

THE

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COLD WATER VERSUS "BITTERS."

J. H. KELLOGG, M. D.

TROUSSEAU defined a tonic as an agent having for its objects the giving of tone to the tissues, the restoration of the functions of nutrition and assimilation, and the increasing of vital resistance. A more modern definition of a tonic would be an agent which, when systematically employed, aids in the restoration of normal activities, both constructive and destructive, thereby promoting a renewal of the body, and a recuperation of its forces, and an increase of vital resistance.

Tonic measures are such as increase vital activity in a healthful direction. The most powerful tonics are the most powerful excitants, it being understood that by excitants is meant exclusively physiological means, such as thermic influence, light, and electricity. It must be remembered also that an excitant may be employed in such a manner as to exhaust the nerve centres, and thus produce effects the very opposite of those desired.

The tonic effect of cold water is its most constant and regular effect, this tonic influence being exerted whenever water is applied at a temperature below that of the body.

The tonic effects of water are, of all the remarkable therapeutic properties of this versatile agent, the most important and the most extensively used. They are obtained by the repetition of excitant measures, and are due to the reaction which, under ordinary conditions, always follows a short cold application.

Water, by its accessibility, its convenience in use, and its high specific heat, more readily lends itself to the assistance of the physician

in producing restorative and permanent tonic effects than any other agent.

The numerous popular bitters are universally toxic in character. Whatever tonic effects they may seem to produce are due to the fact that the system is aroused to resist their influence, and to expel them from the body; and while a certain amount of benefit is perhaps derived from the use of such agents, there is always a possibility of serious damage; and doubtless in all cases a considerable amount of harm is done through the toxic influence of the drug, which falls with especial weight upon those organs which are most concerned in the elimination of poisons,—the liver and the kidneys.

A tonic or a stimulant is a mortgage placed upon the vital capital of the body, which must be paid sooner or later. It is a draft upon the constitution. A stimulant is simply a means by which the nerve centres are made to give up a little more of the energy which they have stored up; and unless the stimulus is of such a character that the storing power as well as the expending power of the nerve centres is increased, there must be a loss from its employment.

A dose of bitters of some sort may provoke the expenditure of nervous energy, but it does not replenish energy; while it does lessen the activity of the kidneys in eliminating tissue poisons, and the efficiency of the liver in the destruction of toxins and leucomaines, thus encouraging the development and maintenance of a condition which is, in itself, an indication for the necessity of employing tonic measures; in other words, an ordinary tonic or stimulant aggravates the very condition it is intended to cure.

The establishment in modern times of laboratories for psychological and neurological research has been the means of throwing much light upon the nature of mental and nervous activity. Nervous energy no longer means, as formerly, an intangible, mysterious something, but as has now been clearly demonstrated, is immediately and definitely connected with material elements found in the interior of the nerve cell. For example, a nerve cell, when in a state of rest, shows a large number of grayish granules, which have been shown to be intimately connected with the storage of energy, so that when the granules are abundant, the cell is like a fully charged battery, ready to discharge under the influence of the right sort of stimulus the maximum of energy which it is capable of exhibiting. On the other hand, when the cell is fatigued, as after prolonged, energetic work, the granules are found to be very few and small, and the cells shrunken and pale.

With these facts in mind, it is easy to understand why such disappointing results have followed the use of a very large number of so-called nerve tonics, since it is evidently impossible that these nostrums should in any way increase the store of energy in the cell; and the most that can be expected of them is the excitement of the cell to activity when it has become exhausted to such a degree that a sense of fatigue supervenes as a warning that the store of nervous energy is reduced to a point where any further demand upon it is dangerous, and that rest is imperatively demanded.

The only way that the energy granules of a cell can be augmented is by the assimilation of food from the blood, and the development of energy-containing particles. Cold water surpasses all other agents in its power to promote the normal energy-storing processes. Cold applications also facilitate to a very remarkable degree the discharge of nervous energy, when a sufficient store exists, though sometimes they may not be available, because their useful application is hindered by the influence of retained excretions or nerve-numbing toxins generated within the tissues or absorbed from the alimentary canal. This effect of water is readily apparent in the influence of the cold bath upon muscular energy, and also in the sensation of well-being, buoyancy, and readiness for exertion, which

results from the application of cold water.

The tonic effects of cold water are unquestionably to a large degree due to the influence of cold impressions acting through the nerves of the skin upon the sympathetic nerve centres. The great sympathetic nerve controls the blood vessels, the glands, the heart, the functions of secretion and excretion, and in fact, all the vital functions of the body. The awakening of the sympathetic to renewed activity or to a balancing of its action, is what is specially needed by the great majority of chronic invalids. The functions of the brain and spinal cord, and through them all forms of nervous activity, are to a remarkable extent influenced by the sympathetic. The sensation of well-being which accompanies the reaction following a general cold application, is largely due to the increased activity of the cerebral circulation, brought about through the stimulation of the sympathetic. By its power to influence the sympathetic, hydrotherapy is capable of controlling, restraining, reorganising, balancing, all the processes of organic life; and through them of modifying the functions of animal life to a marvellous degree.

Cold water is a physiological tonic, and has the advantage over medicinal tonics of all sorts, in that it awakens nervous activity without the imposition of any extra burdens upon any vital organ, and without hampering the activity of any function. The cold bath, employed in such a manner as to produce tonic effects, accomplishes its results by increasing vital resistance to the causes of pathological processes, by making the wheels of life run more smoothly, by lifting the whole vital economy to a higher level. The impression made upon that harp of a million strings, the skin with its vast network of sensory, motor, sympathetic, vasomotor, and thermic nerves, arouses every nerve centre, every sympathetic ganglion, every sensory and motor filament in the entire body, to heightened life and activity. Every blood-vessel throbs, and every cell quivers, with a new life; the whole body thrills with quickened impulses, the whole being is translated into a new state of existence.

