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# GOOD HEALTH



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IN A SOUND BODY

D.H.Kress, M.D. Editor.

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*Good Health, January 1, 1906.*



FACULTY AND STUDENTS OF THE AVONDALE SCHOOL, COORANBONG, N. S. W.



# Good Health



## MEDICAL AND HEALTH NEWS.

### AN IMPORTANT EDUCATIONAL INSTITUTION.

WE have the pleasure of presenting to GOOD HEALTH readers this month, through the kindness of the Principal of the Avondale School for Christian Workers, several views of this unique institution, and also a view of the Faculty and students, now numbering over 200. This institution is founded and controlled by the Seventh-day Adventist denomination.

The promoters of the enterprise have taken for their motto, "Back to the land and back to nature." They believe that the beauties of nature are more elevating than the works of man, and the pure country air is sweeter and better than the dust-laden city air. The school is located in the bush, in a portion of country seventy-six miles from Sydney, twenty-six miles from Newcastle, and three miles from the nearest railway station, Dora Creek. The estate on which the buildings are located comprises an area of nearly eleven hundred acres of land. A considerable portion of this is under cultivation, in fruit orchards, vineyards, vegetable gardens, etc.

The buildings located upon the estate are: The central school building, young men's hall, ladies' hall, dining hall, health food factory, Avondale printing plant, four cottages, a large barn, and the carpenter's, tinsmith's, and blacksmith's shops, the laundry, store, bee house, and boat shed. The Avondale Health Retreat and Avondale Church are also located on the estate.

Everything about the place is educational in nature. Physical and mental labor are combined in order to acquire an all-round education. The manual labor of the school, farm, food factory, printing

press, blacksmith's shop, carpenter's shop, and other departments, is all done by the students under the direction and supervision of competent instructors. No servants are employed in the school. Each student has the care of his or her own room. Neatness and order are demanded of every one.

Each morning the students assemble in the commodious chapel for devotional exercises, also in the evening the entire family meets for worship. At the close of the evening worship, a silent period is observed, affording opportunity for each student to be alone for meditation and secret devotion. Moral and religious influences everywhere predominate. The acquirement of solidity of character and usefulness in life are the main objects held before the students. These can not be obtained by the study of books merely, but by the faithful and cheerful performance of all the duties of life.

All the fruits, vegetables, cereals, legumes, and other eatables are raised on the farm by student help. Practical lessons in one of the industrial departments, such as, agriculture, carpentry, blacksmithing, saddlery, carriage-making, tinsmithing, printing, bee-keeping, sewing, cookery, etc., form a part of the daily programme for each student. Intelligently done, such work is far better for the development of muscle, brain, and heart than the ordinary gymnasium, amusements, and sports encouraged in many of our schools.

Cookery is here taught as an art and a science. Young lady students, under the direction of competent instructors, prepare all the food for the large family and do the dining room and kitchen work. The aim in cookery is to prepare only wholesome articles of food in the most inviting,

attractive, and palatable manner. It might be stated that not one ounce of animal flesh is consumed by this entire family of 200 from the beginning of the year to the end. All are vegetarians. A look at the picture of the students and Faculty is sufficient to convince the most skeptical that such a diet is sustaining and health-giving. Sickness seldom visits the school.

invitation to any who desire to pay the school a visit. The Avondale Health Retreat affords accommodation at a reasonable rate to visitors.

"A CLEAR conscience, a cheerful and confident hope, a rational, practical trust in God, a merry-hearted contentment, will dissipate more disease than can be cured by all the drugs in the universe."



THE ASSEMBLY ROOM OF THE CENTRAL SCHOOL BUILDING.

The aim of the school is to send out graduates who are all-round, practical, and useful men and women, who in an emergency can turn their hand to anything and do whatever needs to be done. If sent to the islands of the sea as missionaries, they will be prepared to teach the natives how to build, how to cultivate the soil, plant and care for orchards, prepare healthful foods in a simple yet appetising manner, etc.

Much more could be said that would be of interest to readers of the **GOOD HEALTH**. The managers extend a hearty

#### Notable Gathering of Octogenarian Vegetarians.

"NOT too young at forty; still young at eighty," was the avowed description of a remarkable gathering of vegetarians in the Memorial Hall, London, last month. It was officially announced as a public meeting of octogenarian vegetarians, and though all in the meeting place had certainly not reached to eighty years of age, most of them looked as if though they might well live beyond the allotted span. But on the platform there was a notable group of those who had passed four score years,

The chairman (Mr. C. P. Newcombe) was eighty, and he was supported by seven others who were even more venerable.

The aged people who offered testimony to the value of a non-flesh diet as a means of attaining long life were deeply in earnest, and remarkable indeed was their robustness and vigor under the weight of years. The chairman himself was a very vigorous old gentleman who declared that a body without health is as a lamp that is not lighted, and he proved at much length that a meat diet gives no light to such a vessel. "Don't listen to idle talk about being too old at eighty or a hundred," he said; "but fight on."

Dr. Mayor, of Cambridge, another octogenarian, proclaimed that all his researches in the lore of the past proved the value of vegetarianism, and though he admitted the value of parchment as a means of perpetuating old records, he denounced man as "by far the most destructive of all the beasts of prey."

Miss Warlow, who is also eighty, though her voice was not resonant enough to fill the hall, succeeded in conveying the message that life's purest and serenest joys are those which are realised after fifty years of age. This, however, is a boon vouchsafed only to vegetarians.

Mr. T. A. Hanson, who is in his eighty-seventh year, spoke with great earnestness and fluency on the topic of the evening, and offered as testimony to the worth of the vegetarian theory the statement that although he broke a leg at seventy-five, it set properly, and was now better than the other one; and that two ribs which he broke three years ago had knitted together in spite of the doctor's hopeless forecasts. Mr. Samuel Saunders, an agriculturist, of ninety-one; Mr. Thomas Wyles, a teacher, of eighty-eight; and Mr. Samuel Pitman, the brother of Sir Isaac, who is eighty-two, also testified before a delighted gathering that the one sure way to live healthily and happily far into the vale of years is to eschew meat.—*The West Australian*.

THIRTEEN men have been killed, and thirty-seven more or less seriously injured, in playing football in America during the present season.

## The New Year.

MAY the New Year bring new blessings to every reader of GOOD HEALTH is the sincere wish of the editor. Blessings do not come by mere chance. They come as a result of obedience. Anciently, after imparting to Israel a knowledge of His law, God said, "I have placed before you a blessing and a curse; a blessing if ye obey the commandments of the Lord your God, and a curse if ye disobey." This can never be altered. The Creator has established the relation that exists between sin and disease, and between right doing and health. It is merely a question of sowing and reaping, every seed bringing forth of its kind. What the future harvest will be depends upon our present sowing. "He that soweth to the flesh shall of the flesh reap corruption." The aim of the GOOD HEALTH is to make plain natural laws, and to urge obedience to them, because upon this the blessing of health depends.

To all who obey these laws health is assured. But they must not become weary in well doing, because they do not reap immediate results. Even Balaam, when called to curse Israel, had to admit he could not curse that which God had blessed. It is God's wish that all His creatures should be in health. Accordingly He makes known to them the laws upon which health depends, telling them how health may be acquired. Faith in these promised blessings will lead to a cheerful obedience of every needed requirement to receive it. We desire every GOOD HEALTH reader to be in possession of health, and therefore of a faith that will make it a delight and pleasure to obey every law. In saying this, we are merely again expressing the wish that the New Year may bring added blessings to every reader of GOOD HEALTH.

