



THE AUSTRALASIAN
GOOD HEALTH

Medical and Health News.
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Bird's Eye View of Buildings of the Avondale School.

Good Health, Sept. 1, 1903.



Medical and Health News.

THE AVONDALE SCHOOL FOR CHRISTIAN WORKERS.

In the year 1894 the Avondale School estate, situated near Cooranbong, New South Wales, consisting of 1400 acres of land, was purchased. The following buildings were subsequently erected: central school building, young men's hall, ladies' hall, dining hall, three cottages, barn, workshops, bakery, etc. The aim of the promoters was to found a school for the education of practical Christian workers. Solidity of character, service, and usefulness was by them considered to be the true aim of all education. They recognised that the mere knowledge of books failed in the accomplishment of these ends. Many young men and women graduate from ordinary schools with heads crammed full of abstract and theoretical knowledge, but with dwarfed bodies and ruined health, wholly unprepared to face the realities of life. Anciently among many of the nations every youth was expected to become skilled with the hands and to learn a useful trade, in addition to his school duties. Paul, the Christian orator, educated at the feet of Gamaliel, was by occupation a tentmaker.

A knowledge of practical life was then thought essential to the greatest usefulness and an all round education. At the Avondale School, students are encouraged and required to combine physical and mental labor. Daily, systematic labor constitutes a part of the education. The lines of industrial work given attention to are as follows: Farm, dairy, apiary, garden,

broom shop, printing office, bakery, sewing, cookery, carpentry, blacksmithing, etc.

This is the ONLY SCHOOL IN AUSTRALASIA CONDUCTED ON PURELY VEGETARIAN PRINCIPLES. All the instructors and the hundred or more students subsist upon the simple products of the earth raised on the farm and in the orchard and garden by student help. As a result, sickness is practically unknown among them from one end of the course to another, and a spirit of good cheer and unity prevails everywhere about the place.

We shall present a photo engraving of the students of the school in the October number of GOOD HEALTH, and other items of interest in connection with this important enterprise.

"There Were Giants in the Earth in Those Days."

EXCAVATIONS are being made in the neighborhood of Mentone, a little beyond the Italian frontier, and the results are said to point clearly to the existence there of pre-historic man. Great quantities of human bones have been found, and it is obvious that the height of these people was much more than that of the average man of to-day. The bones of many extinct animals like the cave-bear, the cave-hyena, and the cave-lion have likewise been found. Late discoveries at some twenty-four feet below the surface include bones of the rhinoceros, bear, and stag. The conclusion drawn is that men of

unusually large stature were coeval with the mammoth animals.

Dr. William Wright, lecturer on anatomy, gave an interesting account recently, in the University of Birmingham, of the teeth and jaws in a collection of human skulls which were found in the East Riding of Yorkshire. "The skulls are divided into two groups. In the first group the skulls belong to the Celtic or mixed Iberian and Celtic races; those of the second are probably remains of the Teutonic race. The most noticeable features of the skulls were the teeth. These were regular, few were missing, and all free from disease. It is no unusual occurrence to find jaws with the teeth in the most perfect condition imaginable." How different from the present condition of the race in civilised countries. Evidences are seen everywhere that civilised man is rapidly degenerating, and becoming toothless.

The Beneficence of Disease.

THE London hospital, commenting on some remarks by Sir Frederick Treves, in a recent address at University College, Liverpool, concerning our present manner of regarding disease as distinguished from that of our forefathers, contrasts these opposing views as follows:—

The old physicians regarded every symptom of disease as being of necessity wholly noxious, and as needing to be stamped out. If the patient vomited, the vomiting must be stopped; if he coughed, the cough must be made to cease; if he failed to take food, he must be made to eat. To the modern physician, however, things appeal in a very different manner. To him there is nothing preternatural about disease. Not only is it the outcome of natural processes, but these processes are themselves, in many cases, marked by a purpose, and that purpose a beneficent one. The time has come when it would rather appear that many of these so-called symptoms of disease are but expressions of a natural effort toward cure. They have for their end the ridding of the body of the very trouble which they are supposed to represent.

Times have changed, our views have altered, and we must no longer "fight" disease in the old manner, nor "attack" it with the old weapons.

Oysters and Disease.

A PAPER recently reported the death of the Dean of Winchester from typhoid fever, as the result of eating oysters at the mayor's banquet in England. The result of this death, according to a wholesale oyster dealer in England, has been the falling off in the consumption of oysters to the extent of seventy-five per cent.; that is, that there is only one oyster eaten now where four were eaten before these facts became public. Oyster merchants and persons engaged in the oyster business generally, in England, are complaining that their business is ruined. Within three or four days after the death of the Dean of Winchester, the oyster trade fell off at Emsworth from five thousand to nothing.

Several similar epidemics have occurred in England, and a few in this country, in which fatal cases of typhoid fever were traced directly to the use of the oyster.

The oyster is a scavenger, and absolutely unfit for human food. The idea that it is more digestible than other foods is in the highest degree absurd. In addition to the germs with which it always swarms, the oyster contains a large amount of uric acid which cannot be gotten rid of by boiling, or by any other means.

The oyster lives upon the ooze and slime of the ocean bottom. Typhoid-fever germs, and other disease-producing organisms are tidbits for the oyster, and millions of them are always found in the oyster's stomach and the mucus, or slimy juice, in which the oyster is always bathed.

Modern Sanitation.

MODERN truth is simply ancient truth adorned in a new dress. Modern science, instead of originating everything, is merely rediscovering principles that have been buried by superstition and error for centuries. The essential principles of rigid quarantine and effective disinfection are outlined in what is generally known as the Mosaic law, which is really a treatise on personal hygiene. It is more; it is divine instruction, conveyed by the hand of Moses, and calculated, if carefully observed, to elevate the children of Israel from a deteriorated band of Egyptian slaves to the ideal representatives of God to all the mighty nations with whom they were to come in contact.

Prevalence of Disease in Sheep.

THE editor of *Red Cross Notes* makes the following very apt observations:—

“The use of the thyroid gland of the sheep in the treatment of the peculiar disease known as myxedema has led to the discovery, according to A. Napier, that ‘over fifty per cent. of sheep’s thyroids examined, showed more or less evident deviation from the normal.’ Great stress is laid upon the necessity for the examination of thyroids, so that diseased tissues may not be used. The writer suggests that it might not be unwise to employ the same care when the sheep is to be administered by way of the kitchen. If thyroid glands are to be administered as medicine, it is certainly with the greatest care that the healthy gland shall be obtained; but if the sheep is to be administered as food, is it not of equal importance that the sheep shall be free from disease? Is the rest of the diseased animal any more fit for food than are its thyroid glands for medicine?”

Hog Cholera.

It is a common custom of farmers to send animals to the slaughterhouse when they begin to show signs of falling off. A wise farmer was heard saying to one of his boys, “Jim, you’ll have to hustle and get them hogs off to market this week, sure; half of them’ll be dead if you wait until next week. The hog cholera is gettin’ in among ’em bad.”

If slaughtering must be done, it ought to be done decently and in order. If one must have flesh to eat, he would do wisely to see at least that the animal is healthy when it died; that is, that it died by the hand of man and not by the hand of nature. He would do well to see that the butcher got the start of nature by more than a day or two, which is not always the case.

MANY lose the opportunity of saying a kind thing by waiting to weigh the matter too long. Our best impulses are too delicate to endure much handling. If you fail to give them expression the moment they rise, they effervesce, evaporate, and are gone. If they do not turn sour, they become flat, losing all life and sparkle by keeping. Speak promptly when you feel kindly.

