHES, OILS, LEADS, AND VARNISHES,  
BAR IRON, IRON AND STEEL PLATES.

### The Champion Steam Laundry,

Carlton Crescent, Summer Hill, Sydney,

SOLICITS A TRIAL.

We pay £100 per month for skilled labour and we turn out only the best work of all classes.

We also manufacture the Celebrated Champion Shirt Gloss which took first prize at the Royal Agricultural Society's Exhibition. It makes your iron run easy when boiled or raw starch is used. May be obtained from your grocer or direct from us. Correspondence and mail orders promptly attended to.

Established 1823.

### Edward Hordern's

668, 670, 672 Brickfield Hill,  
SYDNEY,

Are the Cheapest Drapers and Clothiers  
IN THE CITY.

Send for Price Lists and Patterns.

CALL AND INSPECT OUR STOCK.

GOODMAN BROS.,

Bakers and Pastry Cooks,

384 Stanmore Road, Petersham.

All cakes made with the best creamery butter and the freshest of eggs. Try our buns and zwiebach. We make pure brown bread from the best wheat meal.

"At the Sanitarium we use no other bread than Goodman's."  
—Superintendent.

"After a good trial, I always use Goodman's bread in my home and recommend it in my classes."—Mrs. M. H. Tuxford,  
Scientific Cookery Instructor.

Kindly give us a trial

## MARSH & MARSHALL,

Only the Best Quality is Kept.

50 Smith St., Summer Hill, opp. Post Office.

Wood, Coal and Produce Merchants.

# Cordynia Home-Made Preserves.

Preserved Fruit, Jams and Jellies

Carefully Prepared from Fresh Fruit Direct from Orchard, and Crystal Sugar Only.

Traveller Calls All Suburbs, Delivery to Any Address.

Retail Only.  
Write for Price List and Samples.

**GEORGE HERBERT, South Head Rd., Darling Pt.**

## R. Bryant,

Wholesale and Retail

*Saddler and  
Saddler's Ironmonger.*

TRAVELLING BAGS OF ALL DESCRIPTIONS A SPECIALTY.

Hunter Street, Newcastle.

"Neither Showy nor Shoddy,"

Simply Good Taste Expressed  
in all Our Garments.

Phillips The Record



**TAILOR.**

32 HUNTER ST., NEWCASTLE.

**The Acknowledged Leading House for BREAD.**



**WILLIAM WHITE, Redfern only.**

**Tel. 1076.**

The United States of Australia Proclaim HORTON'S Seeds to be Reliable.

# Christchurch Sanitarium

## OR HEALTH HOME.

The Most Thoroughly Equipped and One of the Most Favourably Located in the Colony of New Zealand.

It is under Strictly Scientific Management. Regularly Qualified and Registered Physicians. Thoroughly Trained and Experienced Male and Female Nurses.

**Special Features.**—Continuous heating system, suitable location, quiet surroundings, purest Water, Best Cook, Massage, Electricity in all forms, Swedish Movements, Dieting, Baths, Medical Atmospheres, and all that pertain to modern, rational, medical treatment, can be had at reasonable prices. Surgical cases of all kinds, including deformities of every description, receive special attention. Diseases of Women, Digestive Disorders, Nervous Diseases, Eczema, Rheumatic Difficulties, etc., are all treated with unequalled success. Diseases of the Lungs, Nose and Throat are treated by the latest and best processes in vogue. Diseases of the Eye and Ear receive special attention.

Not a "pleasure resort," but an unrivalled place for chronic invalids who need special conditions and treatment not readily obtainable at home.

For further particulars address—

Sanitarium, Papanui,  
Christchurch, New Zealand.



## ELECTRO-HYDROPATHIC INSTITUTE

Victoria Square, Adelaide, S. A.

Digestive Disorders, Rheumatism, Sciatica, Curvature of Spine, Etc., Treated by Special Apparatus and Gymnastics. **MASSAGE, ELECTRICITY, HYDROTHERAPY.** Baths of all kinds. Hot Air, Vapour, Electric, Hot and Cold Sprays.

Skilled attendants and manipulators of both sexes in daily attendance.

We are agents for South Australia for the Magic Pocket Inhaler, Vaporizers, etc. Hot Water Bags, Spike Bags, etc., always in stock. Prices on application.

Open Daily, from 9 A. M. to 8 P. M., except from Monday Friday to sunset Saturday.

**HEALTH FOODS**—Granola, Granoce, Nut Butter, Nuttose, Bromose and Caramel-Cereal, always on hand. For further particulars apply to A. W. SEMMENS.

## Patent Steel and Zinc Ceilings, Walls, Cornices

AND MOULDINGS, far Superior to Plaster or Wood. Do Not Crack, Fall, Shrink, or Burn. HANDSOME, DURABLE, and PERMANENT. Dangerous Plaster Ceilings Secured without Removal.

**MARBLE MANTELPieces**, Grates, Tiles, Baths, Gas Fittings, Floors, Steps, Verandahs, Hearths, and all Descriptions of Marble, Slate and Tile Work, and Sanitary Fittings.

**G. E. CRANE & SONS**, Manufacturers and Importers of General Building Materials, Cement, Slates, Galvanized Iron, Etc., Etc., Marble, Slate, and Sheet Metal Works.

100 to 112 Harrington and Essex Streets.

Head Office and Show Rooms: 19 to 31 Pitt Street, Circular Quay.