

THE AUSTRALASIAN

GOOD HEALTH



D. H. KRESS, M.D.
Editor

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"He causeth the grass to grow for the cattle, and herb for the service of man; that he may bring forth food out of the earth."



Sydney Harbor and Diseased Fish.

BEFORE the City Council recently it was stated by Alderman Lawrence that an inspection by Dr. Tidswell, in the Board of Health Department, "had revealed the presence of disease germs in fish, which was attributed to foulness of the water. The Alderman said that fish so infected would spread a disease worse than hydatids."

Prince Bismark in refusing to accept Virchow's challenge. Yet every sausage is a challenge to the man who eats it. Of its real contents little is known. It may have in it diseased meat, or trichinæ, or perhaps tapeworm. It is certain to contain plenty of germs and impurities, and the manufacturer alone knows what enters into its composition. Sometimes even he does not know. The sausage will always be a mystery.

A Duel with Unique but Dangerous Weapons; or, How Virchow Answered a Challenge.

A STORY is told of two of the most noted of Germans,—Bismark, the statesman, and Virchow, the scientist. The latter had severely criticized the former in his capacity as chancellor, and was challenged to fight a duel. The man of science was found by Bismark's seconds in his laboratory, hard at work at experiments which had for their object the discovery of a means of destroying trichinæ, then making great ravages in Germany. "Ah!" said the doctor, "a challenge from Prince Bismark, eh? Well, well! As I am the challenged party, I suppose I have the choice of weapons. Here they are!" He held up two large sausages, which appeared to be exactly alike. "One of these sausages," he said, "is filled with trichinæ; it is deadly. The other is perfectly wholesome. Externally they can't be told apart. Let his excellency do me the honor to choose whichever of these he wishes and eat it, and I will eat the other!" No duel was fought, and no one accused Virchow of cowardice.

No one will question the good sense of

Ptomaine Poisoning in New Zealand.

TWENTY-FIVE cases of ptomaine poisoning are reported in Palmerston, New Zealand, as the result of eating pressed ox tongue. In three instances whole families were down. The effects of poisoning do not appear to be serious, though some of the sufferers are yet confined to their beds, and others are left in a weak condition. It is reported that several other cases of less severity have also occurred in the district.

Chicago Meat Horrors.

SOME terrible charges are brought against the American beef trusts by Mr. Upton Sinclair, the author of the novel "The Jungle." As a result, the beef trust is said to be panic-stricken, as British, German, and Japanese orders are decreasing. The author declares that two men fell into lard-rendering vats, and were converted into and sold as lard; and that unborn calves are largely utilized for potted meats, and decomposed chickens were frozen, deodorized, and tinned. These revelations induced President Roosevelt to send commissioners to investigate the methods

followed in these slaughter and packing establishments. The American public is more excited over this matter than over any other scandal during recent years. Many sickening details appear in the American newspapers, some of which are as follows:—

"Hogs dying from cholera are converted into lard and grease for sardine oil." "Putrefied hams are chemically rendered odorless." "Bad meat is dyed." "Potted ham is made from mouldy beef." "Cattle dying from disease are converted into tinned beef." "Sausages are made from the scrapings of floors." "When operatives are mutilated the machinery is not stopped, but the human flesh is mixed with the canned food and sausages."

"It may be thought that, in some respects, the horrible picture of a Chicago slaughter-house has been somewhat overdrawn by Mr. Sinclair, but as an eye witness I must say it is rather difficult to do so, in fact, the half has not been told. In passing into the pork-packing house where thousands of pigs are killed daily, we were handed a small leaflet, on the front cover of which were the following words in large type, "Nothing lost but the squeal." This was rather suggestive. They claim to utilize every portion of the pig, nothing is lost. During the few minutes that I was in the slaughter-house, I saw two unborn calves dragged along, where I do not know. The president of one of the Chicago city railways informed me several years ago that his company sold each year from 4,000 to 5,000 broken-down and diseased horses to a Chicago beef-packing concern."

Only a few years ago a wealthy sausage manufacturer was accused of murdering his wife. The only evidence that could be brought against him was a wedding ring that was found in one of the vats. He was acquitted, but two years later on his death-bed confessed that he had committed the crime, and that his wife was converted into sausage. The meat trade in Chicago dropped over forty per cent. in a few days. Of course this was soon forgotten, and men and women returned to their old habits of eating. Mr. Upton Sinclair is, therefore, not calling attention to anything new. These things are not confined to Chicago slaughter and packing establishments.

Meat-eating is degrading. A meat-eating philanthropist who was expostulating with a slaughterer for having selected such a calling, had the tables justly turned on him by

the reply, "We're only doing your dirty work." Every meat-eater who does not do his own killing, or at least know that it is humanely done, is a participant in the unspeakable cruelties of the slaughter-house.



"Taught by a power that pities me,
I learn to pity them."

FRESH and healthy-looking flesh meat may be quite poisonous. In Dixon Mann's "Forensic Medicine," 1902 edition, page 665, we read: "The kinds of meat which have most frequently produced poisoning are pig's flesh, veal, beef, meat pies, tinned meat, sausages, and brawn. These meat poisons or ptomaines may be produced in very incipient stages of putrefaction before the latter is plain to the senses."

GRIEF, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and to invite decay and death.

Report of the Commission.

THE report of the commission appointed to inquire into the conditions of the Chicago packing-houses confirms the revolting details and the unhealthy condition of things already published.

Cases of tuberculosis are prevalent in large numbers among the packing-house employees, and occur out of proportion, compared with workmen engaged in other callings.

Lard from Diseased Pigs.

ACCORDING to a writer in *Success*, diseased hogs are brought into Chicago by the carload. What then becomes of them?

"Those that have died in transit are thrown out on the receiving platform, and the living are hurried off to the shambles. The stock cars are soon moved away, and one or more box cars are backed in by a switch engine. The hogs—dead from cholera—are thrown into the cars, and the switch engine pulls out with them. Where are those cars going? There is an obscure little town over the Indiana line, which bears the imposing name of Globe,"—not Glebe.

Here they are said to be converted into Prime Globe Lard, and shipped to all parts of the earth, to be used in the preparation of choice pastries, etc.

There is no need of continuing to use these animal products. Oils may be obtained that are perfectly wholesome. The olive oil of Australia, the cocoanut oil, and other nut oils, may be used in place of grease from diseased animals.

Australian Meat Horrors.

LATE cable reports from America read as follows:—

There is no mistaking the effect that the Chicago horrors have had upon the meat-packing industry in the United States. In New York alone the sales of meat have decreased by one-fourth. Of tinned meats the sale has absolutely ceased, fish and vegetables now being the prevailing diet.

The newspapers are filled with the most horrible stories of the many abominable things that were done by the Chicago meat-packers. The accuracy of these revelations is vouched for, as they are based on affidavits made by dismissed servants. Meat-packing houses have lost, it is reported, over £4,000,000. It is claimed that the owners are doing all in their power to clean up, as far as they are able, the premises, etc.

Every eye is now directed toward the

Chicago horrors. But the men who are specially involved in this are not sinners above all sinners. At a mass meeting of Master Butchers and Live Stock Buyers Association, which was held in Sydney, September 12, 1902, one of the members said: "They should, as an important body, impress upon the government that *two-thirds of the meat brought into Sydney was unfit for human consumption*, and caused a good many of the public to pay a big doctor's bill. Sydney is the dumping ground for all the rubbish in meat."

