

THE AUSTRALASIAN GOOD HEALTH

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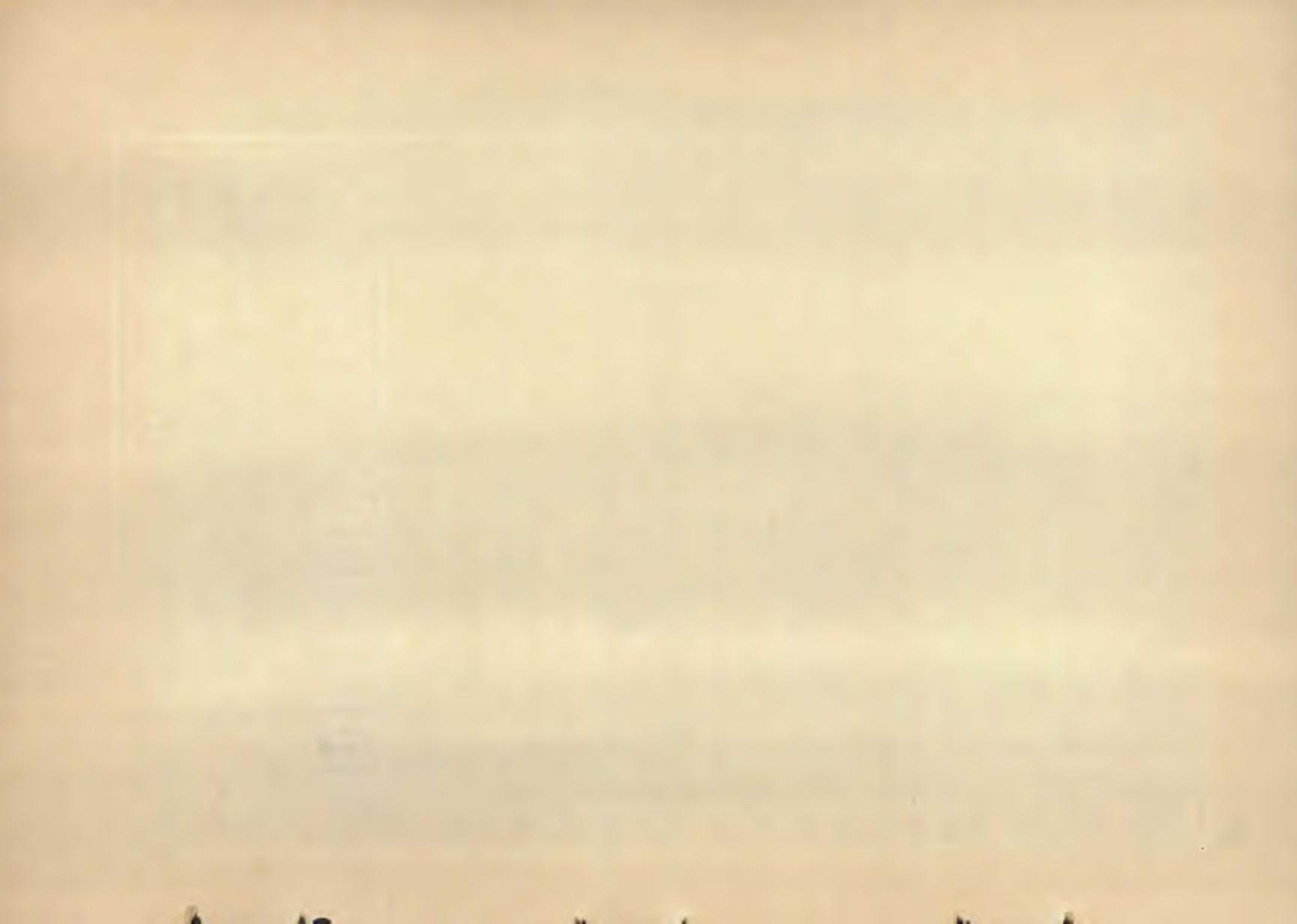
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No. 2.

Medical and Health News.

Boracic Acid Dangerous.

PRESERVATIVES IN FOOD.—At a recent meeting of the New South Wales branch of the British Medical Association, Dr. Wilkinson (who is a member of the health committee of the City Council) strongly condemned the use of boracic acid in milk or milk products, and criticised the personnel of the recent select committee of inquiry, as well as its recommendations and the evidence of certain medical witnesses. Basing his opinion on the statements of French and German scientific experts, he contended that the select committee's approval of the use of thirty-five grains of boracic acid to the pound of concentrated milk was "tantamount to giving legal sanction to the wholesale poisoning of infants who take ordinary quantities of such milk."

Chinese Women Protest Against Deformed Feet.

DESPATCHES from Hanchow announce that the Chinese women have at last declared against the cruel custom which deforms their feet.

A meeting of married women, widows, and young girls was held in the hall of a family named Chang. The question was discussed by the older women in all its bearings, while the younger recited verses from the Chinese poets inveighing against the evil.

A resolution of protest against the iniquity was passed amid great enthusiasm.

A young lady claims to have received a letter from a cousin who is the wife of a missionary in China. The writer states that she attended a meeting of the new women of China at Shanghai, in a society known as the Tien Tsu Hui, organised with the object of making war upon the fashion of restricting the growth of the feet.

During the deliberations of the society, several philanthropic Chinese women enthusiastically urged the society to appoint female missionaries to go to America and teach their fair sisters the evils of tight lacing.

Meat Eating and Childhood.

ONE of the most unfortunate evil consequences of an early and liberal meat diet, says Dr. Winters, is the loss of relish it creates for the physiological foods of childhood,—milk, cereals, and vegetables. A child that is allowed a generous meat diet, he says, is certain to refuse cereals and vegetables. Meat, by its stimulating effect, produces a habit as surely as does alcohol, tea, or coffee, and a distaste for less satisfying foods. The foods which the meat-eating child eschews contain in large proportions certain mineral constituents which are essential to bodily nutrition and health, and without which the processes of fresh growth and development are stunted. These mineral constituents he goes on to say, cannot be introduced into the system in an assimilable form except in organic combination with an albuminous

molecule; and in such combination they are found in sufficient proportion to meet the child's needs only in certain vegetables and cereals. Not only will a lack of these mineral constituents "cause all vigor and vitality to dwindle and die out," but indeterminate morbid processes supervene in consequence.

Moreover, to overstimulation of the child's delicate nervous system with meat, and to the defective oxidation of the elements of such food, Dr. Winters attributes abnormally high acidity of the urine, with consequent incontinence of urine, rheumatism, chorea, rheumatic inflammation of the tonsils and torticollis, night terrors, urticaria, anæsto-neurotic edema, anæmia, convulsions, petit mal. "There is more so-called nervousness, anæmia, rheumatism, valvular disease of the heart, and chorea at the present time in children from an excess of meat and its preparations in the diet than from all other causes combined," he declares.

The Communion Cup.

WITHIN the last few days there has been a revival of public discussion as to whether there is any risk of contagion in the use of one cup at the celebration of the Lord's Supper in different churches. Medical testimony is to the effect that there is undoubted risk, and to guard against this, there is a tendency to use several cups, and to cleanse them frequently during the service. The Bishop of Melbourne states the clergy in his diocese have instructions to cleanse the Communion cup with a linen cloth after each communion.

Centenarians—Women Head the List.

THE proportion of women among centenarians is nearly twice that of men. A group of people cited by one of the most careful and least credulous of the numerous authors of works on the subject shows that out of sixty-six persons who were one hundred years old and upward, there were forty-three women and twenty-three men. In London, the last census showed twenty-one centenarians, five men to sixteen women. The fact that nearly all the centenarians were poor seems to prove that the rich are at some disadvantage in the matter of long life. Of the female cente-

narians, it may be said that the very nature of their occupations protects them by keeping them so much in the house, where they are shielded from adverse influences from tobacco, drink, and gluttony.

Deal Thy Bread to the Hungry.

SYDNEY SMITH says: "If you wish for anything like happiness in the fifth act of life, eat and drink about one-half of what you could eat and drink. Did I ever tell you," he says, "my calculation about eating and drinking? Having ascertained the weight of what I could live upon, so as to preserve health and strength, and what I did live upon, I found that between ten and seventy years of age, I had eaten and drunken forty-four horse-waggon-loads more than would have preserved me in health and life. The value of this mass of nourishment I considered to be worth £7,000 sterling, and it occurred to me that I must by my voracity have starved to death fully a hundred persons."

