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Vol. 6 No. 7

THE AUSTRALASIAN

GOOD HEALTH

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EDITOR.

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AND
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JULY 1, 1903.

GOOD HEALTH.

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The New Battle Creek Sanitarium.

AUSTRALASIAN

Good



Health

Vol. 6.

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

No. 7.

Medical and Health News.

WE have the pleasure this month of presenting to our readers a view of the new Battle Creek Medical and Surgical Sanitarium, located at Battle Creek, Michigan, U. S. A.

The old building and hospital were destroyed by fire, February 18, 1902. The new building is superior to the old in every respect, being 550 feet long, and five or six stories high, the rear extensions aggregating five hundred feet more. The building is fire proof throughout, being composed of brick, stone, and iron. It contains an extensive roof promenade, gymnasium, mechanical Swedish rooms, sun parlors, and separate bathing and treatment buildings for men and women.

It is the largest, best equipped, and most complete institution of its kind in the world, having facilities to accommodate and treat 1,000 patients.

The institution stands and has always stood for all the most advanced reformatory ideas. Naturally at first it met with considerable opposition. But as its work became better known, it grew in favor with health-seekers and lovers of truth, until the name "Battle Creek Sanitarium" is known everywhere. The secret of the greatness of this work is found in the principles of truth which it advocates.

Only thirty-five years ago, the work was started in a small wooden building with one physician and one patient, and not one nurse. There are now sixty institutions in all, scattered through thirteen different countries of the world. There are more than 140 doctors, more than 100 medical students, and over 700 trained nurses, or about 2,500 people who are carrying forward the work in its various phases,

and even this is but a beginning of what will be.

HEALTH SHOULD BE THE RULE.—God made and meant us to be strong and well, and not sick. His health decalogue is as binding as the ten commandments. When one is not well and strong, the question in order is, Who did sin, this man or his parents? There is no more sense in men and women being ill than there would be of birds and buffaloes being ill. The reason that so many domestic animals are sick is because of the company they keep. We are a poisoned race, poisoned with tobacco, alcohol, drugs, bad air, bad food, and clothing far from hygienic.—*Francis E. Willard.*

CANCER has increased more than fifty per cent. during the last half century. Last year over four thousand people died of this disease in London alone. Cancer is the most prevalent in districts where large quantities of pork are consumed.

Dr. James Braithwaite, of Leeds, England, in an article published in *The Lancet*, attributes cancer to the excessive use of salt, and calls attention to the fact that it is most abundant in those who make a large use of pork.

Recent observations seem to show that cancer is a parasitic disease, and the probabilities are that the body is prepared for the entrance and development of the parasite by any influence or habit which lowers vital resistance, and hence lessens the power of the tissues to defend themselves. The excessive use of salt may have a possible relation to cancer, and the same may perhaps be said about all wrong habits of life.

Legislation for the Prevention of Consumption in Austria.

THE Austrian Home Office has recently issued an ordinance making prophylactic and hygienic measures against the spread of tuberculosis compulsory. Under the terms of this enactment all persons suffering from tuberculosis will have to sleep in separate rooms, and their clothing and other things which have become affected are to be disinfected. Directions are also given for cleaning the rooms. Expectoration in places of public resort is strictly forbidden. Medical practitioners are compelled to notify the authorities of every case of tuberculosis which comes under their observation. Besides these compulsory regulations, certain recommendations are made as to intercourse of infected members of a family with healthy individuals. Tuberculous patients are warned against marrying, at any rate until the disease has been cured or checked.—*Brit. Med. Jour.*, Aug. 30, 1902.

Potato Poison—How is it Formed?

THE origin of solanin, a deadly poison sometimes found in potatoes, has long been a subject of discussion, especially as this poison occasionally gives rise to veritable epidemics of potato poisoning. Researches by R. Weil (*Archiv für Hygiene*, 1900) show that solanin is the result of the action of certain germs upon the potato, the poison being generated by the germ in the process of growth from the substance of the potato. It may be developed from perfectly sound potatoes which have been rendered sterile, provided the germ is added under the proper conditions. This germ is frequently present on raw potatoes, but it is ordinarily killed by the process of cooking. The germ develops rapidly when brought into contact with cooked potatoes, which may easily occur through the carelessness of cooks, as the dust from raw potatoes may contain this mischievous organism in great numbers.

How the Havana Aroma and Flavor Are Imparted to Tobacco.

DR. Richard Travers Smith (Dublin, *Journal of Medical Science*) in a recent address said,—

"Before tobacco leaves are sent to the manufacturers they are fermented in heaps. Subsequently they are cured in a great

variety of methods, in all of which fermentation is largely employed. The fermentations necessary to produce smokable tobacco are the work of bacteria. These bacteria have been the subjects of extensive experimentations, from which it has been concluded that the flavor of tobacco, far from being entirely attributable to the plant itself, or the locality in which it is grown, is largely in the hands of bacteria. Dexterous manipulation of the varieties of bacteria isolated from the tobacco in process of curing has enabled the industrial bacteriologist to impart the flavor and aroma of Havana cigars to tobacco leaves hitherto less highly prized."

Human Manikins.

THE *British Medical Journal* calls attention to the evils of cigarette-smoking and the use of tobacco in general upon boys and young men, and declares that school-boys should be taught that premature indulgence in tobacco, whether in the form of cigarettes or any other, "is likely to make them grow up into manikins rather than men." This idea ought to be impressed upon the mind of every boy and young man in the land, and it ought also to be made clear to older men, that what is bad for a boy of twenty must be bad for a man of twenty-one, twenty-five, or a greater age.

A Word to Dyspeptics.

DYSPEPTIC people abound, and the chief cause is their avarice; that is, their inordinate desire to get what they want at once, without stopping by the way to enjoy what they have. The real pleasure of eating finds its seat in the mouth, where the nerves of taste are located, and the longer the food can be reasonably retained there the more extended will be the duration of the pleasure of eating.

Mastication, not deglutition and digestion, is the real pleasure of eating, and dyspeptics do not masticate their food. They do not realise what it is to roll a sweet morsel under the tongue, and yet it is one of the greatest delights the world has ever known, and it is equally as possible to the poorest as to the richest.

DR. GRAVES, of South China, once asked a Chinaman if he felt he was a sinner. "Certainly," was the answer; "I have sometimes eaten beef."

A SERIOUS OUTBREAK OF SWINE FEVER

Is reported in Queensland. This disease, although uncommon as yet in Australia, has secured such a footing in Great Britain that it defies eradication. The following taken from the *Live Stock Journal* gives some idea of its prevalence:—

“The returns issued by the Board of Agriculture show that during the week ended March 21, 1903, there were thirty-seven outbreaks of swine fever, and 198 pigs were slaughtered as diseased or exposed to infection. For the corresponding week last year the figures were twenty-seven outbreaks, ninety-one pigs slaughtered.”

The numbers of pigs kept in the several States in 1901 were,—New South Wales, 265,730; Victoria, 350,370; Queensland, 121,641; South Australia, 89,875; Western Australia, 61,025; Tasmania, 58,716; total, 947,357. The value of the produce from swine for the Commonwealth was £1,170,000.

In Queensland one factory disposed of 60,000 pigs in one year, and another brought the total of the two up to nearly 90,000 pigs, for the twelvemonth.

The cause of the outbreak in Queensland is stated as follows in the *Sydney Herald* of March 6:—

“Some weeks ago a boar and sow were brought overland from Sydney, and were placed in pens near Brisbane with 150 other pigs. Suddenly swine fever broke out, and the Stock Department destroyed all the diseased pigs and contacts, and disinfected the place where they were kept. On Thursday last the department learned that eight or ten slips purchased from this establishment had been taken to a Chinaman's place at Enoggera, and on investigation found that the disease had broken out amongst the Chinaman's pigs. Forty-one died, and Chief-inspector Gordon caused the veterinary officers to inquire into the occurrence. They pronounced the disease to be true swine fever. They discovered that the Chinaman had sent twelve pigs to Enoggera saleyards, and the inspector condemned and slaughtered the animals. The officers proceeded to Enoggera, and found that four Chinamen had ninety-one pigs. These were condemned, and the place was quarantined.

