

THE

AUSTRALASIAN

GOOD HEALTH

January 1, 1902

Volume 5 No. 1

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Sound

Mind

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Sound

Body

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Pure Air

Pure

Water

Pure

Food

Single Copy, Threepence.

Yearly Subscription, Two Shillings and Sixpence.

Published Monthly at the "GOOD HEALTH" office, Summer Hill, Sydney, N. S. W.

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

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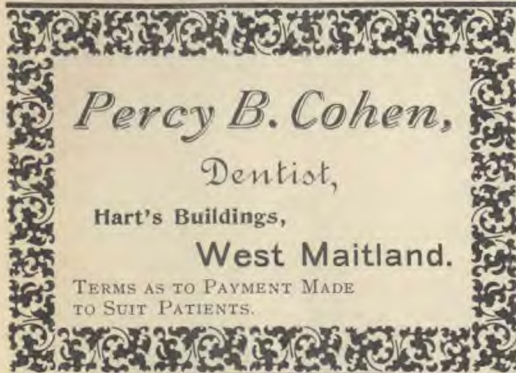
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Australasian Good Health

Vol. 5.

Sydney, N. S. W., January 1, 1902.

No. 1.

“HORSE SENSE.”

BY J. H. KELLOGG, M. D.

TURN a horse into a pasture, and he does not have to ask a botanist which grasses or weeds are good for him,—he knows; he has horse sense. But the man who has horse sense in regard to diet is a rare specimen. Animals are very particular about their health and that of their young. They take great pains to keep their premises clean,—unless they have degenerated in their habits by living with men. All animals know how to relate to a perfectly healthy life, but man has lost his normal instincts to such a degree that he must have a doctor to tell him what to eat, what to drink, and how to breathe.

We men and women are not aware until we stop and take a square look at ourselves, how stupid we are in relation to those things which are absolutely essential to our well-being,—we do not know so much as the lower animals in this respect.

Men and women shut themselves up, and live in the house in the midst of dust and germs,—in fact, they pay the house-keeper for stirring up the dust and making the air as dangerous as possible; and then, after the dust has settled, they pay her for going around with a feather duster and stirring it up again. People shut themselves in their houses in the warm season, and in cold weather they stop up the keyholes to shut out as much of the fresh air as possible. But if you were to bring a bear, a wolf, or any other

wild animal into a house, he would refuse to stay there. He would manage in some way to get out,—he would not stay in that foul air. We higher animals live in conditions which would kill a monkey or a South American Indian in two months. This we are able to do because we have grown so accustomed to living in the midst of germs and dirt that, in a certain sense, we have become immune to them.

In Africa there are wild tribes of negroes who boil water before drinking it; they consider it dangerous to drink water without boiling it. If we go back to historical times, we find that some of the Roman generals took pains to boil their drinking water, and used to carry a silver cup for that purpose. They had found by experience that this was a safe precaution. And yet, in our enlightened age, people do not complain of impure water, but make a business of drinking it.

Some time ago, as a member of the Michigan State Board of Health, I went to make a sanitary survey of a certain locality. I found a well fourteen feet deep, and people were using the water. Within ten feet of that well there was a vault twelve feet deep; the vault was full, and the well served as a cesspool for it.

We are becoming more and more adumbrated by our surroundings until we are apparently losing the last trace of those natural instincts which God originally gave man to guide him in the right road. A pigeon that has been taken a great distance from its

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native place, when let loose, will find its home without the aid of a compass; but none of us have the instinct to do that. There was a time when men knew as much, in this respect, as pigeons, monkeys, and other animals. The time was when men were as wise in their instincts as the lower animals; but those instincts have become perverted and lost.

It has been noticed by naturalists, that when a race of animals begins to lose its natural instincts, that race is running out. In India there are upland geese which have been so long away from water that they have forgotten how to swim, and if they were put into water they would drown as quickly as chickens. These geese are degenerating; their webs are disappearing, and after a time their feet will be like chickens' feet,—they will be a peculiar species of goose.

In like manner degenerate varieties of the human race are being developed. The number of blind people is rapidly increasing; there is a blind variety of people developing, as there is a blind variety of fish in the Mammoth cave. It is natural that this should be so, for the blind in our asylums have a poor chance to marry those who are not blind, so they intermarry, and their children are also likely to be blind.

We are developing a variety of deaf and dumb people. Such persons have a poor chance to marry people who have all their senses, and so they intermarry.

We are developing a variety of consumptives,—these people get acquainted, and intermarry.

People who live in the city, and are sedentary in their habits, are hollow-cheeked and hollow-eyed, and become acquainted with others who live in the same manner, and they intermarry. In this manner we are developing a city variety, a consumptive variety, a neurasthenic variety.

So it is high time we began to talk about health, and to try to find out why this degenerative process is going on. The reason is, that we have wandered away from nature; we have turned our backs upon nature, and have become sophisticated and artificial. We are becoming so artificial and sophisticated that the man is fortunate in these days who can seriously be credited with the possession of "horse sense."

NOBILITY.

TRUE worth is in being, not seeming,
In doing, each day that goes by,
Some little good—not all in dreaming
Of great things to do by and by.
Whatever men say in their blindness,
And spite of the fancies of youth,
There's nothing so kingly as kindness,
And nothing so royal as truth.

