

THE AUSTRALASIAN GOOD HEALTH

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

Published Monthly at the
GOOD HEALTH OFFICE, COORANBONG, N. S. W.
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Good Health,

November 1, 1904.

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Australasian Food Health. November 1, 1904.



Food Display of Vegetarian Hindus.

The Australasian

Good Health

Vol. 7.

Cooranbong, N. S. W., November 1, 1904.

No. 11.

Medical and Health News.

Fruitarian Armies.

DR. JOSIAH OLDFIELD writes to the London press in praise of a vegetarian diet for soldiers. He says:—

"The achievements of the Japanese may well make thoughtful people consider whether the claims of flesh food as a vitalising element of dietary have not been greatly over-estimated. It is popularly supposed that beer and beef lie at the basis of the stamina of the English race; but while there may be something to be said for the former, evidence is accumulating from the most diverse sources that endurance and dash, courage and intelligence,

cereals. One is reminded in these campaigns, where the honors rest with the fruitarian armies, that the modern flesh food ration is of quite a late introduction. Is it not related that Cæsar's victorious army threatened once to mutiny when they were being fed on mutton? 'As if,' said they, 'men can be strong to fight on such stuff! If you want strong men, you must give them corn.' Juvenal points out too, that the gladiators who were fighting for very life, trained and fed upon corn and figs and oil, and not upon flesh food. The Japanese are teaching Russia something about fighting, but if we are willing to learn, they may teach us even more about feeding."

Deep Breathing in Disorders of the Liver.

DR. GLASER, of Muri, France, recommends deep breathing as a means of encouraging the activity of the liver. He declares that exercise in the open air with repeated deep breathing improves the function of all the abdominal organs, and especially the activity of the liver. The circulation of the blood is improved, and by the deep respiratory movements, the formation of bile by the liver is encouraged, and the bile secretion becomes normal in character. The patient's dietary is very restricted at the beginning of the treatment. Prolonged water baths, and especially saline or effervescent baths, are also very helpful.



stamina and pertinacity, are to be obtained in the highest degree from a dietary from which flesh food is excluded. The Turco-Russian and the Turco-Greek wars proved what a wonderful army could be produced from men whose dietary was coarse corn, figs, onions, and beans. The Japano-Russian war shows what can be done on

Is Tuberculosis Universal?

DR. SVMES, of Christchurch, claims to have conducted more post-mortem examinations than any other doctor in that city. He says he has never yet examined a deceased person who had not shown traces of tuberculosis. A health officer of Berlin claims to have evidences of tuberculosis in every third post-mortem conducted by him. Germs fasten upon, and weed out the weaklings. It is only when the vitality is lowered that germs need be feared; for the healthy mucous membrane destroys germs of disease. It is only necessary to live above the disease line by keeping the blood pure in order to escape tuberculosis, and other germ diseases. To overcome these diseases in their earlier stages, it is necessary to build up the general health. Pure food, pure air, and moderate exercise, combined with daily baths to remove the impurities from the skin, are the remedial agencies recognised in these days. These preventive remedies have been long ignored, and this accounts for the prevalence of these diseases. By living in poorly ventilated rooms, and subsisting on unwholesome foods, men and women are unconsciously preparing the soil for this seed—the *Tubercle Bacillus*. All that is needed, then, is exposure.

Preserved Foods are Dangerous.

EXPERIMENTS conducted for nearly two years by Dr. Wiley, chief chemist of the U. S. A. Department of Agriculture, to determine the effect of preserved foods on human health, have been brought to a conclusion. The report is not yet published, but the conclusions are given out. They are adverse to the use of preservatives in all kinds of tinned and preserved foods. The results obtained from the experiments show that even in doses not exceeding a half gram (seven and one-half grains) a day, boric acid and borax as preservatives are prejudicial to health when consumed for a long time, that the only safe rule is to exclude them from foods for general consumption. Even a half grain a day will cause periods of loss of appetite and bad feeling. With larger doses these symptoms are more rapidly developed. They also tend to diminish slightly the weight of the body; and when

the doses are increased to three grams a day, there is a slight clouding of the mental processes.

A year ago last August, twenty young men of good health, in the government employ, were selected, who agreed to enter on a systematic diet which embraced suspected preserved foods. A civil service cook was engaged. Some of the young men were so affected by the consumption of boracic preservatives that the physicians employed to watch the subjects recommended that they be withdrawn from the contest.

The report says, "It is undoubtedly true that no patent effects may be produced in persons of good health by the occasional use of preservatives of this kind in small quantities, but the young, the debilitated, and the sick must not be forgotten, and the safe rule to follow is to exclude these preservatives from foods for general consumption."

It also demands that all foods preserved by borax shall be honestly labeled, so that the consumer may know what he is getting.

During the summer months large quantities of these preservatives are used in milk and meats. It is well to largely dispense with such foods. The fact that they so readily undergo decay is the strongest argument against their use in warm weather.

Scientific Cooking and Two Meals.

MR. W. M. HAMLET, government analyst, delivered an interesting lecture at the Sydney Town Hall on September 28, before the Ladies' Sanitary Association, on the practical theme of "Scientific Cooking."

He strongly advocated simplicity in house-keeping and plain living. He said there was too much cooking and too little dieting. He commended the principles set forth by Mr. Horace Fletcher on thorough mastication and less food. He believes great reforms will be made in the manner of eating and drinking in the future. Two meals a day, Mr. Hamlet considers, would result in increased health to the people, and would greatly lessen the labor of those who are at present so troubled and worried about much serving

that they have no time for anything else.

Two meals a day are sufficient, and in every way preferable wherever it can be intelligently carried out. There are those who can eat but little at a meal; for such three meals is best. But most dyspeptics could cure themselves by simply taking two meals a day, thus affording the stomach a period of rest between meals, and enabling it to do better work. According to Thomas Tyron, this was the old English custom in earlier days. Their meals, he states, were taken between eight and nine in the forenoon, and three and four in the afternoon. The Bedouins eat but twice a day, and are perhaps the toughest and most enduring men on earth. The natives of India, Spain, South America, China, and Japan eat twice a day. This was without question the prevailing custom of the world in ancient times, as it is in modern times in these countries. The hours for the two meals of Judea, constantly referred to in the Scriptures, were also about eight or nine o'clock in the morning and three or four o'clock in the afternoon.

The Greek terms used are *ariston*, signifying the first, or morning meal, and *deipnon*, the second, or afternoon meal. The fact that no other Greek words are given for the regular meals of the day proves conclusively that two meals was the custom among them. If the vast majority of the inhabitants of the world can healthfully restrict their appetites in this manner, the subject ought to be worthy of consideration. I am convinced it is not necessary for the maintenance of strength to eat and digest a third meal. To eat and digest this third meal necessitates a withdrawal from labor at the busiest time of the day, when the meal is usually taken hurriedly. The meals are also thrown too closely together. There ought to be an interval of at least seven hours between the two meals of the day.

Dr. Bouchard, Professor of Pathology and Therapeutics, and Physician to the Hospitals, Paris, in his popular and most excellent work on "Auto-Intoxication in Diseases," strongly advocates but two meals. He says:—

There must be neither eating nor drinking between meals. The meals must be widely separated from each other, *We must allow nine hours between*

the two meals as the interval by day, and fifteen hours as the interval by night. This infrequency of meals is sometimes sufficient to cause heartburn and the sensations of heat to disappear, and to arrest the emaciation of patients who should moderate their appetites in order to prevent their pains.

