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THE AUSTRALASIAN GOOD HEALTH

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

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Hot Weather Diet!

There exists an important relation between diet and comfort or discomfort during the hot season of the year. Flesh foods, condiments and greasy foods are heating, excite the heart, irritate the nerves, and occasion discomfort.

Fruits, cereals, and the moderate use of nuts, or nut products, constitute the best

dietary at all seasons of the year, but especially are these foods appropriate during the warm weather. They do not tax the digestive organs, they are cooling to the blood and conducive to health. Our cereal and nut preparations are delicious for summer use, they are easily digested, and suitable alike for young and old. See the following page.



Sanitarium Health Foods.

Opinions of Others.

Sanitarium Health Food Co.,

For the first time in my life I cheerfully give my name as reference for the excellent and beneficial effects of your Health Foods. I thoroughly believe in them. Could many who are complaining of their ailments be induced to use your foods, I believe it would turn an army of grumblers into cheerful optimists.

ELLA WHEELER WILCOX.

The medical opinion of the value of the Health Foods is expressed in the *Lancet*, one of the leading medical journals of the world, as follows:—

"GRANDSE FLAKES consist of light brown flakes resembling potato chips, which on analysis present the composition of wheaten flour of a superior quality—that is, flour in which all the essential food constituents are retained. The preparation is undoubtedly nutritious, not merely on account of its composition, but also because the constituents are partly prepared for the digestive process."

There are no better foods on earth than those mentioned below.—Good Health, January 1, 1905.

Sanitarium Health Foods

How a Leading Educator Regards the Health Foods.

GENTLEMEN :—Your Health Foods, which I am now trying, are proving all they were recommended to be. The Granose is the finest breakfast food I have ever tried. Food that invigorates, but does not remind one at all hours that his greatest foe is his stomach, is valuable indeed. This I have found to be the case with all of your foods that I have tried.

W. B. CAWELL.

GRANOSE Has no equal as a Health Food. It is a Complete Food, containing all the elements of nutrition. It is Food for Babies. It is Food for Invalids. It is Food for All.

Granose Digests in One-Fifth the Time of Ordinary Grain Preparations.

Breakfast is incomplete without a dish of Granose Flakes. For dinner a couple of well-toasted Granose Biscuits with the other foods will insure thorough mastication and digestion of the meal. TRY GRANOSE.

GRANOLA The Queen of Breakfast Dishes, takes the place of the Dyspepsia-Producing Porridges. Granola is prepared from carefully selected wheat, corn, and oats. It is rich in Gluten. Each pound of Granola equals in nutritive value three pounds of beef steak. It is a partially predigested food. That heavy feeling frequently present after eating ordinary porridges is a thing of the past with those who use GRANOLA. It may be used in the preparation of puddings, roasts, and pastries.

Caramel-Cereal The great health drink. A substitute for tea, coffee, and cocoa. The injurious effects of these beverages, so commonly used, are being well understood. There is no doubt that much of the impatience, the periodical headaches, sleeplessness, and nervousness of modern times may be traced to theine or caffeine poisoning. If you value your health and home, give up the use of these beverages. Try CARMEL-CEREAL as a substitute.

PROTOSE First-hand meat, obtained direct from the vegetable kingdom. Provides the same elements of nutrition found in animal flesh, without the impurities. Tasty, and easily digested. It is generally acknowledged to be a triumph of inventive genius in the realm of Health Foods.

Malted Nuts In fine powder form.

Malted Nuts is made from malted cereals and predigested nuts. It is all food, and is quickly transformed into good blood, brain, bone and muscle. There is no better food for athletes, brain workers, invalids, and infants.

Used and Recommended by the
Leading Sanitariums and Physi-
cians of the World.

"As a man eateth so is he."

Foods Recommended by this Journal!

Send Your Order for Granose, Granola, Caramel-Cereal, Etc., to any of the following local HEALTH FOOD AGENCIES. Correspondence is invited.

Health Food Depot, 108 King St., Newcastle,
N. S. W.

Pure Food Cafe, 45 Hunter St., Sydney, N.S.W.

Oxford Chambers, 473-481 Bourke Street,
Melbourne, Victoria.

186 Edward Street, Brisbane, Queens-
land.

Hydropathic Institute, Victoria Square,
Adelaide, S. A.

131 St. John's Street, Launceston, Tas-
mania.

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

246 William Street, Perth, West Australia.

Australasian Good Health, January 1, 1905.



A VEGETARIAN FAMILY.
New Year's Greeting by Happy Faces.

The Australasian
Good Health

Vol. 8.

Cooranbong, N. S. W., January 1, 1905.

No. 1.

Medical and Health News.

Nervousness in City Children.

THE editor of *Archives of Pediatrics* directs attention to the great increase of nervousness among young city children, which he attributes in part to "the present teaching in the public schools, which assumes that education is proportional to the amount of information, useful or otherwise, which can be crammed into children."

This wise editor gives the following very sensible advice which, if heeded, would save an enormous amount of physical, mental, and moral suffering:—

"Nervous disorders must be prevented rather than cured. As far as possible, the artificiality of city life must give way, for the children at least to a return to nature—spontaneous play in the open air, plain living, and long hours of sleep after healthy fatigue. Parental attempts at the encouragement of precocious solemnity in children, by display and imitation of their elders, must be firmly discountenanced. There is in the bringing up of children the one opportunity for the present-day physician to assume the important rôle of domestic confidant and adviser so long and satisfactorily held by the old time family physician. For the sake of the rising generation, there is here a place to be filled that must not be neglected, or it will prove a costly oversight."

ENCOURAGE a spirit of universal kindness in the children and youth.

Poisoning by Iodid of Potash.

THE freedom with which iodid of potash is used in certain classes of cases makes it important that the possibility of serious injury resulting from the use of this powerful drug should be constantly borne in mind. A case is reported in the *Medical Record* for January 30, 1904, by Gathmann, in which after the use of iodid of potash for three days, during which time about one hundred grains of the drug had been administered, marked cyanosis of the fingers and some other parts was noticed. The fingers and the tip of the nose were numb, cold, stiff, and swollen, and looked as if they had been dipped in indigo.

The Sun Bath.

THE sun bath is the simplest form of light bath. To accomplish the best results, it is desirable that the rays of the sun should fall upon the surface of the body without passing through glass, since even ordinary glass filters out more or less of the chemical rays, which are the most valuable from a therapeutic standpoint. The sun bath is applicable in all diseases characterised by slowed or imperfect nutrition; as, obesity, diabetes, gout, rheumatism, dyspepsia, nervousness, poverty of the blood, various liver and kidney diseases, various skin affections, and even in tuberculous disease.

How to Recreate at Home.

BY DAVID PAULSON, M. D.

AT this season of the year, the average mortal instinctively longs for the cooling breezes of the seashore or the invigorating air of the mountainside.