We get back our mete as we measure—
We can not do wrong and feel right;
Nor can we give pain and feel pleasure,
For justice avenges each slight.
The air for the wing of the sparrow,
The bush for the robin and wren,
But always the path that is narrow
And straight for the children of men

'Tis not in the pages of story
The heart of its ills to beguile,
Though he who makes courtships to glory
Gives all that he hath for a smile.
For when, from her heights, he has won her,
Alas, it is only to prove
There's nothing so royal as honor,
And nothing so loyal as love.

We can not make bargains for blisses,
Nor catch them like fishes in nets,
And sometimes the thing our life misses
Helps more than the things which it gets;
For good lieth not in pursuing,
Nor gaining of great or of small,
But just this—the doing and doing
As we would be done by—is all.

—Alice Cary.

NATURE'S CRY FOR REFORM.

EDGAR R. CARO, M. D.

SO PREVALENT is disease in our midst that the minds of the people have learned to estimate health by an altogether too low standard. A man or woman physically sound is so rare that many a physician has carried on a busy examining practice for years without meeting a single case. Physical infirmities are looked upon as a part of our inheritance,—evils to be avoided as long as possible, but not to be wondered at when at length they overtake us.

The Normal Condition.

To a healthy individual, existence is an endless physical pleasure. Nature designed that the performance of every function should be attended by a sublime sense of comfort and well-being. Walking, a grievous necessity to the sufferer from articular or muscular rheumatism, is an enjoyment to the trained athlete, whose joints are free and well lubri-

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cated, and whose muscles are firm and elastic. Every breath we breathe should fill the lungs with pure oxygen; every meal, the stomach with wholesome food; and the heart in its turn should propel the oxygen and nourishment-laden blood forcibly around the body until the entire system is stimulated and invigorated by the reception in its ultimate cells of those elements which the tissues demand. Nature intended that physical contentment should be as closely associated with life as the sun with the day, and that it should endure as long as life endures. And when the proper time has arrived for members of the human race to cease to live, they should die as unconsciously as they are born. The infant passing through the most terrible physical ordeal of its life during the process of its birth is entirely unconscious of suffering. Even so a natural death should be, as described by a great physician now himself deceased, "A descent by oblivious trance into oblivion." Without pain, without anger or sorrow, the intellectual faculties should lose their brightness. Ambition ceases, or sinks into desire for repose. Ideas of time, of space, of duty, pass lingeringly away. Thus on and on, until at length, the intellectual nature lost, the animal functions no longer require to sustain the higher faculties, which, in their turn, succumb and fall into the dreamless sleep of death.

Feeble muscles, neuralgic nerves, chalky joints, impaired digestive organs, bilious livers, palpitating hearts, blood-shot eyes, depressed minds,—nature never recognises such conditions in health. When they exist, it is because of inherited weakness, an accident, or the acquirement of some evil habit. There is always a cause for their presence, and that cause must be completely removed before the organ or part can be restored to anything like its normal state.

The True State of Things.

The earth, even in its most healthful localities, is simply a huge hospital. In civilised lands the death rate averages as high as thirty in every thousand inhabitants per annum, while amid the insanitary surroundings in which uncivilised peoples dwell, the mortality is fearful to contemplate. Allotted the all too short period of three score years and ten, only one in every eight persons avails himself of the privilege of this even comparatively lengthy existence. Despite the

great care bestowed upon the sick in public institutions, the average age at death does not exceed thirty-two. To be sure, the length of life has somewhat increased in certain civilised countries, but this is accounted for, not by better individual health, but by more perfect sanitation, and the fact that governments as well as philanthropic individuals have made it easy for the infirm to prolong their lives by the establishment of well-equipped hospitals and other charitable institutions of almost every description.

One-half of all children born die, from either accident or disease, before celebrating the fifth birthday, two-thirds before reaching puberty. In some regions of British South Africa no less than eighty out of every hundred infants succumb during the first twelve months of life. Consumption alone carries off one-seventh of the entire human race, while the loathsome cancer, its victims growing in number with alarming rapidity, bids fair to rival as a cause of death even the giant plague of tuberculosis. The appended table, taken from the latest Australian statistics, shows with what rapidity cancer is increasing in our midst:—

1860-64..	401	deaths.
1865-69..	496	"
1870-74..	531	"
1875-79..	550	"
1880-84..	555	"
1885-89..	701	"
1890-94..	823	"
1895-98..	964	"

Starting with a million people at birth in a civilised country, the following figures, representing the number remaining alive at stated intervals, graphically portray the burden of disease and sorrow under which the human race is groaning:—

Year.	No. living.
0	1,000,000
1	697,100
5	500,609
10	404,097
20	336,400
40	298,190
50	256,740
60	200,404
70	125,717

On an average only one house in twenty escapes the unwelcome visit of some more or less dangerous malady during the short period of a single year. If for an hour disease could be eradicated; if for a single hour mankind could enjoy the physical exaltation of perfect

health, and be suddenly plunged back into its present deplorable condition, then only would it be possible to awaken the human race to a realisation of its privileges healthwise, so that the tocsin of reform might be sounded throughout the length and breadth of the land. This can never be; the world will never reform; but here and there a man and woman, actuated by a noble desire for physical perfection, or spurred on by personal suffering or family affliction, will endeavor to return to the narrow path of physical rectitude, and with such, nature deals most leniently.

