

THE AUSTRALASIAN GOOD HEALTH

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Medical and Health News.

Beer Drinking a Cause of Degeneracy in Germany.

GERMAN official statistics recently published show that there is a marked degeneracy in the physique of that nation. A Berlin correspondent writes that nearly one-half of the young men in Germany between the ages of eighteen and twenty-two, are incapable of bearing arms, and the prevalence of heart disease among youths has increased by 300 per cent. within the last decade. Beer drinking is considered one of the principal causes of this degeneracy. There are 51,000 breweries in the world, and about 25,000 of them are in Germany. It is estimated that £150,000,000 is spent yearly for intoxicating beverages in Germany alone. Germans average five glasses of spirits daily per capita.

The effect of this universal beer drinking upon the people has been carefully studied by prominent university professors and other scientists in that country. The following are a few of their utterances:—

Professor Edward von Hartmann, author of "The Philosophy of Unconsciousness," says: "Although of all nations the German has the greatest capacity for culture, the general culture of its higher classes is undergoing frightful retrogression because of the beer consumption of its students."

Dr. A. Forel, of the University of Zurich, testifies to practically the same

thing in an article in the *American Journal of Insanity*, October, 1900:—

"'But,' you will say, 'alcohol is poisonous in excessive amounts only. A moderate quantity of beer or wine does no harm; it promotes pleasant sociability.' Doses of even one-fourth to one-half ounce of alcohol, which correspond to a glass of wine or a pint of German beer, are sufficient to paralyse, retard, or disturb the central and centripetal brain functions. The number of mistakes in calculation, setting type, and memorising, is increased. Sensibility is blunted. One feels heat, cold, and pain less; one is less afraid, less accurate, less scrupulous. Hence whenever alcohol promotes sociability and loosens the tongue, it is the consequence of a cerebral intoxication. Whenever the dose is too weak to produce this result, it also fails to have the desired effect. Hence, it is evident that the social effect of alcohol is pathological."

"To be convinced of its moral effects, one only needs to study in Germany the 'beer jokes,' beer conversation, and the beer literature. Among the academic youth of Germany the drinking of beer has truly killed the ideals and the ethics, and has produced an incredible vulgarity."

Dr. Bollinger, director of the Anatomico-Pathological Institution in Munich, asserts that it is very rare to find a normal heart and normal kidneys in an adult resident of

that city. The reason for the kidney disease is the tax put upon these organs by the drinking of excessive amounts of beer, and the cardiac hypertrophy and degeneration are secondary lesions for the most part. Formerly, the population of the city was recruited by accessions from the country, but the abuse of beer has spread now to the rural communities, so that this source of healthy new blood is cut off.

As long ago as 1881, Professor Binz, of the University of Bonn, called attention to this peril in the following strong words:—

"This flooding of the stomach and brain with beer, so prevalent among our young students, I regard as a national evil, whether considered from a hygienic, economic, or intellectual point of view."

Dr. J. H. W. Stuckenberg, of Cambridge, Massachusetts, United States America, from long observation in German Universities, says:—

"Beer drinking in Germany will destroy the nation unless it is checked."

A number of leading scientists connected with the universities of Zurich, Munich, Basle, Leipsic, and others, published the following statement:—

"It is an absolute scientific fact that alcoholic drinks, more than any other factor, injure our national life, diminish the physical and intellectual forces of our race, impregnate them with hereditary diseases, and lead to degeneracy. The moderate use of alcoholic drinks is the true cause of alcoholism."

Professor G. von Bunge, professor of physiological chemistry in the University of Basle, Switzerland, says: "Beer is the most injurious of all alcoholic drinks."

The Scientific American says:—

"The use of beer has been found to produce a species of degeneration of all the organs. In appearance the beer drinker may be the picture of health, but in reality he is most incapable of resisting disease."

Dr. S. H. Burgen, Toledo, Ohio, adds the following testimony of a practising physician:—

"My attention was first called to the insidious effects of beer when I began examining for life insurance. I passed as unusually good risks five Germans,—young

business men,—who seemed in the best of health, and to have superb constitutions. In a few years I was amazed to see the whole five drop off, one after another, with what ought to have been mild, and easily curable diseases. On comparing my experience with that of other physicians, I found they were all having similar luck with confirmed beer drinkers, and my practice since has heaped confirmation upon confirmation.

"Any physician who cares to take the time, will tell you that the beer drinker seems incapable of recovering from mild disorders and injuries not usually regarded of a grave character. Pneumonia, pleurisy, fevers, etc., seem to have a first mortgage on him, which they foreclose remorselessly at an early opportunity. . . . When a beer drinker gets into trouble, it seems almost as if you have to recreate the man before you can do anything for him."

N. S. Davis, M. D., L. L. D., Chicago, Illinois, says, "that alcohol diminishes working ability and power of endurance, is abundantly illustrated by the thousands of beer and wine drinkers, who, from twenty to twenty-five years of age, were muscular, active, capable of any reasonable endurance, with a weight of one hundred and fifty pounds, but who, by the daily use of beer and wine, have acquired a weight of two hundred pounds or more, and have lost

their muscular activity and endurance to such an extent that an active exercise of twenty minutes would make them puff like a heavy horse."

The German Imperial Board of Health has issued a tract showing the danger to health in the use of alcoholic drinks, and also giving evidence of the worthlessness of beer as regards nutritive qualities.



Good resolutions are about the only buried treasures some men have.

Alcoholism in France.

A MEASURE was lately passed by the Chamber of Deputies to rescue the French people from the perils of spirit drinking. Every effort is being made by the French to fan into a flame the small, flickering, vital spark that is still left. In all parts of the city of Paris, amid other official placards and notices, is a large, white poster, with clear, black type, headed "Alcoholism—Its Dangers." It begins:—

"The artificial stimulus that alcohol produces quickly gives place to nervous depression and weakness; *in reality, alcohol is useful to no one, it is harmful to all.*" The evils which the habit of drinking brings in its train are catalogued. They include loss of affection for one's family, forgetfulness of social duty, distaste for work, misery, crime, and all kinds of physical maladies. *It concludes that with reference to the health of the individual, the existence of the family, and the future of the country, alcoholism is one of the most terrible scourges.*

The Societe Francaise de Temperance de la Croix Bleue, 33 Rue des Saints Paris issued another poster in bright red color, and large black letters, entitled "Verdict of the Savants of Alcohol." This placard gives quotations from men prominent in French scientific and official life. The following are some of the translations:—

Dr. Magnan, of the Academy of Medicine, Chief Physician of the Insane Asylum of St. Anne: "*Alcohol drives into our asylums of the department of the Seine nearly half of its inmates.*"

Dr. Weiss, Engineer of Bridges and Roads, Professor to the Faculty of Medicine: "*Many persons, often without suspecting it, suffer from having used alcohol. I do not know one who would have to regret having been deprived of it.*"

Dr. Legrain, Chief Physician of the Asylums of Ville Evrar: "*It is scientific to proclaim that alcohol is a perpetual danger, that alcohol is perfectly useless, and that it is wise to pass it by.*"

Dr. Garnier, Chief Physician of the Special Infirmary of the Police Department: "*Alcohol as a food feeds crime and madness, the first of which receives from this substance nearly seventy per cent.; the second, thirty-three per cent.*"

Alcohol is not the only evil that France has to contend with. It appears that another statute will soon have to be enacted to deliver the people from the evil results of coffee drinking. At a recent meeting in Paris of the Société Medicale des Hospitiaux, Dr. Gilles de la Tourette and other medical men of note spoke of numerous cases of "coffee poisoning" that had come within their experience; and they urged the necessity of giving more careful attention to the symptoms of chronic caféisme, as these were too often confounded in diagnoses with phenomena of alcoholic poisoning. *It was, moreover, declared that the two forms of "intoxication" often produced effects that were nearly identical.* Women, it appears, are the chief sufferers from caféisme, on account of their weaker nervous organisation, and the majority of those whom it sends into the hospital are laundresses and ironers.