The greater portion of our population must necessarily remain at home, but if they would put forth one-half the effort to



utilise to the utmost extent the opportunity to secure an additional instalment of health and recreation at home that their wealthy neighbors expend in seeking at a distance, they might be even more successful.

If one maintains a proper poise while walking up a well-ventilated stairway, daily, the entire year, in his own home, it certainly ought to accomplish more for him than he could secure from indulging in a few weeks of excessive mountain climbing away from home.

A well-kept resolution to drink a much larger quantity of pure water at home, is a far better plan than attempting to strain through the system an excessive quantity of brackish water from the mineral springs, even if the mind is laboring under the delusion that such water can in any way be more beneficial than when it is sparkling, wholesome, and pure.

Sleeping out of doors in a hammock under the trees, affords as great health possibilities as are to be found in fighting mosquitoes while attempting to sleep in a tent on the edge of a marsh, no matter however famous and popular its name. When one is thoroughly determined to take some general application of cold, daily, be it a bath, a wet sheet rub, or even an ordinary cold sponge bath, he will eventually accomplish far more in the

development of a sound, healthy physique and a strong nervous system than can possibly be secured by a few weeks' bathing even in famous waters, when the same treatment is practically neglected for the remainder of the year. The temporary physical uplift, which is all that the average individual acquires from a summer outing in favorable climates, is more than counteracted, a few weeks after he has returned home, by the unfavorable climate created within him by using an unnatural and unwholesome dietary; and, when his jaded nerves begin to utter their vigorous protests, sympathising friends console him with the fact that he is being overworked. If he would only include in his daily programme a vigorous, sensible, and scientific cultivation of that which is the most valuable in this world, next to character—health,—he would secure an abundant harvest of the same.

Tea and Coffee a Cause of Rheumatism.

DR. J. C. WALTON, in a very sensible article on the prophylaxis and treatment of uric-acid conditions, published in the *Charlotte Medical Journal* for April, 1904, mentions a case of rheumatism in which, notwithstanding rigid diet and thorough-going treatment, no improvement was noticed until after the patient gave up his coffee, when the disease promptly subsided. The doctor states that he has observed a number of similar cases. This is quite in accord with Haig's theory that theme or caffeine produces the same pernicious effect in the body that uric acid does. The doctor has observed excellent results from the use of hot air and other sweating procedures followed by a graduated cold bath.

SHE: "It is said that women are neater and cleaner than men."

HE: "And yet you'll go right out on the street with a long train to your dress and make a sweeping denial of that statement."

"PA, what is a bigot?"

"A bigot, my son, is a person who doesn't think as I do, and sticks to it."

The Art of Keeping Cool.

*Lecture given in the Sanitarium Parlor by
D. H. Kress, M. D.*

DURING the warm weather, every one is anxious to keep cool. Fortunately the human body has the power of adapting itself to changes in temperature, the internal temperature of the body being practically the same winter and summer.

The temperature of the body is regulated in two ways,—by heat production and heat elimination. In warm weather there is an increase in heat elimination, and a decrease in heat production. The temperature of the body is kept up in a similar manner to that by which we keep up the heat in our furnaces,—by fuel. The food that we eat, the starch, sugar, and albumins, and even organic acids, are all oxidised, or burned up in the body, and form the fuel of this vital furnace. To keep cool in warm weather it is essential to add less fuel. In winter we are not sparing with fuel. Supposing in the warm weather we should use the same amount of fuel and then complain of the heat, and with fans in our hands attempt to keep cool. You say it would be absurd, and yet this is what people do. During the winter they eat highly concentrated foods that are designed as heat producers. The warm weather comes on, and they make no change in their diet, the same kind and quantity is taken, and the result is they have a hard time trying to keep cool. They are shovelling on the fuel and keep the vital fires going, and at the same time vigorously using their fans. During the warm weather it is necessary to eat less solid food and largely of fruits or greens.

In cold weather the skin is pale. If it becomes very cold, we have a "goose-flesh" appearance of the skin; this is due to the skin muscles contracting, and thus keeping the blood internally. This is nature's way of protecting the blood from becoming chilled. In warm weather the surface of the skin is red, due to the dilatation of the surface blood vessels. A great quantity of blood is thus brought to the periphery to be cooled.

If the weather is excessively warm, we perspire. This is another effort on the part of nature to cool the blood. We sometimes cool water by surrounding a jug with a moist cloth and putting it in a

place where it has the benefit of a breeze. The cooling is due to the evaporation of the water surrounding the jug. When the human body is in danger of becoming too warm, nature surrounds us with moisture, evaporation takes place more rapidly, and in this way the body is kept cool. The people who are at work and perspire freely scarcely ever complain of the warm weather, at least they do not mind it nearly so much as those who are feeding their furnaces, yet are inactive or sitting about trying to keep cool.

What foods are best adapted for use during the summer months? All we need to do is to observe or study nature. In this respect, at least, nature is quite an accurate guide. During the winter we are served with foods which keep well, containing little moisture, as grains and nuts; while during the summer months, nature serves us with fruit, the very food that is most needed during warm weather. Fruits contain a good deal of water. While they do contain considerable moisture, they also contain food elements. In fact, nearly all of the food elements required during warm weather by the human body may be found in fruits in a predigested state.

The sugar found in fruit is all ready for absorption and assimilation. This is a wise provision, for during warm weather the digestive organs are not as vigorous as in cold weather. Nature therefore steps in and provides the foods we need, and furnishes them already digested.

Fruits are also valuable on account of their acids. We have the citric acid, found in lemons, oranges, and lime fruits; malic acid, found in apples, peaches, apricots, plums, etc.; tartaric acid, found in grapes. All of these acids aside from being foods are disinfectants. They differ from the mineral acids that are frequently prescribed for slow digestion, in that mineral acids, and acids produced by fermentation, decrease the alkalinity of the blood, while the fruit acids increase its alkalinity. The less alkaline the blood is, the more uric acid and other wastes are piled up or stored up in the tissue. It is necessary to have the blood just as alkaline as possible in order that all the tissue wastes, which are always acid, may be held in solution and carried off. One reason why people are troubled with gout, rheumatism, head-

aches, etc., during the summer months, is the blood is not sufficiently alkaline, and the poisons are not eliminated. Alcohol is an abnormal acid, and so is vinegar. They favor the retention of uric acid. Tea, coffee, and beef extract also diminish the alkalinity of the blood and favor the retention of these products. The same is true of all mineral acids. Fruit acids aid in keeping the body clean by favoring the elimination of uric acid and other wastes, while mineral acids and acids resulting from fermentation favor their retention.

