

GOOD HEALTH

EDITED BY FRANKLIN RICHARDS, M.D. •

SEPTEMBER 1, 1909.



Registered at the G.P.O., Sydney, for Transmission by Post as a Newspaper.

VOL. 12.

NO. 9.

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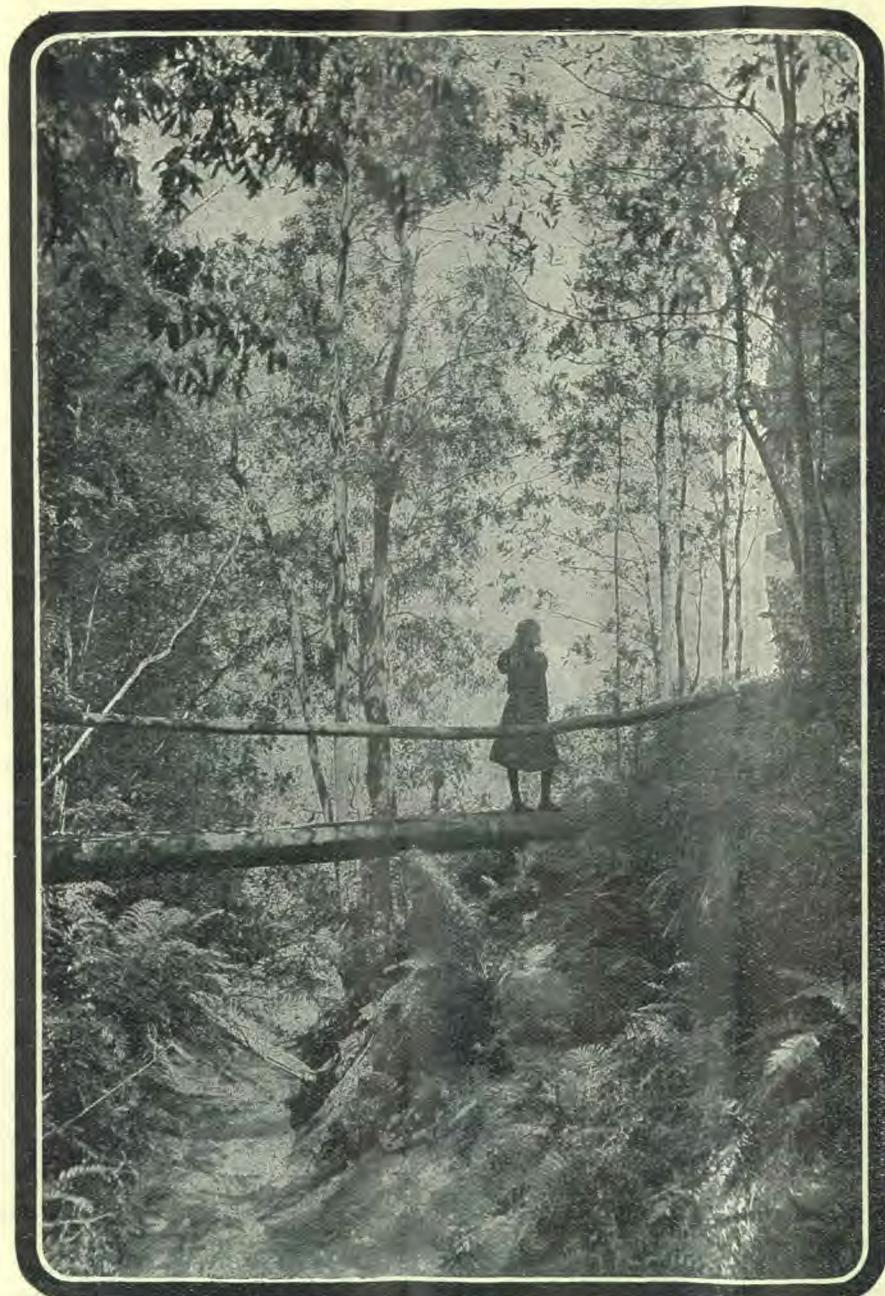
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Good Health, September 1, 1909



“Fern-clad gully and mountain peak,
Trees that smile in the sun’s bright rays.”

GOOD HEALTH

A Teacher of Hygiene

Vol. 12.

Cooranbong, N. S. W., September 1, 1909.

No. 9.

The Hygiene of Holmes.

DR. OLIVER WENDELL HOLMES believed in hygiene, and its application in the prevention and cure of diseases. He was for many years Professor of Anatomy and Physiology in the Harvard Medical School, and in his lectures to students, laid down principles of the utmost importance. His teaching was always in favor of simple natural remedies in preference to poisonous drugs. He believed that if all the medicines and mixtures ordinarily swallowed by the sick were thrown into the sea, it would be much better for the people but vastly worse for the fishes. Although of a former generation, he had a prophetic insight into the best treatment of to-day, and used to say to his students, "The doctrines of our time must change, and if we can trust all the indications of their course, it will be in the direction of an improved hygiene and a simplified treatment."

Dr. Holmes was a great believer in the dietetic treatment of disease. That in his mind diet was the chief thing is shown by many statements in his lectures, from which we quote briefly as follows:

"I cannot help believing that medical curative treatment will by and by resolve itself in great measure into modifications of food swallowed and breathed."

"The effects of milk, vegetable diet, and gluten bread in diabetes, are only hints as to what will be accomplished when we have learned what organic elements are deficient or in excess in a chronic disease, and the best way of correcting the abnormal condition, just as an agriculturist ascertains the wants of his crops and modifies the composition of his soil."

Concerning air and exercise, Holmes says:

"It was by daring to order fresh air and horseback-exercise for consumptives in place of the smothering system, and similar simple prescriptions, that Sydenham became one of England's celebrated physicians."

We often hear it said that fashions in medicine are ever changing. Dr. Holmes asks, "What is the meaning of the perpetual changes and conflicts of medical opinion and practice from early antiquity to our own time?" And he answers, "Simply this: all 'methods' of treatment end in disappointment of the extravagant expectations which men are wont to entertain of the medical art. The bills of mortality are more affected by drainage than by this or that practice. The insurance companies do not charge different percentages on the lives of the patients of this or that physician. In the course of a generation physicians themselves are liable to tire of a practice which has so little effect upon the average movement of vital decomposition. Then they are ready for a change."

These statements are perfectly true of different methods and practices in ordinary medical treatment—drug treatment—and it is of these that Dr. Holmes speaks. Hygienic measures such as drainage and water-supply, as applied to municipal hygiene, and diet, air, exercise, etc., as applied to individual hygiene, most assuredly do affect the death-rate by beneficially influencing the life-rate. And natural remedies such as light, heat, water, electricity, regulated diet, rest and exercise (massage, etc.), employed in harmony with Nature's laws, constitute a method or system of treatment which will not, *cannot* change, and of which physicians themselves will never tire.

