

# THE AUSTRALASIAN GOOD HEALTH

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News and Notes.

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# Hot Weather Diet!

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## Sanitarium Health Foods.

### Opinions of Others.

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# Sanitarium Health Foods

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93 Franklin Street, Adelaide, South Australia.

131 St. John's Street, Launceston, Tasmania.

Sanitarium Health Food Store, Elizabeth Street, Hobart, Tasmania.

246 William Street, Perth, West Australia.



Nurses of the Sydney Sanitarium Taking Physical Culture Exercises.

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## Medical and Health News.

### Summer Drinks.

DR. REYNOLDS, physician to the Royal Manchester Infirmary, three years ago made a careful examination of the beer consumed in Great Britain, owing to an obscure illness which prevailed among beer drinkers, resulting in death in many cases. The disease resembled the tropical disease "Beri beri." Traces of arsenic were found in samples from many parts of the country. The greatest amounts of arsenic were traced to breweries where starch glucose had been manufactured by the aid of arsenical sulphuric acid, sulphur being often sprinkled on malt to lighten its color.

The fact that arsenic was liable to occur in glucose was known as long ago as 1878. In the manufacture of many of the sweet-meats, jams, syrups, and summer temperance drinks, glucose is largely employed on account of its cheapness. Bottled summer drinks are in many instances responsible for symptoms not attributed to them. To be on the safe side it would be well to dispense with them altogether, and use lemon and orange drinks, or grape juice instead.

### Butter Versus Cream.

DR. FRANK CORBETT, bacteriologist of the Minneapolis, U. S. A., board of health, fed rabbits, guinea pigs, and cats with coloring matter much used in food, almost always with fatal results to the subjects. Rabbits appeared unaffected by butter

color, and he was about to try a large dose on himself, when he bethought him of a pet cat. The dose was given to pussy, who did not survive. He then fed varying doses to cats, and all died. His conclusions are that butter color is capable of producing severe disturbances of the nervous system, ending even in death. While a single dose may not be harmful, its continued use is likely to produce diseases of kidneys, bladder, and even lungs. Dairy Commissioner McConnell, of Minnesota, believes that these experiments should prove conclusively that the use of butter color should be stopped, and after further experiments, his department will begin a crusade to prevent its use in butter made in the State.

The superiority of cream over butter, or any other solid fat, consists, first, in its being not exactly in a liquid form, but in a condition allowing of great mobility between its particles, permitting the gastric juice to mix with it in the most perfect manner, and with whatever else the stomach contains, thereby facilitating digestion. Its behaviour is quite different in this respect from that of butter and other pure fats. As soon as they become melted, they grease over the other contents of the stomach, obstructing in a measure the contact of the gastric juice, and hindering, rather than hastening, the progress of their digestion.

Cream is also superior to butter and other solid fats from its being intimately incorporated with albuminous or flesh-

forming matter in a condition favorable for easy and perfect digestion, so that while it serves the purpose of all unctuous matter in developing animal heat and force, it rebuilds tissue, a very important consideration in the case of invalids.

It is a fact in the functions of the human stomach that neither fat alone nor albuminoids alone are digested by it as well as when the two are mingled together in certain proportions.

### House Infection and Tuberculosis.

At the Tuberculosis Exposition held in Baltimore recently, Dr. L. F. Flick read a paper on the house infection of consumption. Houses, he said, were the sole cause of the "white plague." Were it not for houses, the bacilli would soon be totally exterminated, for they cannot stand sunlight and fresh air and water. Water dissolves the germs out of their hiding



places, and the sunlight and air destroy them. Unhealthy dwellings and workshops also serve to prepare the human body for the reception of the germ, and Dr. Flick stated that owing to the disgusting habit of spitting now so prevalent, a few consumptives can contaminate a whole workshop. Everyone has, however, some resisting power to consumption, and if proper means be employed, everyone has practically sufficient resisting power to the attacks of the disease.

EXPERTS have examined the books in the Berlin Municipal People's Library, and found the majority infested with tuberculosis germs.

### Education and Health.

BY E. A. SUTHERLAND.

EDUCATION does not always bring health, we must admit, but it should. When it does not,—when the school turns out nervous wrecks, something is wrong.

The health should be as sacredly guarded as the character, and in the school where right educational principles are followed, this will be the case. How can this be? Let us see.

True education is the harmonious development of the physical, the mental, and the spiritual powers. The mind may be overtaxed at the expense of the soul and body, and very often this is the case.

Mental activity alone has too often been regarded as the standard in education, but men are coming to view the subject in a different light. A learned educator, no less an authority than President Elliott, of Harvard University, has said: "I shall never be satisfied until one-half of the curriculum of Harvard is devoted to doing things instead of merely talking about them." The doing of things instead of merely talking about them, is what brings health out of education.

Man was formed by his Creator to work. The first man was put to work—to work out with his hands what his brain thought out. And strive as hard as he may to reverse the plan of his Maker, the law still remains in force, and man inevitably bows to it.

In school every boy and girl should learn to work, and the best place for the students to work is with the soil and in the home. This work creates an appetite for wholesome food, and conduces to the health of body and soul alike. The boy or girl who is taught to think can get plenty of fresh air and vigorous exercise with the hoe and rake.

Teach children to do, and you have laid the foundation for instruction in, and the adoption of, healthful living. The close contact of mind and body with nature and her products affords the conditions most favorable to a healthy soul growth, combining mental and physical labor.

"What is the difference between an educated and an uneducated man?" asked a clergyman who was addressing a class of children.

"An educated man," said one little

girl, "is one who never does any work."

This has been the theory and the practice, but, thank God, the idea is fast losing ground. The salvation of our children depends upon the correlation of manual and mental training, but not in the school-room only. There we can establish a habit for the combination which will be followed through life. This is health.

### The Battle Creek Idea.

A Letter from President Patterson of the National Cash Register Company of Dayton, Ohio, U.S.A., on How to Conserve and Regain Health.

We should not be satisfied with good health, but should seek the best, which is made possible by the present state of human knowledge. One should be in such perfect physical condition as to have the most active mental condition all the time.

Last September, I breakfasted in the city of Detroit with two of our travelling representatives. They drank each two cups of coffee, ate some melon, beefsteak, fried potatoes, fried eggs, hot biscuit, and wound up with griddle cakes and maple syrup, then each lit a cigar. I told them I envied their digestive ability. After telling me that they were not well, but were suffering with indigestion, I urged them to come to the Battle Creek Sanitarium for two days as my guests, and when they informed me of the result of the diagnosis, their condition was such that I advised them to take a vacation of three months and endeavor to recover their health at Battle Creek. Probably no two persons connected with our organization appeared to be in such good health as these two men. I judge from this that there are many more similarly situated. I know of some. I want to prove to them that they cannot escape the consequences of the violation of the great law which says, "Whatsoever a man soweth, that shall he also reap." If you sow the seeds of disease, you will reap crops of sickness.

