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GOOD HEALTH

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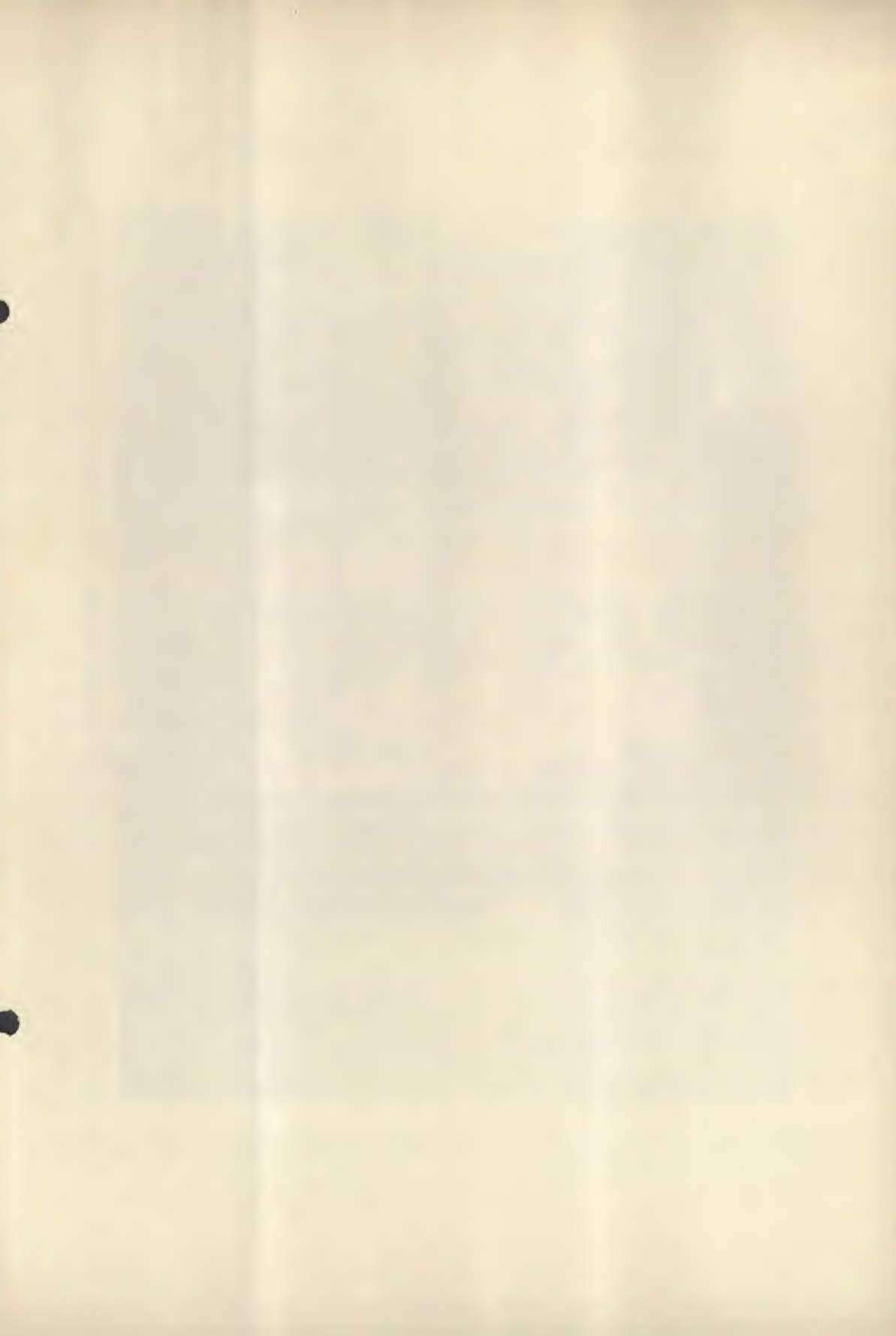


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Health

Vol. 6.

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

No. 3.

Treatment of Typhoid Fever.

J. H. KELLOGG, M. D.

It is not the purpose of this article to discuss fully the treatment of typhoid fever, but only to give a few brief hints about the use of water in this very common and very grave disease. Under ordinary treatment the mortality from this disease is about twenty to the hundred. Under skillful treatment by baths, the mortality has been reduced to two or three per cent., and even less.

First, let us remark the importance of water-drinking as a means of washing out the poison through the kidneys and the skin. The patient must drink half a glass of water every hour when awake, and more if he will, and whether he is thirsty or not. He does not drink to quench thirst, but to cleanse the blood from the typho toxin and other poisons produced in this disease. The water may be advantageously flavored with fruit juices of various sorts, but should not be sweetened with sugar. If the patient will not drink, an enema at 80 deg. F. must be given three times daily, and retained as long as possible. An enema to cleanse the bowels must be given daily besides.

The fever is best controlled by the cooling wet-sheet pack.

Headache is best relieved by the head compress, changed as soon as it begins to be warm, and an ice collar about the neck, or a towel wrung out of ice water.

The cool abdominal compress must be applied from the beginning of the disease during its entire course.

For the cough, which is sometimes troublesome in typhoid, apply a chest pack.

If the patient becomes delirious, the pro-

longed wet-sheet pack or the long full bath at 92 deg. F. will afford relief. The bath may continue from one to three hours or even longer. The patient must be gently rubbed from time to time, to prevent chilling.

The diet in typhoid fever should be grape juice or fruit juice of some sort, with little or no cane sugar, for the first three to six days. Then cereal food, such as zwieback, granola, browned rice, or malted nuts, meltose, etc., may be added. Avoid beef tea and milk. Buttermilk is to be preferred to raw sweet milk. Fresh ripe peaches, baked apples, mellow pears, prune puree, and ripe fresh figs are wholesome for the fever patient.

The Perils of City Life In Summer.

DAVID PAULSON, M. D.

IN summer the air is laden with the fragrance of countless flowers, and the birds hold melodious concerts, while every tree and shrub seems to respond cheerfully to beneficent showers and warm sunshine. At this season of the year thousands leave the miseries of city life to seek these country charms, but they are generally people who belong to that portion of society who are so fortunately situated that they would not be subjected to the worst dangers of city life even if they should forego the pleasures of their regular summer vacation. It is in the tenement districts, and particularly that portion of them which by common consent has been designated the "slums," that the summer season comes not as a herald of life and blessing, but as a messenger of disease and death. During the winter, the cold para-

lyses the germs, and at the same time invigorates the body so that it can more successfully cope with disease, but with the approach of warm weather the opposite conditions prevail. The heat of summer revives countless millions of germs. Microbes that are capable of producing many of the worst diseases are multiplying everywhere with amazing rapidity; at the same time, as a result of the depressing effect of a constantly overheated atmosphere, the inhabitants of unsanitary districts fall an easy prey to these various death-dealing diseases. Although none are exempt from unfavorable conditions, children, and especially infants, who have as yet but a small store of vitality, become the chief sufferers. Carefully collected statistics have shown that in one of our large cities, where one hundred infants die during a week in the winter, five hundred perish in the same period in the summer. These are appalling figures. It has also been ascertained that when a thousand of these sick children are taken into the rural districts for the summer season, the death-rate at once drops to a minimum, as compared with that of the same number who are compelled to remain in the city and battle with their unfavorable environments.

A recent investigation made in one of our large cities, revealed the fact that hundreds, if not thousands, of the population know no other home than some dark, damp, and loathsome basement. In some instances there were found small pools of stagnant water under the floors, so that it was only necessary to jump up and down on the floor to cause the green, slimy water, laden with pestilential odors, to ooze up through the cracks. Think of a mother under such circumstances attempting to make her home a type of heaven on earth. Conceive, if possible, the mockery it is for children in these holes to try to recite from their hearts, "There is no place like home."

During the winter the low temperature inhibits to a great degree the growth of many germs that inhabit such water, but in summer they thrive luxuriously, as the high death-rate from typhoid fever and other water-born diseases abundantly testifies.

Much of the food that is eaten at this time of the year is already on the borderland of fermentation and putrefaction.

