

April 1, 1903.

Vol. 8, No. 4.

THE AUSTRALASIAN

# GOOD HEALTH

## CONTENTS.

Exercise, Its Importance.  
Physical Exercise for Brain Workers.  
Effects of Alcohol on the Brain.  
Dangers Lurking in Milk.  
That Third Meal.  
Correct Sitting Position.  
Parlor Lecture to the Patients at the Wahroonga Sanitarium.  
The Highway to Health.  
Chloroform Anesthesia Dangerous to Meat-eaters.  
Are the Americans Dying Out?  
Good Health Tit Bits.  
Home Department.  
Seasonable Recipes.  
Vegetarianism.  
The Physician in the Home.

D. H. KRESS, M. D.,  
EDITOR.

Single Copy, 3d.

Yearly Subscription, 2s. 6d.

PURE  
AIR  
WATER  
AND  
FOOD



Published Monthly at the "Good Health" Office,  
28, 31, Pitt Street, Sydney, N. S. W.

Registered at the G. P. O., Sydney, for Transmission by Post as a Newspaper.

94 Per Cent. Nutrition.



# Eat Granola and Live.



Live Well, and be Well While You Live.

GRANOLA is a tried and true combination of the most nutritive and delicate portions of several staff grains. It is not harsh like some "foods," or mushy like others; but crisp like a refined biscuit broken to a palatable size, and without the pasty after-taste of the biscuit.

GRANOLA is partly digested, all the wheat starch having been turned toward sugar. When taken into the stomach, GRANOLA is instantly assimilated and transformed to blood, then bone, muscle, nerve, and tissue.

Tell your friends about GRANOLA.

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





An Outdoor Gymnasium.

## AUSTRALASIAN

# Good



# Health

Vol. 6.

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

No. 4.

### Exercise, Its Importance.

ABUNDANT exercise in the open air should be taken every day, regardless of the weather. Just as truly as "he that regardeth the clouds shall not sow," shall he also not be free from colds. If one has no manual labor that can be performed out of doors, then walking and cycling are the best things. One should walk rapidly, until the whole body is in a delightful glow. Deep, regular breathing should be kept up during the exercise. In many cases, influenza may be kept off by vigorous exercise just as it is coming on, if one has the will to resist the disinclination to move, which is one of the first symptoms. Sweating from bodily exercise is much better than sweating artificially produced. Often a busy person will say, "I have not time to take exercise." Nobody has any right to be so busy. To take all the precautions necessary to keep the body in a healthful condition is a religious duty.

"The efficacy of moderate exercise in airing the bodily system is realised when we learn that it is computed that when at rest we consume only 500 cubic inches of air in a minute. If we walk at the rate of one mile an hour, we use 800; at two miles, 1,000; at three miles, 1,600; at four miles, 2,300 cubic inches. If we run at the rate of six miles an hour, we consume 3,000 cubic inches of air during every minute of the time so spent."

SHE will not let him in the house  
Until he wipes his feet ;  
Then she sails out in her long-trained gown,  
And wipes up all the street.

—Exchange.

### Physical Exercise For Brain Workers.

DAVID PAULSON, M. D.

IT is difficult to lay down exact rules, but it is a pretty safe rule that all, especially those who do much mental work, shall take sufficient exercise each day to make them perspire. The original curse pronounced upon man after his fall was that he should earn his bread by the sweat of his brow. Some sweat by means of sweating-baths, etc., without work, but it is better to do work enough to make one sweat. So, practically, a person who is taking four hours' mental taxation should take at least an hour's vigorous exercise to balance it—for instance, such exercise as brisk walking, a vigorous ride on the bicycle, or work in a gymnasium. But don't raise a twenty-five pound dumb-bell a few times until you get red in the face, and then lay it down and call that exercise. Do some vigorous work, and continue it until you feel a glow all over your body. A little of this kind of exercise will balance a good deal of mental work.

Now this story is often told me by business men: "I have to be very busy, as there is such strong competition, and I don't feel like exercising." After a man has worked hard all day in his office, it somehow requires a good deal of determination for him to take hard physical exercise by way of walking or work in the garden, but such need to train themselves until it becomes a part of their life, as much as common honesty; for if those in sedentary life do not accustom themselves to a certain amount of hard physical work daily, they will lie down in early graves.

### Effects of Alcohol on the Brain.

D. H. KRESS, M. D.

THE circulation of the blood is under the control of the nervous system. A nerve accompanies each vessel, no matter how small the vessel may be. If one of these nerves should be severed, the vessel that it accompanies would at once relax or dilate and become congested with blood. The paralyzing effect of alcohol on the brain and nervous system is clearly seen in the unsteady gait of the drunkard. Paralysis of the nerves which constrict the blood-vessels regulating the circulation, results in dilation and congestion, especially of the vessels which have the thinnest walls, such as the capillaries and the blood vessels of the brain.

The dilation of the capillaries of the skin is clearly seen in the flushed face or in the chronic red nose of the habitual drinker. If we could take a look at the liver and the brain, we should find that a similar congested condition existed in these organs. The blood vessels of the brain are more delicate in structure than any others; they therefore relax more than any others, and the injury done to them is correspondingly greater. The walls of these vessels become in time so thinned by continual congestion that some very slight exertion may result in a rupture of one of them. This is the principal cause of death in habitual users of drinks containing alcohol.

#### APOPLEXY

is the disease that nearly always carries away the habitual drinker. The red face is no indication of health, as is usually supposed. It is rather an indication of brain congestion; a signal that ought to warn the transgressor of the structural changes taking place in the blood vessels of the brain.

Insanity and softening of the brain are conditions which are very common among users of alcohol. But even death and insanity are as nothing when compared to the serious moral injury resulting from the use of this drug. The brain is the only avenue through which the Creator can communicate with man. Any injury done to this organ lessens its susceptibility to divine and ennobling influences, and must result in moral deterioration. The grogshop is the nursery of degenerates. Alcohol paralyzes the higher or inhibiting

centres, thus giving loose reins to the lower or animal centres. It destroys the judgment and the power to discriminate between good and evil. For this reason the priests anciently were expressly bidden to abstain from the use of wine and strong drink that they might be able to discern between clean and unclean, between the common and the sacred. The angel's prophecy concerning John the Baptist, the greatest prophet and the forerunner of Christ, was, "He shall be great in the sight of the Lord, and shall drink neither wine nor strong drink: and he shall be filled with the Holy Ghost." The Apostle says, "Be not drunk with wine . . . but be filled with the Spirit."

#### EFFECT ON OFFSPRING.

It is a law of physiology that "like begets like." It is well known that drunken parents always transmit to their offspring some form of mental, moral, or nervous disorder.

### Dangers Lurking in Milk.

It cannot be too strongly urged that all milk used should be thoroughly sterilised. Consumption and cancer, we know, are both prevalent among dairy herds.

ANTHRAX.—There has been an outbreak of anthrax, a very deadly disease, recently at Footscray, Victoria. Some of the cattle died. A dog fed upon the flesh also died in a short time. The health department prohibited the sale of milk from this dairy. This action was regarded as likely to induce the owners of cows to drive their dairy herds to a distance so that they might be able to sell their milk. That the action of the health department should not be rendered futile, it was decided also to quarantine the area. Butter is more dangerous than milk, since ninety per cent. of the germs contained in the milk rise to the surface in the cream, and are incorporated in the butter. Outbreaks of anthrax among dairy herds have also been reported from New Zealand. It is supposed that the germs were imported in the bone dust used for fertilising purposes.

TYPHOID FEVER.—A severe outbreak of typhoid fever is being experienced at Coonamble, N. S. W., 162 cases so far having been reported. Dr. Millard, assistant medical officer of the Government,

who was sent to Coonamble to inquire into the cause of this epidemic, reports that the disease was traced to the shop of a vendor of milk shakes. Milk is one of the best germ cultures in warm weather. Typhoid fever is nearly always traceable to the milk or water supply, but other diseases may be communicated besides the ones to which special attention is given.

