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# THE AUSTRALASIAN

## GOOD HEALTH

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EDITOR.

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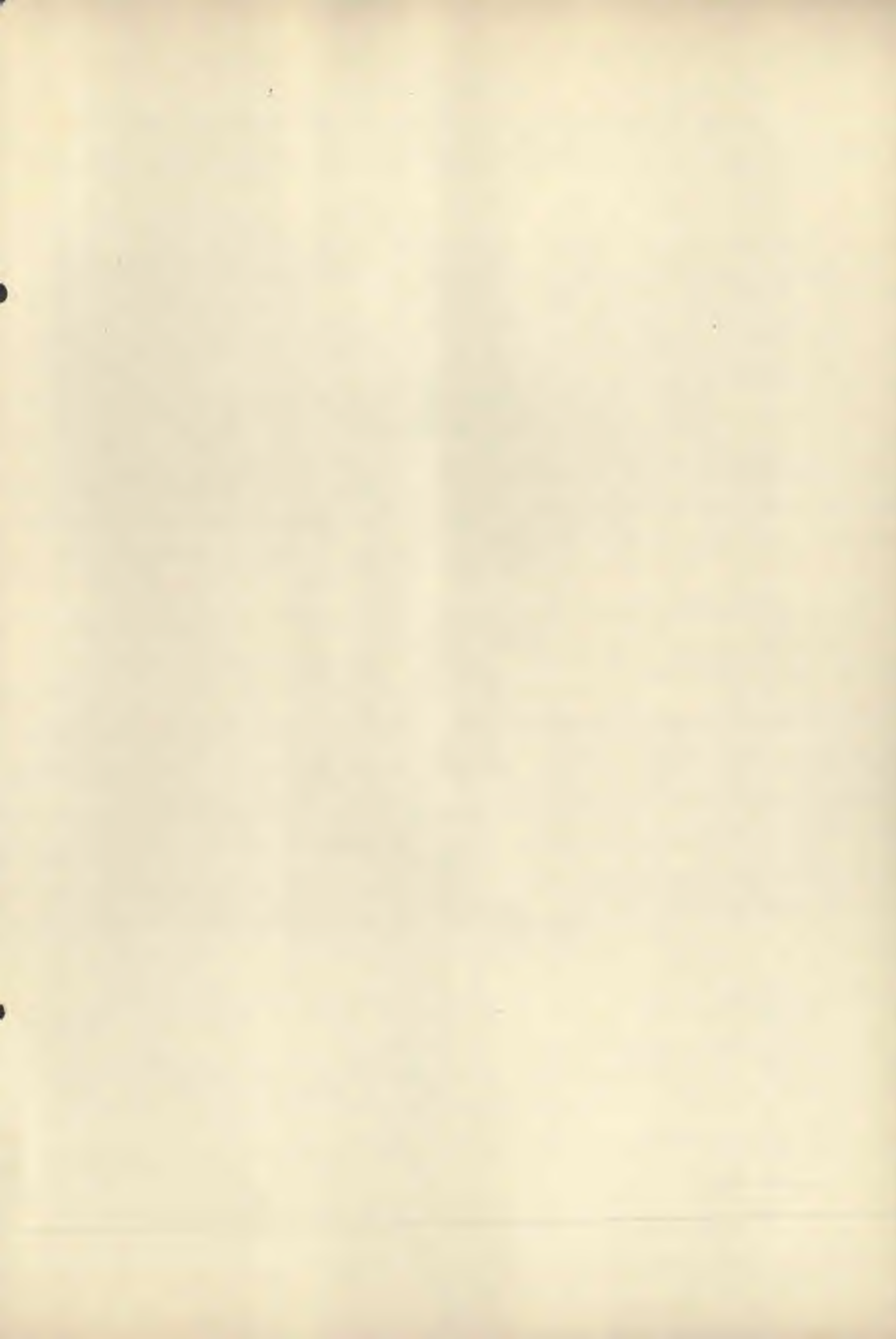
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GRANOLA IS PARTLY DIGESTED, ALL THE WHEAT STARCH HAVING BEEN TURNED TOWARD SUGAR. WHEN TAKEN INTO THE STOMACH, GRANOLA IS INSTANTLY ASSIMILATED AND TRANSFORMED TO BLOOD, THEN BONE, MUSCLE, NERVE, AND TISSUE

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## AUSTRALASIAN

# Good



# Health

Vol. 6.

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

No. 6.

TO SEEKERS OF PLEASURE.—That age will indeed be golden which shall be characterised by the pursuit of health rather than by the pursuit of pleasure, though the latter is more likely to be attained through the former than through any other medium. The possession of health and strength is in itself an unspeakable pleasure, a happiness impossible of description. The attainment of sound bodily and mental vigor is, too, a noble aim. Nature from her pure and chaste throne bids us obey her laws, and a life in harmony with natural law, with reason as guide, is at once healthful, happy, and ennobling.

REMARKABLE EXEMPTION FROM DISEASE. An exchange quotes the following account of a savage tribe whose habits are singularly temperate, and which, as the result, is remarkably exempt from disease. The tribe is known as the Oswals of Marwar, a branch of the Bengalese. It is stated that while cholera rages on all sides, not one of them has ever taken the disease, much less succumbed to it; and they attribute their immunity to their sanitary rules. According to the precepts of their religion, they never touch animal food or spirituous liquors; they dine early, and sup on milk and fruit. Wherever an Oswal goes, he never breaks these rules. It is not added, but it is quite safe to presume, that a measure, at least, of cleanliness goes with these other religio-sanitary ordinances.

A TELLING FACT.—The temperance and sobriety of the Society of Friends is well known, and the vital statistics of this people indicate that they are well repaid in

longevity for their obedience to the laws of hygiene. Out of two hundred and twenty-nine Friends who died in 1899 in Great Britain and Ireland, according to the *Medical and Surgical Reporter*, one hundred and thirty-seven were upwards of fifty years of age at the time of death; one hundred and fifty-three were over seventy years of age, and sixty-nine were between eighty and ninety years of age. This is a good thought for those persons who are constantly saying to themselves or to those who advise them wisely in relation to the care of their health, "Oh! but it doesn't hurt me to eat this or that. I know it does not agree with many people, but nothing hurts me."

BILIOUSNESS is becoming a household word. Very few are exempt from this annoying disease. A yellow or dingy skin nearly always indicates biliousness. This dinginess is more than skin deep; the brain is dingy as well as the skin. There are a great many disagreeable symptoms therefore associated with this trouble; chief among these may be mentioned gloom, despondency, irritability, and impatience. In short, biliousness is responsible for many family quarrels and many unhappy homes. We may well inquire into some of the causes of this condition. One cause of biliousness, arising from torpidity or inactivity of the liver, is the use of condiments,—such substances as mustard, pepper, pepper-sauce, ginger, vinegar, and other things which have an acrid or burning flavor. Certain it is that a substance which will raise a blister on the skin in fifteen minutes, as mustard or cayenne

pepper will do, is capable of doing mischief on the inside of the liver when it gets there through absorption from the stomach. If you put a little pepper in the eye, it makes the tears flow, and presently the eye becomes bloodshot. Mustard or pepper in the liver does not make it smart, as it has very few nerves of feeling; but it causes the blood-vessels to enlarge. The effect of their continued use is just the same as would be the effect upon the eye, if a little pepper were put into it every day. Such an eye would after awhile become so inflamed that it would be useless.

**LACK OF OXYGEN.**—The liver needs oxygen to carry on its business of bile-making and sugar-making, and the various other kinds of work it has to do. The amount of oxygen in the blood depends upon the amount of air taken into the lungs. If a man stops breathing, he very quickly gets black in the face, because the oxygen of the blood is consumed so rapidly that the blood quickly acquires the dark color it has when it contains little or no oxygen. If we exercise out-of-doors on a cold winter's day, we come in with cheeks and lips rosy with the glow of health, because they are filled with bright blood, rich in oxygen. When we sit quietly in-doors in heated rooms, and take little or no exercise out-of-doors, we do not expand our lungs well, and consequently receive very little air into the blood, and the little we inhale is poor in oxygen. Consequently, the whole body suffers for want of this life-giving element, and the liver with the rest. Not being able to make bile without oxygen, and its supply being insufficient, it makes too little bile, and allows the waste elements which should have been removed through this channel to accumulate in the body. Thus a person becomes bilious from sedentary habits.

