

August 1, 1903.

Vol. 9. No. 8.

THE AUSTRALASIAN

# GOOD HEALTH

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

Single Copy, 3d.

Yearly Subscription, 2s. 6d.

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Published Monthly at the Good Health Office,

WAHROONGA, N. S. W.

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

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## AUSTRALASIAN

# Good



# Health

Vol. 6.

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

No. 8.

## Medical and Health News.

### SWINE FEVER AND SWINE PLAGUE IN VICTORIA.

SWINE FEVER OR SWINE PLAGUE has made its appearance in Victoria. The disease has gained a strong hold in widely separated parts of the State. From Gippsland, Carrum, and Boxhill, reports of wholesale fatalities are coming in. In one piggery alone 100 deaths are reported.

Mr. Cameron, of the Veterinary Board, states that the disease "bears a close resemblance to typhoid fever in man." To combat the disease he emphasised "the necessity for cleanliness and good feeding, denouncing the idea prevailing amongst farmers that the pig was a sink for refuse and filth of all kinds, decayed vegetables, etc., being in many cases the regular food of the animals. There were farmers who would assert that the food was better when most rotten." When questioned as to the susceptibility of human beings to this disease, Mr. Cameron remarked that "he was not prepared to say what consequences might follow the eating of diseased pigs' flesh."

In the face of all this, hundreds of people to-day enjoy their piece of pork, or as the German literally renders it, "swine's flesh," and it is a matter of conjecture as to how impure the food supply needs to become before people will see that the result of partaking of impure, diseased flesh brings about, as a natural result, disease in the body of the eater. "As a man eateth, so

is he." Surely then it is time that we, as a people, exclude from our dietary the flesh of animals subject to loathsome diseases, and draw our daily food from nature's storehouse, where the supply is plentiful and pure.

### DISEASED MEAT IN SYDNEY.

AT the Central Summons Court, before Mr. Isaacs, S. M., Donald M'Intyre, of 54 Brighton Street, Petersham, was proceeded against on an information alleging that a carcass of pork consigned by him to Ellis and Company's saleyards, on May 29, was diseased. It was stated that an inspection of the carcass of a pig disclosed that it had tuberculosis. The disease had broken out through the throat, and on the animal being cut open, the whole carcass was found diseased.

The defendant said he had not seen the pig after he had sent it to Glebe Island, where it had passed inspection.

The magistrate asked Mr. Dawson, the City Council's solicitor, who was prosecuting, if he had heard of such a thing; and Mr. Dawson was understood to say that many cases of diseased animals that had passed inspection at Glebe Island had come before the Court.

The magistrate said it was a scandalous state of things if true, and reduced the inspection to a farce.

The defendant, who pleaded guilty, was fined £5 and costs.



### Tobacco Insanity and Degeneracy.

WHILE the population of Scotland has increased fifty per cent. since 1858, the number of lunatics has increased 186 per cent. On January 1 of this year there were 16,858 insane persons in Scotland.

Insanity is everywhere on the increase by leaps and bounds. Tobacco is without doubt one of the causes responsible for this increase. The deteriorating influence of tobacco-using upon the young was long ago recognised by the French government, leading to the prohibition of the use of tobacco by the students in the public schools. The Swiss government has taken even stronger ground upon this matter, forbidding the use of tobacco altogether to juniors. A boy found smoking in the streets is now promptly arrested and punished by fine or imprisonment.

Other countries are recognising the evils resulting from this habit. Recent laws passed in the dominion of Canada wisely forbid the manufacture and importation of cigarettes.

Dr. Bremer, late physician to St. Vincent's Institution for the Insane, at St. Louis, has recently called attention to the fact that the use of tobacco by the young is productive of mental and moral deterioration, while in older persons the use of the weed produces brain disease and insanity.

The editor of the "Review of Insanity and Nervous Diseases" announces his belief that many a nervous or idiotic child is the result of the tobacco-using habit of his parents. The baneful effects of tobacco-using are not so immediately noticeable as those of the liquor habit.

In view of the numerous facts pointing out the pernicious character of this drug, and the baneful effects of its habitual use, it is astonishing that physicians are not unanimous in their opposition to it. Still more astonishing is it that there are many physicians who themselves indulge in its use.

Dr. C. A. Clinton, of the San Francisco Board of Education, has made a special study of the effects of cigarette-smoking among the public school children of that city, and this is what he says about it:—

"A good deal has been said about the evil of cigarette smoking, but half the truth has never been told. I have watched

this thing for a long time, and I calmly and deliberately say that I believe cigarette smoking is as bad a habit as opium smoking. I am talking now of boys.

"A cigarette fiend will lie and steal, just as a morphine or opium fiend will lie and steal. Cigarette smoking blunts the whole moral nature. It has an appalling effect upon the system. It first stimulates, and then stupefies, the nerves. It sends boys into consumption. It gives them enlargement of the heart, and sends them to the insane asylum. I am physician to several boys' schools, and I am often called in to prescribe for palpitation of the heart. In nine cases out of ten it is caused by the cigarette habit. Every physician knows the cigarette heart. I have seen bright boys turned into dunces, and straightforward, honest boys made into miserable cowards, by cigarette smoking. I am not exaggerating. I am speaking the truth,—the truth that every physician and nearly every teacher knows."

### FLAVORS IN CHEESE AND BUTTER. HOW PRODUCED.

THERE are a great many kinds of cheese. All are made from milk, simple cow's milk. We distinguish them only by their flavors. The flavors in cheese are not due to the quality of milk used in their manufacture, but decomposition, or the growth of bacteria. Cheese poisoning sometimes occurs from these products of decomposition.

Recently Professor G. L. McKay delivered a very interesting address at the State Convention of California, U. S. A., Butter Factory Operator's Association, held at San Francisco. This address is of interest not only to the producer of butter, but to the consumer as well, to the producer from a commercial standpoint, to the consumer from a health standpoint. He asserts that in butter, as in cheese, the flavors are not due to the quality of the milk furnished by the suppliers, but to the kind of germs or bacteria planted in the milk as starters. In regard to the causes and variation in flavor, the professor says,

"Flavor is the quality that distinguishes butter from lard, tallow, or any other fat. Flavor does not come by chance. Every intelligent buttermaker is fully aware of the uncertainty and the difficulty of producing a uniform high flavor. *I think I*



am safe in saying that it is generally accepted now that the flavor substances, whatever they may be, are products resulting from breaking down of the milk solids. It was shown by Professor Storch that they are the result of the growth of bacteria. Professor Storch held that the flavor of good butter comes from the decomposition of milk sugar. The feed consumed by the animal no doubt has an influence on the flavor, as well as on the color and hardness of the butter, but in general this influence is much less than the effect of the fermentations which have taken place in the milk and cream. The principal reason why we get much different flavor in the winter than the summer months, is that the cows are usually housed in the winter, and the germs that get into the milk are mostly putrefactive groups—those which cause ordinary decay.

"We found from investigation pursued at our school that about 75 per cent. of the bacteria in the milk were of the undesirable kind (because they produced undesirable flavors) during the winter months, while in the best period of the summer months we found 90 per cent. of the desirable kind. The thorough brushing and dampening of the udders before milking, and the removal of the milk from the cowshed as soon as drawn, would greatly diminish the defects.

#### CONTROLLING FLAVORS.

"A maker can more readily control the flavor by the use of 'starters.' An example of this kind was shown at the national buttermakers' contest. We find that John Sollie, of New Sweden, Minn., U. S. A., got an average score of 98.12. This was not brought about by chance, nor entirely by the good milk furnished by the suppliers. This maker informed me that he carried as many as seven or eight 'starters' during the contest. Here we find him selecting the kind of bacteria that produces the best flavor.

"A 'starter' of any kind is only adding an enormous quantity of a species of bacteria that we expect to predominate in the final product. This takes skill and hard work on the part of the maker. 'Starters' of any kind are quite difficult to carry forward, as every detail must be attended to punctually. The maker must also have smell and taste well cultivated, so that he will be able to detect the slightest change or off flavor. He must also have some

knowledge of the principles of bacteriology.

"A few years ago it was largely chance work for a maker to win two high scores in succession. Now we find makers who use pure cultures of germs and have a knowledge of the scientific principles of cream ripening, scoring high in almost every contest."

It is evident that the palate is not an absolute and safe guide in the selection of food, especially is this true when perverted. The first and important consideration should always be wholesomeness and purity of food.