This item of semi-decayed foods becomes an important factor in the cause of disease. It requires a long time for the milk to percolate down from the beautiful dairy farm in the country to the poor sick child in the tenement flat. If souring has not been prevented by some harmful chemical preservative, the milk certainly has reached the stage where this process must speedily begin after its introduction into the stomach, producing in many cases dangerous and deadly toxins. Nature never intended that humanity should congregate so closely as to encourage death instead of life. As long as humanity congregates so persistently in these large centers of population, the remedy for the summer period is difficult to apply. Much, however, can be done, and much has already been done. The efforts of charitable organizations to send the tenement children away for summer outings is a heaven-sent idea. It is a vision of a new life to them, and tends to invigorate both their souls and their bodies.

Perhaps the most important thing of all is to teach the mothers in our large cities how to make the best of their unfavorable surroundings, how to buy and prepare wholesome food; the vast importance of the sterilisation of milk; how to overcome the common superstition that children are sure to catch cold if they take a bath. Here is a large field for energetic young missionaries to enter, and it is a field in which they can see great results following well-directed and conscientious effort.

Is Increase in the Average Age of Life an Indication of Increased Racial Vigor?

D. H. KRESS, M. D.

WHENEVER it is stated that the human race is degenerating physically, it is asserted by some that the decrease of mortality and the slight increase in the average age of life proves the opposite.

It is true that there has been an increase of three or four years in the average length of life and a decrease of eight per cent. in the death rate during the past fifty years, but this does not indicate increased vitality of the race as might be supposed by the casual or superficial observer.

The high death rate thirty or fifty years ago was largely due first to germ or epi-

demical diseases; such as, the plague, small-pox, consumption, fevers, etc. In many cases whole cities were almost depopulated by these diseases. These epidemics weeded out, as consumption does still, those of weakened vital resistance, or the physically deteriorated, thus keeping alive the robust and strong. This is nature's way of keeping up and maintaining the vitality of the race.

Through increased knowledge of contagion and infection, and improved methods of sanitation, disinfection, and strict quarantine laws, these diseases are in a measure controlled, kept local, and their spread prevented. This naturally protects the weak and prolongs their lives, results in an increase of the average age of the people, and lessens the death rate. But it keeps alive the physically degenerate, the weaklings. These marry and intermarry, and produce of their kind; this can only result in physical deterioration of the race. These epidemics cannot always successfully be kept at bay. When through carelessness there should some time be an outbreak, there will fall a thousand to the right and ten thousand to the left. There is danger of saying peace and safety at a time when sudden destruction is impending, from which there can be no escape. Thirty or fifty years ago war was also more prevalent than at present. This in part accounts for the present decrease in the mortality list and the increase of the average age of life. But those who sacrificed their lives on the battlefield were not the weaklings, but our strongest and choicest young men; the weaklings were kept at home. Nature's method of preserving racial vigor was reversed. This in itself could only tend toward racial decay. Those who endured the hardships and came home alive from the battle field, did so with wrecked constitutions. This also must tell upon the future vitality of their offspring, and result in physical degeneracy of the race.

There is still another cause for the lowered death rate and the average increase of life to which little attention is given. It is well known that about two-fifths of the children born die before they reach the age of five years. The more children born into the world the higher would be the death rate and the lower the average age of life. But of recent

years there has been a marked decrease in the birth rate. France is becoming alarmed and fears depopulation, and is taking active measures to encourage the birth rate. England, Ireland, Australia, and many other countries are facing the same problem. In all of these countries there is a marked decrease in the birth rate. In England and Wales, for instance, the birth rate per 1,000 persons living fifty years ago was between thirty-five and thirty-six. It is now about thirty per 1,000 living. But a decrease in birth rate naturally means a corresponding decrease in the death rate.

A mere decrease in the death rate and an increase in the average age of life is therefore not necessarily a mark of increased vitality or increased vigor of the race. It may be, and is in the present case, just the opposite. A low birth rate certainly also indicates physical deterioration, due in a large measure to the prevalence of such physical disorders as syphilis and general decay. It is also found that the marked diminution of the death rate is principally in the very young, while in spite of the increase in the average age of life, there has been a marked increase in mortality between the ages of thirty-five and fifty years. Fewer people at present reach the age of forty-five years, or more are dying in the prime of life, than fifty years ago. This is certainly a poor indication, and again gives evidence of lessened vitality of the race and race deterioration.

Epidemics, then, only cut short the career of those who would naturally and surely die as a result of physical decay in a few years. Germs never grow upon healthy tissue, any more than mould grows on the leaves of a healthy tree. While the plague, smallpox, consumption, etc., are held at bay for a time, there must necessarily be an increase in the average age of life and a lowered death rate; it follows that, unless the health-destroying habits of the people are corrected, and the vitality of the race is improved, this showing is misleading and can only be of short duration; for the people will die of constitutional disease in spite of the efforts made to protect them and to keep them alive. This is already seen in the rapid increase in the death rate, due to such constitutional diseases as cancer, diabetes, Bright's disease, apoplexy, etc. The pro-

portional number of deaths from cancer alone has almost doubled during the past twenty-five years, while the death rate from diabetes has more than doubled proportionally. Apoplexy is also rapidly on the increase.

The unnatural habits of eating and drinking do more than any other causes to undermine the vitality of the race. Man is composed of what he eats. Inferior food can only be converted into inferior blood and tissue; germs thrive on such tissue. Persons who are careless in their habits of eating are the ones who are weeded out by germ diseases. They are the ones also who die early with constitutional diseases, even if protected from germ diseases. While much good has resulted from improved sanitation and quarantine, in connection with this efforts must be made to build up the general health of individuals by the use of pure food and a correction of the habits of life. The people are spending their money for that which is not bread, and eating that which is not good. They perish for a lack of knowledge; they need instruction. What is needed in these days is a Moses to lead the people away from the poisonous beverages and drinks and the plague producing flesh pots of Egypt to the simple, non-stimulating products of the earth, the food originally given to man and pronounced very good by the Creator Himself. Until this is done, the vitality of the race will of a necessity diminish, and physical decay will continue in spite of our knowledge of disinfection and our carefulness in the matter of quarantine. Unless the individual barriers of defence are built up by corrected habits of life, we shall merely keep alive an inferior, deteriorated class. Quarantine regulations and our knowledge of germs and disinfection are of value providing a corresponding effort is put forth to improve the vitality of the race by the adoption of correct habits of eating, drinking, etc.

Remove the safeguards or walls that have of recent years been built about our weakened race in the form of disinfection, sanitation, and quarantine, and allow the plague-stricken, the smallpox patients, and the consumptives to mingle with the people at large as freely as in former years, and the results would be much more severe now than formerly, owing to diminished resist-

ance and deterioration of the race. We have so degenerated that we lack vitality for self-protection. Our very existence depends upon protection from germs. My conclusions are,—

1. The decrease in the death rate and the increase in the average age of life are only temporary, and are not due to increased resistance and vitality on the part of the people.

2. Germ diseases, as influenza, consumption, the plague, etc., merely terminate the lives of those who would in all probability shortly die of cancer, apoplexy, Bright's disease, or some other constitutional disease.

3. That protection from germ diseases accounts for the increase in the death rate between the ages of thirty-five and fifty from cancer, and other constitutional diseases. Quarantine laws, etc., keep alive those who would have been weeded out between the ages of fifteen and twenty years perhaps, until they reach the age of thirty-five or forty. They marry and intermarry, and children are born with weakened bodies. They not only inherit inferior body structures, but the habits of father and mother that are responsible for these. What then can we look forward to but race decay and depopulation? Unless reforms are speedily made, the race is doomed, and it will be an act of mercy on the part of the Creator, ere long to cut short the suffering and misery. History is repeating itself. "As it was in the days of Noah, so shall it be at the coming of the Son of man. They were eating and drinking, marrying and giving in marriage, and knew not until the flood came and destroyed them all. Thus shall it be at the coming of the Son of man."

Through indigestion resulting from errors in diet and the free use of animal flesh as food, which is an inferior and impure food at best, and often laden with disease products aside from wastes, partially digested or inferior food products are deposited in the tissue throughout the system. The tissue and mucous membrane which should be firm and elastic and full of life, becomes soft, flabby, puffed up, unhealthy, and lifeless. This paves the way for germ diseases, and necessitates protection and strict quarantine laws. This is responsible above all other causes for racial decay.

Wesley on Water Treatment.

JOHN WESLEY, M.A., the founder of the Methodist Church, published in 1747 a small work entitled, "Primitive Physick," from which we quote a few interesting extracts which afford evidence of the existence among the common people of a very considerable amount of knowledge respecting the use of water in a variety of ailments, as well as for the preservation of health, since the remedies recommended in Wesley's work were all such as he found in successful use among the people.

