

# THE AUSTRALASIAN GOOD HEALTH

## CONTENTS.

- Medical and Health News.  
The Deadly Cigarette.  
Dangerous Sleep Producers.  
Demand for Lady Physicians.  
Dangerous Food Adulterations—  
By a Government Analyst.  
Faith as a Healing Power.  
How to Get Well Fast.  
Reform in Mastication of Food.  
John Wesley's Health Hints.  
Questions and Answers.  
Seasonable Recipes.  
News Items.

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SOUND  
MIND

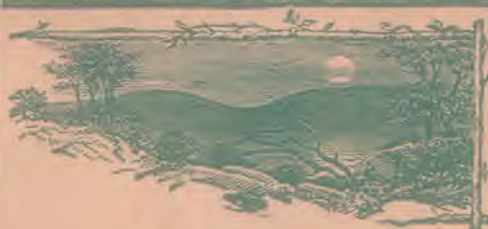
IN A  
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BODY

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Sydney.





The quantity of tobacco produced in the United States last year was, in pounds, 347,615,472. Cigarettes to the number of 3,041,573,668 were smoked during the same period. Since 1901 there has been an increase of 400,000,000 a year. The injury done to the rising generation can never be estimated. Everywhere it is being recognised that the tobacco habit is ruinous both to mind and body, especially of the young. Let us stamp out this evil.

The Australasian

# Good Health

Vol. 7.

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No. 4.

## Medical and Health News.

### The Deadly Cigarette.

"DURING the past year in Manchester, out of 11,896 men who offered to enlist, only 3,076 were able to pass the physical examination, the remainder were so "ill-developed and poor in physique." Yet the standard of efficiency is lower than it has ever been before. A minimum chest measurement at full expansion of thirty-three and one-half inches, and a minimum height of five feet, three inches, are considered sufficient. The recruiting officers for Manchester say that one of the chief causes of this physical degeneracy is the wide-spread habit of cigarette smoking by youths. 'They come to us,' one said, 'with their fingers stained with cigarettes, and nearly all of them suffering more or less from palpitation of the heart.'"

If the nine thousand who were rejected were unfit for military service, are they not equally unfit to assume the responsibilities of the home or of society?

We are glad that the cigarette is being tabooed. Everywhere the dangers of the cigarette are becoming known. In Canada laws prohibit either the manufacture or importation. In other countries efforts are being made to minimise this gigantic evil which is threatening the vitality of our young men.

In the United States of America the examining surgeons of the army found that ninety per cent. of the volunteers rejected were habitual cigarette smokers and have

weak hearts. Many physicians were quite unprepared for the sweeping claim that the cigarette was responsible for so much damage to the health of young men.

This is what a few noted authorities have to say about the cigarette:—

Dr. William E. Quine, professor of the principles and practice of medicine and clinical medicine at the College of Physicians and Surgeons, says: "Whether the cigarette causes imbecility or whether a congenital condition of imbecility leads the individual to the use of the cigarette, I do not know. So far as I am willing to express myself on this subject, I say sincerely that the cigarette and imbecility are related in some way."

Dr. E. Fletcher Ingalls, Professor of laryngology and diseases of the chest, says: "I have no doubt that the use of tobacco seriously affects the heart, weakening the muscle and causing irregular action. The use of tobacco by growing boys is specially objectionable, and is undoubtedly the cause of palpitation of the heart, shortness of breath, and physical and sometimes mental weakness that may not be discovered until after maturity."

Dr. I. N. Danforth, professor of practice and clinical professor of medicine at Northwestern University Woman's Medical College, gives this personal testimony: "I have seen many cases of heart weakness. I believe that cigarette smoking is doing our young men a vast deal of injury. It

seems to be a form of dissipation akin to opium taking; it apparently makes slaves of its devotees, and undermines their will power."

Dr. John H. Chew, professor of medicine at the Chicago Polyclinic, says: "To my mind nothing will make a weakling out of a man so quickly as the cigarette. It is without question the most deleterious manner in which tobacco can be used."

Dr. E. M. Hale, emeritus professor of materia medica and therapeutics at the Chicago Homeopathic Medical College and a specialist in diseases of the heart, gives the following strong statement: "It is a lamentable discovery that just now, when the country needs the military services of her young men, the examining surgeons find that ninety per cent. of those rejected are habitual cigarette smokers and have weak hearts. I have often been asked by my patients why the smoking of cigarettes is so much worse than smoking cigars or the pipe. The answer is, Because the smoke is inhaled, while the smoke of a cigar or pipe is not. How much mucous surface is bathed by the smoke?—Over one thousand square feet! It first passes through the larynx into the bronchial tubes, then into the bronchioles, or small bronchi, into the air-cells—about 725,000,000 of them. All this surface, especially the air-cells, absorbs the nicotine from the smoke, and it is carried into the blood, where it is distributed to the brain and the heart. Now, nicotine paralyses muscular fibre, and the heart is especially affected, because it receives and distributes all the blood in the body."

### Dangerous Sleep Producers.

A CABLEGRAM from London, February 7, reads as follows:—"Four women patients of the Portsmouth Lunatic Asylum have died suddenly under suspicious circumstances, and it is feared that they were poisoned by an overdose of chloral, administered to them by order of one of the lady doctors on the staff of the institution."

It is not generally understood that the man who swallows a sleeping potion puts himself under the influence of a powerful drug, an overdose of which is capable of destroying his life. Mr. Tyndall died from the effects of taking such a drug,

His wife gave him a mixture of chloral to induce sleep; by mistake she administered two teaspoonfuls instead of one, and that giant life went out. It is important for people to understand that these drugs are poisons. The sleep that they give is a paralytic sleep; it is not natural. Under such conditions there is no repair of the tissues, no natural rebuilding of the body. If a person cannot sleep naturally, the cause of the sleeplessness must be found and removed. You might as well knock a man senseless with a club as to paralyse him with a drug.

It is important that during sleep the body should be just as thoroughly alive as when we are awake. But it is a different kind of life. Animal life rules our waking hours, but organic life is supreme when we sleep. The man who takes drugs for the purpose of putting himself to sleep, goes down to the brink of death; he looks into the grave, and it is only necessary for him to go a little farther actually to step into it.

### Demand for Lady Physicians.

THE demand for lady physicians has greatly increased in recent years. There are said to be over 6,000 of these in the United States alone. In English countries there are more than 400 lady physicians. The first lady physician, Elizabeth Blackwell, graduated as such in 1849. Three years later, Philadelphia boasted of six lady doctors. In 1889 there were 3,000 registered in the United States. The first lady physician in France was Madeline Bres, who graduated in 1875, and there are now eighty-five in that country, seventy-one of whom are practising in Paris. Under Lady Dufferin's influence, hospitals in India, entirely in charge of women, increased to thirty, as early as 1888. In 1896 the number had swollen to 133. In 1894 the sultan of Turkey forbade women to study medicine in his dominion, but foreign lady physicians are yet permitted to practise there. Egypt has two lady doctors; twenty are in Italy, while Roumania, Norway, Sweden, Denmark, and Finland each have lady doctors, who are doing good work. In fact, lady physicians are no longer an experiment, but are fast becoming an important factor in moral influence. No one is better fitted to become

just what a physician should be—an angel of mercy to the afflicted—than a Christian lady. Gentle by birth, refined by proper education, she may exercise the most benign influence upon those with whom she comes in contact, even to the salvation of their souls. We trust the time may speedily come when diseases of women will be treated by physicians of their own sex.