AN epileptic who was in constant dread of the surgeon's knife and who knew modern ways, was picked up on the street in New York. When taken to the hospital and undressed, the following sign was found on his chest:—

"Don't operate on me for appendicitis. Have been operated for that three different times—am merely having a fit."

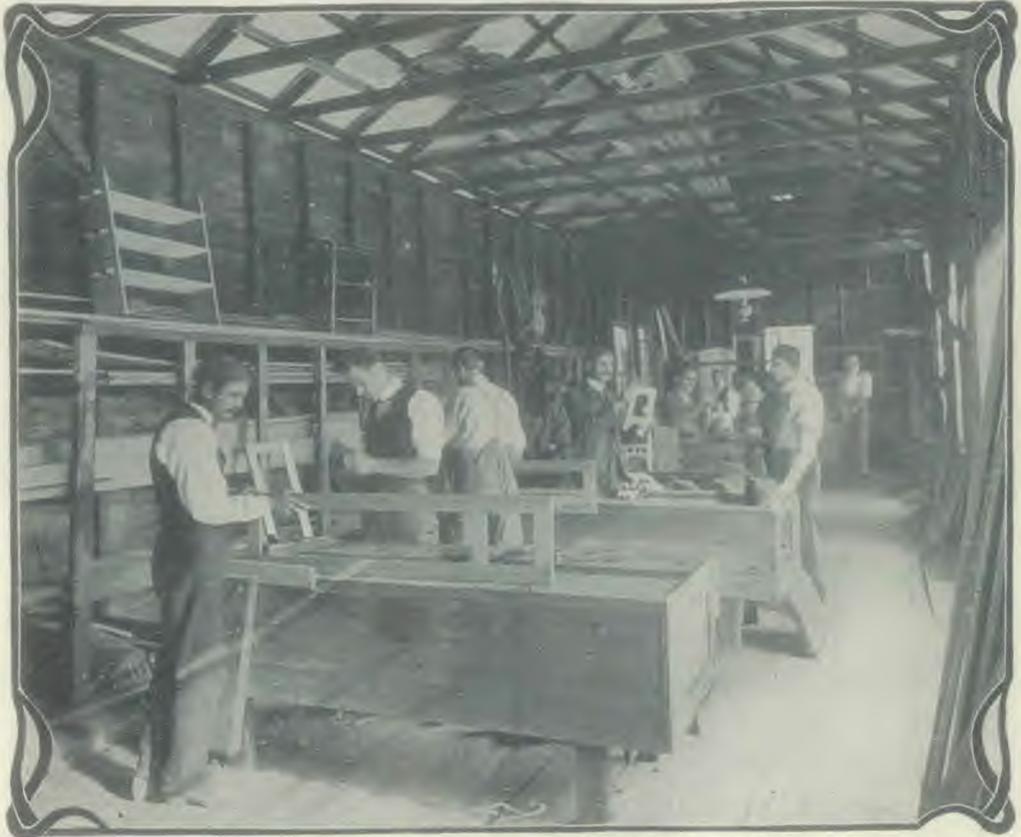
### Drugging.

A CONFESSION BY A PATIENT.

"THE healthiest people can be found at the greatest distance from the drug shops."

The extent to which drugging is carried by some may be seen from the following experience related by a frail little anaemic woman to her physician at the Sydney

husband asked me to try to do without the pipe. My husband heard of Webber's Vitadatio; accordingly, I took forty bottles. Next came a course of Viava treatments which cost me £25. Then I took Wood's Peppermint Cure, Sheldon's New Discovery, another case of porter, a bottle of over-proof rum, Warner's Safe Cure, and



THE CLASS IN CARPENTRY AT AVONDALE SCHOOL.

Sanitarium. She was requested by one of the guests to put it into writing, which she did.

"I started with medicines prescribed by doctors, and took them as religiously as though they were life drops. Then I took a case of wine to strengthen me, followed by a case of porter—four dozen bottles. Then followed in succession Mother Siegel's Syrup, and Irish Moss. Clement's Tonic was next resorted to through the advice of a friend. I smoked cigarettes and Nimrod's Powder, alternately had a few draws at a pipe, but my

Eucalyptus bottles I have used without number. I have tried Pink Pills, and Holloway's Pills, in fact, about all the pills on the market.

"I have taken, inwardly, kerosene, turpentine, cod liver oil, and Scott's Emulsion."

This lady's suffering was due to drugging. A short stay at the Sanitarium resulted in a wonderful change.

This experience reminds one of the incident which is related in the biography of Mr. Priesnitz—the so-called father of modern hydrotherapy. Mr. Priesnitz met

with such marvellous success in his efforts to help the sick with water and diet that naturally it stirred up some of the medical practitioners of that day.

Finally Priesnitz was brought before the court. One of the witnesses called was a certain miller who had been under medical treatment for a long time but got no better, and was cured through the efforts of Priesnitz. When asked, "Who helped you?" he replied, "They all helped me, the doctors, apothecaries, and Priesnitz; the two former helped me to get rid of my money, Priesnitz helped me to get rid of my disease."

### Danger of Drugging.

THE American Medical Association recently published some records of cases where for a slight cough patients had become addicted to cough remedies. The morphine contained had inhibited the natural secretions, and while the cough had temporarily been apparently relieved, the ultimate effect had been to make the condition much worse, and it was only with great difficulty that the victims could be rescued from the cough-medicine-morphine habit. Yet there are more than one hundred factories in the United States, with an investment of over £ 2,500,000, selling at the rate of £ 12,000,000 per year of these misapplied remedies.

Many of the so-called blood purifiers and sarsaparillas, it is said, contain a large amount of iodide of potassium, a drug which is eliminated by the skin. The irritation which it causes to the digestive organs and to the delicate tissues which it traverses on the way to the pores of the skin, may be judged by the fact that when eliminated through the skin, this poison is so irritating that it causes an extensive eruption. Thus red pimples and blotches which appear in such abundant crops after taking the dose are represented by the nostrum vendors as bad blood being purified. So general is the belief, that hundreds of victims of this drug will persist in the use of their favorite "sarsaparilla" or "blood purifier."

"It is not birth, nor rank, nor state,  
But 'get-up-and-get' that makes men  
great."

### SYDNEY'S DISEASED MEAT CONSUMPTION.

"THE executive of the Sydney Labor Council decided last night that it has a serious grievance against the administration of the Glebe Island abattoirs. Diseased meat, it is alleged, finds its way to the retail butcher.

"Members of the executive had before them specimens from the entrails of cattle and sheep killed on the island. The meat, according to the executive's informants, had been passed for consumption, and had been duly delivered; the hearts and livers, as well as fat taken from the neck and loin of sheep, as exhibited to the meeting last night, gave evidence of disease of the



Nocturnal Visions after a Full Meal.

worst form. Tuberculosis, malignant cancer, and tumor; these were the diseases which the council's executive asserted were to be found in the exhibits presented to them. But the gravamen of the charge lies in the assertion that the carcasses from which the specimens were taken that day, had gone into the freezing chambers and into retail butchers' shops to be consumed by the public.

"Even though a beast or sheep may have been condemned by the overworked inspectors, one said, the system is such that it permits the condemned animal to eventually find its way to the butcher's shop, and finally to the consumer's table.

