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Russian Peasants Obtaining Rational Physical Culture.

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Australasian Good Health.

Medical and Health News.

Food and Endurance.

THE boatmen and water-carriers of Constantinople were considered by Sir William Fairbairn, as stated in his "Report on Sanitary Conditions," "the finest men in Europe as regards their physical development, and they are all water drinkers. Their diet is chiefly bread; now and then a cucumber, cherries, figs, or dates."

Dr. Lyon Playfair, in speaking of the miners of Central Chili, says: "It is usual for them to carry loads of ore of two hundred pounds' weight up eighty perpendicular yards twelve times a day. When they reach the mouth of the pit, they are in a state of apparent exhaustion, yet after a brief rest, they descend again. Their diet is entirely vegetarian; breakfast of figs and small loaves of bread; dinner, boiled beans; supper, roasted wheat." Meat is not essential in doing hard, physical labor. As compared with some of the nuts, dried fruits, and legumes, meat shows a deficiency in all the food elements. For instance, the different food elements found in German lentils are as follows: Nitrogenous, 33 per cent.; starch, 30.3; free fats, 8.7; total nutritive value, 72 per cent. The total nutritive of the dark variety is 83.8 per cent.

Now compare the best beefsteak with German lentils: Nitrogenous, 19.3 per cent.; free fats, 3.6; total nutritive value, 23 per cent. In one pound of German lentils there is 12.7 per cent. more of the nitrogenous elements than in the meat, 30.3 per cent. more starch, 4.2 per cent. more free fats. Thus it may be seen that flesh foods are not necessary in order to furnish the human system with material for the development and maintenance of the muscle, brain, and nerve tissue,

Does Brain Work Kill ?

BRAIN work has never harmed anyone. Brain work in a stuffy room, brain work without sufficient muscular exertion, or brain work and over indulgence of the appetite has killed thousands. Brain work and worry has killed many more. But by omitting the brain work, the impure air, lack of exercise, overfeeding, and worry, would bring about the same evil results.

How to Make a Success of Life.

WHATEVER you undertake, do your best; you cannot afford to do less. Allow nothing to turn you from this purpose, to the right hand or to the left; "Then thou shalt make thy way prosperous, and then thou shalt have good success."

Do your own fault-finding with your own work. Do not seek to hide, or conceal, defects when discovered by others. Let others discover and talk of the merits, if any exist. Shut your ears to praise, for we do nothing at best as it ought to be done. Maintain always the attitude of a learner.

Milk and Longevity.

IT is estimated that the Bulgarians live longer than any other race in Europe, and that there are at the present time close upon 4000 men and women in that country who are centenarians. The astonishing longevity of this race is attributed to the fact that the people live chiefly on milk. Recently an Irish woman died at the great age of 105. For more than forty years she had lived only on milk, with a little bread. This was due in part to the fact that she was poor, and thus

compelled to have an inexpensive diet, and in part to the fact that she did not have to waste time in cooking or to spend much time over her meals. So excellently nourished was she by her simple diet that, when the post-mortem examination was made, it was found that, although she had heart disease, the rest of her organs were so well preserved that they presented the appearance which would be found in a woman of between thirty or forty.

Longevity in these cases is not due to the use of milk, but to the fact that the diet of these people is simple. Other simple whole-



One of Our Bovine Friends.

some foods would bring about similar results. Breads, nuts, and fruits are superior to milk and bread. The modern cook is man's great enemy. The great variety at meals and the many complicated dishes are responsible for the prevalent fermentation of foods and the consequent formation of the poisons which cause arterio sclerosis and premature decay.

Indigestion and Depravity. Are They Associated?

MUCH that is charged to depravity, is really due to indigestion. One suffering from auto-intoxication, one who is drunk on uric acid, or on the poisons and intoxicants generated in his own body, often does not really know what he is about. The brain is paralysed, or stupefied, by the poisons generated in the stomach. We sometimes hear of a man who has held a high reputation, suddenly committing some crime, and we think he must have been a hypocrite. This is not always the case. It may be that he has simply got into a miserable state of body. His whole system has become contaminated with poisons, until he has lost his health; his brain and nerve tone is lowered, and by and by his moral tone comes down with the rest. A high moral one depends to a wonderful degree on a

high physical tone and a high nerve tone.

Carefulness in the habits of eating, drinking, dressing, breathing, working, resting, etc., plays an important part in right living. Many a family quarrel between husband and wife, and much of the stubbornness in children, might be traced, with a little thought, to the transgression of the laws of health. In fact, all our joys and sorrows may be traced to obedience or disobedience of the laws of our being. Moses, in delivering to God's people anciently the laws upon which their prosperity and happiness depended, said, "I set before you this day a blessing and a curse; a blessing, if ye obey the commandments of the Lord your God, . . . and a curse, if ye will not obey."

The digestive organs are the blood and tissue forming organs. They are the great centres of nutrition of the entire body. When these centres become polluted, the entire body becomes polluted. When the stomach is sick, the brain is sick as well, and a sick brain leads to mental degeneracy and moral depravity. There is considerable truth in the old German proverb, "As he eateth, so is he."

The Virtue of Liniments.

THE general belief exists that liniments contain certain drugs which penetrate the skin and exert a restorative influence on inflamed muscles or joints. This is a mistake. They merely act as irritants to the skin and thus draw the blood from the inflamed areas beneath. It is the vigorous rubbing, with a certain amount of faith in the remedy employed, that effects a cure. We once heard of a man who was subject to abdominal pains and always kept by his bedside an "Old Reliable" to apply. One night in the dark by mistake he in haste took a bottle containing ink and rubbed himself as usual, with the usual good results. Faith and vigorous rubbing explain the virtues of the many liniments of repute.

The Chief Cause of Sleeplessness.

MANY people cannot sleep because they worry about their inability to sleep. The more vigorously such persons set themselves to coax sleep,—meanwhile becoming more apprehensive of failure,—the more likely does failure become. The case is notoriously the

same with nervous dyspepsia. Indeed, any part or function of one's body is apt to become disordered if we pay it too much attention. The higher part of the nervous system, that which is associated with consciousness, is wise when it leaves the lower levels to do their own business in their own way.

Seldom do we hear of a case of insomnia among the laboring classes. Hard, physical, out-of-door labor is without exception the best remedy for insomnia. "The sleep of the laboring man is sweet."

Anthrax among Cattle.

A SCARE was caused some time ago by the mysterious death of dairy cattle in and about Cootamundra. Some thought the trouble was anthrax, and more inclined to the opinion that it was due to poisoning. Later the town was startled by the information that an old resident in the person of Mr. S. Patten had died in the local hospital, and that death was due to anthrax. When it is stated that Patten had been at work skinning the diseased cattle, the conclusion would seem all too evident that the cattle had died of anthrax. Dr. Brennen, who attended Patten, said that it was unquestionably anthrax poisoning that was the cause of his death.

Leprosy Caused by Fish.

