

THE

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GOOD HEALTH

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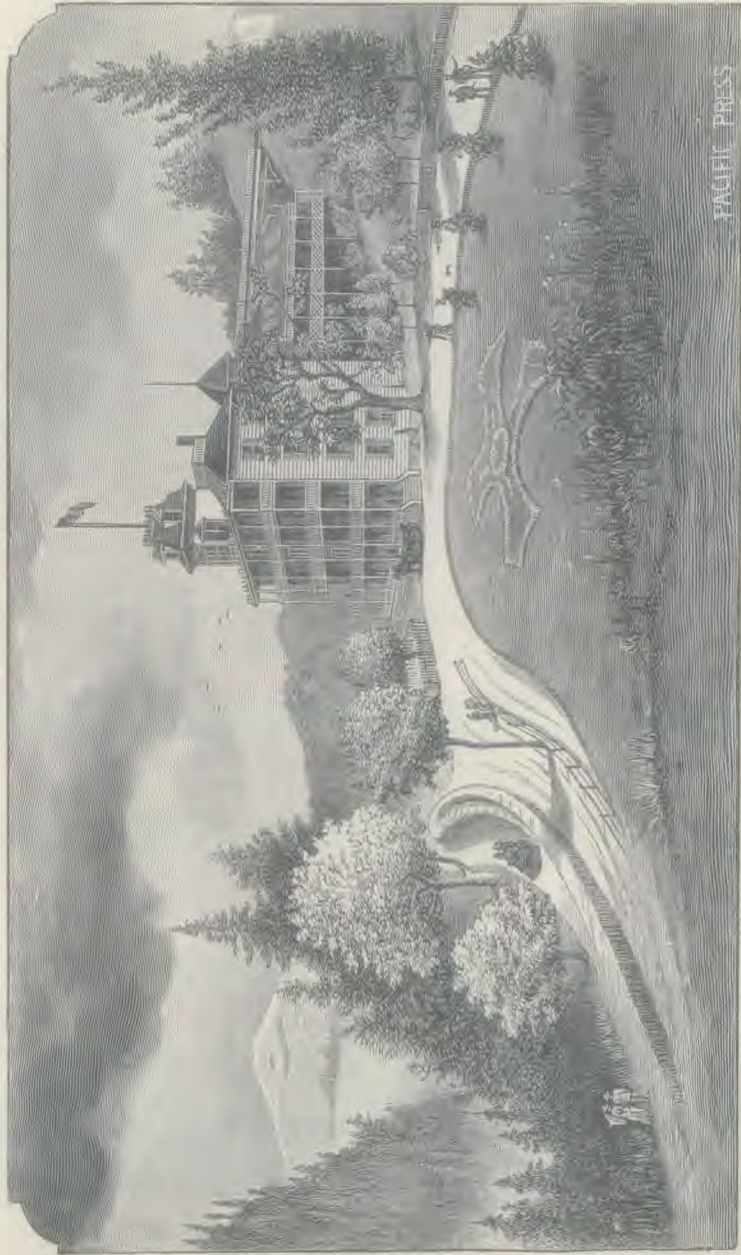
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Good



Health

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No. 4.

MIND DISEASE.

MRS. E. G. WHITE.

THOUSANDS are sick and dying around us who might get well and live if they only would; but their imagination holds them. They fear that they will be made worse if they labor or exercise, when this is just the change they need to make them well. Without this they can never improve. They should exercise the power of the will, rise above their aches and debility, engage in useful employment, and forget that they have aching backs, sides, lungs, and heads. Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the bloodvessels.

There are domestic duties to be done which many think it impossible for them to perform, and so they depend upon others. Sometimes it is exceedingly inconvenient for them to obtain the help they need; they frequently expend double the strength required to perform the task in planning and searching for some one to do the work for them. If they would only bring their mind to do these little acts and family duties themselves, they would be blessed and strengthened in it.

The Creator of man knew that the workmanship of His hands could not be happy without employment. Paradise delighted their souls, but this was not enough; they must have labor to call into exercise the wonderful machinery of the body. The Lord had made the organs for use. Had happiness consisted in doing nothing, man, in his state of holy innocence, would have been left

unemployed. But He who formed man knew what would be for his best happiness, and He no sooner made him than He gave him his appointed work. In order to be happy, he must labor.

God has given us all something to do. In the discharge of the various duties which we are to perform, which lie in our pathway, our lives will be made useful, and we shall be blest. Not only will the organs of the body be strengthened by exercise, but the mind also will acquire strength and knowledge through the action of those organs. The exercise of one muscle, while others are left with nothing to do, will not strengthen the inactive ones any more than the continual exercise of one of the organs of the mind will develop and strengthen the organs not brought into use. Each faculty of the mind and each muscle has its distinctive office, and all require to be exercised in order to become properly developed and retain healthful vigor. Each organ and muscle has its work to do in the living organism. Every wheel in the machinery must be a living, active, working wheel. Nature's fine and wonderful works need to be kept in active motion in order to accomplish the object for which they are designed. Each faculty has a bearing upon the others, and all need to be exercised in order to be properly developed. If one muscle of the body is exercised more than another, the one used will become much the larger, and will destroy the harmony and beauty of the development of the system. A variety of exercise will call into use all the muscles of the body.

Those who are feeble and indolent should not yield to their inclination to be inactive, thus depriving themselves of air and sunlight,

but should practise exercising out-of-doors in walking or working in the garden. They will become very much fatigued, but this will not injure them; rest will be sweeter after it. Inaction weakens the organs that are not exercised, and when those organs are used, pain and weariness are experienced, because the muscles have become feeble. It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. The motion of these long-disused muscles will cause pain, because nature is awakening them to life.

Thousands of women are suffering for want of useful employment that would give them vigorous physical exercise. They do not go out enough in the open air and exercise their limbs. When people will study to know the laws of health and how to prevent sickness, with one-half the interest with which they study the fashion plates, and will obey the light which shines upon them, there will be fewer invalids and far more happiness.