A Farmer Affected With Anthrax.

A SHORT time ago a farmer named Clarke, at Kybunga, in the centre of a large farming district, lost a cow suddenly, and a day or two afterwards some pigs became affected by a similar disease, which likewise manifested itself on a farm a mile distant on some pigs, and on a greyhound. Mr. Clarke, feeling unwell himself, consulted a doctor, who pronounced him to be suffering from anthrax. His condition for some time was serious, until a lump was surgically removed from his throat. Veterinary Surgeon Desmon has inquired into the circumstances, but withholds his report pending further inquiry by Dr. Ramsay Smith, chairman of the Central Board of Health.

IN mistake for sweets, Henri Despard, of Acahon, France, swallowed a collection of sample medicines in sugar-coated tabloid form. They included a sleeping draught, an influenza cure, a strychnine tonic, and a headache powder. Next morning his eyesight had almost gone, the hair was falling off his head, and he was foaming at the mouth. The doctors regard his case as desperate.

WHAT ARTICLES OF FOOD SHOULD A BILIOUS PERSON AVOID ?

Report of a lecture given by Dr. D. H. Kress at Wahroonga Sanitarium.

THERE is probably no condition more common among men than biliousness; no organ that is more complained of than the liver. Almost every trouble people have they attribute to the liver. The liver is one of the most important and most abused organs of the body. A great many diseases are attributed to the liver for which it is not responsible. Most of the diseases of the liver are due to errors in eating, and may be entirely avoided. By putting the fingers under the lower borders of the ribs, and pressing up half an inch, when in health, the lower border of the liver can be felt.

After partaking of a hearty meal, it will not be necessary to put the fingers up quite so far in order to touch the lower border of the liver. After a hearty meal, the liver is congested or enlarged somewhat. When a person habitually overeats, and takes two or three hearty meals a day, the blood vessels of the liver become chronically enlarged and the liver itself chronically congested. This condition is known in medical terms as a passive congestion of the liver. The cells of the liver are not able to do their work properly in this condition. The bile and waste products that should be eliminated through the hepatic cells are retained, and carried into the circulation, and then people have dingy eyes and a yellow skin. The system is saturated with those products which the liver should eliminate. The liver is a faithful organ, but is disabled often on account of being overwhelmed with work. But there are other causes aside from overeating that are responsible for biliousness.

A few years ago some experiments were made by some physiologists upon animals. The different animals were fed entirely upon fat. One man took a goose, and fed it entirely upon butter for a time. At the expiration of the appointed time the creature was killed, and it was then found that the liver was so enlarged as to fill the entire abdominal cavity, and was saturated with fat, so

that even by mechanical pressure the butter could be squeezed from it. The liver had undergone fatty degeneration. The cells of the liver were almost entirely destroyed. Another experimenter took a dog, and introduced a little tube into the bile duct where it enters the intestine. He allowed the bile to accumulate on the outside instead of flowing into the intestines, and then fed the animal on certain kinds of food to ascertain the effect on the elimination of bile. He found by feeding the animal on fat that less bile was secreted or eliminated, and the more fat fed to the animal the less amount of bile was eliminated.

This clearly showed that the use of fats as food interferes with the secretion of bile, and results in the accumulation of bile in the system, or in other words, produces biliousness. All the blood of the intestines and stomach runs to the liver, carrying the elements which have been absorbed. In the liver are little cells, and connected with them are little capillaries. The liquefied nutritive principles pass along these capillaries to the cells which absorb the food elements, and the wastes are eliminated by these cells through ducts which finally form the regular bile duct, which empties into the intestines. It has been found that when large quantities of fat are taken, the fat is also absorbed by the cell, so that it is unable to do its work of eliminating the wastes from the blood, and as a result these wastes are carried into the general circulation, and produce biliousness. So a person who wishes to get rid of this condition must avoid fats.

One of the principal functions of the liver is to store up sugar, and then deal it out to the system as required. When an excessive amount of sugar is taken, the liver is overwhelmed—has too much work to do—and the result is that the sugar passes into the circulation and produces biliousness. Not only that, but the excessive work thrown upon the liver disables that organ so that it is unable to carry on its work of eliminating the other poisonous products carried to it.

Probably another cause of biliousness is the free use of pepper, mustard, and other irritants. These substances are carried to the liver, and their first action is to stimulate the liver, or whip it up, so

FREE USE OF SUGAR.

CONDIMENTS.

EXCESSIVE USE OF FREE FATS.

that the liver secretes more bile; but as soon as the stimulation has worn off, there is a diminished secretion of bile, so that a person, in order to avoid biliousness, must continue the use of these irritants. When a person abandons these irritants, he becomes bilious, and so thinks that these substances are beneficial. The liver is merely being whipped up. This may continue for a few years until finally the organ gives out entirely, and the person comes to his end and that without remedy. The outside structures of the body are much more sensitive than the delicate inside membranes. If a little mustard or pepper is placed on the skin and tied up, you know the effect it would have,—a blister would be raised. Then think of the effect it must have upon the liver, upon these delicate cells. It seems to me that this is sufficient evidence that these things are an injury to the system.

One of the functions of the liver is to convert uric acid into urea.

USE OF FLESH FOODS. Uric acid is a technical term, and so perhaps you do not understand what it means.

It is the ex-product of albumin. When we take albuminous foods into the body, they have to be dissolved or converted into a liquid. After it is liquefied, it is absorbed and carried into the system to be converted into a solid or semi-solid in the form of nerves, muscles, bone, etc. By exercise, either mental or physical, a certain amount of this semi-solid tissue breaks down again. This has to be dissolved again in order that it might be held in solution by the blood and be carried out through the kidneys. After passing through a number of changes it is converted into uric acid. It is then carried to the liver, and by the muscles and liver the insoluble uric acid is converted into urea, and in that condition is readily eliminated by the kidneys. If it was not for the liver, the uric acid would pass direct to the kidneys in the form of uric acid to be eliminated. This would bring about serious disease of the kidneys, and is one of the principal causes of Bright's disease. We eliminate, daily, about three and one-half grains of urea in the urine to every pound of body weight, so in a day a man would throw off in the urine about 480 to 500 grains of urea, or about one ounce. In order to make up this waste thrown off we have to take three

times that amount of albumin. It would therefore be necessary to take three ounces of albumin daily in the food. This would keep up a physiological condition of the body. If an excess is taken, say six ounces, you can see at once that three ounces of that will either have to be converted into urea by the liver, or else it will remain in the system in the form of uric acid, and produce gout, rheumatism, neuralgia, or some other disease.

In the use of flesh food we are constantly in danger of taking too much of the albuminous element. This is why meat eating produces gout and is responsible for rheumatism. But in addition to the albumin in flesh, uric acid is also present to the extent of about fourteen grains per pound of flesh. In the flesh of the animal we have the same products (as in the human body) on the way to the liver to be converted into urea. The venous blood is laden with these waste products on its way to the liver to be converted into urea when the animal is killed.

So in addition to the excess of albumin, we take into the system the uric acid, and so the liver is overworked and becomes clogged. This is supposed to be not only one of the principal causes of Bright's disease, but also of diabetes. Dr. Haig has shown that diabetes is frequently caused through excessive meat eating. In the light of these facts it is very strange that diabetic patients were placed on an almost exclusive meat diet a few years ago. This is the very worst food that could be given them, because the excessive use of meat results in throwing an excessive amount of work on the liver. This interferes with the natural function of the liver to store up sugar, and so the blood becomes saturated with sugar. This then has to be eliminated through the kidneys. This is really what DIABETES IS—THE PRESENCE OF SUGAR IN THE BLOOD. Anything that overworks or disables the liver causes retention of wastes, and produces biliousness.

IN the old churchyard of Springkell, within a few miles of Ecclefechan, where lies the "Sage of Chelsea," a curious tombstone is to be found. It is a monument to a young woman who died from the effects of tight lacing, and as a warning to others, her fate is pictorially represented on her tombstone.

Telephones and Disease.

A SPECIAL mouthpiece for the public telephones has been introduced in Germany with the object of avoiding the spread of diseases carried by the condensed moisture of the breath. A pad of a large number of discs of paper, with a hole in the middle, is inserted in the mouthpiece, and the upper disc of paper is torn off after every conversation. The Vienna call-boxes are provided with napkins bearing the request, "Wipe, if you please." The practice of wiping the mouthpiece of the transmitter is a sanitary precaution.