For ague or intermittent fever, "go into the cold bath just before the cold fit" (this method is still in use in Germany and France); or, "drink a quart of cold water just before the cold fit, and then go to bed and sweat."

For apoplexy, "to prevent, use the cold bath, and drink only water."

For asthma, "take a pint of cold water every morning, washing the head therein immediately after, and using the cold bath once a fortnight." "For present relief, vomit with a quart or more of warm water. The more you drink of it the better."

For dry or convulsive asthma, "use the cold bath thrice a week."

"To prevent swelling from a bruise, immediately apply a cloth five or six times doubled, dipped in cold water, and new dip when it grows warm."

"To cure a swelling from a bruise, foment it half an hour, morning and evening, with cloths dipped in water as hot as you can bear."

For a burn or a scald, "immediately plunge the part into cold water. Keep it in an hour; or if not well before, perhaps four or five hours."

For whooping-cough, "use the cold bath daily."

For a cold, "drink a pint of cold water lying down in bed."

For colic, "drink a pint of cold water, or a quart of warm water; or steep the legs in hot water, a quarter of an hour."

For chronic headache, "keep your feet in warm water a quarter of an hour before you go to bed, for two or three weeks."

For headache from heat, "apply to the forehead cloths dipped in cold water for an hour."

For one seemingly killed by lightning or suffocation, "plunge him immediately into cold water."

For mania, "apply to the head, cloths dipped in cold water, or pour cold water on the head out of a teakettle, or let the patient eat nothing but apples for a month."

For rheumatism, "use the cold bath, with rubbing and sweating."

For rickets, "wash the child every morning in cold water."

For sciatica, "use cold bathing and sweat, together with flesh-brush twice a day; or drink a half pint of cold water daily in the morning and at four in the afternoon."

For swelling of the joints, "pour on the parts daily a stream of warm water, or a stream of cold water one day and warm water the next."

Wesley recommended cool bathing for the cure of nearly all the affections of childhood, all chronic diseases, and many surgical cases.

Although Wesley was not a physician, but simply described in his work such successful remedies as he found in common use, one cannot but note the wisdom displayed in many of these recommendations, which in many instances could scarcely be improved upon at the present day, and certainly evince extended and accurate observation of the effects of water applications.

Sterilising and Bottling Fruit.

LAURETTA KRESS, M.D.

PRESERVING the fruits by sterilisation is quite new in the States. It has been known in America for many years as "canned fruit." There are various fruit jars sold which serve the purpose nicely. There are many reasons why this way is preferable to the present way of serving fruits in the winter time in jams and jellies; for the fruit to be sterilised needs little or no sugar, and keeps in excellent condition for one or two years; the writer has often kept it much longer than that. A lady in London told me that she had in her possession grape juice which had been bottled for twelve years, and yet showed no sign of fermentation.

Fruit will not ferment if the germs are all destroyed. Cooking does this, provided the heat is sufficient, but it must be applied to both the fruit and the bottles. Fruit that has undergone partial decay is unfit for sterilisation or for food. In this condition it is sure to have so many germs that boiling will seldom be sufficient to prevent fermentation unless continued for a long time.

Several rules are necessary to ensure success in sterilising fruit:—

1. Perfectly ripe, sound fruit.
2. Heat sufficiently intense and prolonged to kill all germs.
3. Keep the fruit in as natural a condition as possible by preserving whole and intact.

The first rule needs no comment. It never pays to buy unsound or unripe fruit for any purpose. Good fruit is always more economical even if more expensive.

All fruits which go to pieces easily, and berries and small fruits, are better placed in the bottles before cooking, and cooked in the bottles. Several can be done in this way at once, saving fuel and time. This is particularly true of strawberries, blackberries, raspberries, gooseberries, and plums and peaches. After being thoroughly washed and placed in bottles, put the bottles into the copper or a large vessel made of galvanised iron, or tin, with a board, or still better a perforated tin at the bottom to allow the water to pass through, with separations or partitions made for each bottle so that they can be set in the copper in cold water and allowed to remain until the water boils. One can use straw or pieces of cloth to surround the bottles if nothing else has been prepared. Have water cold, and place the bottles in copper with water nearly up to the neck of bottles before the fire is built under the copper. The fruit in the bottles needs no water or sugar with it when first introduced into the copper. After the fruit has begun to settle in the bottles, the tops should be lifted, and a little boiling water poured in so as to keep the fruit from becoming too firmly packed while heating. It does not take long to cook strawberries, raspberries, and plums thoroughly, but larger fruits require more time according to their size and density of structure.

When done, and before removing from

the copper, fill each bottle with boiling water to which has been added sugar, allowing half a cup of sugar to every two-quart jar of fruit. To every quart of fruit allow never more than one-fourth cup of best sugar; dissolve it in just enough water to fill the bottles brim full. Allow it to stand a few moments to see if it requires more, as larger fruits often absorb more water unless they have been covered with water in steaming. One-fourth cup of sugar added in this way will sweeten farther than one-half cup added at the beginning and boiled with the fruit. Fruits preserved in this way are much sweeter than when boiled. Less of the flavors of the fruit are allowed to escape, all are preserved together.

When the bottle remains full, and there are no air bubbles to be seen arising, the rubber bands can be placed on the bottles, and the glass tops adjusted and fastened. Allow them to remain until partially cold, then invert them to see that they are tightly sealed. If in twenty minutes no juice exudes, the fruit is sealed tightly. When cold, wash the outsides of the bottles and jars carefully, wrap them in brown paper, and place in a cool dry place. The writer bottled seven hundred quarts of fruits of different varieties two years ago with excellent success.

By watching the markets, cherries, pears, peaches, grapes, nectarines, and other fruits may be obtained fresh and in excellent condition at very reasonable prices. These can be bottled and used on the tables when fresh fruits are scarce and expensive. There is no better food in warm climates than fruit.

After the bottles are emptied, they should be washed, scalded, and rinsed well, and then inverted to let them dry. When well dried, put away for future use. The rubbers and tops also need washing and thoroughly drying, then place in a box where they will be free from dust, and kept for future use.

If the rubbers are injured in opening the bottles, they cannot be used again. Better success attends the efforts if new rubbers are used every two years, and with some fruits every year.

MAKE sure of good health by subscribing for the GOOD HEALTH.

Food-Forcing in Fevers.

THE more experience I accumulate, the less inclined do I feel to force feeding in acute diseases. Especially is this so when the disease is accompanied by fever. The whole system is laden with poisonous and waste matters which it is earnestly striving to eliminate. The processes of digestion, absorption, and assimilation are greatly crippled. The almost universal loss of appetite is nature's hint not to force feeding. There is enough reserve nutrition laid up in the bodily tissues to supply the demand for some time.

It is well known that life may be sustained for many days if only water be taken. I have often noticed how in sick animals the appetite promptly fails, and for days they will refuse foods of any kind. The first sign of improvement is a returning inclination to take food. To force food under such circumstances not only does not yield increased strength to the assaulted system, but only further embarrasses the already over-worked excretory functions with an additional mass of useless debris.

And yet the first and most anxious plaint of the acute sick and their friends is "no appetite," and they most urgently desire the doctor to stimulate and preserve the appetite; all sorts of tricks and ingenious devices are set to work to crowd food into the unwilling stomach. Candidly, I consider all this a mistake. I believe no increased vitality is obtained from food thus taken, and that the period of sickness is even prolonged by the additional burden.—*M. J. Blum, M.D.*

Health in Philanthropic Work.

ONE of the most healthful of all employments is "going about doing good." That cheerful mental state which is the result of successful labor for the good of others, is a condition in the highest degree favorable to health. Some of the most remarkable cases of longevity have been among persons noted for their philanthropic work. An interest in the well-being of others has inspired many a bed-ridden invalid with the impulse to effort, which has resulted in the restoration of the sick one to health, as well as in the accomplishment of some unselfish purpose in the interest of others. There are, at this very moment, thousands of invalids

leading aimless, miserable, and wholly useless lives, who would be lifted into the enjoyment of health by some all-absorbing purpose in the direction of doing good to others.

Tobacco and Intellect.

