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GOOD HEALTH

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Sanitarium Health Food Co., 283 Pitt Street,

SYDNEY.



What should we do for the little one?

AUSTRALASIAN

Good



Health

Vol. 6.

Sydney, N. S. W., January 1, 1903.

No. 1.

The Chief Cause of Nervousness.

J. H. KELLOGG, M. D.

NERVOUSNESS is simply the morbid expression of a sensation. If a man is in perfect health, all his organs are in a normal state, and he has no consciousness of their existence. As Carlyle says, "The healthy know not of their health, but only the sick." One is unconscious of his entire internal structure until some part or some organ becomes diseased. This is because the sensibility of the internal organs is so small that when they are quite normal they are not able to express themselves with sufficient emphasis to be felt; it is only when the nervous sensibility is enormously increased by disease that we become aware of their existence.

On the other hand, the nerves of the external parts and organs are especially intended to express sensation, to make us conscious of our environment. Hence the keenest sensations experienced as the result of the activity of external nerves may be perfectly healthy and normal, while any kind of feeling in the internal part of the body is evidence of an unnatural condition.

These morbid expressions of sensation are of various sorts. If I place my hand upon the table, I experience a normal sensation of touch; but if I feel something touching my hand when there is nothing there, I am nervous—I am the victim of an abnormal action of the sense of touch. One may sometimes feel feverish, and have a burning in the palms of his hands and the soles of his feet, when there is really no rise of temperature. This is an

abnormal sensation; a nervous chill is not a chill, but a sensation of chill. When one suffers from cold when he is not cold, and from heat when his body is not even warm, his nerves are acting abnormally, and his condition indicates disease.

Sometimes the difficulty is with the sense of sight. Specks or sparks appear before the eyes when there are no specks there. Sometimes the apparition is a violet or a green light, or a sudden blackness coming before the eyes. People often think they are going to die of apoplexy; they have crawling sensations in their legs, and are sure they are going to be paralyzed. These sensations may be only the morbid expressions of a nervous condition—not because the nerves are necessarily diseased, but because they are in some way disturbed.

The causes of these nervous disturbances are varied; the most common of all, however, is indigestion. Yet the majority of people who suffer from these morbid sensations feel no pain or discomfort in the stomach. But when the mouth and the contents of the stomach are examined, they are found to contain poisons generated by decaying food substances. The tongue of a person affected in this manner is covered with germs. This is positive proof that poisons are being absorbed into the blood, and that the whole body is disturbed by them. The physician knows that this is the root of the trouble, but it is hard to make the patient believe it, because, according to his opinion, he has no difficulty with his digestion.

There are thousands of people living under a terrible burden of nervousness,

simply because their stomachs have fallen into such a state that the food they eat becomes poisoned, and the poisons distributed throughout their bodies manifest themselves not only in all these various nervous sensations, but in dullness of thought, irritability, and numerous other disagreeable ways. Perhaps the sufferer is a business man. He runs up a column of figures, and forgets how much it is. He has to go over it two or three times before he gets it right. He is perplexed and confused in various ways, and spends twice as much time as he ought on everything he does, just because he can not concentrate his mind upon his work. Perhaps he falls into a chronic state of inattention, and finally becomes incapable of doing business. Or the sufferer may be a woman, a housekeeper. Nothing goes right in the home. She has "nervous spells," and is obliged to go off by herself and "have a good cry."

Now these manifestations do not grow out of a diseased condition of the brain or spinal cord, as is often supposed, but they come from a foul stomach, which is sending poisons to every part of the body.

One is just as surely poisoned in this way as if the poison were injected beneath the skin by a hypodermic syringe. This theory has proved true in so large a proportion of the cases coming under my care that I am convinced that these morbid conditions of the alimentary tract are responsible for at least ninety-nine per cent. of all the nervousness of which people complain.

I ceased, long ago, to try to treat nervous symptoms except in a palliative way, but have made it a point to strike at the root of the trouble,—the stomach. When you find a Canadian thistle growing in your yard or garden, you do not stop with cutting it off even with the ground. It is of no use to touch it unless you dig it up, roots and all. Every fibre must be destroyed or it will surely spring up again. It is just as necessary to strike at the roots of stomachic ills.

Of course there are other causes of nervousness besides indigestion. Some people are born with diseased nerves. There are also reflex causes which affect the nerves. Local irritations of various sorts may become so great as to produce a chronic condition of nervous exhaustion. But in the

vast majority of cases this disagreeable and dangerous state may be traced directly to the poisoning resulting from indigestion. When the causes of indigestion are removed and the stomach is allowed to resume its normal action undisturbed, the nervousness, the irritability, the headaches, the dullness disappear, and the stomach becomes once more a silent, unconscious organ.

A Steward's Advice to Ocean Travellers.

THERE has been no want of sage advice on the subject of how to avoid sea sickness, but we doubt if any one has struck the nail as squarely on the head as the steward in the following bit of conversation, which really took place in a trans-atlantic voyage:—

Passenger: "Steward, don't you know anything that will cure sea sickness?"

Steward: "Well, no, sir; I reckon there ain't any cure for it. I've been to sea many years now, and sometimes I'm a bit sick myself. Even the captain gets sick once in a while."

Passenger: "But isn't there anything that will help it a little?"

Steward: "Well, sir, according to my experience, a clean stomach is the best thing for sea sickness, and if you eat anything, let it be a little dry bread and fruit, or just fruit. Let alone the greasy things and the sweet things, and the meats and pastries and highly-seasoned things. Keep the stomach clean, and you'll soon get over it."

One matter which should not be overlooked, is that this same advice applies beautifully to the people who remain on land.

Hydatids.

D. H. KRESS, M. D.

ACCORDING to one of the best medical authorities, this disease prevails most extensively in countries in which man is brought into close contact with the dog, particularly when as in Australia and New Zealand the dog is used extensively for herding of sheep, and from this it was once concluded that it is through the dog that this disease was first communicated to man. Yet the hydatid worm is an exceedingly rare parasite in the dog in other

countries where sheep raising is not engaged in.

Cobbold, a noted authority, states that he has never met with a natural specimen in England. Dr. Osler, of America, says, "I have not met with an instance in this country, nor do I know of its ever being described." The only specimens he possessed were procured experimentally by feeding a dog on the hydatid cyst of an ox. In this case the disease was communicated directly from the ox to the dog by feeding on the flesh of the animal. If it is possible to communicate the disease from ox to dog, it is also possible to communicate the disease directly from ox to man by the use of infected flesh. That flesh is the most common means of communicating the disease to man seems evident from the fact that the disease prevails especially in countries where sheep raising is common, and where the flesh of these animals is used largely as food. The fact that the disease is found in both man and dog furnishes no evidence that the disease was communicated from the dog to his master, it is found in the dog because he has been fed on the same food as his master. That which produced the disease in the dog also produced the disease in man.

In examining the lungs, liver, or tissue of an animal having this disease, we discover numberless little sacs or cysts about the size of a hemp seed. As soon as they are taken into the stomach by eating the flesh containing them, the gastric juice dissolves the membranous sacs and liberates a small worm. This creature is furnished with a head and four suckers. With the latter it fastens itself to the intestines and begins to grow; it produces additions to itself until it becomes three or four rods in length, called tapeworm.

But under other circumstances eggs of the tapeworm may find entrance into the body and develop another form of disease. The embryonic worm consists of a pair of hooklets so sharp that a twisting motion will cause them to penetrate the tissue. Countless numbers of these may be taken into the system from a single tapeworm, and after piercing the walls of the blood vessels they are swept along in the blood current.

They have been found in all the organs of the body, even the brain. When

developed in the brain they may cause serious mental disturbances not attribute to this cause. When developed in the eye they form into small cysts producing blindness. When lodged in the lungs, as they frequently are in sheep, they interfere with their function, often resulting in death. Epidemics of this disease, or diseases allied to it, in sheep are common in Australia and New Zealand.

In the liver, which is the most frequent rendezvous of these destructive creatures in man, serious and often fatal disease of hydatids is occasioned by the extraordinary development of the cysts, which, although originally not larger than a pea, assume enormous proportions.

