

THE AUSTRALASIAN GOOD HEALTH

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The Australasian

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Medical and Health News.

Tea and Indigestion.

ACCORDING to Dr. Brunton, tea occasions indigestion in consequence of the tannin which it contains. He says:—

“Tea is very apt to cause a feeling of acidity and flatulence. Sometimes the acidity comes on so soon after the tea has been taken that it is difficult to assign any other cause for it than alteration in the sensibility of the mucous membrane of the stomach or esophagus. Tea contains a quantity of tannin, as we very readily notice by the black spot which a drop of it will leave upon a steel knife, and it contains also caffeine and volatile oil. The effect of the tannin is to interfere very considerably with the digestion of fresh meat; and there are many people in whom tea, taken along with fresh meat, will upset the digestion.

“Tea in the afternoon, two or three hours after lunch, will sometimes bring on acidity almost immediately; and I am inclined to think that this is due either to its producing increased sensibility of the gastric mucous membrane, or, what is perhaps still more probable, to its altering the movements of the stomach, so that the mucous membrane of the cardiac end of the esophagus becomes exposed to the action of the contents of the stomach. These are much more acid two hours after a meal than they are immediately after it, and they will thus produce a much more irritating action upon a sensitive mucous membrane. A part of the mischief wrought

by tea in the lower classes is due to their allowing it to infuse for a long time, so that a large quantity of tannin is extracted. . . . The practice of sipping the tea almost boiling hot is also apt to bring on a condition of gastric catarrh; that is, inflammation and disorder of the lining membrane of the stomach.”

How to Avoid Appendicitis.

DR. CHAMPIONNER, of the Academy of Medicine, Paris, is reported by the *Lancet* to have declared that “every day more confirmation is forthcoming of the idea that it is the abuse of a meat diet that is the principal cause of appendicitis. In those countries where the natives eat very little meat, as in Brittany, the disease is very rare. In England and the United States, where a great deal of meat is consumed, appendicitis is four times more prevalent than in Paris.”

Robert H. Perks, M. D., F. R. C. S., has had over twenty years' practice in the medical profession, and has been superintendent of two large hospitals, and he cannot remember a case of an abstainer from animal food having had this disease.

Dr. Josiah Oldfield, of the Lady Margaret's Hospital at Bromley, and Harley Street, London, who has been a food-reformer for twenty years, reports a similar experience; as also does Dr. C. H. Harris, of Kilburn, who has had a long career as a medical man.

The Trailing Skirt—Its Dangers.

DR. CASAGRANDE, of Rome, stated that he had employed a number of women wearing long skirts to walk for one hour through the streets of the city, and after their promenade was over, he had taken their skirts and submitted them to a careful bacteriological examination. He found on each skirt large colonies of noxious germs, including those of influenza, tuberculosis, typhoid fever, and tetanus, and numerous other bacilli which also were represented on each skirt.

That women should willingly submit themselves to the filth, to say nothing of the possible danger, of trailing skirts has long been a wonder to sensible people.

The ordinary sticky mud which prevails in the streets of any city adheres closely the moment a garment touches the ground. It dries in the course of a few hours, and is then shaken off when the skirt is cleansed at home. Thus the vilest germs of the street invade the privacy of the best-kept houses.

Sydney's Declining Birthrate.

ACCORDING to recent reports from the government statistician, decline in birthrate still continues. The birthrate in proportion to the population for the month of January was the lowest of any month without an exception during the past ten years. There are, undoubtedly, many causes at work which are responsible for this. The Royal Commission appointed to investigate this problem, will no doubt in the near future call attention to these.

We merely wish to add that any habit of life which results in deterioration is in a measure responsible for the condition. The declining birthrate is one of the warnings Nature holds out of the physical decline or lowered vitality of the race in civilised countries.

When Smoking Was a Crime.

THE earliest instance known of penalising smoking in the streets, says *Health*, is in the court books of the Mayor of Methwold, in Norfolk.

There is the following entry on the record of the court held on October 14, 1695:—
"We agree that any person that is taken smoaking tobacco in the street shall forfeit

one shillinge for every time so taken, and it shall be lawful for the petty constables to distraine for the same, for to putt to the uses above said (*i. e.* to the use of the town). We present Nicholas Barber for the smoaking in the street, and doo amerce him one shillinge." The same rule was repeated at courts held in the years 1696 and 1699, but no other fine is mentioned at any subsequent court.

The Morphia Habit.

MUCH sensation and some bad blood has been stirred by a new crusade organised by the leading New York clergymen.

The crusade literature states that America is fast becoming a nation of morphine-fiends, and over a million people in New York are slaves to the drug.

Physicians are alleged to be the chief victims, as well as the chief cause of trouble, being too ready with the hypodermic needle. Actresses are next on the list, and then clergymen and dressmakers.

The Rev. Mr. Sample, Moderator of the Presbyterian Assembly, is the president of the Anti-Morphine Society. Mr. Sample sold his carriages and his wife's jewels to help the cause.

The secretary is the Rev. Mr. Richie, and a number of prominent laymen are directors.

The society mentions a list of well-known persons who have been reclaimed, and several of these have threatened legal proceedings.

An anti-morphine refuge is being erected.

Tobacco in New Zealand.

ON and after January 1, youths under sixteen years of age in New Zealand will be prohibited from smoking. Even the permission of a parent or guardian to indulge in the use of the weed will not be accepted by the State as a sufficient excuse, and the sole escape from prosecution available for boys who smoke tobacco in Maoriland is the production of a certificate from a medical man that smoking is beneficial to the youth's health.

THE best cross for us is almost always the one we find ourselves least willing to bear.

Bacteria in Butter.

A tiny lump of butter only large enough to go into a thimble has been known to be tenanted by nearly 48,000,000 germs. Addition of salt is made with the object of extending the keeping powers of the butter, or, in other words, to suppress the activity of the bacteria in the butter. That salt does act in this manner is shown by the fact that in butter thus treated a very large reduction of bacteria is effected. Boracic acid is added for the



same purpose. Milk supplied to St. Petersburg and described as the purest procurable was found to contain a minimum of over 10,000,000 and a maximum of over 83,000,000 of bacteria in from twenty to twenty-five drops, while in other samples a minimum of 2,400,000 and a maximum of 114,500,000 were found. Fully ninety per cent. of the germs rise to the surface with the cream, and are to be found in the butter.

The Secret of the King's Good Health.

THE reason for the remarkably good health which King Edward has enjoyed since his coronation has at last been allowed to transpire (says a home paper). The secret is found in the fact that for many months past his majesty has been indulging in a systematic course of electric light baths.

One of King Edward's firmest resolves is to maintain the wholesome dieting to which he has for a long time past restricted himself. Few people are aware, perhaps, that his majesty will never partake of butter

under any circumstances.—*Daily Telegraph*.

It is said that the king as a result of careful dietetic habits is to-day in enjoyment of all the elasticity and robust health of a man twenty years his junior, and is able to get through a surprisingly large amount of work. Long live the king.

INCREASED VALUE OF FOOD WHEN THOROUGHLY MASTICATED.

J. H. KELLOGG, M. D.

FOR some years Mr. Horace Fletcher, a wealthy merchant of Venice, Italy, has been making experiments respecting the increased value of food when thoroughly masticated. He has published the results of these experiments from time to time, and recently has succeeded in interesting the most eminent physiologists and scientists of the world in his observations. Mr. Fletcher has taken up the question of dietetics from a purely philanthropic standpoint.

In Mr. Fletcher's opinion, dietetic reform is the foundation of all reform. The improvement of man must begin, according to Mr. Fletcher, with an improvement of his body.

