

THE AUSTRALASIAN GOOD HEALTH

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

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mania.

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

246 William Street, Perth, West Australia.





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No. 2.

Medical and Health News.

THE photo of Miss Carrie Haase appearing on the opposite page is a representation of "Antigone," in the Greek Drama "Antigone," which this talented elocutionist brought before the Melbourne public in her recent recitals.

Miss Haase makes it her object to present to her audiences only the highest class of literature, and strives thus to create a desire for the study of the old masters in their best efforts.

The young lady has been for years a strict vegetarian, realising that a humane diet harmonises fully with the high ideals which she seeks to attain.

Miss Haase intends to give recitals in Sydney early this year.

Here again we have evidence, other things being equal, that the future is with those who subsist on simple and natural foods.

Another Warning. Death in the Pot.

ANOTHER case of ptomaine poisoning resulting in death is reported at Albury. Charles Stassen ate a hearty supper of veal and died three hours later.

Dr. Andrews, the Government Medical Officer, said "death was due to ptomaine poisoning;" he added that "it was recognised that all young meats were liable to cause such poisoning, especially veal, as in big cities butchers dressed up flesh of calves found dead or dying."

Animals are frequently killed that have been driven to the slaughter house quite a distance in hot weather, and often inhumanly treated. The blood of these creatures becomes overheated and inflamed, and their flesh is poisonous. Some of these creatures seem to realise their doom before being slaughtered, and become furious or literally mad. They are killed while in this state. Cramps, convulsion, apoplexy, and cases of sudden death are frequently due to eating their meat. Yet the suffering is seldom attributed to the meat eaten. Few reason from cause to effect. There exists no doubt, for it is known and openly acknowledged by even butchers, that many animals known to be diseased are sold to butchers, and killed by them, and the meat

Canada's Swimming Race.

RECENTLY a swimming race took place in Toronto, Canada, from the Tonge Street wharf to the island. The course was about two miles in length. H. F. Strickland, of Toronto, a *vegetarian*, made the journey in the record time of fifty minutes. George H. Corsan, another vegetarian, made the course in fifty-two minutes. Two sturdy beef-eating Englishmen went over to Canada purposely to swim in the race. They were supposed to be the best men in the contest, but, according to the *Chicago Chronicle*, "They found the pace too fast, and dropped out midway on the course."

A long swim is supposed to be one of the severest tests of physical endurance.

sold to an innocent and unsuspecting public. Contagious diseases are frequently communicated in this way. The mortality due to meat eating is not at present appreciated as it will be in future. There is death in the pot.

The Art of Prolonging Life.

Lecture Delivered by Dr. D. H. Kress in the Sydney Sanitarium Parlor, December 26, 1904.

THE physician reckons age by the condition of the arteries. Hardening of the arteries is regarded by him as a symptom of decay and old age, whether found in a man of eighty-five or thirty-five. By placing his finger upon the radial artery just above the thumb, on the wrist, it is easy to detect the condition of the arterial system. If the artery is hard, its walls are thickened and its elasticity diminished, we recognise that degenerative changes, characteristic of old age, are taking place, and that the muscular tissue of the arteries is being replaced by unyielding fibrous tissue. The calibre of the vessels which convey nutriment to the internal organs—the kidneys, heart, liver, spleen, stomach, etc.—is diminished. When this change takes place, and nutrition is interfered with, it brings about the feebleness of body and mind frequently found in the aged, and in those of middle age whose arteries have undergone this change.

Is decay in old age a normal or abnormal condition? We believe it is abnormal, and that old age should be the ripening season of life rather than a period of decay. This is amply illustrated by the lives of men who have lived in the past, who were still able to bring forth fruit in old age, their usefulness, instead of decreasing, increasing with their years. Among these we have some illustrious examples in biblical characters. Daniel, the Hebrew captive, at the age of ninety held the position of Prime Minister in the Medo-Persian Empire. Instead of being a withered old man, dependent upon charity, he was still active and able to conduct the affairs of the kingdom so well that even his enemies, who desired his position, and sought to find accusation against him concerning the kingdom, had to confess, "they could find none occasion nor fault."

Of Moses, the leader of dietic and other reforms in Israel, we read: "And Moses was an hundred and twenty years old when he died; his eye was not dim, nor his natural force abated." At the age of one hundred and twenty there existed no evidence of decay, but he was still vigorous. That his mind was clear and active can be seen from his writings and utterances; they reveal no evidences of degeneracy. He was laid away because his work for Israel was ended, not because of degeneracy.

When Aaron was 123 years of age, the instruction was given to Moses; "Take Aaron and Eleazar, his son, and bring them up into

Mount Hor; and strip Aaron of his garments, and put them on Eleazar, his son; and Aaron shall be gathered unto his people, and shall die there." This instruction was followed. Together, these two who for years stood side by side as leaders in reforms, ascended the mount, then Moses removed from Aaron the priestly garments, placing them upon Eleazar, his son, and Aaron died in the presence of Moses on the top of the mount, and was buried there. Death was not due to degeneracy, but the cause of the death is given as follows: "Aaron shall be gathered unto his people, because ye rebelled against My word at the waters of Meribah."

Caleb, a faithful disciple of Moses, bore the following remarkable testimony at the age of eighty-five: "Lo, I am this day fourscore and five years old. As yet, I am as strong this day as I was in that day that Moses sent me (to spy out the land). As my strength was then, even so is my strength now, for war, both to go out and to come in." At the age of eighty-five Caleb was in possession of the vigor of his youth.

We have also a few notable characters in modern times which forcibly illustrate that degeneracy in old age is abnormal.

The Hon. David Wark, Canada's Centenarian Senator, whose name was mentioned in a recent number of the AUSTRALASIAN GOOD HEALTH, is said to be as active as a man of sixty, and his mind just as clear. In sixty-five years he has not missed one session of Parliament. He is still a well preserved man mentally, although a centenarian.

Louis Cornaro, at the age of nearly one hundred, said, "I never knew until I grew old that this world was so beautiful." He further adds: "All my senses have continued perfect; even my teeth, my voice, my memory, and my heart. But what is still more, my brain is clearer now than it ever was, nor do any of my powers abate as I advance in life. I expect to die without any pain or sickness." Mr. Cornaro's expectations were fully realised. He passed away quietly, his mind being clear to the last.

Fruit, when fully perfected and ripened, falls to the ground, but not because of decay. So man should fall,—ripened,—and not because of decay. His most effective efforts and best mental productions should appear in old age or ripening season.

In looking up the life of the men whose closing years have been crowned with usefulness, we find they were all temperate and practically abstainers from animal flesh.

