

THE AUSTRALASIAN GOOD HEALTH

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Practical Knowledge of Hygiene
Needed in Our Schools.
Health Value of Cheerfulness.
Healthful Recipes.
Correspondents.
Questions and Answers.
Medical and Health News.

D. H. KRESS, M. D., Editor.

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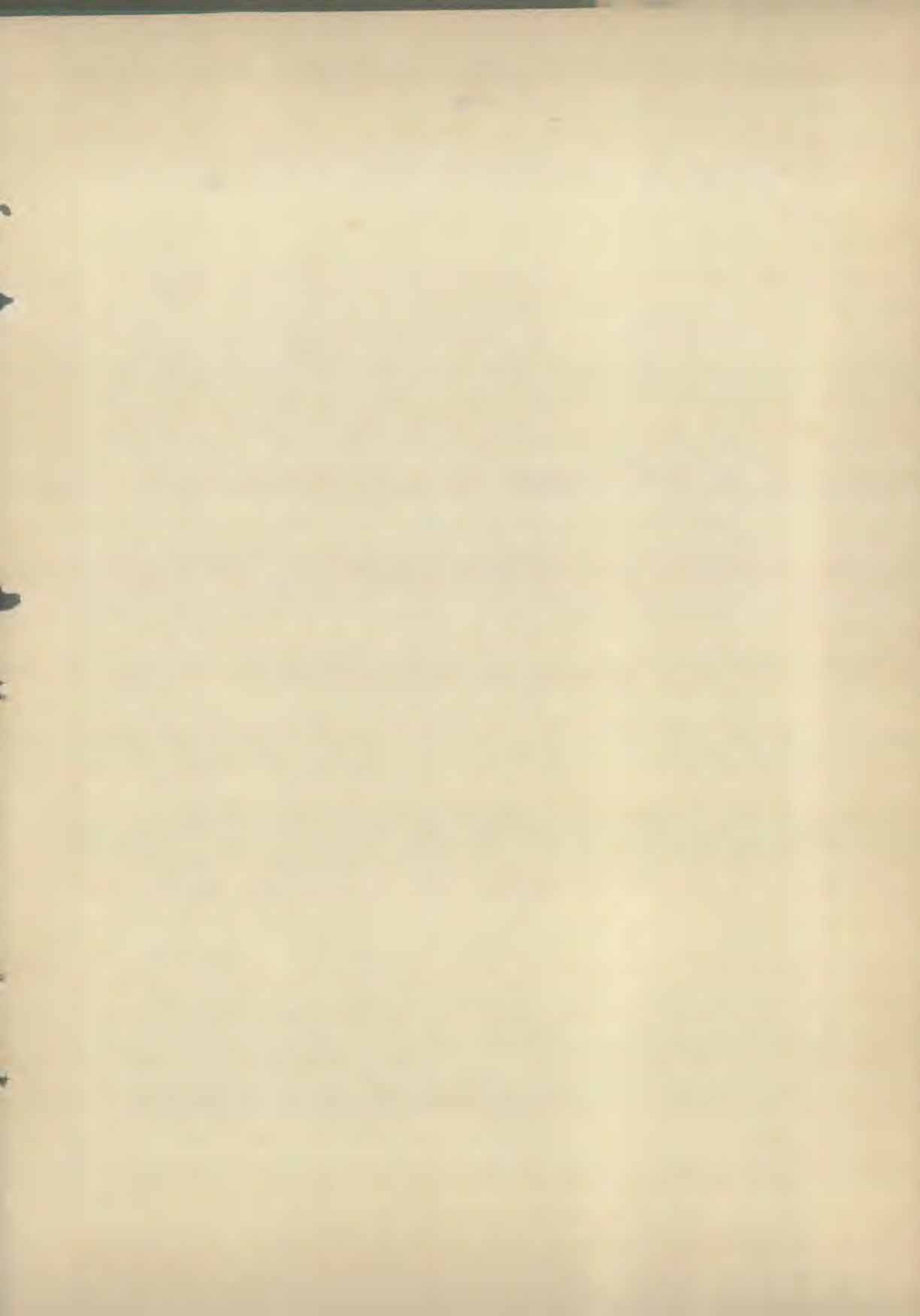
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Medical and Health News.

Secret of Japanese Physical Endurance.

SOME remarks in the *British Medical Journal* on the physique of the Japanese may be read with interest by vegetarians and others.

In 1899 a Commission was appointed "to consider whether by a meat diet or by other means the race could be made taller," but it came to the conclusion that as the Japanese exceeded taller races in strength and endurance, the wisest plan was to disregard stature.

The Japanese are fond of bathing. Water indeed, is freely used, both internally and externally. Rheumatism is almost unknown, and the *British Medical Journal* considers it is probable that the absence of meat from the diet, combined with the use of plenty of water, accounts for this immunity.

The diet of the Japanese is frugal, and some of the record marches have been made on a little rice. The value of fruit and vegetables is more fully recognised than with us. Milk is scarce, and tea, beer, spirits, and tobacco are very sparingly employed. Windows are kept open day and night, and the value of fresh air and physical exercise is fully realised. "Nothing," we are told, "short of this perfection of health and strength, with its accompaniment of good mental balance and heartiness, could have caused the Japa-

nese to accomplish in thirty years what it has taken other nations centuries to achieve."—*World's News*.

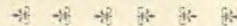
Is a Fleshless Diet Conducive to Long Life?

ONLY 900 persons in 1,000,000, according to a medical authority, die from old age, while 1,200 succumb to gout, 18,400 to measles, 27,000 to apoplexy, 7,500 to consumption, 48,000 to scarlet fever, 25,000 to whooping cough, 30,000 to typhoid and typhus, and 7,000 to rheumatism. The averages vary according to locality, but these are considered pretty accurate as regards the population of the globe as a whole.



Dr. Roger S. Tracy says, "The physiological limit of human life *under proper conditions* would certainly be one hundred years, and possibly one hundred and twenty."

At present, however, only about six out of one hundred arrive at the age of even sixty years, only four out of the hundred reach the three score and ten, and only one in one hundred thousand reaches the age of one hundred years.

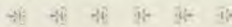


Statistics recently issued as a public document in England, calls attention to the effect of various occupations on health

and longevity in England. Tile makers, no doubt on account of close confinement, bad air, etc., head the mortality list. *The publican class comes next. Inn keepers die more rapidly than their servants; disease of the liver and apoplexy being the chief causes of death. Brewers and butchers come next on the high mortality list.* This proves conclusively that meat eating and beer drinking do not prolong life, as is often supposed, but on the contrary destroy life.



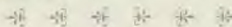
Dr. Burney Yoe, of King's College, author of "Food in Health and Disease," examined a number of centenarians. He found out of thirty-eight, three had never eaten meat or fish, four had barely touched it, twenty had used it sparingly, and ten moderately. The thirty-eight were said not to have changed in any great measure from the simple habits of their youth.



George Murray, M. D., F. R. S., in his little work on "Results of Information Received Respecting Nine Hundred Persons who had attained the Age of Eighty Years," including seventy-four centenarians, says: "Most interesting and important of all are the life and habits of these old people, among which, activity, out-of-door exercise, early rising, with moderation of diet and alcohol, are evidently among the important factors of longevity. It is, perhaps, scarcely less important to note that *our centenarians were for the most part small meat eaters.*" There have been eminent reformers who preached against the use of flesh as food, and proved by the vigor and purity of their lives and their unusual longevity the superior advantages of a fleshless diet.



Musonius declared the eating of flesh foods to be brutal, and adapted to savage animals. "It is heavier," he said, "and hindering thought and action, and they who partake of it abundantly are slower of apprehension."



Pythagoras, who so pathetically inculcated abstinence from animal food, and so strictly enjoined upon his disciples frugality and self-government, lived a century.