Dr. J. H. Kellogg, Medical Superintendent of the Battle Creek Medical and Surgical Sanitarium, where dietetics is made a principal part of treatment for the sick, as a result of his many years' experience in the treatment of thousands of dyspeptics, says:—

Two good meals, with an interval of seven hours between the beginning of the meals, is unquestionably the best plan.

A. Rabaglaiti, M. A., F. R. C. S., Senior Surgeon, Bradford Royal Infirmary, and consulting Medical Officer, Bradford Children's Hospital, London, in his book, "Air, Food, and Exercises," also advocates the use of two meals. He says:—

All the materials of the food can be distinguished for at least four hours after they have been taken. How can it be wise or physiological to add some other sort of food to a stomach which is still engaged in the act of clearing off the last meal? How can it be wise to have two supplies of food undergoing digestion at two different stages, in the same stomach, at the same time? And yet this habit is indulged in by almost the whole community all over this country. It is positively hurtful to eat too often; to eat one meal, however small, before the previous one is digested. I feel sure that by carrying out one or two very simple and very easily performed suggestions regarding their food, our people might escape much illness and loss of time through illness, and much suffering. By the simple device of eating twice a day, or at most three times, with *not less than six hours' interval between the meals*, the health of our people would be very much better. As I have said, the habit on the European continent in many places is to eat twice a day. In England it is much more difficult to do this, because of the habits of the country. I know, however, from experience that it is quite possible to do this, and to thrive on it.

The practice of eating five times a day, and having a cup of tea or wine with a little food in bed before rising, is not uncommon in England and other countries at present among the well-to-do. But such luxury usually marks the decay and downfall of a nation. The "Wise Man," in commenting on this practice, says, "Woe to thee, O land, when thy princes eat in the morning; but blessed art thou, O land, when thy princes eat at the right time (German), for strength and not for drunkenness."

The Defences of the Human Body.

Lecture by D. H. Kress, M. D., to the patients of the Sydney Sanitarium.

I HAVE CHOSEN for my subject the defences of the human body. We are all more or less afraid of germ diseases. Whenever there is a rumor of a case of plague in one of our cities, we become alarmed; if typhoid or diphtheria or any other germ disease makes its appearance, the health officers at once begin the work of investigating the causes. They try to improve the sanitary conditions, and the greatest care is taken to prevent the disease germs from being carried from one person to another, and from one colony to another. Vessels are quarantined, and in this way we are protected in a measure. While these precautions are necessary and should be taken, it is an acknowledgement on our part that we lack vital resistance, that we have lost the power of self-protection. The human body, in health, is capable of protecting itself. It has defences and barriers of its own, and is capable of keeping at bay any of these germ diseases. Before it is possible for a person to take any of these diseases, it is necessary for him to batter down with his own hands these barriers of defence, or to throw open the doors and invite disease. I will briefly call attention to a few of the natural defences of the body.

First, the skin. The skin acts as a mechanical protective. It does more than that. Germs not only are prevented from entering the skin, but the healthy skin destroys germs. Sometimes an abrasion in the skin occurs, and the germs enter the tissue beneath. But the tissue, when in health, is also destructive to germ life.

The white blood cells come to the point where the germs have entered by working their way through the walls of the blood-vessels, and if their vitality is low, we have a formation of pus in the tissue, or what is known as a boil. The person who has boils needs general building up; he is liable to fall a victim to any germ or parasitic disease.

If I should make a cut in the tissue or flesh of a healthy person, and introduce a few germs of disease, and carefully close up the wound, in two or three days I would find the wound completely healed

without suppuration. When Captain Cook landed on the shores of New Zealand, he found that the Maories had such vitality that when they met with a gun-shot or bullet wound, they would merely block up the hole with clay, and as a usual thing, in a few days the wound was healed. Among civilised people, nine times out of ten, blood poisoning would set in, and death would result; but with the Maories with scarcely any care whatever, wounds would heal readily, even if deadly germs were introduced. The average savage has such a resistance to disease causes that he can live in the swamps, jungles, and 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.

This demonstrates that in health the tissues of the body are capable of protecting it against germs. The white blood corpuscles are especially numerous in the lymphatic circulation. The walls of the blood capillaries in the tissue are so very thin that there is a constant oozing of some of the blood elements through the walls into the surrounding tissue. The pressure within the capillaries being greater than on the outside prevents their return.

Nature has provided the lymphatic system to carry away these elements. When germs enter the lymphatic system, they are carried by the vessels to the lymphatic glands. These glands act as filters; here the germs are captured, if not by one gland, by the next or the next. They have to run a gauntlet of perhaps several thousand of these glands before they can possibly enter the general circulation. These glands are the most numerous in places where germs are most liable to enter, such as the neck. We frequently find enlarged glands in the neck. Why do the glands enlarge? Enlarged glands are only present in persons who are in a run-down condition. When germs come to these glands, a battle takes place between them and the white blood cells. If the white blood cells have lost their

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cent efforts are interfered with, and harm results. A noted French physiologist and physician tried some interesting experiments on rabbits, which fully demonstrated this. He took the rabbits and injected into each a certain kind of germ and its products. In each case the rabbit developed fever. To some of the rabbits he gave drugs to reduce temperature, while others he left entirely alone. Those that had their temperature reduced by the administration of drugs as a rule died, while those which were left alone recovered. Nature is able to destroy these germs and burn up their products if left to herself and given an opportunity, but often in the efforts of physicians and friends to reduce the temperature, they kill the patient. Animals left to themselves hardly ever die of fevers; they fast for a couple of days, drink freely of water, keep quiet and in the shade, thus affording nature the assistance needed. The same good sense would greatly reduce the mortality among fever patients.

The modern methods of treatment aim to build up the natural defences of the body, making it germ-proof. This is our aim at the Sanitarium.

Very Filthy Lucre.

Money as a Carrier of Disease.

THE *Lancet* points out how disease may be spread owing to the dirty state of the money in everyday use: "The bronze penny may have easily detachable dirt adhering to it, or it may be the kind of black dirt which commonly has for its basis greasy substances and which is not readily removed. The former is considerably more objectionable than the latter. The easily detachable dirt of the current coins comprises more or less wet or sticky substances derived during their transit through more or less dirty channels.

"The bronze coin doing duty in the public house, for example, is frequently sticky from coming into contact with the swipes on the counter, the change from the butcher is often besmirched with something more offensive than fat, and the odorous trades, the fried-fish shop and the oil-shop, leave evidence of their association upon the coin. All this is repugnant to cleanly-disposed persons, and the many

of protecting itself. There is a rise in temperature. Germs are destroyed at a prolonged temperature of about 102½ or 103 degrees. The only means of protection nature has when the germs and their products are in the blood is to get the bodily heat up to this point that the germs may be destroyed. Fever is really an effort on the part of the body to destroy germs or their products. This is important to know, for in fever the first thing thought of usually is the reduction of temperature. To merely reduce the temperature is a very silly thing to do. We should recognise what nature is trying to do, and come to her aid. It is necessary to assist her in her efforts to get rid of these foreign elements. By merely reducing the temperature, nature's benefi-



possible dirty situations of a coin hardly bear reflection.