DR. JONATHAN HUTCHINSON, who has just returned from a visit to Switzerland, has been making further inquiries with respect to his theory that leprosy is caused by eating bad fish, and in a long letter in the *London Times*, he says he has confirmed his theory in a remarkable manner. He has found that in the villages in which the disease now occurs, cured fish of poor quality is imported and eaten in considerable quantities.

Amongst those, who, for varied reasons, desire to reform their diet, it is very usual to find many persons disposed to retain the use of fish, a natural error for the ill-informed to fall into, and all the more serious because of that.

More Startling "Jungle" Revelations.

SOME startling revelations have again been made in the meat trade in America. This time it is not the slaughter-house, but the cold-storage plants.

By the use of chemicals, it is reported, putrid flesh is converted into toothsome food. The tough meat of old hens is kept until it becomes putrid and tender; it is then chemically treated and sold for tender spring chicken. Americans are up in arms, and are determined to put a stop to this iniquitous trade.

In one week the Health Department of the city of Chicago condemned and destroyed 84,892 pounds of unfit foodstuffs.

Two of the largest cold storage plants—one a twelve-story building of the North American Cold Storage Company—in



Chicago were closed up, and in one case the manager was arrested by the police under instructions from the inspector of health. In these cases the bone of contention was the condemnation of 70,000 pounds of frozen poultry. Samples of the poultry were tested in the city laboratories, and they were pronounced *putrid, and dangerous to the lives of those who might consume them.* Immediately the results of this examination were made known, Secretary Pritchard ordered the poultry to be seized and removed to the city destruction yards. The samples were in such a putrid condition that they had to be drenched with formalin before they could be handled at all.

The same day the Health Department seized forty-eight barrels of decayed poultry in the cold storage house of A. Booth and Co. (the largest cold storage plant proprietors in the United States), and they were taken to the city destructors to be converted into fertiliser.

At the same time officials of the Health Department learned that three cartloads, or more than 300,000 pounds, of cold storage poultry in a similar condition had been hastily shipped out of Chicago. One car was sent to Canada, and the other two to New York.

In another case of the condemnation of 24,000 pounds of bad poultry, this lot of spring chicken was reported to have been stolen from under the noses of the vigilant health officers, according to the inspectors. The poultry was passed as decayed and fit for nothing short of soap, and was held under condemnation at the storage plant. The storage plant proprietors protested that it was in good condition, and appealed to the courts for an injunction restraining the Health Department from seizing and destroying it. With the injunction, the storage people were also commanded not to remove it. However, during the night, the bad poultry—the odor of which could be smelled with ease—was spirited away, and newly frozen poultry substituted in the condemned barrels. However, this deception was of no avail, as during the following day the bad poultry was discovered in the place to which it had been removed.

In addition to the seizures of poultry, many other articles, such as fifty barrels of oysters and 100,000 pounds of fish, have been seized inside of a few days. The fish had been in cold storage for over four years, and through neglect of the cold storage people, had been allowed to spoil. The oysters had been only nine months in storage.

City restaurants have also been inspected. Restaurants frequented daily by thousands of men and women, have been found to be in a filthy condition. The kitchen of one of the leading eating houses was said to be a "mass of moving vermin." Cockroaches were found running over dishes of uncovered foods, and rats were seen to scamper out from food receptacles. Over twenty restaurant-keepers have been cited to appear before the police for keeping dirty premises.

In one case, the inspector of restaurants found that the vast majority of the saloon free-lunch counters were supplied by a cook-shop which had its kitchen in an old disused stable, which had not even had the manure or dirty straw taken away from the floor. Not only was the kitchen in a filthy state, but all kinds of bad and putrid meats were being prepared into toothsome morsels for

the frequenters of the city hotel lunch-counters.

The meat trade from the slaughter-house, and even before, to the home of the consumer, is a continuous horror. We hope recent revelations may be the means of opening blind eyes, and turning men and women forever away from the consumption of a food that is associated with so much that is wicked. Come, let us receive our foods directly from the hands of nature. Here we may obtain it pure and unadulterated.

The supplies of ice cream are also numbered among the bad and injurious food products. Samples from the Drexel Ice Cream Company, one of the largest makers in Chicago, showed that the flavors were artificial, and that they were colored with coal tar dye.



Warrants for the arrest of this company were issued. In the production of ice cream, a great amount of what is called dessicated and condensed egg powder, is used, and this article has drawn the attention of the Health Department. In order to test the purity of this article, and its safe use by the public, inspectors paid a visit to the Chicago Condensed Egg Powder plant, and they found that almost in the shadow of the county gaol hundreds of eggs are converted daily into what the dealers call condensed form. So secretly is the business conducted, that many persons in the building at 196 Michigan Street have no suspicions. Food inspectors, working under Chief P. J. Murray, to-day changed the form from "condensed," so that it reads "condemned."

REV. T. DEWITT TALMAGE, in a sermon on "Tobacco and Opium," once said:—

One reason why there are so many victims of this habit is because there are so many ministers

of religion who smoke. They smoke until they get the bronchitis, and the dear people have to pay their expenses to Europe. They smoke until the nervous system breaks down. They smoke themselves to death. There has been many a clergyman whose tombstone was all covered with eulogy, which ought to have had the honest epitaph, "Killed by too much Cavendish."

There are ministers of religion to-day indulging in narcotics, dying by inches, and they do not know what is the matter with them. I might in a word give my own experience. It took ten cigars to make a sermon. I got very nervous. One day I awakened to the outrage that I was inflicting upon myself. I was about to change settlements, and a generous wholesale tobacconist in Philadelphia said if I would only come on to Philadelphia and settle, that he would all the rest of my life provide me with cigars free of charge. I said to myself: If in these war times, when cigars are so costly and my salary is small, I smoke more than I ought to, what would I do if I had a gratuitous and unlimited supply? And then and there I quit once and forever. It made a new man of me, and though I have since then done as much hard work as anyone, I think I have had the best health God ever blessed a man with. A minister of religion cannot afford to smoke.

Talk Courage and Health.

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

"AS HE thinketh so is he." Words are merely thoughts expressed. We might therefore say "As he talketh so is he." It is an easy matter for one who is in possession of health, to talk courage. It is difficult, however, for the one in ill health to do so. It is a necessity in the cultivation of the little health that we may possess, to persist in talking health. No one can regain health without cultivating the habit of talking hope, courage, and good cheer.

When meeting patients they frequently say, "Good morning, Doctor, how are you?" It would not do for me to say, "I am feeling *fairly* well, *but* I have a miserable pain in my back, a dulness in the head, etc., etc." They expect me to say what I always do say, "Excellent, I have much to be thankful for." I have noticed every time I give such an answer it gives me a mental uplift. The fact that physicians and philanthropists, in spite of irregular hours, live to advanced years, finds a partial explanation here. They spend their time in talking faith and courage to others. Mental influences affect one in a remarkable manner for good or evil. Every organ of the body is under the influence of

the mind. Mental depression means depression of the function of every organ. The man who grumbles has a grumbling stomach and liver, for as he thinketh so is the entire man. The dyspeptic who is continually talking about his disagreeable symptoms and complaining about providence, will remain a hopeless dyspeptic just as long as he continues to do so.

