

THE AUSTRALASIAN GOOD HEALTH

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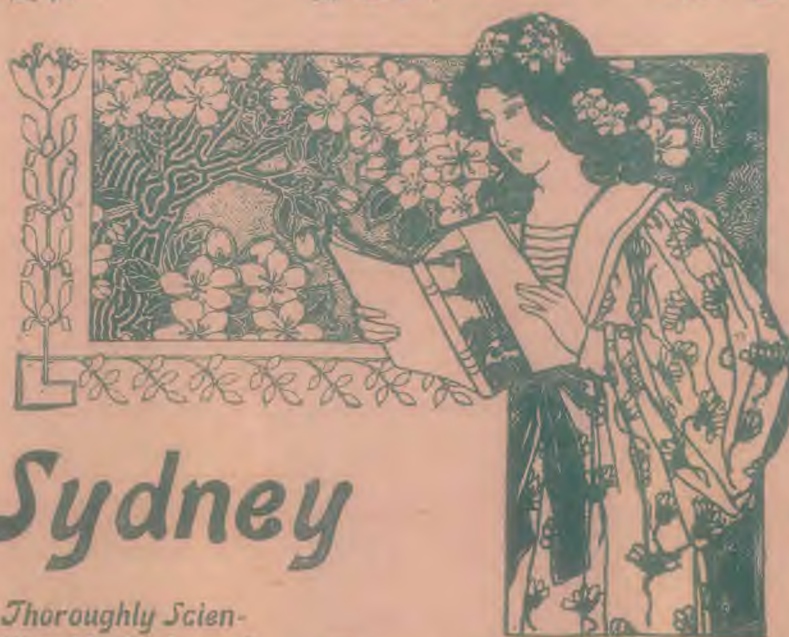
News and Notes.

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

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GOOD HEALTH, APRIL 1, 1905.

An Orkney Kitchen.

"Be it ever so humble, there is no place like home."



THE AUSTRALASIAN
GOOD HEALTH.

Medical and Health News.

A "GOOD HEALTH" ACROSTIC.

Grapes, which cleanse, revive, and cure—
Oranges, golden, fresh, and pure—
Of their juices rich and sweet
Drink "Good Health" when friends you meet.

Health dwells not in sparkling wine—
Evil lurks with power malign:
Apples, pears, bananas mellow,
Lemon juice so clear and yellow,—
Take these gifts and you will find
Health of body, rest of mind.

—H. G. Buckle.

The Lost Art of Primitive Cookery.

PRIMITIVE cooks, even those of the present day as found among semi-civilised and savage people, are far better acquainted with the resources and possibilities of the simplest procedures than is the average civilised cook. Among them complicated dishes are unknown; natural foods are made digestible and palatable by simple methods which develop their natural flavors and do not impair their nutritive properties. Civilisation has never produced a better bread than the simple barley cakes which the wild Arab woman of the desert mixes with meal and water and bakes on a flat stone or a scrap of tin, or the corn cakes which the Indian woman of Old Mexico, descended from the ancient Astecs, prepares by the same method. The half-nude Tamils of Northern India prepare steamed rice by roasting in a green bamboo stem, which far excels in toothsome lightness the boiled rice which appears on most civilised tables. Modern

cookery entirely ignores the great variety of natural flavors in the foods, and substitutes in their place a few harmful condiments or irritants, as pepper, mustard, etc. The world needs intelligent cooks.

A Baby Apollo, or The Finest Specimen of Childhood.

VIRGIN KRELL, two years and eight months, has been awarded a prize at the World's Fair at St. Louis as the finest specimen of childhood entered for the competition, open to all nations. Experts describe him as physically perfect, proportions perfect, temper excellent—altogether, an exquisite little model of a baby Apollo. He weighs thirty-four pounds, his height is thirty-four inches, chest twenty-one inches, and from shoulder to shoulder he measures eight inches. The father of the child, an Italian artist, says, "His entire charge, owing to the illness of his mother, devolved upon me." Open air, physical exercise, and rational diet are Krell's only prescription for success. Every-day naps in the open air were taken by the child. When born, the boy was a most insignificant infant, but fresh air was his salvation. Meat, cake, and sweets were strictly prohibited in his dietary.

"DRINK is the greatest curse that afflicts a nation," said Lord Chief Justice of Ireland.

CIGARETTES AND PHYSICAL CULTURE.

IN the January number of his journal, Mr. Sandow gives the following excellent advice to boys, which applies with equal force to men of maturity:—

It will not surprise my readers that I should be interested in the efforts to suppress that curse of the community, juvenile smoking. For years I have noticed, in London especially, undoubted signs of a physical deterioration, the cause of which is not far to seek. More than half the poor specimens of manhood one sees walking about have only themselves to blame for their wretched physical condition. Hundreds of men, round-shouldered and devoid of muscle, come to me and ask me what I can do to improve their physical condition; and



the invariable answer to the question, "Did you smoke as a boy?" is "Yes." I look upon such men with pity, for they realise the follies of their youth, perhaps too late. Had they been sensible as boys, they would no doubt, by this time, have been successes in their vocations in life, instead of miserable failures; for a brain poisoned by smoke is not capable of performing with energy and clearness those duties which are assigned to it.

If I had to speak to an audience of boys, I should say, "If you only realised what you are bringing upon yourselves, and what will be the result of this smoking during your young days in after life, you would throw it up at once. It is really a question of what you would wish to be. Do you prefer to be a stunted, emaciated specimen of humanity, whom every healthy person looks down upon with pity,—or do you wish to be pointed out by passers-by as a finely-set-up, healthy man, whom every one of these aforesaid stunted specimens looks up to with envy? If a man met you in the street and offered you some poison, you would think he was mad, would you not? You would refuse to take it, of course. And yet if a man offers you a cigarette and you accept it, you are doing just the same thing as if you accepted the poison. By smoking, you are slowly but surely poisoning the system, and sapping the energy which you should reserve for the duties of life. Do not abuse the body which God has given. But that is what you will do if you smoke. Throw away the noisome cigarette, and acquire habits that will make you a healthy and vigorous man,

Dr. Haig's Personal Experience.

Uric-Acid-Free Diet.

"Those who have been accustomed to the stimulation of animal flesh, and have mistaken this stimulation for strength, have evidently the greatest difficulty in believing that any one can be strong and fit for exertion on any other diet; thus a patient of mine whose life was sedentary had a beef-eating friend staying with him who prided himself on his walking, and, to escape further chaff on diet matters, my patient accepted his challenge to have a good walk; the result was that my patient walked him off his feet with comparative ease, and when twenty miles had been covered, the beef-eater acknowledged that he was tired, and did not care to go any farther.

"But even this does not include all the advantages to be reaped from a uric-acid-free diet, for not only is there no fatigue during the exercise to-day, but there is also no stiffness and rheumatism after it to-night or to-morrow, which gives once again a striking demonstration of the intimate relationship between rheumatism and uric acid. On ordinary diet I never got hot in summer with subsequent exposure to the cold or draught without a stiff neck, some lumbago, or other trouble. Now all such troubles remain absent even after the most severe exertion and perspiration with subsequent exposure to cold.