Body Balance.

THE body in health is in a state of equilibrium or balance. Destroy this balance, and disease results. Illness may not immediately follow, but come it will as surely as the steel-yard bumps the beam when a weighing machine is thrown out of balance. And in the case of the body, there may be several oscillations, with a number of illnesses or *bumps*, before the state of balance is recovered.

The body in health is manifoldly balanced. A delicate heat-balance is maintained. When less heat is lost than is produced, body temperature rises; there is fever. Body fluids, also, are balanced. The output of water equals intake. Should it be less, dropsy results. Gaseous exchange is also balanced, and in almost numberless other ways this carefully maintained condition of body equilibrium is proven.

An exchange applies this principle as follows to the practical everyday problem of food and work:

"While it is true that the output of the body is determined by the quality and quantity of the food taken in, it is also true that the power to receive food depends upon the use made of it. There can be no exercise without eating, neither can there be any eating without exercise. A man may think that he is eating when he is forcing food through his alimentary canal, but there is no real eating except when the hungry cells lay hold of and assimilate the nourishment brought within their reach. The cells can be made hungry only by the expenditure of their vital force.

"What happens when food is taken into a body that feels no real need of food? It lies in the body unutilized. It becomes an incubus, a drag upon the delicate mechanism of the body. No matter how excellent it may be in itself, it is worse than useless to the system that does not need it. It begins to ferment, poisons are developed, and these poisons are carried to various parts of the organism to its injury. Feverish passions are aroused, lustful desires are formed, and the disordered system seeks relief from the pressure by unnatural and irregular devices. What is the proper cure for this condition? The cure is the same as the preventive—hard work. The man who employs his muscles in strenuous labor will create a healthy appetite, and the food he eats will be quickly utilized. It will not be left in his stomach to ferment, breed poison, and cause disease. The

man who does not labor with his muscles simply takes poison when he eats food, and the more food he eats the more he will suffer the consequences. If a man will not work, neither shall he eat. He may think to defy this sentence, and eat notwithstanding, but he only increases the bitterness of the sentence thereby.

"The same principle applies to the mental nature. The man who thinks merely to accumulate knowledge without putting it to service will find himself loaded with ill-digested stores of matter which only weaken the mind. In the very effort to impart knowledge to others there is a more thorough digestion and assimilation of it. The mind that is not exercised to its full power in the endeavor to impart its very best to others for their help becomes the seat of a kind of fermentation of ideas, a breeding-place for poisonous errors. Many a once brilliant mind has sunk into insanity because it made no outlet of its usefulness for that which it had taken in.

"In spiritual matters the same law holds good. How unsatisfactory is the experience of those who are ever seeking to be fed, and neglecting to impart good to others! There is a recognized type of religionist to be found in constant attendance at conventions and religious gatherings, always with the object of gaining spiritual power, but never putting to good and practical use its accumulations. Such continual feeding without exercise does not bring strength, but weakness. Spiritual dyspepsia results. The best of spiritual food in such a person turns to poison, and breeds doubt and gloom. Beware of the idea that spiritual elevation is to be found by mere devotion to study and meditation on spiritual themes. Spiritual health, like bodily health, comes only to the one who makes full use of the nourishment he receives, whose life is a continual alternation of labor and refreshment. Whether we consider the physical, mental, or spiritual life, it is equally true that he who does not work cannot eat."

A Martyr to Medical Science.

DR. PARKINSON, a young physician of much promise chosen a member of the Commission for the Investigation of Plague in India, was, while carrying on his laboratory researches, accidentally infected with the plague germ, and succumbed to the pneumonic form of the disease.

The Causes of Beriberi.

SOME time ago there was some discussion in medical circles as to whether beriberi was caused by a diet deficient in proteid, and the case of the sailors in the Japanese navy who were fed on rice was instanced in support of the opinion that rice was an insufficient food. Dr. Takaki, a Japanese naval surgeon, wrote an article for the *Lancet* to show that beriberi was owing to proteid starvation : he had advocated a change from the rice dietary to a fuller proteid one in the navy with satisfactory results. However, there was doubt expressed as to whether beriberi was due to proteid starvation in rice-eaters or to some other factor connected with rice. Some believed that there was some infective material in the rice. This view has received considerable support, if not absolute proof, in the investigations of Dr. D. Leonard Braddon (Selangor, Federated Malay States) as reported to the Society of Tropical Medicine and Hygiene, and published in the *Lancet* of April 24 last. He made careful observations on rice-eaters. He found that only rice-eaters were attacked by the disease, whereas Europeans and natives who did not eat rice escaped. He went further and found that some communities of rice-eaters were attacked whereas others escaped, and on further investigation it appeared that natives who ate cured rice in which the grain was boiled before the husk was removed, did not develop the disease, and that those who lived on uncured rice were attacked, even when the two classes were of the same race and similarly susceptible. The conclusion arrived at was that the toxic agent was some epiphyte (parasitic growth) existing in or upon the envelope of the rice and able to invade it under proper conditions. It was also considered to be specific to rice.

Mr. Wellington (medical officer at Sarawak) considered the nature of the case was not entirely known even yet, for he had observed the disappearance of beriberi, after its presence, on a change of diet : whereas sometimes the disease had disappeared after being rampant, even without a change of diet. What we have to deal with is this, that at any rate beriberi does not appear to be due to proteid starvation from eating rice, in spite of the observations of Dr. Takaki : it appears rather to be due to infected rice.

How to Treat Sciatica.

SCIATICA, in ordinary language, means inflammation of the sciatic nerve. The sciatic nerves are the largest nerve-trunks in the body, and are distributed to the lower extremities.

The pain in this distressing disease is felt generally in the hip along the course of the nerve, behind the knee, and below the head of the fibula. It is sometimes diffused from the hips to the toes. In the acute stage all movements of the muscles aggravate the pain.

The exciting cause of sciatica is, perhaps, most often exposure to cold and damp. The predisposing causes are certain poisons, either taken into the system or manufactured in the digestive tract. Of those taken into the system, lead, alcohol, tea, coffee, cocoa, tobacco, and the waste products in flesh foods are, perhaps, the most potent factors. The poisons manufactured in the digestive tract would include those which are produced by the fermentation or decomposition of foods there. Poor cookery, hasty eating, or the overloading of the stomach, would favor these changes in the food taken.

In the treatment of sciatica we must first think of removing all causes. In the early part of the disease perfect rest in bed forms a very important measure. Sometimes good results are obtained by bandaging to the outer side of the extremity and the trunk a long splint. This ensures still more complete rest of the part.

Hot local applications in the form of fomentations, leg-packs, hot bath to lower extremities, douches, the photophore, or the direct rays of the sun, are all useful agents.