The Chief Inspector of Stock points out that the New South Wales department

took no steps to notify him of the existence of the disease in Sydney, which he only learned through a newspaper paragraph. He contrasts this inaction with the readiness with which the New South Wales authorities were notified of fresh outbreaks of ticks in Queensland. Mr. Gordon received instructions from the Minister when the occurrence was heard of to stamp the disease out, and says the department will not rest until this is done. Swine fever was only once heard of before in Queensland, when an outbreak occurred three years ago in Mackay district. By quarantining or destroying the pigs the disease was stamped out.”

FORMAL OPENING OF ROYAL NORTH SHORE HOSPITAL.

ON Wednesday, June 10, the formal opening of the Royal North Shore Hospital took place at St. Leonards, a beautiful suburb of Sydney, situated on the North Shore line. The hospital is located on an elevated piece of land covering seven acres.

A large number of visitors were present at the opening. Among these may be mentioned the following: Mr. T. A. Dibbs, who presented £1,000 towards the cost of furnishing the hospital, Mr. T. B. Dibbs, Mrs. Dibbs, Mrs. Clarke, Mrs. Cresswell, and Mrs. McFarland, Professor Anderson-Stuart, Dr. Hay, Messrs. T. E. Cresswell, W. Mordaunt Clarke, F. W. Syer, Scarr, (Sec.,) Geo. Howarth, M. L. A., Claude Leplastrier, Ald. Cleland, Mr. G. F. Bailey, the Mayor of Willoughby (Ald. F. C. Petrie) and party, Mr. A. E. Shervey (Architect), the Revs. R. H. Waugh, W. H. Ash, and G. North Ash, Drs. Newmarch, Isbister, Sheldon, O'Reilly, Doak, Arthur, Pockley, and Milne, Mr. R. Forsyth, Mr. J. H. Wilshire, Mr. J. St. Vincent Welch, and F. Dorman (Organising Secretary), R. T. Forsyth, Mrs. J. J. Power, and many others.

The opening ceremony was conducted by Sir John See. In his address he congratulated the president and committee upon the excellent arrangements, in which everything seemed to him as near perfection as possible. A cordial tribute was also paid to the self-sacrificing efforts of the medical and nursing staff in general.

This hospital is capable of accommoda-

ting about fifty patients at present; when fully completed it will be able to accommodate three times this number. The total cost of the building when fully completed and equipped will be about £25,000. The hospital is up to date, and one of the finest, in many respects, to be found in any country, possessing all the modern conveniences and appliances for the successful treatment of its inmates.

One of the most notable features about the place is the abundant light and splendid provision for pure air, two of the most valuable disinfecting and remedial agencies known to rational medicine. There are no dingy, dark corners to be found anywhere; everything looks bright and cheerful, even to the matron, nurses, and house physician. All this is essential to the success of such an enterprise. We hope, however, the time will soon come when the large wards in our public hospitals will be replaced by smaller ones, which are more inviting. More privacy is needed in our public hospitals.

English Gout.

DR. SAVORY, an eminent English physician, in writing upon the subject of English gout, asserts that nearly the entire population of England sooner or later become victims of gout in one or more of its forms, not more than one-tenth of the people of that country escaping. According to this showing, gout has come to be a veritable scourge in England. It is evidently responsible for vastly more suffering and a far greater mortality than any plague which has visited England in modern times. This fact would seem to justify a Royal Commission in investigating the cause of this, in England, almost universal disease. A Commission, however, would not have far to go to find the cause. The revelations of modern physiological chemistry have shown us that the beef-eating habits of Englishmen are directly conducive to the production of gout. The idea that gout originates in the use of wine was long ago exploded, since the vegetarian Italian drinks wine from his infancy. The natives of Southern France, also of vegetarian habits, use wine freely, and suffer as little from gout as do their Southern neighbors. But the beef-eating Englishman, drinking less wine, sooner or

later dies a victim to systemic poisoning from uric acid and allied substances resulting from deficient oxidation.

Secret of Health and Usefulness in Old Age.

IN the useful life of John Wesley, and his remarkable health in old age, we have a beautiful illustration of the reward that will surely crown those who are temperate in their habits.

It is said that Wesley did not inherit a robust constitution, and during his youth had many seasons of severe illness. While he was very temperate in all his habits, he did not reap the full benefit of his abstemious life until after he had reached the age of forty. At the age of sixty-eight, in writing of himself, he said:—

"From ten to thirteen or fourteen, I had little but bread to eat, and not a great plenty of that. I believe that this was so far from hurting me that it laid the foundation of lasting health. When I grew up, I chose to eat sparingly and drink water."

At the age of eighty-two he wrote, "Today I entered my eighty-second year, and found myself just as strong to labor and as fit for exercise of body and mind as I was forty years ago."

A year later he said, "I am a wonder to myself. It is now twelve years since I have felt a sensation of weariness."

In 1747 Mr. Wesley wrote to the Bishop of London, "Thanks be to God, since the time I gave up the use of flesh meat and wine I have been delivered from all physical ills."

The Daily Ration.

CONSIDERABLE difference of opinion exists respecting the amount of food, and the proportion of food-elements required for the maintenance of the body in a state of equilibrium.

An experiment conducted by the research department of the American Medical Missionary College, in which the exact amounts of food eaten by three hundred healthy men and women were carefully noted and weighed during ten days, showed that the normal ration for the average person per day is as follows: albumin, 3 ounce; fat, 1.2 ounces; starch, 16 ounces.

Death Due to Headache Powders.

THE results of an inquest held in London on the body of a young man show that death was caused by using powders for the relief of headache. The powders were found to contain antifebrin. This is a drug which, like other analine derivatives, should be employed with especial caution. It is official under the name of acetanilid, and its potency is sufficiently indicated by the fact that the maximum dose assigned it is only three grains.

Many cases of poisoning from the injudicious use of the remedy have come to light. The patient usually complains of giddiness, noises in the ears, throbbing in the temples, and a dull, heavy pain in the head. The face becomes livid, the lips are blue, and the pupils contracted. This is followed by collapse. The face and extremities are cyanosed, the face is covered with cold, clammy perspiration, the pulse is feeble, and respiration becomes shallow and frequent.

A Harmful Beverage.

THE tea plant in its original state, is of a poisonous quality. According to Kaempfer, "it possesses a clammy, acrid juice, which is so corrosive as to excoriate the hands of those who prepare it for use. In order to correct this noxious quality, and the better to enable it to be rolled up or curled, it is either steeped in water, or steamed by being put in a hot kettle just emptied of boiling water, in which the leaves are kept closely covered up until they become cold. They are then rolled up and dried on plates of iron or copper, from which some of their noxious qualities are said to be derived. Even in this state they are considered to be so dangerous by the Chinese that the leaves are commonly not used for a twelvemonth after they are plucked. Nay, after all these preparations, and after time has softened its acrimony, a strong extract of the juice has been attended with the most fatal consequences, and even the effluvia of the herb, long and frequently smelt at, (as tea-brokers have frequently experienced), will occasion palsy, apoplexy, and other nervous disorders."

Tea was originally imported into Europe for medicinal rather than dietetic purposes. It was first used in Britain

about the year 1666, and became a fashionable beverage at Court, owing to the example of Katherine, the queen of Charles II, who had been accustomed to it in Portugal. But it would not have probably come into general use had not an idea prevailed among medical men, when tea was first introduced into Europe, that health could not be more effectually promoted than by increasing the fluidity of the blood; and it came to be considered that the infusion of Indian tea was the best means of obtaining that effect. It was in the year 1678 that Bontekoe, a Dutch physician, published a treatise in favor of tea, to whose authority its general use in so many parts of Europe, is much to be attributed.

A Harmless, Nutritious Beverage.

INFUSIONS OF BREAD. THE virtues of water, with toasted bread put in it, have long been celebrated, and the infusion has certainly a beneficial effect. Dr. Hancock over a century ago recommended it in consequence of the following experiments. He cut a large thin slice of bread, toasted it carefully and thoroughly, without burning, put it hot from the fire in a pint of cold water, allowed it to stand awhile, and then set it on the fire till it was as hot as tea is usually drank. Pouring boiling water upon the toast in a tea-pot answered the same purpose. He found that five or six dishes of this water, with or without sugar, was more refreshing, and sooner took away all fatigue or uneasiness than any strong wine, strong ale, small beer, warmed coffee or tea, (for he tried them all), or any other liquor than he knew of.

