

October 1, 1902.

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GOOD HEALTH

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FOOD



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What Some of the Best People Say of Our Health Foods

OCTOBER 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."

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 lives. 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.

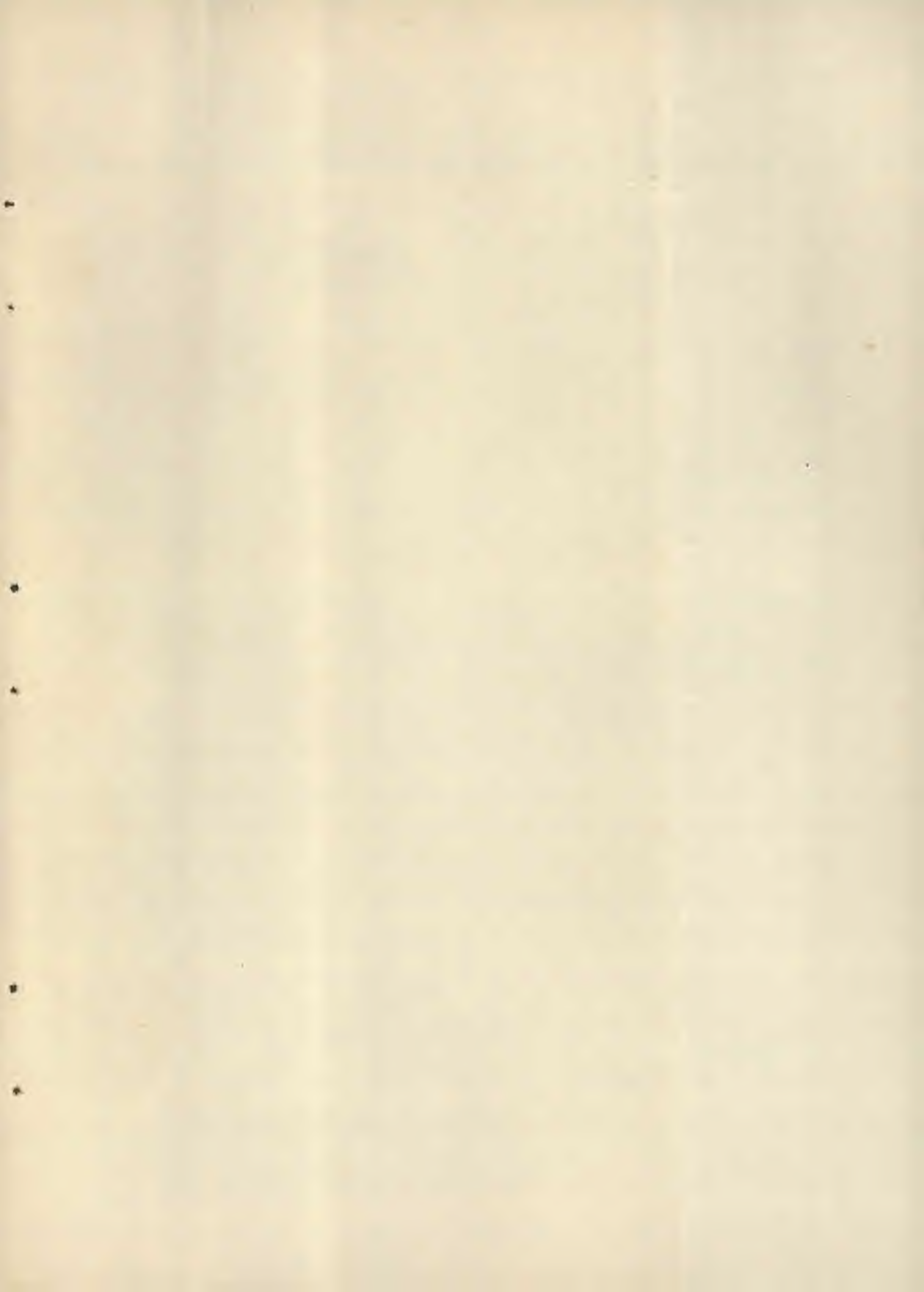
Sanitarium Health Food Co.,

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.





GOOD HEALTH, OCTOBER 1, 1902.

Springtime on the Old Farm.

AUSTRALASIAN

Good



Health

Vol. 5.

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

No. 10.

The Curative Powers of Common Water.

J. H. KELLOGG, M. D.

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

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

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

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

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

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

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

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

When one is weary and exhausted on a hot summer day, instinct—that is, the voice of the divine indwelling intelligence—leads us to seek recuperation and refreshment in bathing the face with cold water. When one is drowsy or dull, he

applies to his face the same cooling bath, and in both cases finds himself aroused, awakened, his wits enlivened, his mental faculties quickened. The pale, weary face looks fresh and alert; the dull, sunken eye beams with intelligence, the depressed mien has disappeared. This is certainly a magical change, yet it is so common that the reader, we dare say, has never thought to inquire the reason for so wonderful a transformation.

THE REASON WHY.

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

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

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

Let us now pause a moment to look at a few examples. We know that the dull, drowsy brain can be awakened to increased and more effective action, by even a cold

bath to the face and head. By means of a cold bath to the entire surface, the whole nervous system may be aroused and stimulated to unwonted activity. Dr. Joseph Parker declares that if he can get a cold bath just before he steps upon the platform, he is master of any audience that can be gathered before him, and he keeps a bath tub in a little room behind his pulpit for the purpose.

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

A PRESCRIPTION FOR COLD FEET.

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

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

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

We may apply both at the same time, as when we apply for toothache a fomentation to the cheek and an ice-bag to the neck under the jaw. We have only enumerated briefly *some* of the wonderful things that water will do.

"YOUR guest didn't make a long visit."
 "NO; she asked us to treat her like one of the family, but when I did so, she left."

Cancer,—Its Increase, Cause, and Cure.