LABOR, EXERCISE, AND RECREATION.

LAURETTA KRESS, M. D.

LABOR and exercise are a blessing. Every organ in the body has been made for work, and they are all designed to be active. When engaged in active work, the brain and every organ and muscle receive an extra amount of blood, and are thus strengthened and kept in a healthy condition. An organ or muscle that is not exercised becomes weak and finally atrophies. Upon the other hand, the constant or excessive use of any muscle to the exclusion of others also results in injury or disease. The muscles thus used, instead of being strengthened, are weakened, and will soon wear out. This is illustrated in a disease known as writer's cramp, in which the muscles of the hand are paralysed. This disease results from the long-continued use of the set of muscles used in grasping the pen in writing.

If the mind is confined to close thought or study, and the physical powers are allowed to remain inactive, the muscles become weak, while the brain wears out. There are many extremists, one-idea men or monomaniacs. This condition is due to the con-

centration of the mind upon one subject. A certain portion of the brain is over-worked, while the rest is permitted to be inactive. This results in a wearing out and disease of the cells over-worked, and the person becomes insane on that one subject. In order to have a well-balanced mind, all the faculties of the mind and body must be cultivated.

We are living in an age of specialisation. To each one is assigned his or her distinctive work. Anciently women worked in the fields, did the housework, made the clothes for their children, taught their children, and were even the physicians for their own households. The work was of such a nature that all the powers of the mind and body were exercised. At present the work is divided up. One is confined exclusively to typewriting, another to teaching or mental work, etc. This must result in an injury to the mind as well as the body, and no doubt accounts in part for the present enfeebled condition of the race.

It is highly important to have frequent periods for recreation. It is not necessary to trifle away time by engaging in foolish sports, or to be idle in order to obtain rest. We may engage in some useful labor which will bring into use the parts which have not been exercised. In this way we strengthen and build up the weak points, and at the same time allow a period of rest to the parts in danger of being over-worked. Thus we may constantly be refreshed by variation and at the same time have every moment of time tell for good. Occasionally it might be well for those who are engaged in indoor work to spend a day at some beautiful park or seaside resort with their families; or several families might unite together. By careful planning, the day can be made one of profit to parents and children. Such gatherings can be made highly beneficial when conducted properly.

Often these gatherings are made scenes of frivolity and gluttony. Instead of receiving benefit and being better fitted for usefulness, the participants awake in the morning irritable or impatient, or perhaps with a splitting headache; they are in every way less fitted for their work. Recreation must be what the word indicates—a re-creation—to be of benefit.

COMMON SENSE IN PREVENTION AND TREATMENT OF DISEASE.

A. W. SEMMENS.

THOUSANDS to-day are spending time and means for that which is but naught; striving in vain to secure health gambled in the pleasure of a pernicious appetite, for things that are not good, which ultimately bring a rich harvest of suffering. "This is a faithful saying and worthy of all acceptation" that "whatsoever a man soweth that shall he also reap."

A harvest of suffering is being reaped through ignorance of the laws that govern the physical being, in wrong habits of eating, drinking, and dressing, also the failure to recognise and utilise the various agencies a wise Creator has so abundantly supplied to maintain health if intelligently used.

There are fresh air, sunshine, water, and a pure dietary,—these simple, common everyday things that are so near to everyone. "Surely," say they, "there can be no healing virtue in these?" So they, these God-given gifts to man, are passed by as having no value, by a large majority of the human family, yet in the wise use of these lies the secret of healing, providing the individual is willing to forego every evil habit, or the use of any article of diet, or whatever it may be that is impairing the resistance of the body; and so rendering it liable to contract disease.

When this is done and the person co-operates in every way with these healing agencies, "the power is present to heal," and will make the restoration as complete as possible.

We must remember that years of pernicious habits produce changes in the tissues and organs of the body, that it may not be possible to restore fully. For example, we may break a glass tumbler, and by cement restore it to such a condition that it may be useful in holding water; but there is one thing that the injury has done, it has left a *mark* or *scar* that can never be fully eradicated.

So with the human body, while it may be put in a condition that by careful attention to the laws of health it will do good service, yet some ugly scars have been left to tell the tale of the violation of these laws.

The common-sense method of procedure in the treatment of disease seems to the writer to be, first, to ascertain the cause. If it lies in incorrect habits of eating, drinking, dress-

ing, etc., the second step would be the correction of these habits by enlightening and educating the individual on the subject of healthful food, clothing, air, sunshine, etc.

The people are perishing for lack of knowledge in these simple agencies. There seems to be a woeful lack on the part of those who claim to be healers of the body, to enlighten the people.

On the other hand, it is a sad fact in your daily contact with the sick you find the deplorable lack of intelligence regarding their bodies, and the blind ignorance of scores of individuals, who have no desire to change their ways. "Father, mother, or uncle lived this way, and they were alright, its good enough for me," and so they sink into a state of indifference and depravity. Still their only salvation lies in adopting a common-sense attitude, correcting their mode of living, and training the body back to pure habits of life.

A sick person often goes to a physician and volunteers the information that he or she has gout, rheumatic gout, or dyspepsia. Symptoms are asked for, and the case is gone into carefully for causation.

An appropriate diet and an appropriate bottle of medicine is prescribed. As the patient leaves the room, the physician may or may not call attention to the fact that both teeth and saliva are meant to be used.

The sick one returns, better, unaffected, or worse. If better, he remains so while under treatment, and relapses when he returns to ordinary habits.

If unaffected or worse, the physician may try again and again, until in despair he takes or sends him to another physician for consultation.

Temporary benefit, possibly by renewed hope, results, but finally the unfortunate gets used to his suffering, and, if he can afford it, is sent to join the innumerable host that wander from one "bad" to another, all over the country, trying, praising, and damning each in turn.

Their manner of living, of course, is at fault. Nature never intended that man should be perpetually on a diet and hugging a bottle of medicine, nor did she ordain that he should go wandering over the map of the world, drinking purgatives and other waters.