CONSUMPTION OF BEER IN GERMANY.—Recent statistics show that the people of Berlin drink 206 quarts of beer each annually, those of Munich 566 quarts each during the same period of time.

Sale of Horse-Flesh in Paris.

THE annual statistics published by the French minister of agriculture (*London Times*) indicate that the consumption of horses, mules, and donkeys is steadily increasing in Paris. The number of stalls at which it is offered for sale now reaches 193. The number of horses brought to the shambles for slaughter was 21,667; of mules, 52; and of donkeys, 310; but 734

horses, one mule, and seven donkeys were condemned as unfit for human food, so that the total killed and consumed was 20,933 horses, 51 mules, and 303 donkeys. The prime cuts brought about ten pence per pound, some of the inferior parts costing little more than one penny per pound.—*Medical Record.*

Infected Cattle.

DR. Pearson, the Pennsylvania, U. S. A., State veterinarian, states that the result of the examination of 19,000 cattle made from June 1, 1897 to June 1, 1898, showed 1,270 of this number to be infected. According to these figures, six and seven-tenths per cent. of the cattle of Pennsylvania are affected with tuberculosis, and this means that thousands of people are being infected by the use of the milk and flesh of diseased cows.

OPINIONS OF NOTED PHYSICIANS RESPECTING THE CAUSE OF CATARRH.

CHRONIC disorders of the throat and nose generally commence with taking cold. The mucous membrane of the nose becomes congested, and is no longer able to protect itself from germs, which gain a foothold in the respiratory tract, and are able to grow and produce their characteristic poisons. These poisons are absorbed into the body, and may cause acute inflammation of the throat, tonsils, pharynx, larynx, or bronchial tubes. The diseased condition continues till the vital resistance of the body rises to a point where the mucous membrane is healed. Then the cold disappears, the discharge ceases, the mucous membrane returns to a normal state, and the person is well again. But repeated colds by and by break down the resistance of the membrane, and the germs remain, and become permanent inhabitants,—they preemt that portion of the body, so to speak; and the consequence is that a person has chronic nasal catarrh with all its accompanying miseries.

How may such a person get well? and how may others avoid this unpleasant but very common disorder? There are three important things to be done. The first is to tone up the skin, and get it into a healthy condition; the second is to adjust the clothing properly; and the third, which is of very great importance, is the regulation of the diet, not because the effect of a wrong

diet goes directly to the throat and nose, but because it lessens the power of the body to protect itself against germs.

The health of the skin has to do with the health of every other organ of the body; it is absolutely impossible for any one to be well without a healthy skin. This organ, like every other organ, must have exercise, that all its functions may be in constant and vigorous action. One of the most effective ways in which the blood-vessels of the skin may be exercised, and all its functions quickened, is by the exposure of the body to different temperatures.—*J. H. Kellogg, M. D.*

Dr. Felix L. Oswald says, "Instead of raw winds and cold draughts—in other words, outside air of low temperature—being the cause of colds and catarrhal affections, it is the warm, vitiated, indoor air that is the cause, while outdoor air is the best remedy." He declares that there is no doubt that by exercise a catarrh can be gradually worked off, "and that the combination of exercise, abstinence, and fresh air will cure the most obstinate cold." There is no room to question the accuracy of this prescription. It is the teaching of experience. Air is both food and drink to the lungs. It is more. Like water to the body, it washes them clean. It is best when pure and bracing. One great advantage the persistent walker has is in getting used to all kinds of weather. Exposure to cold and damp will do him no harm, although it might be fatal to others.

"Few things, if any, are so effectual in building up and sustaining the physical organisation as walking, if resolutely and judiciously followed. It is a perfect exercise, which taxes the entire system. When you walk properly, every member and muscle, every nerve and fibre, has something to do. Every sense is employed, every faculty alert. Progress under such conditions is the very eloquence of physical motion. What is the effect?—The flesh is solidified; the lungs grow strong and sound; the chest enlarges; the limbs are rounded out; the tendons swell and toughen; the figure rises in height and dignity, and is clothed with grace and suppleness. Not merely the body, but the whole man is developed."

It is said that a healthy skin absorbs one-sixth as much oxygen as the lungs.

Overcome Evil with Good.

THERE are few more saddening reflections than the thought that there must be at the present time thousands of men and women, outcasts of society, who but for the want of *one* wise and kindly office at some critical juncture of their lives might have been among its most useful members, if not its brightest ornaments.

Many a man has been lost to society from his inability to retrace his first false step, through the public severity of its punishment, and who, had the Christian principle been applied to him, "If thy brother shall trespass against thee, go and tell him his fault between thee and him *alone*," might to-day have been living in the honor and esteem of his fellows.

The following incident from the life of Isaac Hopper aptly illustrates this more excellent way:—

William Savery was a tanner by trade, and one night a quantity of hides were stolen from his tannery; and he had reason to believe that the thief was a quarrelsome, drunken neighbor whom I will call John Smith. The next week the following advertisement appeared in the county newspaper: "Whoever stole a lot of hides on the fifth of the present month is hereby informed that the owner has a sincere wish to be his friend. If poverty tempted him to this false step, the owner will keep the whole transaction secret, and will gladly put him in the way of obtaining money by means more likely to bring him peace of mind."

This singular advertisement attracted considerable attention; but the culprit alone knew whence the benevolent offer came. When he read it, his heart melted within him, and he was filled with contrition for what he had done. A few nights afterward, as the tanner's family were about retiring to rest, they heard a timid knock; and when the door was opened, there stood John Smith, with a load of hides on his shoulder. Without looking up, he said, "I've brought these back, Mr. Savery. Where shall I put them?" "Wait till I can light a lantern, and I will go to the barn with thee," he replied; "then perhaps thou wilt come in and tell me how this happened; we will see what can be done for thee."

As soon as they were gone out, his wife

prepared some hot coffee, and placed pies and meat on the table. When they returned from the barn, she said, "Neighbor Smith, I thought some hot supper would be good for thee." He turned his back toward her, and would not speak. After leaning against the fire-place in silence for a moment, he said, in a choked voice, "It is the first time I ever stole anything, and I have felt very bad about it. I don't know how it is. I am sure I didn't think that I should ever come to be what I am; but I took to drinking and then to quarrelling. Since I began to go down hill, everybody gives me a kick; you are the first man who has ever offered me a helping hand. My wife is sickly, and my children starving. You have sent them many a meal, God bless you! and yet I stole the hides from you, meaning to sell them the first chance I could get. But I tell you the truth when I say it is the first time I was ever a thief." "Let it be the last, my friend," replied William Savery; "the secret shall remain between ourselves. Thou art still young, and it is in thy power to make up for lost time. Promise me that thou wilt not drink any intoxicating liquor for a year, and I will employ thee to-morrow at good wages. Perhaps we may find some employment for thy family also. The little boy can, at least, pick up stones. But eat a bit now, and drink some hot coffee; perhaps it will keep thee from craving anything stronger for to-night. Doubtless thou wilt find it hard to abstain at first; but keep up a brave heart, for the sake of thy wife and children, and it will soon become easy. When thou hast need of coffee, tell Mary, and she will always give it to thee."

The poor fellow tried to eat and drink, but the food seemed to choke him. After an ineffectual effort to compose his excited feelings, he bowed his head on the table and wept like a child. After awhile he ate and drank with good appetite, and his host parted with him for the night with this kindly exhortation: "Try to do well, John, and thou wilt always find a friend in me." He entered his employ the next day, and remained with him many years, a sober, honest, and faithful man. The secret of the theft was kept between them; but after John's death William Savery sometimes told the story to prove that evil might be overcome with good.—*Anon.*

Men Who Should Not Marry.

A WRITER in the New York *Times* gave a list of men who should not marry.

The man who provides himself with a family and trusts Providence to provide the family with a home and something to eat.