A short time ago, while visiting a farm in New Zealand, not far from Wellington, I found there was a regular epidemic of some disease among the sheep, causing death often to one-fourth of the flock. Upon inquiry, I was informed by the farmer that the disease was due to a little worm which develops in the lungs. He informed me that the disease was a very common one throughout Australasia, and was the constant dread of sheep raisers.

I said to him, "I should think it would be quite a temptation for the farmer to select the sheep before the disease had fully developed and sell them to the butcher." He replied, "That is just what they do." (Of course meaning the farmers about him.)

If this is true, and from what I have observed myself, I have no reason to doubt its truthfulness, it will readily account for the prevalence of hydatids in man. One way to prevent the disease is to cease feeding upon the infected flesh of these animals.

Care should also be taken in the use of raw celery, lettuce, and other greens; parasites and germs from fertilizers frequently adhere to them. Even strawberries are not always above danger.

"WHAT do you know about this man's reputation for truth and veracity?" asked the lawyer of the witness.

"Well," replied the witness, slowly, with the air of a man who hesitates about speaking ill of a neighbor, "If this party you refer to should ever tell me I was looking well, I would send for a hospital ambulance immediately."

Experiences of an Athlete.

BY GEORGE H. ALLEN.

MANY unhealthy persons, when asked how they account for their weak condition of body, will at once tell us that they have inherited it from their parents, or even their grandparents. This statement is only partially true, for while we may be born predisposed to a certain disease, it is entirely our own fault if we allow these tendencies to become our masters.

Although I do not want to appear egotistic, I can with confidence say that my own experience at once gives the lie to the statement, made by many, that it is impossible to get rid of inherited tendencies. Born thirty-five years ago at Leicester, within a stone's-throw of where I now reside, I was, up to the age of sixteen years, an epileptic. At this age, despairing of ever finding relief in medicines, which my well-meaning parents had dosed me with, I began to study physiology, found the cause of my sickly condition, and set about remedying it.

I found that vigorous exercise was necessary for me to get the circulation of the blood in a normal condition, and so I started training for running. I well remember the laughs that greeted me when I first stripped amongst athletes. My large head, altogether out of proportion to my poorly-developed body (I weighed about five stone, and was considerably under five feet in height), furnished an endless source of amusement for them. But the tide is now with me, for I have not only succeeded in winning upwards of a hundred prizes as an athlete, but am in possession of almost unlimited vitality, as my performance of walking one hundred miles upon the road in twenty-two and a half hours, fourteen minutes, accomplished in September, 1901, will prove. But good as this performance was, I feel that it is but the preliminary to far better and more convincing feats of endurance; for until now I have been handicapped by having to work for ten hours a day, in a most unhealthy atmosphere, which my occupation as a boot operative necessitated my doing.

My next trial of endurance will be, if the weather is suitable, in the first or second week of September, this year, when I shall walk from Leicester to London, expecting

to beat my performance of last year by a considerable margin.

Exhaustive particulars are outside the limits of this article, but a short account of my habits may be interesting. From now (I am writing this on July 1st) I shall abstain from animal foods of every kind, even butter, eggs, milk, etc. My food basis will be wholemeal bread, nuts, nut foods, fruits, and salads in season. My drink will be pure water, which I am convinced is the finest drink possible to obtain. My clothing will be as light as possible, and as often as I can, I shall take sea and air baths, and of course ordinary baths as well. I am a life-long total abstainer from all intoxicants, a non-smoker, and have been a strict vegetarian for between three and four years.

I am convinced that if we are to have a happy and prosperous world, far more attention must be paid to the laws of our being than has hitherto been given. The body is the temple of the Most High, and as such it is our bounden duty to keep it in the finest condition possible. When this fact is fully realised, and the youths and maidens of our day put this knowledge into practice, a fatal blow will have been dealt to many of the secret and open vices which to-day are eating the heart out of our social life.

The following is a comment by the *World's News*, of November 1, 1902, on his last test of endurance:—

VEGETARIAN ATHLETE.

HOW A LEICESTER MAN WALKED TO LONDON.

MR. G. H. ALLEN, a Leicester vegetarian athlete, walked from Leicester to London, a distance of ninety-seven and three-quarter miles, in twenty hours twenty-two minutes and twenty-five seconds.

Thus have lentils, wheatmeal, and porridge triumphed once more over the succulent beefsteak beloved of the every-day athlete, for Mr. Allen is a vegetarian of the most uncompromising type. Throughout his long, trying ordeal not even a glass of milk, an egg, or even butter to moisten the wheatmeal biscuits passed his lips.

He said he felt as fit at the end as when he started, jumped into a motor car, and was whirled away to a Kentish village for a brief holiday. He was timed by Mr. S. Maddick, and Mr. W. Harrison, a Leicester cyclist, accompanied him throughout his weary tramp.

Mr. Allen walked in stout shoes, ordinary tweed knickerbockers, and stockings, but wore the conventional singlet of the athlete. Bareheaded all the way, his clear, clean-cut face had received just a trifle more tan from an exposure of over twenty hours.

Chronic Diseases.—How Prevented.

LAURETTA KRESS, M. D.

WHAT is disease? By consulting the various text books you will find its name is legion. There are several hundred specified diseases. But what these books denominate disease might really be termed so many symptoms.

A man has a pain in the nerve of the face; he goes to the doctor. The doctor says, You have neuralgia. Neuralgia means a painful nerve. He tells his patient in Greek what the patient expressed in plain English, but the patient feels much relieved mentally upon receiving the information, although he knows no more than he did before. Another complains of a pain in the large nerve of the leg (the sciatic nerve.) The doctor says, You have sciatica. We may have as many diseases as there are nerves, muscles, and bones in the body. The fact is, *disease is the presence of foreign substance in the system.* This may be due to the accumulation of wastes or poisons resulting from deficient elimination, by over introduction or formation of poisons in the digestive organs. When these products are deposited around the nerve of the face or in the nerve sheath, they set up irritation or acute inflammation with extreme pain. This we call neuralgia. If these products are deposited around the sciatic nerve, we call it sciatica. If they are deposited in the membranes of the brain, we call it migraine or sick headache, or meningitis if severe. When they are deposited in the muscle sheath in the lumbar region or the small of the back, we call it lumbago. When deposited in other muscles, we term it rheumatism. When they are deposited in the small joints, and set up a good deal of irritation and pain, we call it gout. If deposited around the sheath of the tendons, the irritation causes deformities, or what is known as rheumatoid arthritis. By the constant elimination of these irritants through the kidneys, an inflammatory condition may be set up, which we call Bright's disease. So we might go on. If thrown out through the lungs, it will result in consumption, pneumonia, or asthma. If we can in some way minimise the introduction and abnormal formation of poisons and other foreign substances in the system, and aid

in the elimination of those that are normally formed, we shall keep free from headaches, neuralgia, sciatica, rheumatism, gout, and other chronic diseases.

Dangerous Books.

IF, when I read a book about God, I find that it has put Him farther from me; or about man, that it has put me farther from him; or about this universe, that it has shaken down upon it a new look of desolation, turning a green field into a wild moor; or about life, that it has made it seem a little less worth living on all accounts than it was; or about moral principles, that they are not quite as clear and strong as they were when this author began to talk, then I know that, on any of these cardinal things in the life of man,—his relation to God, to his fellows, to the world about him, to the world within him, and the great principles on which all things stable center—that for me is a bad book. It may chime in with some lurking appetite in my own nature, and so seem to be as sweet as honey to my taste; but it comes to bitter, bad results. It may be food for another; I can say nothing to that. He may be a pine, while I am a palm. I only know this, that in these great first things, if the book that I read shall touch them at all, it shall touch them to my profit, or else I will not read it. Right and wrong shall grow more clear, life in and about me more divine; I shall come nearer to my fellows and God nearer to me, or the thing is a poison.—*Dr. Robert Collyer.*

How English People Ate Two Centuries Ago.

