

THE AUSTRALASIAN

# GOOD HEALTH



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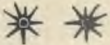
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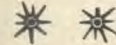
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GOOD HEALTH, MAY 1, 1902.



THE AUSTRALASIAN  
**GOOD HEALTH.**

## Medical and Health News.

THE world needs youth like Daniel, brave,  
 Who can say "No!"  
 Who will not eat or drink what's bad,  
 Though kings say so.  
 Then we shall have wise men, and strong  
 To stand for right, and battle wrong.  
 JESSIE F. WAGGONER.

THE present Lord Chief Justice of England said, "If we could make England sober, we might shut up nine-tenths of our gaols."

### THE PATENT MEDICINE CURSE.

THE enormous proportions the patent medicine business has assumed the past few years, is appalling. In the United States it exceeds the combined output of cocoa, chocolate, blacking, blue, flavoring extracts, axle grease, glue, refined lard, castor oil, cosmetics, perfumes, kindling wood, mucilage, and sugar.

These so-called remedies all contain alcohol in proportions ranging from ten to forty per cent. The effect so much desired by their use is due to the alcohol or other drugs equally injurious, they contain. It seems strange that any State should allow an innocent public to be imposed upon in such a wholesale manner.

There are over 28,000 proprietary medicines manufactured in America alone, and these are swallowed by people of all countries, no inquiry being made as to their contents. These preparations are nearly all, if not all, injurious to the consumer.

### NEED OF THOROUGH MASTICATION.

BOUCHARD has shown that if food remains in the stomach more than four or five hours, putrefaction takes place, through the influence of germs. The gastric juice ceases to exert its antiseptic power, probably through its disappearance by absorption; and the germs swallowed with the saliva undergo rapid development, with disastrous consequences. It should be remembered also that the period of incubation for the development of microbes in the stomach and elsewhere is between three and five hours; therefore it is apparent that it is in accordance with nature's plan that the food should leave the stomach while the gastric juice is still active, and before the microbes have had a chance to multiply to a harmful extent. The digestion of the food being thus hastened on to completion, the wholly elaborated products are absorbed before destructive changes begin. Food that is not thoroughly masticated remains in the stomach a long time, and favors the growth of germs and self poisoning.

TELL the average woman that a maximum of mutton means a minimum of morals, and she will probably laugh at you and go on eating mutton (if she likes it). But assure her that a charming complexion will result from vegetarianism, and the butcher may justifiably feel forebodings of coming disaster.—*The Gentle woman.*

### Is Smoking a Crime?

IN some of the Western States of America the remarkable crusade against cigarettes which has recently been started has led to the passing of laws which make cigarette-smoking a criminal offence, punishable with severe penalties. Clergymen and temperance advocates denounce the use of cigarettes and proclaim their pernicious effects.

Medical men assert that the excessive smoking of cigarettes is wrecking the *minds of the young men and boys and leading to the wholesale committal of crimes.*

Anti-Cigarette Leagues have been organised in many places, and as the movement is steadily growing, the doom of the "paper pipe" has, it is thought, already been sounded.

The Tobacco Trust is preparing to spend enormous sums to procure the annulment of the anti-cigarette laws, which, it declares, are unconstitutional. The dispute will shortly be taken to the highest courts.

The law recently passed in Indiana imposes a penalty on anyone who sells, gives away, or has in his possession any cigarettes or cigarette paper, and the penalties are doubled with each infraction of the measure.

In some places the authorities have seized large quantities of cigarettes and burned them. Men have been arrested and fined for cigarette smoking, while some few offenders have been sent to prison.

In Wisconsin a new law imposes fines of from one pound to one hundred pounds, with an extreme penalty of six months' imprisonment, for cigarette smoking. Informers receive half the amount of the fines.

This may seem rather hard on the tobacco devotee, and may be regarded by him as a restriction of liberty. But when the true nature of this drug, nicotine, is understood, and the injury the human system and consequently the nation sustains by its use is realised, it will no longer be regarded in this light. That the tobacco habit or nicotine kills our boys or makes them mentally and morally worthless (which is equally bad or worse), is now acknowledged by the leading educators and civilised countries of the world.

Laws have been passed in Canada prohibiting the sale, manufacture, and impor-

tation of cigarettes. New Zealand, New South Wales, Japan, and other countries acknowledge the evil by passing laws prohibiting the sale of tobacco to youths. But why forbid the sale and manufacture of cigarettes? Is the cigarette more injurious than the cigar or pipe?—No; the reason why the cigarette is denounced is because it offers such an innocent inducement to the young or to beginners. A second reason is, being milder than the cigar or pipe, the smoke is frequently inhaled, bringing the smoke containing the nicotine in contact with 1,000 or more square feet of absorbing surface instead of one or two square feet, as is the case if only passed in and out of the mouth.

It has been found by careful analysis that about forty-nine per cent. of the nicotine is found in the smoke exhaled. If inhalation of tobacco smoke is acknowledged to be so injurious, why are men permitted to walk our streets and poison the atmosphere with tobacco smoke? If our water supply should be poisoned in this way, we would not endure it. Why should we allow men to poison the pure air we are entitled to, without protesting? Is it not a criminal act?

The time is not far distant when men and women everywhere who understand the injurious results of nicotine inhalation will refuse to tolerate or submit to this evil, and will call for laws prohibiting its sale not only to boys but to men.

Tobacco is a more subtle poison than alcohol, and it is more difficult to overcome the smoking habit. It is probably doing as much to ruin men physically, mentally, and morally, as alcohol, for the consumer of alcohol directly injures himself only, while the consumer of tobacco compels others to inhale the poison with him. Better tolerate the user of alcohol than the user of tobacco, but both are evils that should be controlled by law.

### What the "Grip" is.

ASKED what made him look so ill, an Irishman replied, "Faith, I had the grip last winter." To draw him out, the questioner asked, "What is the grip, Patrick?"

"The grip!" he says. "Don't you know what the grip is? It's a disease that makes you sick six months after you get well."—*Ladies' Home Journal.*

## How to Guard Against Influenza.

BY DR. D. H. KRESS.

