

THE AUSTRALASIAN GOOD HEALTH

CONTENTS.

- Tea Poisoning.
- Giants Becoming Extinct.
- Suppressing Juvenile Smoking.
- Natural Treatments,
by G. H. Gibson, M. D.
- Healing Power of the Sun,
by J. H. Kellogg, M. D.
- Fruits Better than Drugs,
by D. H. Kress, M. D.
- Diet and Endurance.
- Seasonable Recipes.
- Questions and Answers.

A
SOUND
MIND

IN A
SOUND
BODY

Published Monthly at the "Good Health" Office, Wahroonga, N. S. W.
Telephone 137 Wahroonga.

D. H. KRESS, M. D., Editor.

Single Copy, 3d.

Yearly Subscription, 2s. 6d.

**New, Up-to-date,
Just the Place for
Regaining Health.**



Sydney Sanitarium



MAIN BUILDING OF SANITARIUM

A Thoroughly Scientific Medical and Surgical Sanitarium.

Water, Electricity, Massage, Careful Regulation of Diet, Pure Air, Exercise, Rest, and a Variety of Other Potent and Rational Agencies are Employed in the Treatment of Disease. Competent Physicians and Nurses in Attendance.

Address the Manager for further particulars.



**Beautifully Located in
Wahroonga, a Suburb of
Sydney.**



Medical Office, Christchurch Sanitarium.

AUSTRALASIAN

Good Health

Vol. 7.

Sydney, N. S. W., January 1, 1904.

No. 1.

Medical and Health News.

Tea Poisoning.

DR. JAMES WOOD, visiting physician of the Brooklyn Dispensary, New York, published in the *Quarterly Journal of Inebriety*, an excellent paper on the baneful effects of tea-drinking, a subject which he has very carefully studied for some years. Dr. Wood states that out of one thousand persons applying for treatment at the Brooklyn Central Dispensary, one hundred gave symptoms pointing directly to tea-drunkenness, while many others were doubtless suffering more or less from the same causes.

The effects of tea, according to Dr. Wood, differ somewhat according to the kind of tea taken, as he finds that the tea of India contains two and one-half times as much tannin as that of China. The headaches from which tea-tasters suffer so frequently, he attributes to the essential oil, of which tea contains three-fourths of one per cent. Tea-tasters drink the infusion immediately after making it.

Dr. Wood notices a great difference in susceptibility to tea-poisoning. He says, "Some people are profoundly intoxicated by indulging in two cups of strong tea per day. . . . We find that an ounce of tea leaves used daily will soon produce poisonous symptoms. This amount will contain six grains of theine." Of the one hundred cases mentioned by Dr. Wood, sixty-nine were women, and thirty-one were men. Fifty-four drank two pints or

less; thirty-seven, four pints or less; and nine, ten pints or less.

The following table of symptoms shows also the number of persons suffering from each of the symptoms given: Nervous, seventy-two per cent. Bowels: forty per cent, constipation; two per cent., diarrhea; fifteen per cent., irregular. Pains: sixteen per cent., general; ten per cent., heart; nine per cent., back; six per cent., side; seven per cent., chest. Dizziness, twenty per cent.; faintness, eight per cent.; gastric and intestinal indigestion, nineteen per cent.; intestinal catarrh, eight per cent.; dreams, five per cent.; nightmare, five per cent.; depression, ten per cent.; despondent, twenty per cent.; excited, five per cent.; suicide, three per cent.; headache, forty-five per cent.; rheumatism, five per cent.; irregular menses, twelve per cent.; palpitation, nineteen per cent.; muscular tremor, twelve per cent.; insomnia, fifteen per cent.; anemia, six per cent.; dyspnea, five per cent.

The doctor says, "These symptoms bear silent but impressive witness to the terrible injury which is being wrought by this commonly used drug."

Tea-drunkenness is, according to Dr. Wood, responsible for half the headaches, and a large proportion of all the cases of despondency, palpitation of the heart, giddiness, and allied symptoms.

The essential oil of tea which gives out its peculiar aroma, is, according to Dr.

Wood, a powerfully intoxicating poison. Its injurious effects are so well recognised by the natives of China that they do not use tea until it is a year old, thus allowing this deleterious substance to escape. Green tea contains more of the essential oil than black tea, which accounts for the fact that it is more productive of nervousness.

In Great Britain the consumption of tea per head is to-day six pounds as against half an ounce per head in 1711, when the price was eighteen shillings per pound as against the popular one shilling and sixpence per pound of to-day. As compared with the Briton, 1.48 pounds satisfies the Dutchmen, 1.09 pounds the Americans, .93 pound the Russian, the two and one-quarter ounces of the Belgian, and the one and one-half ounces of the Teuton and the Spaniard.

To keep this tea-caddy replenished costs Great Britain £17,000,000, or in round figures eight shillings and sixpence per head, a sum per inhabitant that is only exceeded by Australia, particularly the West Australian, who consumes ten pounds of tea per annum, and the New Zealander, who imbibes a brew that annually accounts for 6.78 pounds of the leaf.

The Sweet Danger.

We have frequently pointed out in our columns the great danger of giving children sweets colored with aniline dyes. We are glad to find the Coroner, Mr. Wynne Baxter, endorsing our views on the solemn occasion of an inquest on the baby son of a dock laborer. The child had died suddenly after eating some colored sweets. The mother said that she noticed that the child's mouth seemed "full of dye." We have little doubt that the illness was caused by the dye-stuff. These comparatively new aniline coloring matters are exceedingly dangerous.—*Science Siftings*.

Prison Fare not so Bad.

THE deathrate in our prisons is ten per thousand, much less than that of the most healthful towns in the country. One of the weeklies suggests that the reason is to be found in the diet, the principal basis for which is good wholemeal bread with other plain, nourishing food.

Temperance Drinks.

WHEN the Royal Commission (England) on the Liquor Licensing Laws made its report some time since, about fifty distinct drinks, supposed to contain less than two per cent. of proof spirit, were noted, each being shown to contain more than the figure we have given, and which represents the legal limit for drinks sold without license. One of these simple looking beverages actually contained 13.7 per cent. of proof spirit, the strength at which many people take their whisky and soda, while seven and eight per cent. was found to be quite a common figure for ginger and herb beers.

Giants Becoming Extinct.

MOSES in writing the history of the race that existed before the flood says, "And there were giants in the earth in those days, and also after that." Gen. 6:4. It is evident that even in the time of Moses few giants remained. One thousand years after the flood, here and there a giant might still be found.

"Og king of Bashan remained of the remnant of giants; behold, his bedstead was a bedstead of iron; nine cubits (about 13 ft. 6 in.) was the length thereof, and four cubits (5 ft. 4 in.) the breadth of it." Deut. 3:11.

Skeletal measuring eleven feet have been unearthed in Russia and the southern parts of France, which agree with sacred history that a superior class of beings peopled the earth in ages past. There can be no doubt that physically the human family has been deteriorating. The French, once the giant Gauls, are mere pigmies of what they once were.

Some eighteen months ago a M. Pierecourt, of Rouen, France, bequeathed to the city a sum exceeding £50,000, to be devoted to giving dowries to couples of "giants" on their marriage. The object of this bequest was to counteract the physical degeneration of the human species. However, no giants could be found.

In these depressing circumstances a compromise has just been arranged. The heirs leave £32,000 to the municipality, and the annual income is divided between old-age pensions and convalescent homes.

Suppressing Juvenile Smoking.

THE New South Wales Juvenile Smoking Suppression Bill is a bill of only two clauses, which read as follows: "Any dealer in tobacco, cigars, cigarettes, and any licensed tobacconist, or other person who supplies any person actually or apparently under the age of sixteen years with tobacco in any shape or form, cigars, or cigarettes, shall be liable to a fine not exceeding five pounds. Fines imposed by this Act may be recovered before, and offences against this Act may be heard and determined by any two justices in petty sessions or a police or stipendiary magistrate." The author of the impending piece of legislation, Dr. Ross, has for the last seven years been persistently agitating for this reform.

TOBACCO.

Is tobacco beneficial or harmful in its nature? If beneficial, we should encourage its use by women and children. That it is injurious to children and youth is recognised and acknowledged even in half civilised communities. Laws are enacted



If Good for Men? Why Not for Women?

prohibiting its use by miners. That it would be unwise and result in harm for the wife and mother to adopt its use is also felt if not acknowledged.

But by what logic can tobacco be a benefit to men of twenty and not to youth of sixteen or seventeen, or be beneficial to the robust and not to the weak, to men and not to women?

The proper mode of testing the effects of tobacco is by watching the results of its use, not by the strong and vigorous, who can endure much and are not easily influenced, but by the young, the weak, and the delicate, upon whom any influence, whether beneficial or injurious, is easily manifested. If tobacco is essentially bene-

ficial in its nature, it will benefit this class as well as (rather more than) the strong and robust. And if it is injurious to the weak and frail, the inference is a safe one that it is essentially of a harmful nature, and that to all alike.

Again, in order to determine with any claim to scientific accuracy the nature and effect of tobacco upon the human system, it is necessary to observe its action, not only upon the individual user, but also upon his descendants. Tested in this manner, the statement may safely be made that among those strong and vigorous men who have used tobacco habitually and constantly for many years without apparent injury, in not a single instance will their children, especially those born after the habit had been long indulged in, possess an equal degree of vigor and endurance; and particularly in not a single instance can they indulge in the habitual use of tobacco without experiencing those injurious effects which their fathers escaped.