Starvation in the Midst of Plenty.

STARVATION sits at loaded tables. In the midst of abundance we have the young breaking down at their studies, business men fall out of the race, mothers grow pale and weak from no visible cause, while the dentist and the doctor work night and day to repair the breaking, crumbling, suffering army of starving people.

Not overwork but malnutrition is the cause. We must become more intelligent in the selection of suitable material for body and brain building. The following table giving the total nutritive value of various foods may afford some help in the selection of wholesome food:—

	Albuni- nous.	Carbo- naceous	Salts.	Total Nutri- tive Value.
Bread	8.1	52.6	2.3	63.
Wheat Flour	10.8	72.5	1.7	85.
Barley Meal	6.3	76.7	2.	85.
Oatmeal	12.6	69.4	3.	85.
Rye Meal	8.	75.2	1.8	85.
Indian Meal	11.1	73.2	1.7	86.
Rice	6.3	80.2	.5	87.
Peas	23.8	60.8	2.1	86.7
Beans	30.8	50.2	3.5	84.5
Lentils	25.2	58.6	2.3	86.1
Arrowroot		82.		82.
Potato	2.1	22.2	.7	25.
Sweet Potato	1.5	27.5	2.6	31.6
Carrot	1.3	14.7	1.	17.
Beet	1.5	11.3	3.7	16.5
Parsnip	1.1	15.9	1.	18.
Cabbage9	4.1	.6	5.6
Turnip	1.2	7.2	.6	9.
Sugar		95.		95.
Treacle		77.		77.
New Milk	4.1	9.1	.8	14.
Cream	2.7	29.5	1.8	34.
Skim Milk	4.	7.2	.8	12.
Pork	9.8	48.9	2.3	61.
Lean Mutton	18.3	4.9	4.8	28.
Lean Beef	19.3	3.6	5.1	28.
Veal	16.5	15.8	4.7	37.
Poultry	21.	3.8	1.2	26.
White Fish	18.1	2.9	1.	22.
Salmon	16.1	5.5	1.4	23.
Entire Egg	14.	10.5	1.5	26.
Banana	4.8	20.2	.8	25.8
Date	9.	58.		67.
Grape8	14.3	.3	15.4
Apple	2	10.3	.4	10.9
Pear	2	10.2	.3	10.7
Peach4	7.8	.4	8.6
Plum2	9.3	.6	10.1
Cherry9	15.3	.6	16.8
Blackberry5	5.8	.4	6.7
Gooseberry4	8.9	.3	9.6
Strawberry3	7.1	.4	7.8
Raspberry5	6.4	.5	7.4
Currant4	5	.5	5.9

The Water Cure.

IN a recent issue of the *Medical and Surgical Bulletin* Dr. L. L. Sheddan publishes an exhaustive article on hydrotherapy. Among other things Dr. Sheddan says:—

"In acute febrile diseases where the temperature runs high, cold water is certainly one of our chief remedies. It should be used freely, both internally and externally. No matter from what cause the high temperature may arise, cold water is certainly the best of all antipyretics. I have used it in scarlet fever, measles, croupous pneumonia, typhoid fever, etc., and have never seen cause to regret it. It will reduce the temperature promptly and effectually, and will not prostrate the patient, as all the coal tar preparations and cardiac sedatives will. At the same time it reduces the temperature, it cleanses the skin, stimulates the respiration, and quiets the nervous system."

Labor Produces Long Life.

DR. GUY, in calculating the average duration of life in the wealthy classes, arrived at the very surprising result, with regard to adults, that the higher the position in the social scale, the more unlimited their means, the less the probability of a long life.

In view of the short duration of life entailed by some occupations, it must be regarded as a consoling, yea, a sublime fact, that labor in general does not tend to shorten life; but on the contrary, by strengthening health, lengthens life; while, on the other hand, idleness and luxury are productive of the same results as the most unhealthy occupations.

GRAPES IN KIDNEY DISEASE, A SAFE REMEDY.—Dr. Pecholier, a French physician, has called attention to the fact that grapes are an excellent diuretic. Five pounds of grapes were given to a patient in three parts, and the effect produced was much more vigorous than could be obtained from digitalis, iodide of potash, or milk. Only the juice of the grape was swallowed, the skin, seeds, and pulp being rejected. Grape juice can generally be obtained, even though fresh grapes may be out of season.

How to Relieve Pain.

TO RELIEVE pain nothing equals ordinary applications of heat and moisture by means of fomentations to the painful area. The articles required for a fomentation are very few and simple. Any old flannel cloth, wrung out of hot water, and folded in a dry flannel or towel, will do if nothing else is at hand. But every home should be supplied with a set of fomentation cloths. Get two single blankets, one all wool, and the other half wool. Each blanket will make four fomentation cloths. The half-wool absorbs water readily, while the all-wool does not; so that the half-wool blanket should be used to make the cloths to be wet, and the all-wool one for those that are to be used dry, in which the wet ones are to be folded. The cloths should be folded to suit the part to be treated. For the spine, fold to six or eight inches in width; for the chest, or stomach and bowels, fold once in each direction; for the stomach and liver, fold to three thicknesses in one direction, and one in the other. The most convenient method of heating the fomentation in the home is by wringing the cloth out of either hot or cold water, and laying it on a hot cook stove, or laying it in a steamer over a kettle of boiling water until it is heated through. The fomentations can be prepared more quickly in this way than by any other method. The hot cloth should be folded in the dry one in such a manner that there will be one thickness of dry cloth between it and the patient's body when applied. The fomentation should be replaced by one newly heated at intervals of three to five minutes for a stimulating effect. The application should be very hot, frequently renewed, and continued not more than ten or fifteen minutes. Each application may be alternated with a short cold compress, or a piece of ice quickly rubbed over the surface, always ending with the cold. For a sedative effect, or the relief of pain, the application may be continued half an hour or more with benefit.

"WHY did he not die?"—Because he refused to take his medicine.

THE company of a good-humored man is a perpetual feast. He is welcome everywhere. Eyes glisten at his approach, and difficulties vanish in his cheering presence.

SUMMER DISEASES: HOW TO AVOID THEM.

J. H. KELLOGG, M. D.

DYSENTERY, cholera morbus, and kindred diseases will for the next two months figure largely in the lists of mortality. Notwithstanding the enormous loss of life occasioned every year by these diseases, every sanitarian is familiar with the fact that they all belong to a class known to be preventable. This being true, it is evident that all who are informed on this subject ought to be actively engaged, not only in prevention, but in promulgating a knowledge of the means of prevention. Careful attention to the following simple rules will be quite certain to afford ample protection from the bowel disturbances so common at this season:—

1. Make the diet simple and light. Avoid all articles of food that are difficult of digestion, as fat meats, food highly seasoned with condiments, rich cake or pastry, confectionery of all sorts. Animal food is especially unfit for use during the hot months. White bread should be eaten sparingly, and had better be discarded altogether in favor of brown bread.

2. Avoid eating between meals and taking late suppers. For persons who are not engaged in severe physical labor, two meals are preferable to more; and many will perform harder physical labor on two meals than when taking three.

3. The diet should consist chiefly of ripe fruits, nuts, and grains, with well-matured vegetables. Fruits and grains are the most wholesome and cooling diet for this season of the year. Vegetables in general use are less digestive than fruits or grains. The greatest care should be taken to procure ripe fruits and well-matured vegetables. Fruit picked when green and afterwards ripened to hasten its preparation for market, is premature and unfit for food.