**PTOMAINE POISONING.**—Another severe case of ptomaine poisoning has been reported from Parramatta, which resulted in the death of a man named Archibald Bland, aged fifty, due to the eating of tinned fish. Cases of ptomaine poisoning are becoming very common. Only a short time ago, over one hundred were

protect themselves against such practices by having their milk analysed by the local analyst, who will do it for a small fee.

**MANY DEATHS AMONG CHILDREN.**—“The death-roll from enteritis in Sydney last month was phenomenal, according to the Government statistician's report on the vital statistics. The number of deaths was 107, of which no fewer than 100 were of children under five years of age. Mr. Coghlan writes, ‘It is apparent that since the total mortality of the month is somewhat below the average volume, the death record would have been remarkably favorable if this large irruption of enteritis had not been experienced. A similar very heavy enteritis mortality was experienced in 1898, when ninety-three persons died from this cause. The average for November during the ten years to date is fifty-five, or nearly half of the number for the month under review. From the figures apparent in the death summary, it is safely to be assumed that there is necessity for improved knowledge in the community of the dietary requirements of infant life to ward off the deadly inroads of this disease.’”—*Evening News, Dec. 10.*



poisoned at Melbourne through eating ham sandwiches.

One of the Canadian medical journals, in speaking of the prevalence of disease among animals, concludes with the following: “With cholera in hogs, rot in sheep, influenza in poultry, and tuberculosis in milk and beef, is it any wonder that large numbers are becoming vegetarians?” Is it?

**BORIC ACID IN MILK.**—Two most shocking cases of chemicalising milk have just been reported in England. Similar cases may be found in Australia. In one case, Higg's Dairy Farms, Limited, introduced no less than 180 grains of boric acid per gallon of milk; and in another case, Chas. Hope, of Southbridge Road, Croydon, bought milk from the same firm, and sold it containing 280 grains of acid to the gallon. Five grains of boric acid have been known to have serious results on adult life. Incalculable injury, therefore, might be wrought, to child or man, by such boric acid lotion. Consumers should

### That Third Meal

Is responsible for more mischief than many imagine. Innumerable disagreeable symptoms, headaches, feeling of dullness in the head, bad taste in mouth, coated tongue, irritability, impatience, depression, horrid dreams, nightmare, etc., are frequently entirely due to eating the third meal, and disappear as soon as the evening meal is dropped.

It must be clear to any unprejudiced mind that nature never designed the stomach to be at work while other members of the body are at rest. In fact, the stomach does *not* work while the brain and other members of the body are at rest. *It also rests*, even if filled with food. Here is the cause of the mischief that results. The food is not digested, but undergoes decay (which is shown by the coated tongue), filling the system with poisons, producing headache, dreams, etc.

Local pain in the region of the stomach, or vomiting, may sometimes keep the transgressor awake,—wise Nature, to save her child, compels him to keep awake; to sit up and *digest* the meal as he ought, or else expells it.

The hours most suitable, allowing a sufficient time between meals, are,—

Breakfast, 8 A.M. | Dinner, 3.30 P.M.  
 Breakfast, 7 A.M. | Dinner, 2.30 P.M.  
 Breakfast, 6.30 A.M. | Dinner, 1 or 1.30 P.M.

When dinner is taken at or before 1 P.M., it may be well to take a light, simple meal in the evening composed principally of fruits, but this should be taken at least



FIG. 3.

three hours before retiring. When the dinner is taken after 2 P.M., a glass of cold water will usually pacify the sensation of hunger that may be experienced, or a drink of caramel cereal or some other good beverage may be taken.

We should be pleased to receive the experiences of those who have made the change, and will be glad to answer questions to those desiring further information.

THE heights by great men reached and kept,  
 Were not attained by sudden flight;  
 But while their companions slept  
 Were toiling upward in the night.

—Henry W. Longfellow.

### Correct Sitting Position.

J. H. KELLOGG, M. D.

AN improper attitude in sitting is one of the causes of the increasing frequency of



FIG. 4.

such physical deformities as round shoulders, flat chests, and spinal curvature, as well as of much of the physical weakness, backache, sideache, and other allied symptoms of which so many, especially women, complain.

A great many young ladies have more or less lateral curvature of the spine as indicated by the elevation of one shoulder, or the greater prominence of one shoulder-blade. The schools are largely responsible for this deformity. Sir John Forbes, an English physician, on visiting a boarding school containing forty girls, found on close inquiry that there was not one who had been in the school two years without becoming more or less crooked.

If the lack of symmetry were the only evil resulting from curvatures and deformities, the writer would not feel such great need to impress the importance of maintaining the natural form of the body. Both local and constitutional disorders result from the disturbed relations of the internal organs.

There are few people who sit correctly. The muscles which are intended to sustain



the body in an erect posture should always be in an energised position when sitting upright. It is a sad mistake to fall all in a heap on to a seat, no matter what kind of chair it may be.

Young ladies not infrequently acquire round shoulders, flat chests, and other deformities as the result of spending hours at piano practice while sitting in a bad poise.

The incorrect attitude shown in Fig. 3 is not an uncommon one. In Fig. 4 the correct position is represented.

Young girls should exercise great care in assuming the correct poise in sitting, standing, and walking, otherwise they are liable to diseases of the stomach, bowels, and pelvic organs, which may end in chronic and obstinate invalidism.

#### Parlor Lecture to the Patients at the Wahroonga Sanitarium.

BY LAURETTA KRESS, M. D.

STARCH is changed by the saliva into dextrin, then into maltose, and finally into levulose. Levulose is the kind of sugar we find in fruits. Levulose or fruit sugar is also called grape sugar. The first step in the digestion of starch is the conversion of the starch into dextrin, and this is done in the baking process. For instance, in a granose biscuit the starch is changed to dextrin. The very first step in the digestion of starch is done in the boiling process. Here we have a raw potato. If we take this potato and boil it over the stove, we then have the very first step in digestion. After we have further boiled it, and cooked it down considerably, we might have the second step in the digestion of starch. The third step is accomplished by the baking process, by baking bread and baking it thoroughly, until a slight brownish tint is obtained. This is as far as we are able to carry the process of digestion by cookery. In the very last step, by the action of saliva and the pancreatic juice, sugar is formed.

A weak iodine solution when brought in contact with starchy substances reveals a very dark bluish color. This is what is known as the starch test. If I should put iodine on this *raw* potato, it would give no test at all. You notice that it only gives the color of the iodine, a brown color. If I take the potato and hold it

over the lamp, it will give a bluish color. I cook the potato and bring it on one step in the process of starch digestion.

Did any of you ever eat a green apple? What did it taste like?—It is not sweet, but very acid. But if that same apple had been allowed to hang on the tree, it would in time have become quite sweet. There exists just as much acid in the ripe apple as in the green apple, but in the ripe apple the starch has been converted into sugar; we have acid with sugar added.

We do the same thing in the mouth by the saliva that the sun does to the un-ripened fruit. We take the starches, and they are converted into sugar by the action of the saliva. When the starch is changed by the saliva to sugar, it is ready for absorption. It is absorbed by the blood and taken to the liver, to be stored there as starch, as animal or liver starch. It is now no longer sugar. This is kept for fuel. In the cold weather we need more fuel. If we eat dextrinised starchy foods, we have a large supply of fuel for winter use. It is dealt out to the system as needed for heat and energy. It also passes to the muscles and supplies us with fat. Many people suppose that fat is made by fat, but fat is not necessary to form fat. If we want to fatten stock, do we feed them on fat?—No; we feed stock on oats, maize, etc. It is the starch of the grains that really fattens them. Have you ever watched cows or horses eat grain? When they begin to grind the food, the saliva begins to flow. The box that they are eating out of is covered with saliva. They break up the granules of the grains very fine, and bring the small divided particles in contact with the saliva. It is then digested and stored up as fat if more is eaten than is needed. We have perverted this method of eating, and simply float soft foods down. There is another place where the starch can be digested, and that is in the intestines by the action of the pancreatic juice. When people float the food down with drinks, it undergoes fermentation and does very little good, but rather harm. A person may eat a great amount of rice, may eat it at every meal, and fail to digest any of it, and grow thinner and thinner and thinner. It is not because there is no nourishment in the rice. There is quite an amount of nutriment in

rice, but they fail to mingle with it the needed saliva, and therefore fail to digest it. The food is too soft and eaten too rapidly to receive any change, and as it enters the stomach, it ferments and becomes acid and is largely lost. Why not eat dextrinised starches as found in granose, zwieback, etc.? These foods must receive mastication before they leave the mouth, being too dry to swallow. But the good received from the food we eat depends largely upon thorough mastication.