THE modern English custom is quite different from the habits of the men who laid the foundations of the noble empire upon which the sun never sets. According to Thomas Tryon, of London, a "student in physics," who wrote in 1691, in his "Wisdom's Dictates, or Aphorisms and Rules, Physical, Moral, and Divine, for Preserving the Health of the Body, and Peace of the Mind," the proper times of eating, so regarded at that time, were "eight to nine in the morning, and three or four afternoon," and also admonished those who would eat wholesomely and long, in the following excellent words:—

"Let your food be simple, and drinks innocent, and learn of wisdom and experience how to prepare them aright.

"Moderate hunger cleanseth all the vessels of the stomach, makes the spirit brisk, and puts new thoughts into the soul, rendering a man fit to give the Lord thanks for all His blessings."—*Modern Medicine*.

Harmful Summer Drinks.

FORTY-FOUR samples of cordials retailed in Victoria were examined by Dr. Percy Wilkinson, and the report forwarded to the Board of Health. He sent with his report exhibits, showing coal tar and cochineal which he had extracted from some of them. His report set forth the great importance of such drinks, as being largely consumed by women and children, who were unable to detect the adulteration. No official examination had been made until this one had been ordered by Dr. Gresswell, and the samples examined had been collected during last year and the latter end of the present year in Melbourne and the principal country towns. The examination had been chiefly directed to the detection of coal tar dyes, and dyes other than the natural coloring; also to the use of chemical preservatives, artificial sweetening substances. Five of the forty-four samples were adulterated with coal tar dyes, and twenty-three with cochineal dye; thirty-five contained salicylic acid, and fourteen saccharin (coal tar sweetening).

Of the forty-four samples analysed, one only was found which was not adulterated, either with coal tar dye, cochineal, salicylic acid, or salicin. This single sample excelled all the others in color, flavor, and aroma. Eleven samples labelled "Superior," "Finest," and "Best," had been grossly manipulated.

There is no reason why bottled drinks should be resorted to as beverages. Nothing can equal the fresh juice of the grape as a nutritious summer drink. Bottled drinks are suspicious, beware of them if you value health.

MAKE a business of being happy at all times and in all places, and you have one of the secrets of health. The sure recipe for this abiding happiness is the effort to secure it for others.

Backaches.

MANY women suffer from backaches, which are frequently treated locally, although not at all dependent upon any pelvic disorder.

Dorsal backache is very commonly due to bad positions in standing and sitting; and, in women, to bad positions at the sewing machine, in knitting, in sewing, and in fancy work. Every one, especially those suffering from disease, should be taught to sit, stand, and walk erect, holding the chest up and chin in.

Many people are lacking in self-respect, and do not have sufficient energy to sit or stand erect. To sit tall, to stand tall, to hold up the chest, and draw in the chin, are of more importance in many of the pelvic diseases than much of the local treatment that is given.

Of all the causes of backache, perhaps the most common is prolapse of the abdominal viscera, due to pressure from above by tight bands, or corsets, or to weak abdominal muscles which form a natural support for these internal organs, the stomach, liver, colon, etc. Prolapse of the abdominal and pelvic viscera exists to some degree in nearly all women who have reached the age of thirty years.

Frequently a kidney is displaced or pressed down by constriction of the waist. A palpable or movable kidney which does not move more than two inches, is fre-



quently the cause of backache. In the case of the floating kidney the nerves have become stretched to such an extent that they are paralysed, and there is no serious pain.

By taking the weight off these muscles by means of a proper supporter, so that the abdominal muscles, overstretched by the weight of the viscera, may have oppor-

tunity to recover their tone, it is possible by daily exercises, in the course of three or four months, gradually to develop the abdominal muscles and restore the muscle tone sufficiently to hold the organs well in place. Such exercises may be taken by lying on the back and endeavoring to raise the limbs and head, bending the legs, and in a variety of other similar ways.



The abdominal supporter when properly fitted produces no inconvenience, and does not interfere with the use of the muscles, because when contracting they are drawn inward. The abdominal supporter is not curative, but by relieving the pain and discomfort permits the patient to take exercises, by means of which he recovers. For particulars and price apply Sydney Sanitarium, Wahroonga, N. S. W.

How to Avoid Dysentery.

DYSENTERY, cholera morbus, and kindred diseases are always prevalent during the summer months, and figure largely in the lists of mortality. Notwithstanding the enormous loss of life occasioned every year by these diseases, they all belong to a class known to be preventable. Careful attention to the following simple rules will be quite certain to afford ample protection from the bowel disturbances so common at this season:—

1. Make the diet simple and light. Avoid all articles of food that are difficult of digestion, as fat meats, food highly seasoned with condiments, rich cake or pastry, confectionery of all sorts. Animal food is especially unfit for use during the hot months. White bread should be eaten sparingly, and had better be discarded altogether in favor of brown bread.

2. Avoid eating between meals and taking late suppers. For persons who are not engaged in severe physical labor, two meals are preferable to more; and many will perform harder physical labor on two meals than when taking three.

3. The diet should consist chiefly of ripe fruits, nuts, and grains, with well-

matured vegetables. Fruits and grains are the most wholesome and cooling diet for this season of the year. Vegetables in general use are less digestive than fruits or grains. The greatest care should be taken to procure ripe fruits and well-matured vegetables. Fruit picked when green and afterwards ripened to hasten its preparation for market, is premature and unfit for food.

4. The use of ice-water is a very injurious practice. Ice-cream is a most unwholesome luxury. It cannot be taken at any time without more or less injury to the stomach. During the hottest part of the season its use is absolutely dangerous. If very cold water is taken at all, it should be sipped slowly.

5. Avoid overheating the system by too violent exercise while exposed to the direct rays of the sun.

6. Be sure to take plenty of sleep. Late hours are especially detrimental at this season of the year, when the vital forces are at their lowest ebb.

7. Avoid all excesses of every sort.

8. With children, and especially with very young children, care of the diet is the most essential thing. Great care must be exercised in changing the diet of infants. Unless required to do so from some unavoidable cause, young nursing infants should not be weaned during hot weather. There is no room to doubt that the greatest share of mortality among infants comes from bad feeding.

Every mother justly dreads the hot season, especially for children under three years of age, and most for those between the ages of eight months and two years. The mortality among bottle-fed infants is often frightful, particularly in cities, where, as a rule, over two-thirds or three-fourths of them die during the first year.

On a hot day, when the little one feels languid and tired, and there is an inclination to vomiting or purging, at once stop the food, and increase the amount of boiled water used. Sometimes it may be needful to stop the food of even a child a few weeks old for twelve or twenty-four hours, or even longer. Food fermentation in the stomach is worse than want of food, and in some cases of stomach infection a meal of even breast or sterilised milk is as deadly as a dose of arsenic.



Good Health Tit Bits



'TIS BETTER TO SMILE.

THE sunniest skies are the fairest,
 The happiest hours are best;
 Of all life's high blessings the rarest
 Are fullest of comfort and rest.
 Though Fate is our purpose denying,
 Let each bear his part like a man;
 Nor sadden the world with his sighing—
 'Tis better to smile if we can.
 Each heart has its burden of sorrow,
 Each soul has its shadow of doubt;
 'Tis sunshine we're yearning to borrow—
 True sunshine within and without.
 Then let us wear faces of pleasure
 The world shall be happy to scan,
 And add to the wealth of its treasure—
 'Tis better to smile if we can.

THE man who is suspicious lives in a constant state of unhappiness. Better for his peace of mind to be too trustful than too guarded.

WORK like a man; but don't be worked to death.

Avoid passion and excitement. A moment's anger may be fatal.

Associate with healthy people. Health is contagious as well as disease.—*Selected.*

NEIGHBOR: "The baby suffers from sleeplessness, does it?"

Mr. Joroloman (haggard and hollow-eyed): "I didn't say it suffered. It seems to enjoy it. I'm the one that suffers."

NEVER allow yourself, unless positively necessary, to breathe through your mouth. The nose is made to breathe through. It is provided with hairs to sift the dust out of the air. It is provided with warming plates to temper the air (turbinated bones). It is provided with apparatus for furnishing moisture to the air. All of this is quite essential before the air is drawn into the lungs.