The chairman said: "There is no doubt that there are cattle being killed for human consumption that are not fit for such a purpose."

The chief inspector at the Glebe Island abattoir, who certainly ought to know, said: "If all the poor meat were condemned, half the population would have to go without any at all." But ever since then the whole population has been supplied with meat, therefore one-half of this number must have been supplied (according to the statement of the inspector) with meat unfit for human consumption.

In November, 1905, the same vexed question was brought before the executive of the Sydney Labor Council. They had before them a number of specimens from the entrails of cattle and sheep, which gave evidence of disease of "*the worst form—of tuberculosis, malignant cancer, tumors, etc.*" Yet the carcasses from which the entrails on exhibition were taken, it was asserted, "*had gone into the freezing chambers and retail butchers' shops.*"

The horrors of the meat trade are by no means confined to Chicago. It is a horrible business at best, and everything connected with it is horrible.

Comparison of American and Australian Meats.

A LEADING Sydney paper, in commenting on the Chicago horrors, says,—

The only difference between the Australian and American food poisoners is that the American is somewhat more skilled in his business—he is a better chemist, his larger business makes him more able to afford to be. But all the same the Australian's lack of knowledge of how to deodorize putrid meat does not prevent him supplying his customers with cancerous bullocks, and bacon that suffered from tuberculosis. In parts of New South Wales bullocks with "lumpy jaw," which is a form of cancer, are much sought after, because the enlarged head makes a considerable amount of sausage-meat, and the farmers will always sell the diseased animal cheap, glad to get rid of it at any price. An enormous number of the pigs which

are turned into pork, bacon, and ham, are fed on offal from slaughter-yards. This is in reality just as bad as anything that happened in Chicago.

Look at our meat shops. The meat is killed under revolting conditions; it is loaded into filthy waggons, many of which look as though they were never scrubbed out from one year's end to the other. Their sides and floors have the grease-soaked appearance that only comes from a long immunity from caustic soda and hot water, and a sweep out with a coir broom does not remove from the walls and floor the grease and blood stains, which must, in course of time, putrefy and breed germs by trillions. Then, having been charged with ptomaine germs in the closed-in waggons of the carcass butchers, the meat is carried on the shoulders of men who protect their clothing by carrying the meat on a filthy sack that does duty till it is too stiff to bend to the shape of the man's shoulder. Then it is hung up in an open shop, where the wind blows the dust of desiccated filth and animal droppings all over it, and the flies that have just arrived from a dead rat in the gutter or the back of the dog that has just emanated from some filthy stable, alight on it at their own sweet will. And then we wonder why cancer is on the increase, and how it is that a crop of new and horrible diseases appears intermittently.

Use of Flesh Decreasing.

MR. J. G. LOCKWOOD, the editor of the Chicago trade paper *Hide and Leather*, who was recently interviewed by a reporter of the *Pall Mall Gazette*, in reply to the question, "What has really brought about the scarcity of hides, and the consequent high prices?" said,—

The answer is very simple. It is just this—the consumption of beef *per capita* is rapidly decreasing, while the consumption of leather *per capita* is rapidly increasing. . . . People (and in America it is very marked) are eating much less meat than formerly; they require another kind of food altogether from the roast beef of England. It is not that people are unable to purchase meat; they find themselves able to do their work better on another class of food.

When eighty-five millions of people are doing this it must have a great effect on the cattle killed, for you cannot expect the butcher to slaughter a seventy-dollar steer to obtain a ten-dollar hide. . . .

Cattle-rearing is quickly being given up to the cultivation of fruit and poultry, and soon there will not be a cowboy left in the States.

The following extracts from an article which appeared in the *India Daily Telegraph* are also significant, and show that food reform is rapidly spreading, making converts everywhere:—

That the world's hide supply is short, and will be shorter, there is no question. The chief cause of the shortage will be found in the fact that both in America and England, the two great beef-consuming countries of the world, much less meat is consumed now *per capita*, than at any other period during the last fifty years or more.

The Anglo-Saxon race has, during the last few

years, through the teaching of food-reformers, become cognizant of the fact that they have been consuming flesh food in too large quantities, and on all sides people are realizing that it would be better, for hygienic reasons, to wholly, or at least *partially*, abstain from its use.



Affectionate and Intelligent Goats.

Race Improvement and Vegetarianism.

THOREAU made the following prediction years ago: "Whatever my own practice may be, I have no doubt that it is a part of the destiny of the human race in its gradual improvement to leave off eating animals as surely as the savage tribes left off eating each other when they came in contact with the more civilized." Thoreau recognizes cannibalism, carnivoraism, and vegetarianism as successive steps associated with the physical, moral, and spiritual improvement of man.

Dr. Charles Shephard, in an able paper read before the American Medical Association in 1898, made practically the same statement. He said: "It is evident that as we progress in intelligence and refinement, our food standard changes. As man advances toward a higher plane, he inevitably tends toward what, for want of a better term, may be called vegetarianism."

It is a fact that in the days when the Grecian outlines were the standard of physical beauty both in face and figure, the Grecians lived upon the simple products of the earth. The Grecian athletes also, who made the glory of the Olympian games, were trained on vegetarian fare.

Rollin, the historian, informs us that "they had no other nourishment than dried figs,

soft cheese, and coarse heavy bread, and were absolutely forbidden the use of wine."

In Birmingham, England, thirty to fifty per cent. of the young men, eighteen years old, it is reported, cannot pass even the ordinary light tests required to enter the volunteer force.



The Blessed Children Thrive Without Meat.

The Wave of Reform.

THE Melbourne *Argus*, in a recent leader, calls attention to the food reform wave that is sweeping over civilized lands, as follows:—

"The popular trend of diet for the moment is toward vegetarianism, and the roast beef of old England is in danger of being supplanted."

General Booth's Seventy-seventh Birthday.

ON April 7 the Salvation Army had a big day at the Crystal Palace, in celebration of General Booth's seventy-seventh birthday. The genial old veteran was in splendid trim. His step was light and his manner buoyant, and he spoke with astonishing vigor, considering his age. In addressing the people he said: "I am often told I have done a lot of hard work and ought to retire and take a rest, but that is not my idea of happiness. There is no pleasure like work. It is the panacea for almost every ill."

That speaks volumes in favor of the rejuvenating power of a non-flesh diet. General

Booth has been a strict vegetarian for eight years. An exchange, in commenting on General Booth's remarkable vigor, says,—

"The founder of the Salvation Army is a strenuous worker of all-round ability. A man of unfailing resource, and undaunted courage; and as such he has put the meatless-meal system to a very severe test, with a triumphant result in its favor. His experience is full of encouragement for would-be vegetarians of advancing years, men from sixty to seventy, who are apt to exclaim, 'I am too old now for such a radical change in diet. It might kill me.'"

Our advice is, have faith in nature. Effect the change by degrees. Read on the subject daily, and keep steadily on, and you will meet with more encouraging results than you anticipated.

Mr. G. Bernard Shaw, Writer, Journalist, and Dramatist, on Vegetarianism.

MR. G. BERNARD SHAW, in his recent address before the London Vegetarian Association, appears to have been in one of his most whimsical moods. After expressing his conviction that the diet of the higher man will be vegetarian, he is reported to have made the following remarks amongst many others:—

It seems only a very short time since I gave up the habit of eating my fellow-beings. As a matter of fact, it is a quarter of a century, almost to the day.