### Facts Regarding Foods.

The meat question is invoking considerable discussion in the daily papers of the various States at present, and it is rather amusing to notice the different arguments for and against its use.

Some take the position that there is too much meat eaten in the Australian States, others say it is eaten too sparingly. According to the latest statistics of Mr. Coghlan, Australians eat twice as much meat per inhabitant as that consumed by the average Englishman.

One physician says, "I am personally of opinion that a meat diet develops higher physical and mental qualities than any other diet. I am of opinion that a flesh diet confers a greater capacity for resisting disease than a vegetable diet." Certainly, if this reasoning is correct, the Creator of the universe made a terrible mistake in giving man his first bill of fare, which was a "bloodless one." Had man remained loyal, his diet would ever have remained bloodless, and consisted of the simple products of the earth.

Because of necessity, permission was granted immediately after the flood to slay and eat, but with that permission there was attached a penalty, *the shortening of life*. It is a remarkable fact of history that from almost one thousand years, the length of life has since decreased to about thirty-seven or thereabouts.

It can be satisfactorily proved that meat is one of the many agencies that destroy the body defences, and pave the way for the inroads of disease. Before we go more fully into the question, it will be well for us to study the nature of animal and vegetable productions, and become acquainted with their relative food

value; then we shall be better prepared to judge the merits of each.

The total nutritive value of

Beef ... ..	28 per cent.
Pork ... ..	61 per cent.
Poultry... ..	26 per cent.
Mutton... ..	28 per cent.

An average of 36 per cent. for the four leading kinds of meat.

The nutritive value of

Wheat ... ..	86 per cent.
Oats ... ..	80 per cent.
Corn (maizemeal)	84 per cent.

An average of 83 per cent. for the three leading cereals grown.

Rye, barley, and rice would raise the average a little, but as we do not use them as stock foods to any great extent, they will not be considered.

The details will be fully studied in our next.

A. W. SEMMENS,

Adelaide.

### The Highway to Health.

D. H. KRESS, M. D.

PETER's reply to the poor cripple who sat at the gate of the temple asking alms was, "Silver and gold have I none, but such as I have give I thee." "And he took him by the right hand and lifted him up." The world needs help, not money. If it were money we stood so much in need of, Christ would have brought millions with Him to this earth and freely dispensed it among the people. But He came penniless, having no place He could call His own. "For our sakes He became poor." As a poor man He moved among the poor, ministering unto their needs and making many rich. "He went about doing good," the record tells us.

What the world needs to-day more than anything else is followers of Christ, men and women whose hearts are touched with compassion, to go about and give to the needy and discouraged ones the help they need. A smiling face, a brotherly handshake, an encouraging word the world needs. What everyone longs for is brotherly sympathy and service; you may not possess a great stock or capital of these essentials to begin this kind of work, but give such as you have, and it shall be given you. "As in the water face answers to face, so the heart of man to man." We see a reflection of what we are wherever

we go. It pays to cultivate pleasantness. Do not hang your head as a bulrush and mourn because of your impoverished condition, but trade with the capital you possess.

"Is thy cruse of comfort failing?  
Rise and share it with another;  
And through all the years of famine  
It shall serve thee and thy brother.  
Love Divine will fill thy storehouse,  
And thy handful still renew;  
Scanty fare for one will often  
Make a royal feast for two."

The satisfaction and cheerfulness brought into the life by seeing others made happier and better, reacts upon the whole system, and "doeth good like a medicine." The following prediction is made by Isaiah: "Deal thy bread to the hungry; . . . bring the poor that are cast out to thy house; when thou seest the naked . . . cover him. . . . Then shall thy light break forth as the morning, and *thine health shall spring forth speedily.*" Many a dyspeptic would find the relief he seeks, by thinking more about the needs of others and less about his own.

### Chloroform Anesthesia Dangerous to Meat-Eaters.

SOME time ago Dr. Lauder Brunton called attention to the fact that death from chloroform anesthesia is probably due, not to the chloroform itself, but to the fact that chloroform arrests the elimination of tissue poisons, and that death is directly the result of the action of these poisons rather than of the chloroform. Dr. Brunton cited the fact that death from chloroform anesthesia is very rare in India, while it is becoming more and more common in England, which fact he attributes to the increasing use of meat as an article of diet in Great Britain.

Chloroform has long been a popular anesthetic in Edinburgh, but recently deaths from its use in that city have been very frequent. It is also noticed that gout is becoming very common. Both these circumstances are doubtless due to the increased consumption of meat resulting from the large importation of low-priced refrigerator meat. Deaths from chloroform anesthesia are also alarmingly common in Australia. The cause pointed out by Dr. Lauder Brunton is no doubt responsible for this.

### Are the Americans Dying Out?

MR. WESTON, writing in the *Nineteenth Century* on the weak spot in the American Republic, calls attention to the fact that the native-born citizens of the United States are ceasing to increase, and that the result of the diminished birthrate is only concealed by the influx of foreign immigrants, who are coming more and more from Southern and Eastern Europe. Many of the figures which he gives are very striking. The first generation of Americans after the colonisation of New England had families of ten to twelve, the second, the third, and the fourth generations had families of six and seven, the fifth, families of four and five, the sixth, families of three and less. The result is that 275 years after the landing of the pilgrim fathers, the stronghold of Puritanism is not upheld by the ever-declining American, but by the Irish, German, and French Canadians. If the birthrate had kept up at its earlier rate, and there had been no foreign immigration at all, there would have been 100,000,000 people in the United States to-day; there are only 76,000,000, even when all the negroes and foreign immigrants are included. Of these 76,000,000, 10½ millions are foreigners, 13¼ millions are born of foreign parents."—*Review of Reviews.*

### Oysters and Feeble Digestion.

INTERESTING observations have recently been made in bacteriology to ascertain the number of microbes in oyster juice. It was found that 1 c. c. of oyster juice produced, in an agar culture, 1,500,000 colonies. This observation entirely justifies the position of the late Dujardin-Beaumont, one of the most eminent of French physicians, that oysters should never be eaten by persons with feeble digestive powers or those suffering from dilatation of the stomach. There is no article of food which decomposes more readily in the stomach than does the oyster, and none more likely to communicate infection through the setting up of decomposition and fermentation in other foods. The oyster is always a carrier of microbes, and recent observations show that it often communicates typhoid fever and other pathological germs.



## Good Health Tit Bits



### Bacteriology of Butter.

THE farmers of Denmark have taken advantage of the developments of modern bacteriology in the manufacture of butter.

The Danish bacteriologists having determined the particular microbes by which the various flavors are developed in butter, the farmer is now able, by sterilising his milk, and then planting that particular species of microbe by which the desired flavor is produced, to furnish a uniform quality of butter of any desired flavor. The dairymen of Denmark have by this means succeeded in obtaining almost complete control of the English market.

Now that we have the means of knowing the exact varieties of germs which butter contains, we may be able to study with some degree of accuracy the influence of this article of food upon digestion.

