

August 1, 1902.

Vol. 5. No. 8.

THE AUSTRALASIAN

GOOD HEALTH

CONTENTS.

- The Hygiene of Beauty.
- A Cure for Impatience.
- How to Defy the Law of Heredity.
- Appendicitis Due to Meat Eating.
- The Efficacy of Sitz Baths.
- Food for Infants.
- Home-Making and Home-Makers.
- Seasonable Recipes.
- Good Health Tit Bits.
- Questions and Answers.
- Publisher's Page.

Single Copy, Threepence.

Yearly Subscription,
Two Shillings and Sixpence.

PURE
AIR
WATER
AND
FOOD



Published Monthly at the "Good Health" Office,
283 Pitt Street, Sydney, N. S. W.

What Some of the Best People Say of Our Health Foods

AUGUST 1, 1902.

GOOD HEALTH.

The medical opinion of their value is expressed in the *Lancet*, one of the leading medical journals of the world, as follows:—

"GRANOSE FLAKES consist of light brown flakes resembling potato chips, which on analysis present the composition of wheaten flour of a superior quality—that is, flour in which all the essential food constituents are retained. The preparation is undoubtedly nutritious, not merely on account of its composition, but also because the constituents are partly prepared for the digestive process."

SANTARIUM HEALTH FOOD CO., 283 PITT ST., SYDNEY.

How a Leading Educator of Washington, D. C., Regards the Health Foods.
Sanitarium Health Food Company.—
Gentlemen:—Your Health Foods, which I am now trying, are proving all they were recommended to be. The Granose is the finest breakfast food I have ever tried. Food that invigorates, but does not remind one at all hours that his greatest foe is his stomach, is valuable indeed. This I have found to be the case with all of your foods that I have tried.
W. B. CAWELL.

Ella Wheeler Wilcox Uses and Thoroughly Believes in our Health Foods.
Sanitarium Health Food Co.,

Gentlemen:—It has long been my conviction that light eaters make long livers. The regular prevalent idea of a good appetite, which consumes bloody meats and greasy foods of all kinds, three times a day, is filling hospitals and sanitariums with dyspeptics, diabetics, and victims of Bright's disease. For the first time in my life I cheerfully give my name as reference for the excellent and beneficial effects of your Health Foods. I thoroughly believe in them. Could many who are complaining of their ailments be induced to use your foods, I believe it would turn an army of grumblers into cheerful optimists. ELLA WHEELER WILCOX.

The "Vegetarian" of London says:—
"Protose" is an ideal food, and the food Vegetarians have most needed. We suppose there is no one who has not wearied a little now and then of the eternal macaroni, with its soft, unyielding taste, and no one who has not felt that in spite of all editorial remarks to the contrary, Vegetarianism does entail a certain amount of martyrdom. Now such rebellious thoughts are to be banished. "Protose" will be to the aesthetic Vegetarian what ham is to the man on the omnibus—a dish never to be tired of, always inviting, always refreshing.

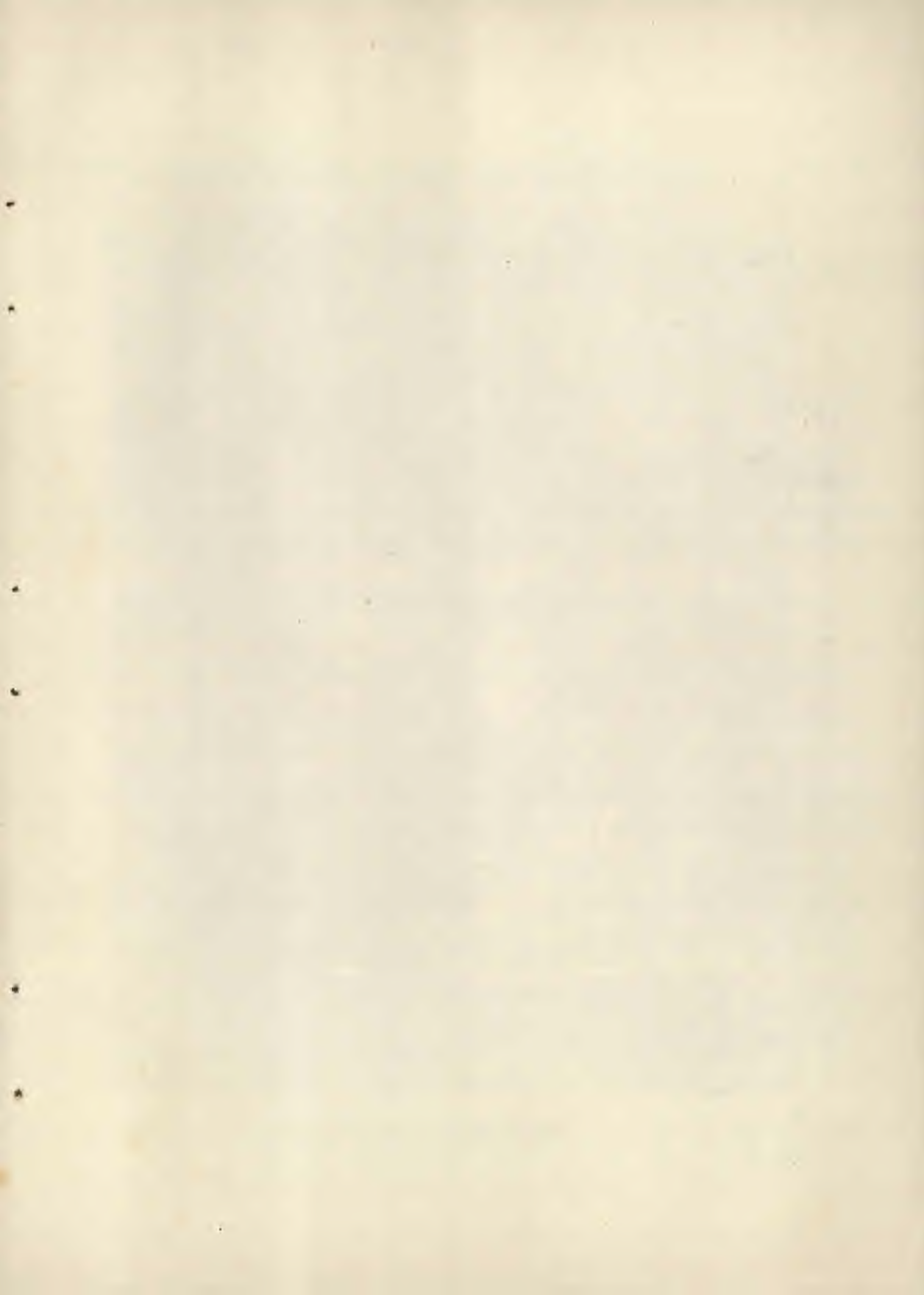
A Professor of the University of Michigan Uses and Highly Commends These Products.

Sanitarium Health Food Co.,

Gentlemen:—We are accustomed to look to you for good things, and I am not surprised that again you have met a long felt want in supplying so excellent a quality of Gluten Biscuit. A pure gluten biscuit I have thought an impossible product, but can say "Eureka." As for Granola, it has long been an indispensable article of food for the members of my own household, and, of course, I frequently recommend it to my patients.

