

THE AUSTRALASIAN GOOD HEALTH

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

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BEGINNING LIFE'S BATTLES.

Good Health, June 1, 1905.



THE AUSTRALASIAN
GOOD HEALTH.

Medical and Health News.

Suspected Anthrax.

Stock Killed and Eaten.

THE following, which appeared in the Melbourne *Argus*, demonstrates the danger that constantly confronts the meat eater. Butchers and cattlemen acknowledge that disease prevails among cattle to an alarming extent. How many sudden and gradual deaths are due to intestinal inoculation or infection from the eating of diseased meat, it is impossible to state, but there can be no doubt that such cases are more common than is supposed.

A serious outbreak of disease occurred recently among the stock at the farm of Mr. John M'Kinstry, of Goornong. Mr. E. W. Mitchell, the local Government veterinary surgeon, was called upon to examine some infected pigs at Bagshot and Eaglehawk in the course of his duties, and was so impressed by what he saw that he caused inquiries to be made. Constable Germane, of Goornong, then ascertained of Mr. F. Peatling of Bagshot that one of two bullocks which he had purchased by auction from Messrs. A. E. Wallis and Co. at Bendigo markets had died of a mysterious disease. The entrails of one beast had been used for pigs' food, and *twenty-eight pigs, together with a dog and cat, which had eaten of the remains, had since died. A number of other pigs were sick and would probably succumb in a day or two.* The second bullock had the appearance of being sickly.

The stock inspectors interviewed Mr. John M'Kinstry, who explained that some of his cattle had died, all the deaths having taken place in the one paddock, he having shifted them from another paddock about ten days

before he sent the rest of them to Bendigo market. He added that only nine had died, although local reports gave the number as thirteen. The majority, he said, had died within four days.

The cattle were sold to ten different buyers. *With the exception of four, all have been killed and passed into human consumption.* Of the four two have died. The second death occurred at the piggery of Mr. E. Bright, of Eaglehawk, who fed his pigs on the remains, and as a result killed fifteen of them.

It seems from the above, that nearly fifty pigs died as a result of being fed upon these diseased carcasses. Quite a number of the animals were killed and passed into human consumption. What the result has been, it is difficult to ascertain. When deaths occur they are usually attributed to everything but the true cause.

DANGEROUS EFFECTS OF SODA.

IN the daily press there has recently been an account of a woman who had for years been dosing herself with various medicines. Dr. A. A. Humphreys states how he was called to see a woman who was vomiting blood, and was in a very poor state. She informed him that she had felt bilious a fortnight previously, and had taken baking soda to cure this, sometimes taking as much as six teaspoonfuls a day. This had produced the disastrous effects stated, and should serve as a warning to all those who believe in flying to

some apparently simple remedy in all their ailments.

At least three cases of gastric hemorrhage, traceable unmistakably to the free use of soda taken to neutralise the acidity resulting from errors in eating, have come under my observation. Baking soda should not be taken to neutralise stomach acidity. It should not be used in baking, either. Light bread and cakes may be made without this harmful product.

Tuberculosis in Cattle.

THE Iowa State, U. S. A., Veterinary Department some time ago conducted an exhaustive series of experiments to determine whether tuberculosis in cattle is hereditary. They concluded it is not. Calves from cows afflicted with tuberculosis when fed with milk from healthy cows, became healthy, and calves from healthy cows, when fed on milk from diseased ones contracted the disease.

It is determined that the disease can be transmitted to persons as well as to cattle if the diseased milk is used. The experiments have been made at the State Agricultural College, and have extended over a long time and have been thorough.

Tuberculosis has attracted general attention from the medical authorities. There are a number of well authenticated cases of persons contracting the disease from the milk.

We cannot remind wives, mothers, and cooks too often to be sure to boil all milk before using it. This is such a simple thing to do, and not to do it seems almost criminal with these facts before us. Boil your milk and be on the side of safety.

Twin Evils, Tobacco and Beer.

It is said that when Sir Walter Raleigh first began to practise in England the filthy habit of smoking he had learned from the American Indians, the tobacco smoke made him thirsty, and he called for a tankard of beer. When his servant came in with the beer, he was horrified to find his master, as he supposed, on fire, for smoke was pouring from his mouth and nose. He was in such a hurry to extinguish the fire that he emptied the tankard of beer over his master's head. Tobacco creates a thirst that water cannot

quench. Tobacco using and beer-drinking are usually associated. One evil invites the other. The trouble is, people pour the beer down their hot throats, inside their bodies, instead of over their heads, where it would not do any harm. Smoking and drinking are twin evils. Wherever you find one, you are almost sure to find the other.

Heroin—Its Dangers.

AMONG recent synthetic products none is more widely used than heroin—an artificial or rather synthetic morphine salt, which many physicians employ with the idea that it is a harmless succedaneum for morphine. On the contrary, it has all the dangers of morphine salts in general and additional dangers of its own. Coburn, writing in *American Medicine*, says he has seen suppression of urine and threatening coma from small doses of heroin (one-twelfth gram) prescribed to check cough or relieve pain. Especially dangerous are the trade preparations containing heroin, the composition being sometimes expressed in their proprietary titles and sometimes not. These combinations are widely advertised as cough syrups, asthma cures, etc. He declares that preparations of this character should never be used by physicians. Heroin is one of the most toxic agents of the morphine group. *Journal of the Am. Med. Assoc., June 4, 1904.*

The Influence of Liquor-Drinking on the Morals.

ONE of the most distinctive features of habitual and periodic inebriety is an utter disregard for truth on the part of many inebriates. Women lose the sense of truth even more completely than do men. Seen in the very act of setting down the just-emptied glass, lady patients have coolly and solemnly denied to me that they had partaken of the contents. The perception of truth seems to be destroyed by alcoholic indulgence; the consciousness of truth seems lost in the devotee of Bacchus. Even when temporarily sober, the brain may be so dominated by the alcoholic obliquity to truth that no reliance can be placed on any statement made by the man or woman whose sole being has, as it were, been steeped in alcohol.—*Dr. Norman Kerr.*

Deep Breathing, or Nature's Medicine.

BY E. CLARK REYNOLDS.

WHEN but a lad of fifteen years, I was declared by our family physician in London to be weak-chested and consumptive, and on informing my parents and friends of my condition, they grew grave, and looked upon me in pity and compassion, evidently coming to the unanimous conclusion that my days on this mundane sphere were numbered.

I, however, seemed to take a different view of the situation, and smilingly replied to their solemn looks that I was determined, with the aid of God and His unseen instrumentalities, not to brood over my weakly physical condition and look upon the dismal side of life, but, with its possibilities, make a strong effort to reconstruct my bodily frame; so there and then I commenced to study the value of the vegetarian system of living, which a kind friend brought prominently under my notice. Upon deciding to adopt this course of living, my case was then deemed by my relatives to be absolutely hopeless. I met with much opposition in consequence of this new departure in my mode of living, but resolved to give the non-flesh diet a fair and unbiased trial, it being a case of sink or swim.