The philosopher *Georgias*, who declared he had never eaten or done anything for the mere gratification of appetite, lived one hundred and seven years.



Plutarch asserted that "ill-digestion is most to be feared after flesh eating; for it very soon clogs us and leaves ill consequences behind it. It would be best to accustom oneself to eat no flesh at all; for the earth affords plenty of things, fit not only for nourishment, but also for delight and enjoyment."



JOHN WESLEY, THE REFORMER.

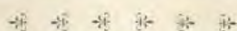
John Wesley for many years abstained wholly from the use of both wine and flesh. It is said that Wesley did not inherit a robust constitution, and during his youth had many seasons of severe illness. While he was very temperate in all his habits, he did not reap the benefit of his abstemious life until after he reached the age of forty. At the age of sixty-eight, in writing of himself, he said:—

"From ten to thirteen or fourteen I had little but bread to eat and not a great plenty of that. I believe that this was so far from hurting me that it laid the foundation of lasting health. When I grew up, I chose to eat sparingly and drink water."

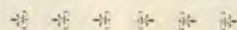
At the age of eighty-two he wrote: "Today I entered my eighty-second year, and found myself just as strong to labor and as

fit for exercise of body and mind as I was forty years ago."

A year later he said: "I am a wonder to myself. It is now twelve years since I have felt any sensation of weariness."



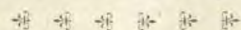
According to Sir Isaac Holden, who died at the age of ninety-two, the two great essentials for those who would live long and be healthy, are out-door exercise, plenty of fresh air, and plenty of fruit. "I take for my breakfast," he said a few years ago, "one baked apple, one orange, twenty grapes, and a biscuit made of bananas." The orange was his favorite fruit.



Hon. J. E. Weeden, of Randolph, New York, at the age of 80, wrote as follows:—

"In early childhood I was naturally of feeble constitution, and almost a constant invalid until I reached the age of twenty-five years, during which time my life was often despaired of. But by the adoption of a fleshless diet and abstinent and regular habits at the age of thirty, I have attained to nearly eighty years, and for half a century have enjoyed almost uninterrupted health." He was still engaged in the practice of his profession. He slept with his windows open summer and winter, and for thirty years had not been confined to bed a single day by sickness.

Fifty years ago Mr. Weeden adopted the plan of eating but twice daily, discarding the use of tobacco, to which he was then addicted; soon after he abandoned the use of tea and coffee and flesh foods. His mother died at the age of thirty-two, from consumption. He was the oldest of thirteen children, all but the three youngest of whom have been dead for years.



Captain Diamond, of San Francisco, at the remarkable age of one hundred and seven years is still active and in possession of a clear mind. He never used tobacco or any other stimulant, *and has not eaten a pound of meat for more than fifty years.* During the first fifty years Captain Diamond lived an ordinary life; at this period he discarded the use of coffee, tea, stimulants, and flesh foods. The captain said, "Most men expect to die at seventy or thereabouts. They educate themselves

for death, live up to it, and it comes for that reason."

Some twenty years ago he was working on a street railway as a gripman, and came near losing his position, not by reason of incompetence, but merely on account of his years, being then over eighty. By those who are well acquainted with the captain, I have been told that he looked as young at one hundred as most men at sixty.



Lewis Cornaro, at the age of forty, was informed by his doctors that his digestive troubles had become serious enough to justify an interview with a notary public. In other words, they advised him to make his will. Lewis Cornaro, however, resolved to cure the complaint by the removal of the cause. He began to practise the strictest temperance in diet. His friends predicted his death by starvation, but he stuck to his plan, and in less than a year succeeded in getting rid of all his ailments. His very eyesight improved, and he began to feel young again.

Cornaro enjoyed bodily and mental health to the end of his ninety-eighth year. He said of himself: "I was of a most irritable disposition, insomuch that at times there was no living with me. Now, for a very long time it has been otherwise, and I can see that a person swayed by his passion is little or no better than a mad man at such times.

"It appeared impossible I should live above forty years, whereas, I now find myself sound and hearty at the age of eighty-six; forty-six years beyond the time I expected, and during this long respite all my senses have continued perfect, and even my teeth, my voice, my memory, and my heart. But what is still more, my brain is clearer now than it ever was. Nor do any of my powers abate as I advance in life; and this because, as I grow older, I lessen the quantity of my solid food. I expect to die without any pain or sickness, and this is a blessing of great importance, yet may be expected by those who shall lead a sober life, whether they be rich or poor. And, since a long and healthy life ought to be greatly coveted by every man, then I conclude that all men are in duty bound to exert themselves to that effect; nevertheless, such a blessing cannot be obtained

without strict temperance and sobriety.

"O thrice holy sobriety; thou longest man's days. How greatly ought we to be indebted to thee, since, by thee, we enjoy this beautiful world, which is really beautiful to all whose sensibilities have not been deadened by repletion, and whose minds have not been blighted by sensuality. *I really never knew till I grew old, that the world was so beautiful; for in my younger years I was debauched by irregularities, and therefore could not perceive and enjoy, as I do now, its beauties.* O truly happy life, which, over and above all these favors conferred on me, has so improved and perfected my body, that now I have a better relish for plain bread than formerly I had for the most exquisite dainties. In fact, I find such sweetness in it, because of the good appetite I always have, that I should be afraid of sinning against temperance, were I not convinced of the absolute necessity for it, and knowing that pure bread is, above all things, man's best food, and while he leads a sober life, he may be sure of never wanting that natural sauce,— a good appetite."

He further says: "Now, I cannot help saying, that in my opinion, I cannot believe that the Deity desires that man, his favorite creature, should be infirm and melancholy, but rather, that he should enjoy good health and be happy. Man, however, brings sickness and disease upon himself, by reason either of his ignorance or wilful self indulgence. Now, if those who profess to be our teachers in divine matters, would also set the example, and thus teach men how to preserve their bodies in health, they would do much to make the road to heaven easier."

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Many more instances might easily be produced where regularity of life, tranquillity of mind, and simplicity of diet have furnished long scenes of happiness, and blessed the late evening of life with unimpaired vigor both of body and mind. But such instances of longevity are very rarely to be found in high life and cities.

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Of Moses, the great leader in dietetic and other reforms among the Israelites, who lived 1,500 years before Christ, it is recorded: "And Moses was an hundred and twenty years old when he died;

his eye was not dim, nor his natural force abated."

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Caleb, the companion of Joshua, the successor of Moses, at the age of eighty-five, gave utterance to the following remarkable testimony: "Lo, I am this day fourscore and five years old. As yet I am as strong this day as I was in the day that Moses sent me (to spy out the land of promise.) As my strength was then (at the age of forty), even so is my strength now."

The patriarch Jacob, who lived about 1,800 years before Christ, when brought before Pharaoh, king of Egypt, in answer to the question, "How old art thou," replied, "The days of the years of my pilgrimage are an hundred and thirty years: few and evil have the days of the years of my life been, and have not attained unto the days of the years of the life of my fathers, in the days of their pilgrimage." Abraham, the grandfather of Jacob, lived to the age of one hundred and seventy-five years.

According to the Biblical record given in Genesis 11, the average age of man from the time of the flood, 2,348 B. C. to 1,921 B. C., was about 430 years. But during the first 1,500 years of man's existence, the average age of life was about 926 years. See Genesis 5. It will be seen that there has been a rapid decline in the average age of man from 926, during the 1,500 years preceding the flood to 430, during the first few hundred years after the flood. Later still, in the days of Abraham, 175 years was considered a good old age. Genesis 25:7, 8. Fourscore years was about the time of man's existence during the days of the Psalmist, while the average age of man to-day is not more than thirty-seven years.

Only once during the first 2,000 years do we find the record of such an unnatural event as a child dying before its father. "And Haran (the brother of Abraham) died before his father, Terah." Genesis 11:28. At present not less than one-third of the earth's population die before they reach the age of five years.