D. H. KRESS, M. D.

DR. ALLEN, professor of anatomy and pathology in the Melbourne University, presents the following statistics prepared from data furnished by the Government statistics with reference to the increase of cancer in Australasia:—

"The number of deaths attributed annually to cancer in Australia has risen in thirty years from 458 to 2,165, and in New Zealand in twenty years, from 138 to 430, the registered deaths from cancer in Australasia during 1900 including 1,407 males and 1,188 females. If we take 100 as the standard for Australia thirty years ago, and for New Zealand twenty years ago, the deaths in Australia have increased to 480 for males and 465 for females, and the deaths in New Zealand to 367 for males and 260 for females. Hospital experience reflects this great increase. I have been pathologist to the Melbourne Hospital for slightly over twenty-five years, and during that time have kept notes of 4,459 post-mortem examinations. During the first five years, 6.8 per cent. of the deaths so recorded were due to cancer; during the second five years, 6.9 per cent.; during the third, 9.1 per cent.; during the fourth, 10.2 per cent.; and during the fifth, 10.4 per cent. Allowance must be made in the first place for increase of population; and it is then found that the Australasian death-rate from cancer for every 10,000 living has risen in the last thirty years, for persons from 2.75 to 5.72; for males from 2.65 to 5.91; for females from 2.86 to 5.30."

Dr. Roger Williams, of Bristol, England, calls attention to the rapid increase of cancer in France, England, and other wealthy countries. The death-rate from cancer in France increased 33½ per cent. within the twenty years preceding 1895, being in 1876, 7.6 per 10,000 of the population; in 1895, 10, or 1 to 1,000. In England, the mortality from cancer has increased from 2.9 in 1850 to 7.5 at the present time.

Cancerous growths usually make their appearance at a point that has been subjected to local irritation or injury.

Cancer of the lip or mouth is common, but is almost wholly confined to men. It is principally caused by the local irritation produced by the pipe or the application of

nicotine. Cancer of the mammary glands is wholly confined to women. No doubt the stiff corsets worn act as an exciting cause by keeping up constant pressure and irritation. Cancer of the stomach and liver is common among both men and women, and is due to local irritation brought about through errors in diet. The free use of pepper, mustard, and pickles, acts as a local irritant. The free use of sugar, jams, greasy foods, and soft, starchy foods, favors fermentation and the formation of products which also act as local irritants and may induce the disease. It usually appears in persons who give a history of dyspepsia. But local irritation only acts as an exciting cause, it can only produce the disease in a cancerous subject, in one in whom there exists a predisposition to this disease. In other words, cancer can only be brought about by local irritation in persons whose tissues are in an inferior and degenerate condition, resulting from the use of inferior and diseased foods. It does not matter whether the person is lean or fat, feeble or robust, all that is needed is inferior tissue and local irritation to cause cancer. When it runs in families, it must not be regarded as a family disease; it can always be traced to bad family habits of eating, drinking, etc.

It is not the disease that is transmitted from parents to children, but an inferior organism, and like causes acting on like organisms will naturally induce like effects.

The difficulty is, children not only inherit inferior tissue from parents, but the habits which are responsible for this inferior tissue, and with them also the perverted habits which are responsible for the local irritation,—the pipe, the corset, the pickles, the pepper, and dietetic errors. The free use of flesh foods is well known to act as a predisposing cause of cancer. The Jewish people are moderate eaters of flesh, and are extremely cautious in the selection and preparation of such foods. Cancer is a disease almost unknown among orthodox Jews. A physician residing on the coast of Mexico, where the people live wholly on tropical fruits and other vegetable products, declares that he never saw a case of cancer among them.

Cancer is almost entirely unknown in North Africa, where the habits of the

people are frugal, and *white flesh* food is very little used. In Sardinia, the death-rate is less than two to 10,000.

An almost equally low death-rate is found in other countries where the people lead an open-air life and make little use of flesh. Vegetarians are practically immune to this disease. In countries where flesh is freely used as an article of food, cancer is prevalent, and has increased with the increased consumption of such food. But vegetarians are practically free from this disease even in flesh-eating countries.

Cancer as a disease, we might say, is practically confined to flesh-eating countries and to flesh-eaters in these countries.

Nearly a century ago, John Bell, an eminent English surgeon, pointed out the possibility that the progress of cancer might be stopped, and the disease even cured, by total abstinence from flesh food. A number of cases were cited in support of this view. Recently a case was reported by Dr. J. H. Kellogg, which confirms the observation of this English surgeon.

A gentleman presented himself to the doctor for the examination of a small sore on the side of his neck, which he stated had existed for some three years. It had such a suspicious appearance that a small piece was snipped off for microscopical examination, and it was shown to be cancer. A specimen was also sent for examination to a distinguished pathologist, who confirmed the diagnosis made. The peculiarity of this case was the slow progress which the disease had made. A few days afterward he reported that the balance of the growth had separated, and the whole had healed over. A week or two later it was very difficult to discover even the site of the sore. On inquiry it was ascertained that soon after the appearance of the sore, the gentleman had wholly discarded meats from his dietary, and had given special attention to the improvement of his health. The result seems to have been that the resistance of his body increased to such a degree that the morbid process was cut short, and the diseased part separated from the body. This gentleman is now, after a lapse of several months, enjoying perfect health.

This case would seem to involve the idea that a meat dietary may be at least a predisposing cause of cancer, and certainly

suggests that persons who find themselves suffering from cancer should at once and forever abandon the use of flesh foods which act as a predisposing cause, and also anything that would act as an exciting cause. Women should discard the corset, wearing the dresses perfectly loose, and men, the pipe and tobacco. Careful attention should be given to the combination of wholesome foods. Indigestible foods and irritants, as pepper, mustard, etc., should be entirely discarded.

Tonic Poisons.