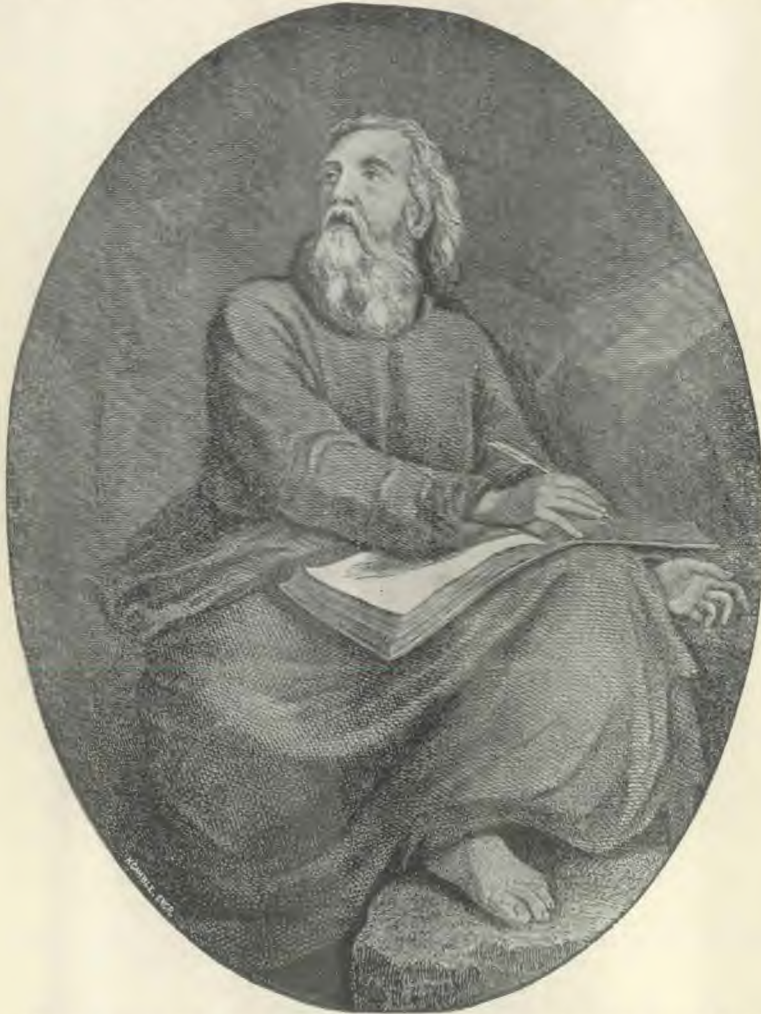
It is recognised by leading scientists that hardening of the arteries, so frequently present in old age and sometimes in those of middle age, is brought about by irritation resulting from the presence of organic wastes and other irritants in the blood. These may be formed in the tissue or alimentary canal, or may be introduced directly by the food and drink, in the form of alcohol, vinegar, mustard, spices, tea, coffee, etc. Inactivity and sedentary habits result in the accumulation of wastes

normally formed. Errors in combining even wholesome foods may result in fermentation and the formation of irritating substances.

The irritants responsible for hardening of arteries are most frequently directly introduced in unsuitable foods and drinks. Uric acid and allied wastes found in meat, and the decay and putrefaction of animal foods in the alimentary canal are undoubtedly two of the principal

table kingdom contain acid principles that retard *our moral enemy, putrefaction.*"

Professor Metchnikoff, who is recognised the world over as one of the greatest living scientists, agrees with Hufeland that a flesh diet must necessarily contribute to the shortening of life because of this accumulation of highly putrefactive material in the capacious colon, which, because of its prolonged reten-



At 120 years of age his "eye was not dim, nor his natural force abated."

causes of this condition. In fact, the same irritants that are responsible for gout and rheumatism are responsible for hardening of the arteries. Hufeland, the eminent German physiologist, in his work on "The Art of Prolonging Life," written a century ago, says: "We should use vegetable rather than animal foods, as animal food is more liable to undergo putrefaction, while substances of the vege-

tion, gives rise to deadly poisons. He has taken his stand against the use of flesh foods, wholly from observation and from a scientific standpoint. He recognises that man's only hope of a healthy and long life lies in a return to simpler habits.

He also declares that the proper length of life is not less than one hundred and forty years, and thinks that man should be in his

prime at eighty, and should be vigorous and active at one hundred and twenty.

"Grow old along with me:

The best is yet to be,—

The last of life, for which the first
was made."

Food Fads.

BY J. H. KELLOGG, M. D.

THE world is full of whimsical notions in regard to health. There is probably no other question, if we may possibly except religion, concerning which so many stupendous errors are rampant in the public mind. There is no indigestible mixture of condiments and French cookery which has not been recommended by somebody as being especially healthful. The most evil practices in relation to diet have had the endorsement of some who profess authoritative knowledge. We seem to be living in an age of fads. Starting with an idea which furnishes a small foundation, the fad doctor proceeds to construct a gorgeous theory, which, when it is completed, very closely resembles a hay stack resting on a fence post.

The exclusive meat diet is an exceedingly harmful fad of this sort, which is responsible for making a large number of people miserable with rheumatism, neuralgia, sick headache, nervous prostration, and a number of other maladies which are the outgrowth of uric acid poisoning.

The no-breakfast plan and the raw-diet fad are less harmful notions, but possess little better foundation in scientific fact. The stomach of a man who eats a hearty six o'clock dinner is in no way fit for breakfast the next morning, and is in greater need of nothing more than a good rest. The sensible way, however, is to omit the six o'clock meal, taking instead a little well-ripened fruit, and nothing else, avoiding cream and cane sugar. Some foods may be eaten raw without injury, and in some cases even with advantage.

Fruits and nuts are by nature prepared for digestion without the aid of cookery, while dry grains and vegetables cannot be well digested by the human stomach without the aid of the preliminary digestive processes, which may be effected by exposure to moist or dry heat. The sunshine coming out of the glowing fire does for the starch of the vegetable and the grain exactly what the heat of the sunlight does for the starch of the green fruit. It dextrinises it, and thus prepares it for prompt digestion by the human stomach. It is just as reasonable to feed a dog on dry grains and grass as for a man to undertake to subsist upon a similar dietary. Man is naturally a fruit and nut-eating animal. Dry grains and herbs in a raw state are adapted to animals who have stomachs especially adapted to the digestion of such foods. The goat, with its four-stomach-power digestive apparatus, is able to make sugar out of paper, and to extract a mild sort of nourishment from dry-goods boxes. In other words,

it can live and thrive, for a time at least, on wood and water.

The same is true of sheep, cows, and other herbivorous animals. Even horses, although their digestive apparatus is less complex, are able to digest wood to a certain extent. But the human stomach, like that of the ape, gorilla, and chimpanzee, is adapted to the digestion of more elaborated and easily assimilable foods. Those animals which live on coarse herbage and raw grains must devote a large share of their energy to the extraction of nutriment from their crude diet. The process of developing energy



from corn and hay is a very slow one. The energy of fruits and nuts is more readily available. The sugar of fruits is already completely digested, and being quickly absorbed, shows its presence in the body by an immediate increase in energy and working ability. By contact with the digestive fluids, the dextrin which abounds in fruits and nuts is almost instantly changed into sugar, which represents energy in a form immediately available.

Probably many persons have experienced benefit by a change from their ordinary fare to a raw diet, chiefly through the fact that the change was equivalent to a mild starving process, which, in a person whose tissues have been filled with uric acid and other tissue cinders through flesh eating and overeating, is a sovereign remedy, superior to every other that can be suggested.