General hot treatments such as the hot bath, hot blanket-pack, the electric-light bath, the vapor-bath, or the sun-bath, are all beneficial eliminative procedures. The galvanic current, applying the positive pole along the course of the nerve-trunk, is often an efficient agent for relieving pain.

Massage is especially useful in the less acute stage of the disease, but with care it can usually be given with good results at any stage. The use of the cautery, or blistering, should not be resorted to unless the milder measures fail to give relief.

A moist compress, with or without the use of some liniment, may be worn during the night. The diet should consist of an abundance of fruit and fruit juices, with a small amount of well-cooked grain preparations and, perhaps, some

of the finer vegetables. Water alone, or combined with fruit juices, should be taken between meals. About three pints can be taken to advantage each day. One or two hours before

meals, and at night, are the best times to drink so as not to interfere with the digestion.—*Good Health (British)*.

Harvests of Health.

HEALTH-CULTURE has much in common with plant-culture. It is, in fact, quite as easy for the average person to grow a crop of good health, so to speak, as it is to grow a crop of good apples. To succeed in growing apples one must possess some knowledge of the laws of horticultural

as steadfast as the everlasting hills. Yes, "Whatsoever a man soweth, that shall he also reap" is as true of health as of apples.

Listen to the experience of this man who is reaping a harvest of health, and enjoying the fruits of his labors :

"Gisborne, New Zealand,
July 22, 1909.

"To the Editor,
Good HEALTH.

"Dear Sir,

"One who has followed and put to practical use the teachings of Good HEALTH, desires to give his testimony concerning a four years' trial of the principles advocated by this journal.

"Seeing it stated that a flesh diet was one of the predisposing causes of rheumatism, sciatica, and other like ailments, due to the accumulation of uric acid and other poisons in the system, the writer, being subject to the like disorders, felt impelled to commence a reform in his habits of living.

"Discontinuing all flesh foods, and also tea and coffee, and taking plenty of pure cold water, the seeker after health launched out on his quest.

"For the first few months there was no apparent change, the rheumatic pains continuing with more or less severity, but feeling somehow that he was on the right road at last, he plodded on.

"Having been both a great flesh-eater, and an excessive indulger in the cup which is said to cheer but not inebriate, he could not, by forsaking these, but feel the effects on the system which the withholding of these meant to one who had been so accustomed to their use.

"The writer confesses to experiencing a feeling of great lassitude for twelve months or more,



MARETA, AGED ELEVEN MONTHS.

ture, and must work in harmony with those laws. Likewise, in the growth of health, a knowledge of and conformity to the laws of hygiene are essential to success. In either case imperfect results are due to lack of knowledge or failure to meet the requirements of the law. The law does not fail, cannot fail. It is the Creator's universal way of doing things, and is

and also a craving for food that nothing apparently could satisfy. But after commencing to exercise discretion as to proper combinations, and also quantities of food taken at one time, this trouble was eventually overcome.

"After four years of following these health principles, the report is:

"A total freedom from ache or pain of any sort whatever, a buoyant feeling of health, and enjoyment of life for the very sake of living, and, above all, a peaceful and contented state of mind, with no desire to return to the old habits of living.

"As one realizes what a temperance diet will effect in the life of the honest seeker after light on these things, he feels constrained to say, from his own experience, 'Old things are passed away; behold, all things are become new.'

"I am,

"Faithfully yours,

(Signed) "O. SWARBRICK."

Not a bad harvest of health to pluck from a four-year-old orchard, now is it? No more rheumatic apples-sour fruit! but sound sweet apples in abundance for present enjoyment; and in prospect for many years to come. The law is sure, Mr. Swarbrick; keep on cultivating health, and you will reap health.

"A NON-BEEFEATER."

Think of a son of Britannia proudly signing himself "a non-beefeater." Was it not Britannia's beef that made her mistress of the sea? Well, no, some people do not think so, and this young man is one of that sort. He does not smoke nor drink, nor eat roast beef, and yet, like Daniel of old and his three Hebrew companions, he grows fatter and fairer on his simple food; in proof of which we publish his picture.

Mr. Shepphard gives the following interesting account of his experience with the GOOD HEALTH way of living:

"It is a pity that more people do not realize the advantages of a vegetarian diet both for brain and body work. As a muscle-and tissue-builder it stands second to none. When one passes the numerous butchers' shops and sees the many ugly carcasses hung ready for sale, it makes him close his near-side eye in disgust, and his thoughts wander back to Chicago meat horrors. My occupation (watchmaker) is of a sedentary nature, and requires a most delicate touch, and also includes many delicate and worrisome tasks; and to attain to the very best results, needs perfect health.

"Since visiting your cafe I have increased seven pounds in weight in less than two months, and consider this result due to your splendid health foods, which I always recommend to my friends. All my life I have been an abstainer and non-smoker, and at present weigh ten and one-half stone. In various amateur sports and competitions in the Commonwealth I have been fairly successful. Since last January I have been sleeping out of doors, and the advantages are obvious. Fresh air works wonders with a tired and over-worked brain and body. Although often called a 'crank' by persons who do not realize the advantages of the health reform diet, I feel more refreshed for my outdoor



MARETA, AGED FOUR AND A HALF YEARS.

sleep, especially on nights when the temperature is near 80 in the water-bag. It is surprising the amount of work one can accomplish on a vegetarian diet. The everyday work is a pleasure instead of a burden.

"To the many friendly inquiries as to how I exist without meat, I duly inform them that I have not had a serious sickness, excepting seasickness, since adopting this system. Several beefeaters have accompanied me to your cafe in Adelaide, and they express astonishment at the palatable and satisfactory way in which the meals are cooked and served. One visit usually leads to many.

"Wishing your vegetarian cafe every success,
"I remain,
"Yours for health,
(Signed) "A. FRED SHEPPHARD."

Sedentary workers please take notice of the sleeping-out part of the plan. The Great White Plague usually selects the indoor workers for its victims. Outdoor sleeping is the natural antidote for indoor working.



MR. A. FRED SHEPPHARD.

Three other photographs of food reformers accompany this article. The fine little fellow on the cover, "Lawrence," was seven and one-half months old when this picture was taken. He is not a beefeater. His food consists solely of granose and milk.

The two remaining photographs are of "Mareta" as a baby of eleven months, and at the age of four and one-half years. This bright little lass is also a "Granose Baby" and life vegetarian. Her weight when the photo was taken was five stone. May all our readers continue to sow bountifully for health, knowing that the harvest is sure.

What Children Have Done in Emergencies.

BY BELLE V. CHISHOLM.

COMPARATIVELY few are blessed with the faculty of being able to do the proper thing at the right moment, especially in emergencies, and yet this selfsame gift has been the means of saving many a life. It is not often that we read or hear of children having presence of mind in the face of immediate danger, but the following incidents prove that they can be equal to the occasion, and further emphasize the great value of educating children along these lines. Fathers and mothers, as well as teachers, would do well to give more time and thought to just such instruction, teaching the children what to do and training them to be cool-headed in emergencies.

