

THE AUSTRALASIAN GOOD HEALTH

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

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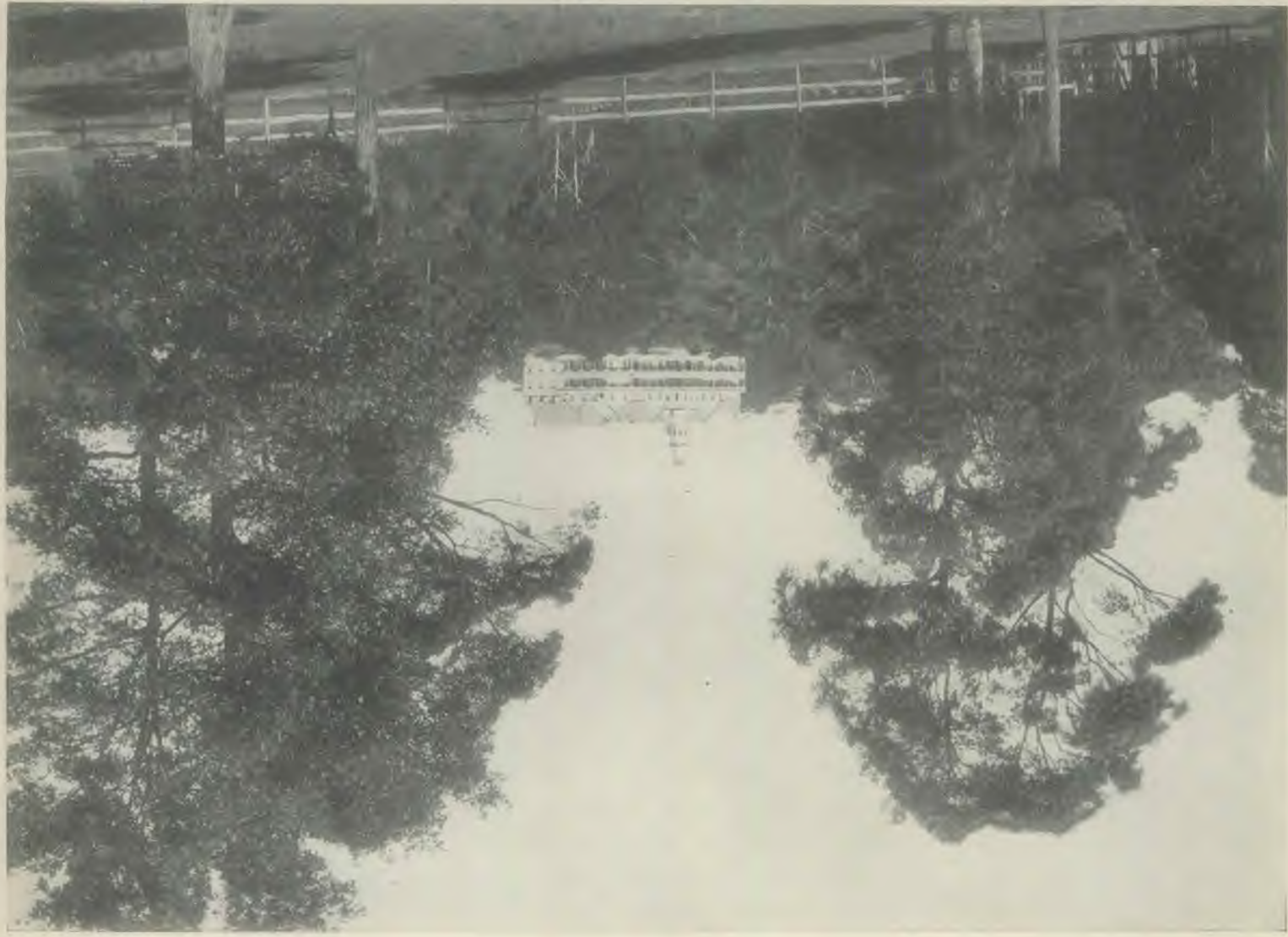
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Manager, Sydney Sanitarium, Wahroonga, N. S. W.



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Medical and Health News.

Hints on Diet to Athletes and Brain Workers.

MR. EUSTACE H. MILES, the famous racquet champion, lecturing in England recently, presented his audience with a new series of simple food recipes from which, at the cost of fivepence, one could obtain a satisfying, nourishing, and palatable meal.

For over eight years Mr. Miles has abstained from the use of flesh foods entirely, making use of nuts, beans, lentils, milk, cheese, sprouts, etc. He emphasised the importance of a sufficiency of proteid foods to build up the body and repair its wastes. Pulse foods, nuts, and cheese contain the largest percentages of proteid, while beef, he said, contained but twenty per cent.: the rest is water—impure water at that—"An expensive way of buying water," Mr. Miles remarked.

Eight years ago, he said, when subsisting on flesh foods, he lost all three of his last tennis matches through cramps, due no doubt, to the presence of uric acid. Since changing his diet, he cannot remember having lost a match through feeling tired, and can lead a sedentary life for weeks together without going out of training. Mr. Miles stated that out of the many people—peers, parliamentarians, school teachers, and international athletes—who have tried his diet, only five have declared it a failure, and in their cases the failures were probably due to other causes.

At present Mr. Miles is engaged in a slow-eating and thorough-mastication ex-

periment, testing the number of bites he can make at certain foods before they lose their taste, his object being to masticate each mouthful until it becomes tasteless, thus deriving from the food all the nourishment contained in it. By following this course he has already succeeded in living on threepence per day, and expects to bring it down to twopence, and still maintain his strength and increase his power of endurance.

The beef steak and uric acid period has had its day. With increased knowledge those who are striving for the mastery, either physical, mental, or moral, will find it to their advantage to subsist upon the simple products of the earth and again to make use of the mouth as one of the organs of digestion. In fact, as we have so often stated, the good derived from the food and the satisfaction obtained from eating depends upon the length of time the food is retained in the mouth.