4. The use of ice-water is a very injurious practice. Ice-cream is a most unwholesome luxury. It cannot be taken at any time without more or less injury to the stomach. During the hottest part of the season its use is absolutely dangerous. If very cold water is taken at all, it should be sipped slowly.

5. Avoid overheating the system by too violent exercise while exposed to the direct rays of the sun.

6. Be sure to take plenty of sleep. Late hours are especially detrimental at this season of the year, when the vital forces are at their lowest ebb.

7. Avoid all excesses of every sort.

8. With children, and especially with very young children, care of the diet is the most essential thing. Great care must be exercised in changing the diet of infants. Unless required to do so from some unavoidable cause, young nursing infants should not be weaned during hot weather. There is no room to doubt that the greatest share of mortality among infants comes from bad feeding.

EARTH-EATING.—The earth-eating disease which prevails in some parts of Queensland is of common occurrence amongst the natives of the Congo. The habit is to be found in most tropical lands, and occasionally observed in Europe. In the Malay Archipelago ampoeh earth is sold at the stores. In Persia a certain kind of earth is considered a delicacy and an epicurean relish. Yellow races are especially addicted to this harmful practice.

In the Dutch East Indies clay is mixed with water to reduce it to a paste, and the sand and other hard substances are removed. The clay is then formed into small cakes or tablets, about as thick as a lead-pencil, and baked in an iron saucepan. The Javanese frequently eat small figures roughly modelled from clay, which resemble animals or little men.

New returns issued by the Registrar-General show that London's birth-rate for last year was the lowest on record. Infant mortality is again enormously high, but deaths from consumption are much under the average.

DANGER IN THE PIPE.—Death, and a most terrible form of it, is declared to lurk in the tobacco pipe if it is made of clay. Such is the startling statement made by the Irish Registrar-General in a special report on cancer in Ireland just laid on the table of the House of Commons. The clay "dhudeen" is very common amongst the peasantry in Ireland. It is often smoked until the shank is quite short, and then it so irritates the lips of the smoker that cancer sometimes supervenes.

A MOST IMPORTANT EVENT.

THE DEDICATION OF THE NEW BATTLE CREEK SANITARIUM took place on June 1. The day was ideal for the occasion, the services being held in the open air in front of the building. At least 25,000 people were in attendance, the railroads giving a four days' excursion rate. Many prominent men were present. We shall only be able to give a few thoughts expressed by the speakers of the day.

The first and most important meeting, however, was held the day before the

only be able to touch on a few of the important events. A full report of the details of the dedication, description of the building, etc., was published in the August number of the *American Good Health*, of which an edition of two hundred and fifty thousand was printed. We have ordered a thousand copies, and shall be glad to furnish *GOOD HEALTH* readers with copies of this journal upon application.

The exercises were opened by the Toastmaster, Hon. Perry F. Powers, who stated that they were met there to cele-



Battle Creek Sanitarium, Battle Creek, Mich., U. S. A.

dedication of the new building. It was a meeting of the Sanitarium family, physicians, nurses, and helpers, for the purpose of first of all dedicating themselves anew to the medical missionary work, to the work of healing. Certainly the dedication of the building is a small event and of little value when compared with the dedication of the lives of the workers in the building, upon which the success of the institution wholly depends. We shall

brave the dedication of an institution that stands unique in its sphere of action, its purposes, and its aims, and in response to the invitations sent out through a state committee, responses in the way of letters and telegrams have come from the President of the United States, governors of States, congressmen, and others of high standing, all of them expressing the kindest feeling and warmest sympathy for the work that this institution is doing.

MAJOR H. E. JOHNSON, private secretary to Governor Bliss, said, "You have builded here a fortress of health, a citadel for the healing of the nations. Life with its veins full of red blood may dare anything, accomplish great things, and knows no bar, no limit, to its strength. It may command the known universe and explore the mysteries of unknown worlds. Stricken with ill health, it is but a feeble thing, bereft of the joys of existence, faltering, uncertain, feeble. To heal the sick, to restore strength to the weak, to bring back joy to the joyless, is next to creation. It is the work of man made in the image of God, none more Christlike, none more merciful.

"The erection of a sanitarium like the one dedicated here to-day is an event of interest larger than the confines of a State, and busy people can well afford to turn aside to the observance of the ceremonies now celebrated. From this centre radiate influences most potent for good. To live and to die for others is the noblest of living and the best of dying. The physician and the nurse are of both war and peace, and their sacrifices and services, though not chronicled among the great deeds of history, are more and more appreciated as we study more carefully and analyse more closely. In times of peace, sacrifice of life has been made just as truly for sake of country as though offered amid the shock of battle. The institution dedicated here to-day is set apart for a grand service, and countless men and women will speak of it reverently. The trained physicians and the gentle nurses who minister within its walls to the sick will be numbered among the heroes and the heroines of peace. Theirs will not be the service of glamor; orators, writers, and poets will seldom make it a theme, but thousands of quiet homes, where life and happiness have replaced sickness and despair, will call it blessed."

PASTOR A. T. JONES spoke in substance as follows:—

"In the beginning God made man in His own image, as a fit temple for the indwelling of His Spirit, but he did not abide in the way of God, but turned to sin and consequently to disease, so the temple which God had built to glorify Himself was defiled and spoiled. And since this was not the purpose for which

this temple was created, He gave Himself to redeem it, and to bring it once more to Himself where He might abide therein. When God delivered His people from bondage in Egypt, the very first revelation He made to His people after the song of deliverance at the Red Sea was a revelation of His power and the true way of deliverance from disease, the revelation of Himself as 'the Lord that healeth thee.' This thought was continued right along until the very last writer of the Bible, who has left us on behalf of God this greatest of all great wishes, 'I wish above all things that thou mayest prosper and be in health.' And Jesus Christ, the great centre of divinity and humanity, set this example for His church, for He went about healing all manner of diseases. This gift, though given to the church, was forgotten by the church, and instead of prizing and carrying forward the wonderful work committed to them, the soul was lifted away beyond the confines of the body, the body was despised and counted as of no worth. But this truth introduced by God He will not allow to remain buried up, to be lost sight of. This building is intended to make known to all people God's way of saving health, and as far as possible to bring to all mankind that message of God's saving health which shall bring mankind, as far as it is possible to-day, to the place where each one shall stand a temple of life to the glory of God and the benefit of mankind."

JUDGE JESSE ARTHUR, a former patient, was the next speaker. He stated that he was heart and soul in sympathy with the Battle Creek or Sanitarium idea, for it meant more to him than to many—it was the avenue through which he received a newer and better view of life. The judge stated that as he stood on the opposite corner on the night of February 18, a year ago, and saw the flames devour the old Sanitarium, and in so brief a time reduce to ruins the work of a third of a century, he felt that it was an irreparable loss, but then there came to him the thought, What if the buildings are destroyed, the principle lives! So to-day out of the ashes of the former buildings there stands forth another in every way superior, and all because the Sanitarium idea is in the hearts and minds of the people who have known it. Through their help and their

encouragement it has been possible to erect it. And yet this great pile that we see here before us is no monument to this work without the spirit that is in it. Take out of it this people, take away from it the spirit that actuates all its helpers, and the institution amounts to nothing. "But," he said, "I have faith that God in His infinite wisdom will so direct those in charge of the work that through the agency of this great structure a mightier and nobler work will be done for humanity than it would be possible to do without it."