Nor can Providence be in any sense held responsible for the existing diseased condition of the people. Health is maintained by living in strict conformity to the statutes which have been appointed for the government of the body; disease is due either to ignorance of those statutes or to a wilful disregard of the principles upon which they are based. If ill, the only way to get well and to keep well is to discover and remove the factors which have combined to create the abnormal conditions, and by experience to learn how to avoid them in the future.

THE USE OF ANIMALS.

"WHAT are all the animals created for?" asks the flesh-eater.

Bless your egotistic soul! to enjoy this beautiful earth, just like yourself. If you do not believe this, read some of the recently published works on the psychology of animals. Some animals even invent playthings for their children, just as you do. Think also for a moment what a cheerless world this would be without the sound of wings or melody in the air; without the shimmering beauty of the finny folks in the brooks and streams; without the busy hum of the "yellow breched philosopher" in the clover; without, in fact, the musical voices of field and wood, and the exquisite beauties of form and coloring, in which sentient life enters and clothes itself, not to mention our more intimate friends in fur and feathers!

It would truly seem that all these manifold forms of life, if made for man, were to contribute to his higher, not his lower, nature; to the poet, not to the beast, that is in him.—*Vegetarian Magazine*.

PURE AIR—ITS IMPORTANCE.

BY D. H. KRESS, M. D.

ONE of the cheapest and most essential blessings God has provided for mankind to minister to health and happiness is pure air. We are more dependent upon it than upon the food we eat. It is possible to live forty days, or even longer, deprived of food, but, deprived of air, man dies in a few minutes.

The importance of pure air may be seen from the following experiments: First, place a lighted candle under a closed jar. The light rapidly grows dim, and in a few minutes is extinguished altogether. A rat or mouse placed under a similar jar in a short time shows signs of uneasiness, pants and gasps for air, and shows the same symptoms that result from drowning or strangulation. Death results in these cases, not from lack of air, but because of the accumulation of poisons and the deprivation of pure air. If a man should be placed under similar conditions, similar results would follow. We have an illustration of this in the horrible situation of one hundred and forty-six Englishmen who were shut up in the Black Hole of Calcutta, in 1756. These men were thrust into a room about eighteen feet square, containing only two small openings by which air could be admitted, located on the same side of the room. Shortly after the door was shut upon the prisoners, their sufferings began. All tried to get to the windows. Within four hours, many had already died, while nearly all who still lived were in a death stupor. At the end of six hours, ninety-six had died. In the morning when the door was opened, only twenty-three were found alive. There was plenty of air in the room, but it was laden with death instead of life. Death was due not to a lack of air, but to a lack of pure air.

There are many who live in close, poorly-ventilated rooms, little realising the injury that must surely follow. Children are often crowded together in poorly-ventilated school-rooms, and, as a result, teacher and pupils are in a dazed condition, or a partial stupor. Teaching and learning is made difficult, and health is undermined. Large numbers often meet together in churches for worship, or for prayer-meetings, in small rooms. No regard

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IRRITANTS TO THE STOMACH.

BY LAURETTA KRESS, M. D.

MUSTARD is not an aid to digestion as many suppose. It is purely an irritant and should find no place in the stomach. When applied to the skin, mustard plasters produce blisters and set up extreme inflammatory conditions. After partaking of such an irritant, could we draw the curtain aside and peep into the stomach, we should find the mucous membrane lining the stomach inflamed and congested and the small bloodvessels extremely dilated. If a mustard plaster must be applied, better apply it externally, not internally.

By the continued use of such irritants as mustard, pepper, vinegar, etc., the stomach becomes callous, and (like a blacksmith's hand from exposure to heat) becomes devoid of all sensation. The stomach in time becomes a mere lifeless pouch. The users of these irritants often say, "I have no difficulty with my digestion, I can eat anything." This is, however, one of the most unfavorable of all digestive symptoms. The normal hand reports if brought in contact with heated objects, or if mustard be spread upon it. The normal stomach also reports when substances are crowded into it that are irritating. The general health depends largely upon the healthy action of the stomach. All stinging, biting, or smarting substances should be avoided, in order to keep the digestive organs in health.

DIET REFORM NOT STARVATION.

BY LAURETTA KRESS, M. D.

THE proper nourishment of the body is a question of vital importance which wives and mothers and all who have to do with the preparation of food should study most carefully. Meat is an article of diet objectionable from every standpoint, but if families who have made large use of it eliminate it from their daily bill of fare without supplying its place with such albuminous foods as beans, peas, and nuts, prepared in a variety of palatable ways, the members of those families will not thrive, because their systems are not properly nourished. The man who is living largely on potatoes, bread, and meat, cannot afford to lay aside the meat, and live on bread

and potatoes alone; but let him add beans and nuts properly prepared, and he will have in these the same elements that meat contains, without its poisons, and without shedding innocent blood.

Butter, while less harmful than meat, is difficult of digestion, as it is a free fat, and in the form usually eaten, it swarms with microbes; but when discarded, the oily matter which it contains should be supplied in some other way.