Very truly yours,
W. J. HERDMAN, A. M., M. D.

Professor of Nervous Diseases in the University of Michigan.





When there's Love at Home.

AUSTRALASIAN

Good



Health

Vol. 5.

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

No. 8.

The Hygiene of Beauty.

J. H. KELLOGG, M. D.

"As a man eateth, so is he," runs an old German proverb. Food constitutes the marble, the granite, the strong steel beams and columns, or the wood, hay, stubble, mud, untempered mortar, cobblestones, rubbish, of which that wonderful temple, the body, is built. Eating is a divine ministration by which the Creator puts into our bodies His own energy. This energy is passed down in the sunbeam, and, by the incessant activity of Omnipotence, is woven into the life, strength, and beauty of fruits, nuts, and grains—that portion of nature's great storehouse of energy, the vegetable kingdom, which God has especially appropriated for the use of man.

It is entirely within our power to choose whether we will supply the daily needs of the body for life and energy from sources which are pure, sweet, good, and beautiful, with bread of heaven direct from the divine laboratory in which it is especially compounded for man's use; or whether we will build our bodies of such rubbish as pickles, chow-chow, blistering condiments, dyspepsia-producing pastry, painted confectionery, ices, brandied fruits, putrefying stuffs like cheese and sauer-kraut, the disease-contaminated corpses of animals, with their livers, lungs, kidneys, brains, and other entrails, and offal of various sorts.

The things God made for man to eat are in themselves beautiful, and impart beauty to the eater. The apple, the peach, the plum, the cherry, are beautiful everywhere—on the tree, on the table, in the chubby hand of the baby, set against the teeth of

a rosy-cheeked maiden. An ox, a sheep, a fish, a bird, is beautiful as it stands in life, trembling with throbbing impulses, eyes flashing with intelligence; but lying pulseless, flayed, blood-stained, eviscerated, it is a thing hideous, repulsive, and loathsome. Only when it has been dressed and garnished and disguised by those "layers out of corpses," as Plutarch calls them, "the butchers and cooks," are we able to endure the sight of it. We call these dead things by decent names to hide their repulsiveness. One would scarcely relish beef under the name of "roast ox;" "broiled sheep" would certainly be less appetising than mutton-chop; and who of those that enjoy stewed chicken, for example, would be able with any sort of complacency to pick the bones of a dead mother hen with her young brood peeping close at hand?

What awful depravity of taste permits us to turn away from the delectable things which heaven hands down to us from the trees, in nuts and fruits of infinite variety in form, flavor, color, inviting alike to all the senses, and to plunge down beneath the scum of some stagnant pool to seize a sprawling frog and devour it like a hawk or a turkey-buzzard, or to descend still deeper into the slime and ooze of the ocean bottom to fish out a germ-infected oyster!

The juices of fruits, and especially the acids which most of them contain, are exceedingly valuable for blood purifying. Used freely, fruit stimulates the action of the liver, the kidneys, and the bowels. In this way the body is freed from impurities, the skin is cleared, the eye is brightened, all of the bodily functions are quickened. Grapes, strawberries, peaches, apricots, apples, pears, bananas, and oranges are

especially wholesome. The free use of these fruits is one of the best of all means for removing from the mouth the metallic taste which is indicative of retained excretions, and of cleansing the tongue from the thick coat of germs which is generally found upon it in the case of persons whose skins present a dirty, dingy hue. Many a leathery-skinned dyspeptic has recovered the bloom of health by a six weeks' sojourn among the vineyards of the Swiss Alps, enjoying that most delightful of all therapeutic prescriptions, the grape-cure. The apple-cure, the cherry-cure, the raisin-cure, and other forms of fruit-cures have long been practised in European countries, and to some extent in this country. A fruit diet weeds out the germs which often infest the stomach and make of it a veritable factory of poisons which, diffused throughout the body, paralyse the vital functions, and seriously interfere with the activity of the liver, kidneys, skin, and other excretory organs, besides affecting brain and nerves, sometimes to an extraordinary degree.

For a steady diet, fruit is not sufficiently substantial. It does not contain an adequate amount of the proteid or albuminous elements upon which blood and tissue making depend, but by the addition of nuts to fruit we have a dietary which is perfectly competent to sustain life for an indefinite length of time, and in this combination we have presented, without doubt, the choicest bill of fare which the whole earth affords. Nuts contain not only a sufficient supply of proteids, but fats also, which are usually lacking in fruits, in a form most easily digestible. One of the offices of the oleaginous element is to give to the figure normal rotundity and symmetry. Such nuts as the almond, the filbert, the pine-nut, the hickory-nut, and even the pea-nut, if properly prepared, furnish fat in its most digestible and assimilable form. I have known a lean-visaged, hollow-eyed, dyspeptic woman to gain half a pound a day for several weeks, on a diet consisting wholly of fruits and nuts, with a moderate allowance of bread in the form of well-browned zwieback.

The cereals are among the most easily digestible of foods consisting largely of starch. They are digested chiefly in the small intestine, being broken up in the stomach by the combined action of the saliva and the gastric juice. For prompt

digestion, however, the cereals must be taken dry, and must be so thoroughly cooked that the starch will be, as far as possible, converted into dextrin. It is because of this thorough cooking that the crust of bread is more digestible than the crumb. The twice-baked bread, or zwieback, of Carlsbad, is, without doubt, as helpful to the multitude of dyspeptics who visit that famous Bohemian watering place as are the mineral waters which the patients so conscientiously imbibe.

There is not to be found a hardier, handsomer race than the natives of the Canary Islands, whose chief diet is parched, partially-browned corn, coarsely ground in a rude mill, and mixed with water. Many a woman whose face was disfigured by ugly blotches and pimples, has acquired a skin as fair as an infant's by adopting a diet consisting of granose, nuts or nut products, and fruits.

It must be added, however, that it is easy to spoil the most wholesome and effective beautifying diet by the use of tea or coffee. Even chocolate and cocoa must be discarded, not only because of the poisons which they contain and which tend directly to produce muddiness of the skin by inducing indigestion and inactivity of the liver, but also because their use encourages a habit of swallowing food without proper mastication. It is easy to find plenty of girls and boys from twelve to sixteen years of age with sparkling eyes, ruby lips, and plump, ruddy cheeks, affording abundant evidence that health reigns within; but the girl of twenty or twenty-five who has been brought up in the city and has acquired the habits of the ordinary city girl, presents a very different picture. Thin features, pale lips, yellow teeth, dull eyes, sallow skin, betoken premature decay, not by any means, as is generally supposed, as the result of overstudy or too intense devotion to music or art, but because she has neglected to cultivate health by correct habits of eating, drinking, exercise, and of life in general.

Most people, especially women, desire a beautiful complexion. Too often, however, their interest in the subject of complexion is confined wholly to that portion of the skin which is ordinarily visible, especially the face and hands. This solicitude for a clear, transparent skin is perfectly proper, but it should extend to the whole body;

for such a condition of the skin is one of the signs of health.