**THE BODY-GUARD OF EMPEROR WILLIAM** was made up of men of great physical powers, averaging in height from six to six and one-half feet. These men were natives of a mountainous district in Germany, in which little or no meat is used as an article of diet.

**IMPURE LOLLIES.**—Some time ago a London child died suddenly, and a *post-mortem* examination of its viscera revealed the fact that death was due to copper poison-

ing arising from the consumption of colored sweets. Death was originally attributed to enteritis, or diarrhœa, and it was only by chance that an autopsy was made. How many of our little ones die supposedly from diarrhœa, but are really killed by impure sweetmeats! Another child subsequently died from eating sweets whose bulk had been increased by means of paraffin wax. Only minute quantities were found in the stomach, but they were sufficient to cause fatal peritonitis. —*Exchange.*

**EXPERIMENTS RECENTLY MADE SHOWING THE IMPORTANCE OF LIGHT.**—Microbes retain their vitality much longer in dimly lighted than in sunny rooms. This may be one reason why disease germs flourish better in winter than in summer, owing to the lesser hours of sunlight. Dr. Gafky points out that influenza epidemics have never occurred in Germany except when the weather has been long cloudy. The vitality is also directly proportional to the size of the particle of dust or moisture. The germ dies more rapidly the finer the particles. In tests with droplets such as are expelled in speaking, sneezing, or coughing, it has been found that the typhoid germs retain their vitality 24 hours in daylight; the diphtheria germs 24 to 48 hours in daylight and five days in a cellar; the consumption germs five days in daylight and 22 days in a cellar; and anthrax spores 10 weeks in daylight, and at least three months in a cellar.

**DISEASED PIGS.**—According to the report of a case before the Bellingen Police Court published in *The Daily Telegraph*, an application was made by the local senior-constable for the destruction of ten pigs supposed to be suffering from pneumonia. The owner of the animals said they had been imported from Sydney. When they arrived, several of them seemed to have a bad cough, and one died shortly afterwards. He put them in the sty with the healthy pigs, and nine of the animals which came from Sydney had died. An order was made for the destruction of the pigs, and the magistrate, it is stated, "referred strongly to the fact that, although there was a large staff of salaried inspectors in Sydney, such a number of palpably diseased pigs should have been allowed to pass through the saleyards."

At the Melbourne Abattoirs, pigs so diseased that their bodies were found to be covered with ulcerations, and their tails and feet literally dropping off, were recently sold at the Metropolitan Pig Market, and from thence were taken to the abattoirs to be slaughtered. Fortunately these animals were condemned by the inspector as unfit for public consumption. So contagious is the disease with which the pigs were affected that healthy porkers who came into contact with them contracted it.

**HYGIENE OF THE EYE.**—When the eyes ache, close them for five minutes. When they burn, bathe them in water as hot as can be borne, with a dash of witch-hazel in it. After weeping, bathe them in rose-water, and lay a towel wet in rose-water over them for five minutes. When they are bloodshot, sleep more. When the whites are yellow and the pupils dull, look after your diet.

**HOW THE BRAIN IS INJURED.**—"It is not intellectual work that injures the brain," says the *London Hospital*, "but emotional excitement. Most men can stand the severest thought and study of which their brains are capable, and be none the worse for it; for neither thought nor study interferes with the recuperative influence of sleep. It is ambition, anxiety, and disappointment, and hopes and fears, the loves and hates, of our lives, that wear out the nervous system, and endanger the balance of the brain."

**EVILS OF TIGHT LACING.**—"O indeed my dress is not tight. My waist is naturally small; I never could wear a tight dress." Such is the universal observation. No lady dresses tightly, none whose dress is not loose. Even the Empress of Austria, who has the reputation of having the smallest waist in the world, would doubtless say her dress was quite loose; yet tight-lacing is doing more to undermine the health of women than any other thing. There is not a function of the human body that is properly performed when the lungs are constricted, not an organ that does its duty. It destroys all gracefulness of carriage, causes suffering that women are hardly conscious of. Because they are so accustomed to the pressure, they do not know when they are dressed too tightly, or when the breathing is oppressed.

It is estimated that one-third of the dwellers upon earth are habitual users of tobacco.

**TEA, TOBACCO, AND ALCOHOL.**—We must not overlook the fact that the use of strong tea and coffee, and especially the use of tobacco and alcoholic drinks, are among the most ready means of producing biliousness. All smokers and drinkers are more or less bilious, and the tawny complexion of strong tea and coffee drinkers is undoubtedly due to the bad effect of these beverages upon the liver.

The remedy for biliousness is plain enough. Stop abusing your liver. Give it an easy time for a few weeks, and see what a wonderful change will occur in your feelings. Live simply, bathe frequently, and take plenty of out-door exercise. The liver will go about its work in the most cheerful manner possible if it has half a chance.

**SIGNIFICANCE OF HEADACHES.**—Many of the methods which Nature uses to maintain health we do not recognise, and often oppose her efforts by disregarding them. For instance, you may have a headache, which is possibly caused by an acute attack of indigestion. The headache is given as a warning that something is wrong, and to teach that the act which caused the trouble should not be repeated. But instead of taking the warning, many take a headache powder to stop the pain, and as soon as they are able and have the opportunity, will repeat the indiscretion which caused the trouble. The headache powder may stop the pain, but it cannot remove the cause. Pain, then, is one of Nature's best bodyguards.

**AVOID THE SKINS OF FRUIT.**—In the Laboratory of Hygiene of the Battle Creek Sanitarium an interesting experiment was recently made for the purpose of determining the influence of the skins of fruit. A young man in whose stomach fluid no microbes whatever were found after a breakfast of sterilised food, was given a quantity of unwashed grapes, which he ate, skins and all. Examination of the stomach fluid showed more than five hundred thousand microbes for each fluid ounce.

Dr. Maria Duncan calls attention to the fact that the bloom of the peach is a luxuriant growth of microbes, which find in

the stomach most favorable conditions for growth and development, thus causing decay of the fruit before it can be digested. This may be an explanation of the fact that many people cannot eat raw fruit. All raw fruit should be thoroughly washed before it is eaten, and the skin carefully removed in such a manner as to avoid soiling the flesh, or pulp, of the fruit.

It is getting quite fashionable nowadays to charge one's bodily weakness to heredity instead of to our own follies. A colored gentleman suffering from rheumatism being asked by a friend, "Where did you get so much rheumatics?" replied, "I inherited the disease from my oldest son, who works at well-digging."

### Gout, Its Causes and Treatment.

GOUT consists in irritation or inflammation brought about by the presence or deposit of uric acid crystals in the structure affected. This deposit naturally occurs in the parts most remote from the centre of circulation, or where the blood circulates sluggishly. The smaller joints are, therefore, the first to be affected.

There is probably no disease about which there is a more universal agreement among medical authorities as to the cause, than gout. In fact, nearly every man, woman, and child of any intelligence is acquainted with the term "uric acid," and knows that gout is due to the accumulation of uric acid in the body.

#### URIC ACID

is a waste product, resulting from the breaking down of tissue by the wear and tear of the body. Normally, when sufficient exercise is taken, the kidneys, skin, and lungs are able to eliminate, or throw off, all the waste that is formed in the body; but when insufficient exercise is taken to keep the blood circulating freely, thus carrying the wastes to the organs of elimination, or when foods are taken which contain great quantities of wastes in a soluble form, the blood becomes saturated with them, and deposits are made where the circulation is most sluggish, which, as stated, is usually in the small joints farthest removed from the great vital pump—the heart. These deposits in the joints create irritation, and set up an inflammatory condition, accompanied with excessive pain.

