

May 1, 1914.

Vol. 9. No. 5.

# THE AUSTRALASIAN

## GOOD HEALTH

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

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Goodman, May 4, 1903.

A. M. 1177

## AUSTRALASIAN

# Good



# Health

Vol. 6.

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

No. 5.

### Tobacco and School Children.

It is evident that tobacco using is becoming prevalent among the innocent youths. "Papa smokes, why may not I?" they say. The effect of this upon the rising generation is not flattering.

Herr A. Boer, a well-known German schoolmaster, has just published some interesting statistics regarding the practice of smoking among German school children.

Taking his school at Wiesbaden as a general example, he finds that in the lowest classes, consisting of boys from five to seven years old, nine pupils smoke pipes and cigars.

In the two following classes—boys from seven to ten years of age—eleven were found, and in the two highest classes—nine to thirteen years old—nine boys. Total, twenty-nine smokers, or fifty per cent. of the pupils.

The Chicago, U. S. A., School Board has been having a medical examination of pupils before allowing them to take part in certain athletic sports. Boys and girls were subjected to the same examination. Not one girl was found unable to pass, while a large number of the boys, in almost every case smokers, were found to be in a physical condition which made violent exercise of any kind very dangerous. Twenty-one out of a hundred were found unfit, and all but three suffered from some form of heart trouble. Almost without exception, the unfit ones were cigarette smokers.

### Infectious Diseases Spread Through the Milk Supply.

G. M. KOBER (*American Journal of the Medical Sciences*, Vol. CXXI, No. 5) bases the

following conclusions on the study of 330 outbreaks of infectious diseases:—

The number includes 195 epidemics of typhoid fever, in 148 of which the disease prevailed at the farm or dairy. Of the 88 scarlet fever epidemics, 68 showed cases of the malady at the dairy or milk farm. In six instances persons connected with the dairy lodged or visited in infected houses; in seventeen cases the infection was conveyed by persons handling the milk while suffering or recovering from the disease, and in at least ten by people who acted as nurses while handling the milk. In one instance the cans had been wiped with an infected cloth, and in two cases bottles or cans became infected while left in scarlet fever houses.

Of the 36 diphtheria outbreaks, 13 showed cases at the dairy. In three instances, employees handled the milk while ill with the disease. Two hundred and forty-three epidemics (of 330) were recorded by English authors, 53 by American, 14 by German, 11 by Scandinavian, and 5 each by French and Australian writers. This is probably due to the fact that milk is consumed raw in England and America, but on the Continent it is rarely used without being boiled.—*Archives of Pediatrics*, August, 1901.

### The Importance of Pure Milk and Sterilisation.

ALMOST all authorities are agreed that infected milk is a frequent and most important cause of consumption. Butter made from tuberculous milk is necessarily infective. And in this connection it is important to note that while the mortality

from all forms of this disease, and especially from that form which affects the lungs, has been enormously reduced of recent years, the mortality from the form which attacks the intestines, which is by far the most frequent form of this disease in children, and which seems to be chiefly due to infection by milk, does not seem to have undergone any noteworthy diminution during the very period of sanitary progress which has been associated with such substantial diminution of death from this affection at all ages in England and Wales. It appears from a statement in the *Lancet* that this result has, indeed, coincided in point of time with a large increase in the consumption of milk.—*Science Siftings*.

BARON LIEBIG says, "If a man drinks daily from eight to ten quarts of the best Bavarian beer, in the course of twelve months (or after drinking 800 gallons) he will have taken into his system the nutritive constituents contained in a five pound loaf of bread." Beer is not a food. Food builds up. Beer puffs up.

### How to Avoid the Plague, Consumption, and Typhoid Fever.

D. H. KRESS, M. D.

OF all sanitary measures, that of the first importance is personal cleanliness, next, house cleanliness, and then yard cleanliness.

THE PLAGUE is essentially a filth disease. All histories of plague point to the presence of insanitary conditions. The worse these conditions, the more firmly the disease takes hold. The plague, like consumption, is a "pestilence that walks in darkness." It is confined to the slums of our large cities, where ignorance reigns. It can only gain a foothold in the dwellings of those who love filth and darkness rather than light. Rats are subjects for this disease, not because they are rats, but because they choose to live in the dark, and are not careful in the selection of their food. When we choose dark, sunless rooms where the windows are constantly kept closed lest a few breaths of pure air gain entrance, and the curtains are kept down to keep out the sunlight, and we exercise no care in the selection of food, we need not be surprised to have a visitation of the

plague at any time. The dwellings have too few windows, but as a usual thing we find that even these are kept darkened. The rooms become clammy; mold, which is really a growth of disease germs, often grows on the walls, or beneath the carpets. There is a musty odor about these rooms, or sealed boxes. Flies seem to recognise such rooms as death traps, and quickly make their escape; the birds cease to sing, and plants become pale and sickly, and die if left within them. Should not these practical illustrations teach a valuable lesson? Children naturally like to be in the light; they are afraid of the dark. No doubt one of the reasons why the little ones are often not content with home, and want to get out of it as quickly as possible, is because these dark caves are unnatural and uninviting. Anciently when Egypt had a visitation of various plagues, the record tells us that while there was a thick darkness in the land of Egypt, "All the children of Israel [who were kept free from disease] had light in their dwellings." God, at the beginning when darkness was upon the face of the deep, said, "Let there be light, and there was light." The same voice should still be heard wherever darkness exists, and light should be welcomed. Sunlight is nature's disinfectant.

CONSUMPTION.—It has been clearly shown by experiments that direct exposure to the rays of the sun for a few hours will destroy the germs of consumption, cholera, and other disease germs. The sunlight should be welcomed into every room, and every nook and corner of the room. The bedding and clothing should be frequently exposed to its beneficent, purifying, and health-giving beams. Notice how quickly the disagreeable odors disappear from old blankets and bedding when exposed to the sun. It will do the same for the human body. What is needed is exposure to the sun. It is the skin of the sedentary man, who is confined to his office, that becomes dingy and dirty. This is, however, more than skin deep, every tissue and nerve is dingy. The sun is nature's great purifier, cleaner, and sweetener. Houses are not clean, no matter how well kept, unless air and sunlight are freely admitted. "House heredity," said a noted doctor, "has more to do with the prevalence of consumption than family heredity," and he is right.

**TYPHOID FEVER.**—The eminent sanitarian, Dr. Joseph von Foder, compiled the facts relative to the surroundings of fatal cases of typhoid fever in Buda Pesth, Hungary, during fifteen years, 1863-77, with results as follows:—

Deaths from typhoid fever per hundred houses when the *interior of the dwelling* was

1. Very clean.....165
2. Clean.....177
3. Dirty.....182
4. Very dirty.....356

There was gradual increase from "very clean" to "dirty," and a very great increase from "dirty" to "very dirty." Compared with the "very clean," there were more than twice the proportion of deaths in the "very dirty" dwellings.

With the yards surrounding the houses, the result was as follows:—

Typhoid fever deaths per one hundred houses when the *yard* was—

1. Very clean.....159
2. Clean.....186
3. Dirty.....208
4. Very dirty.....282

The evidence was conclusive that want of cleanliness outside the dwelling had great influence in the causation of typhoid fever, but not nearly as great as had want of cleanliness inside the dwelling. To avoid this and other diseases entirely, not only must the premises and the interior of the homes be kept sweet and clean, but the body itself must be kept free both from external and internal defilement.

Frequent bathing is necessary to keep the pores of the skin open, and daily exercise in the open air to encourage the circulation of the blood and the elimination of wastes which are constantly forming.

But of greater importance by far is the selection of clean, pure food. Flesh foods, although they contain a certain amount of nutriment, are never free from filth and impurities, and they may, in addition to waste products normally present, have stored up in them the very diseases we aim to avoid. The plague is not confined to rats. Recently, thirty-eight animals at the Zoo in Sydney were afflicted with this disease, and were destroyed. Consumption and cancer, it is well known, are also prevalent among cattle, especially dairy herds.

