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THE AUSTRALASIAN GOOD HEALTH

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D. H. KREBS, M.D., Editor.

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THE SECRET OF CHEERFULNESS IN OLD AGE.

"A merry heart doeth good like a medicine."



THE AUSTRALASIAN
GOOD HEALTH.

Medical and Health News.

SECRET OF HAPPINESS IN OLD AGE.

PROFESSOR Metchnikoff recently said, "Man should be in his prime at eighty, still vigorous at one hundred and twenty, and live to the age of one hundred and forty years." It may not be possible for all to live to this advanced age, but I believe it is possible to live longer than we do, and to be in possession of happiness and peace even in old age.

Rheumatism, gout, impatience, and uselessness are frequently associated with old age. In fact, so common are these conditions that we have been led to regard them as our natural heritage. This is not the case. It has been fully demonstrated that old age should be a period of ripening, or increased usefulness of every faculty, rather than a period of decay and uselessness. Men should still bring forth fruit in old age. Cornaro's life fully illustrates this. At the age of ninety-five he penned the following:—

"I never knew till I grew old that the world was beautiful. O what a difference there is between a regular and an irregular life. One gives longevity and health, the other produces diseases and untimely deaths. I still find myself sound and hearty, content and cheerful, moreover all my senses are as good as ever and in the highest perfection, my understanding clearer and brighter than ever, my judgment sound, my memory tenacious, my spirits good, and my voice, the first thing

which is apt to fail us, grown so strong and sonorous that I cannot help chanting out aloud my prayers morning and night, instead of whispering and muttering them to myself as was formerly my custom."

Daniel, the Hebrew captive who led such an exemplary and temperate life, occupied the important position of prime minister of the Medo-Persian empire at the age of ninety. At this advanced age his mind was still active and gave no evidence of decay, even his enemies admitted that no fault or error could be found in his work.

We hear occasionally of men living to old age who have been careless in their habits, but upon inquiry it is usually found that they are confined to an asylum for the aged, or are dependent upon friends for support. What we should aim at, is not merely long life, but a long and useful life; a life that will prove a benediction and blessing to all who are brought within its influence. This may be the case, but such a life is *always* found to be the result of temperate habits.

How beautiful to have a home blessed with a grandfather or grandmother whose life, like the precious fruit, becomes sweeter and pleasanter as it ripens into old age.

"THEY say that alcohol will clean silver up nicely," remarked the man who acquires facts. "It will," agreed the red-nosed individual; "it cleaned up all my silver."

AUSTRALASIAN BUTTER EXCLUDED FROM AMERICA.

THE American authorities have refused to allow Australasian butter to enter the United States of America on the ground that it contains boracic acid. The latest consignments were re-shipped to Liverpool.

Experiments conducted in America by Dr. Wiley and others fully demonstrated the harmfulness of boracic acid even in the minutest doses when continued for any length of time. America is determined to protect her people from these harmful products.

It certainly is time that similar measures were taken by health authorities in Australia.

Boracic acid is very extensively used in warm climates in animal food, owing to the fact that they so readily undergo decomposition.

Nearly all the meat sold in the cities is washed over with a solution of boracic acid to prevent decay. All the butter sold has it added, for butter without *some* preservative becomes rancid in a couple of days. Milk does not escape it. It is difficult to ship milk into large cities and deliver it to the homes of the people sweet without the addition of this preservative, although the sour milk would be preferable from a health standpoint. Much of the infant mortality and feebleness among children may be charged to this poison, as milk and butter form their chief article of diet. We are glad Australasia is forced to recognise this evil.

The use of coloring matter in butter, and other products consumed by Australians, is another evil that should receive attention.

The new food law requires that all food products coming to America artificially colored must so state on the label, and if sulphate of copper is used, this fact must also be stated. Dr. Wiley's advice to food producers is to cease coloring their products.

A bill is also before the Pennsylvania Legislature to prohibit the manufacture and sale of foods containing formaldehyde, sulphurous acid, boric acid, salicylic acid, with their salts, and all other preservatives injurious to health. The penalty for viola-

tion of the law may be a fine of from £12 to £20 with costs, or an imprisonment up to sixty days, or both.

What Causes Appendicitis?

THE LATEST MEDICAL THEORY.

DR. KIDD, discussing appendicitis in the *Nineteenth Century*, attributes the main cause of appendicitis to aperient waters and salts. He says:—

With a large experience (upwards of half a century) of London practice, I can testify that this disease was very infrequent until about twenty years ago. There were many cases of peritonitis (which would now be called appendicitis), most of which recovered under careful treatment; a hot bath, a warm bed, hot fomentations, a dose or two of castor oil, copious injections of hot water, no solid food for four or five days, but abundance of fluid nourishment, such as arrowroot, barley-water, and milk.

Fifty years ago England was awakened from the "blue pill" and "black draught" of Abernethy, and people were beginning to discontinue the use of purgatives. Priessnitz had taught what a tumbler of simple cold water in the early morning could do to throw aside the "blue pill" and "black draught" regime. But this happy era of health management was burst in upon about twenty-five years ago by the introduction of Hungarian waters, aperient salts, and liver pills; thousands began to dose themselves, and, sad to say, continue to do so to this day.

It is natural to ask, What have aperient waters and salts to do with appendicitis? To that, a very true answer is that the action of saline purgatives is to cause a flow of water through the intestinal canal. This passes off quickly, but alas! it leaves the solid portions to accumulate in the cæcum at the right side, near the appendix, where the small intestine ends and the large one commences. The solid portions left in the colon become more and more putrid, cause obstruction, and infect the appendix. Peritonitis follows, with extreme danger to life.

Is the Appendix a Useless Organ?

IN a lecture delivered at the Charing Cross Hospital on "The Functions of the Cæcum and Appendix," Sir William MacEwen, Regius Professor of Surgery in the University of Glasgow, said, "It might well be asked whether the human body was so imperfect that they required to submit it to the numerous rectifications which were recommended to be carried out after we came into this world. The more one looked into the human body, saw it work, and the

better one understood it, the more was one struck by the wondrous utility, beauty, and harmony of all its parts. There were many parts of the human body whose functions were unknown. Man, like all other animals, was undergoing slight modifications as the years passed: but, with all his alleged imperfections, the normal man was a much more perfect man than the physiologist and surgeon could make him." The lecturer dealt at some length with the question whether the appendix was or was not a useless organ, and with the causes of appendicitis, which he said was intimately associated with the digestive processes and the factors controlling them. He deprecated the haste with which food was consumed by many people, and said there was no provision in man for "bolting food." It was a matter of great moment to commence the digestive process well, and this was impossible under such conditions as those which attended the ingestion of a standing lunch eaten against time, with the mind full of business.

Powdered Milk.

ONE of the latest inventions is a machine which will reduce milk to dry powder in 30 seconds, thus rendering it absolutely sterile and odorless, and at the same time extremely portable. This product can be sent through the post, preserved for a long period, and restored to the condition of fresh milk by a simple addition of water.

