



THE AUSTRALASIAN

# GOOD HEALTH

D. H. KRESS, M.D.  
Editor

A SOUND MIND

IN A SOUND BODY

E. LIMOS

2s. 6d. per Year.

3d. per Copy.

N. Z. and Foreign Subscriptions, 3s.

*Registered at the G. P. O., Sydney, for transmission by post as a newspaper*

AUGUST 1, 1906.

GOOD HEALTH.

# Electro-Hydropathic Institute

VICTORIA SQUARE, ADELAIDE, S. A.

A THOROUGHLY SCIENTIFIC INSTITUTION.

Electric Light Baths,  
Vapor Bath,  
Electricity,  
Water,  
Massage.



Diseases Treated :  
Rheumatism,  
Constipation,  
Sciatica,  
Synovitis,  
Neuritis,  
Etc.

Health Foods for Sale.

20th Century Inhaler.

For Further Particulars, Address Manager, Hydropathic Institute, Adelaide, S. A.

## B. CALLOSE,

Importer of

Italian Merchandise

Pure Olive and  
Salad Oil, Etc.



853 George St., (near Railway Station) and  
5 Angel Place, Pitt St., (near G. P. O.)

## FOX TYPEWRITER

As used by Singer Mfg  
Co., 14 machines, also  
Seventh-day Adventists,  
10 machines



Lightest touch, 2 1/2 oz.  
World's record holder (243  
words per minute). 88 char-  
acters. "Kee Lox Carbons,"  
and ribbons, standard of the world.

The Lingham Importing Co., Ltd.

Sole Importer 3a Moore St., Sydney.

## Goodman Bros.

BAKERS, ETC.

384 Stanmore Road, Petersham, N. S. W.

Try Our Wheatmeal Bread, Zwieback,  
and Gluten Bread.

Used by the Wahroonga Sanitarium and Re-  
commended by this Journal

Phone 3278

**A. A. Lawson**

Photo-process  
**Etcher & Engraver**

Photo-Lithographer,  
Electrotypist  
and  
Newspaper

Victoria Arcade

Sydney.

# Christchurch Sanitarium AND HEALTH HOME.

A quiet, home-like place, in one of the health-  
iest suburbs of Christchurch, N. Z., where the  
sick are received and skillfully treated. The  
methods of treatment consist in the employ-  
ment of massage, electricity, hydrotherapy,  
dieting, etc. Physician and trained nurses of  
both sexes in regular attendance.

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

### Sanitarium Health Foods Always in Stock

- Granose.**—A palatable and partially digested food, made of whole wheat, suitable for indigestion and weak stomachs.
  - Granola.**—A perfect breakfast food, composed of various grains, requires only a few minutes' cooking for use.
  - Protose.**—A natural and perfect substitute for meat, composed of nuts and cereals ready for immediate use.
  - Caramel-Cereal.**—The great food drink, a substitute for coffee, tea, and cocoa. Contains no injurious ingredients.
- For further particulars apply **SANITARIUM FOOD CO.**  
Papanui, Christchurch, N. Z.

## Comfort for All.

WHAT better present would you offer a friend than that which is a well-known and loved companion in hundreds of Australian homes? What could you offer better than a gift which would bring to the home each week counsel, encouragement, and spiritual food?

This is true of the *Signs of the Times*. It is a twelve-page weekly journal, devoted to the exposition of the prophecies and their fulfillment in ancient history and present day issues. It contains a department for the home, and also helpful and interesting stories for the children. Pay for a year's subscription for your friend. You could not possibly find a more valuable and helpful Birthday present.

COMBINATION OFFER:

SIGNS OF THE TIMES, per year, - - 4/6.

GOOD HEALTH, ,, - - - 2/6.

**Special Combination Rate, - 5/6.**

Send 2/- extra for postage to New Zealand and Pacific Islands.

**Signs of the Times, Warburton, Victoria.**



## THE EYE.



Its Optical Imperfections and Their Correction.

### W. RANDLE WOODS,

(Cert. Diplomate by Exam.)

The "Ocularium," 28 Victoria Markets, Sydney.

Phones, 4018 Central, 244 Randwick.

NOTE.—No connection with Wood close by.

### A Valuable Medical Work.

To those Needing a Doctor Book of Domestic Hygiene and Rational Medicine we can supply that standard work called the Home Hand-Book. Illustrated with 500 engravings, 1,675 pages, (post-free) 30s. Best binding, 40s. Address, GOOD HEALTH, Cooranbong, N. S. W.

**SEEDS** Send 6d postage stamps of any State for our 3 trial packet of vegetable seeds, or mixture of 100 sorts of flower seeds, and 1906 catalogue. HERBERT J. RUMSEY, Mail Order Seed Warehouse, 23 Adderton Road, Dundas, N. S. W.

## TURNER & HENDERSON.

DICTIONARIES AND WORKS OF REFERENCE.

Crabbe's English Synonyms, 3/6 and 4/3; Bartlett's Familiar Quotations, 3/6 and 4/3; Sharp's Dict'y of Eng. Authors, 9/- and 9/8; Pannell's Reference Book, 8/- and 9/9; Blackie's Shilling Dictionary posted, 1/5; Dixon's Dict'y of Idiomatic Phrases, 3/6 and 4/-; Deacon's Dict'y of Foreign Phrases, 3/6 and 3/10; Webster's International Dict'y, full Russian Leather, 84/- (carriage extra); Hayden's Dict'y of Dates, 21/- and 22/9; Cassell's French-Eng. and Eng.-French Dict'y, 3/6 and 4/4; Cassell's German-Eng. and Eng.-German Dict'y, 3/6 and 4/4; Cassell's Latin-Eng. and Eng.-Latin Dict'y, 3/6 and 4/4; Chamber's Encyclopedia, 10 Vols., half morocco, 150/- (carriage extra).

### USEFUL "WORK" HANDBOOKS.

A SERIES OF PRACTICAL MANUALS, (PROFUSELY ILLUSTRATED) 1/-, POSTED, 1/2; GLASS WRITING, VIOLINS AND OTHER STRINGED INSTRUMENTS, CLAY MODELLING AND PLASTER CASTING, ELECTRO-PLATING, CYCLE BUILDING AND REPAIRING, UPHOLSTERY, HARNESS-MAKING, HOUSE DECORATION, BOOT-MAKING AND MENDING, HOW TO WRITE SIGNS, TICKETS, AND POSTERS, WOOD FINISHING, DYNAMO AND ELECTRIC MOTORS, DECORATIVE DESIGNS OF ALL AGES, MOUNTING AND FRAMING PICTURES, ELECTRIC BELLS, HOW TO MAKE AND FIT THEM, BOOKBINDING, PHOTOGRAPHY, TAXIDERMY, TAILORING, SMITH'S WORK, KNOTTING AND SPLICING ROPES AND CORDAGE.

16 and 18 Hunter Street.

Printing Works, 254 George Street, Sydney.

Good Health, August 1, 1906.

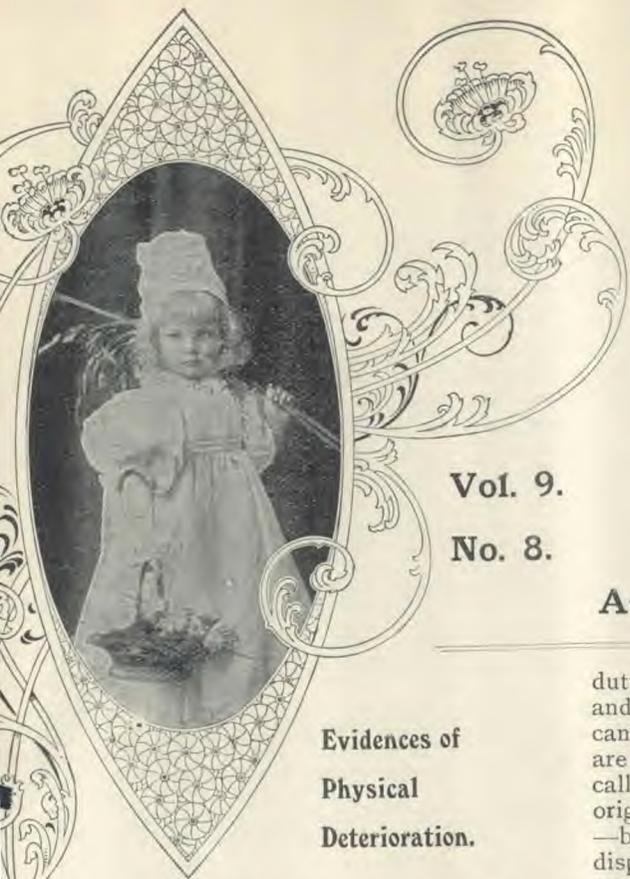
### What Shall We Eat?

The erring, wayward palate of those who on flesh dine  
Condemns to death and slaughter the cattle, sheep, and swine.  
Tuberculous the bovine, with scab the flocks do moan,  
Trichina rules the porker, the whole creation groans.



Yes, germs are ever active, and work within the man  
Who buries in his vitals the things that packers can.  
Through scientific treatment with chemicals and spice,  
The butcher makes the refuse from slaughter-house taste nice,  
But 'tis a deadly compound, a pitfall, and a snare,  
Far better dine on Pure Foods, rejecting hash and hare.