A young man who was suffering with a tobacco heart, and was advised to give up the use of tobacco, said, "I have only used tobacco ten years; why should I be afflicted in this way? I know of men in apparent health who have used it for a much longer period." This young man was suffering the results of his father's transgression as well as his own. His father, for many years before his death, was an inveterate user of the weed. Although only twenty-five years of age, his heart difficulty was the result of thirty years' use of tobacco instead of ten as he supposed.

Corn Cures.

FROM its being an aid to digestion, says Dr. W. Wingrave, pineapple has a powerfully solvent action upon horny excrescences similar to salicylic acid, although somewhat slower in action. If a thin slice of fresh pineapple be kept in close contact with a corn for eight hours, the latter is so softened as to admit of ready removal.

Linseed oil is also said to be a sure remedy for both hard and soft corns. Bind on a soft cloth saturated with linseed oil every night and morning until the corn can be easily removed without pain.

Natural Treatment.

THOSE who are well think little of their health. There is no wealth comparable to health. It is the best part of life, and to its possessor means life. Health is not a matter of chance, but is the result of an observance and obedience to the laws of life called the laws of health. As health is in accord with the laws that regulate the body, so recovery from sickness is in accord with these same laws. Health does not result from the swallowing of this potion or that. It is not poured into the body, but it comes by calling into healthy activity all parts of the body.

This is accomplished by what is called natural treatment, or treatment by physiological methods.

These methods are well-recognised by all the medical profession, more or less. They are Hydrotherapy or Water Treatment, Electricity, Massage, Manual and Mechanical Swedish Movements, Medicated Atmospheres, the Gymnasia and General Exercises, and last but not least Dietetics. It is only in places having the proper facilities, with the requisite knowledge by physicians and nurses, that natural lines of treatment may be followed out.

These methods are particularly adapted to the chronic individual or invalid. If he is not the subject of an organic malady, there is usually much hope for him. Likewise many who have more or less of an organic disease may recover a fair degree of health.

That large class of patients who are the subjects of some digestive ailment may receive most marked benefit. The Sanitarium located at Papanui, Christchurch, offers good inducements to all who are in need of a natural method of recovery.

G. H. GIBSON, M. D.

Med. Supt. Christchurch Sanitarium.

STRONG COOLIES.—The power of endurance of the Chinese coolie is marvellous. Many will travel over forty miles, carrying a heavy load on their backs, and think nothing of it. A writer mentions the case of certain coolies, who, after going twenty-seven hours without food, and having carried a heavy burden in the meantime, still had strength enough left to offer to carry a man fifteen miles farther,

THE HEALING POWER OF THE SUN.

J. H. KELLOGG, M. D.

MAN is naturally an outdoor animal. The tropics being his natural home, he lives in cold countries only at the expense of an enormous outlay of labor, and probably also with a very considerable shortening of his life.

The value of outdoor life is best appreciated by those accustomed to sedentary life when opportunity is afforded for them to spend a few days in the open air. It needs no lengthy argument to demonstrate to such a person the value of continuous outdoor life as a health promoter. The value of such a life does not consist wholly in the purity of the air and the exercise, matters of great importance, but also in the cooling effect of the air in motion, and especially in the vitalising influence of the sunlight.

The rays of the sun contain heat and chemical rays as well as light rays. The heat rays act powerfully upon the glands and vessels of the skin, while the chemical rays influence the nervous system in a remarkable way. It is the chemical rays which cause so-called sunburn.

The sun is the source of energy to the world. The marvellous energy manifested in plant life is derived from the sun acting upon the green parts to organise and vitalise the elements of the earth and air into living substances. The same energy of the sunlight is essential to animal life, invigorating and vitalising the tissues and quickening all the processes of life. The sun bath is now a well-recognised and much-valued therapeutic agent.

In this form of treatment the whole body is exposed to the direct action of the sun's rays. Persons who are not accustomed to exposure to the sun, and individuals who have light hair and light skins, should make the first exposure to the sun of short duration,—ten or fifteen minutes. Longer exposures are likely to produce sunburn. No particular harm is done by sunburn, excepting the inconvenience occasioned by it. The pigmentation of the skin induced by sunburn protects the skin from further injury in this way.

The body may be exposed either in the open air or before a window. When the sun's rays are so intense that the heat is depressing, the heat rays may be filtered

out by means of a blue-glass screen placed between the patient and the sun.

After the sun bath, a cold plunge, a cold shower, a cold towel rub, or a wet-sheet rub should be administered to tone the skin and the nerves.

In the summer time in a hot climate the sun bath may be very conveniently taken in an outdoor gymnasium. A sand pile furnishes a most appropriate couch, as the heat which it accumulates may be utilised as an aid to induce perspiration when this is desired.

Every home should be provided with a convenient place for taking the outdoor sun bath in summer time, and sun bath indoors during the cold season. Civilised human beings suffer greatly because of the seclusion from the sun occasioned by modern modes of life. Those who reside in cities, like the cave-dwellers of the olden time, are by their opaque walls and shaded windows, almost excluded from the sun. The results are shown in the pale faces of old and young, the rickety children, the gowing prevalence of consumption and other constitutional maladies, the increase in deformities and degenerations, and other evidences of race deterioration. Out-of-door life and a return to the simple habits of our ancestors is the only way in which the race extinction to which we are at present rapidly hastening, can possibly be averted.

The sun bath is useful in almost every form of disease in which an acute febrile process is not present. It is especially valuable in neurasthenia, all forms of dyspepsia, rheumatism, diabetes, gout, skin disease, and chronic maladies of every sort.

FEVER.—Dr. H. A. Hare, in the *International Medical Magazine* emphasises the fact that fever is a conservative process, which stimulates the glands which produce white blood corpuscles, and that within reasonable limits (up to about 103 degrees, unless protracted) it should not be interfered with. He condemns the use of antipyretic drugs, and advocates the use of cold water always with friction of the extremities to bring the hot blood to the surface as well as to improve the tone of the vessels.—*American Therapist*.

FRUITS BETTER THAN DRUGS.

D. H. KRESS, M. D.

In a recent issue of the *Practitioner* we find details of a case of Henoch's Purpura, in a delicate girl of fourteen. This disease involves a toxic condition of the alimentary canal, and the patient, who had no organic defect, received the ordinary medical treatment for upwards of six weeks, without any decided result of a beneficial kind. Then, says Dr. John Orr, who reports the case: "I tried the effects of giving abundantly the juice of oranges, and it is noteworthy that the use of this was followed by decided improvement, and finally by entire cessation of the recurrences. In future it will be part of my treatment to give orange juice freely from the first."

Fruits are natural foods and nature's remedies, and cannot possibly be productive of harm. When disturbance results from the use of fruits, it is not due to the fruit, but its improper combinations with other foods. There are people who fill the stomach with a many-course dinner, finishing up with fruit. In such a case, if fruit appears to disagree, it is not to be wondered at. The secret of a nutritious diet lies in properly combining foods; but simply pitchforking all sorts of foods into the stomach indiscriminately, cannot help but invite disaster. Fruits are ideal summer foods, combining not only diuretic and laxative qualities, but germicidal ones also, and their liberal use under the foregoing limitations cannot fail to be beneficial in the highest degree. Fruit should form a large part of the morning and evening meals, and taken in this way will do good only. But if eaten at odd times during the day, it may cause digestive disturbances. Children would be far less fretful and troublesome if cured of the habit of eating between meals. Three meals daily afford ample nourishment for anyone, and many would reap real benefit by limiting themselves to two.

An occasional meal composed entirely of fruit is beneficial. It is especially indicated in many cases of chronic dyspepsia, and in cases of slow digestion, where people are troubled with fermentation and putrefaction of food in the stomach,—people who have coated tongues and foul breath. The germs that produce the foul breath do not grow in fruit juice. It has been demon-

strated that apple, orange, or lemon juice will destroy the germs of cholera and typhoid fever in a very short time.

Fruits are best taken in their natural state. Cooking destroys a certain amount of their virtue. I remember several cases I have had under my care, in which fruit juices have been the means of great benefit. Upon examining the stomach contents of one gentleman, I found that there were 200,000,000 germs present to one ounce of stomach fluid. By placing this man upon a fruit diet entirely for two days, then giving him a test meal, we found that the germs were entirely absent. It is possible



to disinfect the alimentary canal by adopting a fruit diet. During the cold weather we need fuel in our homes to warm up. The same is true of the human body. The human body is really a living, vital furnace. When the warm weather comes, we do not need so much fuel. We need to eat fruits more freely. One of the principal reasons for this is that we do not require the same amount of heat to keep warm, and during the summer months, the system is relaxed more or less. There is not the tone to the organs. The digestive organs

are not able to digest the amount of solid, concentrated food they do in the winter time. Even cats and dogs become ill when fed upon meat largely in warm weather. It is quite a common thing for cats to have fits in the summer time. These fits are caused by the poisons formed in the alimentary canal by the putrefactive changes taking place. In the cold weather, cats and dogs have no difficulty in digesting large quantities of meat.

It is well in the use of fruits, however, to reject the skins. The skins are frequently infected, and covered with germs. The seeds are also harmful, and act as mechanical irritants. In some of the fruits, even the pulp should be rejected, in melons, oranges, and apricots, for instance. The pulp is indigestible, composed of woody matter. Melons frequently disagree with people on that account. I think it an excellent thing for people who have three meals a day to have the third meal composed principally or entirely of fruit; the stomach can readily dispose of this, and thus has an opportunity to get through with its work before they retire.

Rules for Dyspeptics.