Fasting cure is another fad which has recently broken out in various parts of the country. This, like the no-breakfast notion, is not very likely to be productive of serious injury for the reason that in this land of plenty, where foods are cheap and readily available, multitudes of people are suffering from overeating, and are likely to be benefited by a few days' abstinence from food, which gives nature an opportunity to gather up and consume the cinders in the shape of uric acid and other half-burned wastes with which the tissues are clogged.

Truth in relation to diet, as well as in relation to everything else, must be wrought out on the anvil of life by the hammer of actual experience. Unfortunately, the majority of modern philosophers seek truth by the same method by which the spider makes its thread,—by a sort of spinning process. A teacher in a mission school in Burma once asked a native boy who had an unusually bright composition if he composed it himself. "Yes," said the lad, rising in defence of the originality of the composition, "I pulled it out of my own stomach." A great share of the theories exploited in these modern days have the same origin as the boy's composition, and often afford evidence of indigestion in a very advanced stage.

Truth is to be discovered by observation rather than by meditation. It is true the facts of experience must be well considered and digested, but real truth is the outgrowth of actual life rather than of cogitation. No theory can be safely trusted as a rule of life until it has been tested by actual experience, and even then is hardly a safe criterion, for it sometimes takes a generation or two to test the validity of a philosophy or the truth of a proposition. Unquestionably, millions of people have died in the attempt to prove by experience the truth or untruth of views which have been accepted on the strength of authority. The only safe way is to refuse to recognise as truth any proposition which cannot be shown to be the outgrowth of well-established fundamental principles or well-considered human experience.

Beware of Patent Medicines.

THROUGH the efforts of the Women's Christian Temperance Union in exposing patent medicines, the following facts have been brought out:—

America shows a list of 1,806 patent medicines, in which alcohol, opium, cocaine, or some other dangerous drug is concealed; 675 of these are known as bitters or cordials; 390 are recommended for coughs; nearly all of these contain opium. Sixty-one sold for the relief of pain, and one hundred for nervousness, contain cocaine and caffeine. One hundred and twenty-nine are sold for the relief of headache; these contain aulipgrine, acetanilide, morphine, caffeine, and cocaine, and other deadly poisons. The one hundred and eighty-five dysentery and diarrhoea remedies contained opium, or its derivatives. Forty-eight asthma cures contained morphine; thirty-six soothing or teething syrups contained opium or its derivatives.

The Massachusetts Board of Health found that nearly all the so-called remedies for the alcohol habit were largely made up

of alcohol, containing in addition other poisons, and that the advertised morphine cures contained morphine.



The amount of alcohol found in the following advertised remedies by the same Board are:—

Peruna, 23 per cent. Vinol, 15 per cent.
Swamp root, nearly 6 per cent.
Lydia Pinkham's vegetable compound, 17 per cent.
Memyan's Paw-paw, 21 per cent.

An analysis of various foods for invalids was made by Dr. Harrington, of Harvard Medical College, recently, with the following results:—

Liquid Peptonoids contained 23.03 per cent. of alcohol.
Panopepton contained 17 per cent. of alcohol
Hemabolooids " 15 per cent. " "
Hemapeptone " 10 per cent. " "
Nutritive Liquid Peptone contained 14 per cent. of alcohol.
Tonic Beef contained 15 per cent. of alcohol.
Mulford's Predigested Beef contained 19 per cent. of alcohol.

Bad Posture of School Children.

RICHARD TIMBERG, of Stockholm, says:

The mechanism of breathing is impeded in action by the leaning posture. The most important respiratory muscle in the body is the diaphragm, the flat muscle which divides the chest from the abdomen. In leaning forward, the abdomen is compressed, and the movement of the diaphragm hindered, causing the act of inhalation to become less deep, and the whole breathing to become shallow and inefficient. The action of the heart, as well as that of breathing, is disturbed, and the internal organs become overcharged with sluggishly flowing blood, to the detriment of their activity. The development of the organs of breathing receives a marked check from lack of bodily exercise. When, during the years of growth, day after day for hours at a stretch, the act of breathing is performed with subdued power, superficially and feebly, without a full expansion of the lungs and chest, a poor development of these organs ensues, resulting in a flat, sunken, and immobile chest. This is a sign of weakness in those parts which may even indicate a tendency to lung disease. The sluggish circulation through the abdominal organs, caused by their compressed condition when the body is continually bent forward, is, no doubt, very often solely responsible for many a school child's persistent indigestion."—*The Posse Gymnasium Journal*.

Is Old Age Curable?

PROFESSOR OLIE METCHNIKOFF, the great scientist, considers old age curable. He says: "There is undoubtedly a great resemblance between old age and a diseased state of the body, I believe, therefore, that it will be possible, in the future, to prolong life beyond the limits which it reaches in the present day. Man attained a much greater age in biblical times than he does now, and the efforts of science should be directed to bringing about a similar state of things nowadays. The discovery of a cure for the disease we have just been mentioning will be a great step in that direction; and the suppression of alcoholism, which is accountable for twenty-five per cent. of cases of arteriosclerosis, will still further increase the chances of people living to a 'good old age.' But much more than this can be done. *The human system is poisoned in other ways, and in no way so frequently as by the innumerable microbes which swarm in the large intestine. This organ is not only useless in man's present state, but positively harmful.*" There can be no doubt the absorption of poisons formed in the colon has much to do with arteriosclerosis.

Bouchard, the famous French scientist and doctor, has clearly shown that most of the diseases are the result of self-poisoning, and have their origin in the alimentary canal, and that some of the poisons formed are extremely deadly, and in many cases have caused almost instant death.

Several years ago one of America's most eminent authorities on physiological chemistry made the statement before a class of students that the stomach was a USELESS organ, and could easily be dispensed with, and in many instances, with real benefit, since it was responsible for so many diseases. Other medical authorities have pronounced the appendix a superfluous and dangerous organ, and in harmony with this belief they have, of recent years, taken apparent delight in its removal whenever opportunity afforded, thinking that by so doing they were bestowing a great blessing upon mankind.

Professor Metchnikoff, recognising that life is shortened by the deadly poisons which are formed in the colon by the action of an innumerable host of germs, says: "*This organ is not only useless in man's present state, but positively harmful,*" and predicts that in the distant future, like the appendix, it may be successfully removed and with advantage to the individual.

These assertions remind us of the little farmer boy, who, having intently watched his father amputate the tails of little lambs, remarked: "Papa, God don't know how to make lambs, does He?" In fact, Professor Metchnikoff says: "Man is *very, very* far from being perfectly constructed."