#### Government Analyst on Food Adulteration.

THE presidential address to the chemistry section of the late Science Congress held at Adelaide by Mr. Brownlie Henderson, Government Analyst of Queensland, aroused considerable interest. His subject was 'Chemistry and Food.' He dealt specially with the adulteration of food, and kinds of impurities present in it.

"With regard to the use of boric acid in milk, he was entirely in accord with the view of Dr. Frank Tidswell, given in the latter's presidential address. He was strongly antagonistic to the recent finding of the New South Wales commission, to the effect that while preservatives should not be permitted in certain articles of food, they were necessary in concentrated milk. He advocated replacing the use of boric acid by clean working and pasteurisation. According to the report of his address, he quite failed to see that it was necessary to have boric acid in concentrated milk, and as to requiring to keep it for several days, why not buy one day's supply for each day? . . . 'Boric acid was necessary in butter,' said one commission. Undoubtedly it was necessary to most makers of butter. But butter had been made, even in the Queensland climate, without boric acid, and sent to London, and it brought top prices."

#### Faith as a Healing Power.

J. H. KELLOGG, M. D.

If you wish to get well, you must have faith, you must believe that you are going to get well. If you are haunted by a contrary notion, dismiss that thought from your mind, for the very belief that you are not going to get well is an important factor in keeping you ill.

When a man starts out in a line of business, and is afraid he will fail, he is certain not to prosper, for the reason that

his fears paralyse his efforts, and prevent his taking the decided stand that it is necessary to take in order to win.

Fear is a paralysing agent. On the other hand, hope is a wonderful inspiring power. Men have sometimes said, "I will get well," and have recovered by sheer pluck. Some men get well because they will not die. The man who insists that he will live, very probably will, other things being equal; that sort of pluck wins.

It is necessary to think health and to talk health. Do not allow anyone to talk disease to you. When anyone asks you, for example, if you feel as well as you did yesterday, say to him. "Let's talk about the weather,"—be polite if you can. Some time ago a lady said to me, "What shall I do? People follow me around and ask me what is the matter with me, and if the doctor knows the name of my disease." Say to such people, "I consult my physician about my disease,"—be as polite as you can. A boy came to me one day and said, "Doctor, what shall I do? The old ladies come around me and say, 'Poor boy, I'm sorry for you. If I were your mother I would take you home.'" Said he, "I wish you would tell me what to do. These women discourage me so that I am afraid they'll kill me." I replied, "When such people come around you and tell you you look bad, and are going to die, say to them, 'Get thee behind me, Satan! I will not think of such a thing; I will not tolerate the thought that I am going to die.'"

It is an important thing, I say, that you should fix your mind on getting well. Be determined to get well. Have a great faith beyond this, even. Believe that God wants to heal you. Make up your mind to co-operate with Him; get into the right road, and stay in it, and live in it. Make up your mind to think health and talk health and work for health, and you will get health.

HABITS and early impressions are terrible hindrances to progress. They sometimes take such a hold upon us that we fail to see what slaves we are until we try to break the fetters.

If, however, we get hold of a truth, or the truth gets hold of us, then it is more difficult to give up the truth than it was to get hold of it.

## HOW TO GET WELL FAST.

*Lecture given by D. H. Kress, M. D., in the Sanitarium parlor, Wahroonga, January 14, 1904.*

ABOUT one of the first questions patients ask after an examination is, "How long will it be necessary for me to remain here?"

All those who have in any measure lost health are anxious to regain it as fast as possible. This is natural and right.

Whether we make a speedy recovery or not depends upon the amount of vitality we possess when we begin treatment. A ship sailing upon the water requires wind to send it along. It does not matter how much sail there is spread, if there is no wind, very little progress is made. There are a great many who have almost exhausted their stock of vitality before coming here; no matter then how favorable the conditions are, progress must necessarily be slow. Vitality depends upon the condition of the blood. The various cells of the body, composing the different organs, the brain, the nerves, and all the other structures, are supplied with life derived from the blood. Life is taken into the system from the air we breathe, the food and drink we take. It is clear then that our vitality depends upon the quality of the material we supply the system. You have perhaps noticed how quickly a wound heals on a child. It is merely because the child has pure blood; the tissues have a great deal of vitality.

It is said that when Captain Cook landed in New Zealand, the natives at that time were in possession of such health that when they met with an injury, as a bullet wound, they would merely block up the hole with clay, and healing would take place in a short time. The vitality in civilised lands is so low that when a person meets with an injury, blood poisoning is likely to set in. Surgeons refuse to operate on drunkards merely because they recognise that the tissue of such persons has lost its vitality to such an extent that there is danger of blood poisoning. When the blood is laden with poisons, the cells of the body are narcotised or partially paralysed, and are not able to respond to treatment, even though that treatment is of the best. When people realise they

have impure blood, they usually go about the work of purifying it by taking a so-called "blood purifier." But the blood can never be purified by these remedies. *There is but one way that leads to health and life.*

We might compare health-getting to climbing a steep hill. The sick man is down in the valley of disease; health is up at the top. The trouble is, a great many struggle around at the bottom, stumbling over the rocks and boulders in the form of liver pills, blood purifiers, tonics, safe cures, and other such remedies. They have fallen among thieves which leave them wounded and bruised. With vitality nearly spent, their attention is directed to the path that leads to health, but after climbing for a few weeks, patients sometimes become a little discouraged because the progress is slow. Then they meet with some old friend who tells them of an easier way to get to the top than to climb,—a way whereby it is merely necessary to pay the money and slide up. But instead of sliding up, they soon discover they are sliding down again.

There is but one path that leads to health. There are very few cases that are altogether hopeless. Health can be restored in nearly every case, but it takes time and effort. The quack remedies and patent medicines never cure. They are deceivers. The people who are most loud in recommending them are the people who are constantly compelled to take them. They claim to have received great benefit from their use, and yet they are constantly depending upon them; constantly being healed, but always ailing and never cured.

The way to purify polluted water is to direct a stream of pure water into it. The blood must be purified in the same way,—that is, by taking only pure food and drink.

We have in the body about two hundred thousand times more blood cells than there are inhabitants on the face of the earth. It is said that eight million of these cells perish, and eight million new cells are created every second to take their place. In the course of six weeks the blood has undergone a complete change. In six weeks' time not a blood corpuscle that is present to-night is left, but the quality of the blood in six weeks' time will depend on the quality of the air we breathe, the quality of the food and drink we take, since



they are created out of what we eat. We must also keep the pores of the skin open by bathing and exercise, and so assist the elimination of impurities. But even if the purest food is taken and improperly combined, fermentation takes place and poisons are formed, thus making the blood impure.

Some of the cases who come to our Sanitarium expect the physicians and nurses to do it all. They expect them to go about curing them just as a carpenter would proceed with a contract in building a house, or as a bootmaker in repairing a pair of shoes. But it can never be accomplished in this way. Co-operation is needed on the part of the patient. The sick man is sick because he has consciously or unconsciously been violating the laws of health.