A course of life which will produce health and activity of the whole skin will necessarily result in a beautiful facial complexion. There is, in fact, no way by which the skin of the face can be made so certainly and permanently beautiful as by adopting such a regimen as shall bring about health to the whole skin. For this, the daily bath, followed by adequate rubbing, is one of the most essential measures. A warm bath taken at night two or three times a week, and a cold sponge, plunge, spray, or shower bath every morning, is a practice which has wonderful power as a beautifier. The cold morning bath, followed by a vigorous walk in the cool, fresh morning air for fifteen or thirty minutes, will bring color to the cheeks and brightness to the eyes more rapidly than any medicinal tonic known to the *materia medica*.

The person who would become beautiful must recognise every law of health, must carefully scrutinise every habit of life. Adequate sleep as well as abundant exercise, proper diet, and the daily bath, must be recognised as essential, for sleep is nature's great restorer and healer. An abundance of fresh air in the dwelling night and day, proper clothing, especially the avoidance of overheating the body with excessive clothing, and the selection of the right materials to suit the varying atmospheric conditions, are all matters worthy of consideration by one whose ideal is beauty.

Another source of beauty is to be found in the contemplation of beautiful things. Soul culture is, after all, the important consideration. Every beautiful object, as well as every beautiful thought, emanates from the divine Source of all good, hence the sure road to idealistic beauty lies through the channel of absolute harmony with God. The study of the beautiful in art, but especially in nature, the cultivation of noble sentiments, the pursuit of truth, the espousal of every good principle, of every worthy cause, self-forgetfulness, complete surrender to noble aims and purposes, looking into the face of Jesus Christ, seeing Him in all humanity about us, in all the perfections of the universe of life and beauty that surround us, a daily longing, hungering, thirsting to reflect

these graces of heart and mind in the soul, will ultimately lead, as the apostle tells us, to such a change from "character to character," to such an unfolding of grace and beauty, that even the physical frame will be transformed "through the renewing of the mind," and will be illuminated with the beauty which restores in man the image of his Maker.

A Cure for Impatience.

D. H. KRESS, M. D.

WE go to the doctor to be cured of rheumatism, and we resort to prayer to be cured of impatience. Nevertheless, that which is responsible for the one is often responsible for the other.

Rheumatism is caused by the circulation or deposits of irritants, or foreign products, in muscles, or muscle sheaths. When the muscles are moved, friction is produced as they glide over each other; this sets up an inflammatory process and pain. When these pains appear, the patient consults a doctor. The doctor says, You had better abstain from the use of sugar, jams, puddings, and food containing sugar. Also use in great moderation soups, porridges, and other soft, starchy foods. He recognises that sweets and soft, starchy foods readily undergo fermentation, thus forming the acids and irritants that are largely responsible for this disease. He also recommends the disuse of flesh foods on account of the uric acid and the large quantity of waste or foreign products they contain. Tea, he tells his patient, if he is an up-to-date and intelligent physician, you must entirely discard, because tea makes dyspeptics, interferes with the process of digestion, and favors fermentation, then besides, it contains a poison very similar in character to uric acid, called theine.

The patient follows out the directions given. In a short time the system will unload some of these irritants, and the pain will cease. He will ever after thank the physician for the kind advice and good counsel.

Impatience is due to the same irritants and foreign products which cause rheumatism. By their circulation through the brain, rasping the delicate brain and nerve cells, the nerves are set on edge. The least noise irritates; everything appears to go wrong; home is made very unpleasant

by such an inmate. All the sweetness of home life is destroyed. It is hard often for the person to believe that the trouble all exists with himself. He feels a terribly abused individual, a persecuted saint, of all men most miserable. No matter where he may be he will feel abused. He would feel abused in heaven itself. The music of the harps would grate upon his nerves, and the angels' voices would be thunder to him. He goes to the Lord in prayer, and pleads for the needed grace to be patient. I do not say that it is impossible for such a person to be kept patient, but he is on a constant tension, and must be constantly on guard. It is possible for a person covered from head to foot with mosquitoes to live and receive grace to endure, but certainly life would be made more pleasant by having the mosquitoes brushed off. In the same way, life would be more pleasant, and it would be much easier to be patient, by having the blood cleansed from these irritants. The same good advice given to the rheumatic patient will be a help to the impatient patient, for that which is responsible for the one, is largely responsible for the other. Very frequently the Lord answers such prayers by pointing out the causes of impatience, and then calls upon us to remove the causes. Human hands had to remove the stone from the grave of Lazarus before the words could be spoken, "Lazarus, come forth." We must cooperate with nature and do all that human hands can do, then our prayers will be answered, and we shall be able to testify, "Faithful is He that promised who also will do it." We shall ask and receive.

MANY a Christian is trying to do by prayer that which cannot be done except through corrected diet.—*Talmage*.

EAT ye that which is good, and let your soul delight itself in fatness.—*Bible*.

THE rule of long life—the elixir of life—is very simple. The poorest man in the world, as well as the richest, can have it. It is to eat plain food, masticate it thoroughly; drink enough pure water to help make good blood and to cleanse the system; bathe often; take plenty of exercise; sleep in a well-ventilated room; and work as hard as you like.

How to Defy the Law of Heredity.

DAVID PAULSON, M. D.

THOUSANDS are constantly resorting to the courts to secure what they consider their just and legitimate inheritance, and frequently after a long and bitter struggle, they fail to obtain it.

There is another kind of inheritance to which it is not so difficult to secure a clear title, and strangely enough, no one seems to be anxious to take it away from the true heirs, and that is the legacy of a well-marked tendency to such diseases as epilepsy, consumption, Bright's disease, neurasthenia, and other maladies in the same category.

Nature gives this inheritance in installments, and the heir secures the first payment when he places an application for the same by a violation of some law of nature. Dr. G. M. Hammond, the noted New York nerve specialist, has observed as a result of an extensive experience with hundreds of epileptics, that there had existed invariably, except when it was due to some injury to the head, indications of the same from earliest childhood in the way of spasms during teething, or convulsions on such slight provocations as an attack of mild fever. Their nervous systems were "loaded with epilepsy" from birth, and all that was necessary later in life, in order to pull the trigger so that they would go off into a true fit, was merely, in some instances, a family reunion where "mother's cooking" was demonstrated at its best,—or, from a hygienic standpoint, at its worst,—and the following night the unfortunate mortal would have his first epileptic attack. Next time it required less irritation to provoke a seizure, and very soon they came so readily that he could not tell what brought them on. Who can tell what might have been the brilliant future in store for such a man if he had cultivated health instead of Thanksgiving or Christmas dinners?

Here is a poor, hollow-chested, thin-faced clerk. He has the misfortune, according to Dr Holmes, of being an omnibus in which all his consumptive ancestors are riding. What can he do?—Why just shake off their ghosts, and as the plants can grow upward in spite of the law of gravitation, so let him defy the laws of

heredity by so thoroughly obeying the laws of health that no one shall have further occasion to say of him, "His father ate sour grapes, and his teeth are set on edge."

It is safe to say that if humanity labored one half as hard to rise above the consequences of a miserable and bankrupt physical inheritance as they do to secure their financial legacies, they would not only be equally successful, but in many cases far more so.