#### TUBERCULOSIS IN CATTLE.

THE Unley, S. A., Local Board of Health recently received a report by the inspector through the Central Board of Health stating that the examination of a herd of cows kept by a dairyman in Unley district disclosed that one cow was affected with pulmonary tuberculosis. Being suspicious of three of the other animals the inspector decided to test the lot with tuberculin. As a result of the test he had come to the opinion that eleven of the cows were similarly suffering from tuberculosis, only one being free from the disease or failing to react to the test. He had instructed the owner not to dispose of the animals. At a meeting of the Local Board of Health, Sanitary Inspector Moule reported that the cows had been sold in the market on April 8, and it was decided to instruct Messrs. Holland and Lathlean to institute legal proceedings against the owner in the name of the board.

That tuberculosis among dairy herds is common is no longer doubted. Wherever sufficient interest in the public health has been taken to make a thorough examination of dairy herds, startling revelations have been made. In England three years ago the late Queen's cattle were tested. To the surprise of all it was found that 85 per cent. of her choice animals were tuberculous. Similar tests were made throughout Great Britain with similar results. Very few herds were found entirely free from the disease.

Milk from a diseased animal certainly cannot be said to be wholesome, and there can be no doubt that the disease may be, and undoubtedly is, communicated to man through the use of the milk and flesh of such animals. Tubercular consumption



is especially prevalent in the dairy regions of England, Ireland, and Denmark. On the other hand, where dairying is little practised, the disease seems less prevalent. According to good medical authority, in China, the Tartars, who use milk freely, are quite subject to the disease; while the Chinese, who are practically vegetarians, making little use of flesh and rarely taking milk, are quite free from it. In Ecuador, the Argentine Republic, Columbia, and other portions of South America where cattle are raised by the million, but are not kept in dairies or used for milking purposes, consumption is almost unknown among both cattle and human beings.

That consumption among human beings is prevalent in Australia is well known. That the same disease is equally common among dairy herds throughout Australia, future tests will reveal. There can be no doubt that there exists an intimate relation between the prevalence of this disease in cows and human beings, since the cow is really the wet nurse of the family. The frequency of intestinal tuberculosis among infants who subsist largely upon cows' milk may here find an explanation.

#### Coffee Blindness.

DR. SNAITKEN says, "It is well known that the Moors are inveterate coffee-drinkers, especially the merchants, who sit in their bazaars and drink coffee continually during the day. It has been noticed that almost invariably, when these coffee-drinkers reach the age of forty or forty-five, their eyesight begins to fail, and by the time they get to be fifty years old they become blind. One is forcibly impressed by the number of blind men that are seen about the streets of the city Fez, the capital of Morocco. It is invariably attributed to the excessive use of coffee."

#### The Transmission of Plague by Fleas.

THE writer is convinced, after a series of experiments, that these insects transmit plague from rat to rat. The disease was not transmitted by the cadavers of diseased rats, while fleas taken from a living infected animal caused plague in nine out of ten rats. The fleas of these animals were also found to bite human beings, and the author, therefore, concludes that the connection between the presence of rats in an

infected district and the sufferers from plague is represented by these insects.—*Gauthier.*

#### The Trailing Skirt and Consumption.

A NEW feature was introduced during the meeting of the New Zealand Branch of the British Medical Association recently held at Nelson. The Chief Health Officer was asked to give a half-hour's lecture open to the general public. There was a very large and distinguished audience, a large part of which was composed of ladies. *Dr. Mason*, who illustrated his remarks with a number of original and convincing lantern-slides, chose for his subject the trailing skirt and the part it plays in the dissemination of the tubercle bacillus. He said that they had but recently witnessed the end of a struggle the like of which had not been seen in modern times. Some forty thousand men, they were told, fell either from wounds or sickness during the South African campaign. Yet, while they deplored and deprecated this holocaust, they paid but a passing attention to that army of twofold size which yearly in Great Britain alone fell before that arch-enemy consumption. The truth he wanted to urge was that consumption was a disease spread from one person to another chiefly by means of the spit or expectoration. There were other ways, such as infected milk, and there were many agents which kept the bacillus of consumption in its work of destruction, such as ill-ventilated and badly drained houses, but the main cause was the non-destruction of the discharge which came from the infected person. When the sputum becomes dry, the germs are blown about and inhaled, the trailing skirt being one of the modern inventions employed in the transmission of the disease.

#### White Meats and Dark Meats.

FOR many years the opinion has prevailed that white meats are more digestible than dark meats. It has been a custom with physicians to prescribe certain fowls and fish, while forbidding red meats in cases of feeble gastric digestion. Offer and Rosenquist have shown, according to the *Berliner Klinische Wochenschrift*, that there is no essential difference between white and dark meats; the amount of extractives or toxic substances found in the two varieties of meats is essentially the same.



### SPRING TONICS.

J. H. KELLOGG, M. D.

WITH the arrival of the warm weather of spring there is a general letting down of the vital tone with most people, which manifests itself in a mania of indisposition to mental and muscular activity, and in many cases a loss of appetite and general sluggishness.

Many are led by these unpleasant symptoms to resort to the use of wine or other alcoholic beverages, to seek relief in tonics, so-called "spring tonics," perhaps, "blood purifiers," "appetisers," and patent medicines of various sorts, whose only virtues consist in their misleading names and in the false hopes raised by the manufactured testimonials by which they are recommended. Bitters and herb teas of various sorts are also very commonly resorted to in the springtime as remedies for spring biliousness, lack of strength, and other ailments which become especially common at this season of the year. None of these remedies are capable of affording anything more than very temporary relief, and the majority are incapable of accomplishing even this. Some are highly pernicious, and liable to produce more or less serious injury if employed for any length of time.

Before considering what remedies may usefully be employed at a season of the year when there seems to be a wide-spread feeling of need for reinvigoration of the vital forces, let us consider the meaning of the diminished vigor which one feels on the approach of warm weather. The poetic figure which represents life as a candle which is being slowly but surely consumed, expresses not simply a poetic idea but a scientific fact. The body is in reality a living furnace in which fuel (food) is constantly burning, and sometimes the furnace itself is in part consumed when the supply of fuel is insufficient or the demand unusually great. During the winter season the vital fire burns at a more rapid rate than during the warm months, the purpose being to create the amount of heat required to make good the daily losses by exposure to an atmosphere much below the temperature of the body.

To maintain this rapid rate of combustion greatly taxes the digestive powers and all the vital forces. Only the very strongest constitutions can endure continual exposure to a low temperature. In

other words, the extraordinary effort required by the forces of the body to maintain animal heat during the winter season makes a great draft on the vitality, and when spring comes, Nature recognises the necessity for rest and opportunity for recuperation of the vital powers. The advent of warm weather lessens the demand for heat, hence the vital fires are diminished in intensity, the wheels of life are slowed a little so that the expenditure of energy may be lessened, and thus an opportunity be afforded for recuperation.

When a large amount of heat is required to protect the body from cold, the increasing heat product which occurs naturally increases the disposition to work and the amount of work done. From this fact comes the wonderful energising influence of cold weather. Warm weather, on the other hand, lessens the amount of heat production, and at the same time lessens the disposition to work and the amount of work done. This wonderful adjustment of the vital balance, which is performed automatically by the natural forces of the body, is essential for our welfare. It is a means by which Nature prevents the undue and dangerous expenditure of the bodily energies.

From the above facts, it is evident that instead of undertaking by artificial means to produce a fictitious feeling or appearance of health and vigor, one should, on the contrary, seek to follow Nature's suggestion by refraining from violent exertion and by the adoption of such means as will conserve the vital forces, avoiding an undue expenditure of energy. In other words, one should never force and stimulate the system when Nature says plainly that rest, recuperation, and refreshment are required, and wise is he who heeds her commands.

On the other hand, there are many cases in which the spring depression may be traced directly to overfeeding, a very common practice in the cold months of the year on account of the natural increase in appetite, the excessive use of sweets, rich foods, confectionery, and various other unwholesome articles. Such digressions are often tolerated during the winter months, but with the approach of spring, when there is a general letting down of the vital tone, the evil consequences become painfully apparent.