It was the large number of laundresses showing the same symptoms who had recourse to hospital treatment that caused the attention of Dr. Gilles de la Tourette and others to be searchingly directed upon the immoderate use of coffee.

Count Alfred Saint-Ouen de Pierrecourt, deploring the degeneracy of France and the small size of his countrymen, left in his will £400,000 to be expended in maintaining and propagating a race of giants. A dowry of £4,000 is to be given annually to each of four gigantic couples. The French law courts have decided after prolonged litigation that this will is valid. This mating of constitutionally tall men and women is regarded as certain to increase the stature of the French race. Already giants and giantesses are arriving at Rouen. Among them are said to be the following:—

Lewis Wilkins, the tallest man in the world, who attains the stupendous altitude of nine feet, is a native of Minnesota.

A couple who are about to qualify for the prize are Miss Ella Ewing, the Missouri giantess, and Arthur Beaupre, a Montana cowboy.

Beaupre is seven feet eleven and a half inches high, and his bride eight feet seven.

Besides being of enormous height, the "Montana Giant" is well proportioned. His head measures 28 inches around, his chest 54 inches, his hips 64 inches, and his

neck 24 inches. His foot is 11 inches long, and requires a No. 22 shoe. From the base of his thumb to the end of the middle finger his right hand stretches the tape exactly 11 inches.

He is the son of average-sized people, his father being 5 feet 8 inches in height, and weighing 160 pounds. His mother was 5 feet 4 inches and balanced the scales at 130 pounds.



Feodor Machnow, 8 feet 5 inches, the tallest giant in Russia, is on his way to Rouen.

Ali Hassan, an Egyptian giant, stands 8 feet 2 inches high, and will be a likely competitor if he can find a bride of suitable proportions. He has written that he is coming to Rouen with a colored bride from Central Africa, 8 feet high and weighing 500 pounds. The Rouen aldermen are now debating whether they shall draw the color line.

Count de Saint-Ouen de Pierrecourt, who was considerably more than six feet tall himself traced his ancestry back to those old feudal houses in France whose sons and daughters were permitted to marry none but gigantic mates.

The Count ardently wished to revive this custom from patriotic motives. He sought the views of scientists, who assured him that if men and women followed the same rules observed by the breeders of fine cattle the same results would be obtained—whereupon he made his will establishing a dowry fund in perpetuity.

It may not be generally known that the French, though now almost lilliputians, are descendants of the ancient Gauls, a race of giants. The degeneracy of this people is undoubtedly due to the unnatural and health destroying habits of high civilisation. Unless these habits are corrected or shunned by these modern

giants, the experiment will be a failure, and degeneracy will again result. Like causes can only produce like results. The annual dowry of £4,000, if nothing else, will defeat the proposed scheme. Abundance of idleness and fulness of bread which is thus encouraged can only result in evil and in decay.

UNITED STATES.

The same evils that exist in Germany and France are threatening other civilised nations. J. R. Stevenson, in speaking of the United States, says:—

“A weak generation has been followed by a weaker, with no concerted attempt to remedy the evil, until the national existence is threatened.”

GREAT BRITAIN.

The decline in the physique of the young Britons was recently discussed in the House of Lords in England. It appears that out of 12,000 young men examined for military service, 9,000 were rejected as unfit. Cigarette smoking and beer drinking are assumed as the principal causes. There are probably few more painful spectacles than that of the average British wage earner on his way towards or on his return from his daily work. His chief characteristic, it seems, is the total absence of anything which could be described as alertness. His slouching gait, half open mouth, and dangling arms from hunched shoulders, his slow and purposeless progression are all evidences that little ambition or vitality is left.

In other civilised countries a similar state of things exists. Race deterioration is seen everywhere on every hand, and it must continue until radical reforms are brought about in our homes, at our tables, and united efforts are made to suppress some of the evils by legislation which are responsible for the condition. We must carve the motto of the ancient Greeks—“A sound mind in a sound body”—over our sanctuaries of learning and worship, and teach our youth how these may be acquired.

THE care of the teeth does not begin with the use of the toothbrush, but with the use of the teeth. Tartar upon the teeth arises from non-mastication of dry food.

Medicine and Intemperance Among Women.

IN speaking of intemperance among women, and that much of it comes through the use of alcohol in medicine, Sir Thomas Barlow, physician to the king of England, said, "The only remedy is total abstinence. Half and half measures are useless. We must banish alcohol entirely."

Few are aware of the amount of alcohol found in the various patent medicines; in fact, the desired effect is frequently due *entirely* to the alcohol contained in these so-called remedies. A drink of whisky or beer would produce effects just as desirable as the bitters or tonic. In either case the supposed benefit derived is due to intoxication, resulting from the presence of alcohol.

Dr. Baumgardner, in "Transactions Colorado State Medical Society for 1902," says that the amount of alcohol contained in the following patent medicines is as follows:—

Green's Nervura	17.2	per cent.
Hood's Sarsaparilla	18.8	"
Scheuck's Seaweed Tonic	19.5	"
Brown's Iron Bitters	19.7	"
Kaufman's Sulphur Bitters	20.5	"
Paine's Celery Compound	21.0	"
Burdock's Blood Bitters	25.2	"
Ayer's Sarsaparilla	26.2	"
Warner's Safe (?) Tonic		
Bitters	35.7	"
Barker's Tonic	41.5	"
Hostetter's Stomach Bitters	44.3	"

Beer contains only from two to five per cent. of alcohol, while these "Bitters" contain ten times that quantity, some of them containing more alcohol than champagne or whisky. There can be no doubt that the use of these substances as "tonics" by women and children creates a craving for alcoholic beverages, and is a frequent cause of drunkenness.

The increasing prevalence of drunkenness among women is the fact that comes with a shock to the sensibilities of every lover of his race. The oft-heard remark that "It is bad enough to see a drunken man, but infinitely worse to see a drunken woman," is one which meets the approval of all who hear it. This is not because a woman has not as clear a right to debauch herself as a man has, but because the consequence of her doing so is so much more deplorable. In the degradation of woman-kind to the drink habit, society sees clearly

its own doom. Woman, though belonging to what is styled the weaker sex, is rightfully regarded as the conservator of moral purity, both for the home and the public. When she abandons her sacred post, nothing stands between humanity and absolute ruin.

Alcoholism and Food Reform.

DR. LAUDER BRUNTON, a noted British physician, speaks of a drunkard who complained that the good people were always talking about his drinking, but they never said anything about his thirst. What is the cause of this abnormal craving that the drunkard has? The cause of this is the cause of drunkenness and alcoholism. If we are able to discover and remove the cause, the alcohol problem is solved.

There can be no doubt that the craving for drink is largely created by our artificial and unnatural habits of life, and this is particularly so in the matter of food and drink. Take an individual who has already either inherited or acquired a susceptibility to the drink evil, and feed him upon food saturated with mustard, pepper, and other fiery spices, and there will soon be created within him a thirst that is unquenchable by water. The child that learns to drink tea at its mother's knee has already half learned how to drink alcohol and drinks, as one stimulant creates a craving for another. Disease cannot be abolished by closing the hospitals, neither would drunkenness disappear if all saloons and public inns were closed. The saloon is a small temptation to the young man who has no desire for artificial stimulation.

Whenever in any community a demand arises for any class of goods, there are always to be found those who are ready to supply the demand. The demand must exist before men can be persuaded to handle the goods. I am convinced that the public house exists because there is a craving for the stimulation that is produced by strong drink, and that grocers handle it for the same reason that they handle other goods.

Could we stop entirely the sale of strong drink by the grocer, and wipe out all the public houses within the next six months, we should accomplish some good, but they would naturally spring into existence again, or else the people would resort to cocaine,

morphine, or some other poison to satisfy this abnormal craving. True, the public house and the soliciting grocer do much to increase the evils of intemperance, because they afford so ready a means of supplying the demands of the people, and thus are responsible for much of the drunkenness that exists. But they are not the primary cause of drunkenness. Drunkards are made in our homes, the public house weeds them out.

