

THE AUSTRALASIAN GOOD HEALTH

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

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Good Health,

October 1, 1904.

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246 William Street, Perth, West Australia.







The Australasian

Good Health

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No. 10.

Medical and Health News.

Fruit a Natural Spring Tonic and Food.

PROFESSOR BUNGE, of Basle, has shown that the acids of fruit are valuable as nutrients, a given weight of the acids of lemons, apples, or grapes—citric, malic, or tartaric—being equal in nutritive value to one-half the quantity of starch or sugar.

Acids are valuable as disinfectants to the stomach, thus correcting certain disease processes. Only those suffering from gastric ulcer or chronic catarrh of the stomach or intestines need avoid acid fruits, and even in such cases, fruits may gradually be introduced into the dietary, providing proper curative measures are adopted.

Fruit acids increase intestinal activity, and thus relieve constipation. They are extremely valuable for persons subject to biliousness, coated tongue, gall-stones, chronic rheumatism, Bright's disease, and gout. The acids of fruits become alkalies after digestion and oxidation, hence do not produce an acid state of the blood, as do mineral acids.

The question is often asked, "May young children use fruits?" There can be no question that the juices of most fruits are well adapted to the digestive organs of young children. Fruits contain chiefly sugar and dextrin, and in a condition ready for immediate absorption. They furnish just the sort of material needed for making the plump little body, which is

characteristic of infancy, and for padding the tissues with a thick layer of fat for protection against cold, especially in the winter months. The juices of fruits are highly valuable as a means of cleansing the stomach and the alimentary canal. Disease-producing germs cannot grow in them to any extent. Fruit juices are remarkably efficient in cleansing the stomach and intestines, particularly ripe raw fruits, such as strawberries, peaches, and even the scraped pulp of apples and pears may be taken by most children at a very early age without injury.

Secret of Edison's Endurance.

HOW THOS. A. EDISON, THE WORLD'S GREATEST INVENTOR, SUSTAINS HIS MENTAL POWER.

"I KEEP my health by dieting, people eat too much and drink too much; eating has become a habit with almost everyone; it is like taking morphine—the more you take, the more you want. People gorge themselves with rich food," he said earnestly. "They use up their time and ruin their digestions and poison themselves. Diet is the secret of health. I eat almost nothing. I eat less than a pound of food a day; three meals, but just enough to nourish the body. I don't really care whether I eat or not; it is not my pleasure. One soon gets out of the habit of caring much about his meals. If

the doctors would prescribe diet instead of drugs, the ailments of normal man would disappear. Half the people are food drunk all the time. Diet is the secret of my health. I have always lived abstemiously. It is a religion with me. My father before me practised dieting, and he instilled the idea into me."

Race Deterioration in England.

THE question of the alleged deterioration of the race was brought under the public notice last year by the Director-General of the Army Medical Service, who pointed to the fact that the number of applicants rejected on account of physical imperfections was increasing. A commission was appointed to inquire into the matter last September. It was presided over by Mr. Almeric W. Fitzroy, Clerk of the Privy Council, the other members being Colonel J. M. Fox, C. B., formerly head of the Gymnastic School of the Army; Mr. J. J. Legge, chief inspector of Reformatory Schools; Mr. H. M. Lindsell, principal assistant secretary of the Board of Education; Colonel George Onslow, head of the navy recruiting service; Mr. John Struthers, C. B., assistant secretary of the Scotch Education department; and Dr. J. F. W. Tatham, superintendent of statistics.

In the report brought in by the committee, they held that this deterioration is especially found among the inhabitants of the slums, and that it is due to overcrowding, drunkenness, vice, improper feeding, cigarette smoking on the part of children, and excessive tea drinking.

Accidents and Alcohol.

ACCIDENTS are greatly on the increase, both on land and sea. This increase is undoubtedly due largely to the increased use of intoxicants. Physiologists recognise that alcohol paralyses the finer perceptions of the mind and destroys the judgment, when taken even in small doses. It is criminal on the part of steamship companies to keep in their employ men who use alcohol in any form, even in so-called moderation. Thousands and tens of thousands of lives have been sacrificed, for which such companies are morally, if not legally, responsible. As a rule, intoxicants

are used openly and freely by captains and other officers in charge of boats conveying passengers from port to port. These men are absolutely unfit for such an important trust. The American Railway Association has been forced to recognise that men who use intoxicating liquors cannot be trusted. One of the standard rules adopted by this association in 1899 reads as follows: "*The use of intoxicants by employees while on duty is prohibited.* Their habitual use, or the frequenting of places where they are sold, is sufficient cause for dismissal."



One of the leading railway lines exacts the following total abstinence pledge from each employee:—

"I agree to observe all the rules and regulations of the company, to abstain from the use of intoxicating liquors, to avoid saloons and places of low resort, to conduct myself properly whether on or off duty, and to perform my duties to the best of my ability."

The Grand Trunk Railway rule reads: "*Intoxication, or the use of intoxicating liquors, will be sufficient cause for dismissal.*" Absolute prohibition, whether on or off duty, also prevails on the Georgia Southern and Florida Railways, Indiana, Illinois and Iowa Railway, Iowa Central Railway, the New York, Ontario and Western, and the New York and Ottawa Railways.

Passengers naturally and rightly feel a greater security on land than on sea. The dangers on sea are much greater. Piloting a ship through the angry deep requires a clearer head than is required to keep a train between two rails on land. Is it not time that a demand be made for total abstinence on the part of all who have anything to do with the control of ships carrying passengers? It would certainly be to the interest of these companies, as well as the public, to make such a demand.

Usefulness in Old Age.

HONORABLE DAVID WARK of the Canadian Senate, who recently celebrated his hundredth birthday, has a most remarkable life record.

For sixty-three years he has been a member of some legislative body, and during this entire time has never missed a session.

As a boy of eleven, he distinctly remembers the battle of Waterloo, and the celebration of Napoleon's downfall. He was sixteen years old when George III died, and has lived through the reigns of George IV, William IV, Victoria, and three years of the reign of Edward VII.

On his hundredth birthday anniversary, he addressed a letter to young men, which was published in the *Toronto Globe*, in which he gives the secret of usefulness in old age. He says, "I have made it a rule to eat nothing that disagrees with my digestion, no matter how palatable." As a result, he was led to discard pork, beef, and mutton many years ago. He also abstains from pies and puddings; though palatable, he considers them unwholesome. For many years his practice has been to eat but two meals a day, dispensing with the supper. He retires at 10 o'clock, rising at 7.30, thus insuring 9 hours sleep. He has always been a temperate man in every way. Mr. Wark has for many years been an abstainer from intoxicants. On only one occasion has he used tobacco, being persuaded by his friends to try it as a preventive of quinsy; but the resultant sickness was so sore that he could never be prevailed upon to repeat the experiment. He says that he has ever been thankful for that sickness.