The nerves of taste are located in the mouth. Through stimulation of these the appetite centres in the brain regulating the supply to be taken are satisfied. If food is properly masticated—chewed until it becomes a creamy mass, with the saliva well incorporated, the maximum amount of nutriment will be derived from it, and the other organs of digestion will experience little difficulty in doing their part of the work. Mr. Miles is working along right lines. Is it not time that brain workers and those engaged in soul saving work combined these important ideas of reform with their efforts?

The Sydney Sanitarium.

OUR frontispiece presents a distant view of the Sydney Sanitarium and surroundings. The Sanitarium has now been in successful operation for nearly two years. While no special efforts have been put forth to advertise this retreat for health seekers, it has had a very fair patronage from the beginning, and through patients that have been successfully treated, is becoming well known throughout Australasia.

pure-air sanitariums have of recent years been built in England, the continent of Europe, and America, where consumptive patients are kept as much as possible night and day in the open air. A large percentage of patients thus treated are restored to health.

Bright's disease and diabetes are no longer treated as formerly with drugs. A corrected dietary and the intelligent use of water and other simple measures are now employed with great success in all these cases.



Dining Room of the Sydney Medical and Surgical Sanitarium.

Within the last few years many in the medical profession as well as the more intelligent among the laity, in every part of the world, are abandoning the use of drugs, and are awakening to the importance of water, pure air, sunshine, electricity, exercise, massage, and other physiological remedies as curative agencies.

A few years ago consumption was considered an incurable disease, but it has been discovered that this disease readily responds (if not too far advanced) to the health-imparting agencies of nature. Many

Physicians everywhere recognise that massage, electricity, and the intelligent application of water are unequalled in the treatment of paralysis due to apoplexy, a disease rapidly on the increase and confined principally to the aged.

Locomotor ataxia and paralysis due to other causes are also successfully treated by local massage, local douches, electrolysis, and other local applications to reduce inflammatory conditions. Surgical operations are often resorted to when a few weeks' or months' treatment at a sanitarium

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would bring about better results. Surgery is only resorted to at the Sanitarium when absolutely necessary.

In catarrh of the head, stomach, or intestines, local remedies accomplish little good when employed alone, they merely act as local cleansers and antiseptics. Catarrhal conditions can only be successfully treated in relieving internal congestion, by equalising the general circulation, improving the activity of the skin, and

is difficult or well nigh impossible for patients to derive the desired benefit from the employment of these measures in their homes, even if carefully outlined by a physician. Injury often results when not properly employed. Institutions where these remedies are intelligently and scientifically made use of, are therefore a necessity in every community where disease exists, both as an aid to recovery, and as a means of education.



Drawing and Lecture Room of the Sydney Sanitarium.

correcting habits which are responsible for the unhealthy condition of the mucous membrane.

Passive congestion of the liver and other vital organs, biliousness and chronic dyspepsia, generally yield readily to the intelligent application of local and general douches, fomentations, electricity, etc., combined with a well-regulated dietary.

Rheumatism and gout as a rule respond to these physiological agencies after all other measures have proved a failure. It

The Sanitarium idea of utilising *all* these health-giving agencies, had its origin in America. Battle Creek was the home of the first Sanitarium. This institution has, during the past thirty-five years, treated over 40,000 invalids. At present it has connected with it an army of workers, including nurses and physicians, of nearly 600. From 700 to 1,000 patients are constantly undergoing treatment. Most of these are chronic cases that cannot be successfully treated at home and are recom-

Sanitarium
Idea.

mended by their physicians to visit the Sanitarium, where the conditions are most favorable for recovery.

Through education and practical results, the Sanitarium methods have, of recent years, been more fully appreciated, so that it has been found necessary to establish branch institutions in various parts of the world for the convenience of its patrons. In the United States alone there exist at present sixteen branch Sanitariums, some of these accommodating from fifty to one hundred patients. In other countries the following institutions are in successful operation: The Surrey Hill Hydropathic Institute, located at Caterham, England; The Belfast Sanitarium, Ireland; Institute Sanitaire, Basle, Switzerland; Friedensau Sanitarium, near Magdeburg, Germany; The Kobe Sanitarium, Kobe, Japan; The Skodsborg Sanitarium, Skodsborg, Denmark; Calcutta Sanitarium, Calcutta, India; New Foundland Sanitarium, St. John, New Foundland; Guadalajara Sanitarium, Guadalajara, Mexico; Christchurch Sanitarium, Papanui, New Zealand; Sydney Sanitarium, located at Wahroonga, a suburb of Sydney.

In all of these institutions the educational feature is made prominent; the aim being not merely to aid nature in her efforts to establish health, but also to correct the habits which are responsible for disease, that disease may ever after be avoided.

The educational work is largely carried forward through health lectures by physicians, practical instruction in the preparation of nutritious and healthful foods, etc.

The Sydney Sanitarium has connected with it a working force, including physicians and nurses, of forty members, and is capable of accommodating about seventy patients. It is located on an elevation of nearly 700 feet; a better climate taking the year round it is difficult to find in Australia—cool in summer and bracing in winter. The building is constructed with reference to health, the rooms are light and cheerful and well-ventilated. The treatment and gymnasium rooms are commodious and in a separate building. A hearty invitation is always extended to visitors who desire to be shown through the institution. The Sanitarium idea is filling a long-felt need, and has come to stay. Other institutions of a similar

character will no doubt in the near future be opened up in other States of Australia.

Food of the Giants or Japanese Wrestlers.

A two hundred pound policeman undertook to arrest a little Jap in New York the other day, but, according to report, found himself floundering upon the sidewalk three or four times within less than the number of minutes. It took him some time to recover from his surprise.

The Japanese have for ages been rice-eaters. A meat diet was practically unknown in Japan before the advent of missionaries and the commercial representatives of civilisation who followed them. Even at the present time the eating of flesh is almost wholly confined to cities, and but a very small proportion of the population eat meat to any extent. The Japanese are remarkably agile, enduring, and stronger in proportion to size, than almost any other people. The Japanese wrestlers are almost gigantic in size. They are a race by themselves. Their great size may be attributed to the influence of heredity, as they have through inter-marriage developed a distinct caste. *These men have subsisted for ages upon a non-flesh dietary and have developed their enormous size and strength without the use of flesh foods.*

A doctor in the Spanish Army Medical Service has published a pamphlet in which he discusses the merits and qualities of various flours made from beans, chick-peas, wheat, barley, maize, and rye. Dr. Reyes, the medical gentleman in question, states that this farinaceous diet is wonderfully sustaining. The descendants of the gigantic Guanches are still of herculean build, and yet they very seldom eat anything but food prepared from these different flours. Dr. Reyes highly recommends these simple foods for soldiers.

