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GOOD HEALTH

CONTENTS.

- An Important Event.
- An Alarming Increase of Insanity.
- Abstract from a Lecture on Dyspepsia.
- Chronic Constipation.
- A Chance for Benevolence and Philanthropy.
- Home Department.
- Seasonable Recipes.
- The Physician in the Home.
- Good Health Tit Bits.
- The Rise of the Sydney Sanitarium.
- The Gospel of Health, or a Complete Gospel.
- Origin and Development of the Sanitarium Idea.
- Financial Report of the Sanitarium.

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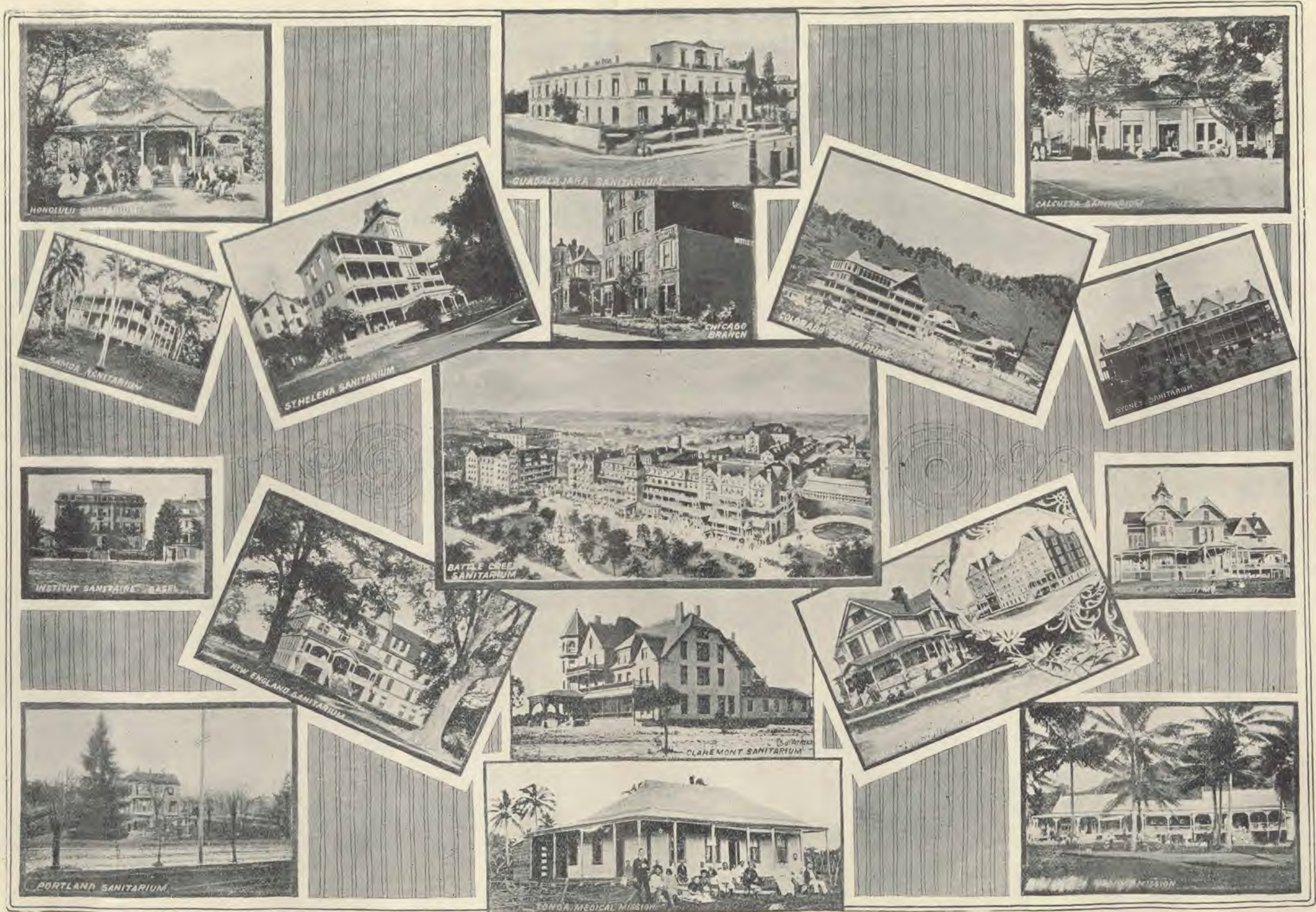
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AUSTRALASIAN

Good



Health

Vol. 6.

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

No. 2.

An Important Event.

THE formal opening of the Sydney Medical and Surgical Sanitarium took place on January 1, 1903, at 3:30 P. M. There were gathered together many lovers of the principles of reform for which the institution stands as a witness and memorial, the large commodious parlors being well filled. A splendid programme was rendered, which was heartily enjoyed by those present. Pastor E. W. Farnsworth, the chairman, made a few appropriate opening remarks, dwelling especially upon the struggles and difficulties which confronted the erection of the building. Prayer was offered by Pastor E. H. Gates. The opening addresses were delivered by Pastor G. A. Irwin; D. H. Kress, M. D., the medical superintendent; Doctor M. G. Kellogg; and J. A. Burden, business manager. These will be reported in another column for the benefit of the readers of the journal, many of whom would undoubtedly have been glad to participate in the exercises. At the close of the opening exercises the friends were divided into companies and escorted through different departments of the institution, then refreshments were served in the large and artistically arranged dining room, under the supervision of Doctor Lauretta Kress. The great variety of simple and tastily prepared foods and drinks, which were greatly enjoyed by all present, testified that healthful foods and drinks may be prepared so as to be extremely attractive and palatable as well as nutritious. The refreshments were served by a happy and cheerful corps of nurses connected

with the institution. Upon the whole, it was pronounced by all as a most profitable and enjoyable occasion long to be remembered. We sincerely hope that this important institution will prove a blessing, not only to those in search of health, but to all who might be brought in touch with the life and health imparting principles it advocates.

An Alarming Increase of Insanity.

THE fact that insanity is increasing at a most astounding rate is receiving less attention than it deserves. Insanity is not simply a disease of the mind, as it was once regarded, but is the result of morbid physical states. As regards the increase of insanity, which is only one of the indications of a rapid race deterioration, here are a few facts gathered from different reliable sources: In England at the present time the number of insane is three to the thousand. Thirty years ago, the proportion was 1.8 to the thousand. In Ireland the proportion is greater, or about 3.6 to the thousand; while on the Isle of Man the proportion reaches 3.7. In Scotland the proportion of insane to the sane at the present time is 1 to every 337, or nearly 3 to the thousand. Twenty years ago the proportion was 1 to 448, or 2.2 to the thousand. In Schleswig-Holstein the number of insane has suddenly increased during the last century, as shown by the fact that in 1803 the proportion was 1.1 to the thousand, while in 1840 the proportion was increased to 2.8, and in 1880 to 3.4. Theo. Kirchoff, in his "Handbook of Insanity," published in 1893, asserts

that the increasing prevalence of insanity is an undoubted fact, and states that 5 insane to the thousand inhabitants is "probably below the truth," there being a large number of persons at large suffering from insanity, but of such a type that we do not deem it necessary to confine them in asylums.

These alarming facts ought to give rise to some very earnest and practical thinking. Why with all our improved conditions of life are we so rapidly deteriorating mentally? Is it not well to inquire whether our methods of mind training are right; and whether our methods of feeding our bodies are such as are calculated to make good brains, considering that brains are made of what we eat?

Crime as well as insanity is increasing, as is shown by the statistics of the leading countries of the globe. In 1896 the number of lynchings was forty per cent. greater than the legal executions, a state of things which has existed for a number of years. It is also stated on good authority that not more than one murderer in fifty is ever executed. According to *Leslie's Weekly*, from which the foregoing is gleaned, "the proportion of criminals to the population is several times what it was fifty years ago."

"Within the last decade the total number of offences of all descriptions has suddenly and vastly increased." In France the population increased twenty per cent. in sixty-one years, while crime increased three hundred per cent. In Germany the increase in population in six years has been four per cent., while the increase in crime is sixteen per cent. In Austria the increase in population in seventeen years has been fourteen per cent., while the increase in crime has been more than four hundred per cent.

In Liverpool the whole number of persons arrested and tried for crime doubled between the years 1884 and 1893, while the population was actually diminished by more than fifty thousand. Crime, as well as lunacy, is also increasing in London, and to such an extent that London requires one policeman to every 349 of its population to maintain social order.