This institution is not a pleasure resort, but I believe it to be the best place in the world for people seeking to recover their health, and who are suffering from diseases that have their origin in indigestion.

It was incorporated in 1866 so that the stockholders could never receive any financial benefit. It has become the most scientific and most successful sanitarium in the world. All the earnings are devoted to the betterment of the institution and to the diffusion of its doctrines and foods. All the doctors, nurses, and employees, from the bellboy up, enter the institution as a religious duty, and not with the hope of financial reward.

### Philanthropy Their Object.

The Battle Creek Sanitarium does not base its claim upon any mineral springs, climate, or any remarkable attraction. It was organized by Seventh-day Adventists as a philanthropic institution, and promoted by men and women who desired to carry out the most important thing that Christ taught,

which was healing the sick. They believe, and I agree with them, that the fundamental thing in life, and especially in the education of children, is the teaching of how to keep well. They believe that disease is only the result of wrong habits in life, and can be gotten rid of by following the prophet's command, "Cease to do evil, and learn to do well." Their object has been reform in food, in drink, and in dress.

They make many foods here which they sell, prepared from cereals in the very best hygienic manner, and also preparations of nuts, such as malted nuts, almond butter, etc.

The nurses, physicians, and all who assist in carrying on the work here—more than five hundred—are all young people who are educating themselves in every department to become missionaries in spreading the Battle Creek idea. It is their religion, and they are devoting their lives to that purpose with prospects of only small financial compensation. Many of them on coming here were not in good health, but in a short time their health is regained, and very little sickness is reported among them.

### Application of Nature's Laws.

It is not done by Christian Science, nor by the laying on of hands, nor by patent medicines, nor by mineral waters, nor by climate, nor by change of air, nor by people who fatten upon the gullibility of the public. Diets, the great German scientist, said: "Nature alone can cure. This is the highest law of practical medicine and the one to which we must adhere." Physicians can not heal. Medicines, baths, and other remedies are powerless to heal. All they can do is to remove the cause of the disease. The healing power is in the blood, and it is the blood that must do the healing. Blood repairs the waste, restores disordered functions, and repairs the damaged tissues.

### Diagnosis and Diet.

The first thing they do is to diagnose most thoroughly the patient's trouble.

The second thing is to eliminate from the bill of fare all things which help to make one sick, such as coffee, tea, malt, spirituous and vinous liquors, spices, mustard, pepper, pickles, baking powder, buttered toast, milk (unless sterilised), and all meats. It is claimed here that mustard, pepper, and capsicum blister the skin when applied externally, and produce similar irritation in the stomach and intestines.

To show the effect of simple diet and two meals a day upon the Sanitarium family, it is interesting to note that no harsh words are ever heard, only kindness is manifest, and a desire shown on the part of all to help everyone as much as possible. When you pay your bill, that ends it; there are no tips. The young women nurses wear uniforms but no corsets.

### What the Founder Says.

J. H. Kellogg, M. D., president of the board of directors, and the head and front of the whole institution, says that "Morbid conditions must first be corrected, breathing capacity must be increased, the heart strengthened, the skin made more active, muscles made stronger, nerves toned higher, and the digestive activity made greater." You must be helped to put off the old man of disease and to

put on the new man of health. He advocates the taking of two baths a day, and believes in action and reaction, first a warm bath and spray, followed by a cold spray. They believe in taking little or no medicines, and rely largely upon a variety of baths to help nature, also massage, diet, and exercise. They have a few simple rules which everyone should know. Never eat fruit and vegetables at the same meal, as it takes longer to digest vegetables than fruit, and the fruit undergoes fermentation and produces headaches. They claim that it takes seven hours to digest a meal thoroughly, and that our stomachs should have plenty of rest, and that the old-fashioned idea that prevails among the Germans of eating something every few hours is contrary to common sense. The board of directors was in session last week, and one of the doctors stated that he got on an average only four hours' sleep daily, but that he kept up and was able to do his work up to his usual standard by making use of a very simple diet. Whereas it would have been impossible had he eaten the greasy, indigestible messes furnished by the average hotel or restaurant.

#### Good Rules to Follow.

Don't drink anything at meals. Don't drink anything within an hour before or three hours after meals.

Don't bathe until two hours after meals.

Always follow a bath of hot water with a short one of cold water—to get up a reaction.

There are no more agreeable sensations than those which follow good, vigorous exercise with a hot bath, followed by a cold dash or spray. The nerves are braced, the muscles are hardened, and the man or woman is better able to resist disease and the wearing effects of mental strain.

#### Flesh Foods.

All sorts of flesh foods are discarded. This includes red meat, fish, flesh, fowls, oysters, clams, and lobsters. The reason is that they produce uric acid, which in turn causes rheumatism, Bright's disease, gall stones, gout, neurasthenia, and many other diseases, called meat-eaters' diseases.

Many prominent physicians in various parts of the world have pointed out the relationship between meat eating and the disorders above named. Very much can be said in favor of a vegetarian diet, which includes a line of vegetables, fruits, cereals, and nuts, and by careful examination in laboratories, it is found that these things contain all the nutritive qualities which are required for perfect health.

All identified with this Sanitarium and its sixty branches are strictly vegetarians, and carry out the principles of this institution. They believe here in sweating. God instructed Adam to earn his bread by the sweat of his brow. I heard Robert Ingersoll say that he endorsed all the commandments, and this was the best of them all. Sweating caused by muscular labor is a blessing in disguise. Muscular action wearies and even exhausts, but it cleans and purifies the blood which is the formation of life. It works out the bad material of the body, and gives good digestion, good health, and happiness. The blood is the stream that turns the wheels of life. It heals. This cannot be done by pepsin. The stomach must make its

own pepsin, and do its own work. Here they recommend fruit, both raw and cooked. The old saying, "Fruit is golden in the morning, silver at noon, and lead at night," is out of date, for it is golden at all times.

#### Dr. Kellogg's Question Box.

Every Monday evening a box is placed on the table in the large gymnasium and filled with questions from the guests. They are taken out and answered by Dr. Kellogg, and this is a sample question.—"Is ice cream injurious if not eaten with other food?" Answer—"There are two things injurious about ice cream. One is the germs—barnyard germs—from the alimentary canal of the cow. Sometimes these germs break up a big picnic, and send everybody home early. The other is the cold. Did you ever get your fingers cold and numb, and then try to button your coat, and couldn't do it? So it is with the stomach, the cold benumbs it. A stomach needs to be wide awake to digest ice cream or any other food. Boil ice cream half an hour just before eating it, to kill the germs, and it won't do you any harm."