London Births Decrease.

SOCIOLOGISTS were disturbed by the vital statistics issued recently, showing a marked decline in the English birth-rate. London shows a decrease since 1881 from 27.4 to 20.6 per 100 of married women under the age of forty-five.

The decline is most noticeable in the fashionable quarters of the capital, while the slum areas, such as Stepney, Shadwell, and Bethnal Green, are almost stationary. Outside of London the decline amounts to 25.8 against 30.3 in 1881.

Relieving Cough.

A SUDDEN and wearing attack of coughing often needs immediate attention, especially in consumption and those chronically ill. In an emergency, that ever useful remedy, hot water, will prove very effective. It is much better than the ordinary cough mixtures, which disorder the digestion and spoil the appetite. Water almost boiling should be sipped when the paroxysms come on. A cough resulting from irritation is relieved by hot water through the promotion of secretion, which moistens the irritated surfaces. Hot water also promotes expectoration, and so relieves the dry cough.—*Health Magazine.*

A Cure for Despondency.

WHEN Elijah was utterly depressed in mind, and believed that his brave attempt to create a reformation in Israel had completely failed, and that there was nobody left that cared for the true God, and was ready to die of a broken heart, then God gave him a quiet desert, far from distract-

tion, then a good sleep, then a comfortable meal, then sleep again, then more food, and then a six week's vacation. After that he recovered his spirits and was greatly improved in his religious feeling, his faith in God, as well as in bodily condition. One's religious moods may often depend on the condition of the body, if not one's religious life.—*Independent.*

Ice for Nausea.

A PHYSICIAN advances the theory that the distressing sensation of nausea has its seat in the brain and not in the stomach, and that relief may be obtained by cooling the base of the brain. He claims to have tested this often and thoroughly in the case of sick headache, bilious colic, cholera morbus, and other ills in which the nausea is a distressing symptom, without a single failure; also, that he once relieved the nausea resulting from cancer of the stomach by the application of ice to the back of the neck and occipital bone. The ice is to be broken and the bits placed between the folds of a towel. Relief may be obtained by holding the head over a sink, or tub, and pouring a small stream of water on the neck.

Tax on Superfluous Flesh.

THE authorities of Stockholm have decided on the introduction of a new local tax.

"According to expert investigation," say the City Fathers, "a full-grown man or woman should weigh no more than one hundred and twenty pounds. Parties exceeding that weight furnish proof triumphant that they are luxuriating too much in the good things of the world; that they eat and drink more than the average good citizen should. We therefore propose to tax superfluous flesh on a progressive scale.

"An excess of ten pound over the normal weight costs ten kroners per annum; twenty pounds cost twenty-five kroners; thirty pounds more than the limit, fifty kroners, etc." Needless to say, there will be an exodus of Swedes to Marienbad this summer, for the tax goes into effect next January, when all taxable persons will be weighed on the city scales in their stocking feet and overalls.—*Science Siftings.*

TRUE eloquence consists in saying all that is necessary, and nothing but what is necessary.

The Oldest Man Living.

MANUEL DEL VALLE of Menlo Park, San Francisco, U. S. A., is said to be the oldest man living who has satisfactory proof of the exact date of his birth. The certificate of his birth which is signed by the chief magistrate, gives the date of his birth as November 24, 1745, making him one hundred and fifty-eight years old. The old gentleman has never smoked or used intoxicating liquors. He has always taken a walk each day, and sits in the sun as much as possible. For some time his chief nourishment has been bean-broth. He is a devoted Christian, and gives frequent prayer as one of the necessities to long life; also sitting in the sun—his daily practice.

Worthy of Careful Study.

THE amount of meat consumed annually per head—

Australia	264 lbs.
Great Britain	118 "
Germany	64 "
Italy	25 "

Number of medical men required per million inhabitants—

Australia	719
Great Britain	578
Germany	355
Italy	280

Distants needed per million inhabitants—

Australia	128
Great Britain	126
Germany	62
Italy	22

—*Mulhall.*

Boxing the Ears.

THE drum of the ear is as thin as paper, and this is stretched like a curtain between the air outside and that within, and thus having nothing to support it, and being extremely delicate, a slap with the hand on the side of the face, made with the force which sudden and violent anger gives it, has in multitudes of cases ruptured this delicate membrane, resulting in the affliction of deafness for life.

As the right hand is almost always used, it is the left ear which is stricken. This aids in accounting for the fact that the left ear is more frequently affected with deafness than the right.

HOW TO GET WELL QUICKLY.

J. H. KELLOGG, M. D.

THOROUGH resolve is the first requisite to speedy recovery from illness. A great many sick people and invalids are not seriously in earnest about getting well. Some are not very sick—just comfortably so. Altogether too many have "enjoyed poor health for years." It is very difficult to cure an individual who "enjoys" poor health; there is no strong incentive to which the physician can appeal. An illustration in point which came under the writer's personal observation is the story of a man who came into the physician's office and said, "Doctor, I wish you would examine me and tell me just what is the matter. Don't be afraid to tell me just how bad off I am, for I can stand it. I am prepared for anything, and I want you to tell me all about it."

After a thorough examination the physician said, "You have nervous dyspepsia, gastric neurasthenia, and paresthesia of the lumbar ganglia of the sympathetic nerves."

"Is that all?" the man exclaimed.

"Oh, no," was the answer, "of course you have other troubles,—your skin is inactive, and your nutrition is bad; you are not in as good flesh as you ought to be."

"Is that all?" he said again.

"No. You have a very inactive liver, your pulse is slow, and your heart is weak. You are evidently growing old faster than you ought to."

"Is that all?"

"Well," said the physician, "there are other things that might be mentioned, but these are the principal features of your case."

"Doctor," said the man excitedly, "I don't think you understand my case."

"Why not?"

"Because I have every reason to believe my condition is hopeless, but you don't make it out to be very bad. Do you think you can cure me?"

"Yes, I think we can cure you; in fact, I have no doubt about it."

"What! do you think you can cure me?"

"Certainly I do."

His countenance fell more than ever.

"Doctor," said he, "you don't understand my case, or you would never have

said that. I am satisfied that my condition is hopeless."

The man was so discouraged over his prospect for recovery that the physician began to think he had made a wrong diagnosis. He asked his patient to come in again in a day or two. The latter went away with a very long face and an air of great dejection. A few days later he returned. This time the physician told him his case was very dubious. His eyes began to sparkle, and he asked anxiously, "And do you think now that you can cure me?" The physician considered it very unlikely. His face grew brighter yet, and a smile appeared. When the doctor acknowledged that his case was probably hopeless, he was actually joyous, and laughed outright.

"Doctor," said he, "did you ever see a case as bad as mine before?" The doctor admitted that he never saw just such a case before.

"Well," he added, "I thought you didn't understand my condition the other day, but you didn't take time enough to look into it; I am glad that you have at last considered it thoroughly, and I think that you understand it now."

This man was truly incurable, because he made a hobby of being a hard case; he wished to be considered the hardest case in the world. There are a great many people like him, people who are delighted to be considered peculiar cases, who take pleasure in attracting attention, and who have a morbid desire for sympathy.

It is a common experience to hear a man say, "Doctor, I have come here to get well. I want you to examine me and see what is the matter, and then I want you to tell me just what to do, and I will do it,—if it is to eat sawdust pills; I don't care how long it takes, I will stay here till I get well, if it means six months or a year." Perhaps two weeks later one is met by the following: "Doctor, I am getting well so fast that I think I can go home now. My business is so urgent that I feel as if I ought to be there attending to it. If you will kindly give me a few directions, I will buy a book, a battery, and some health foods, and continue the treatment at home." Two weeks before he was willing to sacrifice six months or a year of time and to eat sawdust pills; now he must go home at once

to attend to his business. When a man sees the open grave yawning before him, and feels that he is about to step off into the abyss, he is ready to do and to sacrifice anything to be snatched back from the contemplation of that awful picture. But the moment he has been started in the right direction, and before he has travelled ten steps, no longer having the dreadful sight before him, he is like the ostrich that hides its head in the sand and does not appreciate the fact that its enemies are close behind it. Now, because he is not looking into the grave, though he is still but a few steps from it, he is satisfied, and forgets entirely that he is still dangerously near the black precipice.

Getting well is something like mountain climbing. Very few can make their way alone. Some have to be pushed, others have to be pulled, while no small number have to be carried in chairs.

A certain woman who kept a restaurant once met a physician who had a large practice in the same town.