The increase of crime is a sure indication of both physical and moral decay. Civilised man, then, is not climbing up, but

sinking down; and we may well ask the question, "Is civilisation a failure?" If civilisation does not make a man better physically, mentally, or morally, in what way is it a success? But we believe that it is not civilisation as a whole, or in general, that is working the ruin of the race, but some accompanying evils or mischievous influences which, while connected with our modern civilisation, are not an essential part of an enlightened civilised state of society, but are the result of the cultivation of abnormal and pernicious tastes and appetites whereby the natural instincts are destroyed.

The average savage lives nearer to nature, not only as regards his environments, but as regards his personal habits, than does the city dweller. The banana-eating Indian of the South American forests is a far better animal than the London banker who dines on English roast beef; and he sees more of life, and enjoys it better. He can run a hundred miles without stopping to eat or rest, if need be. He can swim a cataract. He can sleep out of doors without shelter, night or day, and never take cold. The malaria-infested swamps have no terrors for him, for he is proof against the parasites which produce chills and fever. He has bright eyes, a healthy skin, an unflagging appetite, a sound digestion, and a better chance to live two hundred years than the banker has to live sixty. The city man is a deteriorated man all around. He is a slave, a chattel. He squanders his best energies in gathering money, and then sits down and watches it the rest of his life to see that no one else gets it away from him. And he imagines that he is having a good time, because he sees so many other people who seem anxious to get his "job" away from him. If no one else cared for his money, he would not care for it himself. If his guineas had no more value in the eyes of other people than cobble-stones or oyster shells, he could not be induced to spend his whole life standing guard over them, but would cast them out to be trodden under the feet of men, and would take to the woods, and have a good time like his wild brother, which would be a more sensible thing to do. The average savage certainly has a much better chance for his life in this world than the average business man,

and his chances for the future may be quite as good.

Let us take a sane view of this matter, and see how much of the artificial, the abnormal, the senseless, and the health-and-mind-destroying elements might advantageously be dropped out of our daily routine of life. There is a divine order which leads upward instead of downward. Man seems to have lost his way. We need a Moses to lead us out of the Egypt of bad habits and physical decay into a land of physical and moral healthfulness where Egyptian maladies do not prevail, and where none need say, "I am sick;" because all shall know the way of physical uprightness, and shall walk therein.

DR. J. H. KELLOGG.

Abstract from a Lecture on Dyspepsia.

LAURETTA KRESS, M.D.

THERE are very few diseases that do not have their origin in the organs of digestion. Like the streets in London they may generally be traced to one centre,—the stomach.

Many have indigestion who are not aware of it. Frequently patients say, My digestion is alright, I have no difficulty with that, I can eat anything. It is my liver, doctor, or my head, or my nerves. Often in such cases the tongue is thickly coated and the breath offensive, indicating decay of food in the organs of digestion. The tongue is the beginning of the alimentary canal. From it we can form some idea of what we may expect to find further down. A physical examination reveals a dilated or distended stomach in an atonic or inactive state. No special local symptoms to indicate that anything is wrong with this organ may be present. These are the very worst cases of dyspepsia the physician has to deal with. Why is pain and local distress absent? The patient would probably say, There was a time when I had dyspepsia or local discomfort. Let us study the history of such a case. It begins in this way probably. Through errors in diet the stomach is irritated. This irritation causes an excessive flow of stomach fluid. But the fluid itself is an acid and irritating, therefore tends to keep up or aggravate the irritation. He discovers that by eating a little food the disagreeable gnawing sensation, or pain,

or all-gone feeling at the stomach, disappears. But in about two or three hours the same symptoms are again felt. He eats more food, and again finds relief. He concludes that it is necessary and beneficial for him to eat frequently. The pain or the gnawing sensation in the stomach is due to the hyperacidity of the stomach contents. By eating food, a portion of this acid is absorbed by the new food. The acidity is lessened, and the disagreeable symptoms for a time disappear. But the poor stomach is forced to do more work. The glands which should be given a rest are compelled to work harder. More acid is thrown out, which results in more irritation and pain. More food is again introduced to absorb the excessive acid. This is kept up until the poor stomach is worn out, the walls are dilated and become lifeless, and the glands become exhausted, and are no longer able even to secrete their normal quantity of fluid. A small quantity of soda or any alkaline substance also affords relief when too much acid is present. Anything that is alkaline neutralises the acid, and so affords temporary relief. In one case the acidity is diminished by absorption by the food, in the other case it is neutralised; both afford temporary relief. But alkaline substances also stimulate the glands of the stomach to secrete more acid. More soda will be found necessary after a time, and so it continues. While it affords relief from disagreeable symptoms, it aggravates the condition we desire to cure. If this course of treatment is continued, it also eventually results in complete exhaustion of the gastric glands, and serious injury to the stomach, sometimes ulceration of its walls, and hemorrhage. The only wise course to pursue where the stomach is in an irritable condition, where there is a constant craving for food, is to put the organ almost entirely at rest for a time. An inflamed knee or arm is treated in this way. Rest is always indicated in inflammation, whether it is a knee, an eye, or a stomach. After a time simple, non-irritating, easily digested food may be given, or an occasional meal composed of fruit only is beneficial, avoiding the pulp and coarse, woody matter present in some of the fruits.

In hyperacidity, when irritation of the stomach is present, the excessive acidity of the stomach contents prevents fermentation of foods, the food is often digested

rapidly, the tongue is as a rule not coated, but has an inflamed appearance. When there is a lack of acid, the food does not digest readily, and owing to the dilation of the organ is retained longer than it should be, and undergoes fermentation. The products of fermentation are alcohol, carbonic acid gas, etc. These are narcotics, and put the nerves and muscles of the stomach to sleep, producing partial paralysis. For this reason, in slow digestion pain is almost entirely absent. While there are no marked local symptoms, the organs are in a worse condition than in rapid digestion, and are constantly getting in a worse state, and poisons resulting from fermentation are formed. These poisons circulating in the system produce general disease and general symptoms. For this reason, such cases never complain of the stomach, but come to the physician to be treated for anæmia, rheumatism, Bright's disease, diabetes, shortness of breath, palpitation of the heart, and numerous other conditions. The only help, however, is in treating the stomach and correcting the dietary. The meals need to be taken far enough apart to allow the stomach to empty itself completely, and afford it a short period of rest before more food is introduced. This necessitates an interval of at least six hours between meals. The craving experienced, which is misinterpreted as hunger, is due to the irritation of the acid formed by fermentation. A glass of cold water would aid the stomach in throwing it out. This would also clean the organ and prepare it for food.

In nearly every case of nervous disease, rheumatism, rheumatoid arthritis, anæmia, Bright's disease, and diabetes, we find on examination an extremely dilated stomach, coated tongue, foul breath, etc. The same is true of consumption, and many other contagious or infectious diseases. Rheumatic patients seldom complain of indigestion. In fact, if such a thing is suggested, they conclude the physician does not understand the case, and feel offended. They say, "Why, doctor, I can eat anything," and usually they do. Such cases always have their meals too close together. They say with Esau, "Behold, I am at the point to die." They feel so faint, and say they must have food, when it is rest the poor stomach needs. The nervous or sleepless patient says, "I need to be treated for my

nerves. I must have the attention of a nerve specialist. My case does not belong to the stomach specialist." They usually pay very little attention to food combinations, but pride themselves on being able to eat anything. A corrected and aseptic dietary composed largely of dry foods requiring thorough mastication, with a moderate quantity of albuminous foods, and acid fruits at the close of the meal to aid in the digestion of the albumin, will cause the fermentation to cease. Narcotics being no longer formed, the stomach has a chance to awake from its long sleep and stupor. After a time it is quite customary for the patient to come and say, "Doctor, I had no trouble with my stomach before this, now my stomach bothers me." The physician expects this, it is one of the most favorable symptoms, and assures his patient that this is evidence that the organ is being restored. Frequently these patients, with no one to give them information, return to their old habits of eating and drinking to avoid the local symptoms, and thus keep up, and aggravate their old trouble or general disease which they want to get rid of. Should they persist in well doing for a short time, the local symptoms would disappear as well as the general symptoms.

A man's capacity for physical and mental endurance is in direct proportion to his chest capacity. The college student too often becomes full chested in the back, where his projecting shoulder-blades suggest the sprouting of angel wings, and a tendency toward the spirit land. The man who can go without several meals in succession, lose two or three nights' sleep, do two or three days' work in one, mental and physical, is the man who has swept the cobwebs out of the basements and garrets of his lungs with good full breathing. There are many young men in the cities who never draw a full breath from one year's end to the other; not even as much as a sigh when the bicycle dealer demands payment on that wheel, or the landlady insists that his board bill is overdue.

