

THE AUSTRALASIAN

GOOD HEALTH



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AUSTRALASIAN

Good



Health

Vol. 6.

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No. 11.

Medical and Health News.

PREVALENCE OF SWINE FEVER.

The Gravity of the Situation not Appreciated.

THE Minister for Agriculture recently received a deputation from residents at Belmore, Bondi, Canterbury, and Botany, who are interested in the disposal of pigs. They stated that at present pigs were allowed to come into the Sydney Corporation Saleyards from the country districts, whereas the districts named were prohibited from bringing the animals into the city owing to the swine fever proclamation. *It was contended that pigs from the country were in many cases diseased,* and they asked that the same prohibition be extended to the country, or that the pig-breeders in Central Cumberland be allowed to sell the clean animals.

Mr. Kidd said that if diseased pigs were permitted to be sold at the Corporation Yards, the Health Board inspectors were not doing their duty. The matter would be inquired into, and if the statement was correct, the position was simply scandalous. Dr. Ashburton Thompson, president of the Board of Health, in referring to the report, expressed surprise that the Minister should speak as he had done about the health authorities. He said diseases in animals and the dealing with epidemics among them were the business of the stock branch of the Agricultural Department, and not of the Health Board.

It is evident that a serious misunderstanding exists between the Sydney Board

of Health and the Department of Agriculture, in regard to their respective duties; and as a result nothing has been done to prevent the spread of this dread disease, or to protect an innocent public from consuming infected swine's flesh. It is unsafe in these days to consume animal flesh, for how is it possible for the consumer to determine whether the morsel between his teeth is from a healthy or a plague-stricken creature. Every honest butcher will testify that it is more apt to be the latter, and that very few of these creatures are free from disease. Even the best of them are unclean. "As dirty or filthy as a pig," is a common expression; yet semi-civilised people seem content to feast upon this filth. The only safe course for any one to follow, is to select the foods provided by nature,—the grains, fruits, vegetables, and nuts. These contain all the elements needed by the human system. We are glad that thousands are turning with disgust from the loathsome flesh pots of Egypt, to the purer, more wholesome, and refined products of the earth, in order to escape Egyptian plagues.

HUMAN BEINGS AND RACEHORSES.

Victoria State Governor on Sanitation.

SPEAKING at the annual meeting of the Health Society, the State Governor, Sir G. Sydenham Clark, referred to the general indifference and ignorance in Australia on health matters. He claimed, however,

that the attention to public sanitation was steadily diminishing the death rate. He urged that the first principles of sanitation should be taught in the State schools, and he did not see why the pulpits should not sometimes be employed to teach obedience to the laws of nature, which are the laws of God.

"If as much pains were bestowed on human beings as on racehorses in Australia," continued his Excellency, "in a pure climate like Victoria we ought to produce the finest race in the world."

Australian Declining Birth Rate.

ACCORDING to Mr. Coghlan, the Australian statistician, during the past decade the population of New South Wales has considerably increased. There has also been an increase of childless marriages, with the result that the birth rate has fallen to twenty-five per 1,000. France is alarmed because her population is at the present time stationary owing to a decline in her birth rate. But France has a showing of twenty-two per thousand, or only three less than New South Wales. A commission has been appointed to consider the causes and remedies for this evil. There is also cause for alarm at the excessive high rate of infant mortality. The figures as given for 1901 are,—

Children born in Australasia, 123,436, children died under one year of age, 12,436, or a little over ten per cent. One child out of every ten dies before reaching the age of one year. Western Australia heads the list, the figures for the same year being, children born, 5,718, children died under one year of age, 737, or nearly thirteen per cent.

This high death rate is undoubtedly due to the ignorance of fathers and mothers. But the high death rate does not represent all the evil resulting from improper care of infants, for many who survive are handicapped through life owing to ruined health. It is evident that we are not fit to be trusted with an increasing birth rate until we become intelligent as to the care of the few that are born. The distribution of health literature and booklets on the care and feeding of infants would prove of great value, and would be welcomed by many homes. This is a work in which every true reformer should engage.

We ask the co-operation of our readers in circulating this journal. The journal contains information needed in every home, by every father, mother, and child. If every subscriber should send the journal to a friend for one year, it would greatly increase the circulation of the paper, and extend its usefulness. The cost is only 2/6 for the year, including postage, or 2½d per month. This is surely an inexpensive missionary enterprise. Many could do well by selling the journal from house to house in single copies, and taking yearly subscriptions.

A Deadly Delicacy.

SUCH is the term very properly applied by the *London Express* to "barrow ice-cream," one spoonful of which was sufficient to cause the death of a child in Southwark. Medical evidence at the inquest showed that "death was due to the decomposed milk used in the manufacture of the ice-cream." Another death is reported from Wales. Cases of severe poisoning from the same cause are not infrequent.

Dr. Klein, of London, has recently made a report of six samples of ice-creams publicly sold, which he examined bacteriologically. He found such a great abundance of pathogenic and other germs that he felt justified in comparing them with ordinary sewage. Many of the germs closely resembled those of typhoid fever, and were probably identical with them.

Drink and a Vegetarian Diet.

DOCTOR Haig points out that a flesh free diet is bound to result in a decreased desire for alcoholic drinks, and he classes flesh meats with such stimulants as morphine, cocaine, and alcohol. Flesh meat not only produces a craving for stimulants of every kind, but it actually produces thirst, so that those who eat meat are thus driven to drink very considerable quantities of beer and spirits or other fluids.

Flesh food produces thirst by freeing the capillaries and allowing water to run out of the blood. The alkaline salts of fruits and vegetables not only prevent such great freedom of capillaries, and running off of water, but they actually introduce into the body a considerable amount of water in its best form. Thus one sees how it is that a non-flesh diet defeats the craving for drink.

SMALL-POX—HOW TO PREVENT IT.

TASMANIA is just recovering from a small-pox epidemic. Many deaths have been reported. In every epidemic of this kind more are scared to death than actually die of the disease. People expect to die when they are stricken down with the disease, and die for this reason. In Canada among the French Canadians, small-pox is looked upon as a very trifling disease. A book agent in passing through a certain district, canvassing from home to home among a very poor and *filthy* class, noticed children frequently running about with their hands tied. One day he inquired why so many children had their hands tied. He was informed that the children had the small-pox, and the hands were kept tied to prevent scratching. Of course his efforts to sell books in that district were at an end. Every precaution should be taken to prevent the spread of the disease. As a usual thing, however, the precautionary efforts are all along the line of compulsory vaccination. Past experience has fully demonstrated that compulsory vaccination will never prevent the spread of the disease. In 1853 an act was passed in England making vaccination compulsory, but in spite of this, from 1857 to 1859 more than 14,000 died from small-pox. From 1863 to 1865 there was another epidemic, and 20,000 succumbed to the disease. Six years later, or in 1871, a third epidemic was responsible for 45,000 deaths.

France has fared no better. Recently laws have been passed making it compulsory to be vaccinated three times—in infancy, youth, and maturity, thinking in this way to meet with success in their efforts to prevent the spread of the disease. What two vaccinations have failed to accomplish three may, *so they reason*.

Prussia adopted the Compulsory Vaccination Act twenty years before England, and the authorities were very strict, *not one escaping from being vaccinated at least twice*, first in infancy, and again when starting upon school life. In 1871, thirty-five years after the passing of the Prussian Act, a terrible epidemic passed all over Europe, and no less than 124,000 vaccinated and re-vaccinated citizens were carried off. This roused Prussia, and she began to look about her. *She brought good water into her cities; introduced a complete drainage system; got rid of her rookeries; had model barracks built for*

her soldiers—and away fled small-pox. Sanitation did for Prussia what thirty-five years of compulsory vaccination was unable to accomplish.