Mr. Fletcher's experiments, made under the most careful scientific supervision, have shown that if care is taken to chew the food four or five times as long as usual, the food is utilised to so much better advantage that its sustaining power is wonderfully increased, and hence the amount required is considerably diminished.

Sir Michael Foster of England, Prof. H. P. Bowditch, and Professor Chittenden, of Yale, have thought it worth while to make a special, personal investigation of the matter, and Professor Chittenden has recently given public expression, in his interesting article in the *Popular Science Monthly*, to his endorsement of Mr. Fletcher's views.

The military department of the United States government, recognising the importance of this question in relation to army regimen, has detailed twenty men to give their entire time for several months to an exhaustive series of researches, the aim of which will be to subject Mr. Fletcher's claims to the crucial test of exhaustive experimentation.

Mr. Fletcher's experiments have shown that an ounce and a half of proteids daily is ample for the perfect support of the body, even when subjected to arduous physical labor. This is scarcely a third of the amount ordinarily consumed.

Another interesting observation which has been made by Mr. Fletcher is the fact that when the food is properly chewed, there is marked absence of those fermentations and putrefactions which are so often present in the alimentary canal,—not only in the stomach, giving rise to flatulence, but also in the small intestine, particularly in the colon, resulting in the formation of poisonous substances which thin the blood and permeate the tissues, interfering with all the vital functions, giving rise to a variety of chronic diseases, as well as neuralgia, neurasthenia, insomnia, rheumatism, mania, degeneration of the blood vessels, Bright's disease, hardening of the liver, and other degenerations and ailments too numerous to mention.

The small residue which results when the food is thoroughly masticated is remarkably aseptic. Putrescent processes are almost altogether absent. Fecal matters are comparatively inoffensive, and greatly diminished in amount, and one of the greatest burdens under which the body struggles, through the necessity for eliminating from the skin, the lungs, and other excretory organs the enormous quantities of poisons produced by the decomposition of foodstuffs in the alimentary canal, is lifted, and as the result, the individual experiences a lightness and clearness of intellect, increased vigor, endurance, and resistance of disease which is almost past belief, until one has actually experienced this delightful transformation.

That these views of Mr. Fletcher are not mere fancies has been demonstrated again and again, not only by himself and his immediate friends, but on a large scale at the Battle Creek Sanitarium, where, for many years, these ideas have been more or less thoroughly inculcated, and especially within the last two or three years. Any one can easily demonstrate the truth of Mr. Fletcher's contention by experiments upon himself. The habit of chewing thoroughly is very easily and quickly acquired, and when once the habit is formed, the increased satisfaction experienced in eating, the marked increase of energy, and

the sense of well-being which results from this manner of eating, become sufficient incentives to lead to the continuance of the practice.

A PHYSICIAN'S VIEW OF SIN.

AN article by Rev. David Beaton recently appeared in a religious journal, in which the writer expresses convictions that are fast gaining ground among those who see a natural relation between the physical and the moral constitution of man. The author says:—

“Sin is any want of conformity unto or transgression of the law of God.” This definition is all but perfect from the point of view of the theologian, and carries even to the lay mind a fine sweep of ethical dignity in its resistless inference that the moral law is the will of God. But have we not almost universally thought of this law as relating to theft, murder, unclean desires, and all those moral errors that arise out of the unregenerate heart? How seldom, even among Christians of intelligence and piety, do we think of our eating habits as being a gross breach of some of the plainest laws of God.

“I heard a physician of international fame speak on this subject in a way that cast a searching light on some of the moral problems of our time. ‘Intoxication,’ he said, ‘we all allow to be a sin; but intoxication lies not alone in drinking alcohol or chewing bang or smoking opium and tobacco, but in the excitation of any sensuous felicity for the mere pleasure of such excitement. Such unlawful excitement is more frequently procured by our pampered and gross habits of eating than by the use of alcohol and narcotics. The ordinary eating habits of the Christian world,’ he went on to say, ‘are poisonous, and therefore sinful. Mothers teach their children by the use of sweet cake, candies, condiments, pickles, and other noxious things, that our object in eating is sensuous felicity. The young mind is thus perverted in the very nest, as to the physiological and moral purpose of eating. This sin is on the ground floor of the physical life, and one sin leads to another. The poisoning and blistering of the stomach by the use of vicious food leads to the craving for strong drink.’

“While staying at the institution where

such scientific ideas are made the basis of the cure of disease and the reform of our eating habits, I was careful to observe the effect of this physiological view of sin on the minds and hearts of the people present. Said a business man to me, 'When I am at my business, I do a good deal of cursing, but here I feel no temptation to that sin.' Another expressly stated that under the diet of the institution he had no craving for the strong drink which he felt he must have in the ordinary round of life at home. What is the explanation of these physiological facts? and what is the cause of that sweet, calm, spiritual atmosphere which pervades the place? Is there not some intimate connection between the pure thoughts and the pure food? between the absence of temptation and obedience to the laws that govern the gastric juices?"

Value of Fruit Acids.

FRUIT acids are treated in the system in precisely the same manner as starch or sugar. They oxidise, or burn, and thus lose their acid nature. Recent studies of the subject show that comparing equal weights of fruit acids and sugar or starch, the acids have a nutritive value about one-half that of starch or sugar. Fruit acids, however, have the advantage over starch and sugar in the fact that they require no digestion, but are ready for immediate absorption, and on account of the alkaline character of the blood, they are absorbed with great facility, even more rapidly than is pure water.* This accounts for the universally refreshing effect which is experienced after taking a little ripe juicy fruit, or after taking a glass of freshly pressed apple juice or diluted fruit juice of any kind.

Fruit acids, like fruit sugars, represent predigested foodstuff which has been cooked and digested by the actinic rays of the sun, and is ready for immediate assimilation.

It has been remarked that most Italians of the poorer classes are noted for their general good health. This is said to be due to the fact that the working people of Italy eat less meat than those of any other European nation.

A Toothless Race, or the Causes and Remedy of Decayed Teeth.

Lecture by D. H. Kress, M. D.

MEDICAL men have lately been discussing whether tooth-powders are really necessary to preserve the teeth. Decay is mainly caused by decomposition of matter lodged in the cavities of the teeth. This can be prevented, it is argued, by a good brushing with a not too hard brush. Our mode of life and style of preparing our food is, no doubt, responsible for the abnormal preponderance of decayed teeth. We know that our primitive ancestors were the possessors of good strong teeth, while present-day savage peoples have splendid teeth. But after these races become civilised, their teeth begin to degenerate.

Dental decay is so common in Australia that it seems that if some change does not occur speedily, we are destined to become a toothless nation. It is not uncommon to see children eleven and twelve years of age with scarcely a sound tooth, and young women, yet in their teens, with full sets of artificial teeth. Very few young men or young women above twenty years of age are to be found with perfect teeth, or teeth even sufficiently preserved to insure proper mastication of the food. The physician in prescribing for his patients recognises that one of the essentials for recovery is the thorough mastication of food, but it is almost useless to prescribe this measure when there are no teeth with which to masticate. *It is rare indeed that decayed teeth are found among animals.*

