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CONTENTS.

Hydrotherapy in Hot Weather.
Philosophy of Water Treatments.
The Practice of Medicine Among Animals.
Rise, Progress, and Work of the Battle Creek Sanitarium.
Some Simple Remedies in Treatment of Fevers.
Physical Labor a Blessing.
Emaciation and Obesity.
The World's Food.
Three Principles Regarding Summer Clothes.
Home Department.
The Folly of High-heeled Boots.
A Letter From Fiji.
Seasonable Recipes—Christmas Dinners.
Vegetarianism and Longevity.
Another Note of Warning.
Good Health Tit Bits.
The Physician in the Home.

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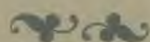
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Sydney Sanitarium, Wahroonga, N. S. W.

W. RUDGE, PHOTO.

AUSTRALASIAN

Good



Health

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No. 12.

Hydrotherapy in Hot Weather.

J. H. KELLOGG, M. D.

COLD is a universal antidote for heat, as heat is for cold. We use water to put out fire, and fire to warm water. There are no disorders or morbid conditions which so readily respond to the use of water, and which are so radically and readily benefited by hydropathic applications as those especially incident to hot weather. The public generally have found this out, and hence it is the custom in many countries, particularly in England and Scandinavia, and even in lands where the use of water is not so well understood, for those who can do so to leave their business, and make a trip to the seaside to get the benefit of the hydrotherapy of the sea. Sea bathing, which from the most ancient times has been considered a great health promoter, is nothing more or less than an empirical, unscientific, but nevertheless wonderfully beneficial form of hydrotherapy. And what is true of sea bathing is also true of lake bathing, river bathing, and bathing in natural sources of water of all kinds.

We must remember, however, that what is good for one person is not always good for another, and perhaps as many are injured as are benefited by sea bathing. Very frequently people are made sick at the seashore because they overdo. They spend hours in the surf, and when they come out, they are completely exhausted. If one is unaccustomed to sea bathing, the bath at first should not be longer than two or three minutes; the next time it may be a little longer, and may be gradually lengthened, until one can safely stay in it ten or fifteen minutes. If the water is

rather cold, one should not remain in it more than five or ten minutes; if it is very cold, not more than three or four seconds,—just long enough to get the impression of cold upon the skin. If one exercises vigorously by swimming hard, he can stay in longer. Fleishy people can stay in longer than thin people, and adults longer than the very young. The benefit to be derived from sea bathing is due, first of all, to the low temperature of the water, the temperature of sea water seldom being above seventy or seventy-five degrees. Water at that temperature very rapidly extracts heat from the body, so that if a person remains in water at that temperature a very great length of time, he loses considerable heat. So large an amount of heat might be carried off in this manner that one would suffer from shock, and the next day he might feel a great depression as the result. Fresh water is usually warmer than salt water; and in soft water, reaction occurs more quickly than in salt water, so that one may remain in it a little longer.

In connection with sea bathing there is a reaction from cold,—the reaction which follows the extraction of heat,—then another reaction, in which there is an elevation of temperature, the bodily forces receiving an extra amount of heat. It is from this reaction that we derive the great benefit of sea bathing, and not from the salt in the air or in the water, as some people think. The benefit comes from nothing else but the cold water.

The cold water at first abstracts heat, then the body rallies its resources, sends blood to the skin, warms it, and produces an increased amount of heat. By this in-

creased amount of heat production there is an awakening and a stirring up of all the vital functions of the body.

Cold has the marvellous property of increasing vital work of all kinds. When cold water is applied to the skin, impulses are sent inward that awaken every organ of the body. Let us see what takes place. When a person dashes into cold water, the first thing he does is to draw a deep breath; the lungs swell out, a deep inspiration is taken, and the heart begins to pound away with wonderfully increased vigor and strength. This deep breathing is purely involuntary, just as is the jerking of the leg when the bottom of the foot is titillated; it is one of the organic functions carried on by the bodily forces entirely independent of the will.

The deep breathing increases lung activity, thus bringing in more oxygen; it increases heart activity, so that the blood is circulated with greater force; hence, we have more blood and purer blood carried into every tissue of the body. The result is a stirring up of the bodily forces and a distribution throughout the system of a larger amount of highly vitalised and oxygenated blood. Thus we see that the blood-making powers of the body are increased by sea bathing or by the application of cold.

Another very important function, the activity of which is increased by the application of cold or by sea bathing, is the digestive function, by which food is absorbed and taken into the blood. The application of cold water to the skin has the effect to stimulate the secretion of gastric juice. Every one knows the effect of taking a walk in the cool morning, or of sea bathing,—what an appetite it gives. One feels as if he could devour everything in sight, and digest everything he could swallow; and he has just that much power of digestion—he could, under the powerful influence of cold, digest anything that any human being could digest. That is why the Esquimau can live on blubber. That is the reason Captain Hall, when exploring in the Arctic regions and exposed to a temperature of seventy-five degrees below zero, could live on blubber; because the cold air stimulates the gastric juice of the peptic glands. The liver and the salivary glands are stimulated in the same way. All the organs of the body

perform more effective work and a larger amount of it under the application of cold than otherwise.

Sea bathing, then,—the exposure to cold water,—puts one on a higher plane of life. This is a great advantage in hot weather. At times in summer the heat is depressing. A hot wave comes over a great city, and the death-rate increases there; perhaps in one week it will be three times what it was before. The babies die off with terrible rapidity; hot weather out-Herods Herod in the slaughter of babies. Cold weather can not be compared with hot weather in this respect. In cold weather one can shield the infant with clothing, keep it indoors, and put more fuel in the fire place or furnace, but in hot weather one cannot get rid of the hot air, nor can he get away from it. He cannot get ice enough to cool it off. Consequently when the hot wave comes, every one is subject to its depressing influence. The babies suffer most, but adults often suffer greatly. Sometimes the mortality is enormous. But cold water comes in as an antidote for these bad effects.

SUNSTROKE AND OVERHEATING.

Suppose one has been overheated, or has had an attack of sunstroke; what is to be done? Water is the life saver, the best means in the world of saving people from the effects of sunstroke or overheating. Hippocrates, who lived three hundred years before Christ, had a very simple method of treating people for sunstroke. His plan was to have one person pour cool water on the patient while two or three others rubbed him vigorously. The application of cold water alone is dangerous, because it usually drives the blood inward so that there is danger of interfering with the digestive centres; but when cold water is applied and accompanied by vigorous rubbing, the blood is kept at the surface, and the body is rapidly cooled.

When sunstroke is about to occur, there is an elevation of temperature, the skin is dry, and the man stops sweating, so that there is no evaporation. But perspiration, the evaporation of which is constantly cooling off, carries away the heat of the body so rapidly that the temperature does not ordinarily rise above 100 degrees (98½ degrees in the mouth and 100 degrees in the interior of the body). This is the tem-

perature at which the vital processes are naturally carried on, and if the temperature rises above that there is usually disease. At a temperature of 107 degrees, death occurs quickly: and at 110 degrees, very quickly. If we apply cold water to the skin, it will have a tendency to drive the blood into the body and to lessen the cooling off; but if at the same time we rub the surface vigorously, this brings the blood into the skin, and keeps it there, thus encouraging the cooling off: so, together with the cold water, there should be vigorous rubbing. The application of hot water would elevate the temperature still more, and cold water is dangerous, because the tendency is to drive the blood inward; but the cold bath, accompanied by vigorous rubbing, will save life, after sunstroke, in the majority of cases.

Sunstroke is a very dangerous accident, and is likely to prove fatal without proper treatment; but with a cold-water pour from a height of five or six feet, the water being about sixty degrees or colder (ice-water if you can get it), and with two or three people rubbing the patient vigorously, we may expect a cure in almost every case. Especial pains should be taken to wet the head and back of the neck, and to keep these parts cool.

Philosophy of Water Treatments.