A few years ago, after one of my lectures delivered in Australia, a gentleman in the audience arose, and to illustrate the importance of talking courage and health, he said: "Several years ago while living in America, I became quite run down from overwork and worry, etc. Finally one morning I felt so indisposed that I hesitated about going to my office; the pressure of work that needed to be done at last led me to decide to go. On my way to the office I met a friend who said, 'Mr. T., you are not looking too well this morning.' I replied, 'No, I am not feeling too well.' Shortly after this I turned about and started for home. The next morning I felt even worse than the preceding one, but the knowledge of my work piling up on my desk led me to start again for the office. On the way I felt so badly that I determined to turn back again, but just then another friend—a friend in need and deed—met me and said, 'Good morning, Mr. T., this is a delightful morning, you are looking really well.' He spoke a few other hopeful words and then passed on. Those words were sufficient to give me the needed stimulus and I managed to get to the office. I began to work and soon forgot about my ill feelings. That night I started for my home feeling really well." He then turned round and to the surprise of the speaker said, "That friend was the lecturer of the evening." I could not recall this incident, it seemed such a trivial matter, but it led me to determine never to talk discouragement, disease, etc., but to talk health and courage and to brighten the hearts and lives of others. I have been aiming to do this ever since. It is sinful to do anything else.

I feel certain that the cultivation of this habit is partially responsible for the degree of health I possess. We often forget that there are roses and pinks as well as thorns and briars in life's pathway. It is not necessary *ever* to call attention to the thorns. I hear some one say, It is not difficult to talk courage when a person feels well, but it is easier said than done when a person is ill.

That is true, but to be a friend of humanity it is necessary to deny our morbid feelings and to talk of that which will minister grace to the hearer.

The more often this is done to help some fellow-traveller, the easier it will become. Could we see as God sees, the end from the beginning, and the purpose of His providences which we often are unable to explain, we would give thanks in everything.

The divine command is, "In every thing give thanks." It is just as necessary to obey this command as it is to obey any other. The promise is, "I set before you this day a blessing and a curse; a blessing, if ye obey the commandments of the Lord your God,



An Attractive Room in a Modern Sanitarium.

which I command you this day: and a curse, if you will not obey." It is sin not to obey this command, and "The wages of sin is death." Again, we have the command, "Rejoice *always*." We have no right to do any thing else but rejoice. If we could always know and see that all things work together for our good, we would be able to do so.

But since we can not see the end from the beginning, the only thing we can do is to trust in the Lord with all our heart. We may walk by faith and believe a loving Father permits us to pass through the very experiences we need to help in the development of character. This is after all the great aim of life. All things that come to man are designed of God as a blessing. But the "all things" can be a blessing only to those who recognize them as a blessing.

There are many who misinterpret these intended blessings. Like Jacob, they wrestle with them, supposing them to be an *enemy*. By their own mental attitude toward them, they convert the intended blessings into a curse. Every real injury we sustain is self-inflicted. The injury we sustain is brought upon us by talking doubt, and by complaining and dwelling upon the thorns in our pathway instead of the roses and pinks.

If we have only a little health left, let us be thankful for the little we have, and determine to make it a blessing to some one else. By doing so, more will be given. The poor widow's scanty supply of oil and flour increased by sharing it with others. A scanty fare for one may become a royal feast for two.

The disciples had not much to impart to the hungry multitude, only "five loaves and two small fishes," but Jesus commanded the people to sit down, "And Jesus took the loaves; and *when he had given thanks* [for the little they did have], He distributed to the disciples, and the disciples to them that were set down," and "the fragments of the five barley loaves, which remained over and above unto them that had eaten" were twelve baskets full.

Here we are taught an important lesson, one worthy of remembrance. If we would have courage and an increase of health, we must first of all give thanks for the little we

have, and then begin to break it—make use of it in blessing others. If we do, we too shall find, after the multitude has been fed we ourselves will possess more than we had when we began to impart.

Imagination and Disease.

IN "A Journalist's Note Book" Frank F. Moore tells an amusing and significant story of the influence of imagination upon health.

A young civil servant in India, feeling fagged from the excessive heat and from long hours of work, consulted the best doctor within reach. The doctor looked him over, sounded his heart and lungs, and then said gravely: "I will write to you to-morrow."

The next day the young man received a

letter telling him that his left lung was gone and his heart seriously affected, and advising him to lose no time in adjusting his business affairs. "Of course, you may live for weeks," the letter said, "but you had best not leave important matters undecided."

Naturally the young official was dismayed by so dark a prognosis—nothing less than a death warrant. Within twenty-four hours he was having difficulty with his respiration and was seized with an acute pain in the region of the heart. He took to his bed with the feeling that he should never arise from it. During the night he became so much worse that his servant sent for the doctor.

"What on earth have you been doing to yourself?" demanded the doctor. "There were no indications of this sort when I saw you yesterday."

"It is my heart, I suppose," weakly answered the patient. "Your heart!" repeated the doctor, "your heart was all right yesterday." "My lungs, then."

"What is the matter with you, man? You don't seem to have been drinking."

"Your letter!" gasped the patient. "You said I had only a few weeks to live."

"Are you crazy?" said the doctor. "I wrote you to take a few weeks' vacation in the hills, and you would be all right."

For reply, the patient drew the letter from under the bed-clothes, and gave it to the doctor. "Heavens," cried that gentleman, as he glanced at it, "this was meant for another man. My assistant misplaced the letters."

The young man at once sat up in bed and made a rapid recovery.

And what of the patient for whom the direful prognosis was intended?—Delighted with the report that a sojourn in the hills would set him right, he started at once, and five years later was alive and in fair health.

"CAN you tell me the meaning of the word 'peace'?" asked Miss Gray of a little boy who had just recited a patriotic poem in which the word occurred.

"Peace means when you ain't got no children," answered the child.

"How is that?" asked Miss Gray.

"When my mother has washed and dressed us six children for school in the morning, she says, 'Now, I'll have peace.'"

Getting Health Honestly.

ABSTRACT OF LECTURE BY FRANKLIN RICHARDS, M. D., L. R. C. S., AT THE SYDNEY SANITARIUM, WAHROONGA.

THERE is no easy way to health, no "royal road," no short cut. The only way to get health is to earn it; and to earn health, one must work for it. That principle was laid down when the decree went forth, "In the sweat of thy face shalt thou eat bread." Nothing worth possessing is obtained without honest, earnest, persevering effort.

Too often, work is despised, or regarded as a curse. That is a wrong conception of work, for work formed an important part of Jehovah's original plan for man's welfare. Before man sinned he worked, and had he kept on working, he would probably not have sinned. In beginning "God took the man and put him in the garden to dress it and to keep it." Does the fact that "the man" has been multiplied into "the men" exempt anyone from useful work?—No. He should still be engaged in dressing and keeping God's garden in order to carry out the original plan.

Work is a glorious thing. Jehovah Himself enjoys working. At the outset we see Him at work—creating things, making things grow. How Christ labored while here upon earth! And with what honest pride He uttered those wonderful words, "My Father worketh hitherto, and I work"! The Creator is still working. "It is God that worketh in you." He "healeth all our diseases" but

We Must Co-operate.