Not long ago in one of our city schools a lad of thirteen was sent on an errand to the basement. Just as he reached the foot of the stairs a blinding sheet of flame shot out from behind the furnace. He opened his mouth to scream, but the next instant his lips closed tightly, and springing past the blaze, he began to ring the fire-bell, and the pupils, thinking it was the drill-call, dropped into line and filed out, emptying the big four-story building in just three minutes.

"What do you mean by this, sir?" asked the superintendent sternly, meeting the boy on the stairs. "Who told you to ring the bell?"

The boy pointed to the fire, and the man, having his answer, rushed to the front to see that the lines were marched out of danger. The lad had already turned in the still alarm, and the engines, quickly on the ground, were not long in getting the fire under control.

During the cold weather two winters ago, the family of a mechanic, who worked at night, went to bed leaving the gas burning low in the grate. Some time in the night a puff of wind from the open fireplace blew the fire out, and the sleepers would all have been asphyxiated had not the fifteen-year-old daughter awoke, struggling for breath. Failing to arouse her mother and little sister, who were sleeping with her, she crawled out of bed, and with much difficulty succeeded in turning off the gas and raising the window. Two little boys sleeping on a low couch, only a few inches from the floor, seemed to be dying, but she had no strength to drag them outside of the door, which was on the other side of the room. She had the presence of mind, however, to lift them to the bed beside her

mother, and then, feeling herself sinking, she managed to drop upon her knees, with her head on the bed, before she became unconscious. And here, hours afterward, the father, coming home from work, found her. Summoning medical aid, all his loved ones were finally restored to consciousness. A little dog on the couch was dead, and the doctors agreed that nothing but the sister's forethought had saved the children from a like fate.

Last summer a three-year-old child in a farmhouse drank a quantity of carbolic acid. The mother and sisters in their distraction could do nothing but wring their hands and cry. "Hold the baby and let me give it this," said the little serving maid, and with a teaspoon she began pouring melted lard down the little one's throat. In response to a telephone message a doctor was soon brought, who succeeded in saving the child. "But it would have been too late," he said, "had not this little maid known what to do, and had the presence of mind to put her knowledge into execution."

Last summer while a crowd of boys were blackberrying, one of them was bitten on the leg by a copperhead. Instantly a lad of thirteen, standing near him, jerked off his suspenders and tied one tightly above the wound, and the other a little below it. Then, kneeling by the boy's side, he made an effort to suck the poison from the wound. As the boys were quite a distance from home, it was some time before the wound received medical attention, but so thoroughly had the boy friend understood the remedy he applied that no bad consequences followed.

Shortly after this, the same boy saved the life of a young carpenter who in some way had severed an artery. The boy, who chanced to be present, pulled the workman's bandanna handkerchief out of his pocket, and tearing a strip from it wrapped it tightly round the man's arm, above the wound, then inserting a lead pencil in the loop, he twisted it round and round, and so controlled the flow of blood until the arrival of the surgeon.

A few days after this incident, one of the schoolboys in the same village received a cut in the leg that bled profusely. A playmate who had witnessed the treatment given the carpenter, undertook to stop the flow of blood in the same way, but was unsuccessful. "Tie the bandage below the wound," exclaimed the first boy, appearing opportunely on the scene.

"You didn't when the carpenter fell," replied

the would-be helper, as he followed directions, with speedy success.

"That was an artery; this is only a vein," was the answer.

"I don't see how a fellow is to distinguish between the two," argued the other.

"If the flow is from an artery, the blood will be thrown out in jets; but if from a vein, the stream will be smaller and more regular," explained the boy, who had studied his physiology with a view to making its lessons practical.

During a terrific electrical storm a year ago, a schoolhouse a short distance out of town was struck by lightning, and a number of the pupils were severely shocked. Two of them were thought to be dead, and in the excitement the teacher was as helpless as any of her charges. Fortunately, one boy, a slim, delicate lad, noted for his timidity, kept his head. "Let us lay them out in the rain," he said. The teacher objected, but with the help of another boy, the two thought to be past help were carried out and laid upon the ground with the rain beating on their faces, and by the time doctors arrived, signs of life were visible in both of them.

"Best thing that could have been done, and without doubt saved both lives," said the old doctor, and the younger practitioners nodded approval.

A young girl fainted in her class at school, and the next moment she was laid on a bench with shawls and cloaks piled under her head for a pillow. "O, I believe she is dead," cried the young teacher, hysterically.

"It is only a faint," said a thirteen-year-old girl, stepping forward and taking the "pillow" from under the girl's head. "Raise the windows, please," she said quietly, "and all of you stand back, to give her air. Put a book under the foot of the bench, John," she added as she loosened the girl's clothes and bared her neck. Presently the color began to come back into her face, and there was a heaving of the chest that brought a sigh of relief to the frightened watchers.

"Why did you lower her head?" asked one of the older girls, who had helped "pillow" her up. "I am sure that the doctor raised brother Louis's head as high as he could get it when he had sunstroke last summer."

"Of course," admitted the younger girl. "Sunstroke is caused by an overflow of blood to the brain, but fainting is caused by a lack of blood in the same organ."

"How can you tell them apart?" asked the first speaker. "I would not know when to raise or to lower the head."

"You see how pale Anna is, and——"

"Louis's face was fiery red," interrupted the questioner. "It is all plain enough now."

Some years ago, in a prairie home, far from doctors and drug-stores, a little child drank a quantity of lye. No one, from grandmother down, knew what to do in the emergency, until a little German neighbor remembered that mother gave Johann "winegar" when he swallowed lye, and that it cured him. It cured the prairie baby, too, so that hours later, when the doctor came, there was nothing for him to do but to recommend a little of that same vinegar for the eye of the boy that was smarting with whitewash.

"Observing little girl," said the doctor. "She is the same child who saved her brother's life when he drank an ounce of laudanum. I had left it for the mother, and when Gretchen saw what the child had done, she got out her list of antidotes, and finding strong coffee the proper remedy for opium poison, she began dosing him with it, and fighting against the sleep that seemed determined to claim him. And she had the battle to fight alone, poor child, for I did not get there till the next day, after all the danger was over. The girl had not slept a wink during the night. She looked pale, and there were dark circles under her eyes, showing exhaustion, but there was not a word of complaint, and she smiled when she said, 'Please don't tell de mudder, doctor; she be so scared if she know about Willie.'"

A little chap accustomed to making a pin-cushion of his mouth, swallowed a small fishhook. It was five miles to the nearest doctor, and the mother, terribly frightened, was going to give him an emetic. A young niece from the city, not yet out of short dresses, protested against this remedy. "Give him a bowl of oatmeal, without milk, instead, and then let him have all the bread and butter he can eat on top of that," she said, and for once Jack had more tempting food offered him than he was able to dispose of. The hook gave him no trouble whatever, and the doctor's regard for city girls rose several degrees after hearing how this girl had saved his patient from the dangerous experiment to which his mother was about to subject him.