"I must point out also that the effect of a uric-acid-free diet on my strength and power of endurance has been enormous; words quite fail me to give an idea of it, and only those who experience it in themselves can fully understand what I mean. I believe that I do not exaggerate when I say the effect of getting free from uric acid has been to make my bodily powers



quite as great as they were fifteen years ago; indeed, I scarcely believe that fifteen years ago I could have undertaken the exertion I now indulge in with absolute impunity, with freedom from fatigue and distress at the time, and immunity from stiffness the next day. Over and over again this spring have I got up from a week or more of almost absolute sedentary work, and ridden on a bicycle fifty, sixty, seventy, or even eighty miles, without any fatigue other than a little soreness from the unaccustomed saddle, have been able for ordinary work the rest of the day, and the next day quite fit to do the same again if necessary. Now my recollection of meat-eating times is that I could do nothing of the kind, especially

in spring, and when out of training; then, especially if the wind was warm and perhaps moist, one and a half or two hours' work would find me in a position of considerable distress from fatigue, making a rest imperative. Now heat and moisture do not affect me unless, perhaps, they make me better able for work. But the old feeling of absolute inability to proceed is quite unknown. Indeed I often say that it is now impossible to tire me, and, relatively, I believe this is true."

Why then do we experience weakness when giving up a flesh diet? The weakness experienced on leaving off meat is one of the strongest arguments that it should be discontinued. Those who eat meat feel stimulated after eating, and they suppose that they are made stronger. After they discontinue the use of meat, they may for a time feel weak, but when the system is cleansed from the effect of this diet, they no longer feel the weakness, and will cease to wish for that for which they have pleaded as essential to strength. Bright's disease is an abnormal condition of the system in which the albumin of the blood is allowed to escape through the kidneys. This disease used to be very rare, and was considered incurable, but of late years it has come to be very common. Dr. Haig writes of its cause as follows: "In a word, Bright's disease is a result of our meat-eating and tea-drinking habits; and as these habits are common, so also is the disease, and much more common, I believe, than available statistics at all serve to demonstrate."

Headache is an exceedingly common affection. Does meat-eating have anything to do with it? Dr. Haig again says: "Many volumes of theory did not suffice to prevent one of my headaches, but once I found out they were due to poisoning by meat and tea, prevention became both certain and simple, and relapse is now a mathematical certainty if these poisons are again taken in any form."

Every form of disease has its cause, and the cause is often simple enough, but the majority do not know it. People perish for a lack of knowledge.

Dr. Haig further says: "Looking at all these facts, it is most difficult to avoid the conclusion that all sufferers from these diseases owe their suffering, sorrow, and early death to nothing in the world but their own folly. Certainly they have no right to blame nature either as to the origin of the troubles or their inheritance."

Emerson says, "Punishment is the fruit that ripens unexpectedly on the flower of pleasure that concealed it." In other words, "Whatsoever a man soweth that shall he also reap."

Thousands of people are standing on the very verge of some terrible physical collapse. We read about a man dying suddenly, but that does not mean that he contracted his illness suddenly, for he had been sowing for it weeks, months, and years. The Master spoke of a house that was built on a rock, and another that was built on the sand. Possibly the one on the sand was the best appearing house, but

when the storm came, it was swept away. That is precisely the case with many splendid looking people, who, to all appearances, have robust health, but of whom we often read a few weeks later, that they have passed away suddenly. The supports of the bridge that gave way to-day have been decaying for years.

Alcoholism—How Treated Successfully.

THERE is a very close association between flesh-eating and intemperance. This was pointed out many years ago by an eminent English physician. I have even verified this fact in my own experience. The Workingmen's Home, established by myself and my colleagues some eight years ago in Chicago, has demonstrated this fact in hundreds of cases. Since the summer of 1893, when many thousands of unfortunates were left stranded in the streets of Chicago by the collapse of the World's Fair boom, the Workingmen's Home has maintained a penny-lunch counter, at which many hundreds of these people have daily taken their meals. No condiments of any sort, except salt, and no flesh-meats have ever been served. Hundreds of men who were formerly addicted to drink have testified that they were wholly free from the appetite for liquor so long as they adhered closely to the simple bill of fare provided.

At the Battle Creek Sanitarium and allied institutions, hundreds of persons addicted to drink and the use of tobacco have been treated for these drug-habits with complete success. It is very rare indeed that the adherence to an unstimulating diet, discarding condiments of every sort, as well as flesh-meats, does not completely obliterate the appetite for either liquor or tobacco.

J. H. KELLOGG, M. D.

A SKILLED physician investigated the effect of smoking on thirty-eight boys between the ages of nine and fifteen who were addicted to the habit. Twenty-seven showed distinct symptoms of nicotine poisoning. In twenty-two there were serious disorders of the circulation, indigestion, dullness of intellect, and a marked appetite for strong drink. In three there was heart affection; in eight, decided deterioration of the blood; in twelve, frequent bleeding of the nose; ten had disturbed sleep; and four, ulceration of the mouth.

The Need of Relishing What We Eat.

Extracts from a lecture by D. H. Kress, M. D.

DR. PAWLOW, the eminent St. Petersburg physiologist, has brought out very clearly in his experiments upon dogs the influence of the mind on digestion. By these experiments he demonstrated that food that is relished or appetising creates a more copious flow and a better quality of saliva and gastric juice, than food that is not appetising, and eaten mechanically. This no doubt accounts for the fact observed by physicians that patients, when recovering from a severe illness, sometimes demand or call for foods that seem unwholesome and indigestible, and dispose of them without difficulty, and often date their improve-

ment and recovery to it. Could they have the same relish for foods easier of digestion and more wholesome, it would undoubtedly be better. But to force upon them the more wholesome foods without the necessary relish is a greater evil than the former; for the more wholesome and

digestible food is rendered indigestible and unwholesome, owing to the absence of relish and the much-needed digestive juices resulting from the stimulation of the appetite. This also explains the fact that men and women often eat what they please or relish, paying no attention whatever to the wholesomeness of foods or to their digestibility or combination, yet suffer less with indigestion than those who exercise the greatest care in the selection of suitable and wholesome foods, but eat mechanically.

There can be no doubt that mechanical eating creates dyspepsia, even if the food is the best, and the greatest precaution is taken in the combination and mastication. Man must relish and enjoy what he eats in order to derive the full amount of benefit from it. No one therefore can prescribe in detail what another should eat. Each individual should select that which appeals to his mind.

This does not do away with the need of reforms, but it proves that the only successful way of bringing about reforms is by a conversion or transformation of the mind. It is possible for a person to hate foods which he once relished, and to relish foods which once he had no relish for. The conscience in every such case must be first enlightened. The person must be able to see in the food before him the good it contains; this will enable him to appreciate it above inferior foods, and to enjoy, relish, and digest what otherwise would be unenjoyable and indigestible.

Anciently God withheld from His people who entered into a covenant relation with Him to be obedient, the flesh of animals, and gave them instead more wholesome food, not because they were unable to digest flesh foods, but because of its dangers in communicating disease and its interference with spiritual development. Many pronounced the pure food provided by angel hands "vile stuff." They did not relish it, and found no enjoyment in eating it. No doubt they also had difficulty in digesting it. They longed for the flesh pots of Egypt. When flesh was given them, their digestion no doubt improved with its use; but nevertheless they were taking into their bodies that which produced disease and leanness of soul.