Should dental decay be as prevalent among our choice Australian horses as it

**HORSES
VS.
MAN.**



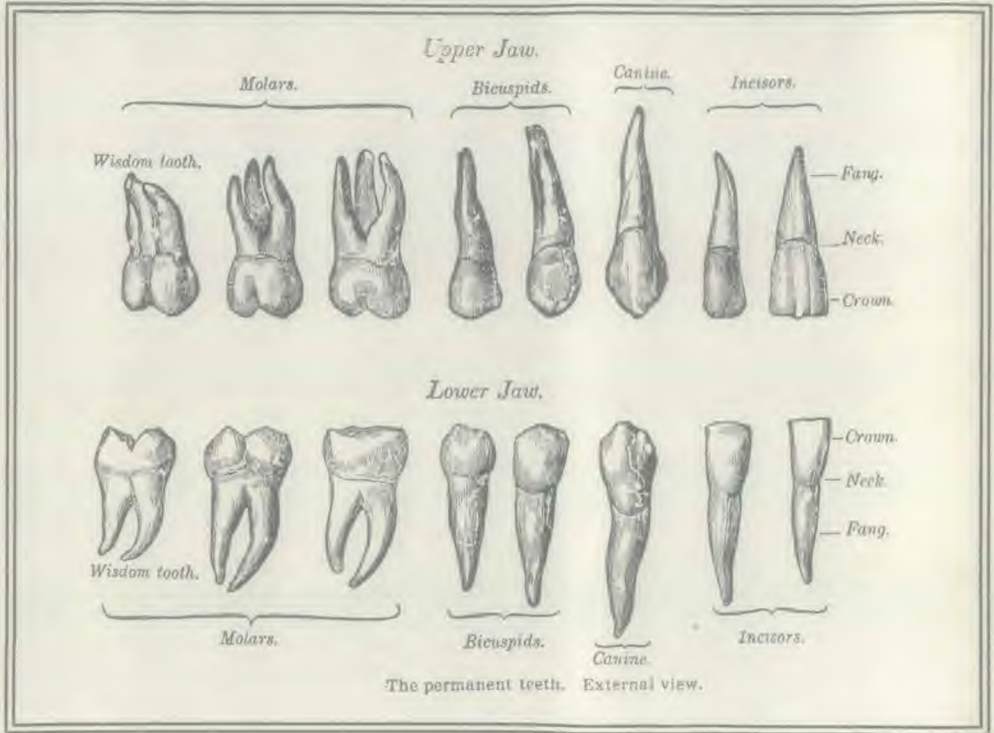
is among our choice young men and women, we should regard it as a serious

matter, and grave fears and feelings of alarm would be manifested, for every horseman knows that a toothless horse is almost a useless horse. Dental decay of even a few teeth greatly depreciates the value of an animal. Sir George Sydenham Clarke, in addressing a public meeting recently, said, "Should the people of Australia devote as much thought and care to their youth as they do to their choice horses, we would develop one of the finest people in the world." I am

which is committed to him, shall be taken even that which he has. This is a law which is universal and unalterable. Teeth unused therefore degenerate, decay, and drop out.

In semi-civilised countries where the inhabitants live upon foods which require thorough mastication, dental decay is practically unknown. The monkey seldom is troubled with decayed teeth. The monkey subsists upon nuts,

**USE OF
SOFT
FOODS.**



certain this is true. Should we feed our valuable horses upon white bread, flesh, pickles, pepper, mustard, puddings, and pastries, they too would develop dental decay.

Decayed teeth are no doubt due to the free use of soft foods or to improper mastication. The arm unused atrophies and weakens. Fish confined to dark caves lose their sight. Organs or muscles unused degenerate.

From the one who fails to make use of that he has, or refuses to trade upon that

maize, and other foods requiring mastication, and refuses to eat soft foods. Dr. Allison of England tried for six months to persuade a monkey to eat soup, without success.

A gentleman returning from India related the following incident to me: "On my return trip from India I brought with me a small monkey, and presented him to my sister. One evening she invited some friends to supper. Among other delicacies on the table there was a very fine pudding. She handed a dish of the pudding to the monkey who was seated by her side at the

**CAUSES
OF
DECAYED
TEETH.**

table. He dipped his hand into it, and not knowing what to do, he turned and wiped it on the dress of his mistress." The spoon is a modern invention. Nature has provided man with hands.

Another cause of dental decay is the absence of a sufficient amount of salts in the food to build up the bony structures of the teeth.

WHITE BREAD.

The bones, brain, and nervous system is in need of the carbonates, phosphates, calcium, etc. In fine flour bread so freely used in Australia, these salts which are principally below the bran are absent, being rejected with the bran in milling. The noted authority Baron Liebig, after having carefully analysed various breads, says wholemeal bread has 200 per cent. more phosphates than white bread.

Flesh foods are also deficient in bone-forming elements. The animal feeds upon grains and herbs, which contain all the elements needed for their bodies. The arterial blood holds in solution all these elements. They are carried throughout the system, where these different elements are utilised. The bones require and appropriate one kind, the hair another, the teeth another, and the muscle tissue another. But the fleshy tissue appropriates only that portion which makes flesh, therefore the flesh we eat lacks the brain and bone forming elements. In order for animal food to be a perfect food, it is needful to eat the entire animal, bone and all.

FLESH FOODS.

Flesh foods are deficient in these useful elements needed by the body as building material, especially the bone-forming elements or salts. It has been found that wholemeal bread contains sixty per cent. more salts than flesh meats. The true carnivora, as the lion, the tiger, the wild cat, etc., obtain the needed salts by sucking the arterial blood of the animals they slay. The arterial blood holds the salts with all the other needed elements in solution to supply the needs of the body. All these are in possession of good teeth.



The domesticated carnivora, as the dog, being fed upon flesh only, must derive the

salts from other sources. He finds it necessary to resort to gnawing and eating of bones in which the salts are deposited. Deprived of bone, he too becomes ill and toothless.

In countries where white bread and flesh meats form the staple articles of food, as is the case in Australia, what else can be expected but dental decay and loss of teeth? Is there a remedy for this condition?—Certainly. All that is necessary is to bring up our little ones on grains, nuts, legumes, vegetables, and fruits, which contain all the various elements in about the right proportion to meet the needs of the system, and to have these prepared in as dry a form as possible so as to encourage thorough mastication; and decayed teeth in the next generation of Australians will be as uncommon as among uncivilised races and horses at the present.

Dyspepsia.

DR. BRUNTON makes the following suggestions to dyspeptics:—

1. Eat slowly, masticate and insalivate thoroughly. And, if necessary, follow Sir Andrew Clarke's rule—count the bites.

2. Take the solids and liquids separately, so as not to dilute the gastric juice nor weaken the digestive ability of the stomach.

3. If necessary, let the patient take his farinaceous food and the proteids at different meals.

4. The best fluid is hot water, taken early in the morning and an hour or two before lunch and dinner.

a. Alkalies before meals stimulate secretion of gastric juice.

b. Acids before meals check acid secretions of the stomach.

c. Where the food remains in the stomach an unusual length of time, lavage should be resorted to.

Blows given children with more or less severity and greater or less frequency in the region of the spine may cause serious brain and spinal trouble. Moreover, the state of the brain and nervous system has a great effect upon the disposition, and the shock which may possibly cure one fault may, by disordering and deranging the nervous system, produce faults of much graver and more complicated nature.

Tobacco Inhaling in India and Its Results.

HERE is an interesting extract from "A Summer Ramble in the Himalayas," a travel book published by Hurst and Blackett in 1860:—

"With a small stick a hole is made in the ground some inches deep, widening it a little at the top. A span from this is made another slanting to the bottom of the first. Into the former they drop a small ball of grass rolled up, and over it the tobacco. Putting their closed hand over the orifice at the other, they inhale the smoke through it.

"The hillmen smoke something like the Spaniards, seldom taking more than a single whiff at a time. During my travels I several times remarked this manner of smoking to have an extraordinary effect, and the first time I was somewhat alarmed for the consequences. A man after taking a hearty pull was seized with a violent trembling, as if in a paralytic fit, and gradually sank to the ground, totally devoid of consciousness, while his face and muscles seemed to denote a state of intense suffering. This lasted several seconds,—in some cases it continued several minutes,—when he slowly recovered, to be soundly rated by his companions. He had been too greedy, and had taken too much smoke into his lungs, which, if the tobacco is at all strong, has always this effect; and I was told of one man who, while sitting by the fire, and unfortunately alone, fell into it while in this state of insensibility after smoking, and before he recovered sufficiently to get out, was burnt so badly that he died shortly from the effects."