Small-pox is a filth disease; by getting rid of the filth, we get rid of the disease.

It is recognised that improved sanitation has greatly reduced the death rate of consumption, typhoid fever, yellow fever, diphtheria, and the plague.

London at one time had streets which were so narrow that people could almost shake hands across the street; as for fresh air, they scarcely knew anything about it. Sanitary arrangements were altogether absent, and small-pox abounded, for the air was polluted, and filth reigned supreme. Sanitary improvements began in London about the time that Jenner advocated vaccination as a protective measure, and small-pox began to decline in consequence.

The black death and jail fever which proved such a scourge were also entirely got rid of; not as a result of vaccination, but good drainage, purer water, cleaner streets, and the white wash brush. Without doubt, small-pox would have gone as well even if compulsory vaccination had never been heard of. The people perish for a lack of knowledge.

**Physical Development without
Flesh Food.**

SOME time ago, the *New York Evening Journal* arranged a competition for a prize, offered by the publishers, which was to be given to the strongest and most perfectly developed boy. The prize was won by a young man of nineteen, who says of himself: "If I had been told fifteen months ago that I was to be declared the most perfectly developed boy in America, I should have treated it as a cruel joke. At that time, I was a rheumatic cripple, unable to crawl out of bed in the morning without suffering excruciating pain. I was very weak. My arms and legs were like drumsticks; and this, coupled with my short stature, convinced my friends that I was going to be an invalid all my life. Taken as a whole, I was about the most unlikely youth to win a 'strong boy' contest that could have been found in the wide, wide world."

Mr. Weinburgh worked his way up from a bed of sickness to the position of a prizewinner by devoting himself assiduously to

he development of his body by natural methods. First of all, he gave up tobacco, coffee, tea, and flesh foods. Then he began systematic physical exercise. Without doubt, the great majority of chronic invalids could cure themselves by following the example of this young man.

We quite agree with Ella Wheeler Wilcox in her assertion that "chronic ill health is a thing to be ashamed of," and that "it is, without exception, the result of ignorance, laziness, wrong mental attitudes, and foolish eating and drinking." The seeds of disease are sown in our daily habits of life.

Will Power in the Treatment of Disease.

J. H. KELLOGG, M. D.

A SOUND will in a sound body is an ideal combination; but a sound will in a weak body can do wonders toward a cure. A man of the writer's acquaintance was so ill that not one thought he could get well. His pulse was about one hundred and twenty a minute, and his temperature was one hundred and three degrees Fahrenheit. He was expectorating all the time. He had a cavity in his left lung, and it seemed that he must die of consumption in a few weeks. He was emaciated almost to a skeleton. His face was deathly pale; his breath was short; he could not speak more than three words without stopping. His case certainly seemed hopeless.

The physician in charge of the sanitarium told him that he had only one chance in a hundred of getting well. The next day he came to the physician, and said, "I am not going to die; I didn't come here to die; I came here to get well, and I propose to do so. You said I had one chance in a hundred of getting well, and I'll take that chance. All I ask of you is to tell me what to do, and I'll do it; you make the prescription, and I'll do the rest."

His faith in his ability to get well was so strong that he could not be turned away. The physician gave him directions; "Take plenty of fresh air; take good deep breaths; expand your lungs." He had a stoop, but was told that he must correct it. He took a cane and started out, putting his hands behind his back, taking deep breaths all the time as he walked. He ate just

what he was told to eat, and nothing else. He followed directions thoroughly.

He went about the work of getting well just as methodically as a man would work if he were going to dig gold in the Klondike, after he had struck a rich mine.

In consequence of pursuing this course, he recovered his health. He gained twenty pounds in flesh. His cheeks were rosy, his pulse and temperature normal, and his cough nearly gone. He ceased to expectorate. He went home, and for years afterward wrote letters to the doctor signing his name, "George Smith, E. C.," explaining in a postscript that "E. C." meant "ex-consumptive." That was a mind-cure of the highest order. This man got well because he *would* get well.

This is the way every invalid ought to feel. Instead of lying down and letting disease get its foot on his neck and trample him to death, he ought to assert his will and have the determination that he will conquer, that he will not die, but that he will be master. Disease is not larger than a man, when it first begins. Why should we not conquer it? Why should we not rise above it? Why should we not assert our liberty, and determine that we will live as long as God wants us to live?



ANTHRAX AMONG ANIMALS.—Consternation has been caused in the Auckland province by the news that several cases of anthrax have been reported. The officials of the Department of Agriculture are doing all they can to isolate and eradicate the disease.

A Tramp's Eloquent Lecture.

A TRAMP asked for a free drink in a saloon. The request was granted, and while he was in the act of drinking the proffered beverage, one of the young men present exclaimed:—

"Stop; make us a speech. It is a poor liquor that doesn't unloosen a man's tongue."

The tramp hastily swallowed the drink, and, as the rich liquor coursed through his blood, he straightened himself, and stood before them with a grace and dignity that all his rags and dirt could not obscure.

"Gentlemen," he said, "I look to-night at you and myself, and it seems to me I look upon the picture of my lost manhood. This bloated face was once as young and handsome as yours. This shambling figure once walked as proudly as yours, a man in the world of men. I, too, once had a home and friends and position. I had a wife as beautiful as an artist's dream, and I dropped the priceless pearl of her honor and respect in the wine-cup, and, Cleopatra-like, saw it dissolve, and quaffed it down in the brimming draught. I had children as sweet and lovely as the flowers of spring, and saw them fade and die under the blighting curse of a drunkard father. I had a home where love lit the flame upon the altar, and ministered before it, and I put out the holy fire, and darkness and desolation reigned in its stead. I had aspirations and ambitions that soared as high as the morning star, and I broke and bruised their beautiful wings, and at last strangled them that I might be tortured with their cries no more. To-day I am a husband without a wife, a father without a child, a tramp with no home to call his own, a man in whom every good impulse is dead. And all swallowed up in the maelstrom of drink."

The tramp ceased speaking. The glass fell from his nerveless fingers, and shivered into a thousand fragments on the floor. The swinging doors pushed open and shut again, and when the little group about the bar looked up, the tramp was gone.—*New Orleans Picayune.*

THE human race is divided into classes, those who go ahead and *do* something, and those who sit still and inquire why it wasn't done the other way.—*Oliver W. Holmes.*

Nurses' Graduating Exercises.

A VERY profitable and enjoyable time was spent by the Sanitarium family and a few invited guests on the evening of September 17, the occasion being the graduating exercises of the medical missionary nurses' training class of 1903.

Music was furnished by Miss Muriel S. Hall, violinist. Mr. A. E. MacDonald and Mr. A. Thorpe also contributed to the evening's entertainment. Short addresses were delivered by Pastor George A. Irwin, Mr. John A. Burden, Dr. D. H. Kress, and Dr. Lauretta Kress.

The Work of a Medical Missionary.

Report of an address delivered at the graduating exercises of the medical missionary training school for nurses at the Wahroonga Sanitarium.

SOMETHING over thirty years ago a small institution for the rational treatment of disease by natural remedies threw open its doors to suffering humanity. The appliances were of the simplest kind, and some were even crude. Everything about the place was insignificant, with the exception of the principles. These were truly great, and although cradled in a manger were destined to be proclaimed in all lands. Not only has the original institution grown to mammoth proportions, but branch institutions of a similar character have been opened up in many countries, until at present they are almost able to clasp hands and encircle the earth. In order to carry forward this work it was found necessary to train workers.