Appreciative knowledge must always precede every true reform. Transformation



Johnny "feels funny to his toes."

ment and recovery to it. Could they have the same relish for foods easier of digestion and more wholesome, it would undoubtedly be better. But to force upon them the more wholesome foods without the necessary relish is a greater evil than the former; for the more wholesome and

of mind is necessary in order to prove or relish that which is *really* good. Everyone must admit that he who has the same relish for simple, wholesome, easily digested, non-irritating, and non-stimulating food that another has for the unwholesome and stimulating, will not only digest his food more readily but derive greater benefit from it.

Those who advocate reforms in diet can do much, however, to hasten them by preparing the foods in as attractive and palatable a manner as possible. This is especially of great importance in the treatment of those who have digestive disturbances. The aim of those who prepare the dishes should be to prepare them in such an inviting manner that the mere sight, smell, and taste will stimulate the appetite and create a copious flow of saliva and gastric juice.

In reforms the aim should always be to make the necessary changes so pleasantly and agreeably that the unwholesome foods which it will be necessary to give up in order to regain health will not be missed. Every indigestible or unwholesome food should be replaced by something more wholesome, more palatable, more attractive, more enjoyable, and more appetising. Food, in order to be of the greatest benefit, must be eaten with enjoyment. Eating merely from conviction, without appreciation or enjoyment, is of little value, and often harmful.

Importance of Mastication as a Preventive of Dental Decay.

HARRY CAMPBELL, M. D., F. R. C. P., Physician to the North-west London Hospital, cites the following case:—

A man fifty years of age who was brought up in Belgium, but who had resided in London for thirty years, came to him for advice. He says, "When he came to my out-patient room, I was a little surprised to find that all his teeth were sound. In seeking for an explanation, I elicited the fact that he was unable to swallow his food without chewing it thoroughly. On giving him a moderate-sized piece of bread with the request that he should chew it in the ordinary way, I found that he subjected it to one hundred and twenty separate bites before swallowing it. Here

is a man who has lived for thirty years in London on the same kind of food as the average poor Londoner, but instead of finding his mouth full of carious, tartar-coated teeth, and spongy, receding, pus-exuding gums, we find thirty-two sound teeth firmly set in healthy gums and all



Improper mastication is the prime factor in the causation of tooth decay.

but devoid of tartar." This case fully demonstrates that improper mastication is the prime factor in the causation of tooth decay.

Appendicitis and Adenoids.

While the stomach is the organ especially liable to injury by swallowing lumps of unmasticated food, Dr. Campbell attributes the increase of appendicitis in modern times to the unhealthful condition of the cæcum and appendix, brought about by fermentation and constipation resulting from bolting of foods.

Dr. Campbell also attributes to this hyperchloridia, a form of dyspepsia witnessed by symptoms of pain or heartburn about two hours after meals, this is a condition of the stomach in which there exists an excess of hydrochloric acid, due to the mechanical irritation set up by improperly-masticated particles of food, and by the presence of improperly-insalivated starch. In extreme cases he insists that each mouthful of food be chewed at least one hundred times, and not permit any relaxation until the stomach has been schooled into healthier ways. The fact is, starch should not enter the stomach as starch; it should enter as maltose. Patients are often forbidden starchy foods, while they are allowed maltose, which each one may manufacture for himself. It is certainly better for everyone to

manufacture his own maltose by perfectly masticating his starchy food than that he should take it ready-made in the form of a "malt extract," which is often of a doubtful character, and which can never remove the cause of hyperchloridia, but must at best act only as a palliative.

A failure to use vigorously the muscles of mastication upon which depends the healthy circulation of blood to the faucial tonsils, and also acts as a cause of adenoids, so prevalent among children in some civilised countries.

Dr. Campbell says, "Adenoids is essentially a disease of pap-fed peoples." It is a disease of dietetic origin and improper mastication. Children who have been brought up on starchy foods necessitating thorough mastication are free from this trouble. Because of the improved and healthy circulation of blood through the parts from the exercise of chewing, these abnormal growths due to congestion may be avoided. There is no food more suitable for childhood than the dry crust of bread, or better still, dry, well-toasted granose flakes. Children soon learn to relish this food. Cures of this disease may be brought about by the improved circulation of blood and lymph through the diseased parts by thorough mastication alone.

A failure to correct the child's dietetic habits is very apt to result in a return of the growth, even after removal by surgery. Surgical operations have for this reason been found to be very unsatisfactory in the majority of cases.

Fastings—Its Benefits and Dangers.

Extracts from a lecture delivered by Dr. D. H. Kress.

FASTING has been advocated and practised for ages as a means of treating certain forms of chronic disease. The benefits derived from an occasional fast have also long been recognised, but few have understood or could explain the reason why an occasional fast is necessary or beneficial. If men ate only the amount of food necessary to supply the actual needs of the body, fasting would never be necessary. Nearly all eat more than this amount; this results in the accumulation in the body of fat and imperfectly digested and partially oxidised products. Starch and sugar, the best energy producers, when taken in excess, if properly masticated and digested, are stored up for future use in the form of fat. In the absence of food, or during a fast, the system utilises

this adipose tissue as fuel. This accumulation of adipose tissue enables the bear to crawl into a hollow log in the fall of the year and spend three months or even longer without a morsel of food. Where fatty degeneration is feared, a fast of a couple of days occasionally is beneficial; and even a prolonged fast which would prove disastrous in a lean, emaciated subject, is often of great benefit in such cases.

The albumin, or proteid elements are the tissue-builders of the body. Not more than two ounces of this element can be utilised per day. If taken in excess, much greater injury results than from the starch and sugar, for no provision is made for storing up the excess of the digested and absorbed proteids, as is the case with the starches and sugars. They are left in the body in the form of cinders or incompletely oxidised substances, known as uric acid, etc. These products are highly poisonous, and aside from this, clog the living furnace, interfering with the healthy function of the various organs, producing biliousness, im-



patience, depression, rheumatism, gout, sleeplessness, and numerous other disagreeable and annoying symptoms. When there exists a fuel famine, one of the first things we do is to go to the ash pit and sift out all the cinders from the ashes, and use them in the place of the coal. This is precisely what the human body does in the absence of food; it utilises the uric acid and other body cinders as fuel. An occasional short fast of a day or two by subjects who are suffering with an accumulation of uric acid as a result of a too free use of albuminous foods, is always beneficial, and when combined with an excess of stored up fat, even a prolonged fast is helpful.

This explains the fact observed by physicians and others that in a case of fever a patient will often enjoy better health after the fever than previously. It is observed that nature deprives the fever patient of an appetite for food to force the body to utilise and burn up the accumulated wastes. In other words, she holds a bonfire of the rubbish which has been stored up as a result of over-eating. This also explains

the benefit derived from sea voyages in many chronic diseases. Those taking these voyages will derive little or no benefit if the sailing is smooth, and they are not troubled with seasickness. In order to receive the needed benefit, it is necessary for the subject to have a rough voyage which will result in sickness and a complete emptying of the stomach, and to lose all desire for food for a few days. This enables the system to burn up the accumulated body wastes, or cinders, which are responsible for much insomnia, biliousness, etc. The benefit derived from sea voyages is due to the prolonged fast in the majority of cases.

