

THE PATENT MEDICINE SWINDLE.

COORANBONG, N. S. W., SEPTEMBER 1, 1907. VOL. 10, No. 8.

THE AUSTRALASIAN

GOOD HEALTH

Franklin Richards, M. D.
EDITOR.

IN A SOUND MIND
IN A SOUND BODY

F. LENOZ

2s. 6d. per Year.

3d. per Copy.

R. Z. and Foreign Subscriptions, 3s.

REGISTERED AT THE G. P. O. SYDNEY, FOR TRANSMISSION BY POST AS A NEWSPAPER.

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, Neuritis,
Synovitis, 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 Advantiss,
10 machines.

Lightest touch, 24 oz.
World's record holder (243
words per minute). 88 char-
acters. "Kee Lox Carbons,"
and ribbons, standard of the world.



The Eingham 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.



Sydney.

TURNER & HENDERSON.

DICTIONARIES AND WORKS OF REFERENCE.

Crabbe's English Synonyms, 3/6 posted 4/3; Bartlett's Familiar Quotations, 3/6 posted 4/3; Sharp's Dict'y of Eng. Authors, 9/- posted 9/8; Pannell's Reference Book, 8/- posted 9/9; Blackie's Shilling Dictionary posted, 1/5; Dixon's Dict'y of Idiomatic Phrases, 3/6 posted 4/-; Deacon's Dict'y of Foreign Phrases, 3/6 posted 3/10; Webster's International Dict'y, full Russian Leather, 84/- (carriage extra); Hayden's Dict'y of Dates, 21/- posted 22/9; Cassell's French-Eng. posted Eng.-French Dict'y, 3/6 posted 4/4; Cassell's German-Eng. and Eng.-German Dict'y, 3/6 posted 4/4; Cassell's Latin-Eng. and Eng.-Latin Dict'y, 3/6 posted 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, HARNESSE-MAKING, HOUSE DECORATION, BODY-MAKING AND MENDING, HOW TO WRITE SIGNS, TICKETS, AND POSTERS, WOOD FINISHING, DYNAMOS AND ELECTRIC MOTORS, DECORATIVE DESIGN OF ALL AGES, MOUNTING AND FRAMING PICTURES, ELECTRIC BELLS, HOW TO MAKE AND FIT THEM, BOOKBINDING, PHOTOGRAPHY, TAILORING, TAILORING, SWISS' WORK, KNOTTING AND SPLICING ROPES AND CORDAGE.

16 and 18 Hunter Street.

Printing Works, 254 George Street, Sydney.

OUR TARIFF REMAINS THE SAME.

Views of Sydney Cafe.



The Sanitarium Health Food Counter



Dining Room and Showings Offices

And the Meals served Daily in Our Restaurants, are Steadily Growing in Public Favor.



The Prices are Moderate, and Our Patrons Speak highly in favor of the Cooking, Cleanliness, & Attention Received.



Pantry & Serving Room

Part view of Kitchen



Main Entrance's Dining Room No. 2.

Dining Room No. 3 for Ladies



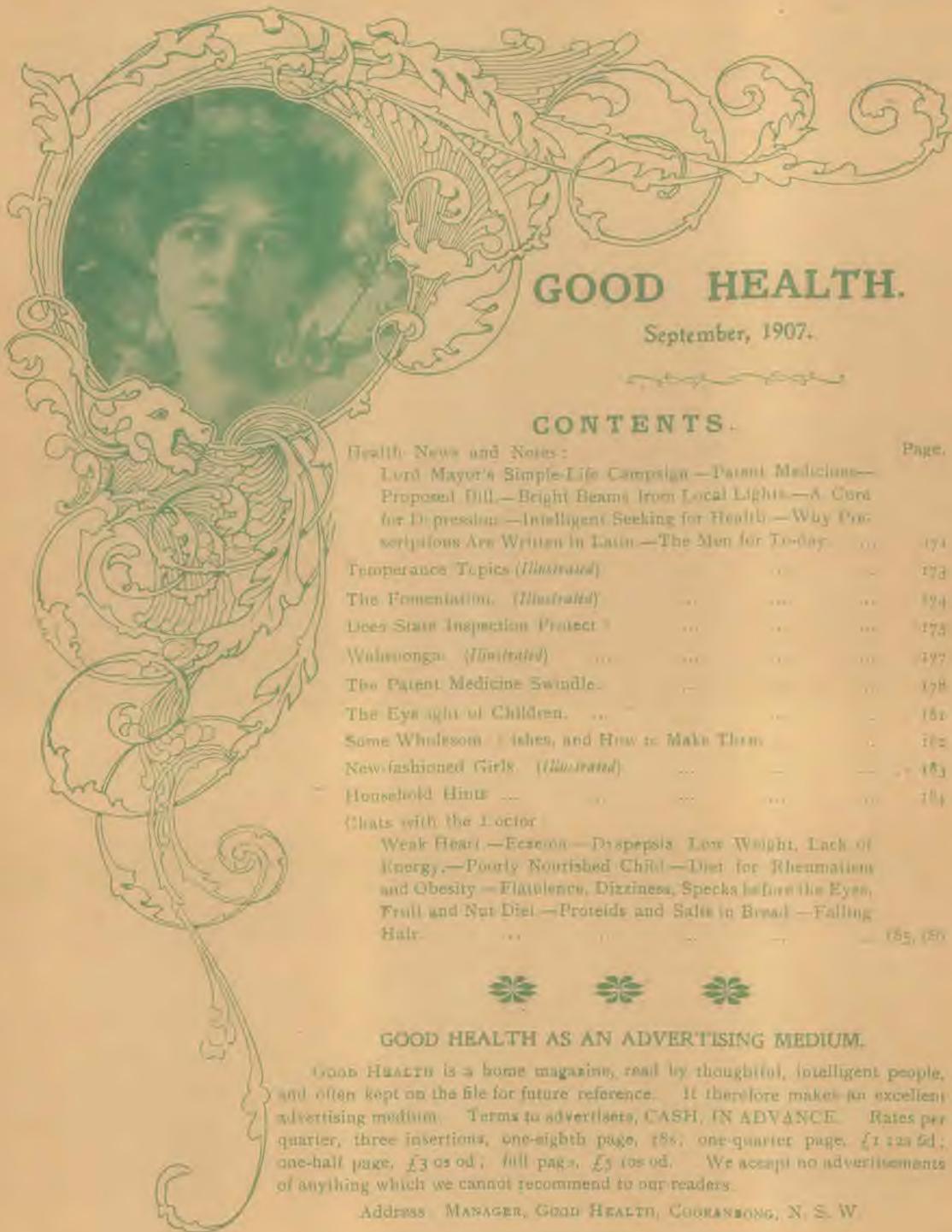
One Special Feature in Our Cafes is that Our Splendid Variety of Health Foods can be sampled either Hot or Cold, before a Selection is made.

Write for Price List, and other Information.



MELBOURNE ADDRESS: 289 Collins Street, nearly opposite Block Arcade.
SYDNEY ADDRESS: Royal Chambers, 45 Hunter Street.

Telephone No. 4844.
Telephone 4179.



GOOD HEALTH.

September, 1907.

CONTENTS.

	Page.
Health News and Notes:	
Lord Mayor's Simple-Life Campaign—Parent Medicines—	
Proposed Bill.—Bright Beams from Local Lights.—A Cure	
for Depression.—Intelligent Seeking for Health.—Way Pro-	
scriptious Are Written in Latin.—The Men for To-day. . . .	171
Temperance Topics (<i>Illustrated</i>)	173
The Fomentation. (<i>Illustrated</i>)	174
Dees State Inspection Protect	175
Walsuanga. (<i>Illustrated</i>)	177
The Patent Medicine Swindle.	178
The Eyesight of Children.	181
Some Wholesome Fishes, and How to Make Them	182
New-fashioned Girls. (<i>Illustrated</i>)	183
Household Hints	184
Chats with the Doctor:	
Weak Heart.—Eczema.—Dyspepsia. Low Weight, Lack of	
Energy.—Poorly Nourished Child.—Diet for Rheumatism	
and Obesity.—Flatulency, Dizziness, Specks before the Eyes,	
Fruil and Nut Diet.—Proteids and Salts in Bread.—Falling	
Hair.	(85, 86)



GOOD HEALTH AS AN ADVERTISING MEDIUM.

GOOD HEALTH is a home magazine, read by thoughtful, intelligent people, and often kept on the file for future reference. It therefore makes an excellent advertising medium. Terms to advertisers, CASH, IN ADVANCE. Rates per quarter, three insertions, one-eighth page, 18s.; one-quarter page, £1 12s 6d.; one-half page, £3 0s 0d.; full page, £5 10s 0d. We accept no advertisements of anything which we cannot recommend to our readers.

Address: MANAGER, GOOD HEALTH, COORANBONG, N. S. W.

GOOD HEALTH

A Teacher of Hygiene

Vol. 10.

Cooranbong, N. S. W., September 1, 1907.

No. 9.

HEALTH NEWS AND NOTES.

LORD MAYOR'S SIMPLE-LIFE CAMPAIGN.