"It seems a pity that something cannot be done to prevent the wholesale distribution of filthy coins from such places as meat and fish markets. The bronze and silver money handed in bulk to the banks from the environment of Billingsgate or Smithfield, or even Covent Garden, is often in the most disgusting state, and it is handed back again to the public in the same revolting condition. Surely where large parcels of coins are received smeared with the nastiest description of filth, they might be washed or rinsed in hot water and soap before being distributed again to the public."

It seems a pity something cannot be done to close up these places that are responsible for the money being in such a disgusting state. Yet from some of these places, where money is smeared with the "*nastiest description of filth*," we receive our choice beef steaks and mutton chops. Would it not be well to apply a little soap and water to these? We are convinced that if we could visit these places which furnish us with meat, we would say with the apostle, "I will eat no meat while the world standeth."

A MEDICAL marriage bill, says the *Medical Record*, has been introduced into the Wisconsin Legislature, U. S. A., which provides that no persons can marry who are suffering from insanity in any form, from drug addiction, tuberculosis, syphilis, or any of various other constitutional diseases named in the bill. Every person who wishes to marry is required to go before an examining board of three surgeons, to be appointed in each county of the State by the county judge, and must pass an examination before a marriage license can be issued to him or her. In addition, all male candidates for matrimony who are under twenty-five years of age, and all female candidates under eighteen years, must produce a written consent of their parents before they can secure a license. Any clergyman, justice of the peace, or other person who can perform marriages, and who marries any couples who do not produce a certificate from the examining physicians of his county, is to be fined not more than £100, or confined in prison not more than one year.

Drug Taking.—Its Dangers.

DR. JOHN V. SHOEMAKER, of Philadelphia, author of many works upon materia medica, and an authority on drugs and all that pertains to their use, recently delivered a lecture before the Hartford Medical Society, in which he took strong ground against the popular use of drugs, and deprecated the free and careless way in which physicians and druggists too often employ these *dangerous* substances. We quote as follows from his interesting and authoritative article upon this subject, in the hope that the warnings given may be passed along by our readers to those who may be benefited by the invaluable

information given by this eminent physician:—

"I believe that we, as physicians, should rely more on natural agencies and less on medicinal substances than, perhaps, we have been in the habit of doing, that we should be able to set a consistent example to the public on this subject.

"For, as we all admit when our attention is directed to the matter, there is, on the part of the general public, a wide-spread habit of drug-taking, which is always injurious in the end, and often ruinous. The practise is well-nigh universal of offering advice to friends. The man or woman who knows 'what is good for' any symptom or collection of symptoms is always with us, like the poor. Thus a mass of imperfect information or false knowledge regarding the treatment of disease is always in circulation. It passes from mouth to mouth. . . .

Purgatives.

"One of the most common forms of drug abuse is the constant reliance on purgatives. The saline cathartics are so well known and so easily procured that every man considers himself capable of prescribing for his constipation. The waters of various saline springs are bottled and put on the market for public sale. Many people form a habit of relying on these salts instead of regulating their habits as regards exercise and diet, and overcoming the sluggish condition of the bowel by natural means. The dependence upon cathartics adds to the difficulty it was intended to overcome. The muscular fibers of the intestine become weakened and relaxed. Disease of the mucous membrane may be established or aggravated as a result of the continual irritation. It must be remembered, also, that the alkaline bases are capable of exerting a depressing influence on the action and force of the heart. Their continued use is productive of anemia.

Bitters For Indigestion.

"Another very popular and much abused class of preparations comprises those sold under the generic titles of bit- or stomachics. These are, to all intents and purposes, alcoholic drinks. Different preparations exhibit different degrees of strength, but many are equal to strong wines or whisky. The whisky which

they contain is flavored with some aromatics or tonics, and they are recommended as sovereign remedies for indigestion. The man—or woman—who announces himself as a total abstainer thinks that he is justified in using these bitters in order to stimulate appetite and digestive power. The mixtures are purposely made palatable. The presence of some vegetable matter does not detract from the flavor of the alcoholic beverage entering into their composition. It follows that their effect is principally that of alcohol itself,—a primary stimulation succeeded by depression, a false sense of improvement followed by aggravation, a necessity of increasing the frequency and the amount of the dose. The advocate of temperance may become as devoted to his bitters as the ordinary drinker to his whisky. Indeed, the mixtures of which I speak, very often inspire a taste for drink which can only be satisfied in the usual way, across the bar. I have no doubt that in very many instances the alcohol habit has grown out directly from the constant tipping of so-called bitters. An analogous custom is that of drinking preparations containing ginger. Either because the ordinary alcoholic beverages are not procurable, or because a taste has been acquired for the fiery quality of the ginger, there are those who take their tittle in this form. In addition to the ill effects which a constant recourse to so strong an irritant as ginger must produce upon the mucous membrane, it exposes its consumers to the danger of losing their sight; several cases of this kind, originating in this habit, have been reported.

Malt Preparations.

"The malt preparations are likewise often abused. This line of products is manufactured very extensively, and largely used. They contain a percentage of alcohol which renders them a species of beer, and some of them are, in fact, considerably stronger than the beers ordinarily sold in the usual way of the liquor trade. Some of the breweries now make malt preparations 'for the use of the medical profession.' They are recommended for their nutritious and gently stimulant properties, are extensively sold, and their effect is almost, if not quite, identical with that of beer. Those persons who habitually, and on their own responsibility, consume

preparations of malt, might just as well go frankly to the beer saloon and drink in public. It is generally believed that of the two evils, drinking in companionship is less injurious than 'secret drinking,' as it has been termed.

Headache Cures.

"Two great evils of life are pain and sleeplessness. Headache is one of the most common forms of pain, and for its relief there has grown up of late years, and especially since the coal-tar products have been introduced, a class of preparation known popularly as headache powders or tablets. To a man, almost, if not quite, the pharmacist puts up his own headache cure. In addition to these products, there are many advertised in the news papers, and sold by chemists and department stores. They are advertised as 'instantaneous relief,' 'cures while you take,' and similar phrases. Not infrequently samples are thrown in at the door. These powders are principally composed of coal-tar products, and the power which they possess of alleviating headache and other forms of pain, makes them exceedingly dangerous. These agents are capable of depressing both the sensory and the motor nerve tracts. Excessive doses, or ordinary doses in susceptible individuals, may have a weakening action upon the heart, reduce the temperature of the body, and injuriously affect the composition of the blood. I am personally cognizant of a number of cases in which very serious symptoms resulted from taking headache powders.

"These evil consequences are particularly rife among anemic and neurotic persons, especially women. One such individual of whom I have knowledge had bought headache powders and taken them for the relief of distressing headache until, upon one occasion, she was seriously attacked. The pain in the head was assuaged, indeed, but in its stead she was prostrated to the verge of syncope, was nauseated, sweated profusely, her face became cyanotic, the action of the heart and pulse exceedingly feeble. That young woman had a lesson which will perhaps last her the remainder of her life.

"A GREAT plant may spring from a very tiny seed of love."

A Poverty-Stricken Diet.