At the beginning man was given the most suitable and life-prolonging environment, work and food. He was placed in a garden to dress it and keep it; bathed in pure air and sunshine, with agreeable outdoor exercise, surrounded with every tree

pleasant to the sight and good for food. The Creator said, "Of every tree thou mayest freely eat." According to Genesis 1:28, the simple products of the earth—the fruits, grains, and nuts composed the original bill of fare. Departure from the original plan is undoubtedly responsible for the degeneracy of the race. There can be no doubt that the environment, work, and food originally provided for man are both health-promoting and life-prolonging. "My son, forget not my law; for length of days and long life and peace shall they add unto thee."

A Centenarian Who Never had a Headache.

MR. PHILIP KEIFER, of East Dayton, Ohio, U. S. A., passed his one hundred and first birthday the fifth of December, 1902. Up to the time he reached one hundred years, he is said to have enjoyed perfect health and to have retained all his faculties. He had never had a sick spell, and never experienced even a touch of headache or rheumatism. At that time he was able to care for himself and to take considerable exercise. His memory was particularly retentive, and he was an interesting conversationalist.

He was born in 1801. His boyhood was spent on the farm, tilling the soil. At the age of nineteen he was apprenticed to the carpenter's trade, which vocation he followed for many years.

Mr. Keifer lived a quiet life, his even temperament making it possible for him to accept what fell to his lot without anxiety and worry. He never used spirits of any kind as a beverage, and never smoked.

We quote from a letter written by himself the fifteenth of January, 1902, at the age of one hundred and one, in which he expresses his own conviction regarding the secret of his long life:—

"At the more advanced age I made the laws of life and health a study. The secret of a long life is to know how to take care of the vital organs, especially the stomach. As it is the receptacle of food, it requires the greatest care. If the stomach is overloaded, it fails to do its allotted work, and disturbs the harmony of all the others."

Newman Hall's Secret of a Long Life.

EVERY man of eminence who passes the allotted span of life is popularly supposed to have a recipe of his own for longevity. Here is Newman Hall's, as he once gave it to a *New York Herald* interviewer, who had asked him what habits might conduce to a "vigorous old age":—

"To remain in health to threescore and ten, and possibly, by reason of strength, to fourscore, I would say: Live according to the laws of God—temperately and virtuously, soberly, righteously, and godly—'abstain from fleshly lusts, which war against the soul,' was Paul's advice to young Timothy. As regards my personal habits, I have never smoked, and during 60 years have wholly abstained from all intoxicating drinks. I generally sleep seven hours without waking. I take a cold bath every morning throughout the year. On an average I walk four miles a day. I can still walk ten miles without fatigue. I generally have three services on Sunday, and am never Mondayish. On an average, I preach four times weekly, and neither suffer from pain nor fatigue. As to overwork of brain, I would say: Give up working as soon as it is a weariness, and do the chief brain work early in the day. Do not work the brain late at night, if you wish to sleep, and as to worry, do your duty and cast your care upon the Lord, content with His approval and a good conscience."

THE Brazilians, when first discovered, lived the most natural original lives of all mankind, they knew no drink but water; were not tempted to drink and eat beyond common thirst or appetite; were not troubled with either public or domestic cares; nor knew any pleasures but the most simple and natural.

"Many of these were said, at the time that the country was discovered by the Europeans, to have lived two hundred, some three hundred, years."

This was without doubt an exaggeration, but that they were very long lived is evidenced by the fact that within the last quarter of a century there was an old woman living in Rio Janeiro at the remarkable age of one hundred and forty one years.—*American Good Health*.

Fasting as a Cure for Disease.

J. H. KELLOGG, M. D.

IN certain maladies, fasting is a necessity; as, for example, in cases of ulceration of the stomach; in cholera infantum, cholera modus, Asiatic cholera, appendicitis; in fact, in most acute bowel disorders all food should be withheld until the symptoms of the onset have subsided. Acute gastritis often necessitates the withholding of food for a few days, as do also severe cases of gastralgia and vomiting. Many chronic disorders are greatly benefited by temporary withholding of food. This is especially true of conditions which are commonly designated as biliousness.

In ordinary cases, however, total abstinence from food is seldom necessary. It is only essential that certain foods should be withheld, especially fats and proteids, or nitrogenous foods, such as eggs, meats, milk, and other foods rich in proteids. Fats prevent the formation of hydrochloric acid, which is the natural disinfectant of the stomach. Proteids encourage the growth of germs. Hence both these food elements are injurious in cases in which the stomach is foul, as indicated by a foul tongue and foul-smelling fecal discharges.

Cereal foods are less objectionable, because of the small amount of proteids which they contain, but fruits are especially adapted to these cases, for the reason that the organic acids they contain are very effective germ destroyers. Thus fruit has a most important disinfectant action upon the stomach and bowels. A fruit diet or a diet consisting of fruits, with a small allowance of dry bread, thoroughly toasted bread, or zwieback, is the most effective means of purifying the alimentary canal. This is accordingly an essential measure in nearly all cases of chronic disease. A fruit diet thus affords all the advantages of fasting, with some additional advantages, and is decidedly more comfortable. Except in the cases previously mentioned, abstinence from food is seldom required.

WHERE universal love prevails, nervous prostration and kindred ills will be forgotten. There is a good deal of selfishness at the root of most physical ailments. If our minds were busy planning for the happiness of others, there would be less fussing over personal symptoms.

Centenarian in the Canadian Senate.

MR. DAVID WARK, a member of the Canadian Senate, who has attained the age of 100 years, was presented with his portrait and an address of congratulation by his fellow members.

The veteran Senator delivered an interesting speech from his place in the House, in reply.—*World's News.*

Why Poor People Have Large Families.

IN a recent lecture on sterility, Dr. P. Horrocks stated it to be a well-known fact that with regard to human beings plenty of rich food and little or no exercise acts as a detriment on child-bearing. On the other hand, hard work and a minimum quantity of plain food acts as a stimulus in this direction. The same rule also applies to wild animals, and especially those of the nobler species. It is very seldom that a wild animal breeds in captivity, and this may be the result of being unable to roam about at will and thus get its food by its own exertions.

DR. MADISON TAYLOR says: "No skill consistent with modern medicine is able to repair, except in the smallest degree, the irretrievable damage upon that human constitution which has not acquired a fair start in life. It is possible to find among the histories of those who have attained great age and retained their vigor beyond the ordinary span of life few instances of bottle-fed babies.

"Statistics go to show, for London at least, that the fourth generation of the town dweller is unknown. The city child is subject to a number of disturbing conditions other than mere absence of creature comforts, which undermine the constitution by throwing too heavy a burden upon the sense organs, through which exhaustion of the central neurons follow. These conditions are such as noises, a perpetual round of hurry, unending sequences of incident exhausting the attention, to which are superadded the physical discomforts of vitiated air and effluvia from human beings and waste organic products, besides offensive gases and infection-laded dust, etc."

Meat? Eating and Appendicitis.

ONE of the leading papers of Paris, *Le Matin*, recently published an article by a French physician showing very conclusively a causative relation between meat eating and appendicitis. Dr. Chauvel of the French army, by a study of the statistics of appendicitis among the soldiers of the army in different parts of the world, has shown that appendicitis is more than twice as frequent in parts of the world where meat is freely used, as in France, as in other regions where meat is used sparingly. Dr. Chauvel also points out the fact that in the same climate meat eaters are much more subject to disease than those who eat little or no meat. The disease is increasing in England so rapidly that insurance companies have been organised to insure people against appendicitis. Among the Arabs of Algeria, who live largely on dates, figs, and wheat, appendicitis is almost entirely unknown, only thirteen cases having occurred among seventeen hundred natives during a period in which 137 cases occurred among fourteen thousand European soldiers. The rarity of appendicitis among the Chinese is another fact to which Dr. Chauvel refers.