E. C. C.



Vol. 9.

No. 8.

**Evidences of  
Physical  
Deterioration.**

THE *British Medical Journal*, in speaking of the evidences of physical deterioration everywhere observed, says: "The problems of physical deterioration and the regeneration of the race are now discussed everywhere—in the drawing-room as on the platform. We all profess to be anxious about posterity, but the truth is we have somewhat suddenly awakened to the fact that physical degeneracy means danger to the nation in the present, as well as in the future. Sir Frederick Treves pointed out at Manchester recently, that the nervous system is rebelling as the result of the rush and wear and tear of modern life. To many observers our people seem to present many of the social features which marked the beginning of the decay of Rome. Now, as then, luxury and effeminacy have taken the place of the robust, if coarse, virility of an older time. The ravening passion for advertisement—by crime, if it can be had in no other way; the love of public ways which public manners breed; the court paid by society to mimes and mummers; the fierce rage for gambling and the sacrifice of every



August 1, 1906.

duty to pleasure; the vulgar display of wealth and the cynical indifference to anything that cannot be estimated in terms of money, which are among the marks of modern society, recall to some the time when Nero—the real originator of the doctrine of art for art's sake—burnt Rome to make a 'grand spectacular display' representing the downfall of Troy town. The vitality of the nation is being sapped by these causes and by others that need not be named.

"The strength and greatness of a nation do not lie in the sinew of its people, nor in the money bags of its traders, nor in the glibness of its orators, but in the devotion of its citizens to a lofty ideal of public and private duty, in their love for all that is true and good and beautiful, and their hatred of all that is false, evil, mean, and ugly."

**New Zealand Meat Horrors.**

LAST month we called attention to the American meat horrors and the Australian meat horrors. Since then, some new and startling revelations have come to the surface in regard to the meat trade of New Zealand. Mr. F. T. Moore, who has been connected with the meat trade in New Zealand for twenty-five years as a wholesale and retail butcher, manager of a freezing works, buyer of cattle, and exporter of meat, made some serious charges against the New Zealand meat at a meeting of the trustees of

the Wellington Hospital, and at their next meeting intends to move the following resolution:—

That, in view of the recent disclosures in America, the Wellington Hospital trustees ask the Premier to set up a Royal Commission for the purpose of publicly investigating the nature of the sources of supply, and the methods of the purveyors of meat for the city of Wellington, such commission to be empowered to examine persons connected with the trade on oath, search books and documents, and inspect premises in the interests of public health.

Mr. Moore certainly knows what he is talking about, and should be able to speak authoritatively in reference to this matter.

Mr. Moore said the Government was spending something like £20,000 a year on meat inspection, and yet was allowing the people to be poisoned by bad meat. It was well known in certain



quarters that the inspection of meat was a farce, and diseased cattle were passing by the hundred with a little "gilding of the palm." Practices that had been condemned in America existed in Wellington. He instanced several districts close to Wellington where he asserted there was no inspection at slaughter-houses, and declared that in consequence of this state of affairs, not one in a thousand carcasses killed was condemned.

He further said that we have slaughter-houses at which cattle and sheep are regularly killed without any pretence of inspection, that cattle slain at those places are rarely condemned, and that infected meat is regularly consumed by the people of the city. The people in the trade, it is asserted, are actuated by the same motives as the meat magnates in America—to make money—and as the rejection of animals involves loss, every device is used to have them passed, diseased or healthy. "There are cases in plenty where inspectors have been known to accept bribes for passing cattle which they know should be condemned."

It is some time, says Mr. Moore, since he had to do with the inner workings of the factories, but within ten years he has seen unborn calves taken from the carcasses of dead and sometimes diseased cattle, and used as sausage meat. Talking of pigs, he remembered on one occasion two clients (brothers) sending in a line of pigs to where there happened to be an honest inspector. The lot were pretty bad, and the inspector condemned ruthlessly, until one of the owners, hearing how things were going, telegraphed to them to stop killing. It was subsequently decided to allow the killing to proceed, but these pig farmers sent no more animals to that place—it was

really ruinous. A large percentage of pigs around Wellington were fed on the refuse of the city. They became ill, and when about to die were killed—for the market. If a pig was in too poor a condition for the open market, there were other uses—sausages and other small goods.

In a letter to the Press, Mr. Moore said,—

I want the Royal Commission to discover where diseased cattle and hogs come from—whether it is improper feeding or breeding that is responsible, and what are the best steps that can be taken to stamp out disease from our herds. A few years ago the tuberculin test was applied to our dairy herds, and much purging of diseased animals resulted. Probably this treatment should be applied to every beast in the colony, because it is obvious that the root of the evil should be attacked. The breeding and feeding of diseased cattle and pigs by farmers who are perhaps unconscious of what they are doing, is primarily the trouble that must be remedied. The butcher who buys these diseased animals is unconscious of their condition, and is loath to condemn his purchases when he finds upon slaughtering that disease exists. Consequently I am asking for an investigation of his methods, because it is wrong to let the public eat diseased meat. The rational thing to do is to attack the root of an evil, and this is what I want the commission for.

Another charge made by Mr. Moore is,—

When the hides of cattle and the skins of sheep were sent to the tannery, small pieces of fat adhering to them were scraped off, sent to certain works in Wellington, and treated chemically (impurities being bleached white), and sold as pure fat to biscuit makers! This was going on at the present time!

Mr. Gilruth, government veterinarian, in replying to this, said that even were such practice indulged in, the fat, being melted at a high temperature and refined, would be free from disease, and quite *wholesome* (?). On the subject of private slaughtering, however, Mr. Gilruth has repeatedly called attention in his annual reports to the danger to public health involved, owing to the absence of inspection and other necessary safeguards, and to-day he has to admit that uninspected meat is largely sold in Wellington.

### Sydney's Diseased Meat Consumption.

THE numbers of stock sold in 1905 at the municipal yards at Homebush and in the city of Sydney were 111,458 cattle (including calves), 2,124,405 sheep, and 100,090 pigs. There were slaughtered during the same period at the Glebe Island abattoirs 83,324 cattle, 1,191,226 sheep, and 86,401 pigs. In addition to this, it is estimated that the private killing amounted to about 14,032 cattle, 466,589 sheep, and 6,794 pigs. No allowance is made in this for the stock which went direct to the abattoirs and private yards.

How much of this immense amount of meat is diseased, and unfit for human consumption, it may be difficult to determine accurately, yet anyone who has to do with the raising and killing of these creatures knows full well that disease among them is common. Probably no one can speak more authoritatively on this point than the chief inspector of the Glebe Island abattoirs. In 1902 he said, "If all the poor meat were condemned, *half* the population would have to go without any at all." If this statement is correct, and I have no doubt it is, there are consumed annually over 65,000 cattle, more than 1,000,000 sheep, and 50,000 pigs that are more or less diseased, and unfit for human consumption, in Sydney alone.

Then again, at the works of the Sydney Meat Preserving Co., at Auburn, where at present 1200 sheep are daily killed for canning purposes, 1,191,226 sheep were killed last year. Yet of this number, only 112, we are told, were condemned, whereas according to the statement made by the Glebe Island chief inspector, one-half of this number, or over 500,000, were unfit for consumption, and should have been condemned.

What about inspection of butcher shop meat? The City Health Officer states that the inspection of meat in the butchers' shops with the intention of preventing the flesh of diseased animals from going into consumption is absolutely useless, because the diseased organs, which give the only visible evidence of disease in the animal, are usually separated from the carcass before reaching the butcher. Then again, meat which was sound, or apparently sound, at the time of inspection, may in hot weather rapidly deteriorate in condition, and be quite unfit for food a few hours later.

The only safe course for anyone to follow is to leave dead things alone, since even if the animal is not diseased, putrefaction always begins in the flesh the moment the creature is killed. Such flesh is unfit for consumption, and dangerous long before the putrefaction reaches the stage where it can be detected by the olfactory nerves, or sense of smell. During warm weather, putrefaction takes place very rapidly.

Do NOT despise any opportunity because it seems small. The way to make an opportunity grow is to take hold of it and use it.

### Cruelties Connected with the Meat Trade.

A CORRESPONDENT to the *Sydney Telegraph* gives the following vivid description of how the creatures that supply Sydney with meat, are treated previous to being slaughtered:—

Under the staring arc lamps the long cattle train drew in to the platform. Most of the trucks were double-deckers loaded with sheep—poor, pitiful creatures they looked. To the right, as the train drew into the cattle siding, the pens could be but dimly seen under the rays of the moon.

As the train drew up, out jumped a crowd of drovers, surrounded by a pack of mongrel curs, yapping and snarling at one another.

From the trucks, down a platform from the upper half, straight along from the lower half, the sheep, in bewildered streams, escaped, herded by the dogs and the drovers, through gates, into a broad, paved alley-way, off which the pens they were to spend the night in were situated.

What careth  
Greed for the  
comfort of  
dumb brutes?



There had been heavy rain during the day, and the alley-way and the pens were covered with a coating of muddy slime, on which both men and animals slipped in their endeavor to gain a footing. Certain gates—that, "in the ages that have gone before us," may possibly have been whitewashed, with the idea of keeping a semblance of cleanliness and purity about them, though now they are a khaki color, owing to the passage of many sheep and the spattering of much mud,—were opened. Into these, by some preconcerted agreement or arrangement, certain of the sheep were driven, accompanied by much yapping of the canine mongrels, and much revolting profanity, aided by kicks from the drovers.