THE skirt is an encumbrance to freedom of movement at the best, but the short skirt is much less of an encumbrance than the trailing garment which robes our women to-day. Its inconvenience is, however, but a trifling consideration as compared with the hygienic dangers which every woman faces who trails her garments along the streets.

Sanitarium Idea in Therapeutics.

BY PROF. M. V. O'SHEA.

THE most primitive people regard disease as due to the malevolent influence of bad spirits, and the witch doctor and medicine man seek to appease these spirits or exorcise them by incantations, magic, sorcery, enchantment, and the like. Diseases can be cured by wearing rings or

ment will preserve it in its natural condition, and how when the natural function is perverted it may be restored and health regained. They rather spend their time devising new modes of warding off spirits by charms or humoring them or driving them out of the body by pain.

One of the means of driving out bad spirits which primitive man has adopted, is to make the sufferer swallow some of the vilest tasting concoctions that can be



One of the Electric Baths, Sydney Sanitarium, Wahroonga.

amulets or performing some feat which the bad spirits command. Children, like primitive people, seek to cure their warts, for instance, by rubbing a potato or bean on them, and then burying it. When it decays, the wart is supposed to decay with it. Primitive minds cannot think of disease as due to the perversion of some function of the physical organism. Such people do not study the delicate mechanism of the human body in order to find out how it was designed to work, what treat-

constructed. The demons within him cannot endure this and will make their escape. Even in our own day among civilised people this old primitive idea has not been entirely abandoned, and men are still required to swallow concoctions that are well designed to drive out any spirits that may have taken up their abode in his body. But a better day is dawning; the physician is coming to place more faith in nature. He is giving less attention to the study of drugs and more attention to the

study of the way in which the human organism functions naturally, and how this natural functioning may be preserved, and restored when it is once lost. Thus his treatment is becoming effective because it is rational. Investigation as well as experience demonstrates that every function of the human organism is related to every other function. Under natural conditions every member works in harmony with every other, and the result is perfect health.

The physician is coming to realise to-day that the essential requisite for regaining health when it is once lost is to restore the original harmony of the bodily functions, and this can be accomplished effectively only by working in accord with nature, by following nature's methods. The results being reached to-day by experimental medicine all seem to corroborate the statement that an organism becomes diseased only when it tries to do what it was never intended to do, and a condition of health can be regained only when it adopts the natural mode of living again. This is what Pope means when he says that "health consists with temperance alone." If any organ does not discharge its office aright in the body, then therapeutic methods seek to discover what it was intended it should do, and how nature provided it should be stimulated to do just this thing; and then the physician follows the hint given by nature and tries to restore the lost function in the way in which nature would. *Everything goes back ultimately to nutrition, clothing, rest, and exercise.* When the body is not working right, there is something going wrong with it in respect of one or another of these functions, and the error must be corrected.

Pneumonia or the New Plague.

ACCORDING to recent statistics four per cent., that is, four in every hundred, of the people of every city community suffer annually from pneumonia. At least twenty per cent., or one-third, die.

A peculiarity with reference to pneumonia, which at first sight is not easy to understand, is that its victims are chosen among those who are apparently in ordinary health. The robust old man seems to be the favorite mark for this disease.

The chief predisposition to acute disease is lowered vital resistance. One

might think that the plump, rosy-cheeked butcher who is suddenly brought down by pneumonia and goes to his grave in a week or less is a man of high resistance, and would consequently be led to wonder if he is not an exception to the rule. The appearance is deceptive. This robust-looking man has abundance of blood, but it is poor blood,—blood swarming with impurities. The white blood cells, or phagocytes, which in the healthy man stand ready to seize and destroy the germs of disease as rapidly as they enter the body, and are constantly occupied in this way, thus protecting the vital domain, are stupefied and rendered inactive by the enormous quantities of waste and poisonous substances thrown into the blood as the result of over-eating, especially the large consumption of flesh meats. The butcher is of all men the worst possible subject for the surgeon. His florid countenance gives the appearance of health, but his tissues are swarming with disease and readily succumb to death-dealing agencies.

The increasing virulence and growing prevalence of acute disease is a matter which deserves the attention of all intelligent and thinking men and women. There is only one course of safety, only one door of escape. This lies in living above disease, keeping one's blood so clear by right habits of eating, abundance of exercise in the open air, and general attention to matters conducive to health, that germs of disease will not be able to live in the body; so that if infection happens to occur, an army of vigorous, white cells will immediately surround the microbic enemies of life and destroy them. By correct habits of living, the body may be made so resistant that disease can get no foothold in the vital domain.—*American Good Health.*

THE best remedy for bleeding at the nose is in the vigorous motion of the jaws, as if in the act of chewing. In the case of a child, a wad of paper should be inserted, to chew it hard. It is the motion of the jaws that stops the flow of blood. The remedy is so very simple that many will feel inclined to laugh at it, but it has never been known to fail in a single instance, even in the severest cases.

Vitality of the Jewish Race.— Its Source.

DR. ERNEST HART, in his *Biostatistics*, shows that the Jews in general live longer than the Christians and the Turks. Their boys, he tells us, far outnumber their girls; they are exempt from epidemic diseases; and they lose fewer children than the Christians and Mussulmans.

Dr. Sallard, in his work on pauperism in London, says that the Jews lose only ten per cent. of their children compared with a loss of seventeen per cent. among the Christians. The average life of a Christian in London, he says, is thirty-seven years, while that of a Jew is forty-nine years. The average of life in France, according to the same authority, is thirty-seven years; the average among the Jews is forty-eight years. In an equal number of men, twenty-seven Jews attain the age of seventy years, while only thirteen Christians reach the same age. There are few suicides among the Jews. There is hardly ever a Jewish assassin. Very few Jews abandon themselves to drunkenness.