We believe God knew how to make man, and further, that He made man perfect and upright with no *useless* organ. In fact, after He had formed man, the Creator Himself pro-

nounced him "*very good,*" But "*man has sought out many inventions.*" The difficulty lies not in man's construction, but in man's inventions. It exists in forcing these organs to do what they were never intended to do, in crowding upon them foods or substances that should never find a place in them. The stomach, when in a normal condition, is not only a digestive organ, but a perfect disinfecting chamber, capable of destroying the most deadly germs. Foods are retained there a sufficient length of time to undergo thorough disinfection. In health the stomach protects the body from germs of disease. By constant abuse, this organ wears out, the glands fail to secrete the normal amount of acid, and then it loses its power to disinfect, and the moisture and warmth of the stomach favor the development and growth of microbes. As a result, the alimentary tract becomes the hold of every foul germ, and poisons of a most deadly nature are formed, which naturally shorten life when absorbed. Especially do foods which readily undergo decay, such as cheese, veal, oysters, fish, and other flesh foods, become a source of great danger. The same poisons which are formed in these substances when they decay outside of the body, and occasionally break up a picnic, are formed in the stomach and colon when the stomach has lost its power to disinfect or prevent decay. There exist animals that are provided with short and smooth alimentary canals, the colon either being smooth or entirely absent. The flesh they eat is rapidly moved along and expelled. But even then the odor of the expelled residue of these flesh-eating creatures is always extremely offensive when compared with that of herb-eating animals, showing that in spite of this short canal putrefaction occurs. No doubt for this reason flesh-eating animals do not live as long as do the herb-eating animals. Cats and dogs that are fed largely upon flesh are more apt to develop disease. The sick dog is usually fed upon hard biscuit to afford him an opportunity to get well. Dog-trainers, hunters, and owners of valuable dogs, as a rule, find it wise to withhold meat from their dogs altogether, recognising that they do best on well-baked cereal foods. Man, instead of having a smooth alimentary canal, has a long, sacculated alimentary canal and a capacious colon. Not being smooth, it is not nearly so well adapted for the handling of foods which readily decay. The necessary prolonged retention of such foods in the colon favors putrefaction and the formation of the deadly poisons which are mostly absorbed from the colon. These poisons create many diseases, and according to Professor Metchnikoff they shorten life.

Certainly "*man is very far from being perfectly constructed.*" In fact, he is not constructed at all to subsist on such food. It may truthfully be said therefore, that "*in man's present state* (living as he does) these organs are not only useless, but positively harmful," and the removal of the stomach or colon, or shortening of the alimentary canal, bringing it nearer to that of some of these lower creatures, might afford partial relief at

least to those who *persist* in using these foods. But by far the better way would be to fall in with the divine plan and eat the food originally given to man,—the fruits, nuts, grains, and legumes. Who could be a better authority as to the food best adapted for man's physical, mental, and moral well-being than the One who made him and constructed his digestive organs. After man was formed, the Creator placed him in a garden,—a fruit orchard. Foreseeing the danger of his eating unsuitable foods, and the results that would follow, He said, "Of every tree thou mayest freely eat," and, "Behold I have given unto you every herb bearing seed, and every tree on which is the fruit of a tree yielding seed, to you it shall be for meat." This is the meat given to man. This is the meat that has in a special manner been created to be received with thanksgiving of them that believe and know the truth. No amputation or removal of stomach or colon will be found necessary by those who subsist upon these foods. Even the appendix may remain undisturbed, for appendicitis is recognised by leading authorities to-day to be confined almost exclusively to meat-eaters.



Laziness—Its Cause in Children.

DR. T. S. CLOUSTON, President of the Royal College of Physicians, Edinburgh, has been dealing with the nervous diseases and symptoms in children of the school age. He states that there are many popular misconceptions about "mental symptoms" and moral defects, which sensible parents and teachers should particularly avoid. Laziness and stupidity are in many instances nervous, and not moral, defects. This being the case, medical methods should be employed in place of disciplinary, and the author lays particular stress on the importance of a healthy body if a healthy mind is desired.

Mortality from Pneumonia.—Since 1900 (*American Year-book of Medicine*) pneumonia has caused the death of one-eighth of all persons dying in Chicago—one-third more than consumption, and forty-four per cent. more than all the other contagious and infectious diseases combined.

Increase of Insanity in New South Wales.

What are the Causes?

ONE of the most conclusive evidences of the degeneration of the race is to be found in the astonishing rate at which insanity and imbecility have increased within the last forty or fifty years. According to Dr. Wise, the number of insane per million persons in the United States increased between 1850 and 1890 from 673 to 1,700. In Great Britain and Ireland, older countries, the number of insane per million have increased between 1862 and 1891 from 1,810 to 3,070. The showing in Australia is still worse, according to a recent report of Dr. Eric Sinclair, Inspector-General of the Insane, on December 31, 1903. The number of insane persons under official cognisance in New South Wales was 4,950, as compared with 4,687 on December 31, 1902, the increase during the year being 262. The average annual increase for the past twenty years was 127. *The proportion of the insane to the general population is one insane patient to 289 persons in New South Wales, or 3,422 insane to the million inhabitants.*

This is certainly alarming. As usual, this rapid increase is almost wholly attributed by the thoughtless to unpreventable causes,—the drought, the heat, etc., but the fact is, it is due to preventable causes, to the unnatural habits of Australians of flooding the system with narcotics in the use of alcohol, tobacco, tea, and flesh foods. If alcohol and tobacco alone could be abolished, I am confident that the number of insane could be reduced one-third in the next two years. If in addition we could get rid of the tea pot, and stop the unnatural practice in this warm climate of gorging the body with flesh, we would succeed in ridding the State of another third. I am forced to the conclusion from my observations and experience as a physician that excessive tobacco-using and tea-drinking are more injurious to the nervous system than alcoholism. Sandow evidently has recognised the evils of tea drinking. He says:

Intemperate tea-drinkers do themselves as much harm as those who drink alcohol to excess—*more physical harm*. There is a certain strength beyond which you cannot obtain spirits or beer, but there is hardly any limit to the strength of tea, and the

effects, though not immediately visible as when intoxicants are taken, are more severe later on. A good many people consult me as to their health, and in nine cases out of ten their ailments are due to drinking strong tea or coffee.

Dr. J. H. Kellogg sums up the baneful effects of tea drinking as follows:—

It is fair to attribute to the use of tea, in part at least, the great prevalence of nervousness in countries peopled by English-speaking races. Nervous headaches, tremblings, sleeplessness, confusion of thought, melancholia, and even to such grave disorders as delirium tremens and insanity, have, in scores of instances, been traced directly to the use of tea. There is no room for doubt that many a poor victim of the tea habit has been deprived of reason, and ended her course in the asylum for the insane.

Invalidism and Longevity.

OLIVER WENDELL HOLMES says, "One of the necessary requisites for attaining to a good old age is to be rejected for life insurance by a first class company."

In studying the life history of men who have been blessed with long life, we are led to believe that Mr. Holmes is not far astray; for instance, Louis Cornaro was given up by his doctors at the age of forty. This sobered him, and led him to adopt temperate habits. He became so abstemious that his friends feared and predicted he would die of starvation, but instead of this he managed to get rid of all his ills, and live to the age of about one hundred years.

John Wesley, who at eighty-three wrote, "For twelve years I have not known what it is to be weary," at the age of forty was given up as a hopeless invalid.

Horace Fletcher owes his present good health to the fact that ten years ago he was rejected by a *first class* life insurance company.

Delicate health in middle life does not preclude the possibility of a long and useful life. On the contrary, it seems to have just the opposite effect, and offers hope for invalids.