At first, after a few days' experimenting, I found I had lost considerably in weight—some six pounds, the apparent cause being the change of tissue, etc., that was taking place in my body, but I could not help noticing that my breathing grew easier and my movements physically and mentally displayed greater energy. This being a revelation to me, I continued the diet in real earnestness, and eagerly read all the books I could discover dealing on the subject that was of such vital importance to me. I made many mistakes, but still pursued my way along the unknown path, often wondering whether I was on the right track to health or not. At last, after a few months' trial, my weight ceased to decrease, and many of the unpleasant symptoms I had experienced during the change that had been going on in my system, disappeared. I began to wonder what would next happen, when, to my delight and pleasure, a few weeks later, I began rapidly to put on flesh, and in less

than seven months from the time I commenced the new diet, I had gained a stone and a half. This was a revelation to both myself and my relatives, considering the state of my health when feeding upon flesh foods.

No further opposition to this innovation checked my onward course, and from that day—seventeen years ago—to the present time, I have not once regretted, but thanked God continually for bringing me into contact with nature's true way of living upon a bloodless diet, and one that has enabled me to improve my condition mentally, physically, and spiritually.

In the July issue I purpose bringing under the reader's notice another phase of hygienic living, which is even more important than the question of diet; viz., "Deep Breathing," which we can truly call "nature's medicine," and which is going to do so much for humanity.

The Early Morning Cold Bath.

THE early morning cold bath is beneficial only to those persons who possess sufficient vital energy and nervous force to insure a good reaction with no subsequent



Pleasant Recreation Beneficial.

languor or lassitude. If one feels greatly refreshed after one's morning bath, but two or three hours afterwards feels tired or languid, there is sufficient evidence that the practice is injurious, and should be discontinued. Those who have an ample

supply of blood and flesh, who possess a lymphatic or sluggish temperament, and whose nervous force is not depleted, may indulge in their morning bath to advantage. Those inclined to be thin, whose hands and feet upon slight provocation become cold and clammy, who digest their food rather slowly, and assimilate it with difficulty, who are nervous and are burdened mentally, all such individuals should avoid bathing during the early morning hours. To all such persons a bath during the middle of the day or before retiring at night will prove of much greater advantage. The bath should be followed by rest of body and brain till equable conditions of circulation are established. Then there is another class of persons—those who are weak in nervous power, but who have such excitable surface nerves that after a cool bath perfect reaction takes place at once, losing more, however, in after effects than gaining in the first place from the bath. This class of individuals should not bathe too frequently, and when they do bathe, should use tepid water; for these, before retiring is probably the best time to choose for the bath.

HOW TO CURE INSOMNIA.

BY A SANITARIUM PATIENT.

The writer knew a Methodist minister in New York who suffered from attacks of neuralgia after severe mental exercise. To ease the pain he used cocaine externally, and to secure sleep he used chloral internally,—at first very seldom and in small doses, at last habitually and in big doses during an attack. He fell morally and mentally, and finally went to an insane asylum, his sufferings being uncontrollable. When all drugs were taken from him, he knew the agony of thirty almost sleepless nights in succession, and became a walking skeleton before nature began to assert herself in sleep and nutrition. Such cases are quite common. But far more common are the cases of those who suffer a living death of nervous wreckage at home till death relieves them after years of perpetual torment.

The writer was induced to publish this by his own experience, which he gives herewith as a warning to others. From a child he was ambitious to be a minister

of the gospel, and he entered that calling early in life. He prosecuted his work with a zeal and fervor born of deep spiritual convictions and a nature high-strung and ardent. He could not work at all without working with all his might. Being of an exceedingly sensitive nervous organization by inheritance, he early in life as a student began to suffer with insomnia; the tired brain, so intent and strained during the day, refusing to relax and rest during the night till near morning. After years of insomnia he took to bromides and sulfonal occasionally as a relief from suffering. He never used them habitually,—sometimes not for many weeks, or even months, at a time. They were always used, if at all, after a prolonged strain of hard mental work. Instead of stopping work till nature could rest, he swallowed fifteen grains of sulfonal and slept. He awoke apparently refreshed and rested. But it was *not so*.



Belfast Sanitarium, Ireland.

Tired nature had only been beaten into silence and was unable to protest against the outrage against her. This condition, covering up the trouble instead of curing it, led to more overwork, and this to more insomnia, and this again to more hypnotics when tired nerves could not relax and give rest. So it went on for years. Two weeks before the crash came, he could have passed anywhere for a model of manly strength and health, weighing two hundred and five pounds and being "as strong as a horse." But he was like a house in Australia, the pillars eaten out internally by termites and ready to fall. He went down in ten days with a crash. The rest is soon told, though it took so long to suffer

it: eight months almost entirely without sleep,—only about a dozen nights' sleep in three years: body reduced almost to a skeleton; till now, for a number of months after almost four years of living death, the luxury of sleep is enjoyed, and nature is slowly asserting her mastery, blessed and healthful, in sound sleep and good digestion.

If you are a sufferer from insomnia, seek the cause. It will probably be found either in poor digestion or in an overstrained nervous system, or both. If your place in life seems to *necessitate* overwork of the nerves, as with the writer, *get out of it*, at any cost and *at once*. Better a hod-carrier that can sleep than a premier or a king that can not sleep. Take it in time. Go to a sanitarium and learn to live and to rest.—*Rev. Walter A. Evans, A. M., in "American Good Health."*

Sydney's Cancer Increase.

DURING the month of March, fifty-five deaths recorded in Sydney were due to cancer. Thirty has been the monthly average heretofore. In spite of all the labor and means expended in ascertaining the microbe or parasite that causes the disease, and the claims of the innumerable remedies brought to the attention of the public, the disease is steadily increasing. We do not hesitate to say that there is no need of anyone ever dying of cancer. It is a preventable disease if not a curable one.

Parasites or germs grow only on diseased tissues, tissues filled with accumulated impurities resulting from the use of impure foods. While the vital resistance of the body may be undermined in many ways, flesh-eating acts as the *principal predisposing* cause, in that it introduces animal wastes which produce a feverish state of the blood and undermine the vitality of the tissues. Why are patients when in preparation for surgical operations forbidden the use of meat? Is it not because of the feverish and unhealthy condition of the tissue brought about by its use, and the danger of blood poisoning setting in if germs should be introduced into the wound.