For this vitality the Jews are undoubtedly indebted to the customs instituted by the so-called Mosaic laws. After these statutes of health were delivered to them by the hands of Moses, the promise was made, "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right, and will keep all His statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians; for I am the Lord that healeth thee." Although of recent years they have departed greatly from these statutes, they are still reaping the results of their ancestors' sowing.

Sleeplessness, or Insomnia.— How Cured.

Report of a lecture delivered by Dr. D. H. Kress to the patients at the Wahroonga Sanitarium.

INSOMNIA is a condition in which the individual suffers from too little or imperfect sleep. It is a disorder that is often difficult to manage, especially in chronic cases where sleeplessness has become a fixed habit, where they do not expect sleep. In such cases not only must the

causes be removed of which the insomnia is a symptom, but also the wrong habit must be broken up and a right habit established.

Sleep-producing drugs are often resorted to, but as a rule they are harmful, and no permanent results are obtained from their use. In fact, frequently a drug habit is formed from their use which is more injurious to the system and more difficult to overcome than the sleeplessness itself. It is, therefore, of great importance to know how to preserve normal sleep and how to relieve sleeplessness by the use of simple and harmless remedies. It is during sleep that nerve energy is stored up in the brain and nerve cells, to be utilised in carrying forward mental and physical effort. When at the close of a day's toil this supply is nearly exhausted, a feeling of fatigue is experienced; nature demands a renewed supply of energy. This is the natural call for sleep. This makes the sleep of the laboring man sweet. The laboring classes, it is found, are not as a rule troubled with insomnia, but "the abundance of the rich will not suffer him to sleep." Abundance leads naturally to idleness, therefore to sleeplessness.

The same nature that kindly takes away from the idler the appetite for wholesome food, and says, "He that will not work shall not eat," also says, "He that will not work shall not sleep." The sedentary man having lost his relish for wholesome foods resorts to highly-seasoned foods and stimulants, or so-called tonics, to create an appetite. This is not a natural appetite, and must result in harm. It would be better for such to climb a bitter wood tree, or chop it down and cut it into fire wood, than to partake of its bitter decoction. If sleep is taken from him, he resorts to narcotics or other drugs.

In addition to exercise, energy is also liberated or given off by the nerve cells as a result of stimulation through the sensory nerves—the nerves of the eyes, the ears, and the skin. Light is a natural stimulant, and causes, through the optic nerve, activity of the nerve cells and a discharge of nerve energy. Sound has the same effect through the nerves of the ears. Stimulation of the nerves of the skin by heat and light produces similar effects. The more nerve energy stored up in these

cells, the more readily they respond to stimuli. At night when the nerve and brain cells are nearly exhausted, their irritability is greatly diminished. At this time also the stimulating influences of heat, light, and sound are largely withdrawn, and the external conditions are made most favorable for sleep. By morning, when the cells become again stored with energy, they naturally become more excitable and sensitive to external impressions. The appearance of light, heat, and the cheering bird songs, are nature's means of awaking the slumberer. Relaxation, absence of light and sound, and complete quiet are some of the conditions which favor natural sleep.

Instances are not uncommon in which there is fatigue of the nervous system and yet sleep seems impossible. In such cases there may be irritants circulating in the blood due to digestive disturbances resulting from errors in eating, which stimulate the fatigued nerve centres and make sleep difficult. The elimination of these irritants and a correction of diet are necessary. A neutral bath at a temperature of 92 to 95 degrees F. for twenty to forty minutes, or even longer, is also helpful. The body immersed in water a little below its own temperature is shut away from influences which play upon the nerve centres through the sensory impulses transmitted from the periphery. Poisons may accumulate as a result of defective elimination, as in Bright's disease, and produce insomnia, or poison may be introduced in the form of tea, coffee, or the free use of flesh, with the same results. In every case the true cause must be sought for and removed, and natural external conditions sought which will encourage natural sleep. It has been found that by the rational treatment and corrected dietary as given at our Sanitarium the most stubborn cases usually yield.

Bouchard's Experiments.

BOUCHARD, of France, has shown that the changes which often take place in the stomach and intestines when in a state of indigestion, resulting in fermentation and putrefaction, give rise to poisonous substances which, when absorbed into the body, may produce effects similar to those produced by strychnia, opium, alco-

hol, and other well-known drugs. When food is retained in the stomach beyond the normal time, either because of its indigestibility, the taking of too large a quantity of it, or a crippled state of the stomach, these changes are certain to take place. This fact explains a very large share of the myriad symptoms which afflict the chronic dyspeptic. The giddiness, the tingling sensations, the confusion of thought, and even partial insensibility, which are not infrequently observed a few hours after meals in chronic dyspeptics, are due to this cause. Here is the explanation of the despondency, and various other forms of mental perversity, and even moral depravity.

The total depravity which we often hear talked about is, half the time at least, nothing more nor less than total indigestion.

Increase of Divorces and its Causes.

SEVEN years ago there were sixteen thousand annual divorces in the United States. During the year 1903 there were *seventy thousand*, showing an increase of over four hundred per cent. Divorces are on the increase in all civilized lands. There are undoubtedly many causes at work. Infatuation is often mistaken for true love. The young are frequently led by blind passion instead of good common sense. Anciently, while none were required to marry those whom they could not love, the marriage engagements were usually made by parents. The youths were largely guided by the judgment of their experienced parents in taking so important a step. It was regarded as a crime to pursue a contrary course. In those days divorces were uncommon.

No doubt modern high feeding, crowding the stomach with delicacies and improper foods, lies at the foundation of many divorces. Dyspepsia and divorces are closely related. A few years ago a gentleman came to me for an examination. He was a dyspeptic, and, no doubt, as other dyspeptics, difficult to get along with. One night he was taken with severe cramps, which resulted in unconsciousness. A physician was called, who pronounced it a case of poisoning. He at once suspected his wife. No doubt he

felt she had good and sufficient reasons for trying to get rid of him. A few weeks later he had a similar attack. He then concluded to have a medical examination, expecting to apply for a divorce. The examination revealed an extremely dilated stomach, and in the test meal (composed of granose and water), when withdrawn for analysis, were found remnants of meat he had eaten the day previous. At once we had a suspicion that we were dealing with a case known to the medical profession as auto-intoxication, in which the poisoning is due to putrefaction of foods in the stomach.