Inhalation of tobacco smoke is always harmful, whether in India or Australia, and should be shunned if possible. Every exhalation from the lungs of the tobacco devotee poisons the air about him, and results in injury to those who are compelled to live with them, especially if of feeble constitution.

The Drink Cures—What They Consist of.

DR. T. D. CROTHERS, in an article which appeared in the *British Medical Journal*, says, "The prescriptions used by them are all combinations of strychnine,

hydrastin, apomorphine, and cinchona bark. The chief object of the treatment is to destroy the alcoholic appetite, and this is claimed to be a cure. In many instances the surprise and joy in the patient's mind at the disappearance of all desire for spirits is accepted as evidence of final cure, but when separated from the mystery and the psychical influence, reaction takes place in the opposite direction."

He holds that "inebriety and other drug disorders are not cured by specific or secret remedies. However much persons may be mistaken as to the effect of drugs, there have so far been no discoveries warranting the assertion that the degeneration from the drink craze can be cured in a few weeks or months." The prevalence of these quack cures indicates the existence of a vast army of "neurotics" who are suffering from drug habits of one kind or another. Rational treatments, a non-stimulating diet, the free use of fruits, and a firm trust in God are the only remedies of value in these cases.

Fruit and Nuts as Food.

THE results of the investigation recently carried out by the United States Department of Agriculture as to the value of different foods, emphasise the fact that both fruit and nuts should be considered as true foods rather than food accessories. The subjects were two women, three children, two elderly men, and two university students. The men all did hard manual labor during a part of the time, the students working to support themselves while pursuing their studies. The fare given in the experiments was in every case one that would appeal to any normal appetite. It embraced honey, tomatoes, apples, bananas, cantaloupe, grapes, verdal, cornichon, tokay, muscat, scarlet haws, pears, pomegranates, persimmons, oranges, strawberries, watermelons, figs, almonds, and peanut butter. The only animal foods allowed were cottage cheese and eggs, and these in limited quantities.

AN authority on the subject declares that many cases of defective eyesight are caused by wearing tight collars, which interfere with the circulation of blood to the head.

What Shall We Eat?

Instinct alone not a safe guide in the selection of food.

"EAT ye that which is good," says our infallible Guide. By instinct alone, man is not capable of determining between good and evil. Even the beasts of the field have the pre-eminence over man in this respect. A beast would never try to quench its thirst at a pail of beer, or satisfy its hunger by eating tobacco leaves, pickles, mustard, or pepper. Yet it is not uncommon to hear man say, "This is good whisky. This is good beer. This is good tobacco," etc., etc., thus calling evil good.

The children of Israel despised the pure food given them in the wilderness,—the very bread from heaven, prepared by angel hands, and said, "There is nothing at all beside this manna before our eyes. Our souls loathe this vile bread." They longed for the leeks, onions, and flesh-pots of Egypt. "They lusted after evil things," choosing the evil instead of the good. These things are written for our admonition; for as surely as we are controlled merely by the taste, by instinct we shall follow their example, and call the good food the Creator has prepared for us evil, and the evil He tries to withhold, we shall pronounce good. Human nature has undergone no change. The "heart is deceitful above all things, and desperately wicked."

We need an unerring guide. Such a guide we find in the Word of God. But we cannot follow the example of those who have lived before us. Doing so accounts for polygamy and many other errors. They came to Christ, and said, "Moses commanded us to write a divorcement, and put away our wives." To this He replied, "Moses, because of the hardness of your hearts, suffered such things, but from the beginning it was not so." At the beginning God made man and woman, and said, "They *twain* shall be one flesh, and what God has joined together, let not man put asunder." To understand the marriage relation, we must go to the creation before sin entered the world.

In order to understand what to eat, we are also referred to the beginning. When God made the plants, He provided for them in the soil and air the elements needed for their sustenance. They still adhere to the divine plan. The lily, although surrounded by filth, sends its roots beneath

it, gathering to itself the elements it needs to make up its snow white purity.

When God made man, He planted him in a garden, surrounded by trees bearing all manner of fruits, then said to him, "Of every tree thou mayest freely eat." He was to select his food from the simple products of the earth. These were the foods created for man, to be received with thanksgiving of them that believe and know the truth; for it is sanctified—set apart by the Word of God and prayer. In the absence of these foods, or where there exists a scarcity, or where there is a lack of knowledge as to their use, man is justified in appropriating the coarser foods, the herbs of the field,—foods that were designed for animals whose digestive tracts enable them to digest them.

Man is even justified, in the absence of both fruits and herbs, to slay and eat. After the flood when all vegetation was destroyed, God said to man, "Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things." This may be considered an emergency diet to be used only in the absence of purer and better food, or until the earth should again produce her bounties. Good sense should lead man to discard the harmful, and choose the good,—the herbs of the field if nothing better can be obtained. But when fruits, grains, and nuts can be obtained, these should be selected in preference to all else, because they are the foods created for man at the beginning; therefore the food best adapted for his needs. That which is good may not at first taste good to a perverted appetite. This is wholly a matter of educating the taste, but it is possible to undergo a complete change, so that we shall hate the things we once pronounced good, and love the things we once pronounced evil. In other words, we will pronounce good what God's Word pronounces good, and pronounce evil what He pronounces evil. "Fix upon that course of life which is best, and custom will render it the most delightful." The tobacco devotee cannot understand why that which seems such a comfort to him should be despised by me. He thinks I am practising great self-denial by abstaining from its use. He does not know that it would be an act of self-denial on my part to use tobacco.

So the man sitting by my side seeing

me eat the simple products of the earth, may think I am making a great sacrifice, but not so. I am able to detect flavors in these products that he with his palate caloused with irritants, as pepper, mustard, tobacco, etc., cannot possibly detect.

All have gone astray. We have wandered every one to his own way. The forsaking of our ways or habits is hard, but the sacrifices which we are called upon to make are merely so many steps toward the path of life, peace, true happiness, and health. Had we never forsaken God's ways, sacrifices would never be necessary.

These sacrifices and self-denials are not created by God. But the satisfaction and joy once experienced by adopting the good, makes it easier ever after to forsake that which is evil.

Heredity Overcome.

In a paper read before the American Congress of Tuberculosis held last year, Dr. Henry McHatton, Vice-President of the Congress, gave the following interesting illustration of the stamping out of tubercular disease in a group of families who were threatened with extinction.

"About 1790, there landed at Trujillo, on the Carribbean Sea, a party of Spanish emigrants. This party consisted of members of ten families of the Spanish nobility,—families who were so tuberculous that they decided to emigrate rather than become extinct. They worked their way in the course of time across Central America and settled on the Pacific slope, not far from Tegucigalpa, and at an altitude of about twenty-five hundred feet, in probably one of the most even and healthful climates in the world. They have always been purely agricultural and pastoral. Even today there is not a road leading to this colony, nothing but trails, and it is a journey of days to reach them from the nearest port. Their village is built in accordance with the climatic requirements. They hold themselves far above the surrounding Indians, and there has been practically no intermarriage between them and their neighbors. They present the purest strain of Spanish blood in America.

"The Indians, ten or fifteen days' ride from this colony, never fail to speak of it,—always as '*El Pueblo de los blancos*,' the village of the whites,—and to extol the

physique and endurance of the men as well as the beauty and virtue of the women, which opinion the few specimens that I saw, fully upheld.