The man who thinks that women are angels.

The man who thinks that nobody but an angel is good enough to be his wife.

The man that labors under the delusion that his wife's money belongs to him.

The man who always leaves his wife at home when he takes his summer vacation.

The man who thinks a sick wife would feel better if she would "just get up and stir around."

The man who forgets his manners as soon as he crosses his own threshold.

The man who thinks he can keep house better than his wife does.

The man who thinks there is "no place like home" — for grumbling and growling.

"How LONG have you known your husband?" asked one woman of another.

"Twelve years," was the reply.

"Why, I thought you were engaged for several years before your marriage."

"So I was," said the married woman with a sigh, "but I never knew John till I got married to him."

No matter how long the courtship, people generally are total strangers to each other when they stand up before a minister and promise to live together as husband and wife until death parts them. They have discussed Shakespeare and Browning, and if married life were a Shakespeare club or a Browning society, all would be well with them. But he has a certain ideal of wifehood and home life, and of this ideal she is as ignorant as she is of Sanskrit or Hottentot. She, too, has her idea of what a husband and a home should be, but she never talks to her betrothed on such commonplace themes as this.

They take the leap in the dark at the flower-decked altar, and in nine cases out of ten add another figure to the sum total of unhappy marriages.

Everybody has two personalities; One is an elegant cultured individual of easy manner and amiable speech, who discusses poetry and philosophy in the drawing room; the other is a plain, ordinary man or woman,

full of whims, and fancies, and habits. There should be some legal or social writ of habeas corpus or summons that would bring this hidden self to light during courtship. It would be an uncanny intrusion, but the number of inharmonious marriages would be immensely reduced.

The Value of Uncooked Food.

THERE can be no doubt that fresh fruits, nuts, and other fresh and uncooked vegetable food, contain something which is absent from food which has been dried, salted, or otherwise preserved. Sailors whose bodies have been reduced to a most pitiable state by scurvy, recover with most astonishing rapidity when fresh fruits and green vegetables are added to their dietary. No investigator has yet shown just what this necessary element is, but that it exists has been clearly shown by illustrations.

Careful experiments conducted in the laboratory of hygiene of the American Medical Missionary College have shown that fresh fruit juices possess the power of destroying germs, especially those which are capable of growing in the alimentary canal. Cooked fruit juices possess this property also to some extent, but by no means to so great an extent as do uncooked fruit juices. Persons suffering from biliousness are wonderfully benefited by omitting the evening meals, eating nothing later than four o'clock and taking the juice of two or three oranges, apple juice, or unsweetened lemonade before retiring. If there is an apparent demand for food, this may be satisfied by eating some ripe apples or other fresh fruits, or a little stewed fruit may be eaten, but care should be taken to avoid the free use of cane sugar.

Old Age in Spain.

A NUMBER of the Spanish municipalities announced that beginning with January 1, 1901, pensions would be conferred upon all persons within their respective localities who had reached the age of one hundred years.

The announcement brought forth from their seclusion hundreds of centenarians.

At Seville there was a beggar in his one hundred and eighth year; Barcelona boasted of a farmer one hundred and sixteen years of age, while Valencia rejoiced in a mason who claimed to have attained the great age of one hundred and thirty

years, and was still hale and hearty. At the age of thirty-eight he was old in war against Napoleon, and remembers the principal episodes in the great Bonaparte's career. At Tortosa there has been baptised a girl, named Elisa Sagarra, in the presence of her mother, grandmother, great-grandmother, and great-great-grandmother. The latter, who was ninety-eight years of age, stood as godmother.

In speaking of longevity, Sir William Temple says, "I do not remember, either in story or modern observation, any examples of long life common to any parts of Europe, which the temper of the climate has probably made the scene of luxury and excesses in diet. It is common among Spaniards of the best quality, not to have tasted pure wine at forty years old. It is an honor to their laws, that a man loses his testimony who can be proved once to have been drunk; and I never was more pleased with any reply, than that of a Spaniard, who, having been asked whether he had a good dinner at a friend's house, said, 'Yes, Sir, for there was something left.'"

Importance of Sleep.

MR. BARRY, an ingenious author of a century ago, asserts 'that the length of a man's life may be estimated by the number of pulsations which he has strength to perform. Thus allowing seventy years for the common age of man, and sixty pulses in a minute, for the common measure of pulses in a temperate person, the number of pulses in his whole life would amount to 2,207,520,000; but if by *INTEMPERANCE* he forces his blood into a more rapid motion, so as to give seventy-five pulses in a minute, the same number of pulses would be completed in fifty-six years, consequently his life would be reduced fourteen years. There is certainly some foundation for this doctrine, though it cannot be carried to any great length. It is well known how much the body is wasted in fevers, when the pulse is quick; and watchfulness has the same effect. During sleep, it is admitted that the pulse is slower and more regular; hence, according to Barry's doctrine, the time devolved to repose ought not to be considered as totally lost. If, during eight hours sleep, the pulsations are diminished from seventy-five to sixty in a minute, life, on his principles, must be pro-

longed one hour and a half, for every eight hours sleep, estimating the pulsation, during the eight hours, at sixty, and during the time gained when one is in motion, at seventy-five pulsations in the minute. Certain it is that sleep, on the whole, when duly regulated, must tend to the prolongation of life, though to what extent cannot be accurately ascertained.

Treatment of Morphism.

THE treatment of the morphia, alcohol, tobacco, and allied habits becomes a comparatively simple matter when the physician has at hand the appliances for the administration of rational treatment that are to be found in a thoroughly equipped sanitarium.

An important requisite is thoroughly trained nurses, who are ready to co-operate with the physician in everything that pertains to the welfare of the patient. Nurses, in order to be efficient, must have had a practical training in the management of these cases. After having attained the co-operation of the patient and placed him in charge of a competent nurse, the drug may be withdrawn at once, provided a physiological sedative is substituted for the artificial, and it is only in exceptional cases that I have had to resort to any substitute or to give small doses of the drug.

The rapidity with which nearly all cases are relieved of all the distressing symptoms in from twenty-four to forty-eight hours is remarkable, and many a man who has given up all hope of recovery has found that when rational methods of treatment have been employed, he has been restored to health and to a useful place in his community, provided he at the same time adopts such habits of life as will lift him above the necessity of continually borrowing felicity. DAVID PAULSON, M. D.

ALCOHOLISM IN NEW CALEDONIA.—Drunkennes and its consequent diseases abound among all classes, native or colonial; even the native women and children are given to intoxication, and the race is disappearing. Laborers spend their earnings in a drunken debauch, one of them consuming in two days more than seven quarts of rum, and an employer selling to his men a quart of absinthe, at ten to twelve francs, they absorbing it in a day.—*American Inventor.*



The Home

Keep Hoeing and Praying.

"FAITH without works is dead,"
Said Farmer Jones, in a whining tone,
To his good old neighbor Grey,
"I've worn my knees through to the bone,
But it ain't no use to pray.
"I've prayed to the Lord a thousand times
For to make that 'ere corn grow ;
An' why your'n beats it so and climbs,
I'd give a deal to know."
Said Farmer Grey to his neighbor Jones.
In his easy, quiet way ;
"When prayers get mixed with lazy bones,
They don't make farmin' pay.
"Your weeds, I notice, are good an' tall,
In spite of all your prayers ;
You may pray for corn till the heavens fall
If you don't dig up the tares.
"I mix my prayers with a little toil
Along in every row ;
An' I work this mixture into the soil
Quite vig'rous with a hoe.
"So, while I'm praying, I use my hoe,
An' do my level best
To keep down the weeds along each row,
An' the Lord He does the rest.
"It's well for to pray, both night an' morn,
As every farmer knows ;
But the place to pray for thrifty corn
Is right between the rows.
"You must use your hands while praying,
though,
If an answer you would get,
For prayer-worn knees, an' a rusty hoe,
Never raised a big crop yet.
"And so I believe, my good old friend,
If you mean to win the day,
From plowing, clean to the harvest's end,
You must hoe as well as pray."

—*The Lutheran World.*

What a True Woman Is.

A TRUE woman will not believe unkind things about her dearest friend.