DR. J. H. KELLOGG was the last speaker, who, when he stepped to the platform, was met with a spontaneous rising up of the vast audience in acknowledgment of their respect and kind regard for him. In substance he said,—

"I do violence to my own feelings and to the truth if I do not at once disclaim all right to any compliments or commendation. I feel that there is but one thing concerning which I should be congratulated, and that is, that I have been so fortunate as to know the truths upon which this institution is founded. As far as the building of the institution is concerned, the credit of that belongs to the men whose calloused hands, whose aching muscles, and whose tired backs attest to the toil in making this structure what it is—the laboring men, the carpenters, the masons, the men who wheel the barrows, the men who have picked up the brick and mixed the mortar; yes, and the men who have gathered in the money necessary to meet the bills, the men who have cheered us on as we have been laboring to bring together the materials and the means. For myself I cannot take any commendation or compliments—they all belong to my comrades, who through all this year have been toiling night and day to do this work.

"And now, my friends, I do not want you to look upon this institution simply as a great structure, but rather that you may see in it the great truths for which it stands; and I feel that you do this, as attest your presence here at this time. There are buildings finer in every way than this, more beautiful, in every respect more wonderful; so all there is to this that in any way merits consideration is the principle for which it stands. I want you

to look upon this building not as a monument to any man, or any class or body of men, but as one that has been erected to be a light to this city, to this county, to this State, to the whole world, as far as these principles can be made to shine out."

The exercises were brought to a close by a health banquet, in which not less than two thousand participated. The whole of the services and exercises passed off most pleasantly and were heartily enjoyed by all present. The Battle Creek Sanitarium stands forth to-day the largest and best equipped in the world, and is able to accommodate 1,000 patients. There were used in the construction of this grand temple of health nearly 700 tons of structural steel and about 20,000 barrels of cement. It contains twenty-two acres of plastered walls, seven acres of cement floors equal to the best mosaic in durability and appearance. There are over 32,000 square feet of porches and verandahs about the building, where patients may repose in wheel chairs or couches, and enjoy the sunlight and gaze out over the goodly landscapes.

We believe that all lovers of the reform principles for which the Battle Creek Sanitarium stands as a monument, will join the GOOD HEALTH in extending best wishes for the increasing prosperity and usefulness of this grand institution and its corps of self-sacrificing workers. We can but say that if this work be of men it would have come to naught, but if it be of God, fire cannot consume it.

Good Humor.

It is not great calamities that imbitter existence; it is the petty vexations, the small jealousies, the little disappointments, the "minor miseries," that make the heart heavy and the temper sour. Don't let them. Anger is a pure waste of vitality. It helps nobody, and hinders everybody. It is always foolish, and always disgraceful, except in some rare cases when it is kindled by seeing wrong done to another; and even that "noble rage" seldom mends the matter. No man does his best except when he is cheerful. A light heart makes nimble hands and keeps the mind free and alert. No misfortune is so great as one that sours the temper. Till cheerfulness is lost, nothing is lost.

HEALTH LECTURE.*Given at the Sanitarium Parlor, Wahroonga.***THE STOMACH.**

THE stomach is one of the most important organs of the body. It is located just below the sternum. The lower border reaches down to about two inches above the umbilicus. The cardiac end of the stomach almost touches the heart. This accounts for the belief of many dyspeptics that they have heart disease.

The stomach is capable of holding from one to two quarts. It has two openings, the cardiac and pyloric orifices. These openings are guarded by circular muscles, and are so arranged that this rythmical movement of the stomach is constantly kept up. If we could take a look inside, we would find beads of gastric juice, similar to drops of perspiration on the forehead, oozing out from its walls. Finally these drops unite, forming little streams which run down the walls and mingle with the food. As it mingles with the food, it dissolves or digests it. Nature never designed that the food should leave the stomach only in the form of a liquid. The reason why so many people complain of flatulency, and so forth, is that particles are thrown into the stomach without being properly masticated. The stomach worries with it as long as it is able, and finally makes a desperate effort, and throws it out into the intestines, and the food thus ejected acts as a mechanical irritant and produces intestinal disturbances, intestinal fermentation, etc.

But the stomach is more than an organ simply used in the digestion of the food. When in danger of the plague we are very careful in regard to ships coming into port. We require them to disinfect their goods, because there is danger of the plague being introduced into our country. The stomach is a disinfecting chamber. It not only digests food, but disinfects everything that enters it before permitting it to enter the system. When in a normal condition, the gastric juice is one of the best disinfecting agents. There are no germs known that can live in a normal stomach for any length of time; and so a person is normally germ-proof. If germs do enter the stomach with the food, there is no chance of them getting into the intestines: it is impossible for a person with a good stomach to have

typhoid fever. Typhoid fever is a germ disease of the intestines. When the stomach becomes deranged or the food is not properly masticated, the germs may be carried down into the intestines with the food. A few days ago, I saw two men standing talking, and as I passed by, I overheard one of them say, "My stomach has been bothering me for the last two days." I felt like stepping up to him and telling him that it was not his stomach bothering him, but he was bothering his stomach. Suppose, to illustrate, I should take some sand, and rub it into my eye, and then say, "My eye has been bothering me the last two days." It is quite right that my eye should report when misused. Pain is the cry of an abused nerve. Every nerve is a sentinel placed to guard and protect. So with the stomach. When we crowd something into it that should not be put there, if in a normal condition it should report. We must not be alarmed if we have disturbances as a result of transgression. This is evidence that the organ is in good order. The person who can throw anything into his stomach, the one who says, "I can eat anything," and does, is in a deplorable condition. A person with a normal stomach should feel it when he takes into that organ substances which should never enter.

Some years ago Dr. Beaumont made a series of experiments upon Alex. St. Martin, a man who had met with an accident, and had a part of the abdominal wall torn away, leaving an opening into the wall of the stomach. A membrane formed over it, and after it was healed up, Dr. Beaumont was able to see the digestive process being carried on inside. At times the man would go on a spree. The doctor noticed the condition of the stomach afterwards, and found that instead of being in a normal condition, the blood vessels of the stomach were dilated and congested. There was an angry look; and yet he was surprised to find that St. Martin did not complain of anything being the matter with his stomach. He complained of his head, and was very nervous. The stomach has practically no nerves of sensation, and consequently cannot report the effect of these substances. The mouth is supplied with nerves of taste, and to these is committed the work of detecting the substances which should or should not enter

the stomach. Take, for instance, alcohol. When that is taken into the mouth, a stinging sensation is experienced, and no person in a normal condition would think of taking alcohol into the stomach. Again, tobacco is altogether disagreeable. The nerves are so placed that we are warned when we are in danger of getting anything that would be harmful. Place a little pepper on the tongue, and it is found to smart and bite. This should be sufficient warning. A great many of the other irritants have the same effect. This is nature, speaking in no uncertain tones, warning us against taking these foreign substances into the system. In the case of St. Martin, after he had taken alcohol, the blood vessels were found to be in an extremely congested condition. There are substances that have just as evil an effect upon the stomach as alcohol. Vinegar is one of them. In fact, vinegar has been found to be worse in its effect than alcohol. It does more harm to the body also than alcohol. It destroys the red corpuscles, the oxygen carriers in the blood. There are a great many young women who take vinegar to give their skins a white, waxy appearance. The white appearance is due to the destruction of the red blood cells. Vinegar is one of the things which should be rigidly excluded. Put a little pepper into the eye, and notice the condition which will be brought about; and yet how many people put pepper on everything they eat. It has the same effect upon the delicate lining of the stomach as upon the mucous membrane of the eye. Put a little mustard upon the skin and cover it up, and it is found to blister the skin. It has the same effect upon the inside of the stomach as upon the skin. The stomach cannot report this, but the same condition exists there. It is a far better and safer way, if mustard must be applied, to apply it on the outside; it will do less harm. The stomach is a faithful organ, and will do its work faithfully if we give it favorable conditions to work under, but when it becomes deranged and gets into an abnormal condition through errors in eating, it is responsible for more diseases than any other organ in the body.

