

THE AUSTRALASIAN GOOD HEALTH

CONTENTS.

- Medical and Health News.
- Advantages of Fleshless Foods.
- How to Become a Centenarian.
- Startling Revelations Regarding Our Drink Bill.
- Is Bread the Staff of Life?
—By D. H. Kress, M. D.
- A Cure for Catarrh.
- Something to Do for Headaches.
- A Rational Cure for Heart Disease.
- Some Life Vegetarians.
- Healthful Recipes.
- Questions and Answers.

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

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Good Health,
September 1, 1904.

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GOOD HEALTH, SEPTEMBER 1, 1904.



COMMITTEE OF THE MELBOURNE VEGETARIAN SOCIETY.

MISS MILLS, MELBOURNE.

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No. 9.

Medical and Health News.

Many Years of Vegetarianism.

CAPTAIN F. W. CROSBY writes:—"I've been a vegetarian since 1837. Am four-score on next birthday; have just returned from a trip in the desert south-east of here to examine a mine. Slept on the ground, went down rickety ladders into pits over a hundred feet deep, rode a burro along trails where a mis-step meant death on short notice, and returned in perfect condition, barring a sunburnt nose. If there be any beef-eater who would try the trip, I'll lend him my outfit. Of course I mean any youth of eighty or thereabouts."

SIR HERMANN WEBER, the octogenarian Medical man, said to the College of Physicians that, with open air, long walks, less food, and a happier disposition, people might live to be a hundred.

The Advantages of a Uric Acid Free, or a Fleshless Diet.

DR. HAIG, one of England's most noted physicians, and author of "Uric Acid in Causation of Disease," in speaking of the advantages of a uric acid free dietary, says:—

"Those who consider that poor blood, mental and bodily lethargy, and a life of almost constant pain and disease, terminating in the forties or the fifties, represent the sum total of human existence, can, no doubt, get the little that they ask for; but it will soon be no longer possible for them to say that nothing better was known or obtainable. A stronger, more active, and more noble life, lived for a

hundred, rather than for fifty years, and ending in a natural death, which will be painless and unconscious as birth, is what knowledge of the



D. H. KRESS, M. D.—17 Years a Vegetarian.

truth promises to-day to all who dare to follow it."

Centenarians are nearly all small meat eaters or total abstainers from flesh. It was on uric acid free foods that Old Parr, England's famous centenarian, reached his 153rd year, his diet being principally coarse bread, milk, whey, and cheese. According to his historian, he might have lived much longer had he not been taken into a high-class family and fed upon much richer food than the simple fare to which he had all his life been accustomed.

Vegetarian Athletes.

Professor Virchow, a noted and observing physician, a few years ago made the prophetic declaration, "The future is with the vegetarian athlete." Not a few athletes of our generation are beginning to recognise that uric acid free food enables them to do the same hard work they were capable of doing while subsisting on flesh, with little or none of the former fatigue or stiffness.

The mental and physical weariness experienced in old age is due to the accumulated uric acid and allied wastes, which act as muscle and brain paralyzers. The young man with disease of the kidneys experiences the same weariness, for the same reason,—an *excess of uric acid*,—due to inability to eliminate. A similar condition of fatigue and weariness may be brought about even when the kidneys and other eliminative organs are in a normal condition, by the free use of foods containing uric acid. Therefore, the athlete or mental worker who depends upon beef extract (which is a solution of uric acid), or subsists on a flesh diet, has thrown into his circulation products which cause fatigue and are responsible for defeats, when it comes to a real test of endurance.

And the future must be with the one who keeps his muscles and brain free from uric acid and allied wastes. That it is possible for him to out-do the flesh eater, other things being equal, is now almost universally recognised. This is no new theory.

Ancient Vegetarians.

The Spartans, for instance, who, "for muscular power, physical energy, and ability to endure hardship, perhaps stand unequalled in the history of nations," were vegetarians, as well as the armies of

Greece and Rome, in the time of their conquests, "the departure from their simple habits being soon followed by decline." In the training for the public games in Greece, where muscular strength was exhibited in all its varied forms, vegetable food was adhered to; but when flesh meat was adopted afterwards, those hitherto athletic men became sluggish and stupid.—(See preface to "Rollin's Ancient History.")

The ancient Persians also, before uniting with the Medes and adopting their luxurious habits, were a hearty race, capable of enduring prolonged hardships. According to Rollin, the historian, "The boys were all brought up in common, after one uniform manner. Everything was regulated, the place and the length of their exercise, the time of eating, the quality of their food and drink. The only food allowed either the children or young men were the simple products of the earth and water. They considered that a plain, frugal diet, without any mixture of sauces or ragouts, would strengthen the body, and lay such a foundation for health as would enable them to undergo hardships and fatigue of war to a good old age."

Bicycle Athletes.

Mr. Miller, the champion long-distance bicycle rider, whose powers of endurance were so freely commented upon by the press several years ago, abstained from flesh during his entire training, or while his powers of endurance were being taxed.

H. B. Bryning, who won the Bengal Bicycle Championship of ten miles three years in succession, is an enthusiastic vegetarian.

Mr. F. G. Barnett, who created quite a sensation in wheeling circles several years ago by trying Walter Sauger's mile unpaced record, and later broke the world's record in a five mile standing straight run, making the distance in twelve minutes and eighteen seconds, attributes his success as an athlete to a fleshless diet.

Mr. William Brown, the champion long-distance rider of 1900, was also a vegetarian. Mr. Brown in a letter gave me the following history of his life: His father was a consumptive, and died at the age of thirty-two. His mother died six months later of the same disease. Of the four children, three died of the same lung

trouble, Mr. Brown being the only surviving member of the family. In 1897 he, too, was laid up with what physicians called consumption, and was much emaciated, weighing but one hundred and fifteen pounds. About this time he discarded the use of flesh foods, and began to live exclusively on grains, vegetables, milk, and eggs, and took to the wheel for exercise. Mr. Brown, when I met him in New York in 1900, was well and strong, weighing one hundred and sixty pounds. He held every out-of-door bicycle record, from five hundred to two thousand miles, and had no fear whatever of dying of consumption. He attributed this marvellous change in health and strength to his simple habits.