For the same reason meat is withheld in all acute febrile conditions. Even the

healthiest meat predisposes to this disease and other germ and parasitic diseases. But aside from this it is recognised by all frank and unprejudiced professional minds that cancer may be, and frequently has been, communicated directly from animals to man by the use of cancerous flesh. Cancer is a disease which is common among hogs and cattle. If you feel any doubt about this, visit a slaughtering establishment and make some inquiries from an unsuspecting butcher. Ask him if he ever discovers tumors in the liver and other organs of these creatures. You will be surprised to learn that it is not uncommon.

A few years ago Mr. Moore, a member of parliament of England, introduced a bill into the House calling attention to the prevalence of cancer among the dairy herds in England. He contended that it was more common than tuberculosis, although it was known by him that among the herds of cattle examined in England from five to ninety per cent. of the animals responded to the tuberculin test, or were tuberculous. Such diseased meat may act as an exciting as well as a predisposing cause.

If one-tenth of the time and means were used in calling the attention of the people to this one cause alone, I feel certain that more would be accomplished toward eradicating this disease in three years' time than has been accomplished by all the efforts put forth during the past twenty years in ascertaining whether the disease is due to a microbe or a parasite, etc., and in merely seeking out some subtle poison to destroy them. Diet, in connection with exercise and pure air, alone will cure this disease.

We are glad that science is beginning to recognise this. Such men as Dr. Metchnikoff, Pasteur's famous successor, Dr. Bouchard of France, Dr. Pawlow of St. Petersburg, Dr. Haig of England, and Dr. Kellogg of America are doing much in calling the attention of the medical profession throughout the world to the value of food and a corrected dietary in the treatment of disease. The era of drugging has about passed. The force of the old Scotch proverb, "Diet cures mair than doctor," is being more fully appreciated and recognised.

Dr. Andrew Blyth, at the International

Health Exhibition held in London in 1884, in his authoritative manual issued by the council penned the following prophetic words: "When by successive researches the science of diet has become better understood, without doubt a school of physicians will arise, discarding all drugs, and treating maladies by cutting off certain foods, if indeed, there is not at the present time ready formed in the highest representatives of modern medicine the nucleus of this future school of dietetics."

Dr. Rabayliatti of Bradford says, "Those diseases which cannot be cured by victuals are scarcely curable anyhow."

Dr. Merriman wrote thus in the *Medical Record* of 1902: "In my opinion the time is ripe for an entire revolution in the administration of drugs. The proper ingestion and the proper digestion of food constitute the most successful field of healing now known to man. Why, therefore, should not every well-informed physician write prescriptions exclusively for food while prohibiting those articles of diet which are known to induce conditions causative of the malady he is anxious to cure."

Another recent writer of note predicts: "There will come a time when no medicines will be administered, except in acute and sudden attacks. Disease will be remedied by foods."

D. H. KRESS, M.D.

The Air We Are Compelled to Breathe.

WITH characteristic thoroughness a German scientist, Dr. J. J. Pontag, has analysed cigarette-smoke. The cigarettes were drawn by means of an aspirator, and the process was a most exhaustive one. The following are the average results obtained, expressed in percentages of the original tobacco:—

Hydrocyanic acid	0.080 p. c.
Pyridine	0.146 "
Nicotine	1.165 "
Ammonia	0.360 "
Carbon monoxide, per 100 grammes	410 c. c.

The *smoke* contained 49.7 per cent. of the nicotine originally in the tobacco. The child that is compelled to live in a nicotine-poisoned atmosphere and to inhale the deadly drug, is as truly injured as

the one that inhales it direct from the cigarette. The use of tobacco by the father and husband has often much to do with the nervous condition of the wife and children. If cigarettes are forbidden the young and discouraged among women because of the injury resulting from the absorption of the nicotine, why should they be compelled to inhale the atmosphere laden with the same poison.

The Sun in Sickness.

DID you ever notice that when animals are sick or tired, they seek a sunny place to lie down? The uncivilised races of men do the same. Savages and animals alike lie down in the sun when they are sick or fatigued. It is instinct that prompts them to do this. They know nothing of the color of the sun's rays, nothing as to the size of the sun, or its distance from the earth, or the revolution of the earth around the sun. They are simply led by an unerring instinct of nature to seek the sun for healing. They lie in the sun, bask in it, and its potent rays penetrate every tissue and fibre of their bodies, bringing to them a soothing balm, a calming nerve, and the real elixir of life.

Did you ever notice what civilised man does when he is sick or tired? He goes into a house, into an unwholesome room, no sunlight, no fresh air. If he must have heat, he gets artificial heat. He saturates every tissue and fibre of his body, not with the rays of the sun, but with poisonous drugs. The whole atmosphere about him is depressing and ruinous both to mind and body. Sometimes, in spite of it all, he manages to live, and get out in the air and sunshine again. Sometimes he does not, and the undertaker comes.

Instinct in some cases is better than civilisation. Instinct teaches the savage and the animal that the main sources of life are sunshine and fresh air, that both are necessary to maintain life or to restore health. So the animal and the savage have sense enough, instinct enough, to stay out-doors in the sunlight and fresh air, while civilised man shuts himself up in a close, darkened room, away from the very elements that would heal him.

Baths in Therapeutics.

PURVIANCE (*Medical Summary*) gives some interesting observations on this subject. He states that, with our knowledge of the important functions of the skin in the elimination of effete material, and in regulating the temperature of the body, it is not strange that the custom of making such applications as would influence these functions has prevailed since a very remote period in the history of humanity. Even at a period in which we may doubt the existence of a scientific knowledge of why a bath was beneficial in sickness, history bears record of its extensive use, which doubtless resulted more from the observation of its good effects than from an understanding of the principles by which such effects were realised.

In modern times we enjoy the better knowledge of why definite results follow adequate causes, and the scientific man is governed in the use of therapeutic agents by the exercise of this knowledge.

It is not only important that the physician be familiar with the method by which results are obtained by the various forms of baths, but that he also estimate the extent of such results. Danger may follow a conceived notion of baths being of secondary and very indefinite importance, and therefore be referred to in an incidental way that means nothing specific concerning their use. The mother may be told to bathe the child occasionally. This to her may mean once in two hours, or once in twenty-four hours. The bath may be cool, cold, warm, or hot. Equally uncertain is it as to whether it be a tub or a sponge bath, or whether it be one of three minutes or a half hour. At the discretion of the nurse it may be a plain water bath or with soda, soap, salt, mustard, alcohol, or whatever else her inventive genius may suggest, whether needful or contraindicated.

If a bath is capable of an influence, it is just as important to establish that influence only where it is indicated, and to regulate its extent by time and repetition as it is to regulate the size and frequency of doses of medicine of similar force in its action.

THE more a man drinks the less he thinks.

A Meat Diet not Necessary in Cold Weather.