An experiment has been tried in connection with the Officers of the Health Department of New York. Eight hundred and fifty children, ranging from five years to two days in age, were fed exclusively on milk made by the addition of water to this powder. The result was that not one child died, and everyone gained weight. If the same number of similar children had been fed on ordinary milk, probably 100 or so, according to ordinary statistics, would have died during the summer months from maladies caused by bacteria and microbe-infected milk.

"THE doctors have ordered Bilkins to be quiet, and under no circumstances to use his brain."

"But how does he pass the time?"

"I believe he is writing a novel."

Poisons in Cream Cakes.

THE poisonous properties of certain pastry long have exercised the minds of professors in the Pasteur Institute. Professors Metchnikoff and Girard have been experimenting on cream cakes purchased of different pastrycooks.

The investigations prove that certain microbes, developed by the combination of the white of egg, milk, and sugar, mature under the heat employed in making the cakes, and cause poisoning.

It has long been observed that pastry and many of the desserts having egg, milk, and sugar in combination, disagree with most people. In Professor Metchnikoff's experiments the mystery is solved. This combination in any food favors the growth of germs which cause poisoning.

Danger of Hypnotism.

DR. M. A. VEEDER, in the *Medical Record*, in speaking of the harmful influence of hypnotism on the mind of the subject, says, "So long as the subject is under the control of the hypnotiser absolutely, there is not so much danger, but let him go out under his own control, and he runs without a balance wheel. In this way auto-suggestion, which fortunately is more difficult and exceptional, may originate exceedingly unpleasant experiences. The writer has even come to the conclusion that there may be cases of insanity confined to institutions that, if the truth were known, are really of this type."

THE adulteration of bread is very common in England. This is especially true in large cities. The object of adulteration is to produce a loaf of good appearance from inferior flour, and retain as large a proportion of water as possible to increase the weight. For this purpose, alum is probably more frequently used than any other substance. The continued use of bread adulterated in this way is no doubt responsible for much dyspepsia, on account of the injurious effects of alum on the organs of digestion. An easy way of detecting alum, either in bread or flour, is to crush a half-slice of bread in four tablespoonfuls of water, add to it twenty drops of strong solution of carbonate of ammonium. If alum is present, the color will change from pink to a lavender blue.

Flesh-Eating Sheep.

IT seems that even the sheep of Australia are becoming civilised, or are, at least, falling in with the habits of civilisation. The Albury district stock inspector, Mr. Wilks, after several days' tour through the country for the purpose of making investigations into the eating of poisoned rabbits by sheep and other stock, has arrived at the conclusion that the habit is much more general than he at first imagined. In nearly every part of the district, farmers and pastoralists have had experience of the eating of "green"

Certainly not. We would still say this is a perversion of nature. Why not reason in the same manner regarding mankind? Man was at the beginning a fruitarian, subsisting on fruits, nuts, and grains. This is clearly seen from the record found in Gen. 1: 28, 29. Flesh eating is just as much an evidence of depravity in man as it is in sheep.

Natural Remedies.

ALTHOUGH drugs are still used so widely, people are beginning to give more attention to rational remedies. They are



OUR VEGETARIAN FRIENDS.

carcasses, not only by sheep, but in some cases by horses and cattle. Some of the graziers have mentioned that sheep will fight with each other to get possession of rabbits, so greedy is their appetite for this kind of food. Mr. Wilks believes this to be depravity of appetite. It is recognised that only a depraved appetite in sheep could demand rabbit for food. Why not use the same reasoning regarding mankind? Suppose we should at some time in the future come across a flock of *carnivorous* sheep, would we therefore conclude that this was their natural food?—

slowly though surely learning the limitations of the noxious drug and the real advantages of the "nature cure." One is a mere palliative, and too often not only fails to confer any real benefit, but does serious harm. The other always accomplishes good, and the effects both general and specific are beneficial. As we come to depend less upon medicinal potions and pills, and more upon fresh air, pure water, wholesome food, exercise, and peace of mind, we shall make greater strides towards sound health of both mind and body.

IMPORTANCE OF MASTICATION IN MAINTAINING BODILY CLEANLINESS.

Extract from a lecture delivered by D. H. Kress, M. D.



AM convinced that the importance of thorough mastication has not been appreciated in the past as it will be in the future. Very little emphasis has been laid by the medical profession or physiologists at large upon the chewing of food, until attention was called to it by Mr. Horace Fletcher and his associates. It was formerly supposed that man required sixteen ounces of carbohydrates, three ounces of proteid, and two ounces of fat each day. Fletcher has demonstrated to the satisfaction of the world's leading physiologists, that one-half of this amount is all that is practically required even while engaged in hard physical work. *The secret lies in thorough mastication.* Each morsel of food must be reduced to a liquid by thorough mastication and insalivation in the mouth before being permitted to enter the rest of the alimentary tract. This enables the system to utilise all that is eaten. It has so long been taught that it has become a proverb, "We live not upon what we eat, but upon what we digest," but little attention has been paid to the improvement of the digestion. The food that is not digested becomes food for germs in the alimentary canal and is a positive injury.

Dr. Foster, England's leading physiologist, and Professor Chittenden of America, testify to the claim made by Fletcher that the stool, or excreta of a person who follows Fletcher's plan of chewing is not at all offensive, being as odorless as moist clay, and does not exceed two ounces daily, while the excreta of the ordinary individual is extremely offensive and amounts to nearly ten times this quantity. This offensive odor must no longer be regarded as normal; it results from decay in the alimentary tract of the food which was improperly masticated, or not in a condition to be digested or utilised by the body. The poisons formed do great injury and undoubtedly are responsible for nearly all our diseases, and tend to shorten life.

A carcase undergoing decay along the roadside or in the back yard, immediately receives attention by the health officers, if not by those who do not appre-

ciate the danger, but it is of infinitely greater injury to have particles of a carcase undergo decay in the alimentary canal. The deadly gases formed by their decay inside of the body are eliminated through the lungs, and are responsible for the offensive breath so frequently found. Such an individual creates his own polluted atmosphere; he poisons the air with this internal sewer gas wherever he goes, and is a constant source of danger to himself and to those with whom he associates. He needs isolation from society until he can learn *what* and *how* to eat. Ignorance on these points seems to be almost inexcusable in these days when light is being sown broadcast. The offensive breath is always due either to improper mastication, or eating dead things which should be buried.

Dr. Van Somerens discovered that by paying strict attention to thorough mastication, like Luigi Coinaro the famous centenarian, he could subsist on twelve ounces of solid food per day and maintain complete nutritive equilibrium, the residue, or excreta, amounting to only two ounces of *inoffensive, odorless ash*. It is evident man is designed to keep clean on the inside as well as on the outside. The lower bowel, instead of being a large reservoir for the cultivation of germs and the formation of deadly poisons which produce disease and shorten life, is an aseptic, absorbing organ, free from putrid matter. If we wish to be clean and keep clean, attention must be given to diet, and especially to mastication.

The Common Communion Cup— Its Dangers.