THE numerous medicinal tonics, so-called, are universally toxic in character. Whatever tonic effects may be produced 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 a special weight upon those organs which are most concerned in its elimination, the liver and kidneys. A medicinal stimulant or tonic is simply 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 or tonic 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 restoring power as well as the expending power of the nerve centres is increased, there must be a loss from its employment. Toxic agents may provoke the expenditure of nervous energy, but they do not in any way replace it, while they do, at the same time, 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 the employment of tonic measures; consequently a medicinal tonic aggravates the very condition it is intended to cure.

"THE world turns aside to let any man pass who knows whither he is going."

Accidents and Emergencies.

DAVID PAULSON, M. D.

HEMORRHAGE FROM THE ARMS AND LEGS.

THE first thing to be determined is whether the hemorrhage is from an artery, a vein, or some of the small capillaries. If from an artery, the bright red blood will come in spurts; and in that case, a handkerchief, scarf, cord, narrow towel, or anything of a similar nature should be wrapped around the limb above the injury. Do not lose time hunting around to find a pebble to tie into it, or waste time trying to find where the blood vessel is, so that the knot can be tied immediately over it, as is so frequently advised. Simply tie it around the limb quite closely. Slip under it a lead pencil, a stick, a stove poker, or anything of that sort, and keep twisting it around until the blood ceases to come in spurts, and only oozes slowly. Then sponge the wound with water as hot as can be borne, and the remaining hemorrhage will practically stop. Apply a clean dressing and bandage over the seat of injury. After this has been accomplished, begin to relax the pressure by gradually unwinding the twist. If the hemorrhage resumes very strongly, tighten the bandage again. Continue this experiment occasionally for an hour or more, and if the hemorrhage does not stop, it is because a proper clot is not forming, and a physician will be needed to tie the blood vessel.

All this can be done readily in any case, the necessary appliances being found in any home; so it is almost a crime to allow a person to bleed to death from a wound of the limbs before a physician can be secured. It is well to practise this procedure by putting such a ligature upon a person's arm, and twisting it until the pulse cannot be felt at the wrist; or, if in the lower limb, until it cannot be felt under the knee. A ligature put on tightly enough to obliterate the pulse would suppress hemorrhage sufficiently so that life would not be endangered.

Bleeding from a vein is stopped by a similar ligature put around the limb below the seat of injury.

SKIN WOUND OF THE TRUNK.

This is the result of an extensive abrasion of the skin. It is not a hemorrhage, like that from an artery, but there is simply a general oozing over the entire surface. A

sponge or clean cloth should be dipped in water of about 130 deg. or even 140 deg. Fahrenheit, which is hotter than the hand can be immersed in without great pain.

Without taking any special pains to have it wrung out dry, place it at once over the wound. Almost instantly the whole surface will appear blanched, an effect due to the sudden contraction of all the small blood vessels from the intense heat. After a few moments, the oozing will begin again; then repeat the procedure. Several applications of this kind will generally be sufficient to control such a hemorrhage, which can then be dressed with safety.

NOSEBLEED.

An obstinate nosebleed, which is not controlled by the old-fashioned method of applying ice to the back of the neck or raising the arms over the head, can generally be much benefited by snuffing up into the nose water so hot that it would seem almost certain to scald the mucous membrane; but if, instead of being painfully hot, it is merely warm, it will only increase the hemorrhage. Sometimes nosebleed becomes so severe, however, that the nasal cavity has to be plugged both behind and in front, and this always demands the services of a careful surgeon.

HEMORRHAGE FROM THE LUNGS.

Considering the alarming increase of consumption, and consequently the more and more common occurrence of hemorrhage from the lungs, every person ought to know the best way of dealing with it. The patient should be placed in a semi-reclining posture with an ice compress over the entire area of the chest, and also at the back of the neck, and between the shoulders, the last-named place being the most important, as the great nerve centre for controlling the circulation of the lungs is situated in that portion of the spinal cord. The patient's feet should be placed in hot water, so that while the ice is causing a contraction of the blood vessels of the lungs, the hot water may produce dilatation of the blood vessels of the limbs, thus securing the two most favorable conditions for a speedy termination of the hemorrhage. The patient, who is generally much excited, should be calmed by the assurance that such hemorrhages are not ordinarily fatal. It is but rarely that the

first hemorrhage of the lungs proves fatal; and in the majority of cases, hemorrhages are not the immediate cause of death in tubercular patients. At the end of an hour or so, the cold applications can be gradually taken off. The patient should be kept extremely quiet, and should not be allowed to talk above a whisper for several days after such a hemorrhage, thus giving nature a chance to repair the damage which has been occasioned to the lung tissue.

Cardiac Stimulant.

THERE is no more powerful means of exciting increased activity of the heart, when this therapeutic effect is desired, than by hydrotherapeutic applications. Fomentations over the heart, the application of large hot compresses over the entire chest and trunk, or to other large areas, hot and cold applications to the spine, hot water drinking, and the hot enema, are the most efficient means of stimulating the flagging heart to increased action. The measures named are specially applicable in case of collapse under chloroform and in cases of cardiac weakness in which the disease has not extended to insufficiency of the vessels. Hot applications over the heart should be avoided in cases in which there is a very considerable degree of cardiac dilatation, as in the cases of this sort the indication is for the withdrawal of the blood from the heart through the dilatation of surface vessels by means of revulsive applications to the general surface and carefully graduated exercise, rather than for excitation of the heart muscle.

A very short application of cold to almost any part of the body, but especially to the face or chest, stimulates the heart. The common practice of sprinkling cold water upon the face of a fainting person affords an excellent illustration of the primary exciting influence of cold in rousing the flagging energies of the heart to increased activity.

A Scientific Summary.

THE *Medical Record* gives the following concise summary by Dr. Bienfait, who examined, point by point, the various objections to total abstinence:—

1. IS ALCOHOL A DIGESTIVE?—No, its

ingestion produces a passing exitation, interrupts the proper action of the muscles of the stomach, because alcohol acts as an anæsthetic after having irritated the walls of the stomach, and it drives the blood to the skin, and so hinders the action of the gastric juice.

