

# THE AUSTRALASIAN GOOD HEALTH

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

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By D. H. KRESS, M. D.,

Medical Superintendent, Sydney Sanitarium,  
Wahroonga, N. S. W.

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The Edifying Hour with Grandmother.





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## Medical and Health News.

### No Evidence of Degeneracy at 106.

LAST year Dr. J. H. Kellogg, editor of the *American Good Health*, in the course of



a busy trip to the Pacific Coast found time to make the acquaintance of one of San Francisco's most remarkable citizens,

Captain G. E. D. Diamond, who was then very nearly 107 years of age.

We give mainly in the doctor's own words the following brief description:—

"Captain Diamond is a bachelor, and has been a temperate man all his life, never having made use of tea, coffee, stimulants, or narcotics of any sort. He has all his life been engaged in active, muscular pursuits. He is still active, and able to outstrip many young men in athletic performances.

"He has for many years been a vegetarian, adhering strictly to simple, natural foods. He eats but twice a day. His diet consists chiefly of fruits and nuts. His height is five feet seven inches, and his present weight one hundred and sixty pounds. He is still hale and hearty, and does not have the senile appearance so common to old age.

"On feeling his pulse we found his arteries still comparatively soft; in fact, we were able to discover no evidence whatever of physical degeneracy."

AFTER being trailed through London streets, a piece of cloth from a woman's skirt has been washed in distilled water by an advocate of "rational dress." One hundred and fifty drops of the water, microscopically examined, were found to contain more than 25,000 germs of such diseases as consumption, diphtheria, and typhoid fever.



### Tea and Vegetarianism.

SIR WILLIAM ROBERTS, M. D., F. R. S., in his little work, "Lectures on Dietetics and Dyspepsia," shows the effect of tea upon starch digestion. He discovered that even so small a quantity as one per cent. of tea added to a standard starch mucilage perceptibly retarded starch digestion, and as the proportion of tea was increased, the inhibitory effect was rapidly intensified. With the one per cent. of tea added, digestion required double the length of time of normal digestion, or eight minutes instead of four; while two per cent. of tea required seven times the length of normal digestion, or thirty minutes; with five per cent. of tea it was delayed three hours. When above this amount was added, there was practically *no* digestion of starch. This undoubtedly accounts, to a great extent, for the prevalence of starch indigestion in tea drinking countries.

This inhibitory action of tea on salivary digestion is principally due to the tannin contained in tea. Vegetarians who are forced to subsist largely upon starchy foods, will derive little or no good from their food until they give up the use of tea. Those who find vegetarianism a failure may trace it to the tea in most instances. Abolish tea and masticate well all starchy foods, and starch indigestion is at an end.

### Cheese.

A foul odor may always be considered a danger signal held out by nature to indicate death and decay. Why should health officers, if guided by the sense of smell, condemn rotten tinned beef, rotten eggs, or tinned milk which has undergone decay, and not condemn rotten milk sold in the form of cheese, which gives forth just as foul an odor, and is responsible for more disease, because it is used more freely? Such a thing as condemning cheese as food unfit for man because of its offensive odor is unheard of. In fact, the more offensive the odor, the more highly is the cheese valued. If this scavenger instinct continues to be cultivated, it will not be long before the tinned flesh and milk, now condemned, will be considered as delicacies, and many will look back and bemoan their terrible blunder in giving those superior foods, which really contain a good deal of albumin, to the hogs.

### How to Prepare Unfermented Grape Juice.

THE United States Department of Agriculture gives the following method for putting up unfermented grape juice, a supply of which should be kept in every household:—

"Use only clean, sound, well-ripened, but not overripe grapes. The grapes may be crushed and pressed in a portable cider or wine mill or by hand. These can be put in a cleanly washed cloth sack



and hung up, or the sack can be twisted by hand until the juice is expressed. The juice should be gradually heated in a double boiler or a large stone jar in a pan of hot water, so that it does not come in direct contact with the fire, at a temperature of from 180 to 200 degrees. If there is no thermometer at hand, heat the juice until it steams, but do not allow it to boil. Put it into a glass or enamelled vessel to settle for twenty-four hours; carefully drain the juice from the sediment and run it through several thicknesses of clean flannel; or a conic filter made from woollen cloth or felt may be used. This filter is fixed to a hoop which can be suspended whenever necessary. Fill into perfectly clean bottles (leaving a little space at the top for the liquid to expand when heated). Fit a thin board over the bottom of an ordinary wash boiler, set the filled bottles (ordinary fruit jars of glass are just as good) in it, fill with water around the bottles to within about an inch of the tops, and gradually heat till it is about to simmer. Then take the bottles out and cork or seal immediately. Grape juice prepared in this way will keep perfectly fresh for an indefinite length of time, and will always be ready for immediate use."



### Breathe Properly.

A NOTED doctor has said, "Only those who are too lazy to breathe have consumption."

Pure air and plenty of it is what we all need. Women, as a rule, constrict their waists, making it impossible to take more than one-half of the air needed to keep the blood clean and the system free from impurities. Men confine themselves in offices, and forget how to breathe, the lungs never being fully inflated. Both sleep in rooms from which pure air is excluded. That portion of the lungs which is not filled with air, naturally loses its vitality and becomes

Always breathe slowly and deeply, inspirations being through the nostrils and expirations either through the nose or mouth. Inhalation may be accompanied by any part of an arm or shoulder exercise that will elevate and extend the thorax, such as raising the arms laterally, while that part of an exercise which tends to contract the walls of the chest should be accompanied by exhalation, as lowering the arms laterally from the shoulders or from over the head. Always fill the lower lungs first by forcing down the diaphragm, then as the arms are raised, expand the entire chest, allowing the air to get into every nook



Whatever You May Do, Breathe Deeply of the Pure Atmosphere.

a nook for the growth of germs. It is practically impossible for a person who makes full use of his lungs to have consumption of the lungs, in fact, he is not apt to have any other disease. Fortunately, breathing, like eating, is under the control of the individual; it is left for him to determine the quality and quantity of the air he inhales, and the amount of poison that shall be eliminated through the lungs. By setting a watch before the door of the mouth, food and air may be kept pure, and much suffering avoided. By exercising the stomach less and the lungs more, we shall all be healthier and happier.

It is well to take a few breathing exercises the first thing in the morning and the last thing at night. The following suggestions will be found of value in taking these:—

and corner of the lungs. Breathing exercises in which the lungs are compelled to take in more air than there exists a demand for, soon tire the lungs. The better way is to create a natural demand, or thirst, for air by exercise sufficiently vigorous to make expansion of the lungs a necessity and delight.