DR. BARKER, who was appointed by the American government as a member of the Philippine Commission to investigate the causes of yellow fever, which up to that time was responsible for every fourth death, and carried off in the city of Havana about 15,000 people annually, stated, at a reception tendered the commission by Dr. Osler, that the habits of the people generally constituted the chief cause of the high mortality rate in that country. He said when one individual died, it was a religious custom for the friends in taking their final parting to caress the dead. In this way the germs of disease were trans-

ferred directly from the dead to the living. That this disease was wholly due to ignorance and superstition, is clearly seen from the fact that since the American government has taken possession of this island and has enforced measures of general and personal hygiene, the disease has been practically wiped out, although it has been the scourge of that country for ages.

The spread of the plague and its fatality in India is also attributed to religious superstition and ignorance. The people of these plague-stricken districts, it is said, obtain their water supply for drinking and cooking purposes often from a filthy, polluted pool used for bathing. Although death lurks in these pools, it is difficult to bring about a reform, owing to the fact that the water is considered sacred.

In civilised communities a disease exists which carries off its thousands every year; in fact, it is as deadly and as much to be dreaded as the yellow fever of Cuba and the plague of India. I refer to the "Great White Plague," better known as consumption. If some of these semi-civilised or heathen countries should appoint a medical commission to investigate its causes, I imagine they would carry back as a partial report the following: "The people in these civilised countries have a custom of meeting occasionally for what they term communion services. In these services, a cup is filled with wine; this is passed from one to the other. Frequently those suffering with consumption are among the number; the germs adhering to the moustaches of men are washed off into the cup, and passed along to a score or more of ignorant people. In this way the germs of this disease are transferred from the diseased to the well."

That not only consumption, but simple sore throat, diphtheria, catarrh, influenza, syphilis, and a host of other diseases may be communicated in this way, is recognised by medical men everywhere. What shall we do? We can not have a medical examination of each member who wishes to take part in this service. Even if this should be done, it would be difficult to say to a person suffering with nasal catarrh or a mild form of tuberculosis, "You must not participate in this ordinance." All this unpleasantness and danger may be avoided by employing individual cups. By their use, not one need be kept away from the com-

munion table. After each service, the cups can be cleansed and in readiness for the next occasion, thus doing away with all possibility of communicating disease.

The thought of putting to one's lips and actually taking a sip of a fluid into which a score of germ-laden or mucus-adhering moustaches had been previously immersed, certainly is not pleasant to contemplate, and nowhere but at the communion table would this be tolerated.

The individual cup has everything in its favor; not only is it more cleanly and free from danger, but it is more orderly. Instead of one taking a drink, and then another, and still another, the small individual cups may be carried on a neat tray and passed around to all. When those serving are seated, and everything is quiet, every head may bow for a few moments in prayer, and then all, including the minister, may bring the cups to their lips at the same time. This, it seems to me, would be much more in keeping with heaven's order, and would certainly remove a feature from this service which can not help but be objectionable to one who knows what has been found in the common cup after being passed from one to the other. A custom which may be appropriate and practically free from danger where only ten or twelve are assembled, and in an age when such diseases were less prevalent, is not appropriate in a large congregation, and especially in this age when disease is so common.

D. H. K.

Words of Appreciation.

THE following letter has just been received from a former Sanitarium patient. He signs himself F.—, E. D. E. D. evidently stands for Ex-dyspeptic:—

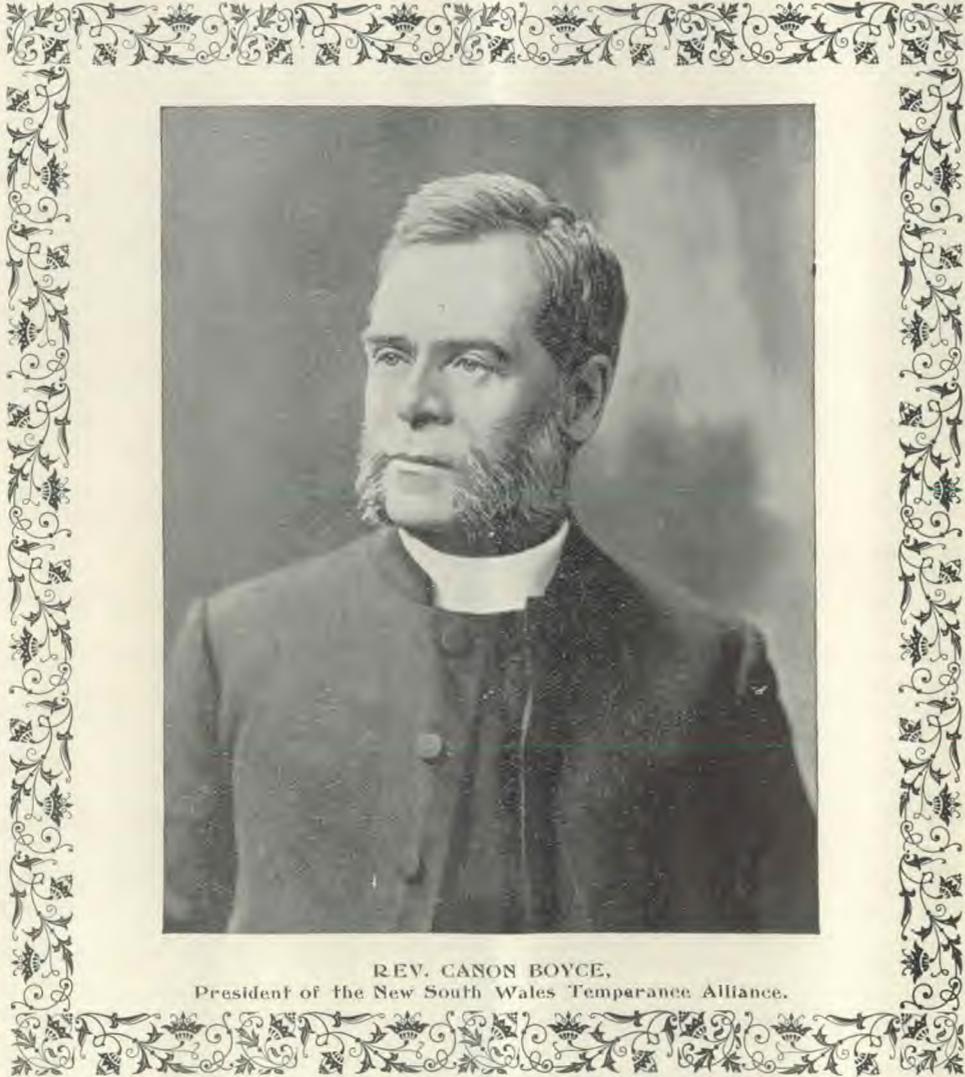
"I am glad to tell you I am keeping in very good health, for which I beg to offer you my very best thanks. I keep strictly to the diet. I take three light meals a day and I work very hard from five every morning until eight or nine every night. I sleep fairly well for five or six hours. I have not taken to the pipe again, as all taste for it has gone, as well as the desire for tea. My wife is well and very happy because of the improvement in me. Will you please remember me very kindly to the Sanitarium family. I shall run up to see you the first time I am in Sydney, and let you see for yourself the very great blessing I received at the Sanitarium. In the meantime let me again thank you and all connected with the Sanitarium.