INFLUENZA is a germ disease, and is communicated from man to man. Here and there we may find individuals with it the whole year round. In cold weather it usually becomes epidemic, and no one expects to escape its influence. Why does it become more general in cold weather? During the warm weather if a person has the disease, he keeps out in the open air, the windows in our homes are open night and day, the trains have both doors and windows open, or else we ride in open trains. The railway coaches and compartments are well ventilated. Under such conditions it is practically impossible for this disease or any other disease to be communicated from one to another.

In cold weather a change takes place, the trains are kept closed, the windows of the railway coaches often containing one hundred or more travellers are kept down for fear of draught. Men and women huddle together in large theatres, lecture rooms, or churches. The air becomes impure, and in these sealed boxes one person may communicate the disease to a score or more. These go to a score of homes, and when they feel it coming on, they say it is because some member of the family insists on keeping the window open; so every window must be closed to satisfy them, and the inmates of the room are compelled to shut themselves in with the one that has the disease. As a result, each inmate in turn takes the influenza.

How long shall we continue to fold our hands and look upon epidemic diseases as a dispensation of providence? Please do not charge this evil upon a kind providence; it is due to a dispensation of ignorance and bad air. Refuse to be caught in these modern death traps, and you will have no difficulty in escaping the ravages of the influenza and a great many other contagious diseases.

In your own home insist on having a current of pure air through every room, night and day. Just as truly as the blood of the body needs to circulate in order to keep pure, and water needs to be kept in motion to prevent the accumulation of slime and filth, so the air needs to circulate to keep it free from impurities. Refuse even to go to church or a health lecture if the

place is not well ventilated. Let us no longer submit to the ignorance of the masses, and we may in time be able to bring about a reform that will strike a death blow to these epidemic diseases.

## Bovine Bacillus of Tuberculosis.

DR. V. C. MOORE, in his report of the committee on tuberculosis before the American Public Health Association, said: "At the laboratory of the State Live Stock Sanitary Board of Pennsylvania, a third instance of infection with the bovine bacillus of tuberculosis has been found. The patient was a child not quite two years old, that had been nourished the greater part of its life on cow's milk brought from the most convenient store. It developed a large abdominal tumor, which proved on autopsy to be a tuberculous new growth, involving the mesenteric glands and intestine. The lungs were not involved. Cultures were obtained from this tumor, which had the cultural and microscopic characteristics of the bovine bacillus, and in



thirty-five days proved fatal to a calf weighing 211 pounds. The committee did not yet feel able to say with what frequency bovine infection of man took place, but it was evidently not a rare occurrence. The committee considered that the evidence going to show that such infection did take place was absolutely conclusive, and that it not only justified, but made imperative, the passage of stringent laws by municipal and State authorities for the suppression of tuberculosis in cattle, and the prohibition of the sale of meat and milk from tuberculous animals.—*Journal of the American Medical Association.*

**BREATHE, BREATHE, BREATHE.**

BY E. CLARK REYNOLDS.

EVER and anon some eminent physician heralds to the world the glad tidings that he has at last discovered a cure for consumption which is effectual, and his fame goes broadcast over the land. But the world sincerely sorrows when the remedy—Dr. Koch's, for instance—needs but a few tests to prove its inefficiency.

Why were our ancient ancestors free from this disease, and why is it that among the out-of-door livers of to-day, where civilisation has not yet reached, this disease is unknown? There can be but one answer as to why the savage and barbarous tribes know nothing of this malady,—they continually breathe the right kind of air, and not such as we find in our cities and in the dwelling house of to-day.

What more convincing evidence could one seek than the fact that according to government statistics gathered from one year regarding the occupation of men who lived to be seventy-five years of age, 461 out of 1,000 were farmers, the remaining 539 being divided up among the numerous professions, the number decreasing according to the confinement of the different occupations. If one would but stop to consider these facts and others which abound on every hand, they would be convinced that the only way to effect a cure for consumption is for the person so affected to get back as near as possible to the primitive way of living.

One repeatedly hears murmured from the heart of his fellowman the pitifully-expressed term, "I have consumption; what shall I do?"

Within the last century, consumption has become the most fatal of all diseases, and the treatment of none other meets with such practical failure by physicians in general. But there is a cure, which nature in her healing forces holds out to all who will seek and follow her laws.

Even consumptives, such as I was, may have new hope, for nature heals in every part of life. Order for disorder, joy for

sorrow, is nature's law; and her message is, Breathe, breathe, breathe. Why is it that consumption exists only in those countries which civilisation has reached, and why is it that in those countries where we find the most advanced civilisation, we find this wasting disease most prevalent? The reason is not far to seek. In our departure from simple modes of life, we have given up the porous tent and airy hut for



*Patients of the Sydney Sanitarium out for a stroll.*

the more luxurious, plastered, air-tight death-traps of advanced civilisation, and the human race has paid dearly the price in consumption and hundreds of diseases which have come into existence along with its civilisation.

God intended that man should live as other animals,—out in the open air, under the healing, germ-destroying rays of the sun,—otherwise a structure would have been erected in Eden when the garden was created.

One can without difficulty enumerate many changes which might have been adopted in man's anatomy, if, in the original plan, he had been designed for a house-dweller. Adam and Eve were enviably situated. They were left in a beautiful open garden, to eat of the fruit which the sun had kissed into ripeness. They were to have lived out-of-doors, with the soft grass for a couch, their arms for pillows, and the vines and fig trees for covering.

How did we find the first Fijian or Maori situated, and what was his knowledge of disease, as we find it among civi-



lised races? The time was when men and women lived a few years longer than they do to-day. At one hundred years, they were children, and the song of age was the tale of centuries, but civilisation came into existence, and as it became more complicated and complex,—as we left the simple, natural modes of living,—disease increased, health was lessened, and the average age was shortened.