DR. HERBERT F. FISK, principal of the academy of Northwestern University, at Chicago, recently addressed the boys of the academy on the subject of tobacco using, condemning the practice in severe terms, and requesting them to abstain entirely from this indulgence. He gives this statement of his reasons for such action: "Whatever may be thought of the use of tobacco by grown men, there can be no division of opinion among educators as to the injurious effects, both physical and mental, when tobacco is used by boys or by young men who have not yet reached maturity. In many cases, it produces serious weakness of the heart. On this account it is prohibited to athletes while in training for competition games. Not less distinctly marked are the effects of tobacco using upon the scholarship than upon the physical endurance of students. It is rarely the case that a student who makes any use of tobacco attains to superior scholarship. A complete tabulation of the scholarship and tobacco-using habits of young men in the academy at one time discovered that out of 300 young men, twenty-two per cent. of the whole number made more or less use of tobacco. Among the seventy-five having the highest standing only two, or three per cent., were tobacco-users. Among the second quarter in scholarship there were eleven, or fourteen per cent. Among the third quarter, fifteen, or twenty-one per cent., while among the lowest quarter there were forty-two, or fifty-seven per cent. Of all forms of tobacco using, cigarettes are without question the most harmful."

FOR the first three months of his life the less you talk to baby and try to make him take notice of things the better. A baby's brain at this age needs to be kept from all unnecessary excitement. Worrying a child to take notice during the first few months of its life may be the cause of serious brain trouble later.



The Home

Christian Recreation.

MRS. E. G. WHITE.

CHRISTIANS should be the most cheerful and happy people that live. They may have the consciousness that God is their Father, and their everlasting Friend. But many professed Christians do not correctly represent the Christian religion. They appear gloomy, as if under a cloud. They often speak of the great sacrifices they have made to become Christians. They appeal to those who have not accepted Christ, representing by their own example and conversation that they must give up everything which would make life pleasant and joyful. They throw a pall of darkness over the blessed Christian hope. The impression is given that God's requirements are a burden even to the willing soul, and that everything that would give pleasure, or that would delight the taste, must be sacrificed.

We do not hesitate to say that this class of professed Christians has not the genuine article. God is love. Whoso dwelleth in God, dwelleth in love. All who have indeed become acquainted by experimental knowledge with the love and tender compassion of our heavenly Father will impart light and joy wherever they may be. Their presence and influence will be to their associates as the fragrance of sweet flowers, because they are linked to God and heaven, and the purity and exalted loveliness of heaven are communicated through them to all who are brought within their influence. This constitutes them the light of the world, the salt of the earth. They are indeed savors of life unto life, but not of death unto death.

It is the privilege and duty of Christians to seek to refresh their spirits and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God. Our recreations should not be scenes of senseless mirth, taking the form of the non-

sensical. We can conduct them in such a manner as will benefit and elevate those with whom we associate, and better qualify us and them to attend more successfully to the duties devolving upon us as Christians. We cannot be excusable in the sight of God if we engage in amusements which have a tendency to unfit us for the faithful performance of the ordinary duties of life, and thus lessen our relish for the contemplation of God and heavenly things. The religion of Christ is cheering and elevating in its influence. It is above everything like foolish jesting and joking, vain and frivolous chit-chat. In all our seasons of recreation we may gather from the divine Source of strength fresh courage and power, that we may the more successfully elevate our lives to purity, true goodness, and holiness.

Even the great God is a lover of the beautiful. He has given us unmistakable evidence of this in the work of His hands. He planted for our first parents a beautiful garden in Eden. Stately trees were caused to grow out of the ground, of every description, for usefulness and ornament. The beautiful flowers were formed, of rare loveliness, of every tint and hue, perfuming the air. The merry songsters, of varied plumage, carolled forth their joyous songs to the praise of their Creator. It was the design of God that man should find happiness in the employment of tending the things He had created, and that his wants should be met with the fruits of the trees of the garden.

God, who made the Eden home of our first parents so surpassingly lovely, has also given the noble trees, the beautiful flowers, and everything lovely in nature, for our happiness. He has given us these tokens of His love, that we may have correct views of His character. He has implanted in the hearts of His children the love of the beautiful. But by many this love has been perverted. The benefits and beauties which

God has bestowed upon us have been worshipped; while the glorious Giver has been forgotten. This is stupid ingratitude. We should acknowledge the love of God to us in all His creative works, and our hearts should respond to these evidences of His love by giving Him the hearts' best and holiest affections.

God has surrounded us with nature's beautiful scenery to attract and interest the mind. It is His design that we should associate the glories of nature with His character. If we faithfully study the book of nature, we shall find it a fruitful source for contemplating the infinite love and power of God.

Many extol artistic skill which will produce lovely paintings upon canvas. All the powers of the being are by many devoted to art, yet how far short do these come of the natural. Art can never attain to the perfection seen in nature. Many professed Christians will go into ecstasies over the painting of an evening sunset. They worship the skill of the artist; but they pass by with indifference the actual glorious sunset which it is their privilege to look upon every cloudless evening. Where does the artist obtain his design?—From nature. But the great Master Artist has painted upon heaven's shifting, changing canvas the glories of the setting sun. He has tinted and gilded the heavens with gold, silver, and crimson, as though the portals of high heaven were thrown open, that we might view its gleamings, and our imagination take hold of the glory within. Many turn carelessly from this heavenly-wrought picture. They fail to trace the infinite love and power of God in the surpassing beauties seen in the heavens, but are almost entranced as they view and worship the imperfect paintings, in imitation of the Master Artist.

The Redeemer of the world generally chose the open air in which to give His lessons of instruction, rather than to be inclosed in walls. He could make His teachings more impressive when surrounded with the beauties of nature. He chose the groves and the sea-side, where He could have a commanding view of the landscape and varied scenery, that He might illustrate important truths of the kingdom of God by the works of God in nature. He made use of the birds, carolling forth their songs without a care; and the lilies of the valley in

their beauty, outrivalling Solomon in all his glory; and the lily, emblem of purity, reposing upon the bosom of the lake; the lofty trees; the cultivated lands; the waving grain; the barren soil; the tree that bore no fruit; the everlasting hills; the bubbling stream; the setting sun, tinting and gilding the heavens, to impress His hearers with divine truth.

He connected the works of God's fingers in the heavens and upon the earth, with the words of life He wished to impress upon their minds, that as they should look upon the wonderful works of God in nature, His lessons would be fresh in their memories. He could extol the wisdom of God in His creative works, and could bind up His sacred lessons by directing their minds through nature up to nature's God. The landscape, the trees, the birds, the flowers of the valley, the hills, the lake, and the beautiful heavens, were associated in their minds with sacred truths, which would make them hallowed in memory, as they should look upon them after Christ's ascension to heaven.

As we are attracted to the beautiful in nature, and associate the things which God has created for the happiness of man with His character, we will regard God as a tender, loving Father, rather than merely as a stern Judge. As the character of God thus bears the aspect of love, benevolence, beauty, and attraction, the mind is drawn to Him. The heart is quickened, and throbs with newer and deeper love, mingled with awe and reverence, as we contemplate God in nature.

It is for our health and happiness to go out of our houses, and spend as much of our time as possible in the open air. The mind of the invalid should be withdrawn from self, to the beautiful scenes in nature. We cannot but be cheerful as we listen to the music of the happy birds, and feast our eyes upon flourishing fields and gardens. We should invite our minds to be interested in all the glorious things God has provided for us with a liberal hand. And in reflecting upon these rich tokens of His love and care, we may forget infirmities, be cheerful and make melody in our hearts unto the Lord.

WHEN a man suffers with a high temperature in fever, the high temperature is killing the germs that make the fever.

A Time To Bathe.

ONE-YEAR-OLD babies can not stand heroic treatment. One can never be too careful with the bath. Always remember one thing—don't bathe the baby immediately after he has had food. This is highly injurious to grown-up persons, and is liable to prove fatal to the baby.

During the hot weather, give bath daily, one or two hours after feeding. Use tepid or cool water. Handle with utmost care. After immersion (of course, never immerse the head), dry with soft towel.

Warm Weather Food for the Young.

THERE IS NO season of the year when the young are more subject to disease than in the hot summer months, and the diet chosen for them is undoubtedly the responsible factor.