EAT slowly, masticating the food very thoroughly, even more so, if possible, than is required in health. The more time the food spends in the mouth, the less it will spend in the stomach.

Avoid drinking at meals; at most, take a few sips of warm drink at the close of the meal, if the food is very dry in character.

In general, dyspeptic stomachs manage dry food better than that containing much fluid.

Eat neither very hot nor cold food. The best temperature is about that of the body. Avoid exposure to cold after eating.

Be careful to avoid excess in eating. Eat no more than the wants of the system require. Sometimes less than is really needed must be taken when digestion is very weak. Strength depends not on what is eaten, but on what is digested.

Never take violent exercise of any sort, either mental or physical, either just before or just after a meal. It is not good to sleep immediately after eating, nor within four hours of a meal.

Never eat more than three times a day, and make the last meal very light. For

dyspeptics, two meals are better than more.

Never eat a morsel of any sort between meals.

Never eat when very tired, whether exhausted from mental or physical labor.

Never eat when the mind is worried or the temper ruffled, if possible to avoid doing so.

Eat only food that is easy of digestion, avoiding complicated and indigestible dishes, and taking but one to three kinds at a meal.

Benefits Derived from Foot Baths.

THE SHALLOW FOOT BATH.—The shallow foot bath is a variety of the cold foot bath in which the amount of water employed is small, barely sufficient to cover the toes. After being held in the bath for one minute, one foot is taken out and rubbed for half a minute and returned to the water, the other being then treated in like manner. The treatment is continued until each foot has been thoroughly rubbed three or four times.

The shallow foot bath produces powerful reaction effects in the feet, and is thus of great service in chronic cases of cold feet and sweating of the feet.

THE HOT FOOT BATH produces, in a diminutive way, the same effect as the general hot bath.

As a derivative measure, this bath is more commonly used, perhaps, than any other. At a temperature of from 103 deg. to 106 deg., the foot bath is an exceedingly useful means of aiding the regulation of the systemic circulation, the blood-vessels of the lower extremities relieving the congestion of the brain and other organs in the upper half of the body.

The hot foot bath is also of very great service as a means of relieving or preventing a cold resulting from exposure of the feet to dampness.

The very hot foot bath is exceedingly useful in cases of sprain of the ankle joint. The bath is begun at a temperature of about 104 deg., and then gradually raised by the addition of hot water until it is as hot as the patient can bear—120 deg. to 130 deg. Neuralgia of the feet is likewise relieved by the very hot foot bath. The application should be made two or three times a day, and continued for twenty or thirty minutes each time.

Sense of Taste.

Different parts of the tongue are assigned for the perception of different tastes. With the tip we taste sweet substances and salts, with the back we taste bitter things, and with the sides we taste acids. The middle part of the tongue's surface has scarcely any sense of taste at all.

We can only taste things in solution; hence, if the tongue were perfectly dry, it would not be affected by the strongest flavored substance in a dry state.

The taste nerves are paralysed by very hot or very cold liquids. After drinking very hot or ice-cold water we could not taste even such a substance as quinine. This fact supplies a useful hint for consumers of ill-flavoured medicines.

Pepper, mustard, vinegar, onions, and other irritants also lessen the acuteness of the sense of taste and decrease the relish for simple and wholesome foods.

Diet and Endurance.

DR. HAIG maintains that the effect of a uric acid free diet upon his own strength and endurance has been enormous. Such a diet brought him into such a condition that he could indulge in exertion without experiencing fatigue and stiffness on the following day—*i. g.*, a cycle ride of 50 to 80 miles without any effects whatever, and that even after a week's sedentary work. In the doctor's meat eating days he was utterly unable to do such a thing. There is no doubt that uric acid is not only the cause of many painful and dangerous diseases, but to a minor extent it is responsible for defective circulation and nutrition, for functionary defects of organs, and for a diminishing of their powers of endurance. Is it now being found out that meat is not *the food* to train upon—not the food to possess the powers of endurance, and not the food upon which to develop the highest standard of health and strength?

A well-known medical gentleman who has a world-wide reputation as an eminent scientist and surgeon, Dr. W. H. Wathen, president of the Kentucky School of Medicine, Louisville, Ky., U. S. A., recently, after visiting the Battle Creek Sanitarium, and seeing the practical side of vegetarianism, bore the following testimony be-

fore the Louisville Clinical Society concerning the good effects of a non-flesh dietary:—

"Theory is all right as far as it goes, but practical observation is of far more value. I assume that I have had opportunity of observing this question more than all of you combined, having recently spent three weeks among a class of people who use no meat at any time, and it has positively demonstrated to me that meat is unnecessary—that the healthiest people in the world never eat meat; that those who have the most beautiful complexions, who are the most enduring in their work, who are the most amiable in their disposition, who are the least addicted to excesses, are those people who do not eat meat. It had been demonstrated that persons who have been addicted to the excesses I have mentioned, while upon a meat diet, have entirely abandoned them while living upon an exclusively vegetable diet, but returned to the excesses when a mixed diet was resumed.

"I did not want or feel the need of meat, and I gained while there one and one-half pounds per day. Vegetarians are the most enduring people in the world; the laborers on the coast of Spain unloading vessels work longer hours and carry heavier weights than meat-eaters, and they never eat any meat."

Vegetarian Lady Rides 1,860 Miles in 18 Days.

MISS ROSA SYMONS, the vegetarian lady cyclist, completed her 1,860 miles ride at 11.20 on Friday night, August 28. She arrived at the Marble Arch 49 minutes within the eighteen days she allowed herself for the task.

A large crowd, many of whom were cyclists, met her at the finishing point, where, ironically enough, a policeman promptly took her name and address for causing an obstruction.

Twice before Miss Symons has travelled the same 1,860 miles route, viz., from London to John O'Groats, thence to Land's End, and back to London. The times taken on each of the three journeys are as follows:—

June, 1902 ... 25 days 1hr. 47mins.

August, 1902 ... 18 days 23hrs. 28mins.

August, 1903 ... 17 days 23hrs. 11mins.

On the present occasion, she informed an *Express* representative she experienced very rough weather, and found the roads in the north of Scotland much better than those in the west of England. The distances accomplished on individual days varied from 65 miles to 179 miles.

Miss Symons had a curious adventure at John O'Groats. Arriving there at one o'clock in the morning, she found the hotel in darkness and everyone in bed. But one of the windows was unlocked, and through this she effected an entrance.

In the morning, when the servant entered the room, it took ten minutes to convince them that she was not there for unlawful purposes.—*The Daily Express, London.*

THE CHRISTCHURCH SANITARIUM OR HEALTH HOME

Is located in the little village of Papanui, three miles from the Cathedral Square, the centre of Christchurch. Papanui is the most popular suburb of Christchurch, and is in direct communication with the city by tram, bus, and railway, thus making it easy of access, while giving it the quietude of the country.



A Ward of the Sanitarium.

A salubrious location is one of the necessities for the success of a medical institution, and Nature by her wise provision of congenial climate, pure artesian water, quiet groves, orchards and fields, and extended and varying landscapes, has granted the most favorable conditions for the success of the Sanitarium's work.

Pure air, pure water, and a porous, well-

drained soil are among the most essential features of a first-class location for a sanitarium. The happy combination of these essential elements found at Papanui and at the particular point of selection for this Institution is what led the founders of the establishment to plant it there, after considerable time spent in looking about for the most eligible and advantageous site.

The climate is mild, resembling that of England very closely, except that the district is not troubled with the dense fogs which so often enshroud London. The nights of the hottest summer days are cool, while the winters are exceptionally mild, with but little snow.

THE BUILDING AND GROUNDS.

While the buildings were not erected for the purpose for which they are now used, they have been remodelled to adapt them to the work now in hand. The main building is large and roomy, with plenty of windows, so that every room, during some portion of the day, has the sunshine. The building is plainly but tastefully furnished.

The grounds, comprising seven and a half acres, are laid out in beautiful garden plots and lawns, interspersed with shrubs, natural forest, and ornamental trees. Orchards, quaint bowers, and little nooks afford quiet resting places and pleasant shade for out-of-door recreation, where the convalescent may pass many sunny hours.

City drives and broad, smooth roads, reaching out into the beautiful farming districts of the fertile Canterbury plains, afford many opportunities for delightful bicycle rides which are much enjoyed by little parties of friends competing for improved appetite and vigor by means of healthful exercise.

Obedience to the laws of life and health is the only way an individual can be kept in good health, and is the first requisite to the recovery of the invalid. The chronic invalid is sick usually because he has neglected to supply the conditions necessary to health, and by his long continued violation of Nature's laws has developed evil tendencies and morbid actions in his organs.

The cure of such cases must largely consist in a course of systematic training by which he will be educated out of evil ways into better ways, by which his abnormal

vital functions will be trained to normal and healthful activities. This is what the Institution undertakes, and it will ever be the aim of its managers to keep the interests of its patients in view, that the very best may be done for all who deem it wise to avail themselves of the benefits which it offers.

A competent physician and surgeon and well qualified nurses are always in attendance. A cheerful, hopeful Christian atmosphere is encouraged and cultivated by all. This combined with the rational treatments as water, electricity, massage, and a corrected dietary affords the help so much needed by every chronic invalid. Many so-called incurables respond to such treatment, even after other measures have failed.

The Use of the X-Ray in Cancer.