THE Lord Mayor of London believes in the simple life, and has inaugurated a "Simple Life Campaign" amongst the West End people. Although in the midst of banquets and dinner parties, the Lord Mayor has found a way of escape from gormandizing and its concomitant evils, and is content with a moderate allowance of simple, wholesome fare. He is to be admired for the courage and consistent adherence to principle which makes the carrying out of his convictions possible amidst such surroundings.

The Lord Mayor would be the last man in the world to nurse a fad; but the simple life is not a fad. It is a wholesome, natural, matter-of-fact kind of life, which impresses and appeals to thoughtful men and women everywhere. It is the antidote for the nervous, flighty, artificial court and social life of this decrepit old world. Long may the Lord Mayor live to carry on his most important campaign!

PATENT MEDICINES—PROPOSED BILL.

COMMISSIONER O. BEAL, after an exhaustive inquiry into the subject of secret remedies, drugs, and foods, recently reported in the House of Representatives, and made the following recommendations:—

That every preparation, whether of a simple substance or of compounded substances, for the prevention, alleviation, or cure of human ailments, when intended for retail sale, shall be accompanied by the formula plainly and legibly expressed on the bottle, label, or package.

That no advertisement, announcement, persuasion, recommendation, testimonial, reference, certificate of merit or efficacy, mark of distinction, or picture symbol or emblem signifying or suggesting any of these, shall be permitted.

That no advertisement of any proprietary or secret cure shall be permitted in any newspaper, journal, book, pamphlet, handbill, poster, or by painting or other means.

The Commissioner further suggests that no publications containing such advertisements shall be permitted to pass through the post. It only remains for our legislators to do their duty and see that this bill becomes a law, in spite of the opposition sure to come from the proprietors of patent medicines and their allies, the advertisement-paid press.

BRIGHT BEAMS FROM LOCAL LIGHTS.

TWO THOUGHTFUL and able Sydney lecturers agree upon and endorse an important principle which the GOOD HEALTH advocates. Both Professor Anderson Stuart and Mrs. T. Edgeworth David declared in recent lectures that we are all like the rich old lady in the play, who consulted her doctor as to her complaint.

"What is the matter with me, doctor?" asked she, in piteous tones.

"Madam, you eat too much," was his brusque reply.

"Oh, anything else?" was her next query.

"Yes; too often," was his cruel rejoinder.

Mrs. David summed up the question of diet by saying:—

"We eat too much, we eat too often, we eat the wrong things, and we drink the wrong things." Things to be avoided were rich pastry, made dishes, condiments, alcohol, drugs, tobacco, tea and coffee, and soft drinks. It would be asked if there was anything left to eat or drink, and the reply was that there was abundance of white meat, fish, eggs, milk, cheese, fresh fruits, dried cereals, farinaceous foods, salad and other vegetables; and to drink—water, lemon and other fruit juices.

All of which is very good advice except that there are better things than white meat and fish for body building, even when the flesh comes from healthy creatures which have just been slain. The Yale experiments conducted by Professor Irving Fisher, and reported in the August GOOD HEALTH and also in the leading daily papers, go to prove as con-

clusively as can be proven by scientific tests conducted by a fair and open-minded observer, that the most enduring kind of muscle is not second-hand muscle formed from the muscles of other animals, but muscle made at first hand from clean, new, unalloyed "metal" fresh from "the mine," in other words, muscle made from unused proteid material as furnished by the vegetable world in the form of nuts, cereals, pulse, etc.

A CURE FOR DEPRESSION.

The word "inspire" means to quicken and enthuse. Our spirits rise with the raising of the head and the lifting of the chest for a full, deep inspiration of pure air. The spiritless man, like the spiritless horse, hangs his head. A free flow of blood to the brain is not possible in this position, and the entrance of air into the lungs is interfered with. When the chest is lifted high, a load is lifted off the heart, the lungs, and the abdominal organs. Now take two or three full, deep inspirations to pump the blood through the liver and quicken the general circulation, and see if you do not feel brighter and better and stronger immediately. Deep breathing is one of the quickest and most effectual cures known for depression. It lifts loads off the head and heart as well as off the stomach and liver. In order to derive the most benefit from deep breathing, it should accompany brisk walking or some other outdoor exercise.

INTELLIGENT SEEKING FOR HEALTH.

It seems strange that in an age of such great intellectual achievements, the average individual depends so little upon his own powers of reason and observation when it comes to a question concerning the condition of his own body. The tendency of the general public is to run to the physician or to the corner drug-store for every ailment, when the application of a little common sense would serve as well, and often better. A large percentage of the patients coming to the general practitioner are suffering with self-limited or trivial complaints. A large proportion of these would quickly right themselves if the patient simply obeyed the natural laws of health, reasoning out for himself their application to his own condition.

People are tired of being drugged, and as the average patients of to-day have advanced a long way intellectually, they are beginning to use their intelligence, and to reason about

their own physical conditions, and reason is the deadly foe of empirical medicine. Having failed to obtain relief from the drugs prescribed by their well-meaning medical advisers, they are flocking to the health sanitariums, where the enforced simple living, fresh air, and sunshine do more to bring relief than all the drugs in the pharmacopoeia. It behooves us doctors to note most carefully the signs of the times, before our patients become too wise for us. Instead of dropping in behind, as we shall have to do if the people discover the true road to health, let us be pioneers, let us study and learn from nature, and reap, in the health and happiness of those about us, the harvest of a well-spent life.—*Charles R. Buck, M. D., in The Medical Times.*

WHY PRESCRIPTIONS ARE WRITTEN IN LATIN.

In a recent address to the Ladies' Sanitary Association, Professor Anderson told a story which gives the secret of the Latin prescription. While talking about the evil effects of badly-fitting boots, he related how a medical man was once consulted by a patient who complained of cold feet and resultant sleeplessness. After examination the doctor diagnosed the trouble as due to want of cleanliness, but to have told the patient so would have been to incur his displeasure, and probably lose the doctor his fee. So he wrote an elaborate prescription in an unknown tongue, calling for a pound of soap skillfully disguised. This the sufferer was instructed to apply at night-time, accompanied by a vigorous washing, rubbing, and drying of the extremities. Under this treatment the patient got rid of his trouble, and was very grateful to his medical attendant.

THE MEN FOR TO-DAY.

In a recent lecture to young men, Professor Jordan, of California, emphasised the fact that the new century needs men of sober minds. The exquisite mechanism of the brain suggests a divine Creator, and this wonderful organ is capable of marvellous things so long as its delicate balance is not interfered with. One of the chief causes of mental derangement is the taking of drugs, which are now manufactured in great variety. Drugs produce a temporary exhilaration of the mind, thus causing the drug-taker to think that things around him are different from what they really are. In the strenuous life of to-day there is no room for the man who habitually allows his

nervous system to get into a condition which renders him incapable of accurately gauging what is happening around him. Those who

allow their faculties to be thus injured by drugs eventually become useless to themselves and to their fellows.

TEMPERANCE TOPICS.

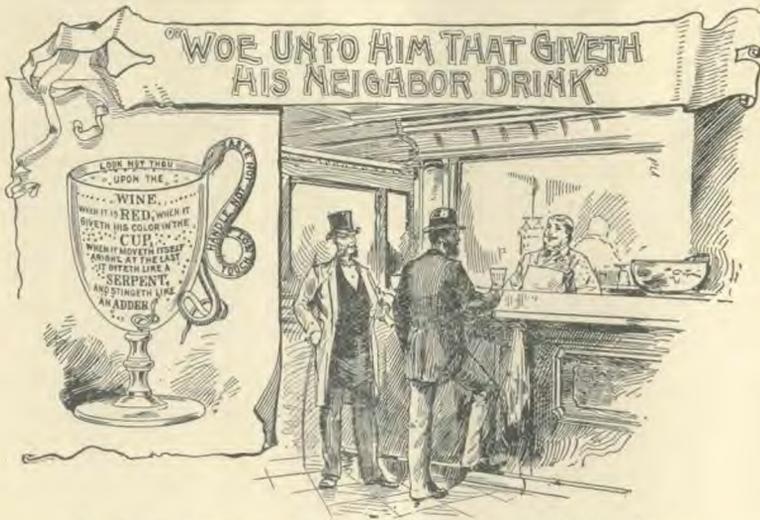
THE Japanese say, "A man takes a drink, then the drink takes a drink, and the next drink takes the man."

WE shall never get any more than we ask for. How much of the time are you going to ask to have the saloon closed?

KANSAS is a prohibition State. "The majority of the jails in Kansas are without a single inmate," says Mr. Barker.

"THE church that is not up in arms against the liquor traffic is not true to the interests of the Saviour of mankind. There can be no compromise here."

A MASSACHUSETTS firm in paying off its employees one Saturday night, gave out seven hundred ten-dollar bills. They were marked for identification. The next Tuesday it was found that four hundred of them had been deposited in banks by saloon-keepers.



By voting to license the liquor traffic, you are placing the cup to your neighbor's lips.

THE use of strong drink produces more idleness, crime, disease, want, misery, than all other causes put together.

A LORD chief justice of England said: "Judges weary of calling attention to drink as the principal cause of crime. But I can not refrain from saying that if they would make England sober, they would shut up nine-tenths of the prisons."