"Good afternoon, partner," she said.

"Partner! how is that?" he exclaimed.

"Why," she rejoined, "didn't you know that you and I play right into each other's hands? You take people that have worn out their stomachs eating scones, oyster stews, deviled crabs, etc., until they can not eat such things any more, and you fix up their stomachs; and just so soon as they get them fixed up enough so that they can eat some of these things once more, they come to my place, and I give them a good square meal, and that cripples their stomachs again; then they go back to you, and you doctor them up again; and then they come down to me, and I upset them again; and so we are playing into each other's hands all the time."

The man who has been sick and wishes to get well fast must not yield to the appetites that have laid him low,—cigars, mince pies, mustard, pepper, tea, coffee, etc.

THE bowel troubles of children, and many of the gastric and bowel disturbances of older persons, may be traced directly to the germs which are always found in great abundance in milk. Milk should never be taken without scalding it for a few minutes. This destroys the germs.

Mrs. Bramwell Booth on a Natural Diet.

At a recent reception of the London Vegetarian Association, Mrs. Bramwell Booth gave a most interesting and instructive address on the above subject, and related some of her personal experiences.

At the outset, Mrs. Booth emphasised the importance of a serious consideration of the principles underlying choice of diet. Animals follow mere instinct, but man has a higher intelligence to guide him in the selection of food.

It was largely due to the influence of her husband that fifteen years ago she gave up the use of meat, and wholly abstained from flesh food, save occasionally when in the course of her wide travels, better food could not be obtained, she would perhaps take a little fish. Nowadays there was little difficulty, as her practice became more generally known. Her decision to abandon meat was not easily made, because she found game and meat palatable, and was arrived at solely because

HER JUDGMENT ACQUIRED

with the statements made in support of a natural diet. Her father was an earl's steward, and while riding with him, some bullocks were pointed out as very ill. So the butcher was to be seen at once. The cause was cancer on the tongue, but the steward—a very honorable man—*supposed that the disease did not affect the rest of the body.* Telling this to a Salvation Army officer who presently was the guest of a butcher, he was told, "You've no idea how DIFFICULT IT IS TO GET SOUND MEAT." A third officer, lodging with a butcher's man, received the same assurance. That week he had cut up an animal whose liver was so full of cancer that none of it could be sold. *The rest of the body, he supposed, was perfectly sound.*

The aggregate of these and other considerations brought the conviction that natural diet would certainly agree with her mind, and make her feel happier in thought. She could not help feeling that it was bad education to take pleasure in slaughter houses, while no one disputes that such fruit as grapes and peaches makes the mouth water with delight. She would like, in the matter of slaughtering, to keep the golden rule in view, and, as she would

not like her own boy to be trained as a butcher, to use only those materials which would not necessitate other mothers' sons following so loathsome a practice.

So much for the principles; next for the practical benefits, which Mrs. Booth considered under the three heads of

HEALTH, ACTIVITY, AND REPOSE.

In former days she regarded headaches and sore throats as necessary evils. But in the last fifteen years she had understood what really good health meant. She had no headaches and only such weakness of throat as came by overwork in speaking. She had nursed all her seven children, and five of these had been vegetarians from birth. They had taken no allopathic medicines, and the usual ailments had been met by water treatment and a few homœopathic tinctures.

As for activity, she felt that she had been able to get through more work, since flesh food and work interfered with each other. In the last twenty years, as an officer in the Salvation Army, she had led a busy life. If anyone questioned whether her children were normal and could romp, she invited such persons to their home, to see and to hear them at 6 o'clock in the morning. Her eldest daughter had only the previous day entered the Congress Hall Clapham Training College, as a cadet, and she would sit at a table with other cadets who confined themselves to natural foods. An increasing number of Army officers were following this form of dietary.

A natural diet helped repose, both of mind and body; a repose rare in these busy days, when the nervous system is so much abused, and when, even among her workers, it was found difficult to get sleep without hurtful aids. She, herself, in this matter had no trouble. Finally came

THE MORAL ASPECT.

Few things, in Mrs. Booth's judgment, aid the degradation of human nature more than improper eating and drinking habits. Natural food, on the contrary, has a distinctly uplifting tendency. For a year past, flesh meat has been excluded from the Home for inebriate women, and with the best results. Indeed, in all the Salvation Army institutions, the meat bill was a gradually diminishing quantity. Obedience to natural laws promotes spiritual

power. Mrs. Booth made allusion to the pernicious habits among the poor of beer-drinking and smoking, and of spending money on food with little nourishment.

The Vapor Bath.

A VAPOR bath is an excellent treatment when the patient is threatened with an acute disease, as malarial or typhoid fever, also in chronic malarial poisoning. It is also useful to eliminate tobacco, alcohol, lead, and morphine, in chronic poisoning by these drugs. In cases of skin disease, whether due to parasites, microbes, or other poisons, it is one of the most useful curative measures, increasing the activity of the glands of the skin, and softening the hardened secretions which were obstructing the ducts. It also softens up, and by the aid of a shampoo brush, removes dead epidermic cells. This bath is also useful taken at the beginning of a cold; but great care must be exercised to cool off thoroughly before going out. The patient should lie down in bed for a time, and would do well to fast a meal or two, and it is better to take the bath just before going to bed. Unless these precautions are observed, the patient may find his cold worse, instead of better, for the treatment.

In either acute or chronic cases of inflammatory rheumatism, great relief is often experienced from a vapor bath or steaming the inflamed joint by giving a local vapor bath. This can be done by laying the inflamed member on a cane-seated chair or stool, or suspending it in a netting sling from a hook in the ceiling over the pail or tub containing hot stones, and then covering it with the blankets and oilcloth so as to keep the steam around it and produce local sweating, the other parts of the body being outside. This acts like a powerful poultice, and may be kept up for an hour or two. It is often useful in relieving the tension due to the swelling in cases of erysipelas, carbuncle, and other septic inflammations. The parts may be sprayed or cool water poured over them afterward, and then packed in cool or tepid compresses. Steaming the face by holding it over a pail of hot water, keeping the vapor in by covering up except around the nostrils, will often prove useful in acme and other skin diseases affecting the face.

Indeed, the vapor bath has its place, and

may be made useful and accomplish good results as a home treatment when given properly and in suitable cases. But it is a powerful measure, and may be a harmful one if given improperly or in unsuitable cases, or to patients weakened by chronic lung disease, hemorrhages, fevers, etc., by imprudent exposure, or neglect to cool off properly.

Frequency of Tuberculosis.

FROM the *Massachusetts Medical Journal* we abstract the following: "At the second annual American Congress of Tuberculosis, recently held in New York, familiar as most of the delegates were with the frequency of tuberculosis, they were surprised when Dr. Pryor told them that 14,000 persons die annually in the State of New York of this disease. One-sixth of all the deaths in the world are due to this one disease. Statistics show that in France, 150,000; in Germany, 170,000; in the United States, 160,000; in Paris, 11,000; in London, 13,000; New York City, 9,000, die every year of this disease. *Of deaths between the ages of fifteen and forty, tuberculosis claims one-third; between fifteen and thirty-five, one-half.* The mortality of tuberculosis alone exceeds that of war, plague, cholera, famine, yellow fever, and small-pox."

Each year the world yields up 1,095,000; each day, 300; each minute, two of its people,—as a sacrifice to this plague. Of the 70,000,000 individuals now peopling the United States, at least 10,000,000 must inevitably die of this disease if the present ratio is kept up, while in Australia fully 400,000 of its present population will be sacrificed to this plague.

What to do for Sore Throat.

SEVERAL times a day apply to the throat hot fomentations, followed by a cold compress—the latter being retained until the next hot treatment. The frequent use of a mild gargle is also beneficial. One teaspoonful of Listerine to a half glass of hot water makes a good solution for gargling. During the attack the throat should be examined frequently. If white patches appear upon the tonsils, it is best that a physician be called, not that this symptom is in itself alarming, but the possibility of diphtheria should be borne in mind.

HYDATID DISEASE—HOW PREVENTED.

MR. SEE laid on the table of the Legislative Assembly recently, some suggestions for the prevention of hydatid disease. It is pointed out that this disease arises from people swallowing the eggs of a tapeworm which lives in dogs. Dogs are therefore not to be handled, and are to be kept out of the kitchen garden. "If the dogs have contaminated water, do not use it for any purpose until it shall have been boiled; for boiling destroys the eggs. All vegetables should be boiled before eating them; but if salads or raw vegetables are required, take special precautions. Such vegetables from doubtful or unknown sources are best avoided. All salad vegetables should be pulled leaf from leaf and scrubbed under the tap (not in a dish), so as to detach any of the eggs, etc., that may be adhering to them."