Thus the physical life of man was forced downward, and became perverted, and as a race we are still physically degenerating. Notwithstanding that the voice of nature says, Grow, live, grow, man is a great way from the physical youth he once enjoyed; yet what a race might evolve if we but followed nature's teaching. In the growth of life, all things point to the better—upward, always upward. God created the earth, with flowers for the design in its carpet of green. Every creation was an improvement upon the preceding one, until on the last day of creation the Lord cried out that all was good enough, and to-morrow, the Sabbath, He should rest. So in the evolution of life, we should grow younger instead of older. Toward youth, instead of from it, should attain physical perfection.

If man understood what he should, and lived up to his knowledge, eventually the race would attain to the highest standard, but we who transgress nature's laws, still expect nature to be kind. We have exchanged our hewn-log huts for air-tight, plastered houses, and have revelled in the luxurious richness of carpets and hangings, which are only germ-harboring traps, that breed a category of diseases; and the one dreaded most, the one for which science seems to have done comparatively nothing, is consumption.

### Drink and Physical Degeneration.

SPEAKING at a meeting in Leeds last February, Dr. Simms Woodhead, Professor of Pathology at Cambridge University, said the two great factors which were causing deterioration among certain classes were two extremes. At the one extreme they had extreme luxury, at the other, extreme poverty, and associated with both of these was an excess in the use of alcohol.

The evidence was absolutely conclusive that luxury and alcoholism had a very marked effect upon the birth-rate of the country. Moreover, both these factors played an important part in determining the nutrition of the child after birth. If a child did not start fair, if it was not thoroughly nourished in its early life, it was never on the same footing as it would have been had it been properly nourished. That, he believed, accounted a great deal for the deterioration among our working people. Alcoholism during this period acted in various ways. First of all, it interfered with the nutrition of the mother, and the child did not get that amount of proper nutriment which it otherwise would. In addition, money was used for obtaining things



He is a happy individual who knows when to say 'No'

which were not food. In many of these cases alcohol was taken by the wage-earner, and, in a way, interfered materially with his perfection as a worker. Comparatively small quantities of alcohol impaired to a certain extent the efficiency both of the brain and the muscles.

Speaking from a medical point of view, Professor Woodhead said that anyone who was constantly taking liquor was constantly drawing on his balance of health. A surgeon dreaded to have anything to do with an alcoholic patient. In consumption, alcohol was one of the very worst things that could be given, and this applied to diphtheria and other diseases. It was sometimes said that a man was old before his time. There was no class of whom this was more true than the men who, without drinking to excess, took a

considerable quantity of alcohol with great regularity. The man who got drunk once and was sober for the rest of the month, did not suffer as much as the man who never got drunk, but who was continually drinking. No greater fallacy was ever put forward than that the working man must have his beer in order to do his work properly.

### How a Hopeless Consumptive May Become an Athlete.

MR. HERBERT OSSIG, the writer of the following words of encouragement to consumptives, it seems, was at the very brink of a consumptive's grave. By an entire change of his habits of life, he has been restored to such physical soundness that he is now able to take a continuous run of eighteen miles without much fatigue. At present Mr. Ossig is a member and student of the American Medical Missionary College of Battle Creek, U. S. A. He says:—

Until my ninth year, I lived on my father's farm in Germany. Horseback riding in the fields, meadows, and forests, and playing and wrestling with other boys, gave me a good physical foundation. This outdoor life with its strenuous exercise was sufficient to overcome the gross errors in my diet. At the age of nine, I was sent to the city to plunge into



the depths of Latin, French, English, arithmetic, etc. My longing for greater freedom, for green trees, for birds, and all the beauties of country life, was so intense that nobody was ever happier than I when on the first day of vacation I could return to my parents' beautiful farm.

The close confinement of city life soon made me sick. There was no longer fresh air and exercise to counteract the evil effects of a meat, tea, and coffee diet. As the years went by, I lost my former good health more and more, becoming an easy victim to colds, influ-

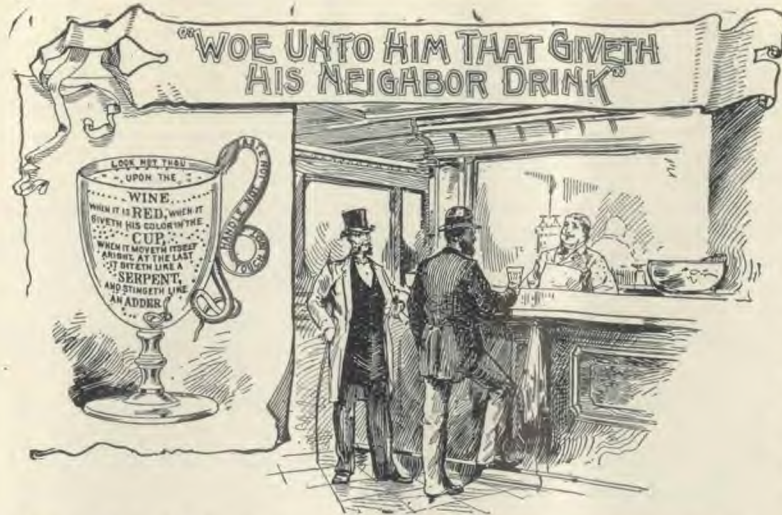
enza, rheumatism, fearful headaches, and maddening toothaches. At thirteen years, my doctor discovered that I had albuminuria. I became much emaciated and very weak. Much medicine and an absolutely wrong diet, lack of fresh air and exercise, made a confirmed dyspeptic of me. To make bad matters still worse, my heart showed signs of failure, too, and I experienced a great deal of distress from what the doctor called dilatation. Palpitation, a sinking feeling in the chest, and cold extremities, made life miserable for me.

At the age of seventeen, I had to leave college on account of continued ill health. Fortunately, I then received an eye-opener by accidentally coming across some books treating on vegetarianism and hydrotherapy, whose common sense appealed to me. I had consulted some twenty physicians in Breslau, Berlin, Dresden, and Leipzig, the majority of whom declared they were unable to cure me. I then bought a number of books treating on vegetarian diet, water cure, sunbaths, pure air, chastity, and the evil effects of drugs. I determined henceforth to be my own counsellor and physician.