(To be continued)

Four hundred cubic feet of air pass in and out of the lungs in one day.

Nuts as a Remedy in Chronic Constipation.

MANY persons make the mistake of supposing that dietetic care in cases of constipation consists exclusively in the use of coarse articles of food, such as whole-grain preparations, brown bread, coarse vegetables, bran, etc. While, as a rule, coarse foods favor normal activity of the bowels, their use not infrequently fails to relieve chronic constipation, and in some instances aggravates the condition.

Fat is one of the elements of food most conducive to normal intestinal activity. The free use of butter, olive oil, and other fats is found to be disastrous through the digestive disturbances induced as the result. Fats are not digested in the stomach, but when melted by the warmth of the stomach, surround the foods, thus seriously interfering with the digestive processes which normally take place there, viz, the conversion of starch into maltose, and of albumin and other proteid substances into peptone. The indigestion resulting gives rise to fermentation of the fats present, the products of which are butyric and other highly irritating acids. By the use of emulsified fats, as found in nature in the form of milk, cream, or nuts, this difficulty may be entirely obviated. Emulsified fats do not adhere to the foods, but mingle freely with them until the proteid envelopes surrounding the small fat globules are digested by the gastric juice. But when this is accomplished, the food containing the fat now set free is ready to pass out of the stomach to be acted upon by the pancreatic juice and bile.

Pancreatic juice and bile act upon *free fats*, and emulsify them and prepare them for absorption. Fats should not be set free until the food is ready to leave the stomach to be brought in contact with these digestive agents. When fats are set free (as is the case with butter) before they are introduced, rancidity may be looked for, especially in cases of slow digestion.

D. H. K.

COLD DRINKS PROHIBITED IN BERLIN.—The Berlin authorities have issued an order to prohibit public houses during excessively hot weather from selling drinks below a temperature of 50deg. Fahrenheit.—*American Medicine*.



The Home

My Mother.

My mother was one of those gentle, soft-spoken, quiet little women who, like oil, permeate every crack and joint of life with smoothness. With a noiseless step, an almost shadowy movement, her hand and eye were everywhere. Her house was a miracle of neatness and order—her children of all ages and sizes under her perfect control, and the accumulations of labor of all descriptions which beset a great family where there are no servants, all melted away under her hands as if by enchantment.

She had a divine magic, too, that mother of mine; if it be magic to commune daily with the supernatural. She had a little room all her own, where on a stand always stood open the great family Bible, and when work pressed hard and children were untoward, when sickness threatened, when the skeins of life were all cross-ways and tangled, she went quietly to that room, and kneeling over that Bible, took hold of a warm, healing, invisible Hand that made the crooked straight, and the rough places plain.—*Mrs. Stowe, in My Wife and I.*

Home Influences.

THERE is no subject more worthy of our thoughtful consideration; none better fitted to occupy our noblest powers than the endeavor to bring home influences to bear upon each member of the household in a way that will best fit them for useful members of society. If we would reform society, or make it better in any respect, our quickest way to do it is to begin at home.

The sympathies awakened, the associations formed, the ideas acquired here, remain within the heart; and shape the course and build the platform upon which the character of the future man or woman is to rest. How necessary then, that home instruction should be of a high and noble order.

The young must have amusement, and

if it is not furnished at home, they will seek it elsewhere, and will soon be led into places and scenes unfavorable for the growth of a steady, Christian character. Music, books, flowers, and pictures, are all pleasing to the young, and awaken in the youthful mind thoughts of a pure and holy nature. They are hand-maids of virtue and religion; they strengthen the principles, confirm the habits, and infuse within a love of what is right, useful, and beautiful, teaching them to look with disgust upon what is low and grovelling and vicious.

Temperance, too, should be taught at home. Alas! how many a fond mother with her own hand, sows the seed that will in after years spring up within the breast of her child, consuming body and soul, and bring her grey hairs in sorrow to the grave! by placing upon the table food highly seasoned, rich pastries and sweetmeats, strong tea and coffee, which act as a powerful stimulus upon the nervous system, and create an unnatural appetite, the cravings of which (sooner or later) can only be satisfied by strong drink.

Never Get Angry.

IT does no good; some sins have a seeming recompensation or apology, a present gratification of some sort; but anger has none. A man feels no better for it. It is really a torment; and when the storm of passion has cleared away, it leaves one to see that he has been a fool, and that he has also made a fool of himself in the eyes of others. Who thinks well of an ill-natured, churlish man, who has to be approached in the most guarded and cautious way? Who wishes him for a partner in business, or a neighbor? He keeps all about him in nearly the same state of mind as if they were living near a hornet's nest, or a rabid animal. An angry man adds nothing to the welfare of society. He may do some good, but more hurt. Heated passion makes him a firebrand, and it is a wonder if he does not kindle

flames of discord on every hand. He is a bad element in any community, and his removal would furnish occasion for a day of thanksgiving. Since, then, anger is useless, needless, and without apology, why should it be indulged in?

The Experience of Two Mothers.

LAURETTA KRESS, M. D.

Mr. and Mrs. Lee lived in a neat little cottage quite apart from the main thoroughfare. Around the cottage was a fine, well-kept garden where they found much pleasure watching the development of buds and flowers, and training them in their growth.

Several years passed after their marriage with no little ones to cheer their home. One day in early autumn a dear little parcel all pink and white was laid in Mrs. Lee's arms. A prayer of thanksgiving went up from her lips that she might be guided in its care. She realised how much a kind mother can do to mold the tender clay, and at once began the new life with its added duties. I say, "at once began;" the facts are that nine months before this little stranger came, she had realised the responsibility of motherhood to some extent, and was daily preparing herself for this all-important, new, and solemn duty. Baby's outfit was one of great interest to her. Instead of the very long, heavy clothes, shorter ones were made of very light material. The first garments to be worn next the skin were made of fine soft flannel with long sleeves and little loose bodices to hold them from the shoulders. Instead of the "binders" worn in days long ago, Mrs. Lee had provided a neat little band which buttoned over the shoulders and around the waist. She had read how much harm could be done if the little form was compressed too much and bound up, as is usually done in these stiff, hard binders.

So young Master Lee was first attired in these loose, comfortable, warm garments.

Two months went by—two months of so much pleasure that Mrs. Lee, instead of looking careworn and weak, was cheerful, fat, and rosy; and Baby Lee, a bonny little boy, a perfect picture of contentment, lay in her arms.

Sitting in this attitude, admiring baby, and dreaming of what he would be like a few months hence, she was aroused by a

knock at the door. Rising, she opened it to find an old neighbor of hers.

"Good morning, Mrs. Johnson, I am so glad to see you. Do come in and be seated by the fire. You have brought baby; I am so glad. I have not seen him yet, but I heard through Mr. Lee of his arrival. How are you both? You, I fancy, are looking rather thin and——"

"I am thin and as tired as I can be. This child is dragging me to death. I have not seen a well day since he was born, and he is now three months old. I told Mr. Johnson yesterday that I never would have another child." Mrs. Johnson stopped, out of breath; for she showed evident signs of impatience and disgust at the thought of passing through three months' experience such as had just passed.