I now detect a change in the attitude towards a non-flesh diet. I am beginning to be astonished at the difficulty I now have in finding anybody who eats meat. People do not call themselves vegetarians, but they adopt a non-flesh, non-fish, non-fowl, anti-uric-acid diet, etc.

There are too kinds of people in the world—the higher and the lower. The lower craves after meat; the higher does not like it. I do not like meat, and never did. But if I announced this as the reason why I do not eat flesh, I should be regarded as one of those infamous persons who have no idea of self-sacrifice.

He modestly added,—

It seems to me, looking at myself, that I am a remarkably superior person, when you compare me with other writers, journalists, and dramatists; and I am perfectly content to put this down to my abstinence from meat.

The only two vegetarians the ordinary journalist has ever heard of are Tolstoi and I. The consequence is the papers are always saying our health has broken down. Well, I do overwork myself continually, because there is a very great deal of intellectual work to be done in the world, and, so far as I can make out, no one is prepared to do it but myself.

Won by a Vegetarian.

AN important walking race held under military and test conditions recently at Berlin was won by a total abstainer from flesh food, Herr E. Rath. The weight of a full military marching equipment had to be carried (sixty-seven pounds), and the distance was thirty-one miles. There were thirty-six competitors, including the champion walker of Berlin, Kruger. Rath covered six and one-third miles in the first hour, and won by twenty-two minutes in the remarkable time of six hours thirty-one minutes. The champion (a flesh-eater) was beaten by forty-two minutes. The third position was also won by a vegetarian.

A Remarkable Family.

A FAMILY of four pairs of TWINS, eight brothers and eight sisters, whose united ages amount to 620 years, is to be found in Austria. None of them have ever in their lives drunk coffee, tea, or beer; their food consists of potatoes, bread, sauerkraut, milk, and milk puddings. They eat meat only once a year at the village church festival. Doctors and physic are unknown things to them; an illness they are acquainted with only by hearsay. The only medicine they have ever taken is a home-made one of dried blackberries.—*Horner's Weekly*.

When Doctors Disagree.

LECTURE BY D. H. KRESS, M. D., AT THE WAHROONGA SANITARIUM, SYDNEY.

WHAT is the patient or invalid to do when doctors disagree? This question is often quoted to encourage apathy, and is urged by men as sufficient reason to remain in blissful ignorance in regard to their diet. Of course it is confusing to those who place their implicit confidence in man and refuse to investigate and think for themselves, *but only to such*. Two grievous errors characterize this age. In spiritual matters men and women allow their ministers to think for them, and few of the church members are able to give a reason for their faith; that is left for the ministers to do for them. This is not a safe position to occupy. In health matters the physician is revered in the same manner, and men and women swallow from his hands, *they know not what*,—often poisons so deadly that a very small overdose would cause instant death. For man's good, confusion among

recognised authorities is permitted, both in spiritual and health matters, that man may be weaned away from man, and be led to reason, investigate, and think for himself, or, in other words, to "prove all things and hold fast that which is good." Man is not infallible.

In every book on medicine, therefore, we must expect to find good and evil combined. Dr. Rabagalatti of England has many good things in his work "Air, Food, and Exercise," but he discountenances the use of starchy food, and considers the free use of these foods as the principal cause of all human ills. Dr. Haig, in his excellent work on "Uric Acid," discountenances the use of meats of all kinds, also tea, coffee, and cocoa, and now he also speaks against the use of peas, beans, and lentils, and in their stead recommends the use of cheese. Recently Dr. Hutchinson of England, another recognised authority, has recommended the use of pork as a superior article of food, solely because it is difficult to digest, and thus yields up its energy gradually.

How are we to determine what is truth and what is error? Have we no infallible guide that is safe to follow? If not, humanity is certainly left in a pitiful state. We have such a guide in the Book of books, the Bible. Should the people of to-day bring everything to the test of this book, or do as did the more noble Bereans in Paul's day, "Search the Scriptures daily whether those things were so," they would not be left in ignorance on any matter pertaining to diet or health, and should all do this, all would be brought to a unity of the faith in matters pertaining to health. The Bible is the only book by which man can determine what is truth and what is error. It is the only reliable authority we possess. By it alone are we able to differentiate between true science and science falsely so called.

Let us test a few of the assertions made by recognised authorities in regard to diet by this book. First: Is pork a food to be recommended? The reply is definite, "The swine is *unclean*; . . . of their flesh shall ye not eat; . . . they are *unclean unto you*." Lev. 11:7, 8. Is this opposed to true science? Certainly not. Every child recognises the hog as a filthy creature. The hog is the scavenger of scavengers, it wallows in mire and filth. It devours filth. Its body is reeking with scrofula and other diseases and impure products. Does not true science and nature

itself teach in unmistakable language, "of their flesh shall ye not eat."

Pork is more nutritious, it is true, than any other meat, owing to the large proportion of fat it contains, but the meat has combined with its nutritive elements, filth and impurities, which are defiling, and this makes it wholly unfit for human consumption.

When commanded to eat at the king's table in Babylon, "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank." Dan. 1:8. Daniel understood well the nutritive value of such foods; but he also saw in it that which was defiling to the body, and it was *this* that led him to refuse it as an article of food. There are other things to consider aside from nutrition in the selection of foods. "Eat not any unclean thing" is the command given in the Bible. Any product of decay or putrefaction is unclean.

Second: Cheese is highly nutritious and contains no uric acid, but cheese is a product of decay, the smell is sufficiently convincing that this is the case. It has in it poisons which are always developed by putrefaction of albuminous products. Cheese is also difficult to digest, and frequently the decay begun outside continues in the alimentary canal after it is eaten. Cases of death from cheese-poisoning are not uncommon, and no doubt many milder forms of poisoning occur which merely cause slight indisposition that are not attributed to the cheese eaten.

Third: What about starchy foods, and peas, beans, and lentils? At the beginning when all was good, before sin had entered the world and man was in a perfect state of health, the seeds, which include the cereals and legumes, constituted a part of his bill of fare. Gen. 1:29. Of the fruits of the tree he had permission to eat *freely*. Gen. 2:16. Nearly all these seeds contain a large proportion of starch, yet Dr. Rabagalatti says, "Starch foods are difficult to digest, they will cause fermentation, and should therefore be avoided." Who is right? The fact is, starchy foods are among the easiest of all foods to digest, providing they are properly prepared and masticated and insalivated.

Starch served in the form of puddings, poorly cooked porridges, pastries, and soups, and then swallowed without mingling with it the saliva upon which starch digestion largely depends, will certainly cause intesti-

nal fermentation and disease. But when starchy foods are served in the form of well-baked, unleavened breads, etc., this difficulty will not appear. Starchy foods of all kinds digest better by being dextrinized, or parched. This was well understood by all the ancients of Israel. We read, "They did eat of the old corn of the land, . . . unleavened cakes and parched corn. . . They did eat of the fruit of the land of Canaan that year." Josh. 5:11.

The starch in unleavened breads or parched grains, *well masticated*, is digested or converted into maltose (sugar) in less than four minutes. Here again, true science harmonizes with the Scriptures.



Some Thrifty Beans at Avondale School.