While we make clean the outside, let us not neglect to make and keep clean the in-

side. "Be ye clean," is a divine command. Cleanliness is godliness. He that keeps himself and surroundings clean, dwells under the shadow of divine protection, and "no plague shall come nigh his dwelling."

### Sunshine and Digestion.

VERY intimate relations there are between sunshine and digestion.

Mr. P., one of our merchants, came to see me about his stomach. Dyspepsia was written all over his face, seen in his movements, heard in his voice.

"Doctor, I am played out. I can't digest, I can't work; I must give up."

"Tell me about your diet."

"That is all right. I have studied the subject, and I know my food is all right."

"How about your exercise?"

"I have a little gymnasium in my store, and exercise an hour every day."

"How about your sleep?"

"Why, doctor, I go to bed every night with the chickens; at any rate, I am always in bed before nine o'clock; I rise by six in the morning, take a bath, a plain breakfast, and go to my counting-room. Once in the forenoon and once in the afternoon I exercise in my gymnasium half an hour, but I am getting worse and worse all the time. Isn't it curious? My wife thinks I must have a cancer in the stomach. Nothing seems to help me; I live the most physiological life, but my digestion grows worse and worse."

"About your counting-room; is that light? is it sunny?"

"The store is light enough, but the counting-room is so dark that we have to use gas."

"That's it, Mr. P., that explains your cancer."

"Of course, you don't mean that; but I suppose it would be better if the counting-room were sunny."

"Mr. P., no vegetable thing, even, can digest in the dark. Try it. Plant a potato in a dark cellar. Surround it with the best soil and give it water. How slender and pale it is. Now open a window in another part of the cellar, and notice how the poor hungry thing will stretch that way.

"Notice where grain is growing in an orchard, that the part under the trees is

smaller than that outside and away from the trees. And yet the soil under the trees is actually the richer. What is the trouble? That part under the trees does not receive as much sunshine as that away from them.

"Haven't you noticed that the only grapes which become ripe and sweet, that the only peaches and apples that take on those beautiful red cheeks, are those on the outside, exposed to the sun?"

"The law is the same in the animal world. It is just as true that the only girls with red cheeks and sweet breath, the only girls who become fully ripe and sweet, are those who baptise themselves freely in sunshine.

"You have seen those pale girls in the stores; girls with a bloodless, half-baked sort of face, whose walk, whose voices, whose whole expression, are so void of spirit and force. Those girls are in the green state. Look at them. It gives you pain and distress. You feel they can never be what nature intended. So with you, my dear man. Get into the sunshine. It is one of the most powerful stimulants of all the functions of the body we have; a stimulant that leaves no trace of evil, no toxic effect, behind it like alcohol and many other drugs."

My friend promised to try it, and I feel no hesitation in saying he will come back a changed man.—(*Dr. Dio Lewis, in Journal of Hygiene*).

### Don't Take Your Troubles to Bed.

You may labor your fill, friend of mine, if you will;

You may worry a bit, if you must;

You may treat your affairs as a series of cares,

You may live on a scrap and a crust;

But when the day's done, put it out of your head;

Don't take your troubles to bed.

You may batter your way through the thick of the fray,

You may sweat, you may cry, you may grunt;

You may be a dunce if you must, but this rule

Should ever be kept at the front:

Don't fight with your pillow, but lay down your head

And kick every worryment out of the bed.

That friend or that foe (which he is, I don't know)

Whose name we have spoken as Death,

Hovers close to your side, while you run or you ride,

And he envies the warmth of your breath;

But he turns him away with a shake of his head,

When he finds that you don't take your troubles to bed.

—*Edmond Vance Cooke, in the Saturday Evening Post.*

### What is Disease?

J. H. KELLOGG, M. D.

THE ancients believed disease to be a malign entity of some sort, an evil spirit, perhaps, which had taken possession of the body of the sufferer. Among savage and half-civilised tribes, this idea still prevails. The ancient method of treating disease, as well as that still in vogue among savages, was quite in harmony with their idea of the nature of sickness. They sought to drive the evil spirit out by making it uncomfortable, employing for this purpose violent means, such as whipping or beating the patient, compelling him to inhale the fumes of burning sulphur or other noxious vapors, or administering to him nauseous and disgusting decoctions of various sorts.

The savage idea seems to be, the more disgusting the medicine, the more powerful it is. This notion is not altogether confined to savages. It is a common practice in some city dispensaries, which are largely patronised by the ignorant and superstitious, to administer drugs having a strong and unpleasant flavor as a means of inspiring the patient's confidence in the efficiency of the remedies given. Civilised men and women are by no means altogether free from superstitions relating to disease. Multitudes of men and women who are well educated and capable of reasoning intelligently upon almost every other subject, regard disease as an affliction sent from heaven, or an opposite source, and to be gotten rid of only by the use of some magic, mysterious, or supernatural agency. This erroneous conception of the nature of disease is undoubtedly the foundation of the faith placed by so many in "magnetic healing," so-called "mind cure," "faith cure," and multitudes of highly vaunted but utterly worthless nostrums and trinkets, which are as utterly devoid of healing virtue as the fetich or the amulet of the African.

A correct idea of the nature of disease is essential to an understanding of the natural and the proper methods of treatment. The difference between disease and health is very great in appearance, but much less in fact, when one has a correct understanding of both. The body in a state of health may be compared to a ship sailing with full canvas before a strong, steady breeze. The body in a state of disease may be very aptly compared to a ship in a storm, con-



tending with changeable, adverse winds, and high, rolling waves. The water, the winds, and the ship are all the same in the steady breeze and in the storm, but the conditions and relations have changed. The symptoms or phenomena of disease are due to the same violent activities or processes which are present in health, but disturbed by the conditions or causes which are the occasion of the disease. For example, it is natural for the stomach to expel its contents. Whatever is taken into it is passed along by the contraction of the muscular walls of the stomach. Irritating or other obnoxious substances, when taken into the stomach, may occasion such violent contractions of the organ as to expel the offending substances by the mouth, and thus vomiting is often accompanied by complete relief. So also offending substances in the bowels may be discharged by violent intestinal action or diarrhoea. The muscular movements of the intestines are natural in health, and become intensified only in disease. In other cases, the vital actions may be too slow, or suspended altogether, as when the muscles are paralysed, or when an organ becomes inactive through exhaustion or some structural change taking place in it.

Thus it appears that in disease we have to deal with a living, active body, subject to the same laws and principles which govern it during health. There is no suspension of these laws because of diseased conditions, and there are no essentially new principles brought into action. From this we may justly conclude that in the treatment of the sick, we do not have to deal with the body as though its process were utterly new and foreign to its normal state, but rather to do for it the very same things we do for it in health, with such modifications as may be necessary because of exaggerated or deficient activities; just as a ship in a storm needs to be dealt with on precisely the same principles as a ship sailing under ordinary conditions. Sails may be furled to preserve them from being torn into shreds by a fierce wind, but new sails of an entirely different character are not required.

In disease, as in health, we must supply the body with those things needful for the maintenance of life, making in cases of disease such modifications as special conditions may require. The agencies which

maintain health are the most powerful means which can be employed for the regaining of health lost; that is, for combating disease.

Experience has shown that air, water, sunlight, diet, exercise, and rest, the means which are the most essential for the preservation of life and health, are the most powerful of all means for the restoration of those who are sick.

### How I Walked One Hundred Miles.

GEORGE H. ALLEN.

WHEN I undertook the arduous task of attempting to walk one hundred miles on the road in twenty-four hours, it was with the sole object of proving beyond doubt that I had not deteriorated since becoming a convert to the better way of diet.