A person who has never experienced the glow of exhilaration, the invigoration and buoyancy of body and mind, which accompany the state of reaction from a short, general

cold application, cannot well appreciate the value or significance of the cold bath as a physiological stimulant. It is not too much to say that of all measures known to man it is the most valuable as a means of arousing to activity the flagging energies of the body, and lifting the enervated invalid out of the morasses and quagmires of chronic disease.

ANAEMIA.

D. H. KRESS, M. D.

ANAEMIA, better known as poverty of blood, is becoming a very prevalent disease. It is surprising to see the number of pale-faced and nervous young women in every city, town, and village, and even in the country where nature has an opportunity and is doing her best to paint roses on the cheeks of all.

Recently at the close of a lecture a young woman came to me and said, "Doctor, I am very nervous, do not sleep well, and am also troubled with deafness." I inquired, "Have you had your ears examined to see if there is any local disease." She replied, "Yes; but the doctor said there was no local difficulty, that I was suffering with poverty of blood, that I needed more iron in my blood. He advised me to take tincture of iron. I have been taking it for some time, but am not improving."

The question naturally arises, What are the causes of anaemia? The causes, no doubt, are many. I shall only call attention to what I consider two of the principal causes of anaemia in young women. It will be noticed that the disease usually makes its appearance in young ladies after reaching their teens; before this period it is of rare occurrence.

Why is This?

It is well known that poisonous products are constantly being formed in the human body by the breaking down of tissue from muscular and mental activity. These wastes are mostly eliminated from the body through the lungs. Every ten minutes sufficient poison is thrown off through this channel alone to cause death.

It is through the rapid interchange of gases that takes place in the lungs by having pure air brought into almost immediate contact with the impure blood, that the blood is

kept freed from impurities. So-called blood purifiers can *never* purify the blood. Nature recognises but one blood purifier, and that is pure air, and we need plenty of it. The Creator has given us none too much lung capacity to keep the blood pure. Up to the age of twelve, the girl is permitted to dress loosely and play with her brother in the open air. It will be noticed that up to this time she is also usually in equal good health. Now a change occurs. The boy is still allowed his freedom, but the girl has to have her waist placed in corsets. The lungs are thus constricted, which makes exercise impossible. Not a sufficient amount of air can now be taken into the lungs to keep the blood pure. Is it any wonder that soon the nerves shriek out because of the impurities and irritants circulating in the blood, and headaches, backaches, nerve-aches, and nervousness result?

Another cause of anaemia is the use of tea. The evil resulting to the human family from the use of tea is greater than from the use of alcohol, great as I know that evil to be. It takes one part in one hundred of alcohol to kill a man, but it does not require near that amount of theine, the poisonous principle contained in tea. A strong man accustomed to the use of alcohol could take an ounce of pure alcohol without it causing death, but even one-tenth of that amount of theine would result fatally. Theine is therefore ten times more powerful than alcohol.

There are two and one-half grains of theine in every cup of tea as ordinarily made; one-eighth of a grain will kill a frog. Two cups of tea contain five grains, or sufficient to kill a rabbit. Three cups contain seven and one-half grains, or enough of this poison to kill a cat, in spite of the proverbial nine lives. Aside from this, every pound, or sixteen ounces, of tea contains four ounces of tannin. Tannin interferes with the digestion of the food, especially the albumens, thus impoverishing the blood. Tannin also destroys the iron contained in the food. It is well known that the system can not appropriate an inorganic substance as iron. The vegetable kingdom feeds upon these minerals and changes them into a form so that they can be utilised by man. The grains, vegetables, and fruit all contain iron, and a sufficient amount to fully supply the needs of the

human body. To ascertain the effect of tannin upon the iron contained in the food and blood, place a small amount of tincture of iron in a glass half full of water, now add to it a half cup of tea and note the result. It becomes as black as ink. Tea destroys the iron contained in the food and blood and causes anaemia. The physician recognises that the blood needs more iron, and so recommends the use of tincture of iron or some other iron preparation, but the patient takes the iron, drinks more tea, and makes more ink. Is it any surprise that anaemia is a condition that is so difficult to overcome? There is but one way of getting rid of anaemia; that is by removing the causes. Stop the use of tea and give the lungs an opportunity to take a bountiful supply of air to purify the blood, eat pure food, and take plenty of out-door exercise.

OPEN THE DOOR.

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

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

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

—British Weekly.

TO THOSE men and women who breathe deeply, eat intelligently, and sleep peacefully, it is the present moment that is crowded with joyous possibilities. They have the mental acumen that springs largely from physical well-being, to understand that *the time to be happy is now, the place to be happy is here, and the way to be happy is to keep the pores open as well as the heart*; to cultivate breathing power, and to keep the lungs busy day and night, turning pure air into rich blood corpuscles, which, in the subtle alchemy of heart and brain, are distilled into optimism and goodwill to men.

CONDIMENTS.

WHAT are they, and of what use? Webster calls them, "pungent substances, as pepper or mustard."

People have an idea that they are useful to stimulate the human body.

Animals avoid them, and usually even the household cat objects to pepper and mustard.

These substances are irritants. Mustard will blister the skin in a short time if properly applied. Red pepper will make a very painful sore if moistened and laid upon the skin. Black pepper will also irritate the skin and cause inflammation.

It is a mystery how people came to suppose that the use of such substances was beneficial. The stomach is as easily irritated as the outer skin.

How much "heart-burn," which is generally stomach irritation, is caused by strongly peppered and spiced food! The stomach is inflamed, the nerves cry out in pain, then the poor victim takes something worse perhaps, to ease the pain caused by the irritating condition.

Then the results of the use of these foreign and irritating substances are not confined to stomach trouble. While inflammation of the stomach and even cancers no doubt are encouraged by using them.

That is not all. Kidney complaints are becoming more and more prevalent. One fruitful cause is irritation from the use of pepper, mustard, and the like. The kidneys feel the effects at once when such things are used. Bright's disease and kindred complaints are caused by this bad habit, and those suffering from such complaints should carefully avoid *all stimulants*.

Another bad effect is over-stimulation of the heart.