THE beautiful benefits of hydrotherapy can be illustrated by simply bathing the face with cold water upon a hot day, and then noting the refreshing effects which follow this application. If treating only one square foot of skin produces such a pleasant feeling, how much good must come from similar applications to the seventeen feet of skin surface, even if these internal organs do not have the necessary nerves to tell us how thankful they feel after such a treatment.

Each of the internal organs of the body has an area on the skin with which it is in communication, and through which we can speak to it. The skin is really the keyboard of all the internal organs, and we may learn how to play upon it. The most successful physician or nurse is the one who knows this key-board the best, and can bring harmonious action from the internal organs by the simple applications which he makes to the skin.

DAVID PAULSON, M. D.

The Practice of Medicine Among Animals.

LAURETTA KRESS, M. D.

JOB says, "Ask the beasts of the field, and they shall teach thee." Certainly some very valuable lessons and hints may be gathered by a careful study of what we may call, for want of a better term, animal instinct. It is well known that a large number of animals, including elephants, birds, ants, etc., bathe themselves daily. They are not content merely to bathe the face; they bathe the entire body. They go about it as though it was a real luxury and a source of the highest enjoyment.

Animals suffering from fever, it is well-known, always restrict their diet, often refusing to eat for several days at a time. They keep quiet, and drink water freely, and often actually plunge into it. Under this common-sense treatment, they usually make a speedy recovery.

When dogs are constipated, they eat fatty substances with avidity. The same instinct is observed among horses. An animal suffering from chronic rheumatism always keeps as far as possible in the sun. It is most interesting to note the wisdom displayed in the treatment of disease by these creatures. For instance, a dog, on being stung in the muzzle by a viper, was observed to plunge its head repeatedly for several days into running water. The animal eventually recovered. A sporting dog was run over by a carriage. During three weeks in winter it remained lying in a brook, where its food was taken to it; the animal made a rapid recovery. A terrier dog hurt its right eye; it remained lying under a counter, avoiding light and heat, although previously to this it habitually kept close to the fire. It adopted a general treatment, rest and low diet. The local treatment consisted in licking the upper surface of the paw, which it applied to the wounded eye, again licking the paw when it became dry. Cats, also, when hurt, treat themselves by this simple method of applying continuous irrigation.

"The saliva of mammals seems to have a distinct curative action. Of course, much of the beneficial result following the continual licking of wounds by animals is due to the resulting cleanliness. Dogs,

cats, cattle, monkeys, etc., lick their wounds when they can get at them, and soon effect cures."

Cattle with the "scratches" have been seen to plaster hoof and joint with mud, and then to stand still until the protecting and healing coating dried and became firm. A cow was seen breaking the thin ice on a pond, and treating her itching joints to a mud poultice. A physician spent the greater portion of a summer at a farmhouse. One day while walking with the farmer, the latter called his attention to a sow that was confined in a pen. The farmer explained that the animal had been kicked in the abdomen by a mule, and that he feared she would die. The sow seemed to be in great pain, and was continually trying to get out of the pen. The physician suggested that the door be opened; that the sow probably had peritonitis, and would die anyhow. The door was opened, and immediately the sow proceeded toward a disused spring, situated some distance from her pen. Here she remained for five days without taking food, though corn in abundance was placed within her reach. At the end of this time she emerged from her cold water bath, her self-elected sanitarium, completely cured.

Priessnitz, whose name is so intimately associated with hydrotherapy, or the application of water in sickness, received his first impressions by observing the effect which changes of temperature had, not only upon himself, but on plants, and on the animals confided to his care. He also observed that wounded or otherwise maimed animals plunged their injured members into cold water.

One day, he says, his attention was attracted by seeing a young roe, which had been shot through the thigh, drag itself with difficulty to the source of a spring. Then he saw how it managed to get its wounded thigh in such a position as to have it entirely covered with flowing water. With breathless interest, he watched the poor creature. He saw it return at short intervals during the day to renew the bath. Great was his joy to observe the animal improve from day to day, till it finally got well.

When seventeen years of age, Priessnitz met with an accident whereby he received numerous bruises and other

injuries, including the fracture of two of his ribs. Local physicians gave him no hope of recovery; but having been accustomed to use water in the treatment of the domestic animals for which he cared, it occurred to him to try the same remedy for himself. He covered the affected parts with cloths kept wet with cold water, and also drank freely of water, with the result that in a short time he was completely cured. This incident made so profound an impression upon the mind of Priessnitz that, although an unlearned peasant, he determined to make a thorough investigation of the merits of water as a remedial agent, used both internally and externally.

Priessnitz succeeded in calling general attention to the efficacy of various simple methods of applying water as a remedial agent which had previously been little appreciated. And he accomplished more than this. He aided to recovery a vast number of chronic invalids whose maladies were practically incurable by the measures in common use by the medical profession of that time; and though at first denounced and opposed by scientific physicians because of his empiricism, the more sagacious among them, after a time, became convinced of the genuineness of the cures effected, and many visited him for the purpose of studying his system, such as it was.

Priessnitz found nearly all the methods of employing water which entered into his system in use among the peasantry of his country, by whom they were commonly employed at least as early as 1737, and probably even before that time. Priessnitz, however, was one of the first to organise the use of these various measures into a system, for which he deserves much credit. Crude and empirical though his system was, his success was sufficient to compel attention, and he commanded an extensive following.

It is said that lions and tigers are too weak in lung power to run more than half a mile. Excess of muscle poison in the body of the animal is the probable cause of this, and not lack of lung capacity. The butcher, the public inn keeper, in fact all free users of animal flesh as food lack power of endurance.

Rise, Progress, and Work of the Battle Creek Sanitarium.

THERE is probably no medical institution in existence at the present day that has a wider reputation than the Battle Creek Sanitarium.

It might be of interest to our readers to give some of the special features and principles of this most interesting establishment, to which it owes its success and prosperity. It differs from many other institutions in that it aims to *cure the patient*, not simply the malady.

The practical departments of the institution include not only a superior equipment for the application of baths of all kinds, but a fine gymnasium, where patients are trained in appropriate exercises, adapted to individual cases; a Swedish movement department, in which are employed the methods of exercise which have so long been famous through their popular employment in Sweden, and the remarkable results obtained from their use in this and other countries; an extensive electrical department, which contains the finest and most expensive electrical outfit obtainable in the world; machinery of various sorts for the administration of exercise without effort on the part of the patient, for those whose condition demands it; a large swimming-bath; special treatments for the eye, ear, nose, and throat; and a variety of special methods, some of which are quite unique, having been developed in the institution, and which are not in general use elsewhere.

Lectures on various instructive and interesting themes are given almost daily by some one of the physicians. These lectures are generally illustrated by means of physiological charts, stereopticon views, chemical and other experiments, etc.; and special effort is made to impress upon patients the importance of rightly relating themselves to the laws of healthful living, so that, when cured, they will remain well. They are taught by every possible means that wrong habits of life are largely responsible for physical suffering, and that rational beings are responsible to a higher power for the use made of the physical as well as the mental powers with which they are endowed.

The institution stands particularly for two things,—rational living, and the ra-

tional treatment of the sick. It has intended to be, and has tried to be, a representative of the newest, the most rational, the most progressive and practical medical science. It has never been the advocate of a *single* remedy; it has never been a one-sided or a one-idea institution. In the early days, when it was first established, water was one of the principal remedies used, nevertheless, it was never the only one; correct habits of life, correct dress, correct diet, pure air, electricity, exercise, and a variety of other potent agencies for healing were also employed. As it has developed from year to year, new facilities and new appliances have been added, and the effort has constantly been exerted to make it set forth in the largest possible way all the known rational means of aiding the sick to recovery, and of curing, not the disease, but the sick man or the sick woman.