A true woman will go to a friend and tell her her failings and mistakes in a spirit of love, rather than talk about them and find fault behind her back.

A true woman will always look for the good points in a person's character, and will dilate on these, if she has anything to say

about her. There are always enough women to pick flaws even in saintly characters.

A true woman is gracious to everyone. The shabbily clad and those low in social scale receive as much attention from her as their more fortunate sisters.

A true woman is entirely unselfish. She rejoices with others in their joys, and weeps with them in their sorrows.

She does not envy those more fortunate than herself, and is the first to offer congratulations on good fortune.

A true woman is broad-minded and tolerant. She listens patiently to the arguments of and seeks to find the good in what they propose.

She recognises the possibility of two sides to every question, and seeks the truth with earnestness. She never scorns opinions which may be in direct opposition to her own, but gives them an impartial hearing.

CHARACTER.—Character grows, for the most part, insensibly, as the life grows at first. Now and then it gets notable impulses which we can mark, but commonly it grows imperceptibly, like our bodies. It drinks in food, like the tree, from both earth and sky, and from hidden sources in both, and, like it, shows its whole history on its boughs and branches from the first. The sunshine and the storm, the cold north wind and the soft south, the knife or the neglect, write themselves all over life, in its knots or gnarls or smooth branches, in its leaning this way or that, in its stunted barrenness or broad shadow, its bending fruitfulness or its woody wantonness—not a leaf but leaves its mark, not a sunbeam but has told on it, not a rain-drop but has added to it. The same tree that is soft and spongy in a fat swamp, with its heavy air, grows hard and noble on the hillside. Spitzbergen forests are breast high, and Novia Scotia hemlocks mourn their cold, wet sky in long, wierd shrouds of white

moss. The influences round us are self-registering. Our spirits, like the winds, unconsciously write their story in all its fullness on the anemometer—life; slowly in light airs, quickly in storms, all goes down. Little by little the whole comes in the end. Single acts may show character, but they seldom form it, though some are supreme and ruling. It grows ring by ring, and the twig of this year becomes the bough of next. Our habits are another name for it, and they grow like the grass. The man's face lies behind the boy's, but it comes out only after a round of winters and summers.—*Dr. Geike.*

BEAUTY OUT OF UGLINESS.—A lady who in her girlhood was discouraged by her lack of beauty, but lived to become a leader of society, with hosts of sincere and loving friends, once told the following story of the incident which gave her hope and inspired her to usefulness: "If I have been able to accomplish anything in life, it is due to the words spoken to me in the right season, when I was a child, by an old teacher. I was the only homely, awkward girl in a class of exceptionally pretty ones, and being also dull at my books, became the butt of the school. I fell into a morose, despairing state, gave up study, withdrew into myself, and grew daily more bitter and vindictive.

"One day the French teacher, a grey-haired old woman, with keen eyes and a kind smile, found me crying. 'What is the matter, my child?' she asked.

"'Oh madame, I am so ugly!' I sobbed out. She soothed, but did not contradict me. Presently she took me into her room, and after amusing me for some time, said, 'I have a present for you,' handing me a scaly, coarse lump covered with earth. 'It is round and brown, as you are. Ugly, did you say? Very well. We will call it by your name then. It is you! Now, you shall plant it and water it, and give it sun for a week or two.'

"I planted it, and watched it carefully; the green leaves came first, and at last the golden Japanese lily, the first I had ever seen. Madame came to share my delight. 'Ah,' she said significantly, 'who would believe so much beauty and fragrance were shut up in that little, rough, ugly, thing? But it took heart when it came into the sun.' It was the first time that it

had ever occurred to me that in spite of my ugly face, I, too, might be able to win friends, and to make myself beloved in the world."—*Christian Herald.*

"CONSIDER the lilies of the field how they grow." They do not worry, but simply appropriate from their surroundings the elements needed to make up their snow white purity: they do not recognise the filth or the harmful that surrounds them. The soul that has its tendrils around the throne of grace will flourish in any soil, whether in Nazareth or in one of the wicked modern cities. It will have peace in the midst of tribulation. It will glory in tribulation, for "in His presence is fullness of joy, at His right hand there are pleasures for evermore."

This is the secret of true joy and peace. "Not as the world giveth, give I unto you." The world can only give peace by giving peaceful surroundings. True peace and joy do not depend upon surroundings. It is not that from without that defiles a man: defilement begins from within.

Just as each flower emits its own peculiar odor, so each individual is unconsciously giving out the influences that he permits to play in his own mind. "As a man thinketh in his heart so is he." The rose breathes out its fragrance upon the air, and all who come near it are refreshed, while obnoxious or poisonous weeds send out odors that are obnoxious and harmful in their effects.

Our power for good is determined by our innermost thoughts, by the motive that prompts the deed, by what we actually are, not by what we do or say. It is impossible for man to live a lie or to appear what he is not; for "as in water face answers to face, so the heart of man is revealed to man."

Mental conditions can never be successfully concealed. They are sure to find outward expression. It is not needful for anyone to tell what is in man; you feel it when in his presence; you read it upon the face and in every muscular act. The brain throws out arms or prolongations through which it connects with every organ or muscle of the body. Impressions made upon the brain, be they pleasant or unpleasant, are quickly communicated to these. The countenance, the walk, the general carriage,—all speak louder than

words. The horns of the lamb cannot always and at all times conceal the dragon voice. "The show of the countenance doth witness against them." We either bear the Father's name (character) upon the forehead or in the hand, or the mark of the beast. It all depends upon who abides within, or the character of the thoughts. Circumstances make manifest to all sooner or later the thoughts and intents of the heart.

The World's Famous Singer.

How is Adelina Patti able successfully to maintain her voice, elasticity, and youth so that at the age of sixty she is still able to demand and secure the highest figure ever paid to any woman in her profession?

We will give the secret in her own words, copied from a British contemporary:

"She has made no secret as to what has brought her the gifts coveted by every woman. She has many times described her habits of life, and told of her training from childhood. She inherited a weak constitution from her mother, and her teacher undertook to begin her training when she was six years of age. His first efforts were devoted to rebuilding her physical powers, and to that end he believed in keeping the mind free from worry, and the body clear of unnecessary foods. He believed in moderation in all things. She was put to bed with the birds, and rose with the morning sun. She took long walks, and all kinds of exercise. She never ate lollies, drank tea, coffee, wine, or beer, but was encouraged to drink water freely. Water, her teacher told her, washed the body free from all bad humors. This discipline was rather difficult at first, but she soon began to enjoy it. Her teacher argued that animals lived on nuts and fruits, and that she must be a good animal. A thoroughbred woman, he said, should be reared on the same lines as you would a thoroughbred horse. This was the training she secured as she was budding into maturity. Now carefully note the following:—

"When she grew up and went on her tours, she kept as near as possible to this same routine. She exercised daily; ate only plain food; was careful to secure plenty of air and water. As she increased in years, she continued to follow the pre-

cepts of her teacher, because the joy of feeling well, free from disease, nimble and vigorous, was worth many times the sacrifices necessary for it. The temptations to drink champagne and highly seasoned dishes were not lacking in a career like hers, but she says that every time she followed the lead of friends in this respect, she could detect danger signs, and she refrained.

"'Every time one is ill,' says this woman of youth and beauty, 'a part of your remaining youth is sacrificed. Every recovery, whether from headache or pneumonia, is accomplished only at the expense of vitality. The best plan to avoid illness is to live regularly, simply, and with a frugality that only stupid persons would deem eccentric. Sleep eight hours out of twenty-four, and ventilate your rooms thoroughly. Very few persons have the faintest idea as to the importance of ventilation. Even when my voice was the only thing I had in the world, I slept with wide open windows, summer and winter, and never caught a cold. My drinks were water and milk. Of water, it is difficult to drink too much. Alcohol of all kinds, coffee, and tea, are poisonous. Any drug you take goes no one knows where, and affects you no one knows how. Very little food is needed to keep the body in strength, and I found nuts and fruit the best and cheapest. I know a family of gigantic blacksmiths who eat nothing but dried figs, nuts, and milk. Health is youth. Losing one's hair, stiffening of the joints, and wrinkling of the skin are all diseases, but these afflictions are so general that we retain the illusion that they are inevitable.'"