Appendicitis Due to Meat Eating.

A RECENT telegram from Paris announces the fact that the celebrated surgeon, Dr. Lucas Champoniere, has ascertained that one of the principal causes of appendicitis is the free use of flesh foods. Dr. Champoniere was appointed by the Parisian Academy of Medicine to investigate the cause of appendicitis, and embodies the above statement in his report to the Academy.

It is exceedingly fortunate that so distinguished an authority as Dr. Louis Champoniere, whose fame as a surgeon is world-wide, has personally investigated this matter, and learning the truth, has announced it to the world over the authority of his great name, as it may be hoped, that coming from such a source, this startling statement may receive the attention which it deserves, and may prove another important link in the long chain of irrefutable scientific facts and arguments which clearly point to the immense damage to the human race resulting from the habitual use of flesh foods. Thousands of intelligent men and women in this country are already convinced of the evils of habitual flesh-eating, and are rapidly curtailing their butcher's bills, and this new evidence against animal flesh as a food will unquestionably lead many to banish flesh of all kinds from their tables at once and forever.

A FIRE burns low not only from want of coal, but still more frequently from getting choked up with ash; and if you want it to burn briskly, you do not merely put the coal on, but you take the poker and stir the ash out. In perhaps nine cases out of ten of your wealthier patients, it is not the coal scuttle that is wanted, but a poker to clear out the waste products.—*Brunton.*

It is a serious question whether the advancing civilisation with its physical deterioration has added to or detracted from the sum total of human happiness. Only a few years ago the proportion of insane in the State was one to 1500. Dr. Rogers of the Logansport Asylum, in a plea for enlarging the capacity of that institution, said that we must provide accommodations for one insane person out of every 650 inhabitants. Surely the time may come, predicted by Oliver Wendell Holmes, when the sane will have to occupy the asylums to protect themselves from the insane.

It is quite customary for parents to move to towns and cities to educate their children—educate them in what? and for what? and what is education anyhow? If it is to strengthen the mind and weaken the body, to stuff them with knowledge with no wisdom to apply it, I object; if to dicker off health for book knowledge, I protest. If it is to develop the physical as well as the mental, as is suggested by the modern gymnasium in connection with college; if it is to teach the simpler modes of eating, sleeping, and exercise of our ancestors, the art of living according to nature's laws; if it is to fill the mind with such principles as will make coming generations healthier and therefore happier, happier and therefore healthier, to develop brawn as well as brain, I approve.

A cultivation of that genius of industry which in the race of life comes out far ahead of every other type of genius is much to be desired. A healthy body is essential to a healthy mind. A healthy body without a healthy, pure, and happy mind is unthinkable. Matthews, in his little book entitled, "Getting on in the World," remarks that in all professions, in all departments of business and trades, the race of life is being so hotly contested, that if one stops to tie his shoe-strings he will be run over.—*Joseph Eastman, M. D., L. L. D.*

Six hundred and fifty thousand pounds of tea are consumed in Britain every day, which gives 5,200 gallons a minute, night and day, throughout the year. The tea drunk in Britain in a year would make a lake two and three-fifth miles long, one mile wide, and six feet deep.

The Efficacy of Sitz Baths.

By the term "sitz bath" is meant a half or hip bath—a bath taken in a sitting position.

The most comfortable tub for taking this bath in is one sold for the purpose, called the sitz-bath tub; it has the back raised ten or twelve inches higher than the front, and slopes backwards a little to support the back of the patient. In front, the patient's feet can touch the floor. When the regular sitz-tub cannot be obtained, a common wash-tub answers the purpose almost as well, provided it be elevated at one part by means of a piece of wood.

In addition, a bucket is needed for the feet. The water in the tub should be



SITZ BATH. FIG. 1.

deep enough to cover the hips, and to come well up over the abdomen when the person sits in it.

Let the patient undress; fasten a small sheet about the neck, and allow it to fall over the front of the body. She now steps into the foot-bath or bucket, and, with assistance, sits back into the hip-tub, being careful to keep the sheet dry, for it soon gets cold and uncomfortable if it is allowed to get wet. Cover the patient with a blanket, tucking it well about the shoulders and legs. A cold, damp cloth should be at once placed on the head, and kept cold by re-wetting; if obtainable, ice water is the best.

The sitz is given for various purposes. In all chronic congestions or inflammations of the abdominal or pelvic organs, and in diarrhœa, dysentery, and hemorrhoids (piles), it is invaluable. Congestion of the brain is much relieved by this measure of treatment.

The temperature and duration of the hip bath must be varied according to circumstances and the condition of the patient.

Sitz baths may be cool, warm, or hot, and may be continued from five to thirty minutes according to the kind of bath, and the morbid state for which the treatment is given.

The cool or cold hip bath is a powerful tonic, improving the condition of weak abdominal muscles and relaxed internal organs. It is of great use in menstrual disorders, when the periods are too frequent or the amount excessive. Let the sufferer sit for five minutes in water of 90 deg. F., with the feet in water at 100 deg. Cool the bath to 85 deg., and in five minutes more to 80 deg., or even lower, allowing the individual to remain in the water at this lowest temperature from one to two minutes.

To cool a sitz bath, dip out part of the water from the tub, without wasting too much time; then, having a bucket of cold water near by, the attendant uses one hand in the tub for mixing the cold and warm water together, while with the other hand the cold water is added. Be careful not to pour the cold water on to the patient, or an unpleasant shock is experienced. The hips and trunk should be well rubbed by the patient before she leaves the bath.

The warm sitz is both relaxing and sedative in effect. At the commencement the temperature should be about 98 deg. F. After five minutes, heat the bath to 103 deg. In five minutes more, reduce the temperature rapidly to 85 deg., and in one or two minutes the patient should be taken out and dried well.

When a purely soothing effect is desired, the following method of administering the treatment will be found efficacious: Have the foot bath 102 deg., and the main bath about 100 deg., and leave the patient in the bath for ten or fifteen minutes. A nervous, tired, and restless person rapidly feels soothed and rested.

The hot sitz bath is very stimulating. The foot bath should be at 105 deg.,

while the hip bath itself should be started at 100 deg. Add hot water every few minutes until from 106 deg. to 110 deg. of temperature are reached. Great care must be exercised to keep the head thoroughly cool. Deep-seated pelvic or abdominal pain is much relieved by this treatment. The patient may be left in the bath fifteen minutes, but should be watched in case of fainting. If continued too long, the hot sitz is exhausting and very exciting.

When an eliminative effect is desired, give several glasses of hot water to drink, and cover the patient with several blankets. As soon as free perspiration has been induced, wrap a sheet around the patient and a blanket over the sheet, and



SITZ BATH. FIG. 2.

put the sufferer in a warm bed. Cover well with blankets, and after free perspiration, cool by means of a sponge bath. In the early stages a cold can be rapidly broken up by this measure alone.

During pregnancy, a warm sitz taken three times a week is very beneficial, removing unpleasant symptoms, and rendering labor less difficult.

In dealing with feeble or aged people be very careful not to apply great extremes of either heat or cold.