Dr. Championniere knew a physician practising in Brittany, where little meat is consumed, who for a number of years has seen but three cases of appendicitis. In the religious communities, where the use of meat is forbidden, appendicitis is unknown.

The Oldest Doctor.

THE oldest doctor in the world is Dr. Jean David, who has this month celebrated the one hundred and second anniversary of his birth at Montpellier. For fifty years he practised as a country doctor, visiting his patients daily on horseback. In his youth he witnessed the march of Wellington and the Peninsular army through Southern France after the Battle of Toulouse. Asked the other day to give his recipe for longevity, Dr. David replied: "Sobriety in all respects. The human body is a wonderful machine whose organs should never be overtaxed. For my part I continue living much as I have always lived. I am only worried by one thing—the idleness to which failing eyesight has now condemned me."

Why Eat Meat?

Partial report of a lecture by Dr. D. H. Kress at the Wahroonga Sanitarium.

WE are beginning to recognise that many of our modern diseases, as gout, rheumatism, scrofula, cancer, tuberculosis, etc., are almost exclusively confined to meat eaters, and that germ and parasitic diseases may be transmitted directly from animal to man by the use of infected flesh. Even where disease is not actually in the meat, uric acid and other impurities present in meat may accumulate in the system of the meat eater to such an extent that the tissues lose their vitality, and become unable to resist the attacks of germs and parasites. Extra work thrown upon the human organism, especially the organs of elimination, also bring about premature decay, and must shorten life.



If flesh foods are used, therefore, it would be well to select only flesh from *clean* animals, and follow the Jewish manner of preparing it. When the Lord brought the children of Israel out of Egypt, He withheld flesh foods from them for their good, but when they murmured, and rebelled, and desired flesh, He gave them their desire, but it brought death to many. The plague came among them, and slew thousands of the choicest or fattest of the people. When they still persisted in their desire for flesh, the Lord gave them statutes regulating their meat supply, that they might differentiate between the clean and unclean animals. He also gave instructions as to the manner of preparing any such food. The following are extracts taken from an article entitled, "Only Jews Have Clean Meat Food," which appeared in the *Sunday Times* of December 6, 1903: "The im-

munity of the Jews from certain infectious diseases, and their unusual longevity, has long been recognised. Even to-day, the writer is informed by some life insurance men that their respective companies still regard the Jew, because of his prolonged age, as an excellent risk. Since most authorities agree that this remarkable endurance of the Jew is due to the nature of his food and to his mode of living, it may be of interest to some to glance for a moment at the cookery of a people, who for centuries, have realised that nothing is so important to the sense of happiness as perfect health, and nothing more essential to the development and maintenance of the latter than hygienic food.

"The fundamental principles of the Jewish cookery are based upon the dietary laws mentioned in the Pentateuch and elaborated in the Talmud, a commentary of the Bible. Foods that have been prepared according to the ordinances of this law are known in the Jewish household as 'Kosher,' *i. e.*, clean, and those not so prepared are 'Trefah,' *i. e.*, unclean.

"The species of the animals sanctioned for use are based upon the following general classifications: quadrupeds must chew the cud and be cloven footed, fowls must be clean and not birds of prey, fish must have fins and scales. Because of the cleanliness of the animals found in these three groups their food is unreservedly of a healthy character. For example, among the quadrupeds such animals as the rabbit and the hog are forbidden. The former is said to be full of bacteria, and the latter, because of his filthy and loathsome habits, is by nature a scavenger, and is regarded by prominent physicians as unfit for food. Ravenous birds among the fowls are excluded because the eating of their flesh tends to develop voracious animal appetites. The classification of fish having fins and scales is a good one, and prohibits the eating of all shellfish.

"Not only is great stress put upon the selection, but also upon its preparation. All animals except fish must be put to death according to a prescribed method known as 'Shechita.' This must be done by the 'Shochet,' who has studied the art thoroughly, and is fully conversant with all the details of operation, which consist mainly of cutting the throat of the animal with a knife sharpened to its highest ca-

capacity, to such a great depth that it will easily and slowly bleed to death. It is found that this method of slaughter is superior to others both from a humane and hygienic standpoint. The blood contains many poisons and bacteria, and when it is drained off, the greatest danger of infection to the human system is avoided. This method also produces a greater tenability in the meat. Dr. I. A. Dembo, of Russia, who has recently tested in his laboratory the physical and chemical properties of meats slaughtered by the several methods, has found in his analysis that the process of decay sets in much sooner in meats slaughtered by non-Jewish methods. As a result of his investigation many European cities are already adopting this method of slaughtering. The writer has had occasion to visit the largest slaughtering establishment in New York City, where only this method is in vogue, and learned from the management that it has among its patronage not only Jews, but also many of the leading hotels of the city, which have developed a taste for Kosher killed beef.

The principal veins (the sewers of the body) are next removed by the butcher, and the meat is then sold to the consumer. Because of the complexity of the veins in the hip sinews, and the great difficulty in removing them, they are not ordinarily used. The final process is accomplished by immersing the meat in cold water for half an hour, and it is then left sprinkled with salt for an hour. This produces satisfactory results, as the water removes any poisonous matter that might have accumulated by handling, and the salting process acts as a good purifier and anti-septic, and besides adds to the flavor. We must not lose sight of the fact that Jewish meat is always fresh, as *it must be consumed within a few days after it is slaughtered.* This, on the whole, gives better results than meat kept for any length of time.

In an interview, Dr. H. Pereira, M. D., rabbi of the Shearith Israel (Spanish and Portuguese) congregation of New York, and President of the Board of Jewish ministers, after a close observation of fifteen years, had the following to say upon this subject:—

"The dietary laws are designed, first, as a means of spiritual discipline, to help to keep all animal appetites in check, to

keep both soul and body pure and free from disease. The reason for them is obvious, especially in the light of modern medical science, which emphasises the importance of food in relation to the health of the consumers thereof. This law forbids all shellfish or other scavengers of the sea. These flourish in or near rivers, or on coast lines, where the sewerage of cities is washed out. To such food has been traced out bearers of typhoid due to typhoid germs found therein. The connection of such food with certain bodily ailments, especially certain skin diseases, is recognised. How far lobsters, crabs, mollusks, oysters, etc., are scavengers of the sea is another point to be considered.

"A disease from which an animal suffers may be transmitted to the consumer. The communicability of the diseases of animals to human beings eating their flesh is recognised to-day as among the most serious causes of our ill health.

"These dietary laws have given the Jews their tremendous constitution, without which they would have been crushed out of existence.

"Another remarkable phenomenon is the fact that the Jew, although not by any means a temperance man, has seldom been a drunkard. This goes to prove that his food is of such a nature that it does not irritate and excite a craving for liquor."

"Be not among wine bibbers, among riotous eaters of flesh." It is recognised that in flesh eating countries alcohol is also largely used. The uric acid and other poisons in meat stimulate and create a desire for other stimulants.

At best there is something horrible connected with slaying, and shedding of blood. I believe as a people become more refined, they instinctively turn away from a food which necessitates such cruelties. The luscious fruits, grains, nuts, and vegetables are the meats that are created to be received with thanksgiving of them that believe and know the truth. These are both pleasant to the sight and smell, free from disease and good for food.

Our aim should be, wherever possible, to substitute clean, wholesome foods for the impure and disease producing.

Mr. Spurgeon and His Physician.

An Anecdote on Over-eating.