Mr. Wark has always lived on a very simple diet, and has all his life spent most of his time out of doors.

The aged statesman travels alone to the sessions at Ottawa, and takes an active part in the proceedings, doing his work as thoroughly and efficiently as a man of sixty.

Occasionally we hear of one reaching an advanced age, who has not been temperate in his habits. Upon investigation, we find frequently, that such have only a *name* to live, but have practically been dead many years before the burial ceremony is performed, as far as usefulness is con-

cerned. On the other hand, those who practise temperance in eating, drinking, etc., like Mr. Wark, "still bring forth fruit in old age."

The following from the *British Good Health* is also of interest:—

Another veteran, Mr. Joseph Thackeray of Hull, England, is in his seventy-third year, and is still in harness. Every day of his life is filled with physical and mental exercise. He is collector for the Hull Royal Infirmary, and is out and about all day long in all weathers. Get a back view of him as he goes along the street, and his quick, active, buoyant step would lead you to the erroneous belief that he was a young fellow of thirty-five. A grand old man is Joseph Thackeray. It is inspiring to be in his company. Hundreds of men in Hull to-day owe him more than they can ever repay.

It must not be assumed that he has always been a strong, robust man. On the contrary, up to his forty-ninth year, he was seldom free from ill health. He says, "Life's beginning to me presented a warfare between health and sickness. From the age of seventeen to my forty-second year, I was seldom free from boils or attacks of biliousness. During the whole of this period, whenever medical men were consulted, they invariably informed me that I was suffering from poverty of blood, and that I required a more nourishing diet, such as good bacon, beef and mutton, and a little 'stout' to build me up for the ordinary purposes of life.

"But on my forty-ninth birthday, I felt as though an inward voice was urging me to 'dare to be a Daniel,' and I firmly resolved, and openly declared, that I would commence a seventy days' trial of non-flesh eating, even if compelled by weakness to crawl on my hands and knees to complete my vow. But such humility was not required, though I frequently erred through ignorance of hygienic laws, and was often the subject of strange remarks from my personal opponents. Thus, now, after twenty-four years of patient perseverance, I am able to eat, sleep, and work with more natural pleasure and satisfaction than at any time from my earliest years to nearly half-a-century old. Fruit is my principal diet, and I find much pleasure in adding the nut butter to my Hovis, or my

home-made white bread. I am glad I have been led out of Custom's dark pathway by the voice of Hope whispering, 'At eventide it shall be light.'

How to Keep Cool in Warm Weather.

BY J. H. KELLOGG, M. D.

THE first requisite to keeping cool is to have a mind at peace with God and man. Anger, hurry, worry, excitement, are totally incompatible with ninety degrees in the shade. Sweetness and light bring refreshing coolness and peace.

The daily bath is essential to mid-summer comfort. The morning cool bath, taken on rising, is the very best tonic to prepare one for the labor and exposure of the day. The evening bath of tepid or cool water, or a short hot bath, if one be greatly fatigued, is grateful not only for cleanliness, but as one of the most effective means of bringing restful sleep.

Another requisite to keeping cool is that one be moderate, not only in the exercise of mind and body, but in the matter of diet as well. It is the oxidation and burning of the food we eat that gives rise to all bodily heat. Therefore, when a rise of temperature is not desirable, we should diminish the amount of fuel supplied to the body. A hot summer morning affords an intelligent person a good opportunity to show that he is a reasoning being, and not the unquestioning slave of habit.

In very warm weather the breakfast should be exceedingly light. Four-fifths of the food we eat is used for fuel; consequently, on a very hot day only enough food need be eaten to maintain the stores of vital energy, or to support muscular and mental work. A meal consisting of whole wheat bread or zwieback and a dish of strawberries or half a dozen ripe peaches, a dozen plums, a melon, or a few ripe apples, is an excellent preparation for exposure to a scorching sun.

The man who takes a breakfast of griddle-cakes, soda biscuit, fried eggs, bacon or sausage, Worcestershire sauce, and strong coffee as an introduction to the work of a midsummer's day, should not be surprised that as the sun climbs toward the zenith, his suffering from the heat becomes more and more intense, until,

by midday, it is well-nigh unendurable, notwithstanding copious draughts of ice-water, cold bear, and other kindred beverages. The picture of such a man, fairly roasting and melting under the influence of the solar heat of the temperate zone, presents a strong contrast to the Hindu coolie, toiling, bare-headed, under the direct rays of the sun in an atmosphere twenty degrees hotter, and yet suffering no inconvenience whatever. The difference between the two men is less one of constitutional habit and adaption than of diet. The man who excites his heart and irritates his nerves by a diet of flesh foods and condiments, must expect to require the aid of an electric fan to cool the vital conflagration set up by his injudicious eating.

Englishmen residing in Bombay, Calcutta, and other portions of India, who continue their flesh-eating habits, pay the penalty for violating a law of nature by succumbing to infectious jaundice, abscess of the liver, Bright's disease, and various digestive disorders. An American friend, who had spent some years in the hottest part of India, assured the writer that while living on a vegetarian diet, he experienced no difficulty whatever from the heat, even during the hottest portion of the season and the hottest hours of the day.

Fruits and cereals constitute the best dietary for human beings at all seasons of the year; but while the dog-star rages, this natural dietary is especially appropriate. Fruits and grains, with a few nuts, make an ideal dinner for a hot day. Two meals a day, with nothing between meals, are amply sufficient during the heated term.

There is a popular prejudice against the free use of fruit in summer, especially for children. The troubles arising from the use of fruits, however, are due to carelessness or ignorance of certain necessary precautions. Fruits, when whole and ripe, are the most natural of all foods, and suitable to all seasons. But they are as perishable as they are natural. As soon as fruit becomes stale, it swarms with bacteria of various kinds, and if these are introduced into the stomach, they are likely to set up fermentative and putrefactive processes.

Another cause of the prejudice against eating fruit is that a large portion of the

fruit brought to market in early summer is picked green, and is entirely unfit for food. When fruit enters the stomach in this state, it dissolves very slowly in the digestive juices, and readily undergoes fermentation.

Another frequent reason why fruit apparently disagrees with the stomach is its improper combination with other food substances. Foods, as well as people, have incompatibilities.

By the exercise of intelligence and good sense in the selection of one's bill of fare during the hot months, it is safe to say that at least *nine-tenths* of the inconvenience and sickness suffered at this season may be easily avoided.

College Dietetics.