So effective was this question box that we have adopted it for all our conventions, and will use it pretty generally at all of our meetings hereafter. If I learned nothing else in Battle Creek, this in itself is worth my two weeks' visit. The question box is the most popular of all the Sanitarium entertainments, and by it one can learn more in an hour about health than in the same length of time in any other way.

There are six hundred helpers here, including doctors, nurses, and students. All but the doctors do manual labor for a part of the day. Many of the nurses, although confined with the sick people, work and study at least from twelve to fifteen hours a day, but have better health than before coming here.

It has been clearly shown that the degeneracy of nations that have ruled the world began with the habit of gormandising at the table.

Persons suffering with indigestion should stop the use of soups and porridges and all liquid foods, and not drink anything for an hour before, or during meals, or for two hours after meals. They should eat no white bread unless it has been baked twice, and then it is called *twiback*, which is baked until it is browned the whole thickness of the slice.

It is impossible in so short a space to give particulars that would be of much benefit to any one. I only expect to point out a few new ideas and tell you where you can almost surely get well if you wish to.

ONE of the highest compliments ever paid to the Battle Creek Sanitarium and its methods is the fact that King Edward, Emperor William, and King Christian, as well as a number of other royal personages, have within the past two years had installed in their palaces facilities for administering Sanitarium treatments after methods which originated at the Battle Creek Sanitarium.



## Defences of the Human Body.

### PART II.

WHEN germs enter the nasal passages, the mucous membrane secretes a fluid that destroys them. Two people may be exposed to diphtheria; one takes the disease, and the other escapes. Lowered vitality of the mucous membrane is the cause of diphtheria. Germs cannot live for any length of time on a healthy mucous membrane.

A few years ago the tonsils were thought of so little value that in every case where they were a little inflamed, they were immediately removed. It has since been discovered that they occupy a most important part in protecting the body, and that they are capable of destroying germs. They are the sentinels which guard the entrance to the lungs. Their removal favors tuberculosis of the lungs, a disease that carries off many of the young people. How much their promiscuous removal has to do with the prevalence of this disease it is difficult to say.

When germs enter the trachea, or wind-pipe, they are brought in contact with hair-like processes, or cilia, which are constantly in motion, carrying mucus, germs, and other foreign elements upward toward the mouth to be expelled. If the germs get past the trachea into the lungs, the person is taken with a fit of coughing. A cough is not always an evil. It is usually an effort on the part of nature to rid the lungs of something that is destructive to life. The thing to get rid of is not the cough, but that which makes the cough a necessity.

Saliva is a germ destroyer. Dr. Krutz, of Vienna, discovered a short time ago that saliva destroys diphtheria germs. He has his patients chew gum and a piece of loaf sugar until a certain amount of saliva has formed, and then has the patient gargle the throat with it. He reports excellent success with this novel method of treatment. To disinfect the food and destroy germs that may be present in it, it is only necessary to masticate it a sufficient length of time to mingle freely the saliva with it. As a rule the food is bolted; the saliva barely touches it, and the germs pass into the stomach unmolested.

In the healthy stomach, germs receive another unpleasant reception. The stomach, in health, is a disinfecting chamber. It secretes daily about sixty ounces of an acid which is destructive to all germ life. The stomach needs a sufficient interval after disinfecting one meal for the glands to recharge and prepare for the next. Typhoid fever germs flourish in the intestines. It is impossible for a person who masticates his food properly and has a healthy stomach, to have typhoid fever; for all typhoid fever germs are destroyed before reaching the intestines. People who bolt their food, and who eat between meals, and at all times, who have a poor quality and deficiency of saliva and stomach juice, are the ones who take this disease.

The appendix is another organ that has been in the past considered almost useless. Its removal has been almost popularised. It is now recognised that this organ secretes a fluid that interferes with the decomposition of foods in the colon, thus preventing self poisoning. A few years ago consumption was treated with drugs, and the patients nearly all died. Now consumptives are kept out in the open air, and supplied with suitable and nutritious food and tonic baths. Under this common-sense treatment the vitality of the body, including the lungs, is built up, the germs finding it necessary to vacate. The treatment now recognised as so helpful to consumptives is indicated as a preventive of all germ diseases. In the effort to destroy germs with drugs, the patient is often lost sight of. The same drug that kills the germs frequently kills the patient as well.

The great object of sanitarium treatments is to make persons germ proof by building up their barriers of defence, or by increasing the general health of the entire man. The application of cold water to the surface calls all of the sentinels out of their hiding places. The blood after a treatment frequently contains one-third more of the cells than before the treatment. Instead of being a disinfecting chamber, the stomach, when abused for a long time, may become a receptacle for the cultivation of all kinds of deadly germs. The poisons formed by the decay and fermentation of the food, if absorbed and

carried into the general circulation, would often cause death.

Before the germs or their products can pass into the general circulation, they have to pass through the liver. The liver stands as a sentinel, or a closed door, and prevents these products from passing into the general circulation. If it were not for the liver, there would be many more cases of neurasthenia and insomnia. There would be many more raving maniacs. Think of the things people put into their stomachs. If the pepper and mustard were carried directly from the stomach into the general circulation to the brain, there is no doubt that serious results would follow. The liver stands as a defence, and protects the brain and the nervous system from these and other irritants that may be formed by the decomposition of food. It has been found that to produce death in an animal, it is necessary to inject twice as much poison into the vein going to the liver as is required in the vessel coming from the liver, showing that the liver is capable of destroying, or eliminating, through its secretion—the bile—a great deal of the poison. By continual carelessness in eating, the liver becomes over-worked, and goes on strike, unable longer to stand the abuse heaped upon it. Then these poisons are permitted to pass into the general circulation, the skin becomes muddy, and the eyes dingy. This muddy color is more than skin deep. The muscles are dingy, and the brain is dingy. Is it any wonder that the brain, when bathed in these impurities, becomes confused, and the defences of the body are undermined and crippled? When bilious, the liver does not need whipping up with calomel and other drugs; it needs a vacation of a couple of days—a short breathing spell. A short fast or an exclusive fruit diet for a couple of days is the best remedy for biliousness. The excessive work and the continuous taking of drugs to stir up the liver, finally destroys its function of storing up sugar and converting uric acid into urea. Diabetes and other incurable systemic diseases are the sure result.