Fourth: Peas, beans, and lentils are discountenanced because they contain what is known as *purins* which are supposed to be identical with the urates found in meat. The amount present in these legumes is only about three grains to the pound, while the amount of urates present in meat is about fourteen grains to the pound, but one-third of a pound of peas, beans, or lentils, containing only *one grain* of purin, is equal in nutritive value to the pound of meat containing fourteen to sixteen grains of urates. To obtain the same amount of nutriment from meat as is obtained from legumes would necessitate swallowing fourteen times the amount of purins. The small quantity present in legumes would therefore not be injurious, even if these vegetable purins were identical with the animal purins; but they are not. The animal purins are purely waste products found in the excretions of the animal as well as in its tissues after death. The purins present in peas, beans, and lentils

are utilized by the body, and, in fact, are necessary. Some purins are poisonous, while others are not. Vegetable and animal purins can therefore not be classed together.

In the beginning it was said to man, "Behold, I have given you every herb bearing seed, . . . and every tree in the which is the fruit of a tree yielding seed; *to you it shall be for meat.*" "And God saw everything that He had made, and, behold, it was very good." Gen. 1: 29, 31. This was the meat originally created for and given to man. True science can never teach that man should abstain from the meats which God created to be received with thanksgiving by them which believe and know the truth. The fruits, grains, and nuts, intelligently used, will always remain the foods especially adapted for man. This the horrors of Chicago's slaughtering-houses should help to emphasize.

Are Oysters a Brain Food?

A FRENCH chemist discovered that Portuguese oysters contain more phosphoric acid than French oysters. He claims to have found six grains of phosphoric acid in a dozen oysters imported from Portugal. On the strength of this fact, these oysters are highly recommended as brain food.

It seems rather singular, however, that in seeking for brains men should go to an animal that is entirely deficient in this regard. The oyster has neither brain nor spinal cord. The fact is, the brain is not formed from phosphorus, but from food. Phosphorus as found in *animal tissues* consists very largely of waste matters which are on their way out of the body through the kidneys and other organs. The phosphorus found in vegetable substances, such as nuts, the gluten of wheat, and like substances, is an organized and highly vitalized phosphorus, ready for assimilation into brain and bone and muscle.

The Portuguese having lived so long upon their superior oysters, ought to be, if the theory has any real foundation, a most superior and brainy people, but this is by no means the case; and it is a notorious fact that people who live largely upon shell-fish are the most degraded of human beings, and the lowest in the scale of intelligence.

A man's food, when he has the means and opportunity of selecting it, invariably suggests his moral nature. "As a man eateth so is he."

King Edward Has Stopped Smoking.

KING EDWARD has finally reached the point where the degenerative effects of chronic nicotine poisoning have become so apparent that his doctors have informed him that his smoking days are over. It is said that at the last opening of Parliament his face was ashen pale, and his voice so feeble as sometimes to be scarcely audible, and the reading was accompanied by deep gasps for breath—an evidence of the *cardiac weakness* which always results sooner or later from chronic nicotine poisoning.

Tobacco is no respecter of persons. It kills a king just as certainly as it does sheep ticks, or greenhouse pests.

That tobacco is a poison is not a new idea. The first dose is always followed by symptoms of poisoning. The smoker gradually becomes able to tolerate larger doses of poison, the same as when one takes arsenic or opium, or habitually resorts to any other drug. Once accustomed to its use, the smoker imagines that he is suffering no harm because he feels no immediate effect, but all the time his liver, his kidneys, and his heart are being steadily deteriorated and worn out through dealing with one of the most irritating and highly toxic of all known drugs. The smoker says, "When I find tobacco hurts me, I will stop its use," little realizing that when the time comes when he appreciates that tobacco has actually damaged him he is in a serious state, and apt to die suddenly of heart failure. Sudden deaths from heart failure are becoming very common. Many useful lives are sacrificed to the god *Tobacco*.

The Effect of Adulterated Foods.

At the International Stewards' Association, held in New York, last September, Professor Gerard exhibited a number of guinea pigs and rabbits, which had been fed with ordinary adulterated foods, given in the form of meat and biscuits, and besides this they were supplied with jams and jellies containing the usual artificial dyes. The result was that "all the animals were weak and emaciated, and showed signs of great suffering. Another example was a large mastiff, which was a pitiful object. The digestive organs of the dog became in a chaotic state, the animal was melancholy and distrustful, slept little, and exhibited the symptoms and effects of human dyspepsia." The flag that marked this instructive exhibit was three feet long, four feet wide, and

brilliantly colored with dye extracted from a jar of huckleberry jam.

In a cable from Pittsburg (U. S. A.), at the time of the above-mentioned exhibition, it was stated that "the meat of the Beef Trust was colored by a poisonous coal tar dye, dipped in a solution of formaldehyde, dusted with a powder containing sulphites, and washed in boracic acid solution. The State chemists asserted that there was enough poisonous color in a pound of meat to dye a white shirt a brilliant crimson. The formaldehyde found in the meat was the same as that used in embalming bodies.

Tea Drunkenness and the Tea Complexion

DR. W. SCOTT TEBB, one of England's public analysts, after a careful analysis of tea, in his report to the Southwark Borough Council, says, "English people drink their tea too strong and too often," and he quotes many authorities to show how excess is followed by dyspepsia, heart ailments, and nervous disorders, reaching even to insanity and suicidal tendencies.

"Tea," he reports, "contains from three to four per cent. of an alkaloid known as theine, which is supposed to be identical with caffeine in coffee and theobromine in cocoa. This drug stimulates the brain and removes languor and fatigue. This accounts for its free use by a people who are lacking in energy. Those who are in a normal state are never fatigued, and therefore never feel the need of a stimulant. Those who are troubled with fatigue or lack energy, and feel the need of something to whip them up, above all people should avoid such stimulants, since they impart no energy or strength to the fatigued.

Of tannin, which is present in quantities from ten to twenty per cent., Dr. Tebb says:

In excess tannin tends to depress the action of the digestive fluids and ferments. It interferes with the normal activity of secretion by constricting the blood vessels and diminishing the circulation; and, lastly, it tends to combine with the nitrogenous principles of the food, rendering them insoluble and incapable of digestion. The tendency, therefore, of this substance is greatly to impair digestion, and it gives rise to palpitation of the heart, headache, flatulence, loss of appetite, constipation, and other symptoms so well known at the out-patient department of our general hospitals. On inquiry it is often found that the patient is accustomed to drink large quantities of tea, which has stood for long periods and consequently extracted excessive amounts of tannin.

A careful analysis was made of a large number of the China and Indian teas on the market, which showed the following general results:—

	Per cent. Alkaloid.	Per cent. Tannin.
Indian Teas	2.84	7.43
Ceylon Teas	2.68	7.86
China Teas	2.40	6.08

Individual analysis showed that higher price did not necessarily insure greater freedom from tannin, some of the cheapest being the most satisfactory in this respect. On an average, each person in the United Kingdom is day by day consuming half as much alkaloid and nearly as much tannin as would be permissible to take *occasionally* as a drug.

The injury sustained by people of civilized lands in using this poisonous herb is not appreciated. Tea exhilarates the same as alcohol and other poisons. All such exhilaration is merely a mild form of intoxication or *drunkenness*. This cannot be kept up for any length of time by anyone without inflicting serious injury to the brain and nervous system. The tannin in the tea has more to do in bringing about that muddy complexion and wrinkled skin found among women, than any other *one* thing. The rosy cheeks of girlhood usually disappear about the age of twenty. If young women desire to keep a good, clear, transparent complexion, and not develop a skin that has the appearance of tanned leather, they must give up the use of tannin, the substance which is used for tanning purposes in tanneries, and which is so liberally found in all teas. It is a fact that the dingy, muddy complexion is found chiefly in tea drunkards. Please observe that this is the case.

TWO CLASSES.