No, "Health" is near every one of us. If aptly we will feel after it, we will find it at our very doors.

It is indeed true that the people are perishing for lack of "Common Sense," or as one writer puts it, "Horse Sense," in the prevention and treatment of disease.

PAIN—ITS SIGNIFICANCE.

D. H. KRESS, M. D.

THE power which rules the universe uses pain as a signal of danger, a means of correction. It makes the path of transgression just as difficult and undesirable as possible. Just and generous Nature never strikes a foul blow, never attacks us behind our backs, never digs pitfalls, never leads astray.

Patiently she teaches her laws, plainly she writes her warnings. Long before the fierce red danger-light of pain is flashed across our pathway, she pleads with us to be merciful to ourselves and each other; the still small voice is heard, saying, "This is the way, walk ye in it."

When the system becomes filled with undigested or waste products, she takes away the desire for food, that she might have a chance to cleanse the system. She kindles a bonfire to burn up the accumulated rubbish in the system.

She turns the over-indulged body against the delights of yesterday.

These are her caution signals,—*to go slow*. Ill health and premature death is not a dispensation of providence as many suppose, but a dispensation of tobacco, of spirits, of tea, and other health-destroying and death-dealing substances.

The Creator is not the minister of death, but of life; not the destroyer but the Saviour of the body, the Healer, the Restorer. "Thou hast destroyed *thyself*, but in Me is thine help."

THE systematic examination of more than 40,000 pairs of human ears in England and France has resulted in some interesting conclusions. For one thing, it is ascertained that the ear continues to grow in the later decades of life; in fact, it appears never to stop growing until death. A woman who has small shell-like ears at twenty years of age will be very apt to possess medium-sized ears at forty and large ears at sixty.—*Springfield Republican*.

FOOD AND SLEEP.

J. H. KELLOGG, M. D.

AFTER more than twenty-five years' experience in treating chronic invalids, among whom have been many hundreds of persons suffering from the inability to sleep well, and in many cases subject to most inveterate insomnia, the writer has no hesitation in saying that the withdrawal of the evening meal has been found to be one of the most important factors in securing natural sleep.

When persons complain of inability to sleep because of a sensation of emptiness of the stomach, it has been found advantageous to allow them to take a glass or two of fruit juice, without cane sugar, or the juice of two or three oranges, or even a little ripe fruit at bed time. Fruit furnishes nutrient material, and is ready for immediate absorption, hence does not tax the digestive organs, while it does relieve the sensation of discomfort, or "goneness," which may sometimes be the cause of sleeplessness.

The popular idea that fruit at night is unwholesome is entirely without foundation. It is only when the fruit is combined with cream and sugar, butter containing colon germs, cake, pie, and other indigestibles, that it is likely to create disturbance, and even then the fruit is not blameworthy, but rather the bad company in which it finds itself. If any food must be taken at night, fruit is preferable to everything else.

HEALTH CONTAGIOUS.

A GREAT agnostic once said that had he been making the universe, he would have made health contagious instead of disease. Only a short-sighted and pessimistic mind could make such an unjust and acrid criticism on the beneficence of nature. Health is contagious. Health is the only thing that is natural. Disease must be courted, earned, worked for. We catch health with every breath. When a man who has dissipated his vital forces, by chance breathes in certain germs which find in him a soil prepared for their growth, we say he has caught disease. Shall we then complain of an all-wise Providence, and forget the unnumbered times which we have breathed God's vitalizing air, and instead of disease have caught new life and health?—*Dr. Nicola*.

THE DANGER OF TRAILING SKIRTS.

ONCE more attention is called to the danger caused by the disgusting habit of wearing trailing skirts in the public streets. Mrs. F. May Dickinson Berry, M. D., in a letter to *The Times*, says,—

The bacillus of consumption and many other organisms have been frequently discovered in the dust of railway waiting rooms and public buildings, as well as in the dust of the streets. It is difficult to imagine a fashion more contrary to the rules of hygiene and cleanliness than the one at present in vogue of wearing trained dresses for all occasions with no means of keeping them out of the dust than by the hand. The most careful woman is forced to drop her dress whenever she puts up an umbrella, takes a ticket, or indeed requires for any purpose the use of both her hands. The majority of women appear to consider railway platforms, dusty shops, or even street pavements on a dry day as suitable for trailing their skirts over as a drawing-room carpet, quite regardless of what street dust may be composed, and of the fact that the habit of expectoration is far from banished from platforms and waiting rooms. Thus they transfer noxious organisms to their own rooms. Baby, crawling over the carpet, may transfer them further, via his fingers, to his mouth.

Whitechapel follows Belgravia; in a short East-end street the other day, I counted no less than six girls sweeping the pavements in true West-end fashion with skirts supposed to be of the latest cut.

It is a curious psychological question how, in these days of the advancement of women and of enlightenment and education, an irrational fashion, like the one under discussion, can take complete hold of society. There is, of course, a certain class of women to whom dress is the most important subject in life, whose chief aim is to be in the front rank of fashion, and who will adopt any new style if properly "hall-marked." To this class it is useless to appeal. But there are many women, forming, let us hope, a larger class than the preceding, who, though they like to dress well, have other aims and interests in life, and are far from making dress the primary object of existence. If these women, instead of adopting a new fashion blindly because it is a new fashion, and considering it only as regards themselves, would take a wider outlook, considering a fashion on its merits before adopting it, and recognising their individual responsibility towards the maintenance of the health of the community, many an undesirable fashion would be nipped in the bud. In these days of associations, why should not a guild be formed whose members would be pledged to act upon these lines?

INCREASE YOUR CAPACITY TO ENJOY LIFE.

NOTHING contributes more to the highest success than the formation of a habit of enjoying things. Whatever your calling in life may be, whatever misfortunes or hardships may come to you, make up your mind resolutely that, come what may, you will get

the most possible real enjoyment out of every day; that you will increase your capacity for enjoying life, by trying to find the sunny side of every experience of the day. Resolutely determine that you will see the humorous side of things. No matter how hard or unyielding your environment may seem to be, there is a sunny side if you can only see it. The mirth-provoking faculty, even under trying circumstances, is worth more to a young man or woman starting out in life than a fortune without it. Make up your mind that you will be an optimist, that there shall be nothing of the pessimist about you, that you will carry your own sunshine wherever you go.