"The informants, one member stated, had asserted that diseased hearts, lungs, and livers of cattle and sheep killed at the abattoirs on any one day, which subse-

quently passed into consumption, could be obtained in large numbers, thirty or forty, one said."—*The Daily Telegraph*.

There exists no doubt that diseased meat finds its way to the tables of those who subsist upon meat. For the animal creation is becoming more and more diseased. The diseased cattle are usually hurried off to the butcher. Few diseased animals receive a decent burial. A member of the City Board of Health of Chicago said not long ago that if all the diseased flesh that was brought to the slaughter-houses were condemned, and none of it used for food, the price of beef would be a dollar a pound. The local buyer will take anything that can walk, and if the animal is too feeble to walk, and the owner will haul it to the railway and make delivery alive, the buyer will offer some price.

#### IS THE MODERATE USE OF TOBACCO INJURIOUS?

THE tobacco user may insist for years that the drug does him no harm, and wonders why he should at last find himself suffering from tobacco heart, or tobacco blindness, or other grave disease due to the long-continued action of this poisonous drug. He does not comprehend the fact that nature has been all these years battling in his behalf, and has only yielded when unable longer to maintain the struggle. The final collapse comes, not because of nature's unwillingness or neglect, but because her resources are exhausted. Let the man who suffers from tobacco heart or tobacco blindness cease the use of the drug, and if irreparable damage has not been done, the disturbing symptoms will rapidly disappear; not because nature good-naturedly co-operates with the man when he undertakes to help himself, but because nature, by simply continuing the efforts which she has been making all the time in the man's behalf, attains success because the man himself has ceased to thwart her efforts by his own wrong-doing.

BLESSED is the man who has the gift of making friends; for it is one of God's best gifts. It involves many things, but above all, the power of going out of one's self and seeing and appreciating whatever is noble and loving in another man.—*Thomas Hughes*.

#### NOVEL FOOD EXPERIMENTS ON ANIMALS.

AT the annual meeting of the International Stewards' Association at Atlantic City, held September 15, Professor Girard, who has been investigating food adulterants for the Association, exhibited a number of guinea pigs and rabbits which had been fed with ordinary adulterated foods.

All the animals were weak and emaciated and showed signs of great suffering. Another example was a large mastiff, which was a pitiful object.

Professor Girard said the ordinary adulterants had been mixed with the dog's meat and biscuits, and for the last two weeks the animal had been treated with dyes extracted from jellies and jams. The digestive organs of the dog were now in a chaotic state; the animal was melancholy and distrustful, slept little, and exhibited the symptoms and effects of human dyspepsia.

A large collection of food poisons was exhibited by the Professor, together with a flag three feet long and four feet wide, colored with dye extracted from a jar of huckleberry jam.

#### Rules of Health.

BY D. H. KRESS, M. D.

1. MASTICATE well all food eaten, and do not make a practice of eating anything that is too soft to masticate (predigested foods excepted).
2. Be regular at your meals, and have an interval of at least six hours between meals, if possible.
3. Eat not more than three meals a day and not less than two.
4. The evening meal should always be light, very simple, and composed of foods easy of digestion. It should be taken four hours before retiring.
5. Do not eat vegetables and fruits at the same meal.
6. Sugar and milk, or preparations in which they are combined, should be avoided.
7. Sugar and jams, if used at all, should be used sparingly.
8. Milk should always be sterilised, and should not be taken as a drink, but as a food. The saliva should be freely mingled with it. This may be done by eating

bread or zwieback, etc., with it, or by sipping and retaining it in the mouth a short time.

9. Eat fruits, especially acid or sub-acid fruits, at the close of the meal (as a rule).

10. Do not lie down and take a nap after dinner or even lounge about. Cheerful, moderate exercise for thirty minutes after meals is beneficial. Over-exertion must be guarded against.

11. Never study immediately after eating, or do hard mental work for at least thirty to forty-five minutes after meals.

12. Avoid impure foods, as meats and cheese, also fried foods and the free use of butter or other free fats. Cocoa-nut cream, olives (ripe), or sterilised dairy cream is better than butter. Cream should not be used on fruits, either stewed or fresh, but eaten with the breads the same as butter.

13. Avoid condiments, pepper, mustard, pickles, etc.

14. Be cheerful at all times, especially at meals.

15. Be content with simple foods, simply prepared, and eschew complicated mixtures the contents of which you know nothing about.

16. Do not eat a great variety of even simple foods at any one meal. One simple, nicely oven-prepared dish, with bread and fruits (or vegetables in place of fruits, if desired) is sufficient, as a rule.

17. From the simple wholesome foods select that which you relish most.

18. Do not drink with, or immediately after, meals. A small quantity of water or fruit juice is allowable when the food is very dry. When thirsty a few sips are always permissible.

19. Two hours after eating, water may be drunk freely. It is, however, best not to drink more than one-half glassful at a time.

20. The best time to drink freely of water, either hot or cold, and in large quantities if desired, is when the stomach is empty,—at night before retiring or in the morning after rising, about three-quarters of an hour before breakfast.

21. Give up entirely the use of tea, coffee, and cocoa.

22. Deep breathing improves the intra-abdominal circulation and the digestion; practise it frequently during the day. Early in the morning and at night before retiring, ten to fifteen minutes should be

spent in deep-breathing exercise, after a short run or skipping exercise.

23. Keep the abdominal muscles tense: they form the normal support of the stomach, liver, intestines, and other abdominal viscera. These organs must be kept in place; displacement cripples them in the performance of their function. If the muscles of the abdomen are flabby, develop them by suitable exercises.

24. When sitting, standing, walking, and running keep the muscles of the abdomen tense, the head erect, and the shoulders back.

25. All would be benefited by engaging in two hours of useful labor in the garden or field daily, in hoeing, weeding, planting, etc. The best time for manual labor during the summer when the days are long and the weather warm, is early in the morning and in the evening.

26. Put life and energy into everything you do. When sitting, energise the muscles of the trunk, and sit erect. When walking, walk briskly, with the body erect, put elasticity into the step. Thirty minutes of exercise with the heart in it, is of more value than two hours spent in aimless or lifeless walking or working.

27. Immediately after rising take the morning exercise, whatever the exercise may be, then follow this with a cool or cold spray, wet towel or sponge bath, and a good dry towel rub.

28. Take a warm bath twice a week before retiring, for cleansing purposes, and a vapor bath once a week if the habits are sedentary.

29. Keep in the open air as much as possible day and night. Welcome air and sunshine into the living rooms. There should be two openings to insure a circulation or current of air, one for the inlet of pure air, the other for the outlet of impure air. More die of air starvation than of food starvation.

30. Look upon the bright side of life. Do not think everyone is as mean as you sometimes feel. Do not worry, fret, or find fault with your surroundings. When you feel inclined to do so, remember the trouble probably exists not without, but within. Set things in order within, and the things without will not appear so bad.

31. Make a practice of talking health, faith, and courage. Make sunshine for others. Determine to be a body of light,

not of darkness. Think health. "Whatsoever things are pure, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, if there be any praise, *think on these things.*"

Only those who are short-sighted or lack faith in an over-ruling providence, worry and fret. Could we see as God sees, we should find that where we discover only confusion, broken purposes, and disappointments, the most beautiful harmony exists, and that infinite love orders the experiences that seem most trying and hard to bear. We need everything that comes our way. God knows better than we do what is for our good, and He leads us as we would choose to be led, if we could see the end from the beginning. God designs all things for our good, and to those who believe all things work together for good, all things do work together for good. To those who know all things work together for evil, all things do work together for evil. Whether all things work together for good depends upon our mental attitude toward all things. That which is designed as a blessing we may, by a wrong mental attitude, convert into a curse. *Man destroys himself.*

#### AN IMPORTANT TESTIMONY.

GAUTIER, the eminent French authority on dietetics, author of the most recent and authoritative work on foods, entitled, "*l'Alimentation et les Regimes,*" says:—

"It would be wrong to maintain that a non-flesh diet will compromise physical energy, although heredity and habit play here an important part.