WE learn from recent newspaper reports that 250 students of the University of Missouri have decided to adopt the two-meal-a-day system. It seems that two students in the law department, Mr. Stafford and Mr. Robinson, became interested in the question of dietetics, and after some study of the subject were persuaded that they would be better off for dropping the midday meal. Their views were soon adopted by another law student, a Mr. Schurmeyer, and all three announced their determination to make the experiment for thirty days.

At the end of the thirty days they made their report. All had about the same experience. The first two weeks they suffered considerably from hunger, as the result of omitting the midday meal. The third week they began to experience good results from the change; and by the end of the fourth week they suffered no inconvenience whatever, and found themselves enjoying a marked improvement in health and spirits. One gained in weight, four pounds; and another, six pounds. All agreed that they were able to study more hours, and that they could master a subject in much less time than formerly. This was evident to all the students, for Stafford stood at the head of his class after the month's work, and the rating of the others was considerably above their previous average.

These results naturally led other students to take a deep interest in the two-meal-a-day plan of eating. A mass meet-

ing was called. The interest had become so great that nearly all the students of the University attended. Each student made a report of the result of his experiments in writing, and the reading of these reports aroused such enthusiasm that a resolution abolishing dinner was offered at once. Some discussion occurred as to which meal should be omitted. The experimenters had information to give upon this subject, as they had made a trial of omitting each one of the usual meals. Stafford reported that when he went without his breakfast he was not able to study in the morning. When he went without his supper he became so hungry at bedtime that he did not sleep well. Some of the students of the medical department opposed the movement on the ground that dinner was the most important meal of the day, and should not be omitted. But the investigators had the facts on their side, and the result was an almost unanimous vote on the part of the students in favor of the following petition, which was presented to the faculty:—

Whereas, By scientific investigation it has been discovered that man's health, comfort, and convenience are best conserved by eating two meals a day instead of three, and,—

Whereas, we desire to live as economically as possible, we most respectfully request that in the future no noon meal be served in Lathrop Hall.

The faculty did not care to take the responsibility of saying whether the students should not eat their dinner or not, so referred the matter back to the students, who held another mass meeting and carried, by a large majority, a resolution to abolish the midday meal. The experiment is to last for four months. Two hundred and fifty students have pledged themselves to give the plan a fair trial.

No doubt a large proportion of those who are making this experiment will find themselves so much improved by dropping one of the three meals that they will permanently adhere to the practice. The writer has followed this practice for nearly forty years, and with great benefit. The only criticism that can be made of the plan offered is that the last meal should be taken early enough so that the work of the stomach shall be fairly completed before bedtime. Students generally work a little later at night than do other persons, and consequently no special injury may be

apparent from the lateness of the second meal. If the supper or dinner could be taken not later than four o'clock, beneficial results would probably be somewhat greater through the advantage gained by sounder and more refreshing sleep.

If reasonable attention is given to the quality of food furnished the students in this experiment, the results will be so excellent that the students of other universities will be likely to follow the example set them by these enterprising food reformers.

If the progressive and sensible students of the Missouri University could be informed respecting the great benefits to be derived from thorough mastication, or "Fletcherising" the food, they would experience a still further and tremendous increase in mental and physical vigor, which would surprise them fully as much as the advantage gained by omitting an unnecessary meal.

The economy in dollars and cents is a matter of consideration for the struggling student, but a still greater economy is experienced in the wear and tear of the constitution, and the saving of vital energy for some more useful and elevating purpose than the digestion and elimination of unnecessary foodstuffs.—*Editorial in May "Modern Medicine."*

Gluttony Leads to Crime.

Extracts from a lecture by D. H. Kress, M. D., at the Sydney Sanitarium.

THE word "glutton" is derived from the Latin root-word *glutio*,—meaning to devour, or to *gulp down*. A glutton, then, is one who *gulps* down his food, or neglects proper mastication. Natural hunger is the call of the system for nutriment. The excessive craving experienced by some is not hunger; it frequently indicates irritation of the stomach, resulting from this gulping down of improperly masticated food. People who eat rapidly and do not masticate well their food, are always hungry. After a hearty meal they may experience a feeling of fulness, but not of satisfaction. Food must be masticated in order to be digested, it must be digested in order to nourish or satisfy. It is possible for the body to starve, even though food is within it. The nerves of taste are located in the mouth. If the food is masticated properly

and retained in the mouth a sufficient length of time for it to be reduced to a creamy consistency, the insoluble, *tasteless* starch is digested, or converted into *soluble* sugar by the saliva. This sweetness imparts to the nerves of taste a certain degree of satisfaction, and these nerves are afforded an opportunity of saying "enough" when the needs of the system are met. Little danger exists, therefore, of overeating, when food is thoroughly masticated.

Mr. Horace Fletcher, supported by some of the leading physiologists of the world, has recently called attention to the need of thorough mastication of food. He insists that we ought to chew our food at least four or five times as long as we are accustomed to do. We feel certain that those who follow this plan for even a month will be wonderfully pleased with results. Mr. Fletcher has recently undergone experiments at Bridgeport, Conn., U. S. A., where he was placed in a large iron box for three or four days at a time, his food passed in to him, and he was made to engage in work of various sorts, and his weight and other factors carefully studied. The results have invariably shown that by this thorough chewing he is able to accomplish the same work which others accomplish, with half or even less than half the usual amount of food, sometimes even gaining weight during the experiment. These results are of the highest value, and show most conclusively the importance of thorough mastication of food. This is not a new theory. Physiologists have long understood the importance of mastication, and have taught it theoretically, but apparently few had made an actual practical application of the principle involved, until Mr. Fletcher took the matter in hand.

Mr. Fletcher believes that proper chewing furnishes a most important means not only for the physical preservation of the race, but also for its social and moral redemption. There can be no doubt that much of the despondency and feelings of mental depression are due to errors in eating. Improperly masticated masses of food may be retained in the stomach for hours, and sometimes even for days, resulting in putrefaction or fermentation. The poisons thus formed intoxicate and overwhelm the brain cells, and are respon-

sible for these gloomy feelings. A person in this state of mind is not himself; he will misinterpret the best motives of his dearest friends; this naturally leads to hatred and crime.

To the first criminal it was said, "*Why art thou sad, and why is thy countenance fallen? If thou doest not well, sin lieth at the door. The door is the mouth.*" David understood the importance of setting a *watch before his mouth* in order to maintain peace and contentment of mind. The burden of his prayer was (see Ps. 141:1-3), "Keep the door of my lips, and *let me not eat of their dainties.*" Dainties, Solomon says, "are deceitful meats." Criminals are not found, as a rule, among those who guard well the door of their lips,—who eat for strength, and not for drunkenness.