The normal stomach acid acts as a disinfectant, but during warm weather the digestive juices are greatly diminished. Flesh, cheese, and other albuminous foods which readily undergo decay are dangerous foods during warm weather and frequently produce poisoning; they decay in the stomach because there exists a deficiency of gastric juice to disinfect it. Here again nature has come to our aid and provided acid in the fruit which is also a disinfectant. Fruit juice is a summer substitute for gastric juice. It is recognised that there is nothing better for a person who is bilious, or has a coated tongue or foul breath, than to exclude largely the albuminous foods and subsist upon fruit for

a few days. Fruit juice destroys the germs and cleanses the stomach, and then the coating will disappear from the tongue. It is well known that cholera germs are destroyed by citric acid, found in lemons and oranges. It has been recently discovered that grape juice—one part to one hundred parts of water—will destroy germs of typhoid fever in less than three minutes. All the acids found in fruits possess this disinfecting power. They all destroy germs, especially the more dangerous and deadly germs that thrive upon cheese, meat, and albumins. Fruit acids are also valuable because they favor the digestion of albumins. Physicians, in cases of slow digestion, frequently prescribe hydrochloric acid to aid digestion, but the fruit acids are better by far. They answer fully the purpose of these other acids, besides they are a food, and increase instead of diminishing the alkalinity of the blood. Many of these fruit acids also contain ferments which themselves digest albumins. Pineapple juice when placed on egg or beefsteak, and allowed to stand in a warm place, will dissolve or digest it. This property is found in all fruits to a less extent than in the pineapple.



Shall We Eat Raw Food?

DR. J. H. KELLOGG.

THIS question may be answered both affirmatively and negatively, and both answers may be equally correct. Primitive man doubtless took his food raw. His food consisted at first of fruits, nuts, and soft, unripened grains. Cuvier and other comparative anatomists pointed out this fact many years ago. In the absence of their normal food, tribes of ancient men, reduced to starvation, saved their lives by slaying certain classes of animals and eating their raw flesh. Raw fruits, raw nuts, and raw flesh are all easily digestible in the human stomach.

Migrating to various parts of the earth, members of the human family have found

themselves at different times and in sundry places compelled to subsist in whole or in part upon other substances not in their natural state digestible in the human stomach. To this class belong all such foods as roots, leaves, stems, and other articles which are commonly sold in the market as vegetables. These substances, while not available in their natural state, have been, to use the words of Ovid, "tamed by fire," and thus rendered both eatable and digestible through the softening of the hard, woody structures with which they abound, and the hydration or dextrinisation of the starch which constitutes the principal nutritive element found in this class of foods.

Man can live easily upon a raw food diet provided he will take those foods

which are natural to him, as fruits and nuts. A dietary of fruits and nuts is not only capable of maintaining the body in perfect health, but is often found highly beneficial as a means of overcoming a variety of disease-conditions. Meat may also be eaten raw, and is much more digestible in this form than when cooked, though to most people too repulsive to be tolerated. Meat is an unnatural food. It can not be considered any more natural for a man to eat a cow, a hen, a monkey, or a horse than to eat a wild man or an enemy, for example. In other words, the common practice of flesh eating is no more natural than is cannibalism, though, of course, it is, to most people at least, far

stomach. The raw food fad which has recently been started will have a short life. Horses, cows, and most other lower animals have digestive organs adapted to the transformation of these coarse, uncooked foodstuffs, but the human digestive apparatus requires different material. The effect of cooking upon potatoes and other vegetables is to produce changes similar to those which are produced in green fruit by the action of the sun. Starch is transformed into dextrin and sugar, and other changes are effected by means of which well-cooked vegetables become nearly as easily digestible as the normal fruit and nut diet.



Hindu Zealots.

less repulsive. A Hindu once said, "I can understand how a man can become so angry that he will be willing to eat his enemy, but I can not conceive how a person could ever be willing to eat the flesh of a cow or a sheep."

Potatoes, cabbage, parsnips, asparagus, and other vegetables when taken raw, are not prepared for the action of digestive fluids in the stomach. Raw starch is not acted upon by the saliva in the stomach, though it may be digested by the pancreatic juice after the food passes out of the

Too Much Meat and the Meat Famine.

THE present high price of meats in America, owing to the "meat trust" and butchers' strike, has been the means of stirring up the public mind regarding the advantages of a non-flesh diet, and many are turning their faces away from the Egyptian pots towards something purer, better, and cheaper.

The *Chicago American* agrees with numerous other newspapers in recognising that the average American eats too much meat, and that he could very well get along without it altogether if necessity required. We quote as follows:—

"It would not be such a very bad thing if the present high price of meat should compel attention to the value of vegetables as food, and especially to the importance of cooking vegetables properly.

"At least nine human beings out of every ten would be better off if they could begin to-day to eat half as much meat as they have been accustomed to eat.

"The question of properly cooking vegetables is so important that the newspapers ought to talk about it at least once a week, and every housekeeper should have it dinned into her ears by the hour.

"If the beef trust could force Americans to know how to cook vegetables, and especially to take interest in the great variety and the unlimited possibilities of the vegetable world, the high price of meat would be in reality a blessing."

A Most Remarkable Walking Performance.

By Mr. George Allen, the Vegetarian.

THE *Daily News*, London, describes it as "An Amazing Walk," and adds that those who may attempt to beat it "have a most difficult task before them, and one would be disposed to prophesy that for many years to come Allen's record will stand. Perhaps our descendants will declare it to be a myth."

Having previously undergone a course of training, Mr. Allen, on August 29, started from Land's End on a journey of over 900 miles to John O'Groat's. During the first week, he covered 273 miles, an average of over forty-five miles a day. In addition Mr. Allen lectured each evening during the week in the towns en route on "Vegetarianism and Athletics."

The distance traversed during the second week was 320 miles, an average of over fifty-three miles per day. He had yet 315½ miles to cover, and he started out as fresh as at the beginning, making sixty miles that day. The last two days he covered 138½ miles, an average of sixty-nine miles per day.

Five hours after he had finished this task, he was up and writing letters. This is certainly a remarkable performance and test of endurance, considering the hot weather, and rough roads, in many places hilly and stony. The exact time in covering the distance of over 900 miles was sixteen days twenty-one hours and thirty-three minutes, or an average of over fifty-three miles a day, beating the best previous record of twenty-four days and four hours by seven days and seven hours. Considering the few vegetarian athletes as compared with flesh eaters, the many first class records held by them proves clearly the advantages of a non-flesh dietary for athletes.

Dr. J. C. Harris, a vegetarian cyclist, in July of this year, at the age of eighty-two, completed a tricycle ride from London to Edinburgh and return, a distance of 845 miles in 20 days. The weight of his tricycle including luggage was seventy pounds. The doctor lost only four pounds during the ride and showed no signs of fatigue at the close. Not bad for a young man of eighty-two.

Horace Greeley's Dietary.