### Deadly Coloring Matter.

DR. FRANK CORBETT, bacteriologist of the Minneapolis, U. S. A., board of health, has been feeding rabbits, guinea pigs, and cats with coloring matter much used in food, almost always with fatal results to the subjects. Rabbits appeared unaffected by butter color, and he was about to try a large dose on himself, when he bethought him of a pet cat. The dose was given to pussy, who did not survive. He then fed varying doses to cats, and all died. His conclusions are that butter color is capable of producing severe disturbances of the nervous system, even ending in death. While a single dose may not be harmful, its continued use is likely to produce diseases of kidneys, bladder, and even lungs. Dairy Commissioner McConnell, of Minnesota, believes that these experiments should prove conclusively that the use of butter color should be stopped, and after further experiments his department will begin a crusade to prevent its use in butter made in the State.—*Good House-keeping*.

### Waiting for the Message.

A SCHOOLMASTER was giving his pupils instruction in the elements of physiology, and, among other things, told them that whenever they moved an arm or a leg it was in response to a message from the brain.

"The brain always sends a message down your arm or leg whenever you wish to move the particular member," he explained.

At length a mischievous boy roused his ire by his apparent inattention to the lesson.

"Hold out your hand," he exclaimed.

The boy did not move.

"Why don't you hold out your hand, sir?" cried the irate pedagogue.

"Please, sir, I'm waiting for the message from my brain," said the lad coolly; and he was let off his merited punishment for his sharpness.

### Another Cigarette Victim.

WE sometimes read in political papers about the "fool-killer" being around. The fact seems to be recognised that this cruel executioner is on hand all the time, killing poor simpletons by the thousand. The cigarette, the cigar, and the whisky bottle are among the most potent agencies of death which the fool-killer uses for the extermination of his victims.

There must be very few intelligent persons nowadays who are not aware of the fact that alcohol and tobacco are deadly poisons, and that the habitual use of these drugs must certainly end in miserable and premature death. Those who try to persuade themselves or others that tobacco is harmless, and alcohol a food, talk only for the sake of argument. In their hearts they know better, and are saying to themselves all the time, "I will stop when I find it hurts me." After the mischief is done, after they have smoked as many cigars or swallowed as much whisky as nature can endure, then they propose to

stop; but it is much easier to begin than to stop. Almost every newspaper records the death of some poor victim of cigarettes; for instance, a short time ago, there died a boy of fifteen who for four years had smoked cigarettes in increasing quantities, until he became absolutely unconscious, and died a miserable death.

By aid of many hospitals and a widespread sanitary organisation, we lower by a small percentage the death rate, and we speak as if each scrofulous infant saved from an early grave, and each feeble old man enabled to live a few more weary years upon the charity of his fellows were an addition to potential greatness. Meanwhile, Nature steps in and quietly undoes all our handiwork by lowering the birth-rate. A nation is great, not by the number of its population, but by its fertility, its power of filling up vacancies, and making good its losses whenever they occur. That is where we are now failing. We, the doctors, are elated because here and there we save a life. But of what good if lives cease to be produced? What some call nature, what others speak of as cosmic law, is relentless and omnipotent; we are but flies upon the wheel.—*Science Siftings*.

IF you have a friend whose sight is failing, before he goes to the eye and ear doctor for advice, get him to suspend tobacco for sixty days, and he will probably have no need for a specialist. If you find a tobacco-user black with the "blues," and contemplating suicide, assure him that if he will abstain for sixty days, the shape and color of things will become better and brighter. If your tobacco-smoking friend has that scape-goat of all uncertain ailments, the "liver complaint," assure him that "thirty days" will relieve his biliary embarrassment, and sixty days will restore his health to par.

Two deaths which occurred at Winchester (Eng.), including that of a doctor, have been traced to the eating of tainted oysters at a Mayoral banquet.

Fourteen cases of typhoid fever at Portsmouth, thirteen cases at Emsworth, and other cases at Southampton, have been traced to the oyster bed at Emsworth having been contaminated with sewage.

It is a mistake to drink large volumes of ice-water in hot weather, especially if the drinker be perspiring freely. A cold draught of water is a heart depressant as well as a disturber of the function of digestion. The custom of drinking cold drinks through a straw is an excellent one, and should be encouraged both in public eating houses and in the home.—*J. N. Hammond, M. D., Toronto, Canada*.

HABIT is a mighty force, and must either tend toward that which is good or that which is evil. It rests with us whether it shall be one of our best friends or one of our worst enemies.

MUSTARD will raise a blister on the inside as well as the outside of the stomach. The difference is, that we cannot see the blister on the inside, and the inside of the stomach cannot complain, not having nerves, as has the outside. If a mustard plaster must be applied, by all means apply it externally.

THE old medical theory was that if a man felt as if wine was doing him good, he should take it. Newer and wiser views tell a man that if he feels as if it were doing him good, he should be specially wary of it. The old theory was that if a man, on returning in the evening from business, found himself jaded and run down, a glass or two of wine with his dinner would pull him together again and put new life into him for the evening. Recent physiology utterly condemns this course. "Wine is a mocker;" "he that is deceived thereby is not wise."

TOBACCO is such a virulent poison that doctors are afraid of it, and never prescribe it. When a person takes an overdose of opium, he may be relieved by evacuation of the stomach and by the use of stimulants internally and externally. For an overdose of arsenic there is the hydrate of iron, but for an overdose of tobacco there is no remedy; it sinks its victim lower and lower into death, in spite of all efforts to save him.

Here are some of the diseases attributed to the use of tobacco: Dyspepsia, water-brash, cancer of the mouth, impotency, laryngitis, angina pectoris, palpitation of the heart, amaurosis, color blindness, insanity, horrors, suicidal mania, etc.



# The Home

## Papa's Kiss.

"Why don't you tiss like mamma?"

Asked the little maid of three,  
As she ran to greet her papa,  
And climbed upon his knee.

"Her tisses taste like candy,  
And are dood enough to eat.  
But your mouf do taste awful,  
And ain't a least bit sweet."

"That is so," replied the father—  
Her eyes he dared not meet—

"There's no reason why, my darling,  
My kiss should not be sweet."

To him the thought was galling,  
That each evening, with his kiss,  
He had thoughtlessly polluted  
Those innocent young lips.

"Come here, dear wife and mother,

And help me take this vow:  
Neither liquor nor tobacco  
Shall touch my lips from now.

And oh! dear heavenly Father,  
Thou who art good and wise,  
I thank thee for this angel,

Who has opened my blind eyes!"

—Samuel F. Harvey.

## Economy of Time in the Preparation of Foods.

LAURETTA KRESS, M. D.

DEPRAVED habits of eating and drinking have made woman a slave to minister to the supposed needs of her family. "What shall we eat, and what shall we drink?" are questions which are constantly uppermost in her mind. Scarcely has one meal ended before preparations must be made for the next. Woman's time is so fully occupied in the planning and preparation of meals, that little if any time is left for self-culture and the training of her children. How many there are who are cumbered about much serving, to whom the admonition would apply, "Thou art careful and troubled about many things; but *one thing is needful.*"

By a return to primitive habits in the selection and preparation of foods, the more needful duties can receive proper attention. It will be found that cereals, nuts, and

fruits require very little time in their preparation. Taking two meals a day of such foods, in place of four or five of foods which require a great length of time in their preparation, will greatly simplify woman's household duties, and enable her to devote the needed time to study and the mental and moral culture of her family, a duty which cannot be placed upon another without injury to the family.

"A MOTHER must realise that child-training is a work quite as important as any profession, and one which requires an equal outlay of patience and persistence. Women with but small talent will devote years of time and expend money and enthusiasm upon the study of music or the drama in order to enter on these careers. They will relinquish social life, and give up all pleasure and amusement not connected with their chosen profession. It is only when mothers are ready to show a like interest in the profession of child-training that they can hope for success."

"EVERY mother feels that she does not want to be unduly severe or restrictive with her daughter during her girlhood days. The feeling is only natural that girlhood's days are fleeting enough. 'While she is a girl,' the mother argues, 'let her have a good time. Responsibilities and cares will come soon enough.' And so she sometimes acts against her own judgment in giving permission to her daughter to do something, which permission instinctively she wishes she were strong enough not to grant.