"My Father worketh, and I work." We are workers together with Him in the getting of physical, mental, or spiritual health. There is no other way in the world of obtaining health.

But you say, "What I need is the 'rest cure.' Overwork is the cause of my trouble." If it is, even then you should work; but you should not overwork. It is unsuitable work, and worry about work that brings illness. The hardest and the most unprofitable work in the world is worrying. For those who do this kind of work I would suggest a change of occupation. And for those who have really overworked, some easier work should be provided. Periods of rest should alternate with periods of activity. Those who are too weak to move a muscle, must have their muscles moved for them; the muscles must

be worked by another. This is an important part of the so-called rest cure, which is often a failure because this part is neglected. So even the rest cure to be of value must have combined with it

The Work Cure.

Too much ease is a cause of disease. Lack of exercise brings on old age prematurely. The heart becomes flabby, the wind short, the muscles grow weak, the arteries harden, the blood thickens, the skin gets "muddy," the eliminating organs clogged, and the intricate machinery of digestion deranged, and the brain and nerves are unable to do their work.

To remove the evil effects of inactive and sedentary living, the work cure must be employed. What the average sick person needs is a good stirring up. Exercise sends the blood bounding through the body in much the same way that the mountain stream dashes over rocks. As the blood passes through the lungs it is aired, as it tingles through the skin it is sunned; just as the mountain stream is cleansed, the blood is cleansed, provided the exercise is taken out of doors and accompanied by full, deep breathing.

Physical Culture.

In these days, when fully matured, physical culture experts, like mushrooms, spring up in a night, some strong man's system is ever before the people, and an opinion is often solicited as to which to adopt. It may be said of all systems of *severe* and *laborious* movements that they frequently injure and strain rather than build up and train the body. Much is claimed for them, little good is accomplished by them. Their object is the development of big, hard muscles; and this is sometimes accomplished through the weakening of the vital organs which have been drained of energy in order that an overgrown biceps might be fed.

Far superior to any of these systems is the original Edenic system of physical culture taken in a garden gymnasium, under the canopy of heaven. Here in the invigorating air and sunshine, exercises may be found for the weak as well as for the strong. Those who are too feeble to plant and cultivate fruits, flowers, or vegetables, may have strength sufficient to gather them. Even the weakest may lie and look and breathe and enjoy the quite restfulness of nature. Thus the art of repose and relaxation will be

learned, also the art of better breathing, which in itself is an excellent exercise.

The training of the mind is more important than the training of the muscles; the exercise of the will in the formation of health-promoting habits, strengthens the character—these are some of the more important things to which attention should be given.

Learn to use the diaphragm, the most important muscle in the body, and the one least understood and used by the average person. Attention should be given to (1) the balancing of the mental and physical systems, (2) the removal of inherited and acquired weaknesses, and (3) the correction of deformities due to habit and occupation, positions, and conventional clothing.



A Field for the Practice of Edenic System of Gymnastics.

To the first, special attention should be given by that large class of brain workers engaged in literary, business, scientific, and professional pursuits, as well as by those who have drained the nervous system by excitement and stimulation. There is also that large group of children who have inherited abnormally sensitive and excitable nervous systems. Those who belong to any of these classes would, doubtless, derive great benefit from several hours of light, useful labor each day in the open air.

Group two refers to those who have inherited, or otherwise obtained, weak stomachs and backs, weak lungs, or any other weakness. Suitable exercises will be given from time to time for the permanent cure of abnormal conditions, trunk exercises for the front, back, and side muscles, breathing exercises, and chest gymnastics, and remedial movements of all kinds. The correction of deformities

will also receive due attention in subsequent studies, and as women are the chief sufferers from the evil effects of unsuitable clothing, many of the exercises given will be specially adapted to their needs. Meanwhile let all who can, take an early morning walk, and work out of doors, thus engaging in the profitable business of getting health honestly.

A GOOD PRESCRIPTION.

If you're sick with something chronic,
And you think you need a tonic,

Do something.
There is life and health in doing,
There is pleasure in pursuing;
Doing then is health accruing,
Do something.

If you do not like the weather,
Don't condemn it altogether,

Do something.
It will make the weather clearer,
Life will sweeter be and dearer,
And the joy of heaven nearer;
Do something.

And if you're seeking pleasure,
Or enjoyment in full measure,

Do something.
Idleness! There's nothing in it.
If you're busy, don't begin it,
'Twill not pay you for a minute;
Do something.

Is Alcohol a Poison?

What Some Eminent Authorities Have to Say.

"Alcohol is always a poison, whether diluted or undiluted. The high death rate of drinkers proves that alcohol is a poison, and the number of diseases due to alcohol is a proof that it is a dangerous nerve poison.

"Total abstinence from alcohol is one of the greatest aids towards hygiene and attainable well being."—*A. Vickery, M. D.*

"British statistics prove that total abstainers from wine, beer, and spirits live longer—perhaps ten years longer, if they commenced at twenty—than persons who take alcoholic drinks. This tends to prove that alcohol is a poison, not a food, and that all use of it is abuse."—*C. R. Drysdale, M. D.*

"Ethyl alcohol is a poisonous matter, both for the human and animal organisms; its venomousness increases with the amount and frequency of the dose. But even when partaken of in the most temperate way, it plainly interferes with the functions of the various organs."—*British Medical Temperance Review.*

"Alcohol is a powerful protoplasmic or

tissue poison, acting primarily on the cellular elements, just as opium, mercury, phosphorus, and arsenic. Its action, as classified by all chemists and toxicologists, is really that of a narcotico-irritant poison."—*Capt. P. W. O'Gorman, D. P. H., Cantab.*

"Notwithstanding the apparent impunity with which diluted alcohol, in the form of various liquors, may be taken, pure alcohol is rapidly and certainly fatal when taken into the stomach without dilution. Alcohol in every form is still a poison, the rapidity of its effects being largely determined by the degree of dilution in which it is introduced into the system."—*J. H. Kellogg, M. D.*

"Alcohol is a poison, of which the habitual use destroys, more or less quickly, but inevitably, the organs most necessary to life,—the stomach, the liver, the kidneys, the arteries of blood, the heart, and the brain."—*Dr. Legendre.*

"Alcohol is a corrugator and paralyser of the living tissue, as well as a narcotic poison."—*I. N. Quimby, M. D.*

"The action of alcohol on the nervous system is that of a depressant, narcotic poison."—*W. V. R. Blyhton, M. D.*

Dr. Samuel Wilks, F. R. S., consulting physician Guy's hospital, London, says:

"I found it necessary to withstand the use of alcohol in medicine at an early period of my practice. It lowers the functions, causes degeneration of the nerve centres, and produces general paralysis, trembling lips, shaky hand, unsteady walk; muscles undergo a change; heart becomes fatty; nerves harden and thicken from neuritis. Digestive organs morbid, loathing food. Ulceration, thickening of the walls of the stomach and intestinal tract."

Walking.