The chief cause of the desire or craving for strong drink, which is responsible for the public house and all its evils, is to be found at our tables in the quality and the quantity of the food we eat. As long as people take stimulating and highly-seasoned foods, the craving for unnatural stimulation and alcoholic drinks will exist. *Men who take stimulating drinks are always found to be fond of highly seasoned foods.* In countries where highly seasoned foods are freely used, alcoholic drinks are also freely used as beverages.

It is true all who eat highly seasoned or stimulating foods do not become drunkards, but in every case the appetite or desire for stimulation exists. If such a one is kept from becoming a drunkard, it is either because he has inherited more will power than his unfortunate brother, or has laid hold of divine help, of which his brother is ignorant.

It is, perhaps, not going too far to say that modern cooks make more drunkards than inn-keepers. The person who does not know how to cook seeks to make food palatable by using spices and condiments to hide defects. Really good cookery consists in increasing the digestibility and improving the palatableness of food, by bringing out the natural flavors. Bad cookery ignores the natural flavors of foods, and adds a variety of high seasonings which renders them still more indigestible.

Dr. Brunton says he believes that schools of cookery for the wives of working men will do more to abolish the drinking habit than any number of teetotal societies. Many a wife and mother is trying to do by prayer that which can only be done by combining with her prayers reforms in the food and drink served to her husband and children.

WHAT are the lambs for, if not to eat?
Please read Prov. 27:26.

Alcohol as a FOOD.

Report of Lecture by Dr. D. H. Kress.

ALCOHOL is supposed by a good many to be a food; but a substance that is a food does not produce the effects of alcohol. Some say alcohol is a food in small doses: that it is a poison only in large doses. This may be of some comfort to the alcohol slave. Food is always a food whether in large or small doses. A poison is always a poison, it matters not how small the dose. One ounce of bread is just as much a food as ten pounds, and one-half an ounce of alcohol is just as much a poison as a barrelful. Ten pounds of bread at a meal might cause death, but death, if caused, would be due to indigestion and the poisons formed by fermentation or decay of the food in the alimentary canal. One of the poisons thus formed is alcohol. Food of itself is always a food, and poisons are always poisons in large or small doses. Suppose we should take some albumin, and allow it to putrify or decay. A substance is formed which is known as ammonia. Albumin is a food, but the product resulting from the decay of the albumin is a deadly poison. When starches and sugars undergo fermentation, they develop the poison known as alcohol. I have here a bunch of grapes—a food. If I should put this to one side in a warm place for two or three weeks, it would undergo decay. There may still be a little nutriment left in them, but if a person should attempt to subsist upon that kind of food, he would soon perish.

The "new wine is found in the cluster." Each grape is a small bottle. The Creator is very careful in putting up these little bottles. They are all hermetically sealed. The ancient custom was to crush these bottles, or squeeze the wine from the grapes into a cup, then drink it. In the fortieth chapter of Genesis it is recorded that Pharaoh's butler took a bunch of grapes in his hand, and squeezed the juice from the grapes into Pharaoh's cup, and then handed the cup to Pharaoh, showing that this was the customary way of drinking wine. Such wine is wholesome and nutritious. A blessing is in it. In this way God intended the beautiful, life-giving juice to be taken, but by placing the juice aside for a short time, it would ferment and decay like the bunch of grapes, only much quicker. It now has a sting to it.

It is no longer sweet. It is no longer a food, but a poison. Set a match to the product formed, and it will burn with a blue flame. Isaiah speaking of it, says, "As the new wine is found in the cluster, and *one says destroy it not; for a blessing is in it.*" By the process of fermentation the blessing is destroyed or converted into a curse.

Alcohol is not a natural stimulant. It is a narcotic or paralyser. There is a difference between a natural stimulant and a narcotic stimulant. The hot and cold water used in making applications to the surface of the skin are normal stimulants. Light, heat, and electricity are also normal stimulants. In diseased conditions we make use of these natural agencies to rouse the sluggish internal organs, or to equalise the circulation of the blood.

Where alcohol is given in small quantities and for a short time, there is sometimes a slight gain in body weight. This is urged as a very strong argument in favor of alcohol being a food, but the administration of morphine or phosphorus has a similar effect upon the system, yet no sane man would urge that they are foods. The case is simply this: one of the effects of the poison is to cause fatty degeneration of the tissues and the accumulation of fat in the body. It produces a diseased condition known as bloat. But it never imparts strength or aids in building up a healthy body or mind.

I fully believe that the rapid increase in the use of numerous narcotics, unknown to our fathers of a few generations back, is responsible for the increase of crime in civilised lands during the past fifty years, and that we shall yet discover that crimes are nearly all committed when the mind is under the influence of some narcotic poison, either directly introduced in the form of alcohol, tea, coffee, etc., or formed in the alimentary canal as a result of gluttony.

It is through these narcotics that Satan blinds the mind, destroys the judgment, and gains control of the will. Knowing the effect of these evils, Christ said, "Take heed to yourselves, lest at any time your hearts (or minds) be overcharged with surfeiting or drunkenness," or as given in another version, "Guard yourselves against your minds ever being dulled by debauches or drunkenness."

Gluttony and drunkenness were the

causes of immorality and crime in the days of Noah. The record says, "The earth was corrupt before God; and the earth was filled with violence," or crime. In calling attention to the causes of this condition, Christ said, "As it was in the days of Noah, so shall it be at the coming of the Son of Man. They were eating and drinking, marrying and given in marriage." The prophet says, "Pride, abundance of idleness and fullness of bread" were the sins which were responsible for the immorality and crime of Sodom. What God said to Cain, the first murderer, He says to every criminal, "SIN LIETH AT THE DOOR."

I am convinced that the only way to prevent crime is to teach our youth this truth, so that they may guard the door or avenue through which these narcotics gain entrance to the body and debase the mind and soul. When the relation that exists between our food and drink and morals is better understood, more prayers similar to the one offered by David in Psalm 141 will be heard—"Set a watch, O Lord, before my mouth, keep the door of my lips . . . and let me not eat of their dainties." "For they are deceitful meats," says the wise man. Solomon evidently recognised that one who is careless in eating loses self respect and self control. He prayed, "Feed me with food of my allowance, lest I be full and deny Thee." The apostle Paul also speaks of a class who professed godliness. "Many walk of whom I have told you often, and now tell you even weeping that they are the enemies of the cross of Christ, whose end is destruction, *whose god is their appetite.*" Anything that creates an unnatural craving should be regarded as an evil, and should be given up. "Abstain from fleshly lusts which war against the soul."

THE civilised man is to-day far inferior, as an animal, to the average savage. His body is deformed, he is round-shouldered, flat-chested, spindle-shanked, and diminished in stature. The savage pays little attention to sun, rain, or snow. He sleeps and dreams the dreams of childhood, and he awakens in the morning with muscles stored full of energy such as only the professional athlete possesses among civilised men.

Grape Juice as a Germicide.

EXPERIMENTS made by the Chicago Board of Health, by applying grape juice to typhoid bacilli, brought out the interesting fact that while lime juice, apple juice, and grape juice, all had a more or less inhibiting effect on the growth or vitality of these bacilli, bottled grape juice gave the most conclusive results. Culture of the typhoid and colon bacilli were used to infect distilled water and water from the laboratory tap, in a strength of about ten million bacilli to a cubic centimeter.

Bottled grape juice was then added in proportions varying from one to five per cent. Examinations made at one-minute intervals showed that some brands had killed the germs at the end of the first minute, the effect being almost instantaneous. The advantage of bottled grape juice, it is said, is that the quantity required (one per cent.) does not affect the flavor of the water or disturb digestion, as lemon juice does with some individuals, and it was found that ten times the strength of lemon juice is required to produce the same results.

Birth-Rate of the World's Cities.