"I am so happy with my little boy; he is such a treasure. I don't know how I have gone all these years without him," said Mrs. Lee. "I find such a round of joy in caring for him. Lay off your hat and wrap, and baby's also. Let me hold baby for you while you do so." So saying, she laid her own child down on the couch, and went to take the child of her neighbor.

"My word! can you lay your child down like that without his screaming? I can't; I have to hold him or walk with him nearly the whole day, or he would scream his eyes out."

Mrs. Lee turned to her with a smile, and said as she took the baby from her arms, "I have taught him to lie by himself while he is awake. It is a very bad practice to carry and hold a child all the time."

"I know it is; but what can you do when they cry so?" said Mrs. Johnson.

After removing her wraps, she settled herself in an easy low chair, and at once began making preparations to feed her baby. Mrs. Lee inquired how often she was in the habit of feeding her little one. To this query Mrs. Johnson added, "Oh, I feed him whenever he wants it. I gave him a drink in the train, but we have been shaken up in the cab, and I presume he is hungry again. If I don't feed him often, he cries, and stuffs both fists into his mouth as though he were ravenous. I have bought two dummies for him to suck, but they have been lost. I must get him another one, and pin it to him so he can't lose it."

Before she had finished this conversation, baby was sucking at the breast greedily, with grunts of evident discomfort coming from him at times. As soon as he had finished, she laid him on her lap. The child began to hiccough, and in a moment up came all the meal over the mother's dress and on Mrs. Lee's carpet.

Baby Lee had been lying on the couch taking gymnastics with arms and feet while his mother was watching the proceedings. Mrs. Lee sprang to assist her friend, who replied, "There! that is the way my dresses go; I haven't a decent thing to wear any more; baby spoils everything I have. I never wear anything but an old wrapper at home, because he spills his food over my dresses so much."

After everything was tidied, Mrs. Lee looked at the clock, and said, "It is time to feed Harold." So turning to the couch she gathered the dear little treasure in her arms. As she sat down, she decided to give Mrs. Johnson a bit of advice while she had an opportunity. Turning to her friend, who had finally quieted her little one to sleep, she said, "Mrs. Johnson, I find my baby so much better for feeding him at regular intervals. I am feeding him every three hours now. When he is a month older, I shall change to four hours. I never vary, but keep prompt time except when he occasionally oversleeps, and then goes five hours."

"Do you mean to tell me your baby of two months sleeps five hours without waking for food?" ejaculated Mrs. Johnson.

"O yes, quite often, and during the night he sleeps six hours. I once had a very dear friend who had reared several beautiful children, and she told me that regularity in feeding was one of the chief things in success with babies. So I began with Harold regular feeding from the first. It has proved successful, and has made our home very happy. Another thing that has helped in this is the careful manner in which I have eaten my meals. I have never eaten any coarse vegetables like carrots, parsnips, turnips, cabbage, cauliflowers, peas, beans, etc. I avoid these entirely; for they cause so much fermentation that I have feared baby would have gas in the stomach and bowels. He has never had colic; and I mean to be so careful that he never will have it. I am careful too, not to chill myself; for that

causes babies to cry."

"Well! I am surprised to learn all this. I wish I had known it before; for I tell you frankly, Mrs. Lee, I have been so discouraged at times, that I have wished I never married; and my poor husband and I have had many quarrels since Freddie was born. He thinks I am careless, and I can see from what you have said that I have been."

(To be Continued)

Seasonable Recipes.

LAURETTA KRESS, M. D.

FRUIT DESSERT.—Sliced bananas and oranges about equal parts, sprinkled with a little powdered sugar, makes an appetising dessert for the spring-time, when the system craves for acids. Bananas are not wholesome until thoroughly ripened.

A MEAT GRAVY.—An excellent dressing for potatoes and other vegetables may be made by the use of equal quantities of ordinary white flour and the digestive lentil flour, seasoned with a little nut butter.

NUT CHEESE.—Dissolve one cup of pea-nut butter and one-half cup of cornflour in one cup of tomato juice. Add one teaspoonful of salt, and beat for five minutes. Turn into a granite dish, cover, and steam four or five hours. Dry it off in the oven, and turn from the bowl. Use the same as ordinary cheese.

A GOOD BREAKFAST DISH.—When you have finished baking your bread, put some rice in the oven in shallow tins, and brown till of a golden color. Rice prepared in this way can be cooked by steaming or boiling in half the time otherwise required, and is far superior as a breakfast dish to pasty oatmeal porridge. Serve with cream.

BROILED POTATO.—Mashed potatoes, if packed firmly while warm into a deep tin which has been dipped in cold water, may be cut into slices when cold, brushed with cream or nuttolene cream, and browned on a broiler over hot coals.

TOMATO SOUP.—Put a quart tin of tomatoes through the colander, add half the amount of water, and heat to boiling. Rub three tablespoonfuls of flour smooth in a little water. Add to the tomatoes and boil until thickened, stirring constantly, that no lumps form; add salt to season, and lastly introduce two tablespoonfuls of nut butter rubbed smooth in a little hot water. If the soup is too thick, thin by the addition of hot water. Let all boil together for a few moments, then serve.

THERE is in the body of a person enough iron to make half a dozen tacks and enough hydrogen to fill a balloon that would lift him.

Answers to Correspondents

Eggs.—Are eggs perfectly wholesome nourishment?

Ans.—The principal objection to the use of eggs is the readiness with which they undergo decomposition. Stale eggs are exceedingly unwholesome. A perfectly fresh egg is easily digestible, and contains no waste or poisonous matters. The excrementitious substances found in meats are not found in eggs. It must be admitted, however, that eggs are sometimes contaminated by impure things eaten by the fowls which produce them. The custom of feeding hens with the carcasses of dead animals and offal of every description, is a reprehensible one. If eggs are to be eaten, they should be obtained from fowls kept in a clean place, and fed upon grain and other perfectly wholesome food. The eggs of fowls which are allowed to pick their living from barnyard litter, often indicate by their strong flavor the character of the material out of which they are produced.

Zwieback.—How can zwieback be made at home?

Ans.—Cut stale bread into moderately thin slices, place in a slow oven, and leave until slightly browned throughout the slice.

Cold Meals.—Is it detrimental to eat cold meals?

Ans.—No, unless the temperature is very low. Food at ordinary temperatures is on the whole more natural and more wholesome than hot food.

Fruits.—Are raw fruits as good as cooked ones?

Ans.—Yes, and for most persons better. Care should be taken, however, that the fruits are well ripened, and that they are thoroughly masticated, so that they may pass readily out of the stomach.

Cod-liver Oil.—Is not cod-liver oil necessary as medicine under some circumstances?

Ans.—No. The only possible use which the body can make of cod-liver oil is as a food. Nut oils are much more easily digestible and in every way preferable to it. The same may be said of dairy cream. All the benefits which can be derived from cod-liver oil may be more easily obtained from the use of almonds, hazel nuts, ripe olives, and other vegetable products rich in fat.

Fatty Foods.—How much fatty food is required at a meal?

Ans.—We require very little fat; in fact I do not think that any free fat is necessary. The idea seems to prevail that in order to become fat it is necessary to eat freely of free fats, but this is a mistake. Notice the olive tree for instance. The olives contain a great amount of fat, but it is not necessary to feed the olive tree upon fat in order for the tree to produce fat or oil in the fruit. The olive tree is capable of taking the various elements in the earth and air and combining them in such a way as to form fat. The system is able to do the same thing. The starches and sugars that we eat above what the system is able to utilise, are converted into fat. If we eat an excess of starch or sugar, it is stored up in the body as adipose tissue or fat to be used at some future time.