WALKING is the best of all exercises if properly taken. One-half hour's walking out of doors daily, with the body in good position, chest well forward, head erect, chin drawn in, and abdominal muscles well contracted, is good. If one has the advantage of walking in the country, or on an unfrequented street, or elsewhere excluded from observation, he may practise several useful walking exercises, in addition to ordinary walking. The following will be found very excellent:—

At each step, in placing one foot forward, at the same time rise upon the toe of the other foot. Take pains, in placing the advance foot, to strike the ground with both

toe and heel at the same time. This is a very vigorous walking exercise, and should not be practised more than five minutes at a time.

Walk on tiptoes, with the fingers touching at the back of the neck, the elbows in line, taking pains to keep the chest well forward, head erect, and chin well drawn in. This exercise is one of the best means of curing roundness of shoulders and a stooped position in walking. Four or five minutes' daily practice in this manner will be exceedingly useful.

Pain.

BY DR. T. S. REEKIE.

WHAT is pain? Very few of us have not experienced pain, but how few can define it. There are, to begin with, so many different kinds of pain,—cutting, stinging, boring, continuous, intermittent,—variations in intensity and period of duration, ranging from excruciating agony to a tired feeling, and from continuous suffering to a single lightning-like twinge. Pain is the name for them all, and the difference is due to the position of the pain, the nature of the organ which suffers, or to the peculiar cause operating.

Pain in an exposed part of the body may be greatly intensified by conditions, which, under ordinary circumstances, cause us no extra discomfort. Some parts are more exposed than others, and not so easily shielded when sore.

The nature of the eye renders it more sensitive to the presence of a particle of grit of which another part of the body would be unconscious. And as to causes of pain, we can each call to mind the difference between a stroke from a cane and a blow from a ball.

One may say that pain is a cry of the nerves,—a language by which the nerves speak their needs,—a language of one word with many degrees of inflection. In time of immediate danger the cry is prompt, and so imperative that obedience is without hesitation. But at other times the warning is not given until the evil is upon us, or, again, some evil thing has robbed the nerves of power of speech.

Occasionally the nerves become too loquacious, hyper-sensitive, we say. They have become diseased in themselves, and the transmission of ordinary impulses along their course gives rise to unpleasant experiences.

This condition we call neuralgia (*neur*, nerve; and *algia*, pain).

Pain, then, has to do with nerves, and it is their function to give rise to the feeling of discomfort commonly called pain, as much as it is their function to carry other sensations or impulses. The sensations of heat, cold, pressure, weight, smell, sight, taste, touch, and hearing are all transmitted to our conscious-box (the brain) through the medium of nerves, and any one of these sensations may become so very intense as to be painful, or the nerve itself may be so irritable that the transmission of an ordinary, every day impulse is painful.

All through the body the nerves are distributed. Some parts are more lavishly supplied than others. Usually these are parts having greater need of nerve service, just as in a city we have a much more perfect telephone service than we have in the country.

The nerves are like telephone wires connecting stations throughout the body with one another and the brain. Sometimes the message goes to the central office (the brain), at others a sub-station (a ganglion in or near the spine) deals with the message, and automatically sends the answer.

If a nerve is cut, there is interruption of service until repairs are effected. Sometimes trouble on the line will, without cutting the nerve, prevent its proper working. If a nerve ceases to work for any cause, we have what we call paralysis, or loss of sensation. One set of nerves may get out of order, and all the others remain right.

Upon the great number and variety of nerves, and upon their length and course and relation to other structures, and upon the number and relation of exchange stations, depend the great variations in manifestations of pain, or paralysis, or loss of sensation, or accentuation of sensation, when the nervous system in part or as a whole becomes diseased.

Pain, then, is the sense of discomfort, sometimes amounting to severe suffering, which arises through accentuation of the ordinary nerve impulses, through a condition which intensifies ordinary impressions upon the nerves, or through an increased irritability of the nerve itself. This irritability may be caused by ordinary inflammation of the nerve, by irritating substances coming in contact with the nerve, or by starvation of the nerve.

The right interpretation of this cry of the

nerves is the first step in successfully applying a remedy. Too often the first step taken is to stifle the cry by some drug, and every time it is repeated it is stifled. Stifling pain can only cure it in one way, and that is by finally destroying the function of the nerve to give warning of trouble and, oftentimes, by destroying all its other functions too. And note, too, that a drug introduced into the system to stifle the cry of one nerve, exerts its power over all nerves with a similar function, whether they be the offenders [sic] or not, and so all the watch-dogs are put to sleep because one watch-dog does his duty. Woe betide that individual whose watch-nerves are asleep when an enemy approaches.

The nerves are acting for our good when they have at any time to warn us of danger by lifting up their voice, or in other words, giving rise to pain.

Is the Appetite a Safe Guide?

NO DOUBT a perfectly normal and reliable palate would be a perfect guide in the selection of food. But, unfortunately, a *perfect* palate does not exist. "All we like sheep have gone astray; we have turned every one to his own way" is as true of eating as of our other habits. The perverted palate which is our inheritance by nature is *not* a reliable guide in the selection of food. Such an appetite must be governed and controlled by an enlightened conscience.

It is on this account that the wise mother will not trust her infant to select its own food. She often withholds the very food it craves. The little one has to be taught what to eat and what not to eat. The informed mind, not the palate, should ever be the guide in the selection of food, after reaching older years. The assertion that the appetite is a safe guide in the selection of food, so much dwelt upon by some, is a deception. It dates back to the garden of Eden, where Satan deceived our first parents, saying, "Ye shall be as gods, knowing good and evil." In eating, as in everything else, man needs an infallible guide. Such a guide we have in the Bible.

The Bible tells us to "eat that which is good." The palate may in time be educated to relish that "which is good." But the informed mind, not the palate, must always decide whether food is good or bad. Some strange foods are eaten merely because men and women, possessing less instinct than the

beasts of the field, are governed by their palates instead of reason or even *ordinary* sense. For instance, Paris uses two hundred million snails, weighing about ten tons, every year. In most other European countries also, the edible snail is counted a luxury. In France snails are reared with as much care and forethought as the farmer bestows on his cattle.

Frogs' legs are regarded as a delicacy in nearly all the countries of Europe and America. Canada for a long time now has been exporting frogs into the United States for table purposes. The hind-quarters alone of the frog are eaten. Hedgehogs are still eaten by gypsies and certain Continental rustics. The grub of the May bug, or cockchafer, is said to form a palatable repast! The edible birds' nests, which bring as much as 15s a pound, carefully prepared and boiled down, form a practically tasteless jelly, but with sugar and lemon juice, are said to be perfectly palatable. The chrysalids of silkworms are regarded as a luxury by the poorer Chinese, who also value the larvæ of bluebottle flies, which they specially rear in heaps of putrid fish.

All these things are eaten because they *taste* good. In the matter of eating, as in other matters, humanity is at sea, and in need of a compass. If we would learn what foods are best for man, we must go to the highest authority in diet,—*man's Creator*. And if we would learn what foods are best for man, we must go back to the creation.

The Use of the Abdominal Muscles in Breathing, Speaking, and Singing.