"I might add that I have known persons, men and women, very intelligent, who became vegetarians on principle or for hygienic reasons after having previously eaten flesh, as is the general case. They have assured me that they found themselves admirably sustained in strength and health.

"Under the vegetarian diet, the tendency to uric-acid diathesis, gout, rheumatism, neurasthenia, etc., disappears or diminishes. The disposition softens, the mind seems to be quieted, and perhaps rendered more acute."

#### How to Climb the Stairs.

"THOSE stairs will be the death of me yet." You have heard the expression of such sentiment, if, indeed, you have not felt the probability of the same unvoiced prophecy.

Girls complain to me of backache, and quickly say,—“You know I have to go up and down stairs so much this year.” The flights to which they refer are in a town hall: the steps are high, and the flights are long, yet some can climb them several times a day, and not have a



Improper Posture.

grumbling back or any uncomfortable result. The secret lies in the way they do it.

A girl is putting a severe strain on her back when she goes up stairs using a heavy flat-footed tramp. She is uncomfortable, a heavy step jars her spine and head, and to make the ordeal as short as possible she hurries, and possibly runs. Naturally the body remonstrates at such unjust treatment.

I have watched carefully the manner which most people adopt, and think that you will agree that this is a very common spectacle. One woman I frequently see ascending stairs, leans so far over that when she turns the spiral she invariably puts her hands on the upper stairs.

Try another way if you want to feel all the exhilaration and buoyancy of an excellent exercise. Keep the weight well over the advanced foot, with the chest the farthest point forward. To strike only the ball of the foot on the stairs gives buoyancy of step to most people, although some claim they can place the whole foot lightly on the stairs to good advantage.



Proper Posture.

Be sure and take your time. Remember you are lifting the weight of the body many times, and it is no light exercise.

The work the back has to do ought to be no greater going up stairs correctly than when on a level. The legs are the members of your bodily community which ought to perform that service for you.

I have known medical authorities to recommend walking up stairs correctly as good exercise for reducing prominent abdomen and relieving indigestion.

Therefore the commonly conceived bugbear of some housekeepers may become a boon. They ought to reach the top of the stairs exhilarated, feeling the glow of healthful exercise.

*Australian Home Journal.*

Good companionship does not depend upon accident, but upon selection.

## Luxurious Russian Dinners.

WITH the Russians of the higher class, living is said to be an elaborate function.

When you are invited to dine with a nobleman, you first stroll to a sideboard whereon are anchovies, smoked salmon, pickles, sardines, radishes, cold sausage, caviar, and olives.

The guests eat freely of these and wash them down with fiery vodki, taking about an hour to do it, amid animated conversation.

The company take seats at the table, and the real business of the dinner begins. First, there is a great thick soup. Next comes a huge pike, or a salmon, cooked to perfection and stuffed with cracked wheat.

After fish comes on a huge loin of roast pork, or maybe veal; sometimes beef, but not often—generally it is pork cooked in a mysterious way which has added all sorts of strange and pronounced flavors to it.

Roast or boiled fowl is the next course, and with it comes pickled cauliflower, gherkins, and vegetables.

Then comes a cold pie of meat, fish, and vegetables. This is cut into slices and served with mustard dressing. After this you will, if you have survived so far, be expected to toy with a peculiar Russian salad, and to end up with a rich dessert and black coffee.

Compare this with the simple dietetic habits of the Japanese, and we have a partial explanation at least of Russia's defeats and cruelties.

## Rheumatism and Tea.

DR. HAIG has shown that a dose of uric acid will cure a headache, by driving the uric acid out of the blood. The day following, however, the reverse condition exists. The amount of uric acid found in the blood is increased, and a new dose must be given to protect the nervous system from the result of the contact of this nerve poison. The theine, or caffeine, of tea has precisely the same effect as uric acid, and hence has come to be a favorite domestic remedy for headache. The effect must be to cause a storing up in the body of uric acid and urates, laying the foundation for chronic rheumatism.

## Is the Soft Drinking Water of Australia Responsible for the Prevalent Dental Decay?

BY D. H. KRESS, M. D.

DR. C. ROSE, of Munich, in his examination of 7,364 pupils at the Frieberg schools, discovered that the best teeth and the least tooth decay was to be found in the districts which contained hard water, or in which the soil was rich in lime. In places where lime poverty existed in the soil, he discovered there were nearly twice as many bad teeth among the scholars.

Dr. Neisler also states that in a certain district where quantities of ground lime were strewn over feeding places, because the soil was poor in lime, the deer which fed upon the grass of such fields possessed finer horns than those which fed in fields that were not so treated. This was not due to the fact, as one might hastily be led to conclude, that the deer were able in some way to utilise these earthy salts, for it is well known that inorganic substances are not utilised by, and undergo no change whatever in the body. They are either eliminated as they enter, or else are deposited as foreign products in the joints, muscles, arteries, or ducts, often causing serious disturbances. It is not wise to feed on rock or iron, although both are needed by the system.

The vegetable kingdom is capable of dissolving and appropriating these earthy salts and organising and vitalising them, thus preparing them for man's use. In districts which are poor in lime, the grains, fruits, and vegetables grown in such soil are necessarily poor in organised salts or bone-forming elements, and naturally we would expect dental decay to prevail in such districts. Not, however, because of the absence of these salts in water or even the soils *per se*, but because of their absence in food.

Dr. Rose made the discovery that the drinking of water rich in lime, and the eating of white bread predisposes the teeth more to caries than the drinking of water rich in lime and the eating of coarse black bread. The use of coarse black bread containing the organised salts in sufficient quantities to supply the needs of the body would give equally good results even if soft rain water which is entirely free from lime should be used, while the use of white

bread and water rich in lime would give the same disastrous results as though the water were poor in lime.

Dental decay is due to the absence of salts in the food, not to its absence in the water. It does not matter whether the salts are naturally deficient in the food, owing to a lack of earthy salts in the soil upon which the food is grown or to the fact that they have been afterwards removed by our modern process of milling.

Hard water and soil rich in lime predispose to good teeth, not directly, but because



"God sends the sunshine and the rain."

they furnish to the vegetable kingdom upon which man subsists, the needed bone-forming elements. We find, therefore, that districts where soil and water are rich in lime furnish the best teeth, *providing* the salts are not removed in milling the grain. But this is universally done. Bunge says, "It is remarkable that wherever we find a race of men retaining primitive milling customs, or living on uncorrupted grain food, we find their teeth strong and free from decay."

To the question, "Why has America the cleverest dentists?" Dr. Lauder Brunton aptly replied, "Because she has the best flour-mill makers." The better the mill, the finer the flour, the poorer the bread, the worse the teeth, and the better the dentists. Fortunately it is not necessary to depend upon our modern mills for flour. Each family may purchase a small cereal

or wheat mill at a cost of 30/- or £2 and grind their own flour, or make their own cracked wheat for porridge. Those who adopt this plan will find a sweetness in these cereal preparations and breads that they have never before tasted in the flour obtained from the grocer, and may also preserve the teeth of their children.