Mr. Brown, in another letter, said, "I am training Mrs. Emma R. Bayne, the thirty-day century-record holder, with the best of results. Later Mrs. Bayne established a marvellous cycle record, completing three thousand miles in twenty days and twelve hours, and after a rest of an hour and a half, started off to do another fifteen hundred miles in ten days. Mrs. Bayne attributed all her stamina to the training of Will Brown, and to her diet. Not an ounce of meat was eaten by Mrs. Bayne. Her weight at the beginning of the race was ninety-eight pounds; at one thousand miles it was ninety-nine pounds; at two thousand miles it was one hundred and two pounds; and at three thousand miles it was one hundred and four pounds, a gain of six pounds during the thirty days' race.

Champion Walkers.

In 1893 two vegetarians—Herr Elsasser and Herr Pietz—in a seven days' walking race from Berlin to Vienna (372 miles) easily finished first and second. Out of a dozen or more meat eaters that started in the race but one finished, coming in twenty-two hours behind the vegetarians.

Karl Maun.

Six years ago a walking race of seventy miles was contested in Germany, in which six vegetarians came in first. The winner was Karl Maun, who won the race in fourteen hours and eleven minutes.

In May of 1902 another victory was scored in a walking match, which took place in Germany under the supervision and for the benefit of the government.

Thirty-two competitors took part. The list included some of the fastest walkers from different countries. The distance was 125 miles, from Dresden to Berlin. Only thirteen finished, and again *the first six* men to cross the rope at Berlin were vegetarians. The ninth, tenth, eleventh, and twelfth were also vegetarians.

Karl Maun covered this distance in twenty-six hours and fifty-two minutes, outstripping all continental walkers quite easily. Karl Maun has been a vegetarian for eight years, discarding all animal products, even milk and eggs, and butter. He drinks neither tea, coffee, nor cocoa. Water and the pure, unfermented juice of the grape are his drink. One of the number that finished, and who was the veteran of the race (Mr. Gade), was sixty years of age, thirty-eight of which he had been a vegetarian.

Olley.

On June 4, Olley, a staunch vegetarian of England, accomplished the fastest time in the Anerley twenty-five miles unpaced road handicap, completing the distance in one hour, nine minutes, and twenty-eight seconds. The course—Caterham to Horsham, via Blindley Heath, Three Bridges, and Crawley—is very snaggy, which enhances the merits of the performance. He beat his old rival, J. Dudley Daymond, by four minutes, and his nearest opponent's time at the finish was one hour, thirteen minutes, and one second.

Pat Dineen.

Pat Dineen, who recently won the fast-ing go-as-you-please race at the Physical Culture Exposition, New York City, with about 159 miles to his credit, eats but two meals a day. His food consists of fruits, cereal foods, and eggs. This was one of the most severe tests of physical endurance of modern times. Sixty-five started in this race; all who dropped out in the early part of the race were meat eaters.

G. H. Corsan.

Fast swimming is generally admitted to be as heavy a strain upon the system as almost any form of exercise. When asked, "Is meat a good food to train upon?" Canada's champion swimmer, Mr. G. H. Corsan, replied, "I say, most decidedly, No." His diet is the simple, natural one,

which is best suited to the needs of all classes.

Eustace Miles.

Mr. Eustace Miles, England's champion racquet and tennis player, eight years ago, when subsisting upon flesh foods, lost three of his last tennis matches through cramps. He then changed his diet, and is now able to lead a sedentary life for weeks without going out of training.

John Allen.

Mr. John Allen, a noted athlete of England, at the age of thirteen was a poor, spindling, feeble epileptic. It is said he had a sister who was also an epileptic, and who died at the age of forty-five in an insane asylum, after being confined for twenty years as an imbecile. When he was fourteen, he said, "I am good for nothing; I am going to see if I cannot make myself worth something." He then started exercising systematically, and he stopped the use of meat and became a vegetarian. Two years ago he carried off the prize in the great walking match in England, and *last year he beat the world's record in long-distance walking*, even coming out ahead of Karl Maun, by a very little. This was the greatest walking feat ever performed. When Mr. Allen reached London after his hundred-mile walk, he walked twelve miles to see his mother. He then slept for a few hours, and awoke ready to walk another hundred miles. This marvellous endurance has been acquired by training, and by living on pure food. Mr. Allen took these long walks while subsisting on bromose and granose flakes.

Vegetable-Eating Japanese.

A gentleman who was United States consul at Tokyo for several years, and was afterward appointed by the Japanese government to be minister of agriculture, had occasion to study carefully the habits of the people of Japan. He said one thing that interested him very much was the wonderful vigor and vitality of these vegetable-eating Japanese. The peasantry of the interior live entirely upon vegetable foods. It is only recently, since Japan was *civilised*, that meat eating has become common: the Japanese were formerly a vegetarian nation. He said, "I started out from Tokyo one day to go thirty miles into the country, and I was in a great

hurry. When I started out, a young Japanese coolie, about sixteen or eighteen years old, untied my horses for me. When I arrived at my destination, thirty miles from Tokyo, this same boy ran out from behind my carriage to tie my horses. He had kept up with the horses all that distance for the purpose of earning a sixpence."

Mexican Cave Dwellers.

The cave dwellers of Mexico, it is said, will run a distance of 170 miles at a stretch, going at a slow trot, running steadily and constantly. Frequently a letter has been carried from Guazapores to Chihuahua, a distance of over 600 miles, in five days, the carrier living all the time on a simple diet of pinole, a finely ground corn mixed with water into a thin kind of gruel.

Chinese and Indian Laborers.

It is said that the hardest actual physical toilers are found in China, and the lower caste of laborers in India. Their lives are literally all work. Competent observers say sixteen to eighteen hours is the average day's work of the coolie and the ryot. This is almost equalled by the toil of French, German, and Russian peasants, who live principally upon macaroni, chestnuts, and black or brown bread, flesh never forming a part of their diet from one end of the year to the other.

Corpulent Englishmen.

The corpulent Englishman, travelling in the orient, wonders at the strength and endurance of the lithe Arab who keeps up a smart trot by the side of his pony all day, and does not seem to mind the hot sun or the vigorous exercise. The Englishman, on the other hand, seated in his conveyance, is sweltering in the heat, almost overcome by exhaustion. The difference in endurance is explained by the difference in diet. The Englishman eats three or four hearty meals a day, composed largely of flesh. The Arab eats practically but one meal a day, and that a very simple one, consisting perhaps of a little boiled rice and a handful of dates, or a little parched grain.