MEDICAL examiners for life insurance societies have added the term "coffee heart" to their regular classification of the functional derangements of that organ. Its

effect is in shortening the long beat of the heart. Coffee tapers, they say, are plentiful, and are as much tied to their cups as the whisky toper. The effect of the coffee upon the heart is more lasting, and consequently worse, than that of liquor.

Doctors must be thankful that all men are not like Nathaniel Wright, of Leake, Lincolnshire. He has never been attended by a medical man, has never had a bottle of medicine, and yet is one hundred years old, having just completed his century. Smoking and stimulants are also banned by Mr. Wright, who is a cousin of Mr. T. Wright, the clerk of works at Westminster Abbey.

"ONE of the greatest wits and wags yet produced by this country," says the *New York World*, "was once requested by an editor to write a good article on milk. He replied by return mail, 'The best article on milk I can think of is cream. What more do you want?'"

SOME say alcohol gives heat. If so, why do travellers in the Arctic regions, who take drink, succumb to the cold, while total abstainers remain unharmed?

SOME say alcohol is good in hot countries. If so, why did Stanley refuse it to his men during his forced march across Africa in search of Emin Pasha?

SOME say alcohol steadies the nerves. If so, why do surgeons abstain before performing a delicate operation?

It is a sad fact that about one-half of the human race, in civilised countries, dies before reaching the age of five years. A similar mortality among the young of the domestic animals would excite considerable alarm. Indeed, but very little disease is expected even among the domestic animals—scarcely any among those that roam at large, in a natural state, a death from disease being seldom seen among them.

CHARITY thinketh no evil, much less repeats it. There are two good rules which ought to be written on every heart—never believe anything bad about anybody unless you positively know it is true; never tell even that unless you feel that it is absolutely necessary.

NO CHEATING NOR bargaining will ever get a single thing out of Nature's "establishment" at half price. Do we want to be strong?—We must work. To be hungry?—We must starve. To be happy?—We must be kind. To be wise?—We must look and think.

A NOTE of alarm has been sounded because, notwithstanding that the marriage rate has steadily increased since 1894, the birth rate has reached the lowest point ever touched. Thirty years ago the birth rate was 35.4 in the thousand. Now it has sunk to 29.3. Throughout England the full birth rate has been on parallel lines.

HORSEFLESH AS FOOD.—Some 13,000 horses are slaughtered annually in a private establishment in Berlin, and the meat is sold chiefly to the poorer classes, who are unable to pay the very high prices now demanded in Berlin for ordinary butcher's meat, which is 1s 5d per pound. Horseflesh is also coming up in the world as a dainty. There are 250 butchers in Paris who sport the gilded horse's head on the shop front, indicative of the wares within; 30,000 worn-out steeds annually end their career in the stewpot of some poor kitchen.

THE quantity of nicotine in tobacco varies greatly, but it has been authoritatively stated that the average cigar contains enough nicotine to kill two men. Needless to say, this is volatilised or otherwise harmlessly removed, so does not affect the smoker. Here, however, is a hint for the political economist. The quantity contained in our ton of cigars, if judiciously administered in the crude state, would be calculated to solve the pressing problem of our surplus population by relieving 400,000 superfluous healthy adults of the burden of existence.

RECENT London County Council statistics show the population of Greater London to be 6,581,372.

It is a pleasure to be with people who are in sound health. They take such a hopeful and wholesome view of life and of things in general that they have a bracing, tonic effect on those around them. As a rule, they are bright and good-natured, and their abounding vitality seems to make the world in general happier.

The confirmed dyspeptic, and the person who in common parlance "enjoys poor health," are, on the other hand, regular wet blankets. Their melancholy faces are enough to extinguish the pleasure of the happiest party. In the domestic circle, they are regular non-conductors of genial influences. Sometimes combined with bodily woes is a mind which regards cheerfulness in others as sinful levity, which makes people particularly trying to the patience of their friends.

"THAT TIRED FEELING."—When "that tired feeling" comes on, instead of going for a dose of kolo, one should go to bed. "Taking something" in the nature of a drug, when what the brain and body need is sleep, is a crime.—*Omega*.

"I AM sorry, doctor, that you were not able to attend the supper last night; it would have done you good to be there."

"It has already done me good, madam; I have just prescribed for three of the participants."

THE drug poisoning from alcohol, opium, and other narcotics most clearly affects the nutrition, and in all cases is followed by veritable starvation and failure to assimilate the food required. Where causes are traceable to early life the degeneration is greater and the symptoms are more complex. The same nutritive problems appear in all cases. The use of tea, coffee, and wines at meals in early life is a starting point for both degeneration and inebriety later. Many of the most intractable cases of pronounced degeneration where the alcoholic symptom was maniacal have a history of early tea and coffee drinking.—*Dr. D. T. Crothers, M.D.*

YOUNG DOCTOR: "Which kind of patients do you find it the hardest to cure?"

Old Doctor: "Those who have nothing the matter with them."—*Judge*.

Easiest for Christian Science.



The Home

JUST FOR TO-DAY.

LORD, for to-morrow and its needs
I do not pray,
Keep me from stain of sin
Just for to-day.

Let me both diligently work
And duly pray;
Let me be kind in word and deed
Just for to-day.

Let me be slow to do my will,
Prompt to obey;
Help me to sacrifice myself
Just for to-day.

Let me no wrong or idle word
Unthinking say;
Set Thou a seal upon my lips
Just for to-day.

So for to-morrow and its needs
I do not pray;
But keep me, guide me, hold me, Lord,
Just for to-day.

Good Mothers Wanted.

IN hinting that there is anything wrong about motherhood as it now exists, I am conscious that I go counter to one of the strongest opinions of the human race. It is claimed by the majority that motherhood is an instinct, and that, as such, it is sufficient to its purpose, and needs no education: but civilised motherhood is much more than an instinct, and needs the highest education. It is necessary for the mother to understand humanity culture, and also to know that the main duties of motherhood come before the child is born.

Our idea of motherhood is largely the care of children in sickness, the waiting upon little sufferers; but when mothers understand their business, children will not be little sufferers. Scientists calmly claim it as a necessity that four children should be born in every family, if the human race is not to diminish in numbers, because fifty per cent. of all children die before they are five years old. Of what?—Mainly of preventable diseases. Who should prevent them?—Their mothers.

But do we have any convocations of mothers to consider measles? Mothers take it for granted that children must be sick, and devote their strength to nursing them. All that one-half of the race can do in its great business of child-rearing is to lose half our children!

We are continually told of the superior mothers of great men. If the superiority of the few great men is due to the greatness of their mothers, to what is the inferiority of the many small men due? If women are responsible for the status of the race, they are responsible for the gambling, drinking, stealing men, as well as for the great and good men. Motherhood needs to be educated. But who reads books about the care of children?—The schoolma'ams.

Again: in thousands of years ought not mothers to have learned the best way to dress a baby? Yet the average mother still clothes her baby in a long dress, in spite of instinct, and in spite of the fact that the baby trips upon it. The "instinct" of some mothers has taught them to wind up and swathe infants. Other mothers do not do it. Which is right? Some mothers tie up a new baby in a flannel bandage, and then walk the floor with the crying child, and say that all children have to have the colic for three months. Any of us would have the colic under such circumstances.

After all these years, would you not suppose that some woman might have thought out the best system of education for children?

Women enter upon this greatest function of life without one day's preparation, and their mothers let them, because they do not recognise it as a business. We do not let a man practise as a doctor or a druggist, or anything else that involves issues of life and death, without training and certificates; but the life and death of the whole human race are placed in the hands of utterly untrained young girls. I

am not disparaging the noble devotion of our present mothers. I know how they struggle and toil. But when that tremendous force of mother-love is made intelligent, fifty per cent. of our children will not die before they are five years old, and those that grow up will be better men and women. A woman will no longer be attached solely to one little group, but will also have an interest in the community. She will not neglect her own on that account, but she will be better to them, stronger and of more worth as a mother.—*Charlotte Perkins Stetson, in New York Dispatch.*

The Word "Wife."