Milk, cream, and eggs are not the purest foods, and the time will come when, owing to the increased disease among cattle, and owing also to the greater refinement of taste which people will cultivate, these things will be stricken from man's bill of fare.

But to give them up without supplying something better in their place would be folly. An impoverished diet is equally as bad as one containing harmful foods. Health reform does not mean starvation, but an abundance of the purest and most nutritious food, prepared in a simple, wholesome, yet appetising form. "Eat ye that which is good," says the Lord, "and let your soul delight itself in fatness."

"CHEER up! my friend, cheer up, I say;
Give not thy heart to gloom and sorrow.
Though clouds enshroud thy path to-day,
The sun will shine again to-morrow.
Oh, look not with desponding sigh
Upon these little, trifling troubles;
Cheer up! you'll see them by and by
Just as they are—like empty bubbles."

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The "HOUSEHOLD," superior quality 4-quart Bag, with six Vulcanite Pipes and Tubing, etc., complete. Price, 10/6. Postage, 8d extra.

The advantages of these appliances over any other are many. The **Hot Water Bag** is useful as a footwarmer for Muscular Pains, Neuralgia, Stomach and Backache, etc., and when used as a **Fountain Syringe** the bag cannot spill at the neck. It need not necessarily be hung up as the pressure of the hand on the bag is quite sufficient to cause a gentle or forceful flow of water. Wholesale and Retail from

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THE LEAN MEAT DIET "CURE."

THE use of a lean meat diet as a cure for diabetes seems to have had its day in Europe. The London *Family Doctor* says the leading medical teachers in France are warning the profession that the supposed benefits are an illusion, and that the remedy is frequently the cause of death, through the accumulation of ptomaines in the body to such an extent that the kidneys cannot cope with the poisons thus formed. Professor Boafelt says,—

It is the duty of the physician who places his patient upon a lean meat diet to inform him of the fact that he is living close to the border line, and that his situation is like that of a man walking along the brink of a precipice; that he must on no account submit himself to the influence of an anæsthetic without first undergoing a few days' preparation, including an entire change of diet; and the truly wise physician will further instruct his patient that it cannot be safely adopted as a continuous dietary without the risk of constitutional injury.

BRAIN STIMULANT.

THE following advice from the *Medical Journal* is particularly applicable to over-worked teachers:—

"The best possible thing for a man to do when he feels too weak to carry anything through is to go to bed and sleep as long as he can. This is the only recuperation of brain power, the only actual recuperation of brain force; because during sleep the brain is in a state of rest, in a condition to receive and appropriate particles of nutriment from the blood, which take the place of those that have been consumed by previous labor, since the very act of thinking burns up solid particles, as every turn of the wheel or screw of the steamer is the result of consumption by fire of the fuel in the furnace. The supply of consumed brain substance can only be had from the nutritive particles in the blood, which were obtained from the food eaten previously; and the brain is so constituted that it can best receive and appropriate to itself those nutritive particles during the state of rest, of quiet, and stillness of sleep. Mere stimulants supply nothing in themselves; they goad the brain force to a greater consumption of its substance, until it is so exhausted that there is not power enough left to receive a new supply."

THE best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman.

HOW TO DRINK.

WATER-DRINKING in summer may be either a source of health or of illness. Huge draughts of ice-cold fluids check digestion often, if one is overheated, in a dangerous way. As reaction is sure to follow, a rise of temperature after a brief space is inevitable. Yet there is a way to drink water cooled by standing in the immediate neighborhood of ice, so that it will be most wholesome. A distinguished scientist declares that sipping a liquid is a powerful stimulation to the circulation, which ordinary drinking is not. He continues: "During the action of sipping, the action of the nerve that slows the beating of the heart is much lessened. As a consequence, that organ contracts much more rapidly, the pulse beats more quickly, and the circulation is increased. In addition, the pressure under which the bile is secreted is raised by the sipping of fluid."

It follows that the slow sipping of a glass of cold water not only serves as a stimulant to pulse action, it enters into the general circulation without depressing the digestion, and allays thirst much more effectually than the gulping down of double the quantity at one draught. Try it, fathers and mothers, and induce your children to drink slowly. When they come, heated and weary, from the street or from play, show them how to sip a tumbler of cool—not ice-cold—water, as rational beings ought,—not like animals. Otherwise the tone of the stomach, in time, will be permanently lowered.—*Good Housekeeping*.

If you desire a clear brain, breathe fresh air.

"It is a mistake to think," says a medical writer, "that the more a man eats, the fatter and stronger he will become."

A NOVEL application of the electric current has been made by William T. Bryan, a Cincinnati electrician, who has been a student of disease treatment by electricity. He claims to be able to turn the current on to a poor piece of beefsteak and to make of it a tender, toothsome morsel. The electricity disintegrates the tissues and destroys impurities. It would require but a slight advance to be able to pass a current through the human stomach of one who has dined not wisely but too well, and assist the natural processes.—*Springfield Republican*.

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IS NIGHT AIR DANGEROUS TO HEALTH?

BY D. H. KRESS, M. D.