One of the first things, or the very first thing to do, is to ascertain and remove the causes of the sickness. In this the physician may aid. While massage and the different treatments are of great benefit in assisting nature alone, they will never cure a single case. The patient must expect to have pointed out the causes of the indisposition, and be willing to give them up. He must be educated into better habits of living. Only those who are willing to co-operate in this way can be *permanently* helped.

### Reform in the Mastication of Foods.

MR. HORACE FLETCHER is making great headway in converting the public to his views of chewing. Fletcherising food is coming to be almost a fad in scientific circles. Fortunately, this is the kind of fad that cannot possibly do anybody any harm, and the more it is cultivated, the better for everyone. Mr. Fletcher insists that we ought to chew our food at least four or five times as long as we are accustomed to do. Those who have followed his advice for a month have been wonderfully pleased with the results. An eminent United States Senator said to the writer the other day, when complimented upon his well-preserved appearance, "I expect never to be sick again. In fact, I am going to try to live forever. I have got hold of a new idea which is making a new man of me." On inquiry it appeared that he had recently had the good fortune to secure one of Mr. Fletcher's books, "What

Sense?" and reading it, had become convinced of the importance of chewing. Having adopted the practice, he found himself wonderfully improved in vigor of mind and body.

Mr. Fletcher has succeeded in arousing so great an interest in buccal digestion in scientific circles that the most eminent physiologists in all civilized countries are giving their attention to the matter, and arrangements have been perfected for extensive experiments, reaching through a considerable period of time, in which the most eminent savants of various countries will participate, and which will have the advantage of government support. He has recently undergone experiments at Bridgeport, Conn., where he was placed in a large iron box for three or four days at a time, his food passed in to him, and he was made to engage in work of various sorts, and his weight and other factors carefully studied. The results have invariably shown that by his thorough chewing he is able to accomplish the same work which others accomplish, with half or even less than half the usual amount of food, sometimes even gaining weight during the experiment. These results are of the highest value, and show most conclusively the great importance of thorough mastication of food, a duty which is perhaps neglected more than any other.

Physiologists have long understood the importance of mastication, and have taught it theoretically, but apparently no one had made an actual practical application of the principles involved until Mr. Fletcher took the matter in hand. The subject is one of vital importance, which no one can afford to neglect. Every morsel of food should be chewed until all the nutritive portion has become liquid. The result is an enormous reduction of the work required of the stomach and other digestive organs. The thorough digestion of food secures its complete absorption; thus none is wasted. There seems to be special economy in relation to the proteids, the most expensive and important element of foodstuffs.

Mr. Fletcher is not a strict vegetarian, but the tendency of his experiments and observations is to demonstrate that a flesh diet is altogether unnecessary, and not only unnecessary, but dangerous to health on account of the excess of proteids which it

necessarily introduces into the system, the result of which is manifest in the great prevalence of rheumatism, gout, and other uric-acid disorders in flesh-eating countries.

The value of Mr. Fletcher's theories is fully recognised at the Battle Creek Sanitarium, where patients, physicians, and nurses are chewing after a fashion which would delight the heart of Gladstone if he were alive and cognisant of the fact, as thorough chewing was one of his hobbies. It is stated that Mr. Gladstone required his sons to execute at least forty movements of the jaws in masticating each morsel of food. An eminent English physiologist, writing recently upon the subject in the *British Medical Journal*, mentions an observation made upon a very old man who was remarkably well preserved. He gave him a bit of bread to eat and noted that he executed, in chewing it, one hundred and twenty movements of the jaws, thus giving ample time for that thorough preparation to enter the stomach, which is the best guarantee of good digestion.

The philanthropic spirit manifested by Mr. Fletcher in his researches, and especially his efforts to enlist the interest of scientific experts, entitle him to great credit as a public benefactor. The good results of his efforts cannot be estimated. Mr. Fletcher has written very charming books on social questions and questions pertaining to nutrition. No doubt nine-tenths of all gastric disorders would disappear if the sufferers could be induced to masticate their food with thoroughness. Mr. Fletcher believes that proper chewing furnishes a most important means not only for the physical preservation of the race, but also for social and moral redemption.—*American Good Health*.

### John Wesley's Health Hints.

A FEW extracts from his book, "An Easy and Natural Method of Curing Disease."

Use that kind and measure of food which experience shows to be most conducive to health and strength. Abstain from all mixed or highly seasoned food. Eat as sparingly as you can, consistent with ease and strength.

Water is the most wholesome of all drinks. It quickens the appetite and strengthens the digestion.

Use as much exercise daily in the open air as you can without weariness. Go to bed early and rise betimes.



Above all, add that old unfashionable medicine, prayer; and have faith in God.

Coffee and tea are extremely harmful to persons who have weak nerves.

Those who read and write much should learn to do it standing, otherwise it will impair their health.

The fewer clothes anyone uses by day or night, the hardier he will be.

The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

The cold bath is a great advantage to health. It prevents an abundance of diseases; it promotes perspiration, improves the circulation of the blood, and prevents danger of catching cold. Catching cold is one great source of disease. Whenever there appears the least sign of this, let it be removed by gentle sweats.

All violent and sudden passions dispose to, or actually throw people into, acute disease. Till the passion which caused the disease is calmed, medicine is applied in vain.

The love of God is the sovereign remedy of all miseries. It effectually prevents all the bodily disorders and passions by keeping the passions themselves in due bounds, and by the unspeakable joy and perfect calm serenity and tranquillity which it gives the mind, it becomes the most powerful of all means of health and long life.

[It is evident Wesley preached a complete gospel.]

If the church is to rescue the world, it must give the gospel trumpet another and a different tone. It must teach physical righteousness, as well as moral rectitude. It must teach a gospel of diet, of baths, of exercise, of cleanliness, of domestic sanitation, etc.

REFORM FOOD EXPERIMENT ON CHILDREN.

### A Vicar's Crusade.

REV. J. P. SANDLANDS, who has been for thirty-five years vicar of Brigstock, near Thrapston, Northants, England, is working for what he believes to be the physical salvation of the race. "Foods," he says, "must be natural, and flesh meat should not be eaten. Fruits are best uncooked. Grains should be prepared so as to insure mastication." The following experiment was made on several scholars of the village school with success:—

They ate nine biscuits a day (three at each meal) and four oranges; nothing else, and no drink, and they are the healthiest, happiest, and bonniest children in the village. The biscuits are made of whole wheat flour, unsweetened.



The main points in connection with the experiments, the vicar says, are these:—

1. The food is the cheapest possible; a working man could live on it at the rate of about fourpence a day.
2. It provides for the system all that it requires.
3. He practically lives on it himself. He works hard, eats only two meals a day, and needs neither beef, beer, nor tobacco.
4. The looks of the children are all that can be desired.
5. Bread made of roller-mill flour, especially American, is altogether unfit for food.
6. The mastication of the biscuits is calculated to keep the teeth sound and good.

Be simple in your expressions. To succeed in this requires much study. It is easy to be stilted and easy to be silly, but it is hard to be simple and sensible.

### Oil Rubbing After Bathing.

THIS is one of the most ancient procedures used in connection with hydrotherapy. The oil is applied by simple friction movement made in the direction of the blood current in the veins. The best effects are obtained when the application is made after a warm or tepid bath, as the epidermis then more readily absorbs the oil. Care must be taken to avoid the application of too much oil.