The institution was organized in 1866 by a few persons interested in the advancement of sanitary reform and rational medicine. It was regularly incorporated as a stock company. Two years later, the stockholders found the enterprise a pronounced success, and it also became apparent that large demands would be made for the treatment of the worthy sick poor, and that constant improvements would be necessary to meet the requirements of the developing work.

As the stockholders were persons of philanthropic disposition, they were easily persuaded to take such action as would relinquish all claims upon the earnings of the institution, and make the original stock an endowment, the earnings to be perpetually used for necessary improvements, the treatment of the sick poor, and the furtherance of the purposes for which the institution was organized. All the earnings of the institution have accordingly been thus used from its foundation to the present time, and will continue to be thus employed.

It is therefore thirty-six years since it began its work. The years from 1866 to 1897 show an aggregate of 25,755 patients, of whom 3,785 received treatment free or nearly so. The gain during the last five years has been much more rapid. The number of patients in 1900 was 3,248, and in 1901 nearly 5,000, taxing the facilities of the institution to the utmost, especially

during the summer, when the monthly register ranged from 650 to 1,050. The roll of those receiving treatment free or nearly so, averaged one hundred and sixty-five a month throughout the year. This brings the aggregate up to between forty and fifty thousand.

Surgical work did not occupy a prominent place in the work of the institution for many years, nor has there ever been an effort made to constitute it a speciality, though a large number of important operations have been performed, the policy of the work being to resort to it only when other means were unavailing. Most of the surgical work has been done since 1888. Five thousand two hundred and sixteen operations have been performed, of which more than one-half has been free. Thousands have received more or less physical benefit from their stay at the Sanitarium; thousands whose lives would have been cut short in the midst of their usefulness have been restored to life, others have been lifted from invalidism into lives of happy activity. But this is not all, and not the greatest part. All had the principles of physical righteousness or right living daily and hourly set before them at the table, the medical offices, at parlor lectures, in schools of health, in the cooking school, in the gymnasium, and in the dress parlors. The almost daily lectures, and the opportunities of personal conversation with the physicians and nurses, who are thoroughly imbued with the importance of the educational work, enable the patient in a comparatively short time to become familiar with the principles which, if followed out, will enable him to reach a point of practical immunity from the host of prevailing diseases.

A School of Health.—Such a school is constantly in operation at the Sanitarium, and is free to all patients. The work consists of daily lectures, demonstration of simple treatments, a cooking school fitted up with all culinary conveniences, where patients may, under a competent instructor, prepare foods in a healthful, tasty, and appetising manner.

A Nurses' Training School.—A training school is constantly maintained, into which is received only young men and women of moral worth who have decided to devote their lives to medical missionary work in

home or foreign fields. In this school hundreds of young people have received a training that has enabled them to go out to bless humanity.

Training of Hygienic Cooks.—No less important than the training of nurses is that of hygienic cooks, who are in just as true a sense medical missionaries. The demand for hygienic cooks is constantly increasing. A systematic and thorough course of training is given to this class of students, both at the Sanitarium and in connection with hygienic cafés established in various large cities. The influence of this work is rapidly extending. For example, at the café established by Sanitarium workers in connection with the University of Chicago, at the present time five hundred meals are daily served to students, teachers, and professors of the university. The same is true of the University of Wisconsin, at Madison, where three hundred persons in connection with the university are being fed daily at the café. Such cafés have been established in a number of the large cities of the country, and this department of sanitarium educational work is rapidly growing to extensive proportions.

Chautauqua Work.—Omitting to mention the numerous small schools of health conducted in various parts of the country, an important feature of sanitarium work is the sending out during the summer of companies of physicians, nurses, and cooking-school teachers to various large Chautauquas in the different States. For several summers the Sanitarium has conducted quite an extensive work in this way. At these Chautauquas, immense audiences of all classes of people congregate, often to the number of eight or ten thousand in daily attendance; and as a regular part of the programme, lectures are delivered and demonstrations given on subjects pertaining to scientific cookery, rational treatment, dress reform, and all the leading distinctive features of sanitarium work.

Health Literature is widely circulated treating on the various phases of reform. The monthly health journals have a wide field of usefulness in the education of the masses in the administration of simple remedies in the home, etc.

Correspondence.—This is no small part of the educational work of the institution. Hundreds of letters come every week from

all parts of the world, containing appeals for suggestions for the relief of all classes of maladies. These letters are from persons who are unable to visit the Sanitarium for treatment. Each of these letters receives careful perusal and a personal response, with definite and simple suggestions as to diet, treatment, exercise, etc. Not one of these appeals ever passes unnoticed, and the many scores of letters received afterward, expressing gratitude for the help received, give abundant evidence that this department is a help and an encouragement to those who might otherwise be left in suffering and distress because of lack of knowledge.

The Battle Creek idea has spread rapidly. During the past twenty years many similar institutions have been springing into existence in various parts, until at present they are almost able to clasp hands and encircle the earth. Branch institutions and city treatment rooms have also been started in England, Germany, France, Ireland, India, Honolulu, Samoa, New Zealand, New South Wales, South Australia, Queensland, and many other parts.

The new Sydney Sanitarium located at Wahroonga is one of the latest outgrowths of the Battle Creek idea. The same rational and physiological treatments and principles are practised, and it is conducted on the same general plan. This institution is capable of accommodating over one hundred patients. It is beautifully situated six hundred feet above the sea, and commands a delightful view of the city of Sydney, twelve miles distant.

Some Simple Remedies in Treatment of Fevers.

W. A. GEORGE, M. D.

AS FEVER invariably indicates that the system is clogged with poison, the first thing to do, therefore, is to see that the different organs of the body which can be treated by simple remedies, are encouraged to perform their functions thoroughly. For instance, in many acute cases where there is a marked rise of temperature, the cause will be found to be a constipated condition of the bowels, and absorption of poisons from the colon; the temperature may be very quickly reduced by means of a copious enema. The enema is, there-

fore, one of the first treatments to be resorted to in case of acute rise of temperature, and may with advantage be repeated several times, so as to produce thorough elimination. This alone will sometimes reduce the temperature, and in a day or two the patient will be well.

Accompanying this, however, a warm pack or warm full bath, or even a warm sponge bath, to insure vigorous action of the skin, will be found very beneficial. All these warm treatments should be accompanied by cold applications to the head, in order to regulate the circulation of the blood in the head. Such treatment should always be accompanied by a hot foot bath, or at least by the application of hot bags or bottles to the feet. If the skin is hot and dry, and the patient enjoys cool treatments, a cool sponge bath may be given. Warm treatment is always safe, but cool treatment is safe only as suggested,—when the skin is hot and dry, and the cool sponge bath feels refreshing. If there is a tendency to chill, or if the skin is cool and clammy, or if the patient is sweating, cool treatment should never be applied.

The kidneys should also be remembered in fever, and the patient allowed to drink freely of either hot or cold water, or water containing the juice of a lemon unsweetened. By drinking large quantities of water, the elimination of poisons through the kidneys and skin will be encouraged, and the action of the bowels stimulated.

It will be noticed that the principle underlying these few simple suggestions in regard to the treatment of fever is the same principle which we always naturally employ in the use of water under any condition,—a washing out and cleansing. Water is the great cleansing agent, and when properly applied, will cleanse the accumulated poisons from the system, and start nature on the right road again quicker than any other treatments. Rather than give poisonous drugs in simple fever, it is much better to give the patient all the water he wishes to drink, to restrict the diet to fruit or fruit juice for a few days, and to have the patient rest in bed. Nature is the great restorer, and if allowed to do her work, she will accomplish it much more readily by herself than when hindered by some drug intruder.

Physical Labor a Blessing.