Useful exercise connected with the ordinary duties of life, if properly taken, is far superior to any of the breathing exercises so highly recommended in the development of lung capacity. Going up stairs, by keeping the body erect and the shoulders well back, and energising the legs and trunk, may be made a most excellent exercise. A brisk, cheerful walk in the open air with an erect posture and chest well forward, is exhilarating and affords one of the best of all exercises. An occasional run



hill climbing, swimming and rowing, etc., afford splendid ways of increasing lung capacity, but may be overdone. This danger does not exist in bringing physical cultures into the performance of our daily duties. Even those who are compelled to sit in offices will experience great benefit by keeping the body erect and energised while writing or doing other office work which they must do in a sitting posture. While sitting, full, deep inspirations of air may be taken at each breath. Providing the room is well ventilated, this will keep the blood pure and the brain clear, so that better mental work may be done. Try it.

### Consumption.

DR. SYMES, of Christchurch, New Zealand, who is supposed to have conducted more post-mortem examinations than any other local medico, has affirmed that he never made an after-death examination without discovering traces of tuberculosis. Certain unnamed Sydney doctors have commented on his utterances in *The Sunday Times*. One gentleman, who has had much experience in post-mortems, said that an enormously high percentage was affected with phthisis or some other form of tubercular disease, but he would not admit that the number reached 75 per cent. of the total he had internally examined. He stated that the percentage of the tuberculous in the operating-room necessarily much exceeded that of the whole population. At the same time, he said that a great number of people had tuberculosis who showed none of the ordinary symptoms, and who for a time suffered from persistent dyspepsia. On the other hand, thousands, said he, contract the disease and throw it off again without ever suspecting their danger.

Another doctor stated that the carefully-kept records of Berlin showed that one-third of the mortality there between the ages of 20 and 45 was due to this scourge. He went on to say that the mortality from tuberculosis in Sydney was as low as that of any city in the world, but the statistics suggested that its death roll from that cause was increasing. He stated that Dr. Symes' figures closely agreed with those of a European authority who had admitted that 98 per cent. of his post-mortems either presented living tubercular bacilli

or the scars of old wounds. He thought it would be a fair thing to say that one-seventh of the deaths recorded were due to tuberculosis.

### Are Germs Becoming More Deadly?

MANY of the germ diseases, as influenza and pneumonia, are becoming more serious from year to year. It has been naturally concluded that the germs causing these diseases have of late years become more virulent. This is not the case. The fact is germs are harmless. For example, it is well known that the bacillus coli communis in its normal situation, the colon, is not injurious.

If, however, this germ is planted on diseased tissue, it becomes virulent, and the virulence increases in proportion to the disease of the tissue. The same thing has been observed in regard to other germs, and it is probably a universal rule. The more diseased the tissue, naturally the more fatal the germs.

Instead of germs being more deadly, the truth is, mankind is becoming more diseased or more degenerate. This accounts for the greater virulence and deadly character of germs, which, a half century ago, among our stalwart forefathers would cause merely a slight indisposition for a few days.

At present the effort of science is almost wholly directed toward the destruction, or the prevention of the spread, of germs. But only the diseased or those who are physically deteriorated, are in need of the protection afforded by disinfection and our quarantine regulations. The man who is in health, possessing healthy tissue, is sufficiently protected without these. He is self-protected.

No lasting good can ever result from merely keeping germs at bay, thus keeping alive the physically degenerate, while they are kept in ignorance regarding the causes of their lowered vital resistance, or diseased tissue, which makes such protective measures on the part of the State a necessity. In order to accomplish good these weaklings must receive instruction regarding the laws of health, and be urged to abandon their health-destroying and disease-producing habits, and thus build up healthy bodies, with healthy tissue, which



alone can afford permanent and real protection from the virulence of germs.

Tobacco, alcoholic drinks, excessive use of flesh, tea, coffee, and cocoa, are a few of the things which undermine the tissues of the body and which must be given up if we do not wish to become food for germs. If this is not done, in spite of all our protective measures, mankind will still further deteriorate, and it will be only a question of time for an epidemic to break out which will result in great destruction.

### The Teeth of Our Children.

BY D. H. KRESS, M. D.

A DEPUTATION from the Educational Committee of the Dental Association recently interviewed the Minister of Public Instruction of New South Wales, requesting that competent dentists should be permitted to make an examination of the teeth of the school children, and make a report on the matter for the information of the department, and also with a view to having those children whose teeth were defective, treated at dental hospitals.

In some other countries such examinations have been made with alarming revelations. For instance, at Strassburg, Germany, from July, 1900, to January 31, 1901, a systematic examination was made of the mouths of all children attending the communal schools, the ages of the children examined ranging from six to fourteen years. Ten thousand and five (10,005) children were examined, among whom only 430, or one out of every twenty-five, had completely healthy mouths. The remaining 9,575 possessed among them 102,456 bad teeth, 51,219 being missing, most having already been extracted because of decay. On an average, about eleven teeth were missing or decayed in each mouth. This is certainly a serious matter, and I doubt whether a better condition exists among the children of Australia between six and fourteen.

#### CAUSES OF DENTAL DECAY.

The causes of dental decay are many, but there is no doubt that the free use of flesh foods is responsible to some extent for its prevalence. Little particles of meat lodge between the teeth and encourage the growth of destructive germs.

The same germs that cause decay of flesh, also cause decay of bone. To prevent bone or tooth decay it is necessary that the mouth should be kept entirely clean, and free from fragments of flesh foods. This may be done by the free use of a toothpick and brush, but it can be most easily and beneficially accomplished by abstaining from the use of such foods. Our ancestors had sound teeth. This may be attributed to the fact that their habits and food differed from ours. Their food was of such a nature as to build up healthy bones and sound teeth. The Japanese and Chinese, who live largely upon rice and other grains, and fruits, give us a remarkable example of constitutional preservation of sound teeth. The absurdity of the theory held by a thoughtless few, that flesh food is necessary to supply the system with bone-making material, is shown by "Thoreau" in referring to the farmer who says: "You cannot live on vegetable food only, for it furnishes nothing to make bone with,"



Those Vegetable-Made Oxen.

walking all the while he talks behind the oxen, which with *vegetable-made bones*, jerk him and his lumbering plough along in spite of every obstruction. Where do the oxen obtain the elements out of which to construct sound bones if not from the vegetable kingdom?