Influence of Diet on Character.

GAUTIER, a noted French authority, has recently written a work on food, in which he makes, among other important statements, very interesting observations on the influence of diet upon character.

He says,—

"A flesh diet, more or less excessive, is a more important factor in determining a savage or violent disposition in an individual than the race to which he belongs. It is well known that the white rats of our laboratories, as long as they are fed on bread and grain, are very gentle, but when given flesh, they become quarrelsome and destructive. The same observation has been made upon the horse and also the dog, although the latter is omnivorous. Liebig relates that a bear held in captivity at the museum at Giessen was quiet and gentle while nourished exclusively upon bread, but a few days of flesh regimen rendered it vicious and dangerous for the attendants. 'One knows,' added Liebig, 'that the irritability of hogs may be increased to such a degree by a flesh diet that they will even attack men.'"

The poet Byron, it is said, was naturally a man of strong passion, and was addicted to many vices. He discovered it was necessary for him, in order to lead even a half decent life, to abandon the use of flesh, as a food, altogether. When a young man, he wrote to his mother announcing his determination to

do so. Later, he said that he refused to eat flesh because "it makes me ferocious," that is, it developed animalism, or, as stated in one of his journals, "meat I never touch, *the devil always comes with it, till I starve him out.*" I am convinced that many a man desirous of leading a purer and better life is neutralising his best efforts and destroying all his good resolutions by feeding the beast within him on flesh, when the simple, non-stimulating products of the earth would help to starve him out.

Fasting as a Health Restorer.

FASTING, as a therapeutic agent, has often been advised in certain cases, and the following case, which is recorded by Dr. J. Haddon, of Denholm, N. B., is worthy of record as a proof of the efficacy of this treatment. The patient was a man of 65, who had been very severely injured in a scaffolding accident. Dr. Haddon states in the *Lancet* that he saw the man seven years after the accident, and he was a wreck, so far as his



health was concerned. He weighed eighteen stones. The doctor offered to renew his youth, and the man promised to do whatever the doctor ordered. He was accordingly put on a little fruit twice

daily, and in five days had lost ten pounds. He could also dress himself and lace his boots, a thing he had not done for years. In fact, all his troublesome symptoms eventually left him, and six months after the treatment commenced, the doctor saw him wheeling up hill a barrowful of potatoes, which he had himself dug. The man now eats about a quarter of what he did formerly, and is in perfect health, a testimony to the benefit of fasting.—*Science Siftings*.

value in protecting the user against cholera, plague, and other diseases. After a hard day's work the Chinaman resorts to the opium pipe as naturally as the white seeks tobacco or alcoholic stimulation, and apparently with no worse effects, on the whole. Certainly, as far as order and keeping the peace is concerned, the use of opium is preferable to that of alcohol. The Chinaman who smokes "hop" minds his own business, interferes with no one, creates no disturbance, and commits no



A CHINESE OPIUM DEN.

The Chinaman and the Opium Pipe.

THAT the opium habit has an injurious and demoralising influence upon its devotees is recognised in all civilised lands, but it seems as difficult to convince the Chinaman of this as it is to convince people in more civilised Australia of the injury resulting from the alcohol, tobacco, and tea habits. The same arguments are, in fact, used by the Chinaman to perpetuate the use of opium, that we hear used in civilised countries in behalf of alcohol, tobacco, and tea. The following, as stated by the *Medical Record*, gives the average Chinaman's view of the use of opium:—

"The Chinese claim that the use of opium is a positive necessity to many, and have the most extravagant ideas as to its

breach of peace. He rarely smokes until after working hours. The Chinese say that with moderate use of opium more work can be performed with than without its stimulus."

The fact is opium is no more a necessity than alcohol, tobacco, and tea. The wise man said what every wise man will say,— "Wine is a mocker, strong drink is raging; he that is deceived thereby is not wise." Wine is a deceiver, not because it is wine, but because it is a poison, and what applies to one poison applies to all poisons.

"I think your boy will be a very distinguished man if he lives long enough."

"Yes? What do you think he will be distinguished for?"

"Longevity—if he lives long enough."

Treatment of Summer Diarrhoea.

BY ALFRED B. OLSEN, M. D., M. R. C. S.

DURING the hot season of the year, bowel disorders of various kinds increase, and are often of a serious nature. Children are especially subject to stomach and bowel complaints, and possessing little vigor or physical resistance, quickly succumb to the attack. The causes are chiefly dietetic, although exposure to sudden changes of temperature is also an important factor.

Summer Diarrhoea

Is a common name for acute inflammation of the intestines. It is really an acute catarrh of the bowels, and is accompanied by severe pain and much prostration. The symptoms are marked looseness of the bowels, colicky pain in the abdomen, loss of appetite, vomiting, flatulence, soreness of the abdomen, more or less severe headache, and sometimes a chill and fever. The breath is foul, there is a bad taste in the mouth with eructation of gas, and a furred and coated tongue.

A severe attack of diarrhoea is very weakening, and soon prostrates the patient. The loss of strength is rapid, and also the loss of flesh. In a child the consequences may be quickly fatal, so what is done should be done at once.

Treatment.

Stop all food, and give water freely, either hot or cold. If there is any food in the stomach, give a large quantity of tepid water containing a little salt, and thus produce vomiting. It is very important to empty the stomach.

Also give a large, full, soap enema, putting the patient in the knee-chest position. Manipulate the bowels gently so as to get the water as high up as possible. Repeat the emetic and enema if necessary.

Then give a warm full bath for about five or ten minutes, when the water should be cooled off to 95 degrees or 96 degrees Fahrenheit, and the patient be allowed to remain for ten or twenty minutes longer. After drying gently, put the patient to bed, and give him hot water to sip, but no food.

If there is still pain in the bowels, apply hot fomentations, or better still, a hot abdominal pack. This is to be followed by the "Umschlag," or moist abdominal

bandage after bathing the part with cold water.

For a couple of days give a light diet consisting of well-cooked rice and dextrinised breads. Give fruit juices in place of milk, which is preferable in many cases.

Investigate the Food.

The cause of the attack should be ascertained if possible.

It may have been due to tinned meat or fish, or potted meat. Such articles should never be used in a well-regulated home, because they are dangerous, and have been the cause of many serious and even fatal illnesses.

Oysters are always suspicious, and the careful feeder never takes them in any form. The same is true of cockles, shrimps, and all similar scavengers of the sea.

Pork pies and other meat pies have been known to cause severe illness and death. Let them severely alone.

Stale foods of all kinds and foods that have begun to decay are dangerous, and should never be used.

Unripe fruit and indigestible food will often produce diarrhoea, especially in children, who are much more susceptible than adults.