At the meeting of the International Statistical Society, held in Berlin, some interesting figures were given regarding the birth-rate of the towns and cities of the world. In no place of considerable size, it appears, are the people so prolific as in Essen in Germany, where the rate for the year 1901 was as high as 47.1 per 1000.

Two other German towns come next in order, namely, Mannheim with 43.9 per 1000, and Nuremberg with 41.3 per 1000. Only one other city has a birth-rate of 40 or upwards per 1000, and that is Rosaria, in the Argentine Republic.

The people of the great cities which have a population of at least a million do not have so many children as those who live in smaller places. Moscow has a high birth-rate, but it is only 30.9, and then, in the order given, come Vienna, London, Berlin, and New York. The birth-rate of Paris is well-known to be small—it is 21.3 per 1000. But in other French cities, Lyons, Bordeaux, and Toulouse, the case is still worse, the rate being only something between 18 and 19 per 1000 of population.

The Contagiousness of Health.

J. H. KELLOGG, M. D.

A CERTAIN lecturer once said that if he had been present when the world was made, he would have offered the suggestion of "making health contagious instead of disease." But he was laboring under a very foolish and mistaken idea, for in reality health is contagious. We catch health easily, but it is hard work to catch disease. For instance, if a man wishes to get small-pox, he must go and hunt up some one who has the disease in order to secure it. If he desires typhoid fever, he will have to swallow typhoid fever germs and weaken his system in other ways in order to be susceptible to it. The man who gets tuberculosis must prepare for it year after year before he can get it, and is likely to catch consumption. That is the reason why boys and girls are not likely to have this disease. It takes years to wear away enough of the natural strength of the constitution so that the germs can thrive and grow in the body. The same is also true of dyspepsia; think how hard a man has to work in eating unwholesome things in order to make a real monumental dyspeptic; it takes no small amount of trial and trouble to make a gigantic dyspeptic.

So, while we catch disease with difficulty, we catch health easily; the wind is full of it, the sky is covered with it, and the glorious sunshine falling strikes health into our bodies. But unfortunately while we sing about letting the "sunshine in" we



do not do it. We shut it out of our homes and away from our bodies. Some people are so afraid of air, fearing that if it should strike them they would get pneumonia; but one cannot get pneumonia without pneumonia germs, and in order for them to thrive in the body, it must first have been made susceptible to them.

We must be engaged with the thought of cultivating health sufficiently that we may live above the germ line. What the chronic invalid needs is to get above disease and live above it.

Physical Culture and Morals.

SOME very interesting investigations on strictly scientific lines have been conducted at a school in New York with a view to solving the question as to the improvement of morals by physical culture. For one year the medical officer of the school has been experimenting with 1,000 boys and girls, endeavoring to correct mental, moral, and physical deficiencies by means of intelligently enforced physical culture. As a result of this limited experiment, the doctor does not hesitate to say that, almost without exception, improved physical condition was promptly followed by improved mental and moral conditions; that cleaner morals came with physical improvement; that, to quote his own words, "as the body straightens and approaches the normal, the mind quickens and becomes more retentive, and the moral characteristics are invigorated."

Not Piety But Pork.

THE following bit of dialogue, taken from a popular romance, contains more sense than one often finds in works of a more directly instructive character. The speakers, Mrs. Bateson and Mrs. Hankey, are discussing the ways of their husbands.

"They've no sense, men have'n't," said Mrs. Hankey, "that's what the matter with them."

"You never spoke a truer word, Mrs. Hankey," replied Mrs. Bateson. "The very best of them don't properly know the difference between their souls and their stomachs, and they fancy that they are a-wrestling with their doubts, when really it is their dinners that are a-wrestling with them."

"Now take Bateson, hissself," continued Mrs. Bateson, "a kinder husband or better Methodist never drew breath, yet so sure as he touches a bit of pork, he begins to worry hissself about the doctrine of election till there's no living with him."

An Easy Method for a Boy to Become an Athlete.

UNDER the above heading an article appeared in the *Sunday Times* recently, from which we have culled the following:—

"Bring your hands clinched together as if you were holding the handle of an axe,

way back over your right shoulder, with elbows bent and your weight away over to your right leg. Now swing your *imaginary* axe obliquely downward as if making a cross chop at something in front of you, and let the hands swing under the body. Swing up and lean way over and give him a clip from the other side. Swing hard and far out. Increase these swings ten a day until you reach 200.

"These two exercises will develop the muscles of the trunk inside of three months."

Why not educate that boy to swing a *real* instead of an imaginary axe obliquely downward, making a cross chop into a *real* log; then swing up and lean way over and give it a clip from the other side? Let him increase these swings ten a day until he reaches 200. Why educate our young men to expend their vitality in beating the air, instead of useful labor? Instead of encouraging the development of athletes or strong animals, let us aim to develop useful and practical men and women.



Muscle may be developed by useful labor far better than by imaginary blows, providing the heart is put into it and the work is done cheerfully and intelligently.

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

Horseflesh is Dangerous Food.

EVER since the siege of Paris horseflesh has been a favorite food in certain quarters of Paris, but it is doubtful if it will be as popular in future; for Professor Pflueger has conducted experiments which seem to show that horseflesh is injurious to everyone who eats it.

During a whole month he fed several dogs exclusively on horseflesh, and found that, no matter how much food he gave them, they became thinner every day. Furthermore, he discovered that all of them soon began to suffer from some stomach trouble.

A similar experiment was then tried on a St. Bernard dog, and the result was that he lost much weight during a week that he was fed exclusively on horseflesh, and regained it rapidly as soon as he was supplied with other food. On some days the horseflesh was cooked and on others uncooked, but the effect produced by it was always the same.

Professor Pflueger says that the reason why horseflesh is injurious is because it contains some poisonous substance, the exact nature of which he has not as yet been able to ascertain.

There is a large traffic between London and Belgium in worn-out horses, which, it is well known, are converted into human food in the shape of—that mystery of iniquity—sausages, and other meat preparations. Not only are the horses usually old and useless for work; they are often diseased as well. Recently, an exporter of horses to Belgium from England was fined for having caused a glandered horse to be led through the streets of London on its way to the shipping docks. If the animal had reached its destination, it would, in all probability, have been turned into food, and have found its way, some of it, back to England as “Best Continental Tinned Sausages.”

What Sense?

THE idea of Mr. Horace Fletcher that food may be made far more nourishing to the system by prolonged mastication, was mentioned last month. Mr. Fletcher has written a little book on the subject, from the closing chapter of which we take the following suggestive paragraphs:—

“If saliva is the medium of taste, without which there is no expression of taste, *what sense* is there in thinking that it is nothing but a lubricant, to enable food to be easily swallowed?”

“*What sense* is there in slighting nutrition in the beginning when we know that the derangement of the process will continue throughout all the involuntary stages within the digestive organs, inviting disease and causing suffering?”

“If we can save two-thirds of present consumption and yet furnish all that is necessary for perfect nutrition, *what sense* is there in wearing out our mind-power plant with a glut of surplus?”

“Unless a person has a pressing engagement with his own funeral, *what sense* is there in hurrying with his meals?”

“If we can devote ten thousand actions of the jaw, daily, to senseless or vicious gossip, *what sense* is there in denying adequate jaw service to the most important function of living?”

“An indigestible morsel of food is like a runaway team on a crowded street. *What sense* is there then, in demoralising things in the thoroughfare of our life organism by admitting unruly substance?”

Uric Acid Age.

THE present seems to be the *uric-acid age*. Dr. Haig, an eminent English physician connected with one of the great hospitals of the world's metropolis, after fifteen or twenty years' careful study of the matter, has arrived at the conclusion that a very large share of the chronic diseases to which human beings are subject, and some of the acute maladies, may be properly attributed to uric acid.

An eminent French physician has declared that uric acid is the worst of all the poisons to which civilised man is exposed.

Dr. Haig, of London, first, and later, Professor Hall, of Manchester, England, have shown that the chief source of uric acid is meat eating. Beefsteak contains fourteen grains of uric acid to the pound; liver, nineteen grains; and sweetbreads, seventy grains. All meat eaters, sooner or later, become saturated with meat poison, or uric acid.