AN amusing story is told of a professional interview between the late Sir William Gull, the eminent physician, and the late Mr. Spurgeon. Sir William had a habit of referring to himself in the third person, and as he shook hands with his patient, he observed, "Sir William Gull has had a busy day. First he attended . . . then . . . and now, last, but not least, he is called to attend the renowned Mr. Spurgeon himself." After diagnosing the case he paused, and then, gazing gloomily at Spurgeon, he began slowly: "Mr. Spurgeon, there can be no question as to what is the matter with you—no question at all. What you suffer from, sir, is over-eating. Sir William Gull repeats over-eating." The preacher protested that he rose up early and had exhausting work. "Sir William Gull gets up early," answered the slow voice of the other. "Sir William Gull leads an active and exhausting life, but Sir William Gull has never found it necessary to overtax his stomach." "Doctor," turning to the man with whom he was in consultation, "have you never told Mr. Spurgeon that his diet is too generous?" The answer was an affirmative. "Has Mr. Spurgeon obeyed your orders?" The doctor regretted that on that point his patient did not agree with him. Gull's face assumed a deepened gloom and solemnity. "Well, then, doctor, if Mr. Spurgeon won't obey your orders, there is only one thing to do"—(with a sudden briskness the physician arose and dropped his thermometer into his breast pocket)—"and that is to let him die."—*Manchester City News*.

DR. D. P. ROBBINS, in the *Dietetic and Hygienic Gazette*, gives strong testimony against tobacco. He bases his conclusions upon experience gained as medical examiner for life insurance companies. He states his observation that four-fifths of the of the applicants for insurance use tobacco, and that three-fourths of the tobacco users are perceptibly injured by the habit. One-fourth are dangerously poisoned, and at least one-eighth have "smokers' heart."



The Home.

HERE is the original version of "Mary Had a Little Lamb," claimed to have been composed by Sarah Josepha Hale:—

MARY'S LAMB.

Mary had a little lamb,
Its fleece was white as snow,
And everywhere that Mary went
The lamb was sure to go;

He followed her to school one day—
That was against the rule,
It made the children laugh and play,
To see a lamb at school.

And so the teacher turned him out,
But still he lingered near,
And waited patiently about,
Till Mary did appear.

As if then he ran to her, and laid
His head upon her arm,
As if he said—"I'm not afraid—
You'll keep me from all harm."

"What makes the lamb love Mary so?"
The eager children cry—
"O, Mary loves the lamb, you know,"
The teacher did reply:—

"And you each gentle animal
In confidence may bind,
And make them follow at your call,
If you are always kind."

Definitions of Home.

A PRIZE was offered recently by the London *Tit-Bits* for the best answer to the question, "What is home?" Here are a few of the answers which were received:—

"A world of strife shut out, a world of love shut in."

"Home is the blossom, of which heaven

is the fruit."

"The golden setting, in which the brightest jewel is 'mother.'"

"The father's kingdom, the children's paradise, the mother's world."

"The center of our affections, around which our hearts' best wishes twine."

"The jewel-casket, containing the most precious of all jewels—domestic happiness."

"A little hollow scooped out of the windy hill of the world, where we can be shielded from its cares and annoyances."

The Health Value of Cheerfulness.

ON this subject O. S. Marden writes in *Success* for January:—

"People ask me daily, when they look at my face that is without a wrinkle," says Adelina Patti, "what I do to keep so young. I tell them that whenever I have felt a wrinkle coming, I have laughed it away. They can scarcely believe me. Women ask me if I do not use certain creams; if I do not advocate face-steaming, massage, or some other artificial beautifying process; or if I do not bathe in milk, or mineral water, or champagne. But I answer that I do none of these things. I never use anything but plain water, and I laugh my wrinkles away."

"If we realised the power of good cheer and the habit of laughter to retard the progress of age and to stay the hand which writes the wrinkles of care and anxiety on the face, we should have discovered the famed fountain of youth—the elixir of life."

"The power of laughter, the rejuvenating force of cheerfulness, ought to be taught in our schools—especially our medical schools."

LAUGHTER AS A TONIC.

"There is nothing better established among physicians than that cheerfulness

prolongs life, and also enriches and enlarges it. Whole-souled, joyous laughter is a powerful health tonic. 'There is no one remotest corner or little inlet of the minute blood vessels of the human body,' says an eminent physician, 'that does not feel some wavelet from the convulsions occasioned by a good, hearty laugh.' Laughter stimulates the digestive process, accelerates the respiration, and gives a warm glow to the whole system. It brightens the eye, expands the chest, forces the poison out from the least-used lung cells, fills them with life-giving oxygen, and tends to restore that exquisite poise or balance which we call health.

"Some time ago a patient in an insane asylum was suffering from extreme melancholia. He did not laugh or smile. Day after day he sat or walked with an expression of settled melancholy on his face. Months passed, without bringing any change in his condition. Finally his physician resolved to try a new form of treatment—the laugh-cure. He employed a large, jovial, hearty man to come to the patient's door every day and laugh. What peals the visitor sent ringing through the whole establishment, of deep, melodious, side-shaking laughter, so joyous, hearty, and infectious that everyone who heard was compelled to join in it! But the melancholy sufferer looked at the laughing man with the same deep, immovable gloom upon his face. One day, while the laughter was convulsing everyone in his vicinity, the patient suddenly stopped pacing his room, and burst into a hearty laugh. The effect was magical. The light of reason shone once more in his face. He looked around in a dazed way, and asked, 'Where am I? What is this place?' The black clouds of gloom had been dispersed. The melancholia had departed. The man was in his right mind again. Laughter had done for him what the physicians, the drugs, and all the treatment at the asylum had failed to do.

"If people only knew what the habit of practising real side-shaking laughter every day would do for them, thousands of physicians would be looking for a change of employment. If you want to be well and happy, practise laughter. Don't be afraid to let yourself out. Shake yourself with deep, hearty laughter several times a day. It will do more for you than horseback-

riding, a gymnasium, or solemn, sober walks. It is the best kind of recreation. It is nature's great safety valve. It gives the body more resisting power. It doubles one's force, and increases capacity for endurance.

"Give me the man who laughs at poverty and misfortune! Give me the joy which is independent of circumstances, and lifts above environment!

"No matter how hard your lot, or how dark the day; if you work a little good cheer into it, it will lift your life above a joyless existence. Cheer will take the drudgery out of your work, and make it more interesting. It will make you more interesting, too; for dry, over-serious people are, as a rule, monotonous and unattractive. The man who never laughs is dull and uncompanionable. His capacity for enjoying life, or making it pleasant for others, dries up and atrophies.

"A great many people never learn to laugh heartily. A sort of half smile or a disagreeable chuckle is as far as they ever get. They look upon side-splitting, uproarious merriment as a misdemeanor, a breach of good manners. They cannot imagine such an unbecoming performance in a well-regulated home. If the children get a little boisterous, they must be hushed. They are told to sit down and be quiet. Their little lives are suppressed until they almost lose the power of spontaneous, hearty laughter. It is positively sinful to suppress the fun-loving tendencies in the young. They were intended to bubble over, to be joyous and happy, and to exult in mere existence. A sober, gloomy face on a child should be impossible. Let the children laugh and romp and play. What have care and trouble to do with young life? Anxiety and worry in the face of a child show that somebody has been criminal.

"There is nothing else the world needs so much as sunshine, and the greatest benefactor of mankind is the man or woman who has the wealth of a cheerful, helpful disposition. There is a great opening in the 'cheering-up business.' There is plenty of room in it for everybody, and it does not interfere with any other vocation. Make it a hobby, if you want to be happy and successful."

Practical Knowledge of Hygiene Needed in Our Schools.

HORACE MANN in a letter of advice to a law-student, said: "I am certain I could have performed twice the labor, both better and with greater ease to myself, had I known as much of the laws of health and life at twenty-one as I do now. In college I was taught all about the motions of the planets, as carefully as though they would have been in danger of getting off the track if I had not known how to trace their orbits; but about my own organisation, and the conditions indispensable to the healthful functions of my own body, I was left in profound ignorance. The consequence was, I broke down at the beginning of my second college year, and have never had a well day since. Whatever labor I have since been able to do, I have done it all on credit instead of capital,—a most ruinous way, either in regard to health or money. For the last twenty-five years, as far as it regards health, I have been put, from day to day, on my good behaviour; and during the whole of this period, as an Hibernian would say, if I had lived as other folks do for a month, I should have died in a fortnight."