I left Germany at the age of eighteen and visited the Tyrol, Austria, North Italy, Southern France, and Tunis, North Africa. Then I weighed but eighty-five pounds and was as weak as a little girl; besides, I suffered a great deal from heart distress and fainting spells. I immediately made a radical change in my diet, making a free use of fruits and nuts.

Next to a fruit and nut diet, I found a diet consisting of fresh and dried fruits, with the addition of the yolks of twelve to eighteen fresh eggs, of great benefit. People who on account of bad teeth cannot properly chew nuts, will find in the yolk of eggs a valuable substitute. Of the sun I made good use by basking in it from sunrise to sunset. As it did not rain at all during the four months of my stay, I could sleep in the open every night with no roof or cover of any kind over me. Here it was that I first learned to appreciate the grandeur of the universe. Usually people are too busy to look heavenward; they are too absorbed in earthly things, and so fail to enjoy one of the most glorious sights—a sky bespangled with countless millions of stars. No man, it seems to me, can feel alone when he beholds the glory of God's handiwork visible at night to all who take the trouble to lift their eyes, for he can not help feeling a close relation between himself and a kind Father who watches over all.

After I had tasted sub-tropical life for seven months, I went to Jamaica, West Indies, Mexico, California, Hawaiian and Samoan Islands, staying in these countries for four years. I stayed in Jamaica one year and eight months, and I left it weighing one hundred and fifty pounds without clothing. During these four years of tropical life, I became a new man, comparatively well and strong, and nobody would have believed that I ever was sick in my life. These splendid results made me a firm believer in a drugless cure of disease, in a meatless diet, outdoor life, cold baths, and exercise.



and various blistering sauces are as necessary for the free lunch as are the cheap bread and tainted meat whose evil qualities the hot flavors serve to hide.

The real nature of the liquor appetite is a desire for unnatural stimulation. Any substance which when swallowed produces almost at once a sense of exhilaration is a

### How the Whiskey Appetite is Formed, and How Overcome.

J. H. KELLOGG, M. D.

THE alcohol appetite is not in the mouth, neither in the stomach; it is in the nerves. Many a man who hates the sight, smell, and taste of liquor, and who fully realises the awful consequences of intemperance in general and the fearful results which may follow the use of liquor in his own case, will nevertheless rush for a saloon under the impetuous leading of an imperious impulse and drink himself into insensibility. He can not understand why he should have done such an insane act. He resolves never to do it again, but in due time he falls into the same slough.

This man is suffering much in the same way as one who finding himself on the top of a high tower is seized with an impulse to cast himself off. Impulses of this sort are not uncommon among persons whose nervous systems have been damaged by a wrong diet, a sedentary life, dissipation, worry, and other causes.

There are many varieties of these morbid cravings and impulses. The Mexican toper can not eat without swallowing half a dozen of the hottest peppers, and later he naturally feels an irresistible craving for his fiery tequila. That the craving for pepper and hot condiments is closely associated with the drink habit is recognised by every saloon-keeper who entices customers with a free lunch. The hottest of mustard, pepper, peppersauce, ginger,

so-called stimulant, whether it be a dram of whiskey, a whiff of tobacco smoke, or a juicy beefsteak. Each application of the stimulant is followed by a depression a little greater than the preceding one, so that the man who uses stimulants is in the interval continually sinking lower and lower. He soon gets to the point where the stimulant no longer lifts him above par, and a large dose is required to bring him up to his normal level of good feeling. The chronic drunkard does not drink for exhilaration, but to relieve the horrible depression, the trembling, the goneness, the nervousness and apprehension to which he has been reduced by the repeated deprivations made upon his constitution.

Experience as well as theory have clearly demonstrated that there is a direct relationship between flesh-eating, the use of tea and coffee, the use of condiments such as mustard, pepper, peppersauce, and other hot and irritating substances taken with food, and the liquor and tobacco habits. One of the best proofs of this is the fact that when one who has long been accustomed to the use of alcohol and tobacco adopts a natural dietary from which tea and coffee, condiments and meats of all sorts are discarded, the appetite for liquor and tobacco frequently disappears at once. Said a prominent business man who was stopping with his wife as a visitor at the Battle Creek Sanitarium a few weeks ago: "If I should remain here a week or two longer, I think I should be compelled to renounce the use of tobacco.

When I came, I was smoking a dozen cigars a day; I am now smoking but two, and I have hard work to finish them. Somehow since I have been eating your food, I have lost my appetite for tobacco, and the flavor of it rather nauseates me."

Another gentleman, a boarder, engaged in business in the city, after having lived a few weeks at the Sanitarium, remarked to the writer: "I like the Sanitarium diet in every respect but one; it will not permit me to smoke. I love to smoke, and I like your food; but when I eat your food, I can not smoke."



A man who had been for fifteen years a drunkard, and who for several years had not seen a sober moment, stumbled into the Workingmen's Home in Chicago. He ceased to drink, and for the first time in years led a sober, steady life. At the end of three months he became restless, and remarked to a friend that he was going away for a few weeks. "In fact," said he, "I am going on a spree. I haven't any appetite for liquor, but I want a little change. I am going on a spree, and the first thing I shall do will be to eat a great, big, juicy beefsteak to give me a whiskey appetite."

Modern physiology has revealed the momentous fact, which has been confirmed by experience, that many of the ordinary practices of our civilised life are leading-strings to intemperance; that mothers who dearly love their sweet little ones actually set traps for them at the dinner table, feeding them with viands which create in their impressible bodies morbid cravings which only strong poisons like tobacco, alcohol, opium, and other narcotic drugs can appease.

The cure for intemperance is not to be found in any drug which can be swallowed or which can be injected beneath the skin. It is not to be found in hypnotism, and it can not be effected by legislation. Prohi-

bitory laws are just and helpful, but *reformation* requires something which strikes deeper.

There is no such thing as successful temperance reform without diet reform; the two go together like Siamese twins. A vicious, unwholesome diet creates the appetite for drink; a natural wholesome diet obliterates the abnormal craving. Divine grace will cleanse the heart and miraculously strengthen the weakened will.