2. IS ALCOHOL AN APPETISER?—No; it produces an exitation of the stomach, which causes a sensation taken for hunger.

3. IS ALCOHOL A FOOD?—No, it does not correspond to the definition of a food, and the heat that it seems to produce does not serve as actual warmth.

4. IS ALCOHOL HEATING?—No, it causes a flow of blood to the skin, and a lowering of the temperature.

5. IS ALCOHOL A STIMULANT?—In no case, either physical or intellectual.

6. IS ALCOHOL A PROTECTION AGAINST CONTAGION?—No; it predisposes the body to contagion.

7. CAN WE LIVE WITHOUT ALCOHOL? The idea that we cannot live without alcohol is a prejudice that numerous facts contradict.

8. IS ALCOHOL GOOD FOR CHILDREN?—It should never be given to children.

9. DOES ALCOHOL INCREASE LONGEVITY?—According to reliable statistics, alcohol diminished longevity.

ONE of the most unfortunate evil consequences of an early and liberal meat diet, says Dr. Winters, is the loss of relish it creates for the physiological foods of children,—milk, cereals, and vegetables. "A child that is allowed a generous meat diet," he adds, "is certain to refuse cereals and vegetables.

"Meat, by its stimulating effect, produces a habit as surely as does alcohol, tea, or coffee, and a distaste for less satisfying foods. The foods which the meat-eating child eschews contain in large proportions certain mineral constituents which are essential to bodily nutrition and health, and without which the processes of fresh growth and development are stunted.

"There is more so-called nervousness, anæmia, rheumatism, valvular disease of the heart, and chorea at the present time in children from an excess of meat and its preparations in the diet than from all other causes combined."—*New York Medical Journal*.



Good Health Tit Bits



DURING twelve months, 962 tons of meat were seized and destroyed as unfit for human food at Smithfield market, London. That which was not seized, seized and destroyed the consumer.

IF we look down, then our shoulders stoop. If our thoughts look down, our character bends. It is only when we hold our heads up that the body becomes erect. It is only when our thoughts go up that our life becomes erect.—*Alexander McKenzie, D. D.*

HORACE GREELY once said, "The word 'rest' is not in my vocabulary," and he died a worn-out man. There are many men and women who are unwise enough to regard rest as a mere loss of time, and who boast that they are never idle, even when "on a vacation."

THE beer consumed throughout the world in a single year would make a lake six feet deep, three and three-fourths miles long, and a mile wide, or 2,319 acres in area. In it a beer bath could be given to every man, woman, and child on the American continent at one time, while the people of England, Scotland, Ireland, and France could find standing room in its bed.

THE annual expenditure for tobacco alone in the world amounts to the enormous sum of about eighty million pounds sterling. This means one and a half million pounds per week or about one hundred and forty-three thousand pounds per day paid out for one of these necessary things. We can do without food, but we must have tobacco.

THE longer we live in this world, the more we become convinced how little we know. The people most humble in their opinions are generally the best educated. It is an art which only a few of us learn; to be reticent of our own opinion when every one around us is expressing his. Yet this is one of the attributes of the

well educated. Silence often speaks louder than speech.—*Edward W. Bok.*

COLD applications to the upper spine constitute a most excellent measure for checking nose bleed. For hemorrhage of the lungs there is no better remedy than ice compresses over the chest, and hot short fomentations between the shoulders. Care should be taken to cover both lower cervical and upper dorsal regions. The vaso-motor nerves which supply the lungs find exit from the spine in this region, and hence applications made at this point will act with the greatest possible energy upon the vaso-motor nerves, whereby the blood-vessels of the lungs are contracted.

In case of hemorrhage of the stomach, lumps of ice may be swallowed and ice compresses placed over the epigastrium and adjacent. In apoplexy, the ice-cap or ice cold compress to the head is a most appropriate and valuable measure.

SIXTY years ago, when I was a teacher in Kilmalcolm parish, says John Fraser, I was using whisky bitters for my stomach's sake. One day I dipped a piece of biscuit in it, and gave it to the dog. He ate it, curling up his lips to avoid the taste. Ere long he became tipsy: he howled most piteously, and naturally looked up into my face as if for help. He began to stagger and fall like a drunken man. The appearance of his eyes and face was extraordinary. He lay on the floor and howled until the effect of the drink wore off. This was supreme folly—it was wicked. The dog never forgot the trick. Whenever after I went to the press for the bottles, he hastened to the outside of the house. One day, the door being closed, he sprang with one bound through a pane of glass, to get outside the door. So much for the wisdom of the dog—infinately surpassing foolish drinking men. If all men were as wise as the dog, there would be no drunkards in the land.

Tobacco.

SAID Governor Bliss of Michigan, U.S.A., at his inaugural address, "I confess that the spectacle of a small boy puffing a cigarette gives me a shock every time I see it. It not only impairs the intellect, injures the health, and leads to other forms of depravity, but it creates a desire for other excesses, which ruin many of our young men.

"I believe it might be established that many victims of the morphine habit, and the users of other deadly drugs were first users of cigarettes. It is a habit that is rarely broken, a fact which demonstrates that the use of cigarettes is more dangerous than other habits."

Nothing is more surprising than the apathy with which the majority of men and women submit to the wholesale poisoning of the air which they breathe in lecture halls, on the streets, in sleeping-cars, street cars, in hotels,—in fact, wherever men congregate in the cities and towns of civilised countries.

If a man wants to poison himself and defile his body with nasty-smelling and deadly poisons, he has, in a certain sense, a right to do so; but he has no right to compel everybody in the neighborhood to participate in his stupid abuse of a God-given body. The smoking habit is inherently selfish, and cultivates selfishness in a man who indulges in it.