The first attempt to educate nurses in the rational treatment of disease was in the organization of the Sanitarium School of Hygiene, established in 1877. The first nurses' training class was organized in 1883. This course was a short one, consisting of three months only, and there were but two pupils in the class. The next course was lengthened to six months. Applications for entrance increased as the school became better known.

Some came from a love of humanity, and a desire to increase their capacity for service and usefulness; others with a view of securing the credentials of the institution, and entering an occupation that would prove lucrative. Up to this time any one

of a good moral character and good health was admitted. In 1891 the training school for nurses was converted into a missionary training school, and limited to those who wished to use their knowledge for missionary work alone. Since this time, none have been accepted into any of the training schools but those who feel that they have a divine call to devote their lives to medical missionary work. The course now consists of two years, with a post graduate course of six months. The graduates from these classes number nearly 1,000 at

washed, and came seeing." Christ made use of the simple agencies of nature, and sanctioned the use of simple and rational remedies.

The great medical missionary who healed the sick in Palestine anciently spoke to His people from the pillar of cloud, telling them what they must do in order to have health. "If thou wilt diligently hearken to the voice of the Lord thy God," He said, "and wilt do that which is right in His sight, and will give ear to His commandments, and keep all His statutes,



Nurses Taking Breathing Exercises at the Battle Creek Sanitarium.

present, and are scattered all over the earth.

What are the principles underlying the movement?—They are the principles of the gospel, for the very essence of the gospel is restoration, the principles revealed in the life of the Son of man, of health of body, soul, and mind. He not only forgave sins, but healed their sick. In the Saviour's manner of healing there are lessons to learn. On one occasion He anointed the eyes of a blind man with clay, and bade him "go, wash in the pool of Siloam. He went his way, and

I will put none of these diseases upon you, which I have brought upon the Egyptians, for I am the Lord that healeth thee." Definite instruction was given them in regard to their habits of life with the assurance, "The Lord will take away from thee all sickness." When they fulfilled the conditions, the promise was verified to them. "There was not one feeble person among their tribes."

There are conditions to be observed by all who desire health. Drugs or even earnest prayer can never take the place of these conditions. It is the

duty of the medical missionary to teach these conditions. Thus he becomes a worker together with God for restoration of health to body and soul. Creative power is the only power that can heal. All that physicians or nurses can do is to aid in the removal of the causes of disease and supply the conditions most favorable for healing.

The first medical missionaries received their training and instruction where every true medical missionary must receive his—at the feet of the great Medical Missionary. Afterwards these were sent forth two and two into the cities and countries with the command, "Heal the sick, and say unto them, The kingdom of God is come nigh unto you." The healing of the sick was the evidence that the kingdom of God was nigh; for there is healing in His presence.

Not only are the so-called rational remedies of nature, such as sunshine, pure air, pure food, the intelligent use of water, electricity, etc., necessary; something more is needed. Despondency, depression, and impatience are injurious, and responsible for much ill health. The medical missionary nurse, in order to be successful, must carry a good supply of hope, courage, faith, and good cheer, so that his very presence will say to the sick, "Be of good cheer." To become a medical missionary it is necessary to lay aside the spirit of heaviness and go forth clothed with the garment of praise. The voice must be kept pleasant and sympathetic. Happiness, cheerfulness, expressions of sympathy, hopefulness, pleasant words, and kindly acts are remedies of the greatest value, remedies that must be freely dispensed by every medical missionary in order for his work to be a success. As the sick are brought into the presence of these virtues, healing takes place, because the kingdom of God is nigh them. "If these things be in you and abound, they make you that ye shall be neither barren nor unfruitful."

NEW South Wales Railway Commissioners are endeavoring to put down the spitting nuisance. The following by-law came into operation on August 1: "Any person in any railway or tramway carriage who shall spit into or upon any such railway or tramway carriage shall be liable to a penalty not exceeding £2."

Class History.

LAURETTA KRESS, M. D.

THE medical missionary training class for nurses of the year 1903 comprises six members. All of these felt called of God to this work. Their faithfulness has shown their love for it.

During their two years' study they have had instruction in the anatomy and physiology of the body, taking up in detail the functions, etc., of the various organs. They have had a course in general nursing, studying how to care for cases of typhoid fever, pneumonia, scarlet fever, measles, bronchitis, Bright's disease, diabetes, rheumatism, neuralgia, gout, paralysis, and other diseases. Instruction has also been given in how to disinfect and cleanse a room thoroughly to bring about the best sanitary conditions. Hydrotherapy, or treatment of disease with water, has been studied constantly during the two years, taking up the theoretical and practical study of its application to the body.

Healthful living, our duty to God to maintain the best condition of health possible by partaking of the most wholesome foods, with proper exercise, clothing, sleep, rest, condition of mind, etc., has also formed an important part of the course.

Electricity, its production and use, massage, diseases of children, diseases of women and obstetrical nursing with the ladies only, and diseases of men with the men only, have been studied during the last year.

Surgical nursing, office and surgical drill have been given them, fitting them to care for a medical office, get patients ready for an examination, assist at and prepare for operations, and care for surgical cases of whatever kind.

During the last year they have studied nature from a Bible standpoint, studying particularly the first chapter of Genesis, about light, air, heat, division of lands, winds, rocks, crystals, shells, coral, plants, flowers, and fruits.

All these studies have been satisfactorily passed, and now they are prepared to take up heavier responsibilities, to go into other fields and take up work elsewhere.

Miss Sarah Young, who was born in Pitcairn Island, had worked among the islanders considerably before coming here. We have always felt we were fitting her for island work.

Miss Ford's and Mr. Redward's homes are in New Zealand, Mr. Thorpe's and Mr. Davey's in South Australia. Miss Williams' home at the present time is in this State.

Miss Hodge, who was a member of this class, has been recently laid away to rest from her labors.

All of these workers have been faithful in their work. They have been self-sacrificing, willing to do all they could to help others and to help the institution. Now that their course of two years is over, they are ready to enter more active service, and take up added responsibilities.

We wish them God's blessing, and would say in closing, Be faithful, be true to the principles you have learned. Stand ready to be used wherever God may see fit to place you.

The following appeared in the "Town and Country Journal" of September 2.

VEGETARIANISM or fruitarianism is gaining ground steadily in Melbourne, and the Vegetarian Society is in a flourishing condition. This was plainly evidenced on August 25, when the Society gave a vegetarian tea and a conversazione at the Thistle Company's rooms, Elizabeth Street. The seating accommodation in the large room was taxed to the uttermost, and there was not a vacant chair at any one of the numerous long tables at 6.30, when the president of the society, Mr. John Dunn, in a few well-chosen words, announced the order of the evening's programme, inviting all present to join in and enjoy the first item—vegetarian tea! I had been in my seat for a quarter of an hour before the arrival of the president, and was able to take note of all the delicacies provided—bean salad, pease patties, cheese patties, triscuit, and all kinds of cakes. The hot dishes handed round included rice and tomatoes, lentil rolls, and stewed fruit.

At eight o'clock the musical programme began. Mme. Charbonnet-Kellerman and her son, Mr. Maurice Kellermann, gave two brilliant piano and violin selections, and Miss Annette Kellermann (your champion lady swimmer) recited "The Lady's Leap." Then there were songs from Miss Marion Fyffe, Miss Meta Haase, and Miss Curtis, the accompaniments most sympathetically played by Mme. Kellerman.