It may be truly affirmed that fully half the human race die of uric-acid poisoning. Dr. Haig asserts that a rational dietary,

excluding uric acid, would lengthen the average of human life from forty or fifty years to twice this period at least.

There have recently been established in England hospitals where patients can be provided with a diet free from uric acid. One of these is near London, under charge of Dr. A. Haig. Another is at Caterham, under charge of Dr. A. B. Olsen. Others are springing into existence in other parts. Among these may be mentioned the Papanui Sanitarium, located at Christchurch, New Zealand, and the Sydney Sanitarium, located at Wahroonga, a beautiful suburb of Sydney. The Battle Creek Sanitarium is the oldest institution in the world in which this idea has been a dominating feature, and it has done more than any other institution to promulgate the anti-uric-acid dietary and to promote natural habits in diet. At this institution and the numerous affiliated institutions located in different parts of the world, a large number of excellent and satisfactory substitutes for meat are provided, so that the meat eater is easily weaned from his chops and roasts, and soon becomes accustomed to a wholesome, nourishing, and poison free dietary.

Of Interest to Vegetarians.

At the recent great Physical Culture Exposition of New York City, the advantages of a fleshless diet were again fully demonstrated. The exposition opened with a three day fasting go-as-you-please race. About sixty-five men started in the race. Nearly all the old time six day racers were entered. After the first day, many of those who were accustomed to stimulating foods were unable to withstand the gnawings of hunger, and toward the end of the race the number had dwindled down to twelve.

The race was won by Pat. Dineen of Boston, who had about 159 miles to his credit. George Cartwright came second only a mile behind. Both men are total abstainers from meat. Mr. Dineen when interviewed stated that he dropped meat from his diet about one year ago, finding he could race better without it. His meals, he stated, are taken twice a day, and consist principally of fruits, eggs, and cereal foods. Cartwright abandoned

meat two years ago. All who dropped out in the early part of the race, were meat eaters.

The following are a few of the rules regarding the diet laid down and rigidly enforced by professional trainers of athletes and pedestrians all over the world:--

"Little salt, no coarse vegetables, no pork or veal, two meals a day—breakfast and dinner, the former at eight, the latter not earlier than two. If supper is allowed at all, it must be very light and simple, and taken several hours before bed time. This meal is, however, not recommended. Pies and pastries are forbidden. If meat is eaten, it must be fresh and not seasoned."

Better Blood.

THE only way in which to get better blood is to get better digestion. We cannot get better blood without proper food. Food is as necessary for the formation of blood, as are wood and iron to the construction of a building; and the quality of the tissues will depend upon the quality of the material with which they are supplied. You cannot get good blood and good tissues out of poor material, even by the best possible digestion, any more than a tailor can make a good garment out of poor cloth—any more than a shoemaker can make good shoes out of poor leather. So good food is the best thing for poor blood. Many persons are taking various preparations of iron, and many other medicines which are supposed to make good blood, and all the time they are keeping their systems starved and their blood impoverished by a poor diet.

First Boy: "My father's a professional man."

Second Boy: "So's mine."

First Boy: "What's yours?"

Second Boy: "He's a poet."

First Boy: "Go on, that's not a profession, that's a disease!"

"WHY is it," asked Robinson, "that you always appear to be happy and contented?"

"I suppose," replied Barker, "it's because I never borrow trouble or lend money."



The Home.

Instruction to Mothers.

THROUGH the power of appetite, Satan has gained control of men and women. How difficult it is to obtain the victory over appetite when once it is established! How important that parents bring their children up with pure tastes and unperverted appetites! Parents should ever remember that upon them rests the responsibility of training their children in such a way that they will have moral stamina to resist the evil that will surround them when they go out into the world.

Christ did not ask His Father to take the disciples out of the world, but to keep them from evil in the world, to keep them from yielding to the temptations which they would meet on every hand. This prayer fathers and mothers should offer for their children. But shall they plead with God, and then leave their children to do as they please? God can not keep children from evil if the parents do not cooperate with Him. Bravely and cheerfully parents should take up their work, carrying it forward with unwearying endeavor. Temperance and self-control should be taught from the cradle. Upon the mother largely rests the burden of this work, and, aided by the father, she may carry it forward successfully.

The lesson of self-control should begin with the infant in its mother's arms. The child should be taught that its will must be brought into subjection. It must learn that it does not live to eat, but eat to live. But how many parents, by the food which

they place upon their tables, prepare the way for their children to crave stronger stimulants! Soon you will see the boys of such a family smoking. And, as twin evils, tobacco and alcohol go together.

To the mother belongs the duty of making the home a pleasant place where cheerful words are spoken and kindly deeds are done, where courtesy and love are abiding guests. Mothers, instead of devoting so much time to the adornment of your own and your children's dresses, take time to get acquainted with your children. Study their dispositions and temperaments, that you may know how to deal with them. Some children need more attention than others. They need gentle, encouraging words. How easy it is for mothers to speak words of kindness and affection which will send a sunbeam to the hearts of the little ones, causing them to forget their troubles! MRS. E. G. WHITE.

Charming Women.

"SOME of the most charming women in society are vegetarians. Among these are Lady Helen Vincent (who is a living exemplar of the "early to bed, early to rise" doctrine) and Mrs. Earle, the delightful writer on gardens and flowers, who is a pioneer among society vegetarians, and has converted her sister, the Dowager Lady Lytton, as well as Lady Loch, Lady Essex and the Baroness de Meyer are other prominent vegetarians, and the latest devotee is the Duke of Cambridge. "An apple a day keeps the doctor away," is an adage which is coming into fashionable use, and many ladies in the smart set make a habit of starting the day with an orange and eating a light breakfast in which fruit and cereals take the place of meat."

TRUE gratitude can sing songs of praise with an empty purse.

Water Treatment in the Home.

USES OF THE COMPRESS.

The compress is a simple, yet remarkably effective form of water treatment. It was used more than 2,000 years ago by Hippocrates, the father of medicine, who treated fevers by laying cloths wet in cold water on the body of the patient. A compress thus employed to lower temperature is known as

THE COOLING COMPRESS.

It consists of a mass of cheese-cloth, or a piece of linen, or a towel wrung out of cold water and laid on the inflamed part until it grows warm, when it should be renewed. This form of compress wet in water at 60 deg. F. may be applied to the abdomen in typhoid fever, and will in almost all cases prevent ulceration of the bowels. Nothing gives more rapid relief from

A BAD HEADACHE

of a hot throbbing kind than a large compress wrung out of cold water and a quiet room. Acute catarrh of the nose, when the eyes and nose are inflamed, is wonderfully relieved by lying on one's back in bed, and applying a compress over the nose and eyes.



For weak action of the heart, apply a cold compress over the organ, retaining it in place for about fifteen minutes, and repeating every hour. If there is inflammation of the lungs, apply a compress over the front part of the chest, changing it as often as it gets warm. If pleurisy is present, apply in addition fomentations (flannels wrung out of hot water) every two or three hours.

A HEATING COMPRESS.

When the cloth wet in cold water is covered by a piece of mackintosh and some thicknesses of flannel, it is known as a

heating compress. In this form it is allowed to remain on the body without change for the day or night, as the case may be. The bodily heat soon warms the cloth, after which it acts much the same as fomentation. The heating compress is frequently applied to a part which is being fomented between the times of such treatments. For instance, in case of a cold on the lungs, after fomentations have been applied to the chest for an hour or so, the heating compress is put on, forming a kind of chest pack, and remains in place till fomentations are again applied six or twelve hours later. The combination of warmth and moisture afforded by this treatment is most effective in allaying inflammation, and restoring the diseased organs to a condition of health.

Rheumatic joints almost invariably are greatly relieved by this procedure.

Night Air—An Old Soldier's Story.