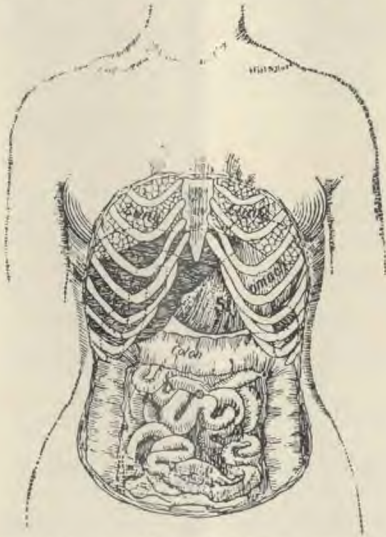
The nervous system must be renewed by sleep. Courage versus cowardice is on the bulletin-board of life. The heart to dare, the head and hand to do, are soon exhausted without nature's sweet restorer, balmy sleep.

Chronic Constipation, Its Cause and Treatment.

D. H. KRESS, M. D.

CHRONIC constipation is a condition which is becoming exceedingly prevalent in the Australasian States. There are few families in which one or more members are not afflicted by it. By the great majority of people constipation is regarded merely as an inconvenience; few realise the evils for which it is responsible.

When the stomach and intestines are in a normal state, it takes about fourteen hours for the digestion and absorption of the nutriment from the food eaten. Nature designs that food should be retained in the



alimentary canal only long enough to insure proper digestion and absorption. If the residue remains longer than this, decomposition takes place, and poisonous substances are developed.

Once absorbed and circulating in the blood, these poisons are brought into contact with the sensitive brain cells and nerves, ultimately giving rise, perhaps, to grave mental and nervous symptoms. Impatience, irritability, mental dullness, depression, despondence, and in some instances mania and even melancholia, may have their origin in the absorption of the fecal contents of the colon. Headaches, neurasthenia, biliousness, rheumatism, gout, epilepsy, and Bright's disease are often either due to the condition under consideration or are aggravated thereby.

Constipation is not necessarily confined to the colon; the whole digestive tract may be in a sluggish state. In my examination of nearly a thousand cases, I have observed marked dilation and atony of the stomach in many instances.

There are three *primary* causes for constipation:—

1. Improper diet.
2. Sedentary habits.
3. Neglect of Nature's calls.

The secondary causes are also usually three in number:—

1. Diminished intestinal secretion.
2. Peristaltic inactivity of the alimentary canal.
3. Relaxation of the abdominal walls from a lack of exercise.

Fortunately there is no functional disturbance which yields more readily to rational treatment than this. *In almost every case permanent relief may be promised, no matter how chronic the disorder.* Laxative drugs afford temporary relief only, but ruin the stomach and intestines often while so doing. The daily use of the hot enema causes debility, and is not advisable. It removes the fecal mass from the colon to be sure, and that is often necessary, but in the end, if resorted to frequently, the resulting state is one of increased inactivity and debility.

THE NATURAL TREATMENT.

The first important step in the treatment of chronic constipation is the correction of those habits which are responsible for its existence. Errors in diet early attract our attention in this connection. A dietary made up largely of meats, eggs, milk, pastry, sugar, pepper, mustard, spices, alcohol, tea, coffee, and liquid foods as a class, favors intestinal torpidity. On the other hand, a diet composed principally of thoroughly cooked cereal foods, nuts, green vegetables, and fruits before all else, is conducive to a normal state of the bowels.

Individuals who are subject to this disease must take time to eat, masticating their food thoroughly, and should indulge in sufficient to maintain the normal tone of the nervous, muscular, respiratory, circulatory, and digestive systems. It is very important that perfect regularity of habit be preserved in evacuation, immediately after breakfast being the best time.

To remove the secondary causes it is often necessary to summon to our assistance measures of treatment calculated to produce a tonic effect upon the digestive organs.

An occasional injection of about a pint of cold water is then of considerable value. It is in this class of cases that the scientific application of hydrotherapy, massage, and electricity is indispensable. The most obstinate cases yield, almost without exception, to the combined assaults of proper food and natural treatment.

A Chance for Benevolence and Philanthropy.

It is gratifying to note that a few medical journals are alive to the fact that it is the duty of the physician to do all in his power both by pen and voice to educate the people concerning the evil effects of alcohol, tobacco, and other drugs which have a deleterious and degenerating effect upon the human system.

The physician can have no nobler purpose than to devote his time to the prevention of disease. His field of labor in this direction is a broad one. There are opportunities for his services on every hand.

From the *Medical Brief* we quote the following concerning the evil effects of beer:—

"Beer acts as a poison in the human system. It dulls the faculties, and when used habitually, tends to produce insanity in victims of the habit. The Germans, by long addiction, are able to indulge with less suffering than our countrymen, on the same principle that the Chinese coolie can subsist on rice alone with less digestive disturbances than other races can.

"There is little doubt, however, that the large consumption of beer in Germany is partially responsible, at least, for the decadence and degeneracy of the arts and sciences so manifest in the fatherland to-day. Science has gone to seed in Germany. An intolerable pedantry has taken its place, and when the intelligence of a nation loses its virility, it is time to look for the cause in the habits of the people.

"Sumptuary laws will not check the evil of beer drinking.

"Prohibition would only arouse and

strengthen a perverse determination to have it at any cost. Men cannot be coerced into doing right. Their minds must be convinced of the wisdom and justice of any measure, and then obedience can be secured without resorting to force.

"Men can be educated to understand that the drinking of beer, wine, brandy, whisky, or spirits of any kind is injurious to them. None of them contain nutritive principles. It is a marvel how such an idea ever came to be entertained. The medical profession is an influential body of men, enjoying peculiar facilities for teaching men truths of this kind. Doctors can do a world of good by calling attention to the wide-spreading damage done by alcohol.

"Alcohol pulls a man down, and keeps him down. It absorbs his surplus earnings, so that he can never get ahead. It insidiously undermines his health. It robs him of pride, ambition, the power of conscientious accuracy and persevering application. It makes him careless, indifferent, spendthrift.

"Here is a mighty field where benevolence and philanthropy may labor for the regeneration of humanity, and physicians know better than any one else just how to set about it."

ACCORDING to a physiological law, animals as a rule should live five times the length of time required for them to reach their full growth. The inferior animals which live temperate lives reach generally their prescribed term of years. The horse lives twenty-five years; the ox about twenty; the rabbit eight; the guinea-pig six or seven. Man, of all animals, seldom comes up to his privilege in this respect. He ought to live one hundred years, according to this law. He reaches maturity at twenty, five times twenty being one hundred.

Instead of this, man seldom reaches the age of three score years and ten. The reason is obvious. The horse is carefully looked after, and his food is simple and well regulated. Should man feed and treat his animals as he does himself, they would not live out half their days. Why not use the same good sense in the care of our children and ourselves that we exercise towards these animals?



The Home

“Cultivate a Sweet Voice.”

THERE is no power of love so hard to maintain as a kind voice. One must start in youth, and be on the watch day and night, while at work and while at play, to get and keep a voice which will speak at all times the thought of a kind heart.

There are times when a sharp voice is very easily acquired. You often hear boys and girls say words at play, with a quick, sharp tone, almost like the snap of a whip. If one of them gets vexed, you hear a voice which sounds as if it were made up of a snarl, a whine, and a bark.

Such a voice often speaks more harshly than the heart feels. It shows more ill will in tone than in words. It is often in mirth that one gets a voice or a tone which is sharp, and which sticks through life, stirs up ill will, and falls like a drop of gall upon the listener. Some people have a sharp home voice for use, and keep their best voice for those they meet elsewhere. We would say to all, “Use your best voice at home. Watch it by day as a pearl of great price, for it will be more to you in the days to come than the best pearl hid in the sea.”

A kind voice is a lark’s song to heart and home. It is to the heart what light is to the eye.

Our Share.

SOME one has recently written a paper on “What Our Homes Do for Us.” It might be well for many of us to turn the subject about, and inquire what we do for our homes. Have you ever thought to ask that question, you younger members of the household?

Home is a place to go when school is over; a place in which to study, eat, and sleep; a place to run into for repairs of torn garments and wounded feelings, where one can be sure of sympathy, appreciation, and comfort generally; a place to invite friends to talk over one’s plans or spend

the night. It is the most desirable place on earth when one is sick, tired, or discouraged. Somebody’s love and work bring in money to provide all its comforts and conveniences. Somebody’s work and loving thought expend, arrange, foresee, and keep all the countless wheels moving.