A Temperance Convention.

THE twenty-second annual convention of the New South Wales Temperance Alliance will be held in Centenary Hall, York Street, Sydney, beginning May 1, and continuing for

Consumption May Be Eradicated.

IN highly civilised countries, consumption carries off about one out of every



REV. CANON BOYCE,
President of the New South Wales Temperance Alliance.

one week. Representative speakers from the various temperance bodies will be present to take part in the conference on the evening of May 2. Every effort should be put forth by temperance advocates to encourage this organisation in its good work.

“THE root of almost all crime is drink,” says Lord Justice Hawkins.

four of our adults between the ages of twenty-five and forty years. We look upon this as something unpreventable, and yet I believe it possible to eradicate this disease. Consumption, like the plague or yellow fever, is a contagious disease. It carries off its victims more quietly and slowly, but just as surely.

No one would think of sleeping in the same bed with one who has the plague, yet it is not uncommon for wives to sleep with husbands and husbands with wives who have consumption, or to sleep in the same room with windows and doors closed. Consumptives should be treated with compassion, but it is well for their own good as well as that of their friends to have them understand the nature of their disease, and encourage them as much as possible to live in the open air. Here are a few rules to be observed by friends of the consumptive:—

Always wash the hands after attending to the patient.

Never take food out of the same vessel as the patient.

Destroy by burning, or otherwise disinfect, all food the patient may leave.

Boil all spoons, cups, etc., after being used by the patient.

Avoid raising dust in the bedroom; use a damp cloth for dusting. The chief danger arises from dust, hence all articles should be thoroughly wetted after being cleaned.

Let as much fresh air and sunlight into the room as possible.

Assist the patient in carrying out his instructions.

In cases accompanied by diarrhoea it is advisable to disinfect the motions.

DISINFECTATION OF ROOM VACATED BY A PATIENT.

Strip the paper off the walls if it cannot be treated with disinfectant solution, and afterwards burn it in the fireplace of the same room.

Thoroughly wash the ceiling, floor, walls, etc., with some disinfectant solution.

Wash all articles in the room with some disinfectant solution.

Boil all bed linen, and soak things which will not stand boiling in some disinfectant solution.

Expose all bedding, pillows, etc., out of doors for several hours in the bright sunshine.

PRECAUTIONS TO BE TAKEN BY PATIENT.

Do not spit except into receptacles, the contents of which can be destroyed before they become dry.

Indoors spit into small paper bags or pieces of rag which can be burnt, or into a vessel containing some disinfectant solution. This vessel should be emptied, and washed in boiling water every twenty-four hours at least.

Out of doors spit into a special flask or cloth which can be burned.

If handkerchiefs are used for spitting into, they should be placed in boiling water or some disinfectant solution before they become dry.

To avoid infecting other parts of the body, do not swallow the expectoration.

Do not kiss anybody on the mouth.

Be out of doors as much as possible. Live in well-ventilated rooms, and sleep with the bedroom windows well open.

Fruitarian Diet and Physical Culture.

A MOST noteworthy and valuable personal testimony concerning the benefits which follow the intelligent adoption of fruitarian diet was recorded by Mr. Eustace H. Miles, M. A., the physical and mental culture expert (tennis champion, 1899 to 1903), in his book entitled "Muscle, Brain, and Diet" (1901). It is as follows:—

When I began to use these (fruitarian) foods, I had to face "well-meaning" opposition, not only from those who had no education on the subject, but also from most of the medical men with whom I discussed the subject. Nay more, I daresay that many of my friends considered that I was going off my head. It was not an easy life.

But when it was certain that, for two and a half years, my bodily and mental vigor *steadily increased*, when I was able to keep in constant training of body and mind, when I was ready to play a hard tennis match and do eight or nine hours' hard mental work in a single day,



Caterham Sanitarium, Surrey, England.
A Successful Vegetarian Institution.

without feeling any real fatigue, and when my success at games, and the range and amount and quality and success of my work improved instead of the reverse, *then*, by degrees, even my dearest friends and relations were forced to admit that there *might* be something in it in *my* case. But of course they said, it would never do for *them*. Never yet have I succeeded in extracting from any single one of these good people a satisfactory reason for this bold assertion.

Mr. Miles further says:—

During the last year I have coached nearer to 150 than to 100 honors pupils. Since last

January I have had the schemes of over ten books accepted by various well-known publishers, and—in the intervals of my coaching—have already written nearly all of them, as well as a good many articles. All this I can prove.

It is less easy to prove that I have never felt so happy as I do now, that I have never taken so much interest in things as I do now, that I feel altogether better in every way than I used to, that my motives in life are higher than they used to be—all this, I say, I can not prove. I can only ask the reader to believe that it is true.

But there are certain *proofs* besides. Of these the most remarkable is the following:—

I have been in the habit of playing rackets with certain players, and the result has been more or less uniform. *But, after a return to the old foods, even to a single helping of meat alone, my game of rackets has been wont to go down between three to five points.* My tennis, my work, my general feelings, were all similarly affected. In a word, *a return to the former foods meant, time after time, a return to something like the old level of health or ill-health.*

TAKE NO ANXIOUS THOUGHT.

IN a sermon preached by the Bishop of Liverpool to the boys of Trent College, he said, "At the time of the English Revolution, when things were looking very dark for England, the English ambassador (Whitlock), was waiting at the Hague to pass over to England, when a great storm had subsided, and his mind was so full of anxious thoughts for his country that he could not sleep at night. An old and confidential servant said to him, 'Master, did God rule this world well before you came into it?' 'Oh, yes,' said the ambassador. 'Very well, then,' said the servant, 'will He rule it as well when you have gone out of it?' 'Certainly,' was the reply. 'Then,' said the man, 'why cannot you trust Him to rule it well while you are in it?' The common-sense answer so struck the great man that it is said he turned round in his bed, and went to sleep, simply trusting in God like a little child."

PROFESSOR H. W. WILEY, America's leading chemist, says, "The best of all beauty-making foods are fresh fruits and fresh vegetables. They possess extraordinary values as health givers. If you want bright eyes and a clear complexion, eat plenty of them."

Nature's Restoratives.

THAT science can do much to prolong life has been fully demonstrated in the past twenty years in the effort put forth to stamp out epidemic diseases which have frequently in the past depopulated entire cities. Through great care in regard to cleanliness, these diseases are largely controlled and kept within bounds. Consumption, the most fatal and prevalent of all diseases, is losing its grip, in a measure



as a result of encouraging patients to keep in the open air and sunshine, thus utilising two of heaven's greatest gifts to minister health and life to mankind. These efforts have resulted in an increase in the average length of life the past few years. So far, however, little attention has been given to the matter of diet. Should the same effort be put forth by Boards of Health and public educators toward inducing people to eat only the pure, simple foods originally provided for man, much more might be expected. Upon no subject does there exist greater ignorance than upon this one. Men do not eat for health and strength, but merely to gratify a perverted palate. So long as this continues, physical degeneracy must continue.