Dr. Tanner cured himself of rheumatism and gout by a fast of forty days. Hunger was experienced only during the first few days; after this the body began to make use of, or feed upon, the stored up uric acid cinders, and the excess of adipose tissue or fat. At the end of his fast, these were consumed, and he was rid of his rheumatism. It is not necessary or wise, as a rule, to subject one's self to a prolonged fast, or even to go without food entirely. A fast may be made pleasantly by subsisting occasionally for a day or two on juicy, sub-acid or acid fruits, as apples, pears, peaches, grapes, apricots, plums, etc. These will aid in cleansing and disinfecting the alimentary canal, and at the same time will satisfy the craving for food, yet they contain no proteid, and supply only in part the body fuel, making it necessary for the body to utilise the stored up cinders, or uric acid. Most men and women would receive benefit by subsisting on an exclusive fruit diet of this kind for one day at least in each week. This would aid in keeping the body cleared of uric acid, improving the healthy action of every organ of the body, including the brain, making it possible to do better work without brain fog or fatigue.

Great harm has been done by prolonged fasts. Because it proves of benefit in one case is no evidence that it is of benefit in every case. Care should be exercised. As a rule, thin subjects should not fast for more than a day at a time.

DURING the last hours of Daniel Webster, Mr. Adams called on him, and seeing his desperate condition, and wishing to cheer him as much as possible, he remarked to the dying statesman, "Good morning, Mr. Webster; I hope you are doing well." Mr. Webster's eloquent though sad reply was: "Mr. Adams, I am sorry to say that I am not. I feel that I am the tenant of a house sadly racked and shaken by the storms of time. The roof leaks, the windows rattle, the doors creak on their hinges, until my mansion seems almost uninhabitable. But the saddest part of the situation, sir, is that I have received word that the landlord positively refuses to make any further repairs."

Total Abstainers and Insurance.

A NEW YORK telegram of November 23 says:—

"Total abstainers in the matter of spirituous and malt liquors are likely in the near future to be given special low rates by the leading life insurance companies. A number of actuaries and medical directors have been working on statistics running over a period of several years, and from the records of a large number of life insurance companies, several of the authorities have come to the conclusion that the total abstainers as a class live longer by from 20 to 50 per cent. than the moderate drinkers as a class."

Dr. Lees, several years ago, gave some statistics at the Bradford Jubilee meeting which showed that, on an average of the eight years, 1870-77, the Bradford Rechabites, S. U., total abstainers, experienced only four days two hours sickness, against thirteen days ten hours passed by the Oddfellows, who admit moderate users of alcoholic beverages, and a death-rate of one in 141, against one in forty-four. The consequence was that the Rechabites paid only 5s 9½d per year, as against 13s 1d paid by the Oddfellows.

Mr. Alfred Bowser, manager of the Whittington Life Insurance Company, said at one of the meetings of the company (this company kept distinct the moderate users and non-users of alcohol), "There is one other feature of great interest brought out by our recent investigation into the affairs of the company. I refer to the separate account kept by the company with persons who abstain *totally* from the use of alcoholic beverages. It is this; during the past three years, the deaths in this branch of the company's business have been at the extremely low rate of twenty-three per 1,000." Drunkards are not admitted into the society of Oddfellows, nor will insurance companies knowingly issue policies to immoderate drinkers.

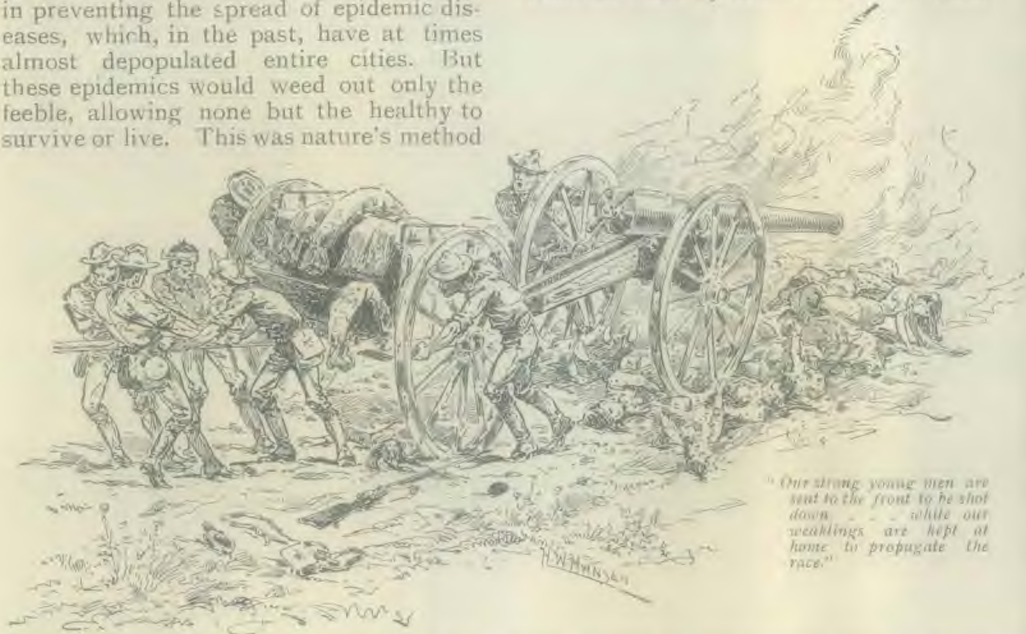
These foregoing facts show clearly that even the moderate use of alcoholic beverages shortens life, and that it is an important factor in keeping up the high annual death rate.

Evils of Civilisation or The Extinction of the Race.

EVIDENCES are being recognised with considerable alarm by thinking and observing men and women everywhere that the human race is becoming weaker instead of stronger, and is rapidly deteriorating physically, mentally, and morally. The recognition of this fact is responsible for the organisation of sanitary, temperance, and health associations, physical culture societies, and gymnastic clubs, all of which have for their aim the improvement of the race.

In civilised countries, by the aid of improved sanitation, etc., we have succeeded in preventing the spread of epidemic diseases, which, in the past, have at times almost depopulated entire cities. But these epidemics would weed out only the feeble, allowing none but the healthy to survive or live. This was nature's method

In England, not long ago, nearly 12,000 young men came to enlist for military service. Out of this number only 3,000 were received—9,000 were hollow-chested and suffering with feeble hearts. Our strong young men are sent to the front to be shot down or constitutionally disabled and weakened, while our weaklings are kept at home to propagate the race; this cannot add to our racial vigor. It would be wiser to send the weaklings and retain at home the strong. A nation's vitality may be determined, not by her power to prolong the lives a few years of her weakly infants or her physically degenerate adults, but by her fertility or power to fill the vacancies made by death, and to fill them



"Our strong young men are sent to the front to be shot down - - while our weaklings are kept at home to propagate the race."

of keeping up the vitality of the race, and preventing race degeneracy. By the prevention of the spread of these plagues we protect and keep alive the physically degenerate that were formerly weeded out. By doing so we have lowered by a small per cent. our death rate, and have succeeded in slightly increasing the average age of life. This should not in itself be looked upon too hopefully, for it cannot be regarded as an evidence of increased racial vigor.