E. E. CODMAN, *Johns Hopkins Hospital Bulletin*, U. S. A., May, 1903, states that through the therapeutic X-ray work done by Dodd and Vose, who are working on malignant disease for the Cancer Commission, and by Burns, who does the work of the skin department, few malignant diseases have essentially improved, and none have been cured. There have been a few encouraging signs in some cases, as relief from pain, gain in weight, shrinkage, softening, breaking down of the tumor, etc., but since these events occur in the course of untreated malignant disease, the positive advantage of the X-ray can hardly be proved.

Life in a Sanitarium.

BY A PATIENT.

IN the New Zealand *Outlook* of August 1, 1903, a gentleman, who had spent some time as a patient at the Christchurch Sanitarium, gives his experience in the following interesting article. He says:—

It was recently my good fortune to have a few weeks' holiday. I had some doubts where to spend it. I was not able for health reasons to do this as I desired, and as had been my wont in former years. A friend happened to mention to me the case of a man, one of the home missionaries from church, who had found a residence of some months at the Christchurch Sanitarium of great benefit to him. I had heard favorable accounts of this place once before, and as I had to be present at the Students' Missionary Conference in Christchurch, in any case, I resolved to see what like a place it was. I had never been at a sanitarium in

my life, though I had heard of them frequently enough.

The Sanitarium is run on vegetarian lines. Most people have very crude notions of what vegetarianism is. It is generally supposed to consist of compounds of cabbage, turnips, potatoes, etc. A visit to this Sanitarium would open their eyes as to the connotation of the word. They would discover the wonderful possibilities of a vegetarian diet. And, perhaps, if they had been confirmed beef-eaters, they might be led to modify their views on the point. I had been half a convert myself before I went there, but my bill of fare had been rather limited, and I was wavering in the faith. Since I have been there, however, I am firmly convinced that a vegetarian dietary is the natural and rational thing for human beings. I will not attempt to describe the daily fare at the Sanitarium beyond saying this: That for variety and palatableness, it is, in my judgment, very much superior to flesh foods in suitability to the nature of man.

There are two things that I found there in combination which one does not always meet in places of this kind,—cleanliness and homeliness. There are large elaborate sanitariums, but they lack that sense of quietude and restfulness which we appreciate in the home. On the other hand, there are small places, where one is not crowded or rushed, but where the virtue which is said to be next to godliness is often absent. But the institution at Papanui combines these two things in a remarkable degree. Everything is spotlessly clean, and there is a quietude and restfulness about it which makes it feel like home. This latter was, indeed, the thing which, perhaps more than anything else, impressed me. There is usually a chill air about such places, but the warmth and quietude of this place are remarkable. A good deal of this, I fancy, is due to the religious atmosphere which surrounds the place. It belongs to the Seventh-day Adventist community. It is part of their religion to combine the healing of the body with the healing of the soul, and they are planting institutions of this sort all over the world.

In my judgment this is the only right foundation for such institutions, if we are to accept the authority of the Bible, "It is the Lord that healeth." The doctor who most fully takes God into his confidence, is the one who should have the best results in his practice.

A sanitarium, therefore, governed by these principles, seems to me to be working in the right direction. Such is this one at Papanui. The moral and the religious are prominent. This is seen in various ways. No games—such as cards, *c. g.*—are allowed that might lead to gambling. Smoking shares the same prohibition as drinking. Within the grounds every morning, there is family worship, to which the guests are invited. The doctor leads in prayer, or if there is any minister there, he is invited to do so. Thus a certain keynote is struck, and it helps to give a tone to the whole day.

I have said that the institution belongs to the Seventh-day Adventists. It is one of many, with headquarters at Battle Creek, in Michigan, and branches all over the world. But there is no attempt at proselytism. There is no obtrusion of the peculiar tenets of Adventism. The only evidence of it is that from sundown on Friday

evening to sundown on Saturday evening, there are no treatments. The period is observed as a Sabbath. Work is stopped, and those who can, attend religious services.

After writing of the natural beauty of Christchurch, the writer concludes thus:—

And if, happily or unhappily, you should be, as I was, in search of rest and health, and you resolve to put yourself for a few weeks under the care of the Papanui Sanitarium, you will at least thank me for having written this article.

Plague in Domestic Animals.

At the annual meeting of the British Medical Association in August last, Dr. James Cantlie, a London surgeon, read a paper upon "Plague in Domestic Animals," in which he drew attention to Dr. W. J. R. Simpson's and Dr. W. Hunter's experimental work in Hongkong in 1902. He drew attention to the fact that in June, 1903, two fowls, a duck, and a quail were found in the Hongkong market suffering from plague. This fact, combined with the experimental proof that fowls, geese, turkeys, pigeons, rats, cats, dogs, pigs, goats, sheep, and buffalo calves, etc., contracted the disease when fed on plague-infected material, indicated a most serious state of affairs for any plague-infected town or district. Practically all domestic animals might suffer from the disease; hence, no doubt, the persistent endemicity attaching to plague, for if the animals in the farmyard, the stable, and the byre were all polluting the soil, etc., with plague germs, the continuance of the disease was certain. Natives of Oriental countries—and for that matter, in countries nearer home—had frequently the fowls and animals under the same roof, and, therefore, they both became liable to inter-communication of diseases. They had been assigning to rats solely the power of spreading plague, but the rat was only one of the many infected animals. —*Faulding's Medical Journal.*

THE atmosphere of cities is purer in summer than at other seasons, owing to the absence of grate fires. It would be still purer if users of tobacco were to take a little vacation. Sensitive persons sometimes find the incessant presence of nicotine fumes on the streets and in places of business rather annoying. They are liable to wish that the devotees of the weed were less generous in passing the smoke around.

The Home.



LET US TRY TO BE HAPPY.

LET us try to be happy! We may if we will,
Find some pleasure in life to o'erbalance the ill;
There was never an evil, if well understood,
But what, rightly managed, would turn to a good.
If we were but as ready to look at the light
As we are to sit moping because it is night,
We should own it a truth, both in word and in deed,

That who tries to be happy is sure to succeed.

Let us try to be happy! Some shades of regret
Are sure to hang round which we cannot forget;
Times come when the lightest of spirits must bow,
And the sunniest face wear a cloud on its brow.
We must never bid feelings, the purest and best,
To lie blunted and cold in our bosoms at rest;
But the deeper our griefs, the greater our need
To try to be happy, lest other hearts bleed.

Oh, try to be happy! It is not for long
We shall cheer each other with counsel or song;
If we make the best use of the time that we may,
There is much we can do to enliven the way;
Let us in earnestness each do our best,
With God and our conscience, and trust to the rest,

Still taking this truth, both in word and in deed,
That who tries to be happy is sure to succeed.

—Selected.

THE CORSET.

LAURETTA KRESS, M. D.

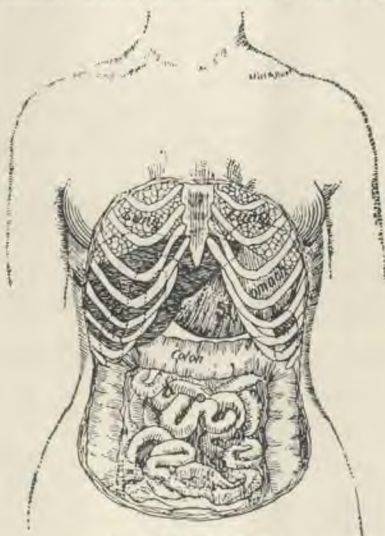
DR. J. C. WALTER asserts in the *Medical Press* that the pressure of corsets on the breast and pressure upon the abdominal regions, by the same process, produces cancer. He notes that cancer is not at all common among women in classes and countries where the corset is not worn, nor in convents where corsets are forbidden. The irritation and pressure act as an exciting cause.

Dr. Wm. Williams attributes the frequency of chlorosis, or green sickness, in young females to the effect of corsets. Dr. Fothergill agrees with this, and declares that anæmia resists all treatment till the liver, digestive organs, and lungs are relieved from corset pressure. The benefit of rest in bed in these cases, in hospitals, is due to relief from the pressure of the cor-

sets. Observation shows that the waists of young women of the working classes average a measure of three inches larger when in bed and free from corsets than when wearing corsets.

WHEN DID THE EVIL ORIGINATE?

Corsets were first used in the reign of

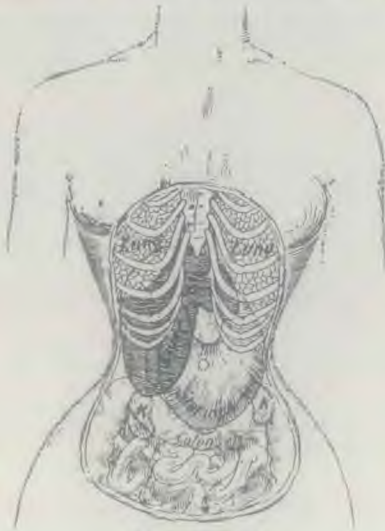


The Natural Shape.

Henry II. of France. They were called stays in England. A curious edict was passed by the Emperor Joseph II., to restrain the use and fashion of stays; in the preamble it set forth that they impaired the health and impeded the growth of the fair sex; in all orphan houses, nunneries, and other places of public education they were strictly forbidden, and young ladies still persisting in the fashion were threatened with the loss of the customary indulgences and countenances which were bestowed on their class; thus they were made a sort of immorality. The College of Physicians also were enjoined to draw up a dissertation in support of the royal edict, which was distributed gratis. But

in spite of these measures the liberty of the corset was soon re-established in Austria in its full severity.

In the reign of Charles II. a law was passed enacting "that all women, of whatever age, rank, profession, or degree, . . . that shall impose upon and betray into matrimony any of his Majesty's male subjects by (inter alia) iron stays shall incur the penalty of the laws now in force



The Deformed.

against witchcraft, sorcery and such like misdemeanors, and that the marriage, upon conviction shall be declared null and void."