"Common sense ought to teach people to fight shy of emetics, cathartics, or a too liberal

supply of fluids for twenty-four hours after anything sharp, ragged, or pointed is swallowed," he said. "The great trouble is, they lose their heads in emergencies, at the very time they most need them. And things will never be any better until children are trained from their babyhood to act, instead of scream, in times of unexpected danger."

Open the Door.

Open the door, let in the air;
The winds are sweet, and the flowers fair.
Joy is abroad in the world to-day:
If our door is wide open, it may come this way.

Open the door!

Open the door, let in the sun,
He hath a smile for every one;
He hath made of the raindrops gold and gems;
He may change our tears to diadems.

Open the door!

Open the door of the soul, let in
Strong, pure thoughts which shall banish sin;
They will grow and bloom with a grace divine,
And their fruit shall be sweeter than that of the vine.

Open the door!

Open the door of thy heart; let in
Sympathy sweet for stranger and kin;
It will make the halls so fair
That angels may enter unaware.

Open the door!

—Selected.

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—:o:—
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Drinks for the Sick.

BY MARIE G. STEWART.

MUCH has been said and written in regard to foods for the sick, but the question of drinks holds an important place in the matter of diet ; so for this reason let us briefly consider this question. We will do this from two standpoints, that of *preparation* and *serving*. In the former, taste is not the only thing to be taken into consideration, but also nutrition ; for there are many cases in which the digestive ability of the patient is at such a low ebb, that solids are altogether out of the question. In such cases one can readily see the necessity of a thorough knowledge of the preparation of nutritious drinks. Then, too, care should be taken to see that the beverage is palatable, thus avoiding the insipidness that is too often a reality in many of the drinks served to the sick.

While drinks for the sick should be palatable, they must not be rendered harmful by the too free use of sugar, or other objectionable substances. Just enough sugar should be added to make the beverage palatable—never more. In some cases pure honey may be employed instead of sugar.

It should be remembered that a pinch of salt makes all the difference between palatability and absolute flatness in a cereal drink such as barley water, rice water, or oatmeal drink.

The preparation, we will say, is now completed. How shall it be served ? Tastefully and as daintily as possible. Avoid serving a very large quantity at one time. It is better to have the patient ask for a repeat than to offer so much as to turn him against it even before tasting. A small clean tumbler, not quite full, placed on a small tray with a sweet bouquet or spray of flowers, has a very pleasing effect. The following are some useful recipes which, if properly prepared, are very nutritious, and also gratifying to the taste.

PINEAPPLEADE.

Take one-quarter cup of sugar, or better, honey, two cups of water, and one pineapple.

Place sugar and water in a saucepan, allowing it to boil slowly until it forms a thick syrup. Pare and cut into small pieces the pineapple, add the syrup, and boil ten minutes; cool and strain.

EGG NOG.

Beat the yolk of one egg into half a cup of rich milk, add a teaspoonful of lemon juice, beat altogether. Have ready the white of an egg beaten stiff. Add this to the yolk mixture. A pleasing effect is made by serving in a glass tumbler. Turn the yolk mixture into the glass, and pile the white nicely on the top. Patient can mix the two when taking it.

TISANE.

This is a French beverage, and is prepared by chopping fine a cup of dried fruits, such as prunes, figs, dates, and raisins, and letting them simmer slowly for an hour ; then strain, allow to cool, and serve.

OATMEAL DRINK.

Boil one-quarter pound of oatmeal in three quarts of slightly salted water for half an hour ; then add one tablespoonful of honey, strain, and cool. It may be flavored with a little lemon, raspberry, or other fruit juice, if desired. Cool and serve.

The Relation of Mother and Daughter.

BY MRS. W. C. SISLEY.

CLOSELY allied to the subject of health is that of morals ; and if the mother is the best guardian of the health of her daughter, even so is she the best guardian of her virtue. And, mothers, we must not lose sight of the fact that our daughters are no more precious in the sight of God than other daughters. So while we guard our own with zealous care against any intruding influence, let us have a true motherly interest for others.

Daughters should be early taught to share with mother in her domestic duties. Let there

grow with the years a blending of interest. Having shared the tasks, they will be ready to enjoy together the respite from labor. Indeed, it is not enough that the daughters be able to share with the mother the daily round of duties. Every daughter should be so thoroughly instructed in all the details of home-keeping, that, if need be, when of proper age, she can stand in charge, running the domestic machinery without jar or friction.

Again, I say, be companionable in the sense of being agreeable—a companion of choice, and not of constraint. Forced love is but a poor substitute. If mothers are to hold their own as congenial associates with their children, they will have to keep young in spirit, growing with their children's growth. Thus mothers need food for mental improvement. Perhaps Paul's advice to Timothy would be equally good to mothers: "Give attendance to reading." Usually, when one becomes a mother, her school days are over, but not her opportunities for self-improvement. A mother should never be too old to learn. Even if the schoolgirl could surpass the mother in book-knowledge, the mother should, if possible, keep a little ahead in general information.

Music, too, has charms, even for the mother. And when she has sung her full quota of lullabies, she need not feel that her harp must be hung on the willows. Mothers have a part to act in determining and helping to mould the character of the music in their home. Whether they realize it or not, music may prove a blessing, or it may prove a snare.

The subject of dress should not be overlooked; for it is on this point that many mothers fail. Owing to almost numberless cares, the mother is liable to become careless regarding her personal appearance. Not for a moment would I intimate that a mother should indulge in vanity or foolish extravagance in dress. But mothers should take pains to dress neatly and becomingly. And when they can conform to their dear ones' taste without compromise of feeling or principle, it would seem wisdom to do so. In all things, mothers should be an example.

While much has been said about holding the confidence of children, is it not possible that too great demands may be made upon them? While we love their confidence, and invite it, we should guard against over-exactions or prying inquisitiveness; and when our daughters give us their sweet confidence, we should regard

it sacredly, and in return give them our confidence.

I would not leave the impression that mothers are the only safe companions for their daughters. By no means. But they should be acquainted with their daughters' friends. They should be one with the young people, so interesting and agreeable that their presence will be sought and enjoyed.

The relation of mother and daughter is indeed one of the sweetest and purest known. I dare not say that it is the closest relationship in nature: for we know that from the beginning there has been one other taking precedence. However happy the home companionship, it is subject to change. If the home ties are severed, and new ties are formed, the daughters are daughters still, and the mother is always mother. And what thing earthly is more unchanging than the heart of a true mother? Her children may be far removed, yet not too far for mother's love and prayers to reach them.