"HORACE GREELEY, the genial old philanthropist, once paid a visit to New Orleans. The people were anxious to show him every attention in their power. A dinner seemed to be the proper thing, and the markets of New Orleans, than which there are few better in the world, were ransacked to make the occasion as notable for its viands as for the distinction of the



"I never could abide shell-fish."

guest and the diners. Judge Walker, the veteran editor of the *Picayune*, presided; he was a great gormand, and after the manner of gormands, wished none of the fine points of the dinner to be lost to the guest for lack of commentary. 'Mr. Greeley,' said he, 'these oysters are the best that come to our market, and we think they vie with those of Norfolk. I observe that you are not eating them.'

'Well, no,' replied Greeley; 'the truth is, I never could abide shell-fish.' Then came some delicious green-turtle soup, which Judge Walker explained was prepared from the finest fat turtle the Florida bays could afford. 'No doubt, no doubt,' was the reply, in Greeley's peculiar whine, 'but cold-blooded animals are an abomination to me.' The pampone, imperial fish that it is, and fresh from the gulf, was open to the same objection, despite Judge Walker's eulogy, and that too was ignored. Mr. Greeley barely tasted the accompanying Parisian dainty, and shook his head ruefully at the idea that anybody should impair his digestion by eating cucumbers. Shrimp salad, another New Orleans delicacy, proved no more tempting; shrimps, he said, looked so much like worms that they always gave him the creeps. 'Ah, here is something you will like—a homely dish in name,' said Judge Walker, 'but fit for the gods. It is a Galicia ham.' And then he went on to tell how the hogs from which these hams were obtained were fed only on chestnuts, making the flesh luscious and delicious. 'Perhaps so, very interesting indeed,' observed Greeley, 'but do you know, Judge, that there is so much talk of trichinæ nowadays that I wouldn't dare taste a bit of pork.' The judge gave up in despair. The only things in all the array of dainties which had been provided which Mr. Greeley would eat were bread, potatoes, and cauliflower, and he feared that he might be overloading his stomach at that. But when it came to the speaking, although he had drunk nothing but cold water, he spoke as one inspired, and with a fervor, eloquence, and tenderness that nobody at the table could ever forget."

MISS HILL, in her book on "English Dress," tells us that in 1842 very long dresses were worn in the streets of Paris, and that the following appeared in one of the papers:—

"The administration of the city of Paris has in contemplation to do away with the scavengers in our good town, as they say that it is a useless expense to pay men for doing that which the ladies so kindly perform *gratis* in walking through our fashionable promenades."—*Jennie Cornwallis West, in the Munsey.*

Forsake Wrath or Food.

IT is important to abstain wholly from food or to greatly lessen the quantity eaten when in a fit of anger, worry, or depression. Mr. Fletcher throws this rule into a form easy to memorise: "Do not eat when mad or sad, only when you are glad." He further says, "Anger and worry are the most unprofitable conditions known to man. While they are in possession of the mind, both mental and physical growth are suspended. Anger and worry are thieves that steal precious time and energy from life. Anger is often the result of misunderstanding, and in most cases worry's prophecies never come true; or, if they do, the fulfillment is generally caused by the worry itself."

Abernethy said, "I tell you honestly what I think is the cause of the complicated maladies of the human race; it is their gormandising and stuffing, and stimulating their digestive organs to an excess, thereby producing nervous disorders and irritation. *The state of their minds is another grand cause*; the fidgetting and discontenting themselves about that which cannot be helped; passions of all kinds—malignant passion and worldly cares—pressing upon the mind, disturb the cerebral action and do a great deal of harm."

Apple Day.

PROF. J. T. STENSON, director of pomology at the St. Louis Exposition, claims that the liberal use of apples will improve the disposition and elevate the moral nature, removing disagreeable feelings, and making existence more enjoyable for all. He also maintains that eating raw apples is an infallible cure for alcoholism and the tobacco habit. As a proof of his faith in his theory he distributed one million apples on September 27, which was therefore designated "apple day." If all that he claims for the apple be true, the Professor must certainly be regarded as a public benefactor. It would be a good thing for most persons if they would have a periodic "apple day," when the diet should be exclusively of apples. Those who find themselves becoming irritable and disagreeable, might at least try this means of sweetening their dispositions.

The Sanitarium Day at the World's Exposition, St. Louis.

THROUGH the influence of former patients and friends of the Battle Creek Sanitarium, the management of the St. Louis exposition gave to the Sanitarium the entire day, September 29, for the purpose of demonstrating their rational system of treatments and dietetics. Among other subjects the following were presented: "Sanitarium System, its Principles, Origin, and Development," by Dr. J. H. Kellogg, "Rational Food Reform," "The Philosophy of Healing," etc., etc. Not less than a dozen of the ablest physicians took part in the exercises. Friends of food and temperance reform from all parts of the world were present.

An intense interest was manifested in the entire proceedings. The large audience that filled the hall remained during the whole time from ten o'clock in the morning till seven o'clock in the evening, and then many of them went directly from the hall to the Christian Endeavor Hotel, where the Sanitarium spread an appropriate banquet, which closed at ten o'clock.

Among the attendants were United States senators, prominent men from England, Italy, South Africa, and Japan, besides representatives of vegetarian, temperance, and similar bodies of the United States and other countries.

Dr. J. H. Kellogg said:—

"The work of the Battle Creek Sanitarium has not been so much to make new discoveries as to harmonise, correlate, compile, gather together, systemise, and utilise all natural methods for the treatment of disease.

"The work of the Battle Creek Sanitarium has been a growth, a development. It has no wealth, but it spends much in extending its work. It has no surplus for building other institutions, but it invests much in the education of physicians and nurses and sending them out to all parts of the world. About one hundred and twenty-four doctors and one thousand nurses have gone out from our medical college and training school, and many of them are in distant regions as medical missionaries.

"The institution is not simply curative,

where people come to get well, but it has as well an educational character. People are told how to keep well as well as why they are sick, and that I consider its most important function. The whole purpose of the Battle Creek Sanitarium is to hold up a light in the world; to establish a standard of right living, and to set the mark a little higher than the average mark, and to beseech men and women to come this way, and to climb higher."

Mr. Horace Fletcher was next introduced, and spoke on the subject which has made him world-famous,—*"Chewing Reform."* He said:—

"Twelve years ago I was a subject of inspection for life insurance. I was told that I was a poor sick man, and would not be accepted on any terms. After an active life I had arrived at the point where I was in a position to enjoy life, to do whatever I liked, and it was not a time to give up all I had been working for all my life.