"There are hundreds of young girls in Australian homes to-day whose pitiable physical condition is not in any sense due to overstudy, or to the unhealthy condition of our school buildings, or to any task imposed upon them by teacher or educational board, but to the unrestricted part which they are allowed to take in social pleasures,

and consequent late hours, by their parents. These girls go to school each morning absolutely unfit to study anything. Loss of sleep, and the physical drain consequent upon the previous evening's gaities, make them mentally incompetent. If a fully matured man cannot go to his business with a clear mind after late hours the night before, how can a parent expect his undeveloped daughter to study if she has danced away the hours the night before, with sometimes an hour or two in the morning included? What teacher can teach a girl who is in no fit mental or physical condition to be taught? Yet in the cases of hundreds of girls, mothers are to-day blaming the teachers of their daughters for what they, as mothers, are alone to blame. It would be a pretty good rule for many a mother to look at herself before she blames anyone else for the anæmic, nervous, and sometimes shattered physical condition of her daughter."—*Review of Reviews*.

### Infant Cruelties.

MOTHERS think it necessary to compress the bodies of their infant children to keep them in shape, as though fearful that without tight bandages, they would fall in pieces, or become deformed. Do the young of dumb animals become deformed because nature is left to do her own work? Do the little lambs become deformed because they are not girted about with bands to give them shape? They are delicately and beautifully formed.

Infants need no girts or bands to perfect them. They are supplied with bones and muscles sufficient for their support, and to guard nature's fine machinery within, before they are committed to our care. The dress of the infant should be so arranged that its body will not be the least compressed after taking a full meal. Dressing infants in a fashionable manner, to be introduced into company for visitors to admire, is very injurious to them. Their clothing is ingeniously arranged to make the child miserably uncomfortable, and it is frequently made still more uneasy by passing from one to the other, being fondled by all.

ONLY four and one-half per cent. of the babies born annually live to the end of their allotted threescore years and ten.

Yet of the other ninety-five and one-half per cent. nearly twenty per cent. die unnecessarily.

These facts came out in a paper on "Unnatural Death," read at the recent meeting of the English Sanitary Institute. The author told his hearers that about one million babies were born annually in England. Thirty thousand of the million died violent deaths from accident, 30,000 died unnecessarily from tuberculosis, and 120,000 more from absolutely preventable causes, such as small-pox, measles, and scarlet fever. Only 45,000 lived their natural lives, and nearly one in twenty died from wearing out. One-fourth of all the diseases which destroy life are preventable, and fifteen years would at once be added if the practice of hygiene were placed on a level with its theory.—*Chicago Clinic*.

### Smile a Little.

SMILE upon the troubled pilgrims  
Whom you pass and meet;  
Frowns are thorns, and smiles are blossoms  
Oft for weary feet.  
Do not make the way seem harder  
By a sullen face;  
Smile a little, smile a little,  
Brighten up the place.  
  
Smile upon your undone labor;  
Not for one who grieves  
O'er his task waits wealth or glory,  
He who smiles achieves.  
Though you meet with loss or sorrow  
In the passing years,  
Smile a little, smile a little,  
Even through your tears.  
—Ella Wheeler Wilcox.

## Seasonable Recipes.

LAURETTA KRESS, M. D.

**BEAN PATTIES.**—Cook best white navy beans until tender. Rub through a colander to remove the skins; season with salt and nut meal or nut cream. If the pulp is not sufficiently dry to shape, place it on top of the range or in the oven, when the water will evaporate till the pulp is quite dry. Then shape with the hands into flat, oblong, or round patties about one inch thick. Place on tins, and brown until dry and mealy throughout, and of a delicate golden brown on top. Serve in individual dishes with a garnish of thin slices of lemon, and with or without a dressing prepared by beating one spoonful of nut butter to a cream in one cup of water, and adding one-half cup of lemon juice and salt as desired.

**LENTIL AND NUT LOAF.**—Take one pint of well-cooked lentil pulp, one cup of strained

stewed tomatoes, one and one-half cups walnut meal, a very little pulverised sage, and enough granola or crushed zwieback to make quite a stiff mixture (probably one cupful). Bake for forty minutes or longer in a moderate oven.

**EGGS IN TOMATO CASES.**—Take perfect-shaped rather large-sized, fresh tomatoes. Cut a portion off the stem end, and scoop out the seed, leaving the outer portion of the fruit intact. Break an egg into this prepared case, sprinkle lightly with salt, and bake in the oven until the whites are well set, but not hardened. Serve with a border of nicely browned granose flakes.

### Vegetarianism.

D. H. KRESS, M. D.

VEGETARIANISM has a distinctly moral and ethical side as well as a health side.

The instruction given to our first parents was, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed: to you it shall be for meat," literally, "It shall be to you for food." "And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth have I given every green herb for meat." "Of every tree thou mayest eat freely."

To the lower animals were given the coarse products of the vegetable kingdom, while to man were given fruits and seeds, the highest and most refined products of the earth. These were the meats which God "created to be received with thanksgiving of them that believe and know the truth, for they are sanctified (cleansed, purified, separated) by the Word of God and prayer." Each nut, seed, and fruit contains food, put up by the Creator Himself, encased in a cellular envelope and hermetically sealed to keep the contents from contamination. Each contains its own delicate aroma and flavor, pleasant to the senses.

When God placed the first family in Eden, He gave them instruction as to how they ought to live, that practically they ought to be vegetarians. I cannot imagine that the Creator, after creating man "good," and pronouncing him not only "good" but "very good," being created in His own image, would give him any instruction to do the least thing which would not be best for him,—that God would give him a dietary which was not capable of keeping him in a perfect condition, and capable of sustaining all his powers.

If we say that the use of flesh as a food is necessary to sustain any of man's powers, physical or mental, we cast a reflection upon God Himself, because it would follow that God either did not know or that He had left man to feel his way in the dark, and find out for himself as best he could what was best for him in the way of food. These propositions are too absurd to receive consideration. Hence we believe that God, who knew what was best for man, gave him at the beginning the best food for him, and that He gave the lower animals the best food for them: and so from the Bible standpoint we must conclude that flesh is a non-essential as food. "All we like sheep have gone astray." Flesh eating, like polygamy, has resulted from man going astray. Of either one it may be truthfully said, Because of the hardness of your hearts He suffered such things, but "from the beginning it was not so."

Man is naturally a vegetarian. Take a little child one year old, and bring before him for the first time two things that he has never seen before,—a piece of beef-steak and a luscious peach,—and let him take his choice; that choice will always be the peach. It is necessary to train a child to eat meat, the appetite for meat does not naturally exist. The mother takes a little piece of meat and pretends to eat it, or chews it, and then gives the child a little and tells him that it is good. At first the child makes up a face, and then the experiment is repeated. After a while he learns to eat it, just as the small boy learns to use tobacco. Tobacco is at first repulsive, but by repeated efforts the repugnance is overcome. We do not have to teach a child that a peach is good, or that any of the ordinary fruits are good. Its entire inclinations are in the direction of fruits and nuts. This is proof that God has planted in our very nature the fact that a non-flesh dietary is the natural dietary. If we should present meat to adults in the shape in which nature produces it, how many would eat it? How many could tolerate it?

Let me take you to the slaughter house. Look at that bleeding creature lying before you. Cut out a piece of the quivering flesh and place it upon the table. Is there a single one whose inclinations would not lead him to disregard it? Every one



would find that he had a repugnance for it that would make it absolutely impossible for him to eat it. The slaying of animals and eating their flesh is unnatural. Flesh should only be used in the absence of all other food. It should be regarded as an emergency diet to sustain life until better foods can be obtained. It was under such conditions that the eating of flesh was sanctioned and commanded after the flood. When all vegetation was destroyed by the water, God said to Noah, "Every moving thing that liveth shall be for meat for you: even as the green herb have I given you all things." It was only to be meat for him until the earth could again produce the original and pure food.