GAUTIER, in his authoritative work on "Alimentation," presents the results of exhaustive study of the question whether or not an increase of proteid or albuminous foodstuffs is required during the cold weather. He found that the total amount of nitrogen eliminated in the urine daily by a man of twenty-four years, with the body exposed to a temperature of 27 degrees, is four grams, or practically one



dram. With the temperature decreased nearly to freezing point, the amount of nitrogen found in the urine was only 4.2, or practically the same amount. This leads the author to declare that there is no sensible increase in the loss of proteid substances as a result of the exposure of the body to cold. The demand for increased heat is met by the addition to the daily ration of carbonaceous foodstuffs, as fats or carbohydrates.

THE Methodist Conference of Victoria has adopted a motion recommending that in dispensing the sacrament the system of handing each communicant a cup should be adopted—that is to say, that in place of each person commemorating the last supper drinking from one vessel, each shall have a separate one. The innovation, if adopted, will be a good one, and none will probably have a word to say against it except, perhaps, those who have to cleanse the vessels after use.

The Cancer Plague.

THE recent announcement of the fact that the eminent President of Chicago University, Professor Wm. Harper, is suffering from cancer, and the failure of the surgeons' efforts to relieve him, although the most skilled surgeons of New York and Chicago co-operated in the effort, has again brought prominently to the public notice the existence and increasing prevalence of one of the most horrible of all the plagues which afflict mankind. That cancer is a parasitic disease has, perhaps, not been clearly proved as yet, but evidence of its parasitic character is certainly accumulating. One fact, however, has been firmly established,—that cancer is a disease of degeneration; that is, it is a malady powerless to attack a healthy organism, appearing only in those whose tissues have been deteriorated by wrong habits of life.

The predisposition to the disease must be combated by such habits of life as will render the tissues capable of resisting the encroachments of the parasites: an outdoor life, a simple dietary, careful avoidance of excess of proteids, a daily cold bath, avoidance of alcohol, tea, coffee, tobacco, and other substances which encourage degeneration,—the cultivation of health by all possible means. These measures are far more important than the discovery of a special or specific remedy for cancer, since it is evident that a patient in whom cancer has appeared, even though his cancer may be cured, will likely be the subject of a reappearance. He retains his susceptibility or predisposition, and only awaits an accidental contact with the exciting cause of the disease, whatever it may be.

The thing which the civilised world needs most at the present time is a return to nature in all the habits of life. This is one of the methods by which degenerative disorders of all kinds may be successfully combated.

MANY a poor child has been beaten for being cross or disobedient when the parents ought to have been whipped for stuffing the child with rich and unwholesome food.—*E. W. Conable.*

DON'T ruin your own health drinking good health to other people.

Man Undergoing a Dental Evolution.

PROFESSOR CUNNINGHAM, having been asked whether, in his experience as an anatomist, he had noted any changes in structure unfavorable to development, replied:—

"No, with the one exception of the teeth. It is an obvious fact that the teeth of the people of the present time cannot stand comparison in the point of durability with those of the earlier inhabitants of Great Britain. Those who have the opportunity of examining ancient skulls



Barbarians who require no dentists.

cannot fail to be struck with this. In the white races of Europe the jaws are undergoing a slow process of shortening. The stunted character of the wisdom, or backmost teeth, the small amount of space allotted to them, their variability, their late appearance, and, indeed, their frequent failure to appear at all, bespeak this change in the jaws. Through it the teeth are reduced in size, more crowded together, and therefore more liable to disease. Indirectly this may tend to favor the early degeneration of the teeth which is so marked a feature in this present age, but I take it that the real cause of this degeneration is the striking change that has taken place in the character of the food."

LIONS and tigers have little endurance, and their lung power is remarkably weak. They can outrun a man and equal a fast horse in speed for a short distance, but they lose their wind at the end of half a mile or so.

The Composition of Some So-Called Foods for the Sick.

THE following shows the results of the examination of a number of preparations which are extensively advertised and widely used as foods for the sick and for convalescents.

Attention was drawn to this class of preparations by the fact that an invalid who was faithfully following the directions accompanying one of them was observed to be more or less constantly in a state of intoxication, for which condition no cause could be assigned, until the suspicion was directed to the food, which proved, on analysis, to contain a fairly large percentage of alcohol; and this suggested the advisability of obtaining specimens of other preparations for investigation.

Following are those found to contain appreciable amounts of alcohol:—

Liquid Peptonoids.—Dose: For an adult, one or two tablespoonfuls, three to six times daily; children in proportion.

The maximum amount recommended for an adult will yield less than an ounce of nutriment and the alcoholic equivalent of 3.5 ounces of whisky per day.

Analysis shows 23.03 per cent. by volume of alcohol, 14.91 per cent. of total solids, and 0.17 per cent. of mineral matter.

Panopepton yields 17.99 per cent. of solid matter (including 0.97 per cent. of mineral matter) and 18.95 per cent. by volume of alcohol.

Hemapeptone, of which one is advised to take a teaspoonful, increasing to a tablespoonful as needed, after each meal.

Analysis: Alcohol by volume, 10.6 per cent.; total solids, 19.54 per cent.; mineral matter, 0.37 per cent.

Nutritive Liquid Peptone.—The analysis shows: Alcohol by volume, 14.81 per cent.; total solid nutriment, 15.20 per cent.; mineral matter, 0.69 per cent.

Hemaboloids.—The dose recommended is one-half to one teaspoonful three to four times daily in a little water, plain or aerated, or with cracked ice. "If necessary, increase to two tablespoonfuls."

The maximum recommended yields about a *quarter* of an ounce of nutriment, and the alcoholic equivalent of about one ounce and a half of whisky daily.

Analysis shows 6.36 per cent. of total solids (about half as much as is contained in milk of fair quality) and 15.81 per cent. by volume of alcohol. The mineral matter, which is largely iron, amounts to 0.62 per cent.

Tonic Beef.—Tonic Beef is said to contain "the nutritive constituents of beef, wheat, and fresh eggs in a soluble, predigested, and hence readily absorbable form." One is led to believe that the beef is carefully selected, and that the blending of the constituents of these three very important foods, and their flavoring and aging (whatever that may mean in connection with eggs) have been conducted on most scientific principles. After being treated



to an imposing array of facts concerning the value of the preparation, we are informed that "besides being a nutritive, Tonic Beef is a delightful stimulant." Adults are advised to take from half to one tablespoonful every four hours and at bedtime; infants and children should be given from ten drops to a teaspoonful, according to age.

A tablespoonful every four hours will yield to the consumer in the course of the day about a half ounce of nutriment and the alcoholic equivalent of an ounce of whisky; for analysis shows 15.58 per cent. by volume of alcohol, and 18.16 per cent. by weight of residue, including 1.04 per cent. of mineral matter.

Mulford's Predigested Beef.—"A concentrated predigested food containing the entire nutritive value of beef in a completely digested form, ready for immediate absorption into the system."