The Great Danger of Milk.

As far as children and infants are concerned, impure milk is without question the most common cause of bowel disorders, and especially diarrhoea. There are such numerous means of infection. In the first place, it may come from a diseased or unhealthy cow. Altogether too little attention is paid to the milk given to our children. Then there are the milker and those who handle the milk, the danger of dirty cans, filthy water contamination. In the shops milk is often allowed to stand in a large *uncovered* bowl or jar on the counter, where it gathers dust and germs all day long.

Milk is an excellent food for germs as well as for babies. Germs thrive and multiply in milk, as witnessed by the ease with which milk becomes tainted, or acquires odors.

Fortunately there is a means of purifying milk and making it safe to take, and this is to heat it to a temperature of about 160 degrees Fahrenheit. This is called sterilisation, because it destroys the germs,

and it is always safer to eat dead germs than live ones.

If there is the slightest doubt as to the purity of the milk, *always sterilise it* before using. It should be kept at a temperature of 160 degrees Fahrenheit for about twenty minutes, and then used soon after. If allowed to stand any length of time, it is easily contaminated again, and is then unfit to take until sterilised once more.

However, it is still better to investigate the supply of milk. Visit the stables, see the cows if possible, watch them milked, observe the habits of the milkers and those handling the milk.

Danger in Cheese.

It is not so generally known that the common varieties of cheese may be dangerous. At the best and when free from poisons, cheese is a poor food. As sold from the shop, cheese is virtually a mass of living germs, and some varieties contain larger organisms which are readily distinguished without the aid of a microscope.

A good story is told of the late Charles Lamb. His sister was very fond of cheese, and to please her, he went out one evening to the cheesemonger. The witty writer, observing while the cheese was being weighed that it was pretty lively, said to the shop-keeper: "Never mind about wrapping it up: lend me a string, and I will lead it home."

Tyrototoxicon.

We must not forget that cheese sometimes contains a virulent poison called *tyrototoxicon*. This has been known to cause death in a considerable number of cases. Unfortunately, it is not possible to discover the presence of this intense poison by any ordinary means. So it is better to discard cheese entirely, except that made in the home and known as cottage cheese. The latter is both tasty and wholesome. Milk, too, as well as cheese, has been known to contain tyrototoxicon.

That Deadly Weed.

DR. BREMER, late physician of St. Vincent's Institution for the insane, at St. Louis, has called attention to the fact that the use of tobacco by the young is productive of mental and moral deterioration, while in older persons the use of the weed produces brain disease and insanity.

The deteriorating influence of tobacco upon the young was long ago recognised by the French government, leading to the prohibition of the use of tobacco by the students in the public schools. The Swiss government has taken even stronger ground upon this matter, forbidding the use of tobacco altogether to juniors. A boy found smoking in the streets is now promptly arrested and punished by fine or imprisonment.

A law passed in Norway in 1889 prohibits the sale of tobacco to anyone under the age of fifteen years. In Prince Edward Island the sale of tobacco in any form to a minor under sixteen years is forbidden. Any minor under that age who has in his possession or smokes tobacco is liable to a fine of £1 or seven days' imprisonment. Bermuda imposes a small penalty on persons selling tobacco, cigars, or cigarettes to children under sixteen years of age.

In view of the numerous facts pointing out the pernicious character of this drug, and the baneful effects of its habitual use, it is astonishing that physicians are not unanimous in their opposition to it, and that more is not said from the pulpit regarding it. Still more astonishing is it that there are to be found physicians and ministers who themselves indulge in its use.

Epitaphs in the Cemetery of Failure.



He put off.
 He lacked tact.
 Worry killed him.
 He was too sensitive.
 He couldn't say "No."
 He did not find his place.
 A little success paralysed him.
 He did not care how he looked.
 He was too proud to take advice.
 He did not guard his weak point.
 He did not fall in love with his work.
 He got into a rut and couldn't get out.
 He loved ease; he didn't like to struggle.
 He did not learn to do things to a finish.
 He was loaded down with useless luggage.
 He was the victim of the last man's advice.
 He tried to pick the flowers out of his occupation.
 He lacked the faculty of getting along with others.
 He could not transmute his knowledge into power.
 He knew a good deal, but could not make it practical.

From July "Success."

The Home.

VIA CRUCIS.

I SHAPED a plan,
A cherished, fair design,
It was to charm and glorify
This life of mine.

God shaped a cross,
And laid its rugged weight
Athwart my plan; in ruins it
Lay desolate!

With stormful soul
And sullen steps I trod—
Slighting the hand of love—beneath
That Cross of God.

Crushed by its load,
Upward I looked at length;
Through the thick dark reached out, and grasped
His hand of strength!

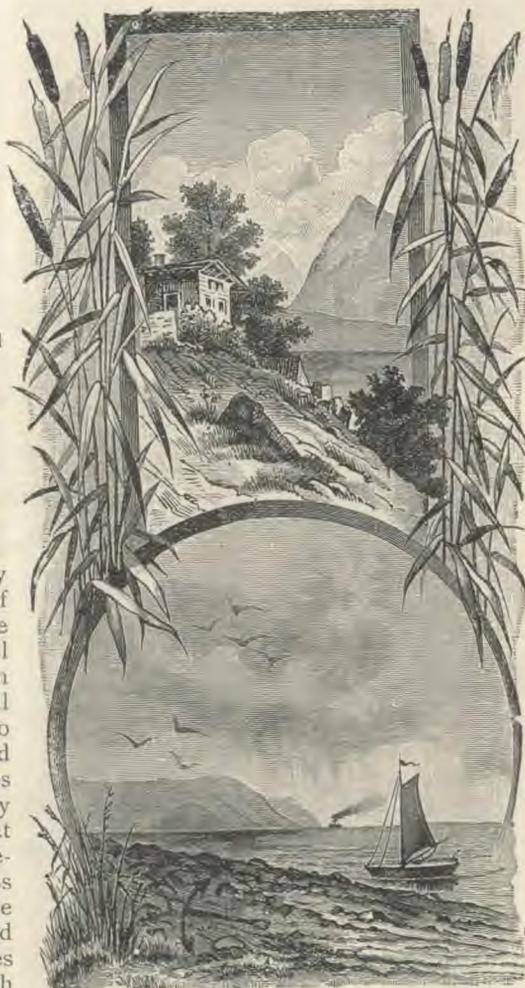
In contrite shame
I breathed, "Thy Will be done."
And, lo!—illumed with gems—my cross
Became a crown! —P. K.

Health in the Bedroom.