#### CAUSES.

The two principal causes of the accumulation of uric acid in the system, and its deposits in the small joints, are (1) the free use of foods or drinks containing this poison, (2) the use of beverages containing inorganic acids or acids brought about by fermentation, as spirits, (3) sedentary habits, or lack of exercise. The disease is almost wholly confined to the wealthy—those who have fullness of bread and little physical exercise.

#### PREVENTION.

Total abstinence from foods laden with uric acid, with sufficient exercise each day to get up a good sweat, is a sure way of keeping this disease at bay. Who ever heard of a hard-working man, who was moderate in the use of simple foods, having gout? Laboring men who subsist largely upon flesh food (which always contains uric acid) are able by vigorous outdoor exercise to eliminate a large share of this excess of uric acid taken in the food, and thus ward off the disease for a long time; but the extra burden thrown upon the kidneys in its elimination, finally results in disease or the complete wearing out of these organs, thus shortening life.

When a gouty subject consults his physician, he is at once advised to give up the use of flesh foods, alcohol, coffee, tea, etc. Why?—Because it is recognised that all of these either contain uric acid or interfere with the oxidation and elimination of uric acid by decreasing the alkalinity of the blood. Especially is this true of flesh. By the use of flesh foods, uric acid is directly thrown into the system. The evil resulting from such a diet may not be experienced at once, and for this reason it is difficult to convince men that these foods are injurious. It is supposed that when one takes moderate exercise, the kidneys are able to eliminate from ten to twelve grains of uric acid daily. A pound of meat contains about twenty grains of uric acid. If ten grains more than the kidneys are able to dispose of are taken in the system one day, we have an accumulation of ten grains of this product. The same quantity taken the next day increases the amount to twenty grains. Either ten or twenty grains can do very little injury, but if this is continued for one year, we have a deposit of at least five ounces, in



two years double this amount, in twenty years it means an accumulation and deposit somewhere in the body of a large quantity of uric acid. When this accumulation reaches a dangerous quantity, nature gives warning, or holds out a danger signal, in the form of pain, calling upon the individual to repent and reform his habits of living. This is often the last warning given to the one who has refused to listen to the voice of conscience and reason.

Gout is not a disease that comes on suddenly; it is brought about by long sowing for it, and represents the accumulated wastes of many years.

#### TREATMENT.

This large quantity of wastes which it took years to store up, cannot be got rid of in a day, or a week, or a year. It required time to accumulate; it will require time to eliminate it. Suppose the kidneys are able to eliminate ten grains daily in addition to their normal work; then by stopping the introduction of uric acid, using only pure foods which do not contain it, there will be carried out daily through the kidneys ten grains of this heap of refuse. Thus the system will in time succeed in throwing out the whole of this foreign matter; but at best it will be a slow process. It is like removing a pile of sand when only one shovelful can be taken at a time.

The whole process is like filling a stationary box with sand, a shovelful at a time, and when the box is full, observing that a mistake has been made, and that the only thing to do is to begin to shovel the sand out. In doing this you may possibly work a little more rapidly, and thus succeed in emptying the box in one half the time taken to fill it. It is well for the gouty subject to bear this in mind, and not be content merely with the removal of pain; let him be satisfied with nothing less than the removal of the disease products—the accumulated uric acid. Let him not be weary in well doing; for in due season the benefit will be reaped.

In addition to reforming the diet, and taking only pure food and drink, treatments may be given which will improve the circulation of the blood, and the activity of the skin and kidneys. No treatment can equal the intelligent use of water, massage, etc., for this disease. When the patient is able to do it, sufficient exercise should be taken each day to get up a vigorous sweat.

### The Effect of Small Quantities of Alcohol on Mental Operations.

ONE of the most important of the recent findings of science is the effect of alcohol on the brain and mental operations.

Dr. Franz Schonenberger, of Bremen, Germany, said in a recent number of an educational paper:—

“Science has established that alcohol destroys first and most those parts which are most delicate and most recently developed. These are those wonderfully delicate brain cells upon whose proper formation the difference between men and beasts chiefly depends. These delicate structures are undeveloped in the very young child, or are only just beginning to unfold. The child is at first, therefore, deficient in speech, reasoning power, intellect, judgment, and all the higher moral sensibilities which govern our thinking, feeling, and willing. How the drunkard, by paralysing these brain structures, can sink to the level of the animal, and lower, is well known. Whoever, then, gives wine and beer to a child injures these delicate structures in their formation, and thoughtlessness, flightiness, passion, coarse sensuality, and all base characteristics attain domination.”

### The Greater Intemperance.

WE talk about temperance as though abstinence from alcohol were the fulfillment of the law, but there is a greater temperance yet to come, more in accordance with the dictates of an enlightened reason. There is more than one kind of intemperance. The sin of overeating produces as much trouble to the community as that which comes from the use of alcoholic drinks, and perhaps more. The use of tobacco is the occasion of harm second only to that of alcohol. The evils of overwork and worry do not fall far behind. In fact, we exhaust ourselves every way in our work and in our play; in eating and drinking; and even in those athletic efforts that are supposed to be hygienic and recuperative. They are all made too intense, and therefore we do not live out more than half our days, and that half we do not live either comfortably or with that fullness and richness of life which we might. Furthermore, these very excesses are the occasion of much of the demand for alcohol, to drown the nervous rebellion

that would otherwise shield us from the result of our own foolishness. In confirmation of this, look at the immense amount of disease that runs riot through our land.—*Charles H. Shepard, M. D.*

### Nature of Alcohol.

A FEW words regarding the nature of alcohol will reveal its true relations to life.

Alcohol is one of the substances formed by the yeast plant. This plant is a live organism, conforming in many respects to the low forms of animal life. It lives upon sugar. It eats sugar, and this becomes decomposed into alcohol and carbonic acid gas. The yeast plant throws alcohol and carbonic acid gas out of its body, or excretes it, in order that it be not poisoned by retaining the excretion. In a similar way the human body excretes urea and carbonic acid gas in order that the body be not poisoned by the retained excretion. A substance which would poison the yeast plant if retained will poison any of the higher plants or animals. This is in accordance with one of the laws of life; namely, that a substance which poisons one form of living organism will poison any living organism of higher rank. This reveals to us the reason why it is that alcohol is a poison to all forms of animal life, and it also reveals why it cannot, in the nature of the case, serve as a food.

### The Decadence of the Race.

J. H. KELLOGG, M. D.

THAT the human race is in a state of decadence and marching rapidly towards extinction is attested by an immense number of facts which no one pretends to dispute. The only surprising thing in connection with the subject is the fact that men and women are not more surprised and alarmed in the face of this awful fact.

A study of the records of history and of the unwritten testimony afforded by a study of the remains of human beings and human arts found buried in the crust of the earth, presents indubitable evidence that many nations and places and tribes of men who have at one time flourished upon the earth and to a most remarkable degree, have, through the operation of various causes, fallen into a state of senility and

decay, and by and by have been buried so deep in the accumulating rubbish of the earth that only a pyramid, a ruined temple, or a burial mound remains to testify to their existence.

The death of a nation, the extinction of a tribe, even, is a sad and ominous event, but the march of human history is strewn all along the way with catastrophes of this sort. In the United States we have had the opportunity to see again and again the extinction of an aboriginal tribe in the obsequies of the sole surviving member. A throb of sorrow went around the world some years ago when it was announced that the last survivor of the Tasmanian race had died. The present time will afford many pictures of dying races, as in the Sandwich Islands, New Zealand, and numerous other South Sea Islands, to say nothing of the pitiful spectacles afforded at the various Indian agencies of the United States, where each year gathers a decreasing number to receive from the government the meagre dole which the gunpowder and bullets of civilisation have compelled them to accept in return for the sacrifice of their homes, their hunting grounds, their independence, and their very existence.