### Bad Teeth and Disease.

THE close connection between bad teeth and disease was demonstrated recently in a convincing and startling manner by Dr. Louis Henry, assistant physician at the Prince Alfred Hospital, in a paper read before the Victorian branch of the British Medical Association, entitled "Dental Decay as a Factor in the Production of Disease," in which he pointed out that the physical development of the race is largely influenced by the condition of the teeth. "The mouth," says Dr. Henry, "forms a most prolific culture-bed for all kinds of bacteria, and a person suffering from dental decay is constantly swallowing injurious germs of various kinds."

Dr. Henry made observations on 600 patients during twelve months, the cases comprising various forms of gastric and intestinal disturbances, rheumatism, anæmia, bronchial and pulmonary affections, enlarged glands, adenoids, disturbances of eye and ear, throat inflammations, and neurosis. He found that over eighty per cent. of these were associated with dental decay in advanced stages. Two typical cases are those of a boy of seventeen and a business man, both of whom had bad teeth. The boy came to the hospital on crutches, but three weeks after his teeth were removed, he walked home without crutches. The business man was in a state of rapid decline, but after his teeth had been attended to, he became completely convalescent and resumed work. Dr. Henry says that the belief in lime-water as a bone-former is a popular error, because the lime required in food does not come from the water, but from the solid particles of the food consumed, and the lime in water has no influence on

the process of animal nutrition. The use of white bread should be discouraged, especially in the case of children, and a bread made of a flour containing all its natural ingredients substituted.

Dr. Henry pleads for the periodical inspection of teeth of State-school children. There is probably no reason to suppose that the teeth of colonial children are in a better state than those of the children of Germany, England, or America; and dental statistics gathered in these last three countries show an alarming state of affairs. Over 40 per cent. of all teeth examined in children attending school in Germany



*All right but their teeth.*

were bad. In England 75 per cent. of all the children examined had bad teeth. In the United States 95 per cent. of the children of the poorer class have carious teeth, and in the hospitals of New York, it is stated that the diseases of the digestive organs which come from decayed teeth far outnumber those from all other causes put together.

Those whose creed is "utter gentleness" will shudder at the following words quoted from Sir B. W. Richardson's writings: "I am not far wrong in saying that no butcher can be found in our large towns who, after eight or ten years' daily work at the slaughter-house, is free from the effects of bronchitis, rheumatism, or heart-disease—heart-disease being the most prevailing malady of the class. The mortality of the butcher is, of a necessity, far above the average; 111 butchers die to a mean of 100 of those who follow 69 other occupations."

SOME of our readers may desire cellular underwear; if so, Mr. D. Braham & Co., Tailors and Clothiers, constantly keep in stock a good supply, and also make these garments to order in cotton, linen, or woolen goods. They make a specialty of hygienic clothing. See their advertisement in this journal.

## Marriage and Divorce.

SPEAKING at St. John's Church, Paramatta, N. S. W., Archdeacon Gunther deplored the change that had come over the laws, customs, and the morality of the land in relation to marriage and divorce. He said that divorce and separation were becoming in some professedly Christian countries almost a national crime. Our judges had spoken out in terms of condemnation of the growth of the evil, and only lately the Chief Justice of Victoria condemned the increase of cases of divorce through desertion as approaching a national crime. Of 2,843 divorces and judicial separations in New South Wales, 1,034 were for simple desertion. In these days, as many of God's other gifts were often abused, so matrimony was often regarded—unfortunately for the country—as only a civil contract, merely a matter of domestic arrangement and sordid advantage. Referring to hasty marriages, the preacher said that he considered that the facilities given for marriages, without notice, in many churches often produced very saddening results.

What is the cause of this condition of "marrying and giving in marriage"?—Cheap sentimental literature, love stories that are supposed to have good morals to them, etc. A mind stored with such material becomes unreal. Young women and men who subsist on such mental food, live imaginary lives. When they are forced to face the real problem of life, the novelty of marriage wears off, and a separation results, followed in a short time by another marriage. The same kind Creator that has provided pure, wholesome food for the body, has also made provision for the mind in giving us His Word. "Man liveth not by bread only, but by every word that proceedeth out of the mouth of God." Mental puddings, pastries, and peppers are as unwholesome for the mind as puddings, jams, etc., are for the body. We deplore results, but they can only be avoided by removal of causes. A return to the divine plan of living is the real remedy. Substantial mental timbers in the form of sound, solid reading, must be made use of in the building of a sound mind. Such a mind can never be built out of the modern rubbish that is devoured by our young men and women, for "as he eateth so is he."



### How to Work for the Intemperate.

MRS. E. G. WHITE.

TEMPERANCE reform demands the support of Christian workers. They should call attention to this work, and make it a living issue. Everywhere they should present to the people the principles of true temperance, and call for signers to the temperance pledge. Earnest effort should be made in behalf of those who are in bondage to evil habits.

There is everywhere a work to be done for those who through intemperance have fallen. In the midst of churches, religious institutions, and professedly Christian homes, many of the youth are choosing the path to destruction. Through intemperate habits they bring upon themselves disease, and through greed to obtain money for sinful indulgence, they fall into dishonest practices. Health and character are ruined. Aliens from God, outcasts from society, these poor souls feel that they are without hope either for this life or for the life to come. The hearts of the parents are broken. Men speak of these erring ones as hopeless; but not so does God regard them. He understands all the circumstances that have made them what they are, and He looks upon them with pity. This is a class that demands help. Never give them occasion to say, "No man cares for my soul."

Often in helping the intemperate, we must, as Christ so often did, give first attention to their physical condition. They need wholesome, unstimulating food and drink, clean clothing, opportunity to secure physical cleanliness. They need to be surrounded with an atmosphere of helpful, uplifting, Christian influence. In every city a place should be provided where the

slaves of evil habits may receive help to break the chains that bind them. Strong drink is regarded by many as the only solace in trouble; but this need not be, if, instead of acting the part of the priest and Levite, professed Christians follow the example of the good Samaritan.

In dealing with the victims of intemperance we must remember that we are not dealing with sane men, but with those who for the time being are under the power of a demon. Be patient and forbearing. Think not of the repulsive, forbidding ap-



Holliness and Heartbroken.

pearance, but of the precious life that Christ died to redeem. As the drunkard awakens to a sense of his degradation, do all in your power to show that you are his friend. Speak no word of censure. Let no act or look express reproach or aversion.