The intermarriage of the constitutionally feeble who are thus kept alive to propagate the race must result in weakened offspring or degeneracy.

with healthier and hardier stock. Here is where all civilised nations are failing, their birth rates are decreasing, and those that are born are inferior, lacking vitality.

Mr. Weston in the *Nineteenth Century* gives some very striking figures of America. He says, "During the first generation of Americans, there was an average family increase of from ten to twelve. During the second and third generations there existed an increase of six and seven. During the fourth and fifth there was a drop to four and five, and the sixth generation made a showing of three and less."

Should the Americans have continued

to increase as they did during the first and second generations, America would have to-day a native-born population of one hundred millions, while she has only seventy-six millions including twenty-six millions of foreign immigrants and persons of foreign parentage. America, then, shows a deficit of fifty millions.

This decrease in the birth rate has led to the appointment of commissions in various civilised countries for the purpose of ascertaining the causes of degeneracy.

In France, the death-rate exceeds the birth-rate; she is no longer able to fill the vacancies made by death, and the physical decadence in France has been so rapid in the last few decades that the government has repeatedly found it necessary to lessen the standard of height for military enlistment. The army of France is made up of an inferior lot of short, hollow-chested men, yet the French people were once a race of giants. Not only is her birth-rate decreasing, but those that are born give unmistakable evidence of degeneracy and feebleness.

Professor Bergeron has made the authentic statement that the little French subject coming into the world has less chance of living one week than an old man of ninety years; and less chance of living one year than a man of eighty. According to Professor Budin's report before the Academy of Medicine, out of one hundred children born in the large cities only twenty-five live after the second year. Dr. Lagneau, another noted French authority, has predicted that "if matters go on as at present, there will not be a single Frenchman in existence less than five centuries hence, and that without the aid of war or epidemics." Yet France is probably the most highly civilised country in existence. We are led to conclude that something is radically wrong with the habits of civilisation. Many thinking men and women see and recognise the fact that we are degenerating, but few are able to recognise the causes. There are many roots concealed from the superficial view of the average man, that feed this mammoth evil; among these are alcohol, tobacco, tea, and coffee. Excess in eating and drinking, marrying and giving in marriage, was responsible for the degeneracy and extinction in the time of Noah and Lot. As long as people continue to fol-

low the pernicious habits of life, degeneracy will continue; it cannot be otherwise.

D. H. KRESS, M. D.

Beware of Health Corsets.

THOUSANDS of these articles are sold to women, who think that in purchasing and wearing garments labelled "health" they are thereby securing this much desired commodity. We are not going to say that the so-called "health corsets" are not an improvement upon *some* corsets, but it is certainly true that these garments do not conform sufficiently to the requirements of hygiene which relate to dress to render appropriate the term "health" as applied to them.

A woman's clothing should be as loose about the waist as that of a man, she should be able to expand the lower portion of her chest as thoroughly with her clothing on as when her garments have been laid aside at night.



Few women with the dress on can expand the waist more than one-quarter or one-half an inch, and we have in numerous instances found women unable to expand the waist at all. A woman who has learned to breathe properly can easily expand the waist from three to five inches, and in some instances even more. A young lady who was formerly addicted to tight-lacing, after laying aside her corsets, and cultivating breathing for two years, was able to expand her waist six and one-half inches. A woman whose usual dress will not allow her to expand the waist at least three inches, is unquestionably suffering injury from the restriction of her respiration.

"TOTAL and universal abstinence from alcoholic liquors would greatly contribute to the health, the prosperity, the morality, and the happiness of the human race," was a declaration signed by over 2,000 physicians and surgeons.



The Home.

quire equally as much, if not more, clothing than the trunk.

It is not uncommon to see little ones with the arms and shoulders and legs naked, or perhaps with only one covering, while the trunk is clothed with furs. The cold air, bathing the arms and legs, causes a contraction of the vessels which convey the blood to these parts, and unbalances the healthy circulation of the blood, creating internal congestion. The blood is chilled, and driven internally, causing congestion of the various internal organs, producing indigestion. It also causes congestion or inflammation of the throat and head. The flushed and congested face, regarded as an evidence of health, is an evidence of disease. The congestion of the nose and throat brings about an unhealthy condition, and adenoids, or posterior nasal growths, so frequently present in countries where this custom exists.

If mothers should dress themselves as they do their children, they would have a practical demonstration of the injury that results from this practice, and would no longer wonder why their little ones are subject to the croup, and are mouth-breathers, or unable to breathe through the nose at night. During the autumn and winter months, the children, both boys and girls, should wear good, warm undergarments, reaching to the ankles, and over these a good pair of long, thick, woolen stockings, reaching to, or better still, above the knees. If this mode of dress is adopted for the children, that feverish flush on the face, *supposed* to be an indication of health, will disappear, likewise the internal congestion of the nose and throat. There is no reason why our little ones should be subject to colds and sore throats.

Try It, Mothers.

Give the children plenty of fresh air at night. Air in a closed room, occupied by two or three persons, becomes very deadly in a short time. Especially is this the case if the father has been smoking during

STRENGTH FOR TO-DAY.

STRENGTH for to-day is all that we need,
As there will never be a to-morrow.
For to-morrow will prove but another to-day
With its measure of joy and sorrow.

Then why forecast the trials of life
With such a sad and grave persistence,
And watch and wait for a crowd of ills
That as yet had no existence?

Strength for to-day—in house and home,
To practise forbearance sweetly—
To scatter kind words and loving deeds,
Still trusting in God completely.

Strength for to-day—what a precious boon
For the earnest souls who labor,
For the willing hands that minister
To the needy friend or neighbor!

—Selected.

ADVICE TO MOTHERS.

Clothe the Limbs of Your Children.

WE are reaching the time of the year when changeable weather may be expected. During the warm weather there can be no harm in children going without boots, and having their limbs exposed to air and light. Modesty forbids the exposure of the entire body, but from purely a health standpoint, there exists no stronger reason for the exposure of the limbs than for the exposure of the remainder of the body. As the cold weather approaches, everyone recognises that the body needs protection, but this need applies equally to the limbs. The arms and legs being further removed from the centre of circulation certainly re-

the day, and storing up, or charging his system with that deadly poison, nicotine, to unload during the sleeping hours. This vitiated air is much more dangerous to the lungs of the feeble infants than to the stronger lungs of the adults. Many infants are without doubt poisoned beyond remedy by being compelled to sleep in such rooms. Parents are often unconsciously the murderers of their own loved ones.

See that there is a current of air through the bedroom at night. This necessitates two openings—two open windows, or an open window and an open door. Do not be afraid of the pure, invigorating air. But some one says, "Is not the night air

we may see in the child the physical characteristics of both. In the same way the mental characteristics, the dispositions and appetites of parents, are transmitted to their children. If the father or mother is intemperate, and therefore irritable and impatient; if they lack moral strength and are given to indulgence and gratification of appetite, we shall see these traits and weaknesses reproduced in their offspring.