How can we best build up the vitality and increase the usefulness of the defences of the body?—First we need to supply these faithful creatures with pure air and

good, wholesome food. To do this it is necessary to take a sufficient amount of exercise. Exercise improves the circulation, thus a greater amount of oxygen and nutriment is carried to them. We may go about building up the vitality of these workmen in an intelligent manner. Whether we have germ diseases or not will depend upon the way we live more than upon our surroundings or our quarantine laws. There is a disease line, and all that is necessary is to live above it. The germs fasten themselves only upon those who live below this line. So long as we keep above it we are safe anywhere. No plague can come nigh our dwelling.

By breathing impure air, by carelessness in eating, and by lack of exercise, we lower the vitality of the tissues, and the germs claim us as their lawful prey. Germs have their mission in the world. They are here for the purpose of converting dead or dying matter into its original elements of dust and gases. When they find a man that is on the downward way, with lowered vitality or on the point of death, they fasten upon him. The only real preventive for germ diseases is a healthy body.

### Good Samaritans.

BY HORACE FLETCHER.

It has always been recognised that the nursing of the sick is the best part of doctoring, but it is only of late years that it has been made a profession, with a long course of study and practice required of the certificated professional.

One of the peculiarities of the nurse's occupation seems to be that it attracts women of intelligence and character.

The Princess Alexandra of Denmark took a course in trained nursing before she became Princess of Wales. She is now Queen of England and Empress of India, but all the better queen and empress for having been a trained nurse. In her case she was following the good German custom of learning scientifically some branch of the profession of wife. No self-respecting German woman shirks the task of taking a course in cooking or some other branch of household service; and the present Queen of England added to the usual wifely studies the special

accomplishment of scientific nursing.

One of the most charming hostesses of London, as well as one of the most beautiful, is the wife of a very busy physician, Dr. Harry Huxley, son of the great scientist. She was a daughter of a famous Yorkshire family of large means; yet she came to London and went through the paces of the nursing school and what are technically called the "intern" experiences in one of the hospitals, and continued faithfully up to the point of graduation. She then devoted herself to gratuitous practice among the poor of London, and had become so much interested in the Good Samaritan work, that social pleasures failed to lure her back to her position in society. She is now the mistress of a perfect home, where husband and wife are in full sympathy in the work as well as in the recreations of life.

The nurses are not all from the wealthy classes in training for efficient wifehood. Most of them, as must needs be in a country where the women out-number the men, are girls who have chosen this in preference to some other more remunerative occupation.

If appearances are not deceitful, these good little Samaritans are very happy. One of them remarked, "It must be dreadful not to have something to do, and no set time to do it in. The principal charm is in feeling that you are useful; and then we have some lovely patients whom it is a pleasure to be nice to, and the training itself is good discipline and a liberal education."

I visited the great Battle Creek Sanitarium in company with the dean of American physiologists and member of the Executive Council of the International Congress of Physiologists, Professor H. P. Bowditch, of Harvard Medical School, and heard his comment on the corps of nurses as well as the other features of unique excellence in the Battle Creek institution. The average number of patients to a single attendant in the great hospitals of the world is eight. At Battle Creek there are two attendants to every three patients. At a meeting of eminent men in Boston, William Ernest Van Someren, of Venice, Italy, a Guy's Hospital graduate, said, "The entire equipment at Battle Creek is the finest in the world;" and my own observation bears out this estimate.

### Disease Communicated By Milk.

THE evidence is accumulating that milk is a very common means of introduction for the germs of tuberculosis into the human system. Dr. Salmon, of the United States Department of Agriculture, declares that tuberculosis is rapidly increasing among cattle, especially dairy cattle. Imported breeds of cattle are particularly prone to the disease.

Dr. Osler, of Baltimore, tells of a dairyman, a patient of his, who, discovering that his herd of fine cows had become tuberculous, gave the milk to a herd of swine without taking any care to sterilise it. The result was that the hogs all became tuberculous, so that it was necessary to slaughter them with the cattle.

Typhoid fever is also sometimes communicated by milk. In an epidemic at Stamford, Conn., ninety-seven per cent. of all the cases had obtained their milk from a single milk dealer. A surface well infected with typhoid was found on his premises.

Kober has collected accounts of more than three hundred outbreaks of infectious disease in which milk was the medium by which the infection was conveyed. In a total of one hundred and ninety-five outbreaks of typhoid fever, one hundred and forty-eight were traced to the milk supply.

According to Dr. G. W. Cocks, the milk supply of the city of Berlin is heavily charged with stable filth. It has been asserted on good authority that the amount of stable filth consumed daily in the milk supply of Berlin is not less than three hundred pounds.

Milk is not by any means the most necessary article of food. We might easily dispense with it altogether without injury. If it is to be eaten, care should be taken that it is obtained from healthy animals; and if it is of uncertain origin, care must be taken to sterilise it by heating nearly to the boiling point for fifteen or twenty minutes.

TINNED MEATS have been responsible at Birmingham, England, for fifty deaths from ptomaine poisoning. The *Daily Mirror* states that the vendor shifts the blame on to a Birmingham firm who supplied him with the goods.

### Cigarette Insanity.

ANOTHER danger signal is held out to users of tobacco in the case of a Mr. Duff, of Melbourne, who recently attempted to kill his wife, then threw himself in front of a train proceeding to Melbourne, sustaining fatal injuries. Mr. Duff, it is said, in his normal condition, was a good husband and father. Duff's father says that his son has been behaving peculiarly of late, and this he attributed to his insatiable liking for cigarettes.

Duff, besides being an inveterate smoker, had some time ago been drinking heavily. Under the influence of his father, he gave up drink, but cigarettes, the smoke from which he made a habit of inhaling, he could not abandon. He was in constant fear of death, and had a haunting dread of being suddenly overwhelmed by some awful fate.

Dr. E. Sinclair, Inspector General of the Insane, states in his annual report:—

"The number of insane persons under official cognisance in this State in 1903 was 4,950, being an increase in the year of 263.

"The average annual increase for twenty years was 127, so that for 1903 was much above the average.

"The proportion of insane to the population was 1 to 289."

General paralysis of the insane, he says, was practically unknown thirty years ago, but is now quite common. The chief factors of insanity, everyone who thinks may know. They are the excessive use of tobacco, liquor, and tea, and other unnatural habits. True, worry is responsible for much of the insanity, but if these habits were corrected, there would exist little worrying.

### Sausages,—a Startling Revelation.

STARTLING revelations with regard to food adulteration have been made by the government analyst of Victoria in his recent report to the Premier. A year ago attention was called to the adulteration of cordials, summer drinks, and wines. A little later foods also sold at groceries and bakeries were shown to be adulterated with preservatives and cheap substitutes. For instance, coal tar yellow dyes were

used to simulate fresh eggs in imparting a rich color to foods, etc. But, according to the Melbourne *Age*, "the latest revelation from the analyst's laboratory goes to prove that, as enemies of the public health, the manufacturers of butcher's small goods easily come first."