Young ladies grow up in these stays like a cucumber in a bottle. Their bodies become maimed and deformed by taking the shape of the dress. The girl, when beginning to wear a corset, is comforted by the thought that it will soon fit her, which simply means that she will soon fit it. The result is a dislocated stomach, and floating kidneys, which means future misery and pain. From the standpoint of health, it is a much more serious matter to have one of these internal organs displaced than to have a shoulder dislocated.

MR. GEORGE BERNARD SHAW recently declared, "What we need most of all is to breed a new race of men—a better race—a more intelligent race." And there is much truth in his utterance.

Seasonable Recipes.

LAURETTA KRESS, M. D.

BANANA APPLES.—Select nice baking apples, pare them, remove the blossom end, cut out the cores and seeds. Fill the cavities with chopped, dried bananas or figs, and bake until well done.

DATE APPLES.—Prepare tart apples as in the previous recipe. Chop stoned dates, and fill the cavities. Bake.

GRAPE APPLES.—Take one pint of sweet grape juice and a quarter of a cup of sugar. Simmer slowly until reduced one-third. Have ready eight medium sized apples pared and cored. Place the apples in a baking dish with the grape mixture in the bottom. When baking, baste occasionally with the fluid, also turn the apples over. When thoroughly done, serve with a little grape juice on the top of each apple.

The following are a few very simple summer dishes:—

RICE WITH RAISINS.—Rice may be boiled or steamed, and before it has softened and thickened, a cupful of currants or sultanas can be added after thorough washing and drying with a clean towel. By slightly parching the rice in an oven until it assumes a very light yellowish tint, then boiling or steaming as above, it will be found much more palatable, and easier of digestion.

ORANGE RICE.—Steam as in recipe above. Prepare some oranges by cutting into sections, and each section into halves, taking care to remove the white portion and the seeds. Sprinkle the orange with sugar, and allow to stand while the rice is cooking. Serve a portion of orange on each plateful of rice.

APPLES AND RAISINS.—Pare and core good cooking apples, enough to fill a baking dish. Wash, and remove stems of cooking raisins or sultanas in the proportion of one cupful to a quart of apples. Add just a little hot water, and bake in an oven until done, or if not convenient to bake in the oven, stew in a saucepan on the stove. No sugar is needed, as the raisins furnish sufficient sweetness.

BAKED PEARS.—Select hard pears so that they will cook uniformly, cut into halves, remove seeds, place in a shallow baking dish with a cup of water to every two quarts of fruit. Sprinkle with a little sugar. Cover closely in a moderate oven, and bake until done. The juice will be thick like a syrup.

DIGESTED GLUTEN.—Wash, lightly pare, and slice pineapple. Add about enough water to cover it twice. Let it soak an hour, or until the water is strongly flavored. This may be done in a few minutes by bruising the fruit under the water with a spoon. Strain off the liquid, and add 40 per cent. gluten to make a moderately thick porridge. Let it stand ten minutes or longer. Cook by bringing quite slowly to the boil, and boiling a few

minutes. It may be eaten warm, or moulded and kept in a cool place. The fruit may be used a second time with less water.

The resulting jelly should be as smooth on the palate as corn starch jelly.

Diet That Killed.

EXTRAORDINARY ideas as to the digestive powers of an infant under two years of age, named Wells, were revealed by the father's evidence at an inquest at Walthamstow recently.

The child was given "a good breakfast" of potatoes, bloater, and tea.

As he seemed drowsy after this, teething powder and some infants' patent food were administered, followed at intervals during the day by castor oil, syrup of rhubarb, and brandy and water.

At night the baby died, consequent on this strange mixture of food and physic.

Warm-Weather Cookery.

FRESH fruits, vegetables, and greens are easily procured during the summer months. Let these take the place of some of the harder foods used during the winter and spring. The system is not in need of so much fatty or heat-producing foods during the warm season. Light, cooling, refreshing foods are needed. During the warm weather, the digestive organs are not able to digest the hardy winter meals.

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

At the inquest on a four-months-old child at Tottenham, recently, the mother said that she fed it on fried fish, biscuits, bread and butter, stew, and broth with dumplings cut up in it. The child ate as one of the grown-ups of the family, and would devour lumps of fat as big as an inkpot.—*World's News*.

Questions and Answers.

Black Spots before the Eyes.—What is the cause of little black spots floating before the eyes?

Ans.—It is usually a condition due to self or auto-intoxication. This affection is very common in Bright's disease. It is present in any condition, however, where there exists an excessive amount of uric acid or other irritants in the blood.

Proper Position During Sleep.—What is the proper and healthful position for the body during the hours of sleep?

Ans.—I think the best position is on the right side. The outlet of the stomach, the pyloric orifice, is on the right side, and so by lying upon that side it favors the emptying of the stomach. If the food is retained in the stomach during the night, it is very apt to undergo fermentative changes. By lying upon the right side we assist the stomach in getting rid of the food, and so help to prevent putrefaction of the stomach's contents. By lying on the left side the action of the heart is interfered with to some extent, beside tending to retain the food.

Locomotor Ataxia.—Is locomotor ataxia curable?

Ans.—No. Locomotor ataxia is considered an incurable disease. All that can be done in a case of this kind is to prevent the degeneration of the nerve cells of the spinal cord. Those cells of the spinal cord that have been destroyed are permanently destroyed, so that the only thing that can be done is to arrest the progress of the disease. Locomotor ataxia is a progressive disease, continually getting worse. Under the best possible treatment all that can be done is, as I remarked before, to arrest the degenerative process. The disease is due to the destruction of the spinal cells.

Effects of Tea.—How does tea affect the digestion and the nervous system?

Ans.—The effect of tea is to retard the digestive process. Tea interferes with the digestion of both starches and albumin. Tannin in tea (and tea contains about twenty-six per cent.) has the effect of hardening the albumin. Tannic acid is the substance used in the process of tanning hides; and so the person who drinks freely of tea is really tanning the meat or the egg eaten, or converting it into leather, and thus making it indigestible, or at least less digestible. This is one of the principal reasons why tea-drinkers are apt to be anæmic; they are not properly nourished. Tea also neutralises the action of the ptyalin of the saliva.

Tea has a disastrous effect upon the nervous system. Theine, the poisonous principle found in tea, is a narcotic, the same as uric acid; in fact it is closely allied to uric acid, and has a similar effect upon the system. Uric acid, theine, caffeine, all have the same effect upon the circulation and the nervous system. Their action is first to stimulate and then depress. By the constant use of tea, the nervous system becomes accustomed to the stimulation, and people imagine that they are unable to get along without it. When people resort to the tea to overcome the feeling of weariness, it

is like trying to keep up a worn-out horse with a whip. The further the distance, the more the whip has to be used to keep the tired animal moving. This is a good illustration of the great numbers of people who depend upon the tea and many other narcotics. It is well known in the use of narcotics that larger doses have to be taken the longer the practice is indulged in. Finally people find that the nervous system refuses to respond to even the strongest stimulants. They are then at death's door.

Food for Athlete.—What is the best food for an athlete?

Ans.—In the first place, I would certainly advise the entire disuse of flesh foods. The athlete who depends upon flesh foods is defeating himself, because he is putting poisons into his system in addition to those that are normally formed, and is thus overtaxing the eliminative organs. The fatigue which is felt, whether from exercise or worry, is due to the accumulation of uric acid and other waste products in the system. If we could throw off the uric acid and other waste products from the body just as rapidly as they are formed, the feeling of fatigue would never be experienced. People suffering from Bright's disease, complain constantly of this feeling of fatigue. This feeling is due to the accumulated wastes in the system: the system is laden down with effete products. About sixty or eighty per cent. of beef tea is composed of excrementitious matter. You can readily see that a person depending upon flesh foods is defeating himself. The Greek athletes recognised this. Paul, in speaking of these men, said, "They are temperate in all things." These athletes were fed in the most simple way, their food consisting of nuts, fruits, coarse bread, grains, and cheese. They entirely discarded the use of meat and wine and other poisons. The Persians also recognised the importance of plain living. In order to develop a nation of people who would be able to withstand physical exertion to a good old age, the State brought up the children instead of trusting them to the parents. The children were all brought up in one uniform manner as regards their diet, time of eating, exercise, etc. Meat was withheld entirely from them. Cyrus, one of the most noted characters of history, was brought up in this simple manner.

Flesh Substitute.—If we discard the use of flesh, what should we eat?

Ans.—The best foods that I know of are the simple products of the earth,—the grains, fruits, and nuts, foods that contain the maximum nutriment with the minimum waste. Grains with the addition of a little fat constitute a perfect food. Grains in combination with nuts (moderately) and fruits make an ideal and perfect dietary.

If the third meal is taken, it should be composed entirely of fruits. The athlete who subsists on these foods, other things being equal, will be the athlete of the future.

Lime and Water for Children.—Is it good to give a child lime and water, and in what quantities? He is six and one-half years of age, and a very healthy child apparently. His teeth are beginning to decay. Could I give him lime in bread with benefit? We use white bread.