Tonic.—What do you think of a tonic composed of iron, quinine, and strychnine?

Ans.—I would consider such a preparation injurious. Quinine is considered a protoplasmic poison. It destroys the blood cells. Place a little quinine upon white blood cells, and it is found that they become less active and shrivel up. This is a well known fact. For this reason Dr. Branton, in his book on *Materia Medica*, says that quinine lessens the ability of the red blood-cells to take in oxygen from the air; it is a protoplasmic poison. From these facts we see why quinine is given in certain cases of fever. When we want less fire and heat in the stove we shut off the draft and admit less oxygen. When there is a rise of temperature in the body, as in fever, and the body is making an effort to burn up waste products, and quinine is given, we lessen the amount of oxygen that is taken up by the red corpuscles and the temperature is reduced, but the impurities are retained. So to my mind quinine is seldom indicated. Strychnine is one of the deadliest poisons known. One-half a grain will cause death. Strychnine in very small doses acts as an excitant to the reflex centres of the spinal cord, and other centres as the vaso-motor and respiratory. These centres are all made more excitable, so that when persons are exposed to drafts they are apt to feel chilly, and may go into convulsions. People who are in the habit of taking strychnine live in constant terror of drafts. I remember seeing an experiment made on a frog with strychnine. A small quantity of the drug was injected into the frog, and it was then suspended by a string from the ceiling, and the very act of even blowing upon it would send the frog into convulsions. You see there can be no affinity between good and evil. When we take the evil, we cannot bear the good, pure air. These people are very hard to convince that they need pure air, and some of them actually exhibit symptoms of hydrophobia when taken into a bath room; the thought of cold water sends them into a chill. Iron is taken in anæmia to supply the lack of iron in the blood. But we know very well that this metal is not appropriated by the system at all. The iron we get from the chemist is no more fit for the human system than the iron from the foundry or the ironmongery. There is plenty of vegetable iron in the foods that we eat to supply all that the body needs; but it is usually the case that people destroy the iron by the habit of tea drinking. Tannin in the tea destroys the iron in the food. Try the following experiment to illustrate this: Drop a little tincture of iron into a half-cup of strong tea, and note the result.

Preservatives in Foods.

The following explanation by Dr. Thompson in connection with the regulations framed by the Board of Health, appeared in the *Daily Telegraph* of March 23, 1903:—

“The duty of regulating the use of chemical drugs for the preservation of foods is laid upon the Board of Health by the Public Health Act, 1902, section 86-

"It may be pointed out that the section is so worded that the board cannot forbid either the use of any particular preservative, or the mixture with any particular food. It has consequently been obliged to permit these uses.

"It may also be mentioned that the Act itself requires that all foods which are mixed with preservatives in accordance with the regulations shall be legibly labelled with the nature of the preservative, and with the proportion in which it is present.

"This is not a matter of regulation, and for the future, people who prefer their food undrugged will be able to protect themselves, while those who are indifferent can, if they fall ill, tell their medical attendant what various kinds of chemicals they have been in the daily habit of swallowing, and thus assist him in treating their case."

BORACIC ACID IN BUTTER.

"The use of boracic acid in butter is the subject of a separate regulation. It is permitted in the proportion of thirty-five grains to the pound, which the committee recommended, and which the trade in general considers necessary on both sides of the world. *The board came to this decision unwillingly. It is of opinion that this mixture is objectionable in kind and in quantity.* It was anxious to allow it in the case of export butter, but unwilling to allow it in butter for spot consumption. It would have framed regulations accordingly, but for difficulties which need not be described now. It can now be pointed out that all preservatives are forbidden to be mixed with milk and cream intended 'for consumption as such,' as it is expressed in regulation 5.

PRESERVATIVES IN MILK NOT REQUIRED.

"As regards milk there is an absolute consensus of opinion, first, as to the needlessness of chemical preservatives in milk; secondly, as regards the ill effects on the production of milk caused by the use of chemical preservatives (for preservatives cover up the results of dirty methods, and of imperfect processes of manufacture, and yet leave the consumer to suffer from these); and thirdly, as to the extreme inadvisability, to say no more, of permitting the admixture of drugs with a liquid which is the sole sustenance of infants and the

sick, and often the chief food of the delicate at all ages.

"Once more, the use of chemical preservatives is presumptive evidence of unsuitable methods of manufacture, or negligence and dirtiness in the conduct of the business, or of employment of cheap and inferior articles. And just here it should be pointed out that all preservatives are not chemical, and are not harmful, nor liable to cause harm. Heat is one which is harmless, and cold is another. All have heard of that application of heat to the preservation of milk which is known as pasteurising, and all are aware of the successful application of cold to the preservation of meat. But it is much easier, of course, to add blindly a handful of some chemical preservative than to employ the harmless agents of heat and cold intelligently, and to conduct a business under conditions of strict cleanliness in all its details."

Decline in Consumption.

THE following table shows the decline per thousand in deaths from consumption since 1876 in Germany, where out-door air and sunshine are depended upon as remedial agencies:—

	1876.	1901.
Crefeld	62	37
Breslau	61	38
Danzig	35	16
Achen	21	12
Elberfeld	164	53
Charlottenburg	25	19

Consumption is a pestilence that walketh in darkness. Only those who shut out the healing rays of light and the life-giving air from their homes, fall victims to this disease. The above table demonstrates that there is hope even for many of the consumptives, if they correct their habits of living, but prevention is better than cure.

CONSUMPTION IN FOWLS.—Dr. Stallard, of San Francisco, calls attention to the frequent occurrence of consumption in fowls. He has met with numerous cases of this sort in his experience, often finding the liver, spleen, and mesenteric glands affected by the disease. Consumption in fowls is more frequent in autumn than at any other season of the year.

NEWS ITEMS.

REV. MR. JACKSON and daughter of Warrawee spent a short time at the Sanitarium building up their health.

THE Sanitarium family gladly welcomed Pastor George Irwin, who has been absent from the Sanitarium for seven months on a trip to the continent, the British Isles, and America.

THE graduating exercises of the first nurses' class which has completed two years' study at the Health Retreat and the Wahroonga Sanitarium, will take place September 1, 1903.

MRS. MACDONALD, Hon. Secretary of the Victorian Vegetarian Society, started for her home looking fairer and with an additional few pounds in weight after a short stay at the Sanitarium. The Sanitarium family will miss her.

HEALTH lectures were delivered at Pymble, also at North Hornsby Methodist Church, under the auspices of the "Boys' Club," by the editor. Excellent and appreciative remarks were made by the chairman and others.

MISS Kate M. Nevill, a former patient at the Wahroonga Sanitarium, gave a lecture on health reform at the Theosophical Society of Brisbane before an appreciative and intelligent body of ladies. Quite a number became subscribers to the *GOOD HEALTH*.

MR. W. VOUR, teacher at St. Peters, Sydney, formerly a patient at the Health Retreat, recently spent his vacation at the Sanitarium. He reports a gain of over three stone in weight. Miss K. Riley of Sydney, and Miss C. Velvin of Newcastle, also spent their vacation at the Sanitarium.