Seldom do we see or hear of swollen cheeks, or the formation of abscesses due to decay of teeth, among the animals that are left free to select and eat natural foods furnished by the vegetable kingdom. Dental decay, as a rule, is uncommon among men in countries where the inhabitants live upon the simple products of the earth. This should be conclusive proof that all the elements needed by the human system are stored up in these foods. On the other hand, it is a peculiar fact that in highly civilised countries where meat-eating is common, dental decay prevails. But



this decay is not *wholly* due to the flesh lodging between the teeth and forming culture beds for bone destroying germs. It is due *principally* to the fact that flesh foods are deficient in bone-forming elements. A little thought will convince the most sceptical of this. After the vegetarian animal has eaten the food containing both muscle and bone forming elements, the food is digested, then absorbed and carried throughout the system to be appropriated. The bone-forming elements are stored up as bone, while the muscle-forming elements are stored up as muscle tissue, or *beefsteak*. Beefsteak therefore contains the muscle-forming elements, but must be deficient in bone-forming elements.

Teeth decay for the same reason that fruits decay. The decay is not influenced by the size of the fruit, but by the quality. When fruit decays upon the tree, we recognise that it is of little value merely to fill the decayed cavities. The fruit decays because the *tree* is poorly nourished, or because some needed element is lacking in the soil. The intelligent farmer recognises this, begins to dig round the tree, and adds to the soil the needed element. This is the only way to improve the fruit.

Dental decay exists either because the bone-forming elements are deficient in the food, or the elements, if present, are not utilised by the body. To remedy the dental decay in our children, it is necessary to go about it just as intelligently as does the farmer. While it is important to have those children whose teeth are defective treated at the dental hospitals, we must not neglect to put into their food that which is lacking. *Until* this is done, dental decay will continue in spite of the multiplication of dentists, and the vigorous use of tooth brushes, pastes, and powders.

Dr. Winters, a noted authority, evidently recognises the evils of a flesh diet for children. He says: "One of the most unfortunate evil consequences of an early and liberal meat diet is the loss of relish it creates for the *physiological foods of childhood*,—*milk, cereals, and vegetables*. Meat, by its stimulating effect, produces a habit as surely as does alcohol, tea, or coffee, and a distaste for less satisfying foods. *The foods which the meat-eating child eschews contain in large portions certain mineral constituents which are essentials to bodily nutrition and*

*health, and without which the processes of fresh growth and development are stunted.*" "These mineral constituents," he goes on to say, "cannot be introduced into the system in an assimilable form except in organic combination with an albuminous molecule, and in such combinations they are found in sufficient proportion to meet the child's needs *only* in certain vegetables, fruits, and cereals."



*Happy Hours Marred by Toothache and Accident.*

The necessity of thorough mastication of food substances in the preservation of the teeth is recognised by both the dental and medical professions everywhere. The value of thorough mastication lies not merely in the greater amounts of blood and nutriment brought to the bony structures of the teeth by their exercise, but recent researches and observations have shown that the sugar (maltose) which is formed by the action of the saliva upon the starch, is needed to dissolve the nutritive salts or bone-forming elements of the foods. When the starchy foods are not thoroughly masticated, the saliva is deficient, and starch digestion is imperfect, maltose is not present, and as a result, the salts, although abundant in the foods, are not dissolved or appropriated by the system. This explains the fact everywhere recognised, that rickets in children is always accompanied by starch indigestion. This is undoubtedly also a cause of dental decay.

While it is commendable and important for the children of our schools to have their teeth periodically examined and repaired by competent dentists, it is also of the highest importance that instruction should



be given in our schools regarding the causes of dental decay. Unless the causes are recognised and removed, tooth decay will continue in spite of all our vigorous efforts to prevent it.

### Consumption and the Sterilisation of Milk.

It is always best to sterilise or boil all milk, whether from suspected animals or not, before using, as this destroys the germs which are responsible for the disease. In consumption the rise of temperature and the destruction of tissue are due to the germ product, a poison known as tuberculin. This poison is not destroyed by boiling. Milk from diseased animals may be rendered less dangerous by boiling, but can never be made wholesome.

There is no satisfactory way of detecting the disease in milk. The only way of detecting diseased milk is by an examination of the animals furnishing it. Merely a physical examination is of little value, since animals in the earlier stages of the disease often pass unnoticed and unsuspected. They may have a good appetite, be in good spirits, have smooth and glossy hair, and furnish a large flow of rich milk.

In many cases, cattle to all outward appearance in good condition, are killed, and the lungs and ribs are found to be covered with tubercles. As the disease progresses, it may sometimes be detected by an occasional cough by the animal when drinking cold water. Shortness of breath also may be noticed when the animal is driven hard. Hollow and shrunken eyes, hollow flank, and lack of muscles, are present in the later stages. It would not be well, however, to depend on these indications, since they appear only in advanced stages. As has been stated, animals may be unsuspected, and appear healthy, and yet suffer from a latent or chronic form of the disease. This condition may continue for years, the germs not producing sufficient poison perceptibly to undermine the system, or to cause visible symptoms. Whether tuberculosis is present in these cases or not can be detected only by the tuberculin test.

What is the tuberculin test? Tuberculin is the poison produced by the germ of consumption. The germs are carefully isolated and grown in laboratories in favor-

able media. They are afterward destroyed by heat, leaving free the pure chemical poison. Two to four drops of this poison, diluted, is injected into the tissue of the suspected animal. The dose is so small that it will not produce any great disturbance in a perfectly healthy animal. If, however, the animal has a chronic form of consumption, or if it has the disease in its first stages, there is circulating in the lymph and blood a certain amount of the same kind of poison produced by the action of the germs in the body; the quantity not being sufficient to do serious injury or to cause a rise of temperature, since it is eliminated as fast as formed. If this amount is increased by the diluted injection, the disease processes are aggravated, and fever ensues. In twelve to twenty-four hours after the injection is made, the fever rises from two degrees to six degrees, or even higher. Often this test has condemned cattle which were so entirely unsuspected of having the disease that, only after slaughtering, could the owner believe that no mistake had been made. I am sure that we shall yet discover that there are more animals affected with this trouble than we are at present aware of, and still the flesh and the milk of these diseased animals are continually sold all over the country as food for ourselves and children.