In this latter class tonics are quite unnecessary. It is essential that only the rich and greasy articles of diet, meats, animal fats, sweets, hot sauces, and indigestibles of various sorts, shall be laid aside at once. The dietary must be conformed to the natural standard. It should consist chiefly of fruits and grain preparations, particularly zwieback or bread, toasted wheat flakes, granose biscuit, and similar foods. Foods which contain albumin, as milk, eggs, and even nuts, should not be used too freely. In many cases, milk and eggs must be entirely avoided because of the difficulty experienced by many persons in digesting albumin and the casein in milk.

In these cases, and in fact, in most cases in which there is a spring "letting down," simple tonic measures afforded by natural healing agents afford prompt and efficient relief. A light, cold bath taken by means of a wet towel or the wet hands every morning, out-of-door exercise, and the sun bath, are ready means by which substantial benefit may be secured for this class of health-seekers.

### Surprising the Doctor.

SCOTTISH shrewdness is occasionally over-matched by Irish wit. The handful of people who inhabit a certain little island in the Atlantic, off the coast of Donegal, enjoy so much health and so little wealth that there is no doctor on the spot. In rare cases of emergency a physician is brought in a boat from the mainland.

On one occasion some islanders who were obliged to summon the doctor found that he had gone to Dublin on business. As the case was urgent, they invoked the services of another practitioner. This gentleman was a Scotsman, with the proverbial canniness of his race, and he declined to undertake the voyage unless he received his fee—a golden sovereign—in advance.

There was no help for it, and the money was paid. The physician went to the island, and attended to the case. But when he inquired for a boat to take him away he found that not a boatman on the island would ferry him back again for any less consideration than £2, paid in advance.

The doctor had to part with the two sovereigns and to admit that he had been beaten at his own game.

### Narcotics.

THE user of meat, tea, coffee, spices, and tobacco is obliged to carry on a constant warfare with himself. His exciting or irritating food and drink is constantly tempting him to intemperance, and he is compelled ever to strive against the desire for alcohol. One narcotic poison naturally creates a craving for another, a stronger. Spices irritate, and create an unnatural thirst which water cannot quench, and can only be relieved by a narcotic. It is easier to become a vegetarian and give up the use of alcohol than to attempt to give it up on a meat diet.

### Hydatids in Rabbits.

THE announcement that hydatid cysts have been found in rabbits have made many people afraid of purchasing them for food purposes. It is reassuring, therefore, to learn on the authority of Dr. Tidswell (micro-biologist of the department of public health), that it is not uncommon to find hydatids in rabbits, but they are not of the same species as those which attack human beings. Dr. Tidswell states that if human hydatids pass from one person into the system of another they will not cause ill effects. They will produce a tapeworm which is the "host" of the hydatids, and it is from the eggs of this worm that human beings are affected. There are numerous kinds of tapeworms, and each has its corresponding species of hydatids. That formed in the rabbit is, in the opinion of Dr. Tidswell, derived from the tapeworm of dogs, and presumably, dingoes. Human beings may be affected from the same source, but the resultant hydatid is of a different form to that produced in rabbits.

### Bedbugs and Health.

DRS. BREMOND and De Wevere have made a careful study of the relation of bedbugs to health, and have shown that this loathsome insect is a menace to health, not only by reason of the loss of sleep and of blood directly attributable to its ravages, but also through its becoming the means of transmitting the microbes of tuberculosis. One case is cited in which a communication of disease took place: A young man died of tuberculosis. Shortly afterward, his brother, who occupied his bed,



became infected with general tuberculosis. The physician in attendance noticed that he bore marks of many attacks by bedbugs, and, being led to suspect this source of infection, examined the bugs, and found that a large portion of them carried tubercular bacilli in their alimentary canals. Rabbits bitten by the same bugs contracted the disease and quickly died of it. An infusion made from the bugs by crushing them was also found to contain the microbes, and when injected into small animals, quickly gave rise to the disease.

### Professor Bange on Alcohol.

ACCORDING to Professor Bange's statement, there are about twenty million teetotallers in the world, and their numbers are increasing every year. In America alone (which is sometimes called the land of passions) there are about ten million teetotallers. In London, England, there is a medical society which numbers about 600 members, mostly physicians, who not only do not use liquor or alcohol in any form personally, but do not even prescribe it for their patients. These are numbers and facts well worth our consideration.

Bange mentions the fact that the most famous physicians of England attribute half of the diseases that afflict humanity to the use of alcohol. The very same is the case in Austria and Germany.

### Impure Milk Prosecution.

A PROSECUTION recently took place at Southwark Police Court, England, and resulted in a fine of £25 being inflicted on a milkman named Arthur Reed, of Lancaster Street. The milk sold contained seven grains of boracic acid to the pint. The medicinal dose of boracic acid for a child being at most about five grains, the danger of such practices by milkmen will be properly appreciated. Even the dose mentioned may result in serious ill; and it is easy to see how a child fed on milk wholly or partially may receive an overdose. There is on record a case where five-grain doses nearly succeeded in killing a man aged 38. Whatever excuse there may be for putting such preservatives in articles of which only small quantities are consumed, there can be none for introducing them into milk.—*Science Siftings.*

### HEALTH LECTURE.

*Extracts from a health lecture delivered June 3, 1903, at the Wahroonga Sanitarium by Dr. D. H. Kress, in answer to the questions:*

#### What beverage would you recommend in place of tea?

THE best beverage that I know anything about is water, if you can obtain it pure and soft, just as it comes from above. Soft water is free from all minerals. The presence of minerals is one of the objections to the free use of hard water. Hard water produces indigestion, but soft water will aid digestion. Water is the *only* liquid that we have. All our beverages are produced by the addition of something to water. In tea we have water plus tea, and in coffee, water plus coffee. When we add anything to water, as a rule we depreciate its value. To be of value, however, water should be taken at proper times. The best time to take water is three or four hours after a meal. It is not best to drink with meals, but on an empty stomach. The drink should act as an internal bath, washing out and cleansing the stomach after work. At night before going to bed is a good time to take a drink of hot or warm water. Hot water is relaxing, and will help to cleanse out the stomach after it is through with its day's work. It also acts as a sedative and favors sleep. The same principle applies internally as applies externally. Everyone knows that the time to take a short cold bath to revive the drowsy brain and other organs is in the morning, immediately after getting out of bed, while warm baths should be taken at night before retiring, because of their relaxing and cleansing effect. So in the morning a short, cold, internal tonic bath is indicated, and in the evening a warm internal bath just before retiring for the night. It is also good to drink a half hour before meals, especially in digestive disorders. In cases of catarrh of the stomach a drink of hot water about three-quarters of an hour before meals is good. There is in such cases a thick mucus thrown out, and upon this the germs feed and multiply. If the food is introduced while the germs are there, it causes decay, and a bad breath results. The stomach is not in a fit condition to receive and digest food when in this condition. We should be



very careful not to drink with the meals. If very thirsty, however, a few sips of water or some other drink may be taken at the close of the meal. It should be remembered that the more liquid we take with the foods, the more indigestible they become, because the liquid dilutes the digestive juices and has first to be absorbed before the digestive process can be carried on. The contents of the stomach must be in a semi-solid condition in order to stimulate a healthy flow of gastric juice, and to stimulate the peristaltic action of the stomach. Do not take too large a quantity of water at a time even between meals. Injury may be done by overloading or overdistending the stomach. A small glassful of water should generally be sufficient, two glasses at the most. Thirst is more readily satisfied by drinking slowly, taking frequent small sips, rather than drinking a large quantity at one time.

When large quantities of water are swallowed, the kidneys are stimulated, so that a large amount of serum is removed from the blood, more, in fact, than is compensated for by the amount of fluid taken in, so the thirst may be actually increased. Cold drinks and very hot drinks should especially be avoided at meals. The digestive process is carried on at a temperature of one hundred degrees. By lowering the temperature the digestive process is retarded, and may be entirely arrested. If you should take a glass of cold water and place it at the back of the stove, it will be a long time before it reaches a temperature of one hundred degrees, and so in the stomach. All this draws upon the vitality and delays digestion, and anything that delays digestion favors fermentation. The drinking of such quantities of liquid at meals is one of the main reasons why so many persons are troubled with sour stomachs. Some persons think that liquid foods agree with them better than solid, because their stomachs feel quite comfortable after taking liquid foods. It does not matter how comfortable the stomach may feel; the fact remains that the system cannot well appropriate foods taken in a liquid form unless the foods are predigested. Foods have to be masticated in order to be utilised by the system. We must not allow the stomach to dictate. Reason and enlightened conscience must rule and

bring the body into subjection. Fruits may be taken with benefit at the close of most of our meals. The fruits contain a liquid which is not only nutritious, but also acts as an antiseptic and aids the digestion. An orange or two taken at the close of the meal allays thirst, so that drinks will not be desired.