There is longevity in the sunny soul that eases our jolts and makes our sides shake with laughter.

There is a wonderful medicinal effect in good cheer. Good news and glad tidings have a magic effect even upon invalids.

We often see a whole store or factory or home transformed by one sunny soul. On the other hand, we have seen them blighted and made dark by a gloomy, morose, fault-finding person.—*Success*.

THE only true way to banish intemperance is to stop the unnatural physical conditions which create the appetite for strong drinks. Foods that do not contain sufficient nourishment often lead persons to crave stimulants. Spicy foods should also be avoided. There are many intemperate people who never touch liquor.

FIELD sports and athletic games have been made an important factor in the treatment of patients at the Manhattan Hospital for the Insane, Ward's Island, New York. The inmates enter into these sports and contests with great zest. They have their daily plunge in the swimming pool, baseball games, swimming races, tugs-of-war, high and broad jumping contests, etc., and do all kinds of light garden work, pulling up weeds, tending flowers, running the lawn mowers, etc. The managers of the institution consider out-door exercises and pleasures to be far more beneficial to the patients than the padded cell or the straight jacket.



The Home

THE DEER.

O pretty deer, with gentle face,
I love to watch you lying so,
Or see you jump from place to place,
As up the grassy hills you go!
O pretty deer, I wonder, too,
How men can shoot their guns at you!

O pretty deer, what I would like
Would be to have you for my own;
And no one, then, should ever strike,
Nor frighten you with gun or stone!
You'd be my pet, you pretty deer;
I would not let you feel a fear.

O pretty deer, I know, I know,
There is a better Friend than I,
Who cares for you, and loves you so—
Our Father, God, in heaven on high!
O pretty deer, He made us all,
And sees when even sparrows fall!

—Jennie Harrison.

PICNIC LUNCHES.

LAURETTA KRESS, M. D.

A PICNIC, to serve its true end and aim, ought to be a season of refreshing and healthful recreation. But when one begins to talk of a picnic, one of the principal things connected with it is the lunch, which usually consists of dainties, such as sweets, wines, ices, and things that are really most unhygienic. But if we wish to take good healthful recreation, a picnic means to us far more than the partaking of these delicacies which I have mentioned. We want something that will not tempt us to excess in the indulgence of appetite, but will make us stronger for the outing which we take. There are many things which are very suitable for a picnic lunch without the use of these unhygienic and unwholesome things. The preparation of rich cakes, pies, puddings, chicken pies, roast turkey, baked chicken, etc., requires a great amount of work, while they do not serve the end they were designed to serve. They simply gratify the appetite, but do not refresh the body as much as less rich food does.

Something more simple is much better.

The lunch basket should contain ample provision for the fresh air appetite that one will get after exercise, and should be as simple as possible. Wholemeal bread and fruit are very good articles for a lunch. A soup prepared of legumes is another excellent food. These soups can be made at home, and carried to the grounds in cans or other utensils that can be sealed tight. A small oil stove can easily be carried, or a fire built in the woods, and thus the soup can be served hot. This is very much more refreshing after a ramble in the woods, than so much cold sweets and unwholesome rich food.

There should be plenty of fruit in connection with the lunch. Sandwiches are always relished. These can easily be prepared in a variety of ways. Nut butter rubbed with an equal part of water until creamy, with the addition of lemon juice sufficient to give it a slightly acid taste, spread upon bread, makes a very nice sandwich. A slice of protose placed between the slices of bread still further improves the taste.

Sandwiches may also be made by spreading the bread with bean, lentil, or pea paste. This can be made by pressing the legumes through a colander, to remove the skins, then adding a little lemon or boiled tomato and salt to suit the taste. A little nut butter added to the paste will also improve the taste.

Dates may also be prepared with little trouble as follows: Select the largest and best dates; wash, remove the stones, place inside of each date a walnut kernel or two or three pine kernels. All dried fruits such as figs, dates, dried bananas, raisins, etc., are greatly improved by washing and placing in an oven for a short time.

It is an easy matter to rectify whisky, but it is an impossible matter to rectify the errors which whisky causes.

A NON-VEGETARIAN PHYSICIAN ON DIET.—Without going far in the direction of vegetarianism, I must say that too much meat and too little of a vegetable nature is consumed, and that if the reverse were the case, we should be, as a race, far hardier and healthier, and better able to battle against the wear and tear of life. Our death-rate would be considerably diminished, and many ailments that now are rife would be almost unknown. Further—if more vegetable food and less animal were used, there would be less stimulants partaken of, because people would not feel the need of them.—*Cassell's Family Magazine.*

EDUCATING A CHILD'S APPETITE.

A CHILD'S appetite is quite as susceptible of education, in both a right and a wrong direction, as are its mental or moral faculties, and parents, in whose hands this education mainly rests, should give the subject careful consideration, since upon it the future health and usefulness of their children not a little devolve. We should all be rulers of our appetites instead of subjects to them; but whether this be so or not depends greatly upon early dietetic training. Many a loving mother, by thoughtless indulgence of her child, in season and out of season, in dainties and tidbits that simply serve to gratify the palate, is simply fostering a love of appetite which may ruin her child in years to come. There are inherited appetites and tendencies, it is true, but even these may be largely overcome by careful early training in right ways of eating and drinking. It is possible to teach very young children to use such food as is best for them and to refrain from the eating of things harmful; and it should be one of the first concerns of every mother to start her children on the road to manhood and womanhood well trained in correct dietetic habits.



human life ought to give rise to serious consideration of all the influences which bear upon health and longevity. Unfortunately, however, too large a share of the attention of physicians and scientists is devoted to apologising for popular practises which human experience, assisted by common-sense principles, easily shows to be in the highest degree injurious to both the individual and the race.