But smoking and tobacco-using in all forms is something more than a nuisance. It is a physical, as well as a moral and mental, vice, and produces dire consequences upon the bodies of those who habitually use it. Tobacco is recognised by all medical authorities as a poison which paralyses the heart. The heart is the great central engine which drives all the machinery of the body. Any agent which weakens its force, even though the effect may not be immediately apparent, must be in the highest degree detrimental and dangerous to life and health. The fact that tobacco weakens a man's nerves and lessens his endurance affords the most positive proof that it *must shorten* his life, for the power to live long means simply the power to endure long the physical strains and emergencies to which the body must be continually subjected during his life. The body breaks down only when its capital of vital resistance has been lowered

to such a point that the system has no longer the ability to meet the demands made upon it. No man who cares to live long and well can afford to smoke or use tobacco in any form.

Alcohol, a Friend or an Enemy.

THE Creator has bestowed His bounties with a liberal hand. Were all these gifts wisely and temperately employed, poverty, sickness, and distress would be well nigh banished from the earth. But upon every hand we see these blessings converted into a curse. There is no class guilty of greater perversion and abuse of these precious gifts than are those who employ the products of the soil in the manufacture of intoxicating drinks. The nutritive grains, the healthful, delicious fruits are converted into beverages that pervert the senses and madden the brain. As a result of the use of these poisons, thousands of families are deprived of home comforts, and even the necessities of life, acts of violence and crime are multiplied, and disease and death hurry myriads of victims to a drunkard's grave.

Certainly the time has come when all lovers of humanity and liberty should unite their efforts by voice, vote, and pen to arrest the manufacture and sale of an evil that is doing so much toward undermining the vitality of the human family, and is responsible for much of the immorality and crime and misery that exists everywhere.

"SUNLIGHT is nature's disinfectant, and experiments have shown that direct exposure to its rays for a few hours will destroy such germs as tuberculosis.

The old method of exposing infected linen, carpets, etc., to the sun, has thus been proven of value, and the rays of the sun must often destroy many of the bacteria present in infected hospital wards.

This influence is also beneficial in destroying many of the bacteria deposited upon the surface of the earth, and even the upper layers of rivers must be somewhat purified by the agent."—*Prof. A. C. Abbott, Philadelphia.*

DILIGENCE is the mother of good luck.
—*Benjamin Franklin.*



The Home

That Rebellious Child.

LAURETTA KRESS, M. D.

IT is said that a father, by prayer, precept, and flogging, had done his best to reform his boy, whose staple diet was meat, sausage, pie, cake, etc., at meals, with lunch between, with no good results. He finally consulted the family physician, who said, "If you will put a leech back of each of the boy's ears once a week for a month, you will do more to reform him than your preaching, prayer, and pounding will do for a year." The father asked for the philosophy of this strange prescription. "Why," said the doctor, "your boy has bad blood, and too much of it. He must behave badly, or he would burst." The father changed his diet, allowing him only simple food, properly combined, and nothing between meals. In three months thereafter, a better boy could not be found in the neighborhood.

Rebellious and immoral acts in children are nearly always the result of dietetic errors. Before the morals can be elevated, physical habits must be corrected. There is no doubt that praying mothers and fathers could prevent much household misery and woe if they would become better acquainted with the laws of health and the relation that exists between diet and morals.

Marys Wanted.

THERE are many mothers, who, like Martha, are so cumbered with much serving that they forget to choose that better part which can never be taken away from them. They are so busy giving *things* to their children, that they cannot give *themselves*; they are so worn with furnishing comforts, that they cannot furnish inspiration; they are so attentive to polishing the goblet of life that they quite forget to pour out the wine itself. Nothing can make up to a child for the companionship of a good mother; no clothes, no dinners, no spotless

housekeeping, no books, no education, no social position—nothing in the wide world. For life comes from life. By warmest brooding the nest is filled with fluttering, winged life. Characters, convictions, loveliness, unselfishness, cannot be taught in books; they must be imparted by the contact of a loving spirit. The mother owes nothing less than herself if she would bring robust souls to maturity.

An Encouraging Word.

MANY well-intentioned parents, in their earnest desire not to spoil their children with flattery, too often withhold entirely those words of encouraging appreciation which, if only spoken, would be potent in enabling the young to move forward, onward, and upward in the way the good Lord would have them go. Such parents, while never giving their children any kindly words of well-merited commendation whatever, frequently severely censure them, and point out their faults, real or imagined. Is it any wonder that in such cases the young often become disheartened and utterly discouraged?

A kind word of appreciation at just the right time has given the initial impulse to the triumphant success in life of many of the noblest, bravest, and best men this world has ever known. Rev. J. R. Miller, the well-known religious writer has very truly said,—

"A great artist says his mother's kiss made him a painter. It was thus she commended his first rude efforts. If she had discouraged him then, he would never have become an artist. Her pleasure in his work, poor as it was, and her cheerful encouragement, inspired him to go forward.

"Shall we not learn to look upon all other people and their work as Christ looks upon us and our work,—with patience and love? Shall we not refrain from every fault-finding word that we are tempted to speak when we see something

that to our eye is a flaw or a mistake? Of course we can all criticise; but criticism is not a high Christian attainment, *not a fruit of the Spirit*, not an art in which proficiency is honorable."—*J. C. Bartholf.*

Be Happy.

BE happy to-day. No matter about yesterday nor to-morrow; be happy to-day.

Are you poor? Unhappiness will not make you rich.

Are you ignorant? Unhappiness will not make you wise.

Are you sick? Repining will not give you health.

Did you do wrong yesterday? Regretting will not correct the act nor atone for it.

Are you unable to see your way clearly to meet the demands (fancied or real) of to-morrow? Fear and worry solve no problems. Understanding and effort can alone do that, and no type of unhappiness ever gives understanding or strength to work or to think effectively.

Are you afraid to be happy, lest you cease to strive, and so idly drift? Depression, worry, and fear weaken and destroy. Their apparent energy is a spendthrift energy borrowed from to-morrow, and the debt must always be paid.

Are you in pain? Be thankful, and make the pain your friend by learning its lessons. I do not mean, to be thankful that you are in pain, but that you can learn its meaning, and then obedience will stop the pain. We suffer only when we disobey. Pain, then, comes that we may learn the lesson, and escape the pain.