"The history of these people was given me in a personal interview by Don Torencio Sierra, President of Honduras, and a most highly educated gentleman.

"Dr. O. B. Hunter, of San Pedro Sula, a graduate of Tulane University, learning their history, became so much interested in them that he spent some time in their village with the sole object of learning their present condition. He met some of the children of the original emigrants, now old men and women, who in every way corroborated the above history."

Diabetes.

THE rate of mortality from diabetes has risen in Paris, within the last ten years, from an average of eight in each 100,000 population to an average of thirteen; while in Copenhagen, it has risen from five to eight; and in England and Wales, it has increased in fourteen years, seventy per cent., after allowing for the increased population.

A leading physician of Paris has shown that, while this is true of all classes of persons, the increase is much more pronounced among the wealthy classes than among the poor, the average in the poorer parts of the city being only seven to nine in 100,000, while in the wealthy quarters, the average is sixteen to twenty.

Recent investigations show that the old idea that the liver is usually healthy in diabetes is an error, and that, on the contrary, it is generally the seat of inflammatory processes. Accumulating facts point more and more directly to the idea that diabetes is, like most other chronic disorders, the result of vicious habits of life, and probably chiefly dependent upon errors in diet.

Not the Same.

"I HEARD to-day that your son was an undertaker. I thought you told me he was a physician?"

"Not at all."

"I don't like to contradict, but I'm positive you did say so."

"You misunderstood me. I said he followed the medical profession."

The Home.



THE DOCTOR'S STORY.

DEACON ROGERS, he came to me :
 " Wife is a-goin' to die," said he.
 " Doctors great and doctors small
 Haven't improved her any at all.
 Physic and blister, powder and pills
 And nothing sure but the doctor's bills!
 Twenty women, with remedies new,
 Bother my wife the whole day through.
 Sweet as honey or bitter as gall—
 Poor old woman, she takes 'em all.
 Sour or sweet, whatever they choose—
 Poor old woman, she daren't refuse :
 So she pleases whoe'er may call,
 An' death is suited best of all.
 Physic and blister, powder and pill!
 Bound to conquer, and sure to kill!"
 Mrs. Rogers lay in her bed,
 Bandaged and blistered from foot to head ;
 Blistered and bandaged from head to toe!
 Mrs. Rogers was very low.
 Bottle and saucer, spoon and cup,
 On the table stood bravely up.
 Physics of high and low degree :
 Calomel, catnip, boneset tea—
 Everything a body could bear,
 Excepting light and water and air.
 I opened the blinds,—the day was bright,—
 And God gave Mrs. Rogers some light.
 I opened the window,—the day was fair,—
 And God gave Mrs. Rogers some air.
 Bottles and blisters, powders and pills,
 Catnip, boneset, syrup, and squills,
 Drugs and medicines, high and low,
 I threw them as far as I could throw.
 " What are you doing?" my patient cried ;
 " Frightening death," I coolly replied.
 " You are crazy!" a visitor said :
 I flung a bottle at his head.
 Deacon Rogers, he came to me :
 " Wife is a-gettin' her health," said he.
 " I really think she will worry through ;
 She scolds me just as she used to do.
 All the people have poohed and slurred,—
 All the neighbors have had their word.
 'T were better to perish, some of 'em say,
 Than to be cured in such an irregular way."
 " Your wife," said I " had God's good care ;
 And His remedies, light, and water, and air,
 All of the doctors, beyond a doubt,
 Couldn't have cured Mrs. Rogers without."
 The deacon smiled, and bowed his head ;
 " Then your bill is nothing," he said.
 " God's be the glory, as you say!
 God bless you, doctor! Good day! good day!"
 —Will H. Carleton.

EXPERIENCES OF TWO MOTHERS.

BY LAURETTA KRESS, M. D.

ONE bright morning in summer Mr. and Mrs. Johnson were sitting at the table eating their morning meal, when the following conversation took place between them:—

" Well, Annie, I am delighted with the progress you have made in the last two months. Our little home is a paradise to me. Since you have been preparing our meals after Mrs. Lee's plan, and feeding yourself more carefully, you are very different, and baby is another boy. See here, it is seven o'clock, and he is still sleeping. Think of the time we had with him a few months ago. We were up half the night, and I tell you frankly I felt almost sorry I had a wife when you used to be so cross in the morning."

" Now, George, I am sorry enough about the past, please do not allude to it any more. I too am so glad to see the change it has made in our home. Fred is a real treasure now. I could not have believed it would make the change in him or in me. Do you know, dear, I have not had a headache for six weeks, a remarkable thing for me; for ever since I can remember, I have had them nearly every week. I have felt almost desperate. No one could have made me believe what a change the dropping of tea off my daily bill of fare has made. I wish every woman in the land knew of it, and would try it as I have."

" I find these foods so satisfying too. I do not feel those horrible, hungry cravings I used to have. I presume baby Fred feels the same satisfaction with his food that we do when it agrees," said Mr. Johnson earnestly.

" I must go over and see Mrs. Lee again. I promised her I should have her come and visit me when I returned from mother's, and it is nearly two months. I have been so busy with all these new ideas that I have

neglected her," said Mrs. Johnson.

"Why not go this afternoon, my dear; you have time, haven't you? If you decide to do so, I will call for you there when I return from business this evening."

"I believe I will. Call for me, and I will return with you," answered Mrs. Johnson.

The meal ended, Mr. Johnson bade his wife good-bye, and she watched him hurrying down the walk. He seemed to her younger and more full of life than at any time during their married life. She stood for a few moments lost in thought of the first months of her married life, and while standing watching her husband out of sight, spoke aloud: "If I ever have girls growing up, I shall educate them differently than I was educated. It certainly is a pity to have girls marry as ignorant as I was of everything pertaining to wifehood and motherhood. George has had to bear a great deal because of my ignorance, and I mean from this time forward to do all I can to make home more pleasant." She turned away and began her usual round of household duties.

A change certainly had taken place in Mrs. Johnson, for on this particular morning she was clad in a neat print dress, with her hair combed back quite plainly. She wore a look of deep interest in her work, and was dressed ready for it. Quite a contrast to the woman we had seen a few months ago with an old dirty wrapper on, dragging about her feet, and hair put up in curling pins, and looking the picture of disorder.

As she began the task of clearing the table and setting things in order, she had method in it. With cheerful heart and ready hands the work was soon out of the way, and she was ready to give her attention to her child. She went into the bedroom to get the dear little fellow, for she felt he must be awake by this time. There he lay, enjoying a game with his feet, laughing and cooing at them. A feeling of great joy filled her heart as she thought of the crying days a few months back.

He was soon bathed, dressed, and fed, then returned again to his bed to lie while his mother prepared for her visit to Mrs. Lee.

An hour from this time, Mrs. Johnson with baby Fred in her arms alighted from the tram at K. Street. She passed up the

street to Mrs. Lee's cottage. When she reached the gate, Mrs. Lee, who was at the time working in her flower garden, with Harold sitting in the perambulator watching her, came forward to meet her.

"I am so glad to see you, Mrs. Johnson. How well you are looking, and how baby has grown."

"I am so well, and so is Fred. We have wanted for a long time to show ourselves to you to see if you could notice any change; but I have been busy since my return from mother's, carrying out my ideas of house-keeping, and it has taken me some time to get rid of the old habits," answered Mrs. Johnson.

"You do look well for the change, anyway. Do come in. I have been doing a little in my garden. I bring baby out here and employ my time in this way, while he enjoys the sunshine too. You know I like to keep the moments filled in with something useful." So saying, she led the way into the house.

