

THE AUSTRALASIAN GOOD HEALTH

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THE AUSTRALASIAN

GOOD HEALTH

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Medical and Health News.

Fruit Remedies.

RECENT investigation has shown that quite a number of diseases are the direct results of auto or self intoxication. This seems to be very marked in persons who use large quantities of meat, and who are reckless in their diet, and also in persons who use spirits for their supposed tonic effect. Rheumatism and gout are very often traceable to poisons caused by ferments in the stomach and intestines. In most of these troubles there is diminished alkalinity of the blood. The change of diet to fruit has produced remarkable effects in most of these cases.

A noted author has reported a number of cases of invalid children who suffered from nightmare and excessive nervousness, who were successfully treated by a fruit diet. Bread and cereals with ripe fruits constituted the entire remedies. Another author has mentioned some remarkable cases of elderly persons suffering from obscure troubles cured by the same means. In diabetics a recent author observes that fruit sugar can be taken to the amount of three ounces daily without increasing the output of sugar; whereas starchy food or sugar in the form of glucose always increases the amount of sugar eliminated.

A MAN caught drunk in the Argentine Republic is compelled to sweep the streets for eight days.

Raw Vegetables and Typhoid.

MOST housekeepers in these days understand that polluted water is one of the chiefest causes of typhoid, and are careful to boil such as is used for drinking purposes, which is not fully above suspicion. Not everyone, however, stops to consider the need of using pure, uncontaminated water for the cleansing of all fruits and vegetables to be served raw.

A German physician of note asserts that second to drinking water, raw vegetables, such as lettuce, cress, cabbage, and tomatoes, are the cause of typhoid through having been washed in polluted water. All the visible dirt and grit may be removed with water swarming with numberless disease germs; and the cold slaw or salad or relish may appeal to the eye and gratify the taste, while death lurks in the dish. All water not known to be pure should be boiled before using for the preparation of either fruits or vegetables to be eaten raw in any form.

Fruits and vegetables exposed in markets are also liable to become contaminated with disease germs through the dust from the streets that is continually settling upon them. Such products from the markets require washing in several waters to cleanse them thoroughly. It has been demonstrated that one rinsing in water decreased the germs only about forty or fifty per cent.

Smallpox Carried by Rats.

THE Chicago Health Department recently called the attention of citizens to the fact that diphtheria, smallpox, scarlet fever, and other infectious maladies may be communicated through the medium of cats and other small animals. The health authorities of Philadelphia are convinced that smallpox has been conveyed from the City Hospital to neighboring houses by means of rats. There has been an outbreak of thirty-three cases of smallpox in buildings near the Hospitals.

Nations' Physique Ruined by Baby Teats.

ONE of the reasons why a puny race is taking the place of our stalwart fathers and mothers is due, it is stated, to the custom of placing a small piece of india-rubber (baby teats) in the mouths of young infants. From the first week of a child's life until it is about two years old, in thousands of cases, it is seldom to be seen without this dummy in its mouth. The effect is to keep the child still, and thus its popularity with nurses and mothers; but as long as this deadly "baby soother" is in use, the salivary glands are in action, and the strength of the child's constitution is being sapped away. Mr. G. Butler, writing in the *Standard*, states that he recently heard of one case out of many in which a mother died at the birth of twins. These were taken by neighbors to nurse. One has grown up of normal stature; the other is rickety and undergrown. Hearing a description of the latter, Mr. Butler enquired, "Has that child been allowed to suck india-rubber?" The answer was, "I never saw the child but it had a dummy in its mouth." When will the medical profession wake up to the magnitude of this evil, and when will the sale of them be protested against and sternly forbidden? asks the writer.—*Science Siftings*.

This is also responsible for the posterior nasal growths and deformed faces resulting therefrom, so common in countries where children use these dummies.

Ice-cream Dangerous.

THE *British Medical Journal* in an article relates a bacteriological investigation of Dr. Klein's, in which some ice-cream and

the water used for rinsing the glasses containing it were found to be swarming with thousands of micro-organisms. The article refers also to a recent case of poisoning in Antwerp, where twenty persons were made ill from the use of ice-cream, and it goes on to describe the causes of the danger. Contamination of the cream arises from the habitual filthiness of the Italian vendors. The commonest and stalest materials are used in the manufacture, and at night it is usually stored under the merchant's bed in his dirty tenement lodgings. The next morning, no matter how far gone in decomposition the unsold cream may be, it is rehashed and frozen for the day's business. *The public at large seems to have the impression that bacteria are destroyed by the freezing process.* This is not the case, however, for the activity of the bacteria is only temporarily retarded by the cold, and during the nightly respite they thrive vigorously. In addition to all this, every opportunity is afforded for transference of diseases between the customers, for the glasses and spoons are never washed, but are merely rinsed in water that accumulates the filth of the entire day.

Sandow on the Evil of Tea Drinking.

"IMTEMPERATE tea drinkers do themselves as much harm as those who drink alcohol to excess—more physical harm, I mean. There is a certain strength beyond which you cannot obtain spirits or beer, but there is hardly any limit to the strength of tea, and the effects though not as immediately visible as when intoxicants are taken, are more severe later on. A good many people consult me as to their health, and in nine cases out of ten their ailments are due to drinking strong tea or coffee."

Advice Worth Following.

THERE is plenty of good common sense and true philosophy in the following bit of health advice culled from that original and suggestive periodical, *The Philistine*:—

"No, I do not need a doctor. Since I began using God's remedies, I have used no others. Fresh air, moderate exercise, plain food, regular sleep, and kind thoughts will heal you of your diseases, pluck from memory its rooted sorrows, and put you close to all the good there is."

Arsenic in Beers Again.

DR. Ernest Septimus Reynolds, England, has had no less than five cases of poisoning recently resulting from drinking beer. Two samples of different breweries were obtained and analysed, and both were found to contain arsenic in quantities greater than one-fiftieth grain per gallon. "How this arsenic is getting into certain beers I cannot say," writes Dr. Reynolds, in the *British Medical Journal*; "but the matter is being investigated for me." The quantities are, in comparison, nothing to what they were at the height of the poisoned beer epidemic in 1900; still, as there is enough to give one medical man five patients, we hope this wholesale poisoning will be nipped in the bud. A very simple and effective way to nip it in the bud is to stop drinking beer.—*Science Siftings*.

Death of a Doctor from Plague.

AN Austrian physician from Vienna, while studying the plague bacillus in the Bacteriological Institute of Berlin, accidentally pricked his hand with the needle which had been in contact with the plague germs. He was at once stricken with the disease, and died in three days. A number of similar cases have occurred in other laboratories, and this has led the directors of most bacteriological laboratories who had a stock of plague bacilli on hand, to destroy all their cultures of this virulent organism.

Notes on an Outbreak of Septic Sore Throat Caused by Milk.

W. G. NASH reports a series of sore throat without special features. Investigation showed that all the families of the patients were supplied by the same dairyman. In some of the families who boiled their milk, no cases occurred, though the milk came from the same source.—*Medical Record*.

Special Hospitals for Consumptives.

A HUNDRED years ago the city of Naples, Italy, erected a large hospital for consumptives, and required the isolation of all persons suffering from this disease. It is only recently, however, that the

authorities of modern cities have become awakened to the importance of this sanitary measure. Recently a number of cities have taken steps for the establishment of hospitals especially for the treatment of cases of consumption by the so-called "open-air method." Excellent results are reported from this method of treatment.

The German Government has a large central committee numbering more than thirteen hundred persons, organised for the purpose of erecting hospitals for the treatment of tuberculosis. This committee has under its supervision seventy-four such hospitals, and last year treated over thirty thousand patients, of whom eighty per cent. were returned to their homes practically cured after remaining in the hospitals on an average of a little less than three months.

Typhoid Fever from Clams.

THE newspapers report the serious illness of three women from typhoid fever as the result of eating clams. At a shore dinner at which twelve women partook, nine contracted typhoid fever. It ought to be generally known that clams, oysters, and shellfish of all sorts are scavengers; they subsist largely upon germs and other filth in the water. When typhoid fever germs occur in water, they are always found in great numbers in the gills and the stomach of clams, oysters, and other shellfish. Good sense teaches us that these miserable creatures should be allowed to pursue their humble calling unmolested. They were never intended to serve for food.

TO PRESERVE THE TEETH.—To preserve and beautify the teeth use the following solution daily:—Dissolve two ounces of borax in three pints of water; before this is quite cold, add thereto one teaspoonful of tincture of myrrh, and one teaspoonful of spirits of camphor; bottle the mixture for use. One wineglassful of the solution added to half a pint of tepid water is sufficient for each application. This not only produces a pearl-like whiteness, but arrests decay, and induces healthy action in the gums, besides extirpating tartarous adhesion.