WHAT you were reading yesterday is to-day feeding your mind in much the same way that yesterday's food is to-day furnishing strength to your body. We have never found a great thirst for light and chaffy reading and a great desire to be a blessing to others existing in the same individual at the same time.

The mania for fiction has come to be a species of intoxication which is crippling the mind just as the morphine habit is ruining the body, and it is as difficult to escape from the one as from the other.

Instead of having the mind filled with pictures of artificial life, it is better to have the heart inspired with a determination to create better things. Are you passionately fond of story books? Do you appreciate the harm of filtering all this sewerage through your brain? Why will you drink of the murky streams of the valley, when you might drink of the clear mountain stream?—*Life Boat*.

Avoid the Sure Cures.

When ill, we want to get well quickly. As a rule, we are unwilling to afford nature the time needed to restore and to heal.

"Dr. J. Ashburton Cutter published an account of a case of poisoning from migraine tablets, which was made the basis of a suit for damages. On the recommendation of a drug clerk, a healthy young man had taken two tablets of 'Quick Headache Cure,' and two hours later a third. Very soon after the third dose the man became unconscious, perspired profusely, the heart was feeble and irregular, respirations shallow, lips blue, and the face presented a deathlike aspect. The patient was revived from the attack, but his nervous system suffered a shock from which, eighteen months later, it had not recovered. It was shown by analysis that each tablet contained three grains of *acetanilid*, two grains of *monobromated camphor*, and one grain of *citrate caffeine*. As *acetanilid* is slowly soluble, it was supposed that the patient received the effect of the entire nine grains, dissolved at about the same time by some hot coffee which he drank.

Rheumatism Cures.

"The United States Dispensary notes one case of death from five grains of

acetanilid. A powder of similar composition, in which salicylic acid was substituted for the acetanilid, was once naively described to me by its maker, who appeared to me to have no idea that salicylic acid was capable of producing any ill consequences. Similar objections are to be made to the 'rheumatism cures' which are so abundant in the stores. Many of these contain sodium salicylate, others potassium iodide. Neither of these substances can be taken indiscriminately or for a considerable period without mischief. Salicylic acid may depress the heart and injure the nervous system. The phenomena of iodism are familiar to us all, and are not infrequently excited by comparatively few doses. The continual use of alkalis weakens the heart and impoverishes the blood. . . .

Chloral.

In speaking of chloral, a favorite remedy, he says:—

"It weakens the functional activity of the brain and spinal cord; it enfeebles the heart both by an influence upon its muscular tissue and the cardiac ganglia, reduces arterial pressure, and has a deleterious effect upon the composition of the blood. The constant use of chloral engenders muscular debility, may occasion epileptiform convulsions, and even a condition akin to that of delirium tremens. Sudden death may take place from failure of the respiration or circulation."—*Modern Medicine.*

The Cat as a Disease-Carrier.

THE wandering cat is the greatest source of danger in communicating and spreading disease. Its evil work as a disease carrier has been made a subject of special study, and a few months ago, Dr. A. W. Martin, the medical officer of health for Gorton, an outlying district of Manchester, published a paper on this question in *Public Health*, in which he suggested that the great increase of diphtheria in London was due to the disease being conveyed by fleas from infected animals. He shows that pigeons and fowls suffer from a form of diphtheria, and are infested with fleas. He further shows that the cats of the neighborhood congregate wherever there is a pigeon cote or fowl run. From this

he deduces that cats bring the infected fleas from the birds into the houses, and thus spread the disease. An experiment with a cat showed that in four nights it deposited 248 fleas' eggs on the spot where it lay in the house. Then Dr. Martin proceeds to show how children are especially liable to contract diphtheria in



this way. Under one year of age the child is nearly always in the arms or the cradle; from one to two it is crawling on the floor and the rug; and from that age until it goes to school it is playing with and nursing the cat. Thus the children become infected, contract diseases, and, in turn, spread them. The enormous increase of diphtheria in London of recent years is put down to this theory.

CIVILIZED CANNIBALISM.—An amusing story is told of a miserly old gentleman who visited his relatives uninvited. One morning his little niece of five summers came up to him unexpectedly with the indignant question: "Uncle, are you a cannibal?" The gentleman was startled, and said, "No, of course not, my dear child; but what on earth makes you ask?" The little girl replied, "Oh, I thought you must be, because mamma was saying this morning just as you came in that you always lived on your relations."

Patent Medicines.

THE United States public is continually being warned against "the patent medicine curse;" but, nevertheless, the manufacture and sale of quack nostrums is still one of the most profitable forms of industry. The correspondent of the *Melbourne Age* says that every year, particularly in the spring, tens of thousands of bottles of "vegetable compound," "bitters," "tonic," "pills," or "sarsaparilla" are used by persons who are in absolute ignorance of what they are swallowing.

Recent investigations have shown that one of the largest ingredients of most of the popular patent medicines is alcohol. People who would hold up their hands in horror at the suggestion that they should drink a glass of beer which contains from two to five per cent. of alcohol, imbibe quantities of "medicine" containing from seventeen to forty-four per cent. of alcohol, being thus stronger than whisky, and far stronger than sherry or port.

The Massachusetts State Board Analyst, in a published document, has made some startling revelations along these lines. Hostetter's Stomach Bitters, he finds, contains 44.3 per cent. of alcohol, and Kaufman's Sulphur Bitters, which is advertised as "containing no alcohol," holds, in fact, 20.5 per cent.—and no sulphur! Ayer's Sarsaparilla contains 26.2 per cent. Hood's Sarsaparilla 18.8 per cent., Allen's Sarsaparilla 13.5 per cent., Whiskol ("a non-intoxicating stimulant," as the bottles proclaim), 28.2 per cent., Colden's Liquid Beef Extract ("recommended for treatment of the alcohol habit!"), 26.5 per cent., Parker's Tonic ("purely vegetable"), 41.6 per cent., Warner's Safe Tonic Bitters, 35.7 per cent., and Paine's Celery Compound, 21 per cent. Another widely-advertised patent medicine, known as Dr. Pierce's Favorite Prescription, was analysed, and nine ounces were found to contain, among other ingredients, one-half fluid drachm each of tincture of digitalis and of opium (both powerful drugs, which have a marked effect on the heart), and one and one-half ounces, or about 17 per cent., of alcohol.

Thousands of drunkards are being created by the first love of alcohol roused into being through the use of patent medicines liberally filled with alcohol. The

Women's Christian Temperance Union has a department of its work specially devoted to this evil, and the organisation is being urged to take up the campaign with even more energy and zeal. Some of the best magazines refuse to accept patent medicine advertisements. One of the leading insurance companies requires its medical examiner to always ask each subject, "What patent medicines have you used during the past five years?"

Treatment of Appendicitis.

"ROBERT T. MORRIS, when asked as to the method of preventing and treating appendicitis, says, 'The removal of constipation is the removal of one of the dangers.' The history of the disease is a history of constipation. Then, when a person who is naturally more or less constipated, has the early symptoms of appendicitis, let the constipation be corrected.