The final number on the programme was a comic Scotch recitation capitably given by Mr. W. Bottrell. Some of my Scotch friends in Sydney would enjoy "Raising the Wind" just as much as I did. Mrs. A. H. MacDonald gave an interesting account of a visit she paid a few weeks ago to the Sydney Sanitarium at Wahroonga, where a rational diet is one of the many wise agencies employed in their successful care of the sick, the weary, and the oppressed ones of our workaday world, who go to the Sanitarium to enjoy its peaceful rest. The ex-president of the Vegetarian Society, Mr. Robert Jones, also gave an interesting address.

Free Vegetarian Dinner.

SEVERAL members and friends of the Vegetarian Society of Victoria organised and successfully carried out a free vegetarian dinner for some of the poor of North Melbourne. A wholesome nourishing meal was provided consisting of pea soup, vegetable stew, plum pudding, brown bread, and triscuit.

About 200 guests sat down to dinner, and the remaining food was given away to people living near by. After dinner an entertainment of music, songs, and recitations was rendered by friends, and an address given by the Honorary Secretary of the Vegetarian Society, in which those present were shown how an appetising, nourishing meal may be obtained from the vegetable kingdom, and the ill effects of flesh food avoided.

PERILS OF AERATED WATER.—At this time of the year, when everybody seems afflicted with an alarming thirst, the drinking question becomes a matter of great importance. Many people drink such concoctions as lemonade, sodawater, ginger-beer, and other aerated beverages. These drinks have a great name for purity. But the recent report issued by Dr. Hamer, the assistant medical officer of health to the London County Council is somewhat disquieting. The disclosures revealed therein show that in many instances the water supply was contaminated, and the bottling apparatus in a filthy condition. The water employed for rinsing out empty bottles was apparently not of the same standard of purity as that used in the manufacture of the beverage.

Worry is a Disease.

WORRY is a disease, so is impatience; but they are curable. The same thing that produces rheumatism or gout, produces worry or impatience. They are due to irritants circulating in the blood. If the poisons formed by improper combinations of food are deposited in the joints, gout is produced, or if deposited in the muscle sheath, they produce rheumatism, or if in the brain, in contact with the sensitive brain cells, they produce depression. The thing to do is to correct the habits of eating and drinking, and thus get rid of the poisons, and worry and impatience will then disappear. The Bible says, "Add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience," etc. It then adds, "If you do these things, ye shall never fail." So many of us wish to get rid of impatience or worry without gaining knowledge, without temperance. The Creator points out the causes of worry and impatience, and then calls upon us to gain knowledge. To our knowledge we are to add temperance, and then the other step—patience, will not be very difficult. As long as we try to climb up some other way, we shall be recognised as a thief and a robber. We will not meet with success. But when we enter by the right way, our efforts will be crowned with success. In the endeavor to get rid of rheumatism we recognise that there are certain things we have to do. We go about the thing in an intelligent manner. We must go about the worry disease in the same manner. Most of our ills, whether physical or mental, can be traced to some physical cause. God's ways are ways of pleasantness, and when we come in harmony with the Creator and His laws, we will find that it will not be long before our health shall spring forth speedily, and worrying will cease. It was the mixed multitude who refused the food prepared by angel hands that was constantly worrying and complaining. Why should we fear or worry? God lives, and works everything after the counsel of His own will and for our good. David said, "Therefore will I not fear though the earth be removed, and the mountains be cast into the midst of the sea." David also says, "It is good for me that I have been afflicted. Before I was afflicted, I went astray." God allows afflictions to come

to warn us. When we are on the wrong track, it is a mercy to have a red light held up. Perfect health depends upon perfect knowledge, and none of us have perfect knowledge; but we can say we are striving after it; and the one who does that is a perfect man. "*Let us as many as be perfect be thus minded.*" We can throw aside a great deal of the worry by a little effort. We may also cultivate worry and a feeling of depression. Some people seem really to enjoy their poor health. They talk about it all the time. In this way they dig about, and cultivate this useless and harmful plant. This we should not do. We must talk courage, and faith, and good cheer, "against hope believe in hope," and make a desperate effort to put down every dark feeling. When a little depressed, begin to sing with the little birds. After all, there are many things to be thankful for. The rose bush is not all thorns. Let us admire the roses which are in the midst of the thorns. "Forget not all His benefits."

"Is thy cruse of comfort failing?
Rise, and share it with another;
And through all the years of famine,
It shall serve thee and thy brother."

"Give, and it shall be given unto you." This is a divine law. As we give, God imparts. That is the way to receive. Giving is living; denying is dying. If we would each make up our minds to create sunshine for those about us, it would surprise many a poor invalid how much he would gain in health.

Tobacco a Deadly Poison.

AN attendant at the British Museum some years ago saw a chemist step into a closet, raise a vial to his lips, and pitch forward dead. On examination it was found that he had taken a few drops of nicotine, and at the post mortem the brain was found congested and the blood dark and fluid.

CONSUMPTION INCREASING IN IRELAND.—While England and Wales have been reducing their death-rate from consumption at rather a rapid rate, in Ireland the figures tell an entirely different tale. One-sixth of all the deaths in the Emerald Isle are now due to tuberculosis, which is accountable for one-half of all the deaths between the ages of fifteen and thirty-five.

The following table, for which we are indebted to Mr. Robert Brown (Donaghmore), Honorary Secretary of the Ulster Branch of the National Association for the Prevention of Consumption, shows the deaths from consumption per thousand of the population in England and Wales and in Ireland at different periods in the course of the last thirty years.

Average.	England and Wales.	Ireland.
1870-1875	24	19
1880-1885	19	21
1895-1900	14	21
1901	13	23

THE CHIEF CAUSE OF THIS INCREASE.—Mr. Brown attributes this sad increase in a disease which in most civilised countries is being gradually stamped out, to the lax sanitary arrangements in Ireland. The dwellings of the poor are unhygienic, and insufficient attention is given to personal and household cleanliness. Many of the "model" cottages which are now being built, are, from a health standpoint, even inferior to the old hovels, which were so loosely built as to admit the air without opening the window, while the modern cottage is plastered throughout, but has no proper arrangements for ventilation. Mr. Brown further calls attention to the impoverished diet which prevails. Children are being brought up on tinned meat, white bread, and tea.—*British Good Health.*

The West Australian Health Society.

THE excessively high rate of infant mortality in Western Australia—the highest in the Commonwealth—led to the convening of a meeting that was held at the Leisure Hour Club, Dr. Paget Thurstan presiding over a small attendance of enthusiastic members of the medical faculty. Among other replies received in answer to the convening circular was one from the Premier, expressing the deepest sympathy with the object of the movement, viz., the consideration of the best means of alleviating the existing evil. After discussion it was decided to form a society, to be called Western Australian Health Society, and having for its prime object the reduction of infant mortality, and as a more general purpose, the fostering of an intelligent interest in all matters of hygiene. It was agreed that the Society should be open to all, on payment of a small subscription,

yet to be fixed. Those present formed themselves into a committee, with power to add to their numbers, and with Dr. Jull as honorary secretary *pro tem.* It was further resolved to wait upon the Colonial Treasurer, as a deputation, with the object of getting a few simple rules for the guidance of mothers.