All this, and a hundred times more, your home is to you, and has been for years. What are you doing in return? You turn to it for rest and cheer, but are you doing your part toward making it restful and cheerful for others? Do you bring your portion of brightness to the table and the hearth? Have you learned to leave your moods and your selfishness with your umbrella and your overshoes in the hall? Are you ready to give others the quick sympathy and encouraging word that mean so much to you? Think about it.—*Well Spring.*

THE infant lungs suffer, and become diseased by inhaling the atmosphere of a room poisoned by the tobacco-user’s tainted breath. Many infants are poisoned beyond remedy by sleeping in beds with their tobacco-using fathers. By inhaling the poisonous tobacco effluvia, which is thrown from the lungs and pores of the skin, the system of the infant is filled with poison. While it acts upon some infants as a slow poison, and affects the brain, heart, liver, and lungs, and they waste away and fade gradually, upon others it has a more direct influence, causing spasms, fits, paralysis, and sudden death. The bereaved parents mourn the loss of their loved ones, and wonder at the mysterious providence of God, which has so cruelly afflicted them, when Providence designed not the death of these infants. They died martyrs to filthy lust for tobacco. Every exhalation of the lungs of the tobacco slave poisons the air about him. Infants should be kept free from everything which would have an influence

to excite the nervous system, and should, whether waking or sleeping, night and day, breathe a pure, cleanly, healthy atmosphere, free from every taint of poison.

When the good housewife desires to rid her plants of insect pests, she calls her husband, who blows a few puffs of smoke from his cigar upon them, and they are dead. Has it ever occurred to him that he cannot take into his system so deadly a poison as that without injury to himself?

SUNLIGHT stimulates the activity of the skin, and it is by this means that many of the poisons in the system are eliminated. When the weather is damp and cloudy, the skin is inactive, the poisons that should be thrown off are retained, and this is why elderly people are able by their rheumatic pains to tell of a coming storm a day or two in advance.

DR. HENDERSON, in the *Popular Science Monthly*, says, "When you remember that we are dressed during the whole period of our social life, and that we eat three times a day, eleven hundred times a year, it is astonishing that these very human arts (dressing and eating) have not been brought to greater perfection."

A FRENCH naturalist, quoted by *Popular Science News*, asserts that "if the world should become birdless, man would not inhabit it after nine years' time, in spite of all the sprays and poisons that could be manufactured for the destruction of insects. The bugs would simply eat up all the orchards and crops in that time." And yet the women, and city ordinances in many places, continue to encourage the ruthless slaughter of the birds!

ADULTERATION OF FOODS: Preserves, Marmalade, etc.—A large share of the preserves manufactured for the retail trade are adulterated more or less in one way or another. It is customary to make into preserves inferior fruit, or that which has spoiled by too long keeping, or is otherwise unfit for sale. In many cases, preserves are colored with fuchine and aniline, as are some canned fruits.

Seasonable Recipes.

LAURETTA KRESS, M. D.

The Kitchen.

It is a mistaken idea to suppose that any room, however small and unpleasantly situated, is "good enough" for a kitchen. This is the room where most of the time and labor is required, and it should be one of the brightest and most cheerful in the house; for upon the results of no other department of woman's domain depend so greatly the health and comfort of the family as from those of this "household workshop." If it be true, as is often said, that the character of a person's work is more or less dependent upon outward surroundings, is it to be greatly wondered at that a woman immured for the greater part of her time in a small, close, dimly-lighted room supplies her household with products of her labor that fall far below a high standard of health and housewifely skill?

Every kitchen should have plenty of windows, and the sun should have free entrance through them: for light and fresh air are essentials for success in all departments of the household. Good drainage should also be provided; and the ventilation of a kitchen ought to be as carefully attended to as that of a bedroom.

Undoubtedly, much of the distaste for and neglect of "housework," so often deplored in these days, arises from the unpleasant surroundings accompanying this department of labor. If the kitchen be light, airy, and tidy, and the utensils bright and clean, the process of compounding from the raw materials those articles of food that grace the table, and satisfy the appetite, and all the labor connected therewith, will be a pleasant task, and one entirely worthy of the most cultivated woman.

The Dining Room.

The dining room should be the most cheerful room in the home. Do not keep this room darkened: admit plenty of sunlight and pure air. Have everything in the room arranged in the most attractive manner possible. This room should be scrupulously clean. The table linen, dishes, and foods should be neatly ar-

ranged on the table. When the meal is appetising and thoroughly relished, this in itself is an aid to digestion. The same care and neatness should be observed for the family, in the preparation and serving of each meal, that is practised when strangers or guests are entertained. If foods are served as they should be daily, no changes need ever be made, and no preparations of extras when strangers are entertained. If visitors come, do as you did aforesaid. Say to them, Such as I have been in the habit of giving to my family give I unto thee. Show no greater respect to the guests than you do to your family. This respect shown towards husband and child will lead them to respect mother.

If the room and table are always neatly arranged, it will be found much easier to direct the conversation and control the children, as a restraint is felt by all. If foods are carelessly thrown on the table, confusion and carelessness in the department of the family are much more apt to exist. A carelessly spread table encourages coarseness and rudeness.

When meals are served by courses, it is almost impossible to prevent overeating. Frequently sufficient is eaten at the first course to supply the needs of the system. But each course following is more appetising and appeals more to the palate, and overeating is the result. By far the better way is to have all the foods on the table at the beginning of the meal, or else have a menu before each guest. This will enable all to make a wise selection before beginning the meal as to combination and the variety of the foods they relish.

Delicacies, as puddings and sweets, are usually served as a surprise after sufficient has been eaten. It is well to heed the admonition of the wise man, "Consider diligently what is before thee: be not desirous of his dainties, for they are deceitful meats."

BEAN PATTIES.—To four cups of white bean pulp and one cup of zwieback crumbs add one-half cup of nut cream, and beat together. Form into patties about one inch thick, and bake until mealy throughout and brown on top. Serve with a plain tomato sauce. Dried Scotch peas may be used in place of the beans.

PLAIN LENTIL ROAST.—One and one-half cups lentil pulp, one and one-half cups strained stewed

tomatoes, one cup crushed crumbs or granola, one tablespoonful nut butter, one teaspoonful powdered sage, one teaspoonful salt. Mix, turn in a baking-dish, and bake until quite dry. Serve plain or with a browned-flour gravy, seasoned with tomato and nut butter.

VEGETABLE STOCK.—Cook together for one to three hours one pound chopped protose, one-third pound nuttose, and an equal quantity of chopped turnips and carrots. Season with celery. Onions may be added if desired. Strain and mix equal quantities of this broth with bean broth, and to each quart of the mixture add two rounded tablespoonfuls of browned flour, one of nut butter, and one cup of strained stewed tomatoes.

CREAMED NUTTOLINE WITH EGG.—Mix together two pounds chopped nuttolene, eight hard-boiled eggs chopped, and one scant tablespoonful of salt. Prepare a sauce from one quart of milk, three-fourths pound of pastry flour stirred smooth with cold milk. When cool add three beaten eggs, one teaspoonful minced onion, two teaspoonfuls minced parsley, and one and one-half teaspoonfuls salt. Put a thin layer of the sauce in a pudding-dish, then a thick layer of the nuttolene and egg mixture, continuing till the dish is filled. Sprinkle the top with bread crumbs and bake in a quick oven until it boils up all round.

PROTOSE HASH.—Use three cups cold boiled potatoes chopped, two cups chopped protose, one cup chopped onion, and one cup water. Add salt, mix thoroughly, and heat over the fire or bake in a hot oven for half an hour or longer.

BRAISED PROTOSE.—Oil the bottom of a deep baking-pan, sprinkle with minced onion and sage, and cover with slices of protose about three-fourths to one inch thick. Cover this one or two inches with a vegetable stock, and bake until the stock is a thick brown gravy.

LENTILS WITH MASHED POTATOES.—Take three cups stiff, well-cooked lentil pulp, one cup strained tomatoes, and one cup finely-chopped English walnut meats. Mix, season with salt, and put a layer about two inches deep in a baking-dish. Over this put a layer of lightly-beaten mashed potatoes. Bake in a moderate oven until dry enough to slice nicely. The dish should be covered for the first twenty minutes to prevent the potato from drying and browning before the lentil mixture is baked. Serve with tomato sauce or nut butter gravy.