Out of sixty-eight alleged fresh sausages and minces examined by the analysts, not one was found free from boric acid, or the sulphite or bisulphite of soda.

Stale scraps of beef, mutton, and lamb are gathered together from the refuse heaps behind some of the shops, and taken off to be converted into toothsome sausages. The process of putrefaction—already commenced in many of the pieces—would go on at such a rate as to speedily make the sausages offensive to the smell and totally unsaleable, unless a very powerful chemical such as boric acid were added in order to check it. Bits of meat that go into the mincing machine quite malodorous, come out in the form of sausages smelling fresh and sweet. But at what expense to the digestions of the customers? The same antiseptic property that makes the acid delay fermentation also acts as a powerful check on digestion. It is obvious that the two questions of staleness and adulteration hang very closely together.

It is safe to say that during the summer months *all* the meat sold at the the butchers' shops is dipped in a boric acid solution or some other injurious chemical preservative, otherwise it would undergo rapid decay. But why run the risk of using such food, when nature has so bountifully provided us with pure foods in the luscious fruits and grains and vegetables?

A MEDICAL journal points out that the French are gradually dying out. Dr. Lagneau has predicted that if matters go on as at present, there will not be a single Frenchman in existence less than five centuries hence, and that without the aid of wars or epidemics.

GRINDER: "What! asleep at your desk, and work so pressing?"

Meekly: "Excuse me, sir; baby kept me awake all night."

Grinder: "Then you should have brought it with you to the office."



# The Home.

## THE HUMMING OF THE HARVEST.

I HAVE seen the golden glory,  
The majestic, billowy splendor,  
Of the grain fields in the summer,  
And the autumn of the year;  
Seen the breeze, with odors flow'ry,  
Lightly, and with touches tender,  
Give the large expanse a glamor  
And a tremor far and near;  
And the beauteous view has thrilled me,  
A devouter sense has filled me,  
And my heart uplifted worshiped  
Him whose love has decked the year.

I have heard the iron rattle,  
Heard the labor song arousing,  
And the neighing, tramping horses  
Pushing to the harvest work,  
Almost like the noise of battle,  
Like the warrior's carousing,  
Singing martial strains and verses,  
Near where deadly dangers lurk.  
And it is a war, though peaceful;  
Sweat and strife, no chair of ease full,  
Gain a triumph when the harvest  
And the vintage call for work.

All our earth is but a grain field,  
All time's history but the growing  
Of a multitudinous harvest,  
And each autumn's ripening grain  
Has within its smaller space sealed  
Great achievements, larger showing,  
World affairs near by or farthest,  
O'er the land and o'er the main.  
Large and full our earth's great earing,  
Busy, mighty, sure, is nearing;  
Shall the gathering time be glorious,  
Ruddy grapes and golden grain?

—THOMAS R. WILLIAMSON.

## Comfortable Yet "Comfort"- Less.

### A Talk With Mothers.

BY EULALIA SISLEY-RICHARDS, M. D.

"SURELY those things must be the cause of half the children's troubles," recently ventured a member of the staff of London's busiest hospital for sick children, sternly holding at arms' length a so-called baby "comforter."

He caught it just in the nick of time on its way from the hospital floor to the mouth of a helpless infant in arms.

The mother evidently considered, as many others do, that the afore-mentioned bone and rubber creation is not only a harmless but also a necessary adjunct in successfully "bringing up" children.

Nevertheless, by many medical men today, the article in question is considered to be both wholly unnecessary and productive of evil.

1. The continued use of the "comforter" is believed to spoil the beauty of the baby's mouth.

2. Its use makes excessive demands upon the salivary glands, stimulating a constant and free flow of saliva.

3. This excessive flow of saliva interferes to some extent with the normal action of gastric juice in the stomach.

4. Some comforters are made in such a way that the baby is likely to swallow considerable air, which performance may in turn provoke an attack of colic.

5. And last, but not least, there is

danger of infection. The little mites are always dropping their comforts on to the dirty, germ-covered floor, and then conveying them directly to their mouths with fingers none too clean. Beyond doubt, in this way, the mouth, tonsils, or even the glands of the neck may become infected. "Scrofula" frequently results.

While, as some one has expressed it,—

"We sigh for that bright country  
Of the peaceful and the blest,  
Where bacteria cease from troubling,  
And the microbes are at rest,"

We will do well to adopt more active measures against disease germs while still we are surrounded by them.

It is an unfortunate fact that babies are rather limited in their resources. What an adult would investigate by his sense of sight, smell, or touch, the baby puts into his mouth, this being almost his only method of investigating the unknown.

Considering this fact, mothers should, as far as possible, withhold from young infants, small and objectionable articles, "comforts" included, as they will, if given, be sure to arrive at the same destination,—the baby's mouth, carrying with them not only filth, but often disease-producing germs as well.

Contrary to the popular belief, it is quite possible to bring up a baby comfortably and yet "comfort"-less. It is only a matter of habit. The baby who has never known the joy(?) of the comforter will be quite happy without it, and certainly much better off.

With the baby's natural tendency, it is so easy for him to form the habit of always having something in his mouth.

The little one, who, in his baby days, is a slave to the comforter, will, as he grows a bit older, find something to eat absolutely essential to his happiness. He must always be biting a biscuit, or eating sweets. As he grows still older, the habit clings to him, and you may find the lad of eighteen years smoking cigarettes, who at eighteen months was sucking a "comforter."

OUR ideals of the home have been lowered; childless firesides are taking the place of family circles. It is the ring of the telephone we hear nowadays, says Dr. Coyle, and not the cry of the baby.—*Harper's Weekly*.

## Infantile Disease and Proper Feeding.

BY LAURETTA KRESS, M. D.

IMPROPER feeding is the most active cause of infantile disease. A great deal of suffering and many premature deaths result from digestive derangements.

How many puny children with shrunken, wasted frames would quickly become happy, healthy, and well-nourished, if fed according to their requirements! There is rarely any lack of food, for mothers are only too willing to provide for their little ones; it is for want of food which they can digest and assimilate that so many suffer.

The pernicious habit of cramming something into the child's mouth every time it is opened is responsible for endless mischief. Regularity is a necessity in infant feeding, and the frequency of the meals must be determined by the physical condition of the child.

Few children cry from hunger; pain resulting from overfeeding is a much more likely cause, and a little warm water internally, or a warm application externally, will usually give speedy relief. Whatever is done, more food must not be crowded into the stomach merely to hush the child's voice. Many a voice has been forever hushed in this way.