The object of the Society is stated as follows:—

"We, the undersigned, are desirous of taking some steps towards preventing the waste of infant life now going on in this State. Towards this end we invite the co-operation of the medical men throughout the State with a view to,—

1. Approaching the Government, *re* the distribution of pamphlets giving simple directions on infant feeding by the district registrars.
2. The establishment of one or more centres from which a bacteriologically pure supply of cows' milk could be obtained.
3. The formation of a League or Association which would by lectures and other means arouse public interest in the matter and disseminate information.

Bees and Sugar Made in Germany.

THE "little busy bee" positively refuses, it appears, to accept yellow crystals manufactured by ingenious German chemists as Demerara sugar. Dr. T. W. Blake, of Bournemouth, unconsciously tried the experiment with a swarm presented to him by a friend, he being at the time quite unaware of the fraud. But the bees indignantly threw the stuff out of the hive, preferring to suffer the pangs of starvation—no other food was available—rather than run the risk of poisoning themselves.

ARLONG has recently undertaken the study of the relation of mucus to bacterial life and development. From these experiments it appears that mucus is not simply a lubricating agent, but is a powerful means of defence for the body against its most dangerous foes. The coated tongue is, then, not simply an indication of some gastric derangement, but indicates that the mucus of the mouth has lost its bactericide power in consequence of the general deterioration of the whole body and of the lowering of the general vital resistance.



The Home

The Tone of the Voice.

It is not so much what you say,
As the manner in which you say it;
It is not so much the language you use,
As the tone in which you convey it.

"Come here!" I sharply said,
And the baby cowed and wept,
"Come here!" I cooed, and he looked and
smiled,
And straight to my lap he crept.

The words may be mild and fair,
And the tones may pierce like a dart;
The words may be soft as the summer air,
And the tones may break the heart.

For words but come from the mind,
And grow by study and art;
But the tones leap forth from the inner self,
And reveal the state of the heart.

Whether you know it or not—
Whether you mean or care—
Gentleness, kindness, love, and hate,
Envy and anger are there.

Then would you quarrels avoid,
And in peace and love rejoice
Keep anger not only out of your words,
But keep it out of your voice.

Two Mothers' Experiences.

LAURETTA KRESS, M. D.

THE wind was blowing cold and bleak. It was one of those days one feels like sitting close to the fire. Mr. Johnson was hurrying home to his little cottage to enjoy the warmth of the fire. As he neared his home, he heard the baby crying, and hastened his pace to see what had taken place. He found his poor wife with her head tied up with one of his handkerchiefs, and he knew without asking that she had one of those headaches she had so frequently. Dinner was not ready, and baby was crying. His wife looked the picture of despair—her hair was in disorder, her wrapper soiled, the house from one part to another was disorderly, and the poor man hardly knew what to do first. He had seen his home many times like

this. His wife did not know how to manage her house work so as to keep things orderly or herself, and as he stood in the kitchen and viewed the scene, he was about to say something, when his wife spoke. "George, you will have to get someone to get your dinner, and mind baby. I am too ill to do anything." "Well, wife, why don't you get something to cure these headaches? You have had them ever since we were married, and instead of getting less, they come more frequently. Get yourself ready, and go to see the doctor." "Oh," said Mrs. Johnson, "I am too ill now. I wish Mrs. Lee could come over and see me. She would know just what to do for baby, and me too."

"I shall go over and see her if you wish, and ask her to come over;" so saying, he closed the door behind him.

Mrs. Johnson, once more alone, groaned with the pain; but finally arose to do a little to tidy the house before Mrs. Lee should come.

It seemed but a short time when the door opened, and in walked Mrs. Lee with baby Harold. Mrs. Lee saw at a glance that Mrs. Johnson was unable physically to be doing house work. So, as soon as she had taken off her wraps, and got baby comfortably fixed in a big arm chair, she donned her big apron, and began with a will to right matters. Mrs. Johnson was put to bed with a hot water bottle to her feet, a small mustard plaster at the back of her neck, and a cool compress to her forehead and temples. Baby Johnson was taken from his bed, given a warm bath, and dressed in clean warm clothes, and then given a good drink of warm water. Mrs. Lee placed him in his perambulator, raised his clothes so he could kick, and in a few moments both children and Mrs. Johnson were sound asleep. Mrs. Lee next turned her attention to Mr. Johnson, who had assisted all he could by keeping a good fire going. A nice lunch was soon

set for him at the dining room table, and while he was eating it, she made every moment count in making the whole house tidy.

Everything was done so quickly and neatly that when Mrs. Johnson awoke after a sleep of two hours, she found Mrs. Lee sitting beside her looking so rosy and happy, she exclaimed, "I am so thankful to you for coming over. I am feeling so much better. Where is baby?" "Oh, he is sleeping quietly in his perambulator." "But I haven't nursed him for ever so long," said Mrs. Johnson.

"He is better for it. I gave him a good drink of hot water, and he went off to sleep soon after his bath. When you have such a headache, your milk does him little good. He would be much better if he had water occasionally instead of your milk, and you would be less worn too."

"I am confident I do not know just how to manage him, and I am willing now to have you teach me; for such an experience as I have put in for the last three and one-half months, I do not want to repeat."

"I am so glad, Mrs. Johnson, to hear you say you are willing; for I am feeling so well myself I would like to tell you my own experience, and perhaps it may help you."

"In the first place I feed Harold regularly by the clock. He now has his food once in four and one-half hours. I never vary unless he sleeps over his time. If he cries or worries at all, I try to find the cause, and relieve it. A few sips of hot water will bring gas off the stomach. This can be given with a spoon or taken through a nursing bottle. I give him his bath regularly, not too warm, about 100 degrees F., without soap, except one morning each week, when he has a wash with best castile soap. He has long sleeves to his flannel petticoat, also to his white one, and that with his little dress is all he wears. I have long stockings of wool and booties for his feet. I never feed him just before his bath, because taking a bath so close to a meal interferes with the digestion of it. He sleeps nearly five hours after his bath; but in the afternoon shorter naps. At 5:30 each evening I undress him, rub his back well, and put on his nightdress, which is made of soft flannelette and washed each day. He then goes to sleep for the night. He wakes at ten o'clock and not

again until five or six o'clock in the morning. Every morning after his bath I wash out all the diapers wet during the day with his nightdress, and never think of using the same one twice without washing it. Thus he keeps free from chafing. For myself I am usually busy. I get comfortable nights, and in the morning feel refreshed for my work."

"I wish I could feel like that. I am never rested. I feel dragged out from morning until night."

"That, Mrs. Johnson, I feel sure, is due to your eating. You use tea and white bread and butter mostly, do you not?"

"Yes," said Mrs. Johnson, "but I don't drink very strong tea: but I must drink some, or I would have no milk for baby."

"That helps to make your headaches, and keeps baby cross. I never have touched a cup of tea, coffee, or cocoa since long before baby was born, and I have all the milk baby needs."

"What do you eat then?" asked Mrs. Johnson.