Having been, for the past eighteen years, more or less actively engaged in athletic pursuits, from which I have gained a fair share of their victories, I felt it my duty, as a vegetarian, to prove to the world at large that our way of living is as physically sound as it is morally right.

When I gave up eating flesh nearly three years ago, many of my friends and acquaintances plainly told me that I could not keep my strength up to its old standard upon what they were pleased to term the "cabbage and potato diet;" and, if any additional proof of this were needed, it seemed to be provided for them in the fact that I, about the same time, ceased to take part in open athletic competitions.

When questioned upon this point, I told them that my reasons for doing this were because I considered the energy, time, and expense which I had previously devoted to athletics could be far better spent in endeavoring to make this world generally, and myself in particular, a little better from a moral and spiritual standpoint—for I may say here that my reasons for being a vegetarian are strictly ethical ones, and I do not believe it is right to sacrifice, *needlessly*, the life of sentient living creatures.

I certainly lost weight at the start, but after several weeks I began to have a desire for different foods, and then I began to gain weight, and at the present time I weigh seven pounds heavier than I did as a flesh-eater, and have not a pound of fat

upon me. What does this mean? It means that I have, at least, seven pounds of muscle more upon my body as a vegetarian than I had before.

That my physical strength has greatly improved was proved in my long walk in many ways. I had never before the day walked more than fifty miles without stopping, and as a fact I had only twice walked that distance at all. Once I went fifty-four miles in a day, but I had two stoppages; once forty miles, and once a fast twenty miles, which I completed in three hours forty-six minutes. These were all the really good hard walks I had, but I found that I did not require the amount of exercise to get my body into condition that I did as a flesh-eater, for I was already in a thoroughly healthy and sound state.

### Why Eat Meat?

A. W. SEMMENS.

FLESH foods contain an average of seventeen per cent. of albuminoids, and grains, eleven per cent.; the grains contain sixty-six per cent. of starch, and the meats none; the latter have fifteen per cent fats, and the former five per cent.; the grains are only thirteen per cent. water, while the flesh foods are sixty-four per cent.; a small amount of salt and cellulose makes up the total nutritive values.

As eighty-three is about two and one-third times thirty-six, therefore, flour, oatmeal, and cornmeal contain on the average two and one-third times as much food substance as beef, mutton, pork, and poultry.

Simple-minded people reason by analogy that because cattle are strong, the eating of their flesh must be very strengthening. This would be alright if the reasoning were carried a little further, reaching the conclusion that since cattle gain their strength from eating grain, we can do the same. Our domestic animals gain all their strength and health without eating meat, why can't we? People can obtain strength from oatmeal as well as horses can from oats, and fat from maizemeal bread as well as hogs can from maizemeal.

As to healthfulness, it is generally admitted that grains are more wholesome than flesh food. Fried pork is everywhere regarded as one of the most difficult dishes to digest, while cereal preparations are by common consent called health foods.

Roast pork requires five hours and fifteen minutes to digest, a longer time than any other food, while wheat bread requires only three hours and thirty minutes, and maizemeal bread three hours and fifteen minutes. Fried salt pork takes four hours and fifteen minutes to digest; fried veal, four hours and thirty minutes; boiled chicken, four hours, and roast duck, a half hour longer.

Ordinary white flour is less nutritious, and very much harder to digest than whole wheat or graham flour, besides being a common cause of constipation. This is not the fault of the wheat, but of the method of preparing it for food. Oatmeal would be very much more digestible if cooked from one to two hours instead of fifteen minutes. Soft, pasty porridges are incompatible with sound digestion.

It would be far better if all our breads were prepared without yeast; unleavened breads are preferable. The salting and frying of foods make them more unwholesome and indigestible.

The eating of flesh food is a common cause of liver disorders, rheumatism, and gout. Flesh meat 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 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.

According to Landois and Sterling, the amount of uric acid excreted through the kidneys daily is 32.5 grains on a flesh diet, and from three to ten grains on a non-flesh diet. When we recognise the fact that uric acid is a product of imperfect nutrition, that it is the result of the flooding of the body with an excessive amount of nitrogenous, waste substances, and when we take into account the further fact that uric acid has been shown to be, when taken in connection with other poisons which are always found present with it, one of the most active of all known disease-producing agents, the figures cited become exceedingly significant. It is evident that the question is well worth careful and earnest consideration.

According to the latest investigations of S. Haig, "Gout is not a constitutional

disease due to any defect in the formation or functioning of the body. It is a form of diet disease due to food poisoning. It follows from this that it can only be cured by leaving off the poisonous foods, and prevented by omitting such foods from the diet of the young." Gout is rheumatism, and rheumatism is gout, and the arthritis of both is due to the irritation produced by uric acid.

The question is often asked, How does this uric acid get into the body, and will the uric acid thus introduced suffice to account for all the uric acid of disease? First, from five to seven grains of uric acid may be easily introduced in ordinary diet of meat soup, meat extract, fish, poultry, etc. Secondly, if all this amount is retained in the body, it will mount up and form four to six ounces of uric acid in the year, though under ordinary circumstances nothing like the whole of this amount is retained in the body. Such an extensive introduction going on year after year for forty years will, with even a small retention, easily furnish all the uric acid that we ever see inside a human body. If this is so, and is productive of disease, *why eat meat* when the Creator has furnished abundance of other foods which contain three times the food-value, and contain no deleterious substances?

#### **Typhoid Fever Spread by Oysters.**

UNCOOKED oysters "fattened" in typhoid-infected waters are now known to be a means of spreading typhoid fever. An outbreak due to this cause, at Wesleyan University, Middletown, Conn., in October, 1894, was thoroughly investigated, and the results published in the report of the Connecticut State Board of Health for 1894. Two cases of typhoid fever, the discharges from which went through a private sewer into the Quinnipiac River near where the oysters were placed in fresh water to "fatten"—absorb fresh water—just before they were to be used, were the source and cause of the outbreak. Twenty-three students and six other persons who attended the banquet, contracted the disease.

The general subject of typhoid bacteriology and oysters in salt and fresh waters, at ordinary temperatures, was afterwards investigated by Charles J. Foote, Demon-

strator of Bacteriology in Yale University: "Many bacilli were found in the oyster juice and in the stomach of the oyster a month after infection, from which it appears that typhoid bacilli may live even longer in the oyster than in the water which surrounds it, from which they usually disappear within three weeks when new infection does not occur."

An incident that occurred in a town of about five thousand inhabitants will illustrate how extensively typhoid fever germs may infect a community.

One of the members of a family living a few hundred yards from a small stream that flowed into a reservoir from which the public water was drawn, was suffering from typhoid fever. The material from the sick room was thrown far out into the back yard during the autumn months just as the ground was freezing. It remained there in perfect condition until the spring thaw, none of the neighbors or people of the city coming down with typhoid fever. After the spring thaw, cases began to develop very rapidly in the city. The ground being frozen where the germs were thrown, as soon as spring opened they very soon found their way into the little stream and down to the reservoir where the conditions for their multiplication were quite good. From there they flowed into the water mains, and very soon over a thousand cases of typhoid fever developed. It was observed that the disease developed only among those who used the city water, and an investigation revealed the above facts.

It now becomes extremely important for us to be certain of the purity of our drinking water, and if there is any question at all, it should be boiled before it is used. Coonamble with its 260 cases of typhoid fever appeals to all to be careful in the use of milk and water.

#### **An Interesting and Scientific Fact.**

A FEW years ago a call was issued from London, England, to the scientists of the world to assemble for the discussion of whatever scientific subjects might be presented, every statement to undergo most rigid scrutiny. One member said, "Tobacco is not injurious. I have chewed it for fifty years, and my father for sixty years, without perceptible damage. All this hue and cry about it is nonsense." The act-

uary answered, "Step forward, sir, and let us canvass this matter thoroughly. How much do you chew?" "I chew regularly three quids per day, of about this size," cutting them from his plug. One was given to a Russian and another to a French chemist, with, "Please return their extracts."