But it is not to these small catastrophes that I desire to call attention, but rather to the greater fact that the same degenerative and destructive agencies which have, in ages past, wiped out nations and races, and which we see in operation about us at the present day, extinguishing races formerly possessed of enormous vigor, vitality, and endurance, are operating with the same certainty and potency for the destruction of not only small fragments of the human race, but of the entire race of man. It is only necessary to look at a few facts to recognise the convincing evidence that the human race is, taken as a whole, rapidly going down to oblivion—at least the civilised part of it. The statistics of insanity show an increase of 300 per cent. in the United States within the last fifty years. There has been the same increase during the same time in the proportion of idiots, imbeciles, and epileptics. At the present time the number of defectives in the United States is not less than 350,000, or one-half of one per cent. From this it is quite easy to predict that in fifty years, at the present rate of increase, imbeciles alone will constitute one per cent. of the entire popula-

tion. A continued increase at this rate would in the course of 265 years render insanity, imbecility, and idiocy universal among the people of the United States. Other degenerates are increasing at an equally rapid rate. This is shown not only by the statistics themselves, but by the increase of crime. In the year 1887, there were 10,000 murders in the United States alone, nearly double the number, in proportion to the population, committed in India, a half-civilised country. This proves that the more civilised we become, the more unhealthy and the more criminal, and that there is unquestionably a distinct relationship between criminality and physical decadence. The increase of immorality in our large cities and smaller towns as well, is something frightful. Many evidences of moral as well as physical decay might be brought forward. A study of the statistics of England and other countries shows the same state of things to be taking place elsewhere as in the United States.

#### Drugged Butter.

A FEW days since another of those butter horrors which we have so frequently and freely condemned was unearthed in South-wark, and it resulted in the fining of William Wells, of Price's Street. The analyst certified that a sample of butter sold by this individual contained no less than sixty-two grains of boracic acid to the pound. Dr. Millson, Medical Officer of Health for the Borough, said that boracic acid was given as a medicine, but not in larger quantities than two grains per dose for a child. He calculated that a child could consume two ounces of butter daily, which meant that with an article like that now before the court, it would take into its system eight grains of boracic acid. In the course of a week this would have a bad effect, and very likely set up gastritis or diarrhœa. Indeed, as we have so often said, drugged milk and butter are the cause of the majority of cases of infantile troubles of this nature.—*Science Siftings*.

#### Be Patient with the Boys.

I HAVE a profound respect for boys. Grimy, ragged, tousled boys in the street often attract me strangely. A boy is a man in a cocoon—you do not know what it is going to become—his life is big with

possibilities. He may make or unmake kings, change boundary lines between States, write books that will mold characters, or invent machines that will revolutionise the commerce of the world. Every man was a boy—it seems strange, but it is really so. Wouldn't you like to turn Time backward, and see Abraham Lincoln at twelve, when he had never worn a pair of boots—the lank, lean, yellow, hungry boy, hungry for love, hungry for learning, tramping off through the woods for twenty miles to borrow a book, and spelling it out, crouching before the glare of the burning logs.

Distinctly and vividly I remember a squat, freckled boy who was born in the "Patch," and used to pick up coal along railroad tracks in Buffalo. A few months ago I had a motion to make before the Court of Appeals at Rochester. That boy from the "Patch" was the judge who wrote the opinion granting my petition.

Yesterday I rode horseback past a field where a boy was ploughing. The lad's hair stuck out through the top of his hat, one suspender held his trousers in place, his form was bony and awkward, his bare legs and arms were brown and scratched and brier-scarred. He turned his horses just as I passed by, and from under the flapping brim of his hat he cast a quick glance out of dark, half-bashful eyes, and modestly returned my salute. When his back was turned, I took off my hat and sent a God-bless-you down the furrow after him.

Who knows? I may yet go to that boy to borrow money, or to hear him preach, or beg him to defend me in a lawsuit; or he may stand with pulse unmoved, bare of arm, in white apron, ready to do his duty, while the cone is place over my face, and night and death comes creeping into my veins.

Be patient with the boys—you are dealing with soul-stuff—Destiny waits just around the corner.

Be patient with the boys!—*Elbert Hubbard, in the Philistine.*

*Doctor's Daughter.*—"This cook-book says that pie-crust needs plenty of 'shortening.' Do you know what that means, pa?"

*Old Doctor.*—"It means lard."

*D. D.*—"But why is lard called 'shortening,' pa?"

*O. D.*—"Because it shortens life."

### Alcohol and Insanity.

CONVICTIONS for being "drunk and incapable" steadily increase in Scotland. Dr. Clouston's alcoholic lunatics have risen from an average of fifteen and one-half per cent. in the years 1874-1888, to twenty-one and one-half per cent. in 1889-1898, to twenty-two and one-half per cent. in 1899, and to twenty-four and one-half per cent. in 1900. Despite all efforts the drink bill steadily goes up, and degeneration progresses.

**LICENSING LAWS A FAILURE.**—Law-makers have endeavored to restrict the evils of intemperance by licensing the sale of intoxicating liquors. The result of their efforts is before us. It is evident to every intelligent observer that inebriety with its train of crime and misery is steadily increasing. The victims of alcohol being more numerous to-day than at any former period, the plan of licensing "for the public good" has proved itself a curse.

**PROHIBITION NECESSARY.**—We may call upon the friends of the temperance cause to rally to the conflict and seek to press back the tide of evil that is demoralising the world; but of what avail are all our efforts while liquor selling is sustained by law? Must the curse of intemperance forever rest like a blight upon our land? Must it every year sweep like a devouring fire over thousands of happy homes? We talk of the results, tremble at the results, and wonder what we can do with the terrible results, while too often we tolerate and even sanction the cause. The advocates of temperance fail to do their whole duty unless they exert their influence by precept and example—by voice, and pen, and vote—in favor of prohibition and total abstinence. We need not expect that God will work a miracle to bring about this reform, and thus remove the necessity for our exertion. We, ourselves, must grapple with this giant foe, our motto, no compromise and no cessation of our efforts till the victory is gained.

What can be done to press back the inflowing tide of evil?—Let laws be enacted and rigidly enforced prohibiting the sale and the use of ardent spirits as a beverage. Home training must not be neglected. Let every effort be made to encourage the inebriate's return to temperance and virtue. But even more than this

is needed to banish the curse of inebriety from our land. Let the appetite for intoxicating liquors be removed, and their use and sale is at an end. This work must to a great degree devolve upon the parents. Let them by observing strict temperance themselves, give the right stamp of character to their children, and then educate and train these children, in the fear of God, to habits of self-denial and self-control. Youth who have been thus trained will have moral stamina to resist temptation, and to control appetite and passion. They will stand unmoved by the folly and dissipation that are corrupting society.

The prosperity of a nation is dependent upon the virtue and intelligence of its citizens. To secure these blessings, habits of strict temperance are indispensable. The history of ancient kingdoms is replete with lessons of warning for us. Luxury, self-indulgence, and dissipation prepared the way for their downfall. It remains to be seen whether our own fair States will be admonished by their example, and avoid their fate.

### The Prevalence of Morphine.

DR. CROFTERS is one of the foremost advocates of temperance in the world, and his writings on inebriety and the drug habit have won for him a well-deserved reputation as an authority on the matter. He points out that the possibility of concealing, for a considerable time, the morphine habit has rendered it a most seductive vice, and declares that its practisers may be found by the thousands in France and Germany, where entire villages, even, are said to be filled with morphine takers.

When one considers the increase of morphinism, the impression cannot be avoided that the facilities offered to the public of procuring morphine and other narcotics are too easy. Physicians are at fault when they prescribe morphine to allay pain or to compose nerve strain, without taking fully into consideration the possible ultimate result of such treatment. Unfortunately, in the case of morphine, the remedy in the long run often proves to be worse than the disease.

### Cocaine and Other Drug Habits.

THE following extract from the *Bulletin of Pharmacy* throws the light of profes-

sional investigation upon an evil the extent and seriousness of which few realise. One pharmacist writes,—

"From my personal observation I can say that the number of men and women, in the prime of life, addicted to the laudanum, paregoric, morphine, and cocaine habits, is appalling. Cocaine, of which the muriate is generally sold, is dispensed in crystals and also in solution, as ordered by the customer; and is used by the 'fiend' by mouth and hypodermically. A considerable amount of cocaine is also disposed of in the form of catarrh snuff; the buyers of this article, being acquainted with the nature of it, buy it to get the desired cocaine effect.

