

THE

AUSTRALASIAN

# GOOD HEALTH

May 1, 1902

Volume 5 No. 5

## CONTENTS

A  
N

Sound

Mind

in a

Sound

Body

Wonderful Healing Powers of Common Water.....	69
Poem—A Fisherman's String.....	71
Consumption.....	71
You Are Mistaken.....	72
The Poison Alcohol.....	72
Trichinosis.....	74
Cuvier on Lacing.....	74
Good Health Tit Bits.....	75
Poem—Not Work, But Worry.....	76
A Recipe for Happiness.....	76
Earmarks of an Exquisite Girl.....	76
"There Is Something Better".....	77
Patti's Gospel of Health.....	77
How to Reduce the Weight.....	77
The Food of Children.....	78
To Disinfect a Sink.....	79
Seasonable Recipes.....	79
Our Health Institutions.....	80
Questions and Answers.....	81
Publisher's Page—To Readers of "Good Health".....	82
Sanitarium Health Food Café.....	82
"Good Health".....	82
Rockhampton Treatment Rooms.....	82

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.

## Cordynia Home-Made Preserves.

Preserved Fruit, Jams and Jellies

Carefully Prepared from Fresh Fruit Direct from Orchard, and Crystal Sugar Only.

Traveling Calls All Suburbs. Delivery to Any Address.

Recd. Only.  
Write for Price List and Samples.

**GEORGE HERBERT, South Head Rd., Darling Pt.**

Kindly give us a trial **MARSH & MARSHALL,**

Only the Best Quality is Kept.

**50 Smith St., Summer Hill, opp. Post Office.**

**Wood, Coal and Produce Merchants.**



*Give Your Dear Children*

## Arnott's Milk

## Arrowroot

## Biscuits.

The Children's

Health Food.

## Sanitarium Health Foods

Are you in search of Health? Use Sanitarium Health Foods. The following are a few of the many foods that may be obtained at the

**Health Food Depot, 283 Pitt Street, Sydney.**

**Granose.**—A palatable, thoroughly prepared, and partially digested health food, made of the whole wheat. Sold in the form of biscuits or flakes.

**Granola.**—Composed of various grains. May be used for porridges, puddings, etc. Requires only a few moments cooking for use.

**Protose.**—A natural and perfect substitute for meat, composed of nuts and cereals, ready for immediate use.

**Caramel Cereal.**—The great food drink, a substitute for coffee, tea and cocoa.

**We invite all to Come and Examine and Sample our Foods.**



**HEALTH FOOD DEPOT, 283 Pitt Street, Sydney.**





**THE CRISIS.**

From painting by Luke Fildes.

## AUSTRALASIAN

# Good



# Health

Vol. 5.

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

No. 5.

### THE WONDERFUL HEALING POWERS OF COMMON WATER.

J. H. KELLOGG, M. D.

WITHOUT question, ordinary water, simple, pure, cold water, just as it distills from the clouds and before it has been contaminated by contact with earth, is by far the most powerful and useful of all known healing agencies.

Water heals, not by any occult or magic power, but by co-operating with the natural forces of the body, aiding those physiological processes by means of which the body sustains itself in health and resists the encroachments of disease.

The simplicity of this curative agent and its cheapness are chiefly responsible for its neglect. We prize most those things which cost most, irrespective of their intrinsic value. A man will exchange a fortune for a painted landscape when he can see a finer one any day by looking out of his sitting-room window. When the Austrian peasant boy, Priessnitz, first began the use of water in his mountain village a century ago, the neighbors believed the wonderful cures wrought to be due to certain charms or incantations by which he was supposed to communicate to the water its healing power.

Water is only a simple, rather inert, physical body, chiefly useful as a diluent with which to dissolve our food and to distribute it through the body, and to remove wastes from the inside and dirt from the outside. It is also a means by which heat may be communicated to or removed from the body. Yet these simple uses are of such importance to the system that by their exercise water is a more potent and a more universally helpful agent in dealing with disease than any

other means, and perhaps than all other means combined, excepting such hygienic measures as are necessary for the maintenance of health and life.

Let us note some of the ways in which water renders service in the treatment of acute and chronic maladies, without attempting to make our survey of the subject at all exhaustive or seriously analytical.

First of all we must understand that water has no curative power in itself. The healing power by which the sick man is restored to health resides not in any drug or remedy of any sort; it is to be sought only in himself. There is in every living man, every living thing, a marvellous intelligence by means of which its life is maintained and cared for and its vital processes directed. This power is commonly called nature. The scientist terms it "The First Great Cause," "The Unknowable Intelligence." The enlightened Christian calls this intelligent power God. The same force or being that created man presides at all his functions, from birth to death; puts him to sleep at night, awakens him in the morning; tells him by hunger when he should eat, and by thirst admonishes him to drink that his thickened blood may be thinned. This same being restores the weary man, repairs the injured man, heals the sick man.

God is the healer, as well as the creator. By the use of a natural agent like water, we may co-operate with the great healing power which dwells in man, which is abroad in the universe, creating, feeding, blessing, healing.

Let us now look a little into the wonderful ways in which water heals, or rather develops and calls into action and assists the divine healing process in man.

When one is weary and exhausted on a hot summer day, instinct—that is, the voice of the divine indwelling intelligence—leads us to seek recuperation and refreshment in bathing the face with cold water. When one is drowsy or dull, he applies to his face the same cooling bath, and in both cases finds himself aroused, awakened, with his wits enlivened, his mental faculties quickened. The pale, weary face looks fresh and alert; the dull, sunken eye beams with intelligence, the depressed mien has disappeared. This is certainly a magical change, yet it is so common that the reader, we dare say, has never thought to inquire the reason for so wonderful a transformation.

The rationale is easy to one who knows the power of cold water, at least a superficial explanation may be readily given. It is to be found in the simple fact that cold water when applied to the skin, stimulates all kinds of vital work, and arouses the internal organs, each and all, to vigorous action.

When applied to the face, cold water stirs up the flagging energies of the brain. Applied over the heart, this organ is made to beat with greater steadiness and vigor. A dash of cold water upon the chest produces a deep, quick gasp and a succession of deep, full inspirations, through stimulation of the breathing organs. So likewise a cold compress or douche over the liver causes increased liver activity; over the stomach, cold causes increased production of pepsin and acid, or gastric juice; over the bowels it stimulates intestinal activity; over the loins or the sternum, it increases the action of the kidneys. Thus every organ in the interior of the body may be aroused to increased activity by the simple application of cold upon the skin overlying the organ. But it is necessary that the application should be brief (three or four seconds to as many minutes). This is a wonderful fact, but one which has been as thoroughly established as that the earth is round and turns upon its axis.