How sad that even babies are fed on food seasoned with pepper! The heathen in Africa stuff their new-born babes with cayenne pepper, and if they live through it, they think they are "worth raising." Some civilised people do about as badly, but seem not to understand results as well as the Africans.

Those who never use them have a more natural taste and enjoy food better. If you want to be really healthy, let them alone.—*Vanguard*.

THE LEAN-MEAT DIET FOR DYSPEPTICS.

THE truth seems to be that a person subsisting upon a lean-meat diet, while he may manifest a greater amount of strength than upon a more natural dietary, and may be unconscious of any abnormal condition, is like a person in a powder magazine—he is in constant danger of a vital catastrophe. The poison-destroying functions of his liver and the poison-eliminating capacity of his kidneys are taxed to their utmost to keep the proportion of ptomaines and leucomaines in the tissues down to a point which permits of the performance of the vital functions. The margin of safety, which nature has wisely made very large in order to provide for emergencies, is reduced to the narrowest possible limit, so that anything which temporarily interferes with the functions of the liver or the kidneys, or which imposes additional work upon them, may be sufficient to obliterate the safety margin, and produce an attack of grave or fatal disease. Invasion of the body by ptomaine-producing microbes, such as the typhoid bacillus, the bacillus of diphtheria, the pneumococcus of Friedlander, the shocks resulting from accident, and even the depression of a severe cold, may be sufficient to consume the meagre emergency capital; and the result is acute inflammation of the kidneys, or death under chloroform, or from shock following an operation under anæsthesia.—*Medical Progress.*

WHAT IS HEALTH?

A HEALTHY man is a *whole* man. Disagreeable mental symptoms are just as much an indication of disease as physical symptoms. Impatience, anger, despondency, etc., give evidence of the existence of disease, as truly as gout, rheumatism, sick headache, or neuralgia. These are all messages of warning coming over different telegraphic lines, reported at different local officers, but all contain the same sad news—of impurities in the blood, circulating in the brain, or deposited in the tissue or joints.

Health is the most natural thing in the world, and it is because it is so common and natural that we notice so much the exceptions. We expect it in everything but man. Watch

the calf that has been in this world of ours a few days, and you will see that he has already caught health in its most active form. He runs and leaps and throws his head. Why does he run?—Not because he is pursued, but simply because he is so brim full of health that he cannot help it. Turn your horse out in the lot, and watch the symptoms of health. He rolls on the ground, charges up and down, or kicks his heels high in the air, simply because he feels like it. Watch the plant in the garden; you are not surprised to see it grow day by day, so long as it has good soil and plenty of sunshine and rain. You would be astonished if it did not grow, and would immediately seek for an explanation, because you know that the plant in and of itself can not help growing. Health and life are just as natural to man as they are to the colt or to the plant.

OF INTEREST TO CYCLISTS.

D. H. KRESS, M. D.

Two years ago I had the pleasure of an hour's chat with Mr. Will Brown, of New York City, the champion long-distance road rider of the world.

Mr. Brown was only thirty years of age. His father was a consumptive, and died at the age of thirty-two. His mother died six months later, of the same disease. Of the four children, two died in Michigan of consumption, the third went to Mexico and died there of the same lung trouble. Mr. Brown is alone, having no relatives left. In 1897 he was laid up with what physicians called consumption, and was much emaciated, weighing but one hundred and fifteen pounds. About this time he discarded the use of flesh foods, and began living exclusively on grains, vegetables, milk, and eggs, and took to the wheel for exercise. Mr. Brown was then well and strong, weighing one hundred and sixty pounds, and held every out-of-door bicycle record, from five hundred miles to two thousand miles, and had no fear whatever of dying of consumption. He attributed this marvellous change to his simple habits. In place of meats he had used protose, nut butter, and other nut foods.

Mr. Brown, in a letter I received, said, "I am training Mrs. Emma R. Bayne, the thirty-day century-record holder, with the best of results."

Mrs. Bayne as a result established a bicycle record that no woman or man has ever equaled, completing three thousand miles in twenty days and twelve hours, and after a rest of an hour and a half, started off to do another fifteen hundred miles in ten days. Mrs. Bayne attributes all her stamina and speed to the training of Will Brown, and to the thoroughly prepared and pure foods. Not an ounce of meat was eaten either by Mr. Brown in getting his two-thousand-mile record, or by Mrs. Bayne. Her weight at the beginning of the race was ninety-eight pounds; at one thousand miles it was ninety-nine pounds; at two thousand miles, one hundred and two pounds; and at three thousand miles, one hundred and four pounds, a gain of six pounds during the thirty days' race.

BEER DRINKING.

DR. S. H. BURGEN, a practitioner for thirty-five years, says,—

"I think beer kills quicker than any other liquor. My attention was first called to its insidious effects when I began examining for life insurance. I passed as unusually good risks five Germans—young business men—who seemed to be in the best health, and to have superb constitutions. In a few years I was amazed to find the whole five drop off one after another, with what ought to have been mild and easily curable diseases.

"On comparing my experience with that of other physicians, I found they were all having similar luck with confirmed beer drinkers, and my practice since has heaped confirmation upon confirmation.

"The first organ to be attacked is the kidneys; the liver soon sympathises; and then comes most frequently dropsy or Bright's disease, both certain to end fatally. Any physician who cares to take the time will tell you that among the dreadful results of beer drinking are lockjaw and erysipelas, and that the beer drinker seems incapable of recovering from mild disorders and injuries not usually regarded of a grave character. Pneumonia, pleurisy, and fevers seem to have a first mortgage on him, which they foreclose remorselessly at an early opportunity.

"The beer drinker is much worse off than the whisky drinker, who seems to have more

elasticity and reserve power. He will even have delirium tremens; but after the fit is gone, you will sometimes find good material to work upon. Good management may bring him around all right. But when a beer drinker gets into trouble it seems almost as though you have to recreate the man before you can do anything for him.

"Beer drinkers are peculiarly liable to die of pneumonia. Their vital power, their power of resistance, is so lowered that they are liable to drop off from any form of acute disease, such as fever or pneumonia. As a rule, when a beer drinker takes pneumonia, he dies.