It was only a case of "out of the frying pan into the fire," for if these poor dumb creatures had been herded into the trucks, close packed, and unable to move, they were little better off in the pens. They were driven in, however, as many as a pen would hold, to wait the long night through in cruel discomfort. Here and there, as the hours crept by, one would sink to the ground, and stay in that position in the mud and slush. Not more than one in three could lie down, putting it at the biggest average, and the fitful bleating of those unable to find comfortable accommodation, was pitiable in the extreme.

Personally, I saw about thirty pens with sheep in them, and in not one instance was there any feed or water.

So much for what I saw.

Many of these sheep had come long distances. Many of the cattle to arrive during the night would also have covered many miles in the train. This is necessary if Sydney is to be supplied with beef and mutton.

That is not all. Once the sale has been effected, the poor brutes are driven along the road to the Glebe Island abattoirs, to be slaughtered. They are given no rest, no time to put on condition and cool their heated blood, but are slaughtered as soon as they arrive. One after the other they are given the happy dispatch, skinned, and the carcasses hurried off to the buyers, who will either freeze them for export or cut them up for retailing in Sydney and its suburbs.

### Tea and Meat as Causes of Physical Degeneracy.

(Talk by the Editor, at the Sydney Sanitarium.)

THAT physical degeneration exists there can be no doubt. The strongest proof of this consists in the amount of discussion as to how it is to be overcome, and the fact that in all civilized countries commissions have been appointed to inquire into its causes.

The use of alcohol, cigarette smoking, and the use of tobacco in any form are universally recognized as causes of degeneracy. Work now begins late and ends early. Shorter hours for labor is the cry everywhere, presumably to enable the young men and women to lead healthier lives, but does it? Just the opposite is the case. To cease work early in order that the evenings may be spent in the morally and physically unwholesome city atmosphere, in saloons and theatres, etc., is not invigorating either to body or mind. Work cheerfully engaged in is one of the best safeguards against mental and physical decay. The healthiest and longest lived are to be found, not among those whose hardest work consists in dodging hard work, but among those who put heart and soul into all they do.

But there is a cause unrecognized for this drowsiness, lack of ambition, and dislike of work, and the consequent poverty and rags seen everywhere; what is it? "Be not among winebibbers; among riotous eaters of flesh: for the drunkard (one who drinks for the sake of producing stimulation or exhilaration, and not for the purpose of quenching thirst) and the glutton (one who lives to eat and does not eat to live) shall come to poverty: and drowsiness (which it induces) shall clothe a man with rags." Prov. 23: 20, 21. All artificial stimulation is followed by depression, drowsiness, and lack of ambition.

The evils arising from the use of tea, I am convinced, are not understood or appreciated by the people. Medical men are forced to recognize the relation that tea-drinking sustains to many of the diseases of modern times. The characteristic sallow skins, pinched faces, irritable nerves, and much of the impatience so many deplore in themselves, may undoubtedly be traced largely to the use of this beverage. Women are the chief sufferers, for the reason that they partake more freely of it.

The effects of tea, coffee, and cocoa upon the nervous system are more pernicious than that of alcohol in small quantities, for the reason that alcohol is volatile, and, naturally, is easy of elimination; while theine, caffeine, and theobromine—the poisonous principles found in tea, coffee, and cocoa—tend to accumulate in the system. Having for many years been connected with medical institutions where these physical and mental wrecks are often forced to come for aid, I have seen not only the evils resulting from the use of these beverages, but have also had the privilege of witnessing the marvellous improvement that may take place when the habit is discontinued.

In regard to the use of flesh as food, the leading medical authorities and physiologists agree that flesh is not the most suitable food for man, since it fills the system with insoluble urates and other organic wastes and impurities, preparing it for germ or parasitic diseases. By the irritation produced and the extra burden thrown upon the kidneys and liver in eliminating these, they either become diseased or wear out prematurely. It is for this reason that the man with Bright's disease is always recommended by his physician to abandon the use of meat.

Disease exists among the domesticated animals, because they are kept under unnatural conditions; their flesh is diseased. Cancer and tuberculosis are known to be common among these creatures. Leading medical authorities have called attention to the fact that the prevalence of these diseases in mankind may be largely attributed to the use of the flesh of diseased animals. If we can obtain all the elements required by the human body in a pure state, without necessitating the shedding of blood or running the risk of contracting these and other kindred diseases, it would certainly be unwise not to do so. That this can be done needs no demonstration, for probably three-fourths of

the earth's inhabitants use no flesh whatever.

Numerous instances might be cited to show that physical and mental vigor are improved by abstaining from the use of flesh. The great burdens raised and carried long distances, the feats of endurance in running, journeying, and laboring, which are common among the peasantry and soldiery of Europe, Asia, and Africa, who live upon the simple products of the earth, are considered almost incredible in flesh-eating communities. The Japanese wrestlers, who are gigantic in size, have subsisted for ages upon a non-flesh dietary. The Spartans probably stand unequalled in the history of nations for muscular power, physical energy, and ability to endure hardships; yet they were vegetarians, as were also the armies of Greece and Persia in the time of their conquests. The English peasantry, reared on practically a fleshless diet, have been for ages the backbone of English power. Scotch Highlanders, Irish peasants, and the Englishmen of the North, have, until recent years, been practically vegetarians. When the city of Glasgow had grown to a town of 30,000 inhabitants, the slaughter of bullocks for the market was unknown. Smiles, in his "Life of George Moores," says that "stalwart sons and comely maidens were brought up on porridge, oatcakes, and milk."

In a country like Australia, which is capable of producing fruits as fine as I have seen in any country of the world, and all other wholesome products, there can be no reason why its people should regard flesh as a necessity. Flesh should be used only in the absence or scarcity of purer and more wholesome foods.

It is a fact that the majority ignorantly spend their money for that which stimulates, but is not bread, and their labor for that which can never truly satisfy. As long as this ignorance exists, disease and physical and moral degeneracy will continue.

### Vegetarians for Nearly Seventy Years.

MR. WILLIAM PENN ALCOTT and his sister, Mrs. P. A. Crafts, though nearly seventy years of age, do not know the taste of meat. Being personally acquainted with Mr. Alcott, who is still in possession of excellent health, it affords me pleasure to give the secret of his usefulness in old age in his own words. For more than forty years Mr. Alcott has been engaged in preaching. Though sixty-

eight, he looks forward to many remaining years of usefulness in his gospel work. He says,—

"I have never been confined to my bed by sickness one whole day since I had the croup at seven. Have never taken any medicine. To this time, as with Cornaro, dry bread is so sweet I am in danger of overeating, and I can enjoy a meal of vegetables, fruits, or cereals, unsweetened, unsalted, or unheated.

"As my sister and myself never knew the taste of flesh, fish, or fowl, we have had no



The Farm Manager at Avondale School Among His Beans.

difficulties to overcome. We were brought up to relish unbuttered bread and the simplest food. Prepared cereals were unknown in my childhood."

Mr. Alcott has been a vegetarian in Greenland, a vegetarian in Jamaica, and from the Rocky Mountains to Damascus and the deserts of Arabia. He has lived a protest to that philosophy which says consistent vegetarianism is incompatible with natural circumstances. "Occasionally pinched on diet for a meal or two," he says, but still can assert that he never tasted flesh, fowl, or fish.

But abstinence from meats is not alone

responsible for the excellent physical condition they have enjoyed. Tea, coffee, and condiments, as well as pickles, sauces, and vinegar, have been eschewed.

"And I have been exempt from the consciousness of possessing a stomach," is the testimony of Mrs. Phoebe L. Crafts, "so perfectly have the digestive processes gone on. My appetite has been uniformly good, and my simple food has been near enough to nectar and ambrosia to give me satisfaction. That the future is with the vegetarians I have no shadow of doubt. Already the current is quickening and sweeping in many from all lands to a belief in this reasonable, humane, and heaven-ordained system."

#### Alcohol,—as a Food,—as a Drug.

SIR VICTOR HORSLEY recently at a lecture delivered at Caxton Hall, London, said that alcohol was not a food in the popular sense of the term, and even in small quantities diminished cerebral and muscular activity.



A Vineyard at Avondale School, Cooranbong, which produces grapes for table use, and for pure unfermented grape wine.

Its apparent bracing up and warming effects were deceptive; nor from the social standpoint could he accept the view that its use was essential to gaiety. His total-abstaining acquaintances seemed to him more cheerful individuals than those who took alcohol. As for the domestic use of alcohol in cases of faintness, it was superfluous and undesirable, for even in small doses it weakened the heart muscles; hot water was a most efficacious remedy in such cases. Medical men had changed their views as to the value of alcohol as a drug and had given up its use. The more one saw of life during disease the more one recognized that alcohol was not an ad-

vantage but the reverse.

In Germany the Imperial and Prussian Governments have passed measures for restricting the consumption of intoxicating liquors. Some official figures have just been published, which show how necessary it is that some steps should be taken to inculcate habits of temperance among the people. The writer of an official article on the drink question in Germany has calculated the amount of money spent each year on drink in Germany. It is three times the cost of the army and navy together, and more than seven times the cost of primary education in Germany. Its amount is almost equal to that of the German national debt, and so the German people, by leaving off drink for a year and a month, could pay off the whole debt.