PERSONS who have not learned the use of the abdominal muscles in speaking, singing, or breathing, or in whom they are so weak as to be of no service, habitually use the muscles of the throat and the upper part of the chest in a strained way during speaking or singing, and greatly to their injury. Not only the voice suffers, but the habit of using the lungs in this way impairs digestion, the action of the liver, and the functions of all the abdominal organs, which need the benefit of the rhythmical movement produced by the strong action of the lower portion of the chest. This is the real secret of the great benefit experienced by many who have corrected their mode of breathing, transferring the principal action from the upper to the lower part of the chest.

Faith Healing.

A POPULAR minister had a defective eye. Two members of his flock—a man and his wife—had it borne in upon them that their pastor's appearance would be greatly improved if both his eyes could be made to speak with equal eloquence. They went to see him about it, and said they had been praying that he might have two perfect eyes, and had now come to pray with him. "Will you not," they pleaded, "ask the Lord right here and now to give you a new eye?" The minister replied with a counter question. "What kind of teeth have you?" he suddenly asked the "brother." "Why—why, that's a strange question," he stammered, "but I don't mind telling you that my teeth are mostly false." Then turning to the wife, he asked, "What kind of teeth do you use, sister?" "Same kind," was the frank reply. "Well, good friends," rejoined the minister, "you go and ask God to grow some new teeth in your mouths. According to your theory He will do it without delay. When you get your teeth, come around and we will see what can be done about that new eye."

Too Old at Sixty.

A CHURCH in Chicago has dismissed its pastor, on the ground that hustle and aggressive activity is equally necessary in religion as in business, and that at the age of sixty a minister's ability to preach the gospel is gone.

With tears in his eyes, and in a broken voice, the aged man bade good-bye to his pastorate, whose membership had been doubled in five years.

He said, "I grasp the staff and go forth, believing that God will still find employment for grey hairs."

The trustee of the church, expressing his views, said: "A man of sixty is no use in this world. There are plenty of preachers; they drug the market. What an up-to-date church needs is not a preacher, but a husky, hustling promoter, who knows how to get money, and who can get his picture in the newspapers once in a while.

"We want one who can start a sensation occasionally, and let the world know that the church is still kicking, not one who simply preaches a lot of outworn righteousness, and then says—'Brethren, let us pray.'"

Arthur T. Pierson's Advice.

IF I could reach with my counsel every young man who is a student for the ministry, I would advise him to let tea, coffee, tobacco, and all forms of alcoholic beverages severely alone; to use very sparingly flesh meat, and to depend upon a liberal diet of vegetables, fruits, nuts, and nature's great food—good, pure milk; to limit the quantity of diet, and thoroughly masticate all food. I would further advise never to eat heartily before a public address, and never to work hard at a study table, or with the brain, within two



Temperance is Essential
to a Happy Home.

hours after a hearty meal; to take from five to ten miles of exercise in the open air daily; to sleep at least seven or eight hours in the twenty-four, and not to study in the evenings, but, as far as possible, to confine intellectual labors to the morning hours, leaving the afternoon and evening free for outside exercise and family companionships and recreations. It will be found that thus the brain comes to its daily work unfagged and elastic, and that better work can be done in a few hours of concentrated study than in twice the time when brain-wearied.

These are laws, which, in my own experience and observation, have been found to be most useful as guides; and if I were going to begin life again, I would more diligently and perseveringly follow these principles than I have ever done in the past, for, as far as I have conformed to them, physical, mental, and spiritual blessing has followed.

DR. FORBES WINSLOW of London, recently made the prediction at a representative gathering, based on statistical figures on insanity, that at a not very distant date, "The insane will outnumber the sane."

Alcohol as a Food.

DISCUSSING alcohol as a medicine during an important visit to Glasgow, Professor G. Sims Woodhead remarked that some said alcohol might be used as a food. Even accepting all that such people claimed for it, it was acknowledged that it was at least eight times as dear as any other food. That was a serious thing for any working man who had to look on both sides of a penny before he spent it. Was it not foolish to tell that man that alcohol was a food, especially when they remembered the enormous amount of damage that alcohol might do to that man in getting a sufficient amount of food out of it—that was, if he got any at all? A great deal of the defence of alcohol was purely academic. They were thoroughly justified in condemning alcohol as a thing they could do without, and a thing which they were better without.

P. Cololian recently published the results of a number of experiments for determining the poisonous effect of the various alcohols. The results show that all alcohols are powerful poisons, and that their poisonous effect increases regularly with increase of density and increase of volatility. In these experiments the alcohol was added to the water containing the fish which was the subject of the experiment. The mortal dose of ethyl alcohol was found to be ten to fifteen parts of alcohol to one thousand parts of water. One-half part of amyl alcohol to one thousand parts of water was found to be sufficient to produce death.

In the face of such facts as these it seems idle to discuss further the question of the food value of alcohol. If ethyl alcohol is a food, then wood spirit and fusel oil are also foods. All the alcohols belong to the same family of chemical substances, and are possessed of practically identical properties, only differing in the intensity with which their characteristic effects are manifested.

Bananas for Typhoid Patients.

AFTER a long experience with typhoid patients, a foreign specialist maintains that the best food for them is the banana. He explains by stating that in this disease the lining membrane of the small intestines becomes intensely inflamed and engorged, evidently beginning to slough away in spots, leaving well-defined ulcers, at which places

the intestinal walls become dangerously thin. Now a solid, if taken into the stomach, is likely to produce perforation of the intestines, dire results naturally following; and this being the case, solid foods, or those containing a large amount of innutritious substances, are to be avoided as dangerous. But the banana, though it may be classed as a solid food, containing, as it does, some ninety-five per cent. nutrition, does not possess sufficient waste to irritate the sore spots; nearly the whole amount taken into the stomach is absorbed, giving the patient more strength than can be obtained from other food.



Pastries and Puddings.

BY DR. LAURETTA KRESS.

GRANOLA CRUST.—Mix together in a basin one cup of granola with one cup thin cream. When the granola has nearly absorbed the fluid, turn into a deep tart dish; press firmly with a spoon or the hand into all parts of the dish, so that it lines it completely inside, then turn the prune filling into it and bake. This crust is very quickly and easily made. At the same time it is very digestible. A person who must avoid pastries can eat a prune tart with no discomfort. Other fillings can be used, but it can only have one crust, as it cannot be rolled like other crusts.

OLIVE OIL PASTRY.—Beat half a cup olive oil with a fork, adding slowly a little at a time one-fourth cup cold water. Turn into three cups of sifted white flour, adding a pinch of salt. Mix the flour and oil lightly, and gather the fragments of dough together without much kneading. Roll out and place on the pie dish.

CREAM PASTE.—Sift together equal parts of white flour and germea; add a little salt, and wet with very cold, thin, sweet cream. Mix together very quickly into a rather stiff dough. Do not knead at all; gather fragments together lightly; roll out at once; fill and bake quickly, since lightness depends much on the rapidity with which the paste is placed into the oven after the material is put together.