WHAT do you think the beautiful word "wife" comes from? It is the great word in which the English and Saxon languages conquer the French and Greek. I hope the French will some day get a word for it instead of their "femme." But what do you think it comes from? The great value of the Saxon words is that they mean something. "Wife" means weaver. You must be either housewives or house moths, remember that. In the deep sense you must either weave men's fortunes and embroider them, or feed upon them and bring them to decay. Wherever a true wife comes, home is always around her. The stars may be overhead, the glowworm in the night's cold grass may be the fire at her feet; but home is where she is, and for a noble woman it stretches far around her, better than houses ceiled with cedar or painted with vermilion; shedding its quiet light for those who are homeless. This, I believe, is the woman's true place and power.—*John Ruskin.*

The Fasting Fad.

WE are living in an age of fads, and what we might call "health fads" are by no means the least prevalent. Among others of this class is the fasting fad. We have frequently been asked for our opinion upon this particular plan for health getting.

We believe that people should not fast for any considerable length of time except when they are obliged to. There is no particular advantage to be gained from going hungry. Hunger is the voice of Nature telling us that the system needs food, and, like all of Nature's warnings, should be heeded.

To be sure, a great many, we might say the majority of people, eat too much as well as too often; but the entire abstinence from food is an exceptional remedy, if it is used at all.

In cases where one's stomach is filled with germs it is far better to fast than to go on eating in the usual way, but even then it is not necessary, for one can get all the benefits of fasting and more, without the discomfort, by subsisting for a time upon a fruit diet. In this way the germs are starved out, the fruit juice acting as a disinfectant.

Usually one or two days of this kind of fasting is all that is needed, and it is not always necessary to use the fruit entirely alone even then. Some dry sterilised bread, such as zwieback or granose, may be taken with it without interfering with the purpose of the fast. It is really wonderful what can be accomplished by the use of fruit in ridding the digestive tract of germs.

A Word of Encouragement.

FOR beginners the way is often difficult, and the discouragements many. Reformation in diet is like all other great and noble enterprises, its way is beset with obstacles. As soon as a man begins to think nobly and act divinely, there are let loose upon him forces of antagonism with which he must wrestle. He finds it hard to begin a form of living that, at first, may mean self-denial and self-sacrifice in the midst of self-indulgence and selfish inconsiderateness. But he sometimes finds it harder still to continue in well-doing.

Take courage, my brother, my sister! There are many, very many, beginning to feel ashamed that they make flesh-meat their staple diet. It is no uncommon thing to hear people apologising for taking it. It may not be a bad sign when they do not invite you to meal with them; it may be that their conscience troubles them.

Remember, too, that all the great reformers of the world have been placed in the most trying positions. Indeed, the trying circumstances made them great. The trial of faith glorifies faith. The testing of purpose proves its worth. The furnace does not destroy the gold; it

purifies it. Count it not loss when ye fall into divers trials, knowing that faith worketh patience, and patience giveth endurance, and endurance crowns the life with perfect victory.

Therefore have the courage of your convictions and the strength which courage gives. The flowing tide is with you. You are on its bosom, being borne to higher destiny. The family doctor who to-day opposes your position will soon be its recruit and champion. The friend who wearies you with his ignorance—about beef-steaks, etc., being the very vital of the body—will soon be left far in the rear. The old associates who ostracised you will soon seek your fellowship again. If only you are faithful in that which is little, you will gain the supreme power of the "Great of Faith."—*J. Todd Ferrier, Macclesfield Congregational Church.*

WHY BABY CRIES.—Often when infants are teething, they suffer greatly from thirst caused by feverishness. This may best be relieved by a little pure cold water. Milk, it should be remembered, is a food, not a beverage, and if the baby be allowed a teaspoonful or two of water, it will often stop crying, when otherwise it would go on fretting all the afternoon.

Breathe, and Grow Pretty.

NO WOMAN can have bright eyes, a beautiful skin, or an elastic step, if she does not supply her lungs with oxygen.

She can only do this by deep breathing.

The indolent woman regains her lost energy when she learns how to breathe correctly. The sallow girl, with the dark circles under her eyes, discovers that with correct breathing the congested veins yield to the stimulated circulation, the dark rings disappear, and the lustre reappears in the eyes.

Deep breathing will reduce flesh in obese women, because oxygen burns out carbon. Proper breathing means taking in a large supply of oxygen.

Deep breathing will help to make curves where there are angles, and it is a potent factor in the cure of emaciation, because it supplies oxygen to the wasted tissues, and sets the machinery of the vital organs going, strengthening weak places, and sup-

plying red corpuscles to impoverished blood.

It will promote digestion by quickening the functions of the stomach and intestines, and promoting the assimilation of food.

Deep breathing will cure round and stooping shoulders. It will fill out and develop hollow cheeks and deficient chests. To make deep breathing possible the corset must be abandoned.

Ice-Cream.

THIS is the time when the ice-cream vendor gathers in the pennies, while his customers gather in the microbes. A shopkeeper in Liverpool was found making ice-cream in a room full of dirty rags. Some other ice-cream had been set to cool in an unwholesome outhouse. He was fined twenty shillings and costs.

But no one need be in danger from ice-cream made in unwholesome surroundings, if he will but remember that ice-cream at best is a most unwholesome product, entirely unfit for the human stomach.

A glass of good water at the ordinary temperature, with a little lemon juice in it, and no sugar, is the best drink for this season, or, for that matter, for any other season. All of the fruit juices act as antiseptics, and are capable of destroying germs of disease. It has been shown that one-half a lemon squeezed into a glass of water containing germs of cholera will in fifteen minutes destroy them. Typhoid fever germs are destroyed in thirty minutes.

All of the fruits are wholesome when ripe, and should be eaten freely during the summer months. They quench the thirst, and prevent disease.

A YOUNG mother created considerable amusement at a table recently by refusing the appeal of her small child for tomato sauce, on the grounds that it "led to drink." The surprise of the mother at the laughter was as unaffected as the remark that prompted it. "Father would never let us have lollies for the same reason," she continued. "Mother used to say that all children ought to have sweets, but father always held out that it was lollies first and 'nips' next, and if children were indulged one way they indulged themselves in another." It was rather a nice point, and a spirited debate raged across the table for

some time after, and the end of it found more than one intelligent mortal ranged under the imaginary flag of the Spartan father who saw in sweets and sauces the thin end of the wedge that might ultimately effect much disaster. It may seem rather far-fetched to suppose that the first training in the habits of idle self-indulgence and lack of self-control that ultimately lead to the degradation of the drunkard was found in the constant administration of goodies, or in the yielding to stray demands for bread and jam or sweets in youth. Yet the weakness is so exactly the same in both cases that it is by no means an unreasonable proposition that the early indulgence produced the bad habit. In any case the fact remains that among the few intemperate acquaintances of the half dozen seated round the table aforementioned nearly all were people who as children had never been taught to deny themselves a desired indulgence, and whose appetite from infancy had been pampered by all sorts of luxuries.—*Age, Nov. 1.*

CHILDREN are very susceptible. Undue severity hardens them, while a lack of discipline is like leaving a field untilled; it is speedily covered with thorns and thistles.

Blind affection is a snare. By it the young are led to look upon evil as a thing to be excused. Parents are in constant danger of indulging natural affection at the expense of obedience to God's law. Many parents, to please their children, allow what God forbids.

In allowing children to do as they please, parents may think themselves affectionate, but they are practising the veriest cruelty. Children are able to reason, and their souls are hurt by inconsiderate kindness, however proper this kindness may be in the eyes of the parents.

The Pineapple as a Digestive Aid.