Mottoes That Make Men.

EVERY youth, early in life, should choose a personal motto—one that will be a battle-cry to inspire and encourage him in his conflict with the world. Let it not be a mere money-making maxim, but one that will be a constant uplifter towards a life of broad usefulness. The following may help you in making your selection:—

"Do not wait for an opportunity—make it."

"The world makes way for a determined man."

"Character is a poor man's capital."

"Aim high and hold the aim."

"Promise little and do much."

IMPORTANT HEALTH LECTURE.

The Following are a Few Extracts from a Lecture given by D. H. Kress, M. D., to the patients at the Wahroonga Sanitarium, in answer to the questions :

Are stimulants essential to health ?

THE use of stimulants is becoming quite common. It is safe to say that ninety-nine out of every hundred people of this present day are addicted to the use of some kind of stimulant. Some are unable to begin their day's work without stimulation. They wake in the morning with not sufficient ambition or strength to get out of bed, and they feel the need of something to whip them up. They start out to work, but about ten or eleven o'clock a faint or exhausted feeling comes over them, and they feel their need of something. Some go to the nearest chemist's shop and procure a so-called "pick-me-up," while others resort to the bar of some hotel, and indulge in a drink of spirits. There is another class who resort to the pipe, and there is still another who would not do any of these wicked things, who fly to the teapot. But all of the classes named are slaves to stimulants. *Stimulation is not strength.* During the sleeping hours we store up energy or strength to be used in carrying forward muscular, glandular, and mental activity during the day. When in health we start on the duties of the day stored full of energy, but towards evening we may begin to feel a little weary, providing we do with our might what our hands or minds find to do; this is physiological fatigue. Nature says all muscular and brain effort should cease; man needs rest and sleep; he needs to store up more energy. Nature always tries to reserve a certain amount of energy to carry forward the vital functions of the internal organs during the sleeping hours. The heart must be kept pumping, the lungs inhaling, and the liver and other organs eliminating the wastes formed during the day. Many people get to the point where nature calls for rest long before evening. They have a depleted capital with which to begin the day's work, and long before evening are living upon the reserve. They have that exhausted, tired feeling, and instead of doing the wise and sensible thing,—taking

a rest,—they resort to a so-called stimulant. This is supposed to impart energy and strength, but it is a deception. By taking stimulants we simply rob the digestive organs and the heart of that which nature tries to hold in reserve for them. If this course is pursued, the person becomes a chronic dyspeptic or a total wreck. Stimulants are not nutrients. They do not add, but subtract energy, and if continued, the action of the heart, the vital pump, is interfered with and arrested.

What would you think of a man who starts in business and invests a certain sum of money, say £2,000, and remains in business for five or ten years, and during that time is living entirely upon the original capital he invested, yet flattering himself and affirming that he was doing well? The time must come when his bankers will inform him that he is on the very verge of bankruptcy. This illustrates the case of a man who keeps up by the use of stimulants. He is living upon the principal, and will surely come to the point of physical bankruptcy. Nature will finally protest in unmistakable language, and will notify him of his true state. These substances that we rely upon so much are deceivers, which whip up, puff up, but never build up. Nature's stimulants are pure air, water, food, light, exercise, and faith in the Giver of all that is good. If we rely upon these, we will desire no other.

Is a vegetarian diet more expensive than an ordinary meat diet ?

In walking past one of the meat markets recently I noticed that beef was marked down to $4\frac{1}{2}$ d per pound. This is a very low price. Let us set down the price of beef at $4\frac{1}{2}$ d per lb. Peas, beans, and lentils are $3\frac{1}{2}$ d per lb. The legumes are found to be cheaper than meat. Let us now study the nutritive value of these different foods. The total nutritive value of beef is 28%, and the average nutritive value of peas, beans, and lentils, is 86%. Thus we see that one pound of peas, beans, or lentils equals in nutritive value three pounds of beef. Therefore one pound of legumes at $3\frac{1}{2}$ d equals three pounds of beef at $4\frac{1}{2}$ d, which costs $1/1\frac{1}{2}$. From this it is not difficult to see that the legumes

are much the cheaper food. The following are some of the food values of different foods. Wheat 86%, rye 89, barley 82, oats 86, corn 84, rice 87, macaroni 87, chestnuts 89, walnuts 88, peas 83, beans 85, lentils 83, apples 13, apricots 13, bananas 26, grapes 18, pears 12, prunes 13: Beef 28, mutton 28, poultry 26, fish 23, eggs 26, milk 14, cream 34.

The following four days' bill of fare will serve to make the fact clear that vegetarians can live both economically and substantially at the same time:— Apples, graham (browned wheat) porridge with dates, toasted wafers, bread, dried apples stewed with cherries, milk, cream, for breakfast. The prices (American) were as follows:—apples 2d, graham porridge with dates 1½d, toasted wafers 1½d, bread 1d, sauce 1½d, milk and cream 2½d. Total 10d or 2½d per head. The dinner was composed of the following dishes: baked potatoes with sauce, mashed peas, oatmeal blancmange, whole-wheat bread, stewed fruit, milk, cream. The prices as follows: baked potatoes with sauce 1½d, mashed peas 1½d, whole-wheat bread 1d, milk and cream 2½d, oatmeal blancmange 1d, sauce 2½d. Total 10d, or 2½d per head.

This family of four lived for six months in this way and continued healthy and happy. It would be difficult to live on a meat diet for less.

It certainly is not difficult to live on a vegetarian diet, and get the same amount of nutriment as you would in a meat diet, and with much less expense.

Seasonable Recipes.

LAURETTA KRESS, M. D.

It is generally supposed that potatoes are indigestible and not of much value as a food. This may be true when poorly prepared. A well-cooked potato, however, is readily digested and a valuable food. Steaming, baking, or roasting are much better methods of cooking potatoes than boiling.

The salts are freely soluble in water, and when potatoes are boiled, there is nothing to prevent these from passing into the water, but when baked these valuable elements are retained. Roasting or baking also renders the starch easier of digestion.

A mealy potato absorbs saliva readily, and is quickly digested. In fact, potato starch is digested in about one-third the time required for the digestion of oatmeal starch.

BAKED POTATOES.—Select large smooth potatoes, cleanse thoroughly, then dry with a cloth, and bake in a moderate oven until they yield to pressure. When done press each potato until it bursts slightly. This allows the escape of moisture and prevents the potato from becoming soggy. *Serve at once.*

ROASTED POTATOES.—Cleanse thoroughly, and wrap in tissue paper, bury in ashes not too hot, then cover with coals, and roast till tender. The coals may need renewing.

POTATO EGG CAKES.—Mash thoroughly the left-over baked potatoes. To each pint of potato add the yolks of two eggs which have been boiled until mealy and rubbed through a fine wire sieve, also add one cup of rich milk and salt to taste. Mix well together, form into small cakes, brush them over with a little sweet cream, and brown in the oven for ten or fifteen minutes on a porcelain dish or tins.

Dried peas are another valuable and highly nutritious food, and when rightly prepared are easily digested. These are obtainable in two forms, the split peas and the round green peas.

STEWED SPLIT PEAS.—Wash selected peas. Put into cold water and let them come to a boil; then place them on the back of the stove, and allow to simmer until tender. Season with salt and a little cream if desired. Serve on zwieback if too liquid.

MASHED PEAS.—Soak green Scotch peas in cold water over night. In the morning, drain, and put to cook in boiling water. Cook slowly until tender and until they become quite dry. Put through a colander to remove the skins. Season with salt to taste and a small quantity of sweet cream if desired. Beat well together, turn into a granite or earthen dish, smooth the top, and bake in a moderate oven until dry and mealy throughout, and nicely browned on top. Stale bread crumbs may be mingled with the peas before baking.

PEAS CAKES.—Cut cold mashed peas in thin slices, or form into small cakes, brush lightly with cream and brown in the oven.

THE DEADLY CIGARETTE.—One of the largest life insurance companies refuses to take risks upon the lives of persons who have been habitual smokers of cigarettes between the ages of eight and eighteen. Shopkeepers and business men are discovering that the usefulness of boys who smoke cigarettes is so rapidly impaired that they are likely to prove of little service, and hence decline to employ them.