Ans.—I think the white bread probably explains the cause of the teeth decaying. The white bread lacks the salts which are essential to build up the bony structures. I have no doubt that the use of white bread is one of the reasons for the prevalence of decayed teeth. In the preparation of the white flour, most of the salts are taken out. White flour may contain, and sometimes it does, as much albumin as the whole meal flour, but the salts are absent, and as I remarked previously, the salts are really the elements used in building up the bony structures. So in these cases, I would advise the disuse of white bread and substituting the whole meal bread in place of it; also foods that require thorough mastication, as the granose biscuit or zwieback. This is the only thing which will arrest decay of the teeth. Lime water is of no value whatever. The system cannot appropriate lime as found in the inorganic state. These inorganic substances are passed out of the body as they are taken in. This is true of iron and all salts. In order to be appropriated and built up into the living structure, they must be organised by the vegetable kingdom.

The greatest benefits of exercise are not the benefits to the muscles, but the increased blood movement and respiratory activity. The blood is the great creating, renovating, and healing power of the body. In the words of Holy Writ, "The blood is the life." Fresh, oxygenated blood removes wastes, awakens the poisoned, anaesthetised tissues to renewed activity, supplies material for new construction, improves blood movement, increases functional activity, improves the quality for vital work, renews the tissues, and produces a higher grade of life. Increased respiratory movement not only introduces an increased quantity of oxygen into the system, but also aids in moving the blood through the great viscera, the stomach, the liver, the intestines, and the pancreas, which are the fountainheads of the organic life of the body. With each descent of the diaphragm, the liver and the other abdominal viscera are compressed between it and the resisting abdominal walls. Thus the venous blood current is pushed onward to the heart; in other words, vigorous respiratory movement is attended by the alternate squeezing and releasing of the viscera, which empties them of their blood and lymph contents, making way for new material for tissue construction, thus promoting the highest degree of activity of these important centres of vital work.

"THE Gods are just, and of our pleasant vices make instruments to plague us."

Health and Happiness.

THE following is from an article by Ella Wheeler Wilcox upon the getting and keeping of health and happiness:—

"If you are suffering from physical ills, ask yourself if it is not your own fault.

"There is scarcely one person in one hundred who does not overeat or over-drink.

"I know an entire family who complain of gastric troubles, yet who keep the coffee pot continually on the range, and drink large quantities of that beverage at least twice a day.

"No one can be well who does that. Almost every human ailment can be traced to foolish diet.

"Eat only two meals in twenty-four hours.

"You will thrive upon it, and you will not miss the other after the first week.

"And your ailments will gradually disappear.

"Meantime, if you are self-supporting, your bank account will increase.

"Think of the waste of money which goes into indigestible food! It is appalling when you consider it. Heaven speed the time when men and women find out how little money it requires to sustain the body in good health and keep the brain clear and the eye bright!

"The heavy drinker is to-day looked upon with pity and scorn. The time will come when the heavy eater will be similarly regarded.

"Once find the delight of a simple diet, the benefit to the body and mind and purse, and life will assume new interest, and toil will be robbed of its drudgery, for it will cease to be a mere matter of toiling for a bare existence."

Ventilate Your Children's Rooms.

MOST parents, before retiring to rest, make it a duty to visit the sleeping room of their children. They do so in order to be satisfied that the lights are extinguished, and that no danger is threatening their little ones. But if they leave the room with closed windows and doors, they shut in as great an enemy as fire, although his ravages may not be so readily detected. Poison is there, but slow and deadly.

Morning after morning do many little children wake weary, fretful, and oppressed. "What can it mean?" "What can it be?" the mother cries. In despair she has recourse to medicine. The constitution becomes enfeebled, and the child gets worse.

The cause, perhaps, is never traced to overcrowded sleeping rooms without proper air, but it is nevertheless the right one. An intelligent mother, having acquainted herself with the principles of ventilation, will not retire to her own room for the night without having provided sufficiency of air for her children, in the same manner that she provides and regulates their night covering, or any other requisite for refreshing slumber. Sometimes by judiciously lowering a window, and at other times by leaving a door wide open, this end may be attained.

In many houses the day and night nurseries communicate. When this is the case, the window of the further room should be left open, and the doors between the rooms likewise open. Even in severe weather children can bear this arrangement if they are not exposed to a direct draught.—*Selected.*

Dangers of Popular Out-Door Games.

RECENTLY, Dr. Brunton has pointed out that golf, foot-ball, cricket, baseball, and many other popular out-door means for getting health are dangerous, and result in increased disease and nervousness later.

Exercise beyond the point of ordinary fatigue increases the poisonous products, and very often diminishes the power of elimination, impairing the weakened organism, and actually increasing the weakened state which it is hoped to overcome. Exercise which calls for sudden strains and intense activity upon all the muscles of the body, as in running and jumping, is followed by what is called heart strain, insignificant at first, but gradually increasing until it develops into permanent heart affection. Much of the exercise in the schools and colleges is the starting point for organic diseases which appear later in life. The prize runners and jumpers and the experts at football and golf nearly always have organic heart disease sooner or later, and die early.

News Items.

MRS. YEOMAN, wife of the popular proprietor of the central Photo Studio, 292 Bourke St., Melbourne, has returned home improved in health, after a stay of a few weeks at the Wahroonga Sanitarium.

MR. J. BACON, of Sydney, is numbered among the arrivals at the Wahroonga Sanitarium.

THE friends of Mrs. D. Blunberg, of Brisbane, will be pleased to learn of her rapid progress since coming to the Wahroonga Sanitarium. Mrs. Blunberg, though much depressed for months, almost in a hopeless state of mind, and bordering on melancholia, is now one of the most cheerful patients at the Sanitarium.

THE Sanitarium garden affords great delight to the patients. Nature has certainly done her best, and responded to the efforts put forth by patients and nurses to make the garden attractive and inviting.

THE twenty acres of orchard surrounding the Wahroonga Sanitarium is a great boon to the institution. The trees are pleasant to the sight, and good for food.

OUR Wahroonga Sanitarium family is an ever changing one in names and features. Constantly they come and go, to and from all parts of Australasia. Our average number of guests for the past three months has been twenty-four. At present one-half of this number are gentlemen. Mr. and Mrs. James Cottrell, of Waikato, New Zealand, are among the oldest of our present family. Mr. W. E. Lewis, of Melbourne, has the pleasure of the company of his mother and sister as guests of the Sanitarium. Mrs. Matton of Sydney, a former patient, is again with us. The following are some of the later arrivals: Mr. John Scouler, Sydney; Mr. and Mrs. Rowland Robinson, of Normanton, Gulf of Carpentaria, Queensland; Mr. Hart of West Australia; Mr. Jas. Vietch, Kalgoorlie, W. A.; Mr. J. Cook, Victoria; Mrs. Mott, of Clutha Station, Queensland; Mrs. Kennerson, Eugowra, N. S. W.; Mrs. Blunberg, Brisbane, Queensland; Miss Palmer, N. S. W.; Mrs. Norsworthy and Miss Cappin, of Lindfield.

IN October, 1901, twelve healthy cows were inoculated with human tubercle bacilli in some official tests at the "Cattle Epidemic Laboratory of the Department of Agriculture and Commerce," U. S. A. In March, 1902, the cows all responded to tuberculin with a pronounced reaction, and when they were slaughtered recently, unmistakable lesions of tuberculosis were found.—*Idem.*

MR. GEORGE SUMMERS, one of the oldest municipal officers in England, died at Romsey, September 20, in his ninetieth year. He had held office under the Corporation for nearly sixty years, and had been town sergeant, mace bearer, and inspector of nuisances for thirty-three years. He was an abstainer for over sixty years and a vegetarian for more than twenty-five years past.

DR. C. M. ASHTON (England) says:—A young woman who was suffering from severe and frequent headaches was advised to have her eyes examined and put on glasses. Her eyesight had always been perfect, and she felt sure that could not be the cause, so she set her wits to work to find out. She decided to forego her customary cup of coffee for breakfast, and no sooner did she do this than the headaches ceased.

IT is not an unusual thing abroad for boys to become intoxicated by inhaling the fumes from kerosene. The vicinity where these debauches have been observed is usually in the neighborhood of the railroad yards where the empty oil cars are stationed. The method of obtaining the fumes is for the boys to climb upon the tank car, place their noses over the manhole, and thus inhale the fumes. The effects produced are similar to those caused by alcohol: first a feeling of exhilaration, then a period of stupor, and following that the period of deep sleep. It is stated that in several instances boys drunk from these fumes have been taken to hospitals. From the meagre amount of observation in such cases it is believed that the effects on the system are similar to those produced by alcohol.

BETTER be an honest heathen than a pious fraud.

PINARD AND C. RICHEL (*Ann de Gyn. et d'Obst.*, January) have investigated the subject of "race suicide" in France in an effort to determine the underlying physiological causes. The number of marriages in France is no lower than in other countries. The low birth-rate is due to the small average size of the household. Of one thousand families, 171 have no child, 249 have one, 224 have two children, 150 have three, 93 have four, 55 have five, 31 have six, and only 27 have seven or more. These figures include only living children, and so do not show the actual fecundity. Making allowance for this the writers place the proportion of sterile families in France at from ten to thirteen per cent. *The principal cause of this sterility in France, as in other countries, is the after effects of venereal diseases, which, though apparently cured, leave behind pathological conditions causing sterility.* The only remedy for the diminution of the birth-rate in France is therefore a change of sentiment which will lead the fertile families to desire more children than they do at present.—*Am. Jour. Obst. and Disease of Women and Children*, May, 1903.

PERHAPS tea and coffee dealers will deny the fact that coffee is often painted. Yet this is a fraud that is carried on very extensively in some countries. Black coffee beans are always in great demand in South Africa, and the coffee mill owners roll the olive green beans in contact with a colored powder to gain the desired effect. When the beans have gone through this process, they are as black as anyone could desire.