"Beer drinking produces rheumatism by producing chronic congestion and ultimately degeneration of the liver, thus interfering with its function by which the food is elaborated and fitted for the sustenance of the body, and the refuse materials oxidised and made soluble for elimination by the kidneys, thus forcing the retention in the body of the excrementitious and dead matter I have spoken of. The presence of uric acid and other insoluble effete matters in the blood and tissues is one of the main causes of rheumatism."

EVILS OF BAD COOKERY.

DR. CUTTER, in a recent number of *The Microscope*, writing upon the "Morphologies of Cooking," offers the following important thoughts:—

Say what we may, there are queens in our kitchens, who govern the whole house. The foods prepared by them form the staple of our lives. If we have poor food, we are not well; if we have good food properly cooked, then our lives run smoothly and in health. The evils of strong drink are great, but the evils of bad cooking and ill-selected food are greater. It is one of the curious things of our ethics that the really most important matters of our households are too often intrusted to the lowest intelligences we meet with in society; that when we hire cooks, we trust our lives and health to persons who can neither read nor write (in many cases), and who do not have any clear idea of what they are about, save to get all the money they can, break all the crockery, and dress in what finery they can on Sunday.

Would that the time spent by the queens of our parlors on crazy quilts, screens, and fancy needlework (well enough in their places) were given to the solution of the beautiful problems connected with food, that are so vitally important, and constantly pressed on our attention every time we eat.



Good Health Tit Bits



THAT CUP OF TEA.

THERE is no harm in a cup of tea!
Suppose we see.

Just study up

What's in a cup—
You'll wiser be.

There's falsehood in a cup of tea!
Alas for thee!

The self same cup

That cheereth up
Deceiveth thee.

There's poison in a cup of tea!
Beware, prithee!

For every cup

Thou drinkest up
Doth weaken thee.

You can't resist the cup of tea!

That cup so wee—

That little cup

That steameth up
With breakfast tea?

You must resist the cup of tea!

Come, stronger be!

My dear, give up

The siren cup
That fooleth thee.

—*Mary Rossiter.*

ALCOHOL NOT A FOOD.

ALCOHOL is one of the substances formed by the yeast plant. This plant is a live organism, conforming in many respects to the low forms of animal life. It lives upon sugar. It eats sugar, and this becomes decomposed into alcohol and carbonic acid gas. The yeast plant throws alcohol and carbonic acid gas out of its body, or excretes it, in order that it be not poisoned by retaining the excretion. In a similar way the human body excretes urea and carbonic acid gas in order that the body be not poisoned by the retained excretion. A substance which would poison the yeast plant if retained will poison any of the higher plants or animals. This is in accordance with one of the laws of life; namely, that a substance which poisons one form of living

organism will poison any living organism of higher rank. This reveals to us the reason why it is that alcohol is a poison to all forms of animal life, and it also reveals why it can not, in the nature of the case, serve as a food.

POW'FUL MED'SIN.

A COLORED woman threw the odds and ends of medicine left after her husband's death into the fire. The explosion that followed carried the stove through one of the windows. "Mos' pow'ful movin' med'sin I eveh saw'd," she said. "No wondah de ole man gone died."

BATHING is necessary to the growth of all animal and vegetable life. Dust and dirt are washed from plants by the beneficent showers from heaven. After such a cleansing every plant is greener, more fragrant, breathes more freely, and grows more vigorously.

When it is remembered that there are nearly ten miles of sweat ducts distributed through the skin discharging from two to three pounds of waste in various forms upon the surface every twenty-four hours, the importance of bathing for cleanliness is at once apparent. Two million five hundred thousand pores need to be kept free and open.

Bathing the face with cold water is refreshing to the mind and brain, bathing the chest is refreshing to the lungs and heart, bathing the skin over the liver animates that organ; in fact, a general cold bath refreshes the entire organism. It possesses wonderful, magical, health-producing powers.

THE growing demands for insane asylums, which are to-day overcrowded, the increasing proportion of idiots and imbeciles in the population, the blunting of the moral sense, and the growth of pauperism and crime, all cry loudly for the cultivation of those habits of life which give strong brains and steady nerves.



The Home

DOING NOW THE BEST.

Just to do the very best that in us lies each day;
 Just to glean the sunbeams, and toss the clouds away;
 Just to keep on hoping, though disappointments grow;
 Just to let a healing smile follow the tear-drop's flow;
 Just to be as loving as we can, and kind and true,
 Clinging to the "Golden Rule" in all that we may do;
 Just to count the blessings, with the ills of life,
 And our heaven-helped victories over pain and strife.
 Then, as on we journey toward life's setting sun,
 Christ will wait to greet us with the praise, "Well done!"

INSTRUCTION TO MOTHERS.

LAURETTA KRESS, M.D.

IN reply to the inquiry of Manoah, "Teach us what we shall do unto the child that shall be born. How shall we order the child, and how shall we do unto him?" the angel said, "Of all that I said unto the woman beware. She may not eat of anything that cometh of the vine, neither let her drink wine or strong drink, nor eat any unclean thing; all that I commanded her let her observe." Judges 13.

The future welfare of the child depends largely upon the habits of the mother before and after its birth. Frequently during these periods mothers are advised to take beer, ale, stout, etc. But it is of the highest importance for the mother to avoid all intoxicants, also tea, which is so often recommended. Beef extract, which is merely a solution of waste material and filth, should be eschewed, and all unclean foods.

If the mother, before and after the birth of the child, should follow out the directions here given, and live only on pure, simple, non-stimulating foods and drinks, a foundation would be laid for the future health and usefulness of the child. Such a child would be a blessing, even in infancy, to the household, and to society in later years. The appetite for unclean foods and spirits is frequently transmitted from mothers to their children in this way.