It is claimed for it that "it is a complete natural food product, containing sufficient

nutritive materials to maintain normal nutrition of the body," and that it is "indicated as an exclusive diet in typhoid fever, la grippe, tuberculosis, nervous exhaustion, and all conditions of the system associated with enfeebled digestion and malnutrition."

Dose: One to two tablespoonfuls in water every two or three hours, or as needed: children in proportion to age.

Analysis shows 19.72 per cent. by volume of alcohol, 10.39 per cent. by weight of total solids, which yield 0.20 per cent. of mineral matter.

The maximum administration recommended, that is, two tablespoonfuls every two hours, disregarding the proviso, "or as needed," would yield daily about 1.25 ounces of nutriment and the alcoholic equivalent of about six ounces of whisky, which might well be regarded as hardly adequate as an exclusive diet in the diseases above mentioned, or in any other condition of the system.—*Boston Medical and Surgical Journal*.

Meat Causes Temper.

Do you know that meat-eating is said to be responsible for bad temper? And, by way of proof, attention is drawn to the English, who are the heaviest meat-eaters, and have the credit, or otherwise, of possessing the worst dispositions of all peoples. One who has studied the subject remarked: "The majority of the Japanese people live on rice, fruit, and sweetmeats. Their temperance and delicacy at table give them the best dispositions in the world. On the streets of Japan there is never any fighting or quarreling. Tolerance, courtesy, high-bred and ceremonious manners are as prevalent in Japan as grumbling is in England.

"The philosophy of this is that meat is a stimulant, and that after the brief, happy effect of this stimulant has worn off, there comes a long effect of ill-humor and irritability. All heavy meat-eaters have bad dispositions, because they are always suffering from their food's aftermath."

Heart Disease from Drugs.

THE *Journal of the American Medical Association*, in a recent editorial, calls attention to the alarming increase of sudden deaths from heart disease. During the

year 1902, there were 5,461 such cases in New York City. The Board of Health in that city has investigated the composition of the headache powders so freely sold at almost every drug-store, and found that nearly all of them contain acetanilid, which is well known to be distinctly a heart depressant. Professor Jacobi says, "It is an actual tissue poison, to be used only with great care." He attributes this increase in heart failures partially to the use of this drug.

Skipping Recommended for Exercise.

DR. F. T. BOND of Gloucester has recently published a second edition of a little pamphlet entitled "A Plea for the More General Practice of Skipping by Adults as well as by Children as an Unsurpassed Form of Home Gymnastics." Dr. Bond's arguments in favor of skipping are mainly these: (1) that in consequence of the large number of muscles brought into action, the circulation is stimulated; and (2) that it is capable of being graduated so that it may be intelligently regulated and gradually increased as the strength increases. It is a rhythmical exercise, and therefore the number of skips forms a fairly exact criterion of the amount of exercise. Dr. Bond recommends skipping as predisposing to sleep if indulged in shortly before retiring to bed. He further advocates it in some forms of pulmonary disease where there are imperfect expansion and aeration of the lungs, such as in cases predisposed to pulmonary tuberculosis and in chronic bronchitis. In nervous diseases also, as in chorea and hysteria, he also considers it useful. Deep breathing exercises should always follow the skipping exercise.

"The prospect of acquiring a dazzling complexion and an angelic temper is so alluring that one can have no manner of doubt as to the speedy conversion of women to the doctrines of the diet-reformers. The craze for dining out and the passion for rich fare, must now inevitably wane, for, after all, dinners are but short-lived pleasures, while a 'matchless complexion' and perennial youthfulness never pall upon their lucky possessors."—*Lady's Pictorial*.



"WHERE IS THE GOD OF ELIJAH?"

AS HE turned to begin his great life-work,
Lo a river across his way!
O, "where is the God of Elijah?"
Were the words he was forced to say.

But by faith he laid hold of his mantle,
And smote the proud waters before,
And they parted, both hither and thither,
Until on dry ground he passed o'er!

Young friends, starting out on *your* life-work,
Do you find a broad river before?
Falter not, for the God of Elijah
Is as able to help as of yore.

Are you sure of your call as Elisha?
Lay hold of your mantle by faith!
There is nothing that *can* stand against you,
"I will help you," "Go forward!" He saith.
—*Jessie F. Waggoner.*

"Dem Supposes."

THOSE who are so anxious about the future as to be unhappy about the present may learn a lesson from a poor colored woman.

Her name was Nancy, and she earned a moderate living by washing.

She was, however, always happy.

One day one of those anxious Christians who are constantly "taking thought" about to-morrow said to her:—

"Ah, Nancy, it is well enough to be happy now, but I should think your thoughts of your future would sober you. Suppose, for instance, that you should be sick and unable to work, or suppose your present employer should move away, and no one else give you anything to do; or suppose—"

"Stop," cried Nancy, "I never supposes. De Lord is my shepherd, and I knows I shall not want. And honey," she added

to her gloomy friend, "it's all dem supposes as is making you so miserable. You'd orter give dem all up, and jes' trus' in the Lord."

Worth the Money.

"SIR," said the book-canvasser, whisking the prospectus from beneath his coat, "I have here 'The Complete Reference Book of Handy Hints and Sapient Suggestions.' It comes in one large volume, at two guineas. You pay five shillings down and the balance in monthly——"

"Don't want it," growled the man.

"——in monthly instalments of five shillings. There are forty pages devoted to——"

"Don't want it."

"——devoted to household affairs, and there are twenty-five pages of medical information——"

"No; I'm busy."

"——twenty pages of kitchen recipes, ten pages——"

"No, busy; go away!"

"——of gardening instructions, with illustrations, and a department of first——"

"No!"

"——of first aid to the injured. Besides this, there is nothing that a man might want to know that he cannot find in it."

"Does it tell how to get rid of a book-canvasser?"

"Yes, sir. On page three hundred and sixty-five it says——"

"Here's your money. Leave the book."

"Thank you. That's just what it says on page three hundred and sixty-five."

If you cannot have just what you want, make a business of enjoying what you get.—*Eleanor Kirk.*

Coffee Making in 1662.

THERE is an old cook-book, published in 1662, that gives what is perhaps the first English recipe for coffee. The recipe reads:—

"To make the drink that is now much used, called coffee.

"The coffee berries are to be bought at any druggist, about 7s the pound. Take what quantity you please, and over a charcoal fire, in an old frying-pan, keep them always stirring until they be quite black, and when you crack one with your teeth that it is black within as it is without, yet if you exceed, then do you waste the oyl, and if less, then will it not deliver its oyl, and if you should continue fire till it be white, it will then make no coffee, but only give you its salt. Beat and force through a lawn sieve.

"Take clear water, and boil one-third of it away, and it is fit for use. Take one quart of this prepared water, put in it one ounce of your prepared coffee, and boil it gently one hour, and it is fit for your use; drink one-quarter of a pint as hot as you can sip it."

Twelve Rules for the Care of the Ears.