We afterwards ascertained that on the night of the first spell, just before retiring, he ate heartily of raw oysters, which readily decay in such a stomach and produce deadly poison. The next bad spell we were able to trace to a hearty meal composed largely of veal before going to bed. We informed our patient that the poison was not administered by his wife, but his was in all probability a case of self-poisoning. He was given suitable treatments and placed upon aseptic foods for a few weeks, then advised to go home and be a kinder husband.

A year later he returned to the Sanitarium, not as a patient, but as he expressed it, for the purpose of having us form the acquaintance of his *good-natured* wife. They were living happily together. This is one case at least where a divorce was saved by the adoption of simpler and purer foods. How many more might be saved, it is difficult to say, but we feel certain the number would be greatly reduced. A man who is suffering from self-poisoning is intoxicated and hardly responsible for what he says or does.

Onward March of Degeneracy.

THE latest report of the Census Bureau of the United States tells a lot of interesting things about the march of disease and degeneracy, which have a most practical bearing on every-day life and practice. It is shown that while quarantine and Board of Health restriction and improved treatment have lessened the prevalence and fatality of several acute maladies, chronic diseases and degenerations have greatly increased. For example, the death-rate for 1890 was forty-seven in every 100,000.

In ten years the rate increased to sixty.

The figures given show an increase for cancer of twenty-eight per cent.; apoplexy, thirty-five per cent.; diseases of the kidneys, forty-one per cent.; diabetes, eighty per cent.; and deaths from old age, twenty-three per cent. If these disorders continue to increase at the same rate, in twenty years more the number of deaths from cancer will be doubled; from apoplexy, the increased fatality will be two and one-third times increased; kidney disorders will kill three times as many as in 1890, and diabetes six times as many.

Apoplexy and old age are the result of a disease of the blood vessels, the direct cause of which is without doubt due to an excessive accumulation of uric acid and other irritants in the blood. Diabetes and kidney disorders are, according to Dr. Haig, also due to uric acid.

Dr. Haig and others have shown that uric acid accumulations in the body are the result of the introduction of this poison into the system with the food. Other causes, as tobacco-using, the use of alcohol, and tea and coffee drinking, are doubtless partly responsible for the appalling increase in disorders of degeneration

The King's Physician and the Treatment of Alcoholism.

SIR THOMAS BARLOW, the king's physician at the Church House, Westminster, recently bore a weighty testimony to the increasing evil of intemperance, especially amongst women. In referring to effective measures in the treatment of alcoholics, Sir Thomas said:—

"No half measures would do drugs, moreover, are useless." He said that in some cases nurses and even doctors asked, "Why do you not give these people a little alcohol, just to stimulate them when they have this dreadful weakness, heart failure, and pain?" "And it's just this thing," said Sir Thomas Barlow, "that you have to stop." His advice is: "If you have any cases of alcoholic diseases among your own friends, I beseech you to get doctors and nurses who are teetotallers." Then he added, "Don't let them fall into the hands of a doctor who orders stimulants for them."



The Home.

young the heart, installing it as a veritable fountain of perpetual youth, to pump gladness and enthusiasm through every vein. It imparts physical poise as well as mental. As every impulse is filled with tenderness, so does every act become gentle and the bearing that of genuine culture. As every thought is pure and unselfish, so does it leave its imprint on the face.

Little Flo's Letter.

A LITTLE baby brother had come to live with Flo, And she wanted it brought to the table that it might eat and grow.

"You must wait a while," said mother, in answer to her plea;

"For a little thing that hasn't teeth can't eat like you and me."

"Why, hasn't it got teeth, mother!" asked Flo in great surprise;

"Oh, my! but isn't it funny? no teeth, but nose and eyes.

"I guess," after thinking gravely, "they must have been forgot.

Can't we buy him some like Grandma's? I should like to know why not."

That afternoon to the corner, with paper, pen, and ink,

Went Flo, saying gravely, "Don't talk to me, or else you'll sturb my think,

I'm writing a letter, mother, to send away to-night,

And 'cause its very 'portant I want to get it right."

And this is the letter written by little Flo:

"Dear God, the baby you sent us is awfully nice and sweet,

But because you've forgotten his toofoes, the poor little thing can't eat.

That's why I'm writing this letter, on purpose to let you know.

Please come and finish baby; that's all, from little Flo."

—Selected.

Love a Beautifier.

LOVE is the natural beautifier. It begins with the foundations. It makes

How to Correct Faults.

PARENTS make a great mistake when they tell the child his fault in order to cure him of it. He ought to be cured of it without knowing that he has it. In continually chiding your child for his faults you develop one of the most serious of faults, that of self-consciousness. Has he a slouching gait? Do not tell him so; do not bid him stand up straight. Give him a military drill, or start him in athletics. Is he slovenly, and does he come to dinner with uncombed hair? Dress for dinner yourself, and buy him a handsome necktie—one that appeals to his fancy, not to yours. Is he selfish? Do not let him guess that he is so. Contrive a Christmas celebration for the happiness of others, and take him into your confidence in preparing for it. Then, when he does what he knows to be wrong, your rebuke will be more significant, and your punishment, if punishment is needed, as it sometimes is, will be more effectual. Punishments always, rebukes generally, should be reserved for the sins of which the sinner is conscious. Faults of which he is not conscious should be concealed if possible, without his being conscious of either the fault or the correction. Overcome evil with good. That requires skill. Any fool can point out a fault; only a wise man can correct it.—*The Outlook.*

House-keeping Hints.

If you heat your knife slightly, you can cut hot bread as smoothly as cold.

If possible, always give your hair a sun bath after its soap and water shampoo.

All cold vegetables left over should be saved for future use in soups or salads.

Leaks in chimneys may be stopped by a cement made of coal tar and sand.

To clean trays, shake a little flour on them, then take a clean, soft duster and rub lightly; you will then find it will remove all spots.