"I have come, Mrs. Lee, to get all the information I can about clothing and feeding Fred during the warm weather. Harold looks well. Have you weaned him yet?"

"I am just weaning him. He is nine months old, and has six teeth now, so he can eat quite well. It is too much of a drag upon a mother to nurse a child from the breast too long. I feed him three times a day on granose and milk. He has not had the breast for two days."

"He looks well on it, and quite happy," added Mrs. Johnson.

"Yes, he seems satisfied," said Mrs. Lee.

"I haven't weaned Fred yet; I know I ought to, but I haven't known how to begin, so that is one reason for my visit to-day. How do you begin? Tell me all about it."

"It is much better in weaning a child to feed with a spoon than to wean on to a bottle; for if they take the bottle, there must come another weaning time, and the older they are, the harder it is."

"I haven't been nursing Fred at night for over two months, and he is much better for it. He sleeps all night long. He usually wakes early in the morning; but I do not mind that, for we must rise early on account of Mr. Johnson having to get away to business."

"You will not find the weaning so hard

then. Children nursed through the night are usually harder to wean. How old is Fred now?" asked Mrs. Lee.

"He is ten months old, and has four teeth."

"He is quite old enough to wean. It is well to begin at first by feeding him twice or three times with whatever food you prepare for him, and nurse him at night, and when he awakes early in the morning. Cow's milk is usually the best substitute for mother's milk. Be sure the milk is thoroughly sterilised before feeding, and when you are uncertain where it comes from, boil it. To one cup of new milk add one-third cup of water, and one-half granose biscuit pulverised very fine; heat, and add to this one-half teaspoonful of 'sugar of milk.' This has been very satisfactory for Harold so far. This amount ought to do two feedings. If the child wishes more, I should give him a hard biscuit or a piece of zwieback to bite on. This has two purposes. It helps the teeth, and by moistening it, they get off a little."

"I am so much obliged. I will begin at once. I suppose it would be better to have one cow's milk, would it not?" asked Mrs. Johnson.

"No, not necessarily. One cow's milk is good if you know the cow is alright; but if there is any doubt, it is better to have milk from a dairy, for if one cow was diseased there would be a smaller portion of it in the milk you obtain," added Mrs. Lee.

"I am so glad to know that. Now, Mrs. Lee, tell me what baby ought to wear during the warm weather."

"I always dress Harold in the morning

with a flannel petticoat with long sleeves in. The mornings are nearly always cool. I put on long stockings and his booties also. If it gets very warm at midday I take off booties and stockings, also the flannel petticoat, and put on only a slip or a white petticoat and white dress. If the arms and legs chill, there is danger of congestion internally, and diarrhoea or some other trouble may set in. So mornings and evenings I am very careful not to dress too thin, and at midday when very warm to dress quite cool."

"How necessary it is to know all these things. I think young women ought to know something about the physiology of the body, and how to care intelligently for their households before they marry. I am so thankful to learn these things, for it has been such a help to my husband and myself, and through us to our child. What a blessing an intelligent mother can be to those about her," said Mrs. Johnson with great earnestness.

A few hours of visiting between these mothers was soon ended, and Mr. Johnson came according to promise to call for his wife. On their way home the conversation was mainly upon the joy and good cheer right living had brought to them. Mr. Johnson expressed again his deep gratitude in having Mrs. Johnson interested in so important a theme. They together decided it was the best way to live.

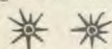
(To be continued.)

DON'T think you have done well because you have talked wisely. The really wise-hearted, not with their mouths, but with their hands did spin. Ex. 35: 25.

ELECTRO - HYDROPATHIC INSTITUTE,

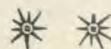
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Seasonable Recipes.

LAURETTA KRESS, M. D.

Eggs—How to Cook Them.

EGGS contain all the elements needed for sustenance, but they should be procured from healthy fowls that are fed upon wholesome food. They should be used when perfectly fresh. One can easily determine this by the following method:—

Make a solution of one tablespoonful of salt to a quart of water; drop the egg into a vessel containing this. Newly-laid eggs will sink; if more than six days old, they will float in the liquid; if stale, they will ride on the surface.

Any method of cooking which renders the albumin of the egg hard and solid, makes it difficult of digestion.

BOILED EGGS.—Put the eggs into water below boiling point, 160 degrees, and let them remain ten minutes, not allowing the water to go above 165 degrees. Cooked in this way the white will be of a soft, jelly-like consistency throughout, while the yolks will be soft, but not liquid. If it is desired to have the yolks dry and mealy, the temperature of the water must be lowered, and the time of cooking lengthened. A double boiler is quite serviceable for cooking eggs in this manner, because the water seldom boils in the inner cup. Twenty minutes is sufficient length of time to make the yolks mealy, the water being kept at a temperature below the boiling point.

POACHED EGGS.—Have a very clean shallow pan nearly full of salted and boiling water. Remove all the scum, and let the water simmer. Break each egg carefully into a cup, and slip gently into the water. Dip the water over them with a spoon, and when a film has formed on the yolks, and the white is firm, take up each with a skimmer; drain, trim the edges, and serve. There are many nice ways of serving poached eggs. They may be placed upon toasted circles of bread which have been lightly spread with nut butter; granose flakes make an excellent bed in which to serve poached eggs. Such a dish may be garnished with lettuce or parsley.

Poached eggs may also be served in a tomato sauce, or surrounded by a potato border. The potato may be put through a vegetable press, or squeezed through a pastry tube. It saves time to have a regular egg poacher, as the receptacle for the egg can be oiled, and each egg is cooked by itself, giving it a neat shape.

Fried eggs are highly indigestible, and hard boiled eggs are not so easily digested as those cooked soft.

OMELET.—Beat the yolks of two eggs until light colored and thick; add two tablespoonfuls of milk and a little salt. Beat the whites of the eggs until stiff and dry. Cut and fold them lightly into the yolks until just covered. Have a clean, smooth

omelet pan. When hot, oil it, and turn in the omelet quickly, spreading it evenly on the pan. Lift the pan from the hottest part of the fire, and cook carefully until slightly brown underneath. Put it on the oven grate to dry, not brown, on top. When the whole centre is dry as it is cut into, run a knife around the edge, then under the half nearest the handle, and fold over to the right. Hold the edge of the hot platter against the lower edge of the pan, and invert the omelet upon the platter.

EGG SANDWICHES.—Left-over yolks may be kept fresh for several days by dropping them at once into cold water. There are many ways of using these; they may be steamed for an hour and a half, or longer, when they become very mealy and can be easily mashed through a fine sieve; season them with a little salt and nut butter, and serve between slices of bread for a sandwich. They may be chopped and used in salads; or, if boiled hard, they may be sliced, and used as garnishes.

Questions and Answers.

Spots and Pimples.—Kindly give a remedy for spots and pimples on the face. They have been coming and going constantly for two years.

Ans.—Pimples are usually due to errors of diet, such as the use of rich pastries and confections, greasy foods, indigestible compounds, improperly cooked foods, cheese, pickles, and condiments of all kinds, as well as eating between meals, overeating, and anything that upsets the stomach, and brings on a disturbance of digestion. Adopt a simple, wholesome dietary, eat moderately and at regular intervals, drink very freely of pure water morning and evening and between the meals, use plenty of fruit, keep your bowels regular, take a cold bath each morning, avoid a sedentary life, and be careful not to irritate the skin in any way. To have a clean, rosy, healthy skin one must make it his daily business to cultivate health by observing all the physical laws which govern the body.

Eczema.—Several of our correspondents have requested directions for treating eczema.