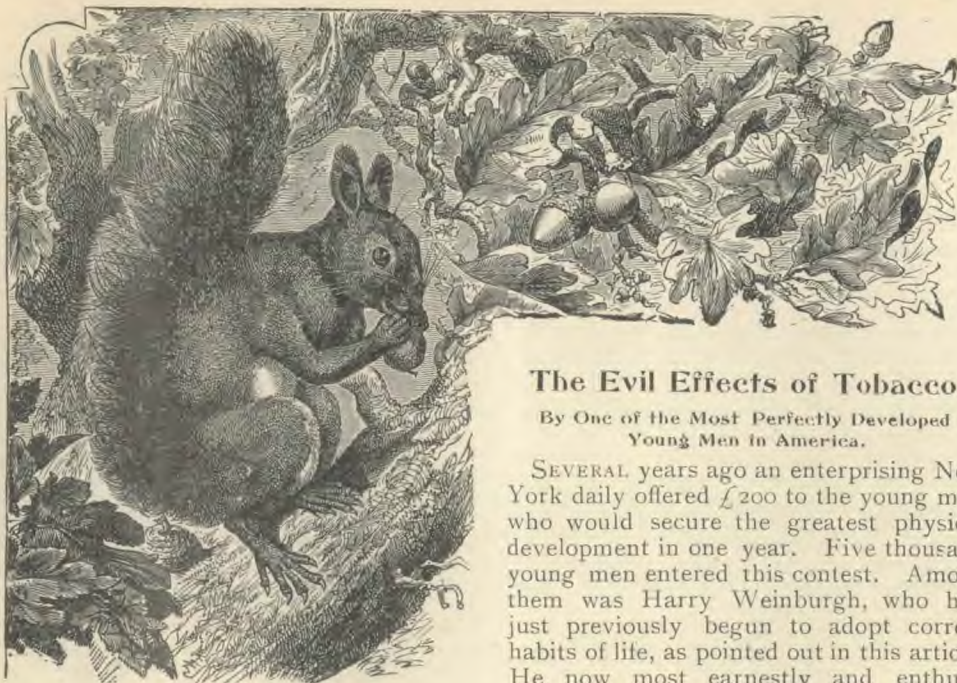
"Let there be moderation in eating. Nourish him on easily digested diet. Get the bowels regular and keep them so. The free use of *pure water* is an effective laxative, obviating all drastic methods. *Beware of purging.* The small intestines do not need it. The colon is impacted, and its contents should be quickly washed down with a hot, saline, soap enema. With a little patience the water can cleanse the canal up to the cecum; and the colon freed of its contents is an important beginning of treatment. Having cleansed the colon, follow by an enema of sweet oil, that the mucous membrane may be healed. Repeat the water if necessary.

"Apply cold compresses to the affected abdominal area, to allay heat and pain. The clothing next the skin should be light and porous. Do not give opium or morphine. When the disease has progressed so far as to demand operation, accede to the demand at once."

An operation is seldom found necessary if these precautions are taken.

DOCTORS AND COOKS.—"I believe," said the young physician, "that bad cooks supply us with half our patients."

"That's right," rejoined the old doctor. "And (so-called) good cooks supply us with the other half."



The Home.

POPULAR.

My sister Bess is popular, most ev'rywhere she goes;

They say she's awful popular with all th' men she knows.

I hear about her pleasin' ways, an' of her cheery smile—

I hear that there word "popular" about her all th' while.

At home she gets up mornin's with a grouch that's pretty bad,

An' spends about an hour, jest sassin' me an' dad.

I guess she works so hard a-bein' popular away,
That when she's in th' family she don't feel very gay.

I often git to guessin' how th' folks 'ud like her if
They'd hear th' way she jaws at me when we get in a tiff.

An' then I'd like t' hear what they 'ud say b'ind her back,

If they c'd see her sloppin' round here in her dressin' sack.

She's popular, of course she is, espec'ly with the men;

I 'spect some time she'll marry some poor feller,
but till then

I wisht 'at she 'ud think of us a bit, an' try t' be
A little bit more popular with ma and pa an' me.

—Cleveland Leader.

The Evil Effects of Tobacco.

By One of the Most Perfectly Developed
Young Men in America.

SEVERAL years ago an enterprising New York daily offered £200 to the young man who would secure the greatest physical development in one year. Five thousand young men entered this contest. Among them was Harry Weinburgh, who had just previously begun to adopt correct habits of life, as pointed out in this article. He now most earnestly and enthusiastically began to co-operate with Providence for complete physical restoration. The result was that at the end of the year he was pronounced by a committee of the leading experts the winner of the prize and was considered the most perfectly developed young man in America. He says:—

My early childhood was spent in New York City, where I found that not only the boys, but also the girls, smoked cigarettes and chewed tobacco. I had been at school but a short time when my classmates induced me to try a cigarette. Instantly I grew fearfully sick and became pale as death, while a cold sweat crept over me, and I had to be carried to the open air.

I spent my first restless night, having for company a racking headache. The next day I resolved never again to touch tobacco, but, seeing my other schoolmates, younger than myself, had succeeded in conquering their disgust of tobacco, I resolved to try again. They called me a coward, and assured me the worst of it would be over in a few days. I therefore took another lesson, then another and another, and soon I could smoke as well as anybody. But there was one more disgusting art I had to learn "to be a man," that of chewing tobacco, and not long after that one of my little schoolmates stole a plug of tobacco from his father's pocket and after school cut the tobacco, and we all took a little piece. I shall never forget that day as long as I live. I have never before nor since seen such a sickly looking lot of youngsters. We all vomited, and seasickness cannot compare with my feeling.

Up to my eighteenth year I was a tobacco slave.

At that time I weighed ninety pounds, measured four feet four and one-half inches, was pale, flat-chested, and altogether a nervous wreck. I had no ambition but to be alone and fill my thoughts with tobacco smoke. I became an invalid unable to leave my bed.

The physicians advised me to give up my tobacco, also meat and coffee, for with my tobacco I had also become a great coffee drinker and meat eater, because *one stimulant requires another*, and these together brought on rheumatism, catarrh, and a heavy cough.

My meat, coffee, and tobacco seemed indispensable. Still the first two I gave up readily, but my cigarettes—oh, my cigarettes—I could not part with them. It seemed like giving up my life itself. I was growing weaker as the days went by, and one afternoon, after smoking several cigarettes, I felt all my strength leaving me. I grew faint and fell back on my pillow, and when my sister entered, she found me staring at the ceiling and not able to answer her questions, so she became frightened and sent for the doctor, who wrote out a prescription, and taking me by the hand, said, "Young man, you must stop smoking at once." I vowed that if ever I became well I would never again touch tobacco, and this resolution, thank the Lord, I have been able to carry out. Now, in my twenty-second year, I have reached a height of five feet six and one-half inches, and my health and muscular development have improved wonderfully.

My first ill health I attribute directly to the use of tobacco, meat, and coffee, and I am prepared to say most emphatically that good health and physical development, worthy of the name, are absolutely impossible so long as narcotics are used, and no one will deny that tobacco is a drug.

Do You Wish a School of Health?

A SCHOOL of health consists of theoretical instruction and practical demonstrations in healthful cookery, the preparation of foods for infants and invalids, lectures on various health topics, lessons in physical culture, lectures and practical demonstrations in simple treatments in the home for ordinary ills, etc.

How to Secure a School of Health.

Let a few good, live workers canvass a church or organisation and secure one hundred members at 5/- each, or seventy-five members at 6/6 each, or fifty members at 8/- each. Then notify us, and the school will be held. Each member will be entitled to the full course of instruction, consisting of fifteen lessons—five lessons in cookery, five lessons in physical culture, and five lectures on practical and helpful health subjects. In addition, each member will be entitled to the AUSTRALASIAN GOOD HEALTH for one year.