Here is one plain and simple fact, and a fact of immense importance in dealing with diseased conditions,—that by short cold applications to the skin we may increase at will the activity of any sluggish part or any part whose function we wish to increase as a means of aiding the body in its battle against the causes of disease,

Let us now pause a moment to look at a few examples. We know that the dull, drowsy brain can be awakened to increased and more effective action, by even a cold bath to the face and head. By means of a cold bath to the entire surface, the whole nervous system may be aroused and stimulated to unwonted activity. Joseph Parker, the great London preacher, declares that if he can get a cold bath just before he steps upon the platform, he is master of any audience that can be gathered before him, and he keeps a bath tub in a little room behind his pulpit for the purpose.

A slow stomach may be waked up and set to doing effective work in the same way by a local or general cold bath daily administered. A cold bag over the stomach for half an hour just before mealtime, is a wonderful appetite awakener, equaled only by the general cold bath, and the "brow sweat" which is nature's exaction as the price of a normal desire for food.

The best of all prescriptions for cold feet is to stand in very cold water one-half inch deep, and rub one foot with the other in alternation for five minutes. It is a good plan to maintain the water at as low a temperature as possible by a running stream. A good way is to stand in the bath tub with the cold water faucet open and the plug out. At the close of the bath the feet will be red, and will fairly burn with the afflux of fresh warm blood.

Heat, on the other hand, tends to lessen vital work. So we use heat when we wish to diminish activity. Pain is an evidence of excessive activity. Heat is nature's great remedy for internal pain. Heat cuts off the influence of cold, and at the same time diverts the blood to the surface in a way which we may explain at some other time. Cold, on the other hand, usually increases pain when the seat is some internal organ.

When pain and slowed action are both present, we may obtain relief by employing both agents, first the heat, a fomentation, then a cold compress.

We may apply both at the same time, as when we apply for toothache a fomentation to the cheek and an ice-bag to the neck under the jaw.

---

If you wish to be active and full of life, exercise.

### A FISHERMAN'S STRING.

I WENT a fishin' one sweet summer day,  
 Bein' sick o' work an' wantin' to play.  
 I longed for a sight o' the woods an' things,  
 The smell o' ferns an' the whirrin' o' wings;  
 So I took my rod an' a piece o' pie,  
 An' I struck a path that goes m'anderin' by  
 A brook that's plum full o' shinin' fish,  
 The purtiest ever was served on a dish.

There, shady and snug-like, beside the brook,  
 I fixed up my rod and baited my hook.  
 'Twas as sweet as heaven there in the shade,  
 The fragrantest day that God ever made.  
 The birds they was busy as gatherin' bees,  
 There was matin' goin' on in the trees,  
 An' I'd luck that day—the tidiest batch  
 As ever was fisherman's lot to catch.

First, I caught sight o' a thing so sweet,  
 Outside o' Eden it couldn't be beat;  
 'Twas a nest o' babies—a robin-brood,  
 All a-cheepin' an' pesterin' fer food.  
 How the old birds worked till each crop was filled  
 An' every hungerin' cheep was stilled!  
 Then I thought o' the Father's love for me,  
 Till the tears brimmed up, an' I couldn't see.

Next, I caught a sight o' a shinin' fin;  
 'Twas a trout enjoyin' his mornin' spin.  
 "God put you in there, ol' fellow," says I,  
 "An' there ain't no reason that you should die.  
 To-day there'll be fun an' freedom fer you;  
 I'll just let you swim, an' that's what I'll do!"  
 An' I surely caught, as I left him there,  
 Another sweet glimpse o' my Father's care.

So I stayed there—an' "fished"—the hull day through,  
 Enjoyin' the trees an' the sky o' blue,  
 The robin's clear call an' the pillow o' moss,  
 An' not a thing sufferin' hurt an' loss.  
 Yes, I might've shot an' I might've snared,  
 Or I might've hooked, but fer once I spared,  
 An' I caught in my heart as I came away  
 An' echo of voice that seemed to say:—  
 "Be kind, thou good Father of us all,  
 To the man who loveth the robin's call,  
 Who looked on the fish and harmed it not,  
 And hurt no thing in this holy spot."

—*Ada Melville Shaw, in Zion's Herald.*

### CONSUMPTION.

D. H. KRESS, M. D.

THERE is probably no disease that at present is causing more alarm than consumption. Everywhere it is becoming recognised as the most terrible of all modern plagues, and the one most to be dreaded. It steals noiselessly into the home, carrying off its members one by one, until often entire families are wiped out.

Like the great Juggernaut it passes up and down our streets, mercilessly crushing

its victims under its mammoth wheels, while men and women stand by, trembling in terror, fearing lest they should be its next victims. Probably no question is asked more frequently of physicians than, "Are my lungs all right?" or, "Do you find any evidence of consumption?"

It is now well known that consumption is a germ disease, but the germs causing this disease must have a suitable soil for growth; they can do no injury to healthy lungs. There must be first an undermining of the constitution, a decrease in the vital resistance of the lung tissue. This plague cannot force an entrance through our bolted doors; it can only enter the dwellings of those who open the doors and extend to it an invitation. It is in man's power to stay its progress, and to say, "Hitherto shalt thou come, but no further." If stricken down and crushed by it, it is because he has thrown himself under its wheels.

Safety is not in attempting to wipe out the germs producing the disease. This we can never hope to accomplish, for we are battling with a universal foe whose name is Legion. Our only safety is in carefully building up the barriers of defence by increased vital resistance resulting from carefully observing and obeying all the laws of life.

The prevalence of this disease among animals is now so well recognised that it seems almost needless to refer to it. In England, dairy carts go through the streets advertising NON-TUBERCULAR MILK; the medical journals and daily papers cannot be read without having the attention constantly called to some new phase of the dangers threatened from the disease, so that even he that runneth is compelled to read. The prevalence of consumption among pigs has recently been commented upon by investigators. They attribute it to the fact that these animals are usually fed on skimmed milk from infected cattle. This has also called attention to previous observations hitherto unexplained,—that intestinal tuberculosis is much more common among the children of the well-to-do than of the poor, which has undoubtedly been due to the fact that the children of the rich are usually artificially reared and fed on cows' milk, while the poor nurse their offspring.

It is now universally agreed among medical men that the great mortality among

infants in our large cities during the warm season of the year is due to the use of infected milk, the warm weather favoring the growth and multiplication of the germs in the milk. These germs and their poisonous products are to be found in butter and cheese, as well as in milk.

In some investigations made by myself several years ago, I was surprised to notice the prevalence of tuberculosis among chickens. On one farm where 1,000 chickens were kept, fully one-third showed evidence of disease, and the dead and dying were seen everywhere. The coops were in a most unhygienic and insanitary condition. Living in the midst of filth, and fed on fermented and decaying foods, what but disease could be expected? Even the freshly-laid eggs of hens have been found to contain tubercular germs.