**How may a person with a rheumatic tendency overcome it and avoid rheumatism?**

This can be done by avoiding the things that are responsible for the rheumatic tendency, for the heredity. A person whose father or mother suffered with rheumatism would need to live in a different manner to what his or her parents did. There is nothing very mysterious about rheumatism. Rheumatism is an effect, so there must consequently be a cause. The cause is usually a diseased condition of the digestive organs. In all cases of rheumatism that I have ever examined, I have noticed dilatation of the stomach. Whenever the stomach is distended or dilated, the food readily undergoes fermentation, and it is the products that are formed through the fermentation of the food that are responsible for the rheumatic condition. When the food ferments, alcohol is formed. Alcohol is a narcotic, a paralyser. Another product that is formed is carbon dioxide, which is also a narcotic. We have two narcotics that are formed in the alimentary canal which have a paralysing effect upon its whole length, and effete products that ought to be eliminated are retained and absorbed, and act as irritants. These narcotics also paralyse the little follicles of the intestines through which the food is absorbed, and when this is the case, these follicles are unable to perform their office, which is to exclude from the circulation all food that has not been thoroughly digested. They normally allow only that food to pass into the circulation which is ready for absorption. When they are paralysed, they open and allow undigested particles to enter the circulation, and these foreign products settle in the muscle sheath, in the nerve sheath, or in the joints. If they are deposited around the muscle sheath, we have what is called muscular rheumatism; if around the nerve, we have neuralgia; if around the membrane of the brain, we have menin-



gitis, or inflammation of the brain; and if deposited in the small joints or toes or hands, we have gout. We see, then, that even gout may be due to causes aside from the free use of flesh foods.

We can go through a whole list of diseases that are entirely due to the causes mentioned. Diseases of the skin are often due to the same causes. Nearly all our diseases may be traced to our digestive organs. The trouble is not with the stomach primarily, but with what we put into the stomach, and the way we put it in. "*Sin lieth at the door.*" We are responsible for our diseases, and not our parents. Let us not charge our diseases upon our ancestors or upon God, for in so doing we seek to excuse ourselves and our ignorance, and thus we shall go on violating nature's laws. There is something in family heredity, but there is much more in tobacco heredity, tea heredity, and heredity of other health destroying habits. In the eighteenth chapter of Ezekiel is laid down the path for those to follow who seek the refuge of heredity. It says, "What mean ye, that ye use this proverb concerning the land of Israel, The fathers have eaten sour grapes, and the children's teeth are set on edge?" "Ye shall not use this proverb any more." It says that if a son *seeing his father's wrong doing, considers it, and turns therefrom, he shall live.* Let the son correct the evil ways of his father in his own life, and he will be free from those diseases from which his father suffered, and will overcome his rheumatic tendency. In the case of those liable to suffer from hereditary weaknesses, this is the course to pursue, and thus rheumatism, blood diseases, and a host of other diseases may be banished. Let us give careful attention to our habits of life in every respect, and particularly in reference to eating and drinking.

### Brain Fatigue and Sleep.

BRAIN cells, when quite fresh and vigorous, may be likened to small balloons inflated ready for an ascent. They are round and full, and when seen under the microscope they give evidence of being distended. The cells of the tired brain, on the other hand, are seen to be shrunken, as an air ball or toy balloon from which most of the air or gas has escaped.

When our brains begin to work after a refreshing rest or sleep, they are full of nerve force or energy granules which have been stored up. As soon as work begins, this vital force is gradually sapped to meet the demands upon the brain. The process that goes on during the time of work may be described in the following way:—

Imagine that these cells are small goblets filled with fluid, and that they have a tiny stem, through which runs a tube or opening; the liquid in the goblet is drained by the demands of mind and body, and slowly trickles through the opening, drop by drop, until either the work ceases or the contents of the goblet are exhausted.

This latter condition is not very often reached, for the simple reason that when the cell has yielded half its vital fluid, a feeling of fatigue is experienced. To continue to draw upon these cells after the point of fatigue is reached, results in injury to the cells.

Fortunately all the cells are not involved in any one kind of mental work; one part of the brain may be very actively at work while the other is resting and in a measure storing up nerve energy. Thus it is that a man suffering from brain fag may leave his books and engage in physical work and feel that he is really resting. Other cells are being called upon for work now, while the tired ones, those required for mental activity, are enjoying partial repose.

That part of the brain that is called into activity for bodily exercise is now getting tired, while the other part of the brain is still at work to some extent,—it can never have entire rest while conscious,—and so the whole of the brain cells become fatigued in time, and total rest in the shape of sleep is essential. The sleep brought about by a combination of physical and mental work is sweet and restful.

At the south end of the Dead Sea is situated a remarkable mountain range, some six miles in length, with an average width of three-fourths of a mile, and a height of not far from six hundred feet, the mass of which is composed of solid rock salt, some of which is as clear as crystal. Most of the salt used in the surrounding cities and country is obtained from this ridge of mountains.





### TEN—ONE.

TEN little children standing in a line,  
 One braved the surgeon's knife; then there were  
 nine.  
 Nine little children; some one's wise (?) old pate  
 Declared one must be vaccinated; that left eight.  
 Eight little children, sweet as sprites from heaven,  
 But one kept the windows closed; then there were  
 seven.  
 Seven little children, full of fun and tricks  
 One dared not exercise, and that left six.  
 Six little children, very much alive,  
 But one was dosed with pills and drugs; that left  
 five.  
 Five little children; would that there were more!  
 One feared to breathe fresh air; that left four.  
 Four little children, just launched on life's sea,  
 When a "successful operation" left but three.  
 Three little children, Tommy, John, and Sue,  
 But some one's patent medicine left but two.  
 Two little children, full of life and fun,  
 But one moped around the house, and that left  
 one.  
 One little child left of that set,  
 He exercised and breathed fresh air, and he's living  
 yet.  
 —Laura Laidlein.

### TRAINING THE APPETITE OF CHILDREN.

*Lecture by Dr. Laurretta Kress, of the Wahroonga Sanitarium, delivered June 26, 1903.*

WE are all born with perverted appetites. We are descended from one who saw forbidden fruit hanging upon a tree, and her desire was to taste it. She was unable to control her appetite. We have inherited the same tendency, the lack of self-control. It is in the very beginning of our lives that we should learn self-control. But usually the very first lessons that we receive from our parents are those which tend to develop the opposite of self-control,—self-indulgence. From the very beginning of the infant's life, mothers feed the child whenever it cries, they feed it when it does not need food. So from its earliest infancy the child learns to manage the father and mother and have its own way. The very first lesson that the mother should teach her child is self-

# The Home

control. But few learn this lesson in infancy; some learn it at forty, some at fifty, and some at eighty, the majority never. How early can we begin this training?—In the very first days of child-life. As soon as the child takes the breast, it may be taught self-control. We can have stated times for feeding, and teach it to wait until the time comes for it to be fed. We can teach it to take only sufficient for its need. This should be done at the very beginning of the child's life. The infant's stomach is small and holds only about two ounces; it cannot digest a large quantity of food. A little later the stomach becomes larger, and retains three, four, six, or eight ounces. The capacity of the stomach gradually increases until it is able to take a normal amount of food. We find that children are usually fed in a wrong manner. One meal is frequently taken on top of the other without time being allowed for the first meal to digest, or the stomach to empty itself. The child is usually fed until it is so full that it cannot hold any more food, and then it will vomit up the surplus. Then the grandmother, or aunt, or some other old friend sitting by, remarks, "That is a healthy child; every healthy baby vomits its food." I have often wondered what these people would say of a man who had eaten soup, and bread, and puddings, and coffee, and so on, and when walking to his work should vomit it up. If the same reasoning would apply, they should say, "That is a healthy man." It is just as reasonable for a man to vomit up his food as for a babe. It is not natural for a child to vomit its food. The cause of the vomiting is either an overloaded stomach or the presence of food in the stomach before a meal is taken. When the child vomits, instead of giving more milk as is frequently done, a little boiled water should be given, which will wash and cleanse the stomach and give



ease. When this is done, the gnawing, irritable feeling in the stomach will disappear, and the child will be ready for its meal when meal time arrives.