Fretting over yesterday wastes our strength and blinds the eyes for to-day's duties, and in both ways making it harder to do to-day's work.

Yesterday's errors cannot be undone.

Do to-day the very best you can.

Neither crying over yesterday nor making faces at to-morrow will enable us to do better than our best.

We can do better only by *knowing* better.

We cannot learn to know better simply by repining or anticipating.

We learn to know better by thinking.

Extract the lesson out of yesterday, borrow sunshine from to-morrow, but do to-day's work to-day.

To-morrow has no bottled good labelled for you, awaiting a demand check.

Labor, cash, payment, character,—these only are received in exchange for joy, love, or health.

Heredity is capital stock, which, if not utilised and added to, but drawn on only, must sooner or later give out.

Commence to-day to do to-day's work—commence where you are, with to-day's ability, and to-day's light. Don't stop to pity those below, nor to growl at those above, but climb, climb, climb. Do your level best in the light of the unity of all things, all persons, all efforts, in the light of the distinction of each, but the separation of none, and you have done your best for both those below and those above you. Work to-day, remembering that as you gave, so shall it be given to you again.

Fight appeals to fight, sorrow to sorrow, tears to tears, love to love, happiness to happiness.

We may reap to-day of to-day's sowing, but it is sown in our characters, and will accompany us into to-morrow. The sown seed never dies, never fails of a crop, and we never fail to reap somewhere, sometime, the fruit of the seeds sown. It is sown in the character, and will be with us in every coming to-morrow as our working capacity. To escape, we must sow again of another kind of seed, and again reap.

Tears in the eyes of to-day mean disaster in the heart of to-morrow, for a task poorly seen will be poorly done.

Look upon to-day as a portion of eternity.

Love the power to get money, not money; love the power to spend it wisely, not to hoard it; love it for what it will do, not for itself. Own your money, but do not let it own you. Use it to-day if necessary. Money hoarded instead of being wisely spent is a burden on the back of to-morrow.—*S. F. Meacham, M.D., in Suggestion.*

Some Things That Water Will Do for the Sick.

A VERY cold compress, as a thick folded towel, or a mass of cheese-cloth, applied to the head and face, will relieve headache when the head is hot. The hair should be wet, and if the case is obstinate, apply an ice-collar round the neck.

A cold compress applied to the abdomen in typhoid fever during the entire course of the disease will prevent ulceration and hemorrhage in nearly every case. The compress should cover the whole abdomen, should be wet in water at 60 deg. F., and must be changed every twenty or forty minutes, according to the degree of fever, or as often as it becomes well warmed.

For weak or failing heart, apply a cold compress over the heart (60 deg. F.) for fifteen or twenty minutes, and repeat every hour.

For inflammation of the lung, apply a cold compress (60 deg. F.) over the whole part of the chest and the affected side, and change every fifteen to twenty minutes, or when well warmed. Apply a fomentation for ten minutes once in two or three hours, or more often if pleurisy pain is present.

An acute coryza, or cold in the head, with sneezing, and running at the nose, may be cured in a night by wetting the hair and putting on an oil-muslin or mackintosh bathing cap to be worn over night.

For a severe pain due to inflammation in the hand or finger, immerse the elbow in cold water.

For a sleepless man who has too much blood in his head, there is nothing better than a bath at 92 deg. F. at bedtime for thirty minutes, and a wet girdle to be worn during the night. The girdle is a towel long enough to reach once and a half round the body, wrung dry out of cold water, and covered so that it will warm up quickly, with a thick woollen bandage.

For a "crick in the back," a large fomentation applied at bedtime and followed by a towel wrung out of cold water and covered warm with flannel to remain over night, is worth a hundred porous plasters and all the liniments of the pharmacy, "pain-killers," "wizard oils," "kidney pads," "electric belts", and all the rest of the quackish ilk.

For pain in the eyeball, apply a light fomentation over the eye and forehead just above the eye, not the cheek.

For colic pain, give a hot enema, apply a fomentation, and afterward a wet girdle for an hour. Repeat this procedure if necessary.

Pain in the pelvis is almost always relieved by a very hot foot bath, which relieves the congestion by diverting the blood into the legs.

Ideal Housekeeping.

GUIDED by correct instincts and the provision made by a wise Creator, our first parents commenced housekeeping in a garden. We live, unfortunately, in a less favorable clime, requiring during a considerable part of the year greater protection than is afforded by a leafy bower; nevertheless, by taking a little thought, we could spend more time than we do out of doors, and would greatly gain in health thereby. These pleasant spring days, the wise mother will do as much of her house work as possible out in the open air. The children, and baby too, will have sweeter tempers if allowed to indulge their natural instincts.

Fretfulness is often due to want of fresh air. Even with good ventilation, which is a rarity, house air is decidedly inferior to that of the garden.

The benefit derived from a visit to the seaside or the mountains is dependent largely on the fact that it forces one out of doors into the fresh air. But such conditions are needed daily. Regular exercise out of doors, and a fixed habit to live in the open air as much as possible, would prevent many break-downs, and would be a great prolonger of life.

A picnic is always enjoyable. Why not have one every day? Move the table out into the garden. Let the children carry out the dishes. You will not need many if your meal is simple, as it should be. Never mind about meats. They are especially unsuited to the warm weather, and the smell of burnt flesh does not harmonise with the delicate and fragrant odors of a well kept garden. Have an abundance of good bread, fresh fruits, nuts of some kind, and one warm dish that can be quickly prepared on an oil-stove. Pleasant surroundings and cheerful conversation will more than make up for want of further variety, and the digestive organs, having only simple wholesome food to deal with, will do their work unusually well, without murmuring.

If you do not believe in the merits of this plan, try it anyway. Give nature a chance to work for you. She has rich stores of health, strength, and beauty, which she is offering with a lavish hand to her obedient children, to those who take her medicines,—fresh air, pure water, pure food, and plenty of exercise.