Some mothers actually supply their children with bacon, eggs, sausages, chops, and fried potatoes for breakfast, the food being washed down the gullet by the aid of strong tea or coffee. A few days ago, while travelling on the train, the writer saw a typical example of the average hot weather feeding system. Three children, varying in age from eighteen months to five years, partook freely of ham sandwiches, liberally spread with irritating mustard. Was it any wonder that, with such inflammable fuel, their vital fires were burning furiously, they were nervous, irritable, and uncontrollable?

A few suggestions respecting a suitable dietary for children during the hot weather will be helpful to those parents, who, hitherto, have given but little thought to the subject:—

1. Provide no flesh foods, condiments, tea, coffee, or strong stimulants for the children's table. The same applies, and with almost equal force, to the adult as to the child.

Eat freely of fruits, grains, nuts, and the green vegetables. Children fed upon this diet are usually free from the stomach and bowel complaints so prevalent during the hotter portion of the year.

2. Largely eschew milk products; for in hot weather they are so liable to undergo fermentative changes. As milk is generally sold, it is nearly always in a state of infection, and is therefore the

cause of much disease among infants and small children. If milk is to be used at all, let it be sterilised by boiling.

3. Studiously avoid overfeeding. This is one of the gravest dietetic errors at all seasons, but especially when it is hot. To enable us to obtain the essential food bulk, Nature has provided the green vegetables in great profusion just when winter gives place to spring and summer.

By the exercise of intelligence and good sense, it is safe to say that much inconvenience from sickness suffered by children during the warm season of the year, and also many deaths may be easily avoided.

A. W. SEMMENS,
Electro-Hydropathic Institute, Adelaide.

How It Happened.

A BOY returned from school one day with a report that his scholarship had fallen below the usual average.

"Well," said the father, "you've fallen behind this month, have you?"

"Yes, father."

"How did that happen?"

"Don't know, sir."

The father knew, if the son did not. He had seen a number of cheap novels scattered about the house, but had not thought it worth while to say anything till a fitting opportunity should present itself. A basket of apples stood upon the floor, and he said,—

"Empty those apples out, and take the basket, and bring it to me half full of chips."

Suspecting nothing, the son obeyed.

"And now," he continued, "put the apples back in the basket."

When half the apples were replaced, the son said,—

"Father, they roll off; I can't put in any more."

"Put them in."

"But, father, I can't put them in."

"Put them in! No, of course you can't put them in. Do you expect to fill a basket half full of chips and then fill it with apples? You said you did not know why you fell behind in school. I will tell you. Your mind is like that basket. It will not hold more than so much, and for the past month you have been filling it with chip-dirt-cheap novels."
—*Selected.*

Making Eggs Tell Their Ages.

ACCORDING to the "Backer und Konditor Zeitung," the age of an egg is now discovered by immersing it in a solution of salt containing about eight ounces to the pint. When the salt has thoroughly dissolved, the egg to be tested is dropped gently into the glass containing the solution. If the egg is only one day old, it sinks immediately to the bottom; if three days old, it sinks just below the surface only; and from five days and upward, it floats.

Another process has just been awarded a medal in Saxony by the National Society of Poultry Breeders, and is described in a German newspaper. It is well known that the air cavity at the blunt end of the egg enlarges as the age of the egg increases. Consequently, if the egg be placed in a solution similar to the one described above, it will have an increasing tendency to float with the long axis vertical.

A scale of angles is placed at the back of the vessel and from the inclination to the egg to the horizontal the age can be gauged almost to a day.

A new-laid egg lies horizontally at the bottom of the vessel. When three to five days' old the egg raises itself from the horizontal, so that its long axis makes an angle of about twenty degrees with the horizontal.

At eight days, this angle increases to about forty-five degrees; at fourteen days, it is sixty degrees; at about three weeks, it is about seventy-five degrees, while after four weeks, it stands upright on the pointed end.

A Decaying Race.

ACCORDING to the Honolulu "Commercial Advertiser," the Hawaiian race is progressing rapidly towards extinction. This is not strictly news, for it has been long well known to be the fact, but it appears that there has been a decided acceleration of the process within the past two or three years, and matters are more likely to be worse than better. The causes hitherto effective—the neglect of infants by native mothers, the gradual diminution of the *poi* and fish supply, and the spread of loathsome disease—have been reinforced by the newly-acquired vice of opium-smoking. The increasing cheapness of the drug has placed it within the reach of even the poorer Hawaiians, and they have the

natural disposition to indulge in it. They lack, however, the racial vitality and self-control of the Asiatic consumers, and the results are, therefore, the more disastrous. Their natural improvidence and carelessness of the future is also against them: they see the precipice ahead, but the desire for the present indulgence is imperative, and they do not care. The paper quoted says that there are probably now living men of voting age who will see the last full-blooded Hawaiian native, "but that long before that the race will have become a negligible quantity." There is something tragic in the utter annihilation of a race, especially one so amiable in many respects as are the Hawaiians, and it is to be hoped that something may be done even yet to check the tendencies that are causing their decay.—*Exchange*.

Deep Breathing—With Points on Exercise.

MUCH has been written of late years about the importance of deep breathing, but, generally speaking, all the advice given is to practise taking deep inspirations voluntarily, so many breaths so and so, and so often during the day. This is to take a very narrow view of the matter, as it seems to me. Beyond question, deep breathing is very important; but the only practical and by all means best way to secure it is by doing something to compel it in a perfectly natural way. Hard, sharp, muscular, all-round exercise is the proper thing. Walking, running, rowing, swimming, hill or stair climbing—anything, everything, that will engage all the muscles and keep them supple, fine, strong, and free from fatty degeneration. Attend sufficiently to these things, and no one will have to tell you how to breathe. The "machine runs itself" automatically, and all its functions, including that of breathing, will be performed in the most natural manner if we treat it naturally. Indeed, if we could and would always do this, there would be no disease, no sickness, no excuse for drug-poisoning.

We may well take lessons from the lower animals, who in some respects are above us, in that they are more obedient to the laws of nature, which are the laws of God. Early this morning I observed a little English sparrow's antics on the edge

of the neighboring roof. He was not still even for a second of time, though he evidently had nothing to do. His head was in constant motion, up, down, to one side and then the other, his body moving with a wiggle, twist, and turn, hop, skip, jump, a flutter of the wing, a bit of a flight—in brief, every movement was evidently a means of physical delight, as, indeed, it is and always will be with every living creature—man, woman, or child—who, through proper physical training, keeps himself healthy.

"When I reflect on the immunity of hard-working people from the effects of wrong and over-feeding," said that wonderfully wise physician, Dr. Boerhaave, "I cannot help thinking that most of our fashionable diseases might be cured *mechanically instead of chemically*—by climbing a bitter-wood or by chopping it down, if you like, rather than swallowing a decoction of its disgusting leaves!"—*Charles E. Page, M.D.*

CHILDREN should be taught to turn their stockings inside out at night and to hang them over a chair. Body linen should be treated in the same manner, not folded up in the neat little heaps that our grandmothers used to insist upon, for the latter, though tidier looking, are by no means sanitary. Air is a great purifier, and clothes through which it is allowed to circulate freely will be kept free from that stuffy, fusty smell which characterises garments that are folded and put away directly they have been worn.

Cocoanut Milk.

TAKE a fresh, sweet cocoanut, and saving the milk of the nut, proceed to grate the meat portion. This may be done on an ordinary grater, or, better, by rounding a bit of thin steel plate so that the end will fit into half a nut, and filing saw teeth in the rounded edge. In this case the nut should be simply broken into halves by gradually cracking it around its equator, and the meat left in the shell. Fasten the steel scraper to a narrow board, then proceed to grate the nut into a receptacle. Upon each grated nut pour a quart of boiling water containing the milk of the nut, and after leaving it to stand a few minutes, squeeze out through a coarse, clean cloth. The chips in the cloth will be tasteless and

useless, but the extract will serve as an excellent substitute for cows' milk for nearly all purposes. A cream rises upon it shortly which may be used in pastry cooking, imparting not only crispness, but also a delicate nutty flavor. For rice and puddings this milk is decidedly superior to cows' milk, and many esteem it for porridge dressing also on account of its pleasant flavor, its digestibility, and its freedom from the taints of the stable and germs of tuberculosis and other diseases.—*Selected.*

Sugar Causes Cataract.