THE partaking of a slice of pineapple after a meal is quite in accordance with physiological indications, since, though it may not be generally known, fresh pineapple juice contains a remarkably active digestive principle similar to pepsin. This principle has been termed "bromelin," and so powerful is its action upon proteids that it will digest as much as one thousand times its weight within a few hours. Its

digestive activity varies in accordance with the kind of proteid to which it is subjected. Fibrin disappears entirely after a time. With the coagulated albumin of eggs the digestive process is low, while with the albumin of meat its action seems first to produce a pulpy, gelatinous mass, which, however, completely dissolves after a short time. When a slice of fresh pineapple is placed upon a raw beefsteak, the surface of the steak becomes gradually gelatinous, owing to the digestive action of this enzyme of the juice. Of course it is well known that digestive agents exist also in other fruits, but when it is considered that an average-sized pineapple will yield nearly two pints of juice it will be seen that the digestive agent of the whole fruit must be enormous. The activity of this peculiar digestive agent is destroyed in the cooked pineapple, but unless the pineapple is preserved by heat there is no reason why the tinned fruit should not retain the digestive power. The active digestive principle may be obtained from the juice by dissolving a large quantity of common salt in it, when a precipitate is obtained possessing the remarkable digestive powers just described. Unlike pepsin, the digestive principle of the pineapple will operate in an acid, neutral, or even alkaline medium, according to the kind of proteid to which it is presented. It may therefore be assumed that the pineapple enzyme would not only aid the work of digestion in the stomach but would continue that action in the intestinal tract. Pineapple, it may be added, contains much indigestible matter of the nature of woody fibre, but it is quite possible that the decidedly digestive properties of the juice compensate for this fact.—*The Lancet.*

Cigarette Smoking Decreasing in America.

THE well-known trade journal *Tobacco* informs us that whereas the consumption of cigarettes in the United States amounted five or six years ago to 4,500,000,000, it had fallen off to only half that amount in 1901. This is good news from America. Would that it might be duplicated this side of the Pacific. But here the figures have just the opposite story to tell. We are smoking the deadly narcotic in ever increasing quantities, and our boys are almost universally contracting the habit. It is time for a stop to be made.

Evil Effects of Eating Between Meals.

EATING sweets, fruit, nuts, and other little things between meals is a frequent source of headaches and general discomfort in summer. Sweets are better not eaten at all; least of all between meals, when the stomach already has work on its hands. Fruit should form a large part of the morning and the evening meals, and taken in this way will only do good. But if eaten at odd times during the day, it may cause digestive disturbances. Children would be far less fretful and troublesome if cured of the habit of eating between meals. Three meals daily afford ample nourishment for anyone, and many would reap real benefit by limiting themselves to two.

IT PAYS.

It pays to wear a smiling face
And laugh our troubles down;
For all our little trials wait
Our laughter or our frown.

Beneath the magic of a smile
Our doubts will fade away,
As melts the frost in early spring
Beneath the sunny ray.

It pays to make a worthy cause,
By helping it, our own;
To give the current of our lives
A true and noble tone.

It pays to comfort heavy hearts,
Oppressed with dull despair,
And leave in sorrow-darkened lives
One gleam of brightness there.

It pays to give a helping hand
To eager, earnest youth;
To note, with all their waywardness,
Their courage and their truth;

To strive, with sympathy and love,
Their confidence to win;

It pays to open wide the heart
And "let the sunshine in."

—*Lutheran Observer.*

CONSCIENCE tells us that we ought to do right, but conscience does not tell us what is right. Conscience is a monitor; conscience is not a teacher. If we were shut up to the instructions of conscience, we should be ever in doubt as to duty, and often go astray. Therefore it is that God has given to us a specific revelation of His will and law, so that we may know our duty when conscience tells us that we ought to do our duty.

Important Announcements.

THE Sydney Sanitarium stands particularly for two things,—rational living and the rational treatment of the sick. Water is one of the principal remedies used, but not the only one; correct habits of life, healthful dress, correct diet, pure air, massage, electricity, exercise, and a variety of other most potent agencies for healing are employed. All the known rational means of aiding the sick to recovery, and of curing not the disease but the sick man or woman, are made use of. Correspondence is invited.

WE have ready another Good Health Library booklet, entitled, "The Advantages and Benefits of a Temperate Life, or How to Live in Health a Century," and another nearly ready on "The Causes and Evils of Alcoholism, Teatism, and Coffeeism." These booklets contain information that the people are in need of. We shall not be able to print them for some time owing to the lack of means. We invite all who are desirous of assisting us in getting these booklets out at once to send their donations to Miss L. Williams, the International Health Association, 283 Pitt St., Sydney.

Sanitarium Health Foods may be Obtained at the Following Local Food Depots:

56 George Street West, Sydney, N. S. W.
Oxford Chambers, 473-481 Bourke Street,
Melbourne, Victoria.

"Beulah Hall," 37 Taranaki Street, Wellington, N. Z.

The Arcade, Edward Street, Brisbane, Queensland.

201 Newcastle Street, West Perth, West Australia.

Hughes Street, North Unley, South Australia.

131 St. John's Street, Launceston, Tasmania.

Hydropathic Institute, Victoria Square, Adelaide, S. A.

Rockhampton Bath and Treatment Rooms, Rockhampton, Queensland.

Main Office: 283 Pitt Street, Sydney.

LAST month we published 16,000 copies of the AUSTRALASIAN GOOD HEALTH. We did it tremblingly, but are pleased to learn that all have been disposed of. We thank our GOOD HEALTH readers for their hearty and loyal co-operation in circulating this number. This month we have printed 10,000 copies, depending upon those who have worked so nobly to assist us in getting this number into as many homes as possible. This number is invaluable, being specially devoted to the prevention of summer diseases.

To each reader of GOOD HEALTH that secures one yearly subscriber at 2/6 we will forward ten copies of this January number and an additional ten copies for every additional subscriber.

HAVE you not a friend that you feel desirous of being benefited by a monthly visit of GOOD HEALTH? If so, send us his name and address, enclosing postal note for 1/6, and the journal will be forwarded as directed. We feel desirous of doubling our circulation during the month of January. This can be done if each subscriber sends the name of an additional subscriber or friend. Agents are allowed 1/- on each subscriber at 2/6. It is not difficult to secure ten subscribers daily. Try it. The readers of GOOD HEALTH have no doubt noticed the improvements made in the journal. The quality of the paper is better; there are also twenty pages of reading matter instead of sixteen. This is made possible by the increase in circulation. Carry a copy with you, show it to your friend, it will not be difficult to get subscribers in this way.

ANY who are in search of health, and who anticipate a visit to New Zealand to escape the warm weather of Australia, can do no better than to visit the Christchurch Sanitarium, located at Papanui, a suburb of the city. The summer months are delightful in New Zealand, and Christchurch is noted as one of its cleanest and most healthful cities. The sanitarium is surrounded with a beautiful green lawn, containing ornamental shade trees in abundance. It is just the spot for the chronic invalid. A course of baths, massage, a corrected dietary, and rest, combined with the good bracing air, will cure when other measures fail. Dyspepsia, rheumatism,

gout, neuralgia, diabetes, Bright's disease, and local diseases of women given special attention. The eye, ear, and throat department is very complete. A competent physician is always in attendance. Consumptives and obnoxious cases not received. The sanitarium health foods are also manufactured at Christchurch. These foods are becoming popular; they are a necessity for the sick, a luxury for the well, and they have a world-wide reputation. In America one million pounds of granose alone were sold by one salesman in three years. Send for price list to Sanitarium Health Food Co., Christchurch, N. Z.

JUST a line or two to the Queensland readers of this journal. While there are a good many people who know there is a Sanitarium Health Food Depot in Brisbane, where the specialties referred to in these columns can be obtained, we fear there are a good many who are unacquainted with this fact, so we take this opportunity of making ourselves a little better known.

We carry a stock of all the specially prepared health foods, besides a few other articles pertaining to good health, such as the Quaker Turkish Bath Cabinet, small electric batteries, I. R. water bags, etc. We shall be pleased to furnish information concerning same, also price list free on application. Subscriptions to this journal may also be sent to us, which shall receive immediate attention. Address, Health Foods Agency, the Arcade, Edward Street, Brisbane.