There certainly can be no excuse for flesh eating in the midst of our Australian garden, in which is to be found such a variety of trees bearing fruits pleasant to the sight and good for food.

The Saviour's mission to this earth is to restore that which was lost by the fall. This includes not only Eden restored, but the restoration of man to his Edenic habits. It includes a transformation of mind so that man will hate the evil things that he once lusted for and loved, and love the good things he once loathed and hated. Man will then relish, enjoy, be satisfied with, and pronounce good the meat God pronounced good in Eden. He will again be in tune with his Maker.

In speaking of the future home of the redeemed and its inhabitants, we read, "They shall not hurt nor destroy in all my holy mountain: *because the earth shall be filled with a knowledge of the Lord.*" It is evident from this that a knowledge of God naturally leads people to cease to hurt and destroy; it leads away from the slaughterhouse and its horrors and from eating things slaughtered to greater refinement in diet and habits.

In beholding, man becomes changed to the object of his worship; he becomes more God-like. But "God is good unto all [this includes our dumb friends, the animals], and His tender mercies are over *all* His works."

The Creator designed man to be His representative upon earth. He was to reveal to the creatures below him the compassion, pity, and love of the Being above him. He was to be to them what God is to him. It was this thought that inspired

Goldsmith when he penned the following:

No flocks that range the valley free,  
To slaughter I condemn;  
Taught by a power that pities me,  
I learn to pity them.

The time is hastening on apace when those who have gained this knowledge shall possess the new earth wherein shall dwell righteousness, when "the wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf, and the young lion, and the fatling together; and a little child shall lead them." Until that time comes, let us pray with the understanding, "Thy kingdom come, Thy will be done in earth as it is in heaven." The angel anthem will yet meet its fulfillment, "Peace on earth," and "There shall be no more death, neither shall there be any more pain; for the former things are passed away."

#### Deadly Poison in Pies.

THE serious outbreak of food poisoning reported as having occurred in the town and neighborhood of Derby has probably affected considerably more than 150 persons. At least, that is the estimate of the "British Medical Journal." It seems to be quite clear that all those who suffered had partaken of pork pie or other food obtained from a particular pork butcher in the town, who, it may be incidentally remarked, deservedly holds a high reputation in his business. In no case was any complaint made as to the general condition of the food by those who consumed it. Simultaneously with the cases in Derby and district, other cases, all traceable to the Derby pork, were recorded in St. Pancras and in Cheltenham. This, the most recent outbreak of severe ptomaine poisoning, presumably due to eating unsound food, is another instance of the deadly activity of our unseen foes, and is of special interest as illustrating the fact that the poison-producing germs or their associates do not necessarily cause any alteration in appearance, or consistence, in odor or flavor, and thus the ordinary safeguards are wanting.—*Science Siftings.*

THE ideal sleeping-room should have windows upon two sides, one facing the east, that the morning sun with its disinfecting rays may freely enter to dry and purify the bedding as it is spread open for

its daily airing, and to search out and disinfect any nook or corner where dust and germs may have found lodgment.

Whatever other luxury there may be lacking in the sleeping-room, it should not lack the luxury of fresh air. The re-breathing of air already contaminated by waste products from the lungs is undoubtedly the cause of many of the increasing ills to which flesh is heir, much oftener than it is so recognised.

HAVE you ever noticed that nearly all centenarians are comparatively poor people? If you can call to mind any wealthy man who has reached his hundredth year, you will undoubtedly find that he has been a very hard worker all his life, and that he has always scorned the rest his riches could have given him.

I think this is worth noting, because I am frequently asked by men of forty-five, or thereabouts, who are thinking of retiring on a fortune of a few thousand pounds, how they can invest the money to produce the biggest income.

Many men seem to be quite ignorant of the fact that persistent hard work is the best lengthener of life. Mere physical labor is not sufficient. One likes to look forward to the time when he will be free of all business worries; but many doctors contend that ease of mind is as disastrous to longevity as ease of body. Nothing kills like idleness, and many a man who, at an early age, has ceased to work has been driven back to business solely to regain lost health.

THOSE who live on a vegetarian diet are, as a class, heavier, harder in muscle, capable of greater endurance and of performing greater feats of strength, than those who live on a mixed diet, as proved by Professor Forbes, from experiments on flesh-eating Englishmen, porridge-eating Scotchmen, and potato and bread-eating Irishmen, the Scotchmen being superior in height, weight, and strength to the Englishmen, and the Irishmen superior to both. (See *Chamber's Information for the People*, sheet on the physical history of man.) "The Laplanders, living on flesh, are a diminutive race, while the Finns, who inhabit the same climate, and live chiefly upon the products of the soil, are as fine a

race as the Swedes or Norwegians." "The difference," says Dr. Lambe, "must be attributed mainly or entirely to diet."

We should remember that meat-eaters, whose health has been ruined by meat-eating, but who have prolonged their lives in comparative comfort by adopting and adhering to a vegetarian diet, are not fair samples of vegetarians. Their cadaverous appearance and cranky looks are the result of too much meat, not of cereals and fruits. Sir Edwin Arnold stated that the finest body of men he ever saw together in his life was a regiment of native Sikhs in India, who had never tasted meat. It is also noteworthy that the beef-eating Englishman, when he goes to climb the (the icy Himalaya Mountains, gets a rice-eating Hindu to carry him on his back.

MESSRS. W. J. DAVIES and Sons, of Weston Street, London, S. E., importers of glue, pumice stone, rotten stone, and fish skins, have forwarded to the *Daily Mail*, London, the following interesting letter, having reference to the recent ptomaine poisoning epidemic in London, details in connection with which have been published in *Every Saturday*:—

"Referring to the mystery of poison in pork pies, a letter received by our firm some few months ago might prove interesting to those who are fond of consuming these delicacies. A customer to whom we had sent a few hundred weight of ordinary glue as used by joiners, etc., wrote to us asking if it contained any deleterious substance, as it was to be used in making the jelly in pork pies. As one of the largest and oldest dealers in glue in this country, we have an extensive experience of the many uses to which it can be put, but considering the unsavory origin we do not think its presence desirable in such popular articles of food as pork pies."—(From *Every Saturday*, Nov. 7.)

SEND orders for the Good Health Library booklets, "Food, Its Relation to Health," "Dietetic Errors, Their Relation to Disease," "Tobacco Habit, Its Origin and Spread." These booklets should be in every home. Let us arise and do our best to pass along the information they contain that is so much needed. Five hundred for 20/-, 100 for 5/-.

WHEN undergarments worn during the day are to be put on again, they should be turned inside out, and hung loosely about the room for airing during the night. The night robes should be aired by day in the sun. The habit of hiding them away in dark closets, or rolling them up closely

HE who is not liberal with what he has does but deceive himself when he thinks he would be liberal if he had more.

MILK is probably a more frequent cause of stomach and bowel disturbance than any other food. Of specimens of milk examined, a small tablespoonful of one contained more than one and a fourth million germs. Another specimen of milk examined on the same day contained but very few germs. The difference was due simply to the difference in the care taken in obtaining the milk from the cow, and in conveying it to the creamery. The milk in the one case contained a thousand times as many germs as in the other, an indication that one of the milkmen must have been guilty of the grossest carelessness. Some of these germs were those capable of producing poisons of a highly dangerous character. Poisons developed from foods sometimes give rise to symptoms which closely resemble various diseases; such as, typhoid fever, scarlet fever, pneumonia, cholera, and even metallic poisoning. Too great pains cannot be taken in the care and preparation of food.