Let us notice the danger in using such foods. Among men as well as among cattle there are many who have a chronic form of consumption, yet *appear* to be in good health. The imperial health officer of Berlin, Germany, reports evidence of tuberculosis in the body of every third person between the ages of fifteen and sixty years examined by him after death. The germs present in the lungs, or in some other organ of the body, may not be in sufficient numbers to do serious harm. By proper exercise, open-air life, etc., the poisons produced by them are readily eliminated; in this way the tissue maintains in a measure its power of resistance, the development and growth of these germs are prevented, and the disease is kept localised. Such a condition may continue for years, and in some instances does, the person enjoying a fair degree of health, and passing unsuspected of being tubercular. If, in these cases, however, we should make an injection of tuberculin, or apply the tuberculin test, the disease would be hastened, as



it is in tubercular cattle. A dose of this same poison, if taken in the milk, may produce equally bad results in such cases, and may stir up a latent form of consumption.

Great care should always be exercised, and especially by those who have a tendency to this disease, in the selection and free use of these foods.

### The Road from Life to Death.

THE velocity with which men travel down grade toward ill-health and death is largely regulated by themselves. Each one has it within his power to a certain extent to issue his own schedule as to what station he will pass through. Fortunately, nature is so kind to us that at each station she furnishes a switch road, whose curve and length are more or less tedious, by which we can return to the starting-place from which we ought never to have departed.

We may name one of the stations "Business Pressure." It is a point that the average business man soon reaches in his journey on this road. It has several distinct features, such as Mental Worry, Sedentary Habits, and Five-Minute Meals at Popular Restaurants. These are all closely connected by rapid transit lines.

At this station one often spends sleepless nights in trying to devise some means to keep out of grasp of the trusts, and yet maintain an honest living in spite of unnatural competition. He is likely trying to eat quantities of material called food, but which, from a physiological standpoint, must be considered "wood, hay, and stubble."



Perhaps the next station down the line is "Wretched Sanitation." Prominent points of interest at this station are "Backyards" that sadly need attention, "Improper Ventilation," by which heaven's invigorating air is shut out of sleeping-rooms, kitchens, and parlors, to say nothing of factories, stores, and schools. At this station the cellars lack inspection, and germs are allowed to thrive in pantries and under refrigerators, as well as in the bottom of wood-boxes. All these things have a share in the responsibility for the condition of the traveller while staying in that vicinity.

It is only short distance downward on this road before we reach the station which is so largely responsible for the rapid deterioration of the human race, "Unnatural Demands of Modern Society." The popular points in this place that all visit more or less frequently are "Late Hours," "Midnight Dinners," "Unhygienic Banquets," "Unnatural Excitements of the Theatre," "The Dance" and its accompaniments, and last, but not least, "Fashionable Dress."

Many an individual only too sadly realises before he has become thoroughly familiar with all of these, that he is approaching the terminal station on this through line.

Another station which is practically in sight of the last we may call "Intemperance and Dissipation." Those who have stayed a long time at the previous point will have nearly used up their "stop-over" privilege, and consequently will not have so long a time to tarry here; nevertheless, on account of its great importance and prominence on this route, it deserves more than passing notice. The most striking features of this place are "Erroneous Diet," "Cigars and Other Forms of Tobacco," "Liquor," and various forms of "Immorality."

Thousands who have travelled over this road and gone through each of these stations have scarcely noticed that at each of them there is a switch road leading away from the main line and eventually back toward the starting-point. This may be because there seems to be nothing especially striking or attractive about this switch road. It has a very ordinary looking sign-board, upon which is written in plain letters without the least show of flourish the word "Reform."

It is true that as station after station is passed on this downward road to Death, the curve of the "Reform" return line becomes longer and longer and more marked, so that it requires more and more perseverance and faith on the part of those who choose to take it actually to believe that by traveling upon it they may return to the haven of health from which they ought never to have strayed.

DAVID PAULSON, M. D.

I HAVE been interested in hygienic living for fifty years or more, and owe much to this light and knowledge. I am reaping at the age of eighty-one what I have sown. Had I lived as I began life, and as the most of my companions did, eating and drinking what I *liked*, I should now be reaping pains and aches, and have a broken-down system, just ready for the grave, if it were not there already. As it is, however, I am hale and strong, working some each day, rising with the sun the longest day of summer and with daylight the rest of the year, sleeping well each night on two meals a day.

C. O. TAYLOR.



## Evils of the Tobacco Habit.

MRS. CAREY A. NATION, the American Temperance Reformer whose sensational methods have attracted world-wide attention, says,—

I believe that, on the whole, tobacco has done more harm than intoxicating drinks. The tobacco habit is followed by thirst for drink. The face of the smoker has lost the scintillations of intellect and soul it would have had if not marred by this vice. The odor of his person is vile, his blood is poisoned, his intellect is dulled.

A smoker is never a healthy man, either in body or in mind, for nicotine is a poison. Prussic acid is the only poison that is worse. Nicotine poisons the blood, dulls the brain, and is the cause of disease. The lungs of the tobacco user are black from poison, his heart action is weak, and the worst thing to contemplate in the whole matter is that these tobacco users transmit nervous diseases, epilepsy, weakened constitutions, depraved appetites, and deformities of all kinds to their offspring.

Deterioration of the race is upon us, and unless there is some reform, idiocy, imbecility, and extinction will be the legacy of the future generations.

A man that uses tobacco cannot have the nice moral conceptions on any point that he should have. I find him to be dulled and sluggish. The Bible says: "If thine eye be single, thy whole body is full of light. If thine eye be evil, thy whole body is full of darkness." The use of tobacco is a vice, and to the extent of that one vice, it degrades a man. It opens the gate for other vices, for it is the gratification for one form of lust. It is a filthy habit, and I care not how often the smoker changes his clothes or washes his person, he is filthy. The stench from his breath indicates that his body repudiates such uncleanness.

The tobacco user can never be the father of a healthy child. Therefore he is dangerous for a woman to have as a husband. If I were a young woman, I would say to the men who use tobacco and who would wish to converse with me, "Use the telephone; come no closer!" I would as soon kiss a spittoon as to kiss such a mouth. When a man begins to smoke, he is taking his first lessons in drink. The two habits travel together.

A man can never attain his majority and use tobacco. He never can realise his full capabilities or his possibilities. He can always attain to a better standard without nicotine.

There is one objection that, from a business standpoint, every business man ought to make to tobacco. When he employs a man that uses tobacco he gets only a certain per cent. of his employe's time and of his brain.

I have heard poor, silly, empty-headed women say that it is manly to smoke. If it is manly to smoke, why isn't it womanly to smoke? The tobacco habit is the reverse of manhood and destroys manhood, for manhood means strength of character, not the gratification of lust.