BOOKLET No. 3 is now ready for distribution. It is entitled, "Tobacco Habit, Its Origin and Spread." This booklet contains the information that all should be familiar with. Especially should our young men (and woman for that matter) become intelligent with regard to the evils resulting from tobacco-using, both to the user and his associates. Let us scatter these broadcast. The booklet contains twenty pages, and sells the same as the previous numbers, 500 for 20/-, 100 for 5/-, and 12 for 9d. Send in your orders at once. We have still on hand a good number of "Food, Its Relation to Health," and "Dietetic Errors, Their Relation to Disease."

Seasonable Recipes.

LAURETTA KRESS, M.D.

WARM WEATHER COOKERY.

FRESH fruits, vegetables, and greens are easily procured during the summer months. Let these take the place of some of the harder foods used during the winter and spring. The system is not in need of so much fatty or heat producing foods during the warm season. Light, cooling, refreshing foods are needed. During the warm weather, the digestive organs are not able to digest the hardy winter meals.

Nature understands well the needs of her children in providing them so liberally with fruits. Fresh fruits are especially suited to form a large part of the diet in summer. Cherries, peaches, apricots, bananas, tomatoes, etc., are perfectly wholesome, and if well ripened may be used freely. Fresh peas, French beans, and greens are within the reach of all, and may be prepared in a variety of wholesome ways. It is not advisable to exhaust strength, or overheat the blood by bending over hot kitchen fires during warm weather. Keep cool, and help to keep your family cool.

Cool drinks are better than hot or warm drinks. Refreshing drinks may be made from the small fruits, the grapes, berries, etc. Orange drinks, or lemon drinks, with the addition of some natural home made fruit juice, is also refreshing.

Let fresh fruit appear upon the table at every meal. Do not think they will injure the little ones. See that the fruit is ripe, and do not allow the children to swallow seeds or skins, and no harm can result.

FRUIT SANDWICHES.—Chop finely together pineapple, oranges, dates, and figs. Add mayonnaise dressing made as follows: five tablespoonfuls lemon juice, four tablespoonfuls water, three tablespoonfuls sugar, one-quarter teaspoonful salt, one tablespoonful thick cream (butter may be used). Mix well, and add to mixture the well-beaten yolks of four eggs. Heat in double boiler till slightly thickened. Spread between thin slices of whole-wheat or graham bread.

AMBROSIA SANDWICHES.—Blanch filberts, hazelnuts, and English walnuts, and crush them with a rolling pin. Add figs or dates, and chop all finely. Mix with this enough grape juice to flavor. Spread on thin slices of bread.

MOCK CHICKEN SANDWICHES.—To one-half pound of protose add two well-beaten eggs, salt to season, and one-half cup of powdered granose flakes. Mix well, and form into thin patties. Dip each patty into well-beaten egg, then into granose flakes, and brown in oiled pan. Place between thin slices of bread.

QUEEN SANDWICHES.—Pass one-quarter cup each of cooked lentils, nuttolene, and kidney beans through the colander mix, and add to the mixture one-fourth cup cream, salt to flavor, and if desired, a pinch of summer savory or sage. Place between crisp lettuce leaves on thin slices of bread.

COCOANUT GRANOSE.—Steep (not boil) three or four tablespoonfuls of desiccated cocoanut in a pint of milk for twenty minutes. Strain out the cocoanut; add enough milk to make a full pint; one tablespoonful of sugar and two well beaten eggs. Cook, until creamy, in a double boiler. Remove from fire, sprinkle in a little salt and four cups of dry granose, or enough to make it quite thick. Put it into cups to mold. A little dish of molasses or malt honey added to the lunch is nice to eat with these molds.

NUT CROQUETTES.—Chop one cupful of walnut meats, and add one cupful each of mashed potatoes and fresh bread crumbs; moisten with one-fourth of a cupful of the water in which the potatoes boiled, and season with salt. Beat until light the yolks of three eggs, and add them to the mixture with the whisked white of one. Mix thoroughly, form into small croquettes, egg and crumb them, and bake in a moderate oven until a golden brown. Serve hot.

SUNSHINE TOAST.—Select good ripe tomatoes. Heat thoroughly, and sift through a fine colander to remove the skins and seeds. To one pint of sifted tomato add one tablespoonful of white flour, a pinch of salt, and a little nut butter if desired. Cook a few minutes, and serve hot over zwieback which has been slightly moistened.

PROTOSE RELISH.—Cut a half pound of protose into halves lengthwise, and place in an oiled baking dish, with the rounding side up. Press celery into the sides of the protose. Surround and cover this with one pint of strained tomato which has been seasoned to taste with a little salt. Bake in a moderate oven until the tomato juice thickens. Serve in slices, and garnish each with a spoonful of the tomato and a sprig of parsley.

CAREFUL observations have shown that nine-tenths of the prostrations from heat are among those who are trying to subsist upon an unnatural and an unwholesome dietary, and who are indulging in liquor and tobacco; while those who are eating thoroughly dextrinised grain preparations, luscious fruits, and the nourishing nut preparations, are discovering that such food is conducive, not only to coolness of blood, but also to calmness of spirit.

The Physician in the Home

Exercise.—What exercise would you recommend?

Ans.—There is probably nothing more clearly demonstrated than the beneficial effects of exercise upon the process of digestion when judiciously taken. Daily exercise, preferably in the open air, promotes digestion in several ways. One of the first results of exercise is to increase the circulation of the blood throughout the entire body, and thus wastes are at once removed that can be replaced by new material, and so create a demand for an increased supply of nutriment, which is followed by an improvement in appetite. While vigorous exercise should not be taken immediately after meals, yet moderate exercise, gradually increased up to the normal working capacity for the individual, is physiological and highly conducive to good digestion and the perfect performance of the nutritive processes of the body.

The increased respiration that follows exercise is of special help to move the blood through the liver, stomach, and intestines. The liver, with its peculiarly-arranged circulation, acts as a pump to hasten the blood through the stomach and intestine, under the influence of the increased movements of the chest and diaphragm. This increased circulation of blood through the organs of digestion promotes the secretion of the digestive fluids in sufficient quantity and quality.

The length of time the food remains in the stomach is much shortened by exercise. The increased movements of respiration have a direct effect upon the stomach and intestine to increase peristalsis and mixing of the food with the digestive fluids, thereby insuring more perfect and rapid digestion.

Water Drinking.—Is it injurious to drink a pint or more of cool distilled water between an hour before and two hours after meals?

Ans.—Water at ordinary temperature may be taken without injury an hour before the meal, for the reason that liquid foods are usually expelled from the stomach within an hour.

Convulsions.—What is the cause of convulsions in children? Is it due to the eating of unripe fruits?

Ans.—The eating of unripe fruits or any other indigestible food may bring on convulsions. They are frequently attributed to causes which are not responsible for them. Probably the principal cause is drinking milk in warm weather shortly before going to bed. During the warm weather milk undergoes putrefactive changes rapidly, the process of decay slightly begun continues after the milk enters the stomach. The poisons that are formed are responsible for the convulsions. Milk is not a drink, it is a food. It should not be taken in mouthfuls, but either in minute streams, allowing the saliva to come in contact with it as Nature designed, or should be eaten with bread, or, better still, some dextrinised food. Do not allow children to drink milk at the evening meals.

Dyspepsia—Constipation.—Miss S. requests a home prescription. She is a great sufferer with

dyspepsia, has had poor health for seven years, and is compelled to take physic constantly for her bowels. Her work is sedentary, consisting of plain sewing.

Ans.—We cannot recommend a substitute for fresh air, sunshine, and exercise; so the patient must find time to get out of doors for an hour or two daily. Use fruit freely, both fresh and cooked, and especially oranges and stewed prunes and figs. Coarse breads and grain preparations are helpful. Take a glass or two of water in the morning before breakfast; also drink freely a couple of hours after your meals. Avoid all stimulants, condiments, and highly-seasoned food. Eat at regular intervals, and *not more* than three times a day, with nothing between meals. Chew your food well, and see that it is well-cooked. Fried foods are hard to digest, and should not be taken.

What Shall We Drink in Summer?