### Take Care of the Skin.

WE should remember the skin is not only a covering for the body, but a most important depurating surface as well; that is, it serves a very important part in the work of carrying out of the body certain impurities of a very poisonous character. When the skin ceases to act, serious symptoms soon make their appearance. Experiments have been made with animals, in which the varnishing of the skin resulted in producing death in a few hours. If frequent bathing is neglected, especially in summer time, when a large amount of poisonous matter is eliminated through the skin, this very important eliminative organ becomes clogged, or rather, so covered over with impurities that its work is necessarily interfered with. A daily, or at least a tri-weekly, bath will be found to add much to the comfort, as well as to the cleanliness and health, of the person.

The skin also breathes. A dirty skin necessarily breathes bad air, and unquestionably absorbs back into the system impurities which are allowed to accumulate upon it.

### Mrs. Astor Adopts Simple Life.

IN an effort to protect her beauty from the spoliating attacks of the relentless hand of Time, who is no respecter of persons, Mrs. John Jacob Astor, wife of the multimillionaire, has placed herself on a diet of remarkable simplicity, such as many in the less favored walks of life would regard as an unbearable oppression. Cereals, fruits, and nuts constitute her principal menu, and she now eats but two meals a day. Of course, she must attend many dinners at which elaborate repasts are served, but Mrs. Astor, even then, partakes of only the simplest of the foods that are offered. The others she rejects with such excellent grace and inconspicuousness that the other guests scarcely ever notice

that she has not eaten heartily of all that is served.

"Mrs. Astor has been making a careful study of dietetics. She takes all the magazines that treat of the subject and weighs carefully all that is said. Thus she is becoming quite adept in the science and is employing it to excellent advantage in preserving her youth. She never eats anything that might produce fat, and to guard against the dreaded embonpoint, she takes long tramps each day, after the custom of the English. Donning a short skirt and thick boots, she starts out every morning on a three-mile walk and returns looking greatly invigorated. As a result of her close adherence to health rules and her abstinence from rich diet, she is looking much younger than she did before adopting the new rule of life, and she is saved the necessity of the injurious practice of many society women who employ artificial methods to produce an artificial youth."—*What to Eat.*

### Children's Teeth, in New Zealand Schools.

IN the leading paper read by M. F. W. Thompson before the Dentist's Conference held in Wellington recently, he gave the result of his inspection of the children's teeth at the Waltham School a few weeks ago. Out of the one hundred and six children examined by him, only one boy, a recent arrival (not a native of New Zealand), had all the teeth sound. Mr. Thompson seemed inclined to adopt Dr. Haig's view, attributing the prevalence of decay of the teeth to the eating of meat. He also called attention to the fact that the increased consumption of meat in the United Kingdom of recent years, has apparently been accompanied by an increase of dental caries; and as a rule, fine teeth are found among races which live largely or exclusively on a vegetarian diet. Mr. Thompson has done valuable service in calling the attention of New Zealanders to this increasing evil, and suggests that the teeth of children in all public schools be periodically inspected.

"TELL me, Bobbie Smith, who was it that was not pleased to see the prodigal son come home again?" "Please, miss, the fatted calf."

# The Home.



## Humble Heroism.

An Incident of the Flood in the  
Alabama River During the  
Spring of 1886.

NEGROES frequently exhibit a wonderful heroism in times of danger. An incident of this I witnessed in the spring of 1886, when a freshet in the Alabama river caused the country on each side to be overflowed by water for many miles.

The negroes on the river plantations were the greatest sufferers. Their cabins would be under water almost before they knew that danger threatened them, and hundreds of them were sometimes found huddled together on some knoll sufficiently elevated to be above the water. There they often remained two or three days and nights without food, and exposed to a soaking rain. Fortunately the weather was not cold.

Many relief expeditions were sent out from the neighboring towns to rescue them. These consisted of one or more boats, manned by expert oarsmen and swimmers, and filled with cooked provisions, blankets, etc. One day the news came that the negroes on a certain plantation had sought refuge upon a corn barn, around which the water was rapidly rising, and so rendering their condition exceedingly precarious. Two boats started out at once to their assistance. In one of these I went, accompanied by another white man and a negro. Just before dark we sighted the corn barn, upon which a mass of black humanity clustered like a swarm of bees. A heavy rain was now falling, and daylight beginning to fade away. Their condition became almost distressing as they sat in perfect silence waiting our approach.

But we did not appreciate their extreme peril until the boat struck against the frail log building which was in the water to the edges of the roof and visibly shook and tottered. The poor creatures commenced to clamber hurriedly down to the boat.

"Stop!" I cried. "The women and children first."

The men obediently resumed their seats. We took in first the children and then the women, and were about to push off, telling the men we would hurry back for them as quickly as possible or send the first boat we met, when a very old woman (I noticed she was the last to get in the boat and had done so reluctantly) seized the corner of the house, and looking anxiously into my face, said:—

"Marster, ain't you gwine to take my old man?"

"No, auntie," I answered, "the boat is too full now. He must wait till we come back."

The words were hardly out of my mouth when with a sudden spring she was up and on the roof again. It shook as she scrambled on it and took her seat by a little, withered old man whose hand she seized and held as if she were afraid we would tear her away from him.

"Come, auntie," I cried, "this won't do. We can't leave you here, and we can't wait any longer on you."

"Go on, marster," she answered; "I thanks yer, en I pray de good Lawd to fetch you all safe home; but I am gwine to stay wid my ole man. *Ef Simon got to get drowneded, Lyddy gwine git drowneded too. We dun bin togedder too long to part now.*" And we had to leave her, after throwing some blankets and a lot of provisions to them.

As we rowed off in the rain and night, a high falsetto voice, tremulous with age, came across the waters from the crib, where we left the almost certainly doomed group in the blackness of darkness. They dared not have a light for fear of setting fire to their frail support. We stopped our oars to listen to the song. It came clear and distinct. First Lyddy's trembling voice and then a chorus of a dozen or more of the deep bass voices of the men:—

"We're a clingin' to de ark,  
Take us in, take us in,  
Fur de watah's deep en dark,  
Take us in, take us in;  
Do de flesh is po' en weak,  
Take us in, take us in,  
'Tis de Lawd we gwinter seek,  
Take us in, take us in;  
Den Lawd, hole out dy han',  
Take us in, take us in,  
Draw de sinnahs to de lan',  
Take us in, take us in."

We could wait and listen no longer to the weird sounds, but struck our oars in the water and hurried away.

Most fortunately we came across a boat bent upon the same errand as ourselves, which went immediately to the barn and saved all of its living freight. The building had apparently been held down by their weight, for as the last one left, it turned over and floated away to the gulf.

Their rescuers told us afterwards that as they neared it the first sound they heard was an old woman's voice singing:—

"De Lawd is hyah'd our cry."

Answered by the men:

"Take us in, take us in,  
En He'll save us by en by,  
Take us in, take us in."