Very likely the poor soul curses himself. Help him to rise. Speak words that will encourage faith. Seek to strengthen every good trait in his character. Teach him how to reach upward. Show him that it is possible for him to live so as to win the respect of his fellowmen. Help him to see the value of the talents which God has given him, but which he has neglected to improve.

Although the will has been depraved and weakened, there is hope for him in Christ. He will awaken in the heart higher impulses and holier desires. Encourage him to lay hold of the hope set before him in the gospel. Open the Bible before the tempted, struggling one, and over and over again read to him the promises of God. These promises will be to him as the leaves of the tree of life. Patiently continue your efforts, until with grateful joy the trembling hand grasps the hope of redemption through Christ.

You must hold fast to those whom you are trying to help, else victory will never be yours. They will be continually tempted to evil. Again and again they will be almost overcome by the craving for strong drink; again and again they may fall; but do not, because of this, cease your efforts.

They have decided to make an effort to live for Christ; but their will-power is weakened, and they must be carefully guarded by those who watch for souls as they that must give an account. They have lost their manhood, and this they must win back. Many have to battle against strong hereditary tendencies to evil. Unnatural cravings, sensual impulses, were their inheritance from birth. These must be carefully guarded against. Within and without, good and evil are striving for the mastery. Those who have never passed through such experiences cannot know the almost overmastering power of appetite, or the fierceness of the conflict between habits of self-indulgence and the determination to be temperate in all things. Over and over again the battle must be fought.

Many who are drawn to Christ will not have moral courage to continue the warfare against appetite and passion. But the worker must not be discouraged by this. Is it only those rescued from the lowest depths that backslide?

Many are the outcasts who will grasp the hope set before them in the gospel, and will enter the kingdom of heaven, while others who were blessed with great opportunities and great light which they did not improve will be left in outer darkness.

(From advance sheets of new book, "The Ministry of Healing.")

#### HOW DID YOU DIE?

DID you tackle that trouble that came your way  
With a resolute heart and a cheerful,  
Or hide your face from the light of day  
With a craven soul and fearful?  
Oh, a trouble is a ton, or a trouble is an ounce,  
Or a trouble is what you make it,  
And it isn't the fact that you're hurt that counts;  
But only—how did you take it?

You are beaten to earth? Well, well, what's that?  
Come up with a smiling face.  
It's nothing against you to fall down flat,  
But to lie there—that's disgrace.  
The harder you're thrown, why, the higher you  
bounce;  
Be brave in the narrow way!  
It isn't the fact that you're crushed that counts;  
It's how did you close the day?

And though you be done to the death, what then?  
If you battled the best you could,  
If you played your part in the world of men,  
Why The Master will call it good.  
Death comes with a crawl, or comes with a pounce,  
And whether he's slow, or spry,  
It isn't the fact that you're dead that counts,  
But only—how did you die?

—From "Impertinent Poems."

#### KEEP ABOVE THE DISEASE LINE.

IN surgical operations we are very careful to cleanse the hands and to purify everything thoroughly that is brought into contact with the wounded person, lest germs of death be admitted to the body. Germs of all kinds are found on the skin, but they can do no injury while the skin and tissues underneath are in health. After a person has been dead twenty-four hours, these deadly germs are found permeating the entire body. Often they get into the body before death. If one weakens himself by bad habits,—by the use of tea, coffee, tobacco, alcohol, by neglecting sleep, or by overeating,—he brings his power of resistance down and becomes food for germs. A healthy man does not contract germ diseases. The body has power to keep above disease as long as the man lives well.

### The Cat as a Disease Carrier.

THE following, copied from *The Teachers' Sanitary Bulletin* of Michigan, U. S. A., will show how proper precautionary measures might prevent loss of life:—

"A farmer's two children, suffering from diphtheria, had a favorite cat, which was with them much of the time for the first week of their illness. On the fifth or sixth day of their sickness, I was asked to see the six-year-old daughter of their next neighbor, who lived about one-fourth of a mile from them. I found her with a well-marked case of diphtheria. They stated positively that there had been no communication between the two houses, as the little girl had had an attack of diphtheria when she was about two years old, and, being their only child, they had avoided every case of sore throat since then.

"On my visit next day I found the girl fondling the boy's cat, and learned that, when well, the children were constant playmates, and that the cat was as much at home at one house as the other.

"The next day the cat seemed sick, and died that night. I made a post-mortem examination, and, judging from the condition of the mouth and throat (which were lined with false membranes), decided that the cat died of diphtheria, and had been the means of spreading the disease from the boys to the girl.

"Three other cats on the first farm died, with all the throat symptoms of diphtheria.

"The preceding statement that pets, particularly cats, can carry the contagion of certain diseases is further illustrated by a letter received a few days ago from a health officer of one of the south side counties where smallpox is prevailing at this time, saying that a case of smallpox had developed in a family where it was absolutely certain there had been no exposure or contact with the outside world, and he attributed the contagion to a pet cat. Not a member of the family had been away from the farm or home, and no one had called, white or colored, for two or three weeks, due to the fact that smallpox was in the neighborhood, and the family were alarmed, so they kept aloof from the outside world, and held no communication with it whatsoever.

"They had a pet cat, which was known to frequently visit a neighbor's several

miles away, where there was a case of smallpox. This cat was a great pet of the little girl of the family, and the only one that really fondled and handled it. In two weeks after one of the visits of this cat to the infected house, the little girl developed smallpox.

"The moral is, when there is a case of infectious or contagious disease in the neighborhood, such as scarlet fever, diphtheria, whooping-cough, smallpox, chicken-pox, and the like, keep your domestic animals, such as dogs and cats, at home."