Germany's liquor expenditure figures out at £134,517,600. By contrasting these figures with other German expenses, we find that for public schools the Empire spent, in 1904, the sum of £19,944,500; for working people's insurance, £20,848,800; and for the army and navy, £40,769,500. All these great public enterprises cost the German nation less than two-thirds of their alcoholic drink bill.

#### Talk Health.

"GIVE the body the nourishment, the exercise, the fresh air, the sunlight, it requires; keep it clean, and then think of it as little as possible. In your thoughts and in your conversation never dwell upon the negative side. Don't talk of sickness and disease. By talking of these you do yourself harm, and you do harm to those who listen to you. Talk of those things that will make people the better for listening to you. Thus you will infect them with health and strength, and not with weakness and disease.

"We can never gain health by contemplating disease, any more than we can reach perfection by dwelling on imperfection, or harmony through discord. We should keep a high ideal of health and harmony constantly before the mind."—*Selected.*

THEIR medical officer has informed the Poor Law Guardians of Sculcoates, Yorkshire, that thirty-five cases of sickness, including six deaths, in their workhouse, were caused by eating Argentine frozen meat.

### Alcohol and Athletics.

At the annual meeting of the Norwich Branch of the British Church of England Temperance Society, Mr. J. Bowman, Manager of the Norwich City Football Club, said that all his life he had been a total abstainer. He had engaged in all forms of athletics, and had experienced what a great benefit total abstinence was to anyone who took part in sport. They found on the football field that the player who was a total abstainer was quite a different man from the one who was even a moderate drinker. The total abstainer seemed to be full of life and vitality.



He could not be got at somehow. He had a sort of double life in him. He believed that the future of Great Britain as an empire largely depended upon whether the nation continued to be intemperate, or became a temperate one.

In concluding his speech, Mr. Bowman cited the following prominent men in the athletic world as being total abstainers:— C. B. Fry, F. S. Jackson, G. O. Smith, Beats, Baddely, Bridgett, G. Ross, "Sandy" Tait, H. Smith, A. Shrubbs, Trumper, Darling, Rhodes, Duffy, and many others.

### A Rational Cure for Intemperance.

MR. CHARLES O. GROOM NAPIER (F. G. S.) was one of the first to suggest vegetarianism as a cure for intemperance. That it would have the effect of subduing the drink-crave he was led to believe by his own experience and that of two members of his family. "For," said he, "although we had been brought up to the moderate use of alcoholic liquors, we felt no inclination for them after becoming vegetarians."

Accordingly Mr. Napier experimented on twenty-seven cases of intemperance. Some were cured in six weeks, but every one within

a year. One was a gentleman who had been of intemperate habits for thirty-five years. He was cured in seven months, during which time his weight increased twenty-eight pounds.

In fact it is *impossible* for anyone, no matter how great a drunkard he may be, to live exclusively upon fruits, breads, and nuts, for six months and still possess a craving for either tobacco or alcohol. I might cite numerous cases that have come under my personal observation to demonstrate these acts.

That it is *possible for a hereditary craving* for alcohol to be cured by a change of diet will be seen from the following:—

"A working man whose father had died of delirium tremens, and his mother in a lunatic asylum through drink, inherited the drink-crave. He was well brought up by sober, God-fearing people, and taught to abhor the very name of drink. But little by little the craving awoke and grew within him. He fought, wrestled, prayed against it, in vain. 'Every morning,' he pathetically said, 'I pray that I may be kept till night. . . . I live a daily martyrdom. . . . I feel as if every pore in my skin, every cell in my body were a mouth, and that all these mouths were crying for drink, drink, drink! . . . I'm afraid I shall fail and be lost after all.'"

But he fell into good hands. Salt, pepper, and meat, were taken away from him. In a month's time he was able to say, "Nine thousand of the ten thousand voices have ceased crying 'drink,'" and before a year was passed he was busy helping in the temperance movement.

### How the Desire for Alcohol is Created.

THE late Dr. J. C. Jackson of New York wrote,—

"Children brought up only on milk and grains, fruits and vegetables, simply cooked, leaving alone flesh-meats, condiments, and stimulo-narcotic table-beverages, *never become drunkards*. The love for simple food cultivated in childhood can never under any circumstances be lost!" On the other hand he said: "Give your child the fattened flesh of animals, the salt, pepper, and spices, which are used in the preparation of flesh for food, and which always irritate the mucous surfaces of the stomach and bowels; give him stimulo-narcotic drinks, such as tea and coffee, with light beer and

wine on occasions, and through the heated condition of the blood made out of such food, your boy has begun to be a drunkard."

Dr. Calvin Cutler, in "Analytic Anatomy," remarked, "Parents mourn over many ill-effects of unrestrained passions and moral deterioration of the rising generation, while in truth they are too often but the legitimate harvest of the seed they have themselves unconsciously sown in the form of stimulating foods and drinks."

### Legislation Against Juvenile Smoking.

FROM facts gathered by the Scottish Anti-tobacco Society, we learn that there exists a general recognition of the fact that tobacco is injuring our youth. Laws prohibiting the sale of tobacco to youths are to be found in nearly all civilized and some semi-civilized countries. Some draw the line at thirteen, others at sixteen, seventeen, and some at twenty-one years.

Viscount Hayashi, Japanese Minister in London, states that there is a law in Japan prohibiting persons under twenty from smoking. Parents or guardians who allow their charges to smoke are punished by a fine not exceeding one yen (about two shillings). Tobacconists who knowingly sell tobacco to a youth for his personal use are punished by a fine not exceeding ten yen (about one pound).

From facts collected by the same Scottish Society, it appears that at least nine legislatures within the British Empire have passed laws against juvenile smoking. So far as Canada is concerned, the prohibition extends to the age of eighteen in Ontario and New Brunswick, and to the age of sixteen in Quebec, Nova Scotia, Prince Edward Island, British Columbia, and the Northwest Territories. In Cape Colony an "act to prevent the supply of tobacco to youths" was passed. This act provides that "it shall be unlawful for any dealer to sell, supply, or give any tobacco, cigars, or cigarettes, to any person under the age of sixteen years, unless on production of a written order signed by the parent, guardian, or employer of such person known to the said dealer, and any person contravening this section shall be liable to a penalty not exceeding five pounds for each and every offence, or in default of payment, imprisonment for a period not exceeding one month."

In Tasmania smoking is forbidden to children under the age of thirteen.

THE Wisconsin, U. S. A., anti-cigarette law, which Governor La Follette has approved, absolutely forbids the sale or giving away of those pestiferous rolls of poison, to anyone, minors or adults. The penalty may reach £100 or six months' imprisonment.

### Out of the Cities.

It is estimated that about three generations of city life prove fatal to the average city family. The city population has in the past been maintained by drawing upon the rural population. Everything about the modern city is unnatural. The odors one encounters are anything but pleasant; the eyes behold only the artificial displayed in show windows, or the hard bricks, stone, and mortar. The



ears hear continually the harsh, nerve-destroying noises connected with city life. Close confinement in cold, damp, cave-like offices, worse than prison cells, breathing air laden with dust, germs, and impurities, with food and drink naturally of a nature to narcotize or stupefy the brain and nervous system, thus rendering them unconscious of these unnatural conditions that it would be difficult otherwise to endure. These are associated with city life, and are the lot of the city dweller. Is it any wonder that race degeneracy in the cities exists? God's plan for man has been ignored and reversed. Man was placed at the beginning in a garden surrounded with singing birds, fragrant flowers, and trees pleasant to the sight and good for food; here he was to educate his children; under such conditions he was to train his little flock.

To maintain health, man must maintain conditions conducive to health. To regain health man must work his way toward Eden, or toward a country life. It is God's wish that man should be in health, but we all like sheep have gone astray. We are reaping the result in disease and degeneracy. The only hope is to hear and give heed to the message, "Come out of her my people that ye be not partakers of her sins and receive not of her plagues." The modern cities, like Sodom of old, are fast filling up the cup of their iniquity, and the Lord is just as truly

speaking to the inhabitants of these cities by the judgments which are at present seen in earthquakes, fires, floods, and plagues, saying as he did to Lot, "Arise, take thy wife and thy daughters, lest thou be consumed."

Lot had possessions and associates that it seemed hard to part with, so he lingered. "And while he lingered, the men sent to rescue him laid hold upon his hand and upon the hand of his wife and upon the hand of his two daughters; *the Lord being merciful unto him*; and they brought him forth, and set him without the city," and said, "Escape for thy life, look not behind thee. . . . Escape to the mountain lest thou be consumed." Lot fled none too soon to escape the terrible judgments that were hanging over the doomed city. In Lot's experience present city dwellers have a lesson that it would be well to heed, for



"How sweet to my heart are the scenes of my childhood,  
When fond recollection presents them to view."

similar judgments will be visited upon our modern Sodoms, that like ancient Sodom have become corrupt. The cities will be visited according to their sins, for similar causes will always bring about similar results.

To those in our cities who desire life, health, and true happiness, we would say, Escape to the mountains or hills where you may have the benefit of the pure, invigorating air of heaven—the breath of God, outdoor life, and natural surroundings to delight the senses. The only hope for the world, the only thing which can possibly save the civilized race from extermination is a return to those normal conditions under which man was placed by his Creator when he was given dominion over all the earth to subdue and rule it.