Seasonable Recipes.

LAURETTA KRESS, M.D.

TOAST as usually made before the fire is very unwholesome, as the browning of the external part moistens the internal, and makes it indigestible like new bread. Toast, to be properly made, should be placed in the oven and baked until brittle through, or made into zwieback, and then moistened before using. Dip the edges into hot water. Then immerse the whole slice. Take out quickly, and lay on a hot dish, cover, and slip into the oven for a few minutes before serving. If several are to be served, do the same with every slice with this exception, pile the pieces one above another in a deep dish, cover, and keep warm. Take out each piece as needed, and cover with whatever dressing is required.

CELERY TOAST.—Cut crisp white portions of celery into inch pieces. Simmer twenty minutes 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.

LENTIL TOAST.—Stew lentils as for lentil sauce. Serve on slices of moistened zwieback.

BANANA TOAST.—Peel and press some good bananas through a colander. This may be very easily done with a potato masher or vegetable press. Serve on moistened pieces of zwieback sprinkled with sugar, and add a few drops of lemon juice to each piece of toast.

PEACH TOAST.—Serve sliced peaches which have been previously peeled, sliced, and sugared on moistened slices of zwieback.

BLACKBERRY TOAST.—Stew fresh blackberries or use bottled ones. Add sugar to taste. If very juicy, place on the stove and heat to boiling, and stir into the blackberries a little cornflour which has been moistened with water. Serve on moistened zwieback.

PROTOSE STEW.—Cut protose into three-quarter inch dice, according to the way it is to be served. To each pound of protose add two and a half to three tablespoonfuls strained tomato, about one quart of boiling water, and one-quarter to one-half teaspoonful of salt. Simmer for one to four hours.

PROTOSE WITH POTATOES.—Cut potatoes into small pieces, and add to plain stewed protose half an hour before serving, with plenty of water to cook the potatoes. Add salt to taste. The protose may be cut into dice, or left in slices, stewed in sufficient water to boil the potatoes in later.

PROTOSE WITH BROWNED RICE.—Grill slices of protose, or heat in the oven on an oiled tin. Have ready a nut gravy. Put the grilled protose into a pudding dish, pour the gravy over it, and bake in an oven for half an hour longer. Serve with a border of nicely browned rice.

PROTOSE DRESSING WITH TOMATO SAUCE.—To two or three cups of chopped bread crumbs (toasted crumbs preferred), moistened with water, add half a pound protose, chopped and seasoned with a little salt and sage. Bake from one-half to three-quarters of an hour, or until nicely browned. Serve with tomato sauce, or nut and tomato gravy.

MACARONI BAKED WITH GRANOLA.—Break into pieces about an inch in length sufficient macaroni to fill a large cup, and cook until tender. When done, drain, and put a layer of macaroni in the bottom of an earthen pudding dish, and sprinkle over it a scant teaspoonful of granola. Add a second and third layer, and sprinkle each with granola; then turn over the whole a custard sauce, prepared by mixing together a pint of milk, the well-beaten yolks of two eggs, or one whole egg, and one-fourth teaspoonful of salt. Care should be taken to arrange the macaroni in layers loosely, so that the sauce will readily permeate the whole. Bake a few minutes only, until the custard has well set, and serve.

FRUITS that are not well ripened are improved by making the cooking quite lengthy, this acting somewhat like the natural ripening process, changing the starchy matter to saccharine elements.

Restorative Effects of Cold Water.

A SINGLE short application of cold water in the form of a douche, effusion, wet sheet, rubbing, immersion, or in any other manner in which cold, or very cold, water is brought into contact with the general surface of the body, is always restorative and invigorating in its influence. The man who is exhausted by laborious effort in a highly heated atmosphere finds his muscular strength wonderfully reinforced by an affusion of cold water, cold immersion, a cold shower-bath, and especially by a cold douche. Even an application of cold water to the head and face has a wonderfully refreshing effect. As is universally known (although it is less generally understood) the brightened look, the increased vigor and buoyancy, and the intense relief which comes from a simple bathing of the head, face, and neck with cold water, are the result of the reflex stimulation of the nerve-centres of the brain and spinal cord, and the tonic reaction which follows such an application. When the whole surface of the body is acted upon instead of a small area, the effect is proportionately greater.

The Physician in the Home



Cod-liver Oil for a Consumptive.—Is cod-liver oil good for a consumptive?

Ans.—Many intelligent practitioners have observed that cod-liver oil is actually inferior to good dairy butter or rich cream. Olive oil, nut oils, and even cottonseed oil, may be obtained in a state of much greater purity and in more digestive form than fat in the shape of cod-liver oil. But after all, these substances are grease or free fat, and hence are difficult of digestion. Fats in a natural state are in the form of an emulsion, and mix readily with water and with the fluids found in the stomach and other digestive organs, and so do not interfere with the digestion of other food elements. Sweet sterilised cream is one of the most digestible forms of fat. But there are a few persons who can not take cow's milk in any form. For all such individuals, such nuts as almonds and filberts are to be recommended. Almonds and filberts can be easily made into a most delicious cream by simply blanching and crushing, then mixing with a little water. The ripe olive affords the most wholesome supply of easily digestible fat. A great advantage in the use of these simple vegetable fats is that they can be eaten and assimilated in very much greater quantity than the rancid animal fats which are sold under the name of "cod-liver oil."

Treatment for Rheumatism.—Kindly state through your journal the best treatment to be adopted in inflammatory rheumatism.

Ans.—The best treatment for inflammatory rheumatism is, first, take a breakfast of hot water, then a dinner of the same. The next day take again a breakfast and dinner of hot water, adding, perhaps, a little fruit. Inflammatory rheumatism is generally located in the elbows, the knee joints, or the ankles. Wrap in hot blankets, so that perspiration, especially around the joints in which the rheumatism is located, is induced. The patient should keep drinking plenty of water. At night moisten some cotton in a little cold water and wrap it around the inflamed joints. Wrap a good deal of dry cotton around this, then muslin, then a newspaper, (oilcloth is better), and then add more cotton so that the joints will perspire all night long; in a few days the rheumatism will be cured. Errors in diet and lack of exercise are responsible for this disease. The slight exposure to which it is often attributed is merely as a match applied to the powder. Remove the powder and the match is harmless.