THE eminent Professor Wilder was reared a vegetarian, having passed his earlier years without even knowing that flesh food was ever eaten by human beings. When six years old, he saw on the table for the first time a roasted fowl, at which he gazed for some moments in great bewilderment, when he seemed to make a discovery, and in his astonishment burst out with the remark, "I'll bet that's a dead hen!"

The Physician in the Home

Spots Before the Eyes—Anæmia or Indigestion.—Have been troubled for a long time with spots before the eyes, also have indigestion and anæmia. Have tried herbs and patent medicines, and have also taken arsenic, chloroform, and strychnine, but now suffer as much as ever. 1. What is the cause of the spots? 2. Is it anæmia or indigestion? 3. What would you advise?

Ans.—1. Such spots are not infrequently seen by the normal eye, and are then small opacities in the vitreous chamber back of the lens. In other cases, they may be due to disturbances in the circulation, or they may be wholly mental. 2. Probably both. Indigestion necessarily interferes with nutrition, and thus favors anæmia, which is poverty of blood. 3. Drop the drugs, adopt a plain, nutritious diet, consisting of fruit, grain preparations, nuts and breads, and nut foods, and some milk and eggs if they agree with you. Get out of doors for a couple of hours daily. Avoid all stimulants. Get a month's holiday, and go to the country or sea-side, if possible.

Indigestion.—A lady, aged sixty-three, gives her symptoms as follows: "Bloating after eating, prolapsed bowels, great weakness in the back and hips, terrible pain in back and legs, nausea. Walking causes the bowels to bloat; there is a continual buzzing in the head, and at times a sinking sensation. Will a battery used a little every day do any harm? What would you prescribe?"

Ans.—The use of the battery would do no harm, and might afford temporary relief, but would not effect a cure. Indigestion of starch, and disturbance of the sympathetic nerves from prolapse of the stomach and bowels would cause the unpleasant symptoms mentioned. A natural abdominal supporter should be worn, abdominal massage should be applied, and fomentations over the abdomen at night, followed by a moist abdominal bandage to be worn during the night. The diet should consist of predigested and thoroughly cooked cereals, combined with fruits and nut preparations. Protose, gran-nuts, nuttolene, and toasted granose cakes will be found wholesome. Avoid milk, coarse vegetables, butter, and animal foods of all kinds. Fresh fruits may also be advantageously used.

Infant Food.—What would you recommend as a home-made infant food?

Ans.—Any mother can easily prepare an excellent infant food by simply toasting ordinary bread in the oven until it is nicely browned throughout—not burned, but uniformly browned; grind this as fine as possible in a coffee mill, and mix with boiling water to a thick paste, which, after being thoroughly softened, may be diluted with sterilised cow's milk until it can be fed from a spoon or a feeding bottle. Granola and granose, especially with the addition of a little milk, are excellent foods for children. A thin porridge made with either of these foods with the addition of a little milk constitutes an excellent food for a child who has attained the age of three or four months.

Nuts.—Can nuts, such as peanuts and others, be reduced to a pulp in the kitchen and cooked in various ways? Your bills of fare always suggest fruit for dinner. Then why do you state that fruit and vegetables should not be eaten together?

Ans.—Yes, in the following manner: First shell the nuts, then place in an oven for a few minutes until the skins are loosened. Rub off the skins by shaking in a rough bag; one made of burlaps is best for the purpose. The skins may be separated from the nuts by tossing in the wind or by blowing with a fan. In drying the nuts, care should be taken not to roast them, as roasted peanuts are indigestible. Place the nuts after blanching in twice the quantity of water. Boil for six or eight hours, if necessary, adding water from time to time to keep them moist. When thoroughly softened and free from the raw taste, they should be rubbed through a fine colander. Put them in the oven, closely covered, and allow them to cook until slightly browned on the surface, and solid enough to be of the consistency of butter. Nut butter made in this way will be found to be exceedingly sweet and wholesome. The avoidance of the combination of fruits and vegetables is not always necessary, with a sound digestion, but persons whose digestion is slow must observe this rule. Far better sacrifice the vegetables than the fruit. Probably one reason why vegetables disagree is because they are taken in a half-cooked state. Boiling does not sufficiently cook starch to render it digestible; vegetables also, being soft, are generally swallowed without sufficient mastication, and hence without the proper admixture of saliva.

Lime Salts—Blood Purifier—Blotches.—

1. Is it good for a fifteen months' child to have much lime salts? 2. What food contains them? 3. What can I give him in place of cow's milk? 4. What is a good blood purifier in the spring? 5. What causes blotches on a child's face? 6. Should a child whose bowels move three times a day eat brown bread?

Ans.—1. What the food naturally contains, no more. The use of lime-water is detrimental. 2. Milk and natural foods contain salts in sufficient quantity. Granose, gran-nuts, granola, Sanitarium infant food, etc., are admirable for a child. Granose is especially satisfactory. Malted nuts and bromose may be used in addition. In fact, almost any of the nut foods may be taken with advantage, as they are especially rich in salts. 3. The foods mentioned, especially malted nuts. 4. The only blood purifiers needed are pure water, pure air, and pure food. These are good at all seasons of the year. 5. Probably indigestion. 6. Fermented brown bread is not very wholesome for children. The granose cakes mentioned will be found much more beneficial. The best form of brown bread for anyone, is to cut the bread into very thin slices, and bake in an oven until browned throughout. Frequent movement of the bowels may be due to decomposition of the retained fecal matters. The enema should be used at least three times a week to cleanse the bowels thoroughly.

NO QUALITY is more essential to happiness and usefulness than contentment.

Good Health Tit-Bits.

"GOD makes our features, but we make our own countenances by our inward mental habits."

"I COULD lift more than any man in my class at college, dad."

"Wa-al, son, s'posin' ye take off yer coat and see if ye kin lift th' mortgage off th' old place we put on it ter send ye thar."—"Judge," *New York*.

A GREAT French doctor prescribes three health rules for children:—

1. Let them live in the open air.
2. Encourage them to live in the open air.
3. Make them live in the open air.

SAYS Seneca, "Many dishes, many diseases;" again, "Be not startled by the multitude of diseases; count the cooks."

THE notion that bitter-tasting medicines have in themselves some occult healing power, generally survives. People are slow in discovering the truth expressed by Professor Liebig fifty years ago: "We cure a disease by drugs only by producing new diseases."

DIAGENES once saw a youth blushing, and addressed him, "Courage, my boy, that is the complexion of virtue."

AMONG birds, those that sing are grain feeders, while those that eat meat, croak.

WE admire everything for its naturalness except the human figure.

WORRY is the most popular form of suicide. Worry impairs appetite, disturbs sleep, makes respiration irregular, spoils digestion, irritates disposition, warps character, weakens mind, stimulates disease, and saps bodily health. It is the real cause of death in thousands of instances where some other disease is named in the death certificate. Worry is mental poison; work is mental food.—*The Religious Leader*.

SOME say alcohol gives strength. If so, why do athletes abstain while training for a race or other contests requiring strength?

SOME say alcohol gives endurance. If so, why do great employers of labor cut off

the supply of drink when work of an especially arduous or lengthened nature is required?

SOME say alcohol sustains the health. If so, why do insurance companies take total abstainers at a lower premium than others?

SOME say it is dangerous to give up the use of alcohol suddenly. If so, why do prisoners, most of whom are obliged to abstain suddenly, improve in health?—*American Issue*.

The Rise of the Sydney Sanitarium.

WHEN I look back at the circumstances which led to my connection with the work of the erection of this building, and under which the work has progressed, I cannot but feel that the building stands both as a monument of providential care and of the faith and perseverance of the workers connected therewith.

PREVIOUS to coming here, I was engaged in medical missionary work in the South Sea Islands. After laboring there for four years, I became satisfied that the amount of good being accomplished would not warrant my further stay. Two days after coming to this decision, the captain of a steamer that had just arrived told me that the plague had broken out in Auckland, and that steamers would not be likely to call at the island for several months, and if I intended to get away in the near future, I must leave within the next two days. The providential care of God was evident in arranging matters. Short as the notice was, within the next thirty-six hours I was on board the boat en route for Sydney. On my arrival in Sydney I was informed that the medical missionary work in Australia had grown to such proportions that it was necessary to erect a larger building to accommodate the patients. Desiring to know how large a work to plan for, I inquired how much money they had on hand, and I found to my surprise that there was not a penny. To me this at first seemed very strange. After completing the plans I submitted them for inspection. After due consideration they were accepted.