If tobacco is good for men, it is also good for women. I do not suppose that one could find a man so low and degraded as to walk down the street with a woman who had a cigarette or cigar in her mouth. Women should make the same standard for men that men do for women. Many women would smoke in public if men did not denounce it. **MEN WOULD QUIT SMOKING IN PUBLIC IF WOMEN DENOUNCED IT AS MUCH.**



The Ass is too Wise to Chew the Weed.

I never knew of but one good use that tobacco was put to, and that was to kill lice on cows. My father used it for that purpose on his farm. It does kill that kind of germs.

The evil has become so common that whenever you go abroad you are compelled to breathe the contents of somebody else's mouth.

A man seems to think that he is free to project his stinking breath in my face on the streets, in hotels, and while riding—indeed, in every public place. Now I would as soon smell a skunk. There is some excuse for the skunk; he can't help being one. But men have become so rank in their persons from this poisonous odor that they almost knock me down as they pass me. And when I say, "Man, don't throw that awful stench in my face," he answers, "You get away." I reply, "If I smelled as badly as you do, I would be the one to get away."

I have the right to take cigars and cigarettes from men's mouth in self-defence, and they ought not to be allowed to injure themselves. "Liberty is the largest privilege to do that which is right, and the smallest to do that which is wrong." Governments are organised to take care of the governed. I believe it ought to be a crime to manufacture, barter, sell, or give away, cigars, cigarettes, and tobacco in any form.

Tobacco degenerates body and mind. Physical and mental culture demand its discontinuance.





## The Home.

### A Tale With a Moral.

THERE is an old Dutch legend of a "Magical Cure," which is not without its lessons for all who fail to control their appetites. Much abridged, it runs that a certain Mynheer Schillemebeck, a wealthy burgher in Amsterdam, spent his time in eating and drinking and smoking and sleeping. He used to spend the whole afternoon at the table, until it became a standing jest among the neighbors that the wisest man in all Amsterdam could not tell when Mynheer Schillemebeck's dinner ended and his supper began. As a consequence, he grew very portly, and after a while became as helpless as a sack of malt. He fancied that he had a new disease for every day in the year, and became such a patron of the doctors, and swallowed such immense quantities of all sorts of medicines, that he received the name of "two-legged apothecary shop." Yet all the time he grew worse instead of better.

At last he heard of a very remarkable physician who lived a hundred miles away, so skilful that sick people became well immediately if he only looked at them. To this wonderful man Mynheer Schillemebeck wrote, and so well did he describe his case that the famous doctor descried a glutton who needed exercise and a frugal diet instead of drugs. The doctor replied to Mynheer, telling him that he had a hor-

rible animal in his stomach—a dragon with seven mouths. It was deemed necessary that the physician should talk with the dragon face to face, and Mynheer must make the necessary journey. He was instructed that it would be dangerous to ride on horseback or in a carriage, but instead, he must come on "shoemakers' nags," in order not to make the dragon angry enough to destroy his vitals. A list of simple foods in small quantities was added, with the caution that anything in excess of these would feed the dragon, "who will grow larger, and your tailor will soon be obliged to yield his place to the undertaker."

Mynheer Schillemebeck wisely made up his mind to follow the advice of this famous physician, and the next morning started out on foot, though at a snail's pace. The following day he felt better, and began to find enjoyment in the beauties of nature. He grew stronger and lighter of heart each day, and by the time he had reached his destination, his only lament was that he had not a single complaint to excuse his calling upon the doctor. The doctor gravely assured him that the dragon was destroyed, but that there were eggs left which would develop into others unless due precautions were taken. So Mynheer must return on foot, and when he reached home, he must employ a portion of each day in some useful enterprise, exercise regularly, and never eat anything more than would satisfy his hunger. By so doing he might destroy all the eggs, and live to be a very old man. He did as directed, and lived happy and contented until he was nearly ninety, sending each year a present to the doctor whose remarkable prescription had restored him to health.

The regimen which wrought this magic cure is still potent, and, if faithfully followed, would deliver many another from invalidism, and preserve health for those who have not as yet forfeited the blessing.



### A Little Child Shall Lead Them.

"MAMA!" said a little yellow-haired fellow of four summers, "Mama! I wish God hadn't made yions, and tigers, and bears."

"Why, my boy?"

"Because," continued this young reasoner of the golden curls, "because they are kuel, and kill yambs, and sheep, and yittle childyen yike Flora and me—I don't yike animals that kill and eat each other, and I do wish that God had not made them."

"But," replied the mother, "little Harry must remember that the time will come when 'the wolf shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them.' The time is coming when the wild animals will no longer hunt flesh and blood for their prey, for the Scriptures say that 'the lion shall eat straw like the ox.'"

Then, at these words, up stood Flora, a little girl of six. The word had evidently been spoken which opened the fountain of her heart, and her tongue was unloosed. The sense of justice and right often seems stronger in children than in grown men and women.

"Mama!" she said, "if the time is coming when wild animals will not kill and eat, but will feed like cows and sheep on corn and grass, then, mama! *we ought not to eat beef and mutton.*"

The child said no more, but the mother was struck with her little girl's words.

How dense some of us are! She had not, herself, noticed the drift the argument was taking. She saw not till now that when we pray, "Thy kingdom come," that prayer includes man's conversion to a bloodless diet quite as much as it includes the wolf's conversion from its ferocious habits and life of cruelty to a life of gentleness and peace.

What a pity it would be if the wolf should lose its taste for blood before man loses his!—*Selected.*

### Dangers of Popular Outdoor Games.

RECENTLY Dr. Brunton has pointed out that golf, football, cricket, baseball, and many other popular outdoor means for getting health are dangerous, and result in increased disease and nervousness later.

Exercise beyond the point of fatigue increases the poisonous products, and very often diminishes the power of elimination, impairing the weakened organism, and actually increasing the weakened state which it is hoped to overcome. Exercise which calls for sudden strains and intense activity upon all the muscles of the body, as in running and jumping, is followed by what is called heart strain, insignificant at first, but gradually increasing until it develops into permanent heart affection. Much of the exercise in the schools and colleges is the starting point for organic diseases which appear later in life. The prize runners and jumpers and the experts at football and golf nearly always have organic heart disease sooner or later, and die early.

A FEW minutes spent in vigorous breathing exercises after each meal is one of the best means of remedying the sense of heaviness and weight of which so many complain after eating. The digestive processes may be promoted by this simple measure, and, if habitually practised, many chronic digestive ailments may be radically cured by the systematic and persistent practice of deep, full breathing.



A LITTLE CHILD SHALL LEAD THEM.