Bright's Disease—Prevention and Cure.

J. H. KELLOGG, M. D.

BRIGHT'S disease is one of the most insidious of all diseases. In perhaps the majority of cases of Bright's disease the victim is suffering from this affection for years before he becomes aware of the fact. It is only by a most minute and careful examination of the urine and the investigation of other physical symptoms that the presence of the disease in its incipiency can be determined. Hence it is of the highest importance that persons who are liable to this malady should be on the lookout for the first indications of its appearance. It would be better still to adopt such a course of life as will prevent the disease.

The precautionary measures necessary are well understood, for physicians have long recognised the importance of a careful regimen in this grave affection. It has been clearly shown by Dujardin-Beaumetz and others that in cases of Bright's disease, flesh foods of all sorts should be avoided. Fish and shellfish are particularly harmful. Flesh food is especially injurious because of the poisons which it contains. One of the chief of these is uric acid, but there are others equally or even more pernicious in their effects. Tea and coffee are highly injurious because of the tannic acid and especially the thein and caffeine which they contain. Alcohol in every form, tobacco, irritating condiments, and excess of salt, are also highly injurious. All these substances irritate the kidneys and increase the intensity of the disease.

This knowledge has led observing physicians to prohibit the use of the articles mentioned in cases of Bright's disease. It is clearly evident that if by the disuse of these articles, healing of the kidneys may be encouraged when they have become seriously involved, the non-use of these unwholesome substances before the healthy kidneys have become diseased ought to have a most potent influence in the prevention of this affection.

Sedentary persons, persons who are addicted to a large use of meat, persons who have made free use of tea and coffee, or of alcoholics in any form, or of tobacco, may be almost without exception regarded as doomed to be victims of this malady,

and should endeavor to avert the fate which is awaiting them by reforming their habits before the kidneys have become diseased to such an extent that recovery is impossible. It should always be remembered that when visible evidences of this disease have made their appearance in these organs, recovery is no longer possible; hence, those who wait until a medical examination shows them to be subjects of Bright's disease have delayed too long. The best thing that can then be accomplished is mitigation of the symptoms and extension of life by the adoption of the most rigid regimen and careful adherence to prescribed rules.

Anaemic Women.

ANAEMIA, better known as poverty of blood, is becoming a very common disease. Everywhere we meet with pale-faced young ladies with bloodless lips and ears, for the disease is almost exclusively confined to women. The most common causes of anaemia are tight lacing, tea drinking, impure air, and lack of out door life. Improper oxidation of the blood results in accumulated waste products which are destructive to the red blood cells. Tea contains 25 per cent. of tannic acid, a substance which retards digestion and destroys the iron normally present in the food and blood. It is recognised that in anaemia there is always diminution of iron in the blood. This has led to the extensive use of iron in various preparations as a medicine.

Is there any good derived from the administration of mineral iron? Is mineral iron absorbed? If absorbed, is it assimilated? Professor Bunge, the eminent physician and chemist of Basle, Switzerland, in his latest work on "Physiological Chemistry," in summing up the present knowledge of the subject, says:—

"So far it has not been proved that any part of the inorganic preparations of iron given in the small quantity which is necessary in order to avoid digestive disturbances (1.5 to 3 grains), is absorbed either in man or in smaller animals, to which correspondingly less iron can be administered. If large quantities of iron be given, or if the administration of small doses be continued over a long period, part of the iron passes the intestinal wall. But it cannot be ascertained whether this iron is assimilated."

"Even if the assimilation of inorganic preparations of iron be granted, it is indisputable that the iron which exists in normal food in the form of organic compounds is far more readily and more completely absorbed.

"Hence there is in no case any reason to prescribe preparations of iron for the production of hemoglobin in people who take their natural food with a good appetite."

In the light of these important facts, which, considering the authority from which they emanate, no one will undertake to dispute, it is interesting to study the composition of various foodstuffs in relation to the amount of organic, vitalised iron which they contain. The adult body loses less than one sixth of a grain of iron daily; hence this is the amount which should be supplied by the daily food.

The following table shows the quantities of the various ordinary foods required in the form in which ordinarily taken to furnish the amount of iron daily required:—

| | | | |
|--------------|----------|---------------|----------|
| Beans, ... | 5.2 oz. | Potatoes... | 1.5 lbs. |
| Rye, | 5.4 " | Cabbage,... | 5.2 " |
| Wheat, ... | 7.8 " | Carrots, ... | 3.0 " |
| Barley, ... | 11.5 " | Asparagus, | 2.0 " |
| Yolk of Egg, | 4.0 " | Apples, ... | 1.2 " |
| Beef, ... | 9.0 " | Strawberries | 2.2 " |
| Hazel Nuts, | 9.0 " | Cherries red, | 1.1 " |
| Almonds, | 7.5 " | Cherries blk. | 1.6 " |
| Spinach, | 11.0 " | Raspberries, | 3.4 " |
| Figs, ... | 2.2 lbs. | Cow's milk, | 1 gal. |

From the above table it will be seen that not only are the mineral iron preparations unnecessary, but that it is equally unnecessary that anaemic subjects should be fed upon flesh meats, for many of the products of the earth contain a greater proportion of iron than flesh, while nearly all contain a sufficient quantity to supply the needs of the system. An ordinary meal composed of wholesome food ALWAYS contains the required amount of organic iron. Anaemic patients need only to discontinue the use of tea, dress healthfully, take daily out door exercise and sleep in well ventilated rooms in order to recover from this disease.

Fruit and the Liquor Appetite.

A WRITER in a European temperance journal calls attention to the value of fruit

as an antidote to the craving for liquor. He says,—

In Germany, a nation greatly in advance of other countries in matters relating to hygiene, alcoholic disease has been coped with successfully by the adoption of pure diet and natural curative agencies. I have said that the use of fresh fruit is an antidote for the drink craving, and this is true. I have met workingmen who have told me that fruit has often taken away the craving for drink. I met a clergyman recently who assured me that a diet consisting largely of fruit had taken entirely away an hereditary craving that had troubled him for years.

It may be asked, How can fruit and pure diet do all this? The explanation is simple. Fruit may be called nature's medicine. Every apple, every orange, every plum, and every grape is a bottle of medicine. An orange is three parts water,—distilled in nature's laboratory,—but this water is rich in peculiar fruit acids medically balanced, which are specially cooling to the thirst of the drunkard, and soothing to the diseased state of his stomach. An apple or an orange eaten when the desire for "a glass" arises, would generally take it away, and every victory would make less strong each recurring temptation. The function is not so much to provide solid nourishment as to supply the needful acids and salines for the purification of the blood. Once get the blood pure, every time its pure nutrient stream bathes the tissues of the body, it will bring away some impurity, and leave behind an atom of healthy tissue, until in time the drunkard shall stand up purified, in his right mind.

Nerve Energy and Pure Food.

WHAT we are depends largely upon what our brains are. It is nerve force that is needed to-day. The man who possesses the keenest mind is the man who leads. The man with the keenest brain accomplishes the most and sways the greatest multitude. Such a brain must constantly have a good supply of pure blood, and pure blood is always made from pure food. Thousands do not recognise this, and consequently they become total wrecks and often sink into premature graves, while they should still be in the prime of life, and in the midst of life's activities.

Mastication as Related to Digestion.

*Lecture delivered by D. H. Kress, M. D.,
in the Sanitarium parlor, October 26, 1903.*

THE DIGESTIVE PROCESS is a very interesting and important one. By the digestive process the food is converted into a liquid, and then back into a semi-solid or solid form as found in the bones and tissues. There is an old adage or proverb that reads, "Every man has lain in his own trencher." That is, we have before us in our plates the material out of which the human body is constructed. This should lead us to be careful in the selection of our foods. The digestive process is a miraculous one. How the food on our table can be converted into a bright red fluid or blood is just as much a miracle as the conversion of water into wine. No physiologist has ever attempted to explain how food is converted into blood. They are able to trace the effects of the different digestive juices upon the foods, but how it is finally converted into blood is beyond them. There are five organs that are especially concerned in the digestive process, and these are the mouth, the stomach, the liver, the pancreas, and the intestines. In the mouth we have the teeth, twenty in number in the child, and thirty-two in the adult, the tongue, and several sets of glands known as the salivary glands. The work of these glands is to secrete the saliva. Further down we have the stomach. The stomach is a pear-shaped organ, not very large, and holding in a normal condition probably from two to three pints. Just a little to one side of the stomach and partly covering the pyloric end, lies the liver. Then lying directly behind the stomach is the pancreas. Further down still we have the intestines. There are five digestive fluids,—the saliva, the gastric juice, the bile, the pancreatic juice, and the intestinal juice. There are also five principal food elements,—starch, albumin, fats, sugar, and salts. The starches are digested by the action of the saliva. By taking a piece of the crust of bread in the mouth and chewing it, it will become sweet, and the longer it is chewed, the sweeter it becomes. By taking a tablespoonful of corn starch paste, and placing it in a glass and mingling a certain amount of saliva with it, and allowing it to stand for a short time, the starch paste becomes a liquid as thin

as water. Allow it to stand a little longer, and it becomes sweet. The starch has been converted into sugar. This process also takes place in the vegetable kingdom.