To this simple-hearted old creature divorce courts and separations were unknown. With her it was "*until death do us part.*"—*M. E. S. in "Our Dumb Animals."*

#### THE AFFECTION OF DUMB ANIMALS.

THE affection of dumb animals for their offspring has found another demonstration in the conduct of an Oakland, California, U. S. A., cat. Some time after giving birth to four kittens, at the home where she had been made welcome, she, with three of the kittens, was removed to another family's care, forty-four blocks from her former home. One night recently the kitten which was left behind disappeared. The mystery was only accounted for when it was learned that the mother-cat had returned and carried the kitten all the way from Fourteenth to Fifty-eighth Streets, where she placed it with the other three of her offspring, all of which she was affectionately carressing when the missing kitten was found.

"NOT all the drug medicines in the world can antidote in one human body the depressing and undermining influence of a guilty conscience, or the unnering power of anxiety and fear. There is nowhere in the world a drug or a combination of drugs that can overcome the physical damage one individual may do himself by the habit of fretting and worrying, of faultfinding and opposition to beneficent law."

#### High-heeled Boots.

SHOULD our women-folk persist in wearing nonsensical, high-heeled shoes, they will of necessity degenerate into in-door creatures, fit for nothing except to sit about and be looked at. The weight of the body should fall on the arch of the foot. This is the decree of Nature. So Nature constructed there a beautiful arch, perfect in every part of its mechanism.

Now, the high heel throws the weight of the body on the toes and ball of the foot. These parts were not intended to sustain this weight. They are not adequate for the purpose. Therefore, the ligaments that bind the toes together naturally spread under the undue tension, and transfer their strain to the nerves. Of course the nerves soon get out of gear, and the inevitable result is nervous trouble.

Nature intended that the weight of the body should be distributed in almost a straight line. The bones of the leg bear this weight, and the muscles take the strain. The high-heeled shoe throws everything below the waist line out of poise.

Of course the straight line that Nature provided for is altogether lost. The muscles of the legs try to accommodate themselves to the unnatural order of affairs, and as a consequence, bow out. Athletic sports become practically impossible, and the freedom of outdoor life ceases.

The shoe for a woman, as well as a man, to wear is the broad shoe with flat heels and sensible, projecting soles.

With sensible boots and a correct posture, walking, hill-climbing, and stair-climbing become a real pleasure, but they are a burden with the modern high-heeled boot.

PROFESSOR ATWATER, who has for many years been engaged in investigations relating to foods for the United States Department of Agriculture, has been led to the conclusion, as the result of exhaustive studies on the subject, that, considered from an economical standpoint, corn-meal has the highest nutritive value of all foods. Ten pounds of corn-meal contain more than eight pounds of actual nutriment, while the same quantity of potatoes possesses but three and three-fourths pounds of nutrient material; and meat, only two and one-half pounds.

### Dangerous Preservatives in Food.

"THIS question of preservatives in our food and their effect upon the public health," says the *Australian Farm and Home*, "has formed a subject of a parliamentary inquiry in England, but so far little has been done to distinguish heavily preserved from lightly preserved foods. There is abundant evidence to show that certain preservatives which are used are extremely harmful to the digestion, while the light use of others has little effect. Speaking broadly, the chemical preservatives used in the preservation of butter and other foods are:—

1. Boric or boracic acid and borates.
2. Formalin or formaldehyde.
3. Salicylic acid.
4. Sulphurous acid and sulphites.
5. Benzoic acid or benzoates.

"The most popular, of course, is boric acid or borates, which is frequently mixed with such ingredients as salt, saltpetre, sugar, carbonate of soda, etc. They are chiefly used for milk and butter, and to some extent also in beverages. Formalin is a dangerous preservative, in so far as it has an evil effect upon the digestion, but it is sometimes used in milk. Salicylic, sulphurous, and benzoic acids, and fluorides chiefly find their field of operation in the preservation of meat, fruit, vegetable preparations, etc."

Sudden deaths are often caused by the different kinds of impure foods, but perhaps the greatest harm is done by those containing just enough adulterants to avoid immediate ill consequence, as found in butter and milk. These are the kind that undermine the health of the child and adult and cause slow death which is generally attributed to some other cause. How many deaths of this kind occur can only be surmised, but it would doubtless be appalling if the truth were known.

The British Parliamentary Committee recommended the absolute prohibition of the use of formalin or formaldehyde, that salicylic acid be not used in greater proportions than one grain per pint in liquid food and one grain per pound in solid food, and in all cases to be declared, and that in all dietetic preparations intended for the use of invalids or infants chemical preservation should be prohibited.

### Tobacco and Christianity.

THE following conversation took place between a physician and a professor of Christianity who was unconsciously more devoted to pipe worship than to the worship of God, and as a result was in ill health, and in need of medical advice:—

"Do you use tobacco?"—"Yes."

"Are you a Christian?"—"Yes, I am a Christian."

"Christ did not use tobacco."—"Oh no."

"You say you use tobacco?"—"Yes, I use tobacco."

"Ah, but 'I am dead,' 'Christ liveth in me,' and Christ in you uses no tobacco."

The tobacco devotee bears evidence to the world that Christ is not within him, for, "He that saith he abides in Him ought himself also so to walk even as He walked." I imagine if Christ should appear to-day among men, He would drive from the temple the worshippers who dared to appear before Him and defile the place with their whiskey-soaked bodies, and tobaccoconised breaths, saying, "Take these things hence," your worship is not acceptable. What an offering to present; a defiled body. Such offensive odors can never arise as sweet incense before the Lord.

### The Value of Sunlight as a Germicide.

EXPERIMENTS made in the Pasteur Institute have shown that bacteria, when exposed to the sun and air, are destroyed in two hours, while those exposed to the sun, the air being excluded were alive fifty hours after exposure. Dr. Palmers, of Naples, found that the bacilli of cholera, when protected from the sun, killed guinea-pigs in eighteen hours, and those exposed to the sun, although not killed, were rendered harmless. To get the best results from exposure to sunlight, plenty of oxygen must be supplied.

"My reason for writing to you is, that I have been reading your journal for some few years, and have obtained a great deal of light from its pages. I used to be a martyr to indigestion and all its attendant evils, almost everything I ate disagreed with me. I tried two meals a day and find it ample. I just take ordinary, everyday food, omitting condiments, pickles, and seasoned foods of all kinds, and am free from indigestion."



By LAURETTA KRESS, M. D.

**BAKED APPLE DESSERT.**—Bake good, tart apples; when done, remove the pulp, and rub it through a sieve; sweeten and flavor with grated pineapple or grated orange or lemon rind. Put in a glass dish, and cover with a simple boiled custard. Bits of jelly may be scattered over the top.

**FRUIT TAPIOCA.**—Cook three-fourths of a cup of tapioca in four cups of water until smooth and transparent. Stir into it lightly a pint of fresh strawberries, raspberries, currants, or any small fruit, adding sugar as required. Sliced bananas may be used in place of small fruits. Serve warm or cold with whipped or mock cream.

**CREAM BARLEY SOUP.**—Wash a cup of pearl barley, drain, and simmer slowly in two quarts of water for four or five hours, adding boiling water from time to time as needed. When the barley is tender, strain off the liquor, of which there should be about three pints; add to it a portion of the cooked barley grains, salt, and a cup of whipped cream, and serve. If preferred, the beaten yolk of an egg may be used instead of cream.

**NUTTOLINE WITH LEMON.**—Mix nuttolene with lemon juice in the proportion of one-half cupful of juice to the pound of nuttolene, add a half teaspoonful of salt, press all together through a colander to mix thoroughly. Shape into balls, or press and cut in cubes, and serve as cottage cheese. A little chopped parsley may be added.