Vegetable oils should be employed for the purpose, and care should be taken that the oil is not in the slightest degree rancid, for the poisonous, fatty acids are apparently quite readily absorbed by the skin.

A certain amount of oily substance is secreted by the skin, which spreads out on it as a protection. Oil is especially useful in cold weather, because then it is necessary that the heat should be conserved. When a person takes a bath, especially after he has had a shampoo, he loses the oily covering from his skin, and is liable to take cold. That is the reason many people take cold after a bath.

### Cold Air Cure.

THE cold-air cure is coming to be recognised as the most effective for invalids. At Davos, up among the Alps Mountains, there is an establishment for cold-air treatment. Each patient is expected to take a treatment three times daily consisting in lying out-doors from half an hour to an hour, according to his strength. Every one is compelled to take the treatment during the night, also, for the windows are never allowed to be closed in that establishment, and yet the winters are severe. But with plenty of warm coverings, and a hood over the head and ears, the patients can bid defiance to Jack Frost while they inhale the life-giving oxygen of the cold, fresh air. This institution is becoming world-famous for the cure of consumption. Twenty years ago this disease was considered incurable, but it is now regarded as one of the most curable of chronic diseases when taken in the early stage. Fully one half of the patients suffering with tuberculosis, when placed in out-of-door hospitals, make a satisfactory recovery. It is reasonable, therefore, to suppose that if fresh air will cure the disease, it is likewise a preventive of it.

### General Rules.

TAKE cold baths on rising in the morning, and warm ones in the evening just before retiring.

The hour is not so important in Turkish, vapor, and other baths, only they must not be taken within two hours, either before or after a meal.

Never remain in a warm bath more than half an hour. For a cold bath the quicker the better.

Use fresh, clean rain water for the bath if you can get it.

Do not take a bath in a cold room unless you have abundance of vitality and react readily.

Never take a cold bath unless you have enough vitality for reaction.

Never take a cold dip when suffering from a cold.

Dry quickly, and follow by very brisk rubbing.

### Epizootic Abortion in Cattle.

GOVERNMENT Veterinary Surgeon Desmond, of South Australia, reports an outbreak of the above disease in a dairying district on a large dairy farm, where upward of eighty dairy cows were being milked, the milk supplying a cheese and butter factory.

An inspection of the milking yard disclosed that it was in a deplorable state. It was more than two feet deep with liquid manure, and the corners, which were slightly lower than other portions of the yard, were covered with a green scum. The reason assigned for allowing the filth to accumulate in this manner was that the manure was required, and it was only when the yard became too boggy that all the stuff was removed, and a layer of ferns spread over it. The yard was in a bad situation, and the arrangements were on a primitive plan. It was three chains from the dwelling house, and was only three-quarters of a chain square, being altogether too small for the number of cattle (eighty) milked there twice a day. The drainage was also very defective, and adjacent to the yard, on the low side, there was a small pool of stagnant water, which had evidently percolated through the soil from the yard.

I informed my client that it was absolutely necessary for him to remove the

yard to a better position. He at first demurred on account of the expense, but finally consented to effect the improvement.

In the course of conversation with some professional friends, I was asked, "What would you do if the owner of such a filthy farm as you have described refused to make the improvements?" My reply was that the farmer in this case kept the premises in that state from a mistaken idea of economy rather than from wilful neglect; but in the event of an owner refusing to comply with my instructions, I would report the matter to the Board of Health, and if this did not bring about the desired result, then I would inform his landlord and all the persons to whom he supplied the produce. In adopting such measures, I would not be exceeding my duties as a veterinarian. If a fatal disease were to break out in that man's family, and the Board of Health found the premises to be in such an insanitary condition, then I would be censured, and deservedly so, if it were not found that I had previously examined the place.

### Wise Don'ts.

Don't start nervously if a child makes a noise or breaks a dish—keep your worry for broken bones.

Don't sigh too often over servants' shortcomings.

Don't exhaust all your reserve force over petty cares. Each time that a woman loses control over herself, her nerves, her temper, she loses just a little nervous force, just a little physical well-being.

Don't go to bed late at night and rise at daybreak, and imagine that every hour taken from sleep is an hour gained.

Don't always be doing something; have intermittent attacks of idling. To understand how to relax is to understand how to strengthen nerves.

"Don't fret" and "Don't worry" are the most healthful of maxims.

### Boil Suspected or Impure Water.

A FEW years ago, Professor Koch and a company of fellow scientists went to Egypt to make a study of cholera. They had no fear of contagion, although they were not accustomed to that climate. They spent

weeks among cholera patients; they examined the discharges of cholera patients and the bodies of those who had died of disease, so that they were exposed in the most thorough manner possible; and yet only one of them contracted the disease. They ate no food that was not thoroughly cooked, and drank no water that was not boiled and filtered through a Pasteur filter. One of the company ventured to drink some water which had been neither filtered nor boiled, and he was the only one who contracted the disease.

### Suicides Choose Mondays.

A WELL-KNOWN sociologist, who has been compiling the data of suicide, finds that Monday is the favorite day for committing this act. Saturday is the day the fewest suicides take place. Monday is the day when the majority of people take up their troubles again after a day of feasting.

No doubt the heavy indigestible Sunday dinner, combined with inactivity, is responsible for much of this. "Abundance of idleness and fulness of bread," makes an unfortunate combination. The rest day, designed to be a blessing to mankind, has been made a day of feasting and gluttony, and as a result, has become a curse to many.

### Coffee and Tea.

DR. BEAUMONT, a surgeon in the United States army, whose experiments have attracted the attention of the whole medical world, says:—

"Coffee and tea, the common beverages of all classes of people, have a tendency to debilitate the digestive organs. Should any one who is in the habit of drinking either of these articles in a weak decoction take two or three cups made very strong, let him be aware of their injurious tendency. Yet this is only an addition to the strength of the narcotics he is in the habit of constantly using."

Dr. Alcott declares that those who drink coffee and tea have an especial tendency to paralysis and nervous headache. The slave to coffee and tea must not find comfort in the thought that these beverages banish headache. They may give relief for a while, but the evil will only grow worse, and very often the seeds of disease are sown by their use.

### Strange Inconsistencies.

THE accumulation of adipose tissue in man is an evidence of disease. That the fat man is not the healthy man is recognised by physicians everywhere. When a human being whose normal weight should be ten or twelve stone tips the beam at nineteen or twenty stone, he is considered to be in a dangerous condition, in danger of fatty degeneration of the heart muscles and blood-vessels, and of sudden death. The man himself begins to feel uncomfortable, and perhaps already suffers with Bright's disease or gout, and applies to his physician for advice and treatment.

It is recognised that the athlete with the strong, hard muscular arm is the healthy man. It is strange that cattle and other animals are often fattened until they reach almost double their normal weight. These creatures are no longer in health; they are diseased, they are suffering with fatty degeneration. In the selection of beef, the healthy ox with strong, hard muscles is passed by. Only tender steak is in demand. Thus a premium is placed on soft, flabby muscle or beef steak.

THE HUMAN SKIN.—The importance of keeping the pores open and the skin in a clean and healthy condition cannot be too highly estimated. The skin does a work similar to that of the lungs, and by perspiration carries off from the body much that would prove injurious if suffered to remain. It also contributes to an equitable temperature of the body. Ordinarily, the quantity of sweat given out in a day by a man is about one pound and a half. Inattention to these points will give rise to many disorders of the system. The surface of the body is covered with scales like those of a fish; a single grain of sand would cover one hundred and fifty of these scales, and yet a single scale covers five hundred pores, through which the sweat oozes like water through a sieve.