PREVALENCE OF HYDATIDS IN MAN.

Hydatid disease in human beings is becoming especially common in Iceland and Australia. Three thousand cases of the disease have been reported from Australia alone in twenty years. In Iceland the proportion of persons infected has been estimated at as high as sixteen and two-thirds per cent., or one-sixth the entire population. While the disease exists in other civilised countries, it is more rare than in the countries named.

HYDATIDS IN ANIMALS.

Examinations made at different slaughter houses in Germany showed the presence of hydatids in some places in the proportion of four per cent. of all hogs slaughtered, but the hogs imported from Russia, Russian Poland, Bohemia, and Siberia were found in some instances infected to the extent of fifty per cent.

In Iceland it is rare to find a cow ten years old that is not infected, and in certain districts every sheep over three years old is infected. In India, according to Neumann, seventy per cent. of all the cattle are infected. Reports from Greifswald, Germany, showed that more than sixty-four per cent. of the cattle were infected, and more than one-half of the hogs. In Australia the disease is not only common among cattle and sheep, but also among rabbits.

In man hydatids may develop in various organs of the body, but they most commonly infect the liver and the lungs. They may give rise to enormous cysts, which contain many secondary or daughter cysts. In human beings, hydatids may develop rapidly or slowly. These have sometimes been known to exist in man for thirty years or more, but in fifty per cent. of infected cases, death occurs within five years. Blindness is sometimes the result of the development of a hydatid cyst in the eye.

CAUSE OF INFECTION.

Man, no doubt, frequently obtains the infection from dogs, by contact with these animals, the bodies of which are often infected from their own fecal matters. The dog becomes infected by eating the flesh of infected cattle, sheep, and hogs. As long as dogs are fed upon meat, they will remain a source of this most dangerous infection.

In countries, as Iceland and Australia, where hydatids in various forms is prevalent among cattle and sheep, it is also prevalent among men. There exists no doubt that the dog may act as an intermediary cause of infection between animals and man. But if it is possible for the disease to be communicated to the dog direct by feeding on the flesh of infected creatures, why may not the disease also be directly communicated to man by eating infected flesh? The disease seems to prevail in flesh-eating countries or in countries where the disease is common among the creatures that furnish man with food, as in Australia and Iceland; while in rice-eating India the disease, though equally prevalent among cattle, is not common among men. The use of infected flesh, not well cooked, is without doubt a cause of infection. The eggs of the tape worm may adhere to lettuce, celery, cabbage, etc., and be carried to the stomach. The shells of the eggs thus brought into the stomach are dissolved by the gastric juice, and the young parasite thus set free, quickly bores its way through the mucous membrane into the blood vessels, and is then carried to the liver or other parts, where it develops.



The Home.



Content to Be Simply a Wife.

I FEAR there are many who do not realise what it is to be a wife, when they take upon themselves the solemn obligations of the marriage vow. There is no more important position on earth than that of wife and mother. A woman may be fitted to shine a queen in society; she may even have the ability to stand in legislative halls, but in the charmed circle of home her influence is deepest and most lasting. Many of us have an unsatisfied longing for something higher, broader, grander than homely household duties; but I think it is better to adapt ourselves to our circumstances than to make ourselves and our families unhappy by our discontent. What true and loving woman would exchange her place as wife and mother for the highest position in the world? Then let us, who are wives, be true and loving, making our homes the dearest spot on earth to our husbands, and we will not fail of our reward.—*Western Rural*.

Cultivate Cheerfulness.

IF we but make up our minds to it, we can be cheerful under any circumstances, no matter how adverse and discouraging they may appear for the time being. And by how much we do this, by so much we increase our own and the happiness of those around us. Charles Lamb used to say that "a laugh is worth a thousand groans in any state of the market." Dr. Johnson maintained that the habit of looking on the bright side of everything was "better than £1,000 salary a year." Cheerfulness and diligence, says Samuel Smiley, are the life and soul of success, as well as of happiness; perhaps the very highest pleasure in life consists in clear, brisk, conscience-working. Bishop Hall wrote: "For every bad there might be a worse; and when one breaks his leg, let him be thankful that it was not his neck." There are few, if any, persons who find things just as they would like

to have them. Annoyances, vexations, and trials, are incident to the life of every one. We may allow them constantly to fret and irritate us, souring our dispositions, and making us unhappy generally; or we can rise above them and be cheerful in spite of them.

It should be the aim of all to cultivate a habit of cheerfulness; to look upon the virtues and not the faults of those around them; to refrain from brooding over the past, and study how the future may be bright and cheery. We should keep depression and low spirits at a distance, and not permit ourselves to indulge in melancholy moods or repinings because matters are not so and so.

As cheerfulness is essential to happiness, so regular habits and plenty of sleep are essential to cheerfulness. We cannot violate physical laws with impunity. There is such an intimate relation existing between the body and mind, that the former cannot be out of gear without disarranging the latter.

Wait a Little.

GIVE the child a chance. Suppose he has not done exactly right. Perhaps he sees his error, and is sorry for it, but has not come to the point of expressing his repentance. Wait a little. Do not nip the tender bud of regret by the harsh breath of blame.



"But," says the father, "the child's got to obey, and that's the long and short of it."

Is that the way men talk about their corn and their potatoes, their wheat and their grass crops? No, indeed! Soils, methods,

fertilisers, are studied anxiously, carefully ; but, alas ! in what haphazard fashion is the precious human product cultivated !

Make the child happy when it is possible. In the sunshine of joy the little human heart develops naturally, harmoniously. In grief, and anger, and sullenness he is repressed, chilled, thwarted, distorted.

A child should be allowed to have "his own way" whenever that way is innocent.

Not Born for It.

THE author of *Walks and Talks* gives a rat-trainer's statement, in support of the saying, "Culture can increase the size, quality, and flavor, but it can not change the kind." After seeing different rats perform various feats, the writer said to the trainer :—

"I understand that you can't teach *any* rat to do anything yon happen to want him to learn to do?"

"Oh, *nein, nein!*" the trainer replied. "You can't only teach a rat to do vot he vos made to do. Und ven a man is a goot rat-deacher, he knows dot ding, und he von't dry to teach a rat vot he can't learn.

"Und dot is yoost der tifference between a goot rat-deacher und a shoold-deacher," he added. "A shoold-deacher, he dinks he can teach any shild anyding vot he bleases. But he couldn't do id! Shildren is yoost like rats. Some vill learn von ding, und some vill learn anoder ding, und dot's a goot shoold-deacher dot knows dot ding, und vorks dot vay."

"Do you suppose I could ever learn to teach rats as you do?" said the writer.

The trainer eyed him a moment, and then said: "No; you couldn't do it. You vasn't der right kint of a man. Ven a man makes a good rat-deacher, he vos got to be born *yoost on purpose* for dot beezness, und I don't believe you vos born dot vay."—*Youth's Companion*.

Penalty of Gluttony and Intemperance.

"It is not for kings to drink wine; nor for princes strong drink."

"Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season for strength and not for gluttony."

Kings are generally supposed to be dignified, and to die dignified deaths, but there was very little that was kingly about the death of Louis XVI of France. A feast of pigs' feet was really the cause of death.

Louis was fleeing from the wrath of his subjects when a savory dish of pigs' feet caused him to halt and take a meal.

Henry I, it is said, died of eating too much crayfish and drinking an overdose of stale beer.

James I, after his sumptuous meals, used to mix his liquors. He died of gluttony and strong drink.

Charles II died of apoplexy, supposed to be due to overeating and strong drink.

Gluttony and drinking caused the body of Henry VIII to be covered with boils. These eventually caused his death.

The Emperor Charles V was also a victim to gluttony. He went to the monastery of St. Just in Spain, and lived there in retirement. The monks, it is said, kept a well-stocked larder, which tempted Charles sorely, and after eating too much, he went to his room and died.

Napoleon's method of eating was fatal to his plans on several occasions. The high living in Paris destroyed his digestive organs, and it was through indigestion alone that he failed to take advantage of the victories of Bowdino, Leipsic, and Dresden. But for this history it might have been very different.

Alexander the Great died of a fever brought on by over drinking.