OFFICIALS of the City Boards of Health are trying to impress the public with the dangers of eating articles exposed for sale on street stands. These products, thus displayed, are generally covered with the dust from the streets, which is often germ-laden, and are therefore apt to be highly injurious. The public should be particularly careful to see that articles are thoroughly washed before using.



MY ONE TALENT.

"I was afraid, Lord, so I hid Thy gift:
 I buried my one talent in the ground
 It was but one: I did not dare to trust
 That it could ever have Thy care profound.
 It was not lost through all these weary years,
 Though now 'tis tarnished, lacking in the shine
 Of its first lustre, that it used to wear:
 I've kept it safe—Lo! here is that is Thine.
 My heart was envious of the many near,
 Who, rich, with glowing talents, five and ten,
 Were making life so prosperous and fair,
 Were full of blessing for their fellowmen,
 My life has been so narrow, poor, and mean.
 How could it other be, with talent small?
 Had I the larger gifts, I might have been
 As great as any; foremost 'mong them all."

Last night, in sleep, a vision came to me,
 There stood beside me One in shining white,
 His hands and feet were marked with prints of nails,
 Around His head there shone a dazzling light.
 He looked at me with eyes divinely sad,
 That read my soul. His voice was wondrous sweet
 "Thou hast despised My gift. Thou knewest not
 It was the only talent that was meet
 For thy poor soul. My one best choice for thee.
 The gifts that others have thou could'st not bear.
 Their talents would have hurt and marred thy life.
 Only My choice can make it large and fair.
 Rise! it is not too late to prove thy faith,
 Bring forth thy treasure from its hiding place.
 Work out thy soul's salvation; live thy life;
 And win the prize, at last, through My good grace."

Not yet too late! O pitying One divine!
 Thou hast forgiven all those wasted years?
 Thy love, O Christ, hath made my spirit strong,
 Hath freed my heart from all its doubts and fears.
 My eyes are open, lovely in the light
 Of that blest vision seems Thy gift to me,
 My once despised talent, from this hour,
 Shall be as wings that lift me up to Thee
 —Selected

PEOPLE seldom improve when they have no model but themselves to copy after.—Goldsmith

Our Children—Importance of Early Training.

MANY parents leave their children to come up, following their own inclinations, and studying their own pleasure. The weary mother toils under her burdens, and also those burdens which her children, and especially her daughters, should help her to bear. Her spirit groans because



of the utter want of sympathy and assistance manifested toward her by her daughters, who are selfish, wilful, caring only for their own ease and gratification.

The child who is brought up to be useful, to assist his parents, and to follow some stated occupation, is much happier than the idler. He escapes many temptations to sin which beset the latter, and he matures at length into an earnest,

active worker, whose capabilities have been thoroughly cultivated and made valuable by the system and discipline of early life.

When children are young, it is a comparatively easy matter to direct their minds into proper channels, to systematise their daily pursuits, to teach them order and regularity, and to instill into their minds and hearts a proper sense of their responsibility to God and to their fellow-creatures. But when the habits are formed, the inclinations bent in the wrong direction, the evil seed sown in the mind, it is almost impossible to mould the character anew.

In the rush and hurry of business, parents, and especially fathers, are too apt to neglect the young family growing up in their homes. They seem to think that if the children are well fed, clothed, and sent to school, *their* duty is fully performed. The mother is presumed to attend to all matters pertaining to moral discipline; and if she fails in this, the children grow up untutored, erratic, and indolent.

Children in their early training need the firm, restraining influence of the father, combined with the gentle, sympathetic love of the mother, in order to perfect noble characters, and be fitted for the grave duties of life.

Money, houses, lands, and merchandise, all sink into insignificance when compared with the importance of properly educating and directing the mental, moral, and physical forces of our children. It is of little consequence whether we leave them large or small possessions, compared with the importance of giving them well-developed characters, unswerving rectitude, and noble purpose. Such a legacy is more precious than treasures of gold, and will never depreciate in value. No accident, nor time, nor change can affect it. Property may be swept away, but this sacred legacy remains untarnished, and will win for its possessor untold riches in the eternal future.

The great excuse which parents give for neglecting the moral culture of their children is want of time.

The minds of many women are exercised almost entirely upon fashion and display; their inventive powers are daily taxed to prepare new dishes to tempt the appetite; and all their intelligence subverted to meet the demands of a false and demoralised

state of society. This bondage of custom in which women are held, robs children of their God-given rights, casts them, morally feeble and incapable, upon the world to be overtaken by intemperance and crime.

Oh, that parents would arouse to a sense of their dangerous negligence toward the children that God has given them to rear to His glory. Oh, that they would determine to press back the baleful influences that are driving our youth to destruction. Oh, that they would realise of how little importance is the amassing of wealth, the friendship of the world, the dictates of fashion, compared with the sacred duty of rearing their children in the fear of God, and to take their places on the side of right and reform.

MRS. E. G. WHITE.

The Morphine Habit With Medical Men.

IN a work on the morphine habit, lately published in Paris, much interesting information is given concerning morphinism and morphinomania, some of which will be new to most of our readers. It is stated that Germany, France, and the United States are the countries in which the vice is most widespread, but that it has its victims in Russia, Sweden, and Turkey, and that even in the extreme East morphine as a narcotic is said to be supplanting opium. Statistics are furnished of one thousand cases, collected from all parts of the world—six hundred and fifty men and three hundred and fifty women. These statistics show that of the male morphinists the medical profession supplies the largest number, 40 per cent. Men of leisure come next, with 15 per cent.; then merchants, 8 per cent.; while peasants, clergymen, and politicians occupy the lowest positions on the list. Women of means are the most numerous class among the females, 43 per cent.; followed by wives of medical men, 10 per cent. In Germany there are entire villages whose inhabitants are addicted to the use of the drug, but the general belief that the morphine habit is more extensively practised in Paris than in any other city is contradicted. Morphinomania is said to occur with greatest frequency between the ages of twenty-five and forty.

—*Health.*

THE FOOT BATH.

THE foot-bath is often a source of great relief and comfort to a sick person, and everyone who is likely to have charge of the sick at any time should learn how to give this bath in bed with the least tax and worry to the patient.

Here is a good way: Cover over the lower half of the bed with a large piece of oilcloth (and said piece of oilcloth no housewife should allow herself to be found without); then place a foot-tub with a small amount of water of medium temperature in the bed. Have the patient lie on the back, and flexing the knees place the feet in the tub; the knees can be supported if necessary by an attendant; cover the tub and knees with an old blanket, having placed a board over the tub to keep the blanket out of the water.

The patient can now lie there and thoroughly enjoy his bath. The water can be heated from time to time by adding more hot water. At the close of the bath, cool water to one hundred degrees; lift the feet out into towels and dry them.

The Beef-tea Fallacy.

THE eminent French chemist, Hassel, estimated that to furnish sufficient beef tea to supply the body with the amount of proteids or albumin required by a man in one day would necessitate the use of fourteen and one-half pounds of beef. To furnish the proper amount of other elements, for instance, carbohydrates, in the form of beef tea, would require a still larger amount of meat. The principal ingredient of meat extracts of various sorts is the waste products of the body, which consist largely of urea, this in life being eliminated through the kidneys. For example, Liebig's extract of beef contains only .05 per cent. of albumin, but nearly 60 per cent. of excrementitious substances, while Valentine's meat juice contains but .44 per cent., with nearly 25 per cent. of waste substances.