Answers to Correspondents

Dextrinising Foods.—What is meant by dextrinising foods?

Ans.—Dextrinising is a partial digestion. It is the process by which starch is carried along one step towards sugar. By boiling raw starch for twenty or thirty minutes, the digestive process is carried along one step; the starch is converted into amylo-dextrin. By boiling still longer, for five or six hours, it is carried along another step, or to erethro-dextrin. By exposure to a still higher temperature, by cooking in an oven until the grain assumes a light yellowish tint, it is carried along another step, or what is known as acro-dextrin. So by the proper preparation of foods, or in dextrinising them, they are carried along three steps in the process of conversion of starch into sugar. The very next step is the conversion into sugar, or maltose. This cannot be accomplished by cooking, but needs the action of saliva. This is why we lay so much stress upon the proper preparation of starchy foods. In the tests made recently it was found that granose biscuit was converted into maltose in two minutes when the saliva became thoroughly mingled with it. In the process of absorption, maltose is converted into levulose, or the same kind of sugar that is found in the blood. We cannot digest raw starch. There are some animals, however, that can do so, the cow, for instance. We could not live upon the food that the cow lives on, because our digestive apparatus is not made for that kind of food. Such animals as the cow have long alimentary canals, where the food is retained a long time. The cow also has four stomachs, which answer to our kitchens. We have to do in our kettles and pots what the animal does in its alimentary tract. The real object of cooking is to make the food easier of digestion, in other words, to dextrinise the foods. This is the last thing that is thought of in modern cooking: it is a point which has been lost sight of entirely by our cooks. This is why we have such a host of chronic dyspeptics walking about. There must be a reform in modern cooking, and when the reform comes, dextrinising the foods will be considered an important feature of cooking.

Enemata—Throat Gargle—Fruit Diet.—

1. Is the practice of flushing the colon by injecting three or four quarts of moderately warm water advisable, or would it result in injurious effects? 2. Which is preferable as a gargle for the throat, warm or cold water? 3. Could one live and thrive on an absolute fruit diet?

Ans.—1. Flushing of the colon is sometimes necessary, but only in special cases, when there is evidently an accumulation of fecal matter. It is better to use cool water at seventy-five to eighty degrees instead of warm water. Warm water is necessary only when severe pain is present. The practice of using warm water daily or frequently is injurious, as it has a relaxing effect. Cool water has a tonic effect. It may be used daily, if necessary, as it improves the tone and retracts the colon when dilated. 2. Cold water is to be preferred as a tonic. 3. Yes, by selecting ripe fruits. The Arab lives almost exclusively on dates. The camel lives on the same diet. Dried figs and the banana are both capable of supporting life.

Headaches.—1. Are the periodical headaches peculiar to so many women curable? 2. Why are they accompanied with vomiting? 3. Is there any remedy for these headaches? Outline treatment.

Ans.—Yes. These headaches are generally due to a disturbance of the circulatory nervous system. They are usually induced by improper mode of dress by which the bowels become compressed and the stomach dilated. 2. Because the food is retained in the stomach until decomposition takes place, giving rise to poisoning, nausea, and vomiting in connection with the headache. 3. Yes; these cases are always curable. First of all, the patient must adopt a proper dietary. Meat must be discarded, and in many cases milk must also be avoided. The diet should consist mostly of fruits and grains. Nuts may be eaten moderately. Such preparations as malted nuts and cocoanut cream may be used in place of milk. Well-baked potatoes may also be eaten, if care is taken to masticate thoroughly. Eggs may be used moderately. The bowels should be kept open by enemas, taken every other day if necessary, at a temperature of seventy-five to eighty degrees; quantity should be two or three pints. Several hours should be spent in active exercise in the open air daily. A cool bath should be taken daily, and a sweating bath once or twice a week. A moist abdominal bandage should be worn constantly.

Thrush.—What remedy would you recommend for thrush?

Ans.—A very simple and excellent paint for the mouth in cases of thrush can be made by mixing one ounce of borax and four ounces of glycerine. It must not be used till the borax is thoroughly dissolved.

Nasal Catarrh.—Is dieting of help in cases of nasal catarrh?

Ans.—Dieting is the only thing that will help nasal catarrh. I have never known a case to be cured in any other way. Nasal catarrh is really an effort of nature to throw off the abnormal products that are formed inside. To cure our diseases we must begin at the root of the evil—the cause. In the majority of cases nasal catarrh is due to the large consumption of sugar, jams, preserves, and other things put up with sugar. I have known many cases to be cured simply by an abstinence from sugar.

Saccharine.—Is not saccharine generally recommended by the medical faculty as a substitute for cane sugar?

Ans.—Saccharine is sometimes recommended as a substitute for cane sugar, especially in cases of diabetes. In diabetes, people are not able to assimilate sugar. Sugar appears in the urine. Saccharine is not sugar at all. It is not a food, but a coal tar product, a drug. It is exceedingly sweet, between three and four hundred times sweeter than sugar. People who use saccharine find that after a time a sweetish taste appears in the mouth. The system tries to throw it off through the saliva. It is a dangerous product to use, as a very small quantity of it produces severe disturbances of the stomach and intestines, and it is therefore not to be recommended. It is best to make use of the sugar provided in nature found in the fruits, the fig, persimmons, raisins, etc.

A Report from the Government Chemist Regarding the Food Value of the Soy Bean.

ACCORDING to an analysis made by T. B. Guthrie of the Chemical Laboratory, Department of Agriculture, New South Wales, the Soy bean stands at the head of the legumes as far as nutrition and wholesomeness is concerned. It will be noticed that the Soy bean contains thirty-five per cent. of albuminoids, while the ordinary beans average only about twenty-three per cent., and the best beef but nineteen to twenty-one per cent.

This bean also contains eighteen per cent. of fat, while other legumes contain not more than two to five per cent. In place of the fifty-two to sixty per cent. of starch, it contains twelve per cent. sugar and only twelve per cent. starch. The cultivation of the Soy bean should be encouraged.

Chemical Laboratory, Dpt. of Agriculture,
136 George Street.

	Soy	Haricot	Lima
Water.....	12.5	14	9
Albuminoids.....	35.3	23	21.9
Starch.....	12.5	52.3	66.6
Sugar.....	12		
Fat.....	18.9	2.3	1.6
Mineral Matter.....	4.6	2.9	2.9
Cellulose.....	4.2	5.5	4
Totals, 100	100	100	100

PTOMAINÉ POISONING.—The fear of ptomainé poisoning leads many of our leading provision dealers to cease making brawn in the hot months. That such a stand is the safe one is shown by a wholesale outbreak of ptomainé poisoning which occurred at Broken Hill in the middle of last month. Some 40 or 50 persons were affected, after having partaken of brawn secured from one shop, several of the victims being severely ill. The local medical men had their hands full for the time being, and drastic measures had to be resorted to to restore the patients.

THE day is long past when children can be kept innocent through ignorance. The innocence of virtue, the knowledge that will give them power to choose the pure and good, is the only fortification that can protect them from the dangers and evils of social impurity.

NEWS ITEMS.

THE GOOD HEALTH may now be secured at the various news agencies.

THE Sanitarium Health Food Factory, although running at its fullest capability, is unable to satisfy the demands for health foods. Health foods must be getting popular.

THE Vegetarian Café of Sydney is well patronised by the better class of people. There exists a great need for health food cafés in all of our cities.

THE prospects are that a health food café will in the near future be opened at Melbourne.

THE Hobart food store recently opened on Elizabeth Street reports an increasing trade. We invite readers of GOOD HEALTH to call and sample the sanitarium health foods.

AN epidemic of typhoid fever is reported at Balmain, a suburb of Sydney. It is supposed to be due to the accumulation of organic filth in the water pipes. Isolated cases of typhoid fever may be traced frequently to the use of some unboiled germ-infected food, as celery, lettuce, etc., while epidemics are always due to the water or milk supply. It is well to sterilise or bring to the boiling point all milk used, and boil all the water. This is almost a certain preventive.