"Besides the drugs and preparations listed, habits were reported for chloroform, ether, bromidia, and several brands of catarrh snuff. Our correspondents, in considerable numbers, condemn these snuffs as extremely vicious. They have no doubt that they contain cocaine, and they believe *their sale should be suppressed*. Fear is also expressed that the danger of continuing the use of suppositories containing opium and morphine is often overlooked.

"Police officers, jail physicians, and eminent specialists in nervous and mental diseases, as well as physicians of insane asylums and sanitariums, all unite in declaring the abuse of narcotic drugs to be on the increase, with results indescribably bad. Much of the insanity and nervous derangements prevalent is noticeably due to drug habits, and crime is often directly traceable to their impulses. Opium and cocaine are much more brutalising than alcohol; and they have the additional horror of steady and certain progressiveness, and an almost absolute absence of reform.

#### **Saccharin a Dangerous Substitute for Sugar.**

In the course of an interesting article on food adulteration, Dr. de Lavarenne, editor of *La Presse Medicale*, refers to the manner in which the use of saccharin is being extended. It is one of the many bodies made out of coal tar, and is, of course, not a sugar at all, although people are quite convinced it is. It is not only used to sweeten beer, but it is now also employed in the manufacture of syrups, jams, lemon-

ades, wines (especially champagne), cider, brandy, pastry, and chocolate. Special substances of this nature are on the market for sweetening cider and brandy. Among these, sucramine may be mentioned, which is said to be seven hundred times sweeter than cane sugar. Other products of the same kind are sugar extract, made in Switzerland, cannabin, etc. All these names are misleading, for the substances are only sugars in name, being all coal-tar derivatives. They are not foods. Moreover, their long continued use may gravely affect the digestive functions. According to Professor von Bunge, of Basle, saccharin reappears in the saliva after being absorbed, and in this way leads to a persistent sweet taste in the mouth, which interferes with the appetite. Dr. Plugge has shown that the addition of saccharin in artificial digestion experiments with various digestive ferments, interfered with the breaking up of food substances. Dulcin, another sweetening body, which has been used as a substitute for saccharin, was given to a dog at the rate of one gram a day. The animal died in three weeks.—*British Medical Journal*.

#### **Work as a Preventive of Vice.**

THE following preaches a sermon which we wish to emphasise to every woman throughout the land:—

"The women who have met with any degree of success in self-support are brought every week in contact, either in person or letter, with women approaching or who have passed middle life, who are suddenly thrown on their own resources, with the terrible consciousness that they are utterly unequipped and unfitted to supply their daily wants. 'What shall I do?' comes the question from lips and eyes that reveal the inward agony. To those who are thus brought in contact with this phase of the subject, the daily question is, How dare a father or a mother let a girl go out into life until she has mastered some one thing by which she could earn money? Many a woman who walks our streets with a bold, brazen face, would walk them with the honest, steadfast gaze and tread that comes from victory, if, when the crucial time came, there had been one thing that she could have done well.

"The same law of success holds good for women, that brings success to men.

The world is not a respecter of sex. Can you do the work thoroughly? This question comes to every worker, independent of sex. The women who fail do not fail because they are women, but for the reason that they will not forget that they are women, but workers; and that it is as workers, and not as women that they stand before the world. 'If I were a man!' they will say. And if they were men, and faced the world as poorly equipped as they face it now, the world would have none of them, and the end would be the same.

"Every girl should be made to feel that in her there is a talent that is a gift from God, and that not to cultivate and develop it is to sin both for time and eternity; it is the casting aside of God's bounty. The power to work has been the salvation of the world; and this power was given alike to women and men."

#### An Athlete's Success.

EUSTACE MILES, the world's champion tennis-player of Cambridge, England, speaking of his own experience, states that the question of brain freshness and brain fatigue are matters of the greatest importance to the athlete, and that the thing that affects this the most is the food. There is no other influence a quarter so powerful as the diet. The waste product from animal's flesh is probably waste product when it reaches the human brain; the effect will be almost the same as though it had been formed there by hours and hours of hard work by the individual. It is the waste products that bring on the feeling of fatigue. In eating the flesh of animals we introduce a large quantity of this, and that is one reason why one becomes worn out sooner on a flesh diet than on a non-flesh dietary. Mr. Miles says, "Once I used to get proteids chiefly from flesh foods, and I began to suffer from depression, headache, increased weariness after hard exercise, constipation and albuminuria, all of which made it necessary for me to give up alcohol; but I felt a strong liking for it, and the struggle was a hard one. I was fond of what was called 'good living,' but I tried the fleshless foods, and before long away went my depression, my headache, weariness after hard exercise, constipation, the symptoms of albuminuria, and my desire

for alcohol too. For years I have lived almost without flesh. When I have returned to it, back would come all my old symptoms, and also the desire for alcohol. On my side stand many of the old Greeks, the Spartans, the Athenians; also the sturdy Romans and the English Commons when at their best."

#### Natural Instinct,—How Perverted.

THE human organs are endowed with a faculty of selecting certain wholesome articles, and our digestive apparatus, of assimilating and changing them into our own nature and substance. Beside this nutritive faculty, our organs are endowed with a repulsive one,—with certain instincts, or perceptions, by which they reject whatever is unwholesome or pernicious to our well being. These powers and faculties, purely instinctive, are more or less possessed by every healthy animal. Man, endowed with reason, naturally has these instincts in less perfection than the brutes.

The organs of the senses are so many guards, or sentinels, placed at those avenues where death is most likely to enter. For illustration, let us suppose a man cast ashore on some uninhabited island, and roaming among unknown fruits and herbs, with a desire to satisfy his hunger, he knows not whether what he finds be wholesome or poisonous. What naturally follows? The first examination which the vegetable undergoes, is that of the eye; if it incur its displeasure by looking disagreeable and forbidding, even this may induce him to throw it away, but if it be agreeable to the sense of seeing, it is next submitted to the examination of smell, which not infrequently discovers latent mischief, concealed from the sight; if not displeasing to the sight, nor disagreeable to the smell, he readily submits it to the scrutiny of the next guard, the tongue, and if the taste too approbate the choice, he no longer hesitates, but eating it, conveys it into his stomach and intestines, both of which, like faithful body-guards, are endowed with a nice perception and prompt action, by which, if what was eaten as wholesome food should, notwithstanding all the former examinations, still possess a latent quality injurious to life, the stomach is stimulated to reject it upward, or the intestines to expel it downwards. These

nternal perceptions, and consequent exertions, are the first and most simple acts of nature, being purely instinctive.

Let us suppose that our hungry adventurer had fallen on the tobacco-plant. He would find nothing forbidding in its appearance, to his smell it would be rather ungrateful, to his taste, so nauseating that it is surprising how the same man ever ventured to taste green tobacco twice; but if taken into his stomach, convulsions, fainting, and a temporary loss of his senses follow, accompanied with violent and nasty operations. If that which is wholesome affect the senses of animals with pleasure, and invite them to convert it into their own juices, and if that which is unwholesome excite disgust in smell, taste, and appetite, then would our adventurer rank this herb among poisons, and note it as one of those which nature forbade him to use. Yet man, by perverting his nature, has learned to love it! and when perverted nature excites a desire, that appetite or desire is inordinate and ungovernable; for the reaction, or physical resistance, will, like that of the moral, lessen in proportion to the repetition of the attacks, and then those guards of health, already mentioned, desert nature, and go over to the side of her enemy; and thus we see how intemperate drinking, and immoderate smoking, begin their destructive career.

#### Avoid Colds.

THOSE people catch cold who try to coddle themselves and keep away from cold. One is more apt to catch cold sitting by a stove or fire place in an unventilated room than by facing a blizzard in the open air.