A JUDGE of Philadelphia says, "We can trace four-fifths of the crimes that are committed to the influence of rum. There is not one case in twenty where a man is tried for his life, in which rum is not the direct or indirect cause of the murder. Rum and blood, I mean the shedding of blood, go hand in hand."—*Youth's Instructor*,

THE HOME WATER CURE.

NO. 2.—THE FOMENTATION—A POWERFUL BLOOD-CONTROLLER, CELL-EXCITER, AND NERVE-SOOTHER.

An eminent physician once said he would rather have in the sick-room a bucket of hot water, another of cold, and cloths for applying these, than all the drugs enumerated in the pharmacopœia. His choice was a wise one, for a person possessing the necessary knowledge and skill can simply work wonders in the alleviation of pain, reduction of fever, and cure of disease with just such simple, ordinary things as hot and cold water, steam, ice, pieces of clean, old blankets, sheets, and towels. What our nurse needs in order to apply the fomentation, are—

1. A large pail of water, *boiling hot*.
2. A blanket cut in quarters.
3. A square of waterproof cloth.
4. Several large and small towels.
5. A basin of very cold water.

Method of Applying the Fomentation.

1. The part to be treated should be thoroughly exposed, and the bedding protected from being dampened with steam in process of condensation, by being covered with a Turkish towel, an extra blanket, or piece of mackintosh.

2. A *dry, warm* square or quarter of blanket is now spread out smoothly on table or bed; a second quarter, rather smaller than the first, is folded lengthwise into eight thicknesses, grasped by the ends, lowered quickly into the boiling water, where it is held and moved about until soaked (the ends, of course, being kept dry), then quickly twisted and pulled until as much water as possible has been squeezed out, and as quickly untwisted and folded in the dry square in the size and shape required for the painful part, to which it is immediately applied. Thus prepared the fomentation is hot enough to be effective, and too hot to be borne until the hand has been a few times passed between it and the skin. As soon as it can be left in constant contact with the skin, it may be covered with the waterproof cloth, and the bed-clothes drawn into place,

Duration of the Treatment.

While the first fomentation is soothing aching nerves, drawing fresh supplies of blood containing the active agencies of life and health through the sick part, and arousing its paralysed cells to renewed activity, a second should be in process of preparation, and a third may follow. This is the number applied in the average case, each acting for from five to ten minutes. In cases of persistent pain it may be necessary to double or treble this number, in which case the supply of hot water should be frequently renewed or in some way kept near the boiling point, and at half-hour intervals a very cold compress should replace the fomentation for a minute or two. So long as the pain or other urgent symptom is relieved by the fomentation, and returns when it is removed, the treatment may be continued, provided the cold compress is occasionally applied. In concluding the treatment, a short, cold application, followed by rubbing with oil, should be made. The skin should be well reddened by the treatment, and its good effects should be apparent for several hours, when it may be repeated if necessary.

Indications for Use.

The fomentation should be employed to reduce swellings and stimulate the absorption of fluids and exudates in joints or other parts. It is therefore indicated in rheumatism, pleurisy, and in case of sprains, bruises, broken



Keep the Ends Out and Wring Dry.



The Ice Rub to Finish

bones, and other injuries. When applied over deep-seated congestions, it relieves by

aids nature in bringing about a speedy and permanent cure.

DOES STATE INSPECTION PROTECT ?

IS INSPECTED MEAT FREE FROM DISEASE ? ARE THE CONDITIONS UNDER WHICH IT IS PREPARED, SANITARY ?

THOSE who use flesh as food should understand to what extent government inspection protects—to what extent it promises to protect the consumer.

One of the real dangers connected with the use of flesh is the conveyance of the germs and the poisons of consumption from animals to man. Since the "Jungle" revelations and the beginning of reform in "Packingtown," an observer who spent considerable time looking into present conditions, writes as follows concerning—

The Disposal of Tubercular Beef:

"There is practically no change in the rules for inspection of tubercular beef. Only carcasses 'affected by tuberculosis and showing emaciation,' are condemned and destroyed outright. Five classes of beef with tuberculosis, even to the extent of having liver and lungs and two groups of lymphatic glands affected, are passed for food, if the affected parts are cut away. Thus meat from a once tainted body, becomes part of the food supply, and mingles with that from perfectly healthy animals. People would not buy this beef if they knew it came from an animal

drawing blood to the surface, so is useful in pneumonia, bronchitis, or other forms of pulmonary congestion, in hepatic, gastric, splenic, renal, and pelvic congestions, and also as a means of increasing the functional activity of an organ by renewing its blood supply. The fomentation is indicated in painful affections generally, and if properly applied, is as successful as opium preparations and other poisonous drugs in relieving the terrible pains of gall-stones, gravel, appendicitis, gastritis, neuralgia, etc., with the difference that whereas these drugs interfere with the normal processes of repair, and delay recovery, the fomentation

once affected with tuberculosis. Eminent authorities declare that this meat is safe *if cooked*, but much beef is eaten underdone. Hence the danger."

The statement that "eminent authorities declare that this meat is safe if cooked," will not stand the test of sound logic. It has been well said that "lemonade boiled is lemonade still," and the same is true of diseased meat. Boiling is powerless to destroy the poisons produced by disease; and these poisons are in the blood, and are carried by the blood to every part of the body of the sick animal. To expect the products of disease to be destroyed by boiling or sterilization, is equivalent to expecting lemon juice to lose its sourness when similarly treated.

The German Regulation.

In Germany all meat from diseased animals is sold "under declaration." A license is necessary to sell it, and hotels and restaurants must post notices that they use it. It is thus made reasonably sure that the people get just what they pay for—diseased meat or healthy meat. But that is in Germany. In no English-speaking country in the world is

such a regulation in force. Diseased meat and healthy meat are artfully mingled together so that no man can tell what he buys, and still less what he eats when some one else does the buying.

The End of the "Lumpy-Jaws,"

Where are the "lumpy-jaws" buried since the "hoof-to-can" inspection law passed?—Still in the stomachs of the people, according to the *World's Work Observer*.

"Every year, thousands of cattle affected with *actinomycosis*, commonly called 'lumpy-jaw,' reach the Chicago yards and are condemned. The disposition of this diseased stock is in the hands of the Chicago Stock Exchange, of which Mr. Charles Baker is secretary. He is a cousin of Dr. C. J. Whalen, City Health Commissioner, who, under the city ordinance, is responsible for the meat inspection of the entire city. The Live Stock Exchange undertakes to have the diseased cattle slaughtered, but the loss falls on the stock-raiser, who receives only the price of the hide and tallow. The contract to slaughter the 'lumpy-jaws' is held by the Standard Slaughtering Company, located a short distance outside of 'Packingtown' proper. When 'lumpy-jaw' beef is passed for food, the meat is sold by sealed bids, and, of course, brings a lower price than healthy beef killed in regular packing-houses. The members of the Live Stock Exchange and the owners of the Standard (one of whom owns a meat market) naturally have the preference in obtaining it. Thus it goes to the consumer in competition with meat from healthy cattle, and there is nothing to show that it came from 'lumpy-jaw' stock. The men who work at the Standard, will not eat it. Then why should the people who are willing to pay for the best meat have to eat it?

"This was the state of affairs in February: it was worse still in August, for more 'lumpy-jaw' was being passed. When I first saw the Standard killing-room, it was the dirtiest, foulest-smelling place I had ever seen. The rafters, floors, and even the doors were covered with filth, blood, grease, and offal. The pens outside were not paved, and were a foot deep in mud. Here, every Friday morning, the 'lumpy-jaw' cattle were slaughtered. Since the meat scandal was aired, an effort has been made to clean this killing-room, but only the tearing down of the whole structure can work any permanent improvement. The pens were still unpaved.

I saw a herd of 'lumpy-jaws' with the pus dripping from their abscesses, standing almost knee deep in the filth and mud. These same pens were used on the other days of the week by healthy cattle, for the Standard has a general slaughtering business."

After discussing the requirements of the new inspection laws at some length, this correspondent goes on to say that "these precautions are ample. The final safeguard lies in the integrity of the inspector."

Under the city ordinance of Chicago, "all meat condemned in the city by Government or State inspectors, shall be destroyed under the supervision and subject to the directions of the city meat inspectors." In August two inspectors constituted the entire city force at "the yards," a third was on his vacation. The other three (there are only six) were assigned to independent plants outside of "Packingtown."

"The city inspector of the Standard did his duty, condemning in one day eight out of every ten 'lumpy-jaw' carcasses. The next Friday practically the same thing happened. This was too much for Secretary Baker. He told his cousin, Dr. Whalen, that the inspector was inefficient, so Dr. Whalen ordered another inspector for the Standard. The second inspector was not so active. On one Friday in August, only twelve out of one hundred and twenty 'lumpy-jaw' carcasses were condemned."