We frequently meet with men and women who still complain of this all-gone feeling which is interpreted as hunger. So they are constantly eating, but never satisfied. This may usually be traced to lack of self-control being taught in childhood. The mother is often responsible for the drunkenness which she so much deplores; for lack of self-control leads to this and every other vice.

*(To be continued.)*

### CHEERFULNESS OF SPIRIT.

DEPRESSION and gloom are destructive to health. But it is not necessary that these should bear rule over us, or even abide in our hearts. Serenity of mind, quietness and cheerfulness of spirit, may always dwell with us, and keep our whole being in perfect peace. Whoever would possess good health must always cultivate and retain a cheerful, hopeful, trusting disposition. No one can have good health whose mind is constantly worrying, fretting, and chafing. And as these things do not make us better people, and do not help us to do our work more perfectly, a proper regard for our health, and also for the happiness of ourselves and of those around us, demands that we should carefully guard against them. That we may possess this cheerful spirit, we must be at peace with God, with our fellow-men, and with ourselves. To be at peace with God, we must put away our sins. To be at peace with our fellow-men, we must do to them as we would have them do to us. And to be at peace with ourselves, we must have a good conscience.

Why should not such a person always rejoice? What just cause can there be for gloom and despondency? Indeed, where is there any place for these? They are excluded by the presence of abiding peace and joy. To be a health reformer, one must be a good man.

It does not follow that we should have no cares, and that we should never be made to experience sorrows. But it does follow that we should never come under the power of gloom and depression, and

that we never should murmur and repine, and that we never need to do this.

We may experience sorrow without fretting. And moreover we may even be cheerful in the midst of the sorrows which are incident to this life. And if this may be so, why not have it so? We shall make others happy by this, and we shall be happy ourselves. We shall honor God by our cheerful acquiescence in His providential dealings with us, and by our hopeful confidence in His continued care for us.

We cannot, however, thus honor God while we are miserable dyspeptics. If we destroy the stomach by violating its just rights, we shall find a terrible gloom in store for us, which no effort of ours can hold in check. We shall be compelled to experience the full intensity of its anguish.

Let us do right in all things. Let us be at peace with God. Let us do our duty, and let us remember that giving way to fretfulness and murmuring will do nothing to make up for the failings of others. We may have constant cheerfulness of spirit. If we would have good health, we must be cheerful. And if we would succeed in this, we must not transgress the laws which govern our lives. Levity and frivolity are no part of true cheerfulness. We would shun these, though we consider them as no more censurable than that spirit of fretfulness and gloom which renders all who come near us miserable and sad. We may all be cheerful, and it will most assuredly make us better and happier people.

### PROPER CLOTHING FOR WINTER.

#### INTERNAL TEMPERATURE AND DIGESTION.

THE temperature of the blood when it reaches the surface of the skin is found to be about 98.4 F. in a person who is in good health. The temperature of the liver, stomach, and other internal organs is found to be somewhat higher, about 100 deg. F. The healthy action of the digestion and nutrition depends largely upon the maintenance of this normal internal temperature. When the temperature becomes higher, as in simple fevers, the mouth becomes dry, and the stomach is in the same condition; there is an absence of saliva and gastric juice, and indigestion must result if food is taken, owing to the absence of the digestive agents.



INTERNAL TEMPERATURE—HOW  
MAINTAINED.

The internal temperature is largely controlled by external impressions made upon the skin, as heat or cold. The skin of an adult if stretched out on a flat surface would cover an area of about fifteen square feet. It has innumerable small blood vessels running through it, so fine that they can scarcely be seen by the naked eyes, and so close together that it is impossible to prick the skin at any point without puncturing one of these minute structures and drawing blood. Each of these small capillaries or vessels has a small nerve accompanying it which is connected with the great sympathetic nervous system, through which the supply of blood flowing to the skin is controlled.

The warmer blood coming from the internal organs to the skin naturally gives off some of its heat, then again it returns to the internal organs, but cooler than when it left, thus cooling the viscera, and equalising and keeping in normal condition both the internal and external temperatures. In warm weather the amount of blood brought to the skin to be cooled off is much greater than in cold weather. In cold weather the skin is whiter, and may even take on a goose-flesh appearance. This is nature's way of keeping the blood in the interior, and preventing internal chilliness or rapid cooling of the blood.

Whether a person lives in the cold Arctic region or in the intense heat of the tropics, the body temperature is practically the same. Sudden and violent changes of temperature, or extremes of heat or cold for any length of time, however, are always dangerous, and should be avoided or guarded against as much as possible. A protection is afforded by the agency of clothing. To protect the first pair, Adam and Eve, from the sudden changes in temperature which they were compelled to encounter after being driven from Eden, the record tells us that the Lord, mindful of their needs, and to teach a lesson for future generations, made them garments from skins, or animal wool, and clothed them.

Animal wool is undoubtedly the most natural covering for the skin; being a non-conductor, it does not allow the heat to pass quickly through it; it prevents the

heat of the body from passing off too quickly. It further prevents external heat from entering the body, forming a protection from intense external heat or cold. Wool readily absorbs moisture from the skin, but it does not absorb it into its fibre. If loosely woven it allows the moisture to pass off gradually without producing external chilliness or internal congestion.

On the other hand, linen and cotton take up the moisture from the body in the same way that blotting paper absorbs ink; the moisture is absorbed into the actual fibre. Linen and cotton being good conductors, evaporation takes place quickly. When perspiring and exposed to a draught or sudden change in temperature, the surface of the body becomes chilled, producing internal congestion, etc., and the evils which result.

To illustrate this: Surround a jug containing water with a cotton or linen cloth soaked in water, and another with woollen cloth. Expose both to a draught to encourage evaporation. The one surrounded with the cotton or linen becomes much cooler than the other. This is due to the much more rapid evaporation that takes place. For this reason cotton is easier to dry than woollen goods,

During the autumn and winter it is especially important to protect well the tender limbs of our children. Exposure of the legs to cold results in internal congestion, digestive and other disturbances. Pelvic disturbances in young women may frequently be traced to improper clothing of the limbs in childhood. D. H. K.

### Soap a Good Disinfectant.

It is not generally known that soap is one of the very best disinfectants. This is true, not only of the so-called antiseptic soaps, but of ordinary soaps, and it is particularly true of potash soap. Ordinary potash soap, for example, as the common laundry soap, is a better disinfectant than any of the so-called antiseptic soaps. Dr. Reithoffer made a series of careful investigations upon this subject. He experimented with various kinds of antiseptic soap as well as the ordinary soaps. He found that a five-per-cent. solution of ordinary soap would kill cholera germs in five minutes.



### EVILS OF TEA DRINKING.

TWO CENTURIES ago tea and coffee were practically unknown in England or civilised lands. The first mention we find of tea in England is in an act of parliament passed in 1660, by which it is charged with a duty of one shilling and sixpence per gallon, when drunk in public houses. It was at this time sold in public houses the same as alcoholic drinks. In 1664 a present of two pounds two ounces of tea was made by the East India Company to Charles II, possibly all that could be obtained in London at that time. The price was then about two guineas per pound. None but the rich could afford its use. When it began to be first used in England, it was regarded with considerable suspicion. Up to the present century tea was still so uncommon on the Continent that the poisonous herb could only be obtained at chemists, the same as other drugs. In the "New View of London" published in 1708, it is mentioned that "one James Farr, a barber, who kept a coffee house, which was afterwards the Rainbow by the Inner Temple-gate, was in the year 1657 prosecuted by the inquest of St. Dunstan's in-the-west, for making and selling a sort of liquor called coffee, as a great nuisance and prejudice of the neighborhood." These places rapidly became numerous, and its use common among all classes, as will be seen from the following poem published in 1665, entitled, "The Character of a Coffee House":—

"Of some and all conditions,  
Even vintners, surgeons, and physicians;  
The blind, the deaf, and aged cripple,  
Do here resort and coffee tipple."

Anything that produces unnatural exhilaration must be regarded with suspicion, even though clothed with innocence. All such exhilaration is intoxication.