To those who observe all the laws of life the assurance is given, "Thou shalt not be afraid . . . for the pestilence that walketh in darkness." The importance of sunlight as a preventive cannot be over-estimated. Sunlight is destructive to all disease germs, and is a carrier of life and energy to the human body. Germs thrive only in damp, dark places. It is therefore important to cut down the shrubbery and trees surrounding houses, preventing the sun's rays from reaching them. It is also necessary to draw aside the curtains, keep the blinds well up, and welcome the warm, life-giving rays of the sun.

Pure air is another essential. It has recently been discovered that it takes several hours longer to destroy germs exposed to the direct rays of the sun without a circulation of pure air than with it.

Professor Axe has recently reported an examination of nine herds of dairy cows. Out of this number, forty-one per cent. of the animals had tuberculosis. Two of the herds were entirely free from the disease, while in another herd ninety per cent. were diseased. Upon inquiry it was found that the herds that were free from the disease were kept constantly in the open air, winter and summer, while the herd showing a disease percentage of ninety was kept constantly confined in a dark, ill-ventilated stable.

Open windows mean closed doors to disease and doctors. The air, however, in order to

be of value, must be carried freely to the tissues, and this necessitates exercise.

There is no doubt that by welcoming the sunlight and plenty of pure air into our homes night and day, and by an intelligently selected dietary of pure foods, composed of cereals, nuts, vegetables, and fruits properly prepared, taking plenty of open-air exercise sufficiently brisk to cause expansion of the lungs, thus increasing their capacity to take in the breath of life, this disease may be avoided.

### YOU ARE MISTAKEN

If you think the more you eat, the fatter and stronger you become.

If you think that the more hours a child studies at school, the faster it will learn.

In concluding that, exercise being healthful, the more violent or exhausting it is, the more good it will do.

In imagining that every hour taken from sleep is an hour gained.

In thinking that the smallest room in the house is large enough to sleep in.

In advising another to take a remedy which you have tried on yourself, without special inquiry whether all the conditions are alike.

In eating without any appetite, or continuing to eat after it has been satisfied, merely to gratify the taste.

### THE POISON ALCOHOL.

EDGAR R. CARO, M. D.

FROM the standpoint of the chemist alcohol in any form is a deadly poison; it is, however, necessary to consider this subject rather from the point of view of the lay mind than that of the scientist, in order that the untruthfulness of the theories popularly held concerning this deadly drug may be recognised by those who are most likely to become its consumers.

Alcohol is a chemical product formed by the action of yeast, one member of the great bacteria family, upon the sugar contained in plants, the result being a colorless, inflammable liquid, which unites readily with any proportion of water, and when set on fire burns with a characteristic alcoholic blue flame. It matters not what form this product



may assume, it has but one origin—the destruction of sugar. Alcohol cannot be considered a product of vegetable growth like the substances created for man's nourishment. Nature has never formed a single drop of spirituous liquor; nor has any chemist yet found it among the substances produced by either plants or animals. It is a product of dissolution, the decay of human food resulting directly from a process of decomposition. "Alcohol," writes Dr. Hargreaves, in his "Alcohol and Science Essay," "has the same origin as the malignant and fatal exhalations of the pestilence—the death and putrefaction of organic matter, and as such was never intended to serve as an aliment for man."

#### Alcohol Is Not a Food.

It has been asserted by some scientific men that alcohol is a food capable of invigorating, warming, and stimulating the human body. How will this statement stand the crucible of research and experience? In the first place, alcohol is not a food at all. It is treated by the body as a poison—eliminated by the organs of excretion as rapidly as possible. "In reality, alcohol cannot by any ingenuity of excuse for it," wrote the late Dr. Benjamin Ward Richardson, the world's greatest authority on the subject under discussion, "be classified among the foods of man. It supplies neither heat nor matter for tissue construction. On the contrary, it retards the processes of repair and reduces the animal temperature."

It has been estimated by careful experimenters that ten large-sized barrels of the best grades of beer contain only as much nourishment as two and a half pounds of white bread; or to express the same thought in another way, it would be necessary to consume nine quarts of beer daily to extract from it the amount of nutriment contained in as much flour as would rest on the tip of a table-knife. With an abundance of nourishing food substances within our reach, it is surely unnecessary to resort to any kind of alcoholic beverage, requiring as it does such efforts on the part of the digestive and excretory organs to extract so small an amount of food matter, as a source of bodily nourishment.

The man or woman who is accustomed to drink a glass or two of spirits in cold weather for the purpose of keeping warm will be

astonished at the definite statement that alcohol never warms, the body is always cooler after than before its use.

By frequently repeated experiments it has been conclusively proved that the temperature of the body falls to an appreciable degree when men who have indulged in spirits are exposed to cold or inclement weather. The bus drivers of any large city where the winters are severe are a practical demonstration of the correctness of this assertion. After taking their usual glass at the commencement of their route, for a few minutes they feel warm and comfortable. In a short time, however, they are cold, and by the end of the journey find it necessary to indulge in another drink to warm up the surface again. After following this pernicious habit for years, some drivers are compelled to stop at a public house at a middle stage of their route for a glass of so-called stimulant, and this they must drink before they feel able to proceed to their destination. Thus we learn that even moderate amounts of alcohol make the consumer feel warmer, but in reality his body is colder.

An interesting account is given of a terrible night spent by a company of hunters, who with their waggons were lost on the wind-swept prairies during a blizzard. The party had food and whisky enough, but no means of keeping up a fire. Although warned by a physician who happened to be one of the party, three of the number drank heavily, "to keep themselves warm," as they asserted. Five others indulged moderately, only two—the doctor and his brother—avoiding the tempting bottle altogether. Every man was hardy and in the prime of life, and inured to hardship, but the effects of the night's exposure upon different members of the company varied greatly. The three who insisted upon "keeping themselves warm" by frequent draughts of spirits were frozen stiff in death by morning, and every one of the five who drank moderately suffered more or less for months, some men losing their frozen limbs before leaving the surgeon's care. The only ones who experienced apparently no evil after effects were the two who resisted the entreaties of their companions and left alcohol severely alone. Similar instances almost without number might be cited, but this experience, related by a member of the party,

will suffice to demonstrate that alcoholic beverages, while they appear to warm, in reality reduce the temperature.

Alcohol does not impart strength; alcohol does not warm; acting as a deadly poison, alcohol weakens and chills, thus lowering the vitality of the body.

### TRICHINOSIS.

D. H. KRESS, M. D.

TRICHINOSIS is a disease that much resembles rheumatism, and is often mistaken for this disease. There can be no doubt that the disease is of more frequent occurrence than is supposed, being usually diagnosed as muscular rheumatism. There is this difference in the two diseases: rheumatism is curable; for trichinosis there is no cure. The disease is usually communicated through the medium of the flesh of the pig.