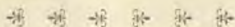
"I went to the libraries to see what had been written that I might use in my own regeneration. After scanning hundreds of books, I concluded that there was room for at least one more opinion upon the subject, and that to study it I must go right to nature. I believed that if anything was the matter with me it was my own fault. I fully believed that nature intends that everything shall be well, and that everything that is wrong is a disobedience of the beneficent requirements of nature. That was the rock on which I built my faith, and from which I began my investigation of the subject. I also had faith that if nature has given me any responsibilities in this matter, she has not hidden them in secret. I decided that my trouble was one of malnutrition, and that it related to the initial stages of nutrition; it relates to that part of the alimentary canal over which we have control. Consequently, all the responsibility that is given us is at this one point. Then I began to study what happens within these three or four inches of the alimentary canal. I remembered Mr. Gladstone's dictum to his children to 'chew every morsel of your food thirty-two times.' I discovered that while some things had already disappeared by involuntary swal-

lowing after one, two, three, four, or five movements of the jaw, there were others that had not even been warmed up by thirty-two, and some were still refractory at one hundred. Then I said to myself: 'Mr. Gladstone, you have offered a good suggestion, but you have not hit upon the lucky number.' I tried every food my appetite would tolerate, and made records of what occurred with each morsel, until I had data a foot high.

"From all this I discovered that by that process of careful mastication until whatever had taste had been accepted and swallowed involuntarily, the chronic troubles for which doctors had given me no hope, began to disappear. I began to lose pounds upon pounds of my obesity; began to feel an energy I had not felt for many years. Indulging the appetite I found could be safely done when it was normal, and when it was studied in the natural manner.

"I and my colleagues, among them some of the foremost physiologists of the world, have studied for six years this matter of the relation of the food to the first four inches of the alimentary canal. We have found that what happens in the mouth has been more neglected than any other portion of physiology."

The speaker closed with the following words: "Those who are here that shall live ten or fifteen years, please remember what I tell you, that at the end of that time, the Battle Creek idea, of which health recuperation is only a single feature, will be a model held up to the world, and will have the fame—I can say it without irreverence—of the Sermon on the Mount. It is another 'Sermon on the Mount;' and when I have said that much, it is a good time to close, because I have spoken in my most enthusiastic way of my most enthusiastic admiration."



The next one to speak was Mr. Weinburgh, who held the reputation of being the most perfectly developed man of America. In 1902, Mr. Weinburgh was awarded the prize of £200, offered by the *New York Journal*. There were over 5,000 contestants for this prize. Mr. Weinburgh was considered a hopeless invalid when he began the reforms; he is at present a member of the Sanitarium family.

Mr. Weinburgh said: "I do not know that I can add to what is being said to-day. It was my desire to study healthful living that brought me to the Sanitarium. Four years ago I gave up the use of tobacco and all other narcotics, including meat. I have found out that I can live well on nuts, fruits, and grains. Since last December another young man and I have lived exclusively on nuts and fruits in the natural state and cooked grains; and I must say that I never felt so well physically, mentally, and morally as I do to-day. The nuts were pecans and almonds; the fruits, apples, oranges, pineapples, and nearly all fresh fruits; and the grains are those prepared at the Sanitarium—granose and corn flakes principally."

Doctors and Alcohol.

DR. T. N. KELYNACK delivered an address, at the recent meeting of the British Medical Association, on "The Medical Profession and the Use and Abuse of Alcohol." He maintained that alcoholism was a widely prevalent and most serious evil; it hindered both individual development and natural progress. The alcohol problem offered to all serious students of human affairs abundant material for investigation, but it was a subject essentially concerned with personal and public health. It was but fair to admit that much of the present ignorance pertaining to the use of alcohol, both in health and disease, was the outcome of incomplete knowledge, erroneous teaching, and ill-advised practice in the past. The coming of clearer and fuller knowledge, with scientifically directed effort, might accomplish much that was rich in prophylactic power, and discover measures fruitful in the permanent arrest of alcoholism. There was strong reason to believe that alcoholism was rapidly extending among women. Undoubtedly much of the disease and disaster which overtook such a large proportion of the child life of this country was due also to alcoholism in the parents and the pernicious influence exerted by an alcoholic environment.

CONDUCT is the mouth-piece of character.—*Phillips Brooks.*

Home Department



How to Become Beautiful, or the Discontented Bee.

THERE was a terrible commotion in the beehive. The sentinels at the doorway ceased to fan with their wings, that they might listen; the drones murmured with a hoarse voice; the bees ran in and out in great confusion; the work all stopped in the honey kingdom. What was the matter? After a great deal of noise and

no admirers, and I actually heard gentlemen say, 'How homely Hebe grows!' Those who are pretty and have admirers can afford to work; but for me there is nothing but chagrin and grief."

"Foolish one!" cried the queen, "Now, hear your sentence! You will, I hope, have a long life, even nine moons long! You have already wasted four bright days. I condemn you to rise at early dawn, to go out and wash your face and hands in the dew that gathers in the clematis. Then you are to go from flower to flower, and bring in honey sufficient to feed ten young bees. It will take but twenty-five journeys every day, and require the honey of



clamor, it was discovered that the bees had brought a criminal before the queen, to know what they should do with her. The queen turned around slowly and majestically, as queens should do, and then inquired:

"What is the matter? Why have you brought that young bee before me?"

"Please, your majesty, she won't work."

"Won't work? A bee won't work?"

"No, your majesty; and she is not only idle, but all the time complaining, and finding fault with everybody and everything, and thus she makes the whole hive unhappy."

"Hebe, is this so? What have you to say?"

"Please, your majesty," whined poor Hebe, "I'm the most unfortunate of all your subjects. The fact is, I'm not handsome! My face is small, and one of my eyes seems to squint, and though I am an Italian bee, yet my dress is not rich gold, but has a dim, deaden look, and my feet are large, and my arms are hairy, and my ears are too big. In short, I'm so plain that nobody ever notices me, and I have

one hundred flowers each journey."

"Oh, dear!" cried Hebe, "to think of sucking twenty-five hundred flowers each day!"

"Yes, and you must nurse ten young bees all the time, and thus mature one every day on an average, and you must do this during three moons. This is my sentence, and you are not to appear before me till the end of that period."

The queen turned away, and the sister bees led poor Hebe to the door of the hive and pushed her out. At first she was bewildered and cast down. But the sun shone bright, and the birds sang, and the air was filled with her sisters coming and going, flying and singing.

So she spread her wings and away she flew. Away, away she went, over fences and trees, till she found a patch of white clover. Then she came down, and to her amazement found it easy to work. In a short time she had drawn from the hundred clover heads, and then went straight to her hive. In she came singing, and began to feed her young charge. And then

off again—morning, noon, and night, she was coming and going.

Her young bees loved her, and sang with her, and went out in company as fast as grown. Sometimes she bathed in the dews of the eglantine or sweet jessamine; sometimes she swung on the raspberry blossom, or rushed into the woods fragrant with the honeysuckle.

But every day she grew happier. Her songs were now cheerful and loud. She laughed at her former dread of work, and what was curious, just in proportion as she worked, she grew handsomer! The bands that encircled her body grew wide and bright, like leaves of silver. Her eye grew bright, lost its squint, if it ever had any. Her feet, kept clean by the morning dew, were in beautiful proportion. In short, there was not a happier or more beautiful bee in the whole hive. Even the lazy drones bowed and hummed admiration as she passed. At the end of her sentence she stood once more before the queen, "Hebe, the beautiful!" as she was then called.