An obscure and little known group of "spinal" symptoms arising from the abuse of tea was lately discussed by Dr. Alfred Gordon. He referred to a patient, a woman aged thirty-one years, who had contracted the habit of drinking tea to excess, sometimes fifteen cups a day. Three months previously her illness began with symptoms of fatigue and unsteadiness in walking. More recently she has suffered from "spells of unconsciousness" lasting for a few moments. There was a con-

stant feeling of weariness in the legs.

A few years ago two young women were arrested on the streets of Chicago for being disorderly. In the investigation of the court which followed, it was clearly shown that neither had touched a drop of liquor. They were habitual tea-chewers, and had become intoxicated by consuming an unusually large amount of the Chinese poison.

### DETERIORATION OF PHYSIQUE.

LONDON, July 7.

IN the House of Lords last night the Earl of Meath asked for the appointment of a Royal Commission to inquire into the causes of the deterioration of the physique of the working classes.

The Bishop of Ripon, Dr. Carpenter, declared that the decline in the birth-rate was alarming. Already there was a shortage of 1,100,000 children. Similar causes were, he said, operating in Canada and Australia.

The Duke of Devonshire, the Lord President of the Council, admitted that an inquiry was necessary, though he doubted the statements regarding the physical deterioration of the urban operatives.

After consulting the medical profession, the Duke of Devonshire said the Government would consider the desirability of appointing a commission of inquiry.—*Sydney Morning Herald*, July 7, 1903.

"LIFE is very much like a mirror; if you smile upon it, it smiles back again on you; but if you frown and look doubtful upon it, you will be sure to get a similar look in return. I once heard it said of a grumbling, unthankful person, 'He would have made an uncommonly fine sour apple, if he had happened to be born in that station of life!' Inner sunshine warms not only the heart of the owner, but all who come in contact with it. Indifference begets indifference. 'Who shuts love out, in turn shall be shut out from love.'"

FOUR thousand three hundred and forty accidental deaths per week, or six hundred and twenty per day, as partial results of strong drink, are recorded for England and Wales alone.



## Seasonable Recipes.

LAURETTA KRESS, M. D.

**WHEATMEAL BREAD.**—Take one pint of hot water, cool slightly, stir enough white flour into the water to make a stiff batter, add one-fourth cup of good liquid yeast, and let it rise until quite foamy. Cover and wrap in a blanket to keep at an equable temperature. When light, add salt and warm sifted wheatmeal flour, to make a soft dough. Knead fifteen minutes, and return to the bowl to rise again. When risen to double its size, form into two loaves, place in separate pans, let rise again, and bake from three-fourths to one and one-half hours according to heat of the oven.

**OLIVE OIL ROLLS.**—Two cups of wheatmeal, two cups of white flour, one cup of water, one-quarter cup of olive oil. Put two cups sifted wheatmeal in a deep basin, add two cups white flour. Mix thoroughly, add a pinch of salt, and mix well again. Take a quarter of a cup of olive oil or lucca oil, put into a deep earthen basin, and with a fork or egg beater, begin beating the oil. Then add slowly a little at a time until nearly all the water has been added. Very soon after the first water has been added, the oil will become thick. Do not let water and oil separate. Keep adding water as long as the mixture remains thick. Add the beaten oil and water to the flour slowly, rolling into little portions of dough as it is added. Place each portion to one side, and continue to add the beaten oil until it has all been added to the flour. If all the cup of water has not been used in beating the oil, add it to the flour. Knead the dough thoroughly for five or ten minutes, or until the dough is smooth. Divide the dough into three portions and roll over and over on the pastry board with the palm of the hand until about an inch in thickness. Cut off in finger lengths and bake in a moderate oven. These rolls do not taste of olive oil if properly made, and are light and very digestible. Place them on baking tins so that they do not touch each other. Bake until they cannot be dented in at the sides with the fingers.

**SCALLOPED CAULIFLOWER.**—Prepare the cauliflower, boil until tender. Separate into bunches of equal size, place in a pudding dish, cover with a white sauce, sprinkle with grated bread crumbs, and brown in the oven.

**PARSNIPS WITH EGG SAUCE.**—Scrape, wash, and slice thinly, enough parsnips to make three pints; boil them until very tender. Turn into a colander and drain well. Have ready an egg sauce prepared by heating a pint of milk to boiling, and stirring into it a level tablespoonful of white flour rubbed smooth in a little cold milk. Let this boil a few minutes, stirring constantly until the flour is well cooked and the sauce thickened. Then add slowly the well beaten yolk of one egg, stirring rapidly so that it shall be well mingled with the whole; add salt to taste; let it boil up once, pour over the parsnips and serve.

LAST year there were brewed in this country 37½ million barrels of beer, which paid in duty over fourteen millions sterling.

## Answers to Correspondents

**Hot Water.**—I suffer with weak digestion, and drink a great deal of hot water. Is this injurious to the stomach?

*Ans.*—Yes, the free use of hot water is debilitating. If its use is continued any length of time, it aggravates indigestion. It should only be taken in cases of catarrhal conditions of the stomach, and then only continued for a short time. The best time to take the drink is about a half hour before meals.

**Rickets.**—What would you advise for a child suffering from rickets through improper feeding, aged sixteen months?

*Ans.*—I would recommend the use of dry granose flakes at the beginning of each meal. These should be well warmed or toasted in the oven. Also granola with the addition of a little boiled milk or cream. The juice of fruits may be used quite freely, or scraped apple, or baked banana. Malted nuts is also excellent, and could be used spread over stewed fruits.

**Bleeding.**—Is bleeding ever indicated in disease?

*Ans.*—Some years ago it was a very common custom for physicians to bleed people. They would visit a case and find them suffering with internal congestion of the liver, brain, or other organ, and the first thing which would be recommended would be to bleed them. This was a very foolish thing to do in any case, as it robbed people of the vital fluid which was needed to repair tissue. The internal congestion can be removed by a local application. Take for example a person suffering with congestion of the brain or lungs. In the former case we would apply cold to the head and heat to the extremities. In so doing we relieve the congestion and leave the blood, which is the life, in the body. Physicians of the present day do not resort to bleeding.

**Sugar.**—Is sugar a food? If so, why is its use not encouraged?

*Ans.*—Sugar is a food when combined with other food elements, but not when separated from them. It was proved a long time ago that when sugar is separated from the other elements found in the food, it is not a food, and that animals fed upon it die of starvation in a short time. It is not the best thing to separate these elements. What God hath joined together it is not well to put asunder. Sugar acts as an irritant when separated, and is one of the principal causes of catarrh of the stomach. The sugar introduced excites a flow of mucus, and if continued, finally results in a habit of the mucous membrane to pour forth this mucus; and the growth of germs upon this mucus produces a yellowish substance, and when this condition exists, it is known as catarrh of the stomach. The catarrh often extends into the duodenum and then into the bile ducts, and produces catarrh of the bile ducts and liver. Sometimes one of the larger ducts becomes blocked up, and then we have an absorption of bile. This results in a jaundiced condition of the skin. This catarrhal condition is frequently due to the free use of sugar. Sugar, however, is a natural food found in nature



in great quantities. The taste for sugar is a normal taste, but we must be careful to get the sugar as nature serves it. Cane sugar is not the best kind of product, because cane sugar is not absorbable. It has to be digested before it can be absorbed. This is not true of grape sugar or the sugar as found in fruits. But cane sugar is not digested until it reaches the intestines, and by this time it has undergone fermentation, produced alcohol and carbonic acid gas. The alcohol further undergoes decomposition and forms acetic acid and water, or vinegar. This vinegar destroys the red blood cells, and produces anemia. Children who live upon lollies, pastries, etc., frequently become anemic. The gas produced by the fermentation of sugar causes distention and debility of the stomach. The stomach loses its power to empty itself freely, and as a consequence, the food is retained longer than it should be. The result is that we have acid fermentation of a chronic condition, and the poisons that are constantly formed are absorbed into the circulation, carried to the liver, and disable that organ. This is too important an organ, we cannot afford to disable it. One of the principal functions of the liver is to store up the sugar that is formed by the digestion of starch; it stores it up in the form of glycogen or body-starch. Then afterwards by the action of certain ferments found in the red blood cells, this glycogen is redigested and converted into sugar again, and is then dealt out to the human body as needed for heat and energy. It is really the fuel of the body. When an excess of sugar is carried to the liver, it is overworked. In a normal condition there are two or three parts sugar to one thousand parts of blood. Natural food keeps this supply good. When free sugar is taken freely, the liver allows more to pass into the circulation. This would be disastrous, so the kidneys allow the sugar to be carried off. Frequently people are found who have sugar present in their urine. This condition is known as diabetes, a condition often brought about by the free use of sugar. When the liver is overworked, the waste products have to be carried off through the kidneys. The liver is the closed door which tries to forbid foreign products from entering the system, and the kidneys are the open door. Diabetes always results in Bright's disease finally. Persons do not die of diabetes, but of Bright's disease. The excessive work thrown upon the kidneys disables them. Then the sugar is retained, and the retention of the sugar and other poisons that ought to be normally eliminated by the kidneys causes death. These are the principal reasons why the free use of sugar ought not to be encouraged. It not only produces catarrh of the stomach, but general catarrh. There are many who simply by giving up the use of sugar, have become entirely free from a general catarrhal condition.