It is well to heed the words of the wise man, "When thou sittest to eat with a ruler, consider diligently what is before thee. Thou puttest a knife to thy throat (Jewish version) if thou art a man given to appetite. Be not desirous of his dainties; for they are deceitful meats."

Questions and Answers.

Diabetes.—What is the best diet for persons having diabetes?

Ans.—Avoid soft, starchy foods as puddings and porridges, also meats, especially fish, oysters, and pork. Also avoid beef tea and meat broths, jams, and cane sugar. The following articles may be freely used:—

Buttermilk, cottage cheese, and eggs. Cereal foods: Zwieback in limited amount, granose, nut gluten (the latter may be freely used), and ordinary gluten biscuit may also be taken quite freely. Fruits: All acid fruits, including sour apples, also sub-acid fruits in moderation. Vegetables: Spinach, lettuce, and cauliflower may be taken freely. Nuts, nut meals, nuttolene, nuttose, and protose may be used as staple articles of diet; and bromose and malted nuts may often be used moderately without increasing the amount of sugar. A recent author observes that fruit sugar can be taken to the amount of three ounces daily.

Bright's Disease.—What is the best diet for a person who has Bright's disease?

Ans.—Avoid flesh foods of all kinds. It is highly important to avoid the use of oysters, fish, and red meats. Especially avoid beef tea and animal broths of all kinds. The diet should consist of fruits, grains, and nut preparations of various sorts. Substances rich in albumin, as eggs, should be taken in moderation. In acute cases an exclusive dietary of fruits and fruit juices is not infrequently necessary for a few days; buttermilk may also be adopted as a special dietary.

Prostration.—Is there a cure for nervous prostration?

Ans.—The only way to cure nervous prostration is to work and wait for a thorough process of regeneration. There must be growth of a new set of nerves, and great improvement in the general nutrition. The length of time required for this will depend upon the extent of the disease and the length of time it has been established. It may take six weeks, and it may take six years. When a person with this or any other chronic disease has to be made over new, it necessarily takes a long time.

Cramps.—Can you give me advice for cramps? Every night after being in bed for a little time, cramps come in the legs and feet. After rising, and rubbing them, the muscles seem to relax, but soon the cramps return.

Ans.—This is a symptom of poisoning. These cramps are very common in old age, when the kidneys become defective, and are not able to eliminate the poisons that are formed. It is these poisons that cause the cramps. This is one of the symptoms in Bright's disease. The principal thing for the person to do who is suffering, is to pay the strictest attention to the diet, and take treatment that will best aid in the elimination of the poisons responsible for the cramps.

Black Heads.—What is the remedy for black heads?

Ans.—Attention must be given to the diet.

Black heads are due to an accumulation of fatty matter in the ducts which carry away the secretion from the fat glands of the skin. The following is the proper treatment for a case of this sort:—Squeeze out the fatty matter, gently pressing the skin between the fingers, or by pressing upon the spot with a watch-key or a similar instrument made for the purpose. Wash the face thoroughly with a little fine soap, then apply a lotion consisting of two drachms of ether, two drachms of borax, and four ounces of water, which should be employed daily.



A New Method of Extracting Foreign Bodies from the Ear.

THERE IS NO more delicate and even difficult task, so states the *Medical Press*, than the extraction of a foreign body from the ear. Irrigation often fails to bring it away, and in certain cases adds to the difficulty by causing the object, a pea, for instance, to swell and become more firmly impacted. The employment of instruments is very painful and requires considerable dexterity, besides supposing an armamentarium specially designed for the purpose, which few general practitioners possess. The recommendation is made of a piece of soft rubber tube, the length of a cigarette and of the proper size to be introduced into the ear. The end of the tube is dipped in paraffin and pushed into the canal until it comes into contact with the foreign body, whereon the operator, applying his mouth to the free end, aspirates forcibly, at the same time throwing back his head. Except in cases of angular bodies of irregular contour, this method is usually attended by success, the body coming away with the tube.—*Jour. A. M. A., Nov. 29, 1902.*

In a recent report, Dr. Sheard, medical officer of health in Toronto, Canada, says that during the last year in the Blood Indian reserve of the Canadian Northwest Territories, in a population of two thousand there were one hundred and twenty-seven deaths from pulmonary consumption, constituting twenty-three per cent. of the total death rate. This occurred in a tribe occupying one of the finest climates in the world, among the foothills of the Rocky Mountains,—a region in which consumption is extremely rare among the white population.

Hope for the Hopeless.

JESUS said, "She is not dead"—not a hopeless case as ye suppose. She sleepeth. She needs someone to arouse her, someone to take her by the hand and help her up. They began to laugh at Him. Jesus taking her by the hand, said, "Child, arise,"—get up,—and the girl's spirit returned. Often the spirit of children is crushed. They receive so little encouragement in their efforts to do right. Parents expect impossibilities. Children are corrected in the presence of others. We forget they like it no better than we do, and are just as sensitive.

Their work and efforts are naturally imperfect. We must expect this, and encourage and teach them. Someone is needed to take these children by the hand, to encourage them, and their spirit will return. Hope will take the place of despair, and courage the place of fear and despondency.

"She instantly stood up," and Jesus ordered them to give her *something to eat*. How many after being raised to life perish for the want of food—parents neglect to feed them.

Many more would be raised to life if there were more feeders.

The evidence of our love to Jesus is shown in feeding His lambs.

He that provideth not for his own is *worse* than an infidel.

Philanthropy and Health.

"YE ask and receive not because ye ask amiss, that ye may consume it upon your lusts."

Many a one has become discouraged by such asking, and come to the conclusion that God's hand is shortened that it cannot save, and His ear heavy that it cannot hear. "Why have we called, and Thou hearest not; afflicted our soul, and Thou givest no knowledge?" is the cry of many a disappointed one. In reply to this inquiry God says, "Is it such a fast that I have chosen, a day for a man to afflict his soul, and to bow down his head like a bulrush? Is not this the fast that I have chosen, that thou deal thy bread to the hungry, and bring the poor that are cast out to thy house. When thou seest the naked that thou cover him, and that

thou hide not thyself from thine own flesh? Then shalt thou call, and I will answer; thou shalt cry and I will say, here I am." "Then shalt thou (no longer bow down thy head as a bulrush) delight thyself in the Lord." "Then shall thy light break forth as the morning, and thy health shall spring forth speedily;" for "unto you that fear His name shall the Sun of Righteousness arise with healing in His wings." "In blessing (others) I will bless thee."

The electric battery may be generating a strong current of electricity. I receive no benefit by merely grasping the one electrode, but by taking one in each hand, the current passes through the body, and I am benefited. It is needful to take hold with one hand on the throne of grace, and with the other of some poor struggling brother or sister in order to form a circuit, and be benefited by the life-giving current that flows from Divinity.

Selfishness and lack of interest in the needs of others separates from God. Therefore, the selfish soul receives nothing by asking. He is like a stagnant pool without outlet or inlet, whose slime-covered miasmatic waters pollute the air, and cause disease and death.

Dr. Baynard on Mineral Springs.

SIR JOHN FLOYER, in his most ingenious treatise on "Cold Bathing," written some two centuries ago, quotes Dr. Edward Baynard as authority for the following instructive story:—

"A certain person used to frequent Turnbridge (still a famous mineral spring), by which he found much benefit; but being hindered from going thither one season, did drink the same quantities of water taken from the pump of a spring in his own back yard, which did him as much service; whereupon he wrote this on his pump:—

'The pearl is a cheat;
'Tis water does the feat.'

Commenting upon this circumstance, a wise old physician of the last century remarked that when physicians advise their patients to use the water of some mineral spring, they tacitly acknowledge "that all their prescriptions may be excelled by water." The idea that the effects derived from bathing in these mineral waters might be due "to some mineral with which

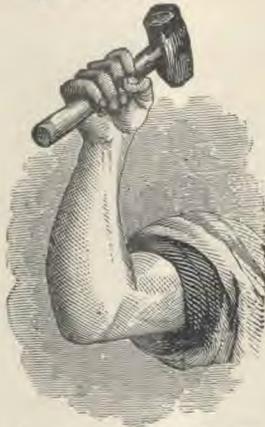
the waters are tinctured," he thought to be clearly disproved by the circumstances above related.

Doubtless a large proportion of those who travel long distances to visit mineral springs for the benefit of hot and cold baths, might be quite as readily cured by water from the home pump, freely employed internally and externally.

Of Interest to Athletes.