"Ah!" said the queen, "I see how it is. It is a law of God that she who is willing to do good to others, shall be happy and grow beautiful by the process. Beauty casts her mantle on the industrious and the good."

"WIN AND WEAR."

WHEN we do our very best,
We may trust God for the rest;
But we still may often meet
Little things not very sweet;
And whatever can't be cured
Should be patiently endured.
If we wish to "win and wear,"
We must learn to "grin and bear."

Many people miss success
And the way to happiness,
Just because they lack the will
Needed to endure some ill
If success we wish to gain,
We may just expect some pain;
If we wish to "win and wear,"
We must learn to "grin and bear."
—Charles W. McClintic.

"I HEARD a feller say dat he wasn't happy unless he was workin'," said Plodding Pete.

"Well," responded Meandering Mike, "dat shows what a terrible t'ing it is to git into habits."

A Natural Waist.

WE have somewhere seen it asserted that the women who have done the most to move the world for good, were the women with natural-sized waists. We do not doubt the truth of this. Deep breathing has much to do with deep thinking; a constricted waist means small vital capacity; a natural waist means large vital capacity, and consequent ability for healthful, vigorous life and action. Said Miss Willard in one of her last addresses:—

"Be it remembered that until woman comes to her kingdom physically, she will never really come at all. Created to be well and strong and beautiful, she long ago sacrificed her constitution, and has ever since been living on her by-laws. She has made of herself an hour-glass, whose sands of life passed quickly by. She has walked when she should have run, sat when she should have walked, reclined when she should have sat. She has allowed herself to become a mere lay figure upon which could be fastened any hump or loop or farthingale that fashion-mongers show; and oftentimes her head is a mere rotary ball, upon which milliners perch whatever they please—be it a bird of paradise, or beast, or creeping thing. She has bedraggled her senseless long skirts in whatever combination of filth the street presented, submitting to a motion the most awkward and degrading known to the entire animal kingdom; for nature has endowed all others that carry trains and trails with the power of lifting them without turning in their tracks, but a fashionable woman pays lowliest obeisance to what follows in her own wake; and, as she does so, cuts a most grotesque figure. She is a creature born to the beauty and freedom of Diana, but she is swathed by her skirts, splintered by her stays, bandaged by her tight waist, and pinioned by her sleeves, until—alas, that I should live to say it!—a trussed turkey or a spitted goose are her most appropriate emblems."

AT one of our Sunday school classes the teacher had been explaining the blessings of Christianity. "What is it that binds us together, and makes us better than we are by nature?" The oldest little girl in the class blushed, and, in a whisper, said—"Please, miss, our stays."

Seasonable Recipes.

LAURETTA KRESS, M. D.

STUFFED VEGETABLE MARROW.—Make a hole in the side and take out the seeds. Stuff it with a paste made of zwieback crumbs or toasted bread crumbs, grated nuttose, a little minced parsley or onion, and salt if desired. When stuffed cover the whole with oiled paper, and place that side down in an oiled baking dish. Add a little water and bake in the oven. Baste occasionally in the water in the dish, and when it can be easily pierced with a straw, it is done. Serve sliced crosswise. If nuttose is not at hand, half a cup of rich milk and a beaten egg can be used instead. Egg plant can be used in the same way.

MASHED PEAS.—Soak one cup of dried green peas in cold water over night. In the morning drain, put to cook in warm water; cook slowly until perfectly tender, allowing them to simmer very gently towards the last until they become as dry as possible. Put through colander to remove skins; add salt to taste, also one tablespoonful nut butter rubbed smooth in cold water. Turn into a baking dish and brown in the oven. One-third or one-half toasted bread crumbs or zwieback crumbs may be used with the sifted peas when preferred. A savory dish can also be made by adding celery, sage, parsley, or onions minced fine. Serve with a sauce prepared as follows:—

Heat one pint of strained stewed tomatoes. When boiling thicken with a tablespoonful of flour rubbed smooth in a little water. Salt to taste and, lastly, add one dessertspoonful of thick cream, very slowly adding a little of the hot liquid to prevent it curdling. Remove from the fire at once when cream has been added.

COCONUT CRISPS.—One cup pastry flour, one cup desiccated coconut. Take one cup of desiccated coconut, rub through a colander or wire sieve to remove coarser particles. To this add equal parts of flour, mix well together, wet with cold water sufficient to make a stiff dough, roll as thin as brown paper, cut into three inch squares, bake in moderate oven. Walnuts or Barcelona nuts may be used in the same recipe instead of coconut. If desired sweet, a little sugar may be added.

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

NUTTOLINE CUTLETS.—Cut nuttolene into irregular shapes, dip into egg beaten with water in the proportion of one tablespoonful to each egg, add a little salt, then roll in granola. Dip in egg and roll in granola again, then put into a hot oven on an oiled tin until a delicate brown. Serve plain, or with green peas.

Questions and Answers.

Drinking Milk Between Meals.—Is it advisable for a canvasser riding a bicycle (through the country to partake of milk freely as a drink between meals)?

Ans.—Milk is a food. When taken in between the regular meals, it requires digestion like another meal, keeping the stomach at work when it needs rest. It would be much better to use water or lemon drink instead.

Flesh Diet and Consumption.—A man ailing with consumption had a hemorrhage about four months ago. Is a flesh diet an obstacle to recovery?

Ans.—Consumption is often caused through the use of the flesh of animals which have the disease, or uncooked milk from the same animals. It would be better for such a person to have a nutritious diet, including sterilised milk, sterilised cream, eggs, good wheatmeal bread, baked potatoes in jackets, and plenty of fruit. Exercise in the open air all day, breathing deeply, lifting the chest up to develop chest expansion as much as possible. The clothing also should be sufficient to protect against sudden changes.

Excess of Uric Acid.—Would you please give the advantages of a fruit diet in conditions where there is an excess of uric acid in the system?

Ans.—Fruits containing much fluid and some acid dissolve the uric acid crystals and carry them out of the system. The juice of the fruit only is better in using oranges, grapes, pineapples, watermelon, etc. Avoid the pulp especially of pineapple and watermelon.

Fruit and Vegetables at the Same Meal.—Why is it not advisable to take fruit and vegetables at the same meal?

Ans.—Vegetables as a rule require long digestion, and are retained much longer in the stomach than fruits. When the two are combined, the fruit is retained so long that it undergoes fermentation.

Diet for Diabetics.—How should a person suffering from diabetes be fed?