These schools are conducted under the personal supervision of Dr. Lauretta Kress, of the Sydney Sanitarium, Wahroonga. Mrs. Kress has conducted these schools in many other countries, including Canada, Great Britain, United States, etc. That they are appreciated wherever held, will be seen from the following reports:—

Belfast, Ireland.

Belfast has been fortunate this month in being the scene of a series of lectures and demonstrations (extending over ten days), given by Dr. D. H. Kress and Dr. Lauretta Kress, who have lately settled in London. Dr. Kress gave six lectures, Mrs. Kress four cookery demonstrations, two physical culture demonstrations, and a lecture to women.

To report each lecture and demonstration separately (though they were well worth this), would occupy too much space. I need not say (writes a correspondent), that vegetarianism was advocated on lines which may be relied on to ensure its success in practice. Several important principles were laid down, which may not be absolute, but are certainly based on wide experience. One is the common-sense position that the diet must contain all the elements of food in correct proportion, and therefore, that it will not do merely to give up meat, and make no other change in our diet.

One of the meetings was given up entirely to answers by Dr. Kress to written questions put in from the audience. This method aroused much interest, and may be recommended for trial by other speakers. In dealing with typhoid fever, the advice was given: Don't give milk in typhoid fever; give fruit juices. Fruit juice is antiseptic. Milk ferments in the stomach, too little gastric juice being present to digest it.

At the cookery demonstrations, most of the dishes were cooked in presence of the audience, and afterwards passed round to be sampled.

It is gratifying to record that their efforts met with appreciation, a large hall being well filled at every lecture, and the interest never flagging to the last. They certainly succeeded in interesting many in vegetarianism and health reform who had previously been ignorant of both, and their residence in England will be a valuable reinforcement to the ranks of these two great allied causes.—*The Vegetarian*.

Brisbane, Queensland.

DR. LAURETTA KRESS, M. D., of the Medical and Surgical Sanitarium, Sydney, gave a free lecture in the Albert Hall last night. The audience was a fairly large one, consisting chiefly of ladies. The subject was an "Ideal Breakfast and How to Eat It." Prefacing this, the lecturer spoke of the various combinations of foods that we eat and their disastrous effect on the stomach. Dr. Kress's appearance is that of a simple, quiet lady, womanly in every sense of the word, and the subject was spoken of in a refined, gentle way, no huge medical terms to confuse the ignorant, but much to instruct even the wise.

The preparation of the various dishes was de-

scribed from the start almost, to the daintily completed dish that we were asked to sample.

The following was the ideal breakfast:—

MENU.

- Granose Flakes with Ground or Malted Nuts.
- Granola with Dates served with Cream.
- Snowflake Toast.
- Nuttolene Cutlets with Chili Sauce.
- Ground Rice and Scrambled Eggs.
- Date Rolls. Granose Biscuits.
- Fresh Fruits.

The appearance of these dishes was dainty and appetising, and by no means unpalatable.

Miss Ora Kress gave a recitation after the close of the lecture, and her appearance is an excellent advertisement for vegetarianism, for she has never even tasted meat in all her life, and looks a picture of rosy, robust health.

The doctor is to lecture on Monday and Tuesday to women only—one lecture for mothers—so those of us who have young Queensland minds to train will do well to attend and see what we can learn from one quiet, unassuming woman, who has circled the globe, and writes that coveted affix, "M. D.," after her name.

Dr. and Miss Kress are to be the guests of Mrs. D. Blumberg at her residence, Kangaroo Point, on Sunday next. Mrs. Blumberg was a patient for some time at the Wahroonga Sanitarium, her health having been restored by the treatment there.—*Flashes.*

Seasonable Recipes.

LAURETTA KRESS, M. D.

RECIPES FROM THE NEW GOOD HEALTH COOKERY BOOK.

Beverages.

THE use of a beverage at a meal, or immediately before or after, dilutes the digestive fluids. If taken with meals, food enters the stomach before thorough mastication has been insured. Such beverages as tea, coffee, cocoa, and chocolate, all contain some poisonous property. Tea hinders the action of the saliva upon the starches, because of the tannin it contains, and also interferes with the digestion of albumins.

All drinks taken at the meal retard digestion and favor fermentation of the food, thus bringing injury to the digestive organs. At the close of the meal, in some cases, a drink of some non-stimulating beverage may be taken in small sips, if desired. The following recipes will give some useful hints in making such beverages:—

Wholesome beverages may be used in the evening in the place of the accustomed third meal, with benefit during the warm weather.

CARAMEL CEREAL.—Allow one tablespoonful of prepared caramel cereal to each individual. Turn over it boiling water, and boil for eight to ten minutes, or until it looks clear and the grounds settle. Strain before serving. To each cup of cereal add one teaspoonful of malted nuts, or cream and sugar can be used if preferred.

MALTED NUT MILK.—Take two teaspoonfuls of malted nuts, put into a teacup, add a small quantity of boiling water. Serve at once. It is even better to place upon the stove and boil a moment before serving.

LEMONADE.—Take the juice of half a lemon, turn into a glass. Add one teaspoonful of sugar, and water to fill the glass.

MIXED LEMONADE.—Take the juice of half a lemon and half an orange. Add a teaspoonful of sugar, and water to fill the glass. Various other fruit juices can be used with the lemon, as pineapple, raspberry, and currant juice.

PINEAPPLEADE.—Quarter cup of sugar, two cups of water, one pineapple. Put the sugar and water into a saucepan, let it boil slowly until it forms a thin syrup. Pare, and cut into small pieces, one small pineapple. Add the syrup, letting it boil ten minutes only. Cool, add more water, strain, and use.

FRUIT SHERBET, No. 1.—Remove the juice from half a dozen oranges and four lemons with the lemon drill. Stew one cup of gooseberries and one cup of cherries separately. When done, strain, and add the juice to the orange and lemon. Mix all together, and sweeten to taste. Other fruit juices can be used when cherries or gooseberries are not in season.

OATMEAL DRINK.—Boil one-fourth pound of oatmeal in three quarts of water for half an hour, then add one and one-half tablespoonfuls of sugar; strain, and cool. It may be flavored with a little lemon or raspberry syrup if desired; or the sugar may be omitted, and a quart of milk added. Cool on ice, and serve.

ORANGEADE.—Take the juice of three oranges. Strain, add sugar to taste, and one quart of hot or cold water, as preferred.

PINEAPPLE LEMONADE.—Lemonade made from the juice of three lemons, flavored with a few spoonfuls of pineapple juice, is excellent for variety.

BLACKBERRY BEVERAGE.—Crush a quart of fresh blackberries, and pour over them a quart of cold water; add a slice of lemon and a teaspoonful of orange juice, and let it stand three or four hours. Strain through a jelly bag. Sweeten to taste with a syrup prepared by dissolving white sugar in hot water, allowing it to become cool before using. Serve at once with bits of broken ice in the glasses, or place the jug on ice ready to serve.