Inspiration exalts this tender relation by comparison, saying, "As one whom his mother comforteth, so will I comfort you."

Are we mothers? Let us fulfil our mission worthily. Are we daughters? Let us be tender and loving daughters, giving comfort and receiving comfort as the years come and go.

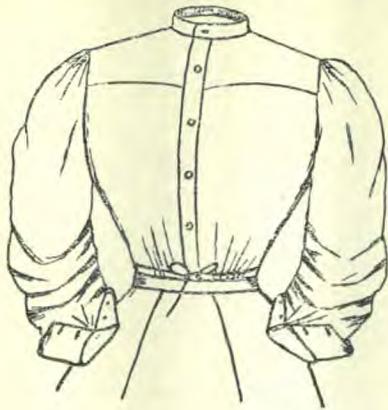
Wise and Otherwise.

THE accompanying sketches illustrate two styles of frock for the housewife.

The first one, while infinitely better than the worn-out finery so often displayed by the housewife in the kitchen, is not intended for a workdress, nor is it suitable for this purpose. The neck-band is uncomfortable and unbecoming, and what woman would care to be encumbered with a stiff linen collar while engaged in her household duties? The sleeves are long, and if rolled up, have an unaccountable way of dropping down just at the critical moment of bread-kneading or floor-scrubbing. Underneath the frock is a pair of corsets which is supposed to improve the wearer's figure, and to carry the weight of the skirts. What it does do is to cramp the woman's heart, lungs, liver, and stomach, so that they can perform their work only with the greatest difficulty. And as to holding up the skirts, it does nothing of the sort. The dress skirt drags down and the blouse slips up, displaying to the eyes of all beholders, that convenient but unsightly

tape, which is tied around the waist to confine the blouse fulness. It is the continual dragging of heavy skirts around the waist, and the effort of the muscles to do their work in spite of the pressure and resistance of the corsets,

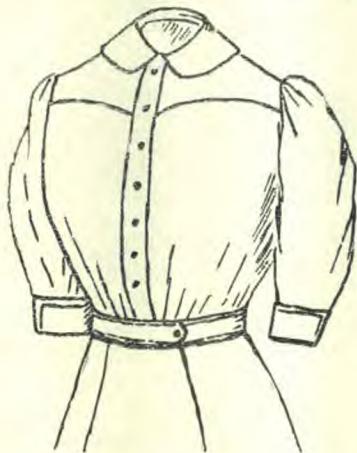
be laundered separately. If this is done, it is necessary to put the blouse into a waist-band to which the buttons may be attached. But on the whole, it requires less labor and is altogether more satisfactory to have the skirt and



that causes that dull weary ache in the back—a pain from which most housewives suffer.

The second frock is made and kept expressly for working purposes. The neck is provided with a soft turn-down collar, which, while requiring no adjustment, is comfortable and becoming. The sleeves reach only to the elbows,

blouse stitched together as shown in the sketch. Corsets are not only unnecessary, but quite out of keeping with this sensible and comfortable workdress. Why hamper the muscles and the vital organs with a stiff, unwieldy thing, whose sole recommendation is that "*they all wear them*"?



an arrangement which allows the housewife to engage in any kind of work without the inconvenience of rolling up her sleeves. The blouse and skirt are joined together, the join being covered by a narrow band neatly stitched in place. Some might prefer to have the skirt buttoned on to the blouse, so that they might

How much more sensible to have the body untrammeled and free to do its work just as Nature intended it should. No doubt the corsets will be missed at first; but in a short time the muscles regain their wonted power, and the body acquires new suppleness and grace quite incompatible with corset-wearing. The

housewife who begins reform by leaving her corsets off during working hours, will soon leave them off altogether, for she will find that

she appears quite as well, while she feels much more free and buoyant without them.

E. S. R.

Answers to Correspondents.

Questions from subscribers pertaining to the preservation of health, the treatment of disease, and kindred topics, will be answered by the Editor, in this department. Answers to questions received during the current month, will appear in the issue of the following month. Write plainly and concisely, give full name and address, and enclose stamp, as it is often expedient to reply by post.

215. WOOLLEN UNDERCLOTHING, RAW OR COOKED STARCH, COLD BATH, "ANTINEURASTHIN."—V. H. L., Taranaki: 1. I notice you discountenance the wearing of woollen garments next the skin. Does this apply to the "Aertex" cellular woollen underclothing? *Ans.*—While we do not consider wool the most suitable material for underclothing, the cellular woollen garment is decidedly better than one made of closely woven material.

2. A Melbourne physician claims to have proved by personal experiment that raw starch in the shape of oatmeal and wheatmeal can be digested easier than cooked starch. He states it is digested in the second stomach, or duodenum. What is the opinion of *GOOD HEALTH* in the matter? *Ans.*—*GOOD HEALTH* does not agree with the opinion of the Melbourne physician. The starchy digestive ferments of the human digestive juices do not convert raw starch into sugar, or do so but imperfectly. Raw oatmeal, wheatmeal, etc., are quite well digested by many animals, such for example as the cow. These cereal foods, however, even when imperfectly cooked are productive of ferment, flatulence, and other digestive disorders in man.

3. I have experienced difficulty in reconciling myself to the cold bath daily as a tonic owing to the dread of the shock; but by using warm water and gradually cooling the bath while in it, I find I can reduce it to quite a cold temperature, and not experience any unpleasant sensations. After taking the bath in this way I react well, and feel warm for some time after. Can you recommend this kind of bath? *Ans.*—Yes; the method described is a very useful one for persons who do not react readily to cold water.

4. There is a food advertised called "Antineurasthin," which claims to be an antidote to neurasthenia. The advertising agent claims it is not a drug, but a food for brain and nerve. Do you think this is genuine? *Ans.*—*GOOD HEALTH* does not consider "Antineurasthin" worthy of the least consideration. Like all similar preparations, it is no doubt advertised and sold as a purely commercial venture.

216. VEGETABLE SALTS, TINNED UTENSILS, BREATHING-EXERCISES.—C. K. H., Leura: 1. Must the water in which onions are boiled be thrown away, or can it be used for soups or sauces? *Ans.*—The water in which onions and other vegetables are boiled should not, as

a rule, be thrown away, as it contains a large proportion of their salts and other soluble constituents. These soluble substances which are cooked out, and generally thrown away, are of the greatest use to the body. The water may be used as suggested—in the preparation of soups and sauces, and so used adds much to the nutritive value and savoriness of these dishes. Of course in the case of rank-flavored vegetables, the first water may require to be thrown away.

2. Is it harmful to leave food, for example, soup, in a tin vessel when cooked? When billies are used it is often most convenient to leave the soup or porridge in the billy used for cooking it. *Ans.*—Why not solve the problem by using enamelled billies? Tinned utensils always impart a metallic taste to foods cooked in them, especially if the food be allowed to remain for some time in the tin. The metallic taste means more or less tin in the food, which is of course undesirable. The best cooks would not think of running the risk of impairing the flavors of their dishes by the use of tinned or other metallic cooking-utensils.