THERE are some drinks that we can well do without. Alcoholic liquors of every sort and variety certainly are out of place in the warm summer months, and, for that matter, all seasons of the year.

Even amongst the so-called temperance drinks there are some which are distinctly injurious. Tea and coffee affect the nerves. Taken in any considerable quantity they will in time produce very serious results, and they cannot possibly do good. The mere fact that it is so difficult to stop the use of tea should be sufficient evidence that it is somewhat akin to tobacco and alcohol.

Ginger ale is a common "temperance drink" which is unfit to introduce into one's stomach. Many of the cheaper bottled lemonades and similar drinks are of decidedly questionable origin.

What would you drink, then?—Pure water is undoubtedly the ideal drink for man and beast. "Water drinking," observes a physician, "provides an internal bath." Evidently it is most effective for cleansing purposes, whether taken externally or internally, if free from extraneous elements.

There are times, however, when it is conventional, if not necessary, to offer something more than water. Home-made lemonade is a very fair substitute. Use the best lemons, and a small amount of good sugar, and you have a very healthful and refreshing summer drink. If very cold, it should be sipped slowly. Omitting the sugar altogether makes it more refreshing. In any case the sugar should be used very sparingly. Orangeade is a favorite drink with some.

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NUT FOODS



NUT FOODS

Nuts are the choicest of all foods, and are usually eaten as a luxury.

Nuts contain the largest amount of nutriment of any foods, the total amount being nearly 100 per cent., while the best grains and legumes contain less than 90 per cent., and meat 22 to 28 per cent. Vegetables and fruits contain still less. Nuts are ordinarily indigestible, because they are eaten raw and not thoroughly masticated. In our preparations they are reduced to a paste, which is soluble in water, and hence mixes readily with the digestive fluids and is easily dissolved and absorbed.

Nuts contain more proteids, or albumin, than beefsteak. In other words, a pound of almonds contains more beefsteak than a pound of beefsteak.

Nuts contain fifty per cent. of highly digestible fat. Albumin makes blood, fat makes weight; nuts are the best of all fat and blood making foods.

Nuts are the most palatable of all foods.

They completely replace meats and all kinds of animal foods,—flesh, fish, fowl, and even milk, and hence their use prevents rheumatism, Bright's disease, headache, nervous exhaustion, liver disease, tapeworm, and other disorders that result from meat eating, and obviates the necessity of taking the lives of animals and eating foods that are disease producing.

BROMOSE

Supplies the system with the needed amount of fat in the most delicate and wholesome form. In tablets ready for immediate use.



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Eaten with vegetables and in stews, roasts, etc., furnish the necessary proteids, or flesh-formers, in a digestible form. They abundantly supply the place of meat, with this advantage, that they contain no uric acid or other poisons, which are always present more or less in flesh meat.



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The

New

Dietary.




What are the best sources from which the essentials for complete nutrition may be obtained?

This is a very important and practical question. We have not space to discuss all phases of this subject, but will undertake to give a few hints that may prove serviceable. All the essential nutritive elements, with the exception of acids, may be found in both flesh foods and foods of vegetable origin. The acids are obtained exclusively from the vegetable kingdom. The composition of the animal foods—fats, sugar, albumins, and salts—is practically that of the corresponding elements obtained from vegetable sources. There is this difference, however, and a very great difference it is,—the food elements furnished by the vegetable kingdom in the form of oats, wheat, and other cereals, fruits, and nuts are in a state of absolute purity. There is no admixture of poisons or deleterious substances, and it is an exceedingly rare circumstance for any of the vegetable products in which these elements appear to become so deteriorated by disease as to be detrimental or dangerous for use as food, the very opposite of which is true of flesh-foods. More than five hundred tons of flesh are annually condemned in the city of Chicago, U. S. A., and one of the health commissioners recently remarked that the amount of diseased meat detected and condemned was but a small fraction of the amount actually consumed.

Persons who confine themselves to a dietary of fruits, nuts, and properly cooked grains are, other conditions being equal, like the gorilla, possessed of unusual strength, and vigor, and endurance, and are likewise noted for remarkable longevity. The popular prejudice against fruit is entirely an error. Fruits taken by themselves are among the most easily digestible and wholesome of all foods; but when mingled with vegetables, fats, meats, milk, cream, sugar, and the various messes with which they are generally combined, they do undoubtedly add fuel to the flame, so to speak,—the consuming fire that is the chronic dyspeptic's internal purgatory. If in any case fruit does not agree with the stomach, try eating fruit alone, without any other food whatever, for a single meal or a day.

The acids of fruits are of infinite value as a means of purifying the alimentary canal. The germs that infect the stomach and give rise to biliousness, headache, sour stomach, gastric catarrh, and a variety of other ailments can not grow in fruit juice; and when these substances enter into the dietary in sufficient quantity, the

development of germs in the stomach is suppressed, and by this means the great variety of symptoms resulting from the growth of these parasites is prevented. Fruits are especially rich in the choicest sugar, levulose, or fruit-sugar, which represents starch in a state of complete digestion, and ready for perfect absorption and use by the body. It is this quality that renders fruits and fruit juices so refreshing to a person greatly fatigued. Fruits contain no fat and practically no starch, and with the exception of the fig, the banana, and a few others, they contain so small an amount of albumin that this element may be considered as practically wanting. We use fruits for the sugar, the acids, and the water which they contain.

Nuts present the choicest and most concentrated nutriment of all food substances. They also contain a large proportion of albumin and fats. Most nuts contain fifty per cent. or more of an absolutely pure and easily digestible fat. Nuts also contain a high proportion of proteids, or albumin, so much that a half pound of nuts contains nearly as much albumin as a pound and a half of the best beefsteak. Unfortunately, nuts in a raw state are hard to digest, but they may be prepared in such a manner as to render them easily digestible, and so as to present all the desirable flavors and gustatory properties of milk, meat, and even fish, eggs, and other animal substances. Nuts contain all the pleasures of the palate; it is only necessary to bring out by scientific preparation the marvellously delicate flavors and the wholesome properties that they contain.

Nuts in combination with fruit constitute a perfect dietary, the fat of the nuts and the sugar of the fruits supplying all the needs of the energy and heat producing substances, sugar being in fact only a digested form of starch. Of the various nuts, the almond, the filbert, and the pea-nut are the richest in food elements, and they are the most serviceable. All of these, especially the pea-nut, are rather indigestible in the raw state. The pea-nut is rendered more indigestible by the ordinary method of roasting, but when properly prepared without exposure to a high temperature, by careful selection, and by removing the obnoxious elements, it furnishes an exceedingly delicate, wholesome, and palatable food.

Grains are not the foods most naturally adapted to the human digestive apparatus. Nuts and fruits may be eaten and digested raw by persons

(Concluded on last page of cover.)



THE SYDNEY SANITARIUM.—The Largest and Best Equipped Medical Institution in Australasia.

All rational means employed in the treatment of disease, the most important being baths, massage, electricity, rest, exercise, and diet.

(Continued from page 24.)

with sound teeth and good digestion, but raw grains can not be so eaten. They must be cooked. Cooking is intended to do for grains what nature does for fruits, namely, to perform a preliminary digestion.

Cereals must be baked in an oven in order to be thoroughly cooked. It is often necessary that they be cooked moist first, and afterward subjected to baking or dry cooking. Dry cooking, or roasting, is essential to complete heat cooking. When prepared in this way, cereals are well adapted to the human stomach, are easily digested, and in combination with fruit constitute an ideal dietary. In fruits the digestive process is carried still farther, by the starch of the green fruit to, in the ripe fruit, found in the stage of levulose the last stage of starch digestion, levulose in the intestine being converted into fructose at the moment of absorption.

Cereals must not only be cooked dry in order to be promptly digested, but they must also be eaten dry. Experiments have shown that one ounce of dry, well-cooked cereal food, as grains, well masticated, produces two ounces of saliva, whereas porridge, gruel, and other moist foods cause the secretion of only a very small quantity of saliva, less than one-fourth the amount produced by the dry foods.

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