YES, extremely dangerous, that is, the air the majority breathe at night. But the fact is, it is very difficult or impossible to obtain any other air to breathe at night than night air. We are forced, therefore, to decide between *night air* or *no air*. The majority, if given their choice of selection, would, no doubt, decide in favor of night air. Having decided which it shall be, we should next determine whether it shall be *pure* or *impure*.

In large cities the night air is purer than the day air. It is freer from smoke, dust, germs, and other foreign substances. During the day the air is laden with all kinds of impurities, while at night the majority of the people are stored away in their air-tight boxes or rooms, carefully preventing the outside air from contamination and allowing it to retain its purity. Sensible people take advantage of this situation and of the ignorance of their unfortunate friends, and throw open wide their windows and enjoy one of heaven's choicest gifts to minister to life, health, and happiness. Those who are content to inhale and re-inhale the organic poisons thrown off from their lungs and skin, awake in the morning feeling dull or impatient, the head feels as if in a vice, or as though it had an iron band about it. They are out of sorts in general. *This kind of night air is dangerous to health, and should be avoided by all.*

It is customary in some large cities for policemen to go about from house to house notifying the inmates of the necessity to keep all the windows tightly closed and fastened to shut out robbers. Thus the robber of jewels is shut out, while the robber of life, health, and happiness is welcomed. Which is the greater evil? Of the two choose the lesser.

"Life is more than meat (or jewels) and the body than raiment." For my part I should prefer to have robbers visit my rooms at least four times a year, and carry off all my valuables, rather than be deprived of *pure night air*.

AN Irishman, upon receiving a doctor's bill, looked it carefully over and said he had no objection to paying for the medicines, but that the visits he would return.

HOW TO BE HEALTHY.

THE rules of health have been summed up as follows:—

Drink less ; breathe more.
 Eat less ; chew more.
 Clothe less ; bathe more.
 Ride less ; walk more.
 Sit less ; dig more.
 Worry less ; work more.
 Waste less ; give more.
 Read less ; write more.
 Preach less ; practise more.

GOING DOWNHILL.

I HAPPENED to overhear two men talking about a third man the other day, and one of them said sympathetically, "Poor George! he seems to be going downhill all the time."

"Yes," was the reply, "he does. It is a pity that some one can not turn him around, and start him up the hill of life again."

The conversation set me to thinking of something that that noble American woman, Mrs. Mary A. Livermore, wrote recently. It was this:—

Some years ago I resolved to cultivate habitual cheerfulness under all circumstances. It has not been an easy task, but I have succeeded; and now, drifting on to my eightieth birthday, burdened with heavy cares, stripped of those nearest and dearest to me by death, I am not sorrowful. I am not going "downhill," as people say of the old, but "uphill" all the way, and I am sure that life is better farther on.

The fixed habit of cheerfulness is a great help in climbing the hill of life. You will find that the people who are "going downhill" are almost invariably morbid, and that they are steadily looking down instead of up. One always goes downhill much faster than one goes up; and when you see a man who is going downhill, you may be sure he will reach the bottom very soon if he does not turn right-about face, and start uphill again. It is never "better farther on" to those who are going downhill. It is never well with them at all. The lowlands of life are unhealthful for both body and soul. It is better to keep looking and climbing upward.—*Selected.*

HEART wisdom is ahead of book-learning.

THE teeth of time are the ones the dentist supplies.

Question Box.

"How can one cure homesickness?"

"I have a sure prescription for that: Find some one more homesick than yourself, and cheer him up."

"Why do we get the blues?"

"It is not yet settled whether a man smiles because he is happy, or is happy because he smiles. The two go together. A smile is sure to be reflected, so one smiling face soon produces others. If you are blue, get in front of a mirror and smile at yourself. It may not be an easy thing to do at first, but it will be easier each time you try, and in five minutes you will go out scattering smiles wherever you go."

"Is it best to take watermelons with other food at meal-time?"

"It is best at all times not to swallow the pulp, but to extract and swallow the juice only. The juice is not incompatible with any other food."

"If one is abstaining from all food, and still has a white-coated tongue, what is the next plan for thwarting the microbes?"

"The white coat on the tongue may not mean that the microbes are growing very fast. It is not necessary to abstain from food. One may just as well be comfortable and live on fruit. An aseptic condition of the stomach and alimentary canal may be better brought about by eating fruits than by fasting, because the acids and juices of the fruits destroy the microbes and prevent their growth."

"Is ice-cream injurious if not eaten with other food?"

"There are two things injurious about ice-cream. One is the germs—barnyard germs—bacillus coli communis—from the alimentary canal of the cow. Sometimes these germs break up a big picnic, and send everybody home early. The other is the cold. Did you ever get your fingers cold and numb, and then try to button your coat, and couldn't do it? So it is with the stomach. Cold benumbs it. A stomach needs to be wide-awake to digest ice-cream or any other food. Boil the ice-cream half an hour just before eating it, to kill the germs, and it won't do you any harm."

"When the skin is tawny and has a greasy feeling, what kind of dyspepsia does it indicate?"

"It does not indicate dyspepsia merely. It indicates a deteriorated body. It means that the skin is dirty all the way through, and that this dirt is more than skin deep. The whole body is full of uncleanness, and should be washed out by electric-light baths, vigorous exercise out of doors, and a proper diet."

"In what way does a weak stomach affect the eyes?"