Half a lemon dipped in salt will do all the work of oxalic acid in cleaning copper boilers, brass tea-kettles, and other copper or brass utensils.

Lamp-wicks soaked in vinegar some twenty-four hours before being used will



The Surrey Hill Hydropathic Institute, Located at Caterham, England.

A crib with hair mattress and hair pillow is far better for baby than feather bed and pillow.

If the coal fire is low, throw on a tablespoonful of salt, and see how quickly it will brighten.

White wax and almond oil melted together and stirred until cold is an excellent salve for chapped lips.

To whiten thread lace that has become over yellow, stand it in soapsuds exposed to the rays of the sun.

give a clearer flame and a steadier light than those not so treated.

When you wash hair-brushes, put a little ammonia in the water. The brush must be well rubbed on a rough towel, and then placed upright in the sun until dry.

To remove a wart, damp it, and rub with a piece of common soda. Do this two or three times a day for a month, and the wart will drop off, leaving no mark on the skin.

The Evils of the Corset.

DR. C. D. GREENWOOD delivered a lecture on "lungs and breathing" in the rooms of the Christchurch Sandow School, some time ago. During the course of his remarks, the lecturer said the influence of dress on breathing was infinitely greater than most people supposed. Athletes recognised this by stripping as far as Mrs. Grundy would allow, and the Greeks, with no such dictator, had stripped altogether for their games. In this matter of dress ladies were, of course, the chief offenders against the laws of nature, but men were by no means free from blame. Tight waistbands and belts were almost as obstructive of free breathing as were corsets. In regard to this latter garment, it was sometimes urged that ladies breathed only with their ribs, through a natural sex difference from men. It had been proved, however, by scientific observers, that woman in a state of nature breathed in the same manner as man, using the diaphragm muscles. It was only when the decrees of civilisation put her into a sort of splint, that she adopted the unnatural course of using the upper part of her chest only. The doctor illustrated his meaning by placing a corset borrowed from a well-known millinery shop beside a copy of the *Venus de Milo*, the contrast being striking enough to produce roars of laughter. He said that he called it suicidal and criminal for women to wear such garments. He spoke strongly, because he saw

PRACTICAL ILLUSTRATIONS.

of the evil of it every day of his life. Proper breathing meant pure blood, good health, and a clear skin. It meant proper circulation through the digestive organs, doing away with dyspepsia; it meant the prevention, or even cure of consumption, and in many cases, the cure of asthma. He believed that half the diseases which worked such havoc among civilised people were due to this lack of lung training, with the consequent retention of impurities in the body, and the lack of proper ventilation in the modern houses.—*White Ribbon*.

Two hands, but one tongue. Talk half as much as you work. In other words, work twice as much as you talk. Jas. 1 : 26.
—*Philip Giddings*.

CORRESPONDENTS.

THE following letter recently received at the GOOD HEALTH office will be read with interest by our readers:—

W. A., June 18, 1904.

TO GOOD HEALTH.

Dear Sir,—

My brother and I, aged nineteen and twenty-two years respectively, landed in West Australia on December 9, 1903.

On January 9, 1904, we started work on land we had purchased twenty-seven miles north of Perth.

We were accustomed to three meals per day, and, like far too many people, ate meat with two of the three meals. We have taken up heavily timbered red-gum country, and in order to clear enough for a crop this winter, have of necessity had to "buck in" from 5.30 A. M. till 7.30 P. M. on an average, and occasionally from 5 A. M. till 9 P. M. or even later, when moonlight.

One day about January 14, we were splitting posts some distance from our camp, and in order to finish the required number, kept at work until 2.30 P. M., when we returned to camp. Dinner was ready by 3.15 P. M., and we were ravishingly hungry. During dinner, I remarked, "What a saving of time, oh my brother, if we could always have two meals a day. An hour including time to cook every day would amount to fifteen days in a year, which, at 8/- a day, would mean a saving to us of £12." He responded, "Oh, thou wise one, let's try; vegetarians do, why shouldn't we?"

We tried, but at first were unsatisfied, so looked in the GOOD HEALTH for a vegetarian list of dietary. Result—we ordered from the grocer: Lentils, a dozen pounds; haricot beans, a dozen pounds; rice and sago, a dozen pounds; pearl barley, a dozen pounds; peas sausages, a dozen pounds; wheatmeal, twenty-five pounds; flour, fifty pounds.

For two months this was our sole diet, making our own bread, though at the end of February we had milk. Our meal hours are: breakfast 9 or 9.30 A. M., dinner 3 or between 3 and 3.30 P. M.

Our neighbors at first said that we would soon be dead grubbing and clearing, woodcutting, etc., on two meals a day; "Why," they said, "we have three meals and two lunches." Well, we have a very substantial amount of work done, and I am seven pounds heavier than I was when weighed in April, and a friend who saw my brother and returned to our home in South Australia, remarked to the "old folks," "Your youngest is getting as fat as a mole."

We absolutely haven't tasted meat here, and have had no eggs until June 11, and drink neither tea or coffee. Our drink is a chain away from the table, at the spring.

At our parents' wish we tried three meals for three days last month, and vowed we wouldn't again. I got heartburn, and we seemed all behind in our work. These are absolute facts, voluntary ones. We are stanch vegetarians, and perfectly convinced that to us two meals a day is sufficient and more beneficial, as the digestive organs are not overtaxed.

Wishing GOOD HEALTH continued success,

Gratefully yours,

Holthouse Bros.

Seasonable Recipes.

LAURETTA KRESS, M. D.

SAVORY MACARONI.—One cup macaroni, two cups zwieback crumbs, one egg, one cup milk. Break in inch lengths good macaroni. Boil in salted water until tender. Mix zwieback crumbs, salt, milk, and egg together, add a little powdered sage, mint, parsley, or chopped onion for seasoning. Place the macaroni and savory mixture in alternate layers in a baking-dish. Brown in the oven and serve.

VEGETABLE ROAST.—One cup strained stewed tomato, one cup cooked lentils, one cup zwieback crumbs, one tablespoonful finely minced celery. Turn all the above into a baking-dish after mixing well and seasoning with salt. Bake in an oven until quite dry. Serve in slices with a sauce made by cooking together for a few minutes two cups of lentils prepared as above, one cup of strained stewed tomato, and a tablespoonful of nut butter.