The extract of excrementitious substances found in beef tea and meat extracts, when applied to the brain of a rabbit, a portion of whose skull has been removed, manifests its poisonous properties at once by paralyzing the part to which the application is made. A solution of these substances applied to a living frog's muscle paralyzes it so that it will not respond to the action of electricity, to which the normal muscle is very sensitive. The attempt has been made to attach a value as a food to extracts of meat, beef tea, etc., in consequence of the considerable quantity of salts which they are supposed to contain. However, additional salts are not needed, for there is no lack of salts in wholesome food, but always an

excess. In fact, one small potato contains more salts than a whole plate of bouillon. In view of these facts, it is evident that no greater mistake could be made than to undertake to nourish a patient on beef tea or any other extract.

A Nation's Greatest Enemy.

SIMPLE non-stimulating foods and drinks, and plenty of exercise in the open air, is what nature needs. Deprive her of these, and she deprives us of energy, elasticity, and of life. Excess in eating and drinking were the great evils existing prior to the flood. Fulness of bread and abundance of idleness caused the destruction of Sodom and Gomorrah, the well-watered and fertile cities of the plain. Effeminacy and luxury proved the ruin of Babylon. The impious feast given by Belshazzar to a thousand of his lords marked the night of Babylon's fall; "In that night was Bel-



Nebuchadnezzar, King of Babylon.

shazzar, the king, slain." The Persians who conquered Babylon, when in the height of all their glory, were a temperate people; the young men were all brought up in a uniform manner, the state prescribing their food and the time for their meals. They subsisted, according to Rollins, the historian, upon the simple products of the earth. Later, luxury and effeminacy came in, and with it came the decline and fall of the kingdom. The Grecians, under Alexander the Great, while practising the simple rules of temperance were invincible, but Alexander was finally conquered by giving way to his appetite, and Greece fell because of the degeneracy of its ruler and people. Luxury destroyed Rome when all the aims of surrounding nations could not do it in

their primitive days. The same causes that were responsible for the degeneracy of people and nations in the past, are eating the vitals out of the civilised nations to-day.

On Service at 130.

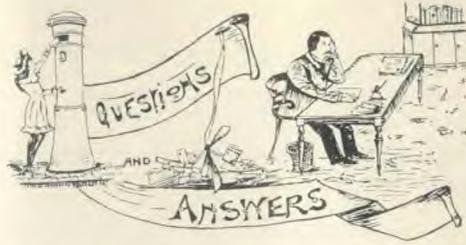
PERHAPS the most remarkable old man in the world, and certainly the oldest in the service of the British Government, is at present stationed at Fort St. George, Calcutta, in the person of Saikh Imamudda, maulvi, or regimental chaplain, to the 18th Native Bengal Infantry. This veteran enlisted as chaplain eight years ago, and was then entered in the regimental book as being 122 years of age, so that he is now 130, and the oldest British soldier living. A small, spare man, five feet in height and bent with age, he still reads without the aid of spectacles, is active and intelligent, and is respected by every man in the regiment. He has been twice married, and has had two sons, one of whom was past middle age when the first Sikh war took place. Imamudda was born in the Punjab, and, in addition to his native tongue, speaks Urdu, Persian, and Arabic. Great objection was made to his appointment as a chaplain in 1896 on account of his age, but the regiment would have no other maulvi, and the authorities gave their consent.

A Sydney Bookseller's Opinion of this Journal.

MR. J. W. R. CLARK has addressed the editor as follows :

I am very pleased to say I purchased a copy of your valuable journal, and have read every word from the first to the last pages, and I have no hesitation in saying that it is the most useful, truthful, interesting journal ever published in New South Wales. I eat plenty of vegetables, fruit, and grain, and am healthy and weigh 173 pounds. I have a brother who has never tasted meat or anything in the way of an intoxicant and has never smoked. May the Sanitarium, Health Food Company, and the health journal continue to grow and extend their usefulness.

NOTHING is better for burns than the white of an egg. It excludes all air, and anything that will do this will be useful, it eases the pain at once, and entirely prevents inflammation.



Flannel Underwear.—Should flannelette or flannel be worn next to the skin all the year round by children subject to colds?

Ans.—They should wear flannel in winter.

Worms.—What is the best preventive for worms in children?

Ans.—Dieting. Avoid jams, sweet puddings, and other sweets. Have the child masticate its food well.

Shortness of Breath.—I suffer very much after meals with shortness of breath, and great fullness of the stomach. What food should I take, and what can I do to reduce surplus fat?

Ans.—The shortness of breath may be due to organic heart disease, kidney disease, fatty degeneration, or it may be due merely to digestive disturbances. I would recommend an examination by a competent physician. Abstain largely from fat-forming foods, jams, sugar, sweet fruits, potatoes, and butter. The following foods are indicated: dry cereal foods, as granose biscuits (toasted before eating), eggs, milk in moderation, greens, and sub-acid fruits. Masticate all foods well.

A Citizen of Perth writes:—Below my right rib and across my stomach, I have a dull creeping pain, and the sensation as if I had a lump in my throat; that feeling comes from my right side below the ribs. I have always a dull and giddy feeling in my head, and feel all languid and tired when I do any exercise with dumb-bells. I feel as if my chest just between my ribs was very stiff. I am troubled very much with the wind and constipation. Would you kindly inform me if this is indigestion that I am troubled with?—Yes.

I go out every morning before breakfast for a row and a swim, and have a cold shower. I have a walk at night after tea, then do a little of Sandow's exercises, afterward sponging myself down with cold water.—The exercise is too severe before breakfast. A cold sponge and towel rub is sufficient in the morning.

When I have the granose I have stewed fruit with it. When I eat peaches they seem to give me an acid saliva, and cause heartburn.—Eat fruits at the close of the meal. Eat the granose with a little cream, or a small quantity of butter if cream cannot be obtained.

If you would let me know of a course of treatment to go through with your food treatments, I would deem it a great favor.—Send for "Good Health Cookery Book," and follow instruction given.

Bathing Children.—What is the best time for bathing children, and should they be bathed daily, cold or hot?

Ans.—They should be bathed before breakfast. Warm water should be used for infants, and cool water after the age of eighteen months.

Constipation.—Being subject to constipation, what is the best treatment?

Ans.—Send for the pamphlet on constipation. Price 6d, postage 2d extra.

Drooping Shoulders.—What is the cause of drooping shoulders?

Ans.—Drooping shoulders may be caused by shoulder-straps confining the action of the shoulder muscles in the earlier years of life. Stooping is favored by sitting in cramped positions in school and by the use of desks not inclined at the proper angle. Lateral curvature of the spine is due to weakness of the muscles of the back. The tendency to such curvatures is greatly increased in girls by the fact that their trunks are imprisoned in corsets, as if in splints, and so exercise of the trunk is reduced to a minimum.