"A weak stomach weakens every part of the body. If the stomach is out of order, the brain, the bones even, are affected. Our bodies are made of what we eat; and if the stomach fails to receive and prepare the proper amount of nutrition, our bodies grow weak in consequence. More than this, the dyspeptic stomach allows decay of the food taken into it, and these

products of decay ferment and make poisons that are absorbed into the blood, and contaminate every cell in the body. The eyes are affected no less than the blood, the brain, and the muscles."

"How long does it usually take to cure a case of threatened nervous prostration?"

"Nervous prostration is nothing but a symptom. If it comes from a physiological cause, it is not dangerous. If a person has nervous prostration because he has been working too hard, a proper amount of rest will cure him; but if his nervous prostration is caused by a pocket in his stomach, that is quite another thing. Since he cannot be rid of either stomach or pocket, he must find out how to manage the stomach so that it will not give him nervous prostration by flooding his body with poisons. If you are threatened with nervous prostration, you probably have indigestion. You may have a prolapsed or a dilated stomach. The length of time required to effect a cure depends upon the cause, and how long it takes to remove it."

"How can a thin person get fat?"

"Eat well-cooked cereals, zwieback, granose, honey, and malted nuts. Nuts are excellent fatteners. Plenty of good brown bread, wheat meal biscuits, vegetables (eaten with something hard to ensure thorough mastication), eggs, and cream. Good exercise in the open air and plenty of sleep conduce to fatness."

"How long a time is required to cure catarrh of the stomach?"

"That depends upon the size of the affected part. Like the time required to build a house, it depends upon the size. If the catarrh of the stomach covers only four square inches, it will not require so long to cure it as it would if it covered seven square feet. Sometimes the catarrh extends over the whole surface of the alimentary canal; sometimes it is confined to the cardiac portion of the stomach. When the infection has extended from the stomach into the intestines and colon, until the whole seven square feet of mucous membrane is involved, it must require a long time to produce a thorough cure."

"Do you claim ever to have cured a dilated stomach?"

No, I have never cured anything in my life, except a corn; and I am not sure that I cured that, because corns come back again. But I have seen dilated stomachs get well under proper treatment. People with dilated stomachs have been cured. I have seen a dilated stomach gradually come back to its proper place under the right treatment. A prolapsed stomach is more easily cured than a dilated stomach, but the moderately dilated stomach can be cured. The prolapsed stomach can be cured in a majority of cases, unless the patient has waited too long. After one has reached the age of sixty or seventy years, amelioration is all that can be expected.

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TRY ROBIN THE NEW STARCH.

Household Department.

"COMPANY IS COMING."

START the engine, get up steam,
Set the wheels a-humming,
Make them whirl and whir and whiz;
"Company is coming!"

Raise a dust in every room,
Set the atoms flying;
Scold the children, rout the cat
In the corner lying.

Rap those restless baby hands
On the windows drumming;
Every window must be clean,—
"Company is coming!"

Leave no object in the house
In condition normal;
Make the very cradle look
Prim and stiff and formal.

At the oven scorch your face,
Have the stove just "booming,"
Fix up something "good to eat,"
"Company is coming!"

Fire the boiler, keep up steam,
Set the wheels a-humming;
Scrub and scour, bake and stew;
"Company is coming!"

Labor till a "nervous" pulse
In your head is drumming,
Till you ache from head to foot;
"Company is coming!"

When your guests arrive, it will
Make their pleasure double
To perceive you've put yourself
To a world of trouble.

Then, although you feel you've done
More than you were able,
Fail not to apologise
For your house and table.

This is hospitality—
That the wheels be humming,
Rest and comfort banished when
"Company is coming!"

—Selected.

BABY TROUBLES.

TONGUE TIE.—Quite frequently the bridle beneath the baby's tongue is too short, and interferes with the free movement of the tongue. This is called tongue-tie. It may

prevent the child's nursing, and thus interfere with its nutrition. If the baby can extend the tip of the tongue beyond its lips, it is not probable that there will need to be anything done, as the baby ought to be able to suck a good nipple with ease. When the bridle is tight enough to hinder sucking, or to make speech incoherent, it must be nicked with a knife or scissors. This operation, although trivial, may cause serious hemorrhage unless skilfully done, so that it should never be attempted except by a physician.

EARACHE.—A persistent cry, with the raising of the hand constantly to the head, will often indicate earache. No medicine should be dropped into the ear and no poultice placed over it. The pain is often relieved by holding a hotwater bag or bottle to the ear. Relief is also usually obtained by syringing the ear with water as hot as can be borne. This should be done frequently, and the ear kept covered in the intervals with hot, dry flannel. Running at the ears is generally very serious in new-born babies, especially when the discharge is matter or blood. Some trouble with the brain may be threatened. Of course, the discharge entering the ears at the time of the birth should be carefully excluded from this disorder. The secretion needs merely to be washed away, whereas the former requires careful medical attention.

BOILS.—When run down, or suffering from chronic digestive troubles, babies often suffer from boils or other pustular eruptions. They may arise, too, from conditions of constitutional disease. When these need to be poulticed, the only kind of poultice admissible is an antiseptic poultice, made by wringing out several folds of clean, soft linen or gauze in a hot saturated solution of boric acid. A little ointment containing ichthyol is good in the early stage. When pus exists, the boil should be lanced. Change of air and pure food will often do much to relieve this tendency to boil eruptions.