Ans.—This common skin disease is not infrequently due to irritation of the skin by friction from rough or colored underclothing, unusual heat, or a lack of cleanliness. Sometimes it is due to an unwholesome occupation or exposure to cold. These or other causes should be removed as far as possible. The general health should be improved by carefully observing the laws of hygiene. Disorders of digestion should be attended to, and the bowels kept active. Adopt a plain, wholesomediet, and take exercise daily in the fresh air. In chronic cases remove the dry scales by the use of soft soap and water. A salicylic acid lotion or tar ointment may then be applied.

Carbuncles—Boils.—What is the difference between carbuncles and boils? Give cause and treatment of the former.

Ans.—A carbuncle is really a spreading boil, or a collection of spreading boils. It is characterized by a tendency to spread. The true cause is infection through the skin by means of a scratch,

or some form of abrasion. The carbuncle usually indicates a poor quality of blood, and lowered vitality. In the very earliest stages it is sometimes possible to prevent the development of a carbuncle by cold applications. If this is impossible, apply heat in the form of fomentations or poultices. As soon as there is evidence of pus, the assistance of a surgeon should be secured, the carbuncle should be opened by lancing, carefully scraped, and dressed with an antiseptic.

Epileptic Fits.—Is there any cure for epileptic fits, also what diet is recommended?

Ans.—Epilepsy is a very obstinate disease and often incurable. Drug medication seldom, if ever, effects a permanent cure. Secure the best hygienic conditions possible, and endeavor to build up the general health by an out-of-door life, abundance of sleep in a well-ventilated room, and regular habits. Avoid alcoholic liquors, tobacco, tea, coffee, and condiments. A plain, nutritious diet consisting of fruits, grains, nuts, and vegetables is preferable to the free use of flesh meats and rich foods. Don't eat to excess, and always take time to chew the food well.

The Treatment of Severe Burns.

THE burned surface should be carefully cleansed, then washed with a three per cent. solution of carbolic acid, or a thirty per cent. solution of salicylic acid. After all the blisters are opened, the entire surface is covered with powdered bismuth, then with a layer of absorbent cotton, and finally with a light bandage. The cotton absorbs any discharges and fully protects the burned surface from the air. The dressing should be allowed to remain from one to three weeks as the case may require. In using the bismuth there is no danger of poisoning from absorption, even in cases where the burn is extensive. By means of this method of treatment, the amount of secretion is greatly diminished.

The Salt Rub.

THE "salt rub" is becoming so popular that some Turkish-bath establishments are advertising it as a special attraction. It is just as good for healthy people as for sick ones, and can be taken at home easily.

Put a few pounds of coarse salt—the coarsest you can get, sea salt by preference—in an earthen jar, and pour enough water on it to produce a sort of slush, but not enough to dissolve the salt. This should be taken up in handfuls and rubbed briskly over the entire person. It is better to have it rubbed on by another person, but anyone in ordinary health can

do it for herself or himself very satisfactorily. This being done, the next thing is a thorough douching of clear water, preferably cold, and a brisk rubbing with a dry towel. The effect in elation, freshness, and renewed life is felt immediately, and the satiny texture of the skin and increased clearness and brightness of the complexion, swell the testimony in favor of the salt rub. For young children it is best to drain off the salt and add two tablespoonfuls of pure bay rum to a basinful of this salt water. Apply with a soft flannel, and dry with a soft Turkish towel. Care should be taken that there is not too much salt in the water, as it may irritate the tender skins of some children.—*Selected.*

"GIVE the body the nourishment, the exercise, the fresh air, the sunlight, it requires; keep it clean, and then think of it as little as possible. In your thoughts and in your conversation never dwell upon the negative side. Don't talk of sickness and disease. By talking of these you do yourself harm, and you do harm to those who listen to you. Talk of those things that will make people the better for listening to you. Thus you will infect them with health and strength, and not with weakness and disease.

We can never gain health by contemplating disease, any more than we can reach perfection by dwelling upon imperfection, or harmony through discord. We should keep a high ideal of health and harmony constantly before the mind."—*Talk Health.*

A Water Cure.

A SURGEON once prescribed a bath for a soldier. On entering the bathroom, after waiting an hour, he found the soldier seated upon the side of the bathtub, the water in the tub having been perceptibly lowered since the soldier entered the room. "My faith," said the soldier, "you may put me in the guardhouse if you want to, but I can't drink another drop."

IN Siberia there is a custom that a bride, on coming to her husband's house, has to give a dinner prepared with her own hands, as a test of housekeeping capabilities.

News Items.

DURING the past two months the Wahroonga Sanitarium has had a large patronage, nearly every room in the building being occupied. From the opening of the institution there has been a constant steady increase in the number of patients. We advise all who expect to visit the Sanitarium in the future to let us know a few days in advance, stating the price of rates desired, so that suitable arrangements may be made. The rates are £2 10s, £3 3s, and £4 4s per week (single rooms) depending upon the size and location of room occupied. A few can also be accommodated at £2 2s per week in rooms occupied by more than one.

A CASE of enteric fever at Paddington last month led Mr. W. Collingridge, the Medical Officer of Health for the City of London, to the belief that in all probability it had been caused by mussels sold in Billingsgate Market. The mussels eaten by the patient had come from Hadleigh Ray. An examination by Professor Klein proved that fifty per cent. of the cockles coming from there were literally alive with virulent bacilli. He also expressed the opinion that the "Leigh" cockles were so polluted with sewage that they were unsafe for human consumption. As a result, the sale of them has now been absolutely prohibited in the London markets.—*Science Siftings.*

IN connection with the Vegetarian Society of Victoria, a Junior Society has been formed. The small members are to be called "Wattle Blossoms," and we hope they will be as beautiful as the golden wattle, and that their lives will shed abroad, as the wattle does, a lovely fragrance to all around. The society has been formed in order to interest the little folk in the pure and humane diet, and to educate them up to its principles.

During the spring and summer months the "Wattle Blossoms" will have afternoon meetings and picnics, and they invite all children who are vegetarians to join their society. The membership fee is only 1/- per year; and as there must be many little friends who live on pure and

simple food, and do not eat animal flesh, we hope to welcome many of them to the ranks of the "Wattle Blossoms."

THE coal-mining industry of Westphalia (Prussia) is being seriously hindered by the prevalence of sickness among the miners.

The disease is caused by an internal parasite, and has recently spread so widely that it has become almost universal. It is estimated that 20,000 workers are suffering from it, some pits having as many as ninety per cent. of their staffs disabled.

All attempted remedies have hitherto failed, and the disease for the present is baffling the local doctors.

A FEW months ago, Professor Wiley announced his intention of experimenting with preservatives on human beings. He obtained the assistance of a large number of men. He lodged them under hygienic conditions, and fed them in a methodical manner. The men were weighed and examined daily, and a fixed amount of *boracic acid* was added to their carefully weighed food. *The result was a reduction of weight and diminution of the nitrogen in the system.* Boracic acid is one of the commonest additions to milk, the food of our infants and invalids.

Boracic acid finds its way into nearly all the ordinary foods and drinks,—bacon, sausages, fish, butchers' meat, preserved meat, milk, cream, butter, preserved fruits, temperance drinks, jams, beer, cider, and wine. Especially is this the case during the summer months. Too great care cannot be exercised in the selection of food.

THE dangers of wall-papers to which we have so frequently directed attention, have not been exaggerated. A few days ago, Dr. Charles Smyth stated at an inquest on the body of a man named Thomas Charles Butler that death was due to arsenical poisoning from a bedroom wall-paper acting on a body weakened by Bright's disease. He found traces of arsenic in the wall-paper, and the post-mortem examination showed that deceased's skin was peeling and his hair falling. There had been many fires in the bedroom, and the fluff from the paper had blown about. The papers to be closely watched are colored green.