These people possess a power of endurance to which the Englishman is a total stranger. These facts demonstrate very thoroughly that a vegetarian diet is amply

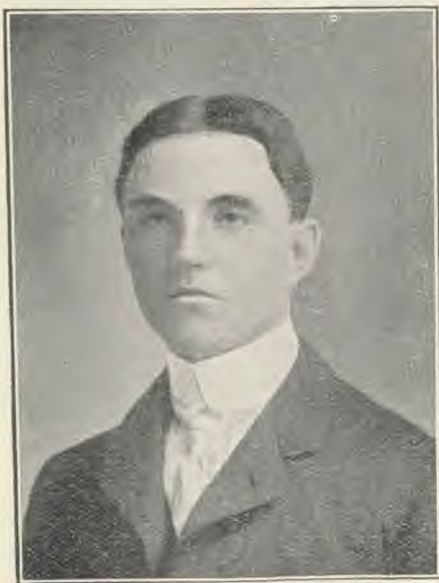
sufficient to maintain strength, vigor, and activity.

In an able scientific paper read before the American Medical Association in 1898 by Charles Shepard, M. D., of Brooklyn, N. Y., he said: "It is evident that as we progress in intelligence and refinement our food standard changes. As man advances toward a higher plane he inevitably tends toward what, for want of a better term, may be called *vegetarianism*." He further adds:—

"Perhaps it would be more correct to state, as man improves in his dietetic habits he will advance mentally, physically, and morally. Those capable of the greatest endurance subsist mainly upon the products of the earth. The Grecian athletes who made the glory of the Olympian games, were trained on vegetable food. Those were the days when the Grecian outlines were the standard of physical beauty, both in face and figure."

A Fine Physique.

WALTON W. THORP is a young man of most magnificent physique, the foundation



of which was laid by a purely vegetarian diet. In his childhood he never tasted meat or animal fats of any kind, including butter. He is six feet tall, and weighs over thirteen and one-half stone. His

mother attributes his fine physical development and robust health in a very large degree to the information gained and the habits formed by herself at the Battle Creek Sanitarium before and after his birth.

A Young Man Who from Infancy Refused to Eat Meat.

WE copy the following from the *American Good Health*:—



Hubert Hetzler Bretz is the name of a young man of sixteen years living in the town of Celina, Ohio, who has never eaten meat. Although his parents and other members of his family are meat eaters, Hubert from early infancy evinced a dislike for meat which his parents were unable to overcome. His mother writes:—

"In regard to my son Hubert's being a vegetarian, he is truly one in every sense of the word. He is now sixteen years old, and has never in his life eaten meat, chicken, turkey, fish, oysters, or even eggs; nor anything that could be substituted for meat; any soup made from broths, or in any way flavoring of meat. From his earliest infancy he has shown a decided abhorrence for meat eating. When he

was a mere infant, I, like other young mothers, very anxious to raise my first-born with credit to himself and his mother also, would put a chicken bone in his hand. He, of course, knew no better than to put it to his mouth, but would shudder all over as if it had been vinegar. This was the first we knew of his dislike for the taste of meat. We afterward tried him by putting a little piece of meat in a spoon and cover-

sort. He enjoys all kinds of outdoor sports; is manager of the high school ball team, and a football player, and fond of all other games. He is very kind-hearted, and generous to a fault.

"He has never been sick one week altogether in his life. Never had any disease subject to childhood, such as whooping-cough, measles, or rashes of any kind (this notwithstanding the fact that his meat-eating sister, five years his junior, has had them all, and he has never been isolated from her). He is a sophomore in high school; is very bright, commits very readily, and is quite an elocutionist, having won the prize in the high school contest this winter out of a class of thirty pupils. He is now preparing for the oratorical contest of our high school to be represented at the State contest next month. He is a great favorite with all his teachers, and I do not think in all of his school experiences has ever had a jar with any one of them.

"He is an Epworth League worker, and secretary of the Sunday-school; belongs to church; and also to an anti-cigarette league. He does not use tobacco, and I never heard him use a profane word in his life.

"We think if his case is any criterion of what a purely vegetarian diet will do, there certainly would be much less sickness among children, and we are fast coming to the belief from our own experience with him that the vegetarian diet is the true solution for health for both old and young; for Hubert to-day stands as a specimen of strong, sturdy, healthy, happy young manhood, and we are glad to see the press and the people taking an interest in his case."



MISS ORA KRESS, Life Vegetarian, Wabroonga, N. S. W.

ing it over with potato. He would always eat the potato, and spit out the meat. We were convinced, after repeated efforts, that he would never eat meat. Contrary to the prophecies of a goodly number of our friends, some of them physicians, that he would be a delicate child, with bones very brittle and easily broken, he has grown up to be a stout, strong, healthy boy.

"His disposition is of the very jolliest

Diet of the Jolos.

A RECENT writer in the *Scientific American* describes the Moros of the Island of Jolo as a race of perfect physical type, and possessed of great energy and independence. Their diet consists of rice, fruit, and vegetables, some fish, but never flesh. There is probably no race of men more hardy or more active physically than these Jolo Islanders. Their diet is that of the gorilla, and their muscles are little less sinewy than are those of this forest giant.

Two Life Vegetarians.

IT is commonly believed by those who subsist largely upon animal foods, that it is impossible for vegetarians to be well nourished. That this is a mistake was demonstrated in ancient Babylon in the case of Daniel and his three companions, whose "countenances appeared fairer and fatter in flesh than all the children which did eat of the king's meat."

About a year ago, a young lady who was then a student at the Avondale School for Christian Workers (where all subsist on the simple products of the earth), on her way to the School, chanced to be in a compartment with two ladies who evidently were rather sceptical regarding a fleshless diet. As the train neared Avondale, some unfavorable remarks were made regarding the School, the food, and the leanness of the students. Finally the young lady, not able to stand it any longer, said,—“Pardon me, I think you have been misinformed concerning the School.” They looked rather confused, and said, “Do you know anything about it?” to which the round-faced, rosy-cheeked lass replied, “Yes, I am one of the students.” They looked at her for a time, and then at each other, after which the *leaner* of the two asked, “Do you not eat meat?” “No,” she answered, “I have never eaten a morsel of meat in my life.” She said, “Well, just look at her, and then see what a scrawny lank I am, and I eat meat three times a day.” Then the query came, “Are all the students as well nourished and fleshy as you are?” “Oh yes,” she replied, “the students are all well nourished, and sickness is almost unknown in the School from the beginning of the school year to the end.”

To dispel any doubts that may still exist in the mind of the sceptic concerning vegetarianism, we present this month the pictures of two young ladies connected with the Sydney Sanitarium who have been life vegetarians. It will be seen that it is possible to live on a fleshless diet, be well nourished, and enjoy good health.