NUTTOSE AND RICE CROQUETTES.—Steam one-half cup of well-washed rice in one cup of water for one hour or until tender. Add to this an equal bulk of chopped nuttose, and one beaten egg. Mix well and shape into croquettes, roll in fine zwieback crumbs or granose crumbs, bake twenty minutes in a moderate oven.

NUT DATES.—Select nice clean dates, wash with warm water, rinse in cold, cut carefully, and remove the stones. Place in the centres half a walnut kernel or a toasted almond kernel, close carefully, place in oven a few minutes, and serve. They may be rolled in powdered sugar if desired.

LEMON SYRUP.—Six lemons, three pounds granulated sugar, one quart water. Grate the yellow portion of six lemons, and mix with three pounds of best granulated sugar. Add one quart of water, and boil until it thickens. Strain, and then add the juice of the six lemons, carefully leaving out the pulp and seeds. Boil ten minutes and bottle. This is very convenient for use, making a delicious and quickly-prepared drink.

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

STEAMED DATE PUDDING WITH LEMON DRESSING.—Moisten two cupfuls of finely-grated bread crumbs with one-half cup of thin cream or rich milk. Mix into it a heaping teacup full of chopped and stoned dates and one-quarter cup of sugar. Add lastly a cup and one-fourth of sweet milk. Turn all into a pudding-dish and steam about two and one-half hours. Serve as soon as done with lemon or orange dressing.

Fruit.

THERE are many popular but unfounded prejudices against the dietetic use of fruits. It is generally supposed, for example, that fruits are conducive to bowel disorders, and that they are especially prone to produce indigestion if taken at the last meal. The truth is the very opposite of these notions. An exclusive diet of fruit is one of the best known remedies for chronic bowel disorders. Fruit juice may be advantageously used in both acute and chronic bowel disorders. Care must be taken, however, to avoid fruit juices which contain a large amount of cane sugar. Juices of sweet fruits should be employed, or a mixture of sour and sweet fruit juices. Raisins, figs, prunes, sweet apples, and pears may be mixed with sour fruits. Very acid fruits sometimes disagree with persons who have an excess of acid and those who are suffering from chronic inflammation of the stomach; but, with these exceptions, there is almost no case in which fruit may not be advantageously used.

Dangers of Preservatives.

THE food tests under the auspices of the United States Department of Agriculture which have been going on for several months past, to test the effect of salicylic acid on human health, has brought out some queer results. The general fact is established that salicylic acid seriously injures health. The experiments have been abandoned to save the subjects, but will be resumed when the men have recovered somewhat from the effects of the past two months' diet on prepared foods into which salicylic acid entered as a preservative. This experiment has turned out just as did that with foods preserved with borax. That made all the men ill.

DR. LAURETTA KRESS, assisted by her daughter, Ora H. Kress, conducted a "School of Health" at Brisbane from July 12 to 22. The practical demonstrations in the preparation of healthful and palatable foods in an attractive manner, lectures on diseases and simple home treatments, and exercises in physical culture, were all highly appreciated by those in attendance.

Questions and Answers.

Exercise.—Why is exercise necessary?

Ans.—Activity is the great principle governing life. Indeed, activity is said to be the sign of life. When activity ceases, life ends. This is true of all the cells, tissues, and organs of the body. When the arm is paralysed and can no longer be used, *i. e.*, exercised, it gradually wastes away, or atrophies, as a doctor would say. Nature is economical, and does not supply nourishment to a useless member. Hence, in order to develop a strong, active physique, it is necessary to take systematic exercise.

Tuberculosis.—Are human and bovine tuberculosis identical diseases?

Ans.—Some time ago the famous German scientist and bacteriologist, Dr. Koch, reported that bovine and human tuberculosis were not identical diseases, nor would animals and man be reciprocally infected. Much discussion led to the appointment of a Royal Commission in England, with Sir Michael Foster, K.C.B., F.R.S., M.P., as chairman, to report on the following points:—(1) Whether the disease in animals and man is one and the same; (2) Whether animals and man can be reciprocally infected with it; (3) Under what conditions, if at all, transmission of the disease from animals to man takes place, and what are the circumstances, favorable or unfavorable, to such transmission.

After watching the results of exhaustive experiments made upon 200 bovine animals, the Royal Commission on tuberculosis has furnished its report.

The Commission states that the disease communicated to bovine animals by material of human origin is, in its broad general features and also in its finer histological details, identical with the disease communicated to bovine animals by material of bovine origin.

It would, the report states, be therefore most unwise to legislate under the belief that human and bovine tubercle bacilli specifically differ, or that the disease caused by the one is wholly different from the disease caused by the other.

Adenoid Growths.

MR. D'ARCY POWER, F. R. C. S., Eng., Surgeon to the Victoria Hospital for Chil-

dren, Chelsea, and Assistant Surgeon to St. Bartholomew's Hospital, in his address entitled "Some Disappointments in Surgery" says:—

"The recurrence of adenoids is a fertile source of disappointment to parents whose children are so unfortunate as to suffer with these growths.

"The operation for their removal may be carried out with perfect success, but the predisposition remains.

"Adenoid tissue grows quickly, and the original condition is soon reproduced if reliance be placed too entirely upon operative measures.

"Too much, therefore, should not be promised as a result of removal, for there is a growing disinclination amongst the more observant mothers to submit their children to operation."

Nettle Rash.

This is a diseased condition occurring at all ages from infancy to adult life, the chief manifestations of which are the appearance of small or large whitish elevations on the surface of the body and an intolerable itching. "Nettle rash," or "hives" as the disease is also called, is due to errors in diet or a dyspeptic condition. The blood is less alkaline than in its normal state. In most cases the sufferer has acid dyspepsia, accounting for the condition of the blood.

The treatment must aim at two results,—to improve digestion and to relieve the skin manifestations. The diet should consist largely of the milder grains, such as granola, granuma, rice and germea, fresh vegetables, and puddings, with a small amount of the less acid fruits in a stewed or baked form. To lessen the itching, sponge the body several times a day with a solution made by dissolving a tablespoonful of carbonate of soda in a small bowl of warm water. Very quickly the irritability of the skin will subside and the wheals disappear.