A VEGETARIAN is simply one who chooses to select his diet from the original bill of fare that God gave to Adam, which, as is readily conceived, consisted of the choicest products of the earth,—luscious fruits, nourishing grains, and nuts, the very quintessence of nutrient material.

If a man chooses to subsist upon these choice, refined, delicious products, rather than to add the creeping things, which were never intended to be eaten, and the herbage, designed for animals with multiple stomachs, which Noah was given permission to swallow but never commanded to eat, why should he be held up to ridicule?

WE catch health night after night. We waken three hundred and sixty-four mornings in the year and find that we have contracted new life and health while we slept. Shall we complain, then, if we waken one morning in the year, and find, perchance, that we have failed to catch health, and have a "cold," perhaps purely as a result of our own neglect?

SYDENHAM believed that "every disease is nothing but an endeavor of nature to expel morbid matter of one kind or another by which her healthy operations are impeded, and needs to be assisted, not obstructed, in her efforts, which should be carefully noted, and the remedial process promoted in every way possible." Sydenham supposed that in fever there was a poison somewhere in the blood, which must be expelled, and regarded the febrile

action as not in itself destructive, but curative.

ONE of the most beautiful and inspiring facts of nature is that life shall be sustained by life; that God has provided life for us to eat; that the natural food for man and beast is such as can be eaten, digested, and assimilated without even a vestige of decay or the touch of death; that, full of life and life-giving power, it shall pass on the way marked out for it by the wisdom of God until it becomes changed from the fruit, the grain, the nut, the vegetable, into blood, bone, tissue; into action, impulse, purpose; into thought, word, song; into love, praise, worship, life,—life eternal, full of a satisfaction here, which is but a premonition of the joy of immortality.



The Home

Food for Infants.

LAURETTA KRESS, M. D.

IMPROPER feeding is the most active cause of infantile disease. A great deal of suffering, and many premature deaths result from digestive derangements.

How many puny children with shrunken, wasted frames would quickly become happy, healthy, and well-nourished, if fed according to their requirements. There is rarely any lack of food, for mothers are only too willing to provide for their little ones; it is for want of food which they can digest and assimilate that so many suffer.

The pernicious habit of cramming something into the child's mouth every time it is opened is responsible for endless mischief. Regularity is a necessity in infant-feeding, and the frequency of the meals must be determined by the physical condition of the child.

Few children cry from hunger; pain resulting from over-feeding is a much more likely cause, and a little warm water internally, or a warm application externally, will usually give speedy relief. Whatever is done, more food must not be crowded into the stomach merely to hush the child's voice. Many a voice has been forever hushed in this way.

Do not endanger the life of your child by feeding it on the various condensed milks. At Beaconsfield, South Africa, where children are largely abandoned by mothers and left to the care of others to bring up on artificial foods, the mortality among children under one year of age in 1899 was 83 per cent.; 830 out of every 1,000 die before reaching the age of one year. At Port Elizabeth the mortality was 64 per cent.; at Cape Town, 50 per cent.

Milk obtained from the purveyors, dairy-men, or milkmen, should not be relied upon, as it is often a carrier of various diseases, and is always adulterated with preservatives which are injurious and especially dangerous to the structures of the feeble

infants. As high as eleven grains of bo-racic acid have been discovered to the pint of milk. It has been acknowledged that the milk trade would have to be abandoned if the preservatives were not used, as the milk would spoil before it could be delivered at the homes of our cities.

The best food for babies is undoubtedly mother's milk. Whenever possible, infants should be nursed for eight or ten months, but not longer. Children who have inherited good constitutions do not require more than five meals—four in the daytime and one at night—in each twenty-four hours, except during the first two months of infant life. Between the fourth and eighth months the interval should be prolonged to five hours, and at the end of the first year only three meals a day need be provided, the child being allowed to sleep soundly all night.

To break a child of night nursing, a little warm water may be administered in the bottle in place of the customary milk; the baby will drink freely and then drop off to sleep again.

Feeble or premature children must be fed rather more frequently than those of sounder constitutions, and they require extra care.

Never allow an infant to sleep at the breast or with a feeding-bottle in its mouth; let it stop eating as soon as its hunger is appeased. Science rightly condemns the baby "comforters," so commonly employed in the Colonies, because they cause a waste of saliva and are conducive to the acquirement of bad habits. This constant suction is responsible for the frequency of posterior nasal growths and enlarged inflamed tonsils. Nor is it advisable to give sugar, teats, or sweets to soothe a crying child. Some mothers administer sugar and water the first few days of life, but this practice causes spasms and similar disturbances. Herb teas are unnecessary and often harmful. Plain water is by far the best drink for young children.

ARTIFICIAL NOURISHMENT.

When the mother is unable to suckle her child, so that artificial feeding becomes a necessity, cow's milk, properly sterilised and diluted, is the best substitute. Since it is hard to keep the nipples and tubes of feeding-bottles clean and free from germs, it is much better to teach the baby to eat from a spoon. Although more of the mother's time is taken up by this method, the results justify its expenditure.

At the third or fourth month, sanitarium infant food, zwieback (twice baked bread), finely grated or powdered, or pulverised granose flakes, may be added to the milk. These products are much more easily digested than the majority of so-called "infant foods," and are certain to be pure and unadulterated.

The present is an age of commercial fraud. Notwithstanding the stringent laws against food adulteration, this nefarious practice is on the increase. During the summer months milk is very subject to the addition of flavoring matter and preservatives. Hand-fed infants, dependent as they are upon milk and milk preparations for subsistence, are the chief sufferers. Milk unsterilised is quite unsafe, and should never be used.

THE WEANING PROCESS.

The proper time for weaning is from the tenth to the twelfth months, the change of diet being made gradually. When the child reaches the age of nine months, commence to feed the child on nicely toasted granose flakes, a small dish at the beginning of each meal. Occasionally simple soups, and ripe or stewed fruits, for the regular meal, may be substituted. Adopting this plan when the infant is twelve months old, nursing may altogether cease without being missed greatly by the child.

Very gradually additional articles may be introduced into the daily bill of fare; but meats, cheese, coarse vegetables, tea, coffee, condiments, spices, pastry, rich puddings, and all other substances difficult of digestion must be studiously avoided.

Nearly all children crave fruit, and this is perfectly natural. Ripe fruit and all kinds of fruit juices may be provided abundantly, for they are well adapted to the digestive organs of the young. The scraped pulp of raw apples or pears, ripe peaches, and in fact any of the semi-tropical fruit products may be freely eaten at the

regular meal time; for the fruit pulp furnishes just the material needed for the plump little bodies so characteristic of early childhood.

The craving for sweets by the child is also a natural one, and should be satisfied, not with lollies however, but with wholesome sweet fruits, as the fig, the date, the well-ripened banana, the persimmon, etc.

The free use of cane sugar and lollies by children is undoubtedly largely responsible for the prevalence of decayed teeth among the young.

Home-Making and Home-Makers.