"NIGHT air? Yes, sir, I object decidedly to night air; but it is the night air that is shut in with one in a tight sleeping-room. During the Civil War I slept out without protection of any kind for more than a year. At one time I carried a rail half a mile to sleep on, so I'd not have to be in the mud. I had not been in a bed for two or three years when, on returning home, my wife closed my windows on retiring, for fear I'd catch cold; and I caught a cold that night, and I was three weeks in breaking it up. That was the quickest and hardest cold I ever caught. Afraid of night air? Yes, sir, I am, of that kind of night air."—*Pacific Health Journal*.

The Ministry and Tobacco.

REV. T. DEWITT TALMAGE, in a sermon on "Tobacco and Opium," once said:—

One reason why there are so many victims of this habit is because there are so many ministers of religion who smoke. They smoke until they get the bronchitis, and the dear people have to pay their expenses to Europe. They smoke until the nervous system breaks down. They smoke themselves to death. There has been many a clergyman whose tombstone was all covered with eulogy, which ought to have the honest epitaph: "Killed by too

much Cavendish. Some of them smoke until the room is blue, and their spirits are blue, and the world is blue, and everything is blue. How can a man preach temperance to the people when he is himself indulging in an appetite like that?"

Food Adulteration.

IN no country in Europe has the adulteration of food been carried on to such an extent as in France. One cannot name a beverage or an article of food, however low its price may be, which has not been tampered with by dishonest merchants and tradesmen. It has been stated that half the wine drunk in Paris never came from the vine. This is probably an exaggeration, but it is nevertheless a fact that wine, cheap though it is, has frequently been adulterated with tartaric, acetic, tannic, and sulphuric acids, chalk, plaster, alum, sulphate of iron, carbonate of potash, soda, sugar, treacle, cider, perry, alcohol, and water. And it is the same tale with other beverages and articles of diet.

Didn't Eat Pork.

IT happened in a crowded railway carriage. A very fat and bumptious man was making a general nuisance of himself to the other occupants of the carriage, explaining in a loud voice his cuteness and success in most things. Some of the people in the carriage smiled pityingly, some merely looked bored, but one solemn individual eyed the fat boaster with a stony and immovable stare. The latter at last became uneasy under this unwinking scrutiny, and turning to the man said, blusteringly:—

"Well, what yer looking at me like that for? Want to eat me?"

"No," was the crushing rejoinder. "I'm a Hebrew."

RIVALRY between medicine and surgery will soon be as great as that between the pathies.

First Lady: "I'm taking four kinds of medicine. How many are you taking?"

Second Lady: "Oh, medicines don't count. Operations are all the go now. I had three this summer."

Seasonable Recipes.

LAURETTA KRESS, M. D.



BAKED BEETS—Beets are far better baked than boiled, although it takes longer to cook them properly. French cooks bake them slowly six hours in a covered dish, the bottom of which is lined with well-moistened rye straw; however, they may be baked on the oven grate, like potatoes. Wipe dry after washing, and bake slowly. They are very nice served with a sauce made with equal quantities of lemon juice and whipped cream, with a little salt. Nut cream is also good used in the same way in place of cream.

SCALLOPED POTATOES.—Pare the potatoes and slice thin; put them in layers in an earthen pudding dish, dredge each layer lightly with flour, add salt, and pour over all enough rich milk to cover well. Cover, and bake rather slowly till tender, removing the cover just long enough before the potatoes are done, to brown nicely. If preferred, a little less milk may be used, and a cup of thin cream added when the potatoes are nearly done.

CHOPPED TURNIP.—Chop well-boiled white turnips very fine, add salt to taste and sufficient lemon juice to moisten. Turn into a saucepan and heat till hot, gently lifting and stirring constantly. Cold boiled turnip may be used advantageously in this way.

VEGETABLE HASH.—With one quart of finely sliced potato, chop one carrot, one red beet, one white turnip, all boiled, also one or two stalks of celery. Put all together into a stew-pan, cover closely, and set in the oven; when hot, pour over them a cup of boiling cream or nut cream, stir well together, and serve hot.

DOCTOR: "You don't look well, Robinson."

Robinson: "No; I can't sleep at night on account of lung trouble."

Doctor: "Nonsense; your lungs are all right."

Robinson: "Yes; the trouble is with the baby's."

Questions and Answers.

Oysters.—If oysters are free from germs, are they wholesome?

Ans.—Oysters, whether they contain any special bacilli or not, are unfit for human food. Experience has shown, and is continually showing, that their ingestion is followed by disease and sometimes by death. They are therefore disease productive, as they contain a slow or rapid poison. The oyster-eater may suffer for years from the effects of this poison without knowing the cause. Oysters, like all creatures of the deep, are scavengers,—scavengers of scavengers,—and to the pure mind and unvitiated taste of man are naturally repulsive. What argument can convince a truly sane man that the swallowing of a creature that thrives best in sewage, taking with it its congested intestines and their contents, can be a good food for the descendants of either the inhabitants of the garden of Eden, or, if you prefer it, the vegetarian ape of the forests?

Pickles and Digestion.—Are pickles good for the stomach?

Ans.—Pickles are indigestible because they are soaked in salt and water until hardened, and afterwards saturated in vinegar, which makes them still more indigestible. Repeated experiments have been made which show that a considerable amount of salt in the stomach impedes digestion. It has also been proved that the addition of vinegar impedes digestion very much, because it interferes with the action of the gastric juice. So a pickle saturated with salt and vinegar is practically indigestible.

Acid or sub-acid Fruit.—Why should acid or sub-acid fruit be eaten at the close of the meal?

Ans.—The starch is digested by the saliva, but if an acid is introduced into the stomach, the saliva ceases to act, and the digestion of the starch is arrested. But if fruit is eaten at the close of the meal, the starch has had time to digest, and the introduction of the acid does no harm, but will be an aid in the digestion of the albumin.

Rheumatism.—What is the cause of, and remedy for rheumatism?

Ans.—This is a common disease in the colonies. It is a disease which is due to uric acid or to other acids and foreign products resulting from the fermentation of food in the stomach. These acids and the undigested particles when carried into the blood, set up irritation in the muscles, tendons, or nerves. The best thing is to correct the diet, and eat not more than two or three varieties of food at a meal. Properly masticate all food, and avoid sugar almost entirely.

Flesh Foods.—Why not eat meat for the albumin which it contains?

Ans.—In addition to albumin in flesh, uric acid is also present to the extent of about fourteen grains per pound of flesh, since in the flesh of the animal we have the same products as in the human body on the way to the liver to be converted into urea. The venous blood is laden with these waste

products when the animal is killed. So in addition to the excess of albumin, we take into the system the uric acid, and the liver, being overworked, becomes clogged. This is supposed to be not only one of the principal causes of Bright's disease, but also of diabetes. Dr. Haig has shown that diabetes is frequently caused through excessive meat eating. In the light of these facts it is very strange that diabetic patients were placed on an almost exclusive meat diet a few years ago. This is the very worst food that could be given them, because the excessive use of meat results in throwing an excessive amount of work on the liver. This interferes with the natural function of the liver to store up sugar, and so the blood becomes saturated with sugar, and this has then to be eliminated through the kidneys. The liver finally becomes chronically disabled, and the kidneys become diseased. Diabetics die as a rule of Bright's disease.

THE INCREASE OF CANCER.

IT would appear from statistics which have been gathered within the past two or three years, that cancer is on the increase in all parts of the civilised world. The *Lancet*, April 25, in an editorial referring to the disease as it affects England, says, "From the report of the Registrar-General of England for 1900, we gather that among women who have attained their forty-fifth year of age, as well as among men ten years older, cancer exacts a yearly death-toll vastly heavier than that which is levied by that other national scourge, pulmonary tuberculosis."

The Registrar-General of Ireland has recently published a blue book of the most alarming character, so far as it draws attention to the remarkable increase of cancer in that country. Indeed, the account has given rise to a feeling almost approaching panic throughout Great Britain, and the lay journals have been flooded with correspondence on the subject.