### Clothe the Naked.

MANY are complaining of poverty and hard times in Australia. There are undoubtedly many worthy poor who are in need of food and raiment. A few days ago a mother was found by a lady physician in a most unfortunate condition; standing by her side was a little two-year-old, wearing simply a little torn gown, with no underwear, no stockings, and no boots; the little one was practically naked. This was recognised as a suitable object of charity. The mother was soon made comfortable, and the little one was clothed. These are the ones referred to by Christ in the words, "I was naked, and ye clothed Me." "Inasmuch as ye have done it unto one of the least of these, My brethren, ye have done it unto Me."

This suffering for the want of clothing, is not confined wholly to the poor. It is not uncommon to see in our cities, mothers accom-



panied by half-frozen children, extravagantly and bountifully clothed around the head, neck, and trunk, with poor little legs entirely bare. Mothers, this is thoughtless cruelty. Suppose you should attempt to go out clothed in this manner on a cold day, do you not think you would suffer? Why not do to your little ones as you would be done by? Do you wonder why the little ones suffer with croup at night, or why they have posterior nasal growth so they are compelled to breathe through the mouth? This inflammation or congestion of throat is due to the blood being chilled back from the extremities. Do not regard the congested face as an indication of health, for it is no more an indication of health than the congested throat. Do missionary work at home by clothing the naked.





**SUBSTITUTES FOR MEAT.**—There is so much disease among animals, one feels loath to eat their flesh. It is not necessary either for nutrition, for one can get the same elements from other things free from poisons. In the following recipes are some suggestions. The legumes (peas, beans, and lentils) are well supplied with albumin, and so also are most of the nuts. For grinding nuts, almonds, walnuts, etc., a very convenient mill can be purchased of Farmer & Co., Sydney, called the "Favorite." It will grind nuts quite fine, also pieces of stale bread, broken pieces of biscuit and zwieback (twice-baked bread, that is, fresh bread cut into slices, placed in the oven, and baked till thoroughly dry and crisp). This ground in the mill makes excellent thickening for various dishes, and is very wholesome too.

**LENTIL CUTLETS.**—Put to cook in warm water one pint of German (brown) or red lentils, cook until quite done. There should be very little water left on them, nearly all being absorbed. Press these through a colander, add salt and a little seasoning, grated onion or sage, if desired. Mix well, add two well-beaten eggs and enough zwieback crumbs or stale bread crumbs to make it stiff enough to mold with the hands; shape into cutlet forms. In the narrow end place a piece of macaroni, four inches long, leaving about two inches showing from the end of the cutlet, the rest buried in the cutlet. Lay these on an oiled tin, bake in the oven until browned. Serve with brown gravy.

**BROWN GRAVY.**—Take a heaping tablespoonful of white flour and one large teaspoonful of olive oil. Place these in a frying pan over the fire. Rub well together until the flour begins to brown; do not allow it to brown too much or it is bitter. Add water slowly and stir out the lumps until enough has been added to make the proper consistency. Add salt, and if desired, a half cup of strained tomato makes a pleasing change.

**SPLIT PEAS PATTIES.**—Take one pint of split peas, wash and put to cook in warm water; cook till well done. Rub through a colander to remove any pieces of skin that may remain, and to make them a homogenous mass. Add

salt, and one tablespoonful of sweet cream, seasoning also if desired, though they are very nice without. Stir into the peas stale bread crumbs or zwieback crumbs sufficient to mold. Shape into patties and brown in the oven. These are very nice served with a tomato sauce.

**TOMATO SAUCE.**—Take one small onion and two tablespoonfuls of chopped celery, put into a baking dish. Add to this one pint of strained tomato (tinned or stewed tomato will do), place this in the oven and let it bake for an hour or more. Remove from the oven, strain out the onion and celery, add one cup of hot water and a tablespoonful of white flour moistened with a little cold water. Thicken the tomato with this, and it is ready to serve.

**CASSEROLES OF RICE WITH PROTOSÉ.**—Line casseroles (individual baking dishes) with cooked rice. Fill inside with protosé prepared as follows: One-half pound of protosé, one-fourth cup of milk sauce, one-half teacupful of bread crumbs, salt to taste, and flavor with onion or celery, as desired. Put this mixture in the casseroles and cover with cooked rice. Place the molds in a pan of water; bake thirty minutes in a moderate oven. If one has no little individual baking dishes, it can be made nicely by lining a pie dish and filling with the whole mixture.

**ALMOND AND WALNUT ROAST.**—Take one cup each of ground walnuts and almonds, one cup of split peas which have been previously cooked till well done, and one cup of hot water, salt to taste. Mix with this enough stale bread crumbs to make it of proper consistency, turn into a baking dish and bake in a moderate oven. When done, serve in slices with brown sauce.

### Dyspepsia Cured by Diet, not by Drugs.

"IN regard to the treatment of dyspepsia, Dr. Flint says:—

"There are few diseases that present greater difficulties in the way of treatment and of permanent cure than what may be termed functional dyspepsia. I have yet to see, however, a single case in which any of the pepsins, pancreatins, or the physiologically absurd combinations of pepsin and pancreatin logically seem to have produced any benefit, even of a temporary character. In certain cases in which they have appeared to act favorably as palliatives, careful inquiry has almost invariably shown there was an attention to diet and hygiene during their administration, to which their apparently favorable effects have been attributable."



**The Pulse.**—What is the pulse of a person in ordinary health?

*Ans.*—About 75 beats per minute.

Is there any difference between the pulse of a meat-eater and a vegetarian?

*Ans.*—The meat-eater's pulse is a little more rapid. This is due to the stimulation or feverish condition produced by the wastes in the flesh.

**Cold Shivers.**—I get cold shivers in my back, even on the hottest day; what is the cause?

*Ans.*—It may be caused by the use of so-called tonics containing strychnine, or it may be due to similar poisons developed in the alimentary canal.

**Kidney Disease.**—Can you recommend any special diet for a person troubled with disease of the kidneys?

*Ans.*—Cereal foods, breads, milk, vegetables, and fruits.

**Milk.**—What is your opinion of milk as a food if properly used?

*Ans.*—It should always be taken as a food, not as a drink, and should not be used largely with fruits or vegetables. With bread, it is a wholesome food.