BUT money began to come in, and by the time we were ready to begin actual work, we had about £900 on hand. This looked like a very small amount with which to start a building that would

require over £8,000 to complete. We went as far as our means would allow, and then when that failed, or was about to fail, we sought the Lord most earnestly for means with which to proceed with the work. From time to time means came in, sometimes from very unexpected quarters, and in very unexpected amounts. The workers not only gave themselves to the work, but they gave of their means and time. Without exception every worker made a sacrifice. At one time our means ran so low that we could not meet our expenses. Every penny had been used up, and there were outstanding bills. Some of the workers then came forward, and taking their money out of the bank, loaned it to the building without interest, to pay the bills therewith. Having done this, our extremity became God's opportunity. We have since received money in sufficient amounts to enable us to meet the bills monthly, although more will be needed thoroughly to equip the institution for work.

We highly appreciate the efforts and willingness on the part of every worker connected with the building from the very start, and desire here to express our thankfulness to God for putting it into the hearts of so many to labor so faithfully. Another cause of thankfulness is God's watchful care in protecting us from accidents. I feel that my work in connection with the sanitarium is finished, and that while I leave this field and resume my voyage to America, I shall do it with the prayer that God will prosper the institution.

M. G. KELLOGG.

The Gospel of Health, or a Complete Gospel.²

LEXICOGRAPHERS define the gospel as good news, but the Bible tells us that it is "the power of God unto salvation." Salvation implies a lost condition, or an imminent danger of being lost. There is but one source of reliable information upon a subject of this character, and that is the Word of God. By consulting it, we find that in the beginning God made man upright; He gave him noble traits of character, with no bias toward evil. He endowed him with high intellectual powers, and presented before him the strongest possible inducements to be true

to his allegiance. Obedience, perfect and perpetual, was the condition of eternal happiness. On this condition he was to have access to the tree of life. The holy pair were not only children under the fatherly care of God, but students, receiving instruction from the all-wise Creator. They were visited by angels, and were granted communion with their Maker, with no obscuring veil between. They were full of vigor imparted by the tree of life, and their intellectual power was but little less than that of the angels.

The beautiful garden of Eden, fresh from the Creator's hand, with its endless varieties of fruits and fragrant flowers, was to be their home. Permission was granted them to eat freely of the fruit of the trees of the garden, except the tree of the knowledge of good and evil; for in the day that they should eat thereof, they should surely die. Not long, however, were the happy pair permitted to enjoy their beautiful home. Satan, assuming the form of the serpent, at that time one of the wisest and most beautiful creatures on the earth, placed himself in the richly-laden branches of the forbidden tree—the only point of temptation,—and anxiously watched for his prey. Nor did he have long to wait; for Eve, wandering in the garden apart from her husband, was attracted by the beautiful creature, and after a short colloquy was induced to eat of the forbidden fruit. Adam, although not deceived, out of love for his companion, ate of the fruit also.

The divine prohibition had now been violated, and the once happy pair were driven from their beautiful Eden home with the death sentence upon them; the man to earn his bread by the sweat of his brow in contending with the thorns and thistles with which the earth was cursed because of his sin; the woman to bring forth children in sorrow, and be ruled over by her husband.

From the foregoing we find that by transgression man in the beginning of his history lost his innocency; lost the dominion God had given him over all the earth; lost his beautiful home and access to the tree of life; and thus became subject to sickness, decay, and death.

Through disobedience or sin the germ of disease was transmitted to the human family.

The abnormal and uncontrolled appetite that opened the flood gates of human woe upon the world has been the bane of the human family from that day until the present time. Excessive eating and drinking, which produced lustful desires and practices, caused the destruction of the antediluvians. Our Saviour says of them, "They were eating and drinking, marrying and giving in marriage, until the day Noah entered into the ark, and knew not until the flood came and took them all away." Pride, fullness of bread, and abundance of idleness, caused the destruction of Sodom.

There is abundant evidence both in the Word of God and in secular history to show that the declension in virtue and the degeneracy of the race is chiefly attributable to the indulgence of perverted appetite. The average length of human life having dropped from 912 years in the days of Adam to thirty-five years in our time is a significant fact that should arrest our attention and cause us to consider seriously the need of reforms.

Amid the sadness that came as the result of the first transgression, there was, however, a ray of hope; for even before they were expelled from the garden, the promise was given that the "seed of the woman should bruise the serpent's head."

A few men of every age in the past grasped this promise by faith, and overcame through the strength it imparted. But in the fullness of time, when the world had reached its most corrupt stage, Jesus Christ, the promised seed, the second Adam, was born into the world, and in human form took up the controversy where the first Adam failed,—on the point of appetite. Seemingly to impress the fact upon the minds of all that the battle would turn upon this point, the one who was sent to prepare the way for the coming Messiah was a man of abstemious habits, subsisting upon a plain and simple diet.

In order to make the victory complete, and once for all secure eternal redemption for man, our Saviour at the beginning of His public ministry was led into the wilderness to be tempted of the devil. After a fast of forty days and forty nights, while hungry, weak, and emaciated, the tempter came to Him and said, "If Thou

be the Son of God, command that these stones be made bread."

Although suffering the pangs of hunger, and having the power as the son of God, He would not obey Satan to work a miracle in His own behalf, but trusted His heavenly Father to supply His need in His own time and way. Christ's reply to the tempter, "It is written, that man shall not live by bread alone, but by every word that proceedeth out of the mouth of God," was the turning point in the contest, so that after two minor temptations the enemy left the field a beaten and vanquished foe. So as Eden was lost through the *indulgence* of appetite, it was regained by *denial*, and our only hope of regaining it is by entering into the victory of Christ through faith, and by a firm denial of appetite.

Any so-called gospel that ignores man's physical condition and needs, or sanctions his giving loose rein to the appetite, will fail of meeting the case. The "good news," or "power of God unto salvation," must be as broad as the offence and its consequences. Before sending out His first disciples, the record states that, "He called His twelve disciples together, and gave them power and authority to cure diseases; and He sent them to preach the kingdom of God and heal the sick. . . . And they departed, and went through the towns preaching the gospel and healing everywhere." This scripture clearly teaches that the curing of disease and the healing of physical maladies was considered by Him a very important part of the gospel. Furthermore, we find upon a careful study of His earthly ministry, that our Saviour devoted more time to the healing of the sick than to preaching.

Satan is the originator of disease. Jesus came to "destroy the work of the devil." "In Him was life," and He says, "I am come that they might have life, and that they might have it more abundantly." Christ in His own person was the embodiment of the gospel in its fullness and completeness. As He passed through towns and cities, He was like a vital current, diffusing life and joy wherever He went.

The great apostle to the Gentiles says, "Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown, but we

an incorruptible. I therefore so run not as uncertainly; so fight I, not as one that beateth the air; but I keep under my body, and bring it into subjection: lest by any means, when I have preached to others, I myself should be a castaway."

We are not our own. Our bodies are God's property, having been purchased at an infinite price, even the blood of the Son of God. So whatever we do, whether we eat, or drink, we are to do all to the glory of God. The laws governing our being are just as much the law of God as are the ten commandments, and to violate either is sin, for sin is defined as the transgression of law. The gospel is salvation from sin, both moral and physical; hence the "gospel of health," or a complete gospel, enjoins a thorough knowledge of the laws governing our being, and a conscientious and faithful compliance therewith.

A constant recognition of God's ownership in us lies at the foundation of all true education and reform, and will result in peace and happiness in this life, and insure us an entrance into our Edenic home when it is restored to its original place, never again to be removed.

May our merciful heavenly Father grant to the company here assembled that measure of divine grace that will enable each one so to co-operate with our Redeemer in obeying the laws of our being, that the image of God may be restored in our souls, and we become sanctified, spirit, soul, and body, and be preserved blameless unto the coming of our Lord Jesus Christ.

*Address of G. A. Irwin at the opening of the Sydney Sanitarium.

Origin and Development of the Sanitarium Idea.*

A LITTLE over forty years ago, a few noble men and women, imbued with the spirit of reform, began to lay the foundation for an extensive missionary and reformatory work which was destined to reach to earth's remotest bounds. The pioneers in this work travelled extensively, lecturing wherever they went, advocating among other reforms, total abstinence from all intoxicants and the disuse of tobacco, and later, tea and coffee were added to the list. One by one other advanced reformatory

ideas were adopted and advocated, especially in relation to diet and dress.

Later, or about the year 1866, a health journal was established for the purpose of promulgating these principles. This sixteen-page journal soon acquired an extensive circulation.

The same year an institute known as the Health Institute, but later on as the Battle Creek Sanitarium, was opened, the object being to furnish a place where the sick could receive medical treatment by rational methods, and where invalids might at the same time be instructed in the principles of healthful living, or the art of remaining in health.