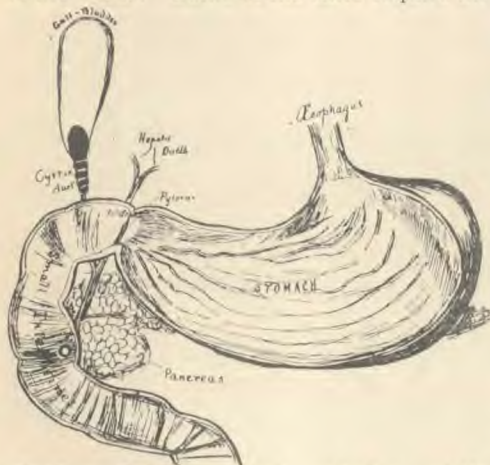
In some countries there is a tree known as the maple tree. During the fall of the year it stores up a certain amount of starch in its roots, and in the spring of the year this is converted into sugar, and carried up to supply the tree with material to form leaves, etc. Then the tree is tapped, and the sap is boiled down and converted into maple sugar. The flowers that we see about us that supply the bees with the honey, have their sugar formed in the same way. In the fruits that we eat; such as, the apple, the fig, and the banana, the sugar that is present when ripe was at one time starch. In the process of ripening, the starch is converted into sugar. In grains there is a ferment known as diastase. This is a digestive agent the same as the ptyalin of the saliva, and converts starch into sugar or maltose. Maltose is found in malt, and is produced by the action of diastase upon the grain. By taking a kernel of wheat or corn and placing it in the earth under conditions of heat and moisture, the diastase acts upon the starch and dissolves it, and converts it into sugar. Thus it feeds the little life element that is present, and the seed begins to grow. A similar process takes place in the egg. The egg is composed of albumin and fats principally. By placing the egg under similar conditions,—heat and moisture, the albumin is converted into soluble peptones. The little embryo chick or seed is not able to feed upon the albumin, but it can absorb the peptones, and so it begins to grow; and in the course of time the little chick makes its appearance. In the human body the starch is digested in the mouth by the action of the saliva formed in the salivary glands. The stomach contains several sets of glands,—the peptic glands, and the glands found in the cardiac end of the stomach. One set secretes pepsin, and

the others secrete hydrochloric acid. Both of these substances or fluids are necessary for the digestion of albumin. Pepsin will act in the presence of any acid, but acts best in the presence of its normal acid. The gastric juice acts upon albumins, and converts albumins into peptones, or dissolves the albumins so that they can be absorbed. The liver secretes a fluid known as the bile. The bile acts upon the fats. It does not change the fats, but merely divides the fats up into very minute particles so that they can be readily absorbed in the intestines. The pancreas secretes the pancreatic juice. This fluid is the most important digestive fluid in the body. It digests all of the food elements which are digested by the other fluids, and also digests raw starch. It acts upon starch, albumins, and fats, and does its work better than any of the other digestive agents.

The function of the intestinal juice is but imperfectly known; it is supposed to act in a measure upon all of the food elements, and especially on cane sugar. This is the only fluid that does act on cane sugar. The salts, which are another of the important food elements, are digested by all of the fluids. Some of the salts require an

is also a poison. Hydrochloric acid injected into a living animal will produce insensibility and death. These fluids are not only digestive agents, but also antiseptics. They destroy germs that may be introduced through the food. If typhoid fever or cholera germs are taken into the alimentary canal, these fluids, if in a normal condition, destroy them. The stomach is really a disinfecting chamber. This is one of the principal functions of the stomach,—to disinfect the food. When the plague or small pox is raging, the authorities are very careful to prevent goods coming in from the infected parts without thorough disinfection. This the stomach does; every particle of food taken in is carefully disinfected, providing the stomach is in a normal condition.

It is, however, very important that the digestive process should begin properly. The most important part in the digestion of food is the first step,—mouth digestion, or that of mastication, or the proper chewing of the food. I am quite certain that improper mastication of food is responsible for more distress and suffering than any other dietetic error. We have become accustomed to eating foods in a soft form, especially the starchy foods, which above all other foods require the presence of saliva. It is evident that the Creator designed that starchy foods should constitute the principal part of man's bill of fare. A man requires about sixteen ounces of starchy food daily, while the amount of albumin required daily is about three ounces, and fat about one and one-half ounces. In wheat, oats, and various other cereals we have these elements in the right proportion, with the exception of the fats. All that is needed for a well balanced bill of fare is the addition of a little fat. This can be supplied in the form of cream, olives, or nuts. In order to have a well balanced bill of fare, it would be necessary for a person who was living almost exclusively upon grains, to take two or three ounces of nuts daily. The almond is especially rich in fat, containing about 53 per cent. of fat. This in addition to the grains would supply all the food that the body needed during the day. A person need not constantly worry about his food, what he shall eat, and how he shall combine his foods, because the Creator has combined the food elements just right. In the



alkaline fluid for their solution, while others require an acid fluid; so that some are acted upon by the saliva, some by the gastric juice, and others by the pancreatic juice. The bile is not only a digestive fluid, it is also a waste product. It is a product that is eliminated by the liver. Retained bile poisons the system. The hydrochloric acid of the gastric juice

grains we have seven parts of starch to one of albumin. This is the right proportion. But these foods, good as they are, in order to be of value to the body must be thoroughly divided, or masticated, and insalivated. In order to ensure proper mastication, the food should be served in as dry a form as possible. If the starchy foods are prepared in the form of puddings, soups, etc., it is almost impossible to chew them. Soups are usually made with potato, rice, sago, or some other soft, starchy food; puddings are made of starches. The very foods that should be served in the driest form are served in the most sloppy form. The same thing applies to peas, beans, and lentils. These articles contain a great deal of starch. The drier the food, the greater the amount of saliva produced. Take for instance granose. One ounce of granose properly masticated will produce two ounces of saliva; while the soft foods, as ordinary bread, soups, etc., will produce only about one-fifth of that amount. By neglecting to masticate the food, the system cannot get out of the food the amount of nourishment that is in it. The teeth have been placed in the mouth for a purpose, and that is to "chew, chew, chew." Beans are often swallowed almost whole, and grains are eaten without being thoroughly divided, and so the saliva cannot act on the starch, the gastric juice cannot act on the albumin, and the gastric juice or disinfectant being a fluid, passes out of the stomach, and leaves this undivided, improperly masticated food behind it to undergo putrefaction. This is the principal cause of fermentative changes, and also the main reason for gastric and intestinal disturbances. These particles of improperly masticated food act as mechanical irritants in the stomach. I have known of cases in which lumps of food have been retained in the stomach several hours; seven, eight, or twelve hours. A certain physiologist has recently demonstrated that if food is retained in the mouth and masticated until formed into a creamy mass, it leaves the stomach in forty-five minutes. What a glad surprise this would be to the poor stomach to have the food leave in forty-five minutes instead of worrying over it for four, five, or eight hours. The importance of thoroughly masticating the food cannot be over estimated. We might compare the digestive process to

five bricks standing up in a row side by side. If the first brick is knocked down, that will knock over the second, and that the third, and so on to the last brick. If the first step in the digestive process is carried out properly, if the food is thoroughly masticated, the digestive process rightly begun, it will be continued properly right through, until the food is completely digested. If this is not done properly, persons have to eat two or three times the quantity in order to supply the needs that would be fully met by a much smaller quantity of food if properly digested, and the excess of work thrown upon the digestive organs wears them out prematurely. The young man who boasts of being able to eat anything is sure to find himself a chronic dyspeptic at forty.

WHY THE CHRONIC INVALID DOES NOT GET WELL INSTANTLY.

DAVID PAULSON, M. D.