Do not endanger the life of your child by feeding it on various condensed milks. Milk obtained from dairymen or milkmen should not be relied upon, as it is often a carrier of various diseases, and is always adulterated with preservatives which are injurious and especially dangerous to the structures of the feeble infants. As high as eleven grains of boracic acid have been discovered in a pint of milk. It has been acknowledged that the milk trade would have to be abandoned if the preservatives were not used, as the milk would spoil before it could be delivered at the homes in our cities.

The best food for babies is, undoubtedly, mother's milk. Whenever possible, infants should be nursed for eight or ten months, but not longer. Children who have inherited good constitutions do not require more than five meals—four in the daytime and one at night—in each twenty-four hours, except during the first two months of infant life. Between the fourth

and eighth months the interval should be prolonged to five hours, and at the end of the first year only three meals a day need be provided, the child being allowed to sleep soundly all night.

To break a child of night nursing, a little warm water may be administered in the bottle in place of the customary milk; the baby will drink freely and then drop off to sleep again.

Feeble or premature children must be fed rather more frequently than those of sounder constitutions, and they require extra care.

Never allow an infant to sleep at the breast or with a feeding-bottle in its mouth; let it stop eating as soon as its hunger is appeased. This constant suction is responsible for the frequency of posterior nasal growths and enlarged, inflamed tonsils. Nor is it advisable to give sugar teats or sweets to soothe a crying child. Some mothers administer sugar and water the first few days of life, but this practice causes spasms and similar disturbances. Herb teas are unnecessary and often harmful. Plain water is by far the best drink for young children.

When the mother is unable to suckle her child, so that artificial feeding becomes a necessity, cow's milk, properly



sterilised and diluted, is the best substitute. Nipples and tubes of feeding-bottles must be kept clean and free from germs.

At the third or fourth month, sanitarium infant food, zwieback (twice baked bread) finely-grated or powdered, or pulverised granose flakes may be added to the milk. These products are much more easily digested than the majority of so-called "infant foods," and are certain to be pure and unadulterated.

THE ungrateful heart cannot retain the peace of God.

### A Pertinent Comment.

IT would be ludicrous, were it not so pitiable, to see a thin, anæmic woman, who has taken stout for twenty years in order that she might put on flesh, relying more and more on the use of this beverage as she gets thinner and thinner; to hear a patient in middle life telling you that she has taken claret since she was married, to cure headaches that are now of daily occurrence; or an asthmatic patient, who is steadily getting worse, assuring you that glasses of whisky, which are becoming more frequent as years roll on, are the only remedy which affords him any permanent relief. I venture to say that no other drug or method of treatment would be continued for the same length of time had it failed so dismally to bring about the desired result.—*G. Sims Woodhead, M. D.*

### A Shampoo Mixture.

It is a great mistake to soap the head when washing it, if only for the reason that even after many rinsings the hair is often left in a sticky condition. The following shampoo mixture is a simple one, and thoroughly cleanses the scalp and hair:—

Beat up an egg in a half-pint jug, add half a teaspoonful of powdered borax, the juice of half a lemon, and fill up with warm water. This wash should be well rubbed into the head before it gets cold, and when it is well rinsed off it will be found that it has answered its purpose admirably. It may be mentioned here that the first care of every woman on returning from the seaside should be to wash her head, for, even if she has not bathed, the salt in the air will have clung to her hair, and would rot it if not removed immediately she returns to town.

### Teaching of Hygiene and Temperance in Schools.

THE comments of the *London Times* in reference to the petition, signed by nearly 17,000 medical men, asking for the teaching of hygiene and temperance in the schools, are sufficiently interesting to be well worth quoting. Here is what the "Thunderer" has to say:—

"This is the year 1904 of the Christian

era, and this the country which prides itself upon being in the forefront of civilisation, and piques itself upon its common-sense and its practical intelligence. . . .

"Yet in this favored land a deputation of medical men last week waited upon the Minister of Education to beg him, *in view of the appalling and increasing degeneration among the people, to take steps to have the rudimentary laws of health taught in the public schools.*

"The minister expressed his entire sympathy with the objects of the deputation, but was obliged to confess that he could not promise any immediate help, because his department does not possess *teachers who themselves know what the deputation desire to have taught.* His department is doing what it can to induce the existing teachers to learn, and *two years hence* it hopes that every teacher admitted to its staff will be adequately instructed.

"So that in about a generation it may be possible that the fathers and mothers of the next will learn at school a little of what it most nearly concerns them to know. It would need the pen of a Swift to do justice to this mordant satire upon the way in which this nation carries on the highly important business of training its men and women."

### A Much-Needed and Neglected Remedy.

DOING good is an excellent remedy for disease. Clothe the naked, bring the poor that are cast out to thine house, and deal thy bread to the hungry. "*Then shall thy light break forth as the morning, and thine health shall spring forth speedily.*" It was not until Job prayed for his friends that restoration took place. When Job prayed for his friends, "the Lord turned his captivity."

Consciousness of right doing is a soother and a tonic to the body. There are many who remain ill merely because they think constantly of their ills. Selfishness keeps them ill. As long as one thinks of his ills, he keeps them in mind; as long as they are kept in the mind, they are kept in the body. A little interest in some poor unfortunate would result in self-forgetfulness and create a satisfaction and joy of mind that would be felt in every fibre of

the body. "In blessing (others), I will bless thee."

Most of the diseases originate in the mind. Dissatisfied feelings, unrest, worry, fear, anxiety, a knowledge of wrongdoing have a paralysing influence on the organs of digestion, the heart, the liver, and every other organ or member of the body. There are many who can never be helped until these mental boulders are removed, until, like Job, they begin to think, pray, and work for their friends. To be healthy one must first be happy. "A merry heart doeth good like a medicine."

The friends of the paralysed man expected physical healing as soon as they brought him to Christ. But Christ saw that the man was worrying over past sins, and needed mental healing before bodily healing was possible; so He addressed him with the welcome words, "SON, BE OF GOOD CHEER, thy sins are forgiven thee." When good cheer had taken the place of condemnation and worry, He could say to him, "Take up thy bed, and walk."

Physical healing is impossible as long as worry, fretting, and condemnation exist in the mind. What Christ said to this man, He says to every man who is in a similar mental state,— "Be of good cheer." The gospel imparts "the garment of praise for the spirit of heaviness." It is, after all, the one great remedy humanity needs.

Failing to do what we know to be right, or doing what we know to be wrong, will bring about a state of mind that will result in injury to the body. The person who knows he is eating that which is not good sustains a greater bodily injury than the one who eats the same food ignorantly. The wilful transgressor is robbed of that peace of mind which the other one may still possess, and which is so essential to good health. Increased knowledge may, therefore, prove a blessing or a curse. In order to be of value there must accompany it such a change of mind, that it will be a delight, not a burden, to obey. This is termed conversion. "To be *carnally* minded is death [it matters not how much knowledge possessed]; to be spiritually minded is life and peace."