1. NEVER scratch the ears with anything but the finger, if they itch. Do not use the head of a pin, hair pins, pencil tips, or anything of that nature.
2. Never put anything in the ear for the relief of toothache.
3. Never wear cotton in the ears if they are discharging pus.
4. Never attempt to apply a poultice to the inside of the canal of the ear.
5. Never drop anything into the ear unless it has been previously warmed.
6. Never use anything but a syringe and warm water for cleansing the ear from pus.
7. Never strike or box a child's ears; this has been known to rupture the drum-head, and cause incurable deafness.
8. Never wet the hair if you have a tendency to deafness; wear an oiled-silk cap when bathing, and refrain from diving.
9. Never let the feet become cold and damp, or sit with the back towards the window, as those things tend to aggravate any existing hardness of hearing.
10. Never put milk, fat, or any oily sub-

stances into the ear for the relief of pain for they soon become rancid and tend to incite inflammation. Simple warm water will answer the purpose better than anything else.

11. Never be alarmed if a living insect enters the ear. Pouring warm water into the canal will drown it, when it will generally come to the surface, and can easily be removed by the fingers. A few puffs of tobacco smoke blown into the ear will stupefy the insect.

12. Never meddle with the ear if a foreign body, such as a bead, button, or seed, enters it; leave it absolutely alone, but have a physician attend to it. More damage has been done by injudicious attempts at the extraction of a foreign body than could ever come from its presence in the ear.

Centenarians.

MORE people over one hundred years old are to be found in mild climates than in higher latitudes. Illustrative of this, it is stated that, according to the last census of the German Empire, out of a population of 56,000,000 people, only 98 have passed the hundredth year. France, with a population of 40,000,000, has 21 centenarians. In England there are 146; in Ireland, 78; and in Scotland, 46. Sweden has 10, and Norway, 23; Belgium, 5; Denmark, 2; Switzerland, none. Spain, with 18,000,000 inhabitants, has 407 centenarians. Servia has 2,250,000 inhabitants, and 575 centenarians. It is asserted that Servian statistics for 1897 show three persons between 135 and 140 years old, 18 from 126 to 135, 123 from 115 to 125, and 290 from 105 to 115. On the other hand, Hufeland states that Sweden, Norway, Denmark, and England have in modern times, without doubt, produced the oldest men. He also states that Ireland is celebrated for the longevity of its inhabitants. In France, instances of advanced age are not so abundant, nor are they in Italy. Germany, according to his statement, contains many old persons, but few very old ones. In general, he claims that in warm countries the general mortality is small, and the average longevity good; while a much smaller proportion of old people are found in these countries than in the northern, where the mortality in general is greater.

How to Catch Disease.

THE statistics presented by the latest American census are simply astounding. They show that all chronic diseases are increasing at an enormous rate. Examinations made of persons of all ages show that more than half the people who die have had tuberculosis in some form or degree. That means that almost every person has tubercle germs in his body at this moment. These germs are only waiting until the laws of health have been sufficiently violated, or until a person has gone a little further down in the scale of resistance, and has come to the point where he has become suitable food for fungi, or for these germs to seize upon. When you see a man with consumption, you say, "What a pity it is that that man exposed himself to that disease." It is all a mistake. It was not his last exposure; it is his wrong habits of life, neglect of fresh air, neglect to attend to the laws of health. A day or two ago a ticket agent said to me, "The man who bought a ticket of me just now has consumption. Do you think I run any risk of catching it?" I replied, "Yes, you run a terrible risk." He showed some alarm, but I said, "You do not run one-tenth the risk in selling him a ticket that you do in sleeping at home in an unventilated bedroom, or riding in one of your company's sleeping-cars. You have to run a risk then that is ten times as bad as selling a ticket to that man."

This disease kills 150,000 people every year. Here is another plague, pneumonia, which kills 150,000 people more every year. They are simply plagues that come upon the people who have neglected to obey the laws of health. "Whatsoever a man soweth, that shall he also reap." If you sow for consumption, you must expect to reap consumption; if you sow for pneumonia, you must expect pneumonia.

Consumption is now spoken of as "The Great White Plague." At St. Louis a short time ago there was held an International Congress on tuberculosis. I was present, and listened to speeches by the representatives of all parts of the world, sent there by various governments to discuss the question, How can we prevent tuberculosis? And the general tone of the congress was that there is only one way to do it. It was well expressed by one of

the most learned speakers, who said, "Gentleman, the whole thing can be summed up in just a few words,—*return to nature; live a simple life.*" That man was a doctor, educated in the ordinary school, but his experience and investigations had taught him that the only way that a man can be saved from consumption is to be converted from his evil habits and return to a different order of life.

J. H. KELLOGG, M. D.



EMACIATION AND OBESITY.

AN ancient philosopher declared, "The fool foldeth his hands together and eateth his own flesh." Little by little the muscles, from disuse, grow more and more flabby. The body gradually loses its ability to make good, wholesome blood, and pronounced emaciation is the result. In the case of others, however, nature resorts to another expedient. Being unable to dispose of the food that is eaten up in building up normal, wholesome flesh, it simply stores it away in the form of fat. This results in weakening the muscles, or what is known as fatty degeneration. Heart failure, or apoplexy is frequently the ultimate result.



OLIVE OIL BISCUITS OR ROLLS.—Three cups wheatmeal, one cup cold water, one quarter cup olive oil. Place three cups of sifted wheatmeal in a deep basin, make a little hole in the centre with a spoon, add a small amount of salt; take a quarter cup of the best olive oil, or nut oil, put it into a deep earthen basin. With a fork or egg beater begin beating, and add water until nearly all the cupful has been used. Very soon after the first water has been added, the oil will become thick. Keep adding water as long as the mixture remains thick. Do not let the oil and water separate. Add the mixture of beaten oil and water to the flour, slowly rolling into little portions of dough as it is added. Place to one side, and continue to add the beaten oil until it is all mixed with the flour. If all of the cup of water has not been used in the oil, add it to the dough. Knead thoroughly for five or ten minutes, or until the dough is smooth. Divide the dough into three portions, and roll over and over on the pastry board until about an inch in thickness. Cut off finger lengths, and bake in a moderate oven. These rolls do not, if properly made, taste of oil at all. They are light and very digestible. Bake until they cannot be dented in at the sides with the fingers. Place them on the baking tin so they will not touch each other.

EGG BISCUITS OR ROLLS.—Three cups white or wheatmeal flour, three-quarters of a cup of cold water, yolk of one egg, a little salt. Place three cups of sifted flour in a deep basin, make a hole in the centre with a spoon, and add salt to flour. Put the yolk of one egg into a teacup, beat well, and add three-quarters of a cup of water, or sufficient to make the cup full. Beat all well together, then add to flour a little at a time. Knead well, cut into lengths, and bake in a moderate oven. These are very light when properly made.