D. H. KRESS, M. D.

THE importance of systematic physical exercise in the maintenance or development of a healthy, vigorous body and mind is not appreciated as it should be. By the majority, physical work is performed in a mechanical manner, not from choice, but simply because it is a necessity, or to gain a livelihood. It is regarded as a mere drudgery, an evil to be tolerated until sufficient means can be accumulated to enable one to live in idleness. Then the full benefit that should result from exercise is not gained. The woman at the wash-tub, laughing and good-natured, is seldom ill. The amount of good we get out of work depends in a great measure upon the good we see in it, or upon cheerfulness of mind, and the amount of mental and physical energy we invest. Therefore the wise man says, "Whatsoever thy hand findeth to do, *do it with thy might*," in other words, put your heart into all you do.

Walking, the best of all exercises, may be taken in a listless way, stumbling along with no special aim in view, and very little good be received. But by taking a brisk walk in the open air, in a cheerful spirit, with shoulders back, head erect, throwing some life into it, expecting some returns for the means of vitality invested, we are never disappointed, we reap with compound interest. The life current flows more freely, and every organ of the body is benefited thereby.

Many go to the seashore or to sanitariums to regain health; some are greatly benefited, others are not; if you should follow the two classes in their treatments you would find that the one class go through the treatments and exercises prescribed in a mechanical way, while others make a business of getting well; they expect much and receive much. There is something wrong with our education. Honest labor is considered by nearly all as a curse, and not as an inestimable blessing. The Egyptians seemed to have this conception of labor; for fear lest the children of Israel multiply and become a people more powerful than they, and join their enemies and fight against them, they said, "Let us deal wisely with them." Thinking that hard work was the surest way to cause physical degeneracy and to weaken the

race, they placed task-masters over them and afflicted them with the hardest kind of labor. They were sadly disappointed in this, however. The record tells us, "But the more they afflicted them, the more they multiplied and grew, and they were grieved because of the children of Israel."

The good derived from food, or the air inhaled, depends on a good vigorous circulation of the blood. It is the blood that carries life from the food, air, and water, to the different organs and muscles of the body.

The arm of the blacksmith becomes well developed and strong. By constant exercise the circulation of blood is quickened, and more life is carried to it. Upon the other hand, inaction of any organ will cause a sluggish circulation of the stream of life through it, and inevitably results in decrease in its size and strength. Not only does physical exercise build up, develop, and strengthen the muscles, but it also develops the brain. A leg or an arm amputated causes atrophy, or a wasting of that portion of the brain which has control over these muscles. This shows that a well developed and well balanced mind depends on a well developed body.

Gladstone's clear-headedness and success as a statesman depended in a large measure upon his systematic, physical exercise. We are living in an unfortunate age,—an age of specialisation. A few years ago, only all-round men and women were in demand. Clerks in stores were supposed to handle everything, groceries, clothing, hardware, machinery. Light and heavy, inside and outside work were combined. The women did housework, made the clothing for their families, worked in the fields, etc. Economy had to be studied and much thought given to the home. This variety of labor compelled the use of nearly all the muscles of the body.

Now we have book-keepers, who lean over the desk ten hours each day, and handle only the pen; stenographers, who operate only the typewriters; telephone operators; in fact, every one has his speciality. Thus while some muscles and certain cells of the brain are constantly exercised and wear out from overwork, others lie idle and rust out from disuse. This in a great measure accounts for the increase in mental and other diseases and

the rapid degeneracy in the race the past fifty years.

Institutions of learning are beginning to see the need of having physical exercise as an aid in mental development and maintenance of physical health. They have encouraged football, baseball, bicycle riding, the gymnasium, etc. I have no hesitancy in saying that the harm that has resulted from these will in many instances overbalance the good derived from them. The greatest danger in the various games, the gymnasium, and bicycle, is over exertion. From my own observation I should say nine have been injured where one has been benefited. I think it has been demonstrated that the bicycle does not develop symmetrically; in fact, the cyclist is recognised by the contracted chest and round shoulders. Only certain sets of muscles are developed. It is the aim of bicyclists to send all the energy to and develop only the muscles needed in propelling the machine.

In the gymnasium there is the greatest danger from over exertion by lifting heavy weights, swinging on bars or rings, etc. Muscles are so severely taxed that they are injured beyond repair. Like the blacksmith's arm or the legs of the tram horse, the muscles after a time become stiff and useless. No mode of exercise can take the place of useful labor or walking in the open air. The farmer, the gardener, etc., have exercises which are the most beneficial; all the muscles are brought into use. But the work must not be looked upon as drudgery. It must be taken up with cheerfulness, just as boys engage in the playing of ball.

Bind up an arm and do not use it for a short time. It will be found weaker than the one that has been in use. General inactivity will also result in general weakness.

Not long ago a robust, strong young man met with an injury to his arm. He was compelled to lie in bed for two weeks very quietly. At the end of this time he attempted to walk, but found to his surprise he was unfit for the task.

When inactive, the blood does not circulate freely, little life is carried to the muscles, and the impurities, or wastes, are not expelled. This accumulation of impurities in the system not only acts as muscle poison, causing feelings of physical feebleness and sickness, but it also causes a de-

praved condition of the brain, leading to impure thoughts and acts. This was the cause of the licentious condition of Sodom; "Abundance of idleness and fullness of bread was in her and in her daughters."

The young men and women found walking the streets of our large cities, trying to gain a livelihood without honest work, have in nearly every case been reared in idleness. By tracing back the history of these poor unfortunates, we find that in their homes, pride was encouraged, children were allowed to eat and drink to excess, controlled by appetite instead of principle. The daughters were permitted to spend their time in idleness or doing a little fancy work, or playing the piano, while mother did the housework and drudgery. This is the surest way for mothers to ruin their sons and daughters. Hard work and a simple dietary with God's blessing are the surest protectors against immorality. The only way for us to save our children from lives of shame and crime is by avoiding the causes which lead to such a life. We are all anxious to avoid results, but this we cannot do without avoiding causes.

The standing pool becomes filled with filth, germs, and slime. A flowing stream keeps the water free from these poisons. Air in motion purifies itself. Perfect health and purity depends on perfect circulation of the life stream.

None are so happy and healthy as those who are always busy, cheerfully going about their daily work, not scheming to do as little as possible, but seeing how much they can do to lighten the burdens of others. "In blessing, I will bless thee."

Emaciation and Obesity.

An ancient philosopher declared, "The fool foldeth his hands together and eateth his own flesh." Little by little the muscles, from disuse, grow more and more flabby. The body gradually loses its ability to make good, wholesome blood, and pronounced emaciation is the result. In the case of others, however, nature resorts to another expedient. Being unable to dispose of the food that is eaten up in building up normal, wholesome flesh, it simply stores it away in the form of fat. This results in weakening the muscles, or what is known as fatty degeneration. Heart failure, or apoplexy is frequently the ultimate result.

The World's Food.

RUMORS of the price to which beef and other meat food is, by some, expected to rise, have naturally led meat eaters to doubt whether they need so much meat in their daily rations as they have been accustomed to consume.

It may be of interest to note that plain boiled rice, to which salt, and sometimes a little seasoning, has been added, forms the constant diet of nearly half of the human race. Rice is the staple food of the 400,000,000 of China, the 200,000,000 of India, and 50,000,000 to 100,000,000 of other Asiatics and of the South Sea Islanders.

The rye bread of Germany and France is highly nutritious. The German bread is always clean, and it is generally palatable. With a few slices from a loaf, and a radish or an onion from the field, the German farmer will make an excellent lunch.

What the rye is to Germany and France, oats are to Scotland and many districts of Norway and Sweden.

We find the peasantry of Ireland using as their main dish an article of food, the potato, which contains almost as much starch as the grain of the rice. Potatoes, an infrequent egg or lump of butter, a cup of milk,—this is the diet of the rural working man of Ireland, and that he thrives on it is fully proved by his ability to do any kind of hard work and to do it cheerfully, for no man on earth is more blithe, either at work or play, than the Hibernian.