USE RECKITT'S BAG BLUE.

Good Cultivation is Useless Unless Good Seeds are Planted.

BRUISES, the result of falls or blows, should be treated by the repeated application of hot or cold compresses. This will relieve pain, and prevent swelling and the black and blue discoloration of the skin which would otherwise result.

CHAFING.—The skin of new-born babies is soft and thin, and apt to become sore, especially when two surfaces rub. First, a little crack is noticed, next day this will have widened until sometimes a large surface is left bare. To prevent this, proper care of the baby from the very beginning is important. Never use soap. Use warm water in washing it, either plain warm water, or water with sufficient powdered borax in it to make it soft, and wash the part very carefully; then wipe or mop with a soft cloth until *thoroughly dry*. To prevent further rubbing, carry a piece of dry gauze into the crease between the rubbed surfaces, separating them. This should be changed whenever the baby's napkin requires changing. When the skin is broken, some healing ointment is generally required. The following has proved very satisfactory: An ointment consisting of two drachms of bismuth subnitrate to the ounce of zinc ointment, or preferably lanolin. A paste of equal parts of bismuth subnitrate and castor oil is also useful for the purpose.

PRICKLY HEAT, OR MALARIA, consists of pin-head sized, red elevations closely crowded over the portions of the body where there is most perspiration. It often results when children are too warmly dressed, or in hot weather. The treatment consists in the substitution of lighter clothing, with the relief of the skin irritation by the use of some powder, as camphor, one part to eight parts powdered starch.

ECZEMA is a disease which is very troublesome. It may last months. There is usually an inherited tendency to some constitutional trouble, or improper food or imperfect hygiene may be responsible for it. The surface is swollen, red, and moist; thick crusts often form. There is intense itching. Such cases should always be under the care of a physician. A saturated solution of salicylic acid, with the subsequent application of zinc ointment, often greatly relieves the distressing symptoms, and in time removes the rash.—*Fullerton.*

CARE OF BABY'S BRAINS.

"WHAT, not talk to my baby!" exclaimed a young mother who sat holding her three-months-old baby, and chattering to it with the fond foolishness of which young mothers are capable.

"No, my dear, don't talk to him so much, not nearly so much," replied the older woman. "Dear as he is, you must not forget how delicate in every way a tiny baby is."

The young mother was sobered, but not convinced.

"How can it possibly hurt him?" she asked. "He cannot understand me, and I do so love to see him smile and answer my talk with his happy look."

"Which proves that he does understand, and in his way replies to your loving talk; and it is that which is the strain. You take care to feed baby with the greatest exactness, and to keep him clothed daintily and comfortably, and that is right. His brains, however, are just as weak and undeveloped as is his body. What this small mind needs most is rest, and when you talk to him the tax on his mentality is beyond his strength. A young babe cannot be kept too much like a little animal; let him sleep and eat, and eat and sleep again, keeping him in cool, well-ventilated rooms, and not too much in the strong light, either of the sun or artificial light. Be advised, and let your baby alone. Let him grow naturally, and not by any forcing process."—*Health.*

IN THE KITCHEN.

CLEANLINESS, cleanliness, and still cleanliness, is the watchword, above all times in midsummer. Every corner, receptacle, sink, dish, and cloth, ought to be kept immaculate. Constant must be the warfare against dust, debris, dirt, and insects. In these days everything is alive, and much of that life, spite of the Hindoo belief, is inimical to human welfare. One has only to read of the wonderfully beneficent effort of the sanitation following cleanliness effected under General Wood in Cuba, to comprehend the necessity of this warfare against fertile and deadly microbes.

In the homes of women of intelligence and

accomplishments, such neglect of the laws of health as sends the cold chills over one to think about has been too frequently seen—receptacles and closets both odious and odorous, decaying food by the side of milk and butter, soiled towels around the bread, filthy sinks and dishcloths, and a general air of neglect, which would be pardonable only among Hottentots; and these things in the households of good women, philanthropists, and even graduates of colleges! Too much occupied are they with their guilds, their music, with social life, to give attention to details. In one case, when typhoid fever invaded the household, to which two members fell victims, the nurse found no less than half a dozen fetid damp cloths in and near the sink.—*Good Housekeeping.*

SEASONABLE RECIPES.

GRILLED PROTOSE WITH PEAS IN MINT SAUCE.—Take tinned or stewed green peas with a very little liquor, salt, heat to boiling, and add mint sauce. Warm, but do not boil. Serve one or two tablespoonfuls with each individual order of grilled Protose.

MINT SAUCE.—One tablespoonful of chopped fresh mint, two tablespoonfuls of lemon juice, one teaspoonful of sugar. Stir until the sugar is dissolved. When served over hot dishes, let it get just warm, but not hot. It should not stand long after being prepared. One-fourth of a teaspoonful of dry mint may be used in place of the fresh mint, but it is not so good. A little more sugar may be used if desired.

A SIMPLE PUDDING for the children's table, rather out of the ordinary menu, is any dried and sugared fruit, like dates or figs, chopped and mixed with oatmeal, semolina, germea, or other cereal, the whole moulded.