Nansen and his men, when in the Arctic regions, were exposed to cold of every description, and it is stated that they never once suffered from colds. But no sooner had they returned to their native land than they one and all caught severe colds. The reason for this is probably because they were again warmly housed, and spent a portion of their time in unventilated rooms, sleeping in stuffy bedrooms.

The more children are coddled to keep them from catching cold, the more apt they are to catch cold. The proper course is to clothe the children warmly, provide good stout boots, and turn them loose in the open air.

#### Dangerous Filters.

THAT most-fixed mechanical filters are dangerous has been simply demonstrated by a series of examinations. Samples of water were taken daily from the reservoir, from ordinary taps, and from taps the water of which had passed through a mechanical filter under continuous pressure. The number of bacteria in the reservoir samples ranged from 180 to 220 per cc., in the ordinary tap water from 160 to 560 per cc., and in the filtered water from 1,180 to 3,800 per cc. This astounding matter is one to which public attention cannot be too strongly directed. The filter, in short, clarified the water, and that was about all that could be said in its favor, while apparently the number of bacteria increased with the length of time the filter was in use, making it a veritable germ-breeder. If any doubt exists about the purity of the drinking water, remember boiling will destroy all germs of disease. This is the simplest, least expensive, and safest process known.

It has been authoritatively stated, that glue is an ingredient freely substituted for gelatine in pork pies. The uninitiated will be interested to learn that the carpenter's glue is only an impure form of commercial gelatine—the latter being made from superior animal refuse, and the process of manufacture differs. Gelatine in a moist state rapidly putrifies. It is in fact the finest possible breeding ground for microbes. One germ in such a culture may soon develop into millions. So that to add gelatine enhances the dangerous possibilities of cooked food. Therefore, we think that the horrors of added glue apply equally to gelatine; and we object as much to the one as the other.—*Science Siftings*.

KNOWLEDGE can be more easily imparted to a boy who fills his chest and squares his shoulders, than to one who sits huddled into a bunch. The stunted child, who never fills his chest, and whose brain is never supplied with well-aerated blood, is tolerably certain to grow up a dunce, whatever anybody may try to teach him; while the child whose physical powers are cultivated will at least learn from experience, even if he learns in no other manner.



# The Home

## The Work of the Mother.

VERY different from the creative work of the sculptor is that of the mother. The beautiful, passive marble stands before him absolutely subject to his strokes. He may carve to-day a rude outline, and then may turn away for months and years, and still the unfinished statue awaits patiently the returning of his shaping hand, of his unerring mallet, that shall transform it from the block of stone to the almost animate image of a god.

Helpless, it certainly is, this miniature man or woman that lies in the mother's arms; but passive, like marble, it never is. Before her own, a fashioning hand has already touched it. In the silence and darkness of pre-natal life, unseen and incalculable forces have wrought upon it. The unwritten laws of the mother's being and the father's being have worked together or against each other in molding their child. And they have brought a new creature, whose like is not to be found "in all the wide earth's ample round."

While the law of heredity cannot be formulated, indeed, seems to be past finding out, we cannot doubt that that child is best equipped for life whose inheritance is a harmonious, well-balanced nature, whose chances for physical health are good, and who takes his place in the world, not with the hesitancy and timidity of an unbidden guest, but with the happy assurance that he comes to his own place, that waits for him and no other.

It is not to the physical needs alone that the mother should address herself. The spirit begins to assert itself almost with the first breath, and along with the work of nurture must be taken up the work of guidance. Especially should her care be given to forming in infancy the habit of personal purity. It belongs to the mother not to trust or guess, but to *know* that her child is safe from the malaria that infects the moral atmosphere, and assails childhood through nurse or playmate, or later

through the printed page. Does it seem a hard thing to require of the mother that she shall thus closely devote herself to her child? After all, how short, comparatively, is the time during which such care is needed! Only a few years and the self-dependent life of the child begins, and then the mother is free to go back to her books, her work, her pen, enlarged and enriched in nature by the deep experiences of motherhood.—*Elizabeth Powell Bond.*

WHERE TO ECONOMISE.—A mother who was particularly successful in keeping her children at home evenings—so much so that it was with difficulty they could be induced to accept an invitation to spend an evening away from home—was asked if she had any particular secret for making home attractive. She replied that she could think of none except that she always kept her sitting-room and parlors very light. "In the evenings," she said, "we always have all the light we want; we put on the gas till both back and front parlors are brilliantly lighted, and then we keep the house comfortably warm all over. This is the only secret, if it is a secret." When the objection was made that this must be very expensive, she replied, "O well, we will economise in something else, if necessary; but a cheerful light in the evening we will have."

Her remark was very suggestive, not only of the great difference between the cheerfulness of a well-lighted house and the gloom of one where the light is poor and stinted, but also of the choice there is in matters of economy. In these times nearly every one has to study economy in some directions, but in family life it ought to be directed and exercised in anything rather than the curtailing of family comforts. This is especially true of food, warmth, and comfortable clothing. Better to wear the plainest outside garments, better to have no extra suit, better to put up with old and patched furniture, than to



deprive any of real comforts,—especially the children. Warmth and light are among the most essential of these. They are the attractions used by saloons and other places of temptation to draw our sons from our homes. We must counteract these by providing better attractions of the same kind. We cannot afford to economise too much in these comforts.

This principle holds especially true in regard to children's food and clothing. . . We have learned a great deal of late years of the possibilities of economy of food,

mon tasks of life daily, for love's sake. The same benediction which was once breathed upon the pure in heart, upon the poor in spirit, upon those that hunger and thirst after righteousness, upon those that suffer for the sake of holiness and truth, is pronounced upon those who serve, who minister not to spiritual, but to physical need. Tired mother, busy at household tasks, preparing the daily bread, mending the torn clothes, keeping sweet, and pure, and wholesome, everything beneath the home roof, washing restless little feet,



even while having better and more palatable food on our tables than ever before. . . . Plenty of good, warm underclothing, good stockings, and stout, well-fitting shoes will make comfortable the plainest dress. If economy must be studied in children's clothing, let it be in the direction of reducing ruffles and trimmings and articles of outside show, and not in those things which give warmth and comfort.—*The Interior.*

#### To Doers of Little Things.

AMONG the precious words of our Lord are some addressed in admonition and comfort particularly to the doers of little things; to those who wash tired feet, who do the small, wearisome, unheroic, com-

bing tangled curls, walking day after day through the endless round of a woman's work, take to your heart this last beatitude, left by the Master for you: "Blessed are ye if ye do these things." "Inasmuch as ye do it unto one of the least of these, ye do it unto Me."

#### Let the Children Help.

"How CAN the mother of eight children look so young?" asked a friend who found her time fully occupied in caring for her little ones. The lady in question was a fair-faced matron of forty-five, who looked at least five years younger.

"She teaches the children to help almost as soon as they can walk," was the reply, and this was the secret of her management.

A mother should not be a slave to her children, for it makes them selfish and exacting. Laziness is almost a crime in this busy world, and if the mother would teach them to bear their part of the burden of housekeeping early in life, it will develop industrious habits, and they will always like to work. It also teaches them to appreciate her and her work for them as they never will do if they know nothing about it. Look around you and see what mothers are loved and honored most in their old age; almost invariably it is those whose children have been taught to work, instead of those who have willingly made drudges of themselves to spare the children.—*Selected.*

#### Some Centenarians.

THE *American Good Health* has been collecting some facts in relation to modern centenarians. We copy the following from a recent number:—

"Betsy Morley Lewis, aged one hundred years, Harrisburg, Pa. Mother Lewis was a tailoress, and worked at her trade in her native city for many years, her life always being an active one.

"Her diet is very simple, consisting largely of rice, oatmeal, and potatoes, of which she is especially fond. She eats no meat of any kind, and drinks coffee very moderately. She has never used tobacco or alcoholic liquors in any form.

"On her one hundredth birthday she was given a public reception, at which she greeted five hundred people, and without a great deal of fatigue.