Then the actuary said, "Will any young man unaccustomed to the use of tobacco, chew this third quid before the audience? Here are twenty dollars to anyone who will." A young man stepped forward. The audience were requested to scan his looks, cheeks, eyes, and general appearance, before he took it, and closely watch its effects. He soon became pale from sickness, then vomited, and anon fainted before the assembly. The extract from one quid was given to a powerful tomcat. He flew wildly round, and then and there died. The other extract was put upon the tongue of a premium dog, which uttered a yelp, leaped frantically, lay down and expired. These facts look place before the world. They are recorded in the most scientific repository of this century or any other, in a volume which cost twenty dollars a copy. They cannot be controverted. Every consumer of tobacco in either form is a practical witness that these are its precise effects, by his own initiation to its use.—*From Life: Its Factors, Science, and Culture, by O. S. Fowler, L. L. D.*

THE life of Lewis Cornaro is well known. It is said that he was of an infirm constitution; that he was descended from a family of gormands. His father, three of his uncles, and all his elder brothers had gluttonised themselves to death before their fiftieth year. Lewis, the third of four prodigal sons, had not yet celebrated his fortieth birthday when the doctors informed him that his digestive troubles had become serious enough to justify an interview with a notary public. In other words, they advised him to make his will, and seemed indeed to have given him up for lost, when the death of his younger brother suddenly sobered him.

"There was no doubt that his relatives had perished of overeating, and Lewis Cornaro resolved to cure the complaint by removal of the cause.

"His friends predicted his death by starvation, but Cornaro stuck to his plan,

and in less than a year contrived to get rid of all his ailments. His very eyesight improved, and he began to feel young again.

"A man ought to be in his prime at fifty," said he in a letter to a Salerno physician. "I feel fully able to continue my earthly pilgrimage for another quarter of a century."

"Time more than fulfilled that prediction, for Cornaro enjoyed bodily and mental health to the end of his *ninety-eighth* year."

### Poison in Canned Beef.

FIFTY-FIVE PERSONS ILL IN PLAINWELL, MICHIGAN, U. S. A., FOUR OF WHOM ARE NOT EXPECTED TO RECOVER.

NILES, Michigan, U. S. A., Sept. 19.—Nearly one-tenth of the population of Plainwell, a little village in Allegan County, is ill from eating canned pressed beef at a church social, last Friday night. Fifty-five persons were poisoned, twenty are dangerously ill, and four are expected to die, the doctors having expressed no hope of their recovery.

The women of the Presbyterian church gave a supper Friday evening in the church parlors, and about 100 guests were present, all of whom ate supper and partook freely of the canned beef which was on the bill of fare. Saturday morning several children were taken ill, and the attending doctor pronounced their ailment a case of poison. Similar cases developed in many homes, both old and young being afflicted. So many cases were reported that the few doctors who were in the town could not attend to them all, and outside doctors were summoned.

By Sunday evening fifty-five cases of poisoning were reported, and in each case it was learned the patients had partaken of the beef. Some of the patients were violently ill, and it was thought at one time at least a dozen persons would succumb to the poison. Hard work, however, saved their lives, and with the exception of the above mentioned it is expected all will recover.—*Times.*

PHILLIPS BROOKS used to say that "health is salvation," and Bishop Foster declares that "to care for men's souls most effectively, we must care for their bodies also."

AUSTRALIA consumes annually according to Mr. Coglean's estimate 246 pounds of meat per head, double the amount consumed in other countries, or the enormous amount of 960,000,000 pounds. This represents over 19,000,000 sheep, or 1,600,000 bullocks. Riotous eating of flesh and the use of alcoholic drinks are always associated: the one containing the narcotic poison, uric acid, creates a craving for the other. Therefore, we are not surprised to learn that Australia spends each year, approximately, fifteen million sterling for alcoholic beverages. For other narcotics it pays out as follows: Four millions sterling for tobacco, and nearly two million for tea, to say nothing of cocoa, coffee, and other narcotics. From this it is seen that a total of £21,000,000 is spent annually for the narcotic poisons mentioned above used as beverages.

This unnecessary expenditure swells the total average cost of living to £38 per head per year. This is considerably above the average cost of living in England, America, Canada, or the Continent, countries that certainly cannot be held up as models of temperance or economy. In Russia the average cost is but £10 per head annually, or about one-fourth the amount spent in Australia. It may well be asked now as anciently, "Why do ye spend money for that which is not bread, and your labor for that which satisfieth not?"

Narcotics create unnatural cravings that cannot be satisfied. The £21,000,000 spent annually for these unnecessary things, which are not only unnecessary but injurious, would be a wonderful aid in assisting the starving multitude in the drought-stricken areas. Prosperity has not proved a blessing; adversity may. Certainly the drought brings with it a lesson that should be carefully studied, and if rightly understood, it may be to Australia a blessing in disguise. "The curse causeless shall not come."

In the West Indies a lemon bath is almost a daily luxury. Three or four limes or lemons are sliced into the water and allowed to lie for half an hour, in order that the juice may be extracted. A remarkable sense of freshness and cleanliness is thereby given to the skin.

### Opinions of Medical Men.

THE following question was recently sent to a number of leading physicians: "Do you consider that men may live in full vigor and health from a carefully selected dietary from which flesh-food is excluded?"

The different replies received are of interest, and show how advanced scientists regard this question.

The undermentioned are selections from the answers:—

"Yes."—H. H. S. Dorman, M. D.

"Yes."—H. S. Purdon, M. D., Belfast.

"Yes, it is possible."—Jonathan Hutchison, LL.D., M.D., F.R.C.S., F.R.S., London.

"I have lived on a strictly meatless diet for ten years, and have been greatly benefited by this regime. We make it incumbent on all our patients, and in that way we cure some diseases hitherto considered incurable."—A. F. Reinhold.

"I have no doubt of this. And I speak from twenty-one years of careful, studious observation of my own experience and that of hundreds of sick and well persons in all climates, from the tropics to Canada, with whom I have conferred."—Robt. J. Osborne, M.D., New York.

"I do. Meat eating is not essential to health or strength, while it is equally true that diet too rich in nitrogen is productive of disease or organic weakness."—R. Greer, M. D., Chicago.

"I am inclined to think so, but am not yet sure."—N. M. Wilson, M.D., Sheffield.

"Certainly."—John Beddoe, L. L. D., M.D., F.R.C.P., Wilts.

"Of course I do. I should be frightfully ignorant if I did not know they could."—A. Rabagliata, M.D., F.R.C.S., Yorks.

"Yes."—W. W. G. Stables, M.R.C.S., London.

"Yes, certainly."—Alfred B. Olsen, M. R.C.S.

THE newspapers report a fifth victim to the Derby pork pies. It is said that the demand for this kind of food has fallen off to an extent. We remember General Booth saying on one occasion, "A man with pork pie on his stomach can't sing hallelujah." Neither is he fit to do the best work in any line. Gross feeding dulls the mind, and lowers the spiritual aspirations in much the same way as do alcoholic drinks.  
—*Exchange.*

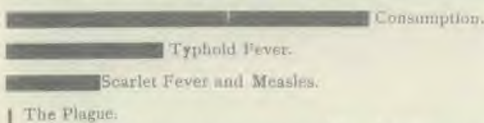
### Death Rate From Consumption In Germany.

A RETURN submitted to the Reichstag on February 16 by Chancellor von Bulow gave a resume of the facts gathered by the Imperial Health Office as to the treatment of tuberculosis in Germany.