3. Can you give directions for exercises useful for clearing the bronchial tubes? *Ans.*—The most suitable exercises for clearing the bronchial tubes are breathing-exercises, and the best breathing exercises are those induced by active muscular movements out of doors. For those who are able to take it, running is an excellent exercise. Accompanied by well-controlled nasal breathing it improves the "wind," clears the air-passages, expands and develops the lungs, and strengthens the respiratory muscles. Deep breathing with arm-raising, in standing, sitting, or lying posture, is a useful exercise; so also are trunk, neck, and other movements taken with full, deep, well-controlled respirations.

217. SALT IN HEART DISEASE.—"Subscriber," Timaru: 1. Is the use of a half-teaspoonful of salt in a tumbler of hot water before meals advisable in valvular heart disease? This method of taking hot water in heart disease was recommended in the June, 1909, number of *GOOD HEALTH* in an editorial article on the "Rational Treatment of Heart Disease." *Ans.*—Yes, we recommend the hot-water drinking as advised in the article to which "Subscriber" refers. The only cases in which the salt

may cause trouble are those in which the kidneys, as well as the heart, are affected.

2. Do you feel free to make any other suggestions relative to home treatments? *Ans.*—If the treatment and regimen given in the article in question are persevered in, "Subscriber" will doubtless derive great benefit. Nothing additional will be required.

218. APPENDICITIS.—W. W., Rainbow: What treatment would you advise in the case of a person who had frequent attacks of appendicitis from about three years ago until within the last eight or nine months? *Ans.*—As you have been free from pain for eight or nine months, I would advise careful regulation of the diet and habits of living, special care being taken to prevent constipation. No further treatment is necessary unless there are further attacks. Treatment during an attack consists in the withholding of all food and drink for thirty-six or forty-eight hours, meanwhile frequently cleansing the colon with copious enemas of warm water (about three pints being introduced at one time). Fomentations should be applied to the abdomen for two or three hours, the heating-compress being worn during the interval. In some cases more satisfactory results are obtained by withholding food, but giving hot salt water to drink—a glassful every hour, until eight or ten glasses have been taken. The correct proportion of salt is a level or slightly rounded teaspoonful to a pint of water.

219. WEIGHT REDUCTION.—M. G., Victoria: Kindly give some advice through GOOD HEALTH on how to reduce weight. *Ans.*—A safe and sure method of reducing weight consists in eating sparingly of non-fattening food, and exercising up to the point of free perspiration at least once every day; the exercise to be followed by a cold shower or bath, and vigorous rubbing of the entire body. Green vegetables and acid fruits should be eaten freely, and sweet and starchy foods avoided altogether, or taken in great moderation. By eating fruit only for a few weeks, and walking eight or ten miles daily, an enthusiastic young man succeeded in reducing his weight one pound per day, without losing any strength or suffering any other inconvenience. Bathing was practised as above. Many other cases of a similar sort might be recorded; but the guiding principle in these cases should be, eat less and exercise more.

220. CONGESTION OF THE HEAD.—R.W.B., Auckland: 1. Please suggest hygienic measures which will be useful in relieving a dull, steady congestion of the head in a feeble person sixty-two years old, who is said to have arterial sclerosis. *Ans.*—Such a person should carefully avoid hurry, worry, overstrain, or any other form of physical or mental excitement, as this would greatly increase the arterial tension, and might result in rupture of a blood-vessel. Moderate exercise should be taken, especially exercise which tends to improve the circulation through the extremities. Walking is a useful form of exercise. Indigestion should be carefully avoided, also constipation. Great discretion must be used in the taking of baths, both excessively warm and cool baths being avoided. The neutral galvanic bath at a temperature of from 92 to 96 degrees Fahrenheit, duration ten to twenty minutes, acts beneficially in relieving heart congestion. The alternate hot and cold leg-bath is also a useful hygienic measure. In connection with this bath,

cold compresses may be applied to the head and neck. These drive the blood away from the congested part, while the hot leg-bath draws the blood away, thus giving an effective combination for relieving the cerebral congestion.

2. Would the use of the domestic turkish, or steam bath, be advisable in such a case? *Ans.*—Such a bath would be required to be used with the greatest care, and indeed ought not to be used at all except under medical supervision.

3. Are stewed or cooked fruits slightly sweetened with sugar as beneficial as fresh fruits? *Ans.*—While fruits prepared in this way are wholesome and beneficial, they are by no means equal to fresh fruits. Fresh fruits should always be chosen by preference when they can be obtained; but when they cannot, bottled fruits, sweetened with a minimum amount of sugar, are useful substitutes.

221. DROPSY, DISCHARGING EAR, FOOD AND MUSCLE.—M. D. P. A.: 1. What is the cause of dropsy, and is it curable? *Ans.*—Dropsy is not a disease, but a term used to describe a condition. Dropsy is usually due to weakness of the heart or kidneys, but may be due to other causes. In many instances the disease of which dropsy is a symptom is curable; in some cases it is not.

2. What is the best treatment of dropsy (abdominal), and is there any special diet? *Ans.*—The best treatment in a given case depends altogether upon the cause of the dropsy. There is a special diet for



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dropsy due to nephritis; but here again the diet depends upon the cause.

3. The patient so afflicted is sixty-three, and is a moderate user of tobacco and alcohol. In your opinion would this help to cause dropsy, or would it retard a cure? Can a cure be effected by the ordinary methods of drugs and medicines? *Ans.*—The use of tobacco and alcohol is a common cause of dropsy because of the injurious action of these poisons on the heart, liver, kidneys, and other organs. Drugs do not cure diseases. They sometimes cause troublesome symptoms to disappear for a time at least.

4. What could be the cause of a discharging ear? Would the dropsy or simply a cold cause it? *Ans.*—A discharging ear is due to entrance of pus-producing microbes into the middle ear. Neither dropsy nor the cold are the direct causes of the discharging ear. They both may have acted indirectly in lowering the bodily resistance.

5. Could a weight-lifter do better on a vegetarian dietary than on a meat diet? Also can he enjoy perfect health, though he uses really heavy weights for the purpose of developing muscle and great strength? *Ans.*—A well-chosen non-flesh dietary is certainly superior to a meat diet for the purpose of increasing muscle, strength, and endurance. For full evidence bearing on this point, one has only to study the experiments of Professor Fisher, of Yale, and other scientific investigators. The results of athletic tests are also conclusive on this point. As to the weight-lifter enjoying perfect health, there is a question. If the muscles are greatly developed, it is usually at the expense of other more

important bodily organs. GOOD HEALTH would caution young men against weight-lifting and other over-strenuous undertakings.