There are two kinds of people on earth to-day,
Just two kinds of people, no more, I say,
Not the rich and the poor, for to count a man's
wealth

You must first know the state of his conscience
and health.

Not the happy and sad, for the swift-flying years
Bring each man his laughter and each man his
tears.

No, the two kinds of people on earth I mean,
Are the people who lift and the people who lean.
Wherever you go, you will find the world's masses
Are always divided in just these two classes.

And oddly enough, you will find, too, I wean,
There is only one lifter to twenty who lean.

In which class are you? Are you easing the load
Of overtaxed lifters who toil down the road?

Or are you a leaner who lets others bear
Your portion of labor and worry and care?

—Ella Wheeler Wilcox, in "Harper's Weekly."

Continued Evidences of Physical Decay Among the Working Classes of Great Britain.

CONSIDERABLE alarm was expressed when in the year 1899, 11,000 men offered themselves for enlistment at Manchester, England, and 8,000 of this number were rejected as physically unfit. Of the 3,000 that passed their physical examination at that time, only a few over 1,000 were physically fit to be put into the army; the remainder had to be taken into the lower grade of the militia.

The result of recent returns shows that there has been no improvement in the deplorable state revealed in 1899. During the year ending September 30, 1904, 5,038 men offered themselves for enlistment, and of these only 1,738 were finally approved. The militia returns for the same year show 5,150 applications for enlistment, with 1,600 finally approved. For the present year there were 4,554 applications for the line, of which only 732 were accepted. For the militia the figures were 3,813 applications, of whom only 599 passed the physical and medical tests.

The *Lancel*, in commenting upon the evidences of the physical decadence of the British working classes, says: "Only the other week on two days about sixty would-be recruits presented themselves at the Manchester office, of whom *only four* were found fit to serve. These figures, which no doubt could be supplemented by others from various industrial districts, show a deplorable state of physical inefficiency in the working-class population, which no one can contemplate without grave misgivings. 'The stalwart breed of our peasants' is a thing of the past."

Beef, beer, and tobacco will in time exterminate civilized nations without the aid of either wars or epidemic diseases.

Is Meat-eating Sanctioned in the Bible?

SINCE the entrance of sin into the world, many things are suffered and even commanded, because of the peculiar condition under which man is placed, and because of his hardness of heart, that were not commanded at the beginning. When the Pharisees came to Christ with the question on divorce, which they supposed the Scriptures sanctioned, saying, "Moses commanded that they write her a bill of divorcement, and put her away," Jesus replied, "Moses because

of the hardness of your hearts suffered these things, *but in the beginning it was not so.*"

Meat was granted Israel in the wilderness because of their rebellion and hardness of heart. When God withheld flesh from them, they fell a-lusting and wept, saying, "Who shall give us flesh to eat? We remember the fish which we did eat in Egypt freely." Numbers 11: 4, 5. God withheld it from them for their good, not arbitrarily, for He had promised to keep from them the diseases of Egypt. When they called for flesh, He gave it, but with it came also that from which He desired to save them—the plague. Numbers 11: 33.

A great many plagues and diseases are undoubtedly communicated to man through the use of diseased flesh, and from these he can be saved only in the manner that God attempted to save Israel, that is, by abstaining from the use of flesh.

Permission was granted to man to eat meat when all vegetation was destroyed by the flood, but lest he should continue to use it after the earth again yielded more suitable food, he was not left in ignorance as to the results of a flesh diet. God said, "Every moving thing that liveth shall be meat for you," and then made the prediction, "And surely *your blood of your lives will I require; at the hand of every beast will I require it.*" Genesis 9: 5. And nothing is surer than that *flesh-eating shortens the life of man.* It either results in sudden death through the communication of some infectious disease, as the plague, or else, through the introduction and accumulation in the body of uric acid and other allied impurities, the way is prepared for such diseases, or premature decay is induced.

In view of Israel's sad experience in demanding flesh to eat, the apostle Paul admonishes the Christian church as follows:—"With many of them God was not well pleased: for they were overthrown in the wilderness. Now these things were our examples, to the intent we should not lust after *evil things*, as they also lusted." "They are written for our admonition, upon whom the ends of the world are come." 1 Corinthians 10: 5, 6, 11. Flesh is here termed an *evil thing*, which we do well not to lust after, especially in the last days, when disease among animals is so prevalent. Certainly recent revelations of the horrors connected with the slaughter of animals should warn those who regard the Bible as a book belong-

ing to the past, and refuse to take it as the man of their counsel. To-day, as anciently, God permits all men to eat flesh who desire to do so, but the results of flesh-eating are also before us. It is certainly unwise to subsist on so inferior and dangerous a food when the same elements of nutrition may be obtained pure from the vegetable kingdom.

6. Swine are often prepared for the market while suffering with cholera and other diseases. In many localities even fish are diseased. This is especially so where the fish come in contact with the sewerage of our large cities.

7. By subsisting largely upon the flesh of animals, we partake of their nature. A meat



For Meat-eaters.

A Few Facts Worthy of Note.

1. THE simple grains, fruits, nuts, and vegetables contain all the nutritive properties necessary to make good blood. This a flesh diet cannot do. Even the best flesh meats are not free from tissue wastes and impurities, and therefore make a poor quality of blood and tissues.

2. Meat produces a feverish state of the blood, in other words, it acts as a stimulant. The weakness experienced on leaving it off is the same that is experienced by the drunkard in giving up intoxicating drink.

3. The use of flesh causes a grossness of body, and by its use the seeds of disease are often planted in the blood and tissues, and the liability to take disease is greatly increased.

4. Few animals are free from disease. Many that are killed and prepared for the market if left alone would die of disease. Cancer, scrofula, tuberculosis, and other diseases are frequently caused by meat-eating. Because immediate ill effects are not always experienced, the mortality caused is not discerned.

5. Animals are frequently driven quite a distance to slaughter; they become exhausted and fevered, and their blood becomes highly inflamed. Some of the creatures even seem to realize what is to take place, they become furious and literally mad. While in this state they are killed; their meat is deadly.

diet tends to change the disposition of men by strengthening the animal nature and weakening the intellectual and moral powers. Meat-eating beclouds the intellect and blunts the moral sensibilities, making it more difficult to discern between truth and error, between the sacred and the common. A religious life can certainly be more successfully attained and maintained when meat is discarded.

Occupations and Longevity.

DR. SCHOFIELD, formerly examiner of the National Health Society of Great Britain, in his book "Nerves in Order" gives an interesting table, arranged in order, of the longevity of the people following various occupations. The clergy stand at the head of this list, farmers come next, then agricultural laborers, while at the foot of the list we find the London (or city) laborer and barmen, or barkeepers.

It is significant to find the clergy, who possess temperate habits, and farmers, who lead out-of-door lives, and live simply, at the head of the list, and the intemperate bar-keeper at the bottom of the list. This shows clearly that alcohol is a deadly poison. It is an injury to the user whether taken in small or large doses, and the extent of the injury sustained by the body depends upon the quantity that is taken. Small doses will not kill so rapidly as larger doses, but the effect of even the *smallest* dose is destructive to life.

THE HOME.

ONLY A BOY.

I am only a boy, with a heart light and free;
I am brimming with mischief and frolic and glee,
I dance with delight, and I whistle and sing,
And you think such a boy never cares for a thing.
But boys have their troubles, though jolly they seem;

Their delights can go no further than most people deem,

Their hearts are as open to sorrow as joy,
And each has his feelings, though only a boy.