The instruction given to the wife of Manoah, the mother of Sampson, was evidently heeded by the mother of John the Baptist. He inherited no desire for either impure food or strong drink. The angel said to the mother, "Thou shalt have joy and gladness; and many shall rejoice at his birth. For he shall be great in the sight of the Lord, and shall drink neither wine nor strong drink; and he shall be filled with the Holy Spirit." A child that is unfortunate enough to be born with a craving for strong drink will eventually, unless rescued by divine grace, become a drunkard, a curse to mother and to society. May not much of the drunkenness now so prevalent be traced to the habits of mothers during the period that the child derives its nourishment from her? Certainly it would never have been said of John the Baptist, "He shall be great in the sight of the Lord, and shall drink neither wine nor strong drink," had his mother followed the example of other mothers about her. It was witnessed of her that she was "righteous before God, walking in all the commandments and ordinances of the Lord blameless." Luke 1.

There can be no doubt that gluttony and drunkenness are frequently inherited, and are responsible for much of the stubbornness and rebelliousness manifested by infants and youth. That this was anciently recognized will be seen from the following directions given to the children of Israel: "If a man have a stubborn and rebellious son which will not obey the voice of his father, or the voice of his mother, and that when they have chastened him, will not hearken unto them: then shall his father and his mother lay hold on him, and bring him out unto the elders of the city, and unto the gate of his place, and they shall say unto the elders of the city, This our son is stubborn and rebellious, he will not obey our voice; he is a glutton and a drunkard." Deut. 21: 18-20. The reason given why such a son is stubborn

and rebellious, and will not obey the voice of father and mother is, *he is a glutton and a drunkard.*

Anciently the ignorance of even those who claimed to have light, and should have been teachers of the people, was so great that it was said, "*My people perish for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest (or teacher) unto Me, seeing thou hast forgotten the law of thy God, I will also forget thy children.*" Hosea 4: 6.

When prayers in behalf of our children are unanswered, and it seems as though God had forgotten them, who is responsible for it? Not the Lord, not the children, but the parents. "Seeing thou hast forgotten the law of thy God, I will also forget thy children."

The hope of improving the health and elevating the morals of the race in the future, lies largely in the improvement of the habits of the fathers and mothers of the present.

Dr. Oliver Wendell Holmes once said that he believed that any disease, no matter how virulent, how malignant, or how deep-seated, whether it was cancer, consumption, or cholera,—any disease could be cured if the physician was called in time. But he added, "There are cases in which the physician should be called at least two hundred years in advance." This is equally true of drunkenness, immorality, and stubbornness, etc. In some cases at least, treatment must begin long before birth.

GRUMBLING AND ITS CURE.

DR. P. S. HENSON, of Chicago, U. S. A., is quoted by one of our exchanges as follows:

"In heaven there will be no grumblers, and that makes heaven. In hell there is nothing else, and that makes hell. In this world things are greatly mixed, thorns and flowers, thanksgivings and complainings, with a large proportion of the latter.

"The Englishman is said to be the champion grumbler of the world. . . . I remember some time ago to have heard of an Englishman travelling in this country in company with an American friend. He could not find anything to his liking. 'The water was beastly, don't you know,' 'the roads untravelable, the food indigestible, the waiters uncivil,

the landlords exorbitant, the manners of the people crude and rude.'

"It was just at the time when we were having extraordinary sunsets, when long after the sun went down there lingered in the western sky a glow of almost preternatural beauty, so that some people feared it was the foretoking of the end of the world. The American pointed his English friend one evening to that sky. 'Now look at that, old boy. You talk of the Orient, of sunset skies in classic lands, but where in the world did you ever see as fine a sky as that?' The Englishman looked at it a moment, and said, 'Well, don't you think it is just a little overdone?' The Lord Himself could not please him when He came to paint a sunset.

"But this trait is not peculiar to Englishmen. It is characteristic of universal humanity. The first man that ever appeared on earth began to grumble because there was just one tree in the world that he could not eat of, and that grumbling cost him paradise, and every child of Adam is just like his father. The first thing a baby does when he opens his eyes on this new world is to strike out with both hands and feet, and howl his protest against his environments.

"If there is any place on earth where the voice of the grumbler ought not to be heard, it is the sanctuary of the home, but that is where it is heard most loudly. When a man is at his place of business, he has to be a gentleman; but when he goes to his own home, he is not obliged to be anything in particular, and so he lets out the pent-up fury of the day. He comes in like a howling cyclone. 'What's the reason dinner isn't ready? What's the matter with that beefsteak? It isn't fit for a dog. I'll go to a hash-house.' Poor little woman! She has been waiting for him all day to come home. She has had her troubles, and has been wishing for sympathy. That is the kind she gets. The tears are swelling in her eyes, she has a great lump in her throat that she can't swallow, and she wishes she were dead, and you too, especially you.

"Somebody says we need wide-awake men. There is more need for fast-asleep men. The world is going mad for want of sleep. Every now and then I get too cross for anyone to live with, and I know what is the matter. What I need is sleep, and then I wake up and am as beautiful as a May morning.

"Cultivate a good conscience—a conscience void of offence toward God and man. And cultivate the habit of being thankful for small favors. Think how many things you have to be thankful for, and think how many things you would like to have. . . .

"We must get into the habit of looking for sweetness and light. We get what we look for. Here is a bee in the neighborhood of Chicago. There are a great many things to smell in Chicago—stockyards, our unspeakable river, decayed aldermen. The bee has no nose for things like these, but a mile away is a rose with honey in its heart, and he makes a bee line for the rose, covering himself with honey. He gets what he went for.

"Here is a buzzard. There are thousands of flower gardens in Chicago, but the buzzard has no nose for flowers; a mile away is a dead rat, so he goes for that. If you want to smell a rose, you can find a rose; and if you want to smell a rat, you can commonly find a rat. Look for sweetness and light, and you will find it every day and everywhere. Paul and Silas found it in the dungeon at midnight.

"Let me give you one more prescription. If you want to be cured of grumbling, go to work."

From a purely physical standpoint "godliness with contentment is great gain," and is also a potent factor in the perpetuation of health. Sunshine in the heart of man is as great a foe to bodily depression as natural sunlight is to the life of disease-producing germs.