Several years ago the *London Lancet* gave the following account of a serious outbreak of trichinosis in England:—

"On September 11th last a pig was killed by a butcher named Behrens at Emersleben, and according to law, its flesh should have been examined by the district inspector before being used as human food. On September 12th the butcher gave a slice of the meat to two neighbors, who, according to the local custom, chopped it up into a fine mass, spread it on bread, and ate it raw. They both fell ill, and subsequently died. On the same day the butcher himself mixed the remainder of the meat with that of another animal, and sold the minced compound to his Emersleben customers every day from September 13th to 19th, and all but five of them consumed it in the manner already indicated. As the result, 250 persons were taken ill, and over forty died. The same mixture was also sold to forty-two customers at Deesdorf, forty-two being seized with illness and nine dying. In one family alone, among the total attacked there were four deaths. Other isolated sales of the meat took place, and later on the compound was again mixed with additional fresh pork, and sold to customers, of whom eighty sickened, but without fatal result. At first the cause of the epidemic remained a mystery, and it was not until 150 persons had sickened that its true origin was discovered.

"The details of the outbreak have been

published in Germany, Paris, and elsewhere, the French account being prepared, as the result of local inquiry, and with great care, by Dr. Brouardel. According to his investigations, it would appear that the trichinæ contained in the meat mixture appeared most potent for harm when consumed within about twenty-four hours of the death of the animal, thirty-three per cent. of those who partook of it within that period dying in consequence; also that the activity of the meat for mischief gradually decreased day by day after the first period of twenty-four hours, until, when the sixth day was reached, sickness, without a single death, supervened. Sex does not appear to have influenced the results, but according to the belief of the medical men in the district, children resisted the influence much better than adults, whereas old people suffered most. Whether at Emersleben the meat was really examined before it was consumed, can hardly be ascertained, but it is certain that both the butcher and the inspector partook of some of it, for they both suffered seriously in consequence. Trichinæ were, however, discovered in the minced material at a later stage."

### CUVIER ON LACING.

THE great naturalist, Cuvier, was walking one day with a young lady, who was a victim of tight lacing, in a public garden in Paris. A lovely blossom upon an elegant plant drew from her an expression of admiration. Looking at her pale, thin face, Cuvier said, "You were like this flower once; to-morrow it will be as you are now." Next day he led her to the same spot, and the beautiful flower was dying. She asked the cause. "This plant," replied Cuvier, "is an image of yourself. I will show you what is the matter with it." He pointed to a cord bound tightly around the stem, and said, "You are fading away exactly in the same manner under the compression of your corset, and you are losing by degrees all your youthful charms, just because you have not the courage to resist the dangerous fashion."—*Washington Republican*.

"BUILD up, soul, a lofty stair;  
Build a room in healthier air.  
Here there is no rest;  
Better climbs to best."



## Good Health Tit Bits



LABOR is rest from the sorrows that greet us,  
Rest from all petty vexations that meet us,  
Rest from sin's promptings that ever entreat us,  
Rest from world sirens that lure us to ill.

—F. S. Osgood.

### WHAT WE LOSE.

THE beautiful and really desirable things of life—all the freshness and calm of nature that reach the individual through the avenues of the five senses, kept open and purified by health and vigor—are felt and experienced today by few. The average individual views the world and the pleasures of life through the green goggles of a sour stomach, chronic dyspepsia, racked nerves, and a bad constitution generally. Natural tastes and pleasures become distorted and forgotten. Contentment and happiness are thought to be found in placing the nerves in a semiconscious condition in which pain and discomfort are veneered, and the nerves are tickled into the belief that they are having a good time, but such a course reacts strongly, bringing chronic invalidism and broken health.

### HE WANTED MEDICINE.

HERE is a point from the pen of Sarah Spy, in the *Mother's Journal* :—

"A certain dissipated youth, on consulting a noted physician in Paris, was given a set of hygienic rules and assured of a speedy cure. But that was not at all to the young gentleman's liking. 'Any fool,' he said, 'would know he'd get well if he did that, but that's not what I came for. I want medicine.'

"He wanted to button his coat over a dirty shirt."

DR. ABERNETHY, a sagacious physician of the last century, once said, "Every sick man is a rascal." Although a very wise physician, he doubtless somewhat overdrew the picture in making this remark.

THE chief sanitary officer of Havana, Cuba, reports that from September 28, 1901, to the present time, not a case of yellow fever has developed in that city. This, he claims, is due entirely to the killing of the mosquitoes, by which the infection has been carried heretofore.

"TOMMY," said the teacher to a pupil in the juvenile class, "what is syntax?" "I guess it must be the tax on whisky," replied Tommy, and the teacher thought he was entitled to a credit of 100 per cent.

ON the very first morning of Bobby's visit to his grandmother he said very politely, but decidedly, "If you please, grandmother, I don't want nutritious food. I want to eat what I'd rather!"

"ART thou weary, tender heart?

Be glad of pain;

In sorrow sweetest things will grow,

As flowers in rain.

God watches, and thou wilt have sun

When clouds their perfect work have done."

## The Latest Hygienic Appliance.

### Combination India Rubber

### Hot Water Bag and Fountain Syringe.

The "BON TON," 3-quart bag, with three Vulcanite Pipes and Tubing, etc., complete. Price, 7/6.

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

## Perdriau and Company,

RUBBER MERCHANTS,

(ONLY ADDRESS)

270 George St., Sydney.



# The Home

## NOT WORK, BUT WORRY.

It is not the work, but the worry,  
That wrinkles the smooth, fair face,  
That blends gray hairs with the dusky,  
And robs the form of its grace;  
That dims the lustre and sparkle  
Of eyes that were once so bright,  
But now are heavy and troubled,  
With a weary, despondent light.

It is not the work, but the worry,  
That drives all sleep away,  
As we toss and turn and wonder  
About the cares of the day.  
Do we think of the hands' hard labor,  
Or the steps of the tired feet?—  
Ah, no, but we plan and ponder  
How to make both ends meet.

It is not the work, but the worry,  
That makes us sober and sad,  
That makes us narrow and sordid,  
When we should be cheery and glad.  
There's a shadow before the sunlight,  
And ever a cloud in the blue,  
The scent of the roses is tainted,  
The notes of the song are untrue.