Provision was made for the poor as well as the rich by a generous action on the part of the stockholders, whereby the directors were instructed that instead of distributing the dividends or profits to the stockholders, to use the entire earnings of the institution not required for necessary improvements, in the treatment of the worthy sick poor, and the extension of its work to other needy fields. This institution differed from other institutions for the care of the sick, first, in the idea contained in the fact that disease is the result of a violation of natural law, and can only be cured by the employment of rational measures whereby the provoking causes may be removed. The second idea recognised the necessity for the instruction of both the sick and the well in the principles of healthful living, so that health, when once recovered, might be maintained through the avoidance of the causes of disease.

The marvellous development of the work since 1866 shows that the organisers and promoters built with great wisdom, we may safely say, with more than human wisdom, since the small work then established has, in the years that have followed, grown and developed until it has attained mammoth proportions, having, through its various branches and lines of work, well nigh encircled the world.

During the first ten years of its existence, the Institute cradled its principles in a manger. The work was carried on in small wooden buildings. The Institute labored under many disadvantages in consequence of numerous obstacles which are always in the way of every new enterprise, and because of the popular prejudice and opposition resulting from a misapprehen-

sion of the nature of a work based upon ideas so much at variance with commonly accepted notions. These had to be met and overcome.

In spite of prejudice and opposition, at the end of ten years the patronage of the institution had increased to such a degree that larger buildings were required. A new building was erected four stories in height, and 136 feet in length. New methods and appliances were continually being added for the treatment of disease. It was discovered by those who once opposed the work, that the sanitarium idea rested on a thoroughly scientific basis, and as a natural result it grew in the confidence of the public and physicians. The number of patrons increased until six years later another addition was found necessary. This addition consisted of a five story extension, including a large dining-room on the first floor, capable of seating four hundred persons. Twelve years later another five story extension was added. A little later, a separate building was also erected to accommodate surgical cases, 60 x 100 feet, and six stories high. Four years later, a brick dormitory, five stories high, 120 x 90 feet, was erected for the accommodation of young women connected with the institution as nurses and helpers, numbering several hundred. Cottages and several other buildings were added from time to time as needed, until twenty buildings of various sizes clustered round the main building.

During the year 1901, five thousand patients received treatment at the Battle Creek Sanitarium alone. The monthly register ranged from 650 to 1,050. Nearly 50,000 chronic invalids received treatment at this institution during the period of its existence. This vast company of invalids necessitated a corps of workers numbering nearly a thousand.

Similar institutions are now located, not only in America, where the sanitarium idea had its origin, but in Germany, Ireland, Switzerland, Mexico, South Africa, Samoa, Hawaiian Islands, India, New Zealand, and Australia. Some of these accommodate from 100 to 150 patients.

The new Sydney Sanitarium is one of the latest outgrowths of the sanitarium idea. We have every reason to believe the same success and prosperity will attend this institution that has attended the work

of sister institutions, being based on similar principles. No doubt we shall meet with obstacles, but obstacles are helps, not hindrances, to the advance of truth and spread of reforms.

There are now published twelve monthly journals in various languages, devoted to the dissemination of health principles. These several journals have an aggregate circulation of nearly two hundred thousand copies monthly. In Australia, our health journal, the *GOOD HEALTH*, has now a monthly circulation of nearly 10,000. In addition to these monthly publications, a variety of pamphlets and books have been published and circulated in the interests of the work, which has amounted to many millions for the pamphlets, and for the bound books a total of nearly a million. Every one of these pamphlets, magazines, and bound volumes, have gone forth as missionaries in behalf of the principles of the work, which, from its beginning, forty years ago in an obscure country town, has grown by the inherent force of the truth which it represents, and the fostering care of a divine providence, to the great proportions which are but faintly represented in the facts briefly stated here.

Having briefly traced the history of our sanitarium work, it may be proper to say a word further respecting the general method of dealing with the sick, which has come to be quite widely known as the sanitarium method.

The central and fundamental idea upon which all its methods of treatment are based is embodied in the fact that restoration to health is not to be secured by swallowing pills, nor by the use of patent medicines or nostrums, nor indeed by any other means than by the removal of the causes of disease and the cultivation of health. The education of the invalid, the training of the body by suitable exercises, judicious diet, etc., constitute the only means by which the cure of chronic maladies can be effected. To accomplish this, all patients' habits of life must be controlled, and brought in conformity to such principles as will modify the disordered propensities in the most effectual manner. Such a plan, it can be readily seen, requires the most thorough investigation of each individual case. It is well known that the body is dependent for its life and existence upon certain forces sur-

rounding it, and outside of itself, which act upon it as natural stimuli. These forces, which for the most part are heat, cold, light, air, etc., help to maintain the normal function of the internal organs of the body through external pressure made upon the skin. A proper and intelligent use of these agents is far more efficient and corrective in its action on diseased organs than the poisonous drugs which only produce changes in the functions of organs by virtue of an irritant and poisonous action, and which, if continued, simply increase the trouble which they are supposed to correct, and often develop other and more serious diseases in other organs of the body. Water is one of the best agents for making outward impressions of heat and cold, to influence internal action. Each internal organ has a reflex area in the skin with which it is in direct communication, and through which it is possible to speak to it, and increase or diminish its activity at will. The skin is really the key board of all the internal organs. Through applications made to the skin, the circulation of the blood by which life is carried to the various organs may be slowed or quickened, and the harmonious action and health of these organs may be restored.

While water being the most convenient is the principal remedy employed in the treatment of disease, it is not the only remedy employed. Electricity in its various forms, massage, correction of all bad habits of life, careful regulation of diet, pure air, exercise, rest, and a variety of other potent agencies for healing, are also recognised; in fact, all *rational* means are employed; none are rejected.

Physical suffering is often due to other than purely physical causes. Many a case of severe physical suffering has its origin in the mind, or is largely influenced by sorrow or mental distress. Mental influences are conveyed to every organ of the body. While a merry heart doeth good like a medicine, by sorrow of heart the spirit is broken. Many a sick body carries with it a sick heart, which only the Great Healer can help. While no creed is thrust upon any one, we feel it a privilege to help the weary, discouraged heart to cast itself upon the love and power which is able to heal both the diseased body and wounded spirit. Each day the workers meet together for united prayer, that He who so tenderly

regards the creatures of His hand, may bless the means applied for the recovery of the sick, and give a double healing. Thus we aim to carry in one hand remedies for the relief of the body, and in the other hand remedies for the relief of the mind; both are essential. Peace of mind, confidence, and trust must be restored in many cases in order that they may recover from their physical maladies. Cheerful and attractive surroundings are great aids in the restoration of the mind. Rooms must be clean, light, and airy. Chronic invalids as a rule have gotten into the habit of studying their numerous symptoms. In nature, the Lord's garden, the sick will always find something to divert their attention from themselves. The lofty trees, the green carpet covering the earth, dotted here and there with flowers, the fruit trees laden with a variety of colored, fragrant, and delicious fruits, are all pleasant to the sight and soothing to the irritated nerves and depressed minds. To accomplish the greatest good, it is necessary, therefore, to locate our sanitariums away from the bustle and the impure atmosphere of the cities, in the very heart of nature, where the pulse beats of the Creator may be distinctly felt; where His love stands most clearly revealed; where only the beautiful greets the eye, and where the breath of life, the air we breathe, is pure and untainted. Here we are brought face to face with the Creator. In the midst of such surroundings, there is health, there is life; *for God is there*. "In Him we live, and move, and have our being," and "in His presence there is fullness of joy." The sick are encouraged to leave their rooms, and spend much of their time in the open air, cultivating flowers, plucking the ripened fruit, or doing other light, pleasant work, so that their minds may be called from self and their disagreeable symptoms to something health-giving. Exercise in the open air forms a part of the daily programme and prescription of each patient able to be about. Sedentary habits and idleness favor the retention of waste products in the system, and are frequently a cause of disease. Thus through exercise in the open air disease products are more readily eliminated, and relief is more apt to come to both body and mind. Pure air, good water, pure food, sunshine, the beautiful surroundings of nature,—these are

some of the natural agencies relied upon in restoring the sick to health in natural ways. These remedies, though not far from every one, are almost entirely ignored by the health seeker; as a result, *few there be that find health.* These are all safe remedies, they are nature's great medicinal resources, reviving, quickening, strengthening the vital functions of every organ.