From a Commercial Traveller.—Would it be possible for me to thrive without meat, as vegetables are frequently scarce in the back country?—As a rule, a wise selection may be made without resorting to meat, if milk or eggs can be secured. Peas, beans, lentils, and nuts are rich in proteids, and good substitutes for meat.

In the journal sent me, I notice that eggs are recommended and cheese condemned. I know a leading vegetarian in this State who highly recommends cheese and condemns eggs. Which theory is correct?—Eggs are not an ideal food. There is no objection to their use, providing they are obtained from healthy fowls. Fresh eggs contain no uric acid. Cheese contains proteid, and also products of decay, which are developed during the process of ripening. Cases of acute poisoning resulting from its use are not uncommon.

In the event of one giving up meat, what quantity of vegetables is necessary to maintain perfect health, and is it necessary to eat any particular kinds of food?—We would recommend the "Good Health Cookery Book." This will afford you the desired information.

CHRONIC constipation is a serious matter. It is not only responsible for many disagreeable symptoms, but it is the forerunner of many incurable diseases.

We would recommend to all who are afflicted with this trouble, a copy of our latest booklet on chronic constipation. The causes are pointed out, and the treatments recommended are simple and can be carried out at home. 48 pages, price 6d, postage 2d extra.

Our Correspondents.

The following items have been called from letters recently received by our editor.

"I TAKE a great interest in reading your GOOD HEALTH. I consider it a splendid little paper. It indeed teaches you how to live a pure and natural life."

"I HAVE been intending to write you for a long while, but have allowed myself to neglect it."

"I am keeping everlastingly at it; that is, I still live on Sanitarium food and practise the principles that were so thoroughly impressed upon my mind during my stay in the institution. I have been gaining all summer. When I left you, I weighed 124 lbs., I now tip the beam at 144 lbs., a gain of twenty pounds, and most of it in good, hard muscle."

"I often think of, and shall look forward to the time when I shall visit the Sanitarium again, which I fully intend to do."

"HEREWITH I have pleasure in enclosing you cheque in settlement of enclosed account, and at the same time express my sincere thanks for the many kindly attentions which I received while at the Sanitarium. My stay has been most beneficial to my health, and I hope ere long to have again the pleasure of visiting you."

"Many thanks for your home prescription, which I am doing my utmost to observe."

"ENCLOSED please find postal note for five shillings for which send copies of GOOD HEALTH to the following addresses."

"I would like to see GOOD HEALTH in every household in Australia. I intend to get people here to subscribe to it. There are few places where the people are more addicted to the use of intoxicating liquor than in this city."

"Wishing you every success in your good work."



WAIKONGGA SANIARIUM, THE HOME OF OUR EDITOR.

Do NOT fail to get a copy of the latest and best cookery book by Dr. Lauretta Kress, with introductory remarks on "Dietetic Errors, and How They Can Be Avoided," by Dr. D. H. Kress. "Good Health Cookery Book," 150 pages, price, 1/6 and 2/6, postage 2d extra.



HULLED WHEAT—Requiring one quart water, one cup wheat. Wash the wheat well, add it to boiling water, cook in a saucepan on the top of the stove, or a double saucepan, which is much better; salt to taste, serve with cream.

WHEAT WITH RAISINS—Requiring one quart water, one cup wheat, one cup raisins. Cook the wheats in the preceding recipe. Wash the raisins, and stew slowly. Then stir them into the wheat carefully a few minutes before serving. If they are put with the wheat at first, they get too soft, and break up, making the whole insipid and tasteless.

BROWNED WHEAT—Requiring four cups water, one cup wheat. Cook three hours. Brown the wheat slightly in the oven before putting to cook. It makes a very appetising dish, and is very easy of digestion.

PEARLED BARLEY WITH RAISINS—Requiring five cups water, one cup pearly barley, one cup raisins. Cook four hours. Wash the barley carefully, and cook in five cups of boiling water. Just before serving add the raisins, which have been steeped in boiling water until soft.

MAIZEMEAL PORRIDGE—Requiring four cups water, one cup maizemeal. Cook three to four hours. Stir one cup yellow maizemeal into four cups of boiling water until it thickens. Place in a double saucepan, and cook the required time.

BAKED MAIZEMEAL—Slice cold maizemeal porridge rather thin, brush with beaten raw egg, sprinkled with zwieback crumbs. Bake on an oiled tin in oven until browned.

STEAMED RICE—Requiring two and one-half cups water, one cup rice. Cook one hour. Put the rice into the boiling water. Place in the steamer, and allow it to cook one hour without stirring. Rice should not be cooked in a dish that is more than three inches deep, as the weight of the upper part makes the under part sodden.

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.

ORANGE RICE—Steam as in recipe for steamed rice. Prepare some oranges by cutting into sections, and each section into halves, taking care to remove the white portion and the seeds. Sprinkle

the oranges with sugar, and let them stand while the rice is cooking. Serve a portion of orange on each plateful of rice.

BROWNED RICE—Requiring two cups water, one cup rice. Cook forty minutes to one hour. Put a cupful of rice into the oven in a shallow baking dish to brown. Stir frequently so that it browns evenly. When each kernel is a delicate yellow, or the color of wheat, it is done. Turn the rice into the two cups of water, and steam as directed above. Rice prepared in this way is very easily digested. It should be quite dry and mealy.

NOTICE.

WE are desirous to have readers of **GOOD HEALTH** do some thinking along the line of hygienic cookery. There is no reason why we should not have more original recipes, and more original cooks who are able to prepare healthful and inviting dishes without depending upon the product of other minds. Cookery books are merely designed as aids. They should never destroy originality. To the sender of the best ideal breakfast and dinner menus we will forward post free one of Dr. Laurretta Kress's new "Good Health Cookery Book," best binding, and the **AUSTRALASIAN GOOD HEALTH** for one year. To the sender of the second best we will forward the **AUSTRALASIAN GOOD HEALTH** for one year.

Write the menus separately and plainly on a sheet of paper. On another sheet indicate how the dishes should be prepared.

So-called Reforms Need Reforming.

THE evils resulting from excess in eating can scarcely be overestimated. Indeed, startling as the statement may seem, it is nevertheless well supported, both by experience and by reliable authority, *that it is safer for a person to disregard the quality of his food than to indulge in excess in quantity. In other words, food of inferior quality and not the best calculated to nourish the system, taken in proper quantity, is less injurious than food prepared in the best possible manner, taken in too large a quantity.* A person, then, who adopts the vegetarian system, thinking to make a reformation in his manner of living by so doing, and who then constantly overloads his stomach, even with the best of food, has only rendered his condition worse than before, and consequently is in greater need of making a reformation.



At the close of the last century there were supposed to be 1,000,000 aborigines in Australia. There are now fewer than 100,000.

IN 1700 the amount of sugar used in Great Britain was 10,000 tons, in 1800 it had risen to 150,000 tons, and in 1903 the total quantity used was about 1,300,000 tons, or 78.7 lb. per head of population.

IN New Jersey, U. S. A., a resolution has recently been passed, providing that teachers suspected of having tuberculosis must submit to an examination, and if found to be tuberculous, must give up teaching.