THE president of Pitcairn Island, in a published letter, says there are no intoxicating liquors whatever on the island. "Nobody has any desire to drink such nasty stuff, nor would anybody there use tobacco if it were possible to obtain it."

A NEW COSMETIC.—The best application for the improvement of countenance is a mixture, in equal parts, of serenity and cheerfulness. Anoint the face morning, noon, and night.

PURE FOOD (Vegetarian) CAFE.

ROYAL CHAMBERS.

"Diet Cures Mair Than Doctors."

THE patrons of the Vegetarian Café, 283 Pitt Street, will be pleased to learn that we have moved our headquarters to the basement of Royal Chambers, corner of Hunter and Castlereagh Streets. We consider this a much more desirable and convenient location to accommodate our many friends, being only one minute's walk from George Street, two minutes from the General Post Office, and about four minutes' walk from King Street.

The basement of the Royal Chambers has been overhauled, and has been fitted up expressly for the Café work. The rooms are cool, thoroughly ventilated, well lighted, and contain all modern conveniences. We extend a hearty invitation to our former patrons. Our aim shall always be to serve the purest and best foods in the most attractive, palatable, and healthful manner.

Dr. D. H. Kress of the Wairoonga Sanitarium may be consulted at the Café on Monday and Thursday of each week between the hours of eleven and twelve.

PURE FOOD (VEG.) CAFE COM.

FROM CORRESPONDENTS.

PASTOR IRWIN, in a letter written from Wellington, New Zealand, gives the following interesting experience of a little girl who was desirous of attending the camp-meeting:—

Her father told her she could go if she would earn the money to take her; so she began the sale of GOOD HEALTH, and in ten days sold thirty-seven dozen (444 copies),

earned £2 os 4d clear money, and is off to the camp-meeting.

In commenting on this, Pastor Irwin says: "If we had a score or two of such girls, they would soon raise the subscription list."

A SUBSCRIBER writes, "I have myself discarded the use of flesh, tea, and coffee entirely for the last twelve months, and am convinced that I am on the right lines. I ride twenty-two miles each day on the bicycle to and from my office, besides doing a fair amount of work in my garden, etc., and have a feeling of strength and endurance that I did not possess to such a degree formerly."

ANOTHER subscriber writes: "I herewith enclose postal note for 2/6, being subscription to GOOD HEALTH for 1904. Allow me to say that I always look forward to its appearance with pleasure, and read its pages with a large amount of profit. I might also say that I hear from various persons who have been brought in contact with your splendid sanitarium at Wairoonga of the grand work being done there."

THE following is the matter of a communication received from a subscriber to the AUSTRALASIAN GOOD HEALTH: "The more I read your journals, the more I value them. My only regret is that I did not learn years before what I know now as the result of the visit of the journal."

Coolgardie, January 11, 1904.

Editor of GOOD HEALTH:

Dear Sir,—

I have been a subscriber to the GOOD HEALTH since 1st April, and I must say that I count the dear little paper one of my best friends.

I have never been a flesh eater. I have two daughters and a son, ranging from twelve years to fifteen respectively, and I have not given them a particle of fish, flesh, or fowl since taking the GOOD HEALTH. They are all bright, intelligent children, besides being strong and healthy. My boy (fourteen years of age) chops down enormous trees, and carries them down from the hills on his shoulders; he is the strongest boy in this neighborhood. I will do my best to make GOOD HEALTH known wherever I go. I have succeeded in getting one subscriber, and I think I have a patient for the Sanitarium. I wish you every prosperity, sir, in your good work.

Very sincerely yours,

Australasian Good Health,

—ORGAN OF—

The International Health Association.

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"TAKE ye away the stone," was the command of Jesus as He stood at the grave of Lazarus. When they had removed the stone, thus showing their faith, He said, "Father, I thank Thee that Thou hast heard me." And Lazarus came forth at His word. Often God's word fails to accomplish for us what He desires, and what we desire, because there are obstacles in the way that need removal. When we ask for health, a failure to receive is not due to unwillingness on God's part to give. The fault is always to be found on the side of man. Some stones need removal. When we do what human hands can do, we may say with confidence, "Father, I thank Thee that Thou hast heard me." It is no denial of faith to co-operate with God in every rational way. It is a true index or evidence of faith. Faith never acts as an opiate. Faith never leads to inactivity.

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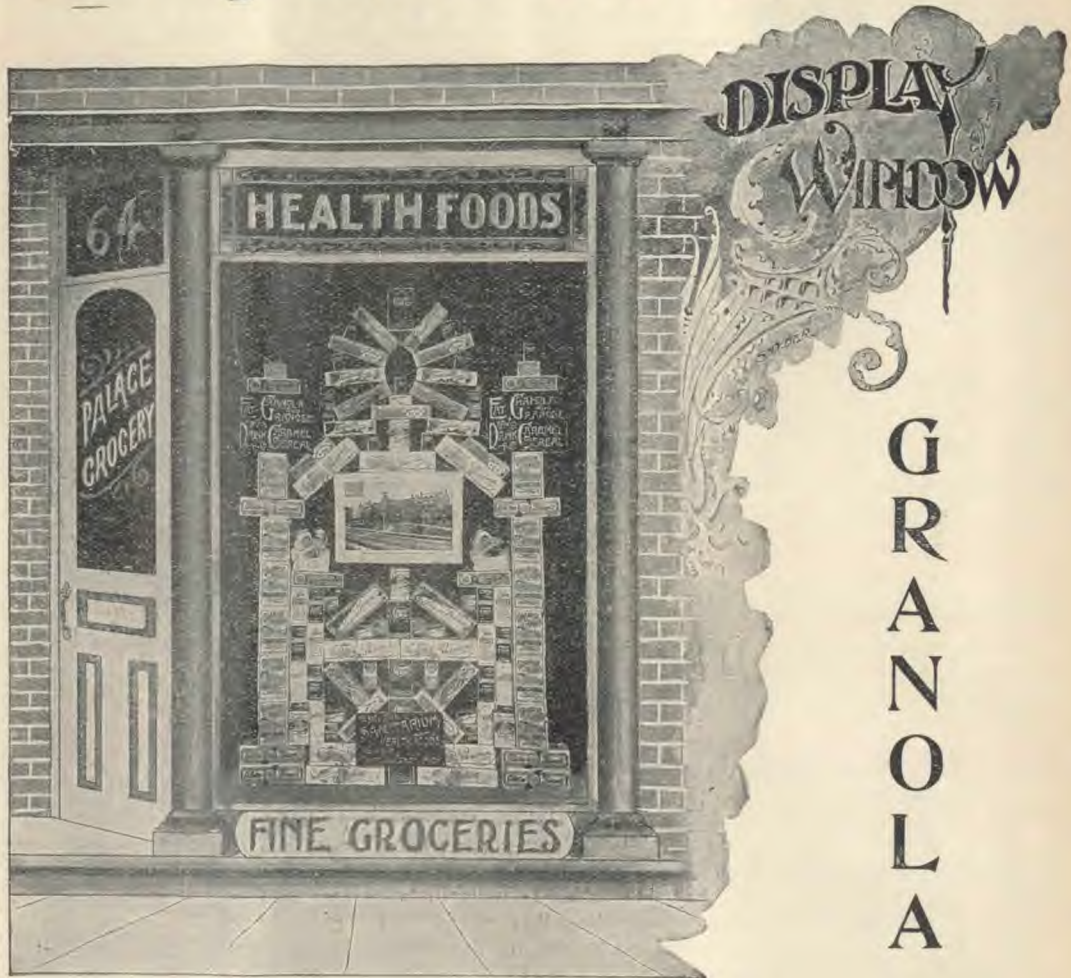
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