THERE is plenty of scientific evidence that cataract of the eye may be formed by sugar when taken in excess by animals, and it seems quite probable that in many cases the consumption of sugar may hasten the formation of cataracts. Experiments on trout were made years ago, proving that cataracts in these fish were caused by sugaring the water in which they lived. Experiments more lately both in fishes and frogs give the same results. Cataracts have been induced in rabbits by the injection of sugar. Dr. G. Wherry communicates to the "Lancet" his opinion, based upon the observation of several thousand cases of disorder of the eye, that there is sufficient evidence to encourage the belief that the progress of cataract can be retarded by restricting the use of sugar.

A Cure for Sick Headache.

LAURETTA KRESS, M. D.

DR. HAIG, who was for many years a sufferer of sick headache, or migraine, after exhausting the pharmacopœia in search of a remedy without success, adopted a simple non-stimulating diet, free from flesh foods, tea, coffee, etc., with the following gratifying results. He says, "I had previously tried a great variety of alterations in diet, . . . but on adopting the non-meat diet a change was at once apparent; my headaches diminished in both frequency and severity, and from an average of one in a week, they fell steadily, as this diet was persevered in, down to one in a month, one in three, six, eight, or twelve months, and eventually eighteen months elapsed without an attack of notable severity. . . ."

"A further study of the clinical history of migraine brought out such a strong relationship to gout that I began to suspect that uric acid might be the poison of which I was in search, and I therefore proceeded to estimate the excretion of uric acid and urea. At first I estimated only the excretion of twenty-four hours, and as many of my headaches lasted only a portion of a day, I got indefinite or contradictory results; but when I separated the urine excreted during the headache from that both before and after it, a definite and distinct relation between the headache and the excretion of uric acid at once became apparent. . . .

"I have made two discoveries with regard to the causation of disease by uric acid. First of all, I found that uric acid taken by the mouth passes into the blood, and that if this fluid is kept in a condition to hold it in solution, it will remain in the blood until the kidneys have time to pass the whole of it into the urine. The uric acid excreted normally in the urine comes from two sources: (1) the uric acid formed in the body out of nitrogenous food; and (2) the uric acid introduced into the body in meat, meat extracts, soup, tea, coffee, etc., all of which contain it in considerable quantity. . . . The explanation is therefore complete; meat produces the headache by introducing into the body and blood uric acid plus substances of the xanthin group, and the same headache can be produced at will* by swallowing any one of these substances in a state of comparative chemical purity. . . . My second discovery was that uric acid, when present in excess in the blood, affects its quality in an important manner, producing the changes met with in anæmia and other diseases. . . .

"With regard to diet, we can give the main point in very few words, for we have seen that as flesh diet increases the introduction of uric acid, it increases the formation of uric acid, and its salts diminish the excretion and elimination of uric acid. A milk and vegetable diet, provided that no excess of albumins is taken, introduces less uric acid, causes the formation of less uric acid, and its salts promote the free elimination of all uric acid that is introduced into or formed in the body."

Dr. Haig in his investigations also found that tea, coffee, and cocoa, the alkaloids of

which, caffeine and theobromin, were long ago shown by Lehmann closely to resemble the extractives of meat, are also productive of uric acid in the system, and hence must be discarded.

Effects of Smoking.

DURING the past year in Manchester, out of 11,896 men who offered to enlist, only 3,076 were able to pass the physical examination, the remainder were so "ill-developed and poor in physique." Yet the standard of efficiency is lower than it has ever been before. A minimum chest measurement at full expansion of thirty-three and one-half inches, and a minimum height of five feet, three inches, are considered sufficient. The recruiting officers for Manchester say that one of the chief causes of this physical degeneracy is the widespread habit of cigarette-smoking by youths. "They come to us," one said, "with their fingers stained with cigarettes, and nearly all of them suffering more or less from palpitation of the heart." Ought not tobacco firms, as well as publicans, be restrained from selling to children? This same recruiting officer says that "means ought to be taken to stop the excessive smoking of cigarettes by boys. They are smoking now earlier than ever before."—*Grahamstown Journal*.

"SO MANY Gods, so many creeds,
So many paths that wind and wind,
When just the art of being kind
Is all this old world needs."

Turgenieff and Pheasant.

THE *Popular Science News* prints the following item concerning the great Russian writer:—

"Turgenieff, the Russian novelist, went out hunting golden pheasants with his father; one was seen; he fired and wounded it, then followed it into a thicket, where, with the instinct of the mother, she was trying to reach the nest where her young brood was huddled. She reached them, spread herself upon them, her head toppled over, and she died. He there and then vowed he would destroy no living creature, and he kept his vow."

Seasonable Recipes.

LAURETTA KRESS, M. D.

FRUIT GRANOLA.—For this use the freshly extracted or canned juice of raspberries, currants, grapes, or cherries. Heat a quart of the juice to boiling, sprinkle in sufficient granola to thicken (about one pint will be needed), cook for two or three minutes, and serve hot with or without cream.

MINCED PROTOSE.—Chop the protose fine with a meat chopper or with a chopping knife. Have some strained, stewed tomato heated to boiling; add one cup of the minced protose to one and one-half cups of the tomato. Boil up at once, and serve on slices of zwieback which have been softened with hot nut cream, hot water, or cream.

STEWED CUCUMBER.—Peel the cucumber, slice, and stew gently in as small a quantity of water as possible. When done, add a little salt if desired, and a teaspoonful of nut butter to one pint of cucumber. While cucumber does not contain much nutritive material, it makes a nice relish prepared in this way.

STEWED LETTUCE.—Separate the leaves, wash well, and put to stew in a small amount of water. Let it cook until well done, which will depend on the age of the leaves. A little salt can be added if desired, and a little lemon juice, which makes of it a nice salad.

GREEN PEAS WITH POTATOES.—Select small new potatoes and clean them. To one quart of fresh shelled peas use six potatoes, put them together to cook in boiling water, a little mint can be added if desired, and salt to season when done. A teaspoonful of nut butter added at last seasons them nicely, or a tablespoonful of chopped nuttose added when first put to stewing gives them quite a different flavor.

CHOPPED TURNIPS.—Chop well-boiled white turnips fine; add sufficient lemon juice to moisten; turn into a saucepan and heat, gently lifting and stirring constantly. Cold boiled turnips may be used in this way.

MASHED BAKED BEANS.—Soak one quart of small haricots over night. In the morning drain off the water, and put to cook in boiling water, and boil slowly till perfectly tender and the water is nearly absorbed. Rub through a colander to remove the skins; add a tablespoonful of nut butter. Put into a shallow pie dish, smooth the top with a spoon, and brown. Serve with a few slices of lemon laid over the browned surface.

THERE is a suggestion of poetic justice in this fact, related by an English journal: "It is well known that a considerable proportion of British worn-out horses are sent over to the Continent, where they are boiled down and returned in the shape of meat extracts."

Some of the people who cruelly ill-treat and overwork their horses, no doubt never discover in the "extracts" their old equine acquaintances.—*Sydney Sunday Times.*

Good Health Tit-Bits.

A Bovine Soliloquy.

A COW of grave and thoughtful mien
Lay stretched at ease upon the green;
An ancient kine, whose snowy brows
Proclaimed her patriarch of cows.
She glanced with retrospective gaze
Across the plain where cattle graze,
And resting peaceful and sedate,
Proceeded thus to ruminate:
"For some decades and sundry years
I've browsed about this vale of tears,
And seen full many a shift and change
Take place in this terrestrial range.
I've seen my kinsfolk, day by day,
In countless thousands led away,
To fall beneath the butcher's stroke,
Or groan beneath the driver's yoke.
In cutlets, joints, ribs, steaks, and chops
We grace a thousand butcher shops;
Our bones by all mankind are gnawed,
Our hides beneath their feet are trod;
We're fried, stewed, roasted, grilled, and
boiled;
Corned, canned, jerked, embalmed, and
broiled;
Dried, tinned, pickled, chopped, and
mashed,
Pressed, boned, devilled, smoked, and
hashed.
For centuries we've been misused,
Humiliated and abused,
But now I note a change in things,
There comes a day of reckonings,
For microbes sleep within the meat,
Death lingers there for those who eat.
So mankind pays for all our ills
And dearly too, in bitter pills,
While uric acid and disease
Are fast destroying all his ease.
Tuberculosis of the kine
Passes on in germs to all mankind:
Our tumors, ulcers, boils, and blains
React on man in divers pains;
With every bite of juicy beef
Are mingled many germs of grief."
Thus musing on her poisoned steak
The old vaccine waxed quite elate,
And when the butcher came to slay,
She ambled peacefully away,
Remarking calmly as she went,
"Farewell to all, I die content.
The man that whets his teeth on me
Gets more than what he plans on, see?"