Out of 1,000 deaths in Germany of persons between the ages of 15 and 60 years, 316 die of tuberculosis alone. Persons under 15 and over 60 are seldom affected. The mortality of the entire population averaged 242 per 100,000 yearly, rising in the Bavarian palatinate to 329, in Bremen to 337, and in Hesse to 314. The conditions in Germany are shown to be better than in France, Austria, and Russia, but worse than in Switzerland, Belgium, Denmark, Norway, and especially England. The Chancellor said the health officers found that consumption could best be treated in special hospitals.

The statistics for 1896 to 1901 showed that on the average out of 100 cases treated 87.7 were dismissed as cured or improved, 8.8 as no better, 3.1 as worse, and 8.8 died. In concluding, the Chancellor said it was hoped that the war against tuberculosis would make further progress through the co-operation of individuals and public bodies with the Government.

THE following diagram affords some idea of the relative importance of diseases as causes of deaths, prevalent in Australia:—



Consumption is responsible for more deaths than all other contagious and infectious diseases combined. This is no doubt due to the fact that less care is taken to prevent its spread. Should the same care be exercised in the prevention of the spread of consumption that is exercised in the spread of the plague, it too might be reduced to a minimum.

CANCER is a local disease due to some local irritation. But it is only found in those who are physically deteriorated. It is a local manifestation of general malnutrition. It is found that cancer of the breast is almost exclusively confined to

women, and cancer of the lips and tongue to men. Women do not use tobacco, therefore escape cancer of the lips and tongue. Men do not wear corsets and are not afflicted with cancer of the breast. Local irritation is always a necessary factor in the causation of the disease.

The collective investigations in Belgium set on foot by the Société Belge de Chirurgie, has yielded the following results (*La Presse Médicale Belge*, July 19): The details of the 722 cases under treatment or observation on May 15 were received; of these 264 were men, and 458 women. The average age of the men was sixty-five, while that of the women was forty-five. As regards the part attacked, the breast was most frequent (one hundred and eighty-five women and two men); next came the uterus (one hundred and forty-nine, of which one hundred and thirty-three were of the cervix and sixteen of the body); then the lip (one hundred and twenty-five men and three women); the tongue (seventeen men, three women); the liver (three men, two women); the esophagus (three men, three women).

IS TEMPERANCE an easy matter, a slight task? Does it not rather imply strenuous self-denial? One would think so to hear some men talk, but they are the intemperate men. To one that has never used tobacco it is no hardship not to use it; he loathes it. A man who has never used alcoholic liquors can pass the doors of a thousand public houses with not the least desire to enter them. Daniel and his friends ate their simple fare with a greater relish than the other youths had for their richer viands, and so they grew fairer to the eye. No truly temperate man feels it a self-denial to be temperate; it is his choice and his pleasure.

But suppose that, as is the case with all of us at some points, we have already begun to be intemperate? How can we make our way into the power of a temperate life?

First, want to. No one can be cured of drunkenness—of any kind—until he really wants to be cured. He will remain a drunkard at heart until he takes the will-cure, and ceases to look longingly after his sin, and see how close he can get to it without falling into it again.—*Selected.*



## Good Health Tit Bits



### "It Micht Ha' Been Waur."

WHEN failures becloud the blue of your sky,  
And troubles begin in torrents to pour,  
Just think of the floods that others have whelmed,  
And say to yourself, "It micht ha' been  
waur,"  
You're drenched, but no droon'd; it micht  
ha' been waur!

When out on life's sea your vessel is wrecked,  
Beyond the relief of a humanly shore,  
Cling fast to the spar God's put in your hand,  
And say to yourself, "It micht ha' been  
waur,"  
Some haven't the spar; it micht ha' been  
waur!

When Death, blanching Death, stalks into your  
street  
And knocks with appalling hand at your door,  
Hold fast to the hope God's put in your heart,  
And say to yourself, "It micht ha' been  
waur,"  
What if you'd nae hope! It micht ha' been  
waur!

And when you shall stand before the great Judge,  
Who'll open the book and scan your life o'er,  
May He in His love forgive where you've tried,  
And say to your soul, "It micht ha' been  
waur,"  
Gang ye wi' the sheep; it micht ha' been  
waur!"  
—John H. Finley, in the Interior.

SOMEBODY said that the only difference between a wise man and a fool is, that the fool tells all he thinks, and the wise man keeps it in. The wise man thinks just as much, but keeps it to himself, and does not let other people know what he thinks; but that man is not a truly wise man. The truly wise man is the one who does not think bad things. It requires more than human wisdom, it requires more than human power, to get into that position.

FROM India comes the following piece of history: About a year ago Alexander Bailey, a prominent citizen of the town, was married to Miss Jennie Scott. The groom was 88 years old and the bride was 57. Both were in vigorous health, but

issue from marriage was scarcely expected. Last Friday, however, twin girls were born to Mrs. Bailey. Both mother and children are doing well, the children both being strong and healthy. The proud mother attributes the unusual occurrence to the fact that she has always been a strict vegetarian.—*Vegetarian*, March 31, 1900.

THE Emperor William, we are told, has killed during twenty-seven years 1,223 bucks, 1,467 does, 2,548 wild boars, 771 roebucks, 17,446 hares, 22 foxes, 121 chamois, 1,392 rabbits, 13,720 pheasants, 694 herons, and other birds and beasts, making a grand total of 40,957. It is fortunate that the Kaiser has other occupations, pictures to paint, operas to compose, sermons to preach, impromptu speeches to prepare, otherwise Germany would run short of fauna.—*Vegetarian*.

### Where Lies the Blame?

A FARMER drove up to our mill door with a load of wheat. He had a fine team of horses, but he, alas, was a sickly, meagre-looking creature. Now, as he handed out the sacks of grain, he chanced upon a basket well-filled with golden apples.

Forthwith he gave the precious fruit to the miller, saying, in grievous tones: "Never do apples pass my lips without subsequent suffering; take them, and may they deal better with thee than me. I have no pleasure in food; all alike causes distress and bitterness."

"On what dost thou dine, friend?" asked the miller.

"Salt meat, sausage, eggs, pancakes, pickles, and white bread form the chief part of my dietary; but the water is bad where I live. The only way for me to have better health is to sell what I have and move away."

But the miller, noticing his sleek-looking horses, remarked,—

"And do your horses partake of the same water?"

"Indeed, they take no other," the farmer made answer.

"Tobacco is a daily indulgence with you?" said the miller.

"Oh, yes, I couldn't live without my pipe." "But your horses seem to thrive on the water which injures you. If they used the tobacco you do, if they lived on your diet, would they thrive, or would the water sicken them too?"

The farmer changed his diet, and left off using tobacco. Strange to relate, the water agreed with him to perfection, and he eats apples with impunity.—*St. Louis Magazine.*

A NON-SMOKING PRESIDENT.—Frank T. Bullen, recounting a pleasant visit with President Roosevelt, mentions that the president is a non-smoker. The same is true of our present Prime Minister, of General Roberts, Sir Michael Hicks-Beach, and many other prominent men. It is hardly likely that even the most ardent devotee of the weed would seriously advise any of his friends to contract the smoking habit. After all is said, tobacco is a "ne'er-do-well" and a deceiver.—*British Good Health.*

INFLUENCE OF TEA AND COFFEE ON DIGESTION.—Dr. Schultzenstein, in experimenting upon the digestion of chopped boiled egg with hydrochloric acid and pepsin, found that digestion was very materially interfered with by both tea and coffee. Experiments by Dr. Roberts have shown us that tea and coffee are equally detrimental to stomach digestion of starch, and almost wholly neutralise the influence of the gastric juice.