TO DESTROY ANTS.—Mix threepenny-worth of tartar emetic in an equal amount of white sugar, make it quite moist, put it into small dishes, and set it on the shelves where the ants are troublesome. They will disappear, and you will find no dead ones about. Do not throw the mixture away, but save it for further attacks, as it can be easily moistened again.



## The Home.

Who can do this work so well as a God-fearing mother? The work of the mother who has a close connection with Christ is of infinite worth. Her ministry of love makes the home a Bethel. Christ works with her, turning the common water of life into the wine of heaven. Christian parents, you are charged with the responsibility of showing the world the power and excellence of home religion. Be controlled by principle, not by impulse. Work with the consciousness that God is your helper. Allow nothing to divert you from your God-given mission. Be true to your trust. God will help you. Guided by Him, your children will grow up to bless and honor you in this life and in the life to come.

MRS. E. G. WHITE.

### When Silence is Golden in Child Training.

WHEN children lose their self-control, and speak passionate words, the parents should for a time keep silent, neither reproving nor condemning. At such times silence is golden, and will do more to bring repentance than any words that can be uttered. Satan is well pleased when parents irritate their children by speaking harsh, angry words. Paul has given a caution on this point: "Fathers, provoke not your children to anger, lest they be discouraged." They may be very wrong, but you can not lead them to the right by losing patience with them. Let your calmness help to restore them to a proper frame of mind.

Jesus loves children and youth. He rejoices when He sees Satan repulsed in his efforts to overcome them. Many a youth is in eminent peril through manifold temptations, but the Saviour has the tenderest sympathy for him, and sends His angels to guard and protect him. He is the Good Shepherd, ever ready to go into the wilderness to seek for the lost, straying sheep.

Mothers, do you sigh for a missionary field? In your home you have a missionary field in which you may labor with untiring energy and unflagging zeal, knowing that the results of your work will endure through all eternity. Are not the souls of your children of as much value as the souls of the heathen? Then tend them with loving care, bringing God into their thoughts.

### A Father's Love.

MUCH is said and written in glorification of mother love. Father love is less in evidence, but one little girl's opinion of it appears in the following story:—

A young rector was in charge of a large church in the West End of London, whose wife died, leaving a motherless child. The people hoped that some aunt, sister, or niece would come to look after the child, but none such appeared.

Gradually it came to be known in the parish that their scholarly and eloquent rector was as much at home amid the mysteries of the nursery, the warming of a child's mug of milk, the washing of baby's face, etc., as he was familiar with the mazes of theology and the changing phases of Biblical questions.

Four years slipped by, and one Easter Sunday, when the church was adorned with wreaths and lilies of sweet perfume, the child was placed, as usual, in the corner of a front pew, and the service went on until the sermon began.

This was on the mother of Christ—her agony of heart at the cross, her wonder at the news of the resurrection, and from this

he turned to tell of the sadness and misery of those who "feel the mother want in this world."

The face of his motherless child inspired unusual earnestness as he pictured that wonderful mother love.

In conclusion he said: "Think what a child's life is without a mother's love. Who can tend, who cherish, who can love—who—but a mother?"

And in the depth of his feeling the rector's strong voice halted, as if for an answer.

In the hush of the great congregation a little voice spoke out very sweetly from that front pew:—

"A faver (father) would do most ev'y bit as well, papa, dear!"

The rector closed the service somewhat abruptly as he gave the benediction.

The little child ran into the vestry, and the rector clasped her to his heart, as the little one, in a half-frightened tone, asked: "You aren't angry wif me, are you, papa dear? I forgot ev'ybody was a lis'ning!"  
—*Selected.*

### What the Housewife Should Know.

OLD stockings cut down the seam make excellent cloths for polishing furniture and floors, as well as soft iron-holders.

When grease is spilled on the kitchen table or floor, pour cold water on it at once to prevent its soaking into the wood. It will quickly harden, and can be lifted with a knife.

To remove soot from a carpet, sprinkle plenty of fine salt over it, and sweep along the grain of the carpet. Repeat until every trace of the soot is removed.

In making down pillows, go over the wrong side of the case with an iron rubbed well with beeswax each time it is applied to the cloth, to prevent the down's working through the cloth.

Do not try to sweep an invalid's room, but wring a clean cloth out of cold water to which a few drops of ammonia have been added, and carefully wipe the carpet, matting, or floor, turning and rinsing the cloth, and changing the water frequently.

Cheese-cloth makes good dusters, and window or box draperies that are no longer fresh and attractive should be cut into spuapes and neatly hemmed for the purpose. There should be a sufficient num-

ber on hand that they may be washed as regularly as the face towels, as they last longer and give more satisfactory service with frequent washings.

Teach the boys as well as the girls, the proper way to put the bedclothes to air over two chairs in the morning, and also occasionally give the boys a lesson in simple cooking by having them help prepare breakfast.—*Katherine Kay.*

### Dress Sensibly.

MANY a style of dress that is inappropriate and even ridiculous has been generally adopted because it is the fashion. The amount of physical suffering created by unnatural and unhealthful dress cannot be estimated. Not a few have become life-long invalids through their compliance with the demands of fashion. Displacements and deformities are but two of the many evils resulting from fashionable dress. While every garment should be short enough to prevent it from dragging, great care must be taken that the limbs are warmly clad. Dress reform lifts the weight from the hips, by suspending the skirts from the shoulders. It removes the tight corsets, which compress the lungs, the stomach, and other internal organs. It provides for the protection and development of every part of the body.

### "It is Good for Me That I Have Been Afflicted."

MOST of the trials and afflictions which we charge upon Providence are the result of our own wrong doing. The man who is sick, suffers for his own sins, and probably for his father's also. For the glutton, the tobacco-user, the toper, the tea and coffee slave, the sedentary man, the fashion-fettered woman, to charge upon God the consequences which grow out of natural law, is base calumny. God is a God of love, mercy, compassion, and healing. He does nothing arbitrarily. He never makes sick; He never destroys; He never inflicts punishment. Sickness, suffering—so-called penalties—are simply the consequences of the violation of law; they are results, not punishments. They are wounds that are inflicted by the thorns hidden beneath the thick foliage of the tree which bears forbidden fruit.

## Seasonable Recipes.

LAURETTA KRESS, M. D.

**BOILED CAULIFLOWER.**—Prepare, divide into neat branches, and tie securely in a net. Put into equal quantities boiling milk and water, and cook until the main stalks are tender. Boil rapidly the first five minutes, afterward more moderately, to prevent the flower from becoming done before the stalks. Serve on a hot dish with cream sauce or diluted lemon juice.

**CAULIFLOWER WITH EGG SAUCE.**—Steam the cauliflower until tender, separate into small portions, dish, and serve with egg sauce, prepared by heating a pint of rich milk or very thin cream to boiling, and stirring into it a level tablespoonful of gluten flour rubbed smooth with a little cold milk. Let this boil a few minutes, stirring constantly until the flour is well cooked and the sauce thickened. Then add slowly the well-beaten yolk of one egg, stirring rapidly, so that it will be well mingled with the whole. Add salt to taste, and let it boil up once. It should be the consistency of thick cream.