That left one hundred and eight "lumpy-jaw" carcasses to be eaten. Naturally, the observer wanted to ascertain if the medical officer considered this efficient inspection. He also desired to learn how the health of the city was affected by the consumption of a hundred or more "lumpy-jaw" cattle every week. He says:—

"After many fruitless visits to the City Hall, I found Dr. Whalen in the office where he conducts his private practice. I asked him if he thought two men were adequate at the yards. 'Oh yes,' he replied. 'They are only supposed to "butt" in here and there.' I asked him if he thought disease could be transmitted to the consumer by meat, whereupon he said, 'I have never heard of any person getting disease from diseased meat,'"

With medical officers of this opinion, with inspectors dependent for their places on the good will of the chief officer, with the "final safeguard" lying "in the integrity of the in-

spector," with an inadequate number of inspectors, and country places beyond the reach of the inspector—with all these and many other reasons why pure food laws cannot be enforced, are not those who depend

for protection upon government inspection leaning upon a broken reed? Would it not be far safer and wiser to replace such questionable products, which are not really necessities, by the cleaner, purer products of the earth?



WAHROONGA.

Like to a diamond set in purest gold,
Or to a bright-eyed daisy in the sward,
Or lovely rose, with verdant foliage fringed,
Wahroonga in the virgin forest lies.
Attendant spirits to it minister—
Pure mountain air, free from the city's
taint,
Bright sun, undimmed by factory or mill,
Inviting walks, where ferns and creeping
vines
And feathery wattle fronds adorn the view.
Beauteous *Wahroonga*, to its rugged
heights,
Life's way-worn travellers eagerly resort,
Neurotic, palsied, halt, or maimed, deprived
Of life's best joy and richest gift,—good
health;
There tenderly and wisely treated, till
Their limbs new vigor gain, their nerves
grow strong,
While sparkling eyes attest reviving power,
And God's good world looks rosy bright once
more.
Nor are the fleshly ills alone removed;
Man's higher nature, mind and soul, are
raised
To closer converse with the Almighty, who
Daily receives the praise and honor due,
And sheds o'er all the gracious balm of
peace.

BY ONE WHO APPRECIATES IT.

Drink Claims Another Life.

EVERY day incidents occur which emphasize the importance of voting right on the temperance question at the approaching election.

On Sunday, August 11, while the Editor was returning to the Sanitarium from a visit to the Avondale School Press, an accident occurred which delayed the train about a quarter of an hour at Woy Woy. The delay was due to the fact that a man had been killed by another who was under the influence of drink, and the train was held until an

officer could be called to effect the arrest of the manslayer.

The citizen who votes for "high license," and the citizen who does not vote at all, helps to legalize drunkard-making, and so is morally responsible, to a certain extent, for such crimes as this, of which hundreds weekly occur.

Vote at the coming election, and see that you vote for PROHIBITION! A vote for "high licence" means a vote for insanity, immorality, disease, drunkenness, and crime.

THE PATENT MEDICINE SWINDLE.

THE REPORT OF MR. O. C. BEAL, AND THE BILL WHICH HE HAS LAID BEFORE THE LEGISLATURE, AGAIN BRINGS THE GREAT PATENT MEDICINE EVIL TO THE ATTENTION OF THE COUNTRY.

AUSTRALIA'S population is 4,000,000, and her patent medicine bill for 1905 was over £220,000. During the same year New Zealand, with a population of 882,457, spent £56,223 in patent medicines. In both instances these figures represent only the invoice value of the imported nostrums. The customs duty and home-made products are not included.

We quote as follows from the *World's Work* :—

Peruna, with its forty-two per cent. of bad spirits; Liquozone, with its ninety-nine per cent. of water and a trace of sulphuric acid; Bromo-Seltzer, with its heaping teaspoonful of heart depressant; Antikamnia, Laxative Bromo-Quinine, and others of the acetanilid tribe—we have them all, and doctors sometimes give them an air of respectability by ordering them for their patients. Warner's Safe Cure, of Kentucky distillery fame, Ayer's Sarsaparilla, Celery Compound, and the other preparations which come under the scourge of Mr. Adams in *Collier's Weekly*, all flourish like the green bay-tree. The soothing syrups and powders (one of which, according to "Murrell's Poisons," has already accounted for 150,000 deaths) continue to be habitually given to infants, not as medicines, but as stupeficients pure and simple. Pain-killers, pills possessing "miraculous" properties, syrups of figs with not a vestige of that excellent fruit in their composition, are puffed and advertised on every hand with a vigor and at an expense unequalled by any other branch of trade.

Of the much-advertised infants' and invalids' foods it is stated that "where one man is trying to build up a perfect synthetic food, there are a number of conscienceless adventurers who are thrusting upon the market all sorts of so-called artificial foods which are nothing less than poisons." An instance is given of a certain brand of Extract of Malt which is guaranteed to be "rich in diastase," the ferment that changes starch into sugar. On analysis this extract was found to contain no diastase whatever. When the attention of the firm was called to this fact, they admitted that the extract was purposely prepared free from diastase.

The Doctor Tyson Vegetable Cure may be mentioned as a type of the many ingeniously-advertised cures for alcoholism. The usual number of testimonials from doctors, clergymen, and other influential men and women, were published both in newspaper

advertisements, and in a pamphlet entitled "Better than Gold." Enough medicine for a "half-cure" was offered for the modest sum of five guineas, or a "complete cure" for ten guineas. The government analyst found bottle No. 1 to consist of nux vomica (strychnine) and a small amount of vegetable extract, half a teaspoonful of which would be fatal to a child. The No. 2 bottle contained a strong alcoholic tincture of a vegetable bitter which was of no particular medicinal value. Its actual cost was about two shillings.

Another exposure occurred at the Brisbane Police Court on June 21, 1906. A firm of drapers was convicted of selling Peruna without a license. The following account appeared in the *Brisbane Daily Telegraph* :—

The details disclosed by the prosecution, as against the medicine, were of an alarming character. Forty-two per cent. of alcohol is practically half spirit and half something else, and it takes a fairly seasoned stomach to stand alcohol in such proportions. But the medicine in question is recommended by the label on the bottle containing it as a remedy for certain infantile ailments, and the dose prescribed is duly set forth. That children of tender years should be treated to nips of alcohol in this way, is a serious menace to the well-being of the community.

The rest of the papers were silent on this interesting piece of news, due, no doubt, to the fact that they had received large advertisements from the Peruna people. On this point the *World's Work* says, "The silence of the press in the Peruna prosecution, is only one illustration of the potent and dominating power of the patent medicine trade."

As to the testimonials, these are in most cases fraudulently obtained. A Member of Parliament was waited upon by a canvasser who desired him to supply a testimonial in favor of a much advertised remedy. The Member replied that he knew nothing whatever of the composition of that remedy. He was then asked if he would verify the statements of a number of his constituents who had supplied testimonials, but he declined to do so. A few days later he was once more waited on by this canvasser, who showed him the testimonials in question, requesting him to verify them, at the same time offering him

as an inducement to do so, the sum of two guineas. When the Member asked the canvasser to leave, the latter said, as he made for the door, "If you will supply your photo as well, I will give you three guineas."

Dr. Carty Salmon is quoted as having said:—

It is well known that any struggling country newspaper reporter who wishes to make a guinea or two has merely to visit some out-of-the-way place and induce one of its residents to declare that he has tried a certain remedy with most marvellous results. He very frequently gains his object. Having interviewed the alleged patient, he is required to write a glowing account of the latter's personal appearance, of his residence, and his restoration to health through the patent nostrum—and for this service he receives two guineas. That is the amount which is regularly paid to reporters who procure such testimonials.

In one instance the testimonials of a certain quack who advertised miraculous cures, were investigated by the authorities. They found that the names of the persons were fictitious, that many of the streets had no existence whatever, and that all the letters were written in the office of the advertiser.

Liquozone was the next preparation exposed. According to Dr. Thresh, of the London Medical Hospital, this preparation is merely an impure dilute solution of sulphurous acid. Yet "Liquozone purports to be free oxygen and ozone (and is recommended for all the ills that human flesh is heir to), whereas it is only a mixture of acidulated water. . . . It is a pernicious and unsafe drug, which may be used as a disinfectant for drains, urinals, and stables." Dr. Mason, of the San Francisco Board of Health, acting on the above report, passed a regulation making it an offence to sell or give away Liquozone in any shape or form. At an inquest held at Stoke Newington in June, 1905, concerning the death of two children who died from exhaustion brought on by taking Liquozone, the manager of the British Liquozone Company asserted that no fewer than 10,000,000 bottles of this preparation had up to that time been sold in Canada and the United States.

A few facts about Bile Beans should materially lessen the sales of this much advertised nostrum. "The foundation stone of its success has been the false and fraudulent statement" that these beans are composed of a natural vegetable substance which the proprietor discovered in Australia, which for ages had brought health and vigor to the

natives, and which was now being introduced for the benefit of civilized nations. As to the truthfulness of this statement, Lord Ardwell, in the Court of Session, Edinburgh, spoke as follows:—

There is no such person as Charles Forde, the alleged discoverer of this wonderful medicine. His true name is Fulford. He is not an eminent scientist, having had no scientific training whatever as a chemist or anything else; he never investigated the healing extracts and essences of Australian roots and herbs; he never made any research; he never was the discoverer of a natural vegetable substance which had the power of acting in the same way as animal bile; in fact, no such substance existed, and no such substance formed the basis along with the other ingredients of Bile Beans, these "beans" being compounded wholesale in America out of ordinary drugs, none of which have anything special to do with Australia.