WHEN the world accomplishes a great thing, it is always accompanied with a great flourish of trumpets and the booming of cannons. The Lord desires that His work shall be done without the use of armaments and the discharge of cannons with a loud noise. The blades of grass spring up, they make no noise whatever, and yet they exert a power greater than all the combined force of the world. This is just the way the Lord would have His work done. Do the work unostentatiously, and yet in it so much of the Spirit that the influence and effect will be irresistible, and cannot be withstood.

and packing them behind pillows is bad. Expose the garments to the light, and, better still, have them cleansed and freshened by hanging on a line in the air and sun.

Fresh air and sunshine should be had in every conceivable way. They are Nature's free gifts to all; so don't shut them out of your lives.

CUSTOMER: "This waistcoat is too tight for me. I'm a snuff-taker."

TAILOR: "A snuff-taker? What has that to do with the excellent fit of this waistcoat?"

CUSTOMER: "How can a man sneeze without a little slack in his waistcoat?"

THE last survivor of the genus man  
 Beneath this tombstone lies; he madly ran  
 A down-hill race to seek what most he prized,—  
 The empty honor to be civilised.  
 Weakened and dwarfed, deformed and sinking  
 fast,  
 He weakened on, and reached the goal at last,  
 A feeble weed of self applause; he sighed,  
 Then turned his face to mother earth, and died.



## The Physician in the Home

**Exercise.**—When is it best to take exercise?

*Ans.*—That is a difficult question to answer, for it depends largely upon the condition of the individual, and many other circumstances; also upon the nature of the exercise. The morning is an excellent time. Then nature is fresh and beautiful and the air invigorating.

It is not a good practice to engage in severe labor immediately after a meal, for digestion may thus be retarded. On the other hand, light exercise aids digestion. Neither is it proper to exercise when one is faint and weary.

**Strength in Meat.**—How may the old idea that meat is particularly strengthening be accounted for?

*Ans.*—The reason is found in its stimulating qualities. For the same reason some people think that alcoholic liquors, patent medicines, tobacco, tea, and coffee are strengthening.

**Effect of Getting Wet on the Appetite.**

Why should a person be hungry after getting wet on a rainy day?

*Ans.*—Because making the body wet stimulates the skin, and thereby increases the appetite. This is the effect we seek in hydrotherapy. The shower-bath in the morning before breakfast acts as a tonic to the skin, and creates a demand for food. It also increases the production of gastric juice, and hence is especially beneficial to persons who have slow digestion.

**Germ in the Stomach.**—Does the normal stomach contain germs?

*Ans.*—Yes, most of the time; but during a meal and the digestion of it these germs are destroyed. The stomach is able to exterminate germs and to keep itself clean when in health.

**Diet in Diabetes.**—What foods would you give to a diabetic?

*Ans.*—The following foods will be found most helpful:—

Gluten biscuit.	Apples.
Gluten pease biscuit.	Peaches
Toasted zwieback.	Spinach.
Toasted granose biscuit.	Lettuce.
Greens of various kinds.	Tomatoes
Celery.	Nuts.
Vegetable broth.	Nut roast.
Nut meal purees.	Nuttolene.
Protose.	Nut butter.
Almond cream.	Eggs and lettuce salad with tomato dressing.
Protose bouillon.	Cottage cheese.
Nut cream custard.	Buttermilk.
Soft boiled eggs.	Kumyss.
Poached eggs.	Kumyss dog.
	Kumyzoon.

**Goitre.**—Do you think there is any cure for goitre?

*Ans.*—Goitre may be cured in the majority of cases. Build up the general health by the use of nutritious foods, spend as much time out of doors as possible, and keep rooms well ventilated. A warm bath three times a week at a temperature of

about ninety-five to ninety-seven degrees for twenty minutes, before resting, would, we think, be found beneficial. Galvanic electricity properly applied locally is of great value. Massage is also beneficial.

**Ralston Health Club.**—**Hypnotism.**—Does the Ralston Health Club teach the same philosophy as you do? What is your opinion of hypnotism?

*Ans.*—1. We are not very familiar with the philosophy of the Ralston Health Club. Our principles consist simply of the principles of wholesome living.

2. It produces a diseased and weakened condition of the mind which increases with repetition, hence is not likely to be of service to mankind. It belongs to the same class of phenomena as hysteria and other diseased mental states, and is capable of being used in such a way as to do great harm. The Creator never designed that one human mind should be under the control of another. The mind of Christ alone should control.

**Hair Wash.**—What would you recommend for a hair wash?

*Ans.*—When it becomes necessary to wash the hair, take the yolk of an egg, slightly beaten, rub well into the roots; when nearly dry, rinse the head in tepid water into which is poured a few drops of ammonia. Then, by the fire, rub the hair with towels until perfectly dry, brush, and part the hair with the finger. The egg renders the hair fine and silky, and the ammonia promotes its growth. Or, instead of the egg, use sage tea. Put two or three spoonfuls of sage into a cup, and pour boiling water over it. When it is cold, rub the scalp with it and rinse as above. The hairbrushes should be of the best kind, with good bristles which penetrate the scalp. Do not use wire brushes; they break the hair and injure the roots. Plenty of exercise in the open air and sunshine strengthens the hair and makes it grow. This proves that nature's remedies are always the best.

**Onions.**—I beg to ask your candid opinion in regard to the paragraph in the December number of GOOD HEALTH, in the Tit Bits column, headed "Onions." Are not onions as a vegetable a good food?

*Ans.*—It is known to all who have ever seen or tasted them that they contain an acrid oil, which is very irritating in character. When absorbed and carried to the brain, this same oil produces drowsiness. Being volatile, it is freely eliminated from the blood through the lungs. This often unfits the user to mingle freely in society. Good food should be pleasant to the sight, smell, and taste. Raw onions, therefore, cannot be classed as a good food. It is true that by thorough boiling in two or three waters much of this oil evaporates, but that which is left is practically worthless as far as nutrition is concerned. We may dispense with them without the fear of harm either to ourselves or friends. Onions concealed in soups and hashes are often an active cause of indigestion. A normal palate does not desire onions.

### Hygienic Treatment of Typhoid Fever.

DR. ELMER LEE, who did good service during the cholera epidemic in Europe in 1892 in treating cases by cleaning the bowels with soap and water and then disinfecting them, has been experimenting with several hundred cases in the treatment of typhoid fever by a similar method. Without waiting for the development of all the features of the disease, as is often done, he first makes the bowels clean by drenching them with a copious douche of soapy water made to pass into and out of the lower bowel until all contents are cleared away and the returning fluid is as clear as it entered. The temperature of the water used for the injections should depend on the temperature of the patient. If he is chilly, water of about 100 degrees is preferable. If highly feverish, then as low as 75 degrees may be used. This cleansing process is very comforting to the patient. During the first week of the disease the bowels should be washed out morning and evening; after this once a day is sufficient. It is important that the water go past the rectum and deluge the colon. External bathing should be used to keep down the heat and also to cleanse the skin and open its pores.

### Burns and Scalds.

BURNS and scalds are classed among the common accidents, and are generally spoken of together, as their treatment is the same. They only differ in cause—burns being a result of dry heat or strong acids, while scalds are caused by moist or fluid heat, and the more adherent the fluid the worse the scald; thus oils produce a more severe scald than water or steam.

There are several classifications of the different degrees of burns, but they can be simplified here by calling them superficial and deep. In the superficial form there is simply a raising of the integument in blisters, while in the deep there may be any degree of loss, even to a part of the body.

Whether, however, the burn or scald be either superficial or deep, the first aim should be to try to allay the terrible pain following the accident.

The most simple application in time of need is bicarbonate of soda, either in powder or made into a paste, and applied

to the raw surface and covered by compresses to exclude the air.

The white of egg is very good for slight burns, and, in an emergency, damp earth may be used.

For small burns cool water is better in every way than these, and, indeed, for any but the most extensive burns it is one of the best remedies. An arm or a leg can be immersed in it and left there for a long while with great advantage.

Burns with alkalis, like soap lye, should be treated with vinegar followed by applications of oil.

Burns with acids should be deluged with water and then treated like other burns.