**CAULIFLOWER WITH TOMATO SAUCE.**—Boil or steam the cauliflower until tender. In another dish prepare a sauce with a pint of strained tomatoes heated to boiling, thickened with a tablespoonful of gluten flour rubbed smooth in a little water, and salted to taste. When the cauliflower is tender, dish, and pour over it the hot tomato sauce. If preferred, a tablespoonful of thick, sweet cream may be added to the sauce before serving.

**CABBAGE AND TOMATOES.**—Boil finely chopped cabbage in as little water as possible. When tender, add half the quantity of hot stewed tomatoes. Boil together for a few minutes, being careful to avoid burning. Season with salt if desired, and serve. If preferred, a little sweet cream or cocoanut cream may be added just before serving.

**CABBAGE CELERY.**—A firm, crisp head of cabbage cut in slices half an inch or an inch thick, and then again into pieces four or five inches long and two to three inches wide, makes quite an appetising substitute for celery.

**CABBAGE HASH.**—Chop fine equal parts of cold boiled potatoes and boiled cabbage, and season with salt. To each quart of the mixture add one-half or three-fourths of a cup of thin cream. Mix well and boil till well heated.

**BAKED CABBAGE.**—Chop cabbage fine, and cook in boiling water twenty minutes. Drain in a colander. To one quart of the cooked cabbage add a cupful of water in which has been dissolved a dessertspoonful of nut butter, two well-beaten eggs and the juice of one lemon. Add salt to taste. Mix thoroughly.

## PRINCIPLES DEMONSTRATED.

THE following letter was received by the editor from a leading oculist of Sydney, a former patient at the Wahroonga Sanitarium:—

I thought the following, illustrating as it does the efficacy of the non-flesh diet observed at the Sanitarium as a pre-eminent factor in physical endurance, might interest some of your patients and visitors, especially those skeptically inclined who wonder how on earth they are going to walk upstairs without having consumed for breakfast a portion of the ribs of a poor, dead sheep, otherwise known as "chop."

Last Friday two well known and thoroughly seasoned bicycle road riders, admittedly two of the best in the State, and myself went to Wentworth Falls by rail. Next morning we set out on a trip across the mountains to Cox's valley, thence ten miles, and up again over the mountains to the "Oaks." For the first twenty miles the road lay through the bush, four-fifths of it being sand, sticks, and boulders. In the valley we had ten miles of sand, cobble stones, thistles, and bush, only a cattle track to follow, and had to wade the river five times. The heat was intense. In the last ten miles we had a steep ascending grade of five miles in fine dust, almost knee deep, without a stop. Would you believe that I never had the least feeling of fatigue, until just before reaching our destination, while my friends were both considerably distressed after the first ten miles. In fact I had to carry one of them and his bike across the cobble stones and the river his feet were so bad. Before we started, this chap proudly boasted that he ate meat three times a day. When I remarked I had had meat only three times since last September, he yelled, "No meat; then how do you expect to do this trip?" "Oh, I'll try," I humbly rejoined. I could not resist a dig at him, limp and foot weary on my back, when wading over the river, "What about your beef steak now, old party?" I asked. No answer. "Try my tucker next time you are on a hard trip," I again ventured. Still no reply. Both were thirst tormented, while I hardly experienced any thirst. I never felt better than I did after that trip.

It will be interesting to observe that I had ridden with these same people before I visited the Sanitarium, and I always found them much too good for me. Since my sojourn at the Sanitarium, I had one trip with them besides the one I have just described. I held them in my hand just as I did on this last trip. Now what about a non-flesh dietary? If you have any skeptics up there, prescribe a bike trip for them, doctor, with me.

With kindest regards to self and staff.  
Yours very truly.

If you don't sleep well, take more exercise, eat and drink less, and have a well-groomed skin.



## Questions and Answers.

**Corns.**—Can you tell me a method of treating corns on the soles of the feet?

*Ans.*—There are a good many remedies for treating corns on the feet. One of the most recent is to apply the juice of a raw pineapple. The pineapple juice is a digestive agent. It has recently been discovered that pineapple juice has the same effect upon albumin as the gastric juice of the stomach. A piece of meat placed in some pineapple juice will soon be converted into a jelly. It also softens the hard skin of the corn. It is one of the best and safest of remedies.

**Pimples.**—What is the cause of pimples on the face of youths from sixteen to nineteen? Is it natural, or can it be guarded against?

*Ans.*—Boys during this period are growing, and usually have a very good appetite. They are not very particular about the quantity or quality of the food they eat, and pay but little regard to the matter of food combination. These pimples are really due to undigested particles of food that are carried into the circulation, and deposited there. By the process of fermentation poisonous gases are formed, as carbonic acid gas and also alcohol. These substances paralyse the stomach and intestines. In the intestines there are little follicles lining the intestinal tract, that serve for the passage of digested food. When these poisons are formed in the intestines, these follicles are paralysed, and open a little wider, and allow undigested particles of food to pass into the circulation. From there they are deposited in the skin. The only way to get rid of the pimples is to remove the cause.

**Stoutness.**—Can you give a remedy for stoutness?

*Ans.*—There is one remedy that is sure to cure, and that is to eat less and work more. Avoid fat-forming foods, as potatoes, bromose, melrose, and sugar. Eat only one thing at a meal. If granose biscuits are eaten, there is no danger of overeating. At the next meal perhaps take fruits entirely.

**Hair.**—Can you advise something that will nourish the hair, prevent it falling out and turning gray? Are any of the advertised restorers beneficial?

*Ans.*—None of these feed the hair. The only nourishment the hair derives is from the blood, and so the more blood we can bring to the roots of the hair, the more the hair will be nourished. Massage to the scalp is one of the best things to improve the nutrition of the hair. In these remedies there are irritants which cause a greater supply of blood to be drawn to the roots, and thus improves for the time.

**Drinking at Meals.**—Is it advisable to drink milk or water during the meals? If not, how much may be taken between meals?

*Ans.*—It is not advisable to drink either milk or water with the meals. Milk is not a drink at any time, but a food. This is why milk disagrees with

so many people. The natural way to take milk is in minute streams. This is the way the little babe takes its nourishment. The object of the milk being supplied in minute streams is that the saliva can mingle with it, and thus prevent the formation of hard curds. When the milk is swallowed in large gulps, it forms hard curds, and undergoes decomposition. It is safe to say that nine out of every ten dyspeptics cannot use milk. Milk is especially bad in the evening just before retiring. People who take milk at that hour will wake in the morning with a coated tongue, and feeling generally depressed. Milk is one of the best mediums we have for germ culture. If milk is taken at all, it should be with the meals as a food. Water should not be taken with the meals, but if very thirsty, a few sips at the close would not be harmful. The best time to take water is when the stomach is about to empty itself. The water then acts as an internal bath, and helps to cleanse the stomach. It is a good thing to drink freely of water at proper times. It is better to drink cold water before breakfast and hot water before retiring for the night.

**Drowsiness.**—What is the cause of drowsiness after meals?

*Ans.*—Drowsiness after meals usually indicates overeating. An excessive amount of food in the stomach draws an abnormal amount of blood to the digestive organs, causing anæmia of the brain, which leads to sleepiness. Take not more than three rather light meals, the last at six or seven P. M.