**Starch Digestion.**—How long does the digestion of starch continue in the stomach?

*Ans.*—The normal condition of starch occupies from thirty to forty minutes, or until the contents of the stomach become acid. The saliva is not acid, but the gastric juice is. When the food enters the stomach, the gastric juice begins to pour out. It takes from thirty to forty minutes before the alkalinity of the saliva is destroyed. Acid interferes with the ferment or ptyalin contained in

the saliva. It is a wise provision of nature that it takes such a time for the contents of the stomach to become acid.

**Electric Belts.**—Is there any virtue in electric belts?

*Ans.*—The electric belt as a rule is practically of no therapeutic value. Tests made of a number of belts so widely advertised for all kinds of ills, showed that the useful current produced was less than may be obtained by dipping a needle and a pin in a spot of ink. Still such a current coupled with a supply of faith is of value. Better to have faith in a harmless thing than to have no faith at all. Better still to have faith in something that *is* of value.

**Teething Rings.**—Are rubber rings good for babies to bite during teething?

*Ans.*—Yes. They should be kept clean.

### APPENDICITIS—SOME OF THE CAUSES.

RECENTLY the attention of the French medical world has been called to some of the causes of appendicitis.

A paper read by the eminent Dr. Champigniere declares appendicitis to be the result of intestinal poisoning resulting from excessive meat eating.

This has been followed by a paper read by Professor Metchnikoff of the Institut Pasteur, in which it is pointed out that one of the chief causes of the greater frequency of the disease is the increasing consumption of raw vegetables and smaller fruits, such as strawberries, tomatoes, celery, lettuce, salads, etc., foods which are hurriedly raised in gardens near cities, where sewerage likely to contain germs, parasites, and eggs of intestinal worms is used as manure. These products are usually literally covered with offensive matter.

He advises in cases of suspected appendicitis the absolute elimination of these foods from the diet.

We may mention that hydatids, typhoid fever, anthrax, and many other fatal diseases may also be communicated in this way. It is certainly well to boil all suspected foods before using them.

If the two causes mentioned by these two distinguished scientists could be eliminated, appendicitis would certainly be less common.

COBBET, in his "Advice to Young Men," says, "Let me beseech you to resolve to free yourselves from the slavery of tea and coffee and every other slop-kettle."



## NEWS ITEMS.

Mrs. Henry Murphet, of Bishopbourne, Tasmania, returned home much improved in health after a two months' stay at the Sanitarium, Wahroonga.

Rev. J. Phillips, of Waverly, has been at the Sanitarium the past three months building up his general health. His help in spiritual lines has been appreciated.

PASTOR George B. Starr and wife have arrived from Tasmania, expecting to reside at the Sanitarium and engage in health and gospel work in Sydney.

MR. W. D. Salisbury, manager of the Echo Publishing Co., of Melbourne, on his return trip from America enjoyed a few days' rest at the Sanitarium, and was accompanied by his wife to their home in Melbourne. Mrs. Salisbury improved much in health during her stay. She will be greatly missed by her many friends at the Sanitarium.

THE funeral of the late Dr. Frederic Norton Manning took place June 20, at the cemetery attached to the Hospital for Insane, Gladesville. Dr. Manning was highly esteemed as a man of worth. The various hospitals for insane were represented by their medical superintendents. The medical profession was represented by Dr. Ashburton Thompson, president of the Board of Health, and many other well known medical men. The wreaths from friends were numerous, and had to be conveyed in a special carriage.

JUNE 30 a pleasant evening was spent in the Gipps Street Methodist Church, Collingwood, Victoria. The chair was occupied by Rev. A. E. Gifford. The programme consisted of recitations, songs, etc. Mrs. A. H. MacDonald, Honorary Secretary of the Vegetarian Society, Melbourne, delivered a very profitable and appreciative address, subject "The Gospel of Health."

SOME changes have been made in the management of the Vegetarian Café, 283 Pitt Street. Mr. Hindson has accepted the position of manager. Mr. Hindson has had years of experience in café work,

and with suitable help we are certain will make this place a success. More attention will in the future be given to the educational feature of this work. The aim of this café is to provide healthful foods in place of the health destroying compounds frequently found in ordinary cafés.

WE have just received the seventeenth annual report of the Vegetarian Society of Victoria. The work accomplished by this society during the year is very gratifying. During the year twenty-nine new members were added to the roll, giving a total of 120 on the books.

Fourteen public meetings were held; at each of these a good programme was provided. Lectures and addresses were delivered by Mr. E. H. Swan, on "The Food We Eat, and What Becomes of It"; by Dr. D. H. Kress, "Dietetic Errors in Relation to Disease"; by Mr. A. H. MacDonald, "Food, Some Practical Suggestions, Etc."; by Mrs. A. H. MacDonald, "Rational Food" and "Diet for Health." A lantern entertainment was given by Mr. W. W. Bottrell.

Several addresses have also been given on the subject of food reform in the Oxford Congregational Church, by Rev. J. Hosking, and Mr. A. H. MacDonald. A physical culture class, started by the Hon. Secretary, Mrs. A. H. MacDonald, has proved a great success. The journal of the society, the AUSTRALASIAN GOOD HEALTH, is reported as growing in popularity. The foregoing embraces but a small part of the work done for the advancement of food reform during the year. Health literature has been freely circulated and correspondence received and answered by the honorary secretary.

The success of this society may be attributed to the fact that vegetarianism is studied and encouraged from the standpoint of science, ethics, and health.

GOOD HEALTH readers of Melbourne desiring information regarding the principles of vegetarianism may obtain the same by applying to the Honorary Secretary, at 191 Victoria Parade, Collingwood.

IN England attention has recently been called to the danger of infection with contagious diseases, from books in circulating libraries. Some librarians have adopted the plan of disinfecting the books by means of the fumes of carbolic acid.



THE *Sanitary Era* says that Paris has 219,270 houses without any windows. All light and air enters through a hole in the door, which must be stopped in wet or cold weather. Thirty thousand habitations consist of a single room. Many thousands live in houses with no means of warming them. One block of eighteen hundred people has no water-supply whatever. With such a state of things Paris is spoken of as a model city.

DR. DE LAVARENNE, editor of *La Presse Medicale*, in the course of an article on food adulteration, refers to the number of things in which the use of saccharin is being extended. It is not only used to sweeten beer, but it is now also employed in the manufacture of syrups, jams, lemonades, wines (especially champagne), cider, brandy, pastry, and chocolates. 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 sugars only in name, being coal-tar derivations. They are not foods. Moreover, their long-continued use may gravely affect the digestive functions. Dulcin, another sweetening body, which has been used as a substitute for saccharin, was given to a dog at the rate of one grain a day. The animal died in three weeks. —*American Medicine*.

It has been found that eight million bacteria inhabit the skins of half a pound of grapes, and eleven and twelve million the skins of a similar quantity of currants and cherries respectively. Dr. Ehrlich, a German scientist, who prepared these figures, sensibly urges that all fruit be peeled or washed before being eaten.

AN examination of sewage fertilisers which had just been poured over a bed of lettuces showed not only that every cubic centimeter contained more than 1,500,000 bacteria, but abundant unaltered human excrement was also present, suggesting that most of the bacteria were of faecal origin. This opens many questions as to the danger of sewage farming when not conducted on a strictly scientific basis.

Professor Caresole describes all the bacteria he has discovered among the green vegetables largely used by the poorer classes in Italy. Among them were the germs of typhoid, enteric fever, and lockjaw. The dangers of unwashed vegetables are in fact very great.