The makers of Bile Beans up to September, 1905, had spent £300,000 in building up their business, which, in the words of the learned judge, "was one founded entirely upon fraud, impudence, and advertisement."

Dr. Morse's Indian Root Pills, one might suppose, contained some extraordinary Indian herb; but such is not the case. A Customs prosecution in Sydney disclosed the fact that they are simply ordinary American cathartic pills, imported into the Commonwealth in millions, and sold under the above euphonious title.

Californian Syrup of Figs is an equally misleading title. Not a trace of fig syrup enters into its composition.

Complexion Tablets, form developers and improvers, and cures of deafness and rheumatism are amongst the long list of remedies which are made to sell, and possess no virtue whatever.

"Patent Foods and Patent Medicines," by Dr. Robert Hutchison, gives the following approximate compositions of a number of patent medicines:—

Carter's Little Liver Pills: Podophyllin and aloes.

Beecham's Pills: Aloes, ginger, and—*soap!*
Antikamnia: Bicarbonate of sodium, antifebrin, and (?) caffeine.

Bunter's Nervine: Creosote, camphor, chloroform, balsam of tolu, alcohol.

Seigel's Syrup: Aloes, capsicum, liquorice, and treacle.

Steedman's Teething Powders: Calomel and starch.

Clarke's Blood Mixture: Iodide of potassium (active constituent).

Warner's Safe Cure: Nitrate of potassium and diuretic herbs.

Kaputine: Antifebrin and sugar.

Mrs. Terry's Drink Cure: Sugar (98%), and salt (2%).

Antidipso: Chlorate of potash and sugar.

Why Soothers and Pain-killers Kill.

The dangerous and poisonous nature of coal tar preparations cannot be overestimated. Yet one large firm of headache-powder manufacturers boasts of the fact that it uses no less than ten tons of acetanilid annually.

Collier's Weekly states that "Bromo-Seltzer" is two-thirds acetanilid and the dose recommended is a heaping teaspoonful. This quantity contains from three to ten times the usual dose! These dangerous drugs enter chiefly into the composition of headache cures and pain-killers generally. The case is reported of a lady who was so addicted to chlorodyne that she took three bottles of it per day, a full bottle at each dose. When remonstrated with, she stated that she could not live without it. Yet it is of this very preparation that the Registrar of the New South Wales Pharmacy Board, said, "There is great destruction of human life, both maternal and infantile, caused by the sale of chlorodyne, which contains opium and chloroform, both of which are scheduled poisons."

The report of the Royal Commission, appointed by the New South Wales Government in 1904, to inquire into the infantile mortality, contains the following startling statement:—

Many of these proprietary medicines, obviously dangerous on account of the opium and morphia which they contain, are frequently administered in all innocence by mothers to their children. In a schedule to the report, there is a list of twenty-two much-advertised nostrums upon which the Government analyst has reported. Most of them contain dangerous drugs. They all have fancy names. They may all be classed as secret remedies. Great danger to infant life is caused by the common use of chlorodyne and soothing syrups.

The President of the Pharmacy Board spoke even more forcibly. He said, "There are a number of proprietary medicines advertised and sold under deceptive names. Generally the name of a beneficial and harmless natural product (such as Irish moss, linseed, cherries, aniseed, black currants, horehound) were used to disguise poisons more or less virulent, such as opium, nuxvomica, colchicum, ergot, and other deadly concentrations, alone or together, with chloroform, aconite, arsenic, mercury, and bromides of sodium and potassium. The law provided no check restraining any one from preparing these articles and advertising them as proved

cures for all the ills of mankind under a totally false, lying, and deceptive label." These plain statements caused a prominent Australian chemist to exclaim, "The patent medicine trade has run riot! It is time the State interfered to stop the wicked fraud which is being perpetuated."

How the Swindle is Worked.

An investigation made by the Ontario Board of Health showed that in the manufacture of many secret preparations all that was required was a barrel of whisky, water for diluting the same, glucose for sweetening, some vegetable bitter (the cheaper the better), and some common tonic or aperient like magnesium sulphate or iodide of potassium. In one case the caretaker of a building put up a well-known tonic in his spare time. Aloes which are cheap and a quick purgative, were found to be the basis of a number of pills. In one case in Australia, a well-known "Essence of Life" was found to contain nothing but distilled water, for which a guinea a bottle was charged. The patent medicine man hits on a dyspepsia cure, a blood mixture, a tonic, or a cough cure, whichever he thinks is likely to be most lucrative, and sets to work at once lavishly to advertise its alleged virtues, procure faked testimonials, and commence his campaign on the credulity of the public. "We never canvass for orders," said the manager of a large patent medicine firm, "If the demand slackens, we just run in one or two large advertisements in the daily papers, and the orders go up like the thermometer on a hot day."

Why Doesn't the State Interfere?

Because in the case of Great Britain, no fewer than 40,000 patent medicine makers and vendors pay the Government upwards of £331,000 a year for the privilege of poisoning the people. It is blood money, but what of that, so long as the State would rather have the pounds than the people.

Concerning bills to restrict the sales of patent medicines, an old campaigner said, "No sleep need be lost that any of the flood of patent medicine proposals will ever find their way on to the statute book."

"Bills of this class appear every year, but the patent medicine barons have no difficulty in putting them to sleep!" adds the *Ladies' Home Journal*.

It remains to be seen whether the bill referred to in "News and Notes" of this number, which is now on the table, shall share a similar fate.

Meanwhile let the educational campaign go forward until all the people become sufficiently enlightened to protect themselves. Then this gigantic fraud will die a natural death for want of dupes.

THE EYESIGHT OF CHILDREN.

BY KENNETH SCOTT, M. D., F. R. C. S. *

Not infrequently individuals well advanced in life find that what they have come to regard as an unavoidable misfortune to themselves, has all along been due simply to some defect in their eyesight, dating from childhood, and which could have been easily corrected then, but was allowed to continue, the parents not taking notice of it, with the result of marring in greater or less degree, the whole subsequent career.

A few examples under this category are: Headaches, interfering materially with the proper pursuit of studies during school or student life; inflamed eyelids or eyes, causing permanent alterations and scars, with injury to the eyesight; attacks of epilepsy attributable to this cause, and relieved when the eyesight is corrected with suitable spectacles; squint and ultimate loss of power in the affected eye.

Evidently it is highly important that parents should give due attention to the eyesight of their children, and whenever a child is noticed with the sight unequal in the two eyes, or who is unable to see well at a distance, or seems to have difficulty in being able to read, or shows any tendency to squint; then it is always advisable to seek for remedy in this direction without delay. Moreover, when a child complains of persistent or recurring headache, especially in connection with school work, or even if for no apparent reason the child seems to be backward and slow in comparison with other pupils, or shows lack of application in study, it may often be found, on investigation, that there is some error of eyesight which can be readily corrected by spectacles, with the result that the symptom is abolished, and the studies are afterwards resumed successfully under entirely favorable circumstances.

The defect in vision is most commonly found to be due to some fault in the shape of the eyeball itself, naturally so and quite apart from the slightest disease; this interferes with the correct focussing power of the eye, and produces a strain on the nervous system, besides the disability of not being able to see like other people. It is very seldom, if ever, that the child grows out of it as age advances, but on the contrary the condition, if neglected, does not improve, but may grow worse; whereas, by the use of proper spectacles, if

it is found that they are required, the condition is relieved and the eye is placed in a position under which the arrest of the condition, or its improvement, as growth in the body takes place, may be expected. After the age of eighteen years, there is rarely any further change noticed: so that from the time of three or four years old until then, the eyesight of the growing child is a most important obligation on the part of the parent, because so much depends upon it.

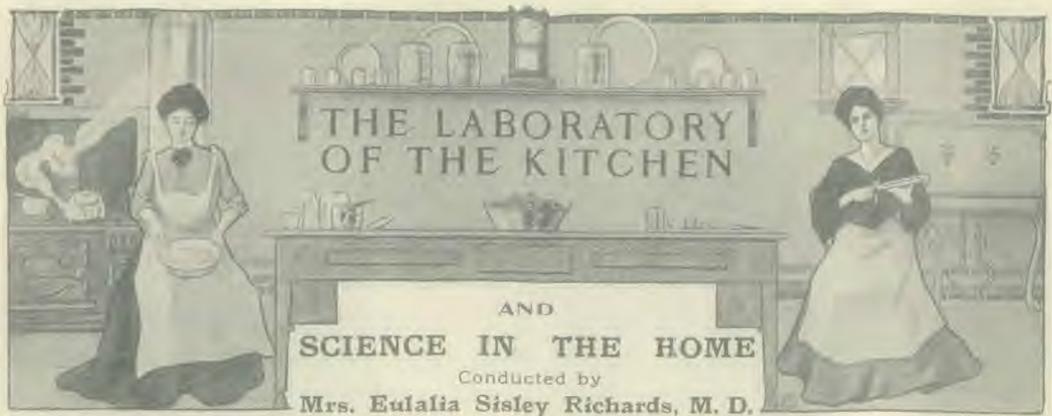
It is worse than useless, and may do positive harm, to attempt to select any spectacles for a child, or to have the vision examined with such an object, unless under the skilled advice of a qualified doctor; as it is always necessary, in order to ensure the required accuracy of the testing, to dilate the pupil of the eye with weak drops. These drops, when properly used, do not injure the eyes at all, and in fact frequently do them good; the effect passes off in about fourteen days, therefore it is usually better to arrange for such an examination to be made at the beginning of one of the holidays; for whilst the eyes, in consequence of the drops in them, do not see very well to read, there is but little interference with the ability to see to go about.