MISS LOTTIE BORTHWICK, of Ottawa, Canada, died in the dental surgery of Drs. Graham and Beatty. She had been given nitrous-oxide as an anæsthetic, preparatory to having a tooth pulled, and succumbed to its effects.

DR. H. W. WILEY, chief of the Bureau of Chemistry of the United States Department of Agriculture, has made the statement that the adulteration of food and drugs has done more toward lowering the moral life of this country than has the traffic in liquor.

DR. JACOBI, the eminent New York physician, is authority for the statement that American people are spending two hundred million dollars a year for patent medicines, nostrums, and quack remedies. The real potency of most of them consists in the amount of cheap whisky, morphin, and cocaine in their composition.

GEORGE L. DINGMAN, Assistant Food Commissioner of Minnesota, has compiled statistics which show that the department has analyzed since Dec. 1902, 11,771 samples of food. This exceeds the total of two years before by 1,652. Of these, 3,593 samples were illegal. Of 2,145 samples of alcoholic liquors, over half were adulterated. Of 157 samples of baking powder, 111 were found illegal. In 70 per cent. of the cases the illegality consisted of improper labeling.

NOT long ago the *Lancet*, England, called attention to the fact that meat extracts are largely manufactured from offal, use being made of putrid livers and the decomposing remains of animals whose flesh is for various reasons unsaleable. Quoting briefly:—

"It might be thought impossible that such

filthy material could be fabricated into a toothsome paste, but so it is, the use of deodorisers and subtle flavoring material having been placed at the disposal of the offal-mongers by the advances (alas, that it must be confessed) of chemical knowledge."

MR. E. C. DAVEY, who has been connected with the Sydney Sanitarium for the past two years as head nurse, has severed his connection, expecting shortly to go to Singapore to open up medical missionary work. Mr. E. Thorpe, a graduate from the Sydney Sanitarium, and head nurse of the Christchurch Sanitarium, has taken Mr. Davey's place. We wish Mr. Davey success and divine guidance in his future work. We are pleased to have Mr. and Mrs. Thorpe again connected with the Sanitarium family.

A WONDERFUL achievement was accomplished by Mr. G. A. Olley, the fruitarian cyclist, on October 22. In adverse weather, he rode from London to Edinburgh, a distance of 382 miles, in 27 hours 11 minutes, thus beating the record by 52 minutes. He covered 344 miles in 24 hours. Mr. Olley met with many obstacles, including side slips, three falls, strong head winds, punctured tyres, and a collision which bent his handle bar and injured his shoulder. He had to ride in total darkness for three hours; but notwithstanding these difficulties, he stuck to his task, and once more carried the fruitarian flag to victory.

PROFESSOR ELMER GATES has discovered forty bad products which are produced in the blood by bad emotions, such as hatred, envy, jealousy, fear, etc. These products are life-depressing and poisonous. On the other hand, good, benevolent, and cheerful feelings have been proved to create beneficial chemical products, which are physically healthful. The worst, and most deleterious of all these chemical products is that produced by *guilt*. If the perspiration of a guilty person be placed in a test tube and be treated with a certain acid, it will turn pink. The physical consequence and penalty of sin is thus demonstrated by chemical science.

MR. BENNET reported before the Society of Anæsthetists the case of a patient, aged seventeen, who suffered from enlarged cervical glands. He showed no dyspnoea, and had had nitrous oxide administered a few days previously without any apparent unfavorable symptoms. Nitrous oxide with air was administered again for the extraction of teeth. The face-piece was removed before stertor occurred. The patient became more cyanosed, and then ceased to breathe. During artificial respiration several spontaneous attempts at respiration were made, without any success. We would advise teeth extraction without anæsthetists wherever possible. It is better to endure a little pain, than to run the risk of life.

AT Govan, England, there was an outbreak of typhoid fever, resulting in twenty deaths, which was traced directly to some ice-cream that had been made by a man who, three weeks before the outbreak, had had typhoid fever in the ambulant form, commonly known as "walking typhoid."

THE chemist of the South Dakota (U. S. A.) Food Commission extracted enough coal tar dye from a bottle of port wine taken from an original package in the presence of members of the Legislature to dye a brilliant wine color nine square feet of heavy woollen cloth. From a bottle of tomato catsup, he took enough dye to color a like amount of woollen cloth. A single bottle of pop produced coloring matter of still greater power.—*Minneapolis Journal.*

ACCORDING to American statistics of certain cities where records have been kept, there is an alarming increase in the number of deaths from cancer. In forty years the deaths from cancer per 100,000 population have increased in Boston from 28 to 85 (threefold), in San Francisco from 16.5 to 103.6 (more than sixfold), in New York from 32 to 66, in Philadelphia from 34 to 70, in Baltimore from 18 to 63, in New Orleans from 15 to 82. No doubt, if faithful records had been kept in other cities, a similar state would be found. Cancer is a disease found only in physical degenerates. Tissues, when laden with impurities, have lost their vitality; cancer or any other germ or parasite disease may follow.

CANON LYTTTELTON, headmaster of Haileybury School, addressing the Moral Educational Society of Manchester, contended that it is well-nigh impossible for even the best-intentioned man to live a life of physical purity if he eats meat to excess. As soon as the diet is changed from meat to vegetables, there is a diminution in animal desire. Menus of well-to-do people, he contended, are on a topsy-turvy principle. Instead of being arranged so as to appease hunger, they stimulate the appetite. Every single meal taken according to the modern menus, he said, was a distinct appeal to the passions.

SIX million pounds' weight of adulterated and harmful foods was destroyed by the Health Department of New York during the last twelve months.

WYATT WINGRAVE reports seventeen cases of deafness due to excessive tobacco smoking. He emphasises the following points: That they were all well-marked cases of nerve deafness occurring in heavy smokers. That 80 per cent. showed marked improvement on abstinence from tobacco. Three were cured. But the habit was so strong, and the will so weak, that the forecast was not always encouraging.

PROF. IRVING FISHER, who occupies the chair of Political Economy in Yale University, has spent a few days at the Battle Creek Sanitarium recently. Professor Fisher is much interested in the subject of healthful living, since he was a few years ago claimed as a victim by tuberculosis, the dread disease of modern times. He succeeded in shaking off the malady and rising above it by taking vigorous measures in adopting correct habits of living, especially of living much of the time in the open air, and at all times surrounded by a fresh and invigorating atmosphere. While there he spoke twice to the family in the large gymnasium on his favorite topic, "The Crusade against Tuberculosis."

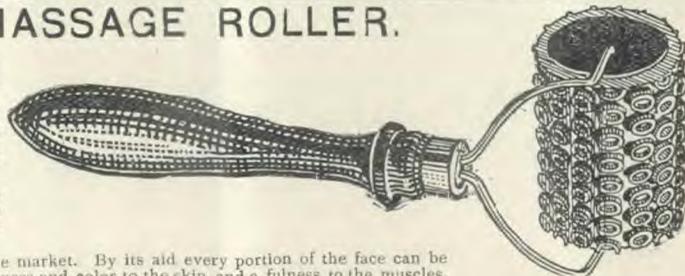


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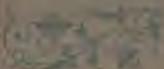
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