FRUIT BEVERAGE, No. 1.—A great variety of pleasant, healthful drinks may be made by taking equal quantities of water and the juice of currants, strawberries, raspberries, cherries, or a mixture of two kinds, as raspberries and currants, sweetening to taste, and putting into each glass a small lump of ice.

FRUIT BEVERAGE, No. 2.—Mash a pint of red raspberries, add one cup of tinned pineapple, or half a fresh one chopped fine; pour over all three pints of water. Stir frequently, and let the mixture stand for two hours. Strain, add the juice of six lemons, and sugar to sweeten.

FRUIT BEVERAGE, No. 3.—Extract the juice from three lemons, and as many sour oranges. Add a quart of cold water, sugar to sweeten, one-half teaspoonful of rose water, one cup of pure grape juice, or the rose water and grape juice may be omitted; add one cup of apple juice made by boiling apples and pressing the juice through a jelly bag. Pour the whole over half a dozen slices of pineapple, and allow to stand until well flavored before using.

FRUIT CORDIAL.—Crush a pint of blackberries, raspberries, grapes, currants, or cherries, adding the juice of two sour oranges and a slice of lemon. Pour over all a quart of cold water. Stir the mixture frequently, and let it stand for two hours, and then strain, and add the syrup made by dissolving white sugar in boiling water, sufficient to sweeten. Cool on ice, and serve.

GRAPE BEVERAGE.—Crush two pounds of perfectly ripe purple grapes, and strain the juice through a jelly bag. Add to the juice three tablespoonfuls of granulated sugar or syrup, and dilute with cold water to suit the taste.

PINK LEMONADE.—Add to a pint of lemonade prepared in the usual way half a cup of fresh or canned strawberry, red raspberry, currant, or gooseberry juice. It gives a pretty color besides adding a pleasant flavor.

Questions and Answers.

Colds.—1. What is a cold? 2. Why does a person take cold? 3. Why does an individual take cold at one time and not at another under worse conditions or in worse weather? 4. I have supposed that colds were largely caused by eating too much. Is this true? 5. Please outline the proper treatment for a cold.

Ans.—1. The term "cold" is a misnomer. The condition of a person who has a cold is that of a slight fever and retained excretions.

2. A partial cold is an impression made upon the skin whereby, through a reflex action, an internal congestion of some organ or set of organs is produced. This is the cause of the obstruction of the nose, soreness of the throat, soreness of muscles, catarrh of the bladder and bowels, and other symptoms which accompany a cold.

3. Whether or not a person takes cold at any time depends upon his state of vital resistance.

A cold results from the inability of the skin to react to the impression made upon it. In a condition of fatigue, or when the body is depressed from any other cause, reaction is less likely to occur, and a cold is the result.

4. Overeating, by filling the system with waste matters and exhausting the vital forces, produces depression, and thus predisposes to the taking of cold.

5. A day's fasting and an abstemious diet for a number of days, copious water drinking, free evacuation of the bowels, exercise in the open air, sleeping in a cold room, and cold bathing, are the general means of curing as well as preventing a cold. The local symptoms, as soreness of the throat, catarrh of the nasal cavity, etc., require local measures. The Perfection Vaporiser affords the best means of applying local treatment for a cold.

Nervousness.—Advise treatment for extreme nervousness in a girl of thirteen which began three years ago with St. Vitus dance. At this time her eyes gave out. She has recovered sufficiently to return to school, but is still very nervous.

Ans.—The child has a neurotic constitution. She should be kept out of doors as much as possible, and given an opportunity to grow up in a natural way. Every effort should be made to develop the muscular system, improve the digestion, and to secure good general health. Six months of thoroughgoing treatment in a sanitarium would be found beneficial.

Prolapse.—1. Can prolapse of the bowels of several years' standing be cured, and how?

2. Two or three times in a month a severe headache begins on the top of the head, and in a few hours settles around the right eye and lasts fifteen hours. There is no trouble with the stomach. What is the cause and cure? 3. Would glasses help? 4. Could poor teeth be the cause?

Ans.—1. A perfect and complete cure is not always possible. Relief may be obtained by wearing an abdominal supporter, by abdominal massage, bathing the abdomen with cold water, strengthening the muscles by applications of electricity, and all useful measures.

2. A collection of undigested food may be the cause. The remedies above suggested will be found helpful.

3. Possibly the headache may be aggravated by some condition of the eyes, which could be relieved by glasses. An oculist should be consulted.

4. It is also possible that there may be irritation arising from a bad condition of the teeth. If there are decayed teeth, a dentist should be consulted.

A GENTLEMAN in New Zealand writes: "We value the GOOD HEALTH very highly, and try to live up to its teachings. We sell as many as we can, and lend our back numbers. We subscribed for the journal when it first came out, and have kept up our subscription ever since. We consider it improving every month."

News Items.

LORD CHARLES BERESFORD has become a rigid vegetarian; principles of health reform are finding their way amongst all classes of the community.

FROM English news we learn of a father who gave his five-year old boy a drink of whisky, with the result that the little fellow died in a few hours.

ENGLAND imports annually about 250,000 tons of bacon. The total purchases in 1903, including pork, lard, and other pig products, exceeded in value £26,000,000. Ten years ago England's bill for this class of food was less than one-half that sum.

LORD ROBERTS, in reply to a question put to him by a lady concerning cigarette smoking, said, "I do not know how anyone could have told you that I consider cigarettes a necessity, and that cigarette smokers can march further than non-smokers. My opinion is that everyone would be better without smoking, and that so far as boys are concerned, it is a pernicious and injurious habit."

THERE is a good story told of a Quaker who met a Lancashire lad in a public-house drinking. Said the Quaker, "Why dost thou drink beer, my lad?" "Oh," was the reply, "taakes beer to maake me work." "Thou'rt right, lad," rejoined the Quaker, "Thou'rt right! It'll make thee work! When I was a lad, I took beer, and it made me work. I had a farm then, and it took the farm and made me work! Now I am seventy years old, and I've got to work still. Thou'rt right, lad; take thy beer; it'll make thee work right enough!"

It is said: "The heart of a vegetarian beats on an average of 58 to the minute; that of the meat eater 75. This represents a difference of 24,000 beats in 24 hours." This is quite a saving of labor for this vital organ. Excessive meat eating, no doubt, is in part responsible for the many cases of deaths reported to be due to *heart failure*.

THE Institute of German Physicians issues a warning to young men against taking up the study of medicine, there being at present a glut of young doctors.

GREAT MORTALITY IN NEW YORK.—The *Bulletin* of the New York State Department of Health shows that the number of deaths in the State of New York during the month of February was nearly 13,000. This is 2,000 more than the average for this month during the past five years. Of the total number, 1,800, or about one in seven, were from pneumonia.

MANY deaths in New York during the past month were traced to wood alcohol in whisky concoctions, which cost $\frac{1}{2}$ d, and are sold at 5d. Better far had they dumped all the grog into the sewer, and spent their time and money in enterprises which promote true happiness.