Soda and Baking Powders.—Do you consider soda and baking powders injurious?

Ans.—There is no more active dyspepsia-producing agent than soda and saleratus biscuit, scones, etc., some of the most common articles of food to be found on the tea-table of rich and poor in this country. Doubtless, well-prepared baking-powders are preferable to soda and cream of tartar, or saleratus and sour milk. In baking-

powders, the various ingredients are so mixed as to leave nearly neutral products, and yet these compounds are scarcely less pernicious in their influence upon digestion than the original chemicals from which they are formed. We deem the wide-spread and growing use of these chemical breadmaking agents bad omens for the digestion of the coming generation.

Tea Drinking.—Is it dangerous to give up tea at once?

Ans.—No. It is dangerous not to give it up at once. To attempt giving it up gradually is a painful process, it is something like sawing off a leg gradually. The gradual method usually results in defeat.

Meat Extracts.—Is Liebig's extract of beef valuable as a food for the sick?

Ans.—The principal ingredients of meat extracts of various sorts are the waste products resulting from the breaking down of tissue, which consist largely of urea. Liebig's extract of beef contains only .05 per cent. of albumin, or one-twentieth of one per cent., but nearly sixty per cent. of excrementitious substances. As far as its food value is concerned, it is little better than nothing. It is purely a stimulant the same as other poisons. Fruit juices, on the other hand, contain a large percentage of nutrient material ready for immediate absorption. The best and most nourishing of all is the juice of the grape. Ripe, sweet grapes contain more than sixteen per cent. of carbohydrates. Nearly fifteen per cent. is in the form of levulose, which represents perfectly digested starch, and is a nutrient ready for immediate use by the body after absorption. Fruit juices are exceedingly valuable in sickness, and are recommended to the infirm and sick by the divine Guide who understands the needs of the human organism in disease, "Take a little wine, for thy stomach's sake, and thine often infirmities."

Hereditary Consumption.—Is there any cure for hereditary consumption?

Ans.—A few years ago I should have been afraid to answer in the affirmative, but I have now come to the conclusion that there is no hereditary consumption. We may inherit weak lungs, but a man can strengthen his lungs by exercise, and they may become instead of the weakest, the strongest of lungs. Do your best to keep and walk straight. After forty or forty-five, the chest becomes fixed, but before this age, we can develop the chest. It is painful to see how people sit. When you sit down, sit straight. We get out of life just what we put into it. Take a brisk walk, and throw energy into it. A great many so-called hereditary diseases are not hereditary, though the weakness is inherited. The difficulty is, children not only inherit the weak lungs, but also the habits which are responsible for this weakness. Our fathers took tobacco and lived in ill-ventilated rooms. They died of consumption. We inherit these habits and the weakness resulting from their use, but we may overcome these weaknesses by giving up these harmful habits.

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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.

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CHRISTCHURCH SANITARIUM, Papanui, New Zealand.

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BATH PARLORS AND SANITARIUM TREATMENT ROOMS, Rockhampton, Queensland.

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

THE Rockhampton Sanitarium Treatment Rooms have been prospered during the past twelve months in spite of the drought. The treatments given during the year were 2,460. One young man, considered almost hopeless, by six weeks' treatment, and the adoption of healthful and easily digested foods, gained four stones in weight, or nearly a pound and one-half per day for forty days. He is in good health now, carrying forward his work in Rockhampton, where he is well known. It is not necessary to say that he is looked upon as a marvel. He has lived almost exclusively on the Sanitarium Health Foods.

THE Avondale Health Retreat, of Cooranbong, N. S. W., has all the patients it can well accommodate. Good results are reported. A cheerful Christian spirit pervades the home.

THE Sydney Sanitarium (located at Wahroonga) will not be able to receive patients by October first, as previously announced. On November first, the place

will be opened for patients. Correspondence is invited. Address communications to J. A. Burden, Manager.

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FOR those whose habits are sedentary, who do not engage in active physical exercise daily, it is important to keep the system freed from impurities by some eliminative treatment. The Electric Light Bath is pronounced by physicians as by far the best and most pleasant means employed for accomplishing this. The germs of influenza and other epidemic diseases can only flourish on tissue that has lost its power of resistance as a result of the retention of impurities that should have been eliminated.

THE Electric Light Bath is one of the special features in connection with the Sanitarium Treatment Rooms, 283 Pitt Street, Sydney; the Adelaide Hydropathic Institute, Victoria Square, Adelaide, S. A.; and the Rockhampton Sanitarium Treatment Rooms, William Street, Rockhampton, Q. Thoroughly qualified and experienced lady and gentlemen nurses are always in attendance at these places.

Preparation of Fruits.

STEWING and baking are the simplest methods of cooking fruits, and nearly all kinds admit of one of these modes of preparation. The utensils used for stewing should be earthen or graniteware. Fruit cooked in tin loses much of its delicate flavor, and if the tin be of poor quality, there is also danger that the acid of the fruit acting upon the metal will form a poisonous compound. Fresh fruits should be put to cook in boiling water, using but a small quantity if the fruit itself is juicy. Hard boiling should be avoided, as it is liable to destroy much of the fine flavor of the fruit, besides breaking it in pieces. Cinnamon, cloves, or other spices should not be added to fruits, for their stronger flavors deaden or wholly obliterate the natural flavor of the fruit. If desired to add some foreign flavor, let it be that of another fruit, as lemon, orange, pineapple, or quince.



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- 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 Adelaide, South Australia.
- Tasmanian Tract Society, 108 George Street, Launceston, Tas.

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