FRUIT BISCUITS.—Three cups fine wheatmeal, one cup thin cream, dates or figs. Prepare a dough with one cup of thin cream and three cups of fine wheatmeal. Knead well, and divide into two portions. Roll each quite thin, spread one thickly with stoned dates or figs chopped. Place the other one on the top, and press together with a rolling pin. Cut into squares, and bake. An additional quarter of a cup of flour will, doubtless, be needed for sprinkling on the board for kneading.

SCALLOPED POTATOES.—Pare the potatoes, and slice thinly. Put them in layers in an earthen baking dish or granite bowl, and sprinkle each layer with a little meal. Salt to taste. Pour over all enough milk to cover well. Cover, and bake slowly until tender, removing the cover just long enough for the potatoes to brown before serving. Cold boiled potatoes can be served in the same way. Care should be taken not to add too much salt, and the oven should not be too hot at first, as it will curdle the milk while the potatoes are baking.

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

NUT INDIAN LOAF.—Six cups of water, one and two-thirds cups of maize meal and flour. Have water to which salt has been added, boiling, stir in the maize meal and flour mixture, and let it boil up well. Set in the outer boiler, and cook from two to four hours. Remove from the fire, and stir in chopped or finely sliced nuttolenec. Press into a brick-shaped tin. When cold, slice, and brown on a gridiron, or in a hot oven.

Germ in Raw Vegetables and Fruits.

THE recent investigations made by the State Board of Health of Pennsylvania and the results made public through Dr. Benjamin Lee, executive officer, bring forcibly to our notice the conditions surrounding the products of market gardening. It was found that the water surrounding a bed of water-cress was shockingly polluted, there being a bacterial count of 36,000 to the cubic centimeter. Vegetables eaten raw have often been suspected of carrying typhoid fever infection, and these investigations prove conclusively that the "harmless" cress may carry a remarkable amount of organic filth. The best lesson we can learn from these investigations is that vegetables and fruits can not be too carefully cleansed, and if great care be not exercised in this, grave dangers may result.



How can I reduce my weight?

EAT moderately, at the same time taking abundant exercise.

Adopt a single article of diet—apples if you like; eat nothing but the one article of food. Or you may eat grapes, but eat nothing but grapes. Eat almost anything except bananas, figs, and dates. You should not eat them if you wish to reduce your flesh, as they are highly nutritive; but you may eat all you want of other fruit; you may even live on cabbage awhile if you choose. You may eat bread if you wish, but eat nothing but bread. Stick to the article you choose, and at the same time work hard.

A still better plan is to eat moderately of such food as best agrees with you; eat about half as much as you want, and work till you get tired three or four times a day.

What effect has flesh-foods upon the urine?

ANIMAL food tends to make the urine more acid. Meat, oysters, fish, or other solid animal foods, produce acid urine. Catarrh of the bladder, or inflammation of the urethra, any irritation of the urinary passages, is irritated and made temporarily worse by acid urine. Therefore, animal food should be avoided. Vegetable foods, especially of the alkaline variety, fresh vegetables, tend to decrease acidity of the urine. Sometimes, indeed, they entirely remove the acid reaction. Even acid fruits form carbonates in the stomach which tend to decrease the acids of the secretions.

Which is of first importance, food or air?

"FRESH air—and a great abundance of it—is the Japanese rule. The Japanese sleep rarely with their paper windows closed. In the morning one of the first tasks is to go out of doors. There the Japanese woman takes in great breaths of air. And the Japanese woman is a deep

breather. The Japanese look upon full deep breathing as being the most vital force in life. Food is not as important, although necessary. The best of exercises are of little value when the breathing that accompanies them is not done properly."

How is a mustard poultice made and used?

THE late Sir B. W. Richardson recommended the use of a sponge for mustard poultices. He says:—"A sponge makes the best of mustard carriers. The nurse mixes the mustard in a basin with water until the mass is smooth and of even consistency. Then she takes the soft mass all up with a clean sponge, lays the sponge in the centre of a soft white handkerchief, ties up the corners of the handkerchief neatly, to form a hold, and applies the smooth convex surface to the skin. This mustard sponge, warmed again by the fire and slightly moistened, can be applied three or four times, is good for several hours, and saves the trouble of making a new poultice for re-application, often a matter of importance during the weariness of night watching. The sponge can be washed clean in warm water."

What results are produced by tea cigarettes?

LONDON physicians declare that the tea cigarette has taken the place of the morphia tablet with many women. The result is summarised by a well-known physician, who said: "I have at least a dozen women on my hands under treatment for the tea cigarette habit. Once let a woman begin to cultivate a taste for this compound of the flavor of Souchon and Hyson, and she is doomed. Souchon and Hyson are simply a blend of black and green teas. The taste is by no means disagreeable, but the after-effects are that 'one's head swims,' there is a desire to clutch at things to prevent falling, a dazed condition, semi-stupor, and then visions of an extravagant nature." Many physicians of the West End are seriously considering the advisability of preparing a petition to the House of Commons recommending the introduction of a bill providing heavy penalties for those of the Bond Street tea houses which retail these cigarettes to their customers. It is in these places that the largest number of clients is to be found. Within the last two weeks upward of twenty women have been taken to the private sanatoriums suffering from the effects of tea cigarettes. There can be little more objection to a tea smoke than there is to a tea drink. The object sought is the same,—exhilaration, which is really a mild form of intoxication.



ACCORDING to official returns, the total number of matriculated students of medicine in the Universities of Switzerland during the summer semester of 1904 was 1,724. Of these, 958, considerably more than half, were women, all but twenty-seven of whom were foreign.

HOPE FOR CONSUMPTIVES.

THERE are in the United States six hundred thousand people sick with tuberculosis. Professor Von Behrens, of Germany, one of the most eminent physicians living, has shown, and experiments have proved, that every person who has attained the age of thirty has had tuberculosis in some form. The body shows evidence that the germs of this disease have been at work somewhere in the body. The only safety for any one exists in building up the vitality of the body.

HOW TO AVOID COLDS.

THE banker-poet Rogers is related by Sydney Smith to have caught a bad cold simply from imagining a window to be open which was all the time tightly closed. It was at a dinner party, and the great sheet of plate glass had deceived Rogers, who was sitting with his back to what he imagined to be a dangerous draught. People who are afraid of draughts are always suffering with colds. The best protection against colds is fearless exposure day and night.

TOOTH DECAY AND WHITE BREAD.

THE deficiency of salts in white bread is unquestionably related to the deterioration in the national teeth. The following argument from Sir Thomas Lauder Brunton illustrates this: "Why has America the cleverest dentists?" Answer: "Because she has the best flour-mill makers." The better the mill the finer the flour, the poorer the bread the worse the teeth, and the better the dentists.