It is not the work, but the worry,  
That makes the world grow old,  
That numbers the years of its children  
Ere half their story is told;  
That weakens their faith in heaven,  
And the wisdom of God's great plan.  
Ah! 'tis not the work, but the worry,  
That breaks the heart of man.  
—*Somerville Journal.*

## A RECIPE FOR HAPPINESS.

It is simply when you rise in the morning to form the resolution to make the day a happy one to a fellow-creature. It is easily done; a left-off garment to the man who needs it; a kind word to the sorrowful; an encouraging expression to the striving—trifles in themselves as light as air—will do it, at least for twenty-four hours; and if you are young, depend upon it that it will tell when you are old, rest assured it will send you gently and happily down the stream of time to eternity.

Look at the result. You send one person—only one—happily through the day; that is three hundred and sixty-five in the course of a year; and suppose you live forty years only after you commence this course, you have made fourteen thousand six hundred human beings happy, at least for a time. Now, worthy reader, is not this simple? We do not often indulge in a moral dose, but this is so small a pill, that no one needs currant jelly to disguise its flavor, and requires to be taken but once a day, that we feel warranted in prescribing it. It is most excellent for digestion, and a promoter of pleasant slumber.  
—*Exchange.*

## EARMARKS OF AN EXQUISITE GIRL.

AN exquisite young woman is she whose dress and hair and skin indicate the most scrupulous attention to the daily toilet. We have learned that bathing and rubbing and care for personal cleanliness, the nicety which distinguishes the lady, and adorns her for her station, are the handmaids not of health alone, but of beauty, and where is the young girl who despises beauty? For the business girl, for the girl whose daily employment is close and confining, nothing can be better than that she emulate the dainty girl in her every-day care of her dress and appearance, and in frequent cleansing of the skin by thorough bathing and vigorous friction, and by keeping herself and all her belongings as dainty as she possibly can.—*Margaret E. Sangster, in the "Ladies' Home Journal."*

A SWEDISH chemist comes forward with the claim that he has perfected a process by which milk can be converted into a powder which is soluble in water, and can then be reconverted into its natural condition. The process is very inexpensive, as eight or ten quarts can be made for one penny.

**"THERE IS SOMETHING BETTER."**

LAURETTA KRESS, M. D.

WHILE engaged with my husband in conducting a medical mission in the slums of the city of Chicago during the world's fair, I found it most difficult to convince some of these physical degenerates whom we tried to help that there was something better for them in life. They had no way of making a comparison. They were brought up in the slums of the large city, and knew of nothing better. They have a standard of their own.

There are many fathers and mothers not in the slums, but found in the best society, who are constantly ill, complaining of headaches, backaches, sideaches, and other aches. They wake in the morning with scarcely enough ambition to get out of bed, and they simply manage to exist during the day. This goes on day after day. The children are irritable and rebellious. Yet it is very difficult sometimes to convince these unfortunates that there is something better in life for them. By giving up some of their health-destroying habits of eating, drinking, and dressing, etc., with untiring effort and prayer, such a home may be converted into what God designed it to be—a veritable paradise.

**PATTI'S GOSPEL OF HEALTH.**

*The Prima Donna's Code.*

TO BE healthy is the natural state, and disease is, in nine cases out of ten, our punishment for some indiscretion or excess.

"Every time we are ill it is a part of our remaining youth which we squander. Every recovery, whether from headache or pneumonia, is accomplished by a strenuous effort of vitality, and is therefore a waste of your capital of life.

"Therefore, don't let yourself be ill.

"The best plan to avoid illness is to live regularly, simply, with a frugality that stupid persons alone will deem painful or eccentric.

"Sleep eight hours in every twenty-four.

"Ventilate the rooms you work and sleep in. Very few people, even among those who think they are well up in modern ideas, have any just conception of what ventilation means. Even when my voice was the only thing I had in the world, I slept with my windows

wide open, summer and winter, and never caught a cold in that way.

"Examine seriously into your list of social obligations, have the good sense to recognise that there is neither pleasure nor profit in most of what you regard as essential in that line, and simplify your social life—simplify it all you can.

"Complicated living breeds worry, and worry is the main enemy of health and happiness—the one fiendish microbe that does more to destroy the health and happiness of mankind than any other.

"Make your home a pleasant place—cheerful, but well within your means.

"Drink nothing but water or milk—especially drink lots of water. You never can drink too much of it.

"On the other hand, remember that alcohol is poison which does untold damage within you; that wine, beer, coffee, and tea are poisons, too. Shun all of them as you would diluted vitriol."—*Wellington Evening Post.*

**HOW TO REDUCE THE WEIGHT.**

ONE prescription for a person who wishes to reduce his weight is briefly: "Work more, except at the table—work more and eat less. Stop eating and sleeping for a while, and work hard. The less you eat and the less you sleep, and the harder you work, the more rapid will be the reduction of flesh."

But this is not a good way to reduce flesh. A better plan is to eat moderately, at the same time taking abundant exercise.

Adopt a single article of diet—apples if you like; eat nothing but the one article of food. Or you may eat grapes, but eat nothing but grapes. Eat almost anything except bananas, figs, and dates. You should not eat them if you wish to reduce your flesh, as they are highly nutritive; but you may eat all you want of other fruit; you may even live on cabbage awhile if you choose. You may eat bread if you wish, but eat nothing but bread. Stick to the article you choose, and at the same time work hard.

A still better plan is to eat moderately of such food as best agrees with you; eat about half as much as you want, and work till you get tired three or four times a day, then sleep as long as you can.

**THE FOOD OF CHILDREN.**

ALMOST every intelligent person will admit that health depends largely upon food and the manner in which it is prepared. Yet how many mothers study the needs of their children? Scientists say that the human body can be sustained in a healthy condition

diet, while a raiser of blooded stock gives careful attention to the food provided. But what about our children, who will soon be the rulers of this mighty nation? How many ounces of brain or muscle food are they being provided with? Are not three-fourths of them being fed just to satisfy the appetite, and without any regard to the



by consuming daily about twenty-one ounces of heaters, five ounces of muscle-making food, and two ounces or more of vitaliser. Unbolted wheat contains all these ingredients in their proper proportions. It is not to be expected that the busy housewife can stop to weigh the different articles of food, but with a little study she may learn which are heaters, muscle-makers, and vitalisers, preparing the food accordingly.

Prize fighters, football players, and others engaged in athletics, are fed upon a special

nutritive value of the food? If the little one wants anything between meals, it is invariably given a cake, which contains but little nutriment; and our children are thus growing up with impoverished blood, and are subject to rheumatism, paralysis, and many diseases that were seldom heard of two decades ago. In nine cases out of ten it is the manner in which they are being fed which is the cause of all the trouble. Who can remedy this evil better than the mother or the mistress of the home?

Much has been written on the subject of scientific cooking; schools and clubs have been formed for the purpose of educating the people, which would be of great benefit if put in general practice. There ought to be some means provided for arousing every mother in the land to the necessity of providing proper food for the children.