Our children will be what we are. The sins of the parents are visited upon the children. It is evident that the training of children begins, not when the babe is in the mother's arms, as many suppose. It must begin before the birth of the child.



dangerous?" All we can have to breathe at night is night air. It is only a question of choice between pure night air or impure night air. Even parents, by ventilating the bedrooms properly, will awake in the morning feeling refreshed, instead of feeling more dead than alive. Welcome the pure night air.

Training of Children.

WE START TOO LATE.

"Train up a child in the way he should go; and when he is old, he will not depart from it."

WE are all aware that the physical characteristics of parents are transmitted to their offspring.

If a father or mother has a Roman nose, the child will probably have the same. If the father or mother has black hair or eyes, we shall probably find the same in the child. Often we exclaim, That boy is the exact picture of his father or mother, or

In order to train up a child in the way it should go, parents should begin to walk in that way before the birth of the child, and *continue* to walk in the same way ever after.

PHYSICAL CULTURE AS RELATED TO MORALS.

CULTURE of the mind is only possible where culture of muscles is also duly regulated. Systematic exercises which bring muscle gradually into a perfect state of development is absolutely essential for the healthy performance of the natural functions of the organs of the body. If the brain is worked to the neglect of the muscular system, the circulation, which depends upon the action of muscle for aid, becomes feeble; less blood, and consequently less nutriment, for the repair of tissue is carried to the brain.

Daily exercise and a healthy, well-developed body is necessary in order to be

in possession of a healthy mind. The mind governs the actions of the body, it follows therefore that physical development, by strengthening both mind and body, makes it easier for the individual to say no, and mean no, when tempted. Idleness leads not only to physical degeneracy and physical depravity, but it is a forerunner of moral depravity. When labor is regarded as drudgery and exercises are taken mechanically, the mind is not strengthened or developed to the same extent as is the case when the mind is concentrated upon the work performed. Man must put his heart into all he does in order to derive the greatest benefit therefrom.

As impulses or messages of command are sent forth from the mind to the various muscles of the body, the mind gains strength, the body becomes its servant; and daily it becomes easier to keep under the body morally and bring it into subjection. According to the prophet, idleness was one of the chief sins of Sodom. It was responsible for the prevailing immorality of that city. It is still responsible for much that is not attributed to it.

A Faith Worth Cultivating.

THERE exists no subtle remedy that can counteract the results of evil doing. Any remedy claiming to do this is a deception. Drugs can never save from the consequences of violating nature's laws; they removedisagreeable symptoms by narcotising or paralysing the brain and nerves, saying peace when there is no peace. Even prayer is powerless here, for "he that turneth away his ear from hearing the law, even his prayer shall be an abomination." Prayer was never designed to encourage transgression; its design is to lead people into harmony with law so that they may inherit the blessing of mental and physical strength and long life, which come only as a result of obedience. Only they that do His commandments (which includes the laws of health) have a right to the tree of life; only they have a right to enjoy the blessings of life.

God said to His people anciently what He says to all for all time,—“I have set before you a blessing and a curse; a blessing if ye obey the commandments of God, and a curse if ye diso'bey.” The only faith that is

of value is a faith that appropriates the grace needed to lead a life of obedience. A faith that leads a man deliberately to eat, drink, or breathe, any deadly poisons or impure thing, expecting God to neutralise the consequences, is a deceptive faith.



The humble cobbler finds peace and hope while doing right from day to day.

To every promise in God's Word there are conditions, and the only faith that God recognises is the faith that leads men to recognise these conditions and add to faith virtue, and to virtue knowledge, and to knowledge temperance. Such a faith may claim patience and every other virtue; it meets with no disappointments, "For if ye do these things, ye shall never fall." It not only gives present victory, but also assures us of final victory. "So an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour, Jesus Christ."

THE Japanese medical and surgical statistics indicate an astonishingly low rate of mortality.

In General Oku's army, between May and December, 24,642 cases were treated for disease, and of this number, 18,578 recovered, 40 died, and 5,609 were sent to Japan.

These figures are unequalled in the history of warfare.

In the same period, 210 of General Oku's officers and 4,917 men were killed, and 743 officers and 20,337 men wounded.

Only 16 per cent. of the wounded died.



STEWED FIGS WITH NUT CREAM.—Use the dried whole figs, not the layer figs. Wash them well and cover with cold water until plump and swollen. Then heat gradually and let simmer until very tender. Skim them out and boil the syrup down until thick. Strain it over the figs. Cool, and serve with cocoanut or almond cream. If preferred, whipped dairy cream may be used and the syrup flavored with a little vanilla or lemon.

MINCED PROTOSE.—Chop the protose fine with a meat chopper or with a chopping knife. Have some strained, stewed tomato heated to boiling; add one cup of the minced protose to one and one-half cups of the tomato. Boil up at once, and serve on slices of zwieback which have been softened with hot nut cream, hot water, or cream.

STEWED CUCUMBER.—Peel the cucumber, slice, and stew gently in as small a quantity of water as possible. When done, add a little salt if desired, and a teaspoonful of nut butter to one pint of cucumber. While cucumber does not contain much nutritive material, it makes a nice relish prepared in this way.

GREEN PEAS WITH POTATOES.—Select small new potatoes and clean them. To one quart of fresh shelled peas use six potatoes. Put them together to cook in boiling water, a little mint can be added if desired, and salt to season when done. A teaspoonful of nut butter added at last seasons them nicely, or a tablespoonful of chopped nuttose added when first put to stewing gives them quite a different flavor.

WHEATMEAL CRISPS.—Into one cup of cold, salted water stir slowly, so as to incorporate as much air as possible, sufficient wheatmeal to make a stiff dough. Knead well. Roll as thin as brown paper; cut in squares. Prick with a fork to prevent blistering. Bake until a nice brown. These are very crisp if properly made and eaten while fresh.

SUNSHINE SPONGE CAKE.—Beat the yolks of five eggs until very stiff. Beat the whites in a larger basin very stiff, until they will hold a fork upright when placed in it. The success of the cake depends upon the stiffness of both whites and yolks. To the whites when nearly stiff enough add one tablespoonful of lemon juice. To the yolks add three-quarters cup of sugar and grated rind of one lemon. Beat thoroughly again. Turn the

yolk mixture into the beaten whites slowly, and with a batter whip lift and fold the yolk mixture into the whites. When all is folded in, add three-quarters cup of flour, sifting in only a small portion at a time, and folding or chopping, not stirring, to keep it light. Turn into a cake tin and bake in a moderate oven.

FRUIT MINCE PIE.—Five good-sized tart apples, half cup raisins, half cup currants, half cup of chopped walnut kernels, one tablespoonful chopped citron, one tablespoonful dried figs, chopped, and half cup water, juice of two small lemons, and add sugar to taste. Mix all together, and cook twenty or thirty minutes. Turn into a paste and bake.

TOOTHACHE in a carious tooth is frequently the result of an acid condition existing therein. This can usually be remedied by the application of a mild alkali to the cavity of the tooth. A small plectet saturated in a solution of sodium bicarbonate or other alkaline salt will answer the purpose.

Why Use Soda Or Baking Powder?