"A VERY instructive incident was told by Professor Herrick Johnson to his students when advising them against smoking. He said he had been once asked to visit a lady who had been confined for weeks to her sick room. He gave her such consolation as he was able, and then asked why she did not send for her own minister to visit her. Her reply was, 'He is a smoker, and if he should come into the room the odor of stale tobacco might overpower me. In any event, I should be annoyed by it for days after. I could not bear the smell in the room.' Instances of dislike and dread of the odor of tobacco which emanates from the persons of smokers is far more frequent than many

suspect. Very instructive, too, is the personal experience of Dr. Henson, a well-known minister of Philadelphia, as given by himself. He had been brought up on a tobacco plantation, had learned to smoke when twelve years of age, and the practice had become an inveterate habit. 'For a long time,' he says, 'I was in trouble on account of my tobacco. The reason was not domestic, for I was blessed with the most patient of wives: nor was it physical, for I had a tough constitution which did not much feel the strain. The trouble was that of conscience. First of all, there was a sense of personal defilement, of which I could not divest myself. It is nowhere said in the Scripture, as is often supposed, that 'cleanliness is next to godliness,' but it is said, 'Be ye clean that bear the vessels of the Lord.' Along with this, there was the conviction that tobacco using was against nature, and seeing that God is the God of nature, in running against nature I was running not against it, but against Him. That was not a thing that could be safely done. As a consequence, there were texts in the Bible, and not a few of them, which, though not difficult in themselves, were very difficult for me, and so I dared not preach from them. I could not urge the people to 'lay apart all filthiness and superfluity of naughtiness,' if the traces of such superfluity were discoverable in my breath and on my body. I could not insist that they should 'keep under the body,' if my body kept me under. I could not ring out the cry of conscious, Christian freedom, if I myself was a slave to fleshly lust.' He then tells us of what he calls 'the struggle of the slave for liberty.' He had become dependent on the artificial stimulation, but by God's grace he was enabled to give up the habit, and to rejoice in his new-found freedom."

AN American jest: "Is this pig?" asked a rude and troublesome guest at table, holding up a piece of meat on his fork. 'To which end of the fork do you refer, sir?' asked the quietest of the guests."

PERSONS wishing to renew their subscriptions can do so either by calling or else sending their addresses and amount to any of the agencies mentioned in the paper.





# The Home

## The Woman Who Stands at the Tub.

You will read of the heroes of life,  
 And the valorous deeds they have done,  
 For the world is aflame with the light of the name  
 Of the man who is back of the gun;  
 But give me the pen that can write  
 Of the soil that gives life to the rose,  
 Of the woman whose realm is to stand at the helm,  
 Though her ship's but a basket of clothes.  
 Wash and rinse and wring,  
 Soap and soak and rub;  
 Oh, give me the words that may fittingly sing  
 Of the woman who stands at the tub!

Not she who is gifted and great,  
 Surrounded by honor and friends,  
 Has need of my praise, for the trend of her ways  
 Leads forward to prosperous ends;  
 But the one who is drifting through life  
 In a bark that is meagre and mean,  
 Who stands in her place with a smile on her face,  
 And is keeping her little world clean.  
 Toil in cold and heat,  
 Soap and soak and rub;  
 Oh, give me a tribute to lay at the feet  
 Of the woman who stands at the tub!

—American.

## The Oldest Man in the World.

A LOS ANGELES message of January 6 says,—

Undoubtedly the oldest man in the world, and probably the oldest human being, is Manuel del Valle, of Menio Park, California. He has reached the age of 157 years.

He has legal proof of his age. Manuel del Valle's proof is documentary. He has in his possession the certificate of his birth, signed by the jefe politico, or chief magistrate of Zacatecas, Mexico. The certificate, which shows that Del Valle was born in Zacatecas on November 24, 1745, is supplemented by the records of the Mexican Customs service, in which he served for many years.

Were it not for these indisputable proofs it would scarce be believable that a human being could have reached the age of 157.

He retired from active business at the age of eighty-two.

He was twenty years a Customs official at Ensenada, lower California. From 1814 to 1845 he acted as supernumerary in the Franciscan Mission at San Quentin, Lower California, the first mission building to be established on the Pacific Coast, and which is now in ruins.

In 1845, when he was just one hundred years old, Del Valle came with relatives to what is now San Francisco in a vessel that sailed around Cape Horn. He has lived in Menio Park since then.

He says he has never used liquor or tobacco. His principal nourishment is bean broth. All day long he sits in the sunshine.—*World's News, March 14, 1903.*

## The Corset and Its Evils.

LAURETTA KRESS, M. D.

AN eminent medical authority of France declares, "In the interest of the race we must condemn the corset. If we do not want the French nation to die out, we must put a stop to this article of dress." It is not only France as a nation that is endangered by the use of the corset, but all civilized nations alike. Tight-lacing seems to be a curse that follows in the wake of civilisation.

When a man has his measurements taken for a suit of clothes, the clothes are fitted to the body. They are made sufficiently large round the waist to allow of free respiration; if they are a little tight, he says, "I can't stand this; I must have room to breathe." When a woman visits her dressmaker, she has her body fitted to the dress. She measures, perhaps, from thirty to thirty-five inches round the waist, but the waist has to be constricted to fit a dress measuring only twenty-five inches. If this could be done without injury, there would perhaps be no special objection. Let us note the evils that must result from such a mode of dress.

1. The lungs are deprived of the amount of air that is necessary to keep the blood

pure and the brain and nervous system in health. 2. The liver, colon, stomach, intestines, and kidneys have no more room than they need to carry on their normal work; they are so compact that each organ helps to support the whole. When the waist is constricted, these tender organs are forced down upon the pelvic organs, causing retroversion of the uterus, uterine and ovarian congestion, and other diseases of the pelvic viscera so common among women. It is quite common on examination to find the stomach from three to six inches out of place, the kidneys

—and wearing the dress loose enough to be able to take in a good supply of air when exercising vigorously, without that feeling of constriction about the waist, thus allowing each organ to do its God-given work.

Upon the health of the mother depends largely the future vigor of our race. It is a knowledge of this fact which led the eminent French physician to make the strong statement quoted above.

Nothing on earth is more beautiful than the natural human figure. It is God's masterpiece, made perfect, and in His own image.



floating or movable, the colon prolapsed and doubled up, causing obstinate constipation; the liver so out of shape as to be scarcely recognisable, in some cases almost cut in two by the pressure of the floating ribs upon it. The proper function of every one of these organs, upon which health depends, is crippled, in some cases almost destroyed. What else can be expected but disease?

Very few women are in health. To many, life is a burden; they *exist*, but do not really know what it is to *live*. They are nervous, fretful, and have aches and pains, all of which could be relieved by getting out of the devil's grip,—*the corset*.

### Hygiene of the Eyes.

THE preservation of the eyesight is a matter of the utmost importance to the individual as well as to society. We commend especially the following rule, by Dr. L. W. Fox, Professor of Ophthalmology, Medico-Chirurgical College, Philadelphia:

1. Avoid sudden changes from dark to brilliant light.
2. Avoid the use of stimulants and drugs which affect the nervous system.
3. Avoid reading when lying down, or when mentally and physically exhausted.
4. When the eyes feel tired, rest them by looking at objects at a long distance.

5. Pay special attention to the hygiene of the body, for that which tends to promote the general health acts beneficially upon the eye.

6. Up to forty years of age, bathe the eyes twice daily in cold water.

7. After fifty, bathe the eyes morning and evening with water so hot that you wonder how you stand it; follow this with cold water, that will make them glow with warmth.

8. Old persons should avoid reading much by artificial light, be guarded as to diet, and avoid sitting up late at night.

9. Do not depend upon your own judgment in selecting spectacles.

10. Do not give up in despair when you are informed that a cataract is developing; remember that in these days of advancing surgery it can be removed with little danger to the vision.—*Medical World*.