"HE WHO EATS PIG BECOMES PIGIFIED."

D. H. KRESS, M. D.

THE durability and usefulness of a building may be determined by the quality of the timber used in its construction. If the timber is of a poor quality, the entire structure is poor. No matter how beautiful the building may be decorated, or how well it may appear on the outside, it is an inferior structure at best.

The human body is composed of what we eat, the food we furnish the digestive organs to be converted into bone, flesh, nerves, and brain. An inferior and impure quality of food will make inferior and impure blood. Inferior blood is converted into inferior muscle, nerves, and brain. It is impossible to bring a pure thing out of an impure. Man is what he eats.

Dr. Bunge, the great physiological chemist of Germany, relates some very interesting experiments he made to demonstrate this. He fed a dog almost exclusively upon the fat of sheep. After a time the dog was killed and his fat analysed. It was found that the fat of the dog was not dog's fat at all, but sheep's fat. The dog was composed of what he ate.

Someone has said, "He who eats pig becomes pigified." There is truth in this. Man is constantly undergoing changes, tissue is constantly wearing out, or being broken down. This is replaced by the elements furnished by the food we eat. Every seven years man undergoes a complete change; there is not a particle of brain, muscle, or bone present at the end of the seven years that was present at the beginning. If a man has, during the seven years, been feeding almost exclusively on pig, he must be composed largely of pig.



THE average length of life in civilised countries at the present time is barely thirty-five years, scarcely more than two-fifths the normal length of life. This enormous loss of

FOUL AIR.

WE have known persons who said they hardly ever attended public worship, because of the poisonous condition of the air in ill-ventilated meeting-houses. Tens of thousands are spent upon paint and putty, carving, frescoes, stained glass, and steeples, when their houses are so constructed that a sufficiency of God's pure air cannot be obtained for love nor money.

Air, once inhaled, becomes poisonous. Only a short time is required to vitiate the atmosphere in a crowded church. The air reeks with foul odors. Rotten teeth, bad breath, tobacco fumes, and perhaps rum and brandy, combine to load the air with poison and pollution. The windows steam and drip, men grow sick, and women faint away, and then a window or a scuttle is opened, a torrent of cold air rushes in, life and health are endangered; but the house is far from being properly ventilated.

When the air contained in a place of worship has been inhaled, and turned to poison, the preacher grows dull, and the congregation becomes sleepy. He thinks them a set of careless sinners, and they think him a very stupid speaker, when the real difficulty is simply the lack of "a breath of air," fresh and bracing, from the distant hills.

No man spending his days in the bright, breezy, outdoor air, can be expected to keep awake in the stived-up atmosphere of an ill-ventilated church. Many find there the seeds of disease, and many a preacher, choked with a close cravat, and oppressed by poisoned air, gets heated, and goes out to be exposed to colds, coughs, consumption, and death itself, all in consequence of improper ventilation of the place of worship.

A man can live for days without eating, drinking, or sleeping; how long can he live without breathing? This shows the importance of healthy air for the lungs.

Ventilate your meeting-houses, and stupid preachers will grow earnest, sleepy hearers will wake up, and good may come of it beyond all that we can estimate or describe.
—*The Christian*.

"Come, tonic blasts—
Arouse my courage, stir my thought;
Give nerve and spring, that as I ought
I give my strength to what is wrought
While duty lasts."

WOMAN'S DRESS.

H. S. LAY, M. D.

OF all the customs and habits common to women probably there are none that are productive of a greater amount of evil to themselves and their offspring than the fashionable style of female dress. And just so long as they persist in following these fashions, just so long will our country be filled with weak and feeble women and frail and puny children.

The nearer a woman follows fashion, the further does she depart from the laws of her being; for in wearing fashionable dress, there is a constant waste of power and an untold amount of suffering produced. The amount of suffering produced by tight dressing alone is alarmingly great. No person can be subjected to the pressure that is brought to bear upon the lungs, stomach, liver, spleen, etc., by ladies that dress in the usual manner, without materially suffering in health therefrom. They are so girted about that it is impossible for them to breathe naturally.

We will venture the assertion that there is not one woman in a thousand who dresses in a fashionable manner, that can breathe normally or healthfully. And without natural breathing can we expect health?

Another great fault with the usual style of female dress is that the parts of the body where there is the most blood, and consequently most heat, they put on the most clothing; and the extremities, the parts that are the most remote from the heart and vital organs, the very parts that are the most liable to become chilled, they put on the least clothing, thus laying the foundation for headaches, indigestion, catarrh, throat and lung diseases, liver complaint, constipation, female complaints, etc., etc.

There are other serious objections to the present style of dress, such as having a large portion of the clothing suspended upon the hips instead of the shoulders, and the skirts so long as to gather damp and filth from the streets.

To all women, most of whom are already suffering from disease, we would say to you one and all, adopt a healthful style of dress if you wish the best of earthly blessings, a sound mind in a sound body.

EXPENSIVE LUXURIES.

A WRITER in *Success* tells the story of a young man who complained to a friend of poverty, and his inability to save money.

"How much do you spend for luxuries?" asked his friend.

"Luxuries!" answered the young man. "If by luxuries you mean cigars and a few drinks, I don't average—including an occasional cigar or cocktail for a friend—over twenty-four shillings a week. Most of the boys spend more, but I make it a rule to be moderate in my expenditures."

"Ten years ago," declared the friend, "I was spending about the same amount every week for the same things, and paying six pounds a month for five inconvenient rooms up four flights of stairs. I had just married then, and one day I told my wife that I so loved her that I longed to have her in a place befitting her needs and refinement. 'John,' was the reply, 'if you love me well enough to give up two things which are not only useless, but extremely harmful to you, we can, for what those things alone cost, own a pretty home in ten years.'