WHEN a woman faints in church, almost the first suggestion is, "Cut her corset strings." Everybody knows what the trouble is; the poor creature cannot breathe. It is not because the air is so bad that she faints. In that case everybody would be affected. It is because she is so constricted by her clothing that she cannot breathe the air that is there.

HUNDREDS of boys are selling newspapers in our large cities. This shows what boys can do. Your boy can be just as successful in selling AUSTRALASIAN GOOD HEALTH, and will be blessed in doing it.

News Items.

GOOD HEALTH canvassers have been meeting with further marked success during the past month. Notice the reports given on the following page.

ONE hundred and fifty-two persons were stricken down with trichinosis, from eating diseased pork, in one little village near Erfurt, Prussia.

EIGHTY-FIVE and a half million pounds of tobacco passed last year through the Custom-house for home consumption in the United Kingdom.

IN England and Wales one person in every 301 is an officially notified lunatic. In Scotland one in every 247 and in Ireland one in every 206 is officially notified as insane.

THE sudden and mysterious death of Princess Elizabeth of Hesse has been found to be due to acute inflammation of the bowels through oyster poisoning. This adds great weight to our recent investigation of oyster culture at Whitstable.

THE *Spectator* gives an interesting item regarding an old Wesleyan local preacher in England, who has just celebrated his one hundredth birthday, and who for the past eighty-two years, has abstained from the use of alcoholic liquor and tobacco. As a result of his abstemious habits, he is still vigorous, has a good set of natural teeth, walks without the aid of a stick, and reads without spectacles.

ACCORDING to Dr. W. H. Riley, "tea and coffee are causes of dyspepsia. The evils arising from their use are due to taking a large amount of fluid into the stomach at meals, and to the effect of tea and coffee upon the functions of the stomach. The tannin which is present in tea is known to be very active in precipitating pepsin, one of the essential agents of the gastric juice; and the poisonous alkaloids, theine and caffeine, which are present, have also a very deleterious effect."

DR. J. H. KERLOGG says:—

"We know that tea, coffee, and kindred drugs are not foods, because a person cannot live upon them. Any one who undertakes to work upon the strength of tea and coffee, and eats no other food, diminishes in weight about as rapidly as if he ate nothing at all. There is no food power and no real energising power in either tea or coffee.

"There are many cases on record of persons who have rid themselves of sick headache and dyspepsia simply by abandoning the use of tea and coffee."

THE *British Medical Journal* is issuing, week by week, a comparative statistical study of cancer mortality, dealing with cancer statistics in the various countries of the civilised world. In the number for May 2, the United States, Switzerland, and Italy are made the subjects for discussion. Cancer in the United States is said to have been the cause of 29,475 deaths, equivalent to a rate of 38.6 per 100,000 living.

The death rate from cancer and tumor per 100,000 was: White, 66.7; Chinese, 49.4; Negro, 48; Indian, 28.6; foreign-born, 124.6. The foreign-born whites are much more subject to cancer than native-born whites, and those who have one foreign-born parent are more liable to the disease than the native-born whites.

The death rate from cancer of four of the most important American cities, per 100,000 living, all ages, is as follows: Chicago, 63.3; New York, 64.7; Philadelphia, 73.6; and San Francisco, 112.

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Kindly Report Any Failure to Receive the Journal to the publishers.

SPECIAL OFFER.—Anybody Sending Us Two New Subscriptions at 2/6 each will be given a third subscription free. Thus all can afford the journal.

They Have a GOOD Plan.

Editor "Good Health,"

Dear Sir:—I am directed on behalf of the Methodist Sunday School to apply to you for one dozen copies of the "Good Health," for which I enclose postal note for 1/9, also to explain to you a system which we propose to introduce. A canvass of the town is to be made, and a good number



LITTLE MISSIONARIES.

of orders are expected. The copies will be sold to the residents at threepence. While increasing the circulation this will also prove a source of revenue to the school.

Yours respectfully,
W. Lee, Sec.

Are there not many other Sunday Schools which could do a similar work and thereby be greatly benefited? We heartily welcome such agents.

YOU may never know in this world the good that can come from merely encouraging some boy or girl to spend a few days each month selling GOOD HEALTH. It may be the means of changing the course of many lives and awakening an interest in higher and purer aspirations on the part of all concerned.

What Would Become of Your Child.

A LADY remarked, "I don't know what would become of my girl if she should sell GOOD HEALTH." It never occurred to that mother, what might become of her daughter if she did NOT sell GOOD HEALTH or become interested in some other kind of philanthropic work suited to her age and experience.

Stop and think what is becoming of thousands of boys and girls who are growing up in Chris-



tian homes. It is not those who are thoroughly interested in doing good to others that are on the road to destruction. It is those who are not interested in the salvation of anyone who are falling into the devil's pitfalls.

A Subscriber Writes:

PLEASE find herein postal note to the value of 2/6 for subscription to the AUSTRALASIAN GOOD HEALTH, which I cannot afford to be without.

I have been on a fleshless diet for more than twenty-five months. I had then only twelve sound teeth remaining; was losing them very fast on the corned beef and starch bread diet. I had eighteen extracted at one sitting, and had toothache regularly five nights in every seven. I still have twelve sound teeth and intend to have them right into old age. I have not had toothache for two years.

My leg was broken at the age of twelve years, and it would give me frightful pain in dull weather; but completely lost my reputation as a weather prophet. I had it opened up twice, and the bone scraped once, but it was no better, and the doctors feared bone disease and the loss of the leg. I still have my leg, and it is apparently as sound as before the fracture, and the pain ceased when the toothache did.



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of whole wheat, suitable for indigestion and weak
stomachs.

Granola.—A perfect breakfast food, composed of vari-
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use.

Protose.—A natural and perfect substitute for meat,
composed of nuts and cereals, ready for immediate
use.

Caramel-Cereal.—The great food drink, a substitute
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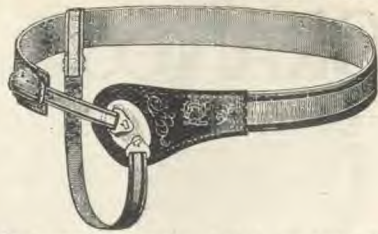


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Telephone 1752.

Guyatt's Trusses Give Every Satisfaction. For each kind of Rupture they provide a Special Truss, and guarantee it to fit. Elastic Trusses, Spring Trusses, Waterproof Trusses.

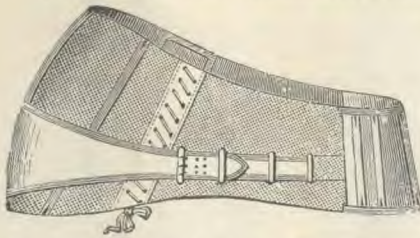
ENLARGED VEINS in the Legs. ELASTIC STOCKINGS afford immediate relief. They are recognised by Medical Men as the Correct Thing for Varicose Veins, are more comfortable than bandages, allow the muscles to expand and contract naturally when walking; do not slip down, and are easily pulled on and off. Prices 5/-, 7/6, 10/6. **KNEECAPS AND ANKLETS**, 3/6, 5/-, Extra Strong, 7/6.



ABDOMINAL SUPPORTING BELTS, Ladies' and Gentlemen's Belts for Lumbago, Cholera, Rupture, and Kidney Troubles. **Corpuency Belts** are used to advantage by stout people to reduce corpulence and to improve the figure.

Pregnancy Belts afford considerable relief and are a great comfort to ladies.

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Manufacturers of Surgical Instruments, Trusses, Belts, Artificial Limbs, Chest Expanding Braces, Spinal Supports, Appliances for the Cure and Relief of Knock-knees and Bow Legs, and All Medical Rubber Goods.

Directory of Sanitariums & Treatment Rooms.

THE following institutions are conducted under the general management of the "Sydney Sanitarium Medical and Benevolent Association." The same rational and physiological principles relative to the treatment of disease are recognised at these institutions as at the world famous Battle Creek Medical and Surgical Sanitarium, and they are conducted on the same general plan.