TO THE true man or woman there can be nothing more agreeable on earth than the business of home-making; and all who are not home-makers miss the best part of their mission in life. Whoever makes a home, in the best sense of the word, is a real benefactor to the race; for every true home is the abode of joy, peace, happiness, and security to those that share in it, and exerts an influence that is incalculable for the amelioration of the whole human family. Many a prodigal has been led by the thought of home, and the makers of his own particular home, to repent of his sins and to change his course in life; and many an unfortunate one has been saved in the evil hour from suicide, or worse, by the tender recollections of home, a fond mother's prayers, an indulgent father's counsels, or a sister's or a brother's tenderness.

Yes, whoever helps to make a true home confers a benefit on mankind that no man can fully estimate. Indeed, the influence of the true home for good is absolutely incalculable, and reaches many even that never enter its inner circle. Simply to get a glimpse of it is to receive an impulse toward better things, to obtain a more exalted view of life, and to have an increase of faith in God and confidence in our fellow men. It is like a vision of the glories of the new Jerusalem and the everlasting habitations, and no one can be wholly bad who has seen such things.

In most cases a man or woman is what home influences have made him or her; and the person who has not enjoyed a good home in childhood is always at a disadvantage, and is indeed greatly to be pitied for having been deprived of so

much of life's sweetness and brightness, and knowing nothing by actual experience of a mother's gentle sympathy or a father's loving care, or of the innocent pleasures which kind parents know how to provide in the home circle, and which, far beyond anything else, make childhood the happiest period of life.

There are many things to be considered in genuine home-making, but the great essential—that without which everything else amounts to nothing—is unselfish affection in the home-makers. Selfishness and unkindness are the chief home destroyers, and must be sleeplessly guarded against by those who wish to make and keep happy homes; for where either holds sway, true home life is an impossibility. Love and kindness constitute the tie that joins the members of the home circle in a joyous and harmonious union of souls; and these all true home-makers will diligently cultivate. It is warm-heartedness, first, last, and all the time, that the successful home-maker needs.—*Good Health.*

A CERTAIN woman was fined for drunkenness. It was found to be the thirty-ninth time that she had been so fined. The judge asked her if she wasn't intoxicated most of the time. She said she didn't know; she didn't keep any count. Then she asked a question which it would seem might have been hard to answer: "If you don't want folks to get drunk, why do you license people to make them drunk?"—*R. M. Alden.*

We want women who are able to make the home better, bake their own bread, make their own dresses and aprons, keep the house tidy and the children clean and sweet, and whose names will be written, not in brass, but in the great life-book by Him who knows the heart, and who judges, not severely, but justly. You think there are no women like this? Plenty of them. But they hang out no sign to tell you of their virtues and their learning, unless you can call a sweet manner, a womanly presence, and a sympathetic word a sign. They are to be found everywhere; in the shops, among the workers, and even among the very poor of earth, for to be born poor does not by any means necessarily mean to be born bad.—*Boston Gazette.*

Seasonable Recipes.

L. K.

NUTTOSÉ WITH GRANOLA.—Chop half a pound of nuttose quite fine. Mix together two cups of granola and three of warm water. Season with a little salt, pulverised sage, and minced parsley or celery. Put alternate layers of seasoned granola and nuttose in a baking dish, finishing with nuttose. Pour over this one cup of water, press together slightly, and bake in a moderate oven until lightly browned. It can be served with brown sauce.

MACARONI BAKED WITH GRANOLA.—One cup macaroni; one cup granola; one tablespoonful nut butter. Break in pieces, about an inch in length, sufficient macaroni to fill a large cup, add salt, and cook until done. When done, place a layer of macaroni in the bottom of a baking dish, and sprinkle over it a scant teaspoonful of granola. Add a second and third layer, and sprinkle each with granola. Then pour over the whole one tablespoonful of nut butter dissolved in a pint of water. Care should be taken to arrange the macaroni loosely in layers so that the sauce will readily permeate the whole. Bake for a few minutes only. Cream may be substituted for the nut butter and nuts.

CELERY TOAST.—Cut crisp white portions of celery into inch pieces, simmer twenty minutes, or until tender, in very little water; add salt and one cup of rich milk. Heat to boiling, and thicken with a little flour rubbed smooth in a small quantity of water. Serve hot over slices of zwieback previously moistened.

DATE SANDWICHES.—Spread thin slices of brown bread with nut butter, then with chopped dates mixed with walnut kernels, which have been crushed with a rolling pin. Place the two slices together and serve.

NUTTOLÉNE FONDU.—Stir one cup of biscuit crumbs into one cup of milk, add three-fourths of a cup of chopped nuttoléne and the yolks of two eggs. Stir together well, and lastly add the beaten whites of two eggs, and salt to taste. Turn into a baking dish and bake twenty or thirty minutes.

BAKED LENTILS WITH WALNUTS.—Cook one pint red lentils until they are well done and quite dry. Add one-half teaspoonful salt, one pint stewed tomato, one cup ground walnuts, and one one-tablespoonful of nut butter. Mix all together well. Pour into a baking dish and brown in the oven.

PARSNIP BALLS.—Boil in salted water till very tender enough parsnips to serve the family. When done, mash well with a fork, season with salt. Add two well beaten eggs and a little flour. Form into small balls, and bake in a quick oven on an oiled tin. Turn so that they will be well browned on both sides.

STUFFED POTATOES.—Bake nice large potatoes until well done. Cut off one end, remove the pulp, and mix with one-third mashed nuttose, a little chopped onion, and salt to taste. Fill the potato with this mixture and serve at once.



Good Health Tit Bits



"PICTURE the wondering, thirst-famished cattle,
Dazed by the street traffic's deafening rattle:
Mid the clatter of hoofs, and the roar of the
wheels,
With drivers and dogs close on to their heels,
And think, as you look in each terrified face,
'Tis the fear-stricken food of a civilised (?) race,
A people CALLED Christians in motive and deed,
With kindness to animals part of their creed."

GEORGE KEITH is authority for the statement that in Buenos Ayres, where the people consume a great deal of meat, anæmia, rheumatism, and neuralgia are frequent.

MORE doctors, it is claimed, are kept busy in Australia than in any other country on the planet. Australia also consumes more meat per capita than any other country. Anæmia, rheumatism, and neuralgia are also the most common chronic diseases.

CAREFULLY conducted experiments have shown that gentle exercise favors digestion by increasing the amount of hydrochloric acid produced. Exercise also aids the stomach in moving forward the food into the intestines, while sedentary habits, especially sitting in a cramped position, interfere with important processes.

DOMESTIC animals furnish evidence that colds are infectious, declares *Omega*. Cats seem to be specially susceptible. Probably they often bring home from their nocturnal rambles those mysterious catarrhal attacks which so rapidly run through the house. It is an old saying, "The cat is sneezing; we shall all have colds." Sheep, too, are liable; a whole flock may show that curious eruption around the lips which we know only too well as one of the most unpleasant accompaniments of a bad cold in the head.

"THAT we may continue to be of use in the place in which God for some wise

reason has put us, let us wisely keep in our hands a reserve power of bodily and mental vigor, produced by a careful balancing of the hours of sleep with the hours of work. We do not know to what struggle or sorrow we may be called. Let it never find us too weak to accept it as we should."