THE professor of Domestic Economy and Hygiene in the Oregon Agricultural College (says an exchange) has found an original way to show the injurious effects of soda. She soaks a pig's bladder in soda and water. In a short time it becomes perforated with holes. She then demonstrates that plain water has no effect of this sort.

"Why sell your eggs," she says, "which are flour-lightening and nutritious, and buy baking-powder, which is only harmful? Far better lighten your cake with eggs, which every country woman has!"

It might be retorted that eggs (that is, good ones) are not so easily obtained in our large cities; nevertheless this is no excuse for a resort to the chemist.

GOOD HEALTH is utterly opposed to the use of chemicals in cooking. Soda, baking-powder, saleratus, and all similar preparations are not only useless but harmful. We say useless, but they have a use, and that is to cover up the laziness or incompetence of the cook. The excessive craving after cakes and confectionery of various kinds, in the making of which chemicals are most used, is an unnatural thing. Plain, simple food is best for all classes, and to an unperverted palate is also the most enjoyable.



Snoring.—Is there any remedy for snoring?

Ans.—Eat less, especially at the evening meal. Take a cool hand or sponge bath each morning after rising, followed by vigorous drying with a towel. Keep the mouth closed during sleep. If necessary, put a bandage around the chin and over the head. Sometimes it is necessary to remove obstructions from the nose or throat.

Falling Hair.—How may I prevent my hair from falling out?

Ans.—In the treatment of the hair, good judgment and common sense are necessary. The best way to keep the scalp healthy is to preserve its elasticity. To do this, daily massage is necessary. If the scalp is dry and covered with dandruff, or the hair thin, a little oil of sesame, rubbed in with the tips of the fingers once or twice a week, will in almost every case restore the hair to its normal condition.

Biliousness.—What is a cure for biliousness?

Ans.—An aseptic dietary, excluding meats, cheese, milk, butter, greasy foods, soups, pickles, condiments, tea, and coffee. The diet should consist of well-dextrinised cereals, fruits, and easily-digestible nut preparations, such as malted nuts. Apply a fomentation over the stomach at night, followed by a heating compress to be worn during the night. A cold bath should be taken every morning, and a sweating bath at night two or three times a week.

Sleeplessness.—What remedy would you recommend for sleeplessness?

Ans.—Hot foot baths at night followed by a wet bandage composed of a thin cloth wound about the abdomen and hip or the lower extremities, covered with oiled silk cloth or thick oiled paper. Surround this with several thicknesses of flannel. The effect is to dilate the vessels of the legs, thus diminishing the blood in the head, and producing sleep.

Epilepsy.—What can be done for a little girl six years old, who is troubled with epileptic fits; has had fits for two years. Can she be cured, and what treatment should be followed?

Ans.—Impossible to tell whether the epileptic fits can be cured; but probably the progress of the disease can be arrested by proper means. The patient should entirely discard flesh and greasy foods of all sorts. Also, should never be allowed to take tea and coffee; neither milk, unless in the form of buttermilk or cottage cheese. A diet of dextrinised cereals, granose, toasted wheat flakes, zwieback, together with malted nuts, malt

honey, and an abundance of fruit, would be the best suited to her condition; also peas, beans, lentils, eggs occasionally. Slow eating and thorough mastication must be enforced. The child should be kept out of school, and spend the greater part of her time out of doors. Should have an abundance of sleep at night. Before retiring, give a neutral immersion bath at ninety-two to ninety-five degrees for twenty or thirty minutes, moist abdominal girdle to be worn during the night, and a cold friction bath on rising in the morning.

Neurasthenia.—Will you give an hygienic treatment for neurasthenia?

Ans.—An out-of-door life. Remain out of doors all the time if possible. Exposure to the sun as often and as much as possible. The cold bath followed by exercise to promote reaction every morning. Simple, hygienic diet. Conform to all the laws of health.

How to Take Care of the Eyes.

BY A SPECIALIST.



“Avoid sudden changes from dark to brilliant light.

“Avoid the use of stimulants and drugs which affect the nervous system.

“Avoid reading when lying down or when mentally or physically exhausted.

“When the eyes feel tired, rest them by looking at objects at a long distance.

“Pay special attention to the hygiene of the body, for that which tends to promote the general health acts beneficially upon the eye.

“Up to forty years of age bathe the eyes twice daily with cold water.

“After fifty, bathe the eyes morning and evening with water so hot that you wonder how you stand it; follow this with cold water, which will make them glow with warmth.

“Old persons should avoid reading much by artificial light, be guarded as to diet, and avoid sitting up late at night.

“Do not depend on your own judgment in selecting spectacles.”

An eminent French physiologist once said: “A man is as old as his arteries.” When the arteries become hardened and shrivelled, a man is old, no matter what the number of his years. So long as the arteries are still supple, a man is young, no matter how many the years he has lived.



MICROBES retain their vitality much longer in dimly lighted than in sunny rooms. This may be one reason why disease germs flourish better in winter than in summer, owing to the lesser hours of sunlight. Dr. Gaffky points out that influenza epidemics have never occurred in Germany except when the weather has been long cloudy. The vitality is also directly proportional to the size of the particle of dust or moisture. The germ dies more rapidly the finer the particles.

THE Sydney Sanitarium during the past month has had a large patronage. Including the nurses and helpers the family numbered about one hundred.

The new commodious gymnasium forms an attraction for the patients. The physical culture and breathing exercises conducted by Miss Nellie Sisley and Miss Ora Kress at 9 A. M. and 4 and 6 P. M. are greatly enjoyed by all.

Dr. Lauretta Kress, assisted by Miss Nellie Rigby, conducts the practical classes for the patients in scientific and healthful cookery. These classes are highly appreciated by all who attend. The parlor lectures are also instructive. Patients not only have the benefit of the rational treatments, but during their stay they become so well informed that disease may ever after be avoided.

EMPEROR MENELIK, the dusky ruler of Abyssinia, has issued an edict prohibiting the importation of alcoholic drinks into his empire. French wines and German beer have, he says, found their way to his court. He has watched their effects, and has come to the conclusion that if he does not put a stop to the drinking that is going on, his empire will soon fall a prey to other nations. The emperor has no objections to European art and sciences; but he sets his face against European poison, and declares that he will punish importers of alcoholic liquors by forcing the stuff down

their throats until they die. In the preamble to his edict he says that drunkenness is pernicious, enfeebles a race, and destroys both body and mind. He desires his people to remain strong, healthy, and independent, and, as a means to this end, prohibits alcoholic drinks in every part of his domains.

THE late Dr. Austin Flint asserted that many persons have been starved to death by the use of beef tea as the result of the popular notion that beef extracts, beef juices, beef teas, and meat broths, represent a concentrated form of nutriment. The most eminent authors at the present time agree that beef tea has little or no nutritive value. Bunge says, "We must guard against supposing that meat bouillon possesses a strengthening and nourishing influence. In regard to this the most delusive notions are entertained, not only by the general public, but also by medical men." He further asserts that the only value possessed by bouillon is that it "tastes and smells agreeable." (?)