A true incident will serve to illustrate: A neighbor advertised for a cook and a coachman. An applicant for the position of coachman was asked by the master of the house as to his knowledge regarding the care and feeding of fancy horses. Did he know what to do in case of overheating, and was he experienced in all that was necessary for the proper care of the team? The employer not feeling quite satisfied with his replies, he was told to call the following day for further conference. About this time an applicant for the position of cook appeared, and was questioned by the mistress as follows: "Do you understand how to make nice pastry, cakes of all kinds, and all kinds of fancy dishes?" Not a word about the nutritive value of foods!

There were five children in the family, each one needing daily the most nutritious and health-building food. The mother should have been most particular in ascertaining the cook's knowledge regarding the foods best adapted for producing bone, muscle, fat, brain, and a strong and healthy body. Nearly every vocation in life is filled with a view to getting the most out of it and producing the best results. As the health of the family is the foundation of a useful life, the kitchen ought to be, of all departments in the household, presided over by an intelligent and scientific artist.—*Good Housekeeping*.

### TO DISINFECT A SINK.

In hot summertime very strict attention should be given to the sink, so that no ill odors from it may be able to permeate the house. After washing dishes, etc., at the sink, a bucket of water mixed with powdered charcoal should be thrown down the waste pipe, as charcoal is a renowned purifier and disinfecting agent. Cabbage water should never be thrown down a sink, as it smells for days; but thrown upon the garden-beds, out of doors, it may do the plants real service.

## Seasonable Recipes



**SAVORY MACARONI.**—One cup macaroni, two cups zwieback crumbs, one egg, one cup milk. Break in inch lengths good macaroni. Boil in salted water until tender. Mix zwieback crumbs, salt, milk, and egg together, add a little powdered sage, mint, parsley, or chopped onion for seasoning. Place the macaroni and savory mixture in alternate layers in a baking dish. Brown in the oven and serve.

**VEGETABLE ROAST.**—One cup strained stewed tomato, one cup cooked lentils, one cup zwieback crumbs, one tablespoonful finely minced celery. Turn all the above into a baking dish after mixing well and seasoning with salt. Bake in an oven until quite dry. Serve in slices with a sauce made by cooking together for a few minutes two cups of lentils prepared as above, one cup of strained stewed tomato, and a tablespoonful of nut butter.

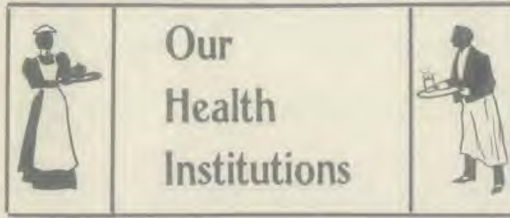
**NUTTOSE AND RICE CROQUETTES.**—Steam one-half cup of well-washed rice in one cup of water for one hour or until tender. Add to this an equal bulk of chopped nuttose, and one beaten egg. Mix well and shape into croquettes, roll in fine zwieback crumbs or granose crumbs, bake twenty minutes in a moderate oven.

**NUTTOLINE SAUCE.**—Dissolve two dessertspoonfuls of nuttolene in a pint of warm water. Add a small quantity of salt. Heat to boiling, and thicken with one and a half teaspoonfuls of flour which has been browned in the oven. Cook thoroughly and serve. If preferred, one tablespoonful of browned flour and one-half of white flour may be used. This will thicken the sauce more than the brown flour used alone.

**CITRON APPLES.**—Select good baking apples, those that do not fall to pieces readily when cooking. Pare them, remove the blossom end, and cut out the cores and seeds carefully so that an opening is not made through the apple. Fill these openings with bits of chopped citron and sugar. Add a little hot water to the cooking dish, and bake in a moderate oven. If the oven is quite hot, cover the apples at first with a granite bowl to prevent burning. When done, let them cool, and transfer to a glass dish.

**NUT DATES.**—Select nice clean dates, wash with warm water, rinse in cold, cut carefully, and remove the stones. Place in the centres half a walnut kernel or a toasted almond kernel, close carefully, place in oven a few minutes, and serve. They may be rolled in powdered sugar if desired.

**LEMON SYRUP.**—Six lemons, three pounds granulated sugar, one quart water. Grate the yellow portion of six lemons, and mix with three pounds of best granulated sugar. Add one quart of water, and boil until it thickens. Strain, and then add the juice of the six lemons, carefully leaving out the pulp and seeds. Boil ten minutes and bottle. This is very convenient for use, making a delicious and quickly-prepared drink.



### THE BATTLE CREEK IDEA.

THIRTY-FIVE years ago an enterprise was set on foot in Battle Creek, Michigan, U.S.A. the influence of which has extended over the whole civilised world. This movement consisted in the organisation of an institution then known as the Health Institute, the purpose of which was to represent to the world the art and science of health getting and health preservation on the highest level made possible by the present state of human knowledge. The promoters of the enterprise were a few persons who had had a vision of better things, and who recognised the need of active missionary enterprise in behalf of the various reforms pertaining to the habits of life, especially diet, rest, and the substitution of a rational method of healing for the prevalent, almost universal confidence in and resort to nostrums, magnetic healing, and quackery under various guises.

From the small beginning, made in a little dwelling, established in 1866, the work has grown until it has assumed world-wide proportions. There are at the present time institutions in more than a dozen different countries, numbering in all, with their various branches, more than forty establishments, in which the rational principles of diet, dress, and the treatment of the sick, taught and practised at the Battle Creek Sanitarium, are faithfully represented by physicians and nurses who have been trained at Battle Creek, and who have gone out from this institution as pioneers of one of the most needed reformatory movements which has appeared in modern times.

A fundamental principle of this work is that *sickness is not an infliction of Providence, nor a possession by an evil spirit, but simply the consequence of the operation of the great bibliological law, "Whatsoever a man soweth, that shall*

he also reap;" in other words, disease is the result of wrong habits of life.

Another foundation principle is that *there is no healing power* in drugs, pills, or patent medicines, that the divine living energy which dwells in every human being is the healer as well as creator of the body, "for I am the Lord that healeth thee;" that the office of the physician or nurse is simply to co-operate with this healing power by the use of those agencies which scientific experiment and practical experience have shown to be most potent and permanently efficacious.

A simple non-flesh dietary, the avoidance of tea, coffee, and cocoa, total abstinence from alcoholic beverages and tobacco, the discarding of mustard, pepper, and other condiments, and close adherence to a natural dietary,—these are a few of the health ideas respecting diet.

Radical reforms in cookery are included. The old régime of fried foods, rich pastry, highly spiced and sweetened comestibles, is altogether condemned, and a new order of toothsome, dainty, and easily digestible dishes presented in place of the cookery of olden times. Cheese and animal fats are wholly tabooed.