Now, oft when I've worked hard at piling the wood,

Have done all my errands and tried to be good,
I think then I might have a rest or a play;

But how shall I manage? Can anyone say?

If I start for a stroll, it is "Keep off the street,"

If I go to the house, it is "Mercy! what feet!"

If I take a seat, 'tis "Here! give me that chair!"

If I lounge by the window, 'tis "Don't loiter there!"

If I ask a few questions, 'tis "Don't bother me!"

Or else, "Such a torment I never did see!"

I am scolded and cuffed if I make the least noise,
Till I think in the wide world there's no place for boys.

At school they are shocked if I want a good play;
At home or at school, I am so in the way;

And it's hard, for I don't see that boys are to blame,

And most any boy, too, will say just the same.



Of course, a boy can't know as much as a man,
But we try to do right as hard as we can.

Have patience, dear people, though oft we annoy,
For the best man on earth once was "only a boy."

—Farm and Home.

Proper Selection of Food.

NATURE's abundant supply of fruits, nuts, and grains is ample, and year by year the products of all lands are more generally distributed to all, by the increased facilities for transportation. As a result, many articles of food which a few years ago were regarded as expensive luxuries, are now within the

reach of all as foods for everyday use. This is especially the case with dried and canned fruits.

Nuts and nut foods are coming largely into use to take the place of flesh meals. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts; but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.

When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.

Persons who have accustomed themselves to a rich, highly-stimulating diet, have an unnatural taste, and they can not at once relish food that is plain and simple. It will take time for the taste to become natural, and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a time, find it palatable. Its delicate and delicious flavors will be appreciated, and it will be eaten with greater enjoyment than can be derived from unwholesome dainties. And the stomach, in a healthy condition, neither fevered nor overtaxed, can readily perform its task.

Variety.

In order to maintain health, a sufficient supply of good, nourishing food is needed.

If we plan wisely, that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh meats.—*Ministry of Healing.*

If all medicine were dumped into the sea, it would be so much better for humanity, and so much the worse for the fish.

CHOICE RECIPES.

Meaty, Meatless Dishes.

BY DR. LAURETTA KRESS.

In giving up the use of meat, the question naturally arises, What can take its place? Eggs or egg preparations make excellent substitutes. Nuts and nut preparations are rich in albumen and fats, and therefore take the place of flesh meats. Beans, peas, and lentils also form excellent substitutes for meat.

All of the above foods must be used in moderation, as they are highly nutritious. Any ill effects arising from their use is due to excess, to improper mastication, or to errors in combination with other foods.

The following meaty, meatless dishes form excellent substitutes for meat:—

SANITARIUM NUT CHEESE CUTLETS.—Cut the nut cheese into irregular shapes, dip into egg beaten with water in proportion of one tablespoonful to each egg, with the addition of a little salt. Roll the dipped pieces in dry granola or bread crumbs; dip them again and roll in granola or crumbs. Then put into a hot oven on an oiled tin until they assume a delicate brown tint. They may be served plain or with some green peas.

MASHED PEAS.—Soak one cup of dried green peas in cold water over night. In the morning drain, put to cook in warm water; cook slowly until perfectly tender, allowing them to simmer very gently towards the last until they become as dry as possible. Put through colander to remove skins; add salt to taste, also one tablespoonful of nut butter rubbed smooth in a little cold water, or a tablespoonful of cream. Turn into a baking dish and brown in the oven. One-third or one-half cup of toasted bread crumbs or zwieback crumbs may be used with the sifted peas when preferred. Serve with a sauce prepared as follows:—

Heat one pint of strained stewed tomatoes. When boiling, thicken with a tablespoonful of flour rubbed smooth in a little water. Salt to taste, and lastly, add one dessertspoonful of thick cream, very slowly adding a little of the hot liquid to prevent it curdling. Remove from the fire at once when cream has been added.

ALMOND AND WALNUT ROAST.—Take one cup each of ground walnuts and almonds, one cup of split peas which have been previously cooked till well done, and one cup of hot water, salt to taste. Mix with this enough stale bread crumbs to make it of proper consistency, turn into a baking dish and bake in a moderate oven.

LENTIL CUTLETS.—Put to cook in warm water one pint of German (brown) or red lentils; cook

until quite done. There should be very little water left on them, nearly all being absorbed. Press these through a colander, add salt and a little seasoning if desired. Mix well, add two well-beaten eggs and enough zwieback crumbs or stale bread crumbs to make it stiff enough to mold with the hands; shape into cutlet forms. Lay these on an oiled tin, bake in the oven until browned.

SPLIT PEAS PATTIES.—Take one pint of split peas, wash and put to cook in warm water; cook till well done. Rub through a colander to remove any pieces of skin that may remain, and to make them a homogeneous mass. Add salt, and one tablespoonful of sweet cream, seasoning also if desired, though they are very nice without. Stir into the peas stale bread crumbs or zwieback crumbs sufficient to mold. Shape into patties and brown in the oven.

SANITARIUM NUT MEAT AND GRANOSE CROQUETTES.—Take one cup of the nut meat, one egg, and salt to taste; add enough granose to shape. Form into rolls and bake in a quick oven until they begin to open and are of a delicate brown.

MASHED BAKED HARICOTS.—Soak over night a quart of small haricots. In the morning drain the water off, put to cook in boiling water, and boil till perfectly tender, and the water has nearly evaporated. Rub through a colander to remove the skins, add salt, and a tablespoonful of nut butter or sweat cream. Put into a shallow pie dish, smooth the top with a spoon, and brown. If preferred, half zwieback crumbs may be used with the beans, and seasoned, to make a variety. Slices of lemon on a well-browned surface will make a pleasing effect.

SANITARIUM NUT MEAT AND TOMATO.—Add to two parts of minced nut meat one part of stewed and strained tomato, with the addition of a little salt. Mix thoroughly and put into a dish, having the mixture not over two inches deep. Bake in a slow oven for three-quarters of an hour.

"The Good Health Cookery Book" will be found a valuable aid in getting up tasty dishes.

THE old darkey had "got religion," and was contemplating joining the Presbyterian church; only one thing stood in the way, he did not understand the theory of "election."

A church-member undertook to explain. "Why, it's jest disaway. De Lawd, He votes fer you ti come to Him, an' de debbil, he votes fer you to choose him, but now you got er vote comin', and de way you votes, why it's dataway youse elected, 'ca'se dat makes de majority."

PRAYER is a breath of fresh air—much else, of course, but certainly this. It is in piration on a hilltop for new toiling on the plain.

Appendicitis and Meat.

PROFESSOR J. LEFEVRE says: "To you who suffer seriously from intestinal troubles and who dread the blow of this terrible disease, appendicitis, I say you have the solution of the problem which is giving you disquiet. It lies with yourself to escape appendicitis. Take the resolve to abandon the habitual use of flesh and animal products, and above all, when you do resolve on this,—stick to it firmly."

A Practical Religion.

WE want a religion that softens the step, and tunes the voice to melody, and checks the impatient exclamation and harsh rebuke; a religion that is polite, deferential to superiors, courteous to inferiors, and considerate to friends; a religion that goes into the family and keeps the husband from being cross when the dinner is late, and keeps the wife from fretting when the husband tracks the new-washed floor with his muddy boots, and makes the husband mindful of the scraper and the door-mat; keeps the mother patient when the baby is fretful, and amuses the children, as well as instructs them; cares for the servants besides paying them promptly; projects the honeymoon into the harvestmoon, and makes the happy home like the eastern fig tree bearing in its bosom at once the beauty of its tender blossom and the glory of the ripened fruit. We want a religion that shall interpose between the ruts and gullies and rocks of the highway of life and the sensitive souls that are travelling over them.—*Selected.*

The Simpler Life.