THE many friends of Mrs. Salisbury, wife of the manager of the Echo Publishing Company, Melbourne, will be pleased to learn of her great improvement in health since coming to the Wairoonga Sanitarium. Mrs. Salisbury has put on a stone in weight, is able to take all of the physical culture and gymnasium exercises, and walks two or three miles without fatigue.

RECENTLY a young lad from Tasmania arrived at the Sanitarium with his leg in splints, not having been able to step upon his foot for two years. After a stay of three months he returned home, able to walk as well as any boy.

REV. HANSCOMB of Samoa has recently been added to our list of Sanitarium patients.

MRS. C. THOMPSON, wife of the president of the Christchurch, N. Z., Vegetarian Society, recently visited the Sanitarium on her way to Melbourne.

MR. C. BUTLER, one of Wairoa's chief business men who was brought to the sanitarium in a helpless condition, suffering with rheumatism, is now able to go about his work. He affirms that he feels better than he has in several years.

MRS. A. H. MACDONALD, the secretary of the Vegetarian Society of Victoria, writes, "Our work is progressing very favorably; constant additions to our society. Last July we adopted the GOOD HEALTH as our society journal, with two and a half dozen copies a month, and now we have five and a half dozen each month, so you see we are getting along in that direction. We have some really good public meetings. Just at present we have three lectures arranged for evenings, and I have a course of six health talks for women in one of our suburban churches."

MRS. KENNON and Miss T. Judge of Hobart, Tasmania, have been added to the list of GOOD HEALTH workers. They each receive a club of one hundred journals monthly which they sell singly or use in supplying regular subscribers. Miss Judge has reported fifteen annual subscriptions as a result of her first fortnight's work. We wish them every success. Mr. Phillip Reekie is taking a club of ninety-six each month for use in the neighborhood of Toowoomba, Queensland. Miss Prebble is doing good work in Maryborough, Queensland, where she is using one hundred a month. Mrs. Streeter in South Brisbane, Queensland, takes ninety-six a month. In Melbourne and surroundings three hundred a month are sold by a man who is deaf and dumb.

MR. D. OWEN, who has labored so long and faithfully in New Zealand, where he has sold thousands of copies of GOOD HEALTH and has taken hundreds of annual subscriptions, has recently returned to his home in America. Miss Bader of Wellington takes ninety-six GOOD HEALTHS a month; Miss Owen of Dunedin takes twelve dozen monthly; Miss Williams of

Christchurch and Miss Harker of Nelson each use eight dozen monthly. There is room for many more workers. We need the help of all interested in the reforms advocated by the GOOD HEALTH. The journal now has a circulation of 8,000 monthly. This is good, but this number may and should be doubled in the next two months.

NURSE WILLIAMS, who has for the past two years given valuable and faithful service in connection with the Avondale Health Retreat and Wairoa Sanitarium, is spending a short time in company with her mother in recreation at the Retreat.

"GRANDMA SISLEY" as she is familiarly known to thousands of the GOOD HEALTH family in England, the United States, and Australasia, is at present a guest at the Wairoa Sanitarium.

Mrs. Sisley is eighty-four years old, and made the ocean voyage from Hobart, Tasmania, to Sydney a few days ago. At the age of eighty she travelled ten thousand miles, from Michigan, U. S. A., to Australia, to join her daughters here.

"Grandma" resided for over thirty years in the shadow of our largest sanitarium, of which her son, W. C. Sisley, was the architect and builder, as he was also of our sanitariums in different parts of the world.

Like Dorcas of old, "Grandma's" hands are always busy with the needle, and many of the to-day nurses and doctors recall pleasant remembrances of buttons sewn on and general repairs in their wardrobes, made by her hands during their college days, while they in turn were rendering a helpful ministry in cutting her wood and making paths for her through the winter snow.

She still cuts and makes all her own garments, and is her own milliner. She requires neither flesh meats nor stimulants in any form, and drinks no tea.

"Grandma" is a great friend of all the young people who are training for medical missionary and evangelical work.

Mrs. Sisley will make her home with her daughter Mrs. Boyd, the matron of the Avondale School, Cooranbong, N.S.W. We wish her many more years of usefulness.

EXPERIENCE CORNER.

An influential gentleman who had suffered for many years from constipation and migraine, after following out the principles advocated by *GOOD HEALTH* for a few months, writes as follows:—

"You will be glad to know that I have been almost entirely free from headaches for three months. I have been entirely free from violent headaches, and those I have had have not interfered with my work as heretofore. Beside my ordinary work, I have been able to do more study than I have done for several years.

"I am a thorough convert to your system of diet. I have now no desire for meat, and derive great pleasure from the foods I take. Constipation, from which I once suffered, is a thing unknown, and there are no longer any uric acid deposits in my urine. There are about half-a-dozen of my friends who are 'almost persuaded' to follow my example.

"I shall be glad at any time to give any information I can to any people of our city you refer to me, and shall not fail to show my gratitude by doing all I can to tell others of the blessings to be derived from the truly rational diet you advocate."

A LADY from Western Australia recently sent in her subscription to the *GOOD HEALTH*, and says, "I had a stray copy from a lady—, and I find such valuable information in the book that I would like to take it regularly. Trusting others may find such benefit as I have done."

"I HAD the December number sent to me by a friend. After reading it through I am quite satisfied as to the usefulness of the book and that it should be in every home. I will do all in my power to help the sale of it."

I HAVE just opened a letter from one of our canvassers, and this is what she writes concerning *GOOD HEALTH*:—

"Isn't it a pity there isn't somebody to push the AUSTRALASIAN *GOOD HEALTH* in every city, town, and hamlet in New Zealand. Seems to me it is an excellent little journal, and as far as my knowledge goes, people like it, too. And what a world of good it ought to do, coming in a home every month in the year. A lady in New Plymouth stopped me in the street when I was on my bicycle to tell me how she liked the journal and where she could get granose biscuit."

WE invite Sydney readers of *GOOD HEALTH*, who are physically indisposed and in need of special treatment, to call at the Sanitarium Treatment Rooms located at 283 Pitt St. Massage, electric water baths, electric light baths, and other hydro and electro therapeutic treatments are administered by skilled male and female

nurses under the direction of the Sanitarium physicians. Physician's consulting hours, Mondays and Thursdays between 12 and 1, noon, 283 Pitt Street.

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

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

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

The Arcade, Edward Street, Brisbane, Queensland.

201 Newcastle Street, West Perth, West Australia.

Hughes Street, North Unley, South Australia.

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

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

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

Rockhampton Bath and Treatment Rooms, Rockhampton, Queensland.

Main Office: 283 Pitt Street, Sydney.

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A Work which is Full of
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This volume is being sold for the benefit of the AVONDALE SCHOOL FOR CHRISTIAN WORKERS, to which the whole of the proceeds are being devoted. It is an exposition of 32 parables given by our Saviour. There are THIRTY CHAPTERS, and over ONE HUNDRED ILLUSTRATIONS, while the thoughts and language throughout are simply inspiring and elevating. The book is written by the well-known and gifted author Mrs. E. G. White. It is beautifully printed and embossed in red and gold, and contains 136 pages. In the short time since its first appearance in print over 10,000 copies have been sold in Australasia. Price 5/6, postage 6d EXTRA.

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

Directory of Sanitariums and Treatment Rooms.

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

SYDNEY SANITARIUM, Wahroonga, N.S.W.

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

CHRISTCHURCH SANITARIUM, Papanui, New Zealand.

SANITARIUM TREATMENT ROOMS, 283 Pitt Street, Sydney.

BATH PARLORS AND SANITARIUM TREATMENT ROOMS, Rockhampton, Q.

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For further particulars apply
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Albumin Makes Blood, Fat Makes Weight; Nuts are the Best of all Fat and Blood Making Foods.

Nuts are the most palatable of all foods. They completely replace meats and all kinds of animal foods,—flesh, fish, fowl, and even milk, and hence their use prevents rheumatism, Bright's disease, headache, nervous exhaustion, liver disease, tapeworm, and other disorders that result from meat eating, and obviates the necessity of taking the lives of animals and eating foods that are disease producing.

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

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

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

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

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

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

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

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

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