"Why am I not restored instantly to health as Christ once healed the sick?" For the same reason that the farmer must sow and then cultivate his crops for several months before he can expect a harvest, although Christ, at least twice, made bread instantly; and for the same reason that the fruit raiser must toil one or more seasons to get the fruit juices, while Christ made it instantly at the marriage feast; and for the same reason that the fruit grower must labor several years for his crop, while Aaron's rod budded, blossomed, and bore almonds in a night; and for the same reason that a boy does not grow up in a day, although Adam received his growth instantly; for the same reason that usually people must dig wells to obtain water, while with a stroke upon a rock it was once secured for God's people; and for the same reason that we must cook our food, although it was furnished to the children of Israel already prepared.

The Lord knew that it would be better for Adam to earn his bread by the sweat of his brow, so He arranged that there should be a certain interval between sowing and reaping, to give an opportunity to work for it. By working he would better appreciate it when he secured it, and so it is in all the other cases.

Why, then, are these instantaneous mani-

festations recorded? When humanity had lost sight of the fact that it was always God who multiplied the grain when it was planted in the ground, then, so that it should never again be forgotten that He is the real bread-maker, He multiplied a few seed loaves instantly in His hands before their very eyes. That God's original way is ordinarily the best is shown from the fact that there were many who followed Christ the next day, hoping to secure more bread in this easy manner, without the trouble of sweating for it, and Christ re-proved them. God has always been changing the water in the earth to fruit juices, but when the people had come to believe that the fruit merely came of itself, then Christ did it instantly by changing the water in the vessel into wine.

In the age when Christ was here, the people had forgotten that whenever health was restored, God was always the healer. Psalm 103 : 3. The sick, instead, were regarded as being under the special curse of God, and were often treated accordingly, but by healing instantly a multitude of the sick, and even raising the dead, it never again can be denied that he is the Restorer and Life Giver, and that all we can do in the healing art is to learn the most successful ways of co-operating with that healing power. The child learns some valuable lessons during the time it takes for him to grow up. In the same way God has some lesson for every invalid, and He knows that the time spent in cultivating health is not altogether wasted. David said, "It was good for me that I was afflicted, that I might learn Thy statutes." Ps. 119 : 71.

What about the large number of wonderful instantaneous cures? In the majority of cases, the invalid who was once sick had already recovered, but had never discovered it. During the illness a morbid imagination had created a ghost of the disease, which is often more real to the patient than the disease itself, and whatever influence can shatter these imaginary fetters, heals the patient immediately. The burning of a house, the impressive prayers of the professional healer, hypnotism, etc., may wield this influence. In reality, God has been saying to arise and walk ever since He first healed the disease, and prayer would have made His voice to be heard long before.

Our modern civilisation is producing

thousands of highly imaginative individuals who readily deceive themselves and others with the idea that they have serious maladies, and when the ghost of the disease is driven out, they honestly suppose that they are genuine examples of instantaneous healing; yet there are exceptional cases of genuine instantaneous healing, even in the hands of the most evident fake faith healers. This is because God, who heard the cry of Hagar's perishing child (Gen. 21 : 17), and who always hears every sufferer's cry of need, saw that He could safely trust the individual with instantaneous restoration. But it was the invalid's actual condition, and not the reminder from some one else, that made it possible for God evidently to shorten healing work.

If God is always the healer, why do I have to take treatment?—It is as great a blessing for the invalid to have a share in the miracle of restoration, as it is for the farmer to sow and cultivate his grain, although God must work the miracle of multiplying it, or as it was for the friends of Lazarus to roll away the stone, and afterward to loosen him from his grave clothes. In the same way the invalid sows for and cultivates health by prolonged mastication of wholesome food, breathing in full breaths of heaven's pure air, by physical exercise, and by such other physiological treatments and medical attention as shall tend to fan back into a full blaze the abused and flickering life forces. Health is promoted by the observance of the laws of health (Ex. 15 : 26), while disease comes from violating them (Deut. 28 : 15-22). The law of sowing and reaping is as unerring as the law of gravitation. The Lord declares, "Whatsoever a man soweth, that shall he also reap."

In the County Court recently, an appeal was made by L. O'Donnell, of Moonee Ponds, against being fined £5 for selling milk containing boric acid to the extent of 35 grains to the gallon. The ground of appeal was that the boric acid was not prejudicial to the purchaser. Judge Chomley found the defendant did sell to the prejudice of the purchaser; that the boric acid added was injurious to health; and that the introduction of such an article was not required. The appeal was dismissed, with costs.—*Telegraph.*

Drug Eruptions.

MR. GEORGE PERNET, a skin specialist, contributes a long and important article on "Drug Eruptions" to the *British Medical Journal* for May 15, and begins by saying that "the number of medical remedies which may give rise to rashes is a large and increasing one." He goes through a truly alarming list of skin affections known to arise from the use of quinine, arsenic, bromides, opium, digitalis, iodide, and many other standard drugs. Cases of poisoning or serious injury from drugs medically administered or surgically applied are getting more and more common, or at least more quickly recognised, for the amount of mischief done in this way and never discovered must be something incalculable. At Liverpool Royal Infirmary the other day, a little girl was being prepared for an operation when she gradually became unconscious and the pulse almost ceased. Her legs had been wrapped in towels soaked in a solution of carbolic acid. The doctors decided that the case was one of carbolic acid poisoning due to external application, and the child remained semi-conscious and desperately ill for several hours. Another little girl, an out-patient of a Liverpool hospital, was taken ill with high fever and a terrible rash exactly resembling smallpox. A local doctor who was hastily summoned when she was thought to be dying, found that she had been taking three-grain doses of potassium iodide three times a day. He consulted the medical officer of health, and in the course of two or three days it was decided that the illness was not small pox, but iodide poisoning, from which the child gradually recovered.

The Pedestrian Hero of the Hour.

A CLEAN, brown-faced, healthy-looking Englishman of twenty-three, slight of build though well-knit, of fair height, with smooth dark hair, brown eyes, a slight brown moustache, and with an air of quiet determination,—that is a little pen sketch of Mr. E. F. Broad, the winner of the scratch part of the great Stock Exchange walk. Naturally there is not very much to record about one so young. He is a Devonshire man by birth, displayed no special aptitude for athletics at school, though he went in a good deal for swimming, passed through the

Civil Service College in Chancery Lane, and for some years has been a clerk with Messrs. Percy Marsden and Co. Until he reached the winning post he had never covered fifty miles at a stretch in his life, and, as all the papers have recorded, he is a teetotaler and a non-smoker.

PERILS OF CIGAR SMOKERS.—Some recent revelations in connection with the cigar-making industry are not calculated to reassure those who indulge in the weed in this form. It seems that the men whose work it is to shape the cigar are in the habit of putting the tips in their mouths and licking them into shape. This is said to be injurious to the worker, but what about the unfortunate smoker who is compelled to put the cigar into his own mouth after its subjection to such a filthy process? What guarantee have the public got that some of the men prone to this disgusting habit are not tuberculous or suffering from some equally dangerous disease? We hope the health authorities in the cigar-making districts of the metropolis will look into this matter. It is much more fraught with danger to the community than appears on the surface.—*Sanitary Record*.

Treatment of Constipation.

S. G. GRANT writes in the *New York Medical Journal*, April 18, 1903, that since 1891 he has discontinued the use of drugs in constipation, and by other means has been able to relieve patients applying for treatment for this trouble. The most important therapeutic agent he uses is abdominal massage to the liver and small and large intestines. As an adjunct he uses faradic electricity, the soapsuds enema being sometimes necessary for thorough cleansing of the bowels. In addition, the following rules must be observed by the patient:—

1. Go at the same hour daily to the toilet, and do not use it as a reading room.
2. Correct errors in diet. Take time to masticate the food thoroughly.
3. Eat sufficient fruit; drink plenty of water.
4. Take a cold bath daily, with vigorous friction.
5. Take regular outdoor exercise and gymnastics to the abdominal muscles.
6. Change the occupation, if necessary, from sedentary to active.

The Home.



Two Mothers' Experiences.

A SHARP, shrill whistle informed Mrs. Lee one bright morning in early spring that the postman was at the door. She hastened to open and examine her mail. One letter was so full of good cheer that she read it aloud.

New South Wales, October 10, 1903.