Why Wild Animals Fear Man.

A PHOTOGRAPH published in the reports of an ornithological expedition sent by the United States Government to the Pacific Island of Laysan, supplies a striking confirmation of the old theory of Jules Verne, now placed upon a scientific basis, viz., that the fear of birds for man is born only of experience, and that the first human visitor to visit an unexplored bird land would find its colonists as confiding, or more confiding, than man's own kind. The photograph in question shows Mr. W. K. Fisher, one of the naturalists of the expedition, studying the albatrosses of Laysan. He is apparently making a drawing of them, and they cluster as curiously about him as village children round an artist who is making a sketch of one of their number. The albatrosses were with difficulty prevented from examining the camera of Dr. Charles Gilbert, another member of the expedition, and "the little miller bird would come and

look over the manuscript which the naturalists were preparing on a table."

It is of interest to note, in connection with the above, the record given of the flood. The animals were not driven into the ark, but Noah entered the ark first, and the lower creatures followed him. They seemed still to have had the utmost confidence in man. There was no fear. They recognised him as their lord, and implicitly obeyed him. It states, "And they went in unto Noah into the ark, two and two of all flesh." Gen. 7:15.

The food for man and these creatures at that time was evidently of the simplest character; such as was provided for them at the beginning, as found in Gen. 1:28, 29. The command was given, "And take thou unto thee of all food that is eaten, and thou shalt gather it to thee, and it shall be food for thee, and food for them." No doubt flesh was eaten by some prior to the flood, but it was not until after the flood, owing to the destruction and absence of all vegetation, that man was granted permission to subsist upon animal flesh. "Every moving thing that liveth shall be meat for you" (Gen. 9:3), it was said. This, in time, resulted in the wholesale shedding of blood and ruthless slaughter of animals, and fear and hatred took the place of confidence and love. This was predicted in the following words at the time the permission was granted: "And the fear of you and the dread of you shall be upon every beast of the field, and upon every fowl of the air, and upon all that moveth upon the earth, and upon all the fishes of the sea." Gen. 9:2.

It is only in islands uninhabited by man that confidence and love still exists in the bosom of these innocent creatures.

A WONDERFUL gathering of old men was that of forty-six celebrants of the eighty-first birthday of King George III., at the Bell Inn, Bexhill, on June 4, 1819. They were chosen from a total male population of less than a thousand, and their average ages were: Twenty-five, who dined, eighty-one years; fifteen, who waited at table, seventy-one years; six, who rung a merry peal on the church bells whilst the above were at dinner, sixty-one years. The proprietor still retains a list of their names and exact ages.

Seasonable Recipes.

LAURETTA KRESS, M. D.



BEAN PATTIES.—To four cups of white bean pulp and one cup of zwieback crumbs add one-half cup of thin cream, and beat together. Form into patties about one inch thick, and bake until mealy throughout and brown on top. Serve with a plain tomato sauce. Dried Scotch peas may be used in place of the beans.

PLAIN LENTIL ROAST.—One and one-half cups lentil pulp, one and one-half cups strained stewed tomatoes, one cup crushed crumbs of granola, one-quarter cup of thin cream, one teaspoonful powdered sage, one teaspoonful salt. Mix, turn in a baking-dish, and bake until quite dry. Serve plain or with a browned-flour sauce, seasoned with tomato and nut butter.

VEGETABLE STOCK.—Cook together for one to three hours one pound chopped protose, one-third pound nuttose, and an equal quantity of chopped turnips and carrots. Season with celery. Onions may be added if desired. Strain and mix equal quantities of this broth with bean broth, and to each quart of the mixture add two rounded tablespoonfuls of browned flour, one of nut butter, and one cup of strained stewed tomatoes.

CREAMED NUTTOLINE WITH EGG.—Mix together two pounds chopped nuttolene, eight hard-boiled eggs chopped, and one scant tablespoonful of salt. Prepare a sauce from one quart of milk, three-fourths pound of pastry flour stirred smooth with cold milk. When cool add three beaten eggs, two teaspoonfuls minced parsley, and one and one-half teaspoonfuls salt. Put a thin layer of the sauce in a pudding-dish, then a thick layer of the nuttolene and egg mixture, continuing till the dish is filled. Sprinkle the top with bread crumbs and bake in a quick oven until it boils up all round.

LENTILS WITH MASHED POTATOES.—Take three cups stiff, well-cooked lentil pulp, one cup strained tomatoes, and one cup finely-chopped English walnut meats. Mix, season with salt, and put a layer about two inches deep in a baking-dish. Over this put a layer of lightly-beaten mashed potatoes. Bake in a moderate oven until dry enough to slice nicely. The dish should be

covered for the first twenty minutes to prevent the potato from drying and browning before the lentil mixture is baked. Serve with tomato sauce or nut butter gravy.

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

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

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

A PHYSICIAN said: "Most people eat four times as much as they should." The proportion seemed pretty large, but an eminent British physician of a former generation said almost the same thing—that "one-fourth of what we eat goes to sustain life, while three-fourths go to imperil it."

Tuberculosis in Meat.

MR. JAMES KING, M. R. C. V. S., says: "Neither expert nor trader can by ordinary inspection detect tuberculosis in open markets.

"His ox may cost £30, and yet after slaughter not infrequently the carcass is found to be so extensively pervaded with tuberculosis as to render it unfit for human food, and it therefore has to be condemned.

"It is common knowledge that a very large percentage of cattle in our best herds are subjects of this disease, and further that it is impossible by ordinary examination to find any clinical evidence of the malady. I have had occasion to make *post mortem* examinations of some of the best cattle our country produced, and which were exhibited as such at our principal shows. After slaughter it has been absolutely necessary to condemn parts of them for tuberculosis."

Questions and Answers.

Appetite.—What can be done to improve the appetite when it wanes?

Ans.—Waiting for an appetite to come by going without a few meals, the breakfast, for instance, at the same time doing a little hard work, will generally bring on an appetite. Drinking cold water is another remedy; this acts well in connection with abstinence from food.

Changes of food is another remedy. Sometimes the regimen has not been varied enough, and the system becomes over-burdened with one kind of material, while another kind is deficient. An entire change of food sometimes works wonders.

A change of scene, of thought, and of environment are excellent means to restore a jaded love of food. Out-door exercise, labor, seaside bathing, —all these promote those changes in the body which create a demand for food. These remedies are natural ones, and if rightly used, can do no harm. Of course it requires judgment to decide which ones are needed in each case.

Effect of Getting Wet on the Appetite.

Why should a person be hungry after getting wet on a rainy day?

Ans.—Because making the body wet stimulates the skin, and thereby increases the appetite. This is the effect we seek in hydrotherapy. The shower-bath in the morning before breakfast acts as a tonic to the skin, and creates a demand for food. It also increases the production of gastric juice, and hence is especially beneficial to persons who have slow digestion.

Germs in the Stomach.—Does the normal stomach contain germs?

Ans.—Yes, most of the time; but during a meal and the digestion of it these germs are destroyed. The stomach is able to exterminate germs and to keep itself clean when in health.

Diet in Diabetes.—What foods would you give to a diabetic?

Ans.—The following foods will be found most helpful:—

Gluten biscuit.	Apples.
Gluten pease biscuit.	Peaches.
Toasted zwieback.	Spinach.
Toasted granose biscuit.	Lettuce.
	Tomatoes.
Greens of various kinds.	Nut roast.
	Nuttolene.
Celery.	Eggs and lettuce salad with tomato dressing.
Vegetable broth.	Cottage cheese.
Protose.	Buttermilk.
Almond cream.	Poached eggs.
Soft boiled eggs.	
	Baked potatoes.

Climate and Catarrh.—Does climate cure catarrh?