MR. G. H. CORSAN, the champion swimmer of Canada, says that fast swimming tries the extreme limit of man's physical endurance. To the question, "Is meat a good food to train upon?" he answers, "I say, most decidedly, No." His diet consists of the natural products of the earth, fruit and nuts in their natural condition.

Professor Eustace Miles, of England, the tennis champion of the world, is an enthusiastic vegetarian.



Miller, the champion six-day bicyclist, trained on a vegetarian diet.

These *facts* alone should convince any one that meat is not necessary to a vigorous life.

De Lesseps, the constructor of the Suez Canal, many years before his death became an earnest advocate of vegetarianism because, as he publicly stated, he never would have been able to construct the canal "without the aid of the date and barley-eating Arabs."

HE who owes God the most is often the one that does least for either God or man.

News Items.

REV. MR. PHILLIPS, a former patient at the Sanitarium, made us a friendly visit recently, and expressed a desire to be with us again.

MISS RILEY, head teacher in one of Sydney's public schools, is spending her vacation at the Sanitarium, resting and building up her general health.

MR. JOHN SCOLLER, after a stay of about two months at the Sanitarium, is again in good health and able to take up his literary work and other duties.

MRS. AND MISS LEWIS, of Ariston, Grand View Grove, East Prahran, Victoria, are spending a few weeks at the Sanitarium, enjoying the advantages and privileges of the institution.

MISS JESSIE MUNRO, of Rockhampton, Queensland, who was a patient at the Sanitarium a year ago, and made an excellent recovery, is returning with her sister to spend a portion of the summer with us.

MR. W. E. LEWIS, who has been a patient at the Sanitarium for the past four months, is sufficiently restored in health to resume work. He expects to spend the coming year at the Avondale School for Christian workers.

AMONG the other arrivals at the Sanitarium during the beginning of the new year were Mr. D. Faulkhead and wife, Mr. A. W. Anderson, and Mr. J. Johanson, and Pastors E. W. Farnsworth and E. H. Gates.

MRS. M. L. MOTT, of Richmond, North Queensland, also a former patient at the Sanitarium, is spending the summer months at the Sanitarium. Mrs. Mott has greatly improved in health, and was welcomed by all at the Sanitarium.

MR. AND MRS. COTRELL from near Auckland, New Zealand, left for their home a few days ago. They have been with us for several months. We shall miss them. We trust both may continue to improve in health.

MR. EDEN H. BABBAGE, general inspector of the Australian Banks, recently visited the Sanitarium, through the recommendation of a former patient, and expressed himself as highly pleased with the place and its general management.

A LETTER just received from Rev. P. B. Hanscomb, of Caterham, England, informs us that he is continuing treatment at our sister institution, the Caterham Sanitarium or Hydropathic Institute, and is steadily improving. Mr. Hanscomb was a patient at the Wahroonga Sanitarium before going to his home land, and improved greatly while here.

WE are pleased to report a monthly increasing patronage at the Wahroonga Sanitarium. At the beginning of the new year our patients numbered over thirty. In addition, we accommodated a number of guests, the entire family, including workers, being over seventy members.

RECENTLY an old gentleman came to the Sanitarium suffering from excessive hemorrhages due to ulceration of the stomach. His case seemed serious, but by careful treatment and dieting, in one week's time he was sufficiently restored to go about his work. He declares he owes his life to the Sanitarium.

MR. AND MRS. SALISBURY, of Melbourne, paid us a visit recently. Mr. Salisbury is manager of the Echo Publishing Company. The Sanitarium family were greatly pleased to see Mrs. Salisbury, who was a patient at the Sanitarium a year ago. Mrs. Salisbury is in excellent health now, and is full of life, although considered an incurable invalid for several years previous to her stay at the Sanitarium.

IMPORTANT meetings of the annual assembly of the constituency of the Sanitarium and Benevolent Association, were recently held at the Wahroonga Sanitarium. A most profitable time was spent together in planning for the extension of medical missionary work in its various phases throughout Australasia. The reports brought in by the different branches of the work were very encouraging.

THE Wahroonga Sanitarium is the largest and best equipped hydropathic in-

stitution in Australia. It adopts only the rational methods of treatment, as water, massage, electricity, and a corrected dietary. The surroundings are all that could be desired for invalids. Objectionable or hopeless cases are not received. To mingle with the inmates, one would hardly suppose that he was among a family of patients, the effort of all being to encourage cheerfulness. Recognising, "A merry heart doeth good like a medicine," let all future patients bring with them a good supply of good cheer and courage.

THE Wahroonga Sanitarium is not a hospital as many suppose. It is a *health home*. The home life and atmosphere are always encouraged. The report has gone out that at the Sanitarium all are compelled to live on two meals a day. This is not so and never has been. While experience has taught us that nearly all the patients do better on two meals while undergoing treatment, and recover more rapidly, there are others who are recommended to eat oftener. The diet and number of meals and treatments are adapted to each individual case after a careful examination is made. The food provided is the most nutritious obtainable.

While flesh food, tea, coffee, pepper, mustard, and other harmful substances are excluded from the dietary, the tables are spread with a much greater variety of foods than is found in ordinary health institutions or hotels. The foods are all prepared with reference to wholesomeness and nutrition, yet the aim is to make them so attractive and palatable that the change from a flesh to a non-flesh dietary will be inviting and agreeable. The table is not strictly vegetarian; for nothing is excluded that is wholesome. Fresh eggs from fowls that are fed on clean foods, and sterilised milk and cream from the Sanitarium dairy, are included in the dietary. To the skeptical who still feel that a fleshless diet must be a starvation diet, we would say, "Come and see," or "Taste and see."

"DURING the past year 430 tons of unsound food were destroyed by the sanitary authorities of Stepney. It is, however, satisfactory to know that, owing to the large number of prosecutions during the previous year, the condition of the food exposed or deposited for sale in the borough has improved."

ONE of the most extraordinary churches in the world stands in Park Avenue, Philadelphia. It has a vegetarian pastor, a vegetarian congregation, and a vegetarian choir. The pastor, Dr. Henry S. Clubb, is an Englishman, and though he is approaching fourscore years, and has been a lifelong vegetarian, he is still hale and hearty. He conceived the idea of starting a vegetarian church when he was in England. The Rev. W. Cowherd, of Manchester, was the founder of the first vegetarian church (established in 1809), and from him Dr. Clubb received his instructions.

IN the last half century we have increased our per capita consumption of sugar to three times. This increase in desire for sweets applies to the entire civilised world; for while the earth produced 1,150,000 tons of sugar in 1840, the record of 1900 gives us 8,800,000 tons. That is an increase of 650 per cent., while the increase in population has been only fifty per cent. The total product of the year in sweets will exceed £5,000,000. There are now 125 manufacturers of confectionery in New York, an increase of twelve since last year. Chocolate is used for confectionery more extensively than any other material except sugar. The total imports this year thus far amount to 25,512,364 pounds of raw cocoa and 926,219 pounds of prepared chocolate. This is an increase of more than 10,000,000 pounds over last year, and yet some people still wonder at the increase of dyspepsia.

A NOTED physician was once asked if a woman could ever wear a corset with safety. He replied, "Yes; I saw a woman the other day wearing a corset, and it did not seem to be hurting her. She was a wooden woman in a show window. I think we may venture to affirm that corset wearing will not injure her a particle. If a woman is made of wood, or cast iron, or steel, she can wear a corset with safety; but if she is made of flesh and blood, with soft and yielding skin and muscles, she cannot wear any close-fitting clothing without serious consequences."

THE vegetarian diet is generally too poor in fats. The ripe olive, the comple-

ment of fruit, contains just what fruit lacks, and makes up a perfect diet, being a wholesome source of fat.

Fruits offer acids, sugar, and fluid in abundance, while the olive supplies fat. It is a good diet for those who are suffering with diabetes and Bright's disease, and all those who have lost their ability to digest starch (from rheumatism, liver complaints, etc).

It is a good substitute, with its delicate, nutty aroma, for creamery butter swarming with germs.

Power of Endurance—Its Secret.

THOSE who live on a vegetarian diet are, as a class, heavier, harder in muscle, capable of greater endurance and of performing greater feats of strength, than those who live on a mixed diet, as proved by Professor Forbes, from experiments on flesh-eating Englishmen, porridge-eating Scotchmen, and potato and bread-eating Irishmen, the Scotchmen being superior in height, weight, and strength to the Englishmen, and the Irishmen superior to both. (See *Chamber's Information for the People*, sheet on the physical history of man.) "The Laplanders, living on flesh, are a diminutive race, while the Finns, who inhabit the same climate, and live chiefly upon the products of the soil, are as fine a race as the Swedes or Norwegians." "The difference," says Dr. Lambe, "must be attributed mainly or entirely to diet."