My dear Mrs. Lee,—

I am writing you these few lines to tell you how thankful I am to you, and how happy I have been for the past six weeks. I came to this place to visit my parents four weeks ago. I had no time to run over to see you before leaving, there were so many little things to do before my departure. Since reaching my mother's home, I have thought of you often, and intended visiting you long before this. I expressed to you my thankfulness, but words fail me to tell you all I feel. My own health is better than for many years, and baby is a changed child. He sleeps for hours at a time, and seems so contented. I could not have believed it possible that such a change could be made in a few short weeks. My mother thinks me quite strange with these new ideas. I am hoping she will not influence me in any way to give them up. I am returning home next week to try the experiment in my own home, and see how it works. I shall be very pleased to have you visit me when I am home again.

With kindest regards to you and yours,

I am yours gratefully,

Annie Johnson.

Mrs. Lee folded the letter, and returned it to the envelope with a smile of satisfaction and look of hope that Mrs. Johnson might continue to keep in health. To her husband who sat near reading his mail, she said, "I shall be very interested in seeing Mrs. Johnson demonstrate these principles in her own home. She has had much to make her way hard and difficult since her marriage."

"I am surprised to hear you say that, my dear; for I have known Mr. Johnson for several years, and he seems like a nice man."

"You misunderstand me. I was referring mainly to Mrs. Johnson. She was married as so many young women are,—with no education along domestic lines, and knew nothing scarcely about home

economy or the care of children. So all along she has had many difficult problems to contend with. It does seem such a pity that young women do not receive more instruction before their marriage at the hands of their mothers. How much happier the union would be, would it not? And how many more children would grow up strong and healthy if these beginnings were what they ought to be." Mrs. Lee looked at her husband, who seemed to appreciate all she was saying.

"How old is Mrs. Johnson, do you know, wife?" said Mr. Lee.

"She is only five and twenty, I think," answered Mrs. Lee.

"She is young enough then to be taught all these things. You must help her all you can, dear. A young woman under those circumstances needs your help, and I think Mr. Johnson would be very grateful to you also," added Mr. Lee with a look that told his little wife that he appreciated her education on these lines; for he remembered, evidently, her excellent management of his home from the beginning of his married life, and the good care and regular treatment of their only son.

"As soon as Mrs. Johnson returns home, I shall accept her invitation to call, and shall do all I can to help her," said Mrs. Lee.

(To be continued.)

It Puzzles Him.

DR. LORENZ, of bloodless-surgery fame, cannot understand how Americans enjoy fair health on a diet that would depopulate any other country.

"The pies, puddings, sauces, and innumerable other dishes, most of which are unhealthful in the extreme, partaken of by young and old alike in America, have caused me to wonder," says Dr. Lorenz, "that the people are not physical and constitutional wrecks." They are.

Boiled Milk Best for Babies.

DR. EDMUND CAUTLEY points out that during the last seven years he has in hospital practice brought up a very large number of infants on boiled milk, with the addition of barley water after the age of two or three months, and yet during the whole of that time no one of them developed scurvy—a disease that has been attributed to the use of boiled milk. Many had the milk boiled until they reached the age of one year. The rate of gain in weight was always satisfactory when the directions were properly carried out. In large towns it is absolutely imperative that milk for infants should be boiled. In 1895 Dr. Cautley examined milk bought in London shops, and found that it contained from 3,000,000 to 30,000,000 of micro-organisms in each teaspoonful.

Strawberries and Rheumatism.

STRAWBERRIES are excellent in the treatment of rheumatism and gout, and in this statement we voice a popular sentiment. Much time has been taken in seeking to discover the nature of the remedy, and two French chemists have just succeeded in clearing up the difficulty. M. M. Portes and Desmoulières have just discovered in the juice of nearly all the varieties of the strawberry one of the most efficacious remedies for the relief of rheumatism; namely, salicylic acid. Rheumatic and gouty people absorb the very thing they need in eating as many as possible of the luscious strawberry.—*Faulding's Medical Journal*.

A Cheerful Countenance.

WE discover in every society some who appear hopeful and cheerful; while others are sad and gloomy. Some, though at times surrounded by discouraging influences, will yet pass through all the varied scenes of life scattering smiles wherever they go, thus lighting up the pathway of those by whom they are surrounded; while there are others that, like the weeping willow, send their branches downward. Instead of looking up toward heaven, they look down toward the grave.

Some there are who are eyes to the blind, feet to the lame, and a friend to the

homeless; while there are others so selfish they can never find time to labor for the benefit of those around them. To the first of these classes belongs every real lover of his fellow-men and every true follower of Christ. Such are a blessing to the world. By their hopeful and cheerful countenances, by their firm and abiding faith and courage amid all difficulties, and by the smiles which they scatter wherever they go, they give joy and gladness to the grieved and stricken heart. They cause light and sunshine to pierce through the heavy cloud, and turn darkness into day. They administer aid and comfort to the afflicted, faith and hope to the doubting and fearful, and strength to the weak and tried ones. Our world without them could only be compared to a barren, sandy waste, where there is none of that life-giving element—water; or to the dreary wilderness where there are no flowers to decorate its lonely wilds.

The afflicted may have joy and peace. They whose minds are under a cloud of gloom and darkness may enjoy the light and sunshine. The cold, distant feeling, the hatred and envy, may all be removed, and love, joy, and peace, may fill the heart. The remedy is found in that healing balm which "doeth good like a medicine;" viz., "a merry heart." This is something we cannot enjoy in the fullest sense of the word, unless we are in the full enjoyment of physical, mental, and spiritual health. This condition is attained only by obedience to the laws of God, both moral and physical. In perfect obedience to these there is joy and peace; and the person who is both a Christian and a thorough health reformer may "rejoice evermore."

THERE are two things in which we should thoroughly train ourselves—to be slow in taking offence and slower in giving it.—*Lutheran*.

FRUIT juices are decidedly refreshing, and afford a valuable nutrient which is ready for immediate absorption. Fruit juices have this advantage over water that, when obtained directly from the fruit, they are absolutely free from impurities, containing neither germs nor mineral impurities of any sort. This is important to remember where there exists a scarcity of pure water.

Sunlight as a Remedial Agent.

ONE reason why we suffer from disease is that we exclude sunlight from our homes. When darkness was upon the face of the deep, God said, "Let there be light." Light is life. By holding your hand up to the light it is found to be almost transparent, you can nearly see the bones. It is because the body when in health is full of light or life. When a person's skin becomes dingy and the white of the eye discolored, this is evidence that the system is filled with poisonous or dead and effete products. If the hand is then held up to the light, it will be found to be darker. Dead tissue has no light in it. There is life in light, in fact, it is through the sun that God imparts life to this world. By excluding sunlight, we are excluding life. The little plant coming up out of the earth is at first very pale, but when it reaches the sunlight it soon fills with color; The skins of people who live in caves are pale and anæmic. Notice that the beautiful colors of the peach, the apples, and other fruits, are always found on the side exposed to the life-giving rays of the sun. The same sun that paints roses on the faces of the peach and apple, also paints roses on the faces of men, women, and girls. In every place where darkness reigns, the cry should be heard, "Let there be light." Naturally, children do not want to live in caves; they want to be out in the sunshine. Our homes are frequently made so dingy and dark that the little ones want to get out of them just as soon as they can. Even the flies recognise the darkened rooms as death traps, and get out of them as quickly as possible. The little birds lose their songs in the dark rooms, and it is just so with mothers and children who dwell in these rooms; they become sickly, and lose their sweet songs. These two, air and sunlight, are two of heaven's choicest gifts and blessings to man. It is through these that God ministers life to the world; and when we despise these, we despise two of the greatest blessings bestowed on mankind.

THE smallest man that ever lived was the dwarf Bebe, born in France in 1740. He was just 20 inches tall and 8 lb. in weight when full grown.

Love Contagious.

ACCORDING to Dr. Cotton, of Chicago, member of the Rush Medical Society, love is caused by a bacillus, like scarlet fever or influenza, and it affects the brain, even producing effects similar to madness. When this bacillus is discovered, says the doctor, and means are found to destroy it, it will be possible to put marriage on a sound, practical basis.

Breathing For Strength.

INSTEAD of the above heading might be written, "Breathing for life;" for that is really what we do. And since this fact is so easily demonstrated, it is strange that we have not more quickly and fully discovered that in this vital process lies the secret remedy for a thousand ills, if not "the fable fountain of immortal youth." Men have lived weeks without eating, days without drinking, and nights without sleeping; but how long can we live without breathing? Twenty ounces of food and a few pints of water will supply the body one day; but, upon a low estimate, it requires thirty thousand pints of air in the same length of time.

The delicate machine which this volume of air enters is said to contain over 700,000,000 air cells, or little workshops. Into the walls of these there flows, like the sewerage of a great city, the foul, venous blood of the body. In these remarkable workshops it is quickly transformed into a rushing red torrent filled with live-giving oxygen from the air. What a wonderful invention! What a miraculous process! And yet you are trusted with operating one of these instruments.