"For breakfast, which we have about eight o'clock, I eat granose flakes toasted carefully in the oven until quite crisp with a teaspoonful of ground walnuts sprinkled over it, two or more pieces of zwieback made of wheatmeal bread cut in slices and baked in the oven until slightly browned, a small plate of granuma or germea or granola porridge made rather stiff and boiled a long time until thoroughly done, and over this I turn a little milk, and eat my zwieback with it. To close the meal, I have fresh fruit or stewed fruit. For dinner, which comes about 3 P. M., I have granose flakes and zwieback again, browned rice made by browning the rice a little in the oven first before cooking it, or a mealy baked potato, poached or scrambled egg, and more fresh fruit. I take these two meals only, and find they are all I need for my own and baby's nourishment." "And baby is so fat and well, a perfect picture of health. My own is much thinner, and I eat about five meals a day. He is never satisfied, nor am I," added Mrs. Johnson. "I must try your way of living, and see if I can't get rid of these headaches, and"—at this moment Mr. Johnson entered the room after enjoying his dinner, and said, "Well, wife, you look better. Mrs. Lee has wrought a miracle for you. I wish you could learn from her what she does to keep

in health." "She has just been telling me, and I am ready to begin." "Very well, we will begin together," said Mr. Johnson. (To be continued.)

What to do for Baby.

IN COLIC.—Warm the baby's hands and feet, and give him a few teaspoonfuls of hot water. Then let him lie upon a hot-water bottle, or place a heated flannel over the abdomen. The frequency of these attacks may often be lessened by diminishing the amount of nourishment given, or increasing the length of time between feeding. A baby should never be fed during an attack of colic. Though the pain may be temporarily relieved by the warm milk, the indigestion is sure to be increased, in which case the pain will return with greater severity than before. It is of great importance that an infant's extremities be kept warm, for chilling of the skin may bring on colic even though the digestion be normal.

IN DIARRHŒA.—It is best to withhold all food from twelve to twenty-four hours, though an abundance of water may be given to drink. It is well to cleanse the bowels thoroughly by means of a warm enema or a dose of castor oil. In mild cases this treatment, with a warm bath and rest in bed, is usually sufficient to effect a cure. If the trouble continues, the irritation of the bowels may sometimes be relieved by following a hot-water injection with one of starch-water (one even teaspoonful of starch being boiled in a cup of water). This starch-water should be retained in the bowels. Hot fomentations to the abdomen are also useful.

CINNAMON.—The oil of cinnamon in aqueous solution, according to the *Medical World*, is a splendid local antiseptic and disinfectant. It is recommended as a substitute for corrosive sublimate, as an application to prevent suppuration in recent wounds where stitches have been taken. The points in favor of its use are that it is cleanly, nontoxic, and a cheap dressing. It is also used as a douche after parturition when a douche is indicated. Three or four drops of the oil may be added to two quarts of warm water and used as long as there is odor to the lochia.

Shoemaker recommends cinnamon in finely powdered form, given in doses of one to one and a half drams as an efficient remedy in acute dysentery.

Christchurch Sanitarium.

IN the Christchurch Sanitarium improvements are going on both in the facilities of the institution and in the ornamentation of the grounds. A number of changes have of late been made in the buildings, which add greatly to the convenience and comfort of the inmates. These include the re-arrangement of rooms, the putting in of a new range, and sanitary improvements. The well-kept lawns, the quiet walks, the pure bracing air, away from the din and dust of the city, make this place a favorable health resort. The institution is located at Papanui, three miles from the city, and is easily reached by trams running every few minutes. For the successful treatment of the sick this Sanitarium presents ideal facilities, with skilled and trained nurses, together with nature's more common remedies in an uncommon degree,—abundance of pure water, choicest of fruits, sunshine and shade, and happy singing of birds.

"THE Experience of Two Mothers" by Dr. Lauretta Kress will be continued in the next two or three numbers of *GOOD HEALTH*. Calls have come to have it printed in pamphlet form. We shall do this. This little booklet should be placed into the hands of every mother and young woman. The experiences of the two mothers are a faithful portrayal of real life. How many homes are made unhappy through the mother's lack of knowledge in caring for herself and little ones! Mrs. Kress's extensive experience as specialist in diseases of women and children in connection with the Battle Creek Sanitarium and Orphan's Home, and her practical experience in home life as a mother, and extensive travels in various countries of the world, enables her to speak authoritatively upon the subject considered—the care of mother and child.

This booklet should have a very wide circulation. For particulars apply to the *GOOD HEALTH OFFICE*, Wahroonga.

The Feeding of Children During the Warm Weather.

DURING the next few months the mortality among infants will greatly increase. The ignorant slaughter of the innocent always begins with the hot weather.

It is of the greatest importance that mothers nurse their little ones during these months. Wherever this is impossible, it is the duty of mothers to gain the knowledge that will enable them to prepare appropriate nutriment for the infants.

A few simple directions by some one of experience is often all that is needed. It is unwise to experiment with unknown infant foods. We shall always be pleased to give information through the columns of the *GOOD HEALTH* to enquiring mothers.

The following letter and photo have recently been forwarded to us from Perth, West Australia, from a mother who obtained her information by means of the correspondence column of the *GOOD HEALTH*:

"I am sending by this mail a photo of a little baby boy nine months old, who has been reared on granose flakes. Naturally the parents are quite proud of the child; for neither of them are young. The mother finding she did not have sufficient milk to nurse her child, and being a regular subscriber of *GOOD HEALTH*, took advantage of your offer to answer any question one might like to ask. She wrote to you, and received your reply. The baby has been reared almost wholly on the flakes, and is a real picture. The father is in a good position, and is a great advocate of our principles."

GERMANS smoked 368 tons of cigarettes last year as against thirty-eight tons in 1891.

Granose—A Health Food.

LAURETTA KRESS, M. D.

QUESTIONS have been asked regarding granose as a health food. I have thought it best to answer these through the columns of this journal, thus giving to many the information that otherwise would be given to only a few.

I consider granose the most delicate, delicious, and healthful of all grain foods. It is a staple breakfast dish in my home.

Every member of my family begins this meal with a goodly dish of well toasted granose flakes. One never tires of its use when tastefully prepared. I have for years prescribed it for my patients, and have never found it to disagree with the most delicate stomach. It may be safely used by infants after reaching the eighth month, and is a blessing to the aged and infirm.

Eaten dry it is a panacea for most forms of indigestion, since digestive disturbances are principally due to improperly prepared cereal or starchy foods and imperfect mastication.

HOW GRANOSE SHOULD BE SERVED.—Fifteen minutes before breakfast, place the

quantity of granose flakes desired into a dish, and put into the oven. If the oven is hot, in fifteen minutes it will be so crisp and delicious that it will be eaten with relish by every member of the family.

Sprinkle a quarter of a teaspoonful of best olive oil evenly over one quart of granose flakes, and stir well before placing into the oven, allow to remain fifteen minutes. The olive oil imparts to the granose a mealy flavor.

Sprinkle upon each dish of plain toasted granose flakes about one teaspoonful of ground almonds, English walnuts, or malted nuts; or the nuts may be used whole



Western Australian Granose Baby.

providing they are thoroughly masticated. A heaping teaspoonful of melrose thoroughly mixed with the flakes is appreciated especially by children for a change, and is very wholesome. One teaspoonful of cream to the dish of granose will be relished as a change. In place of dairy cream cocoanut cream may be used.

Poached egg or scrambled eggs served on toasted granose flakes, is also an appetising dish. Other dishes will be thought of, and may be prepared, but always aim to serve the granose in as dry a state as possible.

Answers to Correspondents

Diabetes—What is the best food for a person suffering with diabetes?