Ans.—No. Catarrh is found in all climates about equally. It is true that it is worse on rainy days. This is partly due to the moist atmosphere, but most of all to the fact that on bad days people are more sedentary, yet eat their usual al-

lowance. The result is internal congestion, which means increased secretion of mucus. People who have the same amount of work to do whether it rains or shines do not find their catarrh worse on rainy days.

Goitre.—Do you think there is any cure for goitre?

Ans.—Goitre may be cured in the majority of cases. Build up the general health by the use of nutritious foods, spend as much time out of doors as possible, and keep rooms well ventilated. A warm bath three times a week at a temperature of about ninety-five to ninety-seven degrees for twenty minutes, before resting, would, we think, be found beneficial. Galvanic electricity properly applied locally is of great value. Massage is also beneficial.

Fruits.—Are raw fruits as good as cooked ones?

Ans.—Yes, and for most persons better. Care should be taken, however, that the fruits are well ripened, and that they are thoroughly masticated, so that they may pass readily out of the stomach.

Cod-liver Oil.—Is not cod-liver oil necessary as medicine under some circumstances?

Ans.—No. The only possible use which the body can make of cod-liver oil is as a food. Nut oils are much more easily digestible and in every way preferable to it. The same may be said of dairy cream. All the benefits which can be derived from cod-liver oil may be more easily obtained from the use of almonds, hazel nuts, ripe olives, and other vegetable products rich in fat.

Treatment of Sore Throat.

ONE of the best remedies for sore throat is a compress worn over the throat at night. A piece of muslin or light cloth about half the size of an ordinary handkerchief should be folded so as to cover a space of about three or four inches, wrung lightly out of cold water, and placed around the neck. This should be covered by a piece of rubber cloth, oil-silk, or oiled muslin. A long, narrow strip of dry cloth should now be wrapped around the neck in such a way as to hold the compress firmly in place. If this compress is so put on as to retain its place, prevent evaporation, and exclude the air, it is an admirable remedy. It should be put on when retiring at night, and taken off in the morning on arising, the back being then washed off in cold water, and rubbed until the skin glows.

"LIFE is made up, not of great sacrifices or duties, but of little things in which smiles and kindness and small obligations, given habitually, are what win and preserve the heart and secure comfort."—*Humphry Davy.*

News Items.

THE Wahroonga Sanitarium keeps well filled with patients. Good results are reported. The building is now being re-painted under the direction of Mr. Woodford of South Australia. From ten to fifteen workmen will be engaged in this work for the next month. This will add greatly to the appearance of the place. The weather is all that could be desired.

IN an interview with Sir Henry Thompson, Bart., F. R. C. S., in the *London Weekly Dispatch*, January 17, 1904, he says: "Personally, I never eat beef or mutton or pork, because I consider them nasty dishes."

"HE that works not shall not sleep." In this statement is contained the whole secret of insomnia and its cure. Work is as necessary for sleep as for an appetite. A person must earn his appetite, and if he is to enjoy sound refreshing sleep he must earn it also. The Bible says that the sleep of the laboring man is sweet. The chronic invalid is sedentary; he has no vigor; because he does no physical work or exercise, certain poisons accumulate in the body which are not eliminated. These irritate the nerve cells, thus keeping him awake.

THE Chief Constable of Glasgow recently reported that a considerable quantity of ether is drunk in certain low-class localities. The "British and Colonial Druggist" states that ether-drinking and the "laudanium habit" are both more prevalent in North Britain than in England. In Ireland sulphuric ether was scheduled as a poison in 1890, in consequence of the abuse to which it was put by those who had acquired a craving for it.

THE nineteenth Annual Convention of the New Zealand Women's Christian Temperance Union was held at Blenheim from March 3 to 8. Many subjects of interest were considered. This organisation has its legitimate mission. It has done, is doing, and will continue to do, much toward setting free the captives of strong drink.

We are thoroughly in sympathy with the efforts put forth by this organisation to preach the gospel of deliverance to the slaves of drink, and to close up the many death traps laid for unsuspecting youths and men in whom a craving for stimulation exists.

That this organisation recognises not only the drink evil, but also some of the causes of it will be seen from the following clipping which appeared in *The White Ribbon*, the organ of the association:—

"WORTHY OF IMITATION—Fruit *Versus* Tea.—The Blenheim friends did well in that each afternoon while Convention was in session, they offered to their guests not the unhygienic, nerve-destroying cup of tea, but wholesome ripe fruits."

"THE LAWS OF HEALTH.—In his presidential address before the N. Z. Branch of the British Medical Association Dr. Collins urged that 'children in the seventh standard should be put through a regular course of lessons on the elementary laws of health.' But why wait till the children reach the seventh standard? Why not teach them these laws from earliest years, and let them each year add to their store of knowledge? Besides, the children who most need instruction concerning laws of health and of life seldom reach the seventh standard."

G. B. STARR says the peace of the home, of the State, and of nations, is affected for weal or for woe by the diet of the people. Bad cookery, bad food combinations, late suppers, indulgence in alcoholic drinks, —one or all of these may be, and frequently has been, the underlying cause of serious troubles in the home, the business, or the State life.

A fermented state of the digestive organs produces a like fermented and irritated condition of brain and nerve, and while under the influence of this auto-intoxication, this self-manufactured poison, the individual may give vent to language that will separate chief friends, and result in life-long estrangements.

"Divorced,—because of hasty words uttered while suffering from indigestion," might truthfully be reported as the chief cause of more than one divorce.

"Plunged into war because of a bilious attack, upon the part of a leading diplomat,"

might truthfully be recorded also as the cause of war and bloodshed.

Happy is that nation whose princes, noblemen, and diplomats, recognise this principle, and who "eat in due season for strength, and not for drunkenness."

THERE are living in Belgium at the present time seven sisters, whose combined ages reach a total of 558 years. The eldest is ninety and the youngest seventy-one years old.

THE Royal Commission on Sewage Disposal has just issued their report. They assert that the organism known as *Bacillus coli* exists in practically *all* the oysters of commerce. They examined over one thousand oysters taken from different sources, and the only difference they found in any of them was that the specimens from the purer water usually yielded fewer bacilli than those from polluted grounds. Yet sometimes the former contained as many bacilli as the latter.

It is often stated that fish is a food which ministers particularly to the needs of the brain because it contains phosphorus. As a matter of fact fish does not contain more phosphorus than do ordinary foods. The notion that fish contains phosphorus had no doubt its origin in the glowing or phosphorescence of fish in the dark. This phosphorescence is due not to phosphorus at all, but to micro-organisms.—*Lancet*.

MR. LUTHER PRESCOTT HUBBARD was a New Yorker who was induced to give up the tobacco habit by reasoning of a dear friend, and this gentleman compiled a table of figures showing how the saving of the smoke money of the so-called moderate consumer amounts with interest to £23,784 in sixty-one years. This sum, accumulated by a conscientious yearly saving of what he had been in the habit of using on tobacco, afforded means for the education of his children and an allowance for benevolent objects, besides paying for a beautiful suburban home. Here we can see mathematically demonstrated the right which the wife has to feel dissatisfied with her husband's misappropriation of what should be used for the good of the whole family.

"KEEP the brightest trail," said an Indian when asked by Bishop Baker, in pioneer days, the best route across the plains to the Rocky Mountains. This was good advice before the railroads were built; it is just as good to-day. It may be applied universally. Keep the brightest trail this year. Leave the dark, gloomy, subterranean passages. Leave gloom, anxiety, worry, and discouragement behind. Face the sun."

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ITS PURPOSE.—The **GOOD HEALTH**, while an up-to-date journal of news, is devoted to educating the masses in respect to those principles of morality and temperance, which, when adopted, will lengthen life, prolong happiness, and improve the physical and mental well-being of the nation. The deterioration of the physique of civilised races and the almost universal condition of ill health among our citizens, emphasises the importance of this work as nothing else can.