"HEAR one man before you answer; hear several before you decide."



## Seasonable Recipes.

LAURETTA KRESS, M. D.

### Sauces for Vegetables.

WITH those who entirely discard the use of meat in their dietary, and those who use it only occasionally, it is often quite a question to know what to use as a substitute for the meat sauces so commonly considered an essential accompaniment to that every-day vegetable, the potato. We offer below recipes for several excellent dressings.

**LENTIL DRESSING.**—Cook some good lentils with a few slices of onion, if desired, to give them flavor. When tender, rub through a colander, and add one-half as much stewed and strained tomato as there is of the lentils; add salt to season and a tablespoonful of nut butter to each quart of dressing. Nut meal, or cream, may be used if preferred.

**GLUTEN SAUCE.**—To one pint of good milk add one tablespoonful of gluten meal. Leave it surrounded by boiling water fifteen or twenty minutes. Salt to taste, and thicken with flour to the desired consistency.

**BROWN SAUCE.**—Heat a pint of thin cream, and when boiling, add half a teaspoonful of salt and a tablespoonful of flour browned in the oven, and rubbed to a smooth paste with a little cold milk. Allow it to boil rapidly, stirring constantly until thickened; then cook more slowly in a double boiler for five or ten minutes.

**NUT SAUCE.**—Heat a quart of water in which a tablespoonful of nut butter has been dissolved, to boiling. Thicken with three tablespoonfuls of browned flour, add salt to season; cook thoroughly for five or ten minutes, then add one-third cup of hot stewed strained tomato. Beat thoroughly, when it is ready to serve.

**CELERY SAUCE.**—Cut half a dozen stalks of celery into finger lengths, and simmer in milk for ten or fifteen minutes. Skim out the celery, add a little cream to the milk, salt to taste, and thicken with flour, one tablespoonful to a pint of milk.

**TOMATO CREAM SAUCE.**—Heat a pint of rich milk to boiling, and stir into it a slightly heaping tablespoonful of flour previously rubbed smooth in a little cold milk. Season with salt, and cook in a double boiler five or ten minutes. When done, add just before serving, for each quart of the sauce, one cup of hot stewed and strained tomato. Beat thoroughly into the sauce, and serve hot.

**FRUIT SHERBET.**—Mash a quart of red raspberries, currants, or strawberries; add the juice of one lemon, and pour over all three pints of cold water. Stir frequently, and let it stand for two or three hours. Strain through a jelly bag. Sweeten to taste, and serve.

## Questions and Answers.

**Zwieback.**—How can zwieback be made at home?

*Ans.*—Cut stale bread into moderately thin slices, place in a slow oven, and leave until slightly browned throughout the slice.

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

*Ans.*—No; unless the temperature is very low. Food at ordinary temperatures is on the whole more natural and more wholesome than hot food.

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

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

**Chilblains.**—What would you recommend for chilblains?

*Ans.*—Apply oil eucalyptus, painting it on with a camel's-hair brush. It relieves the pain, and effects a cure in a very short time.

**Fruit—Legumes.**—1 Does fruit slowly simmered without water or sugar lose its healthful, cleansing properties? 2. Can legumes be prepared in any way to agree with one who can take only dry foods?

*Ans.*—1. No. 2. Yes. Cook thoroughly, removing the hulls; put through a colander, and bake in the oven till quite solid. Cut into slices, and toast in the oven.

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

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

### How to Extract a Splinter.

HERE is something worth knowing. When a splinter has been driven deep into the hand, it can be extracted without pain by steam. Nearly fill a wide-mouthed bottle with hot water, place the injured part over the mouth of the bottle and press tightly. The suction will draw the flesh down, and in a minute or two the steam will extricate the splinter and inflammation together.

## News Items.

It is worthy of note that in connection with a competition testing lung capacity, held at the Sandow School of Physical Culture, Christchurch, a few weeks since, the winner of the medal was practically a vegetarian. More recently, at the same school, a weight lifting competition was held, when a strict vegetarian took first place.—*White Ribbon*.

AN Italian medical journal announces a new treatment of diabetes, extolled by Professor Lupo, of Naples. It consists of an exclusively vegetable diet, all sorts of vegetables being permitted, including peas, beans, and fruit. Two cases, according to this authority, are reported, the result in one case being characterised as marvellous. In both, albumin and sugar disappeared from the urine within eighteen days.—*Health*.

CEYLON, according to its recent census returns, has no fewer than 145 inhabitants over one hundred years of age. Seventy-one of these are males and seventy-four females. Of these forty-three men and fifty-two women claimed to be exactly one hundred, while the highest age returned was 120. One hundred is a good round age, and no doubt a very indolent octogenarian who could not be bothered to remember the year of his birth put down one hundred to save time.

AT a meeting of the Cork Board of Guardians, the Workhouse Master reported that seven pigs fed in the house had died during the week. A guardian stated, says the correspondent of the *Central News*, that the pigs had been fed on linseed poultices from the fever hospital. An inquiry was ordered. We never seem to get to the end of the risks that attend flesh eating. This habit is environed by every possible form of nastiness and danger, to which due publicity is given, but folk go on eating meat just the same.—*Vegetarian*.

In the early fifties, writes Mrs George Cornwallis West in *Pearson's Magazine*, it was supposed to be the height of ill-breeding and vulgarity for a man to be seen smoking a cigar in the street, and the

smoking-room in a country house was generally some miserable room considered too unattractive for anything else, and as far removed from the living rooms as possible. Now the best, the warmest, and the brightest is surrendered. There is a story told of a certain lord who was an inveterate smoker, staying at Windsor in the days of Prince Consort; there being no place to smoke, this nobleman was discovered one day in his bedroom, lying on his back and smoking up the chimney. This was reported to the Queen, and from that day a smoking-room was provided.

"It is difficult," observes the medical officer of health for Islington, London, Eng., "to say positively how many deaths occur annually in England from polluted or unclean milk alone, but they must number many thousands. This may seem an alarming statement, but it must not be forgotten that diarrhoeal diseases cause annually in England and Wales nearly 13,000 deaths (between 1891 and 1900 they actually were accountable for 126,841); therefore, to say that it causes many thousands of deaths is only to assert what every medical man knows to be a fact. Dirty cowsheds, and dirty cows, and dirty milkers, and dirty cans, create an abnormal number of bacteria. These bacteria set up fermentation, which means sour milk, sour milk creates diarrhoea, and diarrhoea causes death. Recently a magistrate was so surprised when it was stated in court that several thousand deaths could be attributed annually to such uncleanness of milk as that which has just been mentioned, that he requested the Press to suppress such an alarming statement, but it is a true one, based on knowledge, and known to the medical profession, especially to that portion engaged in preventive medicine."