Ans.—Diabetic patients should avoid all porridges, and soft starches as rice, boiled potatoes, macaroni, cornflour, etc., and use gluten biscuits, gluten gruel or porridge, eggs prepared in different ways, lettuce, spinach, cabbage, tomatoes, sour apples, asparagus, cauliflower, nuts, and nut preparations as protose, nuttose, and nuttolene, ripe olives, milk, cream, and zwieback. The questioner can obtain a little booklet for fourpence at the Sanitarium, which gives a menu for two weeks.

"Doctor," said the patient, after paying his bill, "if there is anything in the theory of the transmigration of souls, you'll be a war horse after death."

"That sounds rather flattering," remarked the doctor.

"Yes; you're such a splendid charger."

OUR CORRESPONDENTS.

TO THE SYDNEY SANITARIUM.

Sydney, November 21.

Dear Dr. Kress,

"I desire to thank you for the kind attention which you personally extended to me. In now doing so, I desire also to acknowledge the very exceptional kindness and courtesy of all the staff. It is a unique experience, to most men I think, to receive service so graciously and heartily rendered, and I am happy to acknowledge its fine quality, and the high Christian spirit and motives which animate and shine through it all, and envelop the place in an atmosphere which I am truly glad to have breathed for a time.

"I hope you will allow me to devote the small amount enclosed, to the interest of the staff in some way. There must be some little way in which it will serve their interest, and I will be obliged if you will use it accordingly."

With grateful and kind regards,
A FORMER PATIENT.

A former Sydney Sanitarium patient writes:—

"Barooga," Goulburn.
November 9, 1904.

Dear Dr. Kress,

"I was glad to hear that you have such a number of patients on hand and I trust they may receive as much benefit from your skilful treatment as I did.

"I was down the South Coast on a driving trip with a friend a few months ago, and he always spoke of me, 'his friend the Advance Agent for the Sanitarium;' his reason for this was, that whenever I came across any one suffering I advised them to pay you a visit. There is no doubt that *all* your patients from this district will be a great advertisement for your skill."

Another Sanitarium patient writes as follows:—

The Sanitarium, Wahroonga,
December 4, 1904.

Dear Doctor,

"I regret owing to your absence that I am unable to see you to say 'good-bye' upon leaving the Sanitarium, and personally to express my hearty thanks and appreciation for the attention and able treatment received at your hands.

"When I arrived at the Sanitarium some months ago, I had quite despaired of any permanent cure being effected in my case as I had suffered for so many years, and of late, attacks had become more acute and frequent.

"I had tried other treatments and drugs for years past receiving only temporary relief, but I am thankful to say I am leaving the Sanitarium quite a different man, the treatment, healthful foods, and attention received having worked wonders.

"I have further learned much valuable information from a dietetic point of view, and am now convinced that good health can be maintained by the healthful foods you advocate in conjunction with a rational mode of living on the lines so enthusiastically carried out and taught at the Sanitarium.

"I have also been much impressed during my stay with the remarkable cures effected under your treatment.

"In taking my leave, I do so with feelings of deep regret and gratitude, as I fully appreciate what has been done for me at the Sanitarium, and also feel I am much indebted to you and to all, for the attention and many kindnesses bestowed upon me."

Yours very sincerely

Ten Simple Rules to Follow in Eating.

1. MAKE a mental selection of each meal when sitting down to the table *before* beginning to eat, stick to it, and excuse yourself from the table when through.

2. If you masticate each mouthful thoroughly, or until reduced to a creamy consistency, you need feel no anxiety; the saliva and other digestive juices will do the rest.

3. Fruits and vegetables should not be eaten at the same meal; they are apt to quarrel or set up fermentative changes.

4. Fruits when eaten raw should be thoroughly ripe and of good quality. Those having tough meats, the apple, cherry, or banana, should be thoroughly masticated, scraped, or mashed.

5. All *acid* fruits should be eaten at the close of the meal. Sweet fruits, as bananas, may be eaten with bread, and acid fruits with nuts or nut foods.

6. A single kind of fruit at a meal time is best, in moderation, especially for those who have feeble digestion. When the meal is composed entirely of fruits, or fruits and nuts, fruits may be eaten freely.

7. Always reject the skins of fruit, including the skin of the cherry, and also the seeds of grapes.

8. When the six o'clock or third meal is taken, have the meal composed of bread and fruit, or nut products and fruit only, or composed entirely of fruit. Breakfast at 7, dinner at 1.30, supper at 6.30.

9. Where and when it can be carried out, it will be found upon trial that two meals are better than three or more for nearly all, and that the best meal to dispense with is the evening meal, having breakfast at about 7.30 or 8, and dinner at 2 or 3.

10. Sugar and milk in combination is better avoided, whether in pastries, puddings, or in porridges.

D. H. K.

News Items.

SOME time ago, a San Francisco butcher established a special reputation for sausage, and took several first premiums. A loud caterwauling in the neighborhood of his shop early in the morning led to the discovery that his sausage consisted largely of cats, which were brought to him in bags in the early morning hours by boys that made a business of gathering up stray felines.

At the Glasgow Congress of the Sanitary Institute, the President, Mr. W. F. Anderson, spoke of the "appalling infantile mortality of the large towns" as "one of the most important problems demanding solution." At Manchester this infantile mortality is 185 per thousand; in Leeds, 178; in Sheffield, 180; and in Glasgow, 128. The most important cause was improper feeding.

In a report by Dr. W. H. Hamer on the prevalence of enteric fever in London, facts are submitted which go to show that fried fish are a prolific cause of this disease. The doctor points out that there is great carelessness, first in cleansing the fish, and secondly in cooking it. Especially in the case of smaller fish, it is "a temptation in busy times to remove the heads only, and to fry the fish with the gut still contained in them." In other cases gutting is done, but very imperfectly, and the consumer is fed in part at least on offal.

In a lecture delivered a day or two ago, Dr. Watson, senior physician at the City of London Hospital for Diseases of the Chest, said that the three predisposing causes of consumption were drink, dirt, and overcrowding. The first of these evils, he said, was the greatest, as was acknowledged by all the students of the disease. There are a quarter of a million people in this country who required treatment in sanatoria, and to do that thoroughly would cost some sixteen million pounds. If people gave up drinking for a year and spent the money thus saved in establishing a fund for consumption, they would succeed in making the disease almost as rare as typhus fever had now become.

PROFESSOR MAYOR, of Cambridge, speaking at the anniversary of the Vegetarian Society held in Manchester recently, said he always looked on the English heavy dinner, especially the public dinner, as the most astounding function in the civilized world. If it were merely for the economy of the system they ought to introduce vegetarianism all over the world. "We vegetarians are," concluded Dr. Mayor, "absolutely free from thirst even in the hottest summer."