THE brightest and warmest spot to be found on this earth is in the sunshine we create for others. We are surrounded with an atmosphere of our own creating. Like the tobacco user, by discontent, sullenness, and fault finding we pollute the pure moral atmosphere we and our friends are compelled to breathe. Let us not blame others for our hard lot, it is self-created. "A rejoicing heart doeth good like a medicine."

#### Notice.

THE GOOD HEALTH office has removed its headquarters from 283 Pitt Street, to Wahroonga. All questions should be sent to Wahroonga hereafter.

IF subscribers fail to get the journal at any time, kindly notify the GOOD HEALTH office, Wahroonga, N. S. W.

#### 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.**



### EXPERIENCE CORNER.

"I FORGOT to tell you that mother is fine and well. She is keeping splendidly to your advice, has plenty granose and milk, and such food, and all her pains are gone. Wherever she goes, she preaches the new diet to people and says, 'Look at me, how well I am.' She wishes me to tell you she gratefully remembers you. A— says, 'Tell the doctor how well I am.' He has improved in a marked manner. He and several others of us have followed your advice of no drink at meals, and much benefit has followed. Also the exercise patiently persisted in every day has worked wonders. He has put inches on here and there, about two on the chest, one on the arms and legs, and so on."

THE following are extracts taken from letters received from subscribers to *GOOD HEALTH* :—

"Am very glad to have been 'introduced' to your paper, and wish it all the prosperity and success it deserves."

"The March number of the journal has not arrived, and mother will be so disappointed to miss it. She enjoys them so."

"The *GOOD HEALTH* magazine I am delighted with, and hope to be able to act upon much of the advice given within."

THE following paragraph appeared in a Victorian newspaper, *The Wangaratta Chronicle* :—

"*GOOD HEALTH*.—This bright little journal comes to hand from Sydney with hints for treatment of typhoid, sterilising and bottling of fruit, Christian recreation, sinister influence of tobacco on intellect, seasonable recipes, and many other useful things. A very cheap threepenny-worth."

### ALMOST A CENTENARIAN.

POPE LEO XIII is reported to be in a serious condition and will probably not recover. He continued in apparent good health up to the time of the development of the present illness. Pope Leo was a very abstemious man, practising moderation in his habits of living, and has been for many years practically a vegetarian. No doubt his great age and mental clearness may be largely attributed to his simple habits.

ACCORDING to the *San Francisco Evening Post*, more women than men seem to have attained the rank of centenarians at the opening of the twentieth century, and they offer a fair variety of recipes for keeping the inevitable at bay. Mrs. Mary Bradley of Philadelphia was 101 when the new century dawned, and to the friends who offered congratulations she bequeathed the magic secret.

"I attribute my good health and long life to cold baths," she said, "and these I have taken daily, summer and winter, ever since I was a little girl. The cold water has always braced me and made me cheerful and bright. If you bathe with warm water you will be cold all day. This is what I tell my daughters, my grandchildren, and great-grandchildren."

With the vigor of all women of fifty, Mrs. Anna Bentley Lewis of Saginaw, Mich., U. S. A., greeted the arrival of the twentieth century, though she was born in the year 1797. "Cheerfulness is the best tonic in old age," she said. Miss Eliza Works of Henrietta, N. Y., was 105 in November, when she had her first illness. "What are your rules for long life?" she was asked.

"I attribute my long life," she said, "to my temperate habits. In my childhood I lived on a diet of bread and milk, and all through my long life that has been my favorite dish. I never ate sweetmeats or drank tea or coffee."

A TRAVELLER in Africa says the liquor now chiefly exported to Africa from many of the shipping-ports of Germany is a poisonous distillation produced chiefly from the potato, which chemists state contains more fusel oil than any other known spirit. The natives have given it the appropriate name of "Death."

THE English nation spent an average of £2,350,096 17s 6d per week for intoxicants in 1880. At £3 7s 6d, the price of an ordinary suit of clothes there, they might have furnished each week 696,324 of their poor men a suit for this money; and who can calculate the gain in health, real comfort, and appearance?



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—ORGAN OF—

## The International Health Association.

ISSUED

MONTHLY IN THE INTERESTS OF HEALTH AND TEMPERANCE.

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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.

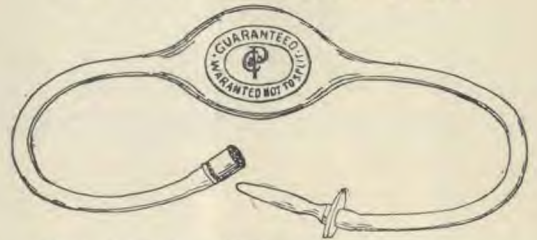
CHRISTCHURCH SANITARIUM, Papanui, New Zealand.

SANITARIUM TREATMENT ROOMS, 283 Pitt Street, Sydney.

BATH PARLORS AND SANITARIUM TREATMENT ROOMS, Rockhampton, Q.

ELECTRO-HYDROPATHIC INSTITUTE, Victoria Square, Adelaide, S. A.

## ENEMAS that DON'T SPLIT.



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Trade Mark.

Prices 3/6, 5/-, 6/6, each,  
(Postage -/6 extra.)

Wholesale and Retail from

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 (ONLY ADDRESS) 270 George St., Sydney.

# Christchurch Sanitarium

## AND HEALTH HOME.

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A quiet, home like place, in one of the healthiest suburbs of Christchurch, where surgical and medical cases of all kinds are received (contagious diseases excepted.) The methods of treatment consist in the employment of massage, electricity, hydrotherapy, dieting, medicated atmosphere, etc. Physician and trained nurses of both sexes in regular attendance.

For further particulars address,  
 SANITARIUM, PAPANUI, CHRISTCHURCH, N. Z.

### Sanitarium Health Foods ALWAYS IN STOCK.

**Granose.**—A palatable and partially digested food, made of whole wheat, suitable for indigestion and weak stomachs.

**Granola.**—A erect breakfast food, composed of various grains, requires only a few minutes' cooking for use.

**Protose.**—A natural and perfect substitute for meat, composed of nuts and cereals, ready for immediate use.

**Caramel-Cereal.**—The great food drink, a substitute for coffee, tea, and cocoa. Contains no injurious ingredients.

For further particulars apply  
 HEALTH FOOD DEPOT, Cathedral Square, Christchurch.





# RED BLOOD and FAT MAKING FOODS

## OUR NUT FOODS



### Bromose, Protose, Malted Nuts, Etc.,

Are without a rival. Nuts are the choicest of all foods. They contain the largest amount of nutriment of any foods, the total amount being nearly 100 per cent., while the best grains and legumes contain less than 90 per cent., and meat only 22 to 28 per cent. Nuts are ordinarily indigestible, because they are not thoroughly masticated. In our preparations they are reduced to a paste, which is soluble in water, and hence mixes readily with the digestive fluids, and is easily dissolved and absorbed.

Nuts contain more proteids, or albumin, than beefsteak. They contain fifty per cent. of highly digestible fat.

**Albumin Makes Blood, Fat Makes Weight; Nuts are the Best of all Fat and Blood Making Foods.**

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

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

**Sanitarium Health Food Company,**  
283 Pitt Street, Sydney.







## For the Sick Stomach

An effective remedy for the many discomforts attending a demoralised condition of the stomach is to be found in **Antiseptic Charcoal Tablets**.

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

## Antiseptic Charcoal Tablets

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

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

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



**Sanitary Supply Company,  
Wahroonga, N. S. W.**



# GRANOSE



# G R A N O S E

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

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

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

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

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

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

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

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

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

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Just the Place for  
Regaining Health.



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SANITARIUM HEALTH FOOD STORE**

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ELIZABETH STREET, HOBART, TASMANIA.

The shop is centrally located, easy of access,  
and will, we feel certain, be appreciated and well  
patronised by the health-seekers of Hobart. Al-  
ready encouraging reports come to us of its suc-  
cess thus far.

Health Foods of the best quality, and a good  
supply of Health Literature will always be kept  
on hand. We would invite the Hobart readers of  
*GOOD HEALTH* to pay a visit to the Health Food  
Store. Sample the foods.

*Give Your Dear Children*

**Arnott's Milk**

**Arrowroot Biscuits.**



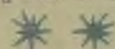
**The Children's Health Food.**



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