Ans.—Diabetes is a disease usually due to the excessive use of starchy foods, or the free use of sugar. Either one will produce it. It may be due to a nervous condition, or mental anxiety even may cause diabetes. In treating a case of diabetes, physicians at one time prescribed the exclusion of starchy foods from the diet, and recommended the free use of flesh foods. But of recent years this has been found to be a wrong course to pursue, as persons who live according to this prescription die of Bright's disease instead of diabetes. The excessive use of flesh foods throws an extra amount of work upon the kidneys, and the constant irritation produced by the elimination of the uric acid crystals sets up an inflammation which finally results in Bright's disease. In cases of diabetes and Bright's disease the use of well-dextrinised foods with plenty of fruit is indicated. There is no objection to the use of sub-acid or acid fruits in these diseases. Potatoes were formerly discarded as food in diabetes; but now their use is recommended. A specialist in France recommends their liberal use. In only one form, however, they are recommended, and that is baked in their jackets. It has been found that the starch in potatoes digests in three or four minutes, provided a sufficient amount of saliva is mingled with it. Potatoes contain the salts which increase the alkalinity of the blood, and aid in the elimination of the waste products. Well baked breads, gluten biscuits, eggs, greens, etc., may also be used.

Onions—Are onions ever recommended as blood-purifiers?

Ans.—They may be, but the taking of onions or any other blood-purifier is not going to cleanse the blood. The only way to have pure blood and to keep it pure is to eat pure food and allow nothing impure to enter the system, and to take sufficient exercise and pure air to throw off the impurities that are normally formed. This is the only way in which the blood can be kept pure. Onions might be well as an antiseptic to destroy germs when people eat things that readily undergo decay, as cheese, meat, etc. People need something of this kind when they partake of foods which form culture beds for germs. Onions contain a volatile oil which is very irritating, and which will in a

measure destroy germs, the same as alcohol, tobacco, and mustard. Persons who eat only pure food and in the right way do not necessarily require these antiseptics or germ destroyers.

Fullness after a Meal—What is the cause of fullness after a meal when no drink is taken?

Ans.—The fullness is probably due to slow digestion. This person has probably been in the habit of taking meals too closely together. Persons with slow digestion are troubled with eructations of gas about three or four hours after eating. The food is beginning to ferment. Just at this time when the stomach is about ready to empty itself, they generally sit down to table, and partake of more food. If persons suffering in this way would refrain from food until the stomach has had an opportunity to empty itself and get rid of the food now ready to leave, and then take a drink of water, giving the stomach an internal bath and permitting it a short period of rest to enable it to store up gastric juice for the next meal, this difficulty would be entirely overcome.

Biliousness—If a person is suffering with biliousness, what would be the best food to take?

Ans.—It would be well to avoid free fats, and use in great moderation the soft starchy foods. Such a person should be confined to a diet composed almost exclusively of thoroughly dextrinised foods and a liberal supply of fruits. Nuts should be used moderately. Biliousness is frequently due to the use of free fats, such as butter and fried foods. The liver cells become clogged. The liver stands as a sentinel and prevents these substances entering the general circulation. The liver cells undergo partial fatty degeneration, thus being rendered incapable of performing their duty, and the bile which they should excrete enters the circulation. Then the eyes become yellow and the skin dingy, and people feel out of sorts in general. The best way to overcome the difficulty is to avoid those foods which are responsible for the trouble. Thoroughly baked foods should be used, and well masticated, with a liberal supply of fruit at the close of the meal.

Teething Necklets—Are teething necklets, rubber rings, and dummies for infants good?

Ans.—The first two are of some aid in cutting the teeth, but must be kept clean. There is always danger of communicating diseases to the child in this way. Germs adhere to these toys. We seem to expect our children to pass through all the ailments considered peculiar to children, as measles, scarlet fever, thrush, etc. Thrush is wholly due to uncleanness. Children naturally put everything into their mouths, and so the rubber rings if used should be kept very clean, and washed frequently. The little dummies I cannot recommend. They are largely responsible for the posterior nasal growths. The constant suction of the child upon these things causes a congestion of the mucous membrane of the throat, and finally results in posterior nasal growth. The little dummies so much used by children in Australasia are a menace, and are certainly one of the main causes of this annoying trouble. It may be stated that posterior nasal growths are common only in countries where the dummies are freely used by the infants.

Meal Hours.—What do you think of the system of eating breakfast at 12 and dinner at 6 P. M.?

Ans.—I have no doubt that many have been benefited by adopting this system. There is no doubt at all in my mind that two meals a day are better than three. A gentleman who had adopted this system, and who was quite an enthusiast, came to me the other day from the city. He told me that he had come to consult about his head. He said he gets up in the morning with a bad feeling in his head. I told him that his meals were too close together, and the evening meal came too late to digest. The man goes to bed with a full stomach, the food ferments, and poisonous products are formed, and in the morning he wakes with a headache. This is a system of auto-intoxication or self-poisoning. Again, it is not a good thing to eat a hearty meal in the evening, because the body is tired. We feel a little exhausted in the evening, especially after doing a good day's work. It is not merely the muscles that are tired, but the brain and stomach as well, and in this condition the system is in no condition to take charge of a large hearty meal. In such cases remnants of the food taken at the evening meal might be found in the stomach the next morning. This is the principal objection to the adoption of this system. If two meals are taken, it would be far better to take breakfast at 8 o'clock and dinner at 3 or 3.30 P. M. This would afford the stomach an opportunity to empty itself before bedtime. If three meals are taken, have the breakfast at 7, dinner at 1 or 1.30, and a light luncheon at 6 in the evening. This last meal should be composed principally of fruits, giving the organ the least possible amount of work to do at this meal. By the adoption of the three meal system, with the last meal a very light one, the stomach can get through with its work before retiring for the night, and can then rest in common with the other organs of the body. Three meals taken in this way are better than two taken at 12 noon and 6 P. M.

Meat Substitutes.—What are some of the best substitutes for meat?

Ans.—The best substitutes for meats are soft boiled eggs, poached eggs, cottage cheese, legumes, and nuts, but in order for these foods to act as substitutes, they need to be properly prepared. Eggs are best either boiled soft or poached. The best way to boil eggs is to place them in a basin that will hold a quart of water, and pour over them a quart of boiling water. If the atmosphere is cold, surround the basin with a flannel and cover it up. Place the basin on the back of the stove, and allow to remain for twenty minutes. When cooked in this way, the white of the egg remains creamy, while the yolk becomes quite hard. The white of egg if boiled hard becomes indigestible, and so in boiling an egg the object should be to have the white soft and the yolk quite hard. In poaching eggs the best way to proceed is to whip up thoroughly the white of the egg and poach that separately, and put the cooked yolk in the top. The legumes are of very little value unless prepared right. Peas, beans, and lentils, all need to be boiled first, then run through a colander in order for the skins to be removed, and then baked

thoroughly. Cottage cheese is an excellent substitute for meat. This needs to be made out of sweet instead of sour milk. It can be made by squeezing the juice of a few lemons into the milk and curdling it in that way, adding a little cream and salt to the curdled milk. This makes a very excellent cheese. Nuts and nut preparations are always splendid substitutes for meat.

NEWS ITEMS.

PASTOR IRWIN gave a most interesting report of his visit to Rome at one of the Wednesday evening Good Health missionary meetings recently.

MR. W. H. ANDERSON of Camden, New South Wales, is a patient at the Sanitarium, and is making a steady gain. He has come in season to make a good recovery. Many make the mistake of delaying until their recuperative powers are almost exhausted.

We learn that Mrs. W. D. Salisbury not only continues to hold what she gained at the Sanitarium, but also is making still further progress. She is able to enjoy thoroughly the full management of her own home. Mr. Salisbury's unsolicited testimonial, expressive of his deep appreciation of the great improvement made by Mrs. Salisbury, was a real encouragement to the Sanitarium management and family of workers.