MANY a child goes astray, not because there is any want of prayer or virtue at home, but simply because home lacks sunshine.

Advice From a Centenarian.

CAPTAIN G. E. D. DIAMOND, a centenarian of the United States, gives this admonition: “I write these lines at the age of 107 years and six months, having just completed my book, ‘The Secret of a Long Life.’ Many have expressed surprise at my doing so, for most men, long before they reach my age (if they ever do),



Miss Nellie Sisley, Life Vegetarian, Wahroonga, N. S. W.

are mentally and physically incapable. No wonder, when we consider the complete disregard of many for that which tends to give true life, often abusing their constitution by over-eating, drinking, and other excesses, and obeying evil desires, in complete disregard of the eternal laws of the Highest, which are written in the book of nature.”

Captain Diamond has abstained from the use of meat for over fifty years, and is still hale and hearty.

Some Startling Revelations Regarding Our Drink Bills.

GREAT Britain spent in 1901 the enormous sum of £189,072,000 on alcoholic drink, which amounts to £4 12s 2d per head. All do not drink intoxicants, however. If we subtract from this the 14,500,000 non-consuming children and 3,000,000 adults who are total abstainers, we find that the average per head of those who use spirits in any form, moderately or immoderately, is £7.

It is estimated that the working classes, on an average, spend fully one-seventh of their income on drink. It is not at all surprising, therefore, that one-third of the men who reach the age of sixty-five must have public aid. It is difficult to form any idea of this enormous annual expenditure. It closely approaches the cost of the late South African war.

AMERICA.

While less distilled liquors are drunk in America, more wine and beer is consumed. The drink bill of the United States, according to statistics based on recent official United States reports, for 1903, was £290,326,675. According to this report, only one-fourth of the people drink alcoholic beverages. This means an annual expenditure for each moderate and immoderate drinker of £12 8s 4d. The consumption of beer alone reached the enormous amount of 1,449,879,952 gallons, or an average per head of 18.04 gallons, at a total cost of £145,408,449.

In Australasia and other *civilised* countries the showing is very similar to England and the United States. The alarming fact about the drink bills of these countries is the rapid rate at which they are annually increasing in spite of the efforts put forth to suppress the sale of alcoholic drinks. The amount consumed per capita is about twice what it was twenty-three years ago.

There are subtle causes, unrecognised even by the average temperance worker, that are largely responsible for the growth of this mammoth evil. The modern tables are laden with foods which are indigestible

or stimulating in character; these create a thirst that water is unable to quench. A poor drunkard once said, "The good people are constantly talking about my drink, but have nothing to say about my thirst."

While we must do all in our power to suppress the sale of alcoholic drinks, thus removing the temptation from those in whom this craving exists, we can and must do more. We must educate mothers to prepare simple, natural, non-stimulating foods in a palatable, healthful manner, and banish the use of pepper, mustard, pickles, and the free use of salt from their tables. By doing so, this *craving* for drink will be removed, and a death blow will be dealt to its manufacture and sale.

Meat eating, with the unnatural thirst it creates, is one of the most potent causes of alcoholism. It has been amply demonstrated that in the treatment of alcoholism a purely vegetable diet composed largely of fresh, ripe fruits, especially oranges, pears, peaches, and apples, will cause the craving for alcohol to disappear.

Is Bread the Staff of Life?

OR HOW TO GET A WELL BALANCED DIETARY.

D. H. KRESS, M. D.

FROM authentic and practical experiments made by Mr. Fletcher upon himself and others, it has been demonstrated that the human body is in need of only one-half the amount of albumin or fats that had previously been thought necessary. Most of the cereals may therefore be considered almost perfect foods, *bread being truly the staff of life*. As ordinarily made, however, and eaten while fresh from the oven, it may be called the staff of death. This not only applies to white bread, but is equally true of brown bread; for, while bread may contain all the elements needed by the body, they are not in an available form. Many a dyspeptic has aggravated his condition by attempting to subsist largely upon wheatmeal or brown bread poorly baked.

Starchy food, in order to be wholesome and digestible, should be dextrinised. This necessitates exposure to dry heat until it assumes a brownish tint, as in the crust

surrounding the loaf. It is well known that the crust of bread can be eaten by invalids, while the interior of the loaf, containing the same elements, would cause distress and indigestion.

Parching of grains has been practised for ages. According to Joshua 5:11, 12, after the children of Israel reached the promised land and the manna ceased, they subsisted principally upon parched corn, unleavened cakes, and fruits. Both the parched corn and the cakes were dextrinised. Parching or browning of starchy food as cereals, by exposure to dry heat, carries the digestive process along three steps, or to what is known as achro-dextrine.

By proper mastication of such foods, and thoroughly mingling the saliva with them, they digest or are converted into sugar (maltose) in less than three minutes. Starchy foods, which, in the manner usually prepared, are the least digestible of all foods, may be made the easiest of all foods to digest. Rice that has been partially browned to a light yellowish tint, digests in less than one-half the time taken to digest rice as ordinarily prepared, and is rendered much more palatable.

Granola, granose, and granose biscuits are thoroughly dextrinised foods, and are of great value on this account. Granose is prepared as follows: The wheat, after being thoroughly boiled, is flaked by passing through heavy rollers. These flakes, as thin as tissue paper, are then exposed to a temperature of about 400 degrees of dry heat. The heat readily penetrates every portion of the flake, making it a completely dextrinised food. These flakes are then pressed into cakes. This is a food that can be eaten even by the toothless and infants. It creates a greater flow of saliva than any other food, and can be digested by the feeblest digestive organs.

When properly masticated, in three or four minutes starch digestion is completed. Physicians have been in the past forced to say to many patients, "Give up the use of starchy foods; you cannot digest them." But this is no longer necessary. True, it is necessary to avoid the free use of such starchy foods as porridges cooked from five to ten minutes, or puddings, pastries, and starchy soups, and ordinary baker's bread. Ordinary bread may be rendered much more wholesome and nutritious by

cutting it into thin slices and placing them into an oven for about thirty minutes, or until they become slightly browned and brittle.