**TO REMOVE FOREIGN BODIES FROM THE EAR.**—Dr. Zeim has discovered the interesting fact that the best means of removing such small, round bodies as peas, coffee beans, beads, etc., from the ear is by introducing oil into the ear. A little oil should be placed in the ear as soon as possible after the object has been introduced, and the canal plugged by means of a little cotton. The patient should lie as much as possible on the ear containing the foreign body; and the next morning, when the cotton is removed, the intruding substance will probably be found next to it ready to be expelled. It is probably forced out by contraction of the muscular fibres surrounding the auditory canal.

### Some Applications of Hot Water.

**HEADACHE** almost always yields to the simultaneous application of hot water to the feet and the back of the neck.

A towel folded, dipped in hot water, wrung out rapidly, and applied to the stomach, acts like magic in cases of colic.

There is nothing that so promptly cuts short congestion of the lungs, sore throat, or rheumatism, as hot water.

A towel folded several times, and dipped in hot water, quickly wrung out, and applied over the painful part in toothache and neuralgia will generally afford prompt relief.—*Medical Mirror*.

### Food Combinations.

CAREFUL experiments have shown very clearly that different classes of food require a particular quality of digestive juices for their digestion. For instance, a gastric juice that will digest animal food the best, is inferior for the digestion of vegetable food, and *vice versa*. The obvious conclusion to be drawn from this fact is that the simpler the dietary, the more perfectly will the digestive process be performed. For persons whose digestion is naturally weak this is a matter of especial importance. The following table represents the best and worst food combinations:—

#### GOOD COMBINATIONS.

Fruits and nuts.	Grains and Milk.
Grains and Fruits.	Grains and Vegetables,
Grains, Eggs, and Fruits.	including legumes.

#### FAIR COMBINATIONS.

Grains, Sweet Fruits, and Milk.	Eggs and Vegetables.
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#### BAD COMBINATIONS.

Fruits and Vegetables.	Milk and Vegetables.
	Milk and Sugar.

Those foods agree best whose chief constituent elements are digested by the same fluid, in the same part of the alimentary canal, and in about the same length of time. Vegetables contain a great amount of coarse, woody structures, which are retained in the stomach a long time before they are sufficiently broken up to be easily digested in the intestines. Fruits, on the other hand, remain but a short time in the stomach. The large amount of saccharine matter which fruits contain, makes them likely to set up fermentation in the stomach, if retained too long. Acid fruits are also likely to delay starch digestion. This is another reason for their interference with vegetables, the starch of which is rather more difficult of digestion than that of grains.

Milk and vegetables are likely to disagree, for the reason that milk, when taken by itself, is retained in the stomach but a short time, its digestion being carried on chiefly in the small intestine. When taken with vegetables, milk, being long retained in the stomach, undergoes fermentation, resulting in sour stomach, biliousness, and various other unpleasant symptoms.

If the bill of fare at a single meal were confined to three or four articles of food, there would be fewer dyspeptics scanning the newspapers for some patent nostrum to "aid digestion."

## Seasonable Recipes.

LAURETTA KRESS, M. D.

NATURAL foods prepared in the most natural and inexpensive manner are always the most wholesome, while complicated dishes create dyspepsia. Pains should be taken to have the food nutritious, healthful and inviting. We will give for a few months some of the most nourishing and inexpensive foods, and how they may be prepared so as to be easy of digestion.

**SPLIT PEA SOUP.**—One cup of split peas, three pints of boiling water, two dessertspoonfuls of browned flour. For each quart of soup desired, simmer a cupful of split peas very slowly in three pints of boiling water for several hours until thoroughly dissolved. When done, rub through a colander, reheat, and when boiling, stir in two dessertspoonfuls of flour, slightly browned, rubbed smooth in a little cold water. Boil until thickened, and serve. If preferred, the soup may be flavored with a little celery or onion. Add salt to taste.

**BAKED HARICOTS.**—Take one pint of small haricots, put to cook in warm water. Cook until they begin to crack open, then place in a "bean crock," or deep baking dish, add salt, one tablespoonful of golden syrup or treacle, and one tablespoonful of salad oil. Mix all together, add more water if necessary, and put into the oven. Bake until thoroughly done and slightly browned.

**SCALLOPED POTATOES.**—Pare and slice thinly enough potatoes for the meal. Place a layer of potatoes in a shallow baking dish. Sprinkle a little white flour over this, and add a little salt. Add another layer of potatoes, flour, and salt, until the dish is full, cover with milk and bake until well done.

**MASHED BAKED HARICOTS.**—Soak over night a quart of small haricots. In the morning, drain off the water. Put to cook in boiling water, and boil slowly until perfectly tender, and the water has nearly evaporated. Rub through a colander, or run through a mincer. Add salt to taste. Put into a shallow baking dish, smooth the top with a spoon, and brown in the oven. If properly done they will be mealy and crack open on top in baking. Serve with sliced lemon.

**VEGETABLE HASH.**—With one quart finely sliced potatoes, chop one carrot, one small red beet, one white turnip, all boiled separately, also a few pieces of celery or onion, and a small amount of salt. Put all into a saucepan, cover closely, and let simmer on top of the stove. When hot, add a dessertspoonful of cream. Stir well, and serve hot.

A DOCTOR has declared that if only twenty minutes a day were spent in physical exercise as an adjunct to mental education, most people might live to 70 without a day's illness, and perhaps prolong their lives to 100 years.

BEANS, peas, and lentils are inexpensive compared with meats. They are more nutritious, and free from disease and waste products.

The three Hebrew children who refused the meat and wine from the King of Babylon's table and chose instead "pulse," became fairer and stronger than the young men who ate the portion of the king's meat.

Often beans and peas are boiled in fat pork or served with butter or other fats. This is wholly unnecessary, and renders their digestion more difficult. When properly prepared, beans are not difficult to digest, and are one of the most palatable of all foods. It is best to put them to soak in cold soft water, and when the boiling point is reached, to allow them to simmer gently until done. The salt should not be added until nearly done, as it interferes with the cooking process.

The tough hulls of the beans often cause distress to persons of weak digestion. The hulls being indigestible retard the digestion of the part that adheres to them, and prevent the food from leaving the stomach as quickly as it should. This favors fermentation and the formation of gas. The skins may be removed by pressing the beans through a colander after they have been boiled. They may be rendered still more palatable and digestible by baking the remains in an oven after adding and thoroughly mingling with them a small amount of cream and some stale bread crumbs or bread crust.

**THE MAGIC OF A FACE.**—To a young niece who was bewailing her own lack of beauty, a gentle Quakeress once said tenderly, "The good Lord gave thee plain features, but he left it with thee to make thine own expression."

The girl took her lesson and learned it thoroughly, and now that the graces of her amiable character illumine her face, none ever think of it as plain. Her great wealth—and riches too often serve as a cloak for unloveliness of mind or person—is entirely lost sight of in the affluence of noble, womanly qualities, while her cultivated intellect and affectionate disposition give to her face that charm which is lacking in features.—*Harpers' Bazaar.*

DISEASE lurks near stagnant pools.—*St. John.*

## The Physician in the Home

**Diet.**—What do you consider the best diet for a nursing mother? Is cocoa necessary?

*Ans.*—Thoroughly dextrinised cereals, well prepared legumes, nut preparations, and fruits are without doubt the best foods that can be used. A drink made of malted nuts and milk could be taken in place of cocoa. The cocoa contains very little nutriment. It contains an active poison, theobromine, and tannin, and other products due to fermentation which are injurious.

**Brain Exercise.**—Does the brain require exercise?

*Ans.*—Most assuredly; just as much as a muscle, and for the same reason. The reason why there are so many weak-minded (and that usually means weak-willed) people is because they do not exercise their brains. The power of concentration, of fixing the mind upon a subject and holding it there, is a rare faculty. All desire it, but few are willing to work for it; and yet that is the only way it can be obtained. Cultivate the art of attention. It is a most valuable acquisition of the mind.

**Asthma.**—Please give outline of treatment for asthma which seems to affect bronchial tubes. Patient has attacks of severe coughing if she moves around in cold air in the morning.