MR. AND MRS. MINERS of Hornsby Junction continue as our daily guests at dinner, coming on alternate days as out patients. Mr. and Mrs. Fisher and daughter of Wahroonga have returned to their residence, but continue as out patients.

ON Tuesday evening, September 29, a very instructive lecture on the human eye, with blackboard illustrations, was given by Mr. W. Randal Woods, a Sydney optician. Mr. Woods is at present a patient at the Sanitarium, and is making rapid improvement, owing materially to his hearty co-operation with every line of nature's restoratives. He is an enthusiast in the gymnasium, the bath, the garden, the woods, and in food combinations.

THE Sanitarium parlor lectures, held nearly every evening in the week, are much appreciated, and are of real educational value to patients and guests.

THE lectures to ladies on each Tuesday evening by Mrs. Dr. Lauretta Kress, are greatly enjoyed by the ladies. Often the remark is heard, "We get what we are unable to find in any book." "That was just what I have long wanted to know. It just met my case."

THE Wairoonga Sanitarium has been having a very good patronage during the past few months, and reports good success. The institution is beautifully located, and one never tires of the surroundings. Being situated on an elevation of over 600 feet, it has the advantage of a constant cool breeze. The summer climate is all that could be asked for. In fact a better climate the year round, it is difficult to find anywhere.

AMONG the new arrivals at the Sanitarium are Mrs. Yoeman and Mrs. Harrison of Melbourne, Mr. A. Dowling, Honorary Secretary Australasian Federal League, and son, Edward Dowling, Mr. Geo. Kelly and daughter, Nita L. Kelly of New Zealand, Mr. and Mrs. J. Cottrell of Waikato, N. Z., Mrs. L. White of Hobart, Tasmania, Rev. Dean Pownell of Goulbourn, N. S. W.

MR. IVERS TENNEY, wife and child, spent a few days at the Wairoonga Sanitarium on their return to the United States. Mr. Tenney gave a highly amusing and entertaining "Chalk Talk," consisting of rapid crayon drawings, so well executed as to speak for themselves.

GENERAL COUNT HAESLER, considered the most eminent soldier of Germany, and intimate friend of the Kaiser, has already strictly followed for many years past the principles of the vegetarian dietary. It was entirely owing to that diet that he recovered from a serious wound received in the Franco-German War. It is said that Count Haesler has drawn the attention of the Kaiser and Prince Heinrich to the cure by natural means (*Naturheilkunde*).

That Prince Heinrich is quite convinced of the benefit derived from the vegetarian

diet is sufficiently proved by his sending his children last year to the natural and vegetarian sanatorium of Dr. Lahmann.

AN elaborate hotel and hydropathic establishment is in process of erection at Medlow. The enterprise is quite an extensive one, several hundred men being employed on the works, which when completed will cost upwards of £50,000.

THE trustees of the Rush Medical College have raised £200,000, and presented the amount to Chicago University, thereby ensuring Mr. Rockefeller's gift of £1,200,000 for the establishment in Chicago of the finest medical institution of the world.

HE who has tasted a sour apple will have the more relish for a sweet one.

DON'T be always whining about not having a fair chance in life. Throw a sensible man out of the window, and he'll fall on his feet and ask the nearest way to his work.

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: 228 Clarence Street, Sydney.

EXPERIENCE CORNER

THAT the work of the GOOD HEALTH is appreciated is evident from the following :

Being a subscriber to the GOOD HEALTH, and noting the good advice it contains, I apply to you for assistance in supplying our township with a medical man. No morphia fiend or drunkard need apply.

Miss Mary Owen writes,—

There is a Mr.—(that takes the GOOD HEALTH paper every month. He takes two copies; also his sister takes a copy. Last month he sent me five addresses of different gentlemen to call upon with the paper. They all took it and were pleased with the paper. Mr.—told me to-day that he would do his best to push the GOOD HEALTH. He says that many would take it if they knew about it. He considers it a splendid paper.

THE following letter was received from Durban, Natal, South Africa:—

On the voyage from Australia I was shown a copy of your paper with which I was very much pleased. You will find a Post Office Order for five shillings enclosed. Kindly send for twelve months a copy of your valuable paper to the two undermentioned addresses. Hoping that your paper and your efforts will meet with the success they deserve, I remain, etc.

A RUSSIAN physician, in examining a number of students to ascertain if their health was affected by the use of tobacco, found that of the smokers 16.09 per cent. had some affection of the breathing organs, while only 10.69 per cent. of the non-smokers were thus affected. In respect to diseases of the digestive organs the figures were respectively 11.88 per cent. for those who smoked, and 9.2 for those who did not. Of both breathing and digestive organs combined, the figures showed 3.22 per cent. for the non-smokers.

In every case for many years, when careful examinations have been made as to the comparative health of smokers and non-smokers, or their standing in their studies, or their skill in gymnastic feats or in athletics, the latter have had an advantage over the former. These figures show the evils of tobacco better than anything else. Tobacco lowers the physical and mental standard of man.—*Journal of Hygiene.*

THE world's coffee supply is at present 1,813,000,000 lbs., and Brazil grows 1,179,000,000 lbs. of this amount. Only 200,000,000 lbs. come from the East Indies.

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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.



DIET OF STRONG MEN.—The Roman soldiers, who built such wonderful roads, and carried a weight of armor that would crush the average farm hand, lived on coarse brown bread and sour wine. They were temperate in diet, and regular and constant in exercise. The Spanish peasant works every day and dances half the night, yet only eats his black bread, onion, and water melon. The Smyrna porter eats only a little fruit, and sometimes olives, yet he walks off with his load of a hundred pounds. The coolie, fed on rice, is more active, and can do more work than the negro fed on fat meats.—*Family Doctor.*

IN the Melbourne District Court on Monday, June 22, Robert Ray was charged with spitting upon the footpath in Flinders Street. This was the first prosecution under the recent by-law, A fine of 5/-, with 2/6 costs, was imposed.

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 RE-TREAT, 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.

RUBBER HEELS

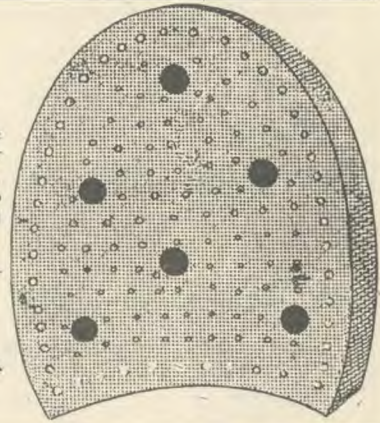
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The constant pounding of the heels on the hard surface shocks the whole nervous system; and when you consider that you are two-thirds of your life-time on your feet, these Rubber Heels ought to be vitally important to you. Ours are the best Rubber Heels made—are solid rubber and will outlast a pair of boots.

Fixed Heels, (as illustrated) ... men's 1/6. women's 1/3 per pair.
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SANITARIUM, PAPANUI, CHRISTCHURCH, N. Z.

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

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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.

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



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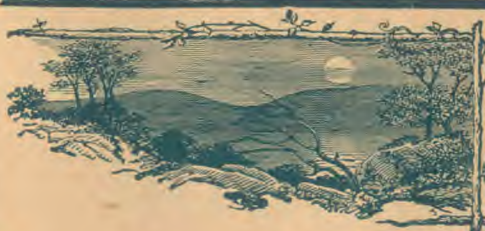
It is a perfect food, which is shown by the fact that one never tires of it.

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