David, the Psalmist, evidently had a similar experience, for he says: "It is good for me that I have been afflicted, that I might learn Thy statutes." "Before I was afflicted I went astray." On the other hand, the strong and robust, who imagine they can endure anything and eat anything, who say, "Nothing hurts me," do not live out half their days. When a collapse comes, it is usually too late to save life.

Hard Times and Longevity.

Recent investigations regarding the effect of hard times upon the general health of the community show that the demand for doctors and chemists during the time of financial depression is considerably diminished. Money being difficult to obtain, people are forced to work hard and obtain plainer foods, to eat and drink less, and live simpler in general. Luxury and plenty is our great foe, and has proved the ruin of nations in the past. The impious feast given by Belshazzar to a thousand of his lords marked the downfall of Babylon. "Fulness of bread and abundance of idleness" were responsible for the ruin of Sodom and Gomorrah. Luxury and effeminacy resulted in the decline and fall of Persia, Greece, and Rome. It is a source of consolation to know that hard times, like sickness, is a blessing in disguise, and tends to prolong rather than to shorten the life of individuals as well as of nations.

Sale of Patent Medicines in New Zealand.

THE Government of New Zealand are to be commended upon their action in making new regulations under their Health Act of 1900 dealing with the importation and sale of patent medicines. In future "all patent medicines imported into or sold or offered for sale in the colony shall be required to have the contents, with their exact proportions, legibly set out in English upon a label affixed on the bottle, box, or container. In addition to such information, where such medicine contain one or more of the poisons scheduled under 'The Sale of Poisons Act, 1871,' and its amendments, the words 'This contains poison' must be marked in clear, medium-sized block type upon the label." Some 160 well-known proprietary medicines are enumerated as coming under these regulations, and any person who commits a breach of or fails to comply with any of the foregoing regulations shall be liable on conviction to a penalty not exceeding £50.—*Australasian Medical Gazette.*

CARRY the radiance of your soul in your face, let the world have the benefit of it.

An Interesting Letter.

IN a letter received from our friend, Pastor G. Irwin, who is visiting the islands of the Pacific in the interest of future missionary efforts in behalf of these people, he says:—

I have had a very interesting and profitable trip thus far. I have embraced every opportunity to go ashore and visit the different tribes of natives, that I might form some just conception of their needs. I am decidedly of the opinion that here, as elsewhere, the health reform and evangelical work should go hand in hand. While people live in such filthy homes, not much can be expected in the way of spirituality.



The natives and their mangy dogs lie together on mats in these dark, vermin-infected dens. Many of the children are covered with horrible sores. The stench from these so-called homes is simply awful.

One of two things is certain—either these people are beyond all hope, or the missionaries already here have neglected a very important part of their work. I am more inclined to the latter opinion, when I see such a condition of things under the very eaves of a mission that has been in existence for thirty years. What can be expected from missionaries who drink beer and wine, and smoke black plug tobacco? All do not do this, but as far as I have gone, those who do not are the exception. I believe we are training our missionaries in right lines when we teach them how to care for the bodies as well as the souls of men.

I have had some interesting experiences on the boat. It was known by all the first day, it seems, that I was a vegetarian, as I brought to the table my granose biscuits, protose, and malted nuts. They watched me closely, as though they expected

I would collapse in a few days, but as they saw I got along well, and could stand more tramping on shore without the customary after-aches, they began to make remarks about my way of living. A young doctor in our company publicly avowed his intention of practising vegetarianism in the future. He said to me one day, "How is it you always seem so happy, while I have such terrible blue spells and feelings of depression?" I told him it was because I endeavored to live in harmony with the laws of my being. I gave him quite a lecture on dietetics, etc. He admitted all I said was true.

We are pleased to receive this very interesting letter from one who has eyes to see, and who recognises the relation exist-

ing between physical sin and disease of body and soul. We believe with Pastor Irwin, that the *only* way to elevate the morals of these poor, degraded natives is by correcting their physical habits. A missionary effort that fails to do this, is a total failure. True Christianity elevates physically, mentally, and morally.

I might add, although Pastor Irwin has passed the three score years, he is still in active missionary service, and capable as well of doing hard physical work. We wish him success and God's blessing and protection as he continues his trip.

IDEAL CHILLI SAUCE.—One quart stewed tomatoes not strained, one large onion sliced, one teaspoonful celery, half a teaspoonful of sugar, one and one-half teaspoonfuls of common salt. Cook all together until of the desired consistency.



ABSENT TREATMENT.

THERE was a cripple daily passed my door,
My pity, seeing him, grew more and more.

To him each day I gave a healing thought,
As I, in Christian Science, had been taught:

(O'erjoyed am I to help a fellow-man—
It is my bounden duty when I can.)

And noting soon improvement in his walk,
Resolved to call him in and have a talk.

I said to him: "I am glad to see of late
A very marked improvement in your gait."

Know you what helped you? Tell me now, I
beg."

"Yes, ma'am," he said, "I've got a new cork
leg!"

Joseph A. Terry in "Boston Transcript."

Look Up.

THE fixed habit of cheerfulness is a great help in climbing the hill of life. You will find that the people who are "going downhill" are almost invariably morbid, and steadily looking down instead of up. One always goes downhill much faster than one goes up; and when you see a man who is going downhill, you may be sure he will reach the bottom very soon if he does not turn right-about face, and start uphill again. It is never "better farther on" to those who are going downhill. It is never well with them at all. The lowlands of life are unhealthful for both body and soul. It is better to keep looking and climbing upward.

Some "Success" Hints.

SUSPENDED above the desk of a Pittsburg bank president is this motto: "Do the Hard Thing First." Ten years ago he was discount clerk in this same bank.

"How did you climb so fast?" I asked.

"I lived up to that text," he replied.

"Tell me about it."

"There's not much to tell. I had long been conscious that I was not getting on as fast as I should. I was not keeping up with my work; it was distasteful to me. When I opened my desk in the morning and found it covered with reminders of work to be done during the day, I became discouraged. There were always plenty of comparatively easy things to do, and these I did first, putting off the disagreeable duties as long as possible. Result: I became intellectually lazy. I felt an increasing incapacity for my work. One morning I woke up. I took stock of myself to find out the trouble. Memoranda of several matters that had long needed attention stared at me from my calendar. I had been carrying them along from day to day. Enclosed in a rubber band were a number of unanswered letters which necessitated the looking up of certain information before the replies could be sent. I had tried for days to ignore their presence.

"Suddenly the thought came to me: 'I have been doing only the easy things. By postponing the disagreeable tasks, the mean, annoying little things, my mental muscles have been allowed to grow flabby. They must get some exercise.' I took off my coat and proceeded to 'clean house.' It wasn't half as hard as I had expected. Then I took a card and wrote on it: 'Do the Hard Thing First,' and put it where I could see it every morning. I've been doing the hard thing first ever since."—*Life.*

OF all the people I know who cannot stand it (alcohol), is the brain worker.—*Sir Henry Thompson.*



Diet for Diabetics.—A girl, eighteen years of age, has been suffering from diabetes for twelve months. Are eggs, fresh meat, fat, and butter a suitable diet? Should bread and starchy foods be avoided?