**FRUIT SAUCE FOR CEREALS.**—For use instead of milk as a dressing for porridges and puddings. Add together one-half pint of coconut milk and three-quarters of a pint of any sweet fruit juice, and simmer gently. A double saucepan is best. Then rub smooth a little cornflour in cold water, add it to the sauce, and simmer again until it is slightly thickened.

**DATE PUDDING.**—Turn a cup of hot coconut cream over two cups of stale breadcrumbs, and soak until softened; add one-half cup of water and one cup of stoned and chopped dates. Mix all thoroughly together. Put in a basin, and steam for three hours. Serve hot with lemon sauce.

**RAISIN GRANOLA.**—Into a quart of boiling water stir a cupful of dry malted nuts, and then sprinkle in slowly a pint of granola, and cook until thickened. Add a large cupful of nicely steamed raisins, and serve hot with a sauce made by rubbing stewed dried apricots through a fine colander. The malted nuts may be omitted.

### Remarkable Health of the Trappist Monks.

THE singular health and longevity of the Trappist monks is remarked upon by all visitors to their monasteries. The physician to the monastery of Grande Trappe met with no case, during twenty-seven years, of apoplexy, aneurism, gout, cancer, or epidemic disease.

The Trappists are in the habit of eating only once a day from the fourteenth of September until the last day in Lent. During this time they fast from 2:30 A. M. until 2:30 P. M., when this one meal is partaken of. These twelve hours are spent in devotional exercises and useful occupations. Their nourishment consists of bread, potatoes, a soup without fat, a dish of roots, or vegetables boiled in water. The usual drink is a pint of cider. Dessert consists of stewed fruit, or apples, pears, etc., in their natural state. Their active mode of life and the pure air they breathe further conduce to the healthfulness of the Trappists.

THE tired stomach, like the tired man, needs a rest; the slow stomach wants time to catch up; the over-worked stomach would enjoy a holiday. An excellent method of giving the stomach less work to do is to give the mouth more. Digestion has for its object the reduction of solids to fluids, and the further this process is carried in the mouth, the less there remains to be done by the stomach. Chew every morsel of food three or four times as long as usual, taking dry, toasted, or dextrinised foods, and washing nothing down with beverages.

#### A Friend Writes as Follows:

MAY I express my deep appreciation of the journal GOOD HEALTH. I with many others have been greatly benefited by the good advice and helpful articles it contains. Indeed I have become almost a vegetarian, and intend laying in a stock of the foods sold at the Pure Food Café to take with us up the mountains.



**Moles.**—Could you let me know through your correspondence column of any means by which moles on the body may be removed?

*Ans.*—Moles may be removed by the application of a caustic, but it should be applied by a physician.

**Lemons.**—Would a lemon taken in water before breakfast, and one before going to bed be beneficial to health, and would it interfere with milk taken at breakfast time, or destroy the teeth?

*Ans.*—There can be no objection to the use of lemons, only in exceptional cases. It would not interfere with the digestion of milk. The best time to take the drink is in the evening.

**Force and Granose.**—Can you recommend Force, an article of food sold here, made, I think, in Buffalo, U. S. A., as perfectly pure and wholesome? Is it the same thing, or as good, as granose from Cooranbong? Would it do as a substitute for bakers' bread?

*Ans.*—Force is a very good food and is preferable to bakers' bread. But it cannot be compared to granose as a food. I know of no cereal product that is equal to granose. It is, to my mind, the king of foods. I have it at every meal. This is, perhaps, the best recommendation I could give it.

**Enlarged Glands.**—What is the best treatment for enlarged glands in the throat?

*Ans.*—Building up of the general health is indicated. Constitutional treatment. Outdoor life. Masticate all foods well. Eat sparingly of sugar, jams, and other artificial sweets. Drink no tea, coffee, or cocoa.

**Rheumatism.**—What should I avoid in dieting for rheumatism?

*Ans.*—Sugar, meat, tea, coffee, and cocoa. Chew well your food.

**Pneumonia.**—What is the cause of pneumonia and best treatment for same?

*Ans.*—The same cause as rheumatism. The same diet and treatment is indicated to act as a preventive.

**Peculiar Condition of the Hair.**—What condition of the body is indicated by a peculiar metallic sensation in the hair of the head, as if the hair were wire; sounds being emitted similar to those caused by a number of fine wires being shaken together?

*Ans.*—A condition of malnutrition. The ad-

dition of a little more fatty food, as bromose, nuts, or olives may be beneficial.

**Hyperchlordia.**—What is the best method of effecting relief in acute cases of hyperchlordia?

*Ans.*—In such cases the feet, ankles, and wrists must be kept warm. Cold applications to the stomach for thirty minutes after meals is very helpful. The diet must be simple, composed of well-baked or dextrinised breads, milk, cottage cheese, and eggs. At another meal, Sanitarium nut meat with well-baked breads, baked bananas, and bromose may be taken. At another meal, try granose biscuits, cream, and eggs, and a little wholesome soup.

**Almonds.**—How many almonds should be eaten at a meal at which no other albuminous foods are taken?

*Ans.*—One dozen would be sufficient.

**Pies.**—Is apple and rhubarb pie a wholesome dish?

*Ans.*—Not the best. Rhubarb is very apt to create trouble, especially when combined as above.

**An Exclusive Meat Diet.**—On page 158 of the August number of GOOD HEALTH, it is stated that, "If a dyspeptic is going to eat meat, he should adopt the Salisbury system and eat meat only. An exclusive meat diet is far easier of digestion than a mixed diet, but the after results are bad." For the benefit of those who have adopted the minced beef and hot water treatment, perhaps you would be so good as to indicate what are the bad results referred to.

*Ans.*—(1) The main objection to the use of meat is, it naturally contains impurities which overtax the organs of elimination, and the continued use will bring on Bright's disease, diabetes, etc., or else they will accumulate in the body and lessen the vitality of the tissue and predispose to parasitic or germ diseases, as cancer and tuberculosis, or produce gout, rheumatism, etc. Impure air contains oxygen. The oxygen it contains does not render it wholesome or fit to be breathed. Meat contains an important food element in proteids, but the impurities associated with the proteids make it as objectionable as an article of food as impure air is for inhalation. Oxygen may be obtained pure, so may the proteids. (2) It is almost impossible to use meat without getting an excess of the proteids, since breads and grains which are usually eaten with it, contain proteids in about the right proportion. Provision is made by nature for storing up any excess of starch or sugar that may be taken, as glycogen or fats. But if an excess of the albuminous element is taken, it is left in the body as urates and other poisonous irritants. (3) The prevalence of disease among cattle also makes it unadvisable and dangerous to attempt to subsist on a meat diet. Sooner or later the meat-eater must agree with the above. He, however, may have to learn obedience by what he suffers.



It has been estimated that in order to supply London with none but pure milk would require from twenty to thirty thousand additional cows.

WHILE the annual death-rate in New York is decreasing from year to year, the death-rate from pneumonia is on the increase. The health officers of that city will hereafter treat pneumonia as an infectious disease.

THE milk of a certain Pennsylvania dairy was observed to have a pink tinge, gradually increasing in depth of color with age. This was found to be due to the presence of a microbe which has in the past figured in many superstitions of "bloody milk," "bloody bread," etc. The infected milk was found to be from one cow.

IN Chicago the food inspectors recently condemned more than forty-four tons of meat, including three hogs bearing the government inspection tag. Other foods condemned were "a large quantity of immature veal, rotten poultry, and 121 barrels of spoiled fish, including three barrels which were being delivered to a curing and smoking plant."