There are many districts in Italy and Spain where the chestnut takes the place of oats, rye, and rice. Chestnut groves are abundant in all the mountain districts of Italy and Spain, and the season of chestnut gathering is the harvest festival in these countries. In the old times chestnuts were the common ration provided for the soldier.

Chestnuts in Italy, dourra in Egypt, sweet potatoes in many inland districts of Africa, bananas, raisins, dates, and figs almost everywhere in the tropics, wheat in the temperate zones,—these are staples where meat is a luxury.

LANGUID sauntering is not exercise for the man or woman in ordinary health.

Three Principles Regarding Summer Clothes.

FROM a hygienic standpoint such questions as what form and quality of clothing will maintain the proper body temperature, protect from changes of temperature, absorb the sweat and other excretory products contained in it, and favor evaporation, are of main interest.

Our hot season is now upon us, and is subject to frequent and violent changes. More than this, we have not yet learned the art of adapting the clothing to a hot temperature. The same heavy coats, high stiff collars, and starched shirts that we wear in the winter are common.

The summer clothing should not be too heavy, keeping the body overwarm, with the skin most of the time covered with moisture, so that it is easily affected by changes in temperature, and likely to become suddenly chilled. More colds are contracted by coddling than by exposure.

Notwithstanding all the theories of various kinds, the great weight of medical opinion inclines toward woollen as the best material next the skin. But this woollen fabric should be characterised by three things: First, it should be light in weight; second, light in color; and third, very porous.

This latter characteristic is difficult to obtain in woollen fabrics. The tendency of the ordinary woollen undergarment is to shrink with successive washings until it becomes practically impervious to the air. There are, however, certain woollen fabrics with loose meshes and light weight, which allow the free circulation of the air, and yet protect the body with that evenness which only woollen exerts.

There is evident reason for the statement that summer clothing should be light in weight, but most people will wonder why it should be light in color. The simple reply is that a light-colored suit or hat does not receive and concentrate heat rays to such a degree as does dark-colored clothing of the same weight and texture. An experiment with light and dark hats on a hot summer day very easily demonstrates the practical bearing of this.—*The Healthy Home.*

"IT is never wise to turn a blessing over to see if there is a curse on the other side of it."



The Home

The Wise Woman and the Foolish Woman.

INA WRIGHT HANSON.

THE wise woman springs out of bed in her well-ventilated room, and takes a cold plunge and a few exercises. As she dresses, she reviews the duties of the day before her. "So many pleasant things to be done," she says, while her eyes sparkle, and her cheeks glow with perfect health.

The foolish woman, hollow eyed and sallow skinned, crawls out of bed. Her windows have been closed all night, for "night air is poisonous, you know." She bathes her face and hands in warm water,—she never takes a cold bath, for her system couldn't stand the shock,—and as she dresses, she sighs, "Oh the weary round of household cares."

The wise woman, if she happens not to be hungry, eats no breakfast, even though she prepares it for her family.

The foolish woman is not hungry, and a disagreeable taste in her mouth ought to warn her that her stomach is not ready for food; but she "must eat to keep up her strength," and what she half masticates, is washed down with strong, hot tea or cocoa.

The wise woman goes about her work with a song in her heart, and the household machinery moves smoothly. She laughs as she sits down to the noon meal. "'Hunger is the best sauce.' I don't have to tempt my appetite with delicacies." Then she proceeds to eat slowly, and drink—nothing.

The foolish woman was hungry when she began dinner, but "the smell of the cooking took away her appetite." She wishes she could have a change of air, maybe it would make her feel better. Baby has been so cross, and "she is that nervous that she is ready to fly away with herself," and all the time she is eating, eating, drinking, drinking.

When the wise woman's husband comes home at night, he is greeted by a cheerful

wife. She has no tales to tell of annoyances, although she may have experienced some. Her mind dwells upon pleasant things, that she may attract to herself good and not evil. The children bubble over with good nature and fun. They are encouraged to talk of the day's happiness, while their attention is deftly drawn away from unpleasant occurrences.

The foolish woman's husband comes home to racked nerves, scowls, complainings, perhaps tears. The children have caught the mother's spirit, and they relate the partiality of the teacher, the impossibility of their tasks, and the misbehaviour of their schoolmates.

The heart of the wise woman's husband "doth safely trust in her. Strength and honor are her clothing;" and she shall not only "rejoice in time to come," but her joy is ever present.

The foolish woman is small comfort to herself or to those around her.

But there is light ahead. The former class are receiving daily reinforcements. Women all over this broad land are learning how to live; are choosing between beauty and ugliness, health and sickness, and are choosing wisely. Dumb bells and cold baths are replacing drugs and potions. Shall we not all be wise, and not foolish?

Happiness.

HAPPINESS drawn from earthly sources is as changeable as varying circumstances can make it; but the Christian's peace is a constant and abiding peace. It does not depend upon any circumstances in life, on the amount of worldly goods, or the number of earthly friends. Christ is the fountain of living water, and happiness drawn from Him can never fail.

The meekness of Christ manifested in the home will make the inmates happy; it provokes no quarrel, gives back no angry answer, but soothes the irritated temper, and diffuses a gentleness that is felt by all within its charmed circle.

Wherever cherished, it makes the families of earth a part of the one great family above.

The Folly of High-heeled Boots.

SHOULD our women-folk persist in wearing nonsensical, high-heeled shoes, they will of necessity degenerate into in-door creatures, fit for nothing except to sit about and be looked at.

The high-heeled shoes may be suitable for pale, hysterical butterflies of fashion, but they were never intended for the sport-enjoying, healthy, freedom-loving woman of old England.

Why a sensible woman should wear a high-heeled shoe is absolutely beyond comprehension. She not only injures her health, but she loses altogether freedom and grace of carriage.

Probably this warning, well meant on the part of a male enthusiast, will not have the slightest result, because a woman intent on wearing high-heeled shoes will wear them no matter what the result. Let us point out, however, that the weight of the body should fall on the arch of the foot. This is the decree of Nature. So Nature constructed there a beautiful arch, perfect in every part of its mechanism.

Now, the high heel throws the weight of the body on the toes and ball of the foot. These parts were not intended to sustain this weight. They are not adequate for the purpose.

Therefore, the ligaments that bind the toes together naturally spread under the undue tension and transfer their strain to the nerves. Of course, the nerves soon get out of gear, and the inevitable result is nervous trouble.

Nature intended that the weight of the body should be distributed in almost a straight line. The bones of the leg bear this weight and the muscles take the strain. The high-heeled shoe throws everything below the waist line out of poise.

Of course, the straight line that Nature provided for is altogether lost. The muscles of the legs try to accommodate themselves to the unnatural order of affairs, and as a consequence bow out. Athletic sports become practically impossible, and the freedom of outdoor life ceases.

The shoe for a woman, as well as a man, to wear is the broad shoe with flat heels

and sensible, projecting soles. Woman owes a duty to the human race. She can not fulfill that duty properly if she wears high-heeled shoes.—*Science Siftings*.

"Thank You."

EVERYBODY likes little Carl Rosenbloom, he is so cunning and small and fat. He has lived in America just a little while, and he can speak only two English words. It sounds so funny to hear him say, "Thank you," to whatever is said to him that no one can help smiling.

One day Carl was trudging along with a basket of clothes. He was a droll little figure, with his chubby legs and round, fat arms.

Some boys playing marbles on the pavement were quite amused at this comical sight, and they began to laugh and to shout, "Sausage bags!"

Now, Carl did not understand a word, but he saw they were speaking to him, so he turned his dear little face to them with the sweetest of smiles, and said, "Thank you."

You should have seen how ashamed the naughty boys looked then! One of them smiled and nodded at little Carl, another gave him a nice red apple, while another took his big basket, and carried it for him.

So the good-natured little fellow trotted off, thinking what kind boys they were, and what a pleasant world this is to live in. And perhaps we should all think so, too, if our tempers were as sweet as his.—*Sunday Afternoon*.