DR. BERTILLON, of Paris, the well-known authority on children, says that there is a tendency to diminish birth-rates concomitant with modern material prosperity. The following table shows the yearly births per 1,000 women aged from 15 to 50 in the different social strata of Vienna, Berlin, London, and Paris:—

Classification as to Social Status	Average	Vienna	Berlin	London	Paris
Very poor	153	200	157	147	108
Poor	132	164	129	140	95
Moderate	112	155	114	107	72
Good	105	153	96	107	65
Rich	78	107	63	87	52
Very rich	51	71	47	63	34

AN Italian biologist has recently been experimenting on dogs to find out the result of certain essences which are largely used for flavoring dishes, etc. He finds that many of them have a distinct effect on certain portions of the brain, causing a fall in the blood pressure in those regions. All the essences do not produce the same effect, camphor being the most active, followed by mint and cinnamon, while aniseed is among the least active. The experimenter believes that under certain cerebral conditions these essences might possibly produce dangerous effects. Their results are most probably caused by the separate chemicals, of which they are composed, acting on the nerve centres of the brain.—*Science Siftings*.

The people of Great Britain spend yearly over a hundred and sixty million pounds in intoxicating liquors. It is estimated that this amount represents a sum equal to all the rents of all the houses and farms in the United Kingdom, and that one hundred and eight million pounds of the amount is spent by the working classes, representing an average weekly expenditure for each family of 6s 10d. The profits reaped by the handful of people who have the larger part of the drink trade in their hands are put by an eminent authority at over nineteen millions sterling.

THE Mikado of Japan is credited with having had just one fad. He longed to create, by means of a more carnivorous diet, a taller race of soldiers. Small boys in the government schools were fed for six or seven years in the European way. They never became reconciled to it, and it disagreed with them. Nor did they grow any taller than vegetarian children. The doctors charged to look after the experimental diet sent in their report last year. They could think of no better way of securing tall soldiers than by encouraging Japanese to marry Europeans.

IN a lecture which was given in Melbourne a few days ago, under the auspices of the Australian Health Society, Dr. Nyulasy gave the audience a simple test by which they could ascertain if the air in the various rooms of their houses was fit for breathing. He said:—

"Take a ten and one-half ounce bottle filled with water into a room, pour out the water, and place in the bottle half an ounce of lime water: if when shaken the water shows a chalky color, the air is unfit for respiration.

THE French department of Lot and Garonne has made a remarkable innovation. There are 126 doctors in the department, and a contract has been made with them to look after the health of the poor people in the district for an annual payment of £2,000. The doctors engage to give their services irrespective of the number of people who desire them.

THE human race is ill. The human race is anæmic; and the world, which is a paradise, but by man converted into a hospital, is seen and judged through the eyes of the invalid. The decadent condition of human life is such that some kind of a poison habit is supposed to be necessary in order to live presentably and contentedly.—*The Aristocracy of Health.*

M. ACHARD, a well-known French physician, and Professors Strauss, Weidall, Lemierre, and Javal, have shown that in cases of albuminuria the use of salt increased the albumin, but by withholding salt entirely, the albumin was made to disappear. Others have recommended complete withdrawal of salt from the food in all cases of Bright's disease. This practice has been attended by most excellent results. Dr. Bunge points out that salt should be used in very small quantities if at all.

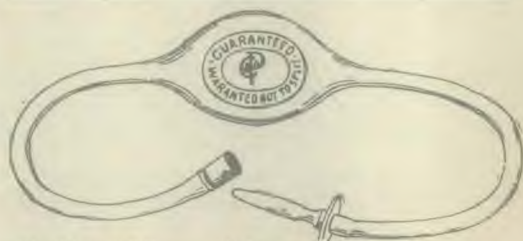
The great importance of this discovery can be appreciated only when one considers the large quantity of salt which is used by many persons.

Wife: "Do you think this dress is long enough behind, Jack?"

Husband: "Plenty; any microbe who can escape that isn't worth catching."

FOR

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Enemas,	Waterproof Rugs,
Finger Stalls,	Waterproof Sheetting



The "Aseptic" Enema. Valves at ends instead of in the middle of tube. Prices, medium 5/-, heavy 6/6, post paid.

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WAHROONGA SANITARIUM, THE HOME OF OUR EDITOR.

 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, remittances, etc., should be sent to the office of publication, Coorabong, N. S. W. E. C. CHAPMAN, *Manager*.

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

A NEAT little maternity cottage has recently been added to the Sanitarium. It is situated on the Sanitarium grounds, and is under the care of Dr. Lauretta Kress. Correspondence is invited.

THE Sydney Sanitarium is well filled with a fine class of patients. A gentleman who had been suffering from pernicious anæmia for the past two years, and who was pronounced hopeless, came to the Sanitarium seven months ago. There seemed to be little improvement during the first four months. After this he began to improve rapidly. He has recently left in splendid health, weighing twelvestones, seven pounds. Another gentleman who has recently left the Sanitarium, writes: "I have improved wonderfully in health, having, I believe, had the foundation of a

healthy body given to me at the Sanitarium, and having lived up to the suggestions and directions given in your letter when leaving. I can assure you I feel thankful for having learned even at middle age how to fuel the engine on which health, strength, and happiness depend. The whole of my family are now on the diet." The Sydney Sanitarium is situated nearly seven hundred feet above sea level, and has the benefit of almost a constant breeze.

THE graduating exercises of the Sydney Sanitarium Medical Missionary Nurses' Class of 1904 took place in the Sanitarium parlor on Tuesday evening, October 11, at 7:30. There was a goodly attendance of former patients in addition to the present family, which numbers about eighty in all.

A very good programme was furnished by the teachers and students of the Avondale School. Short addresses were given by Pastor G. A. Irwin and Dr. D. H. Kress.

The following are the graduates of 1904:—

ESTHER KELLY ANDERSON, New Zealand.
 HILDA MAY BURGESS, Victoria.
 LYDIA CRASE, South Australia.
 ELLEN RIGBY, Tasmania.
 NELLIE MAY SISLEY, America.
 ELSIE SOPHIA DAVEY, South Australia.
 LAURA HARKER, New Zealand.
 JANE MCCULLOUGH, New South Wales.
 E. MAUD KREUTZBERG, New South Wales.
 MARY ALICE RIGBY, Tasmania.
 JANE PRICE, New South Wales.
 EVA M. HARE, New Zealand.
 ANNA A. NORDSTROM, Victoria.

MR. HARRY CAMPBELL, a famous surgeon of Wimpole Street, London, England, says, "Were we to feed our children on a rational plan, I have little doubt that we should practically do away with *adenoids*." The *British Medical Journal* says, "It was said twenty years ago that a doctor was one who, to a body of which he knew nothing, administered drugs of which he knew little more. This taunt is hardly deserved by the profession to-day. But if for drugs we substitute the word food, the accusation would not be without some point. It is probable that it will continue in some measure to be deserved until the food question is given its proper place in the medical curriculum."

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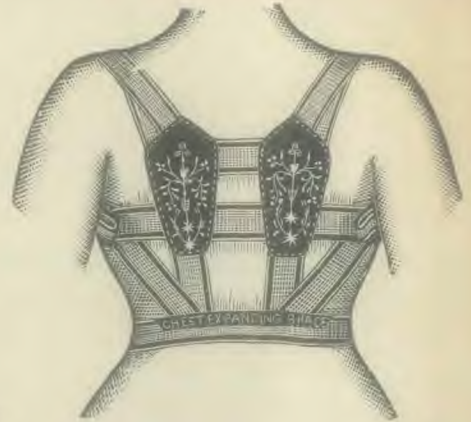
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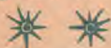
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