Dress reform based on rational and scientific principles, and free from fads, whimsicalities, and ultra notions, is brought prominently to the front, and is promulgated by both precept and example.

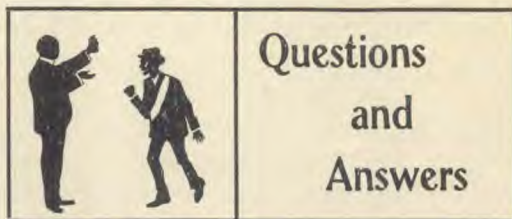
Scientific physical culture is another feature of this system which receives no little attention, and the methods in use have been largely adopted in many famous university gymnasiums.

Battle Creek has come to be respected as a centre for health ideas wherever the English language is spoken, and its principles are being disseminated in more than a dozen other tongues. Splendid institutions are located at St. Helena, California; Boulder, Colorado; South Lancaster, Massachusetts; College View, Lincoln, Nebraska; Portland, Oregon; Spokane, Washington; Chicago, Illinois; Guadalajara, Mexico; Claremont, Cape Town, South Africa; Cooranbong, New South Wales, Australia; Christchurch, New Zealand; Skodsborg, Copenhagen, Denmark; Basle, Switzerland; Friedensau, Germany.

## USE RECKITT'S BAG BLUE.



A beginning has recently been made in England in a suburb of London, and there is a fine representation of the work in Calcutta, India; Honolulu, Hawaiian Islands; Apia, Samoa; and a score or more of other places. The new institution at Wahroonga, fifteen miles from Sydney, now in process of erection, will also soon be ready for occupancy.



### THE AVONDALE HEALTH RETREAT

Is well filled with patients. Good results are reported. A patient writes thus: "A few months' stay at the Health Retreat will suffice to convince the most prejudiced and skeptical that the rational methods of treatment employed there are wonderfully helpful to the sick and suffering."

Indeed, the progress of many patients is almost marvellous. That of a lady suffering from rheumatism was particularly so. She had been under the best medical treatment for two years or more, but, like the woman mentioned in the Scriptures, "was nothing bettered, but rather grew worse." She came there totally unable to help herself, and required the constant attendance of a nurse.

The limbs were puffed, swollen, and painful, and the joints too stiff to move. The hands were almost twice their natural size, and to raise them to the face was quite an impossibility.

In three weeks she could dress herself comfortably, and after eight weeks' treatment was able to return home a natural size and form, and had gained the free use of her joints and limbs.

Relatives and friends were naturally astonished at the wonderful improvement, and questions as to the treatment which had worked such a rapid and unexpected change were freely plied. This, too, was a case where the patient herself had little faith in the method of treatment employed, but was led to try it after all other efforts had failed. It is a pity that these methods are not better understood and appreciated.

There is no doubt that many cases that are considered hopeless by friends may, by a proper dietary and proper treatment, be almost entirely cured or greatly benefited.

**Heartburn.**—What is the cause of heartburn? How can it be avoided?

*Ans.*—Heartburn is a burning sensation in the stomach. It is called heartburn because of its proximity to this organ and because pain is felt in this region. Its usual cause is an increased acidity of the stomach, irritating the sensitive mucous membrane. It may be an overproduction of normal acid, or it may be the formation of acids by fermentive changes in the stomach contents. When it is due to the latter, the symptom is felt some length of time after meals. It will be avoided in the first class of cases by not using any stimulants, condiments, or anything that will overstimulate the glands of the stomach. Acid fruit should not be taken. Easily-digested foods and those which combine readily with the acid are those which help reduce the intense acidity. Raw or only slightly-cooked eggs will usually be found helpful. In some of these cases the free use of cream will be an advantage.

Heartburn that arises as a result of fermentation of food will be best avoided by taking pains not to use the foods which ferment easily. Sugar and pastries should never be taken, and what starchy foods are taken should be thoroughly cooked or dextrinised. Most of these cases are helped materially by making use of a dry diet.

**Insomnia.**—If one is exhausted by a hard day's work, what is the best thing to give relief and to secure a comfortable night?

*Ans.*—A hot bath, at a temperature of from 104 deg. to 110 deg., at bedtime, quickly cooled to 92 deg. Lie in this neutral bath till you feel sleepy, then rouse yourself and roll into bed, and you will have a comfortable night's rest. A hot bath refreshes the system, stimulates the elimination of fatigue poisons, relieves irritation, and secures a comfortable condition for sleep.

**Appetite.**—I have no relish for my breakfast. Can you recommend anything that will give me an appetite?

*Ans.*—A short shower or plunge bath before breakfast or immediately after rising is an excellent appetiser. It stimulates the skin, promotes the production of gastric juice, and creates a demand for food.

**Pease and Beans.**—In writing of pease and beans as a valuable and nutritious food, do you mean green pease, or in the dry seed state? *Ans.*—The dry seed.

# TRY ROBIN THE NEW STARCH.

## Australasian Good Health,

Organ of the International Health Association.

A 16-PAGE MONTHLY.

ISSUED IN THE INTERESTS OF HEALTH AND TEMPERANCE.

### SUBSCRIPTION RATES:

SINGLE COPY, Post Paid	...	...	...	25	6d	per year.
" " " " Foreign Countries	...	...	...	35		per year.

Address AUSTRALASIAN GOOD HEALTH, 25 Sloane Street, Summer Hill, Sydney, N.S.W., Australia.

*Persons receiving copies of the GOOD HEALTH without having ordered them, may know they are being sent by some friend, and that no claim will be made for payment.*

All business communications and orders should be addressed to AUSTRALASIAN GOOD HEALTH, 25 Sloane Street, Summer Hill, Sydney, N. S. W. Remittances may be made by registered letter, P. O. money order, or by bank drafts drawn on Sydney. Stamps will be accepted for small amounts.

Orders for the GOOD HEALTH may also be sent to any of the following agents:—

New South Wales Tract Society, 25 Sloane Street, Summer Hill, N. S. W.

Victorian Tract Society, Oxford Chambers, 473-481 Bourke Street, Melbourne.

New Zealand Tract Society, "Beulah Hall," 37 Taranaki Street, Wellington, N. Z.

Queensland Tract Society, The Arcade, Edward Street, Brisbane, Queensland.

West Australian Tract Society, 202 Newcastle Street, West Perth, West Australia.

South Australian Tract Society, Hughes Street, North Unley, South Australia.

Tasmanian Tract Society, 198 George Street, Launceston, Tas.

Sanitarium Health Foods may be obtained at any of the above addresses.