Ans.—I would recommend the following diet in such a case: Well-baked potatoes, eggs, nut products, as protose, nuttolene, and nuttose; well-baked breads, such as granose biscuits and zwieback. I would recommend cream in the place of butter; greens may be used freely, such as lettuce and celery; also acid fruits. Meat and free fats are not the best foods to use. Both of these throw an extra burden upon the liver.

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

Ans.—A flesh diet is not necessary for recovery. In some cases it retards recovery. When proper substitutes are taken, meat may be dispensed with, with benefit to all. Eggs are preferable to meat.

Milk as Drink.—Is it advisable for a canvasser, bicycle-riding through the country, to partake of milk freely as a drink? Would water be better?

Ans.—Milk is not a drink, it is a food, and should be taken only at the regular meals. There is no better drink to be taken between meals than water, if it can be obtained pure.

Weak Eyes.—I have weak eyes. I have used eye lotion, salt water, and now alum water, but with little success. What would you recommend?

Ans.—Bathing the eyes in very hot water at night, before retiring, for five minutes, followed by a short application of cold would be found beneficial, in addition to a lotion of dilute boracic acid.

Phlegm in the Throat.—I am troubled with phlegm in the throat, and can get no permanent relief. Would you advise the pocket inhaler?

Ans.—The pocket inhaler would be found beneficial in your case. In addition, it would be necessary for you to exercise great care in the selection of your food. Avoid hot foods, improper combinations, and the use of sweets, such as puddings, pastries, jams, etc. A cool spray in the morning, preceded by a little exercise, and followed by a brisk rub, would also be beneficial. General treatment and diet will, in time, help the most obstinate cases of catarrh.

Meal Hours.—Would you recommend two meals a day where the only practicable hours for meals are 8 A. M. and 5 P. M., or 7 A. M. and 1 P. M.?

Ans.—There would be no objection to taking the meals at 8 A. M. and 5 P. M. It might be a help to take a little fruit juice with a fresh raw egg well beaten up stirred into it at about 1 or 1.30 P. M. If meals are taken at 7 and 1, a light lunch, principally or wholly of fruits, may be taken at evening.

Dates.—Are dates to be recommended for a bilious person, seeing they are very sweet?

Ans.—There is no objection to the use of a moderate amount of dates occasionally at meals. Unfortunately, most of the dates are put up in cane sugar. This is the only objection to their free use.

Fruit.—GOOD HEALTH recommends that fruit should be taken at the end of the meal, but with many of the recipes given, the fruit is compounded with cereals.

Ans.—There is no objection to the use of a little fruit in the preparation of palatable dishes. However, the general principle is correct that acid fruits are better taken at the close of the meal. The acid in fruit tends to retard the digestion with starches.

Health Foods.—Is there any advantage in using health foods as against the ordinary cereals in an unprepared state? The health foods are expensive when very extensively used.

Ans.—The ordinary breads and cereal preparations are all difficult to digest. As a rule they are never thoroughly masticated. Dextrinised starches are easy of digestion. While the prepared foods are easy to digest and in every way preferable to the other, it is true they are more expensive, but a greater amount of nutriment and strength may be derived from them, and digestive troubles may be avoided. There is considerable more expense connected with their preparation. In the manufacture of the health foods only the best and naturally the most expensive products are used, while in the manufacture of ordinary cereal products the same care is not exercised in the selection of the wheat, flour, etc.

Bananas.—Why do bananas disagree with some people?

Ans.—Bananas, if thoroughly ripe, as a rule agree with almost anyone. The difficulty is, bananas are frequently eaten in an unripe state. If there are cases where bananas seem to disagree, it is best to bake them. In that way they will agree with almost anyone. Another cause of their disagreeing is because they are not thoroughly masticated. Bananas undergo fermentation very rapidly, and if they are introduced into the stomach without being thoroughly divided, they will cause trouble. It is well to eat them with a piece of bread or granose biscuit in order to insure proper mastication.

The Stomach.—When the stomach has lost its digestive powers through wrong living, will it recover itself to do proper work by the use of right foods?

Ans.—Yes; every organ of the body will respond when we treat them properly. Nature's efforts constantly tend to restore. It is a fortunate thing for us. When you meet with an injury, you find that the healing process begins at once; new tissue and new skin are formed. The same process goes on inside. The reason why the stomach does not recover more rapidly is because we keep on eating the same foods, and the foods keep up the irritation, but by proper treatment and diet the stomach will, in time, recover.

Appendicitis.—Is it possible to cure appendicitis without the knife?

Ans.—It is very seldom that the knife is necessary in appendicitis; nearly all cases can be cured without it. There are some cases where an operation is necessary—after an abscess is formed. Sometimes a cure will take place then by the aid of proper treatment. In appendicitis, the very first thing to do is to have the person given entire rest. This is true of all inflammatory troubles. If the knee or the eye is inflamed, rest is indicated. When the stomach is inflamed, there is nothing better than a fast for a day or two, and if the appendix is inflamed, it should have complete rest. Then give hot fomentations, followed by cold compresses, and keep them applied for an hour or two, and then renew the fomentations. By doing this, and not allowing the person to eat anything for a day or two, nearly every case can be cured.

During the last few years the appendix has been looked upon as a useless organ, but it secretes a fluid that is a germicide, and destroys germs which cause putrefaction in the colon, so that by its removal the formation of poisons, or auto-intoxication with its numerous general or remote disagreeable symptoms, is favored.

Appendicitis is usually found in those people who lead sedentary lives; who are engaged at office work, and who spend much of their time sitting at a desk, allowing the organs, by relaxed sitting, to drop out of place. The organs are pressed down by an incorrect posture, so that the blood becomes congested and the circulation impaired, and the nutrition of the organs is interfered with. A new cure for this disease has recently been advocated—exercise by walking on all fours. It is exercise that is needed. It is possible to exercise while sitting, by keeping the body perfectly erect and energised. The muscles may be developed even while engaged in sedentary work, and the circulation and health of this organ improved.

Extracts from Letters.

THE following letters, among others, have just been received by the Wahroonga Sanitarium. These letters are appreciated. We are glad our efforts are not in vain, and that our patients continue to improve in health after leaving us.

I have very pleasant and grateful recollections of the Wahroonga Sanitarium, and have championed it on every occasion that has presented itself. Not only did I enjoy myself, and obtain

benefit to my health, but I witnessed a real triumph of applied Christianity which has greatly impressed me. The institution as a whole commands my respect and admiration. To put it in a few words, the production of so much practical Christianity is an achievement that would reflect honor on any church, as it reflects, as I really believe, the glory of our blessed Master.

A FORMER PATIENT.

Another patient writes:—

I take this opportunity of thanking you for your kindness to me. I appreciate fully all that has been done for me, and pray our heavenly Father will continue to bless your efforts put forth so unselfishly. You will be glad to know that I am keeping well, and am still gaining strength daily. I expect to make a visit to the Sanitarium to thank the various workers for their goodness to me. The place was really more like a home to me than a Sanitarium, and this, I think, assisted greatly in my recovery.