RELIGION, to keep sweet, must be used every day.

### Interesting Vegetarians.

MR. ENTO LANG, who takes the part of Christ in the Passion Play, the remarkable religious play which is enacted every ten years at Oberammergau, is practically a life-long abstainer from flesh meats. All the people who take part in this play at Oberammergau are practically abstainers from flesh foods. Those who have seen Mr. Lang report that he is one of the most remarkable living examples of physical manhood, and is as exceptional in mental and moral qualities as in physical development.

### Surgery in the Treatment of Cancer.—Is it Curative?

SIR JAMES PAGET, a most distinguished surgeon, in speaking of operations as a cure for cancer, once said: "I am not aware of a single case of recovery, and as to the influence of an operation in prolonging life, I believe the removal of the local disease makes no material difference in the average duration of life."

Dr. Mayo, in his outline of pathology, wrote: "After amputation of a cancerous breast under the most favorable circumstances, I believe that in ninety-nine cases out of a hundred the disease returns."

Dr. Macfarlane, professor of medicine in the University of Glasgow, wrote: "The operation never arrests, but uniformly accelerates the progress of the disease."

This is *certainly* the case when people continue to eat and drink after the operation as they did before. But by a thorough reformation of the habits of life, or the removal of the predisposing causes of the disease, there is no reason why complete recovery should not take place after an operation. Operations are indicated in many cases of cancer, and may prolong the life of the patient many years when reforms in living are at the same time adopted.

A SINGLE sunbeam is enough to drive away many shadows.

IT is hard to fail, but it is worse never to have tried to succeed.

### Peruna, a Patent Medicine. Fortified with Proof Spirit.

At the City Summons Court, Brisbane, Queensland, the firm of Messrs. Foy and Gibson was proceeded against by the Inland Revenue Department, upon a charge that they, not being the agents of a licensed victualler or wineseller, sold liquor in a less quantity than two imperial gallons, to wit, one bottle of peruna. They pleaded guilty, and the bench, agreeing to accept the plea, inflicted a fine of £10, in default one month's imprisonment. The fine was immediately paid.

Subinspector M'Kenzie handed a bottle of peruna to the bench for their examination. He explained that it had been found that peruna contained forty-two per cent. of proof spirit, and as it was intended to prevent such mixture being sold by drapers, grocers, and others who were in the habit of selling patent medicines, the present case was brought as a warning. He also pointed out to the bench that it was noticeable on the label of peruna, sold at 4s 10d per bottle, it was recommended



Peruna Seeks Victims Among the Children.

that it be given to children at the rate of a teaspoonful before each meal.

The Brisbane Telegraph, in a leader, says,—

"The State is put to tremendous expense to counteract the effects of the drink habit. Police, gaols, courts, lunatic asylums, poor houses, largely are the outcome of the evil. It is bad enough when individuals knowingly place themselves within the grip of the drink monster; but how much worse it is when

individuals who are unaware of their danger, are insidiously led into the habit by preparations such as that before the court this morning? What possible hope have temperance societies of effecting their excellent purpose, when such preparations are to be obtained, and are consumed for medicinal purposes? Is it not possible for the authorities to confiscate every bottle of the compound on which they can lay hands?

"It is to be hoped that this prosecution will be a warning, not only to those who unconsciously have been the medium of distributing the medicine in question, but also to those who are manufacturing, and assisting in advertising, such compounds in contravention of the statute."

### Does Cooking Meat Antidote Its Harmful Effects?

It is generally supposed that thorough cooking is all that is necessary to render diseased meat harmless. This is a great mistake. It is impossible to convert impure foods into pure by any such process.

Meat owes its harmful properties chiefly to two things: First, the germs, or microbes, which may give rise to disease in the flesh which is eaten; and second, poisons which may naturally exist in the flesh or which may have been produced in it by putrefaction. The germs are killed by cooking; but the poisonous substances found in meat, either as the result of decay, as has frequently been observed in canned salmon, or as the result of ordinary tissue activity, are not destroyed by cooking.

All flesh contains these poisonous substances. Uric acid is present in beefsteak in a proportion of fourteen grains to the pound; nineteen grains of the poison are found in a pound of liver, and seventy grains in a pound of sweet bread. These poisonous substances gradually accumulate in the body and give rise to neurasthenia, Bright's disease, calculus, and numerous other maladies. The poisons produced by putrefaction are often very rapidly deadly. Meat far advanced in decay, a condition frequently found in wild game and canned meats or fish, in which the putrefactive processes have begun, all contain poisons which are deadly in very small doses, and the cooking of such substances does not to any appreciable degree lessen their poisonous properties, as these poisons are not destroyed by heat.

### Another "Jungle."

#### THE AUSTRALIAN "JUNGLE."

THE New South Wales Government proposes to introduce a Pure Food Bill. Mr. T. Thrower, in speaking of its need, made a somewhat startling statement at the Legislative Assembly recently. He said, "As one who has some knowledge of factories in Sydney, I know that there is material for any one to write another book just as alarming and just as truthful as 'The Jungle.'" Being interviewed, he said,—

I based my statement on the evidence obtained by the select committee of the Sydney Labor Council. The Council has had a committee sitting for some time getting evidence on the subject, and it is the intention to ask the Government for a Royal Commission. It will be found that I had every justification for such a strong statement, and the public will be startled when full information is placed at its disposal. It has been proven that diseased poultry has been made up into "potted chicken" and "devilled ham." I could give you many similar instances if I had all the evidence of the committee with me. The information obtained by the Council proved to our satisfaction that the meat inspection is inadequate. We are also satisfied that meat (in consequence of the inadequate inspection) unfit for human consumption is sold in Sydney, and eaten by someone every day. Samples of diseased meat, portions of intestines, livers, hearts, etc., were submitted to our executive during our inquiry, and examined by an expert, who explained to us how the inspectors were very often fooled by the butchers placing healthy portions of the liver, heart, and lights by the side of diseased carcasses, the aforesaid healthy portions being used over and over again (like the old family ham-bone) during the day to mislead the inspector.

I could give enough of this matter to enable you to write another "Jungle."

### The Action of Drugs.

EMETICS do not act on the stomach, but are ejected by the stomach. Purgatives do not act on the bowels, but are expelled through the bowels. Diaphoretics, instead of acting on the skin, are sent off in that direction. Diuretics do not act on the kidneys, but the poisonous drugs are got rid of through that emunctory. The system recognizes drugs as poisons, or foreign products, and at once does its utmost to eliminate them when introduced.

### A Few Stubborn Facts.

ALL forms of animal life live about eight times their period of maturity, except man. He matures at about twenty-four. He should,

therefore, live nearly 200 years. But he drops into his grave while he is yet in his youth.

All the nutritive element that the body requires can be found in half a dozen articles which the natural hunger of a healthy human being should demand.

Mr. Gilman Low, of New York, was not a professionally strong man when he decided to test the vegetarian diet. As a result he lifted in public "one million pounds in a few minutes, lifting 1,000 pounds at a time."

It takes experience to convert theory into knowledge. Of all those who oppose the pure food diet, not one probably will speak from experience. True experience is based on carefully conducted experiments in harmony with science and the Bible.

### The Poisonous Smoking Carriage.

TO RIDE in an unventilated smoking carriage is just as bad (according to the *Lancet*) as the extremely bad practice of inhaling smoke. The poisonous effects of tobacco-smoking are most marked when the smoke is inhaled, or brought into intimate contact with the lung cells and conveyed directly into the blood. It is a rare smoking carriage in which there is not at least one person stupid enough to insist on the windows being closed, and for some reason or other the right of the smallest minority to poison his fellows in this way seems to be universally recognized.

I know of no single vice which does so much harm as smoking. It is a snare and a delusion. It soothes the excited nervous system at the time, only to render it more irritable and feeble ultimately. I have had large experience in brain diseases, and I am satisfied that smoking is a most noxious habit. I know of no other cause or agent that so much tends to bring on functional disease, and through this in the end to lead to organic disease of the brain.—*Dr. Sally, Surgeon of St. Thomas' Hospital.*

### The Cigarette as a Mathematician.

"I AM not much of a mathematician," said a cigarette; "but I can add to a man's nervous troubles, I can subtract from his physical energy, I can multiply his aches and pains, and I can divide his mental forces; I can take interest from his work, and discount his chances of success."—*Pluck.*

# THE HOME.

## To Bed with a Kiss.

Oh mothers, so weary, discouraged,  
Worn out with the cares of the day,  
You often grow cross and impatient,  
Complain of the noise and the play;  
For the day brings so many vexations,  
So many things oft go amiss;  
But, mothers, whatever may vex you,  
Send the darlings to bed with a kiss.



The little bodies get so tired trudging all day, that when night comes they are ready to drop down anywhere and go to sleep. They are tired as well as the mother, and have no judgment, for they have lived such a little while, and the world and its experience is new to them. The little troubles incident to childish life are so large, too, they fall with such crushing force, making comfort and sympathy a necessity, whereas those of riper years must perforce bear things alone. A kiss, a loving caress, a pleasant word, often dispels everything unpleasant, making sunshine where the clouds hung low.