EDWARD CARPENTER, in one of his essays in "England's Ideal," gives some very excellent ideas respecting diet and simplicity. He recognises the unnatural craving experienced by the meat-eater, to be a craving for the stimulant present in meat, popularly known as uric acid.

He says,—

The causes of the craving for a meat diet seem to be similar to those of the craving for other stimulants. For though flesh is not generally considered a stimulant, a little attention will show that its action is of like nature. It very quickly produces a sense of well-being, liable to be followed by reaction and depression; and this action, though innocuous in its smaller degrees, becomes seriously harmful when flesh is made a staple article of diet.

Mr. Carpenter advocates simplicity in diet. He continues,—

On the whole, and for habitual use, I do not know what can be pleasanter or more nourishing than the cereals (rice, wheat, etc.), milk, eggs, cheese, bread, butter, vegetables, and fruits of all kinds; and they seem to me to stand by one for hard work and endurance better than flesh. Excellent dishes can be compounded of these materials, though probably the less cooking there is the better. As to the fearful and wonderful recipes contained in cookery books, the formula—serve up hot and throw out of the window—might with advantage be appended to most of them.

Instead of the numerous complex and unwholesome dishes necessitating a waste of precious time in their preparation, he wisely suggests,—

Would it not be better to have just one dish (like the family bowl seen in the Highland cabins and elsewhere), combining in itself all the needful qualities of nutrition and tastiness, with perhaps a few satellite platters around for any adjuncts or off-sets that might be deemed appropriate? This central dish (the only one requiring immediate cookery), say some golden-orbed substantial omelet, or vast vegetable pie, or savoury nutritious soup, or solid expanse of macaroni and cheese, or steaming mountain of rice surrounded by stewed fruit, would represent the sun or central fire of our system, while around it in planetary order would circle such other viands as would give the housewife a minimum of trouble to provide—chunks of bread, figs, raisins, oatmeal cakes, fresh fruit, and what not. Here would no second relay of plates be necessary, and victuals which could not face each other on the table would not be forced into spiteful conflict within the man.

Even the knife and fork would almost disappear, washing up would become an affair of a few minutes, and the housewife's work before and after dinner would be reduced to a trifle compared with what it is now. For it must be remembered that with this matter hangs the question of women's work. Woman is a slave, and must remain so as long as ever our present domestic system is maintained. I say that our average mode of life, as conceived under the bourgeois ideal of society, cannot be kept up without perpetuating the slavery of woman. It is quite probable that in the mass she will resist the change; but it may have to come nevertheless.

MR. JAMES KING, M. R. C. V. S., one of Great Britain's food inspectors, says: "Neither expert nor trader can by ordinary inspection detect tuberculosis in open markets. I have had occasion to make *post-mortem* examinations of some of the best cattle our country produced, and which were exhibited as such at our principal shows. After slaughter it has been absolutely necessary to condemn them for tuberculosis."

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 following letter, which has recently been received, clearly shows that Dr. Veeder's conclusions are well based, and that great harm may be done by unprincipled men, who exert this hypnotic influence on mentally weakened subjects. The tendency of hypnotism is to weaken the mind still further, and this may produce insanity. The Creator never designed that one mind should be thus influenced by another. The motives with many who engage in this are no doubt not wrong, but its influence is harmful, nevertheless. In the letter the writer says,—

Some years since I became acquainted with a man who took up the study of hypnotism. He made out that his intention was to do good to people who were suffering from any disorder. He used to hypnotise my wife, and gradually he succeeded in getting her entirely in his hands. He took a wicked advantage of her. Now she is insane, and an inmate of ——. As a result of the scandal, I have lost my business, my home has been disbanded, and my children have been placed with strangers, etc.

Sweet-faced Japanese Women.

PROFESSOR WILLIAM ELLIOT GRIFFIS, of Cornell University, who went to Japan more than a quarter of a century ago to organise a school on the American plan, has been telling some interesting things about the Japanese people. He says that when he had spent some time "among the sweet-faced women" of that country, "Caucasian women had the most cruel and repulsive appearance" to him. This observation has been made by other foreigners who have lived in Japan, and one of them attributes the "harsh and unpleasant looks of the women of European blood" to their meat diet!

K. R. H. Sanitarium Benevolent Fund.

A FUND for assisting the worthy poor to obtain the needed treatment. The following donations have been received:

Donations per K. R. H.	...	...	£5 10 4
Collection San. patients	...	...	3 5 0
A Friend	...	...	10 0
Mr. C.	...	...	1 0 0
Miss K. R. Hungerford	...	...	4 0
Mr. Vere Bell	...	...	5 0
Mrs. Stephenson	...	...	5 0
Miss Collier	...	...	10 0
Mrs. Lewis	...	...	10 0
Friend	...	...	13 0
Donations per Dr. Kress	...	...	1 5 0
Total			<u>£13 17 4</u>

A Pause in Prayer.

"'IF I should die 'fore I wake,'" said Donny, kneeling at grandmother's knee, "'f I should die 'fore I wake.'"

"'I pray,'" prompted the gentle voice. "Go on, Donny."

"Wait a minute," interposed the small boy, scrambling to his feet and hurrying away downstairs. In a brief space he was back again, and, dropping down in his place, took up his petition where he had left it. But when the little white-gowned form was safely tucked in bed, the grandmother questioned with loving rebuke concerning the interruption.

"But I did think what I was sayin', grandmother; that's why I had to stop. You see, I'd upset Ted's menagerie, and all his wooden soldiers on their heads, just to see how he'd tear 'round in the mornin'. But 'f I should die 'fore I wake, why—I didn't want him to find 'em that way, so I had to go down and fix 'em right. There's lots of things that seem funny if you're goin' to keep on livin', but you don't want 'em that way if you should die 'fore you wake.'"

"That was right, dear; it was right," commended the voice with its tender quaver. "A good many of our prayers wouldn't be hurt by stopping in the middle of them to undo a wrong."

THE condition of the mind affects the health to a far greater degree than many realize.

MANY of the diseases from which men suffer are the result of mental depression.

NEWS & NOTES.

THE City of London is said to consume every year 400,000 oxen, 1,600,000 sheep, 500,000 calves, 700,000 hogs, and fowls innumerable.

DR. KRESS will visit Tasmania about July 27, and while in Hobart and Launceston hopes to give some lectures on health. On his way to Tasmania he will probably deliver a lecture at Melbourne.

RICE is the staple food of the 400,000,000 of China, the 200,000,000 of India, and about 100,000,000 of other Asiatics; but most of these people use the *unpolished* rice, from which the glutinous layer has not been removed.

IN many districts of Italy and Spain the peasants live almost entirely upon chestnuts, so sufficient are the simple fruits of the earth.

DR. HAIG of England tells us that there is clearly distinguishable in all flesh-eating countries a disease that may be known as "meat-eater's disorder," characterized by nervous exhaustion, nervous headache, gout, rheumatism, Bright's disease, and many other maladies which indicate tissue degeneration and poisoning.