Should a burn be caused by hot pitch, the pitch should not be removed immediately, unless the amount be excessive.

Common sunburn and the burns caused by external applications, like mustard, may be treated very successfully with Lano-Cream, or Witch-Hazel Creams, which will be found unequalled for troubles of this kind.

---

ORDINARY filters, so much used in warm weather, even if satisfactory as strainers, fail to remove germs from drinking water. In fact, so far from lessening the number in the water, the filtering medium may induce a more rapid multiplication of microorganisms and parasites. Boiling is the safest method of rendering water sterile, and is therefore perfectly safe.—*Dr. Currier, New York, U. S. A.*

---

HEALTH is a priceless treasure. Nearly all our diseases may be avoided. Lack of knowledge is responsible for much of our ill health and unhappiness in our homes. The AUSTRALASIAN GOOD HEALTH is the only journal published in Australasia exclusively devoted to the subject of health. It is edited by a physician. Most of the articles it contains are by experienced physicians. Subscribe for it. Get others to subscribe for it. Two shillings and sixpence will pay for it for one year, including postage. Canvassers are permitted 1/- on each yearly subscription obtained. Try taking orders, and report your success.

**Extracts from Letters.**

"FROM early youth I ate and drank anything that 'tasted good.' This, together with smoking, which I thought very manly, and other habits, almost ruined my health and strength, so that at twenty years of age I was a consumptive, and a strain brought on hemorrhage of the lungs.

"After spending two months at home, two months at the Brompton Hospital for Consumption, and many months at convalescent homes, and still many months more at health resorts, I providentially met a lady and gentleman who told me a little about the health principles. I saw that they were worth a trial, and gave up bad habits, stopped taking medicine, and began the two-meal-a-day plan (breakfast about 8:30, second meal about 3:30). The new diet which I adopted consisted of thoroughly cooked grains and legumes with plenty of fruits and nuts, together with some of the prepared grain and nut products, mainly granose and bromose.

"From that time to this—nearly four years—I have had good health with the exception of twice when I strained myself by overlifting. Each time a little rest restored me.

"I take care to have plenty of fresh air, drink water freely before and between meals, of which I still take but two daily, and have a cold wash-down every morning with systematic exercise. By continuing this mode of living, which has so far restored me to health and strength, I expect to continue strong and well, a monument of the adage, 'What a man sows he reaps?'"

*Glasgow,*

A. E. E.

THE following letter was received from Mr. G. C. B., a former patient at the Health Retreat:—

"You will, I think, be pleased to hear that I reached home quite safely about the middle of December, and that my health is greatly improved, in fact I may say that if the same rate of progress is maintained, in a few months I shall be fully recovered, which means a better state of health than for many years past.

"You have, no doubt, moved into the new building by this time, and I sincerely trust that with enlarged possibilities the results will prove even more satisfactory than

in the past, and the work and its success may exceed your fondest expectations.

"Believe me, the memory of the many kindnesses and sympathetic treatment received at the hands of the numerous friends will linger as life remains.

"I have taken up my duties with great earnestness, and am now working at high pressure,—a pleasant and striking contrast to the sad state of matters some ten or twelve months since.

"Believe me to remain with every good wish for the new year now opening before us,

Very sincerely yours,  
"G. C. B."

"I like the GOOD HEALTH very much, and have found much good from it. My husband has cured himself of biliousness by using the treatment given in its pages."

"My trouble is indigestion. I have read your magazine, GOOD HEALTH, and Good Health Library booklets with much pleasure and considerable benefit to my health."

MANY of the questions received by the editor will be found answered in the articles contained in this number, and therefore special attention has not been given to them in this department.

**Sanitarium Health Foods, Good Health, and Good Health Library Booklets May be Obtained at the Following Local Food Depots:**

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

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

The Arcade, Edward Street, Brisbane, Queensland.

201 Newcastle Street, West Perth, West Australia.

Hughes Street, North Unley, South Australia.

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

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

Rockhampton Bath and Treatment Rooms  
Rockhampton, Queensland.

**Main Office: 283 Pitt Street, Sydney.**

# Australasian Good Health,

—ORGAN OF—

The International Health Association.

ISSUED

MONTHLY IN THE INTERESTS OF HEALTH AND TEMPERANCE.

SUBSCRIPTION RATES

SINGLE COPY, Post Paid ... .. 2s 6d per year.  
 " " " " Foreign Countries ... 3s per year.

All business communications and orders should be addressed to AUSTRALASIAN GOOD HEALTH, 283 Pitt St., Sydney, N.S.W.

*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.

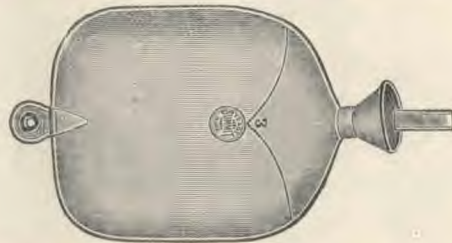
AVONDALE SANITARIUM OR HEALTH RESORT, Cooranbong, N. S. W.

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.



For the Latest Hygienic Appliance, Combination India Rubber Hot Water Bag and Fountain Syringe, try Perdriau and Company, advertisement on outside cover, last page.

# Christchurch Sanitarium

AND HEALTH HOME.

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

A quiet, home like 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.



# Health Foods



283 Pitt Street, Sydney.

**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 St., Sydney**





## 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**.

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.

**Sanitary Supply Co.,**

Wahroonga, N. S. W.

# Red Blood and Fat Making Foods



DISPLAY  
WINDOW

Our  
Nut  
Foods

## Bromose, Protose, Malted Nuts, Etc.

Are without a rival. Nuts are the choicest of all foods. They 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 only 22 to 28 per cent. Nuts are ordinarily indigestible because they are 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. They contain 50 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.

Send for descriptive price list. All inquiries answered with pleasure.

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

GOOD HEALTH.

APRIL 1, 1903.

INTRODUCTORY



# The Sydney Sanitarium

Is a Thoroughly Scientific Medical and Surgical Sanitarium. - Water, Electricity, Massage, Careful Regulation of Diet, Pure Air, Exercise, Rest, and a Variety of Other Potent and Rational Agencies are Employed in the Treatment of Disease. Competent Physicians and Nurses in Attendance.

The Buildings are New, Up-to-date, and Just the Place for Regaining Health.

**Located at Wahroonga, N.S.W.**

Send Orders for   
**Good Health,**  
 and make all money orders  
 payable to  
**Good Health Office,**  
 283 Pitt St., Sydney.

New Zealand subscribers to *Good Health* may renew subscriptions by sending to 37 Taranaki Street, Wellington.

Perdriau and Company,



RUBBER MERCHANTS.

(Only Address.) 270 George St., Sydney.

Enemas that Don't Split.

Price 3/6, 5/6, 8/6 each. (Postage -/6 extra.)  
 Wholesale and Retail.

*Give Your Dear Children*

**Arnott's Milk**



**Arrowroot Biscuits.**



**The Children's Health Food.**

**ELECTRO-HYDROPATHIC INSTITUTE.**

VICTORIA SQUARE, ADELAIDE, S. A.

SOMETHING NEW IN THE TREATMENT OF DISEASE.

**THE ELECTRIC LIGHT BATH,**

Radiant Light Utilised, and Marvellous Results Obtained thereby.

Digestive Disorders, Rheumatism, Sciatica, Curvature of Spine, etc., treated by Special Apparatus and Gymnastics. MASSAGE, ELECTRICITY, HYDROTHERAPY, Baths of all Kinds, Hot Air Vapor, Electric Hot and Cold Sprays.

Skilled attendants and manipulators of both sexes in daily attendance.

Wholesale agents for South Australia for the Elastic Pocket Inhaler, Vaporisers, 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 annual Friday to sunset Sunday.

**HEALTH FOODS**—Granola, Granose, Nut Butter, Nuttose, Bromose, and Caramel Cereal, always on hand. For Further particulars apply to A. W. Semmens.