### What to Do In Emergencies.

If a woman's dress is suddenly enveloped in flames, make her lie down and roll over. Drag off a bed-blanket, throw it over the person, and proceed to wrap her up closely in it; this is a more certain and speedy extinguisher than water, is more accessible, and entirely safe to the person giving aid.

If a person faints away, lay him down at full length on his back on the floor, loosen the clothing, push the crowd away so as to allow the air to reach him, and let him alone. The philosophy of a fainting fit is, the heart fails to send the proper supply of blood to the brain; if the person is erect, that blood has to be thrown uphill, but if lying down, it has to be projected horizontally, which requires less power.

If a person swallows a poison deliberately or by chance, run to the kitchen, get half a glass of water in anything that is handy, put into it a teaspoonful of salt and as much ground mustard, stir it an instant, catch a firm hold of the person's nose, the mouth will soon fly open, then down with the mixture, and in a second or two up will come the poison. This will answer in a larger number of cases than any other. If by this time the physician has not arrived, make the patient swallow the white of an egg, because this will nullify a larger number of poisons than any other accessible article.

### Athletics and Health.

THE editor of a well-known medical journal writes a strong protest against athletics as practised in the majority of colleges and elsewhere. Among other things, he says:—

"To come to the effect on the physical development: Here the results are most baneful. A hypertrophied heart is a diseased heart—why not so with every other muscle in the body? I believe that athletics exhaust the potential energy of the organism, and that athletes do not enjoy longevity has been demonstrated many times. I will not speak here of the fatal accidents accompanying the games of football, polo, rowing exhibitions, etc. They are conspicuous, and known to everybody. But does anybody know how many young men go to ground from a dilated or an

enlarged heart, as a direct result of some contest or match? I know a young man whose muscles are as hard as iron, who towards the end of a rowing contest fell down exhausted, remained unconscious for over two hours, and has been a physical wreck ever since, suffering from dilation of the heart.

#### IS THIS A REWARD

to be striven after? I would say to the presidents of our colleges and universities: Thick-skulled and hard-muscled youth is not an ideal to get enthusiastic over. If you want your idle, sporty, and boisterous boys to become true students—manly, studious, and intellectual—then abolish sports! Insist upon moderate exercise, but out with 'athletics.' It works incalculable injury physically, mentally, and morally."

All this is true. The spirit of athletics is the spirit of competition; and competition—the effort of one man to outdo another, to wrest from that other a victory, a prize, an honor, that he wants—is not only an ethical injury, but is an irresistible temptation to over-effort and strain. Exercise, when adapted to the strength and needs of the individual, is an excellent thing, a necessity to physical, mental, and



*Exercise, an excellent thing, a necessity to man's well-being.*

moral well-being. But that application of physical exercise known as "athletics" possesses few advantages and is characterised by many dangers.





BY LAURETTA KRESS, M. D.

### Eggs.

IN eggs we have another good substitute for meat. An excellent method for cooking eggs is to pour boiling water into a saucepan, draw to one side of the stove where it will keep hot, but not boil; put in the eggs, cover, and let stand for twenty minutes. If it is desired to have the yolk soft-cooked, lessen the time to ten minutes or so, according to the hardness desired. Eggs are best served as soon as done, as the white becomes more solid by being kept in a hot shell. It is desirable to keep the white of the egg from becoming solid, and thus less digestible. It should be remarked that the time necessary to cook eggs in the shell will vary somewhat with the firmness of the shell, the size of the eggs, and the number cooked together.

**EGGS IN SUNSHINE.**—Take an earthenware dish which will stand heat, and also do to use in serving the eggs. Oil it, and break in as many eggs as desired, sprinkle lightly with salt, and put into the oven for two or more minutes till the eggs are set. Have ready some hot tomato sauce, prepared as for tomato dressing; pour the sauce over them, and serve.

**EGGS POACHED IN TOMATOES.**—Take a pint of stewed tomatoes, cook until they are homogeneous, season with salt if desired, and heat. When just beginning to boil, slip in gently half a dozen eggs, the shells of which have been carefully broken so that the yolks are intact. Keep the tomato just below the boiling point until the eggs are cooked. Lift the whites carefully with a fork as they cook until they are firm, and prick them, and let the yellow mix with the tomato and the whites. The whole should be quite soft when done, but showing the red of the tomatoes and the white and yellow of the eggs quite distinctly. Serve on toast. If the flavor is agreeable, a little onion minced very finely may be cooked with the tomatoes.

**EGGS IN CREAM.**—Put half a cupful or more of cream into a shallow earthen dish, and place the dish in a saucepan of boiling water. When the cream is hot, break in as many eggs as the bottom of the dish will hold, and cook until well set, basting them occasionally over the top with hot cream. Or put a spoonful or two of cream into

individual egg dishes, break a fresh egg in each, and cook in the oven or in a steamer over a saucepan of boiling water until the white of the egg is well set.

**POACHED OR DROPPED EGGS.**—Break each egg into a saucer by itself. Have a shallow pan half filled with scalding, not boiling, water on the stove. If desired a little salt and a tablespoonful of lemon juice may be added. Slip eggs gently from the saucer upon the top of the water, holding the edge of the saucer under water to prevent the eggs from scattering; dip the water over them with a spoon, and let them stand five minutes, or until the yolk is covered with a film, and the white is firm, but not hardened; keep the water just below boiling point. Take out the eggs one by one on a skimmer, and serve in egg saucers or on slices of nicely browned zwieback moistened with a little sweet cream, as preferred. If one is especially particular to keep the shape of the egg, an egg poacher should be used. Or a set of muffin rings may be laid in the bottom of the pan, and the eggs turned into the rings.

**POACHED EGGS WITH CREAM SAUCE.**—Poach eggs as in the foregoing, and pour over them a sauce by taking one pint of milk, heat to boiling, salt, and thicken with a little flour braided with cold water.



**SCRAMBLED EGGS.**—Beat four eggs lightly, add a little salt if desired, and half a cup of milk or cream. Have ready a hot, oiled saucepan; turn the eggs in, and cook quickly, stirring constantly until firm but soft.

**STEAMED EGGS.**—Break eggs into egg or vegetable dishes or patty pans, salt very lightly, and set in a steamer over a saucepan of boiling water until the whites are set, and a film is formed over the yolk. Serve the same as poached eggs with or without a little toast.

DOCTOR: "No better, eh? Well, you must not worry or get nervous, you know. Four years ago I had the same complaint as yours, and, you see, I'm perfectly well now."

PATIENT: "Yes, but you didn't have the same doctor!"





**Tobacco Poison.**—Is the statement true that one pound of dry tobacco leaves contains enough poison to kill three hundred men?