ANOTHER case of impure sweets recently came before Mr. Otto Hehner. Some small chocolate-colored sugar sweets, purchased in the Isle of Wight, were found to contain arsenic to the extent of about one-fifteenth of a grain per pound. The sweets were not coated with chocolate, as might be inferred from their color, but with a mineral color, oxide of iron, which almost invariably contains arsenic, and which is a most improper substance to use even when pure. "It is evident," says the analyst, "that circumstances might readily occur that would lead to a charge of murder against perfectly innocent persons, if the sale of such compounds were permitted. I have found arsenic in several

other food materials colored with oxide of iron, such as bloater paste, anchovy sauce, and chocolate powders."

DR. ALFRED WOLFF says: "In so far as there has been a real increase in the mortality, it may not improbably bear a direct relation to the increased consumption of beer in recent years. The amount consumed in the United Kingdom, which was twenty-seven gallons per head in 1885, was thirty-one and a half gallons in 1900; and in the German Empire the consumption rose in the same period from ninety to one hundred and twenty-five litres per head. In countries such as Italy and Hungary, in which the consumption of beer is small, the mortality from carcinomatous disease is far below the average. In France, beer is largely consumed in those departments in which the cancer rate is exceptionally high (although cider also is here one of the staple drinks), and it may be pointed out that the rate is particularly low in many of those departments in the wine-growing districts in which beer is an unusual luxury. In Germany, from a return lately made to Parliament, it appears that Bavaria, Baden, and Wurtemberg are the three States showing the largest consumption of beer, and these all figure in the list of those having a high cancer rate. In Austria, Salzburg is stated to be the province in which most beer is consumed, followed at some distance by Bohemia and Upper and Lower Austria. In no country could any instance be discovered in which a large consumption of beer was accompanied by a low cancer mortality."

Any inferior or poisonous food or drink introduced into the system, lowers the vitality of the tissue and predisposes to cancer or any other germ or parasitic disease. We do not hesitate, therefore, in pronouncing Dr. Wolff's conclusions correct.

THE following extract is from the supplement of the *New Zealand Herald*, October 10, 1903:—

"It has been remarked that most Italians of the poorer classes are noted for their general good health. This is to some extent attributed to the fact that the working people of Italy eat less meat than those of any other European nation."

"A scientific gentleman recently passed

through a peculiar experience. He tasted a small fraction of a grain of radium. It acted as a powerful stimulant, affecting both the heart and the kidneys. It was several hours before his pulse became normal. It affected the mind also, producing hallucinations."

What Shall We Drink in Summer?

THERE are some drinks that we can well do without. Alcoholic liquors of every sort and variety certainly are out of place in the warm summer months, and for that matter, all seasons of the year.

Even among the so-called temperance drinks there are some which are distinctly injurious. Tea and coffee affect the nerves. Taken in any considerable quantity they will in time produce very serious results, and they cannot possibly do good. The mere fact that it is so difficult to stop the use of tea should be sufficient evidence that it is somewhat akin to tobacco and alcohol.

Ginger ale is a common "temperance drink" which is unfit to introduce into one's stomach. Many of the cheaper bottled lemonades and similar drinks are of decidedly questionable origin.

What should you drink then?—Pure water is undoubtedly the ideal drink for man and beast. "Water drinking," observes a physician, "provides an internal bath." Evidently it is most effective for cleansing purposes, whether taken externally or internally, if free from extraneous elements.

There are times, however, when it is conventional, if not necessary, to offer

something more than water. Homemade lemonade is a very fair substitute. Use the best lemons and a small amount of good sugar, and you have a very healthful and refreshing summer drink. If very cold, it should be sipped slowly. Omitting the sugar altogether makes it more refreshing. In any case the sugar should be used very sparingly. Orangeade is a favorite drink with some.

THE following remarkable testimony is borne of John Howard, a gentleman of English birth, born in 1725, and known in England and in the continent as the "Prison Reformer":—

"The reader cannot fail to have been surprised that a man by nature so delicate and even frail, should have been able to endure such a protracted labor; to have entered fever-infected dungeons; to have travelled over half a continent; to have borne, day and night, the burden of a constant mental pressure, and yet to have escaped unscathed, uninjured! It has been said of him that he seemed to bear a charmed life, and that whatsoever the danger into which he ventured, he came forth in safety. This was owing partly, we believe, to his faith in the work, but it was owing also to his temperance and regular living. He ate no flesh; drank neither wine nor spirits; bathed in cold water daily; was moderate in his meals; eschewed late hours and night revels; rose early. Thus he strengthened a weak constitution, until he could fearlessly penetrate into dungeons, whither even the jailer and the physician feared to follow him."

FOR THE BATHING SEASON.



WATERPROOF BATHING CAPS.

Fancy Patterns, Rubber Proofed Print, 1/6 each. Fancy Patterns, Rubber Proofed Sateen, 2/- each. Add 2d for postage.
Rubber Goods of All Descriptions.

PERDRIAU & COMPANY, 270 GEORGE ST.,
SYDNEY. (ONLY ADDRESS.)

Australasian Good Health,

—ORGAN OF—

The International Health Association.


ISSUED

MONTHLY IN THE INTERESTS OF HEALTH AND TEMPERANCE.

SUBSCRIPTION RATES

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

All business communications and orders should be addressed to AUSTRALASIAN GOOD HEALTH, Wahroonga, New South Wales.

 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.

Good Health Extension Fund.

THE object of this fund is to supply Good Health to Public Libraries, to missionaries in India, Africa, China, and other mission fields, and to fill any other openings of a similar character that may present themselves by which the gospel of health may be promulgated.

We invite our readers to send us the names and addresses of missionaries to whom they would like the paper sent, and to be free to inform us of other channels through which the principles represented by the magazine may be advanced. These truths concerning the care of the body must be passed along. Thousands are perishing for lack of knowledge. Earnest efforts must be made to stem the tide of disease. We cordially invite any and all of our readers to contribute to this fund as they are able.

WE have a good supply of the December GOOD HEALTH still on hand which we will furnish at one penny per copy to canvassers and others desiring to do house to house work. Not less than fifty to be ordered. This is an excellent number and should be widely circulated.

STATISTICS just issued by the Imperial Health Office at Berlin show that the total amount spent on alcoholic liquors in the German Empire in 1902 was £125,000,000, averaging £7 per head of persons over fifteen.

A Conversation Overheard at the Wahroonga Railway Station.

FIRST Lady: "Well of all the happy days of my life, this last month at the Wahroonga Sanitarium has been the happiest. I am going home only for a day. I am planning to spend another month."

Second Lady: Yes; it certainly is a most delightful place; so quiet and peaceful, and everything and everybody seems so pleasant. I have enjoyed every item. The baths are so refreshing, and the nurses so uniformly kind and patient. I think they must all be Christians. And I have really learned to enjoy the diet. The foods are prepared so temptingly; and how home-like the singing, and quiet reading of the good old Bible at morning worship. It all seems more like a good, well conducted, old-fashioned home than a Sanitarium; and the patients are the cheeriest lot of sick people I ever saw together."

FIRST Lady: "It is all true, but I am sure it is not known as it ought to be. They have not advertised, and just fancy, they have been open since January, and have such a lot of patients already and friends from all over the states."

Simplicity and Health.

THE simple habits of the celebrated landscape painter, T. Sidney Cooper, R. A., at the advanced age of 99 years, are given as follows: "I used to walk five or six miles every day; now I only do three or four, but these regularly at the same hour. I always go to my painting room at seven o'clock in the morning in the summer, half an hour later in the winter; set my palette, and paint till breakfast is ready, at eight o'clock. For this I eat oatmeal porridge, some bread, and drink about half a pint of milk just warm from my own cows. I have not tasted a cup of tea or coffee for thirty-six years. . . . Then I return to my studio and paint till lunch, at twelve o'clock, when I eat well, and drink but little; after which I paint again till three. Then I clean up my palette for the day, and go out for my walk, returning in time to wash and prepare for a six o'clock dinner, which I enjoy without my glass of port, for I have quite given that up, and every other kind of wine, since my last severe illness."

Sanitarium Health Foods

The Choicest, Most Nutritive and Refined of Foods.

As an inducement to try our Foods, we renew our **SPECIAL OFFER** to supply 12s 10d worth for 10s if accompanied by coupon attached hereto.

YOU SHOULD NOT MISS THIS OPPORTUNITY.

Here is a Brief Description of Some of Them :

Granose. This product is made from the whole wheat berry, and is the most popular of all cereal foods. **It is the Original Genuine Wheat Flake Food** that so many are attempting to imitate. It is prepared in large, thin, toasted flakes, and so thoroughly cooked that the starchy contents are dextrinised and made ready for immediate digestion. **When freely used, Granose will cure Indigestion and Constipation.** Containing as it does all the elements of nutrition, Granose is a splendid food for the growing child, the brain worker, the working man, and in fact for everybody, but specially will it aid those of weak digestion.

Granola is an ideal breakfast food. Is rich in gluten,—the element that repairs the waste tissue,—and being a partially pre-digested food, is quickly assimilated, and does not leave that heavy stomach feeling which one feels after eating ordinary mushes. **One pound of Granola exceeds in nutritive value three pounds of the best beefsteak.** It is a delicious food, and is a **brain, nerve, and muscle builder.** Is thoroughly cooked and ready for immediate use.