As the eye may alter somewhat in shape as the child grows older, it is only right to have the examination repeated yearly or every second year, in order to ascertain whether such alteration is taking place, and so be able to take full advantage of any improvement which may thus be found. If after some time there is no change found, then a longer interval may be allowed to elapse between the examinations.

The small trouble of taking the child to a special doctor for this purpose is amply repaid by the result obtained.—*British Good Health.*

A FAMOUS man had a slight cold one night, and in a certain speech referred to it in this fashion. "I went to my doctor," he declared, "and the doctor said I had been eating too much nitrogenous food, and must stop it and eat farinaceous food. Since then I haven't been able to eat at all, for I don't know what either word means."

*Consulting Ophthalmic Surgeon, St. Mary's Hospital for Women and Children, London, E.



Some Wholesome Dishes, and How to Make Them.

Those to whom vegetarianism is new, often experience some difficulty in finding suitable meat substitutes.

The following excellent recipe is taken from the note book of an English lady who has for some time been carrying on in her own kitchen, experiments in vegetarian cookery:—

NUT MEAT.*—Take $\frac{1}{2}$ lb. grated walnuts, $\frac{1}{2}$ lb. grated bread crumbs, one grated onion, one grated apple, one egg, salt, lemon juice, and grated rind to taste, parsley and thyme as required, chopped very finely, large tablespoonful of flour, and a little milk. Mix the grated walnut, bread crumbs, onion, apple, seasoning, and flour together; beat the egg well, and add to the dry ingredients, using as much cold milk as will make into a stiff paste. Grease a mould, put in the paste, cover with a buttered paper, and steam for two and a half hours. Serve very hot, with a sauce of tomatoes, or any brown sauce that may be most agreeable.

This dish, if properly made, looks like meat, tastes like meat, and furnishes to the body the same nutritive elements as are furnished by meat. There is this difference, the nut meat is pure and clean, and free from the waste products always present, and from the bacteria and animal parasites so frequently present, in flesh meats.

CHILI SAUCE.—Strain one quart of stewed or tinned tomatoes so as to remove skins and seeds. To the tomato juice add one large onion (grated), one teaspoonful of celery salt, one-half tablespoonful of sugar, and one-half teaspoonful of salt. Simmer in an uncovered saucepan until reduced to one-half or one-third of the original quantity. The result is a sauce which is quite wholesome, yet very appetising. It is delicious served with grilled protose, and other nut meats.

An excellent breakfast dish is—

BROWNED RICE WITH EGG SAUCE.—Place a cup full of rice (uncooked) upon a shallow tin in a moderate oven. Shake the rice about from time to time until it is evenly browned to a light straw color. Then add the rice to two cups of boiling, salted water. Cook for one hour or until tender, in a double boiler. Do not stir the rice while cooking. If prepared in this way each kernel is separate, and the dish as a whole is easily digested by the most refractory stomach. It is the preliminary browning in the oven which renders the rice so much more easily digested than that which has been cooked in the ordinary way.

Another good breakfast dish is—

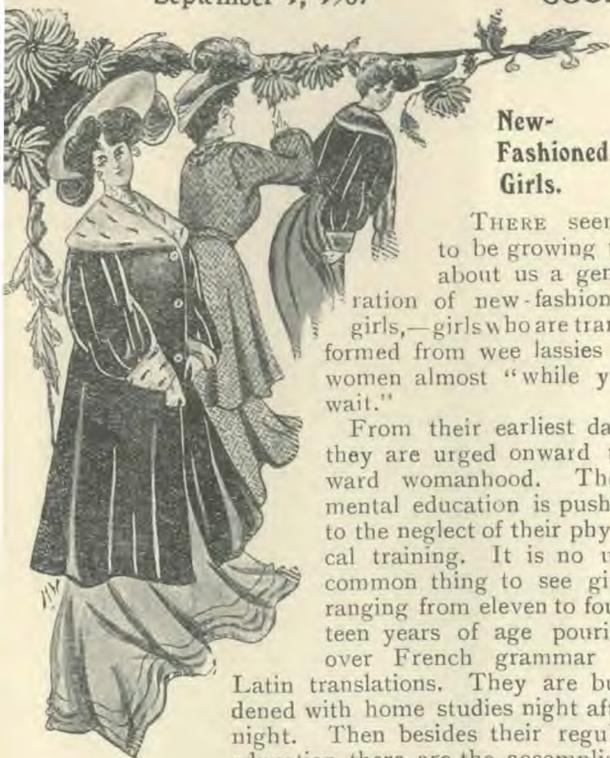
MAIZEMEAL CUTLETS.—First of all some thoroughly cooked maizemeal porridge is needed. This should have been fairly stiff, then cooked for about four hours in a double saucepan. While still hot it should be turned out into an oiled tin, preferably a bread tin. The next morning when it is cold and firm, it may be cut into slices about one-third of an inch thick. These may be rolled in beaten egg and bread crumbs, and browned in the oven. This dish is a particularly good one for cold weather, as maizemeal is an excellent heat producer.

ORANGE APPLES.—At this season of the year when oranges are so plentiful, the following dish will be found delicious either for dessert or for breakfast:—

Separate the juice from about a dozen oranges (using a lemon drill). Add an equal quantity of water or more, also sufficient sugar to make a thin syrup. When this syrup is boiling, drop in a few medium-sized apples which have been carefully peeled, but not quartered. Cover tightly, and boil until the apples are tender, but not broken. Then carefully lift them out into the dish in which they are to be served. After removing the apples, continue boiling the syrup until it has lessened somewhat in quantity, then thicken slightly with cornflour rubbed smooth in a little cold water. After adding the cornflour, boil for five minutes, then pour the syrup over the apples. Serve either hot or cold.

Grape juice or any other preferred fruit juice may be substituted for the orange juice in this recipe.

*NOTE.—Recipe furnished by Mrs. Brice in the *British Good Health*.



New-Fashioned Girls.

THERE seems to be growing up about us a generation of new-fashioned girls,—girls who are transformed from wee lassies to women almost “while you wait.”

From their earliest days they are urged onward toward womanhood. Their mental education is pushed to the neglect of their physical training. It is no uncommon thing to see girls ranging from eleven to fourteen years of age pouring over French grammar or

Latin translations. They are burdened with home studies night after night. Then besides their regular education there are the accomplishments—the piano, or perhaps the violin, with several hours’ practice daily. Yes, and social obligations. Little girls, scarcely old enough to go to school, attend parties, matinees, and other social gatherings, being dressed so elaborately on these occasions that they remind one more of fashion plate figures than of real flesh and blood girls.

If the girl has any leisure time after meeting all the foregoing obligations, she usually spends it in reading. And what class of books does *she*, not her mother, select? Not simple, childish tales, nor standard works of real worth, but most often cheap novels and romances which tend to give her false notions of life.

The girl is so absorbed in all of these things that she has little or no time for that domestic training once considered of more value to girls than book-learning. The work in her home is done either by servants or by her long-suffering mother, who excuses her daughter’s disinterest in home affairs on the ground that her education demands all of her time and thought.

What is the result of this system of training? Girls who are *educated*—but educated for what? For home-making with its domestic

duties? For motherhood with its thousand cares?—No, certainly not. The result is girls, if they survive the process of training, who can play on the piano, sing, paint, speak French, but who could not if their lives depended upon it, bake a good loaf of bread, make a frock, or even neatly darn a sock.

There are many who openly admire these new-fashioned girls but who down deep in their hearts cherish a longing for the return of the old-fashioned girls—the girls who, though perhaps not so brilliant as their sisters, always shed brightness in the home, the girls who, though not so well versed in Latin or French, are well versed in the simple arts of home-making. It is all a matter of education and training. Girls cannot be expected to make good wives and mothers unless from earliest childhood they are taught by precept and example the science and art of home-making. Sensible mothers will encourage their little daughters to share the responsibilities of the home. They will patiently and lovingly teach them all that is to be known about the proper care of the house, the preparation of wholesome and palatable food, and the making of their own garments.

This instruction will all be given in such a way as to be a pleasure, not a burden, to the little house-keepers. They will be shown exactly how a thing should be done, then encouraged when they fail or commended when they succeed.

Proper recreation will be alternated with work, as “all work and no play” seems to result as unsatisfactorily for his sister as for Jack.

The writer is acquainted with a family of girls who are now in homes of their own, and real old-fashioned housewives they are. Besides attending to the ordinary household duties, these young women do all of their own sewing from the simplest under-garment to the smartest frock. “However did you learn to cut and fit and finish so nicely?” was asked. “Oh, we learned it all through dressing our dolls when little girls at home,” they replied. Their mother was one of those wise teachers who knew how to make her teaching attractive. Each little daughter was given a work basket, completely furnished, also dainty materials which she was free to use as she wished. With their mother’s help and suggestions, these girls learned to make all sorts of pretty things for their dolls. Then gradually, little by little, they were en-



"Old-Fashioned Girls."

couraged to make simple garments for themselves, and then the more complicated ones, until finally they were able to fashion all of their own clothing, and they gloried in it.