Well-baked bread, when made of the entire wheat, comes the nearest to being a perfect food of any known food, since it contains the essential elements needed by the body in about the right proportion, and in an available form. Many and extended experiments and observations have shown that the proper proportion is about one part of nitrogenous, or albuminous elements, to seven parts of carbonaceous elements. Most articles of food are deficient in one or the other of these classes of elements. The following table shows the proportion of carbonaceous elements to one of the albuminous in some of the more common articles of food, by the use of which any one will be able to combine various articles of food in such a manner as to secure just the right proportion of nutritive elements:—

	Album. or Nitrog.	Carbonaceous.
Eggs	I ..	1.9
Peas	I ..	2.7
Beans	I ..	2.7
Lentils	I ..	2.4
Milk.....	I ..	3.6
Oatmeal	I ..	6.1
Wheatmeal or Bread	I ..	7.0
Indian Meal	I ..	7.7
Rye Meal	I ..	9.8
Potatoes	I ..	10.7
Carrots	I ..	11.5
Barley Meal	I ..	12.7
Rice.....	I ..	13.0

By the above table it will be seen that wheatmeal is the food which, of all single substances, most perfectly meets the requirements of the system, containing exactly seven parts of the carbonaceous elements to one of the albuminous. Eggs and the legumes are deficient in the carbonaceous elements. Potatoes and most other vegetables, and rice are deficient in albuminous elements. Oatmeal has a slight excess of the albuminous element. By combining food substances which are deficient in one class of elements with those in which the same class is in superabundant proportion, the two classes of elements may be furnished to the system in just the right proportion.

It is healthful to drink a glass of water half an hour before breakfast.

Catarrh.

CATARRH is much more frequent among the sedentary than among the laboring classes. There always exists a condition of internal congestion and cold extremities.

The internal congestion can be relieved by exercise. The blood always goes where it is most needed. If a heavy meal is taken, the blood goes to the stomach, but this is what we do not wish if we would prevent the congestion of this membrane. By exercise the blood is brought to the muscles, and if sufficient exercise is taken, the congestion of the intestines will be relieved. In this way the sedentary man can relieve his catarrh. Another remedial agency is the cold bath, which may be a cold sponge bath. Following the cold application the blood vessels dilate, and the skin becomes red and congested. Here is provided a place for the blood, relieving the internal congestion of the gastro-intestinal tract and thereby relieving the catarrh. Nothing is better for catarrh than that which the one suffering from catarrh tries to avoid,—pure air. It is necessary to keep windows open, although for a time the catarrhal condition seems to be aggravated. It is nature's efforts to expel the diseased matter. There is no better local or general remedy for this disease than *oxygen* or *pure air*.

A Cure for Heart Disease.

DR. PIERSON, the well-known preacher, is a very remarkable man in every sense of the word. Though he is bordering on seventy, and is speaking to large audiences, often in the largest buildings, almost every day of the week, and sometimes two or three times a day, his vigor remains unabated and his health perfect. What is the secret of this marvellous vitality? Apart from the power of the indwelling Spirit of God, the great secret of Dr. Pierson's extraordinary vigor is a non-stimulating diet. There was a time when he did his work under the lash of non-intoxicating stimulants. The result was his energies were roused to such a high pitch of excitement that he put into his addresses vastly more nervous force than was needed or was good for him, and he was left at the close in a state of mental and physical collapse, from which he did

not recover in time for the next effort. This continual and extensive expenditure of nervous force soon began to tell on him in a very serious fashion, till he was reduced to a mere shadow and felt himself a veritable wreck. A heart weakness set in that developed into what the doctors said was heart disease, and Dr. Pierson suffered untold agonies from suffocating palpitation and increasing weakness. It seemed to him that his life's work was done, and that he must soon sink into the grave. The doctors did him no permanent good; they would patch him up for a little while, only to let him sink lower than ever afterwards. Dr. Pierson took himself in hand. The very things that the doctors said were absolutely necessary to his life he put away,—beef-tea, bovril, tea, coffee, cocoa, all flesh meat, every species of stimulant, including spices and condiments, and, of course, all alcoholic beverages, using only, for liquid, a cereal coffee prepared by a great English hygienist. God showed him that the use of these things had contributed largely to his breakdown, and that much of his work had been done in the energy of the flesh. He stopped all drugs and left the doctors severely alone. He ceased to drink liquid of any kind with his meals, preferring only nature's lubricant, the saliva, and adopted a vegetarian, or, strictly speaking, a fruitarian diet, in moderate quantities twice a day. Gradually his health and strength came back to him. He began to speak in public again, and was soon immersed in the busy routine that had characterised his life before his collapse. He found it better never to take any kind of food, or any form of stimulant—not even a cup of cocoa—immediately previous to speaking in public. He preferred just to deliver his message in the natural strength God had given him; the result was that there was more power in what was said, and very little fatigue felt afterwards, with no unpleasant reaction whatever. From that time he has lived and worked on these lines, and has kept in almost perfect health. He has been able to do vastly more work for God than when he was always priming himself up with beef-tea, coffee, tea, and other stimulants. He has long since lost the remotest touch of palpitation and every vestige of nervousness. Whatever the ordeal before him, he says, his heart

never moves one beat faster, nor does a single nerve quiver. He is in a state of perfect equipoise in spirit, soul, and body, and has a conscious and restful hold on God, with a vivid sense of His presence, from the first moment of his discourse to the close.—*Christian Herald*.

Annual Report of Vegetarian Society of Victoria,

1903-1904.

THE Committee have much pleasure in placing before you the eighteenth annual report of the Society.

It is a matter of congratulation that the Society is in an active and flourishing condition, and has made progress in many directions. In regard to members, we stand much the same as last year, for, although twenty-four names have been added to our roll, some of our members have left the States, and several very old members have been removed by death. Altogether we have about 140 members, including the Children's Society. Financially, our balance sheet shows our position to be sound and encouraging.

Public meetings have been held at intervals during the year, the Society being in the fortunate position of having these meetings, in most instances, arranged for, and expenses borne, by other Societies desirous of obtaining information on vegetarianism. Lectures were thus arranged for and delivered in the West Melbourne Wesleyan Church; Oxford St. Congregational Church; Malvern Congregational Church; Women's Health Society, two lectures; Working Men's College, two lectures; and the Phrenological Society.

In May, a public meeting was held in the Australian Church Hall, which took the form of a testimonial meeting, and was very instructive.

In November, Dr. D. H. Kress, of the Sydney Sanitarium, lectured for the Society to a large and appreciative audience.

At all of these meetings the principal subject was some phase of the reform diet, and, by the intelligent questions asked, and the absence of ridicule or satire, it was evident that the principles and practice which our Society is founded to disseminate, found attentive listeners who were

ready to try for themselves the virtues of a pure and humane diet.

The GOOD HEALTH journal continues to enjoy deserved popularity. Five dozen copies monthly are now posted.