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.

NOTICE.

WE wish to call the attention of the GOOD HEALTH readers to the new organisation which has recently been formed, the—

INTERNATIONAL HEALTH ASSOCIATION.

ALL friends of hygienic, sanitary, and temperance reforms are invited to join hands in the promotion of the interests of these reforms by the organisation of a society to be known as the International Health Association, its objects to be the following:—

1. To associate together for mutual encouragement and assistance those whose aim is the most perfect obedience to the requirements of the divine order of life and conduct.

2. To promulgate the principles of life and health contained in the "Declaration of Principles" of the association.

It is proposed to make the enclosed "Declaration" the basis of membership. Each person will be expected to pay annual dues. The work of the association will be largely carried on by correspondence.

THE PRIVILEGES OF MEMBERS.

Some of the advantages of membership in an association of this sort may be briefly stated as follows:—

1. Each member whose annual dues are paid will receive regularly each month one copy of GOOD HEALTH, which it is proposed to make the organ of this association; also the health leaflets that will be published during the year.

2. Members are entitled to the following courses of study on health topics: Lectures, schools of cookery, physical culture classes, and practical demonstrations in the application of simple agencies, including water, in the treatment of diseases. These will be conducted at places and times designated by local members.

Members are also entitled to medical advice by private correspondence free of charge.

If you are interested in this enterprise, we shall be glad to hear from you. If you desire to become a member, simply sign one of the enclosed "Declarations," and return it with postal note or post office order for five shillings in the enclosed envelope. If you have already sent to this office for your subscription to GOOD HEALTH to —, 1902, send the name of a friend with your membership fee, and the journal will be mailed as you direct. We shall be glad to hear from you soon, so that your name may be enrolled among the charter members of this association, before which will open up so great a field of activity

and usefulness, there being at the present time no society in existence which is undertaking to do the work proposed by this association.

THE INTERNATIONAL HEALTH ASSOCIATION.

Declaration of Principles.

1. I recognise as a moral obligation resting upon every intelligent being, the duty to care for, protect, and develop the body to the highest degree of activity and usefulness.

2. I regard the use of spirits as a beverage as harmful. I believe it to have no food value, and that its use as a medicine is dangerous.

3. I desire to learn and to follow the perfect way of life in all that pertains to the physical, mental, and moral well-being of man.

4. I consider it both a duty and a privilege to respect in my daily life the principles above declared, and to extend a knowledge of them to my fellow men so far as my opportunities will permit.

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4. I believe tea, coffee, and cocoa to be narcotic drugs, the use of which is unwholesome, tending to the development of the appetite for spirits and other poisonous drugs as opium, cocaine, etc.

5. I desire to learn and to follow the perfect way of life in all that pertains to the physical, mental, and moral well-being of man.

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5. I believe a radical reform in the dress ordinarily worn by women is essential, not only to the health of the civilised woman, but to the welfare of the race.

6. I regard the use of flesh as inferior food from a hygienic standpoint, that it blunts the moral sensibilities of human beings, and injures the health.

7. I consider the use of mustard, cayenne, ginger, pepper, and other irritating condiments as wholly unnecessary and highly pernicious, creating unnatural and harmful appetites, and tending to produce bodily disease.

8. I desire to learn and to follow the perfect way of life in all that pertains to the physical, mental, and moral well-being of man.

9. I consider it both a duty and a privilege to respect in my daily life the principles above declared, and to extend a knowledge of them to my fellow men so far as my opportunities will permit.

It will be observed that the platform of this organisation is broad enough for all lovers of reform to stand upon, shoulder to shoulder, even though they may conscientiously differ on some points.

We invite temperance organisations and workers, vegetarians, dress reformers, W. C. T. U. workers, etc., to unite with us. "In union there is strength." While one may chase a thousand, a union of two will put ten thousand to flight.

Leaflets will be published on every phase of reform. The AUSTRALASIAN GOOD HEALTH, the organ of the association, will devote its pages toward the extension of the principles of the association. Correspondence is invited. Headquarters, 283 Pitt Street, Sydney.

Cards containing the "Declaration of Principles" will be forwarded to various organisations, W. C. T. U., vegetarian, missionary, and temperance societies, also to individuals on application.

THE Christchurch Medical and Surgical Sanitarium has had an excellent patronage during the past few months, and reports good success. At no other institution in New Zealand can invalids find more favorable surroundings for recovery. Every rational and effective measure is employed for the treatment of disease.

Seasonable Recipes



STEAMED FIGS WITH SALTED ALMONDS.—Select choice figs, wash well, place in the steamer, steam twenty minutes. Serve with shelled almonds that have been blanched by putting into boiling water for twenty minutes, then into cold for five minutes. Slip off the brown skins, dry them with a clean tea towel, place them in a shallow baking dish with a few drops of salad oil on the dish. Over the almonds sprinkle a little salt, stir them well so that the oil and salt adheres to the almonds. Bake in the oven until they are a light brown. Care should be taken not to brown them too much as this sets the oil free.

NUTTOSE ROAST.—Place one pound of sliced nuttose in the bottom of a small dripping pan, with a few slices of onion and a little salt. Cover with water and bake slowly for several hours. Three-quarters of an hour before serving, pare and quarter lengthwise three or four large potatoes and place in the pan. Sufficient water should be added to keep them from burning, and have a little sauce to serve with the roast.

CAULIFLOWER WITH TOMATO SAUCE.—Boil or steam the cauliflower until tender. In another dish prepare a sauce with a pint of stewed strained tomatoes heated to boiling, thickened with a tablespoon of flour rubbed smooth in a little water, and salted to taste. When the cauliflower is tender, serve, and pour over it the hot sauce. If preferred, a tablespoon of thick cream or nut butter may be added to the sauce before serving.