EVERY life has its dark days and its darker hours. If we would have others to make and put sunshine into our hearts and lives, we must think of some one else whose lives we can make happier by word or deed. It is really the best source of happiness. Happiness consists in making others happy.

A SPENDTHRIFT of health is one of the most reprehensible of spendthrifts. In college the youth are taught all about the motions of the planets as carefully as though there might be some danger of their getting off the track if their orbits could not be traced by every senior student in the school; but about their own personal organisation, and the conditions indispensable to the healthful maintenance of the bodily functions, they are left in profound ignorance. What wonder is it that earnest students often ruin their health by overtaxing their brains, while their muscles are almost unused. Teachers and parents must guard this matter much more carefully than has been done in the past. Educated and useless wrecks are met so frequently in these days of keen competition that the youth must be warned, and, if warnings are not heeded, then actually restrained.
—*Horace Mann*.

"WHY, doctor," said a friend to a vegetarian physician, "I never saw anything like it, you work like a horse!"

"That's because I eat like a horse," retorted the doctor, "simple food, and not too much of it."

AN Italian physician, Dr. Camara Pestana, who was at Lisbon making a special study of the plague, and who himself died of it, said just before his death, "The plague is a disease which is not understood by the doctors of to-day. They know no more about it now than in olden times." That is doubtless true; but there is a reassuring fact, and that is that the plague may be successfully guarded against by strict observance of the laws of life. To know how to keep well is worth more than all the knowledge in the world of how to treat disease.

If you have a sore throat, or a sore mouth, or a bad cold, or a chronic catarrh, don't kiss a healthy, innocent one on its mouth, and thereby incur the risk of communicating to it a disease which may terminate its life. The fashion of passing a baby round to be kissed by anyone who may take a fancy to do so is always foolish and sometimes fatal. Strangers should not be allowed to kiss the little ones. Most loathsome diseases are sometimes communicated in this way.

CHEMICAL elements which compose the tissues are but few in number. The classes of food which supply these chemical elements are only three or four, yet the combination with which we undertake to supply this material is often complex and incompatible. This error comes about by falsely educated taste and custom. The supplies of nature for the food of man are very abundant and variable, but this does not indicate that they should all be mixed together in one dish, or in several dishes, and placed at the same time in the human stomach. Probably no one practice is so deleterious to the welfare of the digestive organs, or lies at the foundation of so much dyspepsia and poor nutrition.

IN experiments made by me in 1893 it was demonstrated that the cholera bacillus is infallibly killed by exposure to direct sunlight for an hour or two; and the distinguished German bacteriologist, Dr. Robert Koch, has shown that the bacillus of consumption—tubercle bacillus—is destroyed by similar exposure in a time varying from a few minutes to several hours—depending upon the thickness of the layer of material in which it is imbedded. The facts stated furnish a scientific basis for

practical disinfection, and it is evident that when sunshine is available, no chemical agents are essential for the destruction of disease germs. Any article of food or drink which has been heated for a few minutes to something near the boiling point of water is absolutely safe as far as any danger from disease germs is concerned; and any article of clothing which has been put through the ordinary operations of the laundry is as safe as if it had been placed for an hour in an expensive steam disinfectant or immersed in a strong disinfecting solution.

It will be seen that scientific investigations fully justify the practice of good housewives, who at frequent intervals expose their blankets and articles of woollen clothing, which cannot be placed in boiling water without injury, to a prolonged sunbath; who scald out milk pans and kitchen utensils, and place them in the sun to dry; and who open up their sleeping apartments for the admission of sunlight and fresh air. The fresh air displaces the air which has been confined in the room and sweeps out into the sunlight many disease germs which may be suspended in it.—*Surgeon General G. M. Sternberg, U. S. A.*

THE Electro-Hydropathic Institute of Adelaide (Victoria Square) reports excellent patronage. The new electric light bath is quite a novelty to the people. The physicians recommend many of their patients to take the baths. This institution is well equipped with modern appliances for the successful treatment of chronic diseases, as rheumatism, gout, Bright's disease, chronic dyspepsia, etc.

If you would raise yourselves above the common level of mankind, you must seek for virtues and not for vices in your fellow men. If you would poison the mind and body, make yourselves miserable and all around you miserable, rake up the vices and shortcomings of all your associates and neighbors. As your life work molds your thinking, and as your thinking molds your countenance, by the time you are forty you will wear the countenance of a pessimist, critic, and hypocrite, and be shunned by all those who love humanity, and are seeking by love to raise their fellow men to a higher and happier plane.

REGARD with suspicion and fear the family butcher.

Questions and Answers.

Appetite.—What can be done to improve the appetite when it wanes?

Ans.—The usual remedy is to take something, a tonic for instance. This is the old-fashioned way, and of course it is the easiest thing to advise or to do. In most cases, however, there are better ways. Often rest and sleep, together with fresh air, are the real remedies needed. Waiting for an appetite to come by going without a few meals, the breakfast, for instance, at the same time doing a little hard work, will generally bring on an appetite quickly. Drinking cold water is another remedy; this acts well in connection with abstinence from food. Overwork when feeble is often a cause of loss of appetite. A change of food is another remedy. Sometimes the regimen has not been varied enough, and the system becomes overburdened with one kind of material, while another kind is deficient. An entire change of food sometimes works wonders. A change of scene, of thought, and of environment is an excellent means to restore a jaded love of food. Out-door exercise, labor, seaside bathing,—all these promote those changes in the body which make a demand for food imperative. These remedies are natural ones, and if rightly used, can do no harm. Of course it requires judgment to decide which ones are needed in each case.

What Exercises would you recommend for a person who has weak lungs, with a history of consumption in the family?

Ans.—One of the first injunctions we should place upon the patient who has any reason to anticipate the development of pulmonary tuberculosis is that he should expand the lungs thoroughly several times every day. In order to expand the lungs draw in the abdominal walls and take a long, deep breath, while the shoulders are carried gradually backward, and the ribs and sternum elevated as far as possible; hold the breath for a few seconds, and then blow it out slowly and forcibly through a small opening between the lips. In this way, not only the air-cells which can be reached by direct inspiration are inflated, but also those at the apices and along the border of the lungs, which otherwise might not be distended. One has only to try this method a few times when out of breath after active exercise to ascertain how much more effective it is than the ordinary method of respiration employed by those who have had no physical training. By a few deep inspirations, such as just described, the healthy individual who has exhausted his breath will find that he can speedily recover it; whereas, by the usual respiratory efforts, he will pant for several minutes before he can obtain relief. Out-door life is always recommended in such cases. Light work, as gardening, etc., is preferable to hard or more vigorous exercise. Welcome the sunlight into the sleeping room during the day and plenty of pure air day and night.

Is meat a necessity in Diabetes?

Ans.—No. There is a right and a wrong way to cure diabetes. It is not to put the patient on a strict meat diet, for this would merely add to the work of the already overwhelmed liver. We may place him on a diet consisting of an abundance of fruit,

which tends to create an aseptic condition of the stomach, and at the same time introduces into the system no poisonous waste products. Gluten in various forms is another safe article of diet, as well as various nut preparations. If these suggestions are carried out, it is rarely necessary absolutely to exclude starchy foods.