"She sat down by me with a pencil and paper, and in less than five minutes had demonstrated that she was right. You dined with me in the suburbs the other day, and spoke of the beauty and convenience of our cottage. That cottage cost £600, and every penny of it was my former cigar and drink money. But I gained more than a happy wife and a pretty home by this saving; I gained self-control, better health, self-respect, a truer manhood, a more permanent happiness. I desire every young man who is trying to secure pleasure through smoking and drinking, whether moderately or immoderately, to make use of his judgment, and pencil and paper, and see if he is not forfeiting in a number of directions far more than he is gaining."

"THE most profoundly efficacious 'temperance man' is the temperate man. Not by wind-power, nor by water-power, but by power of example, he reforms others. His conduct is a moral prohibitory act. His practice preaches. His influence enforces constitutional amendments to the habits of his associates and observers."

QUEER INCONSISTENCIES.

DR. J. A. CRISLER, in the *Mississippi School Journal*, shows rather strikingly some of the peculiarities of our modern educational system. He says, speaking to teachers,—

"You would have your pupils name the capitals of every land and clime, but decry the importance of a familiarity with the bones in their own body.

"You would ask them to trace the great rivers and water-courses that begin in a tiny spring and end in a surging sea, but their knowledge of the bloodvessels in their own bodies is so very imperfect that many thousands have bled to death on battlefield and playground, from a simple wound, like a child drowning in a tub.

"You would have them travel over the great northwest and review the golden fields of grain, and show them the mighty mills that make our bread, and yet never teach them the first step in the digestion of starch.

"You do teach them in daily object-lessons to eat the flesh of beasts and birds, and to slay to eat, yet look with pitying eye on the fading of a flower; forgetting that this flesh may and frequently does contain the germ of deadly fever, the seed of tapeworm and cancer, or the bacillus of tuberculosis.

"By example you teach them to stimulate themselves on spices, condiments, tea, coffee, and wines, thus forming the groundwork for an insatiable thirst for liquors and tobacco; then you watch and wonder why they fill drunkards' graves, or end their lives by their own hands, or do even worse than this."

Nuts contain more proteids, or albumin, than beefsteak. In other words, a pound of almonds contains more beefsteak than a pound of beefsteak. Nuts contain fifty per cent. of highly digestible fat. Albumin makes blood, fat makes weight; nuts are the best of all fat and bloodmaking foods. They completely replace meats and all kinds of animal foods,—flesh, fish, fowl, and even milk,—and hence their use prevents rheumatism, Bright's disease, headache, nervous exhaustion, liver disease, tapeworm, and other disorders that result from meat-eating, and it obviates the necessity of taking the lives of animals.



Good Health Tit Bits



CRUELTY OF MAN.

A LONDON paper says: "At a tame deer hunt the other day, in which 'gentlemen' and 'ladies' and hounds took part, a deer, with an eye torn out by a barbed-wire fence, exhausted and fallen into a ditch, was given whisky in the effort to stimulate it to run further so that the pack of men, women, and dogs might chase it." Is it a wonder that the spirit of war and killing is increasing, when such things are called sport by the ruling and influential classes?

A SENSIBLE CHINESE CUSTOM.—"The Chinese physician receives a salary from his patients as long as they are well," says *Will Carleton's Magazine*, "and as soon as they get ill, his pay stops. Some American families, not disdaining to learn something from the other side of the world, have partially adopted the same plan; that is, they pay the salary whether they are sick or well; and it is, of course, to the interest of the doctor to keep them well as much as he can, so as to save himself the trouble of attending them."

A WELL-KNOWN woman once remarked to a friend, "I cannot bear the thought of eating anything that looks out of eyes." The man was so affected by the remark that he became at once a vegetarian, and rigidly adheres to his resolution to eat no more flesh.

Eyes signify a mind, something which can look out upon the world and enjoy it. The thought of eating a thinking, sentient creature is certainly repulsive.

QUAKER POLITENESS.—A man having made an incredible statement to a Quaker gentleman well known in Philadelphia, the latter said, "William, thee knows I never call names; but, William, if the mayor of the

city were to come to me and say, 'Joshua, I want thee to find me the biggest liar in all Philadelphia,' I should come to thee and say, 'William, the mayor wants to see thee.'"

MR. F. M. HOLLAND, in his pamphlet on "Atheists and Agnostic," relates a story of a sexton who, when the rector asked why a rich parishioner had stopped coming to church, and whether the trouble was Latitudinarianism, answered, "No, sir, it's wusser nor that." "Then it must be Unitarianism?" "No, sir, wusser than that." "Ah! perhaps it is Agnosticism?" "Oh, no, sir. It's wusser nor that." "But it can't be Atheism?" "No, sir, it's wusser nor that." "But there can't be anything worse than Atheism." "Oh, yes, sir, it's rheumatism."

Worried Wife—O, doctor, what has detained you? I sent for you at twelve o'clock. My husband is very low, indeed.

Doctor (complacently)—Yes, I received your call then, but as I had an engagement with another patient in this neighborhood at six o'clock, I thought I'd make one job of it, and kill two birds with one stone.

A LADY nurse rushing fervidly to her patients in a Cape Town hospital ward, found her favorite soldier fast asleep. Pinned to his coverlet was a scrap of paper on which he had laboriously scrawled: "To il to be nussed to-day respectfully S. M."

Husband—"Jobson asked this forenoon if you had any more of those muffins you made for supper last night."

Wife—"Then you may invite him to tea again. I'm glad he liked them."

Husband—"He said his doctor wanted to analyze one."

"BRIDGET, who was in the kitchen with you last evening?"

"Nobody but microbys, ma'am."

"Mike who?"

"Microbys, ma'am. They're in the water, ye moind. There's eight hoonder' in every blessed tayspoonful, ma'am, an' when ye absorbs thim, they attacks the alleymintary canal, ma'am, and projuces serious intestinarial disorders, ma'am."—*Cleveland Plain Dealer.*

CAUSE OF MADNESS.

THE Glasgow *Evening News* has the following:—

"Statistics show that Scotland as a nation grows madder year by year, and the local government report now bluntly tells us that our unpatriotic desertion of porridge is one of the principal causes. Matters have indeed come to a sad pass when Scotland, whose stalwart sons have advertised by their appearance the virtues of porridge in all parts of the globe, is now stigmatised in a government report as a nation of intemperate tea-drinkers!"