A friend and enterprising reformer writes:—

I fully intend devoting £25 which I have in the bank here to extending the circulation of GOOD HEALTH throughout Australia, New Zealand, Fiji, etc. In fact, I purpose devoting all I make in the future to aiding GOOD HEALTH and the Sanitarium.

It is safe to say that the cry of woe which ascends from the world would be much lessened were there a thousand such men where there is now but one.

That the GOOD HEALTH is appreciated will be seen from the following extracts from letters received:—

Enclosed please find 2/6, payment for renewal of my subscription to GOOD HEALTH for 1905. I find this paper contains very profitable reading. I take a great interest in food reform, and have been a vegetarian for twenty-five years.

I have been taking GOOD HEALTH for two years. It is a splendid little paper, that should find a place in every home in the Commonwealth.

Through GOOD HEALTH my interest is at last aroused to the importance of diet. I am sending an order to you for different foods which I wish to sample. This is my first acquaintance with the God-given rules and recipes of the GOOD HEALTH. They are already benefiting me, by systematically carrying them out. I wish all connected with your office every success and blessing in your good work.

The GOOD HEALTH is a splendid paper. We are strangers to you, but through GOOD HEALTH I hope we are the best of friends. This paper has the best of friends throughout Australia.

I have derived great benefit by following out the common-sense ideas laid down in the GOOD HEALTH. The GOOD HEALTH is doing a much-needed work in Australia. We wish it every success.



SALADS.

DR. LAURETTA KRESS.

SALADS, as usually prepared, are unwholesome things, but they can be prepared of ingredients which hold a high nutritive value, and with proper combinations make a wholesome food. Great care should be taken in preparing menus to combine vegetable salads with foods they combine with nicely, and fruit salads with those that they combine with. They should be served as daintily as possible. A glass dish or a shallow china dish is the most suitable for serving. If served to individuals, a small glass fruit dish or tea saucer will answer the purpose. A garnish always adds to the attractiveness. Lettuce, lemon, tomato, parsley, etc., when available, can be used.

BANANA SALAD.—Slice well-ripened bananas into a glass dish, garnish the edge with cut rings of lemon. Sprinkle lightly with sugar, and serve with lemon juice in the proportion of one tablespoonful to three of water.

PINEAPPLE SALAD.—Prepare a juicy pineapple by removing the outer covering and all brown proportions. Cut with a sharp knife vertically and horizontally, then with a silver fork shred it to the core. Sprinkle with sugar, and serve with orange dressing made from the juice of two oranges, one-fourth cup of water, and one-fourth cup of sugar.

PASSION FRUIT SALAD.—Remove passion fruit from skins, serve with dressing made by taking ripe bananas, mashed fine with a fork. Sprinkle well with sugar, and add the juice of half a lemon. Serve with the passion fruit.

MIXED FRUIT SALAD.—Make the basis of the salad of bananas, or peaches in season. Pineapples, peaches, pears, or any juicy fruit can be used with passion fruit. Serve with sugar and lemon juice.

BET SALAD.—Chop boiled beets very fine, and season with salt, and serve with cream dressing or mayonnaise dressing as desired. Garnish with greens.

CREAM DRESSING.—Take one-fourth cup of thin cream, heat to nearly boiling, add very slowly, using only a little at a time, one small dessertspoonful of lemon juice, a teaspoonful of sugar, and a little salt. Care must be taken not to add the lemon too hurriedly, or the cream will curd. Lastly, add the beaten yolk of one egg.

TOMATO AND CELERY SALAD.—Peel and slice one pound of tomatoes. Mix half a cup of chopped celery with sour salad dressing, and serve on the tomatoes in a salad bowl.

NUTTOLINE COTTAGE CHEESE.—Rub nuttolene through a wire strainer, add salt and enough lemon juice to give it the slight tartness of cottage cheese. Be careful not to get too much lemon juice, and to use plenty of salt. Mix well, and press through a fine strainer again. Shape into balls, and roll in chopped parsley. This is very pretty served on lettuce leaves as a salad.

The salad recipes are copied from the GOOD HEALTH COOKERY BOOK.

BANANAS IN SYRUP.—One cup red currant or gooseberry juice, one cup cherry or raspberry juice, one-quarter cup of sugar, one dozen bananas. Express the juice from the currants and raspberries by first boiling and straining through sieve. To the pint of jam add the sugar and heat again in a saucepan. Drop in the bananas which have been peeled, simmer slowly for twenty minutes. Remove the bananas carefully. Boil the juice until it thickens to the consistency of syrup and pour over the fruit. Serve cold.

Does Alcohol Impart Strength ?

THE following paragraphs from the excellent text-book on "Physiological and Pathological Chemistry," by G. Bunge, present the character of alcohol in its relations to the human body in a very clear light:—

"Alcohol has invariably a paralysing influence. All the results which, on superficial observation, appear to show that alcohol possesses stimulant properties, can be explained on the ground that they are due to paralysis.

"The stimulating action which alcohol appears to exert on the physical functions is also a paralytic action. The cerebral functions which are first interfered with are the powers of clear judgment and reason. As a consequence, emotional life comes into free play unhampered by the guiding strings of reason. The individual becomes confiding and communicative; he forgets his cares and becomes gay; in fact he no longer clearly sees the dangers and difficulties of life. But the pronounced paralysing action of alcohol is seen in the way it allays all sorts of discomfort and pain, and, above all, the worst of all pain—mental suffering, anxiety, and trouble. Hence the light-heartedness which prevails at a carousal.

"The belief that alcohol gives strength to the weary is particularly dangerous for the class of people which contains the most numerous members. The poor people, whose income is already insufficient to procure a suitable subsistence, are misled by this prejudice into spending a very considerable part of their earnings on alcoholic drinks, instead of purchasing good and palatable food, which alone can give them strength for their hard work.

"The uselessness, if not harmfulness, of even moderate doses of alcohol rests on better evidence than scientific deductions and experiments. In connection with the sanitation of armies, thousands of experiments upon large bodies of men have been made, and have led to the result that, in peace and war, in every climate, in heat, cold, and rain, soldiers are better able to endure the fatigues of the most exhausting marches when they are not allowed any alcohol at all. A similar result is observed in the case of the navies, and on thousands of commercial vessels of England and America, which put to sea without a drop of alcohol. Most whalers are manned by total abstainers.

"That mental exertions of all kinds are better undergone without alcohol is generally admitted by most people who have made the trial. Alcohol, then, makes no one stronger; it only deadens the feeling of fatigue."

"THE Household Butter Churn," illustrated on the last page of this journal, is a very convenient and practical churn.

It is used and appreciated by our editor. We cheerfully recommend it to our economical readers as a very useful and well-constructed article for the household.



THE President of the Dental Board of Western Australia, in proposing the toast of "The Art and Progress of Dentistry," said, "Those who did not belong to the noble calling of dentistry could not but admire the art which enabled those practitioners to fill other people's mouths with gold and their own pockets with the same valuable mineral at the same time."

MAJOR PATRICK COLLINS, of Boston, tells of a Christian Scientist who, with his little boy, was crossing a lot in which was a vicious-looking goat. As they approached the goat, the boy showed fear, whereat his father told him to think it not possible for the animal to harm them; but the boy, remembering a previous encounter with a goat in which he came out second best, did not grow any braver. "Papa, you're a Christian Scientist all right," he said, "and so am I; but the goat doesn't know it."