THE Harvard University has decided against a flesh diet by a large majority, as the following extract from the *Phrenological Journal* will show: "It is a turning-point in the right direction when we find that Harvard has commenced 'a plain living movement.' At a recent vote of 870 to 66, Harvard has voted as luxuries meat, fish, and eggs. They will be there, and paid for as extras; *the vegetarians have conquered.*"

DR. LETHEBY, the eminent English authority on foods, by a series of careful examinations, found that when potatoes were cooked without removing the skins, the loss of nutritive material was but about three per

cent., against fourteen per cent. when the skins were removed before boiling—a very wasteful process. Hence baked potatoes are not only more palatable, but also evidently more nutritious, than boiled potatoes in either case.

GAUTHIER, the eminent French authority on dietetics, says,—

"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."

The philosopher Porphyry wrote as follows: "It is not among the eaters of simple vegetable foods, but among the eaters of flesh, that one meets assassins, tyrants, and robbers." And Seneca who, after careful consideration, late in life adopted the vegetarian diet, wrote: "Impressed by these arguments, I have myself discarded the flesh of animals, and at the end of a year the new diet has become not only easy but delicious, and it has even seemed to me that my intellectual aptitudes were more and more developed."

A GRATEFUL Sanitarium patient writes,—

I think it a safe time to report my progress, especially as I have a good story to tell. Am pleased to state that, although feeling very depressed when I went to your Sanitarium, and more so when I found that my condition was far worse than I had anticipated, I am to-day, after following your instructions to the letter, feeling *stronger, brighter, and more full of hope* than I have been for years.

To any of your desponding patients, pass on the good old message from me—"Be not weary in well doing, for in due time ye shall reap if ye faint not."

What Is "The Pace that Kills"?

IT is not business that kills, but intemperate living of every kind. It is the excessive play of the emotions and the unrestrained gratification of the appetites, not the hard work and the rush, that chiefly contributes to the premature fatalities. The true answer, then, is but a modernized variant of the ancient "wine, women, and song." The times have changed, the ways of life are different; but now, as heretofore, hard work is beneficial to health, and, as always, there is the penalty for excess in the pleasure of life.—*Journal of the American Medical Association.*

Criminal Ignorance.

AT the Guildhall police court, a Llanelly butcher was recently fined £50 with £5 5s. costs, for buying for 8s. a pig reeking with tuberculosis, with the evident object of selling it for food. The magistrate decided to treat the case, though "as wicked a one as he had ever had before him," as one of gross carelessness. The defendant accordingly escaped going to prison. In commenting on the case, the *Lancet* remarks that "in the matter of public health many purveyors of provisions in London are criminally ignorant." It might be added that this criminal ignorance seems to be especially common in the meat trade.—*English Exchange*.

Tuberculous Pigs and Fresh Pork.

THE following appeared in the recent number of the *British Medical Journal* :—

A report by Dr. G. S. Buchanan to the Local Government Board on administration in London with regard to meat of pigs affected by tuberculosis has been published recently.

Dr. Buchanan, in drawing up the report, which makes a Blue Book of sixty pages, divides the subject into six main parts. In the first he discusses the prevalence, causation, and prevention of tuberculosis in pigs. The disease in swine is usually of the bovine type, and is apparently largely derived from taking as food the milk of tuberculous cows, and possibly offal from tuberculous animals. The disease is also communicated from pig to pig by saliva or sputum. The most frequent path of entry of the infection is by the alimentary tract.

The careful inspection of pork in Holland is considered by Dr. Buchanan to be one of the main circumstances which in recent years have operated to increase the export of pork from the Netherlands to London. From a table given on page 19 of the report it appears that out of a total of 368,428 pigs submitted to official inspection for export from Holland to England in 1903 and 1904, 5,516 were refused a label on account of tuberculosis.

Burton R. Rodgers, D. V. M., inspector of foods, in an address published in the Bulletin of Iowa Institutions, America, declares that hogs are very extensively infected by tuberculosis. He says, "In my four years' work as inspector of meats, I have seen no less than ten thousand such animals, to say nothing of the like proportion which two hundred other federal inspectors have seen." If a like proportion was seen by two hundred other federal inspectors, at least two million hogs should have been condemned as tuberculous, during the four years. He adds, "The high-bred, high-priced, edigreed animals, those in prime fat and

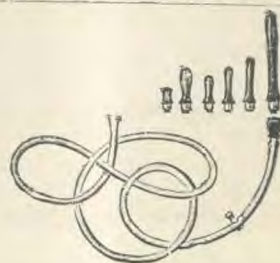
apparently healthy condition, are often as thoroughly saturated with disease as is the scrub."

WE must abstain from swine's flesh, that prolific generator of scrofula and *trichinae*, and from the flesh of all animals slaughtered in diseased conditions, or treated after slaughtering in such a manner as to fill it with disease-producing germs. This will exclude nearly all the flesh-meats sold in our city shambles, whether fresh, salted, or dried. In fact, so general has become the practice of fattening animals for slaughter by artificial and disease-generating processes or of slaughtering them after transportation for long distances, subject to maddening tortures from hunger and thirst, overcrowding and terror, that the only safety is in total abstinence from butchers' meat.—*Mr. Newton*.

IN Professor Ginge's report to the Privy Council, England, he says: "Cancer is on the increase. Is this any wonder since one-fifth of the total amount of meat consumed is derived from animals killed in a state of malignant disease?"

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The Good Health Library.

The following booklets are published at the GOOD HEALTH office, and may be obtained at

any time, either from the publishers direct, or through any of the health food agencies:—

A Food Guide in Health and Disease.—A most important booklet which contains a lot of valuable information. Price, post-paid, 3d, 5s per 100.

Stimulants—Tea, Coffee, and Cocoa. Every tea-user should read this, and ascertain the causes of nervousness, headaches, insomnia, and how to get well. Single copy, post-paid, 3d, 5s per 100.

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Appendicitis.—Just the booklet for those afflicted with this disease. It deals with the nature, effects, and treatment of the disease. Valuable advice given. Price, 6d, post-paid.

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Caramel-Cereal The great health drink. A substitute for tea, coffee, and cocoa. The injurious effects of these beverages, so commonly used, are being well understood. There is no doubt that much of the impatience, the periodical headaches, sleeplessness, and nervousness of modern times may be traced to theine or caffeine poisoning. If you value your health and home, give up the use of these beverages. Try CARMEL-CEREAL as a substitute.

Nut Meat A combination of the choicest nuts and grains, possessing nutritive food value, taste, texture, and appearance in advance of the best beefsteak. Being thoroughly cooked and preserved, is ready for immediate use, and is suited to all the purposes for which flesh meat is in demand.

Nut Cheese Is a compound prepared from most carefully selected nuts, so proportioned as to render the article highly nutritious and flesh-forming. It excels in all the essential qualities of dairy cheese, or butter, and is pure and free from germs and preservatives.

Malted Nuts In fine powder form. Malted Nuts is made from malted cereals and predigested nuts. It is all food, and is quickly transformed into good blood, brain, bone and muscle. There is no better food for athletes, brain workers, invalids, and infants.

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Oxford Chambers, 473-481 Bourke Street, Melbourne, Victoria.

Sub-Agency of Victorian Tract Society, E. C. Terry, Corryong, Upper Murray.

186 Edward Street, Brisbane, Queensland.

Care of N. Queensland Tract Society, Eyre St., North Ward, Townsville, Q.

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

127 Liverpool Street, Hobart, Tasmania.

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

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

246 William Street, Perth, West Australia.

37 Taranaki Street, Wellington, N. Z.

E. C. Davey, 213 Orchard Road, Singapore, Straits Settlements.

JULY 1, 1906.

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