We should remember that meat-eaters, whose health has been ruined by meat-eating, but who have prolonged their lives in comparative comfort by adopting and adhering to a vegetarian diet, are not fair samples of vegetarians. Sir Edwin Arnold stated that the finest body of men he ever saw together in his life was a regiment of native Sikhs in India, who had never tasted meat. It is also noteworthy that the beef-eating Englishman, when he goes to climb the icy Himalaya Mountains, gets a rice-eating Hindu to carry him on his back.

Instead.

DOCTOR: "Do you know that most physicians are comparatively poor men?"

GIBBS: "No; I wasn't aware of that; but I know some of them are extremely poor doctors."

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THE following letter needs no comment, Editor

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provement for a few weeks, when suddenly she refused it altogether. I was then very pleased to try your advice, and give the food you recommended, granose and malted nuts. I am glad to say she has improved steadily ever since. She is now sixteen months old, is just able to walk alone, and has some of her double teeth. She is the picture of health and quite rosy and happy. I cannot adequately express one-half the gratitude I feel and have felt for months for your kindness; for I felt she would die if a change did not take place speedily, and when she refused the malted milk, I should have been in despair had not your advice reached me in time. I do trust you will feel and understand how grateful we feel for the help given in a time of great need, and if you could see the little one now, I feel sure you would feel well repaid for the trouble you took to see her in such good health. She has had nothing but the food made as you directed, four times a day, and sometimes only three times, for she sleeps past the time sometimes, and lately she has had several meals of freshly gathered strawberries and dry toasted granose biscuits with them. But I must not trespass on your time further, only I thank you once more for the help given me in a very trying time.

Your sincere well wisher,

M. S. H.

FLUIDS remain but a short time in the stomach. According to Moritz (*The Medical Bulletin*, Philadelphia), pure water is passed into the intestine almost immediately in the dog. Curdled milk is retained longer. If solids and fluids are taken together, the fluids are first ejected, and the solids later. Hot water passes from the stomach more readily than cold water. On the other hand, aerated water is retained longer in the stomach than ordinary water, and beer still longer.

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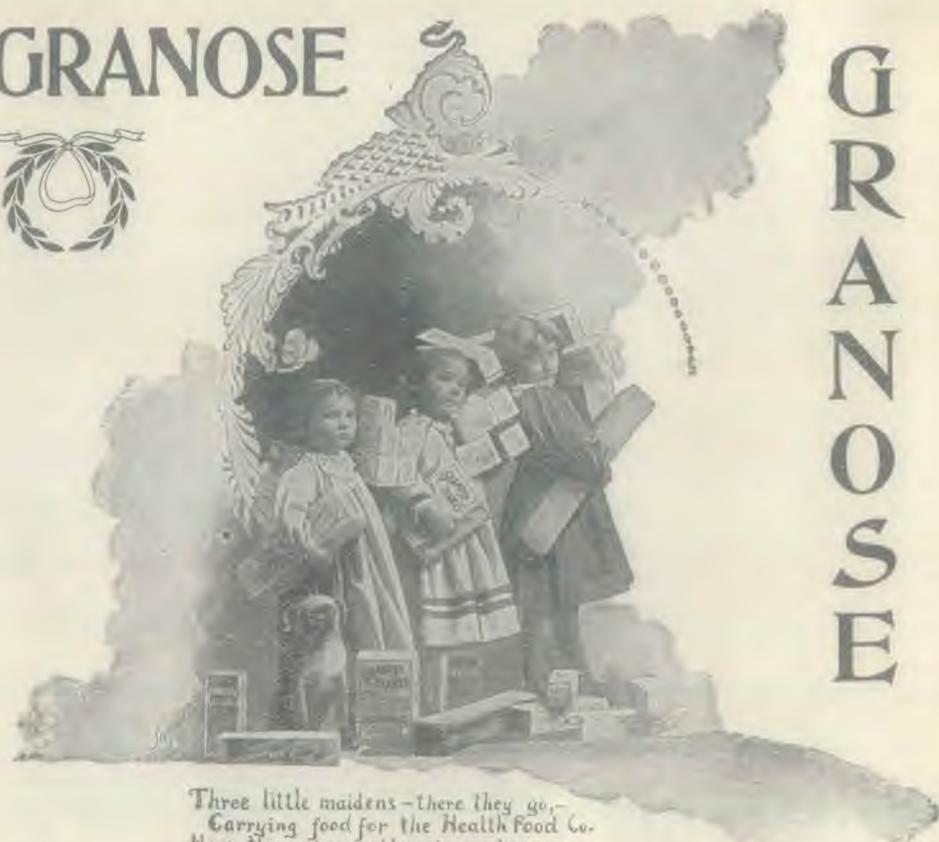
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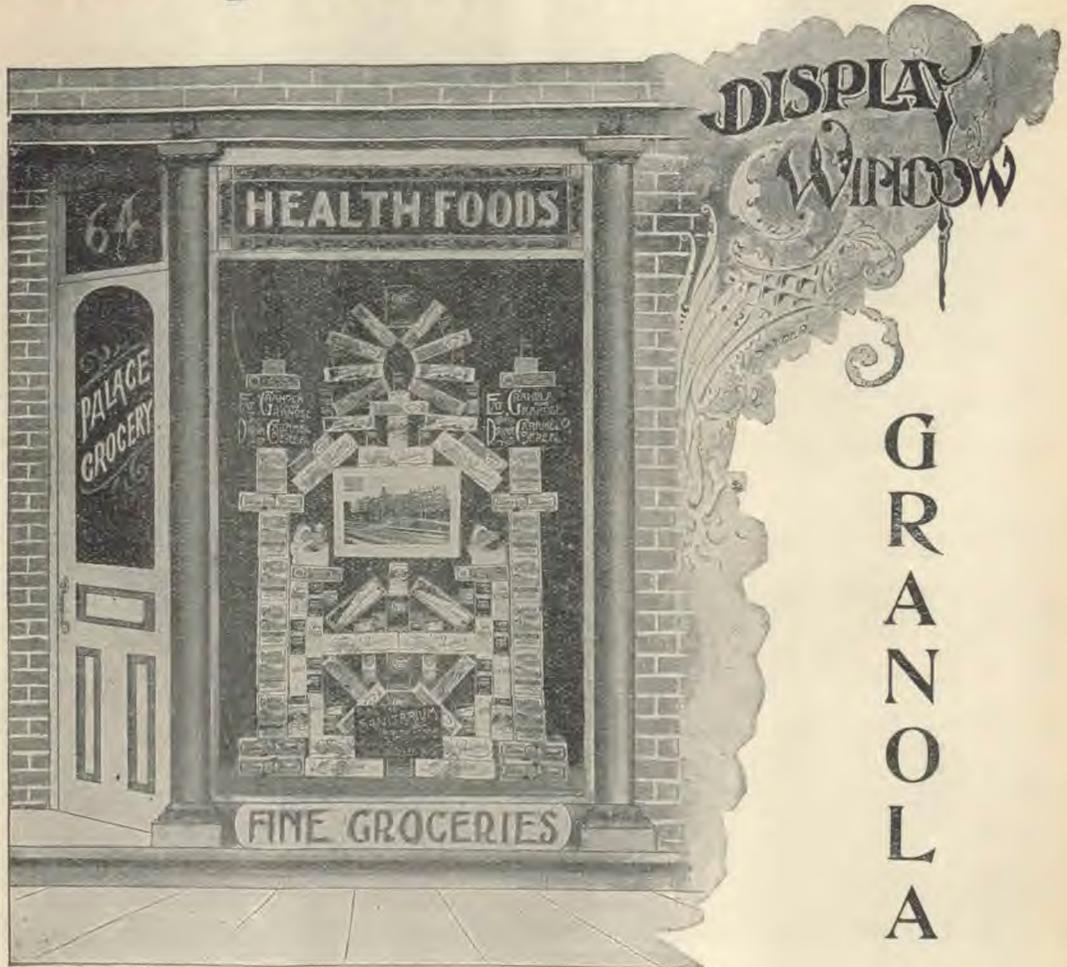
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