*Ans.*—One pound of market tobacco contains about 350 grains of nicotine. One-thirtieth of a grain causes toxic symptoms in man. One drop kills a dog. Nine-tenths of a grain will kill a man. One pound, then, contains more than enough to kill three hundred men.

**Ringworm.**—What is the cause of and cure for ringworm?

*Ans.*—Ringworm is a parasitic disease. Paint the part with tincture of iodine, turpentine, or a strong solution of borax, and improve the general health.

**Food and Sleep.**—Is it true that food taken before retiring at night will promote sleep?

*Ans.*—Yes, it does it by withdrawing the blood from the brain to the stomach, but it is far better to draw the blood from the brain by warming the feet than by exciting the stomach. Or, if it is necessary to divert blood into the abdominal veins, this may be done by a wet girdle, thus saving the stomach the labor of digesting the food. One might divert blood from the head to the feet by walking, but this would exhaust one's energies if he were already tired. The effort of digestion is likewise exhausting, and interferes with sleep. It is better when one is wearied to warm the feet, if cold, by the application of a hot bottle, or heat in some other form, or by rubbing.

**Butter Sterilisation.**—Should all dairy butter be sterilised, and what is the best and simplest method of sterilisation?

*Ans.*—Butter is apt to contain germs of disease, and should be sterilised. The best way to do this is to expose the butter to the temperature of boiling water for an hour in a double boiler. The proper method of making sterilised butter, however, is to sterilise the milk from which butter is made immediately after milking, then allow the milk to cool as rapidly as possible in a cold, clean place, free from dust, etc. Butter prepared from the cream in this way is not absolutely sterile, but all disease-producing germs are destroyed.

**Sweet-Eating.**—Is the increase of sweet-eating alarming?

*Ans.*—Professor Ogston, England, at a recent meeting of the Association of Teachers, referred to sugar-gluttony, which was a growing evil among the children in towns. He had had many years of medical experience among children, who, he

stated, though not actually delicate, were not of the strongest constitution, and he was persuaded that to such children the present-day gluttony of sugar was a real and spreading evil. There were some children in whom the tendency to sugar-gluttony had become so strong that their infatuation for it resembled the craving of the drunkard for his dram. Such showed early disappearance of the teeth from decay. He would not be surprised if future observers were to place the evils of sugar-gluttony on a pedestal as conspicuous as the drink question, in causing deterioration of individuals and races.

**Tobacco.**—Does tobacco shorten life?

*Ans.*—Professor Pflüger, of the University of Bonn, maintains that one-third of all the deaths registered in Munich are due to heart disease, brought on by the immoderate use of beer and tobacco. Among forty centenarians who have come under his notice there was only one smoker. The German census statistics show that in 1871 the centenarians numbered 147 men and 287 women, but in 1900 only five men and thirty women. In Munich the consumption of beer per capita is greater than elsewhere in the world, and the percentage of heart disease is higher. Beer and tobacco have a bad influence on the heart.

**Tobacco-using.**—Should tobacco-using be made a crime?

*Ans.*—If a person should cast into a well or reservoir furnishing drinking water to the family or community some substance which would impart a bad taste to the water, although it did no real injury, he would be immediately arrested. If the substance should be poisonous, it would be considered a criminal act, and due punishment would be inflicted. The person who deliberately walks up and down our streets, takes his place by our side in trams and buses or in restaurants, contaminating and poisoning the air which we are compelled to breathe with tobacco smoke, is doing a more serious injury. Why should it not be considered criminal? Nicotine thrown into water will do no greater injury than nicotine thrown into air.

The following table shows the amount of peas, beans, lentils, and other foods required to furnish three ounces of albumin for the daily ration:—

	OUNCES.
Peas	9.12
Beans	7.4
Lentils	7.6
Almonds	9.4
Walnuts	10.8
Peanuts	9.4
Pecans	18.0
Protose	9.2
Cornmeal	20.6
Whole-wheat bread	23.0
Oatmeal	13.2
Rice	29.8
Potato	91.0
Squash	181.8
Beets	153.8





"FROM 1883 to 1891 an average of 138 persons committed suicide in Prussia while in a state of delirium tremens. Mostly, the drunkard commits suicide while sober. He loses all pleasure in life, blames himself for having fallen into this vice, believes that he cannot give it up (which is very often a wrong conception), and thus takes his own life in a state of hopelessness."

A PHILADELPHIAN paper states that to punish adequately unscrupulous dealers who have sold adulterated milk and caused the death of a number of babies in the western part of the State, it is declared by an officer of the Dairy and Food Commission that future prosecutions would not end with fines, but would extend to indictment and trial by jury on the charge of involuntary manslaughter.

BRUCK (*Deutsche Med. Woch.*) made a series of careful experiments to determine the liability of the dissemination of typhoid fever by butter. The vessels in which the cream was kept were washed out with water which had been slightly contaminated by rinsing out a cloth soiled with feces from a typhoid patient. Butter was made from this cream, and it at once showed the presence of the typhoid bacilli. Living bacilli were found in the butter for more than three weeks, and during the first few days the bacilli seemed to multiply. He believes that butter is more dangerous than milk. This demonstrates the necessity of inquiring carefully into the butter supply when attempting to find the source of a typhoid fever epidemic.

THE report of the Asylums Committee to the London County Council for the year ending March 31, 1904, has recently been issued. The total number of lunatics of all classes chargeable to the County of London, exclusive of private patients and

those chargeable to the Prison Commissioners, and including patients accommodated in the imbecile asylums of the Metropolitan Asylums Boards, was 23,948 on January 1, 1904, being an increase of 996 on the previous year. This is the largest annual increase the Asylums Committee have had to record.

The Committee regard the prospect of any diminution in the increase in lunacy as most problematical.

IN America, according to a bulletin recently issued, the "great white plague," which for so many years claimed more victims than any other malady, no longer stands at the head of the list. The death-rate from consumption was 245.4 in every 10,000 persons in 1890, and only 190.5 in 1900. No other disease shows so great a falling off. The improvement is, of course, due to the betterment of sanitary conditions. Some share in it must also be attributed to the more efficient manner in which consumption is dealt with.

DR. W. TUACH, of the Dundee Royal Lunatic Asylum, states in his annual report that in twenty cases of insanity which had been admitted to the hospital, it was discovered that heredity was the main cause of mental disease. Next to that, as a causative agent, came intemperance in drink, yet he found it difficult to state whether a man drank to excess because he was insane, or whether he became insane through excessive drinking. In either case, the number of patients admitted to the hospital each year who at the same time are victims to alcoholic excess is steadily increasing, and Dr. Tuach describes drink as the black spot of our social life.