Would you note its magical effect under proper conditions? Then stand erect. Open the doors and windows; or, if you are sick in bed, have them opened. Lift your chest and chin, and breathe the invigorating air of heaven, till the muscles of your abdomen fairly bound with joy. Now, isn't that a better tonic than tincture of iron? Then take it many times a day. Doesn't it taste better than Dr. Almanac's bitters? And it is better; infinitely better. And you can repeat the dose often. Even as I write, the fresh air tickles my finger tips; for when we breathe deeply, it goes to all parts of the body.—*Clifford G. Howell.*

Seasonable Recipes.

LAURETTA KRESS, M. D.

COTTAGE CHEESE FROM FRESH MILK—This dish is usually prepared from milk which has curdled from lack of proper care, or from long standing exposed to the air, and which is thus in some degree decomposing. But the fact that the casein of milk is coagulated by the use of acids makes it possible to prepare this dish in a more wholesome manner without waiting for decomposition of the milk. Add to each four quarts of milk one cupful of lemon juice; let it stand till coagulated, then heat slowly, but do not boil, until the curd has been entirely separated from the whey. Turn the whole into a colander lined with a square of clean cheesecloth, and drain off the whey. Add to the curd a little salt and cream, mix all together with a spoon or the hands, and form into cakes or balls for the table. The use of lemon gives a delicious flavor, which may be intensified, if desired, by using a trifle of the grated yellow rind.

ASPARAGUS WITH EGG SAUCE—Prepare and cook asparagus in bunches. When tender, drain thoroughly, and serve on a hot dish, with an egg sauce prepared in the following manner: Heat to boiling a half cup of rich milk, add salt, and turn into it very slowly the well-beaten yolk of an egg, stirring constantly at the same time. Let the whole thicken, and remove from the fire at once.

SCRAMBLED EGG WITH TOMATO—Heat a half cup of strained, stewed tomatoes to boiling, salt to taste, and stir in three slightly beaten eggs. Stir constantly until well curdled, but not hard and leathery. A tablespoonful of minced celery may be added.

VEGETABLE BROTH—Put a cupful of well-washed white beans in a quart of water in a double boiler, and cook slowly until but a cupful of the liquor remains. Strain off the broth, add salt, and serve hot. If preferred, a few grains of powdered thyme may be added as flavoring.

SPINACH—Use only tender plants or the tender leaves of the older stalk, and be sure to have enough, as spinach shrinks greatly. Pick it over very carefully, trim off the roots and decayed leaves, all tough, stringy stalks, and the coarse fibres of the leaves, as those will not cook tender until the leaves are overdone. Wash in several waters, lifting it from one pan to another, that it may be freed from sand and grit. Shake each bunch well. Spinach is best cooked in its own juices. This may be accomplished by cooking it in a double boiler, or if placed in a pot and slowly heated, it will in a short time yield sufficient juice to cook itself. It must, however, be stirred frequently at first, to prevent burning; cover closely, and cook till tender. The time required will vary from twenty minutes to an hour or more. If water is used in the cooking, have a half kettleful boiling when the spinach is put in, and continue to boil rapidly until the leaves are perfectly tender; then

drain in a colander, press with the back of a plate to extract all water, chop very fine, and serve with lemon juice as a dressing, or add a half cup of sweet cream or nut cream, with salt to season. Boil up once, stirring constantly, and serve very hot. A garnish of sliced boiled eggs is often served with this vegetable.

SPINACH SOUFFLE—Prepare and cook the spinach as previously directed. When done, drain, pressing it well, and rub through a colander. Cool if very hot, and beat in the yolks of two eggs, with salt to season. Add a tablespoonful of thick cream, and lastly chop in the whites of the eggs beaten to a stiff froth. Turn into oiled moulds, place in a pan of hot water, and bake in a moderate oven for about thirty minutes. Cover at first, then remove the cover and finish without it. Slow baking is preferable for the soufflé. When they puff up slightly in the centre and feel firm to the touch, they are done. Serve with an egg sauce.

Questions and Answers.

Mouth Breathing.—Is mouth breathing dangerous?

Ans.—Yes. A nose, to be normal, must be used constantly. If it is not so used, the mucous membrane congests, and gradually thickens from hypernutrition. Air inspired through the nose receives from 20 deg. to 40 deg. of heat, and becomes at least two-thirds saturated with moisture, and thus the nose becomes a most effective germ filter. The mouth has none of these functions, and when it is used for breathing, the lungs must receive many germs and suffer injury from the unmodified air. When the immense mortality from lung diseases is considered, the importance of this subject can better be realised.

Sugar.—Do you recommend the entire disuse of sugar?

Ans.—Cane sugar has been shown by experimentation to be the least easily digestible and assimilable of all sugars. Milk sugar, the white substance found in milk, is easily digested by children under two years of age, but adults do not readily digest it. On this account milk often gives rise to flatulence and acidity, from the fermentation of its sugar. The sugar of fruits and the sugar which is formed by the action of the saliva upon the starch in the process of digestion, are the most easily appropriated of all sugars. It is well to discard almost wholly the use of cane sugar, and substitute the use of sweet fruits.

Varicose Veins.—What treatment would you advise for a leg in which the veins have been black and rosy for years without pain, but suddenly the skin became red and irritable with swelling around the feet?

Ans.—This is a condition known as varicose veins. When the system gets into a run-down condition, it manifests itself at the weakest point, and ulcers may form. These ulcers are very difficult to heal. The circulation is always poor, as seen by the bluish color of the leg around these ulcers. The best method of treatment is alternate

hot and cold applications. Put the limb into water just as hot as can be borne, for fifteen or twenty minutes, and then plunge it into cold water for two or three minutes, and then into hot again. The alternate hot and cold douche or pour is excellent. In fact, anything that will produce a better circulation is indicated. Massage is also beneficial, rubbing as near the ulcer as possible. Some surgeons, as a last resort, make a rapid application of pure carbolic acid, and then immediately wash the wound with absolute alcohol. This sets up an acute inflammatory condition, and the blood is thereby brought to the part, and healing takes place.

Cheese as a Food.—Is cheese a nourishing food?

Ans.—The nutritive value of cheese is quite high. It is a nourishing food, but it is not a pure food by any means. All the cheeses people buy from the shops have been kept from any period varying from three months to as many years, long enough to undergo putrefactive changes. There are different kinds of cheese with different flavors. These flavors depend not upon the quality of the milk, but upon the kind of germs that are planted in the cheese. While cheese is nutritious, it is apt to contain poisons. In England there was a serious case of poisoning, a short time ago, through eating cheese. Five soldiers died, about twenty others suffered from the effects of it, and for some time the cause of their death was not known. An analysis of the stomach contents revealed the fact that they were cheese poisoned. Children often complain of cramps and other troubles, due to cheese poisoning, which are not attributed to this cause. Cheese is a dangerous food, especially in summer.

Hot and Cold Douche.—What is the effect of the hot and cold douche?

Ans.—This treatment is designed as a tonic. The cold water is the tonic. The hot water prepares for the cold, and gives a stronger tonic effect. You all know the agreeable effect of cold water upon the face in the early morning. When you get out of bed in the morning with a thick head, a dash of cold water will resurrect the brain. In a fainting fit, there is an absence of blood in the head. A dash of cold water will bring the blood to the brain, and the life being in the blood, new life is brought to the part. We work on this same principle in giving treatments to the liver, or stomach, or spine. When the liver is sluggish, a hot and cold douche will have the same effect that cold water on the face has on the brain. The skin area over the face communicates with the brain, the same as the liver with the skin immediately over it. Cold douches to the stomach act as a tonic to that organ. Hot and cold applications to the spine have the same effect. Prolonged applications of cold, however, act as sedatives. This is the reason why we alternate with hot and cold. The effect of the cold spray in the morning is to tone up every organ of the body. You all know how you feel immediately after. The circulation is improved, oxidation of waste products takes place more readily, and also elimination. The vital fires burn more briskly. It is almost impossible to get under a cold shower without involuntarily taking a deep breath. The vital fires

burn brighter, and there is a demand made for more oxygen. The morning spray improves the digestion, the circulation, and the general health. It has been shown that the hot and cold sprays bring about one-third more of the white blood cells into the circulation, and also increase the amount of red blood cells. The more white blood cells there are circulating in the blood, the more readily the tissues are repaired, and the diseased organs are healed.