**Varicose Veins.**—Is there a cure for varicose veins in the legs?

*Ans.*—The enlarged veins are due to a defective return circulation of the blood from the legs, doubtless caused by too much standing. If possible, get a week's vacation, rest the limbs, keeping them elevated on a couple of pillows, and apply fomentations to both legs, followed by a dip in cold water twice daily. Or soak them in a deep pail of hot water for five minutes, then dip in cold water, repeating the treatment three or four times. When you return to work, bandage each leg, starting with the foot, and as much as possible avoid standing. It would be well to change your work if that could be arranged, so you would not have to stand so much. In bad cases, removal of the diseased vessels would be the best treatment.

**Diabetes.**—Why is meat not now recommended in diabetes as formerly?

*Ans.*—Albuminous food has to be dissolved, or converted into a liquid. After it is liquefied or digested, it is absorbed and carried into the system to be converted into a semi-solid, in the form of muscle principally. By exercise, either mental or physical, a certain amount of this semi-solid tissue breaks down again. After passing through a number of changes, it is converted into uric acid. It is then carried to the liver, and by the liver the insoluble uric acid is converted into urea, and in that condition is readily eliminated by the kidneys. If it were 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. Daily we eliminate about three and one-half grains of urea in the urine to every pound of body weight. A man would throw off in the urine about 480 to 500 grains of urea, or about one ounce. It is estimated that 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 have to be converted into urea by the liver. This overwork of the liver results in disease of this organ, disabling it. The liver being also the organ that stores up sugar, when disabled it cannot perform this function, and diabetes results.

**Hydatids.**—Is hydatids confined to Australia? What is the principal cause of the disease?

*Ans.*—Hydatids is very common in Australia and Iceland, but in other countries is rarely met. During the last twenty years there have been between three and four thousand cases reported in Australia. It is estimated that nearly seventeen per cent. of the people of Iceland are infected with the disease. It is common in countries where cattle raising is an extensive industry, and is common among these creatures. In Iceland it is stated that there is not a cow over ten years of age that is not infected with hydatids, and also every sheep over three years of age is infected. It is supposed that the disease is communicated to man through the dog. I have not any doubt that this is sometimes the case. But how does the dog become infected?—By feeding on the flesh of the diseased animals. But if it is possible for the dog to become infected in that way, it is also possible for man to contract the disease in the same manner, and I have no doubt that this is the principal cause of the disease in man,—eating the flesh of infected animals. One reason why I have come to this conclusion is that in non-flesh eating countries, though the animals are equally diseased, the inhabitants are free from the disease. In India, for example, the disease prevails among cattle, but is seldom met in man. The disease can also be communicated through the products of the vegetable kingdom. The eggs of the tapeworm often adhere to the lettuce, celery, and other vegetables which are generally eaten raw, and thus the eggs are introduced into the stomach. The gastric juice digests the shell of the egg, and the little parasite confined within is liberated. This embryo worm is provided with a pair of sharp hooks, with which it bores through the wall of the stomach and enters the blood stream, and is then carried to the liver, where it commences to grow. Hydatids are most common in man in the liver. Another organ that is frequently infected is the lung. Sometimes they develop in the brain and produce insanity or blindness. The only way to keep free from the disease is to avoid the causes entirely. Thoroughly boil all raw vegetables, and abstain from the use of meat, or if a little must be taken, be sure to cook it thoroughly.

**Vaccination.**—Is it necessary to inject a poison to protect from smallpox?

*Ans.*—In regard to vaccination I have always

preferred to keep quiet. Personally I have never been able to see any physiological reason why it should be necessary to inject a deadly poison to protect from any disease. Even if it should protect from that disease, it would prove an injury to the system and invite other diseases. There are other means of protection which are equally effective and less harmful than the vaccine. The principal means of protection is a healthy body. Germs are unable to injure a healthy man. So to build up the general health is the natural means of protection against smallpox. I remember vaccinating one young woman a few years ago during a smallpox scare. She was a fine girl about nineteen years of age, with rosy cheeks. I performed the operation as aseptically as possible. This young woman nearly lost her life. I declared then that I would never vaccinate another human being. After this, one of my patients who was going to the southern States of America, where smallpox was prevalent at the time, requested me to vaccinate him. I did not refuse outright, but reasoned with him like this: You might come in contact with diphtheria, why not have a little serum injected to protect against that? And so with yellow fever, consumption, and other diseases you are constantly in danger of meeting. He decided that he would not be vaccinated. Observance of the laws that govern our being is the surest preventive against smallpox or any other disease. "If you obey, I will bring none of those diseases upon you that I have brought upon the Egyptians," is the promise.

### Remove the Obstacles.

"Move the stone away," said Jesus. Martha said, "By this time the smell is offensive, it is the fourth day since his death." Did I not tell you, Jesus replied, that if ye would believe in me, you should see the glory of God? So they moved the stone away. When human hands did what they would to show their faith, Jesus knew God was faithful and would do His part. Jesus said, "Father, I thank Thee that Thou hast heard My prayer."

When we do all human hands can do, we can with faith claim God's promises and say, "Father, I thank Thee that Thou hast heard my prayer." How often we sit down, fold our hands, and expect God to do it all. Some conscientious people would even consider it a denial of true faith to remove the stone. It is, however, not a denial of true faith, but a true index and evidence of faith.

Here are a few stones that human hands must remove to be restored to health: poor air, idleness, lack of sunshine, and poor food. When these are removed, Jesus can say, "come forth," and it will be found that "God is not slack concerning His promises."

## News Items.

DR. LAURETTA KRESS recently occupied the Thursday evening lecture hour, and gave a most helpful talk to the family on "child culture."

INTERESTING lectures about Samoa and Norfolk Island were also recently given by Pastor Gates, travelling South Sea Island missionary, to the Sanitarium family.

PASTOR FULTON, for eight years a missionary in Fiji, now Bible instructor at the Avondale School for Christian workers, gave a very interesting and instructive missionary talk to the patients and workers of the Wahroonga Sanitarium in the large drawing room. Two of the native boys who are at present attending the Avondale School, were with him and took part in the exercises, demonstrating the gymnastics accompanying the native war songs. The exercises of the evening were highly appreciated by all present.

THE following general programme carried out at the Wahroonga Sanitarium may be of interest to the readers of GOOD HEALTH. This is varied somewhat to meet special cases: Rising hour, 6:30 to 7 A. M.; alternate hot and cold spray or short milder treatment at 7:30, followed by moderate exercise or a short, brisk walk before breakfast. After breakfast all who are able take part in dumb bell exercises in the gymnasium. This is followed by general treatments, as massage, baths, etc., in the bath and treatment rooms, and dinner from 2 to 3:30 P. M. All assemble in the gymnasium after dinner to take part in breathing exercises. Special treatments are given between 4:30 and 6 P. M.; calisthenic exercises for patients in the gymnasium from 6 to 6:30; supper or refreshments immediately after; lecture at 7:30; retiring at 9 o'clock.

MR. SANDLANDS says that he is "actually curing cancer in several parts of the country," and in every case he feeds the patient on a single fruit, sometimes apples and at other times oranges, and whenever possible, melons.

"No person dies of cancer; he dies of

what causes it," says the reverend food-reformer. "Cancer, I affirm, is as curable as any other disease." He gave the names and addresses of several persons who, he says, have been cured.