There is no time more suited to the children than the hour "a'tween the lights," when the little ones can be cuddled close, loved, and kissed. And in all the long years that follow the influence of this precious time will be evident. It is not wise to hurry them along, for time passes so swiftly that before we realize it they are grown and away. To be able to enjoy the growing life, to go step by step through the various changes, is so gratifying, and recompenses for suffering and care.

Often a childish nature which seems cold and indifferent can be won by persistent effort. And to the childish nature that is warm and loving, the effect of some treatment is as though a beautiful sensitive plant were

denied the rain and dew and sunshine. It is cruel to treat coldly the little ones intrusted to our care. It is also slow murder. Give as freely of love and tenderness as you would wish to receive.

Is there anything sweeter than the little childish kiss? Anything more thrilling than the gentle yielding of the little form in your arms; anything more delightfully satisfying than that hour given the children, when all care and trouble are laid aside, the little clothes are unfastened, and the dainty bodies robed for bed. Never, never send them away alone, in the dark, but tuck them in, hug and kiss them, for it is such a little while, at the longest; then sometimes comes the weary nights and the wonderings where they are.—*Health.*

## Followed Her Mistress.

NEW YORK, March 20.—The story of a dog's affection for its little mistress from whom it would not be separated even by death, was brought here by the steamer *Columbia*, which arrived to-day from Glasgow. The *Columbia* had a hard experience with the wintry gales which swept the Atlantic during her entire voyage, and the tossing and pitching to which the steamer was subjected contributed largely to the pathetic tragedy.

Among the passengers on the steamer was Andrew MacDonald, who was bringing his four-year-old daughter, Mary, to America for the benefit the sea voyage might be to her health.

The little girl's two collie dogs, Daisy and Ben, accompanied them, and until she was taken ill, Mary spent all her waking hours with her pets.

When the storm became more severe, the child became violently sea-sick, and last Wednesday night she died. The dogs missed their little mistress and whined constantly, until they were taken to the cabin where preparations were being made to bury the child's body at sea. When the body was taken on deck the dogs were permitted to follow, and during the reading of the funeral service the collies tugged at the leashes which held them.

As the child's body was lifted to the rail and slid overboard, Daisy broke from the man who held her, and leaped into the sea just as the body of her little mistress disappeared beneath the waves. The dog was drowned.—*Boston Record.*

### In Contact with Nature.

THE Creator chose for our first parents the surroundings best adapted for their health and happiness. He did not place them in a palace, or surround them with the artificial adornments and luxuries that so many to-day are struggling to obtain. He placed them in close touch with nature, and in close communion with the holy ones of heaven.

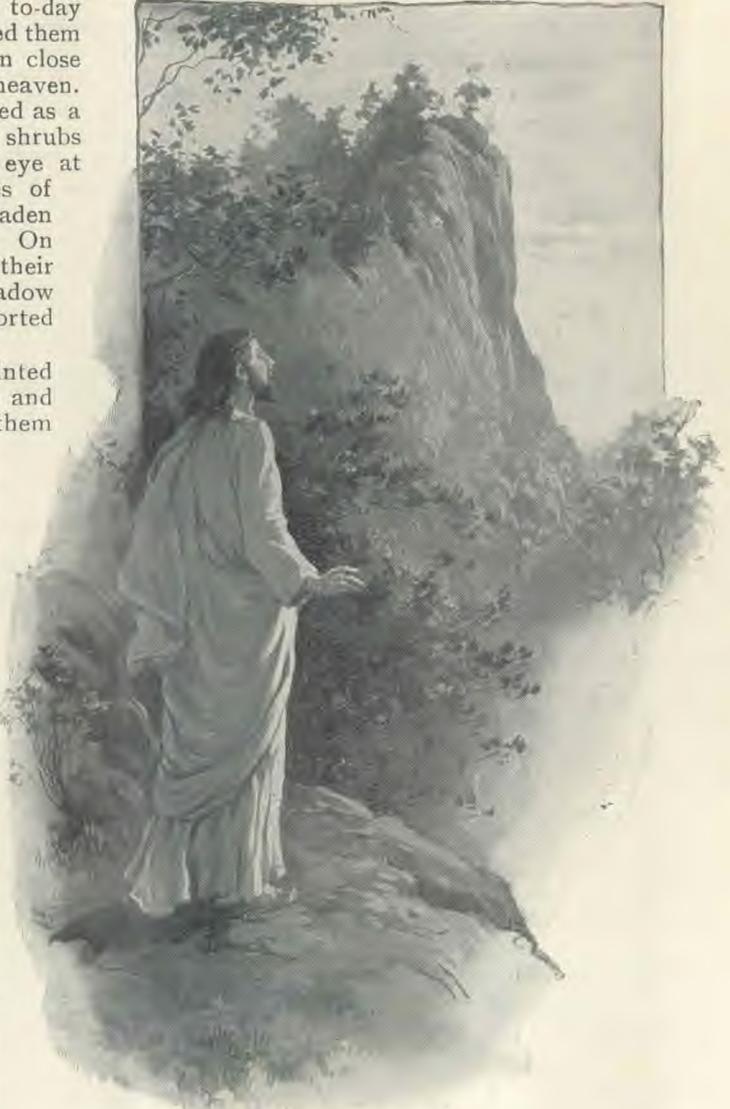
In the garden that God prepared as a home for His children, graceful shrubs and delicate flowers greeted the eye at every turn. There were trees of every variety, many of them laden with fragrant and delicious fruit. On their branches the birds carolled their songs of praise. Under their shadow the creatures of the earth sported together without a fear.

Adam and Eve in their untainted purity, delighted in the sights and sounds of Eden. God appointed them their work in the garden, "to dress it and to keep it." Each day's labor brought them health and gladness, and the happy pair greeted with joy the visits of their Creator, as in the cool of the day He walked and talked with them. Daily God taught them His lessons.

The plan of life which God appointed for our first parents has lessons for us. Although sin has cast its shadow over the earth, God desires His children to find delight in the works of His hands. The more closely His plan of life is followed, the more wonderfully will He work to restore suffering humanity. The sick need to be brought into close touch with nature. An outdoor life amid natural surroundings would work wonders for many a helpless and almost hopeless invalid.

The noise and excitement and confusion of the cities, their constrained and artificial life, are most wearisome and exhausting to the sick. The air, laden with smoke and dust, with poisonous gases, and with germs of disease, is a peril to life. The sick, for the most part shut within four walls, come almost to feel as if they were prisoners in their rooms. They look

out on houses and pavements and hurrying crowds, with perhaps not even a glimpse of blue sky or sunshine, of grass or flower or tree. Shut up in this way, they brood over their suffering and sorrow, and become a prey to



their own sad thoughts.

And for those who are weak in moral power, the cities abound in dangers. In them, patients who have unnatural appetites to overcome are continually exposed to temptation. They need to be placed amid new surroundings, where the current of their thoughts

will be changed, they need to be placed under influences wholly different from those that have wrecked their lives. Let them for a season be removed from those influences that lead away from God, into a purer atmosphere.

Institutions for the care of the sick would be far more successful if they could be established away from the cities. And so far as possible, all who are seeking to recover health should place themselves amid country surroundings, where they can have the benefit of outdoor life. Nature is God's physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving.

Physicians and nurses should encourage their patients to be much in the open air. Outdoor life is the only remedy that many invalids need. It has a wonderful power to heal diseases caused by the excitements and excesses of fashionable life, a life that weakens and destroys the powers of body, mind, and soul.—*"Ministry of Healing."*

#### A Worthy Enterprise Suggested by a Correspondent.

"I WANT to tell you how much I appreciate all your new leaflets on 'Dietetic Errors,' 'Food Guide to Health,' 'Tobacco Habit,' 'Stimulants,' 'Tuberculosis,' 'Appendicitis,' etc. I want to see them freely circulated. I would like to suggest that a fund be opened in the GOOD HEALTH for contributions from persons who would like to assist in the free distribution of these pamphlets.

"I will be one of twenty-five or fifty persons to give £1 toward such a fund, and should be pleased to see it opened in the August number of the GOOD HEALTH.

"I am carrying these pamphlets and the GOOD HEALTH to doctors, and leading business and professional men, and ministers, and presenting them to them, and conversing on these subjects. So am thus giving a good many health talks." G. B. STARR.

The above suggestion has been adopted and we will print the names of contributors together with the amounts donated as they are sent in.

G. B. Starr	...	...	...	£1 0 0
A friend	...	...	...	1 0 0

AN ounce of good conduct is worth a ton of emotion.

## CHOICE RECIPES.

**MAGDEBURG STEAK.**—Take one cup of cooked split peas, and one-half cup cooked haricots. Put these through a sieve or colander to remove the skins. Add salt, one teaspoonful of thick cream, a little milk may be needed if cream is very thick, also a little minced onion for flavoring if desired. Take six slices of bread, spread with this mixture. Dip in beaten egg, and lay on a well oiled baking-dish: place in the oven and brown, turn and brown on both sides. Serve with parsley sauce or brown sauce.

**ASPARAGUS WITH EGGS.**—Wash two bunches of fresh asparagus and boil fifteen minutes. Lay in an oiled baking-dish. Season with salt and one tablespoonful of thick cream. Beat three eggs just enough to break the yolks, and pour over the asparagus. Bake ten minutes in a hot oven and serve. Tinned asparagus may be used instead of fresh, omitting the first cooking.