Priessnitz, the father of modern hydrotherapy, discovered the importance of cold water while on his father's farm. One day while sitting on the hillside, he noticed a deer come to the stream. The deer had been wounded. Throughout the day the animal resorted to the stream, and was finally healed. Priessnitz, a short time after that, met with an injury himself, and applied the same remedy to himself. He kept his arm in cold water. He recovered, and recommended the treatment to others. At the age of seventeen, he met with severe injuries. His parents sent for the physicians, but they had about given up hope, when he again made use of the cold applications. He continued to treat himself, and made such a rapid recovery that it was noised abroad, and people began to come to him for treatment. At the age of twenty-two, he was called to the capital in Austria to treat a member of the Emperor's family. At the age of twenty-four, he was called to treat the Emperor's mother. From this time his fame, and that of the remedies he used, spread all over the world. The virtues of cold water have been known for many years. The hot and cold application is an important measure where vitality is low, the skin inactive, and persons have a poor reaction. Sometimes people come here who have no reaction at all, but after having been here for four or five weeks, the skin becomes red and glowing after a hot and cold spray. The inability to react to changes in the weather, is the cause of colds. The hot and cold spray brings the skin into such a condition that it is healthy, and will react readily to changes in the temperature, thus protecting the body against colds.

THE HOT AND COLD FOOT BATH.—In this bath the feet are placed in hot water for three or four minutes, then in cold water for from twenty seconds to one minute. They are then returned to the hot water for two or three minutes, and again placed in the cold, this operation being repeated a number of times.

The hot and cold foot bath is especially useful for chilblains, habitual coldness of the feet, and sweating of the feet.

In a Montana hotel there is a notice which reads:—

"Boarders taken by the day, week, or month. Those who do not pay promptly will be taken by the neck."

NEWS ITEMS.

MR. MINERS (Senior) of Hornsby Junction, has been under treatment at the Wahoonga Sanitarium for a few weeks. He leaves greatly improved in health and well pleased.

W. RANDALE WOODS, optician, of Sydney, and W. H. ANDERSON of Camden, took their departure from the Sanitarium a few days ago in excellent health and good spirits after a stay of six weeks at the Sanitarium. The Sanitarium family will miss their cheerful faces.

A SPLENDID large room has been set apart at the Sanitarium, for patients who desire to become acquainted with the art of cookery. Instruction is given by Dr. Lauretta Kress, and is greatly appreciated.

DR. LAURETTA KRESS of the Wahoonga Sanitarium, will conduct a school of health at the school of arts, Hornsby, on the following dates: November 17, 18, 19, 24, 25, from 2:30 to 5 P.M. daily. The subjects considered will all be of a practical and helpful nature. Practical demonstrations in hygienic cookery, physical culture, dress, etc., and lectures on digestion, influenza, rheumatism, diseases of women, talk to mothers, are some of the special features. Admission, single afternoon, 1/-; full course, 2/6; with GOOD HEALTH for one year, 5/-.

GENERAL Booth of the Salvation Army, seventy-three years old, who is said to have the vigor of youth, is a strict vegetarian. His diet is mostly of grains and fruit.

PROFESSOR Orth, the successor of the late Professor Virchow, read a paper before the Berlin Medical Society, in which he said that experiments prove the communicability of tuberculosis from human beings to cattle, and vice versa. He also stated that the extent of the danger to man of communication of tuberculosis had not yet been discovered.

REV. DR. THEODORE CUYLER, of Brooklyn, completed his eighty-second

year last January. Something over a year ago he said in the course of a sermon: "By avoiding stimulating drinks and indigestible foods, by getting sound and sufficient sleep, I have been enabled to spend fifty-six years in the Christian ministry, and have never passed a Sabbath on a bed of sickness."

ABOUT 200 invited guests and patients assembled in the parlor of the Wahoonga Sanitarium on the evening of October 30, to witness the marriage union of Mr. E. Thorpe and Miss L. Williams—graduate nurses of the institution. The parlor was appropriately decorated for the occasion. Music was furnished by Mr. Schowe.

The following preliminary remarks were made by Dr. Kress:—

"If there is any subject that needs careful consideration, and calm, unimpassioned judgment, it is that of marriage. If ever divine guidance and the counsel of parents and interested friends is needed, it is when young people contemplate taking the step that binds them together for life. Feelings alone are never a safe guide; in fact, at times a great sacrifice of feelings is made necessary, in order to comply with the conditions laid down in God's Word, and to act from principle.

"While those who unite should love, they should not love blindly. Marriage is a subject that should be viewed from every standpoint. The following questions should be considered: Will this union increase my love for God? Will it enlarge my sphere of usefulness? Will it help me heavenward? If these reflections present no drawback, then it is safe in the fear of God to move forward, and God's blessing will rest upon such a union."

Pastor Geo. Starr, after a few appropriate remarks calling attention to the origin of the marriage ordinance, performed the simple ceremony, and pronounced them husband and wife. After this, Pastor G. Irwin invoked God's blessing upon the pair as they were about to enter upon life's mission as workers together in their chosen profession. Altogether it was a most impressive event. Many useful gifts from patients and friends were presented. On the Saturday following, Mr. and Mrs. Thorpe sailed for New Zealand to connect with the Christchurch Sanitarium. We wish them success in their work.

A MAN suffering from gout in his nose has been a patient at Bellevue Hospital, New York. He is Charles Scharff, a janitor. His nose has become greatly enlarged. The doctors were completely at sea for a diagnosis until they discovered gout in several joints of his limbs. It is the first case of the kind on record at the hospital.

MENACED by a terrible disease which baffles the best medical skill of the island, the Health Department officials of Cuba have appealed to the authorities for the co-operation of the officials of the United States Marine Hospital and Public Health Department of the Government in an effort to determine the nature of the disease. The work is guarded with the utmost secrecy, and all details of the investigation are refused.

The disease in many symptoms resembles bubonic plague, but is said to be more swift in its progress and more deadly in its effects.

It first appeared some months ago in Daiquiri, province of Santiago.

Men employed in the iron mines of that locality were first affected.

The disease did not yield to treatment, and the mortality is greater than in yellow fever or any kindred disease. It spread throughout the entire southern coast of the island, and the inhabitants became panic-stricken.—*World's News*.

"SMOKING is, to my mind, the worst enemy of the man who would be a stayer. Spirits must be absolutely tabooed." These utterances of Mr. M. A. Holbein, the well known long distance swimmer, who came so near accomplishing the cross channel swim last summer, and is to make another attempt the present season, afford food for thought to every young man. Smoking and drinking are fatal to athletic prowess. They undermine the system and make perfect health impossible.

TUBERCULOSIS is a disease of civilisation. It scarcely exists among savages who live in the primitive state, but quickly appears among such people when the habits of civilisation are adopted, especially the indoor life. The South American monkey and the North American Indian alike fall victims to this disease when shut away from the sunlight and active exercise out of doors.

DURING each day 13,500 pounds, or nearly seven tons, of blood pass through the lungs.

IN a West-end church on a recent Sunday the junior curate was preaching on reasons for coming to church. "Some people," he remarked, "come to church for no better reason than to show off their best clothes." Pausing and glancing thoughtfully over his audience, he added, "I am thankful to see, dear friends, that none of you have come here for that reason."

LEAD pencils have spread diphtheria among the children of the State Normal School at Oswego, U. S. A. Infected pupils were discovered to have put the tips in their mouths, and the same pencils were afterwards used by other children, who thus contracted the disease.

IN fifteen years Russia has sent 624,000 persons to Siberia, fully 100,000 of the relatives of exiles having accompanied them of their own free will.

A WISE DOCTOR.—"Make somebody else happy," was the prescription given by a wise physician to a victim of nervous depression.

Two centuries ago many of the articles of diet now in common use, and considered indispensable, were either entirely unknown or else were considered rare and expensive luxuries. Among these may be mentioned sugar.

So rapid has been the increase in the consumption of cane sugar that in 1866 it amounted to forty-one pounds per head. Since then the annual consumption of sugar has increased from forty-one to eighty-five pounds for each man, woman, and child living.

Dr. Von Bunge, the eminent professor of chemistry in the medical school of the university of Basle, Switzerland, attributes the bad teeth, pale faces, and the general malnutrition of so large a portion of children of the rising generation to this increasing consumption of sugar. He insists that the use of cane sugar "should not be recommended;" and advocates as a means of curtailing its use "an increase of the sugar tax."

DR. ALFRED C. CROFTAN recently read before the Chicago Academy of Medicine an interesting paper on the transformation of circulating uric acid in the organism of man and animals, based upon experiments conducted in the Hull physiological laboratory of the University of Chicago. The experiments brought out a number of very interesting facts, some of which are new.