If more attention were paid in every household to the great importance of having bedrooms well ventilated and the sheets, coverlids, and mattresses well aired before being packed up in the form of a neatly made bed, we should be all the better for it. If two persons are to occupy a bedroom during the night and try the experiment of weighing themselves when they retire and when they rise, they will find that their actual weight is at least a pound less in the morning. Frequently it will be found that there is a loss of two or more pounds, and the average loss throughout the year will be a pound of matter, which has gone off their bodies partly from their lungs and partly through the pores of the skin. The escaped matter is carbonic acid and decayed animal matter or poisonous exhalation. This is diffused through the air in part, and, what is far more disquieting, part is absorbed by the bedclothes. Hence the necessity, as we pointed out above, of thoroughly ventilating bedrooms, and above all of airing the bedclothes,

The Value of Pure Air.

THERE is nothing more essential to health than fresh air and sunshine, not only in outdoor exercise, but in the home. Especially must the living and sleeping rooms have sunlight and ventilation. Many cases of inactive skins and



scalp troubles and poor complexions are due to sleeping in badly-ventilated rooms. It should be understood generally that one of the missions of the sun is to deodorise and purify. There is vitality in the sunlight.

The sun is the great enemy of disease germs. Let the sun have a chance to

do its work in the sleeping rooms. A prejudice in favor of having one's housework done early in the day, should not beguile the mistress into having her beds made up before they are thoroughly aired. The care of the beds and bedding bears most directly on the health. Every article of clothing should be removed from the bed, piece by piece, as soon as the occupant leaves it, and placed where the fresh air from the opened windows may circulate through the fabric. The mattress should be exposed to light, and, if there are two, the top one should be thrown back and the other permitted to cool and air.

Hints for Housekeepers.

DARN tablecloths with linen ravelings.

Ripe tomatoes will remove ink and other stains from the hands.

Add a little gum arabic to boiled starch, which will give it a lustre.

To take varnish, paint, or pitch from cotton goods, apply oil of turpentine. Wash off in soapsuds.

For neuralgia, oil of peppermint will usually relieve the pain; wet it in well, but do not get it near the eyes.

Clean plaster of Paris ornaments by covering them with wet starch; let it dry on, then remove by brushing with a stiff brush.

Clothing that has become spotted, and whose color has been destroyed by acids, may have the color restored by applying ammonia, and afterwards chloroform.

To preserve apples, spread them on a grating, but not in contact with each other, as one bad apple will spoil the others by starting decay.

A good dentifrice may be made of the following: Put a half ounce of borax in one and one-half pints of boiling water; before it is quite cold, add a half teaspoon of spirits of camphor; when cold, bottle; keep it tightly corked. For use, dilute with the same amount of tepid water.

To kill roaches, make a paste of flour, hot water, and phosphorus, using a half-

pint of paste and about threepennyworth of phosphorus. Place on small pieces of board, where the roaches come, and they will eat and die.

Carpets may be kept clean by going over them once a week with a broom dipped in hot water to which a little turpentine has been added. Wring a cloth out in the hot water, and wipe under the pieces of furniture which are too heavy to be moved.

"Oh, Luxury! thou curst by Heaven's decree,
How ill exchang'd are things like these for thee!
How do thy portions, with insidious joy,
Diffuse their pleasures only to destroy!
Kingdoms by thee, to sickly greatness grown,
Boast of a florid vigor not their own;
At every draught more large and large they grow,
A bloated mass of rank, unwieldy woe;
Till sapp'd (their strength, and every part unsound,
Down, down they sink, and spread a ruin round."
—*Oliver Goldsmith*.

The Horrors of Slaughter Houses.

A FEW years ago I visited Mr. Armour's slaughtering establishment of Chicago, where thousands of creatures are daily sacrificed. I shall never forget the scene there presented to my view,—the terrified, half-maddened animals, the hard, pitiless, blood-splashed faces of their slayers, the moan of the dying creatures, the rivers of blood, and the nauseating stench, etc., the whole thing is too horrible for description. And yet flesh eating in so-called *Christian* communities makes all this a necessity. How out of harmony with the words, "Peace on earth, good will toward men."

ITS EFFECT ON THE COMMUNITY.

The districts in which these slaughter houses are located are shunned by respectable citizens, not wholly on account of its horrors and nauseating stench, but because it is considered unsafe to be found walking on the streets, especially after dusk.

CRIME AND MURDERS ARE COMMON.

How can it be otherwise? The whole theme of conversation and the whole trend of thought is directed toward killing. Even the children have no games but games of killing. This is the education given to the children of the stock yards;

why, then, express surprise at the number of brutal murders committed in these districts? It is difficult to leave such a place without resolving with St. Paul, "If meat cause my brother to offend, I will eat no meat while the world standeth." "It is neither good to eat flesh nor to drink wine, nor to do anything whereby thy brother stumbleth, or is offended, or is made weak."

Bad Diet, Not Overwork.

"It is a very common and mischievous notion that unless an article of food doubles up a child with colic, or throws him into a fever within twenty-four hours, it does him no harm. We often see whole families of children who are thin, sallow, and nervous. They lose many days of school because they cannot 'keep up,' and the parents complain bitterly of 'our high-pressure system.' They are bilious, or have headache, or 'summer complaints,' or they cannot sleep, or they have no appetite. In short, they are sick half the time, or half sick all the time.

"But suggest to the mother of this family that perhaps their food is not suitable, and she will indignantly answer, 'Oh, no! they never eat anything that hurts them!' The blame is laid on malaria,—that modern scapegoat who bears our sins of eating and drinking,—or on overstudy, or nervousness, or delicate constitution, or anything but the real reason. The actual trouble is that the stomach is doing its hard work on brain."

Bread 4,000 Years Old.

At a recent exhibition of Egyptian antiquities at the University College, London, the most remarkable of the exhibits was a three-cornered loaf of unleavened bread, made 2,500 years B. C. It is made of a coarse kind of grain, and in appearance is not unlike a modern oatmeal cake. Despite the centuries that have elapsed since it left the baker's oven, it still retains a bread-like smell and looks eatable.

A WRITER says:—"From his mother John Wesley inherited the character and qualities which made him great. Her

household was organised on a plan that would do credit to a trust magnate. She had little respect for the educational methods of the day, and taught her own children, separately and together. A stated time was set apart for the personal



Doreen Braddock Smith,

Age one year and ten months, is the daughter of Mr. Smith, the expert operator at the Exchange Studio. No flesh food or beef juice has ever passed her innocent lips. She has been reared on cereals and fruits principally, only occasionally have the parents allowed her coarser foods, as vegetables. Granose Biscuits are staple articles of food with her.

religious instruction of each child. John's time was Thursday evening, and many years afterward, in a letter to his mother, he wrote:—"If you could spare me only that little part of Thursday evening which you formerly bestowed upon me in another manner, I doubt not it would be as useful now for correcting my heart as it was then in forming my judgment."