THE *New York Herald* states that the divorces in America from 1869 to 1901 totalled 700,000. At the same ratio, says the *World*, the number will increase to 3,000,000 in the next thirty-four years. In a recent message to Congress, President Roosevelt states that there is a widespread conviction that in some States the divorce laws are dangerously lax, resulting in a diminishing regard for the sanctity of marriage. Mr. Roosevelt hopes the States will co-operate to secure uniform divorce laws, thereby safeguarding family life. He advises the collection of statistics on the subject.

TOBACCO BLINDNESS.—Dr. McNab, of the Manchester Royal Eye Hospital, has discovered hitherto undreamt-of perils in the humble pipe. Giving evidence in a compensation case at the local county court, he said he considered the defective vision of a plaintiff was caused, not by a blow from a brick, but by "tobacco blindness." He said that one and a half ounces of tobacco a week were quite sufficient to impair the eyesight, and he had known a case where a man of middle age was a sufferer from the effects of half an ounce a week.

CONSIDERABLE excitement has been created in Sydney concerning a shipment of tinned fish received from America, part of which was supposed to be unfit for human consumption. All parties concerned in the transaction agreed that a number of the cans was bad, but the difficulty seemed to exist in determining where to draw the line. The assistant government analyst said that a very large proportion of the tins was blown. This indicates an advanced state of putrefaction. He also stated that he would not be prepared to pass any of the lot as fit for human consumption. Others who looked at the matter more from a business standpoint considered a large proportion of the tins *undoubtedly* good. All the tins that were not puffed, blown, or dirty, were by them considered *good*; by this I suppose is meant saleable. The fact is, all tinned meats are dangerous, this is especially true of tinned fish. Cases of poisoning are very common from their use.

We would advise all who desire to live and enjoy health to leave tinned fish alone.

A TRIBE known as the Oswals of Marwar, a branch of the Bengalese, are remarkably exempt from disease. It is stated that while cholera rages on all sides, not one of them has ever taken the disease, much less succumbed to it; and they attribute their immunity to their sanitary rules. According to the precepts of their religion, they never touch animal food or spirituous liquors; they dine early, and sup on milk and fruit. Wherever an Oswal goes, he never breaks these rules. It is not added, but it is quite safe to presume, that a measure, at least, of cleanliness goes with these other religio-sanitary ordinances.

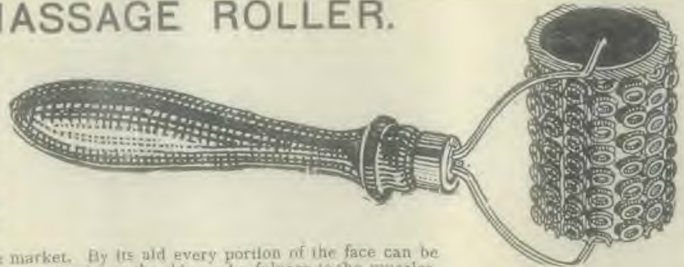
MR T. A. COGHLAN, the Government Statist of New South Wales, in his review of the seven colonies, published this year under the title of "A Statistical Account of Australia and New Zealand, 1903-4," brings out a number of points full of interest to all who wish to know how the States of Australasia are progressing, and in what respects they are lagging behind. The slow increase of population is still the most menacing figure in the returns. The population of the Commonwealth at the census of 1901 was 3,773,248, and on December 31, 1903, it was estimated as 3,926,990, an increase of 153,742 in over two and a half years. During the same period, the population of New Zealand increased from 772,719 to 832,505, or an increase of 59,786. The total population of Australasia at the end of 1903 is set down as 4,759,495, exclusive of 148,000 uncivilised Australian aborigines and 43,000 Maoris.

Prior to 1860 most of the increase in population in Australia came from immigration, and until recently Queensland and Western Australia gained more largely from this source than from births. Now a very different story has to be told. The total increase from arrivals in Australia between 1892 and 1901 was only 2,377, while for 1902 and 1903 there was an actual loss by departures from the Commonwealth of 5,149. This is one of the most serious factors in the outlook for the future, and it is the more disquieting from the fact that, as is well-known, there has been a steady diminution in the birth-rate. The decrease has been progressive, and has gone on steadily year by year for forty-four years, the only check being in the quinquennium 1886 to 1890 in Victoria and Queensland.

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All the Above Post Free.	

The best Massage Roller on the market. By its use every portion of the face can be treated. It gives a beautiful smoothness and color to the skin, and a firmness to the muscles. It develops hollow places most perfectly.



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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, Wahroonga, N. S. W. All orders and business communications, remittances, etc., should be sent to the office of publication, Coorabong, N. S. W. E. C. CHAPMAN, *Manager.*

Giving to Help Others.

SOME noble examples of liberality have recently been brought to our attention. One, an old gentleman of Victoria, who has lived the allotted span of three score years and ten, but who still takes a lively interest in such reforms as make for physical and moral improvement, has sent out to various individuals over 800 sample copies of the GOOD HEALTH during the past few months. These he has paid for out of his own pocket and has thus cast his bread upon the waters, thereby helping his fellow-citizens into such habits as will enable them to forego or postpone the

With his soul imbued with a desire to extend the good principles to others, he has donated the handsome sum of twenty-five pounds to aid in extending the circulation of the GOOD HEALTH. This fine gift has enabled us to send out during the month of February, 8,000 sample copies of the journal to individuals in many lands. Many responses of gratitude have already come back to us, and none can tell the far-reaching effects of the wave of influence that has thus been started. Though the kind donor desires his name withheld from publicity, he expresses the wish that "other well-to-do people will follow up the little twenty-five pound donation with their fifty and one hundred pound contributions, thus keeping the stone rolling and humming." The above is a good work and the publishers of the GOOD HEALTH are much encouraged by such acts of benevolence. We will duly acknowledge any donations from others, and will furnish papers at half the regular price in response to similar contributions, be they large or small.



"Good Health" versus the Udertaker.

evil day of tears and physical dissolution. Another gentleman, a hardy Queenslander who swings the axe of a woodsman among the dense scrub of the far north, has adopted vegetarian principles, and has become a staunch advocate of the same.



Elizabeth Street, Sydney, N. S. W.

OUR LATEST

Are You Suffering from Constipation?



"Chronic Constipation prevails to an alarming extent in civilised countries. It is safe to say four-fifths of the population are affected with it to a greater or less extent."

"In every case permanent relief may be promised, no matter how chronic the condition, providing no growth or organic obstruction exists, which is extremely rare."

These are extracts from a valuable little work which has just been published, entitled

Chronic Constipation

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

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

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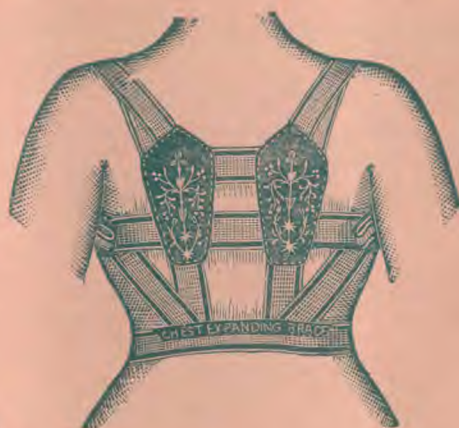
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