A LATE number of the *American School Journal* gives in tabulated form the results of a thorough-going investigation conducted by the teachers in a large public school, showing the evils resulting from the use of tobacco. The matter came up in the first place as a result of its being generally observed that the boys who con-

tracted the smoking habit began to lag behind in various ways, and were also less amenable to discipline. Twenty boys were selected who were known to be addicted to the cigarette habit. On the other hand, twenty boys were selected from the ranks of non-smokers. The school work and the general conduct of these boys were subjected to careful observation, twenty points being especially noted, with results as follows:—

	Smokers per cent.	Non-Smokers per cent.
1. Nervous	70	5
2. Impaired hearing	65	5
3. Poor memory	73	5
4. Bad manners	80	10
5. Poor physical condition ..	60	10
6. Low deportment	90	5
7. Bad moral condition ..	70	—
8. Bad mental condition ..	90	5
9. Street loafers	80	—
10. Out nights	75	—
11. Careless in dress	60	20
12. Not neat and clean	60	5
13. Truants	50	—
14. Low rank in studies	90	15
15. Failed of promotion	—	—
16. Older than average of grade.....	95	10
17. Untruthful	45	—
18. Slow thinkers.....	95	15
19. Poor workers or not able to work continuously ..	85	5
20. Known to attend church or Sunday-school.....	5	45

OWING to the numerous applications coming in to enter the Medical Missionary nurses' class about to start, we find it necessary to reject many we should like to encourage and accept. Plans are now being considered and formulated with a view of starting a special class, the course of instruction not extending over six months. Arrangements will probably be made so that those entering will be able to pay the tuition and residence by work at the Sanitarium. The only expense would be the board. If any of the *GOOD HEALTH* readers are desirous of entering such a course, kindly send your application with references from some recognised Christian or benevolent organisation. If a sufficient number apply, we shall probably start this special class. Applications should be sent in at once.

ONE gentleman reports a gain of over three stone in weight since the adoption of the principles taught by the *GOOD HEALTH*.

PROFESSOR Atwater, who has for many years been engaged in investigations relating to foods for the United States Department of Agriculture, has been led to the conclusion, as the result of exhaustive studies on the subject, that, considered from an economical standpoint, corn-meal has the highest nutritive value of all foods. Ten pounds of corn-meal contain more than eight pounds of actual nutriment, while the same quantity of potatoes possesses but three and three-fourths pounds of nutrient material.

DR. Lauder Brunton, a noted English medical authority, says that "the only basis for the idea that cheese digests everything but itself, is the fact that it will remain entirely undigested in the stomach when everything else is digested, and forms exceedingly acrid gases and acids. Yet, in spite of the strongest evidence to the contrary, such dangerous delusions are wont to survive long in our minds."

A YOUNG man in New Jersey induced the police to lock him in jail, so he could not get cigarettes. He had begun smoking at the early age of ten years, and at twenty-six was a nervous wreck, with a will power so weakened that he was utterly unable to resist the clamorings of his appetite for cigarettes when it was possible to get them. Within the last three years their terrible effect has been painfully apparent. His constitution is now ruined, his once robust body is reduced to a skeleton, he is so nervous he can scarcely hold a glass of water, and his head aches incessantly. Again and again he had determined to drop the habit, but found to his dismay that he could not do it, as he no longer had the will power to obey the dictates of his conscience.

And still boys and men will trifle and fool with these infernal devices until they find themselves in the grasp of the destroyer, and are lost beyond the hope of redemption. Keep clear of the devil's death traps.—*World's Crisis*.

SUN baths are resorted to as a special method for the treatment of diseases of the nervous system, especially neurasthenia, near Trieste, in the mountains of Carniola, at an altitude of 2,500 feet, with excellent results.

Light is one of the most active stimulants of animal and vegetable energy, contributing especially to the development of hemoglobin in the blood, and chlorophyll in the plant. This is a remedy within the reach of all at a small expense. A simple contrivance for giving a sun bath may be had in every home.

THE Prime Minister (Mr. J. Balfour) who presided over a meeting of the promoters of the Cancer Research Fund in London, in the course of an address, stated that he was hopeful that important results would be obtained in the near future. Every suggested remedy which was supported by reasonable evidence would, he promised, be carefully investigated.

The death rate from cancer is rapidly increasing in most countries. According to Dr. Allen, of Melbourne University, the number of deaths from cancer in Australia has increased in thirty years from 485 to 2,136 per annum. During the past twenty years the fatal cases in New Zealand have risen from 138 to 430 yearly. In both cases this increase is much larger proportionately than the growth of population.

There has also been a rapid increase of this deadly malady in England, France, and other European countries.

For years remedies have been sought for to cure this deadly malady; the results have not been encouraging. Cancer is still regarded as an incurable disease by the medical profession. While it may be an incurable disease, we may be thankful it is a preventable disease.

But to prevent any disease it is necessary to ascertain and remove the causes. It is an acknowledged fact that cancer is principally confined to flesh-eating countries, and to flesh eaters in those countries, and that those who subsist upon the simple products of the earth are free from this disease. Cancerous tumors are common among animals. By subsisting upon the flesh of diseased animals, the diseased fluids and flesh enter the circulation of the human body, becoming fluid and flesh of the same. Thus the cancer seeds are sown in the human body, and *we reap what we sow*. Remedies will be of little value until causes are removed, and when the causes are removed, remedies and cancer research funds will not be needed.

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Queensland.

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tralia.

131 St. John's Street, Launceston, Tas-
mania.

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.

SOME very encouraging reports come to us from those who have taken up the work of canvassing for the journal. A letter from New Zealand contains the following: "My sister and I in three days secured eighty yearly subscribers to GOOD HEALTH, and had a most enjoyable time as well." "One lady in Brisbane in nine hours sold thirty-seven copies of GOOD HEALTH and also obtained seven yearly subscriptions."

OUR GOOD HEALTH subscription list now numbers 8,500. We are sorry we were unable to supply the many orders for the July number. We ventured to print an extra 500 of the August number. We thank the GOOD HEALTH readers for their interest and effort in circulating GOOD HEALTH. With a continued effort we shall have a list of 15,000 yearly subscribers in another six months. GOOD HEALTH should be in every home. Parents need the good instruction it contains. Children should early be taught that the principles of health lie at the foundation of a contented and successful life.

If the food be wet, let dry foods be eaten at intervals. In German nature-cure establishments of the best type, this rule is insisted on. In English households it is not considered "the thing" to deviate from the regular mode of procedure. How utterly stupid we are to sacrifice vitality to ignorant custom! Whereas, that which is watery may, as it were, flush the body as a flood will wash away filth, a dry dietary may absorb objectionable poisons, and at the same time nourish the system well. The drier diet has effected innumerable cures; food must be well masticated and eaten slowly—that is a physical necessity.

There is the story of a woman who went to a nature-cure establishment in Germany. She was taken out early on her first morning there. At the end of a long walk to the woods she felt tired and hungry. All that was offered to her was a piece of brown bread, dry and hard. She refused it, and refused also to walk a step farther. The doctor who had accompanied her told her that she might stay there. This, of course, she did not care to do, and she began to walk back, and soon asked for the bread again, and ate it with relish. For a long while she was confined to this dry bread régime, with plenty of exercise and cool water, and soon she recovered complete health and refused to go back to her old way of living.—*Science Siftings*.

OLIVER Wendell Holmes says, "Each one of us is an omnibus in which rides all our ancestors." Unhappy is the man who carries in his omnibus a drunkard, a glutton, or a tobacco-slave.

IT is as great a mercy to be preserved in health, as to be delivered from sickness.

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.
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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.

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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.

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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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