### TO READERS OF THE "GOOD HEALTH."

CAN we not have your co-operation in giving the journal a wide circulation? We all have friends or relatives who would be interested and greatly benefited by its monthly visits to their homes. The journal is edited by physicians of experience. The instruction given will always be of a practical and helpful nature, designed to lessen the sufferings and ills of mankind and increase family happiness. Every subscriber is entitled to ask medical advice. These questions will be answered free of charge by a competent physician through the columns of the paper.

The price of the journal is only 2/6 per year. A liberal commission is given to canvassers.

CANVASSERS ARE WANTED EVERYWHERE.

### SANITARIUM HEALTH FOOD CAFE.

EATING houses where food is prepared in accordance with the principles of rational dietetics and scientific cookery are rare. We recently had the privilege of visiting the new Sanitarium Health Food Restaurant located at 283 Pitt Street, Sydney.

It possesses that scrupulous cleanliness and freedom from the greasy and disagreeable odors frequently

present in ordinary restaurants, which cannot help but make a favorable impression on the better class of restaurant patrons. No flesh foods or greasy fried foods of any kind are served, but scientific, hygienic, and artistic cookery make the various nut foods which are served, both palatable and delightful substitutes for flesh. It is surprising to note the great variety of wholesome and nutritious foods on the menu from which to select the meal.

We can highly recommend this restaurant to the readers of the AUSTRALASIAN GOOD HEALTH.

### "GOOD HEALTH."

It is gratifying to note the favorable reception given to the AUSTRALASIAN GOOD HEALTH.

The following is an extract of a letter from the main office at 25 Sloane Street, Sydney, to the publishing house:—

Have you any odd copies of the January or March numbers of GOOD HEALTH left? If so, send along at once. This is only the fourteenth day of March and not a single copy of the March number is left. Orders came in to-day for thirteen dozen from various places. I hadn't a hundred copies to supply the demand.

Another letter since received says,—

I am really quite in trouble about the GOOD HEALTH. I am afraid I shall not have enough of the April number. The inability to supply any back numbers will, I fear, be very much to the detriment of the journal, although I am, of course, making the best of a bad job and pointing out to disappointed ones what a run there has been on the journal. Is it not possible for you to keep the type set for a while after, so that if orders come in again as they have been doing this month and last, I can order later.

We regret that we shall be unable to supply back numbers of the GOOD HEALTH. Evidently our faith has been too small. Beginning with the May number we shall print sufficient to supply all demands.

### ROCKHAMPTON TREATMENT ROOMS.

THE Sanitarium Bath Parlors and Treatment Rooms at Rockhampton, Queensland, are doing a flourishing business. Rational and natural methods of dealing with the sick are becoming more popular daily in that city. Mr. and Mrs. Robie, who are in charge, are experienced nurses, graduates of the famous Medical and Surgical Sanitarium of Battle Creek, Michigan, U. S. A., the largest and most successful medical institution of its kind in the world.

JAMES SANDY & CO., 271 and 330 George Street, Sydney.

MAY 17, 1902.

GOOD HEALTH.

# The Avondale Health Retreat

A Thoroughly Scientific Medical and Surgical Institution



Established for the treatment of Chronic Diseases; Anæmia, Rheumatism, Gout, Dyspepsia, Bright's Disease, Diabetes, Etc., Etc.

Massage, Baths of All Kinds, Electrical Treatments, Physical Culture Exercises, Etc., are some of the agencies employed in the treatment of disease.

Diseases of Women are made a Specialty. A lady physician and surgeon of extensive experience is in constant attendance.

Special Attention is given to the subject of Medical Dietetics.

Lectures, Monday and Thursday Evenings

Charges moderate, from £2 up per week, including board and room.

Correspondence Invited.

Address,

**Avondale Health Retreat,**

**Cooranbong, N. S. W.**

Finest Brushware, JAMES SANDY & CO., 271 and 330 George St., Sydney.

MAY 1, 1902.

GOOD HEALTH.

# Christchurch Sanitarium

## OR HEALTH HOME.

The Most Thoroughly Equipped and One of the Most Favourably Located in the Colony of New Zealand.

It is under Strictly Royal Management. Regularly qualified and Registered Physicians. Thoroughly Trained and Experienced Male and Female Nurses.

**Special Features.**—Crucial tracing signals, saline irrigation, quiet beds, like piano, electric Rest, Call, Massage, Electricity in all forms, Swedish Movements, Douching, Baths, Medicinal Atmosphere, and all that pertains to modern, rational medical treatment, can be had at reasonable prices. Surgical cases of all kinds, including deformities of every description, receive special attention. Diseases of Women, Digestive Disorders, Nervous Diseases, Paralysis, Rheumatic Difficulties, etc., are all treated with the greatest success. The cases of the Lungs, Heart and Throat are treated by the latest and best pneumatic devices. Diseases of the Eye and Ear receive special attention.

Not a "pleasure resort," but an inviolable place for chronic invalids who need special conditions and treatment not readily obtainable at home.

For further particulars address—

Sanitarium, Paparua,  
Christchurch, New Zealand.



## ELECTRO-HYDROPATHIC INSTITUTE

Victoria Square  
Adelaide, S. A.

SOMETHING NEW IN THE TREATMENT OF DISEASE,

★ ★ THE ELECTRIC LIGHT BATH, ★ ★  
Steam, Light, Diluted, and Marston Resins Obtained Directly

Digestive Disorders, Rheumatism, Sciatica, Curvature of Spine, Etc., Treated by Special Apparatus and Gymnastics. MASSAGE, ELECTRICITY, HYDROTHERAPY. Baths of all kinds, Hot Air, Vapour, Electric, Hot and Cold Sprays

Skilled acupuncturists and manipulators of both sexes in daily attendance.

We are agents for South Australia for the Magic Pocket Inhaler, Vaporizers, etc., Hot Water Bags, Spine Bags, etc., always in stock. Prices on application.

Open Daily from 9 A. M. to 6 P. M., except from sunset Friday to sunset Saturday.

**HEALTH FOODS**—Granola, Granose, Nut Butter, Nattose, Bromose and Caramel-Cereal, always on hand. For further particulars apply to A. W. SEMMENS.



## The Champion Steam Laundry,

Carlton Crescent, Summer Hill, Sydney,

SOLICITS A TRIAL.

We pay £200 per month for skilled labour and we turn out only the best work of all classes.

We also manufacture the Celebrated Champion Shirt Glass which took first prize at the Royal Agricultural Society's Exhibition. It makes your iron run easy when boiled in raw starch is used. May be obtained from your grocer or direct from us. Correspondence and mail orders promptly attended to.

Established 1823.

## Edward Hordern's

668, 670, 672 Brickfield Hill,  
SYDNEY.

Are the Cheapest Drapers and Clothiers  
IN THE CITY.

Send for Price Lists and Patterns.

☞ CALL AND INSPECT OUR STOCK.