In man, the liver, muscles, and the kidneys are active in the destruction of uric acid, the kidneys somewhat more than the liver; but both the kidneys and the liver are more active than in any other animal. Considering the relative bulk of the human body, it was found that the muscles destroy most of the uric acid, next the kidneys, next the liver.

Disease of the liver or kidneys may give rise to accumulations of uric acid in the system from a loss of power to destroy this poison, which may either be produced by the body itself, or introduced into the system by flesh foods, etc.

The fact that muscles destroy uric acid clearly shows why so great benefit is derived from exercise in relieving uric acid symptoms.

The interesting observation was made that the same organs which destroy uric acid, also destroy fats and sugars; hence the natural relationship between gout, diabetes, and obesity, in all of which there is deficient oxidation.

THE official report of Dr. Collingridge, Medical Officer of Health for London, gives our oyster supply a very bad character. Not only is Emsworth a breeding place for the deadliest bacilli, but all the sources of oyster supply which have been examined are contaminated, while the water of a creek near Leigh-on-Sea, in which cockles are laid, is found to contain a quarter of a million of microbes per cubic centimeter, so that the doctor simply calls it "dilute sewerage." Evidently we are not so wasteful as our political economists would have us believe. We have, after all, been utilising our sewerage, though hardly in a way that we would wish to admit.

How much disease has resulted from the use of these filth-laden shell fish no one knows, but cases are being reported. The German Emperor is reported to have been among the sufferers. He has now, it

seems, given strict orders to exclude English oysters from his table in the future. We trust that a good many have taken the wiser course of doing without this form of food entirely.

We have before called attention to the fact that an oyster is at best composed mainly of water, very dirty water too, and it requires fourteen of the bi-valves to equal in nutriment a single egg.—*London Exchange*.

THE Brazilians drink coffee as the Germans drink beer. A correspondent tells us that a great many cups are drunk each day by the average man and woman. The coffee is made very strong and very sweet. *It produces a mental exhilaration of a more intense and lasting kind than beer.* Those addicted to this habit, our informant tells us, become very restless and scarcely able to sit still or stand still even for a moment. This nervousness increases until it resembles chorea or St. Vitus dance. The practice is a very bad one and doing the people of Brazil a great deal of harm. Add to this their inveterate habit of cigarette smoking, and we have an unenviable condition of the nervous system typical of the average Brazilian, and a suggestive hint for those who indulge in like habits elsewhere.—*Exchange*.

A young lady, aged nineteen years, was sent to Mr. J. Dencer Whittles, B. D. S., Birmingham, suffering from a peculiar thickening of the gums which local treatment failed to cure. On being questioned, the patient admitted that she was fond of domestic animals, and had been in the habit of kissing a pet dog which had recently died. It was afterwards discovered that the kissing caused this thickening of the gums and also many other complaints. Mr. Whittles says, "So far as I can learn, this case is unique, and is of itself a sufficient warning that all should abstain from kissing members of the carnivora—a habit which, both with dogs and cats, is, alas! too frequently indulged in by the fair sex."—*Science Siblings*.

If a Chinaman dies while awaiting trial for murder, it is taken as evidence of his guilt. He has departed, but somebody must suffer; so his eldest son, if he has one, is sent to prison for a year.

A BOY aged eight years, while at play in the street, found a lady's kid glove, which he put on and continued to wear in his play during the rest of the day. From rubbing his face the child's left eye became infected, and at the end of twenty-four hours, inflammation had closed the lids. Owing to ignorance of the seriousness of the affection upon the part of the boy's mother, home remedies were employed until too late to repair the damage. The child was brought to the hospital, when it was found that ulceration and sloughing of the cornea had destroyed the sight. Treatment at this stage could do little save protecting the sound eye from further danger of contamination from the profuse, purulent discharge coming from the infected orbit, and cleansing the infection. Later the shrunken, distorted organ was removed.—*Journal of Cutaneous and Genito-urinary Diseases.*

A STUDENT at Oberlin College one day asked the President "if he could not advantageously take a shorter course than that prescribed in the curriculum." "Oh, yes," was the reply; "that depends on what you want to make of yourself. When God wants to make an oak, He takes a hundred years, but when He wants to make a *squash*, He takes but six months."

AT the Thames Police court, England, recently, two men were sentenced to one and two months' imprisonment respectively for cruelty to horses, which were diseased and lame, by leading them through the streets. It has been pointed out many times that the abominable traffic in old horses which, weak and worn out, are led down to the docks and thence shipped to Rotterdam to be made into sausages, should at once be stopped, in the interests of humanity and hygiene. In 1898 the Board of Agriculture issued an order with regard to this traffic, in which it was made unlawful to convey from any port in the British Isles to any port outside the British Isles "any horse which, owing to age, illness, or any other reason, cannot be conveyed without cruelty during the intending passage." The only Act whereby the travelling of weak or lame horses through the streets can be interfered with is the Prevention of Cruelty to Animals Act.—*Science Siftings.*

SPEAKING at Christchurch, Bishop Julius deplored the decline of the birth rate of New Zealand. There was no doubt, he said, that the position was brought about by means which he regarded as hopelessly immoral, and it was absolutely certain would lead to the deterioration of the race.

AN important discovery has been made at Mt. Gambier, South Australia, as the result of a post mortem examination made by Veterinary Surgeon Desmond on two pigs. One died and was buried, but when the owner saw another pig ill, he reported the matter to the authorities. The sick pig was killed, and found to be affected with measles. The other pig's body was exhumed, and found to be similarly affected. Desmond points out that when the flesh of the pig affected with measles is consumed by men, the disease may be transmitted.

NOT one woman in a thousand can breathe naturally. The lungs are intended to operate like bellows, the lower points of the sides serving as handles. A fashionable woman's breathing is like trying to use a bellows with the handles tied together.

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The Arcade, Edward Street, Brisbane, Queensland.

201 Newcastle Street, West Perth, West Australia.

93 Franklin Street, Adelaide, South Australia.

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

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

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THE following letter was recently received from one who had been a patient at the Wahroonga Sanitarium. For six months previous to his coming he was in a hopeless state of mind, suffering with feelings of intense depression.

"It is with feelings of deepest gratitude that I enclose a cheque for five pounds and five shillings as a small donation to be used as you think fit, in the interests of your splendid institution. Thanks to your careful and constant attention and the blessing of God which has been the means of my complete restoration to health and strength. I am at the present time more thankful than words can express. Life seems to have opened anew to me, and I thank you from the bottom of my heart. Our lovely home is at present simply perfect. I never saw it looking so well. Needless to say my wife and child were delighted to see me on Satur-

day last, which I unhesitatingly say was one of the most truly happy meetings in all my life."

IT is not uncommon to hear the remark by those who visit the Wahroonga Sanitarium, "I do not see how a person can long remain ill after arriving here, the surroundings are so delightful, and every one about the place so cheerful and helpful. Health seems to be in the very atmosphere we breathe." At the Sanitarium, cultivation of health is considered an art which receives careful study. Daily it is demonstrated that a corrected dietary, rational treatment, and agreeable surroundings with God's blessing are capable of restoring many so-called incurables to a fair degree of health. Do not come to the Sanitarium with the expectation of merely getting rid of a few unpleasant symptoms. Come prepared to remain long enough to be remade, and while here avail yourself of every opportunity to acquaint yourself with the human body, its needs, and gain a thorough knowledge of the laws of health, so that health once regained may be retained.

"LIFE is oft-times long enough to allow good men in later years to thank God for experiences which in earlier years they wept over as grievous disappointments and irreparable losses. The plowshare seems to work hopeless destruction as it cuts its way across the field. But it is not long before it is seen that what seemed ruin is indeed a process in the renewal of life and beauty. By and by a golden harvest waves on the field."

NOTICE TO SUBSCRIBERS.

WE shall be glad if all friends when sending remittances will please forward full instructions as to sending the paper, not forgetting the most important thing,—the signature. We have just received a postal note for two shillings and sixpence, issued at Bolga, Victoria, from a gentleman who wishes us to send his paper to Maindample Post Office, via Bonnie Doon, Victoria, but he does not give his name. We have written to the post-master at the post-office, but at the time of writing have received no reply. We have also received a postal note from Kapunda, S. A., enclosed with a renewal slip. This contains neither name nor address.

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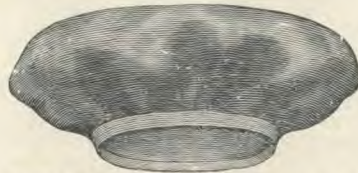
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