222. INDIGESTION.—T. G., Perth: I have had indigestion for about six months. I feel it very badly after lunch. I have for breakfast a plate of porridge. My business necessitates constant standing. After lunch, at one o'clock, my face flushes and burns, and I feel sick for several hours. I do not take tea, pastry, potatoes, nor anything rich; and am most careful of what I eat. At present I am taking a little glycerine. *Ans.*—I believe the indigestion to be due to unsuitable and insufficient food, over-work, and indoor employment. You should take a more substantial but easily digested breakfast. I would suggest instead of the porridge, dry toasted foods such as granose or home-made zwieback. Milk, cream, and eggs should form a substantial part of the morning meal. You are probably anaemic, and this, together with the standing, causes the face to flush. You did not state what you have for lunch; but I judge from your letter that your diet is not sufficiently nourishing. Leave off taking the glycerine. Live and sleep in the open air, and, if need be, change your occupation.

OUTDOOR SLEEPING FOR ASTHMA.—Jackson says in the *Australian Medical Gazette*, that he has excellent results in his asthmatic cases by having them sleep outdoors on the verandah. He does not have as good results when they sleep in the room with doors and windows open.

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THE NATURAL MEMORY.

his memory is only limited by his intellectual capacity, and the measure of his experience. It is as the years roll by that dry study, uncongenial tasks, and faulty training confuse the mental processes, weaken the perceptions, and make the memory poor.

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Please Note—I HAVE ONLY ONE ADDRESS. No connection with any person of similar name.

References—Dr. Richards and many Workers.



This Fever Thermometer,
 to tell you when you are ill, together with the
"Good Health" for One Year,
 to tell you how to keep well,

Will be sent to your address on receipt of your reply and 4s. 6d. (or 5s. if you live in New Zealand).
 Order from GOOD HEALTH, Cooranbong, N.S.W., or Sydney Sanitarium, Wahroonga, N.S.W.

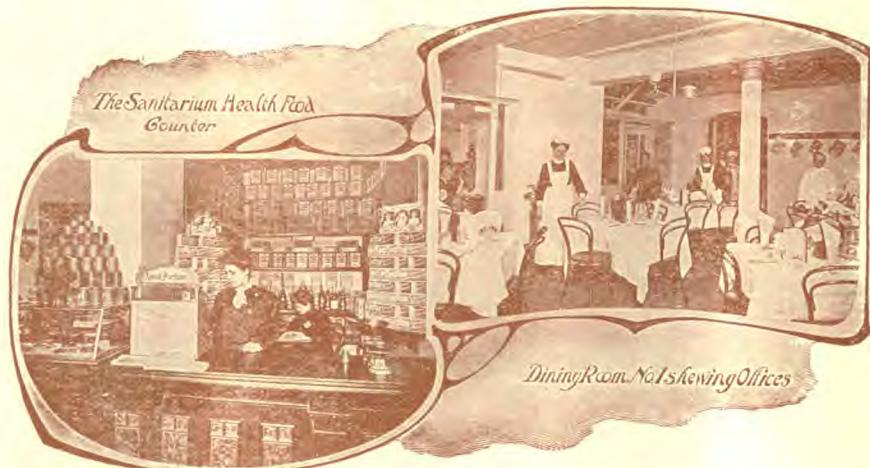
DINNER NOW READY

The Winter Season should find you dining at one of the under-mentioned Restaurants.

Good Menus

Great Variety

Best Attention



The addresses of the Sanitarium Health Food Cafes are as follows:

SANITARIUM HEALTH FOOD CAFE,

SYDNEY, Royal Chambers, 45 Hunter Street.

MELBOURNE, 289 Collins Street (Opp. Block).

WELLINGTON, 15a Willis Street.

AUCKLAND, Victoria Street East.

ADELAIDE, 28 Waymouth Street, Near King William Street.

CHRISTCHURCH, Papanui.

Pure **Sanitarium Health Foods**

Wholesome
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Imported Foods as Follows:

Nut Bromose	Granuto	Protose
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Wheatmeal Biscuits
Gluten Meals
Granose Flakes
Nut Cheese
Granose Biscuits
Gluten Puffs
Oatmeal Biscuits
Nut Butter
Cereo-Almond Meat
Nut Meat
Fruit Luncheon
Melsitos
Gluten Sticks
Granola
Caramel Cereal
Nut Grains
Raisin Sticks

Below are Our Agencies:

SANITARIUM HEALTH FOOD CAFE, 45 Hunter Street, Sydney, New South Wales.

SANITARIUM HEALTH FOOD CAFE, 289 Collins Street, Melbourne, Victoria.

SANITARIUM HEALTH FOOD CAFE, 28 Waymouth Street, Adelaide, South Australia.

SANITARIUM HEALTH FOOD DEPOT, 103 William Street, Perth, West Australia.

SANITARIUM HEALTH FOOD CO., Papanui, Christchurch, New Zealand.

SANITARIUM HEALTH FOOD CO., Victoria Street East, Auckland, New Zealand.

SANITARIUM HEALTH FOOD AGENCY, 10 Manners Street, Wellington, New Zealand.

SANITARIUM HEALTH FOOD DEPOT, Heathorn's Buildings, Liverpool Street, Hobart, Tasmania.

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

SANITARIUM HEALTH FOOD AGENCY, 186 Edward Street, Brisbane, Queensland.

FOODS AND SUPPLIES, Box 175, Manila, Philippine Islands.

SANITARIUM HEALTH FOOD DEPOT, 12 Dhoby Ghaut, Singapore, Straits Settlements.

Order of your State Agency, and write at same time for Descriptive Booklet.

Sanitarium Health Food Company, Cooranbong, New South Wales.

**An Ideal Home
for the
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Good Health.



**A Quiet Country Place
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ALL DISEASES TREATED, except such as are contagious.

SURGICAL CASES RECEIVED. — Well-appointed Maternity Cottage.

ALL RATIONAL REMEDIES employed, including Hydrotherapy, Massage, Remedial Exercises, Electricity, Curative Dietary, Rest, and Cheerful Environment.



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ELEVATION
SEVEN HUNDRED FEET.

COOL AND INVIGORATING
CLIMATE.

THE SANITARIUM is charmingly situated in the picturesque suburb of WAHROONGA, on the North Shore-Hornsby Railway Line. Its elevated site, which overlooks the Valley of Lane Cove and Parramatta Rivers, permits of extensive panoramic views, stretching from the Sea Coast to the Blue Mountains.

While possessed of all the advantages of a delightful country location, the SANITARIUM is only 12 miles distant from Sydney, with an hourly train service to and from Milson's Point. Patrons should book to Warrawee Railway Station, where Sanitarium Cabs are in attendance. Expenses moderate.

For further particulars and prospectus, address:—

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

Telephone No. 137, Wahroonga.