**STUFFED POTATOES.**—Prepare and bake large potatoes of equal size. When done, cut them evenly three-fourths of an inch from the end, and scrape out the inside, taking care not to break the skins. Season the potato with salt and a little thick, sweet cream, or yolks of eggs (hard boiled), being careful not to have it too moist, and beat thoroughly with a fork until light; refill the skins with the seasoned potato, fit the broken portions together, and reheat in the oven. When heated throughout, wrap the potatoes in squares of white tissue paper fringed at both ends. Twist the ends of the paper lightly together above the fringe, and stand the potatoes in a vegetable dish with the cut end uppermost. When served the potatoes are held in the hand, one end of the paper untwisted, the top of the potato removed, and the contents eaten with a fork or spoon.

**CABBAGE AND TOMATOES.**—Boil finely chopped cabbage in as little water as possible. When tender, add half the quantity of hot stewed tomatoes, boil together for a few minutes, being careful to avoid burning. Season with salt if desired, and serve. One would be surprised to find what a tasty dish the addition of the tomato makes.

**BANANA FOOL.**—Rub one pound of skinned bananas through a colander, sweeten to taste, and flavor with orange juice. Mix lightly with a pint of custard, and serve in custard cups.

MEN who build good characters need never worry about their reputations.

NO MAN ever lost any time in the heavenly race by stopping to help another.



## QUESTIONS and ANSWERS

**Headaches.**—1. What causes headache over one eye, with vomiting of green fluid? 2. What treatment will afford relief?

*Ans.*—1. The headache is due to indigestion; probably a dilated and atonic state of the stomach. 2. Washing the stomach out by means of a stomach tube is the best means of affording relief. If you can not do this, drink a large quantity (two to four pints) of hot water. The addition of a little lemon juice may be of benefit. If the water is vomited, never mind, drink some more. This will wash the stomach out and secure relief a little later. In many instances it is well to administer a large enema. A fomentation over the stomach, followed by a bandage wrung out of cold water, covered with mackintosh and flannel, is also a good remedy in these cases; as are also a very hot foot bath, hot sponging of the chest, fomentations to the back between the shoulders, and special care in diet. Take great pains in masticating the food. Discard animal foods as largely as possible, also meats of all sorts. Make the diet consist chiefly of bread and fruits, with the addition of a little butter on the bread, or nuts rich in fat, such as pecans or pine nuts.

**Inflammatory Rheumatism.**—What treatment is advisable in inflammatory rheumatism?

*Ans.*—Rest in bed. Fast for a few days, eating nothing but water, fruits, and a little dry, well toasted bread or granose biscuit. The amount of food taken should be not more than one-fourth the ordinary. This will enable the system to burn up the debris, and will promote normal activities of the body.

Take a good sweat two or three times a day. Keep sweating much of the time by means of a hot blanket pack, hot fomentations, hot bottle, and other measures. A very hot full bath at a temperature of 105 to 110 degrees for three to ten minutes is one of the very best means of relieving pain in acute rheumatism.

Place a large fomentation round the joint morning and night, followed by a heating compress, which consists of a thin towel wrung out of very cold water, wrapped around the joint, covered snugly with mackintosh, then all covered with cotton or flannel. If there is much pain, and the cold water can not be endured, then after the hot fomentation apply a great mass of cotton, and cover this with mackintosh and flannel.

**Dizziness, Ringing in the Ears, etc.**—What is indicated by the following symptoms: dizziness, ringing in the ears, a sense of constriction in the small of the back, cold feet, black spots before the eyes, and a ravenous appetite?

*Ans.*—You are probably suffering with nervous dyspepsia, and ought to go to a sanitarium for a thorough examination, and instruction how to live. If you cannot do this, possibly the following suggestions will help you somewhat; adopt

a natural dietary. Take great pains to chew every article of food as thoroughly as possible. Do not worry. Live out of doors. Take a warm bath at night two or three times a week, and a cool bath every morning. Avoid all kinds of fried foods, and the excessive use of fats. Keep the bowels empty. Take a large enema at least three times a week, putting a little soap in the water. It is better to have the water a little cool, say at a temperature of seventy-five or eighty degrees.

### Diabetes.

At the rate of increase during the past ten years, diabetes will be seventeen times as frequent in fifty years from now as at present. The rapid increase of this disease, its causes and prevention, are freely discussed in a handsome little booklet by Dr. D. H. Kress, just off the press.

This booklet is full of useful information, not only for those who have this disease, but for all who desire to escape this and kindred degenerative disorders.

It has become fashionable to die of *old age* at fifty and sixty years. There are good evidences for believing that the normal length of human life, even in this degenerative age, may be increased to ninety or a hundred years.

Secure a copy of the booklet "Diabetes." Price, post paid, 3d. Address this office.

### A Friend Writes as Follows:

Dr. D. H. Kress,  
Wahroonga Sanitarium.

I feel I must express my appreciation of the July issue of the AUSTRALASIAN GOOD HEALTH. In it you mention unpolished rice as the staple food of about 700,000,000 Asiatics. I will quote Professor Knapp of the U. S. Department of Agriculture, Washington, recently returned from an official investigation of the rice industry in the Philippines, China, and Japan, as follows:—

"The reason the Japanese are so muscular is that they do not polish their rice. In American mills the outside coating of the rice kernel is rubbed off; first the outer husk is removed; second, the bran just within the husk is removed; third, the solid kernel is then rubbed to remove the rough protein surface and give the kernel a gloss. This is called polishing, and the material removed is called polish, one of the most nutritious substances in all cereals. Polishing removes more than three-fourths of the flavor, and one-fourth of the fibre material. In Japan, China, and India, polishing is not done, except for foreign markets. The Japanese outfitted the armies of Russia, Germany, England, France, and America, in the march on Peking. . . . The Japanese soldier can double-quick for fourteen hours and repeat it for days. The Japanese or Chinese may be shot through the body, if no vital part is cut, and scarcely notice the wound."

Yours faithfully,

ALEX. SMITH.

## NEWS & NOTES.

It has been estimated that over 600,000 lb. of tea are consumed in England daily.

THE British Government makes 50,000,000 dollars a year from its opium factories in India.

RACE degeneracy is shown by the steadily decreasing capacity of women for maternal nursing.

THE American meat trade at Birkenhead has now attained enormous proportions, involving £15,000,000 per annum.

THERE are in the city of Chicago no less than 280,000 habitual drunkards and 125,000 cocaine, morphine, and opium users.

IN Paris, there are 615 miles of streets, there are over 33,000 liquor shops—nearly fifty-four to a mile. In all France there are 463,967 liquor shops, an increase of more than 100,000 within twenty-five years.

THE cost of the recent war to Japan is estimated at about £177,000,000. This is an enormous sum. Still England spends annually over £180,000,000, and America £250,000,000 for intoxicating drink.

IN Germany, during the past five years, alcohol was found to be responsible for fifty-four per cent. of the accidents on water. Eighty-seven per cent. of all persons arrested and sent to the house of correction were intoxicated at the time.

THE Sydney medical officer for health for the metropolitan district has drawn the attention of the Board of Health to the fact that in his examination of reported cases of typhoid fever he had during this year detected several in which the source of infection was clearly traced to the consumption of oysters.

THE *Lancet* says: "Alcohol is, of course, a more insidious poison than tea, and its effects are more drastic and perceptible. Nevertheless, tea may be equally stealthy in disturbing functional equilibrium. As a factor in disease, excessive tea-drinking is very often overlooked and it does not occur to many persons that tea may be the source of their trouble."

DRUNKENNESS among women has so increased in Liverpool that out of 7,000 charges for drunkenness, 3,000 were preferred against women. An effort is being made there by the licensing branch to prevent women being served with intoxicating drinks before eleven o'clock in the morning. The Liverpool City Council have authorized its medical officer to placard the city with posters describing the mental, moral, and physical injuries

brought about by the use of alcohol. The posters will draw particular attention to the high rate of mortality among children of drunken mothers.

### VEGETARIAN GOLDEN WEDDING FEAST.

THE Rev. Henry S. Clubb, president of the Vegetarian Society of America, and Mrs. Clubb, recently gave a very unique vegetarian banquet in celebration of their golden wedding, at Frankford, a suburb of Philadelphia.

The Rev. Clubb, who assured his guests he was "seventy-nine years young," has been a vegetarian longer, probably, than any other person in the United States. He has eaten no flesh foods for sixty-nine years, adopting the vegetarian diet when he was nine years old.

### KILLED THROUGH VANITY.

EXTRAORDINARY medical evidence was given at the inquest at Southwark recently on Jane Sex, aged forty-five, lately in service.

Dr. Stephen Robert Thompson said that when he was called in he had to release the woman's corsets, which were pressing very tightly round her, and when he made a post-mortem examination he discovered that the liver was nearly cut in half, or forced in two. He believed she was wearing two pairs of corsets at the time.

The Brother: I cannot believe that death was due to tight-lacing.

Death was shown to be due to heart failure, accelerated by the pressure of the liver on the heart caused by the corsets. The jury returned a verdict in accordance with the medical evidence.