SO LONG as a man fears, it matters little what he fears; whether it be death, or poverty, or his next door neighbor, it is all one so long as the fear be vital. So long as a man is a slave, it is of comparatively little importance whether his master be a sugar planter, or a creed, or public opinion; there are only the two classes, the slave and the free.—*C. B. Wheeler*, in "*Broad Views*."

MODERN science, as well as experience, has shown that contact with natural surroundings, especially fresh air, sunshine, and the ozonising emanations from growing plants, has marvellous health-imparting virtues. The more closely we come to nature, the more deeply we may drink from the fountain of life and healing. To live in harmony with nature in the fullest and truest sense is to live in harmony with God; and to live in divine harmony is to be happy.

MODERATION in diet seems to be the pre-requisite of endurance. The Roman soldiers who built such wonderful roads, and carried a weight of armor and impedimenta that would crush the average farm hand, lived on coarse brown bread and sour wine, they were temperate in diet, and regular and constant in exercise. The Spanish peasant works every day and dances half the night, yet eats only his black bread, onion, and watermelon. The Smyrna porter eats only a little fruit and some olives, yet he walks off with his load of eight hundred pounds. The coolie fed on rice is more active, and can endure more than the negro fed on fat meat. The heavy work of the world is not done by men who eat the greatest quantity.

HIGHLY SEASONED DISHES.—All highly seasoned dishes are not directly indigestible, and the fact that they sometimes give no trouble to the eater is cited in support of their merits. But the condiments they contain have, upon the overtaxed stomach, the same effect as spurs upon a jaded horse. They quicken his speed, but it is at the expense of his staying

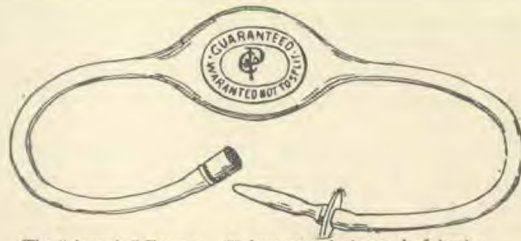
powers. He makes a spurt, and possibly wins, but he is more than likely to be broken down before his time. That food does not at once disagree with one, does not mean that it has done no harm. The stomach may have had sufficient strength to respond to the demand upon it, but there has been too heavy a draft made on its reserve,—a draft that means a future deficit. Many a fine digestion has been wrecked by youthful imprudence, and a man who as a child could eat anything, is likely at thirty to be able to eat nothing without discomfort.

NINETY-FOUR per cent. of the leading citizens of some of the large American cities were brought up on a farm. An examination of one hundred of the commercial and professional representative men of Chicago showed that seventy-five per cent. were raised in the country and rural villages. Seventeen of the twenty-three presidents came from the farm. The census of students of four colleges and seminaries showed that the rural districts and villages are furnishing eighty-five per cent. of the college students. The brain and nerve centres are not more dependent upon the soundness of the surrounding tissue than the city upon the rural districts. The leaders are quickly succeeded by men from the country. They always have been, they always will be. For this there are at least two reasons says one writer. One is that "the country air, food, and exercise are essential to a healthy brain," and another that "the habit of work is almost invariably acquired early in life by the farmer boy."—*Farm News*.

#### FOR

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TRAVELLERS desiring hygienic meals and accommodation while at Brisbane would do well to call at Mrs. Brooks', "The Trees," Hershel St., three minutes' walk from the Roma Street Station.

THE following is a will left by a drunkard of Oswego, N. Y.: "I leave to society a ruined character and a wretched example. I leave to my parents as much sorrow as they can, in their feeble state, bear. I leave to my brothers and sisters as much shame and mortification as I could bring on them. I leave to my wife a broken heart—a life of shame. I leave to each of my children, poverty, ignorance, a low character, and a remembrance that their father filled a drunkard's grave."

### Driven Mad by Cocaine.

IN the course of the inquest on Dr. Winner, a well-known physician of Milford, New Jersey, who died on Tuesday, July 19, in a state of raving madness, a remarkable story was told.

The evidence showed that the doctor had long been investigating the cocaine habit, which is widely prevalent in America, and trying to find an antidote. For the purpose of ascertaining the effects of cocaine on the system, he was accustomed to take large doses of the drug, and, while seated before a mirror, under a brilliant light, calmly noted the changes in the color of his skin, muscular action, and mental condition.

On Monday night (July 18), Dr. Winner was discovered in his apartments in a state of furious insanity, smashing the furniture, and attempting to set the place on fire. He was removed to a hospital, where he lapsed into unconsciousness, and died on Tuesday; death resulting from the use of this pernicious drug.

The cocaine habit is greatly on the increase. Cocaine is found in almost all of the "sure cures for asthma." People become addicted to these so-called remedies, not knowing they are becoming slaves to cocaine. When attempting to give it up, they find an aggravation of their symptoms, which are instantly relieved by the so-called remedy. Naturally they conclude that their existence depends upon its use. There are many cocaine slaves who are not aware that they are such.

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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, Cooran-bong, N. S. W. E. C. CHAPMAN, Manager.

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

QUITE an interest is manifested in the school of cookery at the Sydney Sanitarium, by the Sanitarium patients. Miss Nellie Rigby is assisting in making it a success.

MISS ANNA NORDSTROM, Miss Eva Hare, and Miss Alice Rigby, recent graduates from the Sydney Sanitarium medical missionary training school, have connected with the Pure Food and Vegetarian Café, corner of Castlereagh and Hunter Streets, Sydney. Miss Mabel Burgess has taken up medical missionary field work in New South Wales. Miss Price expects to do a similar work in West Australia. Miss Lydia Crase will assist Mr. Semmens at the Electro-Hydropathic Institute, Adelaide, South Australia.

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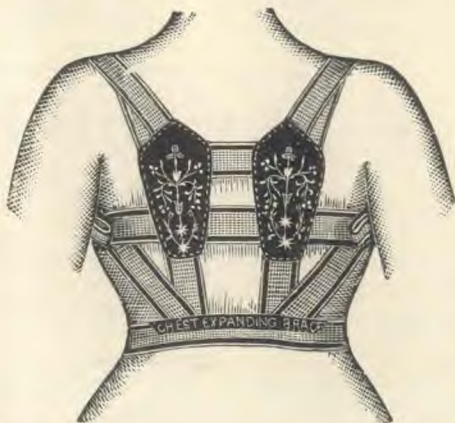
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