FOR VINEGAR on lettuce and spinach substitute lemon juice.

SOUR SALAD DRESSING.—Rub two slightly rounded tablespoonfuls of Nut Butter smooth with one-third to one-half of a cup of water, according to directions for preparing the Nut Butter for bread. Let this cream boil up for a moment over the fire. Remove from the stove, add one-half teaspoonful of salt and two tablespoonfuls of lemon juice. Cool, and it is ready for use. More salt and lemon juice may be added if desired. This dressing is suitable for lettuce, and in nearly all places where a sour dressing is desired, and it has no equal for some combinations.

TWO THINGS always to be remembered when cooking oatmeal are these: It should always be cooked long and slowly, as it then has a sweeter and better flavor. Oatmeal should not be stirred while cooking, as this tends to make it pasty.

A Stickful or Two.

—:O:—
 "FULL many a man, both young and old,
 Is sent to his sarcophagus
 By pouring water, icy cold,
 A-down his warm esophagus."

A GENTLEMAN, having occasion to call on a farmer, asked his little son, who was playing in the farmyard, whether he could see his father.

"Yes, sir. If you go over in the pig-sty [pointing], you'll find him there."

As the gentleman was proceeding on the way, the young hopeful yelled after him,—

"I zay, you'll know father, 'cos he's got his hat on."—*Moonshine.*

Pretty Cousin.—"Your friend, Dr. Lancet, passed me down town to-day without even a bow!"

He.—"Oh, well, you know he's awfully absent-minded. He's so completely devoted to his surgical practice."

Pretty Cousin.—"But that's no reason why he should cut me."—*Medical Brief.*

The Healer.—"Your greatest need, madame, is to place yourself in harmony with the universe."

The Willing One.—"But how can that be done?"

"For three dollars a treatment."—*Life.*

"DID the bottle of medicine do your uncle any good?"

"No: as soon as he read the wrapper he got three new diseases."

"DID I understand you to say your father's attack of rheumatism was cured by Christian Science?"

"No; I said his attack of Christian Science was cured by rheumatism."

Young Housewife.—"Any liver to-day, Mr. Bones?"

Butcher.—"Yes, madam."

"Then I'll take ten pounds; but please see that it is not that wretched, torpid kind, which the doctors say is the cause of so much disease."

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Foreign Countries	35		per year.

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We desire to call the attention of the friends and readers of our health journal to the change of its name to AUSTRALASIAN GOOD HEALTH. As the name implies, its pages will be devoted to making plain the principles upon which good health and happiness depend.

The new contributing editorial staff is composed of medical men and women of experience, including Dr. J. H. Kellogg, author of *Man the Masterpiece*, *Ladies' Guide*, *Home Hand Book*, etc., and other recognised authorities on health topics.

Practical questions, or inquiries on health subjects sent to us by subscribers to the journal will be answered free of charge through its correspondence column by some one of the physicians.

We invite the hearty co-operation of our many friends, and all lovers of reform principles in giving the journal as extensive and wide a circulation as possible. The present circulation is several thousand monthly; with a little effort by each reader the number may be doubled in a short time.

THE FOOD—NOT THE WEATHER.

JUST now great crowds of people are rushing about from place to place, trying to find a cool spot, a safe refuge from the scorching rays which "old Sol" is pouring down upon

the earth,—not for the purpose of tormenting human beings, but for the purpose of painting deep tints on our cherries, peaches, and plums, etc., putting rich and delicate flavors into their juices.

The sun is no enemy of the race. The rich brown tint that he paints upon the cheeks is as much a sign of high health and fine spirits as is the crimson of the peach a token of luscious sweetness. Under any but the most extraordinary conditions, human beings are not injuriously affected, but benefited by exposure to the sun, that is normal human beings. The rays of the sun are destructive to the germs of disease, yet it is true many more die during the heated summer months than at any other time of the year.

Not of heat. Of what then?—Of alcohol, of tobacco, of tea, of coffee, of ice cream, of beef steak and sausage, bacon, fried pork and lamb chops, calves' brains, pigs' feet, deviled kidney, mustard, pepper, sauce, etc.

Babies die of sour nursing bottles and Mrs. Winslow's Soothing Syrup rather than of "heat." We are looking altogether in the wrong direction for the cause of human maladies and mortality. The dinner table is responsible for most of it.

HOW TO KEEP COOL.

THE first essential is to be in possession of peace of mind. Anger, hurry, worry, and excitement are totally incompatible with 105 deg. in the shade. These involve heat and strife. The peaceful mind needs a cool body or dwelling place. To be cool necessitates moderation in all things. Violent exercise generates an excess of heat in the body, and is dangerous, therefore, during this season.

The morning cool bath, taken immediately on rising, is refreshing, the only tonic needed. The evening bath of tepid water, or a short, hot bath, if one is greatly fatigued, is grateful, not only for cleanliness, but as an effective means of inducing restful sleep.

Diminish the amount of fuel to keep up bodily heat. Meats, fats, and greasy dishes should be avoided. Fruits, especially the sub-acid liquid foods, should be used freely.

If the wrapper of your journal is marked with a blue cross, it means that your subscription expires with the next number, and that you should renew at once.

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