"Her eyesight is still so good that she is able to read both print and plain scrip readily. She sleeps well, and it has long been her custom to retire at seven o'clock."

"Thompson S. Barnes, aged one hundred and two years, Olmsteadville, N. Y.

"Father Barnes was born on Dec. 17, 1797, and died Oct. 17, 1902, making him nearly one hundred and two years old. He was always a hard-working and energetic man, superintending in person a 250-acre stock farm, a large sawmill and gristmill, and extensive timbering interests. This, of course, necessitated an active, out of door life. This, together with the fact that Mr. Barnes never used tobacco or alcoholic liquors in any form, no doubt gives us the secret of his unusual term of years."

"George W. Blakeman, aged one hundred years, Derby, Connecticut, U. S. A. Mr. Blakeman's life was simple and sunny, as well as broad and active. He kept well up with the times, living as though he expected to live always. He invariably saw the bright, even the laughable, side of things, and made it his rule to live at peace with all. His diet was very simple, consisting largely of bread and milk. He ate very little meat, and believed it wrong to use liquor or medicine of any kind."

IN the training of the young lies the hope of the future. While we should seek reformation through every avenue, we cannot hope to accomplish as much in the line of temperance by reforming the habitual drunkard as by teaching the young, from childhood up, the terrible results of the liquor habit, thus implanting a principle that will effectually forestall any temptation in that direction.

"WOMEN are natural sanitarians. If a baby breaks out fretting, its mother's first impulse will be to take it up and pet it, knowing instinctively that a little manipulation or change of position may obviate the cause of the trouble."

Hence, perhaps, the prejudice against lady physicians, who are apt to shrink from the use of "heroic remedies." Says Charles Reade, "The female is naturally the medical sex." Their instinctive mistrust of drugs is probably a faculty inherited from the time when mothers were the only physicians of their children.

TAKE good care of the disagreeable duties. Attend to these first. Never select the things that you want to do, and shirk upon others the things you do not want to do. Wherever you are, choose the disagreeable things. You cannot grow in any other way so fast. You may be angry with some shiftless one who is willing to put on you work that he ought to do, and you may feel that there is injustice in it; but you cannot afford to be unfaithful because somebody else is.

ITALY's highest birth-rate was in 1876, when it was over 39 per 1,000. It has now fallen to a little over 33 per 1,000 yearly.

## Seasonable Recipes.

LAURETTA KRESS, M. D.

THE Greek word for "cooking" was the same as for "digesting." The Greek *pepsis* which is seen in "peptone," "pepsine" and other derivatives, was connected with the Latin root *coquus*, whence we have our English word "cooking." One of the functions of cooking is to do some of the digesting, as well as to improve the taste. The best kinds of food should be carefully selected; they should be as fresh as possible and as clean as possible, and they should be cooked with their natural properties preserved. When large quantities of water are added to vegetables or legumes, the salts are dissolved and held

food for the bodies. The Hindoo, as a rule, will not combine fruits and vegetables at a single meal, even though that meal may be a banquet of many courses. He will think out what foods should or should not go one with another. In this we do well to follow his example.

It is better to discard many of the porridges, gruels, and farinaceous soups which are in common use. Ordinary porridges tend to produce constipation. Wholesome porridges and liquid foods may be prepared from cereals which have been thoroughly dextrinised; that is, exposed for a long time in an oven at a temperature sufficient to brown the starch slightly. Zwieback may be easily prepared by toasting the bread in an oven until browned throughout the slice. By



in solution by the water. Therefore, as little water as possible should be added. We must keep that which is usually thrown away, and we shall need few, if any, seasonings. Besides this, we get the full taste, and have not the same craving for variety. We do not demand half a dozen flavors in a single dish, especially if we eat our food carefully.

Many dishes, many diseases, is a true saying. Our aim should be to prepare what we do have on our tables simply, attractively, palatably, and healthfully. To make the dishes attractive, yet not healthful, is a snare. Many varieties are not needed at the same meal. This affords opportunity to have frequent changes and new dishes at each meal.

The Hindoos know and study the art of preparing and cooking food. With them the cook is a kind of priest. As the clergyman is supposed to prepare food for our minds, so the cook actually prepares

grinding the dry crusts in a coffee mill, with the addition of a few nuts, an excellent granular food may be prepared, which may be softened with hot water, milk, or fruit juice, or eaten dry.



**SCALLOPED VEGETABLE MARROW.**—Peel the marrow, slice, and put to cook in an enamel saucepan, or steam in a steamer. If cooked in a saucepan, very little water is necessary. Cook until tender. Place a layer of marrow in an oiled baking dish. Have ready some grated bread crumbs moistened a little with milk, add salt and one beaten egg. Place some of these crumbs over the marrow, add another layer of marrow, then breadcrumbs, and so on till the dish is full. Sprinkle the top with crumbs, and bake in a moderate oven until well browned.

**CHOPPED TURNIPS.**—Chop well boiled white turnips. Add sufficient lemon juice to moisten.

Turn into a saucepan, heat until hot, gently lifting and stirring constantly. Add salt and serve.

**HARICOT BEAN BROTH.**—Take one pint of small haricots, wash, put to cook in three pints of warm water. Cook until the water has reduced to one pint, strain, add salt and a tablespoonful of tomato juice, seeds and pulp excluded. Serve hot with croutons made by taking slices of white bread and cutting into half inch cubes and browning in the oven until very crisp. This makes an excellent substitute for meat broth.

**BEAN SANDWICHES.**—Put to cook one cup of small haricots. Cook until well done. Mash them through a colander to remove the skins, season with salt and savory if desired. If no savory is added, when spread on thin slices of bread sprinkle a few drops of lemon juice on each and place a crisp piece of lettuce in between. Close and serve.

**BAKED GRANUMA PORRIDGE.**—Stir slowly one cup of granuma into three cups of salted boiling water until it is set. Place in a steamer or double boiler and steam three hours. When done let it get cold. Cut in slices about half an inch thick, into any shape desired. Dip in beaten egg and roll in bread crumbs, place on an oiled tin and bake in the oven until well browned. This is very nice with no dressing, but may be served with milk, cream, or white sauce if desired.

**HOME-MADE CEREAL.**—Brown together in a moderate oven for three-quarters of an hour the following: Three pints of wheat bran, one pint cornmeal, one cupful of graham flour or rolled oats, two-thirds of a cupful of malt or malt honey, and three small eggs or two large ones. When quite brown, for a good cereal drink steep with each cupful of water one large or two small table-spoonfuls of the cereal.

### Do You Sometimes Feel This Way?

Do you feel that you are an outcast and a wanderer from God? If so, hear what the Lord has to say concerning you.

"Hide the outcasts." "Bewray not him that wandereth." "Let mine outcasts dwell with thee." Isaiah 16: 3, 4. Do you sometimes feel that you are among the Lord's banished? If so, you will be glad to hear what the Lord is planning for you: "Yet doth He devise means that His banished be not expelled from Him." 2 Sam. 14: 14.

### GIVING THANKS.

#### What a Vegetarian Family Gave Thanks for on Thanksgiving Day.

We thank thee, kind Father of mercy and love,  
For the gifts which thy bounty bestows,  
For sending us plenty, yea! more than enough!  
As this table before us well shows.

We thank thee, kind Father, for fruits nice and sweet,  
Such as oranges, apples, and grapes,  
Pears, figs, and bananas, which tempt us to eat,  
By their beautiful colors and shapes.

We thank thee, kind Father, that thou hast bestowed  
These great blessings which gladden our sight;  
This table, here bearing its luscious load,  
Which is filling our minds with delight.

We thank thee, kind Father, that all we here find,  
Is procured from the orchard and field;  
These savory dishes of every kind  
Many gardens abundantly yield.

We thank thee, kind Father, that this to prepare  
Not a drop of blood had to be spilled;  
No beasts of the field, fish, nor birds of the air,  
Not an animal had to be killed.

We thank thee for health, which we daily enjoy,  
Since we're living on nuts, fruit, and grain;  
For happiness since we this method employ,  
For we feel it has brought us great gain.