THE United States Marine Hospital service has published a warning against the use of lobsters, because of the custom of those engaged in the lobster industry, of keeping the lobsters in traps near the mouths of sewers, and thus exposed to contamination with typhoid fever germs. According to this bulletin, much typhoid fever actually originates from the use of lobsters.

IN Rochester, New York, the mortality of infants under five, for the last eight years has been reduced to 864, as against 1,744 for the eight years previous (a little less than half), by the use of clean milk. At first the milk was pasteurised, but this was found to be unsatisfactory, so now the milking is done under supervision, and the milk is put into sterile bottles, and shipped on ice to the various distributing stations.

THE city of Chicago is contemplating the establishment of a Bureau of Health for the purpose of safeguarding the health of school children. The plan will include visiting schools by inspectors to learn of the school children where illness exists. Then the houses containing sick children are to be visited, with a view to prevention of the spread of the disease, and also to improve sanitary conditions.

THE American people are gradually increasing in the amount of liquor drunk per capita, especially in the amount of spirits; the amount consumed per capita in 1904 being 1.48 gallons of spirits, and 18.28 gallons of beer, as against 1.01 gallons of spirits and 15.38 gallons of beer in 1896.

CHOLERA is threatening to become epidemic in several places in Germany, but with the present bacteriological knowledge and skill, and the intelligence of government officials, it is not likely the disease will make headway as it did in 1892 and 1893.

IN Philadelphia, pneumonia has been placed on the list of transmissible diseases, and copies of rules have been sent to all physicians, and to all schools, police stations, and hospitals, suggesting measures to prevent the spread of the disease, the principal recommendation being isolation of the patient.

GERMANY is taking vigorous steps to stamp out the epidemic of cholera. Instructions are sent to all physicians to treat all suspected cases as genuine cholera until proved to be otherwise, and even railroad conductors have been instructed to detect suspicious cases, and isolate them until they can be given into the hands of a health officer.

THE New York health authorities, making an investigation of the health of the school children in certain districts, found the presence of disease beyond all expectation, and have made a report asking for a special appropriation for the purpose of providing more thorough and systematic examinations of school children. Of 14,000 children examined, more than 6,000 were found to be diseased in some way. Heretofore examinations have been made of only such pupils as are reported by the teacher, on suspicion of contagious disease. It is now proposed to make the health of each pupil a matter of monthly observation. For a year there have been about fifty "school nurses" who examine ailing children at the schools, and visit homes of the sick ones to give advice and help.

HERE is an interesting item from the Massachusetts, U. S. A., State Board of Health: A short time ago the cash value of stale and rotten eggs was ten cents a case, the eggs being used by leather manufacturers in certain of their processes. It was discovered that the offensive odor could be neutralised by the use of formaldehyde, so these eggs were used in other ways, and the price advanced to more than a dollar a case. Certain dealers have been doing a lucrative business by preparing for bakers "mixed egg," supposed to be derived from eggs cracked in shipping. One large bakery has been buying as much as a thousand pounds of the "mixed egg" daily in the belief that it was a wholesome product of fresh, cracked eggs. Prosecution and exposure of the fraudulent business have put an end to it.

### Flesh Diet Not Necessary for Athletes.

MR. CARL MANN, of Germany, excludes flesh, fowl, alcohol, tea, coffee, and cocoa from his diet. In 1902 he beat the world's record in long-distance walking, covering a distance of 127½ miles in twenty-six hours, fifty-two minutes. Mr. George Allen, of England, a year later beat Carl Mann's record. This was said to have been the greatest walking feat ever performed. Allen is also a strict vegetarian. On his journey, his diet was breads and fresh fruits. Mr. Eustace Miles, England's champion amateur lawn tennis and racquet player, is a food reformer and a non-flesh eater. The Japanese wrestlers, who are almost gigantic in size, possess marvellous strength, and have for ages subsisted upon a non-flesh dietary. Cases might be multiplied proving beyond dispute that flesh is not essential for athletes, but that, other things being equal, the athlete who keeps his blood the most free from uric acid and other wastes, must excel.

### Infantile Diarrhea.

INFANTILE diarrhea is no doubt directly due to food infection. This much is proved by the relative immunity from the disease of breast-fed children. In a series of sixty infants under three months of age who died from diarrhea in the city of Sydney during 1902-1905, it was found that only 6.6 per cent. had been entirely breast fed, while 93.4 per cent. had been wholly or partially fed on other foods. The mortality among infants under three months old fed wholly or partially otherwise than

on the breast is in Sydney thirty-seven times as great as among infants of the same age wholly breast fed. This startling discrepancy is only to be accounted for on the theory that by some means the essential cause of diarrhea reaches the infant through its food.

THE Illinois, U. S. A., Pure Food Commission is besieged by appeals from small towns for help to suppress the milk adulteration evil. The health officials of the smaller towns seem unable, perhaps through lack of sufficient authority, to cope with the evil. The principal complaint is regarding the use of formaldehyde as a preservative.

THE United States meat inspector at the Sioux City stock-yards is authority for the statement that consumption is spreading with great rapidity among the hogs of the United States. Under present conditions the authorities are powerless to stop the spread of the disease. The epidemic is not only a menace to the stock-raising industry, but also to the health of all who make use of pork as an article of food.

A SMALL mite was with her parents at luncheon, her hands demurely under the table. Suddenly she said: "Mother, you and father can't guess what I have under the table." Then, after the manner of parents who like to please their children, they guessed all kinds of things, but without success, so they said: "We give it up; tell us." Then the mite, drawing her face up in a grimace, said: "A stomach-ache."

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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, remittances, etc., should be sent to the office of publication, Cooranboong, N. S. W. E. C. CHAPMAN, *Manager.*

**WORDS OF APPRECIATION.**

AN enthusiastic reader of GOOD HEALTH who has been greatly benefited by the adoption of health principles writes as follows:—

In justice to GOOD HEALTH I must say I read—no—devoured its knowledge. I was struck with the many appeals to the world to seek good health, and I thought those persons are everyone's friends, they shall be mine.

Last year, three of us commenced devouring knowledge and eschewing evil, firstly in entirely dispensing with meat as a food, and secondly, in moderating our absorption of all foods.

The consequence was, we began to what I call "live." Hard work became a pleasure to us, it could tire but not weary. We have only two meals a day, and though kind, yet ignorant friends advised us, "You must have three meals," we only smiled. But if you want to know how to live on two meals per day, increase in weight (I gained a stone and one-half), and bubble over with spirits and energy, read GOOD HEALTH, that's quicker than writing to me.

Had I the means I would establish "good health schools," where children would have the usual lessons, pure food, healthy exercise, and some interesting work. Then the race would begin to grow from childhood.



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Sydney.

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The above is an extract from an excellent article, published in the *GOOD HEALTH* some months ago, by Lauretta Kress, M. D. As this authority remarks, "the best food for babies is, undoubtedly, mother's milk," but next to that—and extremely close, too—comes the famous

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**Caramel-Cereal.**—The great food drink, a substitute for coffee, tea, and cocoa. Contains no injurious ingredients.

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There are no better foods on earth than those mentioned below.—Good Health, Jan. 1, 1906.

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186 Edward Street, Brisbane, Queensland.

37 Taranaki Street, Wellington, N. Z.

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

127 Liverpool Street, Hobart, Tasmania.

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

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JANUARY 1, 1906.

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