A Letter from Fiji.

A. CURROW.

IT is now nine months since I landed in Fiji. During that time ample opportunity has been afforded me to become acquainted with many of the habits and customs of the natives, and to some extent with the nature of the climate. Being particularly interested along the lines of hygienic reform and the rational treatment of disease, I have watched very closely the ways of this people; and, as a result, I am more firmly convinced than ever that the principles advocated in your valuable journal are true and wise, and calculated to lead all who practise them to the possession of the priceless treasure of "a sound mind in a sound body."

Among many things which at first excite one's interest in this people is the simplicity of their domestic life. The Fijians are not "cumbered with much serving" as is the case with the white people. Seldom do they have more than two varieties at a meal. Year in and year out the diet consists almost wholly of yams, taro, and sweet potatoes. Fish enters this list at intervals, but is by no means a daily food as meat is with whites. For varieties, bread-fruit, bananas, mangoes, melons, and one or two kinds of nuts are all the visible changes they have in the way of desserts, and these are only introduced occasionally. "What shall we eat and drink, and wherewithal shall we be clothed?" does not seem to perplex the mind of the Fijian. His "one thing needful" is a good patch of yams; and he cares for nothing or anybody to any extent if he has that prospect ahead. That meets his demand for food. His appetite being more nearly natural than civilised, he craves no rich combination, no highly seasoned variety. A marked feature about a native table is the entire absence of condiments. Salt is the only attempt in this direction that I have observed; and that is counted a luxury to be used when visitors call. The benefits arising from this absence of condiments and complicated mixtures of foods is very marked. There is a complete absence of all the unpleasant sensations which so often follow a meal among white people. I have failed to observe one single case of food fermentation and eructations of gas from a soured meal, which is so often the case among the civilised. Neither is there evidence of biliousness among them, which is, perhaps, due to the fact that sweets and grease are almost wholly excluded from their food. They know no such dishes as stews. What a pity it is that we are not blessed with such blissful ignorance! Half of our sighs and mournful feelings undoubtedly arise from the heavy tax we put on our digestive powers in the form of complicated dishes and seasoned foods. What is said of the spiritual man because of sin is true also of the physical under dietetic transgressions: "We do groan within ourselves, being burdened."

In respect to dress, the Fijian is happily freed from all the prevailing restrictions of modern custom. As with food, so with

clothing,—his wants are few and easily supplied. No bands, no bone, no steel encompass their women about. They delight in freedom waists, freedom skirts, and freedom every way. When one enters a Fijian house for the first time, he is captivated with the air of freedom and natural ease that pervades. He cannot help but feel very much at home. He enters into a delightful and restful state at once. The only posture he can take is to lounge upon the floor of clean rush mats. One does not take to it gracefully at once; but it so soon affords a delightful sense of rest, that it becomes enjoyable like a short nap. All that the males wear ordinarily in the way of clothing is the *sulu*. This consists usually of a strip of black cloth two to three feet in width, and about five to six feet in length. It is wrapped lengthwise around the waist, the ends being twisted and turned in to secure it. On Sundays or special occasions they add a shirt or a white singlet to make up the full dress. Their hair is so neatly dressed and thick that no hat is necessary. The women simply add a print blouse or jacket to their *sulu*, and thus they are ready to appear in public. It costs about 5/- or 7/6 to clothe a man with a new suit.

One cannot but envy their simplicity of life, the splendid physique, and their freedom from disease wherever free from the corrupting influence of civilisation. In these two particulars, simplicity in diet and freedom in dress, the natives in these parts are far in advance of us, and the blessing consequently attending them far outweighs the advantages we have gained over them in intellectual attainments. Health has a decided advantage over every other feature of life. Where there is no health, there is little happiness. To be happy, we must be healthy. If our civilisation cannot put us in the enjoyment of better health of mind and body, and make us better men and women morally, then our so-called advancement is not worth the trouble and expense of acquiring it.

It would be a sad day for this race should the natives give up their simple methods of living, and exchange their freedom for the complex and enslaving forms of civilisation.

SIMPLICITY is the highest art.

Seasonable Recipes.

LAURETTA KRESS, M.D.

Christmas Dinners.

FOR scores of years Christmas has been a day of feasting. Housewives search for something new and attractive for that day. Usually many indigestibles are placed before the family, and if no case of illness follows, it is quite a miracle.

True, it is pleasant to have a dinner different from that had from week to week; but it ought always to be selected with reference to the health of the children and as to its wholesomeness.

Floral decorations will make it different from other days and delight the children.

Spread the table with a snowy white cloth. Pin to each corner of the table groups of ferns, or pin a margin of ferns all around the edge. Lay a pretty centre piece in the centre of the table over a piece of light green sateen. Upon this centre piece set vases with flowers and ferns, or a centre piece of fruit, decorated with leaves of passion fruit, geranium, or fern. At each person's place, tie the serviette with white ribbon, and tuck into the folds of the serviettes a button-hole bouquet. Simple decorations will please the children as much as the dinner itself.

The following menu is suggestive for a Christmas dinner:—

MENU

- | | |
|---|---|
| Tomato clear soup with croutons, | |
| Stuffed potatoes, | Nuttolene cutlets with green peas, |
| Ribbon beans, | Sliced cucumber with ideal chili sauce, |
| Salted almonds with plain wheatmeal crisps, | |
| Sunshine sponge cake, | |
| Fruit mince pie, | |
| Fresh apricots and passion fruit. | |

TOMATO CLEAR SOUP.—Mash and put to cook one pint of small haricots in two quarts of water. Boil slowly for two hours. If the water boils away, replenish with boiling water. When the beans begin to break and seem well done, drain off the broth, which should be about five cups, add to this two cups of strained stewed tomato, and salt to taste. Reheat, and serve with croutons.

Croutons are made by taking thin slices of white bread, cutting into small cubes, and toasting in a moderate oven until slightly browned and baked through. Serve some croutons on a small plate beside each plate of soup.

STUFFED POTATOES.—Bake large, smooth potatoes until well done. Cut off one end and remove the pulp. Salt and mix with this two well chopped,

hard boiled yolks of eggs, and a small quantity of milk. Return again to the skins, filling them full. Replace the caps, and wrap the potatoes in strips of tissue paper, white or colored as one desires, about three inches wide. First fringe the ends or cut in scallops. These serve to make the potatoes attractive, and aid in holding the hot potato to eat its contents.

NUTTOLENE CUTLETS.—Cut thin slices of nuttolene from a fresh tin, dip in beaten egg, and again in grated bread crumbs. Place on an oiled tin, and brown in the oven until a delicate brown. Serve with each cutlet a spoonful of stewed green peas.

RIBBON BEANS.—Prepare equal quantities of brown beans and small haricots. Cook them separately until well done and quite dry. Rub through a colander to remove skins. Season with salt and a little sweet cream. Place a layer of white beans about one inch thick in the bottom of a deep enamel dish, then a layer of brown beans, about the same thickness, and so on, alternating until the dish is filled. Place in the oven and bake until browned on top. The beans when done should be mealy and retain the shape of the dish used. Serve in slices with a slice of lemon on top or invert the dish on a plate and take out the beans so they will retain the shape of the dish. Serve with a garnish of parsley or slices of lemon around the mound.

SALTED ALMONDS.—Blanch shelled almonds by putting in boiling water, then remove to cool, slip off skins, sprinkle the almonds with a little salt, and a few drops of salad oil. Stir these well so the salt and oil adhere to each almond. Place in a moderate oven and brown slightly.

WHEATMEAL CRISPS.—Into one cup of cold, salted water stir slowly, so as to incorporate as much air as possible, sufficient wheatmeal to make a stiff dough. Knead well. Roll as thin as brown paper, cut in squares. Prick with a fork to prevent blistering. Bake until a nice brown. These are very crisp if properly made and eaten while fresh.