We thank thee, kind Father, for giving us strength  
Without living on animal food;  
And that we have found true contentment at length,  
And rejoice in a satisfied mood.

We thank thee, and hope thou wilt lead many  
more  
To dispense with subsisting on meat.  
To find what great blessings this life has in store  
For those who take care what they eat.



## The Physician in the Home

**Lost Control of Limbs.**—I have a very dear friend who is suffering with her legs. At times she is in great pain, and then she loses all power in them. She is not able to sleep at nights. She has tried many remedies, but none do her any good.

*Ans.*—Massage, electric baths, and a good nutritious diet would be indicated. Would advise your friend to seek medical aid. A course of treatment at an institution where the above treatments are given would be recommended.

**Neuralgia.**—What is the cause of neuralgia, and how can it be removed?

*Ans.*—An eminent London physician defines neuralgia as "the cry of a hungry nerve for better blood." Hot fomentations usually afford temporary relief. In many cases improvement of the general health is required, especially when there is an impoverished state of the blood, nervous exhaustion, chronic indigestion, or a stare of uric acid poisoning. The daily cold bath, out-of-door exercise, sun baths or electric light baths, and a thorough natural dietary, consisting of fruits, grains, and nuts, with the exclusion of flesh foods of all sorts, are to be recommended. A few months' treatment in an institution where rational measures and health culture may be employed is to be recommended.

**Mineral Waters.**—Are mineral waters beneficial?

*Ans.*—Mineral waters, especially those containing large quantities of alkalis, are highly detrimental, not only to the stomach, but also to the bowels, the liver, and the kidneys. Catarrh of the stomach and bowels is a common result of the long-continued use of laxative mineral waters.

**Constipation and Poverty of Blood.**—I am a sufferer from constipation and poverty of blood, have been eating plenty of ripe fruit and vegetables, which have relieved the former but do not help the latter.

*Ans.*—I would refer you to the article on constipation in the February number of *GOOD HEALTH*; also article on anaemia in a previous number.

**Corns.**—A new remedy for corns is a mixture of equal parts of castor-oil and tincture of iron. Put it on the corn twice a day.

**Granular Lids.**—The latest remedy suggested for the treatment of chronic granular lids, is the application of boric-acid powder. A little of the powder should be dusted on the lids from one to three times a week. The effect is to pro-

duce a burning, gritty sensation, causing a profuse flow of tears, which passes away, leaving the lids smoother than before its use.

**Weakness of the Joints.**—I am a sufferer from weakness of the joints, both elbows and knees. What is the best way of strengthening these?

*Ans.*—A feeling of weakness in the knees is frequently associated with some constitutional disease, as diabetes or Bright's disease. Should advise an examination by a competent physician.

**Constipation and Flatulence.**—What food would you recommend for constipation and flatulence?

*Ans.*—Chronic constipation is a physical scourge; nine-tenths of the people are more or less afflicted with it. Yet it is a condition that is entirely due to errors in diet, and wholly preventable. It is well known that meat, eggs, milk, and cheese tend to constipate, and grains, nuts, fruits, and vegetables are laxative. By the use of these foods many suffer from flatulence and dyspepsia resulting from intestinal irritation or fermentation. This is due to the improper use of these foods in nearly every instance, either from eating the cereals which need proper mastication and insalivation in a soft form, or by eating fruits with the cereals or breads. We would recommend well-baked bread, zwieback, granose or other hard biscuits, with softer foods, and fruits freely at the close of meals. Abdominal massage is also helpful.

**Water Brash.**—What is the cause of water brash?

*Ans.*—This rising of fluid from the stomach when that organ is empty, usually before breakfast, indicates a state of slow digestion. The remedy is to give the stomach food easy to digest. It is so common among the Scotch peasantry that it has been charged to their eating so much oatmeal; but it is due to their eating it in a raw state. They stir it in water, and eat it with scarcely any cooking. Raw starch cannot be digested at all; consequently it induces catarrh of the stomach and what is known as water brash.

**Ringworm.**—What would you recommend as a remedy for ringworm?

*Ans.*—As this disease is a sort of fungus, like a species of mold that grows upon the wall,—a vegetable parasite,—the cure is something that will kill parasites. Corrosive sublimate is as good as anything, one part in four thousand of water. Tobacco—nicotine—is also a sure cure. *It will kill anything.*

**Catarrh of Stomach.**—What is the cause of

continued catarrh of the stomach, and what is the best remedy?

*Ans.*—Gastric catarrh is due to errors in diet. It may be brought about by internal congestion resulting from exposure; this is the exception, however, not the rule. The first essential is to remove the causes by the correction of the dietary. A drink of hot water three-quarters of an hour before meals for two or three weeks is a good remedy. Outdoor exercise is also beneficial.

### The Salt Pack in Rheumatic Gout.

MR. Jonathan Hutchinson says, in the January *Polyclinic*, that he knows of no remedy so effectual in getting rid of irritation and synovial effusion in connection with rheumatic gout, as the salt pack. This consists of flannels, soaked in a saturated brine of common salt, wrapped round the affected joint, covered with oiled silk and a bandage, and kept on the whole night. It should be applied every night until the cure is effected. Cold water is effective without the salt; but salt increases the stimulating effect upon the circulation.—*Medical Record*.

### Treatment in Pneumonia.

IN pneumonia the lungs are so congested that the blood can not flow freely through them. The heart, being forced to work against a full, hard lung, often fails as a result. Hot applications to the lower extremities would take the blood from the congested area, and the patient would be relieved from much labored breathing that always accompanies this trouble. A hot hip-and-leg pack is of great value in many of these cases, and relief comes almost at once.

Sometimes fomentations are of great value, especially where there is much pain. Treat the patient in such a way that you meet all emergencies, and you will accomplish more than you will by treating the disease.

**A SUCCESSFUL OPERATION.**—One of the most eminent surgeons of this country was called to operate for the extraction of a plate of artificial teeth lodged near the lower end of the gullet. The X-ray located the teeth. The operation was skillfully performed, but the teeth were not there. They subsequently turned up in the patient's bed.—*Selected*.

**THE DRUM OF THE EAR.**—The drum of the ear is as thin as paper, and this is stretched like a curtain between the air outside and that within, and thus, having nothing to support it, and being extremely delicate, a slap with the hand on the side of the face, made with the force which sudden and violent anger gives it, has in multitudes of cases ruptured this delicate membrane, resulting in the affliction of deafness for life. As the right hand is almost always used, it is the left ear which is stricken; this aids in accounting for the fact that the left ear is more frequently affected with deafness than the right.

THERE is no greater mistake than to believe that a young man will turn out just as well in the end if left to find out the world's impurity for himself, instead of having his thoughts rightly directed before he leaves home, and while the mother's influence may yet make a lasting impression.

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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.

Sanitarium Health Food Store, Elizabeth Street, Hobart, Tasmania.

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

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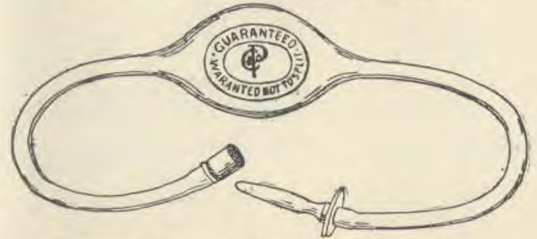
CHRISTCHURCH SANITARIUM, Papanui, New Zealand.

SANITARIUM TREATMENT ROOMS, 283 Pitt Street, Sydney.

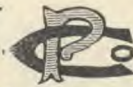
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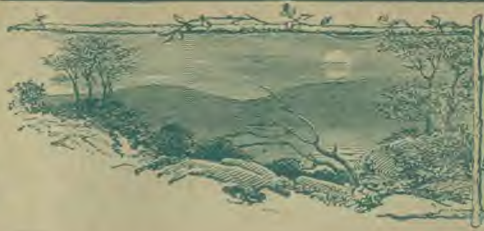
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