A GERMAN spoke at a temperance meeting as follows: "I shall tell you how it vas. I put my hand on my head; there vas one big pain. Then I put my hand on my pody, and there vas another. Then I put my hand in my pocket, and there vas nothing. Now there is no more pain in de head. De pains in my pody are all gone away. I put my hand in my pocket, and there ish twenty dollars. So I stay mit de temperance."

IN the evidence taken before the Committee on Physical Deterioration, Dr. Haig, M. A., M. D., was one of the witnesses. He attributed physical deterioration to food poisoning, due to uric acid. He said: "Meat, which has been increasingly consumed during the last twenty or thirty years, contains this acid. The poorer classes are simply swallowing uric acid. Tea is uric acid; and coffee is just as bad."

MISS PRICE, who recently graduated from the Medical Missionary training course at the Sydney Sanitarium, has taken up work in Western Australia. Miss Price is capable of conducting schools of health, giving instruction in healthful cookery, and can give any of the rational treatments made use of at the Sydney Sanitarium. We can recommend Miss Price to readers of GOOD HEALTH who may desire practical instruction in cookery or nursing. Miss Price's address is: Sanitarium Health Food Store, 246 William Street, Perth, Western Australia.

MISS LYDIA CRASE, another graduate, has been called to Tasmania. Miss Crase is in every way qualified for public or private work, as instructor in physical culture, hygienic cookery, etc. Readers of GOOD HEALTH who may desire a sanitarium nurse, or families desiring private instruction in cookery may correspond with Miss Lydia Crase, Sanitarium Health Food Store, Elizabeth Street, Hobart, Tasmania.

It is remarkable that sportsmen and athletes are the quickest to seize hold of every new point which offers aid to physical development and endurance. Why should not lawyers and business men be equally anxious and willing to adopt a dietary which will secure the keenest acumen, the greatest ability for prolonged and taxing labor, and the greatest output of energy, mental or physical. Success in business, professional, and political life depends as much upon physical endurance, upon mental alertness, or nerve energy, as does a contest in a prize-ring or on the racecourse.

DR. W. RILEY, for many years nerve specialist at one of the largest medical institutions in the world, says, "At first, the effect of tobacco, to one accustomed to it, seems to be to soothe and quiet the brain and nerves, giving them tone and power; but this is very deceptive: what seems to be an addition of nervous energy from without is in reality a subtraction of energy which has been laid up for future use. The time will come when the system will draw on this reserve fund of nerve force, and if tobacco or other stimulants have already drawn heavily on this fund, the body will not have the necessary power

to furnish, so that death is hastened, and the life curtailed in years, perhaps, which might have been productive of usefulness and happiness."

Good reports come to us from the Christchurch Sanitarium, New Zealand. The Sanitarium has a splendid patronage, and is calling for additional help. During the past few weeks the treatment rooms have been over-hauled and greatly improved at a considerable expense. During the summer months the climate of Christchurch is ideal, and the surroundings of the institution are pleasant and home-like.

Readers of GOOD HEALTH visiting New Zealand during the warm weather to build up health will find it to their advantage to pay the Christchurch Sanitarium a visit, and thus get the benefit of the pure diet and good treatment in connection with the pure, bracing air. Well trained male and female nurses and a competent physician are always in attendance.

THE maternity home connected with the Sanitarium has just had some alteration. Maternity cases intending to come should correspond with the Sanitarium or Dr. Lauretta Kress a couple of weeks before arrival. This is an ideal place for such cases; every attention can be given them.

KNOWLEDGE can be more easily imparted to a boy who fills his chest and squares his shoulders, than to one who sits huddled into a bunch. The stunted child, who never fills his chest, and whose brain is never supplied with well-aerated blood, is tolerably certain to grow up a dunce, whatever anybody may try to teach him; while the child whose physical powers are cultivated will at least learn from experience, even if he learns in no other manner.

MR. OTTO HEHNER, the distinguished analytical chemist, holds that formalin is a dangerous poison, and that it should never be used as a food preservative. "No food supplier," he says, "should have the right to administer to me an active chemical without my knowledge. If I want them I go to my chemist or doctor." Mr. Hehner believes the general use of boracic acid accountable for our very general digestive trouble.

THE Sanitarium is adding two new sun bath rooms for the treatment of special cases. Every modern and rational method for the treatment of chronic diseases is made use of at the Sanitarium.

THE new Wabroonga Sanitarium gymnasium is nearing completion. The gymnasium is sixty feet by thirty feet. It is perfectly ventilated, well-lighted, and cheerful. We hope to begin the gymnasium exercises in a few days. This adds greatly to the Sanitarium. Breathing exercises, lung development, and other exercises in physical culture, under a competent instructor, are conducted after breakfast, dinner, and in the evening each day for the benefit of patients.

A GENTLEMAN who appreciates GOOD HEALTH and desires to benefit others, has just offered to donate us a fine tract of 320 acres of well watered and heavily timbered land which lies at the high altitude of 3,000 feet above the sea level. The property is situated less than 100 miles from Cairns and within reach of the railway line. The conditions proposed are that we conduct a Sanitarium upon the charming spot. Are there not others who would assist in the erection of buildings in case the Medical Association deemed it prudent to open an institution. Correspondence is invited.

TO THE QUESTION: "How is it that at your age you manage to do so much work?" General Booth replied, "I put it down to my mode of living. I never touch intoxicants or meat."

FEW men have worked harder and accomplished more good during the past thirty years than Dr. Kellogg, Superintendent of the Battle Creek Medical and Surgical Sanitarium, U. S. A.

As a surgeon he has a national reputation. As a writer he is known the world over. His excellent works, "Man the Masterpiece," "Ladies' Guide," "Home Hand Book in Treatment of Diseases," and numerous other scientific works have had a very extensive sale in all lands. During this time he has earned with his own pen the snug sum of £200,000. The doctor fully believes the principle, "It is more blessed to give than to receive," for at his own table, although he has no children of his own, he is surrounded with from fifteen to twenty homeless children and orphans gathered from various places. His aim is to help those who have none to help them, young or old.

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

MR. TRELOAR, of Sydney, has taken 108 yearly subscriptions for GOOD HEALTH during the two weeks ending December 23.

MR. SEMMENS, of Adelaide, takes 225 copies of GOOD HEALTH per month, and the Queensland Tract Society 136 copies. Mrs. Skadsheim, of New South Wales, distributes 96 copies per month. Miss M. Chandler uses 54 copies monthly in West Australia. We desire to thank these workers for their hearty co-operation, and wish them every success and prosperity during the new year.

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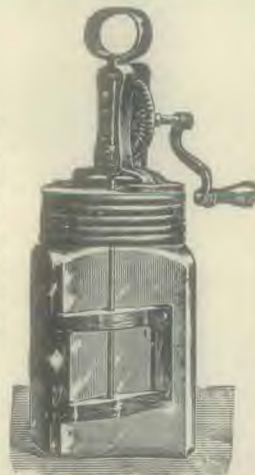
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