The Physical Culture class is making good progress, and has been the means of converting some to a better way of living. The class meets weekly at Furlong's Studio, with the exception of the second Wednesday in each month, when a literary evening is held at the Thistle Co.

During the year, a junior branch of the Vegetarian Society has been formed, and named the "Wattle Blossoms." It forms a training ground for the little folks, and a means of holding them to the faith that is in them. That this effect is obtained was illustrated recently, when one of our youngest members, visiting friends in the country, was pressed almost beyond refusal to take flesh food. As a last resource the child explained, "I can't eat meat; I belong to the Vegetarian Society."

In April and August, two very successful Teas were held. The menus were excellent, and the attendance large on both occasions.

Literature has come regularly to hand from England and America, and is full of encouragement as regards the growth of the reform movement. Correspondence has been received from various parts of the world, making our committee meetings full of interesting information.

A friend who desires that no name shall be mentioned, has donated £5 to our funds, for which we are very grateful.

The points referred to have reference only to public work; much has, of course, been done, that cannot be specified in such a report as this,—people visited, cooking lessons given, enquiries answered, literature distributed,—making up a large portion of quiet, steady work.

There is a large field for usefulness open to the workers in the Society, and banded together, much should be accomplished from year to year.

ANNIE MACDONALD,
Honorary Secretary.

"As we grow in years and experience, says a philosopher, we become more tolerant; for it is rare to see a fault that we have not ourselves committed."

A Young Vegetarian, or the Granose Baby.

JOHN is fourteen months old. His father and mother are residents of New South Wales, and have been vegetarians for more than seventeen years. John differs from other children in that he is content with two meals a day, and never has a morsel between meals. He seems to have no craving for more. His meals consist of granose biscuits and fruit. From one and one-half to two biscuits well toasted, soaked in a small quantity of hot milk, followed with part of a baked apple or banana or a little fresh fruit, satisfies him. The meals are taken at 8 A. M. and 3 P. M. John is very little trouble; he usually goes to bed at 7 o'clock; no more is heard of him until 6:30 or 7 in the morning. He has ten pearly white teeth, and is a very happy little fellow. Most of the little ones, I feel convinced, are made dyspeptics by the frequent crowding of foods, often indigestible, into their delicate little stomachs. The children become sickly and rebellious, and much unhappiness results. The secret of unhappiness in homes may frequently be found at the table.



JOHN.

Some Things to Do for Headache.

HEADACHE may be caused by either an excess or a deficiency of blood in the brain. It is quite probable that headache is as frequently the result of a diminished blood supply as of an excess of blood. Headache due to excess of blood is usually accompanied by throbbing of the temples, flushed faces, exhilarated pulse, and other indications of vascular excitement. Head-

ache resulting from deficiency of blood is indicated by pallor, uneven pulse, and the general symptoms of anæmia.

For relief of headache due to excess of blood in the brain, cold applications may be made to the head by means of ice bags,

cloths wet with cold water, or the simple application of cold water by means of a sponge or the hand. The hair should be well moistened, so that the cold water will come in contact with the scalp. The application must be made continuously, otherwise the effect of the cold will be to increase rather than diminish the amount of blood in the brain. Derivative applications may be made to other parts of the body, especially if the

circulation is defective in these parts, such as a warm sitz baths or leg baths, massage to the legs and abdomen, or the application of the flesh-brush to the whole surface of the body.

For anæmic headaches, warm applications should be made to the head, and the patient should drink a quantity of hot water. Water may also be taken to advantage by enema. The water should be introduced into the bowels slowly, so that it can be retained. By the absorption of the water taken through the mouth or by enema, the amount of blood is so increased that the blood pressure in the brain is also augmented. The simple act of sitting in warm water seems to increase the blood-flow to the brain, and often gives relief from a very distressing headache.—*American Good Health.*

An Interesting Letter.

REFORMS in diet, intelligently carried out, should always result in improved health and strength and clearness of mind. The physical appearance, the clean skin, and the clear eye of the reformer should testify to the reform, and commend it to others.

It is always best to begin reforms in youth or in childhood in order to obtain the best results. Many times reforms in diet are made only when it becomes a positive necessity, or after health has been sacrificed and the constitution broken down, but even then much good may be expected when intelligently carried out. The following letter from an influential solicitor and barrister of one of our large cities fully demonstrates this:—

July 16, 1904.
Perth, West Australia.

Dear Sir,—

Although a stranger to you, I feel I ought to write and tell you how grateful I am to you for placing within my reach the sanitarium health foods. And I am the more pleased to do this because I feel sure there are many of my fellow beings who must be suffering quite as much as ever I did before I stopped eating animal foods, and to whom my case may serve as an example of the good that may come to them from the adoption of a non-animal food diet.

To begin with, let me say that indigestion in one form or another has, I believe, been my enemy from my undergraduate days down to this year, and that I had never, so to speak, a week free from nervous sick headache of a disturbing character throughout that long period. Of course I consulted medical men, and took no end of medi-

cines of one kind or another to cure me, but no lasting good ever came to me from their use.

The matter continued until I came to this State, when my condition began to grow gradually worse, chiefly due, I concluded, to the large amount of animal food in use here. Add to this an indiscriminate use of alcohol and tobacco, and I venture to think you can more clearly imagine than I can describe what the result was after the course of a few years. Needless to say, in a few years my nervous system became utterly shattered; brain fag ensued, and terrible physical suffering and prostration, which in the end rendered me as helpless as a child, and wholly unfit for my profession. Again medical men were consulted, and a little relief obtained; but after six months of treatment, I seemed to be almost as bad as ever. By this time I was beginning to despair of ever again enjoying good health. I, however, again consulted another medical man, and he told me that my only hope lay in doing one of two things,—going for a twelve months' sea voyage, or engaging in some kind of manual work in the open air, preferably work on a farm.

I accordingly went to work on a "market farm." For months I continued in this wretched state, my life a burden to myself and a nuisance to everybody else, when one day a new hand was engaged, who proved to be an Adventist. I took an interest in this man; first, because of the amount of hard work he could do in so much shorter a time than any other man that had been working on the place, and secondly, because he would not work on Saturdays.

In a little, I learned to my astonishment that this man was a vegetarian, and had been so for years. I resolved to stop forthwith using tea and coffee. I persevered, and after a few months gave up the use of meat, fish, fowl, butter, condiments, alcohol, and tobacco, and yet I felt better, stronger, and happier than ever. To sum up, if ever there was any real meaning in those memorable words of Scripture, "Ye must be born again," I claim to have found it.