SHELLY says: "With a natural system of diet, old age would be our last and only malady; the term of our existence would be protracted, we should enjoy life, and no longer preclude others from the enjoyment of it; all sensational delights would be infinitely more exquisite and perfect; the very sense of being would be a continual pleasure, such as we feel in some few and favored moments of our youth. By all that is sacred in our hopes for the human race, I conjure those who love happiness and youth to give a fair test to the vegetable system."

DR. SAFFRAY, an eminent French physician, in his work "Les. Moyens de Vivre Longtemps," says:—

"We die prematurely, but it is not a consequence of the order established by Providence; it is the result of our ignorance, of our passion, of our vice." It depends upon us, to put a stop to this wholesale suicide, and to prolong our lives to their normal limit.

One hundred years is not the extreme limit of human life, as is shown by the fact that a number of persons, even in modern times, have been known to live to an age far beyond a century.

THERE can be little doubt, remarks the "Family Doctor," that the ordinary omnibus plays a considerable part in the spread of diseases, not alone of the maladies popularly recognised as "catching," but of those nameless illnesses which constitute the bulk of personal and family sickness.

Within a compartment measuring less in capacity than would be allowed per head for the inmates of the worst-arranged hospitals, are crowded together some dozen individuals, who respire each other's breath to a degree and with a directness not experienced under any other circumstances.

If Christians lived nearer to God, they would have no difficulty in loving one another.—*Rev. J. Hamilton.*

At the invitation of Mr. S. Smith, a member of the Arbitration Court of New South Wales, a party of the staff and patients of the Wahroonga Sanitarium enjoyed a pleasurable run on the harbor in one of the Government steam launches. Lunch was served on board, and the members of the party were able to view the beauties of famous Port Jackson while regaling themselves with the good things with which the hampers were stocked. After lunch the party landed at Cockatoo Island, and were photographed. After a short stay on the island, all returned to the launch, which then proceeded to the Training Ship "Sabraon."

The ship was *en fete*, being the occasion of the annual distribution of prizes. The spacious deck, which was sheltered by the high bulwarks, was occupied by ladies and gentlemen, including the Under Secretary, Mr. Bridges, who takes a deep interest in the welfare of the boys. The boys all dressed in their uniform were seated in companies with their officers. The gentlemen who distributed the prizes spoke words of encouragement to the different ones as they advanced to receive their awards. Under the direction of an officer, companies of the boys rendered several part songs, which were appreciated by those on board. A feature of the afternoon's programme was the band playing by a company of the boys. The performances on the brass instruments reflect great credit upon both the instructor and the members of the band. In the interval following the distribution of prizes, the visitors availed themselves of the opportunity to inspect the various appointments of the ship. All provision has been made whereby the boys are provided with a comfortable home and work-shops, and a school exists, so that in the matter of acquiring a knowledge of some handicraft and education, the needs of those in training are amply met.

After the interval, the visitors and boys reassembled on the deck, where the distribution of prizes was continued. This concluded, the Under Secretary delivered an encouraging and inspiring address to the boys. He told them that now was their sowing time, to reap in after years the harvest of life,—character.

At the request of the visitors, Captain Mason had the boys give an exhibition of

physical drill. The evolutions were carried out accompanied by the strains from the band. It was an interesting sight to see the four hundred boys trooping the deck, singing lustily at intervals while marching, and to note the four hundred pair of arms swing as one while engaged in the different exercises.

The Captain then addressed the boys, and called upon them to express their gratitude to those who manifested their interest in their welfare by their presence that day, by living lives of moral worth and integrity in the future.

Cheers having been given for the Under Secretary and the visitors, the parties left the ship well pleased, and more than gratified at the splendid work which was being done by Captain Mason and his able staff of officers.

It is said that the primitive Hawaiians were much larger and stronger than their descendants of to-day. The deterioration of the race started with the advent of the white man and the introduction of gin, beer, and other intoxicants, together with many of the worst evils of civilisation. As a matter of fact, unless the present native death-rate materially decreases, the Hawaiian race will soon become extinct.

OFFICIAL figures show that during the past nineteen years the daily average deaths of children under two years of age in Australasia was 44. This totals up to 303,070 deaths of infants during this period.

Dr. Muskett, who has made a deep study of this subject, estimates that fully one-half of these deaths could probably have been prevented by a little increase in the knowledge of infant feeding and sanitation. According to this estimate, fully 150,000 lives might have been saved during this period. This presents a life leakage that should be regarded with alarm, and calls for public educators in subjects of health and true temperance.

SELFISHNESS is one great cause of loneliness. If a man builds walls around himself, so that he may keep all that he has to himself, he soon finds that he has built walls around himself which shut out all that might come in to him from others. So it is possible that the cure of loneliness may be the overcoming of selfishness.—*McCall's*.

THE American inventor, Thomas A. Edison, is severely down on tobacco generally, and is particularly a very bitter enemy to the cigarette habit. He will not allow anyone to smoke one in his presence, and, though many of his employees habitually use them, they keep them out of sight when Mr. Edison is around. On one occasion Mr. Edison found a package of cigarette papers outside of the door of his office. He picked it up and wrote the following sign:—

"A degenerate who is retrograding toward the lower animal life has lost his packet. The same can be had by applying to the storekeeper."

A NEW remedy for treating consumption, called sanosin, has been exhibited at the Berlin Medical Society. Its inventors profess to be able to arrest the progress of consumption even in its advanced stages. Much time and skill is being devoted to the discovery of a *cure*; when will the profession bestow some attention upon the *prevention* of disease?

MR. JONATHAN HUTCHINSON, who has recently made a tour in India, says that as regards leprosy in that country there are no facts which controvert the hypothesis that unwholesome fish is the cause of some cases of leprosy. Mr. Hutchinson found out many curious things during his tour. In one Punjaub asylum a schedule was drawn up according to which forty men suffering from leprosy had never eaten fish. They were questioned one by one, with the result that only one man persisted in the denial. Mr. Hutchinson also states that leprosy may be caught by eating food from the hands of a leper. He concludes

that while fish-eating is the invariable cause of leprosy, it is not the cause of its prevalence.

AS AFFAIRS stand regarding the oyster industry, the medical profession will not advise their patients to eat oysters. Sanitary science having proved the contamination of this class of shellfish, the public have practically resolved to eat no more of them, and this, together with the fact that the owners of oyster-beds have been called upon to move to purer quarters, means a ruinous expenditure of money to the people concerned in the oyster industry. None of the English oyster companies have yet adopted the metallic earmark, which has been devised as a proof of the oysters coming from pure sources. It has recently been stated that by keeping a polluted oyster in a vessel of fresh water the infection is counteracted, but this, however, is false.—*Science Siftings*.

EVERYTHING in nature is diligent, and moving steadily onward, setting us an example. Notwithstanding the plants and shrubs are thirsting for showers, yet they cannot stop to complain and cease their efforts to flourish. They obey nature's laws, to do the very best they can under every circumstance. They thirst to be refreshed with water, yet they strike their roots down deeper, reaching down far to gather the moisture, that they may retain life, freshness, and beauty.

These things of nature teach us the useful lesson, not to be easily discouraged under disadvantageous circumstances, but to continue to put forth efforts, and to do the very best we can.

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