STEAMED DATE PUDDING WITH LEMON DRESSING.—Moisten two cupfuls of finely-grated bread crumbs with one-half cup of thin cream or rich milk. Mix into it a heaping teacup full of chopped and stoned dates and one-quarter cup of sugar. Add lastly a cup and one-fourth of sweet milk. Turn all into a pudding dish and steam about two and one-half hours. Serve as soon as done with lemon or orange dressing.

LEMON DRESSING.—Take three cups of boiling water, one-half cup of sugar, and juice of one large lemon. Add to this a little grated lemon rind. Let all boil together a few moments, and add one dessert-spoonful of cornflour braided in a little water. When well thickened, remove from the fire, have ready one well-beaten yolk of egg, add carefully to the hot mixture by putting a spoonful of lemon mixture into the yolk of egg, beat well, and add another until the egg is warmed, then turn into the whole and stir well. Serve on the pudding.

MASHED BAKED HARICOTS.—Soak over night a quart of small haricots. In the morning drain off the water, put to cook in boiling water, and boil till perfectly tender and the water has nearly evaporated. Rub through a colander to remove the skins, add

salt and a tablespoon of cream. Put into a shallow pie dish, smooth the top with a spoon, and brown in the oven. Slices of lemon on the well-browned surface make a pleasing effect, or serve with a garnish of parsley.

A NEW VEGETABLE MEAT.

UNDER this heading, the *Herald of the Golden Age* gave the following description of the new food product, Protose:—

Protose is, without question, a most remarkable discovery in dietetics. It is purely vegetable in character, containing no trace of animal substances. This product, in appearance and taste, is almost identical with pressed chicken or turkey. In composition it contains the same food elements as beef and mutton with the addition of ten per cent. more fat, an element in which lean meat is deficient, thus making it not only a more nourishing, but a better balanced food than lean meat. Protose lends itself to all the various culinary manipulations to which meat or animal flesh is subjected, and it is free from the "nutty" flavor to which many people at first object.

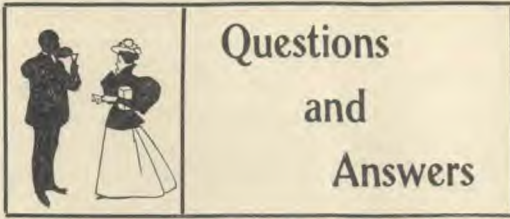
Among the advantages which protose offers over all forms of flesh-foods are the following: 1. It is absolutely pure. It contains no germs or germ poisons; no uric acid or other excretory substances which always abound in animal meats, and it is free from all contamination with disease—a condition to which the flesh of animals is always liable. 2. It is more easily digested than any flesh food. The digestibility of vegetable proteids is always increased by cooking, whereas the reverse is true of animal proteids. 3. Protose may be safely eaten by persons suffering from rheumatism, gout, Bright's disease and other diseases in which flesh-meats must be rejected on account of the uric acid and other poisons which they contain.

Protose is most delicate and agreeable in flavor, and slightly fibrous. Most people who have once become acquainted with this food substance will not willingly dispense with it, but will be certain to give it a place on their regular bill of fare.

It can be eaten cold with salad, as it is ready cooked, or it can be used in the various ways suggested by the directions accompanying each tin. It makes a delicious substitute for potted chicken or turkey. As a substitute for ragout of veal or turkey, protose so closely resembles flesh that it is really difficult for a person eating it to convince himself that he is not actually partaking of animal food.

Some years ago, Sir B. W. Richardson, speaking of the dangers which threaten the users of animal foods, prophesied that the time would come when all forms of animal foods would be derived directly from the vegetable kingdom. In protose we certainly have a step in the fulfillment of this prediction.

INTROSPECTION, the common habit of many who have deteriorated in health, the habit of attempting to analyse every feeling, of being on the alert for any new symptom, is absolutely disastrous to progress on the road to well-being and happiness.



Questions
and
Answers

Condiments.—Do condiments improve the digestion?

Ans.—No. They irritate and thus temporarily increase the flow of gastric juice, but this irritation gradually results in complete debility of the stomach. The high seasoning of foods leads to intemperance in eating, and also paves the way for the use of spirits. Besides this it perverts the sense of taste, so that simple foods taste insipid. The sense of taste was given us to add to our pleasures, and to distinguish between wholesome and unwholesome foods, and cannot be used merely for sensuous gratification without debasing and perverting it. Condiments should never be used.

Pimples.—What remedy would you recommend to rid the face of pimples that a clear skin may be obtained?

Ans.—Pimples on the face cannot be removed, and a clear skin obtained merely by making local applications. Pimples are always associated with indigestion. They are usually due to the fermentation of foods in the alimentary canal. The carbonic acid gas, alcohol, and other poisons that are formed are narcotics. They act as local anæsthetics partially paralysing the follicles of the intestines through which the food is absorbed. When these are paralysed their mouths open a little wider, and permit undigested or partially digested particles to be carried into the circulation. These foreign products are sometimes thrown off by an active skin, which sets up an irritation at the points where the skin is most active as the forehead, etc. This is one of the principal causes of pimples. The only way to get rid of them is to avoid food which readily ferments, such as sugar, jam, soft starchy foods, and soggy poorly baked bread. Frequent bathing with hot water, followed by an application of cold will also be found helpful. The local application of a little baking soda dissolved in water will be of help.

Hair Restorers.—Is rum a good hair promoter? Can you recommend anything better?

Ans.—Anything that induces a freer circulation of blood to the scalp increases the nutrition and promotes the growth of the hair. This is why irritants are frequently used. There is nothing better, however, to promote the growth of the hair than friction to the head with a stiff hair brush, or massage to the scalp. This is a far more natural way to induce a free flow of blood to the scalp. But usually the falling out of the hair indicates general lack of nutrition, so that in order to permanently overcome this difficulty, it is

necessary to build up the general health by a careful nutritious dietary, plenty of outdoor life, etc.

Disturbed Sleep.—Why does a person call out when asleep, and what cure is there for it?