I am now in my forty-seventh year, but I feel as though I were only twenty years of age. I am simply revelling in good health; and before I left the farm a few weeks ago, I could do as hard a day's manual work in the field as the average working man, and yet not feel the strain so much as the meat-eater.

I need only add in conclusion that my present excellent condition of health is a matter of comment in Perth and neighborhood; but few will accept my explanation of the gratifying change.

My wish now is to see a vegetarian restaurant established in Perth. I intend to work for this end, for I am convinced that many would gladly adopt a non-animal food diet did they know the number and variety of pure, wholesome, and appetising dishes your people have placed within their reach.

You are at liberty to make what use you like of this letter. And believe me, sir,

Yours truly,
J. W. Clydesdale.

THE food procured by wrong and strife
Can never grant thee peace and life;
The food procured by groans and fears
Can only substance make for tears.

Wrong Reasoning.

SIMPLE-MINDED people reason by analogy that because cattle are strong, the eating of their flesh must be very strengthening. This would be all right if the reasoning were carried a little farther, reaching the conclusion that *since cattle gain their strength from eating grain, we can do the same*. Our domestic animals gain all their strength and health without eating meat, so why can't we? People can obtain strength from oatmeal as well as horses can from oats, and fat from corn bread as well as hogs can from corn.

What Some Eminent Medical Men Say.

"I have not the slightest hesitation in saying that men may and do live in full health and vigor on a *carefully selected* dietary, from which flesh food is excluded, and also that I should advocate the greater use of ripe fruits and fresh vegetables, and the lesser use of flesh food generally by the majority of people. I say this, although I am not a vegetarian or fruitarian myself."

G. SIMS WOODHEAD, M. D., F. R. C. P., F. R. S., *Professor of Pathology, in the University of Cambridge.*

"I still eat a little meat. But I must add that I am almost a vegetarian, and I think that vegetarians have a good deal to say that carries weight with it."

W. R. MORFILL, *Professor of Russian, in the University of Cambridge.*

"I have an *intense* dislike to the idea of killing and eating animals. So much so, that if it were not for habit, from earliest days, and if our food were not often so well disguised, I could never touch meat. And as a matter of fact, I eat as little of it as I can, and would banish it from my table, if it were not for others who have to be considered. But I hope the day may come, (though, of course, I shall not see it), when we *shall* no longer kill our fellow-creatures in order to consume them."

H. ELLIS WOOLDRIDGE, *Slade Professor of Fine Art, in the University of Oxford.*

"To my mind, fruits, grains, and nuts, make an ideal dietary. The finer-grained vegetables are not so objectionable, and I can recommend baked or steamed potatoes, and also the use of tomatoes, plain salads, and the finer-grained vegetables."

ALFRED B. OLSEN, M. D., M. R. C. S.

"I think that, if anything, too much meat is eaten at the present time, far more than was formerly the case, especially by the better-to-do classes."

H. F. WINSLOW, M. D., London.

Huxley said, "When we eat a piece of mutton, it becomes part of us." It becomes part of us, and if its flesh is tainted with sickness or disease, that sickness or disease cannot enter into our blood without tainting it, and spreading disease and sickness therein.

"The undoubted connection of cancer with excessive meat eating is another argument in favor of vegetarianism. Of all the theories so far advanced to account for the development of this terrible malady, none is so well backed up as this."

DR. W. F. WAUGH.

"Some things taken largely are of no use in keeping up the human fabric, and supplying energy. Tea is one of these things, and the much-lauded meat extracts are certainly not of any use in replacing the wear and tear of the body."

DR. HUTCHISON.

"If I were asked what, in my opinion, was the greatest cause of physical degeneration, I should be inclined to quote the words of the sons of the prophets to Elisha of old, when they exclaimed, '*There is death in the pot.*'"

JOSIAH OLDFIELD, M. A., M. R. C. S.

"WE are consuming far too much meat. Our daily food is of a gross and stimulating character, by no means calculated to make pure blood and strong muscles, and build up a sound nervous system. A larger proportion of well cooked cereal foods, fruits, nuts, and vegetables, would be a great improvement on the diet generally in vogue, and would have a most beneficial effect upon the people's health."

DR. ALEXANDER BRYCE, *Birmingham, England.*

"JUST as watermelons often grow as large in poor soil as in good, so a man may, while living on a totally unsuitable diet, develop an apparently good physique; but as in the case of the watermelon, there will be an inferior flavor about his moral and spiritual nature."

DR. DAVID PAULSON.

Seasonable Recipes.

LAURETTA KRESS, M. D.

NUTTOSE WITH GRANOLA.—Chop half a pound of nuttose quite fine. Mix together two cups of granola and three of warm water. Season with a little salt, pulverised sage, and minced parsley or celery. Put alternate layers of seasoned granola and nuttose in a baking dish, finishing with nuttose. Pour over this one cup of water, press together slightly, and bake in a moderate oven until lightly browned. It can be served with brown sauce.

MACARONI BAKED WITH GRANOLA.—One cup macaroni; one cup granola; one tablespoonful nut butter. Break in pieces, about an inch in length, sufficient macaroni to fill a large cup, add salt, and cook until done. When done, place a layer of macaroni in the bottom of a baking dish, and sprinkle over it a scant teaspoonful of granola. Add a second and third layer, and sprinkle each with granola. Then pour over the whole one tablespoonful of nut butter dissolved in a pint of water. Care should be taken to arrange the macaroni loosely in layers so that the sauce will readily permeate the whole. Bake for a few minutes only. Cream may be substituted for the nut butter and nuts.

CELERY TOAST.—Cut crisp white portions of celery into inch pieces, simmer twenty minutes, or until tender, in very little water: add salt and one cup of very rich milk. Heat to boiling, and thicken with a little flour rubbed smooth in a small quantity of water. Serve hot over slices of zwieback previously moistened.

NUTTOLINE FONDU.—Stir one cup of biscuit crumbs into one cup of milk, add three-fourths of a cup of chopped nuttolene and the yolks of two eggs. Stir together well, and lastly add the beaten whites of two eggs, and salt to taste. Turn into a baking dish and bake twenty or thirty minutes.

BAKED LENTILS WITH WALNUTS.—Cook one pint lentils until they are well done and quite dry. Add one-half teaspoonful salt, one pint stewed tomato, one cup ground walnuts, and one tablespoonful of nut butter. Mix all together well. Pour into a baking dish and brown in the oven.

PARSNIP BALLS.—Boil in salt water till very tender enough parsnips to serve the family. When done, mash well with fork, season with salt. Add two well beaten eggs and a little flour. Form into small balls, and bake in a quick oven on an oiled tin. Turn so that they will be well browned on both sides.