Seasonable Recipes.

LAURETTA KRESS, M. D.

PROTOSÉ SANDWICH, No. 1.—Spread two thin slices of brown bread with a little cream and minced protosé.

PROTOSÉ SANDWICH, No. 2.—Mash the protosé well, moisten with a little lemon juice, then mix with this the yolks of two hard-boiled eggs, season with salt, and spread between slices of brown or white bread.

BEAN SANDWICH.—Put to cook one cup of haricot beans. Cook until well done; then mash through a colander and season with a little salt. When the beans have been spread on slices of bread, sprinkle a few drops of lemon juice over each, place a crisp piece of lettuce in between the slices and cut into any shape desired.

DATE SANDWICH.—Chop the dates; mix with ground walnut kernels. Spread thin slices of bread with nut butter or thick cream, and then the chopped dates, and lay the slices together. Seeded raisins or steamed figs may be used if preferred.

BANANA TOAST.—Peel and press some good, well-ripened, mellow bananas through a colander, or mash well with a fork or vegetable press. Serve on slightly-moistened pieces of zwieback. Sprinkle with a little sugar, and add a few drops of lemon juice to each piece of toast. Granose biscuits well-toasted and split in halves may be used in place of the zwieback.

Do NOT fail to secure a copy of the "Good Health Cookery Book," by Dr. Lauretta Kress, and learn how to save labor in the preparation of wholesome foods during the summer months. Price 1/6 and 2/6. May be obtained at all health food stores, and at the Echo Publishing Company, Melbourne.

Proof Positive.—Bingo: "Bobby, did you eat that little pie your mother made for you yesterday?"

Bobby: "No, sir. I gave it to my teacher."

"Did she eat it?"

"I suppose so. There wasn't any school to-day."

"JOHN," asked the lawyer's wife, who had recently taken up the health-culture fad, "is it best to lie on the right side or on the left side?" "My dear," replied the legal luminary, "if one is on the right side, it isn't usually necessary to lie at all."

Questions and Answers.

Bright's Disease.—Is it possible for urine to contain albumin without the kidneys being affected with Bright's disease?—Yes. (2) If the kidneys are affected, is it curable?—No. (3) If so, what is the course of treatment?—Disease process can only be arrested under the best treatment and diet. Sanitarium treatment is indicated. (4) If affected, what would the action be on the stomach?—Nausea is often present.

Gastric Catarrh.—For gastric catarrh of the stomach, what is the best treatment?

Ans.—Carefulness in food combinations, and avoiding butter, sugar, jams, and irritants, as pepper, etc.

Cook Book.—What would be a good work to procure bearing on these subjects, and where procurable?

Ans.—The "Good Health Cookery Book," by Dr. Lauretta Kress, would be of great value.

Legumes.—In connection with the statement that fruit and vegetables are a bad combination, are legumes to be regarded as vegetables?

Ans.—No. Legumes, if properly prepared, combine quite well with fruits.

Time to Eat Fruit.—When should a person disposed to biliousness eat fruit—at the beginning, end, or with the other food?

Ans.—At the end of the meal.

Drinking Salt Water.—Is there any objection to drinking a cup of warm salt water on retiring and getting up?

Ans.—Yes. Use the hot water without the salt.

AFTER THE BANQUET.—The editor of a certain paper received a fine chicken, which he, supposing it to be a token of appreciation from a discriminating reader, took home, and enjoyed for dinner. The following day he received this letter: "Dear Mr. Editor,—Yesterday I sent you a chicken in order to settle a dispute which has arisen here. Can you tell us what the chicken died of?"

NO CHEATING or bargaining will ever get a single thing out of Nature's establishment at half price. Do we want to be strong?—We must work. To be hungry?—We must fast. To be happy?—We must be kind. To be wise?—We must look and think.

MANY indeed think of being happy with God in heaven, but the being happy with God on earth never enters their thoughts.—*John Wesley.*

News Items.

SMOKING was not permitted in English railway carriages until 1846. On many foreign lines smoking is so general that carriages are set apart for non-smokers, and so labelled.

DR. HARRIS, who is 82 years old, has undertaken to ride a tricycle from London to Edinburgh and back, refraining from meat, tobacco, and spirituous liquors during the journey.

IN future years, when mankind has learned to obey more strictly those laws of nature and science which are the laws of God, the present fashion of tight-lacing will be looked back upon as a contemptible and barbarous superstition, denoting a very low level of civilisation in the people who have practised it.—*Kingsley*.

"DR. G. A. BERRY, Senior, Ophthalmic Surgeon, Royal Infirmary, etc., etc., 1904 (Ch. 16, p. 423), referring to Hysterical Amaurosis (blindness), says, "I have been in the habit for years of using pure water alone, injected under the skin of the superciliary region. This has often a powerful effect. In many cases one injection effects a complete cure, or causes considerable improvement, which is still further increased by subsequent injections."

A NO-BREAKFAST league has been organised in Lancashire. The members do without breakfast, and claim decided benefit, both in working capacity and general health. We do not doubt this for a moment. When a man is eating four or five meals a day, he would be benefited by dropping any one of them. The no-breakfast movement started some years ago in Chicago. It is doubtless an improvement on the ordinary system of keeping something in the stomach *all the time*; but it is much inferior to the no-supper idea. The natural time for the stomach to rest is at night, when the body as a whole is in repose. Sleep on an empty stomach is far more refreshing than on a full one. Moreover, at night one is less liable to be exposed to disease than while at business in the morning. This is another reason for choosing

that season for permitting the stomach to lie idle, since it is generally believed by physicians that a person is liable to be affected by disease germs to which he may be exposed if there is food in the stomach.—*British Good Health*.

THE assertion that drunkenness is rare in Germany by reason of good beer and light wine is a fiction that can be dispelled by a vast array of the most startling facts. Recently a temperance society met at Breslau, and occupied two days discussing the means of prevention of what has proved to be the greatest menace of the age to German civilisation. It was shown that thirty quarts of spirits were consumed per head of the population of Germany. This society is composed of college professors, physicians, and leading business men, who are not pronounced advocates of any special measures, but men who begin to realise the danger to all persons from the use of alcohol.

THE tea and coffee bill for the year ending June 30, 1903, amounted to £41,800,000. The average cost per capita for tea and coffee was a little more than 10/-.