What Diet would you recommend for a girl who complains of her stomach, and who does not want to eat any breakfast and very little dinner, but is ready for a heavy meal in the evening if she is allowed to eat what she wants?

Ans.—A dry diet consisting of granose flakes, plenty of fruit, and a moderate amount of nuts, and protose. Bromose will also be wholesome for her. If she takes anything at night it should be fruit only. It is probable that a hearty meal at night so disorders the digestion as to destroy appetite for breakfast and dinner.

What is the best time to drink water?

Ans.—Not with the meals, or immediately before or after. Water taken half an hour before the meals prepares the stomach for the food to be taken, but water should not be drunk until two hours after the meal. Drink only a little water at a time, and frequently. The digestion of food is carried on at a temperature of 100 deg., and a large quantity of cold water lowers the temperature, dilutes the gastric juice and delays digestion, and produces fermentation.

Sleeping after Meals.—Why is sleeping after meals discountenanced?

Ans.—Simply because it puts the system to sleep when certain parts of it ought to be doing good, energetic work. There are certain functions which are always carried on in the system, whether a person is sleeping or waking; but digestion is not one of them. The heart beats and the lungs expand during the hours of sleep with as much regularity as they do during the day. Nature, however, provided that the digestive organs should rest with the other parts of the body, while the person is sleeping; and if they do not have this rest, they will interfere more or less with the restfulness of the other parts. If the digestive organs are put on the strain, or are irritated by the presence of food during sleep, they will give rise to a marked disturbance of rest, and even to the continued working of the mind, though the individual is unconscious. This is manifest by the memory of troublesome dreams and the brain fatigue which some people frequently have when rising in the morning, at a time when they should be the most thoroughly refreshed. Some people become sleepy after meals simply because the stomach and abdominal organs are so congested at that time that they draw the blood downward, and cause anæmia of the brain, and leave it in a state that induces sleep. This, however, is a diseased condition. Either the digestive organs are overtaxed with too great a quantity of food, or abdominal congestion arises from other causes. It is a disease which needs to be treated. While the brain should never be severely taxed after eating an ordinary meal, yet it should be conscious and active. As much harm is liable to come to digestion by having the brain sleep after meals as may come by having it severely taxed by hard mental problems after meals.

Australasian Good Health,

—ORGAN OF—

The International Health Association.

ISSUED

MONTHLY IN THE INTERESTS OF HEALTH AND TEMPERANCE.

SUBSCRIPTION RATES:

SINGLE COPY, Post Paid 2s 6d per year.
 " " " " Foreign Countries ... 3s per Year.

All business communications and orders should be addressed to AUSTRALASIAN GOOD HEALTH, 283 Pitt St., Sydney, N. S. W.

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.

Directory of Sanitariums and Treatment Rooms.

The following institutions are conducted under the general management of the "Sydney Sanitarium Medical and Benevolent Association." The same rational and physiological principles relative to the treatment of disease are recognised at these institutions as at the world famous Battle Creek Medical and Surgical Sanitarium, and they are conducted on the same general plan.

SYDNEY SANITARIUM (will be ready to receive patients in three months), Wahroonga, N. S. W.

AVONDALE SANITARIUM OR HEALTH RETREAT, Cooroo-bong, N. S. W.

CHRISTCHURCH SANITARIUM, Paparua, New Zealand.

SANITARIUM TREATMENT ROOMS, 283 Pitt Street, Sydney.

BATH PARLORS AND SANITARIUM TREATMENT ROOMS, Rockhampton, Queensland.

ELECTRO-HYDROPATHIC INSTITUTE, Victoria Square, Adelaide, S. A.

NOTICE.—The office of the AUSTRALASIAN GOOD HEALTH has moved to a central portion of Sydney. Address all communications, and send orders in the future to 283 Pitt St., Sydney.

The Avondale Health Retreat, New South Wales, also the Christchurch Sanitarium, New Zealand, have been well filled the past six months.

Chronic dyspeptics should never consider themselves incurable until they have availed themselves of the corrected dietary and the rational treatments to be obtained at these institutions.

Rheumatism, anæmia, chronic constipation, etc., are not incurable as a rule when correctly treated.

At the Sanitarium Treatment Rooms, 283 Pitt Street, they have recently added to their other methods of treatment the famous electric light bath. The electric light bath has been for several years largely used in England, the continent, and America in the treatment of various chronic diseases. It displaces many of the older and cruder methods of treating dis-

ease. Some of the advantages of this bath over the ordinary Russian or Turkish bath may briefly be stated as follows: Every ray of light carries with it heat in the form of radiant energy. Radiant heat possesses an immense advantage over heat communicated to the body by means of heated air, steam, or water, in that it readily penetrates the transparent skin and deeper tissue, thus stimulating the sweat centres.

The incandescent lights are arranged in a specially constructed cabinet, surrounded on the inside with mirrors. The patient is placed in a reclining position, the body entirely surrounded with light, with the head on the outside, permitting him to breathe pure air instead of the impure and overheated air he is compelled to breathe in the Russian and Turkish baths.

Perspiration is induced in a few minutes.

The electric light bath is considered by the medical profession as one of the most helpful and beneficial of all the therapeutic measures employed in the treatment of disease.

The business man whose habits are sedentary, finds a weekly electric light bath a wonderful aid in keeping the blood pure and the brain clear.

In both the Turkish and Russian baths the heat has to be intense in order to induce perspiration and elimination. This is in many cases, as Bright's disease, organic heart diseases, etc., harmful and even dangerous, while in the electric light bath perspiration can be induced at a temperature just a little above that of the skin.

Electric water baths, massage, and other electrical and hydropathic treatments are administered by skilled and competent attendants.

Sanitarium Health Foods may be Obtained at Grocers, also at the following Local Offices:

Main Office: 283 Pitt Street, Sydney.

New South Wales Tract Society, 56 George Street West, Sydney, 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, 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.

Cordynia Home-Made Preserves.

Preserved Fruit, Jams and Jellies

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

Traveller Calls All Suburbs, Delivery to Any Address.

Retail Only.
Write for Price List and Samples.

GEORGE HERBERT, South Head Rd., Darling Pt.



Give Your Dear Children

Arnott's Milk

Arrowroot

Biscuits.

The Children's

Health Food.

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.



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 Regular Management. Regularly Qualified and Registered Physicians. Thoroughly Trained and Experienced Male and Female Nurses.

Special Features.—Congenial bracing climate, salubrious location, quiet home-like place where Rest Cure, Massage, Electricity in all forms, Swedish Movements, Dieting, Baths, Medicated Atmospheres, and all that pertain 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 unequalled 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.



ELECTRO-HYDROPATHIC INSTITUTE Victoria Square, Adelaide, S. A.

SOMETHING NEW IN THE TREATMENT OF DISEASE,



THE ELECTRIC LIGHT BATH,

Radiant Light Utilized, and Marvelous Results Obtained thereby.



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 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, Nuttose, 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 £100 per month for skilled labour and we turn out only the best work of all classes.

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

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.