The new "Good Health Cookery Book," by Dr. Lauretta Kress, may be obtained from the publishers, The Echo Publishing Co., Melbourne, or through any of the Food Company's agencies. See advertisement on the first page of this journal. Price 1/6 and 2/6. This book is full of useful and practical information, and should be in every home.

Questions and Answers.

Granola.—Is granola, cooked or moistened, subject to the same objections as other porridges for one observing a dry diet?

Ans.—No. The starch which it contains is very largely predigested. A dry diet is best in many cases.

Tomatoes.—Are tomatoes classed as fruits or as vegetables?

Ans.—From a dietetic standpoint the tomato should be classed as a vegetable, although botanically a fruit. It may be called a vegetable fruit.

Cooked Fruits.—Do cooked fruits digest as well, and combine as well with other foods as do raw fruits?

Ans.—There is little or no difference, provided cane sugar is not used for sweetening. Cane sugar increases the liability to fermentation.

Cold Meals.—Is it detrimental to eat cold meals?

Ans.—No, unless the temperature is very low. Food taken at ordinary temperatures is, on the whole, more natural and more wholesome than hot foods.

Vegetables.—Are squash, turnips, and carrots healthful?

Ans.—The vegetables mentioned are wholesome, but by no means the best food for persons suffering from dilatation of the stomach, or slow digestion. They require more thorough cooking than is possible at a boiling temperature.

Cereal or Starchy Foods.—Are cereal or starchy foods indigestible when cooked in fats, as in frying? If so, why?

Ans.—Yes; because saturated with fat. The presence of fats in a separated state in the stomach interferes with digestion by smearing over the masses of starch and albumin, and preventing the contact of the saliva and the gastric juice. The food is almost entirely protected from the action of the saliva and the gastric juice, and digestion in the stomach is consequently exceedingly slow. The food is retained in the stomach too long, and, as the result, fermentation takes place, particularly butyric and lactic acid fermentation, whereby irritating acids are formed, and heartburn and other disorders produced.

Interval between Breakfast and Dinner.

—Is seven hours too long an interval between breakfast and dinner?

Ans.—No; this interval is often necessary, and is very commonly prescribed by leading French physicians in cases of slow digestion.

Ice Cream.—Is ice cream injurious?

Ans.—Most certainly. No one ever takes ice cream as food; ice cream is eaten merely for the pleasure afforded by this unnatural preparation. The chilling of the stomach, and the consequent suspension of digestive work, often gives rise to fermentation and decomposition of the food.

News Items.

VERNUIL, of Paris, and Roux, of Lausanne, have recently announced that the use of pork is the cause of cancer. M. Vernuil, some time ago, stated that his observations had convinced him that the use of meat as a regular diet was the most probable cause of cancer, and the further study of the subject has led him to the conclusion that pork, if not the sole cause of cancer, is at least a very common factor in the etiology of this disease.

IN the *British Medical Journal* of February 6, it is stated that Schneider, the Court Physician of the Shah of Persia, and Chauvel—a great French authority on appendicitis—believe that the rarity with which Mohammedans are affected with this disease is due to the fact that their dietary is largely vegetarian, and that when meat is eaten it is always over-cooked. Among Europeans living in Mussulman countries, the liability to appendicitis appears to vary directly with the persistence with which they maintain Western methods of alimentation. Moreover, appendicitis appears to be increasing among the Algerian and Tunisian soldiery, owing to many of them adopting European notions as to diet.

THE Canadian Senate boasts the oldest legislator in the British Empire. He is David Wark, of Fredericton, N. B., and Canada has reason to be proud of this wonderful old gentleman. Senator Wark presents a striking figure in the Capitol. He has the appearance of having once

possessed a powerful frame. His hair is white, and his head is slightly bowed by the weight of years. He has wonderful blue eyes and aristocratic features, making him one of the rare men that, once seen, are never forgotten. Senator Wark attributes his long, unbroken life of health to temperate habits. He detests liquor. He detests tobacco, and has never smoked. His motto, "Early to bed and early to rise," is an imperative injunction in his life. Almost throughout his entire life Senator Wark took only two meals daily, and those have been always of a frugal character.—*Physical Culture*.

A FORMER Sanitarium patient, who had been suffering with extreme depression, writes:—

"I am more than thankful to say I am at present in splendid health and as busy as I can be. I am as much an advocate for your methods as ever, and stick closely to the diet. I have no further use for drugs of any kind, thanks to your common sense system of diet and treatment."

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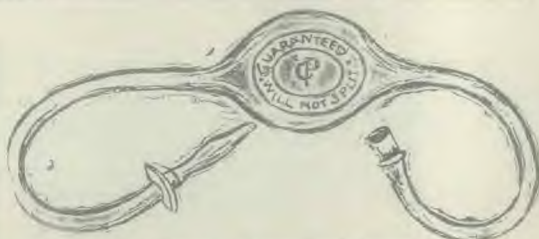
A SUBSCRIBER writes as follows:—

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All Communications to the Editor and Questions for the correspondence columns of the journal should be addressed to D. H. Kress, M.D., Sanitarium, Wahroonga, N. S. W. All orders and business communications should be sent to the office of publication, Cooranbong, N. S. W.
 E. C. CHAPMAN, Manager.

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

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

In a letter just received, a gentleman reader of GOOD HEALTH, speaking of his increase in health and strength, adds, "Although formerly a great lover of money, I can conscientiously say that I would not give my knowledge of mastication, gained through the AUSTRALASIAN GOOD HEALTH, for all the money in the banks of this State."

We trust that no one will fail to read the remarkable letter contained in this issue from Mr. C. J. Clydesdale, the well-known barrister of Perth, W. A. What has been his experience may be yours as well. All will doubtless be benefited by following out the principles suggested.

The Sydney Sanitarium has had a splendid patronage during the past month, nearly every room being occupied. Good results are reported. To those who have been relying upon patent medicine and other nostrums, and are nothing bettered, we would recommend the rational treatment and diet of the Sydney Sanitarium before giving up hope.

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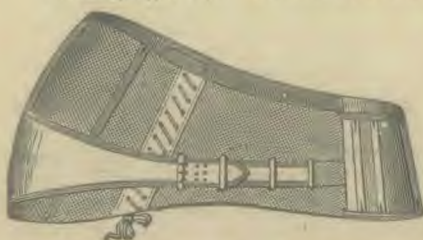
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