CREAM FILLING.—One cup rich milk heated to boiling. Into this stir one scant tablespoonful of flour previously braided smooth with a little cold milk. Add to this the well-beaten yolk of one egg and one tablespoonful of sugar. Turn the mixture into the hot milk, and stir until it thickens. Flavor with grated lemon rind or vanilla. Fill the tart pastes, and meringue with white of an egg beaten stiff with a tablespoonful of sugar.

LEMON FILLING.—Heat to boiling one pint of water; add juice of one large lemon and two small ones, the grated rind of one lemon, two-thirds cup of sugar. When boiling stir into it one dessertspoonful cornflour wet with a little cold water. When transparent remove from the fire, cool; have ready the yolks of two well-beaten eggs; turn carefully into the mixture, and put into any of the above pastes. Beat the whites of the eggs to a stiff froth, add one tablespoonful sugar, and meringue the top of the pie. Place in the oven a few minutes, and let the whites slightly brown.

COCOANUT FILLING.—Steep half a cup of dessicated cocoanut in one pint of milk for half an hour; strain out the cocoanut, and add sufficient fresh milk to make up the pint. Allow it to become cold, then add a fourth cup of sugar and two well-beaten eggs. Bake with under crust only. When done the top may be covered with meringue if desired.

APPLE TART.—Pare and slice eight or ten medium-sized apples into a shallow pie dish, over which sprinkle one tablespoonful of sugar. Place a border of paste around the edge, and cover the top with crust. Bake until a nice brown, and the apples are well done. Almond paste or nut butter can be used as desired, or nut meal paste.

PEACH PIE.—Select freestone peaches; peel and halve the peaches. Place in a pie dish; sprinkle well with sugar, cover with a crust made of olive cream or almond meal.

How to Make Barren Soil Fruitful.

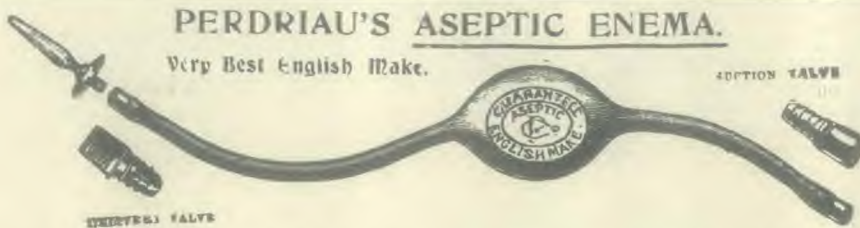
We are entering a new era in soil cultivation, yet there is nothing new under the sun. True, new methods are constantly being discovered by modern man, but methods new to us were well understood by the ancients. The Psalmist in speaking of the means of enriching soil and making it productive, says, "He causeth the herb to grow for the service of man." For what purpose?—"That he may bring forth food out of the earth." Ps. 104: 14. In the Bible there are many concealed treasures and scientific truths. It seems strange that

only recently the remarkable scientific discovery has been made that weeds may be utilized by man in improving and making productive the poorest soil.

Their roots extend into the stiffer and more compact subsoil, where no ordinary plant can reach, and after loosening and opening it up so that the air and water can have action upon it, suck up from below great quantities of potash salts and phosphoric acid. When the weeds are ploughed under or die, these salts and acids are left near the surface, where they can be utilized by the cereals and root crops which live upon them. For instance, wheat and potatoes flourish well where these weeds have gone before and done the work of getting the necessary food for them from the subsoil and the air.

Much land is of no value until these weeds come in and make it so. This is particularly true of sandy soils and reclaimed marsh lands, which are deficient in potash, a thing necessary in all farming land. On these the deeper-rooted legumes, such as gorse, broom, alfalfa, lupines, sulla, and the perennial beans, are of great value. Their roots not only reach down very deep and bring up potash from the subsoil in the manner described, but their leaves take great quantities of nitrogen from the air. When a soil is rich in potash and nitrogen, it is good soil, and as these plants die and leave their gathered potash and nitrogen on the surface, the sandy and marshy soils become good land. All the farmer has to do is to plough these weeds under, and he has land on which he can raise good crops.

This is certainly far more sensible than to use decaying organic matter, as manure, bone-dust, etc., since these frequently introduce disease into the soil, and they also favor the cultivation of grubs which are destructive to plant life.



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NEWS & NOTES.

THE Jamaica earthquake was much less terrible in the scale of ruin it produced than the shock which well-nigh destroyed San Francisco, or that which wrecked Valparaiso. But it wrought vast mischief, destroyed many lives, and is one more proof that strange forces are stirring in the planet just now, and may break out at any spot, and at any moment, in disaster, and shake some new city into ruins.

MEAT FAMINE.

THE scarcity of butchers' meat in Germany has driven the despairing housewife to the use of strange substitutes. A return has recently been published, showing not only an enormous increase in the use of horse-flesh, but that dogs are being slaughtered, and sold in the butchers' shops as human food.

IMPORTANT NOTICE.

SPECIAL arrangements have been made between the author and publishers of the "Good Health Cookery Book," to enable and encourage canvassers to handle it in connection with their canvassing work as a help. Especially will GOOD HEALTH canvassers be able to handle it with profit to themselves and benefit to the people. Certainly nothing is more needed in the homes than the practical knowledge this book contains. The chapter on "How to Prepare Food for the Sick," is invaluable. Many a life may be saved by following the instruction given. It is full of good recipes that have been thoroughly tested, and affords the wife, mother, or cook just the help she longs for, and is in need of.

THE SECRET OF LIFE.

DR. WILLIAM OSLER, a noted American physician, now a professor at the University at Oxford says his rules when followed "will make the stupid man bright, the bright man brilliant, and the brilliant student steady." Here are a few stray quotations:—

"The master word is Work."

"Throw away all ambitions beyond that of doing the day's work well."

"Take no thought for the morrow. Live neither in the past nor in the future, but let each day's work absorb your entire attention."

"Much study is not only believed to be a weariness to the flesh, but also an active cause of ill-health of mind in all grades and phases. I deny that work, legitimate work, has anything to do with this. It is that foul fiend Worry that is responsible. . . . There are a few cases of genuine overwork, but they are not common."

"More people are killed by overeating and drinking than by the sword."

DECLINING BIRTH RATE AND OVERFEEDING.

THE gardener induces the thriving fruit tree to

produce fruit instead of wood, by cutting back its roots, and so diminishing its supply of food; on the other hand, many of his finest flowers, protected from any struggle for existence, are seedless. The breeder who, to improve his stock, keeps them in great comfort on abundance of food, finds his greatest difficulty in their tendency to sterility.

These are facts that are well established and universally recognized. But do we not here have one of the chief causes of our declining birth rate in civilized communities; namely, excesses in eating and drinking? Modern cookery is planned to make us overeat. The ease with which food can be obtained and the perfection of the culinary art alike tempt us to eat much more than we require. Even the arrangement of our meals is artfully contrived to encourage overeating. Not only is the greatest ingenuity put forth to entrap us in a variety of dishes, but some of the most indigestible are served at the close of a meal when the normal needs of the body have been provided for; and the natural disinclination to eat more is overcome by delicate flavors and seasonings, which gratify the sense of taste. The "taste" has no conscience and is no guide to the quantity of food required.