Granuto is another pre-digested Cereal Food, which goes a long way towards solving the vital question of what to eat in order to get strong and vigorous, mentally and physically. If freely used, it produces normal action of the stomach and bowels and other digestive organs. It is sweet, crisp, toothsome, appetising, and strengthening to a surprising degree. **It will strengthen the muscles and nerves, and enrich the blood quicker than any other known Cereal Food.**

Meltose or Malt Honey is a pure natural sweet, produced directly from the farinaceous elements of the cereals, and is possessed of the high food value of the best Malt preparations. Meltose is simply bread already digested, ready for immediate absorption and conversion into fat and energy.

Protose or Vegetable Meat is the most remarkable discovery in dietetics which has been made within the last half century. It is a purely vegetable product of a most delicate and agreeable flavor, and constitutes a **perfect substitute for all flesh foods.** Its nutritive value is about 25 per cent. greater than flesh, and contains 10 per cent. more fat. While resembling flesh foods in appearance, fibre, and composition, it is more palatable, more digestible, more nourishing, and more satisfying than meat. It is absolutely pure, containing no germs or germ poisons; no uric acid or other excretory substances which are always found in animal meats; and **is proof against all possible contamination with disease**—a condition to which the flesh of animals is always liable.

Sanitarium Health Foods

Are Genuine Health Giving Foods Possessing a High Nutritive Value.

Nuttolene is another nut preparation very rich in fats which may be eaten as a substitute for butter, or may be served in the place of meat. It is an excellent preparation, about the consistency of cheese, and supplies to the system everything which meat supplies.

Malted Nuts. A complete food in which the highly concentrated nutrient elements of nuts are combined with predigested cereals, presenting as it does, one of the most easily digested and highly nutritious foods. It may be safely trusted for complete nutrition at all periods of life. Is especially valuable as a nutrient to persons suffering from biliousness, amyliceous dyspepsia, or constipation. It makes fat and blood faster than any other food except Bromose. It dissolves at once in hot or cold water, hence is ready for instant use. It has a delicious flavor. Babies and children like it and thrive upon it. Is a perfectly wholesome and delicious substitute for cow's milk, and is an excellent infant food. Has saved the lives of thousands of infants.

Caramel Cereal. A deliciously flavored health drink to substitute tea and coffee, but containing none of their deleterious and poisonous properties. The use of this article aids in preventing the development of indigestion, biliousness, and constipation. Has proved a blessing to thousands.

Bromose. A nut and cereal food pre-digested, and one that assimilates rapidly. **For blood and fat making qualities it has no equal.** It supplies complete nourishment to every organ and tissue of the body, and possesses all the requisites for health. A pound of Bromose is equivalent in nutritive qualities to a pound and a quarter of the finest beefsteak; in strength-making qualities, to one and a half pounds of bread; and for fat-making it surpasses the result of two-thirds of a pound of butter.

CUT OUT THIS COUPON

And send it along to us with 10/-, and we will send you the following foods, carriage paid, anywhere within the suburban area, or if you live in the country within 150 miles of Sydney we will pay carriage to the nearest railway station. If you are over 150 miles from Sydney please add 1/- towards freight.

To the Sanitarium Health Food Co.,
228 Clarence Street, Sydney.

Please send me the following trial lot of foods as offered by you in the AUSTRALASIAN GOOD HEALTH, and for which I enclose 10/-.

	S. D.	
1 pkt. Granose Flakes	9	
1 pkt. Granose Biscuits	9	
1 pkt. Granola	6	Name _____
1 pkt. Granuto	10	
1 pkt. Caramel Cereal	1 0	
1 tin Protose	1 3	
1 tin Bromose	1 3	Address _____
1 tin Malted Nuts	2 0	
1 tin Nuttolene	1 3	
1 pkt. Raisin Sticks	10	
1 pkt. Oatmeal Sticks	8	
1 tin Meltose	1 9	
	12 10	

Directory of Sanitariums and Treatment Rooms.

The following institutions are conducted under the general management of the "Sydney Sanitarium Medical and Benevolent Association." The same rational and physiological principles relative to the treatment of disease are recognised at these institutions as at the world famous Battle Creek Medical and Surgical Sanitarium, and they are conducted on the same general plan.

SYDNEY SANITARIUM, Wahroonga, N.S.W.
AVONDALE SANITARIUM OR HEALTH TREATMENT, Cooranbong, N. S. W.

CHRISTCHURCH SANITARIUM, Paparui, New Zealand.

BATH PARLORS AND SANITARIUM TREATMENT ROOMS, Rockhampton, Q.

ELECTRO-HYDROPATHIC INSTITUTE, Victoria Square, Adelaide, S. A.

Sanitarium Health Foods, Good Health, and Good Health Library Booklets May be Obtained at the Following Local Food Depots:

56 George Street West, Sydney, N. S. W.
Oxford Chambers, 473-481 Bourke Street, Melbourne, Victoria.

"Beulah Hall," 37 Taranaki Street, Wellington, N. Z.

The Arcade, Edward Street, Brisbane, Queensland.

201 Newcastle Street, West Perth, West Australia.

93 Franklin Street, Adelaide, South Australia.

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

Sanitarium Health Food Store, Elizabeth Street, Hobart, Tasmania.

Hydropathic Institute, Victoria Square, Adelaide, S. A.

Rockhampton Bath and Treatment Rooms, Rockhampton, Queensland.

Main Office: 228 Clarence Street, Sydney.

Christchurch Sanitarium

AND HEALTH HOME.

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

A quiet, home like place, in one of the healthiest suburbs of Christchurch, where surgical and medical cases of all kinds are received (contagious diseases excepted). The methods of treatment consist in the employment of massage, electricity, hydrotherapy, dieting, medicated atmosphere, etc. Physician and trained nurses of both sexes in regular attendance.

For further particulars address,
SANITARIUM, PAPARUI, CHRISTCHURCH, N. Z.

Sanitarium Health Foods

ALWAYS
IN STOCK.

Granose.—A palatable and partially digested food, made of whole wheat, suitable for indigestion and weak stomachs.

Granola.—A perfect breakfast food, composed of various grains, requires only a few minutes' 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. Contains no injurious ingredients.

For further particulars apply
HEALTH FOOD DEPOT, Cathedral Square, Christchurch.



When in Sydney Visit the

PURE FOOD VEGETARIAN CAFE

283 Pitt Street,

Where None but the Purest Food Stuffs are Used and Prepared in Accordance with the Principles of Health, Rational Dietetics, and Scientific Cookery. Greasy Foods and Meats are Unwholesome at Any Time of the Year, but Especially During the Summer Months. We Aim to Serve Suitable Substitutes, and Health-giving, Cooling, and Refreshing Foods in the Most Attractive and Palatable Manner.

Sanitarium Health Foods Always Kept in Stock.

Inspection is Invited.

Why
Suffer with
Catarrh ?



FIG. 2. MAGIC POCKET VAPORIZER IN USE FOR THROAT AND NOSE

Get the **MAGIC POCKET VAPORIZER**; a Simple, Convenient, and Effective Instrument for the Treatment of Catarrh, also Diseases of the Nose, Throat, and Lungs.



Only 4s 6d.

For particulars address,

Sanitary Supply Co.

WAHROONGA, N. S. W.

Charcoal Tablets

ANTISEPTIC

Scientific investigation clearly demonstrates that by far the greater part of the disorders of digestion are due to the action of germs which gain access to the alimentary canal, cause the decomposition of foods, and produce poisonous substances, which when absorbed into the blood give rise to a great variety of distressing symptoms, such as heartburn, waterbrash, sick headache, dullness of mind, confusion of thought, blurred vision, specks before the eyes, and even attacks of unconsciousness. Distention of stomach and bowels with gas, heaviness in the region of the stomach, palpitation of the heart, etc., are also caused in this way. The tongue becomes coated, the breath foul, and there is an unpleasant taste in the mouth.

The Best of All Intestinal Antiseptics is Charcoal.

Of the many sources from which it is derived, that prepared from cereals is by far the most satisfactory. When exposed for a long time, charcoal absorbs organic material from the air and loses its efficiency. For this reason, charcoal which has been put away on chemists' shelves often proves disappointing. We prepare charcoal from cereals to which we add a little sulphur, compressed into tablet form for convenient size to use, and carefully pack them in neat and convenient boxes, so they will keep indefinitely. Three boxes sent postpaid for 5/-.

Sanitary Supply Co., Wahroonga, N. S. W.

Send Orders for
GOOD HEALTH,
 and make all money orders
 payable to the
**Good Health Office, Wairoanga,
 N. S. W.**

New Zealand Subscribers to GOOD HEALTH may
 renew subscriptions by sending to 37 Taranaki
 Street, Wellington.

Give Your Dear Children

Arnott's Milk

Arrowroot Biscuits.



The Children's Health Food.

ELECTRO - HYDROPATHIC INSTITUTE,

Victoria Square, Adelaide, S. A.

Something New in the Treatment of Disease.

* * * **THE ELECTRIC LIGHT BATH,** * * *

Radiant Light Utilised, and Marvellous Results Obtained thereby.

Digestive Disorders, Rheumatism, Sciatica, Curvature of Spine, Etc., Treated by Special Apparatus and Gymnas-
 tics. Massage, Electricity, Hydrotherapy. Baths of all Kinds, Hot Air, Vapor, 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, Vaporisers, Etc. Hot Water Bags, Spine Bags, Etc., always
 in stock. Prices on application.

OPEN DAILY, FROM 9 A.M. TO 6 P.M., EXCEPT FROM SUNSET FRIDAY TO SUNSET SATURDAY.

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

Printed for the Proprietors by the AVONDALE PRESS, Cooranbong, N. S. W.