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CHRISTCHURCH SANITARIUM, Papanui, New Zealand.

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ELECTRO-HYDROPATHIC INSTITUTE, Victoria Square, Adelaide, S. A.

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Radiant Light Utilised, and Marvellous Results Obtained thereby.



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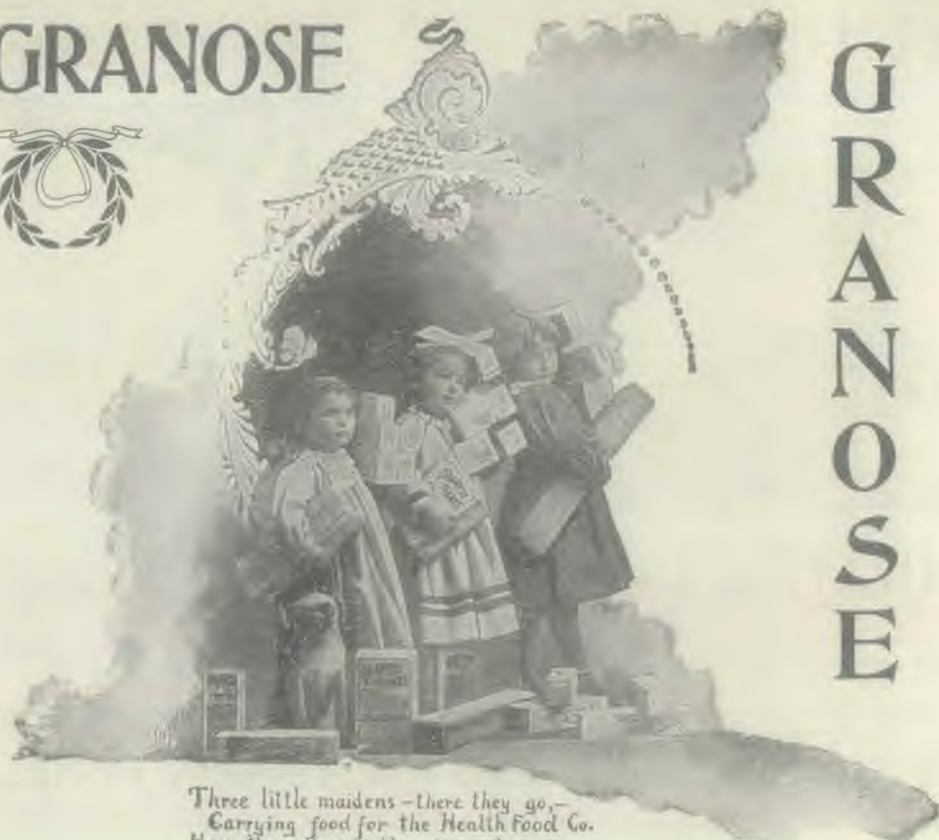
Skilled attendants and manipulators of both sexes in daily attendance.

We are agents for South Australia for the Magic Pocket Inhaler, Vaporisers, Etc. Hot Water Bags, Spine Bags, Etc., always in stock. Prices on application.

OPEN DAILY, FROM 9 A.M. TO 6 P.M., EXCEPT FROM SUNSET FRIDAY TO SUNSET SATURDAY.

HEALTH FOODS—Granola, Granose, Nut Butter, Nuttose, Bromose, and Caramel-Cereal, always on hand. For further particulars apply to A. W. SEMMENS.

GRANOSE



Three little maidens—there they go,
 Carrying food for the Health Food Co.
 Hear them sing as they pass along:—
 "Health Foods make us well and strong,
 If you'd stout and hearty be,
 Eat Health Foods as well as we"

GRANOSE is a preparation in large, thin, toasted flakes, each flake representing a single grain of wheat.

If freely used, it renders laxative pills and mineral waters unnecessary.

It is a blood, brain, and bone building food, containing all the elements of nutrition.

It contains the whole wheat, yet the bran is perfectly subdivided, so as to be non-irritating.

It is perfectly cooked and dextrinised, and ready to be instantly digested by the saliva and converted into sugar.

It is the only dry food that can be perfectly masticated without teeth. Hence it is good for infants as soon as they begin to cut teeth, and for old people who have lost their teeth.

It is ready for immediate use, only requiring heat to expel the moisture.

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

FOR PARTICULARS AND PRICES, ADDRESS:

HEALTH FOOD FACTORY,
Cooranbong, N. S. W.

RED BLOOD and FAT MAKING FOODS

OUR NUT FOODS



Bromose, Protose, Malted Nuts, Etc.,

Are without a rival. Nuts are the choicest of all foods. They contain the largest amount of nutriment of any foods, the total amount being nearly 100 per cent., while the best grains and legumes contain less than 90 per cent., and meat only 22 to 28 per cent. Nuts are ordinarily indigestible, because they are not thoroughly masticated. In our preparations they are reduced to a paste, which is soluble in water, and hence mixes readily with the digestive fluids, and is easily dissolved and absorbed.

Nuts contain more proteids, or albumin, than beefsteak. They contain fifty per cent. of highly digestible fat.

Albumin Makes Blood, Fat Makes Weight; Nuts are the Best of all Fat and Blood Making Foods.

Nuts are the most palatable of all foods. They completely replace meats and all kinds of animal foods,—flesh, fish, fowl, and even milk, and hence their use prevents rheumatism, Bright's disease, headache, nervous exhaustion, liver disease, tapeworm, and other disorders that result from meat eating, and obviates the necessity of taking the lives of animals and eating foods that are disease producing.

Send for descriptive price list. All inquiries answered with pleasure.

Health Food Factory.

Cooranbong,

New South Wales.

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Where None but the Purest Food Stuffs are Used and Prepared in Accordance with the Principles of Health, Rational Dietetics, and Scientific Cookery. Greasy Foods and Meats are Unwholesome at Any Time of the Year, but Especially During the Summer Months. We Aim to Serve Suitable Substitutes, and Health-giving, Cooling, and Refreshing Foods in the Most Attractive and Palatable Manner.

Sanitarium Health Foods Always Kept in Stock.

Inspection is Invited.

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Suffer with
Catarrh ?



FIG. 2. MAGIC POCKET VAPORIZER IN USE FOR THROAT AND NOSE

Get the **MAGIC POCKET VAPORIZER**; a Simple, Convenient, and Effective Instrument for the Treatment of Catarrh, also Diseases of the Nose, Throat, and Lungs.



Only 4s 6d.

For particulars address,

Sanitary Supply Co.

WAHROONGA, N. S. W.

Charcoal Tablets

ANTISEPTIC

Scientific investigation clearly demonstrates that by far the greater part of the disorders of digestion are due to the action of germs which gain access to the alimentary canal, cause the decomposition of foods, and produce poisonous substances, which when absorbed into the blood give rise to a great variety of distressing symptoms, such as heartburn, waterbrash, sick headache, dullness of mind, confusion of thought, blurred vision, specks before the eyes, and even attacks of unconsciousness. Distention of stomach and bowels with gas, heaviness in the region of the stomach, palpitation of the heart, etc., are also caused in this way. The tongue becomes coated, the breath foul, and there is an unpleasant taste in the mouth.

The Best of All Intestinal Antiseptics is Charcoal.

Of the many sources from which it is derived, that prepared from cereals is by far the most satisfactory. When exposed for a long time, charcoal absorbs organic material from the air and loses its efficiency. For this reason, charcoal which has been put away on chemists' shelves often proves disappointing. We prepare charcoal from cereals to which we add a little sulphur, compressed into tablet form for convenient size to use, and carefully pack them in neat and convenient boxes, so they will keep indefinitely. Three boxes sent for 5/-. Postage 1/3 extra.

Sanitary Supply Co., Wahroonga, N. S. W.



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Politicians and Statesmen expect it and are preparing for it.

The Two Confederacies, Capital and Labour, also expect and are preparing for it.

The world is full of unrest, the outcome of which is rapidly leading up to a grand climax which will command the attention of every individual.

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