This is not a piece of newspaper chaff, but is worthy of serious consideration. While porridge is by no means the best form in which to take any grain, there cannot be the slightest doubt but that any considerable substitution of tea for it must inevitably be followed by national degeneration.

GOOD BREAD.

ANOTHER very important requisite is good bread, but when it is made principally from the starchy portions of the grain, with the phosphates and other nutritive elements excluded, it is very far from being the "staff of life," as it is sometimes termed. The most perfect bread is made of the entire wheat, not too finely ground, and mixed with pure water, with only the addition of a little salt, and then baked in a hot oven. This is the primitive manner of bread-making, and bread so made contains all the nutriment of the grain. The greater the departure from this standard, the more undesirable, from the point of health, does the bread become. The more bread is raised by leaven or yeast, the greater is the destruction of the elements of nutrition. When we consider how much the popular

bread of to-day is robbed of its life-giving principle, we do not so much wonder that the unsatisfied craving for perfect nutrition leads to the saloon and a thousand other evil things.

More than one physician thinks that the enormous increase in diabetes in this country is due to our modern way of living, and particularly to the use of fine flour in bread and other preparations, which are thus deprived of a large proportion of the most important elements of nutrition. It has been many times demonstrated that children fed largely on white-flour bread are found to be deficient in the bone-forming elements, as plainly shown in the teeth. Another thing that militates against the teeth of our people is the habit of using so much soft food. If the muscles are not used, they become weak and flaccid; so with the teeth, they decay and become useless, the gums soft, and the teeth loose from want of exercise.—*Chas. H. Shepard, in Bacteriological World.*

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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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Seasonable Recipes.



TOMATOES WITH TOASTED GRANOSE.—Add to one quart of tomatoes two tablespoonfuls of sugar, one tablespoonful of nut butter, and one-fourth teaspoonful of salt. Thicken with one level tablespoonful of flour, and serve hot with toasted granose.

SWEET POTATO CUTLETS.—Cut cold boiled or steamed potatoes into one-fourth-inch slices. Roll in beaten egg and then in zwieback or granola crumbs. Bake on an oiled tin in a hot oven until brown. Serve hot with a brown gravy.

NUT ROAST.—Mix together one cupful of pease pulp, haricot bean pulp, and one cupful of finely chopped nuts. (English walnuts are good.) Season with sage and salt. Make a dressing from four slices of zwieback, by pouring over it boiling water, and then covering. Let it stand a few minutes, then with a fork break it up, and pour over it one-half cupful of cream, and season to taste with salt, sage, and a bit of grated onion. Line an oiled baking dish with one-half of the first mixture, put the dressing in, then cover with the remainder of the mixture with the nut in it. Pour over the top a little rich cream, and bake for an hour and a half. Serve in slices with red currant jelly, and garnish with a sprig of green.

HASH SANDWICHES.—Cut slices of bread into round pieces. Dip them in egg beaten up with a little milk or cream and a pinch of salt, and bake on an oiled tin in a hot oven till a light brown. Make a hash of finely chopped protose and cooked potatoes, seasoning with salt and a little onion juice and lemon if desired. Cook until well heated. Put a piece of the toast on a plate with a spoonful of the hash on top, garnish with lemon points, and serve at once. A poached egg may be served on top of the second piece of toast, or one-half of a boiled egg. The rounds of toast may also be used instead of plain toast to serve eggs upon.

POTATO MILK PUDDING.—Peel and grate as many potatoes as will three parts fill a good sized pudding dish; fill with milk; season with salt to flavor; and add a little nut butter, or ordinary butter. Cook in a moderate oven for three hours, when the pudding should be rich and creamy. A little grated Protose or Nuttolene is an improvement.

ADELAIDE HYDROPATHIC INSTITUTE.

We would call the attention of the various readers of *Australasian Good Health* to the above institution, that it is still working on progressive lines in the treatment of disease.

We are sure there are many, if they knew of the advantages, who would avail themselves of the facilities afforded by this institution in the treatment of their various disorders.

The latest acquisition to the institution is the treatment by electric light. In various parts of Europe and America it is being used with great success in chronic rheumatism, sciatica, neuralgia, neuritis, gout, eczema, and the various skin diseases.

We are using it in the form of electric light bath, also locally blue and red rags for eczema and lupus.

This institution is using every facility possible for the alleviation of physical suffering.

Any case availing itself of these privileges will receive our best attention, and we will do all that it is possible to put it in the path that will lead to ultimate restoration.

It may not be possible to hold out the glorious hope in every case of complete restitution, but we will endeavor to do the best that is possible.

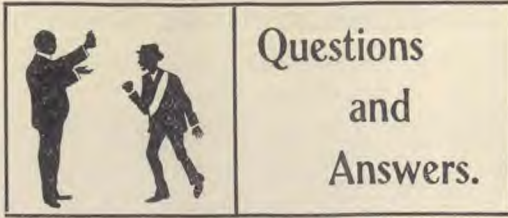
The physicians of Adelaide are at present taking a keen interest in the institution, especially so since the introduction of electric light.

As the work progresses we shall endeavor to utilise every rational and common-sense mode of treatment in combating disease to restore the sick to health, that they may learn to live in harmony with the laws of health.

A good supply of health foods and health appliances on hand. For particulars of treatment, etc., apply manager above institution.

New bath and treatment rooms have just been opened in Sydney at 283 Pitt Street. Electric baths, massage, electricity, and other useful therapeutic measures are employed. They are under the care of competent and experienced nurses.

USE RECKITT'S BAG BLUE.



Questions
and
Answers.

Mouth Breathing.—Is mouth breathing injurious?