TUBERCULOSIS AND CATTLE.

DR. BYRON BRAMWELL, physician to the Edinburgh Royal Infirmary, writing on tubercular disease in Scotland, says that if bovine tuberculosis is communicable to man (the British Royal Commission has decided in the affirmative), and if infection by tuberculous milk, butter, etc., is a fertile source of tuberculous disease in the human subject, it is obvious that restrictive measures are necessary to prevent bovine tuberculosis being conveyed to man, and that means should be taken to stamp out tuberculous disease in cattle. In Scotland the chief regulation for preventing the spread of bovine tuberculosis to human beings, sets out that if at any time disease exists among the cattle in a dairy or cowshed, or other building or place, the milk of a diseased cow shall not be mixed with other milk, and shall not be sold or used for human food, and should not be sold or used for food for swine or other animals until it has been boiled.

This is good counsel, but no one but experts and inspectors of diseases in animals can appreciate how difficult it is to detect this disease. Frequently it is only by post-mortem examinations that the disease can be definitely diagnosed even by experts. The safest way is to find suitable substitutes for these animal products, whenever it is possible.

A YOUTH who had been helping his father, a fishmonger, applied for a situation as office boy to a wine merchant, and, on being asked if he was a good writer, answered in the affirmative. "And can you do mental arithmetic?" "I think so, sir." "Well, what would twenty pounds of salmon at threepence a pound be?" "Bad, sir!" was the quick reply.

Australasian Good Health

ORGAN OF

International Health Association.

Issued Monthly in the Interests of Health and Temperance.

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All Communications to the Editor and Questions for the correspondence columns of the journal should be addressed to Franklin Richards, M. D., Sanitarium, Wairoonga, N. S. W.

All business communications, remittances, etc., should be sent to the office of publication, Coorabong, N. S. W. E. C. CHAPMAN, Manager.

A Change of Editors for "Good Health."

WITH this number of the GOOD HEALTH my work as editor of this journal ceases. I am pleased to hand the journal over to my successor, Dr. Franklin Richards, late of Leicester, England, feeling certain that the change will prove a beneficial one in every way. On Monday, March 18, before this number of the GOOD HEALTH reaches its readers, I hope to sail with my family on the S. S. *Moana* to Vancouver, and after spending a few days in California, expect to go to Washington, D. C., the capital of the United States of America, where I shall locate, and take charge of a medical sanitarium which has just lately been erected.

Our nearly seven years' stay in Australia has been most pleasant, and it is with feelings of regret that we take our departure from these shores and from our many friends. I take this opportunity of bidding farewell to the readers of the GOOD HEALTH. My future address will be:—

D. H. Kress, M. D.,
Tokomo Park,
Washington, D. C., U. S. A.

I shall always be pleased to receive items of interest or letters, from friends in Australia. Medical questions to be answered through the GOOD HEALTH should in future be addressed to the Editor, Dr. F. Richards, Sanitarium, Wairoonga, N. S. W.

More Agents Wanted.

WE are in need of earnest, devoted canvassers for the GOOD HEALTH in all our large cities. It is possible for energetic and intelligent agents to do well with the journal. We should be pleased to correspond with any who may have a desire to be of benefit to mankind in this line, while at the same earning an honest living.

The Confessions of a Dyspeptic.

Dear Doctor,—

Some years back I was a confirmed and very wretched dyspeptic, suffering from a prolapsed stomach, an enlarged liver, and a varied assortment of catarrhs, the whole being largely attributable to well meant, but presumptuous, because of inexperience, efforts at health reform. Possibly there are others in like predicament, who might value the sign posts that have planted themselves for me along the road I followed, which has eventually brought me to a point where, by rigidly adhering to the lessons learned during this sort of rake's progress, I am enabled to relegate any assortment of dyspeptic symptoms to the limits of oblivion.

Seriously, a more deadly failure than my first attempts at health reform can scarcely be imagined. A real glimmer of reform appeared when nature revolted against pap and spoon food generally. When, after battling of years, we achieved the cooking of dry food, so strong was the influence of the evil one, that there would always appear on the table some liquid concoction to re moisten the so carefully evaporated provender. The next break in the clouds signalled the escape from a dreadful multiplicity of dishes which were served on the ground that it is necessary to vary one's diet, forgetting that if one eats all available varieties at one and the same meal, real change becomes impossible. A most successful measure was the prohibition of the eating of fruits with other food, excepting a small quantity after a meal. I think the coping stone was put on the edifice by the discovery of the marked shortage in the supply of oils and the absolute need of a proper allowance of cream (not butter) or nut foods.

I have discovered that cold drinks between meals are best, as hot drinks certainly if taken habitually enervate the stomach. I find water the best of all drinks.

Occasionally I miss a meal altogether. A meal wholly of fruit is excellent, and when practicable the third and last meal of the day is best eaten thus. Otherwise I make it of granose and cream with a stick or two. I have at least a three-hour interval between this meal and bedtime and I never lie down immediately after a meal. Last, but not least, I have learned to chew.

I cannot close without mentioning how very forcibly it has been demonstrated that catarrhs are the result of a disordered digestion, so much so, that I find a threatened attack may be averted by missing a meal or two. The art of medicine is becoming as easy as bathing in Jordan.

BYSTANDER.

Health Literature.

Good Health Booklets:

The following booklets have been prepared by the editor and represent the result of years of study. They should be widely circulated.

A Food Guide in Health and Disease.—A most important booklet which contains a lot of valuable information. Price, post-paid, 2d.

Stimulants—Tea, Coffee, and Cocoa. Every tea-user should read this, and ascertain the causes of nervousness, headaches, and insomnia, and how to get well. Single copy, post-paid, 2d.

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, 6d.

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, 3d.

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.

Diabetes.—Its Cause and Treatment. Just the advice needed for those threatened with this disease. 16 page booklet, with handsome cover. Price, 3d, post-paid.

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Nut Butter A VEGETABLE PRODUCT MADE FROM CAREFULLY SELECTED NUTS. As chemical analysis proves, Nut Butter is a food, and not simply a Food Element.

Nut Meat A combination of the choicest nuts and grains, possessing nutritive 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 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.

The following list contains some of our other Health Foods: Wheatmeal Biscuits, sweetened and unsweetened; Oatmeal Biscuits, sweetened; Raisin Sticks; Pure Gluten Puffs and Meal; Crystal Wheat, Etc.

Foods Recommended by this Journal!

SEND ORDERS FOR THE ABOVE HEALTH FOODS TO ANY OF THE FOLLOWING HEALTH FOOD AGENCIES. Correspondence is invited.

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Sanitarium Food Co., Papanui, Christchurch, N. Z.

186 Edward Street, Brisbane, Queensland, N. Queensland Tract Society, Eyre Street, North Ward, Townsville, Q.

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

80 Collins Street, Hobart, Tasmania.

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

246 William St., Perth, West Australia.

37 Taranaki St., Wellington, N. Z.

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

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The Manager, Sydney Sanitarium, Wahroonga, N. S. Wales.