THE climate of England kills half the population; the cooking kills the rest. Throughout the world, wherever there is the sun or a spring there are English men and women endeavoring to repair their constitutions! The medicine-bill of the English people—together with its accompanying expenses—is sufficiently large to support a second-rate power, and does mainly support many small towns on the Continent and elsewhere.—*Truth.*



## The Food Cure in Stomach Disorders.

THE recent discoveries of Pawlow of St. Petersburg, and others, have brought out the very interesting fact that food generates the digestive juices, and that each particular and natural food contains the elements necessary for developing the digestive fluids required to digest it. Even while food is in the mouth, notice is sent, through the nerves of taste, to the various glands which secrete the digestive fluids, informing them not only of the fact that food is being received into the digestive tract, but giving also the exact information respecting the nature of the food and the kind of juice required for its digestion. This principle has been proved by Pawlow to apply not only to the stomach and the mouth, but also to the intestinal glands, so that it is now clearly understood that the whole process of digestion is under the control of the nerves of taste. It is necessary that the food should be retained in the mouth for a sufficient length of time to enable the nerves of taste to distinguish the substances present, so that the proper digestive fluid may be formed in readiness for the digestion of the food after it is swallowed.

It is common knowledge that the laws of health are either unknown to or neglected by the larger proportion of the population, whether gentle or simple. A great number of railway travellers, for example, do their best to bring the carriages which they occupy into line with the Black Hole of Calcutta, and when they have succeeded, and when the illness which they have striven after and earned duly visits them

next day, they innocently wonder how they have "taken cold." They are quite sure that they kept the windows shut all the way, notwithstanding the complaints of a tiresome man who said he did not like to be suffocated. On questions of dietary at least an equal degree of ignorance prevails almost universally, inasmuch that kind and hospitable ladies still urge wine or brandy upon their friends as something that will "strengthen them" or that will "keep the cold out," and straightway proceed to marvel that the comparatively poor are apt to carry out these views in a complete and practical manner.—*The Hospital.*

In 1900 there were only twenty-three suicides in Berlin to every 100,000 inhabitants; in 1903 the number was thirty-one.

In a work published by Dr. Prünzing, of Ulm, with the title "Drunkenness and Suicide," the author shows from statistics that intemperance is the most prevalent cause of self-murder in Germany. What is true of the German people is true also of other civilised people, for the effect of alcohol upon the nervous system is very similar, whether a man be a German, an Englishman, or an American. The same narcotic, benumbing, depressing effect upon the nerve centres occurs.

DOCTOR (passing a stonecutter's yard):  
"Good morning, Mr. Jones. Hard at work, I see. I suppose you finish your gravestones as far as 'In memory of,' and then wait for someone to die, eh?"

"Why, yes; unless somebody's sick and you're doctoring 'em; then I keep right on."

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### Physical Degeneration.

UNDREAMED-OF facts are contained in a Blue Book issued in London on August 26 on the subject of physical degeneration, on which a select committee sat lately.

On the subject of youthful drinkers, Sir Frederick Maurice named one case which came under his notice.

In a hospital at Blackheath there was a little, puny, three-year-old child, who had had a penny given to him to play with, and the poor little wretch held out his hand to every visitor with the penny in it, asking them to get him "just a ha-porth of gin." It was his one idea of the way to use the penny. Gin was his ideal of happiness.

Inquiries showed that "gin livers" for children under three years of age were a common experience in hospital practice.

"Casuals" were spoken of by Dr. Eichholz, who said: "The only definite and continuous form of labor I could discover was the occupation of one father, who whistled for cabs at Charing Cross."

"The women are even worse than the men. Drinking begins early in the day. Even the first meal will consist probably of a bottle of stout, and bread and cheese.

"The laziness of the women, coupled with drink, is at the root of many of the evils of degeneracy."

### Alcoholism.

In epidemics the excessive use of alcohol is almost identical with a death-warrant. Of one hundred hard drinkers attacked by the cholera ninety-one die, of moderate drinkers only nineteen. A wounded man who has poisoned his blood with alcohol is always in greater danger than an abstainer. According to English statistics the abstainers live on an average fourteen years longer than drinkers. Insanity, idiocy, moral depravity, hysteria, epilepsy are only too frequently the lot of the offspring of a drunken father. A Swiss physician closely watched twenty families. Ten were moderate drinkers or abstainers, ten were used to excess for some generations. The former had altogether sixty-one children. Five of these died young, two were malformed, two were slow of development, two suffered of St. Vitus's dance. In the families of the heavy drinkers were seventy-five children.

Twelve died young, and only nine were healthy. The rest were idiots, misshapen, deaf and dumb, or epileptic. Of eighty-three epileptic children at the Salpêtrière, sixty had drunken parents.

Eggs subjected to alcoholic vapors give misshapen, sickly chickens. Dogs treated to doses of alcohol have epileptic young or fail to produce live young at all. No wonder that terror seizes the heart of nations. Unless there is a change for the better, the majority of people in future generations will be unfit to live. Nor has all been told. We have statistics of those who die or are locked up as the result of alcoholism; but the many who go about free, who manage to do some kind of work, to marry and to beget children are not counted. They give the nation its death wound, from which it can not well recover.—*Translation made for "The Literary Digest."*

A MODERATE drinker became very angry with a friend who argued that safety was only to be found in total abstinence." "What, sir," said he, "do you think that I have lost control over myself?" "I do not know," was the reply; "but let us put it to the proof. For the next six months do not touch a drop." The proposal was accepted. He kept to his promise, and at the close of a month he said to his friend, with tears in his eyes, "I believe you have saved me from a drunkard's grave. I never knew before that I was in any sense a slave to drink, but during the last month I have fought the fiercest battle of my life. Had the test been tried later on it might have been too late. I mean to keep the pledge for life."—*Selected.*

KIRSTEIN (*Zeitschrift für Hygiene*) has shown that in the form of droplets or fine dust, the germs named below are able to survive only for the designated periods under the conditions indicated:—

Typhoid bacillus, 24 hours' exposure to light; diphtheria bacillus, 24 to 48 hours in light, 5 days in the dark; tubercle bacillus, 5 days in light, 22 days in dark; staphylococcus aureus, 8 to 10 days in the light, 35 days in the dark; streptococcus, 10 days in the light, 38 days in the dark; the spores of the charbon bacillus, 10 days in the light, at least 3 months in the dark.





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