*Ans.*—The whole surface of the body should be bathed in cool water daily, and afterward thoroughly rubbed, so as to secure a good reaction. The chest pack should be applied at night. It consists of a towel wrung dry out of cold water, laid across the chest, and covered with mackintosh and several thicknesses of flannel, so as to encourage the accumulation of heat, and to obtain a poultice effect. The diet should be fruits, grains, and nut preparations. Meats, fats, condiments, tea, coffee, and other indigestibles should be wholly avoided. In some cases a change of climate is necessary. A fomentation should be applied over the chest for five minutes, followed with the application of a towel wrung dry out of cold water, and covered with flannel. For general treatment, a hot bath of eight minutes' duration, to be followed by a wet-sheet rub for two minutes to tone the skin.

**The Two-Meal System.**—Do you advise the two-meal system for all? When should the meals be taken?

*Ans.*—No rigid rules can be laid down for everyone to follow. From a health standpoint two meals are better than three in most cases. There are conditions where more than two meals are advisable. In any case the stomach should always be given sufficient time to empty itself of one meal and have a period of rest before introducing more food. The all-gone or sinking feeling usually interpreted as hunger, is really the call of the stomach for rest, not more work. The best time for the meals is usually, breakfast between eight and nine o'clock, dinner between three and four o'clock. This puts the meals sufficiently far apart, and the stomach will

have plenty of time for the work of digesting the last meal before retiring, so that it can rest with the other organs and muscles of the body. Three hours at least should elapse between the last meal and bed time. Working men who take their breakfast at 6 or 6.30 in the morning can take dinner at 12.30 and a light meal at 6.30 in the evening.

**Biliousness.**—What is the cause of biliousness? What can I do to get rid of it?

*Ans.*—Biliousness is usually ascribed to an inactive or lazy liver. The fact is, biliousness is an indication that the liver has been overworked and the cells of the liver clogged with waste matter that should be converted into bile. The function of the liver being for a time crippled, the system becomes charged with these wastes. There is but one way of getting rid of this condition, that is, to lessen the load of this organ. Give it a chance to free itself of the burden imposed upon it. For one or two days eat only fresh fruits, either apples, oranges, pears, or peaches. Then adopt a simple dietary composed principally of cereals and fruits, or cereals and herbs, and biliousness will probably be a thing of the past.

**Backache.**—Will you kindly inform me of the treatment for pain in the back over the region of the kidneys?

*Ans.*—Hot fomentations applied as follows: Wring the cloth (blanket is preferable) as dry as possible out of boiling water, and fold it a little larger than the part to be fomented. Have a single thickness of dry cloth over the part ready to receive the moist cloth, and as soon as applied fold the ends over in order to retain the heat. The fomentation should not be allowed to remain longer than four minutes, and usually four or five applications will relieve the pain, at least temporarily. This pain is usually associated with digestive disorders. Attention must be given to the diet.

**Cause of Red Nose.**—Is a red nose caused through indigestion?

*Ans.*—The redness is due to the dilation of the peripheral blood-vessels, resulting from the presence of narcotic poisons in the blood. It may be brought about by the free use of alcohol, or may be produced by the formation of alcohol or other narcotic poisons from the fermentation of foods in the alimentary canal from indigestion.

**Cold Water.**—Your journal recommends plenty of cold water. I am unable to take more than a few sips at a time. Can I rectify this in any way?

*Ans.*—Cold water should not be taken in large quantities. One-half glass full at a time is sufficient. The best way to overcome lack of desire for drink is by creating a demand by vigorous exercise. It is only when the blood becomes thick and liquid is needed to dilute it that a desire for drink exists. Anything that favors perspiration creates a demand for drink. To drink when no demand exists is not always beneficial, the liquid taken is not absorbed. Its retention in the stomach favors fermentation and sour stomach.

**Treatment of Neuralgia.**

FOR the relief of neuralgic pain, it is of primary importance to remember that the water must be as hot as the patient can bear it. The application should be so hot as to make it necessary to take it off and put it on two or three times, until the patient's skin can bear it a little better. Commencing the application at about 110 deg., the skin will gradually acquire a tolerance for heat until a temperature from 140 deg., to 160 deg., can be borne. Facial neuralgia, neuralgia of the stomach, intestines, or bladder, lumbago, sciatica, in fact almost any form of neuralgia, is relieved by the application of intense heat. It should be remembered that the hot treatment is not to be continued indefinitely—fifteen or twenty minutes is sufficiently long, and it should be immediately followed by the application of a towel or compress wrung very dry from ice-water and left in place thirty seconds. The parts should then be covered with dry flannel, which will greatly prolong the effect of the hot application.

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201 Newcastle Street, West Perth, West Australia.

Hughes Street, North Unley, South Australia.

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

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F. W. R.

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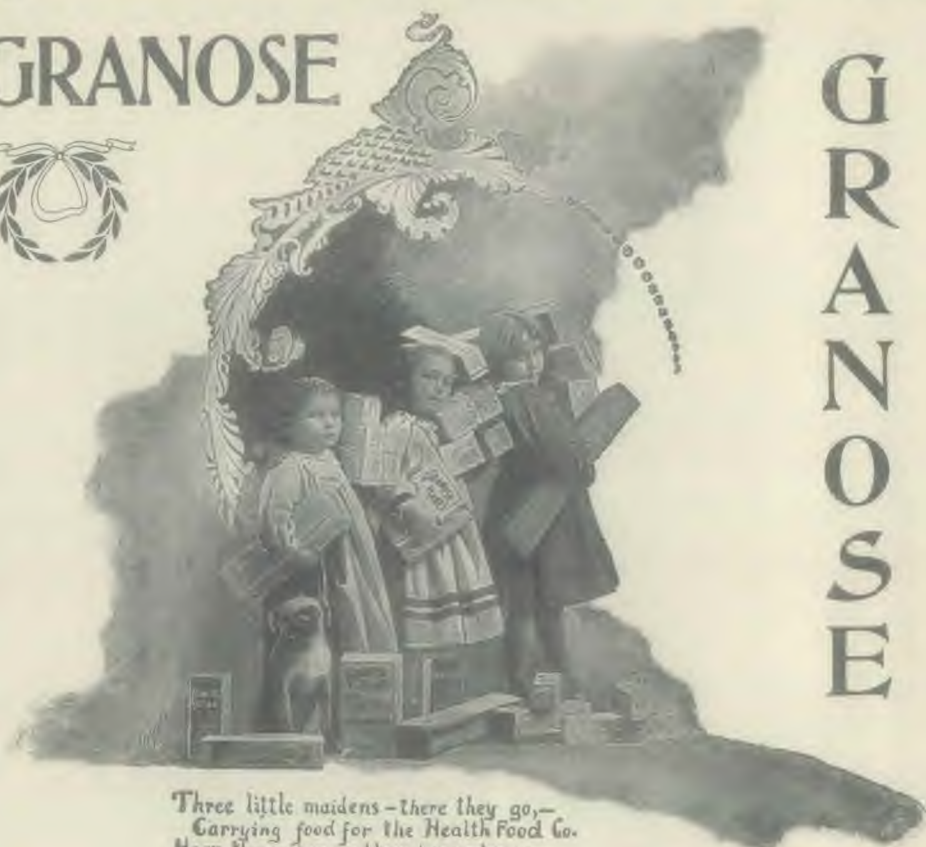
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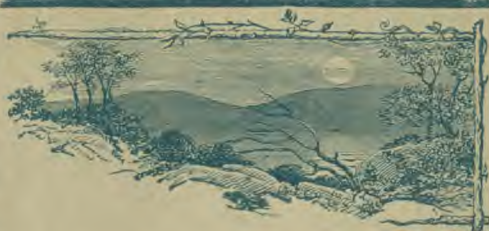
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