Ans.—By minutely examining the interior of the nose or nasal passages and its function, we find that there is a penalty for those who persist in the use of the mouth as a breathing apparatus. The object of the nasal breathing is twofold,—to moisten and warm the air before it passes to the bronchial tubes and lungs, preventing chilling and congestion; to remove foreign substances from the air. Particles of carbon, germs, etc., instead of being carried to and lodged in the lungs, where they would act as mechanical irritants or become a source of infection, setting up disease, in the passage of the air through the nose, adhere to the mucus which nature has wisely provided, and are afterwards expelled. The healthy mucus acts as an antiseptic. Infection in tuberculosis is nearly always due to mouth breathing, or the harmful practice of drawing the mucus from the nasal passages and expelling it by way of the mouth. Some even have the habit of swallowing it, carrying germs into the stomach.

The Creator, after forming man, started him in the right way of breathing, the way in which he should ever after continue. He "breathed into his nostrils [not his mouth] the breath of life." By mouth breathing we violate a physical law, and a penalty is always attached.

Weak Stomach.—From a letter recently received I copy the following: "My weak, irritable stomach has nearly broken up my home; it has brought much misery to myself and my wife and children. Can anything be done for me?"

Ans.—It is probably not the stomach but the food put into it that is responsible for all this misery. Unhappiness in the home is usually traceable to the table. This stomach has evidently been abused by long hours of hard labor, and is on strike for less work and shorter hours. I would advise only two articles of food at a meal—foods that are easily digested. Granose flakes (well toasted) eaten dry at the beginning of the meal; fruits (well ripened) at the close, with about three bromose tablets. Take only two meals a day; breakfast at 8 A.M., and dinner at 4 P.M. Continue this simple diet for two weeks and report the progress made.

Stewed prunes, steamed figs, dates and apples stewed together, may be taken in place of fresh fruit occasionally; an equal quantity of protose may be used in place of bromose. Use no sugar and no milk. Drinks of all kinds must be avoided during meals, and

for one hour before and two hours after eating. Drink pure water only; drink slowly, and not much at a time, about three pints daily. Functional disorders of the alimentary canal may all be remedied by proper diet and treatment.

Cheese.—Does cheese contain much albumin? If so, why is it not a good food?

Ans.—Cheese is rich in albumin; if this were all it contained, nothing could be said against its use. Flesh foods are also rich in albumin, yet from a health standpoint I would not recommend their use. We know that they contain, in addition to the albumin, uric acid and other waste and poisonous products. In flesh food we have the good and evil combined. It is like taking life-giving water in which is concealed a drop of poison.

Cheese, like flesh, although rich in albumin, has intermingled and inseparably combined with it so much that is evil,—germs and poisons which have resulted from the process of ripening or decay,—that it must be considered a food not fit for the human stomach. True, all men do not suffer from the acute symptoms which sometimes result from the use of cheese, but we cannot take any impurity into the system without at some time feeling the effects of it. Sentence against an evil work is not always executed speedily; this very thing encourages men in indulgence which reason and good judgment must condemn.

Cheese may be made by curdling sweet milk by the addition of lemon juice, then adding sweet cream and forming into cakes. In this way it would be more wholesome.

DOES FRUIT REQUIRE COOKING?

J. H. KELLOGG, M. D.

COOKING increases the digestibility of all foods with the exception of meat, for raw meat is more digestible than cooked meat. Cooked gluten will digest in half the time required to cook meat. Raw meat is easily digested. Raw gluten is not easily digested, but cooked gluten is. Cooking vegetable food increases its digestibility.

The acids and juices of fresh uncooked fruits, are, however, somewhat more valuable as a means of destroying germs and sterilising the stomach than are the acids of cooked fruits. So if a person who is bilious or has a foul stomach, and wishes an aseptic diet, will adopt a fruit diet for the purpose of sterilising his stomach, he will find the acids of fresh fruit better than those of cooked fruit.

This is why the grape-cure has been practiced with so great success in Switzerland and many other places. The whole secret of the grape-cure is that the acids of the grape

TRY ROBIN THE NEW STARCH.

destroy or prevent the growth of germs in the stomach, and those people who are troubled with foul stomachs, especially persons suffering from prolapsis and dilatation of the stomach, find great aid in the fruit cure, in eating nothing but fruit for a short time. Those germs that feed upon meats, cheese, and all kinds of animal foods, are starved out upon a fruit diet, because they have no food upon which they can grow and thrive.

Professor Kiosoto, an eminent Japanese bacteriologist, Professor Koch, and others, have shown that the acids of lemons, apples, and other fruits—citric acid, malic acid—are capable of destroying all kinds of disease germs. Cholera germs are killed in fifteen minutes by lemon juice or apple juice, and typhoid fever germs are killed in half an hour by these acids, even when considerably diluted. If you squeeze a lemon into a glass of water containing cholera germs, and let it stand fifteen or twenty minutes, you may drink the water with impunity, as the germs will be dead; these juices will kill other disease germs.

In the acids of fruits we have an antidote for every kind of disease germ. It is well to remember this. You have only to eat freely of fruits to drive out of the stomach every bad germ.

Now, instead of telling a man to have his stomach washed out, we can tell him to drink orange juice which will cleanse the stomach as thoroughly as a stomach tube, provided it is not a case of gastric catarrh. If we have to deal with gastric catarrh, in which there is a large amount of tenacious mucous adhering to the walls of the stomach, a stomach-tube to dislodge it is required, but in ordinary cases of biliousness, foul tongue, bad breath, sick headache, and nervous headache, a fruit diet is a wonderful purifier. The fruit diet will cleanse the stomach and the alimentary canal, and drive off disease germs, which are responsible for a large share of our ailments.

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Formerly located at 24 Royal Arcade, Sydney, has outgrown its quarters, and has removed to a larger place, 283 Pitt Street. A Vegetarian Restaurant is now connected with it. Those visiting Sydney will find pure, hygienic food at the Vegetarian Cafe, 283 Pitt Street.

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THE new health institution, "The Sydney Sanitarium," located at Wahroonga, is nearing completion, and will soon be ready to receive patients. This will be the best equipped institution for the rational treatment of disease in Australasia. Correspondence is invited.

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