Every woman who is the mother of daughters should feel it a sacred responsibility to give them in addition to what is commonly called a good education, such a training in domestic sciences as will fit them for the duties of wifehood and motherhood. Daughters thus trained will one day rise up and call their mother blessed.

TEA AND COFFEE AND HEART DISEASE

A GERMAN heart specialist states that abstinence from these common beverages, is just as necessary to the cure of nervous diseases as is abstinence from alcohol. He says that alcohol weakens the heart and induces nervous weakness by interfering with the nutriment of the nervous system and abdominal organs. Tea and coffee weaken the heart by exerting a degenerating effect on the heart muscles.

HOUSEHOLD HINTS.

WHEN boiling green vegetables, add a little sugar to the water. It preserves the color quite as well as bicarbonate of soda would, and is not injurious.

To obtain a little onion juice for flavoring, cut the onion across, and holding it firmly, draw a sharp-edged spoon across it, holding it so as to catch the juice.

Odd bits of celery, if washed, and dried slowly in the oven, will keep for weeks, and can be used for flavoring soups, gravies, and stews.

A bay leaf put into soup about five minutes before serving gives a pleasant meaty flavor. It is particularly well-suited to lentil and tomato soups.

Instead of vanilla extract, try using the vanilla bean for flavoring milk puddings, etc. The bean should be placed in the milk a few minutes while it is heating. The same bean may be used about a dozen times. After using, it should be washed in cold water, dried, and then wrapped in clean white flannel, until needed again.

MANY do not know that goloshes can be polished in the same way as shoes. If thus treated they always retain their bright, new appearance.

WHEN making a tomato soup with milk, try making first a rather thick milk sauce, then adding the strained tomato juice. When made in this way the milk does not curdle as it is so apt to do if made in the usual way.

DATES before being served should always be thoroughly washed. It is still better if after being washed they are placed in a hot oven for a few minutes. If not thus treated they may be the conveyer of disease germs, as they are not usually landed and packed under the most sanitary conditions.

CHATS WITH THE DOCTOR.

28. **Weak Heart.**—"X" asks for suggestions as to diet and exercise to be taken by one who cannot walk far because of shortness of breath, palpitation, etc. *Ans.*—First, "X" should make a few changes in his dietetic habits, altogether abandoning the use of tea, and keeping strictly to three meals daily without the occasional snack before bedtime, and let the last meal of the three consist chiefly of fresh, ripe fruit. The golden rule concerning food in youth, middle age, and old age, is summed up by one writer as follows: "In youth, sustain; middle life, sustain and abstain; old age, sustain." You are still in the "sustain and abstain" period of life, and will find yourself able to do your work more easily, to do more work and better work by keeping to a minimum quantity of food. Those who are engaged in journalistic work usually take too little outdoor exercise. Your heart may further tend to keep you somewhat too inactive. Unless it has been considered organic disease of the heart by some medical man, I shall conclude that you have only a functional disease of the heart. This is by far the more common and likely for one of your occupation and habits. In functional disorder of the heart, it is important to eat or drink nothing that produces flatulence, as this causes the heart to be pressed upon by the inflated stomach, and palpitation invariably follows. Tea is one of the things to be avoided, both because it produces flatulence and acts upon the nerves which control the heart. You should also avoid stimulants and narcotics of all kinds, especially tobacco. Masticate your food thoroughly, and do not drink at meals. Take only two or three kinds of food at a meal. Avoid taking fruit and vegetables together, or fruit with milk or cream, except bananas, figs, and perhaps a few other sweet, mild fruits that go fairly well with cream. Systematic, outdoor exercise should be taken daily, sufficient to cause perspiration. This should be followed by a cleansing bath and a quick rub-down with cool water. Keep the bowels and other eliminative organs active.

29. **Eczema.**—I. Will Editor of GOOD HEALTH kindly say what treatment he would advise for eczema on the face? *Ans.*—In the treatment of eczema, diet is of primary importance. The disease appears to be due to irritating products in the blood, and the only way of changing the condition of the blood is through diet. The Editor recalls a case of eczema of the scalp which was said by an eminent skin specialist to be parasitic, and was accordingly treated by strong antiseptics, without much success. This patient was put upon Sanitarium diet, with the result that the eczema disappeared almost immediately, although no applications were made to the scalp after dietetic treatment was begun.

2. Ought the part affected be covered, or ointment applied, and is it harmful to go out in the wind or cold weather? *Ans.*—The skin should be kept active by means of exercise and eliminative baths, and its healthy tone maintained by a daily rub with cool water. The affected part should

be carefully cleansed with mild soap and warm water, patted dry, and gently massaged, some bland, non-irritating ointment being used. Two or three times a week, concentrated sunlight may be used to advantage, the light being focussed on the part with a reading glass or other lens.

3. What diet, etc., should be given? *Ans.*—The Sanitarium diet referred to consisted of nuts and dextrinized cereal products in place of flesh foods and "stodgy" porridges and breads. Fresh fruits and vegetables in liberal supply are included, and also dairy products and eggs. The free use of water is important.

30. **Dyspepsia, Low Weight, Lack of Energy.**—G. M., Wellington N. Z.: This subscriber has been a vegetarian for the past three years, takes two meals a day, and a little fruit before retiring. Breakfast at 6.30 consists of granola, gluten, or oatmeal (with an egg or two at times). Dinner, 1.15, consisting of breads, potatoes, with nut meat, beans, or lentils. Patient is troubled with dyspepsia, is low in weight, and lacks strength. Advice as to diet is desired. *Ans.*—This diet is deficient in fats and sugars, and weight will not be increased until these food elements are more freely taken. The diet also lacks variety, which is necessary to good digestion and perfect assimilation. Fat may be taken in the form of olives, olive oil, cream, good dairy butter, nuts, and nut oils, and sugars as found in sweet fruits, honey, maltose, malt extract, and in moderate quantities, jams, jellies, and fruits sweetened with cane sugar. A moderate allowance of pure cane sugar may be used. The food should be thoroughly masticated. If the questioner is suffering from some form of dyspepsia which makes it impossible for the body to be properly nourished, treatment at an institution under medical supervision may be necessary. Study of health literature should prove helpful. Too much care and thought and anxiety about diet and other matters pertaining to health always tends to make matters worse. In such cases health often springs forth speedily when the mind has been diverted, and directed into new channels.

31. **Poorly-nourished Child.**—F. A. B., Stanford: Kindly give information on the following: My boy, who is nearly six years of age, is very thin, with soft, flabby flesh, appetite variable, occasional bilious attacks, night sweats. *Ans.*—The child should be carefully examined by a physician, and the cause of these symptoms ascertained. It is impossible to say without such an examination just what is wrong, and without a definite diagnosis, it is of course impossible to prescribe treatment. An outdoor life should prove beneficial, and diet should consist of wholesome, nourishing, easily digested foods. As he is not taking meat, some suitable food must be provided to build up the body. Nuts, and nut foods, wheatmeal products, and gluten preparations, eggs, milk, and cottage cheese, are amongst the foods that may be considered meat substitutes. Nutrition would be improved by massage and tonic baths.

32. **Diet for Rheumatism and Obesity.**—Vege-

tarian, Maragon: 1. Please advise diet for rheumatism occurring in a stout person. *Ans.*—The free use of water and acid fruits is indicated. Sugar and sweet fruits should be avoided, also flesh foods, tea, condiments, etc. Fresh vegetables may be freely eaten, nuts, eggs, and milk in moderation. Cereal products should form the basis of the diet. Sciatica is not a form of rheumatism.

2. Is much standing bad for one who is stout and heavy? *Ans.*—Much walking in really what is indicated, or in other words, much exercise out of doors to reduce the excessive weight. The standing, unless there is discomfort or inconvenience, will probably do no harm.

3. Could eating too many mandarin oranges cause rheumatism? *Ans.*—No.

4. Our son, twelve years old, who has suffered much from nervous headaches, has been much relieved by the health diet, but I cannot persuade him to take cream, or olive oil, or stewed fruit. Does this matter? He is fond of butter, but we do not allow him to have it now. *Ans.*—Cream and olive oil do not agree equally well with all, and as you are on the farm, there is no reason why the boy should not have a moderate allowance of good, home-made butter. His personal preference as to fresh or stewed fruits should also be permitted to have some influence in deciding which shall be given him. Fresh fruits are really better than stewed fruits from the health point of view, although the palate should be trained to appreciate wholesome foods of all kinds. A little gradual education and evolution will make many changes in the child's appetite. It should be borne in mind that the health diet does not consist of a fixed and inelastic set of dishes, but, like health clothing and everything else that is wholesome, the health diet should be carefully adapted and suited to individual needs, as these vary according to age, climate, occupation, etc.

5. Are radishes, lettuce, and cucumbers allowed in health diet? *Ans.*—If these vegetables are not rendered indigestible by pickling in vinegar or otherwise, they are useful relishes or food adjuncts for those who experience no difficulty in digesting them.