"I BELIEVE the undesirable and unhealthy stimulating effects of coffee make a greater number of unconscious victims than the liquor habit, but the evil effects are not such as to cause them to be published to the world."—*Medical Talk.*

News Items.

IN the Swiss Universities there are more female medical students than males. Out of 1,654 students, 891 are women and 763 are men.

DR. GIBSON, Medical Superintendent of the Christchurch Sanitarium, New Zealand, who has been spending four months at the Wairoa Sanitarium in the interest of the Christchurch Sanitarium, returned to his post of duty on July 21.

THE inquiry as to the physical degeneration of the British people continues. The most recent feature was the examination by Dr. Warner of 100,000 London children. He reports that one sign of degeneracy is that the heads of children are growing smaller, especially the females.

DR. LAURETTA KRESS'S new "Good Health Cookery Book" is just off the press, and is ready for circulation. This book is full of valuable instruction from cover to cover. Mrs. Kress has made scientific and healthful cookery a study for years in connection with her work as a physician, and also in her home. The book will be found helpful in any home, and appreciated especially by those who are making reforms in diet. The price of the book is 1/6, and may be secured at the Echo Publishing Co., North Fitzroy, Melbourne; Tract Society Offices; or Sanitarium, Wairoa.

A RECENT official report shows that more alcohol per capita is consumed in France than in any other country. Last year the French drank 4.81 gallons of alcohol per head, as against 2.44 in Germany, 2.35 in Great Britain, 3.30 in Switzerland, and 1.37 in the United States. In France there is a saloon to every 83 persons, or 464,556 saloons in the whole country. The evil effects of drinking are due not to adulteration, as is so commonly affirmed, but to the alcohol consumed.

SPEAKING recently at a meeting of the Medical Institute of Birmingham, Sir Victor Horsley said that the full extent of the evils due to alcoholism is better known

to members of the medical profession than to those of any other class. Not only were the fatalities far greater than those represented in mortality statistics, but it was also true that moral deterioration from indulgence in drink occurred long before any physical effects were evident. He would like to see medical men take up a much stronger position on the subject than had yet been the case. When patients ask them whether it would be wise to take a little alcohol, he thought that medical men ought always to say, "No, it is not wise." In his own surgical wards, said Sir Victor Horsley, he never found it necessary to prescribe alcohol.

A MESSAGE to a Chicago paper from New York on December 13, states: The Rev. Dr. Joseph M'Mahon says there is an intimate connection between the morality of a time, its dress, and its literature, and, arguing along this line, he told a large gathering of women of the literary society of which he is director that the modern dress was becoming worse than indecent.

Dr. M'Mahon said the literature was going the same way as the clothes. He spoke of French literature of the time of Louis XVI. as "dirty, nasty pages," and said: "You can find these same conditions in our literature, which is fast becoming the same as that of the period just previous to the French Revolution."

He cited "Ben Hur" and "Quo Vadis," and said that debauchery and crime in all stages of degeneration were flashed before the reader in the most flagrant terms.

THE well-known expert, Dr. C. W. Buffum, states: "My observation has led me to believe that appendicitis usually follows severe cases of constipation, and that the latter is the prime cause of the disease."

"In my opinion," continues the doctor, "appendicitis is on the increase. This is due, I believe, to the fact that people are nowadays eating too many rich foods, having too many late suppers, and gorging their whole systems with too many pastries and other fancy dishes; and to the further fact that they are not using the proper precautions to keep the waste eliminators of the body in good working order."

ABOUT sixty ladies and many more gentlemen, all in the flush of youth, have joined the Anti-Corset League at Leeds (Eng.), which is an offshoot of the Leeds Society of Physical Culture.

The stern males have vowed never to marry "corset wrecks." A lady who competed at the Leeds Beauty Show, Miss Gertrude Perkins, is at Calverley extending the influence of the league, while at Huddersfield and Morley also the league has taken root and flourishes. The corset so much in favor with ladies is denounced as destroying the beauty lines of the body, of the limbs, arms, and bust, by restricting nourishment, interfering with normal circulation, and by the continuous support of the bust in an unnatural position.

It is related of an Irish coachman that his medical adviser prescribed animal food as the best means of restoring health and activity. "Patrick," said he, "you're run down a bit, that's all. What you need is animal food." Remembering his case a few days afterward, he called upon Pat at the stable. "Well, Pat," said he, "how are you getting on with the treatment?" "Oh, shure, sir," Pat replied, "Oi manage all right with the grain and oats, but it's mighty hard with the chopped hay."

A DEEPLY interesting communication was made to the French Academy of Medicine, recently, by the Mayor of Villiers-le-Duc. It relates to the protection of life among infants, and the results attained have been a falling off of 30 per cent. of infant mortality. After the birth of a child the mother receives tenpence per day provided she remains in bed ten days, and those not giving the child natural

milk must possess a sterilising apparatus. The infants are inspected fortnightly, all sickness must be reported at once, and in recompense every mother who can show at the end of one year that her child is strong and healthy receives a sovereign.

ALL savages are athletes. If all civilised men were athletes, a long category of maladies which are undermining the constitution of the race would disappear. The average savage has such a resistance to disease causes that he can live in the swamps, jungles, and the pestilential wildernesses where the white man inevitably succumbs in a few weeks or months.

At the Hague Peace Conference, the fact was brought out by the British representative that explosive bullets are needed in warfare with savages, because they have such marvellous vitality that a wound from an ordinary bullet, such as would completely disable or kill a civilised man is almost unnoticed by them.

DR. ZEIM has discovered the interesting fact that the best means of removing such small, round bodies as peas, coffee beans, beads, etc., from the ear is by introducing oil into the ear. A little oil should be placed in the ear as soon as possible after the object has been introduced, and the canal plugged by means of a little cotton. The patient should lie as much as possible on the ear containing the foreign body; and the next morning, when the cotton is removed, the intruding substance will probably be found next to it, ready to be expelled. It is probably forced out by contraction of the muscular fibres surrounding the auditory canal.

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