### THE INCREASE OF INSANITY.

THE director of the Chicago Lunatic Asylum, in some recent statistics, attests an enormous increase in mental maladies within the last few years. He states that in Chicago one person in 150 is insane. The percentage has increased four-fold in fifty years, and shows a more rapid increase than is to be found elsewhere in the whole world. The director goes on to say (according to the *Liverpool Post*) that at the present rate of increase one-half of the American race will be insane within 500 years, and that in another 200 years the present civilization will be annihilated.

Does civilization kill? Wherever civilized habits gain a foothold it means death to its people. Of alcohol, tobacco, and the free use of meats, tea, coffee, etc., it may be said, as it is of the pale horse of the Apocalypse, "the grave followed with him."

### Are You Suffering from Constipation?

"CHRONIC CONSTIPATION prevails to an alarming extent in civilized countries. It is safe to say four-fifths of the population are affected with it to a greater or less extent."

"In every case permanent relief may be promised, no matter how chronic the condition, providing no growth or organic obstruction exists, which is extremely rare."

These are extracts from a valuable little work which has just been published, entitled "CHRONIC CONSTIPATION," by D. H. Kress, M. D., Medical Superintendent, Sydney Sanitarium, Wahroonga, N. S. W. After carefully discussing the evils resulting from this malady, the Doctor takes up in detail the primary and secondary causes, the correct diet to be followed, and the rational treatment to ensure permanent relief. A number of successful cases which have been treated are also given which prove that the treatment suggested is effective. 48 pages, 6d., postage, 1d. extra. **Signs of the Times, Warburton, Victoria.**

EGG POWDERS?

CHEMICAL analysis, according to a report from the Board of Health, Sydney, shows the entire absence of egg in so-called egg powders. Of what are they composed?—One of the powders consisted of wheat flour, baking powder, ginger, and tumeric; whilst a second, a liquor, consisted of nothing but an aniline dye known as acid yellow.

MORE ADULTERATED FOOD.

Mr. JAMES R. MANN, speaking in the House of Representatives of the United States, in favor of the Pure Food Bill, exhibited a number of foods which had been adulterated. A bottle of cherries had been picked green. The color had been removed with acid, and the fruit had been dyed a bright red with aniline dye. Liquid taken from the bottle dyed a piece of cloth scarlet.

A bottle was labelled pure honey, but its contents were entirely glucose, and contained a dead bee, in order to deceive the public.

Patent medicines were shown containing opium and cocaine. Mr. Mann said the taking of these medicines was largely responsible for the serious increase of the opium habit.

DISEASED RABBITS FOR CONSUMPTION.

AN EMPHATIC STATEMENT.

"ONE WHO KNOWS" writes to *The Sydney Telegraph*.—At the present time everyone is talking about the Chicago meat horrors. If the conaition that rabbits are sent to Sydney in was known by the public they would treat them the same way as the soldiers and sailors are treating American tinned meat. I know that at least ten per cent. of the rabbits that go to Sydney are totally unfit for human consumption.

Trappers are sometimes trapping in a paddock and the owner is poisoning in the same paddock at the time, and that poisoned rabbits are sold is a certainty. I have repeatedly seen trappers get rabbits with one and sometimes two hydatid cysts in them. The trapper merely sticks his knife into them and lets the hydatids run out, and sells the rabbit. Rabbits in all conditions are sent away. How they manage to sell them I can't say. I have seen trappers throw their rabbits down after they are cleaned, and their dog comes up and licks the rabbits about the kidneys, and then the rabbits are sold.

DISEASED MEAT SOLD IN SYDNEY.

A HEAVY FINE INFLICTED.

JOSEPH TURNER, of Berry, was proceeded against at the Water Police Court by Sydney Thomas Doidge Symons, an officer of the Board of Health, on an information alleging that he consigned for sale, to Messrs. W. Inglis and Son, of Sydney, two cows suffering from tuberculosis.

Sydney Symons said that he found the two cows in Inglis's saleyard, both suffering from tuberculosis. One beast had a large tumor in the throat, which was plainly visible. The other animal was far advanced in the pulmonary form of tuberculosis, was very wasted, and had a chronic cough. The animals were seized and removed to Botany. The animal which had the cough died on the

following Saturday night, while the other one was destroyed. The disease was so visible that anyone who knew anything about cattle could have detected it.

The inspector asked for a heavy fine. Turner, it was explained, was a butcher, residing at Berry, and is in the habit of buying diseased and very low cattle. Some of them he was in the habit of sending to town to private yards for supplying the trade, and thus got a large profit.

Mr. Macfarlane, S. M., fined defendant £20 for each of the animals consigned, with 6s costs, in default three months' imprisonment, with hard labor.

PULMONARY consumption each year kills in the United States alone 413,000 persons. A timely application of known scientific facts might save all these persons alive. The outdoor life, the simple life, the cold-air cure, and return to natural methods, are saving thousands. There is a way out of the wilderness of disease. There is health for every one who wants it, who is willing to curb his appetite, and to put himself in training for better things.

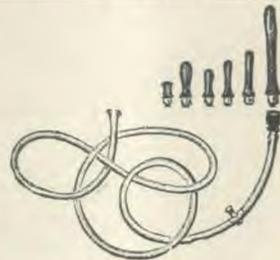
JUVENILE criminalism is on the increase, and England shows a higher percentage than any other European country examined.

COMMISSIONERS of Lunacy show a steady increase in the numbers of lunatics and idiots.

Combined Hot Water Bag and Fountain Syringe.



HOT WATER BAG.



ATTACHMENT TO CONVERT INTO A FOUNTAIN SYRINGE.

"The Household," Combined. Capacity 4 Qts., with 6 Fittings, Etc., Price 10/6, Carriage Paid.

"The Bon Ton," Combined, Capacity 3 Qts., price 7/6, Carriage Paid.

Hot Water Bags without Extras, "The Household," 2 Qts., 4/6; 3 Qts., 5/6; 4 Qts., 6/6, carriage paid.

Our Winter List of Requirements Free on Request.

PERDRIAU RUBBER CO., Ltd,  
270 George St., Sydney

## Australasian Good Health

ORGAN OF

International Health Association.

Issued Monthly in the Interests of Health and Temperance.

### SUBSCRIPTION RATES:

	PER YEAR
Single Copy, Post Paid, Commonwealth, 2s 6d	
..... Foreign & N. Z., 3s	
Clubs at Special Rates.	

Persons receiving copies of the GOOD HEALTH without having ordered them, may know that they are being sent by some friend, and that no claim will be made for payment.

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, Coorabong, N. S. W. E. C. CHAPMAN, *Manager*.

### 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, 2d, 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, 2d, 5s per 100.

**Consumption, or the Great White Plague.** Is it preventable? Is it curable? These questions are fully discussed. Advice is given for the afflicted. Price, post-paid, 9d.

**The Tobacco Habit—Its Origin and Spread.** It points out the nature and effect of the use of tobacco, and the easiest way to get rid of the habit. Single copy, post-paid, 2d.

**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, 4d, post-paid.

**Two Mothers' Experiences.**—This booklet is invaluable to mothers who have the care and training of children. Much practical instruction is given. Price, 3d, post-paid.

## Visit the Pure Food Vegetarian Cafe

Where All Foods Advocated by this Journal Can be Obtained.



Note  
Address.



Interior View of  
Dining Room.



Write for  
Our Price  
List.



45 Hunter St., near Cor. Castlereagh St., Sydney.

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

# Sanitarium Health Foods



Take the mind for the law  
from all care and trouble

"Diet cures more than doctor."

**GRANOSE** Has no equal as a Health Food. It is a Complete Food, containing all the elements of nutrition. It is Food for Babies. It is Food for Invalids. It is Food for All.

**Granose Digests in One-Fifth the Time of Ordinary Grain Preparations.**

Breakfast is incomplete without a dish of Granose Flakes. For dinner a couple of well-toasted Granose Biscuits with the other foods will insure thorough mastication and digestion of the meal. TRY GRANOSE.

**GRANOLA** The Queen of Breakfast Dishes, takes the place of the Dyspepsia-Producing Porridges. Granola is prepared from carefully selected wheat, corn, and oats. It is rich in Gluten. Each pound of Granola equals in nutritive value three pounds of beef steak. It is a partially predigested food. That heavy feeling frequently present after eating ordinary porridges is a thing of the past with those who use GRANOLA. It may be used in the preparation of puddings, roasts, and pastries.

**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.

## Foods Recommended by this Journal!

Send Your Order for Granose, Granola, Caramel-Cereal, Etc., to any of the following local HEALTH FOOD AGENCIES. Correspondence is invited.

Pure Food Cafe, 45 Hunter St., Sydney, N.S.W.

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.

AUGUST 1, 1906.

GOOD HEALTH.

**A Thoroughly Scientific Medical and  
Surgical Sanitarium.**

A Model Home for Invalids,  
where the Sick are tenderly  
nursed back to health.



# *Sydney Sanitarium*



Group of Patients.

Water, Electricity, Massage, Careful Regulation of Diet, Pure Air,  
Exercise, Rest, and a Variety of Other Patent and  
Rational Agencies are Employed in the Treat-  
ment of Disease. Competent Physi-  
cians and Nurses in At-  
tendance.

BEAUTIFULLY LOCATED IN WAHROONGA, A SUBURB OF SYDNEY,

FOR FURTHER PARTICULARS ADDRESS

Manager, Sydney Sanitarium, Wahroonga, N. S. W.