SUNSHINE SPONGE CAKE.—Beat the yolks of five eggs until very stiff. Beat the whites in a larger basin very stiff, until they will hold a fork upright when placed in it. The success of the cake depends upon the stiffness of both whites and yolks. To the whites when nearly stiff enough add one tablespoonful lemon juice. To the yolks add three-quarters cup of sugar and grated rind of one lemon. Beat thoroughly again. Turn the yolk mixture into the beaten whites slowly, and with a batter whip lift and fold the yolk mixture into the whites. When all is folded in, add three-quarters cup of flour, sifting in only a small portion at a time, and folding or chopping, not stirring, to keep it light. Turn into a cake tin and bake in a moderate oven.

FRUIT MINCE PIE.—Five good sized tart apples, half cup raisins, half cup currants, half cup chopped walnut kernels, one tablespoonful chopped citron, one tablespoonful dried figs, chopped, half cup water, juice of two small lemons, and sugar to taste. Mix all together, and cook twenty or thirty minutes. Turn into a paste and bake.

OLIVE OIL PASTRY.—Beat two tablespoonfuls best olive oil with a fork, adding slowly, a little at a time, three tablespoonfuls of cold water. Turn into three cups of sifted white flour, add a pinch of salt. Mix the flour and oil lightly. Gather the fragments together without much kneading, roll out, and place on pie dish.

IDEAL CHILI SAUCE.—One quart stewed tomatoes, not strained, one large onion, sliced, one teaspoonful celery, half a teaspoonful of sugar, one and one-half teaspoonfuls of salt. Cook all together until desired consistency. Serve with sliced cucumbers.

Vegetarianism and Longevity.

THE following, which appeared in the *Sydney Daily Telegraph* of September 13, clearly demonstrates the advantages of a non-flesh dietary:—

Captain Diamond, of San Francisco, is 106 years old, and claims to be the world's champion athlete of his age.

Captain Diamond never used tobacco or any other stimulant, and has not eaten a pound of meat for more than fifty years. He began to live at an age when most men are getting ready to die, and when past 100 took a full course in physical culture, and came out with strong muscles and limber joints.

This hale old man was born in Plymouth, Mass., May 1, 1796, and is now in better condition physically than most men of sixty.

"You always get what you prepare for," says the captain. "Most men expect to die at seventy or thereabouts. They educate themselves for death, live up to it, and it comes for that reason."

Exercise has been Captain Diamond's elixir of life. He believes in using the muscles without overtaxing them, and contends that plenty of well-directed physical culture, aided by temperate habits, will build up a strong body.

He left his home at an early age, and went into the world without money or education. He worked at the building of the first canals and railroads, and between 1864 and 1867 was chief government agent at St. Louis, Mo., U. S. A., in charge of transportation of army supplies.

Some twenty years ago he was working on a street railway as a gripman, and came near losing his position, not by reason of incompetence, but merely on account of his years, being then over eighty.—*San Francisco Chronicle*.

Another Note of Warning.

THE following, which appeared in the *Melbourne Age* of November 5, 1902, is another note of warning to meat eaters:—

WHOLESALE POISONING. A CHURCH PICNIC SENSATION. ABOUT 100 PERSONS AFFECTED. NARROW ESCAPES FROM DEATH.

IN accordance with custom a combined Sunday-school picnic, in which the scholars and pupils of the three Methodist schools in the Williamstown division, numbering from 700 to 800, took part, was held at Werribee. There was, of course, the usual store of fruit, pastry, and so forth, and

for the more substantial part of the repast, a huge quantity of ham and beef sandwiches were provided. The sandwiches had been packed in boxes the preceding night, and as far as can be gathered, the hams from which they were cut were perfectly sound.

When the meal was over, the children spread themselves over the country side, enjoying themselves racing about and rejoicing in the bright holiday. After a time symptoms of illness began to manifest themselves in the children. First one youngster complained of feeling unwell and began vomiting, but there was then no alarm caused. But when about two o'clock the children were all assembled for a distribution of lollies, it was found that the sickness was not confined to one or two or half a dozen, but had communicated itself to an extremely large percentage of the picnickers. Children who a few minutes before had been dashing about shouting with glee, were suddenly struck down as though by sunstroke, and were seen by their affrighted parents and teachers writhing in agony on the ground. A spectator describes the scene as appalling. The grass was dotted with children of both sexes—some of tender years, others verging upon manhood or womanhood—moaning and tossing their limbs about and calling for help.

Through the faithful efforts of physicians and nurses and the service of the hospital, their lives were saved, and nearly all sufficiently restored to be taken to their homes.

It may startle some of our readers to learn that ptomaine poisoning by the use of infected flesh is quite common, especially during the summer months. Warm weather favors the growth of the micro-organisms that form this poison. Aside from such wholesale poisoning, many isolated cases of meat poisoning occur that are never traced or attributed to their real cause. Meat poisoning is not always due to the eating of meats which have already undergone putrefactive changes, but the same changes which take place in meat outside of the body in warm weather, often take place inside of the body when there is a lack of stomach fluids to disinfect it. This is apt to be the case in warm weather. There is usually at this time general relaxation and loss of tone of the digestive organs. Epileptic fits in cats during warm weather are frequently due to the poison formed by the putrefaction or rotting of meat in the stomach. Dogs become ill if fed largely on flesh during the summer months for the same reason. During the summer months especially, such foods may be entirely dispensed with, thus avoiding the dangers that naturally accompany their use.



Good Health Tit Bits



SUBDUCE YOURSELF.—The strength of a man is in proportion to the feelings which he curbs and subdues, and not those which subdue him. The man who receives a flagrant insult, and answers quietly; the man who bears a hopeless daily trial, and remains silent; the man who with strong passions remains chaste, or who with a quick sense of injustice can refrain himself and remain calm,—these are strong men; and John the Baptist waxed strong, because, from the earliest dawn of thought, he was taught the necessity of refusing things which in themselves might have been permissible, but for him were impossible.

DR. MAX GROSZMAN, of New York, has, after much study and research, discovered that indigestion makes people tell lies. He declares that truthfulness may return when the indigestion is cured. Dr. Groszman's discovery is destined to be of the greatest importance to mankind. Who can estimate what the world may have lost because of mistaken notions of lying and its causes in past ages? It is frightful to think of the straps and rods that have been laid over the backs of boys who needed good food, open air, and exercise.

ALCOHOLISM AND ITS EVILS.—According to reliable statistics, eighty-one per cent. of the criminals, eighty per cent. of the paupers, fifty-eight per cent. of the cases of insanity, forty-four per cent. of the idiotic and feeble-minded, are traceable to the use of intoxicating liquors. Aside from this, multitudes of innocents lose their lives by accidents, and children and women are beggared, heartbroken, and ruined without number.

A GOOD anecdote is told of the late Sir B. W. Richardson. He was travelling in England, and had come to a town of four thousand inhabitants in which was no public house, and the village doctor was nearly starving. While there, a young

physician sought his advice as to taking up practice in the village. The good doctor, placing his hands on the young man's shoulders, said, "Take my advice, and don't. These wretched teetotallers not only shirk accidents, but when wounded, heal so fast that there is neither pleasure nor profit after the first dressing."

THERE is no such thing as unearned happiness. Whatever we have must be earned by sacrifice. The pursuit of happiness is not always the finding of happiness. Happiness is often sought by the short crosscuts. Adversity is generally looked upon as bad luck, but it is really good luck, for its value lies in the courage that is developed in trying to overcome it. A man may be innocent who has never met temptation, but a man is never truly good until he has met temptation and overcome it.

IT is in the struggle with difficulties that our best powers are developed and our strength increased. Take away all need for hard uphill toil, make life a flowery field of ease, and you have spoiled true manhood and womanhood. Just as the muscles of the body cannot become firm and strong without much physical exercise, so the muscles of the mind will remain for ever feeble if no difficulty spur them on to exertion.