Arranged by E. C. Chapman from a poem by G. S. Applegarth.

THE report of the English commissioners of lunacy recently issued shows a marked increase of insanity in England and Wales. On January 1 of the present year there were 105,086 persons adjudged insane, an increase of 3,114 over last year. The greatest increase was found to have taken place among the paupers.

TO BE intending to live a new life, but never to find time to set about it,—this is as if a man should put off eating and drinking and sleeping from one day to another until he is starved.—*Tillotson.*

AIR and water are two remedies apt to be overlooked by the medical profession in the search for cures; yet, as all progress is constantly bringing us back to, and accentuating the value of, first principles, we frequently find cases on whom all medicines have lost effect, and who can be restored by the intelligent use of these two natural agencies.

ONE of the simplest and most effectual methods for protecting clothes from moths is the use of brown paper. Furs and other articles wrapped in brown paper are safe from their ravages. This is the plan employed by many professional furriers.

A STRIKING fact about the Chinese use of tea, which is told on the authority of a Chinese officer, is that it is employed for preserving the bodies of the dead. A corpse placed in the centre of a box of tea, he says, will "keep" for years. He further states that tea which has been employed in this capacity is often exported for foreign consumption, the boxes being marked in a way known only to the natives.—*Home-Brewed.*

AUSTRALIANS hold the world's record as tea drinkers, consuming seven and one-half pounds a head yearly. New Zealanders drink seven and one-quarter pounds.

SLEEP is the time when the repair of the body and brain takes place, and it should be taken under the best and healthiest conditions. See that your room is properly ventilated, and of the right temperature. Night air is needlessly feared, for, in town at any rate, it is considerably purer than day air, being very much less contaminated by smoke. Most people are all the better for sleeping with their windows open, even in winter.

THE general freight-agent of a large railway in America says that he will in the future employ no young man who smokes cigarettes, and that he intends to get rid of all now in his department who smoke them. "Eighty-five per cent.," he declares, "of the mistakes made in the

office by my two hundred clerks are traceable to the thirty-two who use cigarettes."

DEPRESSING THE TONGUE FOR HICCOUGH.—Dr. Kolipinsky reports in the *American Medical Journal* the discovery that depression of the tongue will arrest persistent hiccough.

WE have somewhere seen it asserted that the women who have done the most to move the world for good, were the women with natural-sized waists. We do not doubt the truth of this. Deep breathing has much to do with deep thinking; a small waist means small vital capacity; a natural waist means large vital capacity, and consequent ability for healthful, vigorous life and action.

Deep-Breathing Exercises.

THESE are very necessary to develop the muscles of the chest, back, and shoulders, and to promote the regular, deep breathing which is so essential as a preventive and curative agent in all wasting diseases. The exercises should always be done in a room with open windows, in a loose dressing-gown; not when you are tired, nor for an hour after a meal, and discontinue as soon as you begin to feel tired. Before practising any exercise, assume the correct position—shoulders held back and down, chest expanded, abdomen slightly retracted, and head erect.

Begin with the following exercises, practised from three to six times daily for from three to five minutes at a time:—

Raise the fully-extended arms slowly from the sides until the hands almost meet above the head, inhaling at the same time. The chest should be fully expanded in this way, and, after holding the breath for a few seconds, exhale as the arms are lowered to the sides.

When the descending arms touch the sides, as much as possible of the air should be emitted from the lungs by forcibly compressing the sides with the arms.

Then raise the arms to the horizontal in front of the chest, and, with the palms of hands outward, keeping the arms horizontal, extend them backward as much as possible, describing an arc of a circle, and inhaling for a few seconds, and then exhale as the arms are lowered to the sides. Slowly count seven while inhaling and exhaling.

The Physician in the Home

Sleeplessness.—What would you recommend for sleeplessness?

Ans.—Exercise. There are many chronic invalids and others who cannot sleep. Usually the chief reason for this condition is that they do not work. The Bible says, "He that will not work shall not eat." And Nature says, "He that does not work shall not sleep." Work is just as necessary for sleep as it is for appetite. A person must earn an appetite if he has one. So, if one is to enjoy sound, refreshing sleep, he must earn it. The Bible says that the sleep of the laboring man is sweet. The chronic invalid is sedentary; he has no vigor for exercise. Because he does not work or exercise, there are certain poisons which are not eliminated. These accumulate in his body, and irritate the nerve cells, thus keeping him awake.

Fruits.—May young children use fruits?

Ans.—The juices of most fruits are well adapted to the digestive organs of young children. Fruits contain chiefly sugar and dextrin, and in a condition ready for immediate absorption. They furnish just the sort of material needed for making the plump little body which is characteristic of infancy, and for padding the tissues with a thick layer of fat for protection against cold, especially in the winter months. The juices of fruits are highly valuable as a means of cleansing the stomach and the alimentary canal. Disease-producing germs cannot grow in them to any extent. Fruit juices are remarkably efficient in cleansing the stomach and intestines. Peaches, and even the scraped pulp of apples and pears may be taken by most children at a very early age without injury. Cooked fruit, such as baked apples, prune puree, and other soft fruit pulps, may be used without injury, provided they do not contain a large quantity of cane sugar for sweetening, and are not administered with cow's milk. Milk and fruit do not agree in a feeble stomach. Fruit should be taken at regular times, not between meals. It is especially well combined with cereal foods, with which fruit juices may be used instead of water. Very acid fruit juices should be avoided. The juice of sweet grapes, sweet apples, and other sweet fruits may be used freely by infants as well as by adults.

Diet for Mental Labor.—What kind of diet agrees best with mental labor?

Ans.—Breakfast should be rather a light meal, because we have a day's work before us. "But," you say, "I am going to work hard to-day, and I must have a hearty breakfast." This is a great mistake. You should have a light breakfast before going to work, if you have hard work to do, either of a physical or mental nature. Henry Ward Beecher said when he was to speak in the morning, he did not eat until he had delivered his discourse. Why?—Because if he ate before giving his lecture, or doing any other severe mental work, he would have to run two machines at the same time,—carry on two kinds of business, as it were,—brain work and stomach work. If the stomach is allowed to rest, the brain will do better

work, and if the brain be allowed to rest, the stomach can do better work.

The hearty meal of the day would best be taken after its hard work has been completed. Three or four o'clock in the afternoon is a good hour for most people.

In general, brain workers do their best work on a simple diet. Fruits, grains, and nuts are abundantly sufficient to nourish the brain and all the other organs of the body, and keep them in the best condition.

Sick-headache.—What is the cause of sick-headache?

Ans.—Anyone who has ever had a sick-headache, remembers the experience. Perhaps, if his memory is good, he can also remember the cause of it. He has a recollection about a plum-pudding, a Thanksgiving turkey, a "boiled dinner," or a late supper with ice-cream and cake, or a big piece of mince pie, or some other dietetic abuse or abomination. He went to bed feeling well contented with having satisfied his appetite, but awoke in the morning with a splitting headache, feeling as though he never wanted to eat again, but, as a little girl said, "would like to unswallow himself." Sick-headache is always the result of stomach disturbance. Generally there has been gross violation of dietetic laws. Too many sweetmeats, dainties, fats, or other indigestible things are eaten. (Any quantity of these things is too much.) The sick-headache is Nature's punishment for the transgression of her laws.

Wakefulness.—I frequently waken between three and four o'clock in the morning after about five hours' sleep. What will help me to go to sleep again?

Ans.—The moist abdominal bandage at night will aid sleep. Rubbing the surface of the body with the hands for a few minutes will often conduce to sleep. When the moist abdominal bandage is applied, if found too dry on awaking, it should be re-wet. Sponging with hot water before retiring is also good.

A Timely
Publication.



THAT new booklet entitled "Tobacco, Its Origin and Spread" is now ready for distribution. I cannot conceive of a more important work than the free distribution of this booklet. Many are perishing for a lack of the knowledge it contains. It should be placed into every home and read by every man, woman, and child.

Come and help us in the circulation of this booklet; for it is impossible for men with this brain-enservating habit to appreciate truth. Price: 9d for 12, 5/- for 100, 20/- for 500.

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.