NUTRITIVE VALUE OF FRUITS.

A GERMAN physician, after a long series of chemical analyses, declares that an egg contains as much nourishment as a pound and one ounce of cherries, a pound and a quarter of grapes, a pound and a half of russet apples, two pounds of gooseberries, and four pounds of pears. He also stated that 114 pounds of grapes, 127 pounds of russet apples, 192 pounds of pears, and 327 pounds of plums are equal in nourishment to 100 pounds of potatoes.

APPENDICITIS DUE TO MEAT-EATING.

A RECENT analysis by Mr. Lucas-Championniere, of the Paris Academy of Medicine, shows that in every section of France the frequency of appendicitis increased in direct ratio with the consumption of meat. In schools, prisons, asylums, and convents, where the diet is nearly or entirely vegetarian, the disease is very rare. It has not yet appeared among the vegetarian natives of Porto Rico.

AN OPEN-AIR BREATHING RACE.

THE Japanese thoroughly realise the importance of open air. They go out in the early morning and breathe in long draughts of fresh air. Their windows consist of thin, porous oiled paper, through which the air penetrates, arranged to slide back, and night and day they are open, so that the ventilation is perfect. It is said that they do not suffer from the ordinary diseases of so-called civilised nations, such as phthisis and rheumatism, that insomnia is unknown, and that they are the healthiest people in the world.

THE COMMUNION CUP.

At the meeting of the Methodist Conference in Melbourne, it was resolved, on the motion of Mr. Henry Berry, that in the judgment of the conference the time had come when the use of the individual cup in the administration of the sacrament should be generally adopted throughout the church. The mover said he had been grieved and annoyed to see a moustache all wet with wine, trailing from the cup, and he objected also to the smell of tobacco smoke in the cup. Doctors agreed that there was a great danger in the passing of the cup from mouth to mouth.

GLUTTONY A CAUSE OF DRUNKENNESS.

MR. HORACE FLETCHER says, "Some years ago in Chicago I picked up a number of bleary-eyed tramps and fed them myself and got them to chewing properly, to see what would happen. In a few weeks they looked wonderfully better and said they never knew food to taste so good. One day one of them said to me: "Boss, think of me with a dollar in my pocket and not wanting beer!" He could not understand it. Never in his life before had he had money and did not want beer. That was the first time it occurred to me that there was some relation between the way people ate and the desire for stimulants." All drunkards are gluttons before they are drunkards.

THE following postscript in a letter from a subscriber to GOOD HEALTH shows that our journal is appreciated: "Wishing your paper every success, as it has done much for us and is a paper that should be well recognised."

FLESH DIET IN ACID DYSPEPSIA.

UNTIL very recently the opinion had prevailed among physicians that a flesh diet is necessary in hyperchlorhydria. Boaz, Ewald, and others formerly taught this, but the experiments of Pawlow have shown that a meat diet greatly increases the secretion of acid by the stomach, and the free use of meat is without doubt the principal cause of hyperchlorhydria. Hyperchlorhydria, or an excess of acid frequently results in ulceration.

INFANT MORTALITY IN RUSSIA.

AN association for the prevention of infant mortality has recently been formed in Russia. At the first meeting, held December 24, 1904, Professor Gundobin stated that of 2,100,000 children born each year in the European dominions of the czar alone, more than 1,200,000 died under the age of one year. The principal causes of this mortality were, according to him, the low state of civilisation and the bad material condition of the peasants. The object of the new association is to establish crèches and hospitals in the country districts, to provide a supply of good milk for poor children, and to diffuse a knowledge of the principles of hygiene among the people.

TOTAL BLINDNESS.

A BRICKLAYER'S laborer named Johnson recently claimed compensation in the Manchester County Court for an injury from a brick falling on his head while he was at work. It was stated that a month after the accident he still suffered from dizziness and defective eyesight due to the injury. Two medical men certified that he was no longer suffering from the effects of the accident, and his employers had therefore stopped the payment of his wages. One of the medical men said that the plaintiff had well-defined symptoms of tobacco blindness, and he admitted smoking one and a half ounces of tobacco a week. Judge Parry asked the witness whether he thought that that quantity would produce such symptoms. He replied that in a man of the plaintiff's age and condition smoking half an ounce a week

might do so; whereupon the judge said: "Some of us will have to amend our ways then, I think."

THE reports in "The Papers Relating to Cancer Research," as issued by the British Government early this year consist of correspondence on the subject between the Colonial Office and the governors and high commissioners of various colonies and protectorates, with various reports from colonial officials as to the prevalence or otherwise of cancer in their respective districts. All tend to show, as far as they go, that cancer is a disease of civilisation; that the native races are almost immune, the tendency to the disease increases as the social scale rises, and that the greater the civilisation, the greater the risk of cancer.

A GRATEFUL Sanitarium patient writes:—

DEAR FRIENDS,—Words can never express our gratefulness to you *one* and *all* for all you have done for us. We shall always look back with thankful hearts to you for your kindness. May God continue to bless you in your noble work for humanity. I should like you to give my love to all, for every one in the Sanitarium I hold in a very warm place in my heart.
Yours very sincerely,



Elizabeth Street, N. S. W., Sydney

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Public Health.

IF local inspectors will take their cue from the department of agriculture, every pound of meat offered for sale in the United States, that has been preserved by any other means than refrigeration will be seized and destroyed.

The new food regulations which define pure food and fix standards for meats, wines, milk, groceries, etc., were signed by Secretary of Agriculture Wilson, and are now in effect. They will be enforced strictly in department of commerce, and if the secretary had his way, they would be enforced elsewhere.

One of the new regulations, as far as possible, puts an end to the use of acids and other preservatives, and hereafter when inspectors find such meat on sale, they will seize and destroy it. This regulation is based upon the results of the experiments made by Dr. Wiley and his famous poison squad, which proved conclusively that preservatives are dangerous.—*Boston Herald*.

Proverbs.

He who knows that drugs and medicines cannot give good health, and yet persists in their use, is a fool—shun him.

He who knows not that drugs and medicines are injurious to good health is blind—lead him.

He who knows not that perfect health can come only from ideal exercise and ideal food, is ignorant—teach him.

He who knows that ideal exercise and ideal food will cure disease and establish good health, is wise—follow him.—*Home Life*.

A Useless Relative.

THE following story is going the round of the newspapers: Dr. Gillespie, the present Moderator of the Church of Scotland, tells how he was nonplussed the other day by a ragged urchin, who declared he was alone in the world, his father and mother having died some years ago. "Have you not a sister, then?" asked Dr. Gillespie. "I niver had win." "But surely you have a brother?" "Yes, but he's at college." "Well, cannot he spare some time from his studies to look after you a bit?" "Na, sir," replied the urchin, mournfully; "for he was born wi' two heids, and they keep him in a glass bottle."

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