Ans.—This condition is usually due to a heavy third meal eaten, perhaps, only two or three hours before retiring. During the sleeping hours the digestive organs are supposed to be practically at rest. If the stomach is full of food, decay follows. The poisonous products which are formed are absorbed, and by the blood carried to the brain causing irritation, and are apt to produce dreams, unrefreshing sleep, or sleeplessness. By taking but two meals a day with perhaps a little fruit in the evening for the third meal, this difficulty will probably entirely disappear. Only two meals with an interval of six or seven hours between them is preferable.

The Cause of England's Greatness.—England is the greatest nation on earth: it is also the greatest flesh-eating country. How do you harmonise this?

Ans.—England's greatness is not due to the fact that her people are excessive eaters of flesh. England is also the greatest beer-drinking country. We would certainly not conclude from this that her greatness was due to her free use of beer by the inhabitants. The foundation of England's greatness was laid years ago by men of simple and more temperate habits. They have planted, we are reaping. Excess in eating and drinking and luxurious living mark the decline and downfall of nations; it was particularly so with Rome. When the inhabitants of a country lose the power of individual self-control, the nation, like Samson, has been shorn of its strength. Our present greatness as a nation must be judged by our knowledge of the people composing it and its rulers. "Greater is he that ruleth his spirit than he that taketh a city." This is the true test for the actual greatness of any country. The greatest earthly monarch, after passing through various experiences, said, "Blessed art thou, O land, when thy princes eat in due season for strength and not for drunkenness." When people cease to eat and drink for strength, the nation is doomed.

Stout.—I have taken a fair quantity of stout for some time, and it seems to agree with me in regard to adding to my weight, also as a tonic. If I drink it in moderation, is it at all injurious?

Ans.—Yes. Stout is of no food value. It is a product of decay. While it may add weight, the flesh must necessarily be of an inferior quality. Anything containing alcohol has a tendency to paralyse the absorbents, and thus allow them to take up partially digested foods which otherwise would not be absorbed. These cannot be used either for tissue or fuel, and they are deposited in the muscles and weaken them. A gain may thus be made in weight, but this usually means fatty degeneration, instead of healthful tissue. The tissue which ought to be firm and elastic is found to be soft and flabby and prone to inflammatory diseases. Weariness results from very slight exertion. Increase in weight is no indication of increased health, it may be just the opposite. Fatty degeneration of the heart is a very common cause of death in those who habitually use stout, ale, or beer.

Australasian Good Health,

Organ of the International Health Association.

A 16-PAGE MONTHLY,

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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, 475-481 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, 201 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.

A READER of the AUSTRALASIAN GOOD HEALTH who has been in poor health for some time has made the following experiment with good results. He writes,—

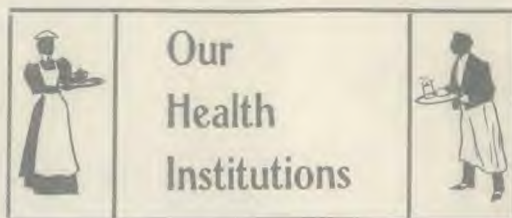
For the past three months I have eaten only two meals a day, morning and afternoon. The quantity of food eaten has been very moderate, consisting principally of well-baked breads, legumes, nut foods, and fruits. Pure water has been my only drink. My hours for sleep have been from 9 P. M. to 5 A. M., with plenty of fresh air in the sleeping apartment. My work is sedentary and mostly mental.

After about three months I find the results so gratifying to myself that I would be pleased to have space in your journal to proclaim to others the good news.

With every healthful wish,

A seeker after good health.

STATISTICS show that out of every one hundred cases of insanity in England, just over thirty-one are directly attributable to drink.



ROCKHAMPTON BATH AND TREATMENT ROOMS.

THE following report comes from the Rockhampton Sanatorium Treatment Rooms, and illustrates what may be accomplished by a proper dietary and rational treatment in many apparently hopeless cases:—

"A young man came to us several weeks ago, greatly emaciated and in a very exhausted condition. He weighed but seventy-five and a half pounds, and felt that he was in a dying condition and could not live many days. He responded so well to the first treatment that we were much encouraged. His diet was regulated to his condition, and daily treatment suited to his strength was administered.

"His gain from the first was almost phenomenal. During the six weeks he has been under treatment he has gained forty-three and one-half pounds. His strength and color returned with the increase in weight, and he has resumed some care of his business, which has not had any attention from him for two years. His improvement was an astonishment to the physicians who had previously treated him. A. A. R."

EXTENSIVE bath and treatment rooms, to be connected with the new Wahroonga Sanitarium, are now in process of erection. This will be without doubt the best-equipped medical institution in Australasia. A few of the means employed will be the world-famous electric light and radiant heat bath for the treatment of chronic diseases; the electric water baths, which have a world-wide reputation for the treatment of rheumatism, gout, etc. Electricity will be employed as a therapeutic agent in all its various forms, also massage and other rational means.

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

JUNE 1, 1902.

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

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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.

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JUNE 1, 1902.

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OR HEALTH HOME.

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

It is under Strictly Regular Management, Regularly Qualified and Registered Physicians, Thoroughly Trained and Experienced Male and Female Nurses.

Special Features.—Conspicuous heating climate, salubrious location, quiet home-like place where Rest, Care, Massage, Electricity is all for us, Swedish Movements, Dieting, Baths, Medicinal Atmosphere, and all the apparatus in modern, cultural, 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 unqualified success. Diseases of the Lungs, Nose, 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 unrivalled place for chronic invalids who need special conditions and treatment not readily obtainable at home.

For further particulars address:

Sanitarium, Papanui,
Christchurch, New Zealand.



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SUBVERTING NEW IS THE TREATMENT OF DISEASE.



THE ELECTRIC LIGHT BATH,

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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 attendants and manipulators of both sexes in daily attendance.

We are agents for South Australia for the *Magis Pulver Inhaler, Vaporizers, etc., Hot Water Bags, Spirit Bags, etc., always in stock.* Prices on application.

Open daily, from 9 a. m. to 5 p. m., except from 10 a. m. Friday to 10 a. m. Saturday.

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