Letters of Appreciation

THE following letter was received from a patient who had taken a course of treatment at our Health Institute:—

"I left Sydney in the *S. S. Afric*, White Star Line, in the end of August. We had a fine passage. I took a case of health foods, which were much needed. I lived on board as nearly as possible as at the Retreat; breathing exercises after 7 A.M., breakfast at 8, physical exercises at 9, treatment at 12, dinner at 3, exercises at 4 and a little later. I slept on deck when possible. I had to sacrifice to do this, but I believe it was best. At any rate, I gained four or five pounds during the voyage, and had no sickness, not for an hour. I now weigh ten stone nine pounds, so I have gained about eight pounds since I left the Retreat. I feel better, too, than I have done for a couple of years. I have not tasted meat during that time, nor do I miss it."

The following letters have also been received:—

"Please permit me to write and thank you for the great kindness I received during my stay with you. Words fail to

express my deep feelings of gratitude to you. I feel so thankful for the light I have received on many things that previously I was indifferent to. Such a heavy wave of sadness and remorse comes over me at times when I think of the terrible way in which I have been injuring my body by eating and dressing simply to gratify myself. I never realised the seriousness of it all before. I cannot help feeling thankful to God for permitting my foot to be hurt, although at the time the disappointment was bitter. I shall NEVER, NEVER be able to express to you what I feel. My heart is very full.

"They were all pleased to see me. Mother wired, as she was afraid I might not come, and my sisters and some friends had arranged to come and see me. It was amusing; as each one came, I had to let her see me walk. They were astonished. And then the fact of my not drinking tea surprised them more. Mother was horrified when I told her that I had not eaten any meat and only two meals a day, but she said, 'Well, well, I must admit you look well.' In fact, they all said, 'How well you look.' But more, I KNOW how much better I FEEL. What a difference! How thankful I am. One of my sisters has decided to leave off her corsets, and wants me to alter her clothes as soon as I can. Her husband is greatly interested about food. He has asked me quite a number of questions."

"I feel I must write a few lines to you to express my appreciation of your paper. You are doing a great and noble work through the medium of its pages, which plainly show the way onward and upward, mentally and physically, until one feels it is possible to 'keep in tune with the Infinite.'

"I am so pleased to read in its pages how earnestly you advocate the restorative effects of cold and tepid water. I am now in good health, something which I have never known before, and it is mainly attributable to following the dietary advocated in GOOD HEALTH. I have discontinued the use of every sort of animal food, except milk and butter and eggs. I have taken nearly every concoction that the chemist can produce, and their failure to put me right has only demonstrated the great efficacy of a clean diet. I have been a vegetarian for a year now, and both men-

tally and physically I have been uplifted. I distribute my copies of GOOD HEALTH, and ask people to take the paper regularly, but most people seem to think that health is not worth trying to keep, especially if a little self-denial is necessary.

"Again thanking you for the pages of a paper whose popularity I trust will become world-wide."

We shall always be glad to receive word from those who have received help and been benefited through following the instructions given in the columns of the GOOD HEALTH.

SWIMMING is without question one of most valuable of all exercises. The position assumed in the water is one of the highest value as a corrective measure, antagonising the cramped and bent position so naturally assumed when sitting. The necessity for holding the head well back restores the curve in the spine, brings the chest forward in the best possible position for inhalation, while the arm movements executed in propelling the body in the water are the best of all breathing exercises. The bodily effort made creates a thirst for air, while the contact of cold water with the skin stimulates the respiratory centres, rendering easy the fullest chest movements. The movements of swimming are such as to secure full play of all the great muscular groups, and hence symmetrical and equitable development. Putting these several elements together, it is apparent that swimming in cold or cool water may be justly placed at the head of all kinds of bodily exercise as a health-promoting measure.

THE Spartans, who, "for muscular power, physical energy, and ability to endure hardship, perhaps stand unequalled in the history of nations," were vegetarians, as well as the armies of Greece and Rome, in the time of their conquests, "the departure from their simple habits being soon followed by decline." In the training for the public games in Greece, where muscular strength was exhibited in all its varied forms, vegetable food was adhered to; but when flesh meat was adopted afterwards, those hitherto athletic men became sluggish and stupid.—(See preface to "Rollin's Ancient History.")

INDIFFERENT correspondents will sympathise with the lad who, after he had been at a boarding-school for a week without writing to his parents, penned the following letter:—

"Dear People,—I am afraid I shall not be able to write often to you, because you see when anything is happening I haven't time to write, and when nothing is happening, there's nothing to write about. So now good-bye, from your Georgie."—*Liverpool Post*.

A WOMAN, the more curious she is about her face, is commonly the more careless about her home.—*Ben Jonson*.

THE increasing demand for treatment by massage, Swedish movements, physical culture, in our sanitariums, suggests the thought that much of this might have been prevented had the individual kept his blood in proper circulation by muscular activity.



FIG. 1. MAGIC ROCKET VAPORIZER IN USE FOR THROAT



FIG. 2. MAGIC POCKET VAPORIZER IN USE FOR THE EARS

The Magic Pocket Vaporiser

Is the best instrument in use for the treatment of catarrh, bronchitis, colds, and all other affections of the nose, throat, ears, and lungs. By its use the proper remedies are carried to the most remote air passages, thus reaching the seat of the disease.

It is made of hard rubber and is unbreakable; can not get out of order, is always ready for use, and can be conveniently carried in the pocket.

Price 4s 6d. With bulb for ear treatment 6s 6d. Full instructions with each instrument. Send your order to 283 Pitt Street, Sydney, or Sanitarium, Papanui, Christchurch, N. Z.

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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 RE-TREAT, 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 wish to have our readers do some thinking along the line of hygienic cookery, and will therefore invite any and all to send us for publication in GOOD HEALTH, the menus for an Ideal Breakfast and an Ideal Dinner on a warm summer day. Write plainly on one side of the paper only, and with lines far apart. If you have occasion to use some dishes that would not be familiar to our readers, indicate on another sheet how they should be prepared. Keep in view the questions of proper nourishment, expense, and time required in preparation. To the sender of the best menu we will forward a copy of the new cookery book by Dr. Lauretta Kress.

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.

Sanitarium Health Foods 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.



GRANOSE



GRANOSE

Three little maidens - there they go,
 Carrying food for the Health Food Co.
 Hear them sing as they pass along:-
 "Health Foods make us well and strong.
 If you'd stout and hearty be,
 Eat Health Foods as well as we."

GRANOSE is a preparation in large, thin, toasted flakes, each flake representing a single grain of wheat.

If freely used, it renders laxative pills and mineral waters unnecessary.

It is a blood, brain, and bone building food, containing all the elements of nutrition.

It contains the whole wheat, yet the bran is perfectly subdivided, so as to be non-irritating.

It is perfectly cooked and dextrinised, and ready to be instantly digested by the saliva and converted into sugar.

It is the only dry food that can be perfectly masticated without teeth. Hence it is good for infants as soon as they begin to cut teeth, and for old people who have lost their teeth.

It is ready for immediate use, only requiring heat to expel the moisture.

It is a perfect food, which is shown by the fact that one never tires of it.

**Sanitarium Health Food Co., 283 Pitt Street,
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For the Sick Stomach

An effective remedy for the many discomforts attending a demoralised condition of the stomach is to be found in the **Antiseptic Charcoal Tablets** made and sold by the Sanitarium Health Food Company.

This remedy is based on safe, hygienic principles, and has proved its value in thousands of cases. It can be used with no fear of the harmful results to the blood and kidneys that too often attend the use of most "dyspepsia tablets" offered for sale.

Antiseptic Charcoal Tablets

give aid to the weak and ailing stomach, first of all by their antiseptic properties; they kill the germs that cause the unpleasant symptoms of indigestion.

They absorb and destroy the poisons formed in the stomach by fermentation, and effectually remove the distressing sensations that attend poor digestion.

They prevent constipation by keeping the stomach in an aseptic, healthy condition.



Sanitarium Health Food Co.
283 Pitt St., Sydney.

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.

Sanitarium Health Food Company,

283 Pitt Street, Sydney.



BROMIOSE

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.

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Skilled attendants and manipulators of both sexes in daily attendance.

We are agents for South Australia for the Magic Pocket Inhaler, Vaporizers, etc., Hot Water Bags, Spine Bags, etc., always in stock. Prices on application.

Open Daily, from 9 A. M. to 6 P. M., except from sunset Friday to sunset Saturday.

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