Under such influences combined with the careful scientific treatment outlined and given at our sanitariums to assist nature in her efforts to expel disease products from the body, some of the most obstinate cases respond after other methods of treatment have failed. Through such agencies we are brought into harmony with the Creator, and co-operate with the Great Healer, "who forgiveth all our iniquities, and who healeth all our diseases." This affords Him an opportunity to do for us exceeding abundantly above all we can ask or think; the impossible is thus made possible, and incurable cases are often found to be curable.

*Address by D. H. Kress, M. D., at the dedication of the Wahroonga Sanitarium, January 1, 1903.

Financial Report of the Sanitarium Building.

THE sanitarium enterprise embraces more than the building that we are dedicating. Directly connected with it is the eighty acres of land, a part of which is in orchard, the vegetarian café, the health food store, the GOOD HEALTH magazine in Sydney, and the food factory in Cooranbong. There are other enterprises indirectly connected with it throughout Australia. Our financial report will be confined to the erection of the sanitarium building. The building, as you will notice, is not yet completed; so the financial report will include only what is finished.

In July, 1899, at the Union Conference held at Cooranbong, an effort was made to raise funds for the erection of this building. The sum of £900 was subscribed in amounts ranging from £1 to £100 by persons who were interested in the principles which the institution is to demonstrate. These subscriptions have been increased from time to time until the building fund has grown to £4,484 10s 4d. As the work proceeded, it was apparent that some systematic way of raising means was necessary

to keep the work progressing. At the Union Conference held at Cooranbong in July, 1901, it was recommended that all friends of the enterprise pay a tithe, or tenth of their income to help forward the work. This second tithe has amounted to £1,474 4s 7d. The Sabbath-schools of the denomination fostering the enterprise, have also been interested in the work, and contributed one quarter's donations to the fitting up of the treatment rooms; this, with the ingathering service, has amounted to £201 7s 7d. Dr. J. H. Kellogg of Battle Creek, Michigan, has been deeply interested in the success of the institution, and aside from his personal donation to the building fund, has donated a portion of the royalty on his health books sold throughout Australia to assist in fitting up the treatment rooms. The past year this has amounted to £333 3s 9d. F. Lassetter and Company, who have furnished most of the hardware for the building, donated a fine set of door trimmings that you will notice on the ground floor of the main building. Others have contributed by this kind of material. Our funds for the erection of the building up to the present are as follows:—

Received on building fund from friends in Australia	£2440	14	0
Received on building fund from friends in America	2043	16	4
Received on Second Tithe	1474	4	7
Rec'd from Sabbath-schools	201	7	7
Rec'd royalty on med. books	333	3	9
Received on loans	2150	0	0
	£8643	6	3
Expenses.			
Material and Labor	£7191	17	5
Furnishing, med. appliances	1262	1	0
	8453	18	5
Cash on hand	189	7	10
	£8643	6	3

You will notice that there is still much to be done before the enterprise can successfully accomplish the work it is designed to do. First, I would mention the furnishing of the building, and the equipment of the treatment rooms. We are much in need of an electric light plant, and other electric treatment.

The building is yet to be painted, and the grounds are to be fitted up. There are many other conveniences that should be added as the work progresses. A gymnasium for the daily physical culture, and a chapel for religious services should be erected in the near future. We take this

opportunity to thank the friends for their liberal support in the past, and hope that they will not forget that the institution is still but a babe, to be nourished and cared for if it is to grow into a strong institution.

Important Announcements.

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, Wel-
lington, N. Z.

The Arcade, Edward Street, Brisbane,
Queensland.

201 Newcastle Street, West Perth, West
Australia.

Hughes Street, North Unley, South Aus-
tralia.

131 St. John's Street, Launceston, Tas-
mania.

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

Rockhampton Bath and Treatment Rooms,
Rockhampton, Queensland.

Main Office: 283 Pitt Street, Sydney.

WHY stand ye idle all the day? Why not secure a few yearly subscriptions for the GOOD HEALTH? This is an excellent number to canvass with. With not a great deal of effort ten subscribers could be secured daily by a person of average intelligence. You get a commission of 1/- for each subscriber. Ten shillings per day is not a bad wage. Try it.

THROUGH the co-operation of our friends, the GOOD HEALTH journal now has a monthly circulation of nearly 10,000 copies. This month the journal contains the addresses that were given at the opening of the new Sydney Sanitarium. We shall print an extra large edition of this number, probably 15,000 copies. Let each reader send for at least ten copies of the journal to sell, or hand to friends. With a little effort on the part of each one, it will be an easy matter to dispose of this number. The reforms advocated by the journal must and will be carried into every

home, and brought to the attention of every member of every home. Let the orders come in rapidly now. Let us know if we are justified in printing this number.

We would again call attention to our new Good Health library booklet entitled, "Tobacco, Its Origin and Spread." This booklet we feel convinced will accomplish much good if it is widely distributed by our friends. We feel we have done our part in getting together the important facts it contains. Now we call upon our friends and the readers of our journal to give us their hearty co-operation in scattering it broadcast. There can be no doubt scores of lives are ignorantly being ruined by the use of tobacco. This booklet should especially be placed in the hands of every boy and girl able to read. Let us save the boys and girls. It should be read by every young man and woman. It should be read by every smoker.

Let us make a united effort in this work of reform.

Price of booklets, 12 for 9d, 5/- per 100, 20/- per 500.

PROFESSOR Virchow stated that cattle are the chief means of spreading tuberculosis through their milk and meat. Then come pigs, and in the third place poultry. Cow's milk is by far the most dangerous source of infection. Professor Virchow went on to say that as it is impossible to destroy all tubercular cattle, the milk must be boiled. He also stated that "pigs are more subject to tuberculosis than has been supposed, the chief seat of the disease being the lymph glands of the neck."

DR. JAMIESON says,—"*From a scientific use of rest or properly regulated exercise, an open air life in a pure atmosphere, and a full supply of nourishing food, results which would once have been declared impossible are now obtained. Nothing is more dangerous or essentially more unscientific than the habit of using powerful remedies for the relief of symptoms.*"

SAYS Galen, "Men of culture who watch the effects of various meats and drinks, and of exercise, will have little need of physicians."

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Persons receiving copies of the GOOD HEALTH without having ordered them, may know they are being sent by some friend, and that no claim will be made for payment.

Directory of Sanitariums and Treatment Rooms.

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

SYDNEY SANITARIUM, Wahroonga, N.S.W.
 AVONDALE SANITARIUM OR HEALTH RESORT, Cooranbong, N. S. W.

CHRISTCHURCH SANITARIUM, Papanui, New Zealand.

SANITARIUM TREATMENT ROOMS, 283 Pitt Street, Sydney.

BATH PARLORS AND SANITARIUM TREATMENT ROOMS, Rockhampton, Q.

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



We take this opportunity of announcing to our readers that the Sydney Sanitarium is now in readiness to receive patients. The principles of the institution and the methods of treatment are fully outlined by Dr. D. H. Kress in his opening address. We trust all may read this address and become familiar with the work of the institution.

Have you friends or acquaintances who are ill? Advise them to try the sanitarium method of treatment.

Christchurch Sanitarium

AND HEALTH HOME.

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

A quiet, homelike place, in one of the healthiest suburbs of Christchurch, where surgical and medical cases of all kinds are received (contagious diseases excepted.) The methods of treatment consist in the employment of massage, electricity, hydrotherapy, dieting, medicated atmosphere, etc. Physician and trained nurses of both sexes in regular attendance.

For further particulars address, SANITARIUM, PAPANUI, CHRISTCHURCH, N. Z.

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ALWAYS IN STOCK.

Granose.—A palatable and partially digested food, made of whole wheat, suitable for indigestion and weak stomachs.

Granola.—A perfect breakfast food, composed of various grains, requires only a few minutes' cooking for use.

Protose.—A natural and perfect substitute for meat, composed of nuts and cereals, ready for immediate use.

Caramel-Cereal.—The great food drink, a substitute for coffee, tea, and cocoa. Contains no injurious ingredients.

For further particulars apply HEALTH FOOD DEPOT, Cathedral Square, Christchurch.



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.



PROTOSE and NUTTOLENE

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.



The prices of our health foods range from 7d per pound upwards, and thus suit all purses.



Send for descriptive price list.

All enquiries answered with pleasure.

Sanitarium Health Food Company,

283 Pitt Street, Sydney.



Wairoanga Sanitarium.—Just Opened for the Public; for Principles and Policy, see Articles on page 42 and Elsewhere.

FEBRUARY 1, 1903.

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Meltose is a wheat product, a thoroughly predigested food. A natural sweet, resembling in flavor the best honey.

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