PATIENCE and strength are what we need—an earnest use of what we have now, and all the time an earnest discontent until we come to what we ought to be.

ONIONS?—No, thank you, not any onions for me. If the volatile, irritating oil they contain makes the servant girl weep when she slices them, and fills the whole house with their pungent odor, what do you suppose will be the effect upon the stomach and the delicate nerves and brain? No thanks.

The Physician in the Home

Snoring.—Is there any remedy for snoring?

Ans.—Eat less, especially at the evening meal. Take a cool hand or sponge bath each morning after arising, followed by vigorous drying with a towel. Keep the mouth closed during sleep. Sometimes it is necessary to remove obstructions from the nose or throat.

Falling Hair.—How may I prevent my hair from falling out?

Ans.—In the treatment of the hair, good judgment and common sense are necessary. The best way to keep the scalp healthy is to preserve its elasticity. To do this, daily massage is necessary. If the scalp is dry and covered with dandruff, or the hair thin, a little oil of sesami, rubbed in with the tips of the fingers once or twice a week, will in almost every case restore the hair to its normal condition.

Protose.—What is the composition of protose?

Ans.—Protose is composed of wheat and nuts. It combines well with all foods. Protose and bread constitute a well-balanced bill of fare. Experiments carried out by Dr. W. H. Riley, Superintendent of the Colorado Sanitarium at Boulder, Colorado, show that protose is digested in one-half the time required for meat. It contains all the food elements found in meat with the addition of ten per cent. fats, minus the uric acid and waste products which make meats objectionable.

Sleeplessness.—What remedy would you recommend for sleeplessness?

Ans.—Hot foot baths at night followed by a wet bandage composed of a thin cloth wound about the abdomen and hip or the lower extremities, covered with oiled silk cloth or thick oiled paper. Surround this with several thicknesses of flannel. The effect is to dilate the vessels of the legs, thus diminishing the blood in the head, and producing sleep.

Epilepsy.—What can be done for a little girl six years old, who is troubled with epileptic fits; has had fits for two years. Can she be cured, and what treatment should be followed?

Ans.—Impossible to tell whether the epileptic fits can be cured; but probably the progress of the disease can be arrested by proper means. The patient should entirely discard flesh and greasy foods of all sorts. Also, should never be allowed to take tea and coffee; neither milk, unless in the form of buttermilk or cottage cheese. A diet of dextrinised cereals, granose, toasted wheat flakes, zwieback, together with malted nuts, malt honey, and an abundance of fruit, would be the best suited to her condition; also peas, beans, lentils, eggs occasionally. The child should be kept out of school, and spend the greater part of her time out of doors. Should have an abundance of sleep at night. Before retiring, give a neutral immersion bath at ninety-two to ninety-five degrees for twenty or thirty minutes, moist abdominal girdle to be worn during the night, and a cold friction bath on rising in the morning.

Stomach Disorders.—What is the best remedy for stomach disorders?

Ans.—Hydrotherapy is the best remedy for the stomach and bowel disorders so prevalent in the summer. Cold applications to the abdominal surface are almost a panacea for excessive activity of the bowels. The reason is that the blood vessels of the congested parts are made to contract. A hot enema should be given for cleansing the bowels and stimulating the circulation. A cold compress to the abdomen, changed every hour or two, affords great relief. If there is pain, a fomentation should be applied for fifteen minutes, followed by the cold compress, to be changed every ten or fifteen minutes; it must be allowed to warm up and then be changed. This keeps a current of vitalising blood flowing through the part. By the cold application there is a contraction, and then as the blood warms up there is a reaction and a crowding out of the blood. When the cold compress is applied again, there is another contraction, then as the compress becomes warm, reaction again takes place, and another crowding out of the blood; at each time fresh blood comes in, and the white corpuscles are enabled successfully to combat the parasites and to carry them off.

Biliousness.—What is a cure for biliousness?

Ans.—An aseptic dietary, excluding meats, cheese, milk, butter, greasy foods, mushes, soups, pickles, condiments, tea, and coffee. The diet should consist of well dextrinised cereals, fruits, and easily-digestible nut preparations, such as malted nuts. Apply a fomentation over the stomach at night, followed by heating compress to be worn during the night. A cold bath should be taken every morning, and a sweating bath at night two or three times a week.

THE following appeared in the *Sydney Evening News* of October 18, 1902:—

DEATH AT 102 YEARS.—News was received on Saturday of the death of Mr. Emanuel Silva, a well known government servant for many years, and probably one of the oldest residents of New South Wales. Mr. Silva passed away, at the age of 102 years, at the Macquarie Lighthouse, Watson's Bay, where he had resided for forty-two years. For over seventy years he had been a resident of New South Wales, and nearly the whole of that time served under the government of the State.

Mr. Silva was a general favorite among acquaintances, because of his many sterling qualities. He was practically a vegetarian all his life, as well as being a total abstainer and a non-smoker. Up to the very last he retained his mental faculties, and took great pleasure in recounting his thrilling experiences on sea and land, and of his recollections of Sydney long ago.

THE famous singer, Lilli Lehman, in describing her daily routine, says, "Eating and drinking do not take much of my time, for I am a vegetarian, and this suits my nerves extraordinarily well."

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Do NOT fail to call at the Vegetarian Café, 283 Pitt Street, for your meals, while visiting at Sydney. The foods served are attractive, palatable, and scientifically and healthfully prepared.

WE desire the hearty co-operation of our readers in the circulation and wide distribution of the December number of the AUSTRALASIAN GOOD HEALTH. This is a valuable number. We have published an extra large edition. Remember your friends and acquaintances that would be benefited by its contents, and send for ten, twenty, fifty, or a hundred copies. Twelve copies, 1/6, 100 copies 8/-. Can we not hope to double our subscription list this month? We can do this by each subscriber sending the name of an additional yearly subscriber. Remember the yearly subscription is only 2/6. By sending the names and addresses of two of your friends and 4/-. we will forward the journal to them for one year. Special rates are given to agents.

Do NOT fail to send for the latest booklet issued by the International Health Association, "Dietetic Errors as Related to Disease." This is something that should be in every home. We feel certain it will be the means of saving many a doctor's bills. It contains twenty pages, neatly covered, convenient for slipping into an ordinary envelope. The prices are as follows: 500 copies 20/-. 100 copies 5/-. 12 copies 9d. We also have some of the booklet, "Food, Its Relation to Health," still on hand. Assist in scattering them; they are needed everywhere.

By the time this number of our journal reaches its readers, the Health Retreat family, numbering twenty-six nurses and workers, will be living in their new home, the Sydney Sanitarium. The medical work will be under the supervision of Dr. D. H. and Dr. Lauretta Kress. The principles of the institution have been clearly outlined and described in this number of our journal.

Kindly read the article on the "The Rise, Progress, and Principles of the Battle Creek Sanitarium."

The Avondale Health Retreat will continue its career, and will for the time being be mothered by the new institution, and will be provided with competent nurses and other help that may be needed. Send for a souvenir descriptive catalogue. Address all correspondence to Manager, Sydney Sanitarium, Wahnroonga, N. S. W.

WE would advise visitors to Brisbane desiring good vegetarian meals and a pleasant home, to call upon "The Trees," Hershell Street, off George Street, two minutes' walk from Roma Street Station.

THE proprietor of a German menagerie keeps caged together a lion, a tiger, a wolf, and a lamb, which he labels, "The Happy Family." When asked confidentially how long these animals had lived together, he answered,—

"Ten months; but the lamb has to be renewed occasionally."

WANTED.—A general agent for the Good Health Bath Cabinet, endorsed by Battle Creek Sanitarium physicians. Must purchase stock of 100 to 500 cabinets outright. Write Good Health Publishing Company, Battle Creek, Michigan, U. S. A.