These are certainly most portentous figures, and are a fair result of the rate at which the American people are degenerating. Tea and coffee contain poisons essentially the same as those found in flesh foods, and which produce the same evil effects when taken into the body. It is high time that strenuous efforts were being put forth to suppress the use of these stimulating and intoxicating *drugs*. The efforts thus far made have perhaps checked the development of the evil to some degree, but have not succeeded in preventing a steady growth. Intemperance, which includes the use of tea, coffee, and tobacco, as well as alcohol, is the most deadly foe of modern civilisation.

ACCORDING to the *Medical Examiner*, "amongst the Esquimaux of Alaska, consumption is the disease most fatal. This presupposes opposition to the theory that tuberculosis decreases towards northern latitudes." Does it not also point to flesh food as a cause of consumption? The Esquimaux, we know, practically live on flesh.

DR. KURT, a well-known medical man in Vienna, has propounded a remedy against diphtheria which, besides being novel, is a marvel of simplicity. His prescription is to place in the mouth a piece of barley sugar or something capable of producing free salivation, the saliva should then be directed strongly against the affected part. According to Dr. Kurt, saliva possesses bactericidal properties which destroy the microbes more rapidly than the most complex formula known to medicine.

ALTHOUGH carnivorous animals are capable of performing great feats of strength, they have nothing like the endurance of the herbivorous animals, nor are they so long-lived. The animals of greatest service to man on account of their strength, fleetness, or endurance,—the horse, the elephant, the camel, the ox,—are all vegetarian animals.

The gorilla, which is said to be, for his size, the strongest and most intelligent beast in the forest, is frugivorous. He has often been known to beat a lion to death with a club, and it is said that he will even kill an elephant in like manner.

THE report has now come to hand of Professor Chittenden's experiments in dieting. In the course of these experiments several professors, students, and soldiers gradually reduced the amount of food they consumed, and the report states that the majority of the patients not only weighed exactly the same as when they began the tests, but in addition gained both in bodily vigor and

strength. They had reduced their diet from a third to a half under the normal amount. This is somewhat in the way of conclusive proof of our contention that the average man eats, as a rule, twice as much as is necessary or good for him.

ACCORDING to a writer in *Leslie's Monthly*, there are about 200,000 doctors in the United States, or about one for every 350 people. It has been approximately estimated that the average yearly income of these men is £150, or that the public in the country pays £30,000,000 annually for medical attendance, omitting entirely the money spent for patent medicines, which amounts to millions.

THE great insurance companies practically measure the pulse of a whole nation. From their vast knowledge of the ills which befall humanity, from their years of research, one feels confidence in the regulations they extend to applicants. One of these regulations, which holds good in several companies, is that a discount on insurance is allowed to vegetarians. The eating of flesh, it is recognised, shortens life.

TOBACCO has a most pernicious effect upon the blood. A smoker's blood corpuscles are always anemic, and unable to carry the amount of oxygen required to the tissue. This finally brings about degenerative changes in the nerves and other tissue. The heart in time undergoes fatty degeneration, or the patient has what is known as "tobacco heart." These organic changes are not confined to the heart. Every tissue of the body is in a similar condition.

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All Communications to the Editor and Questions for the correspondence columns of the journal should be addressed to D. H. Kress, M.D., Sanitarium, Wahroonga, N. S. W. All orders and business communications should be sent to the office of publication, Cooranbong, N. S. W.
E. C. CHAPMAN, *Manager.*

Kindly Report Any Failure to Receive the Journal to the publishers.

Cooling Foods.

BY DR. LAURETTA KRESS.

DURING the warm weather it is very trying to be compelled to spend much time in a poorly-ventilated kitchen, over a heated stove. It is not only trying, but unnatural, and results in injury to the one compelled to do this. It is best as far as possible to live on sun-cooked foods. The object of cooking is to render foods more digestible. The starch in proper cooking is dextrinised or carried along three steps in the process of digestion to amyloextrin, erythroextrin and achroextrin. The next step, or conversion into maltose or sugar, is accomplished by the action of the saliva. Fortunately, the sun accomplishes all that can be accomplished by artificial heat. The fruit when unripe is tasteless, being composed largely of starch. By exposure to the sunlight the fruit ripens, and the starch is digested or converted into

sugar. The sun accomplishes all that is accomplished by cooking and by the saliva. Such foods tax the digestive organs very little, and supply all the life and energy needed. In this, nature has made a wise provision for her children; for during the warm weather the whole system is in a relaxed condition, and the digestive organs are naturally in a debilitated state, and are not able to digest hearty foods. Even dogs and cats become ill if fed largely on meats. Foods that require artificial heat are best used in moderation, while fruits should be used freely by all, *only* at the usual meals, however. We give on page 512 a few simple recipes that require little effort in preparation and are appreciated on a warm day.

A FRIEND writes:—

The other day I met a gentleman from Charters Towers, who is a tea agent. He tells me that he has been suffering from indigestion for many years, and has not been able to get rid of it, but he says that he met a gentleman who had been at the Wahroonga Sanitarium and was completely cured of the same malady. He advocated the same treatment to our suffering friend, who is now quite taken up with the principles advocated in the GOOD HEALTH. He tells me that he is a subscriber to that paper, and furthermore, he means to try and do his best to further the circulation of it as much as he can; and he is well able to do so, as he is a house to house canvasser. He has lived up to the principles which the GOOD HEALTH advocates for some time, and he says that his health has considerably improved.

ONLY four and a half per cent. of the babies born annually live to the end of their allotted threescore years and ten. Yet of the other ninety-five and one-half per cent. nearly twenty per cent. die unnecessarily.

These facts came out in a paper on "Unnatural Death," read at the recent meeting of the English Sanitary Institute. The author told his hearers that about one million babies were born annually in England; 30,000 died unnecessarily from tuberculosis, and 120,000 more from absolutely preventable causes, such as small-pox, measles, and scarlet fever. Only 45,000 lived their natural lives. One-fourth of all the diseases which destroy life are preventable, and fifteen years would at once be added to the average length of life if the practice of hygiene were placed on a level with its theory.

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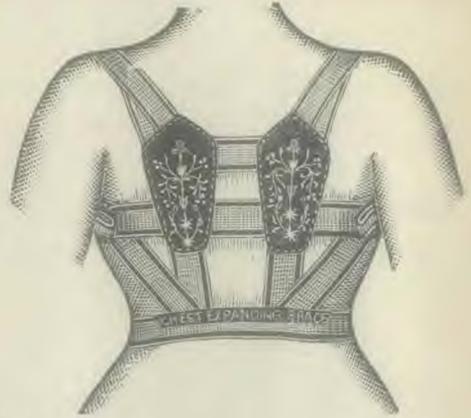
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A FRIEND who had been disabled for two years from rheumatism, writes:—

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