6. Are Force and Quaker Puffed Rice wholesome, and also golden syrup? *Ans.*—Yes, may be said of the first two. Pure cane sugar is more wholesome than golden syrup. The best of syrup may be prepared at home from sugar and water. Such sweets should not, of course, be used too freely.

7. My daughter complains of too much saliva, and wants to know how to lessen it. *Ans.*—This trouble is no doubt due to the recent change in diet and refraining from drinking at meals. As the mastication of dry foods is persisted in, the trouble will probably shortly adjust itself.

8. Are dessicated cocoanut and dried potatoes wholesome? *Ans.*—Dessicated cocoanut is rather woody and indigestible; the fresh cocoanut is better when in season. The flavor may be obtained by pouring a little hot water over grated cocoanut, allowing it to stand, then drawing off the liquid, which is the part used. Dried or preserved potatoes are wholesome and useful where the fresh product cannot be obtained.

33. Flatulence, Dizziness, Specks before the Eyes; Fruit and Nut Diet.—M. P., Perth, desires to know the cause and remedy for the above symptoms. *Ans.*—Doubtless due to indigestion. Practise thorough mastication of dry foods. Do not drink at meals. Do not take tea even *once* a day. Reduce the quantity of olive oil from three tablespoonfuls to one. Keep skin, bowels, and other eliminative organs active, and take sufficient outdoor exercise.

2. Do you advise a fruit and nut diet? *Ans.*—No, not as a rule. There are conditions in which such a diet may be useful for a limited period of time.

34. Proteids and Salts in Bread.—1. Does the crust of bread and zwieback, weight for weight, contain more proteid and salts than ordinary bread? *Ans.*—T. K. M. has probably misunderstood Professor Atwater, as there is not a higher proportion of proteid or salts in crust or zwieback than in ordinary bread made from the same materials. In other words, a loaf of bread gains nothing in nutritive qualities by being made into zwieback. The change consists in a loss of water and a dextrinization of starch. This change renders the bread more digestible, and ensures its thorough mastication, provided it is eaten dry.

35. Falling Hair.—F. D., Glenroy: What is the cause and cure of falling hair? I have only about one-third as much hair as I had a few months ago. *Ans.*—The cause of falling hair may be either local, such as parasitic disease of the scalp, or general, through impairment of nutrition of



We Sell the Very
Best India Rubber

Hot Water Bag
Made.



Fitted with Safety Filling
Mouthpiece.

Seams made extra strong.

Size	Plain	Price.	
		With Seal	or Wool Cover
6 x 10	...	6s 6d.	7s 3d.
6 x 12	...	7s.	7s 9d.
8 x 10	...	7s 6d.	8s 3d.
8 x 12	...	8s.	9s.
8 x 14	...	8s 6d.	9s 6d.

Carriage paid for Cash with order.

DOUCHE ATTACHMENTS to convert above bag into a fountain syringe, 3s 6d., carriage paid. This set comprises 6ft. length rubber tubing, nickel fittings to screw into bag, and two vulcanite pipes with tap.

PERDRIAU RUBBER CO., LTD.

270 George Street, Sydney.

Our List of Winter Requirements Posted Free on Request.

the scalp. The general health should be improved through obedience to the laws of health, and such stimulating local treatment as hot and cold douches to the scalp, massage, vigorous rubbing and brushing of the scalp. A stimulating hair tonic such as a mixture of alcohol, resorcin, cantharides, and castor oil is beneficial.

VOTE FOR PROHIBITION.

READERS of the GOOD HEALTH have an important work to do in helping their fellow citizens to avoid the pitfalls of intemperance. Not for many years has an issue of equal importance arisen in the State to the one concerning prohibition and the liquor traffic now before the people of New South Wales.

Certainly no one who has any just sense of the havoc, misery, and untold loss for which the traffic is responsible, could do other than vote against the dreadful thing. There can be no compromise with evil in the minds of those who are truly wise. Prohibition of the liquor traffic, which is ruining our youth, blighting our manhood, and filling our goals and asylums with inebriates, is what the country needs.

Yes, prohibition is the remedy which would result in infinite good. The cry of woe which arises from famishing wives and children, calls for prohibition. The ruined minds and wrecked bodies of rum victims, plead eloquently for prohibition; the rising generation, who are entering upon the perilous highway of life, demand for their safety, prohibition. Not all who need prohibition sense their peril and situation, or we would quickly have prohibition.

Let those who love their fellow-men and desire to promote peace, and happiness, and good will among men, vote for prohibition at the coming election, and at the same time encourage others to go and do likewise.

E. C. CHAPMAN.

EXPERIENCE is a most excellent teacher, but her rates of tuition are sometimes rather high.

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 1907 catalogue HERBERT J. RUMSEY, Mail Order Seed Warehouse, 23 Adderton Road, Dundas, N. S. W.

Australasian Good Health

ORGAN OF

International Health Association.

Issued Monthly in the Interests of Health and Temperance.

SUBSCRIPTION RATES:

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 Franklin Richards, M. D., Sanitarium, Wahroonga, N. S. W.

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

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.
 - Dietetic Errors.**—Their relation to disease. A valuable booklet. Full of information. 3d.
- On Sale at our Cafes and Food Agencies, and at
Good Health Office, Cooranbong, N. S. W.



Sanitarium Nut and Cereal

PURE

Health Foods

GRANOSE is a Complete Food, containing the elements of nutrition.

FOR BABIES, FOR INVALIDS, FOR ALL.

GRANOSE DIGESTS IN ONE-FIFTH THE TIME OF ORDINARY GRAIN PREPARATIONS.

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

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 porridge 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 A health drink. A substitute for tea, coffee, and cocoa. If you value your health and home, give up the use of injurious beverages. Try CARMEL-CEREAL as a substitute.

Nut Grains Specially and Scientifically Prepared from Nuts, Fruits, and Grains. It combines uniquely the requisites for pure blood—the Essential to Perfect Health.

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.

Sanitarium Health Food Cafe, 45 Hunter Street, Sydney, N. S. W.

Sanitarium Health Food Cafe, 289 Collins Street, Melbourne, Vic.

Sanitarium Food Co., Papanui, Christchurch, N. Z.
Sanitarium Health Food Agency, 15a Willis Street, Wellington, N. Z.

136 Edward Street, Brisbane, Queensland.

N. Queensland Tract Society, Blackwood and Walker Streets, Townsville, Q.

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

80 Collins Street, Hobart, Tasmania.

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

602 Hay Street, Perth, West Australia.

Joseph Mills, 213 Orchard Road, Singapore, Straits Settlements.

Prepared by the Sanitarium Health Food Company, Cooranbong, New South Wales.



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 sixteen-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. Subscriptions to foreign countries 9/6.

Signs of the Times, Warburton, Victoria.

Edward P. Bailey,

Certificated Masseuse, Registered A. M. A.

Electric Light, Hydro-Electric, and Dry Hot Air Treatment; Galvanic, Faradic, and Sinusoidal Current, Vibration,

MASSAGE AND EXERCISES.

Specialty: Nervous, Rheumatic, and Joint Troubles, Muscular Weakness, Insomnia, Fatigue, Constipation, Etc.

Trained Masseuse for Ladies. Telephone 4242.

ROYAL CHAMBERS,

Hunter and Castlereagh Sts., Sydney.

ROLLER FLOUR

"PRIMUS"

HAMILTON MILLS,
Newcastle.

If not better than the best,
Then better than the rest.

P. McIntosh & Co.

Christchurch Sanitarium AND HEALTH HOME.

A quiet, home-like place, in one of the healthiest suburbs of Christchurch, N. Z., where the sick are received and skillfully treated. The methods of treatment consist in the employment 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.

Situated in the Most Picturesque Spot Around Sydney,

Nearly 700 feet above sea level, yet only 11 miles from the city, is

THE HOME OF "GOOD HEALTH" IDEAS.

It offers to the health seeker the advantages of a thoroughly equipped Hydropathic Institution.

The terms are very moderate.



Water Baths, Electricity, Massage, Careful Regulation of Diet, Pure Air, Sunshine, and Rest are the principal agencies of restoration.

The Sydney Sanitarium

The Sanitarium is charmingly located in the beautiful, picturesque suburb of Wahroonga, on the North Shore-Hornsby Railway Line, being eleven miles only distant from the Metropolis. The situation overlooks the Liverpool Plains, and Valley of Lane Cove and Parramatta Rivers. Extensive panoramic views, extending from the Sea Coast right up to the Blue Mountains, are obtainable from the verandahs.

The following **TARIFF** includes residence, board, daily attention of physician, daily general treatment (six days in the week) in the treatment rooms:—

Single Rooms, per week	£2 10s	£3 3s	£4 4s
Three or more persons in a large, commodious room, per week			£2 5s
Board and Residence, per week			£1 10s

All necessary attention is given to each case. Those having consumption of the lungs, or any other contagious or infectious disease, are not admitted. Trains leave Milson's Point, Sydney, for Wahroonga every hour during the day. A special conveyance meets all trains at Warrabee station upon notification.

For further Particulars, and Descriptive Booklet, Address

Tel. No. 137 Wah.

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