THE HOME.—Everything affecting the home and the members of the family deserves the most thoughtful consideration of those who have in mind the improvement of the conditions which make for happiness. It is the purpose of the **GOOD HEALTH** to bring sunshine into the home-life and give charm to the fireside duties. The kitchen is treated not as a haunt of drudgery, but as a laboratory in which wonderful chemical transformations take place, worthy of the interest of the brightest minds.

SIGNIFICANCE.—The words "**GOOD HEALTH**" stand for a sound mind in a sound body. Everything is submitted to the crucial tests of good common sense. Custom is not a reliable guide. Right principles of living are the way to health and vigor.

ABLY EDITED.—The **GOOD HEALTH** is edited by Dr. D. H. Kress, M. D., the medical superintendent of the Wairoonga Sanitarium. The doctor has had an extensive experience both in England and America, where he was connected with the management of the world's famous Battle Creek Sanitarium.

DEPARTMENTS.—The journal has several important departments, viz., Medical News, The Home, Questions and Answers, Seasonable Recipes, besides contributions from physicians of world-wide experience upon topics of the utmost importance.

VALUABLE RECIPES of how to prepare healthful and palatable dishes are given in each issue of the journal by Dr. Lauretta Kress, who has made this a life study in connection with her extensive medical practice. As the health of the household is largely in the hands of the cook, too much stress cannot be laid upon the importance of healthful cookery.

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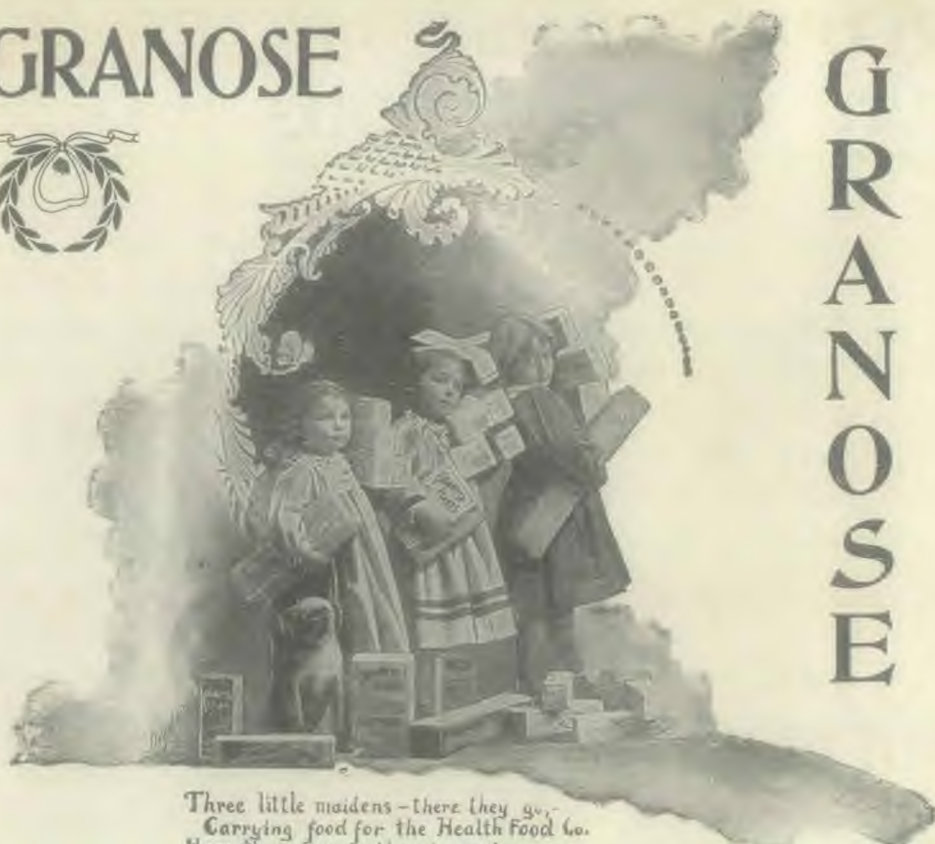
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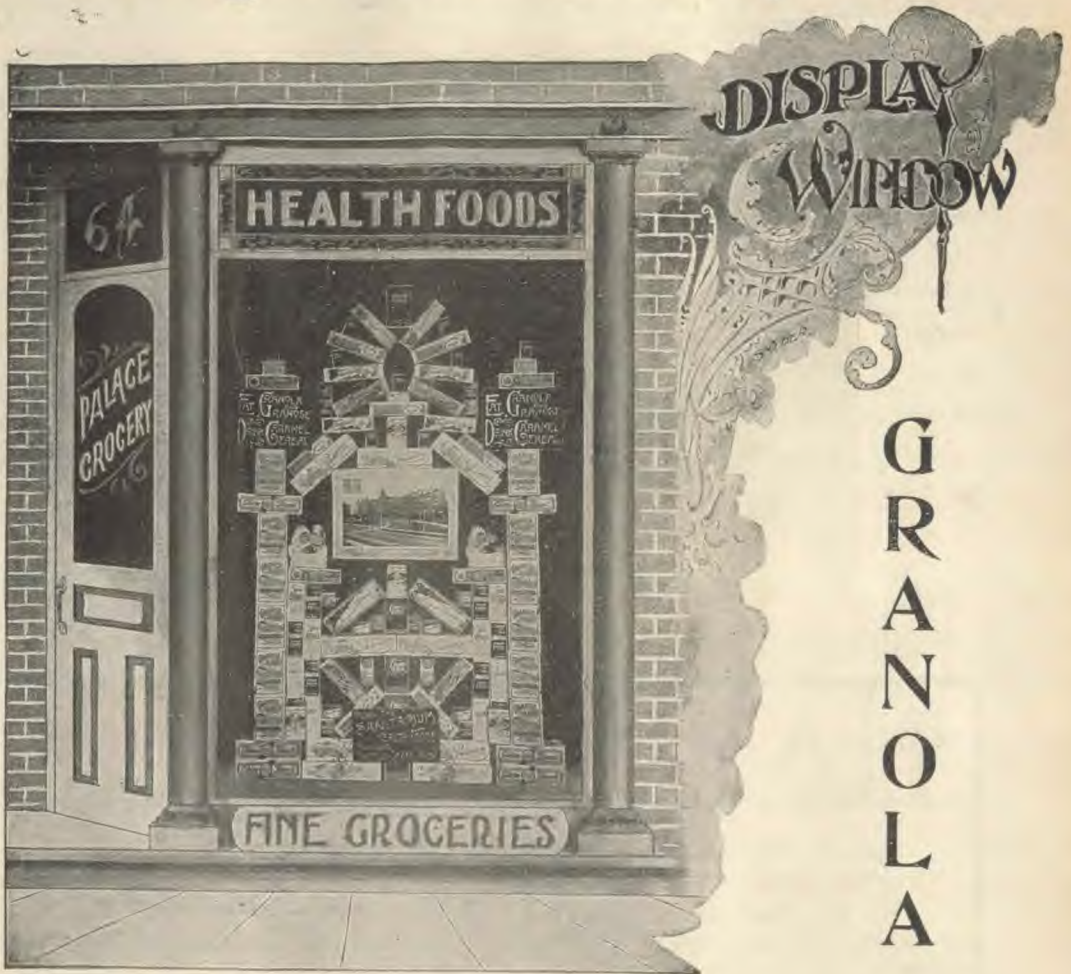
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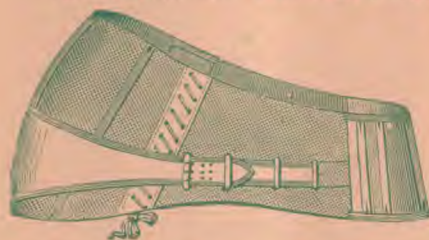
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