BESIDES the amylaceous substance which potatoes contain, the water and salts are important. If a person eat potatoes weighing three times as much as the bread ordinarily consumed, says Dr. A. Mosse, he will have taken six times as much water and three times as much salt as when living on ordinary bread diet, while the quantity of albuminoid and starchy food will remain the same. The salts of potatoes are chiefly the salts of potassium, consisting of potassium in combination with organic acids; these are transformed in the organism into potassium carbonate. Potato diet, therefore, may be regarded as a sort of alkaline cure, the potassium acting favorably upon the glycolytic functions. In nineteen out of twenty cases of diabetes reported by Mosse, the substitution of potatoes for bread was followed by a rapid diminution of thirst and glycosuria, and, in fact, by a general amelioration of the symptom-complex of the disease. The quantity of potatoes administered daily was from 600 grammes to three kilos.

In the recent African war 5,776 officers and men are put down as killed in action, and 2,019 as having died of wounds, no fewer than 13,272 are stated to have died of disease. Microbes rather than bullets constitute the chief danger in war. The conflict between Russia and Turkey in the years 1877 and 1878, the last great European war, was a war of big battles, the frightful slaughter before Plevna being an example of all that is most horrible in warfare. Yet in the Russo-Turkish war, which lasted only 18 months, and in which 505,000 Russian troops were engaged, the Russians lost roughly 88,000 from disease against 28,000 from wounds.

THE physiology of man and of plants is much alike, in many ways almost identical. The same causes operate to produce disease and death in both. The bacillus is not the primal factor, but it is always secondary to malnutrition and uncleanness. The sap makes the plant—the food makes the blood, and the blood makes the body. If the earth ceases to nourish the plant, away at the top the leaves begin to wither and die; if the food ceases to nourish the body, the lungs, which are to man what the leaves are to the plant, begin to fail. Just as it is the yellow, sickly leaf that is attacked by germs, which upon the green and vigorous growth have no effect, so it is in the weak unnourished and impoverished lung that the tubercle bacillus finds the soil it needs. The tubercle bacillus is therefore one of the bacilli of decline and decay.

EGGS are susceptible to bad odors, and should be kept in pure air as carefully as milk or cream. A bad flavor in egg is not so readily detected as in butter, because they are usually mixed up with so much sugar and spice, or salt and pepper before being eaten. But a poor egg can hardly be healthful, however much its flavor may be disguised. If a nest is made over manure for a sitting hen, the eggs are liable to become so badly impregnated with ammonia that they will not hatch.

DR. HENNEBERG has studied the extensive literature of spiritualism and occultism. He treats of table-turning and spirit-rapping, and what he calls psychographs, in which the subject believed to be in a trance writes to the dictation of the spirits of the dead.

He mentions cases in which the mental derangements resulted from being hypnotised.

Persons who practise these so-called communings with spirits have fallen into hysterical conditions, some of them were previously disposed to neuroses, so that the tendency was merely aggravated. In other instances, hysteria appeared as the result of these practices in persons previously healthy.

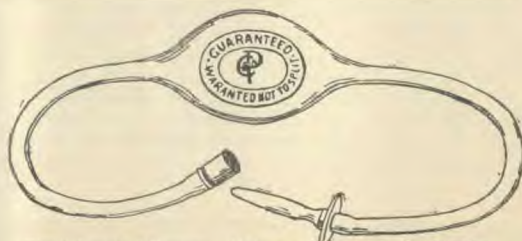
Dr. Henneberg gives in detail the description of eight cases in which insanity was the result of concentration of spiritualistic experiments. He observes that it is the duty of the physician to warn persons disposed to nervous diseases against any dealings with mediums, magnetisers, and faith healers, who work on the imagination.

RICE is the most easily digested of all vegetable foods, requiring only one hour for perfect digestion. When serving as a vegetable, wash it in several cold waters and throw it into a large quantity of boiling water. Four quarts of water should be allowed to each pint of rice. Boil rapidly for twenty minutes; drain. Stand the colander over a kettle containing a little boiling water, and toss and steam until the rice is perfectly dry; each grain will be separate and swelled to twice its original size, and as white as snow if properly cooked. Rice surpasses all other starchy foods as a vegetable.

OF *old*, the fool said in his heart that there was no God; now he says that the infinite universe is the result of a fortuitous combination of circumstances. If you will stop to think about it, you will notice that he has not progressed much in the meantime.

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To Our Readers.

THE GOOD HEALTH wishes to all its readers a happy New Year. Every man, woman, and child may make the coming year a happy one by remembering that true happiness is found only in helping others. "In blessing, I will bless thee." One can in no way find such real enjoyment as in an earnest effort to elevate others.

There never existed a greater need of real honest work for the improvement of human beings than at present, and never was there a wider and more promising field for work than is offered to those who will engage heartily in the cause of reform.

It is acknowledged by sanitarians that at least three-fourths of our present mortality might be prevented by the proper observance of sanitary rules. When we consider the saving of physical suffering and of grief, together with the expense attending sickness, funerals, and burials, it is obvious at a glance that the labor expended in securing reforms in any community will afford richer returns than any other kind of missionary effort.

Think of the unhappiness that exists in homes, most of which may be traced to errors in eating, drinking, and dressing. If we would bring happiness to these homes, or raise the moral tone of their inmates, we must save them from their physical sins by correcting each wrong habit.

To this noble philanthropic work we invite the attention of our readers. All can do something, and many can do much. Everyone can do as much as to induce at least one individual to become a subscriber to GOOD HEALTH. We will allow a commission of 1/- for each subscription. During this year we shall endeavor to make the journal as rich as possible in all that pertains to health, and we hope to enlighten many upon subjects which have a close relation to their happiness.

The most practical way of wishing a happy New Year to our friends and neighbors is by sending them the GOOD HEALTH during the year. We hope that there will be many among our thousands of readers who will heartily and gladly engage in this work of making the coming year a happy one to many.

We are convinced that by a little effort on the part of each reader we could easily double the circulation of the GOOD HEALTH during this month. To encourage all to do something, we will send one copy of the GOOD HEALTH to any friend's address you desire, by remitting us 1/9 in stamps or postal note. We will send two copies by remitting 3/-. The GOOD HEALTH, you will be pleased to learn, has at present a monthly circulation of about 9,000, but it may have 18,000 by February 1 if each subscriber will send one additional subscriber by that time. All can do this much; many can do much more. The above liberal offer lasts for thirty days only.

EDITOR



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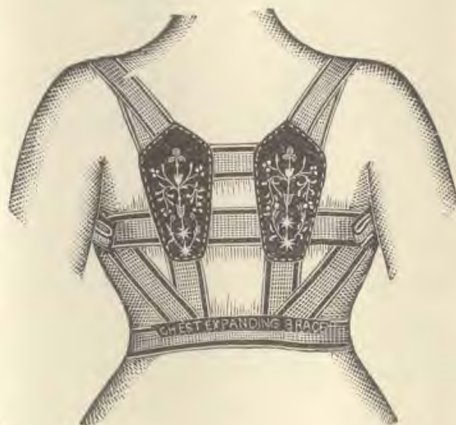
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