**Eggs.**—Do you recommend eggs as an article of food? If so, how many should one person eat a day?

*Ans.*—Eggs from healthy fowls fed on suitable food are wholesome. Not more than two a day should be taken as a rule.

**Meals.**—Would you advise three meals instead of two for a person of weak digestion who can take only a small quantity at each meal?

*Ans.*—Yes. But let the evening meal be light.

**Legumes.**—Is it necessary for a person to eat vegetables? I have tried lima beans, haricot beans, and lentils, but cannot digest them.

*Ans.*—It is not necessary to eat these legumes if they disagree. Eggs and nut preparations supply the proteids equally well.

**Constipation.**—I am troubled with severe constipation, and go four to five days without the bowels relaxing, then find it necessary to use an enema, what food would you advise?

*Ans.*—Please send to the Sanitarium, Wahroonga for the booklet on "Chronic Constipation." This will give the diet and treatment in full. Price 6d, postage 2d.

**Honey.**—What is your opinion of honey as a food?

*Ans.*—A little honey is good. It should be used sparingly. Only the formic acid contained in it is objectionable.

**Health Foods.**—Do you consider granose biscuits, eggs, fresh butter, and fruits, sufficient foods to supply all the nutriment necessary for the body?

*Ans.*—Yes. But it is not necessary to restrict the diet to a few articles, and have a sameness at each meal. This would be excellent for one meal. At the next meal have a change. Eat what you relish most of that which is wholesome. I would recommend sterilised cream in place of butter.

**Bread and Milk.**—Would you kindly state the value of a mixture of bread and milk as a food? Is it not a combination which has been highly recommended for invalids?

*Ans.*—The value of milk as a complete, satisfying food cannot be questioned. In fact, one could subsist fairly well upon it alone, if necessary. If you refer to white bread in this connection, I could not advise your suggested combination, for white flour is far from being a satisfactory food. Whole wheat bread, served in a bowl of milk, would be very wholesome and nutritious, and the only objection that could be made to this is, that it does not call for a thorough mastication of the food. It would be very much better to eat the bread dry, chewing it well and mixing it thoroughly with the saliva, after which the milk should be taken very slowly, sipping it and masticating it well before swallowing. This method will likewise strengthen and preserve the teeth.

**Health Foods When Travelling.**—Is it necessary to carry health foods when travelling?

*Ans.*—This may be done, but it is not necessary. It is usually thought difficult to live out the reforms in diet while travelling. I have lived on a fleshless diet and used no tea, coffee, or other intoxicant, for over seventeen years, and during this time have travelled extensively in America, Canada, the continents, Great Britain, Australasia, etc., both by land and sea. During this entire time I have never found it necessary to deviate in the least from the principles I have adopted, to eat *only that which is good*. I have always had an abundance to eat. Sometimes there were not many kinds at a meal to select from, it is true, but there has always been some *one or two* foods that were wholesome, so that from what was before me, I have been able to make a good meal. I do not consider it necessary to carry special health foods in travelling, except in special cases. The better way is to use good sense and intelligence in the selection of food from what is furnished. Travelling in this way

however, affords an opportunity for those who are not controlled by principle, or whose minds are full of that country whence they came, to return to the flesh pots of Egypt. The removal of restraint reveals the true reformer.

#### How to Rear a Delicate Baby.

WOULD you kindly give me some information in reference to the rearing of a young baby that I have; it was eleven weeks old on June 5. It does not seem to be thriving. I had to wean him six weeks ago, and I have put him on Nestle's Condensed Milk, one small spoonful of milk to four tablespoonfuls of water, and he does not seem to thrive on it. He is wasting away daily. I have lost two other children, both at the age of five months, and I have tried all the patent foods, but they were of no use. I have been a subscriber to your paper, the AUSTRALASIAN GOOD HEALTH, for the last two years, and hope you may, with God's blessing, be able to send me some help through your paper next month. I may add that baby suffers badly from indigestion and constipation. I do hope that you will be able to assist me somewhat.

*Ans.*—I should advise you for the present to place the little one on Allenbury's Food No 1. Follow the directions given on the tins, only have an interval of three hours between meals. If anything is desired during the night, a little pure boiled water is better for it than food. For the constipation use the daily injection of a bulbful of warm water for the present. No laxatives should be given to a child so young.

A CLEAN mouth is a marvellous factor in the preservation of good health. In these days great attention is given to the water we drink, the air we breathe, the houses in which we live, the people with whom we come in contact, all with the aim of preventing the development of disease. The marvellous thing is that the condition of the mouth as a cause of local and constitutional disturbances is scarcely touched upon.

When there exists a bad odor in our back yard, we recognise it as a danger signal, and do not rest till the offending matter which is responsible for it, perhaps a dead sheep or rat, is removed. The bad breath is often due to the decay of part of the dead sheep that may have lodged between the teeth, or in the stomach.

BROWN: "Glad to see you looking so well, old man. You appear a hundred per cent. better than you were a month ago."

Weeks: "Yes; my doctor has been out of town for three weeks."

#### A Costly Cup.

W. S. SADLER recently gave an address in the Life Boat Mission, Chicago, U. S. A., on "Mistakes at Meal-times." He spoke of the importance of thorough mastication, the necessity of abstaining from various substances, and particularly mentioned tea and coffee, because of the stimulating principles they contain,—theine in tea, and caffeine in coffee, both of which are similar in effects to the nicotine in tobacco. The audience listened with profound interest, and many were deeply impressed.

During the testimony meeting which followed, a man gave the following very remarkable evidence from his own personal experience, of the relation of coffee to intemperance:—

"I know there is something that should be recognised in reference to this question. I had been drinking whiskey for twelve years. I had tried innumerable ways to fight it and overcome it, but it seemed to be practically impossible.

"Last fall I came to Chicago to see some friends, and during that stay, I didn't drink liquor and had no desire for any, but they used neither tea nor coffee. I always asked for hot water and milk to drink. I had that for three weeks, and drank no tea or coffee.

"I returned to Chicago, and I had no desire for a drink of whiskey. A week ago last night I had to change my boarding place, and I had to drink either coffee or water, and I said, 'Well, I guess I'll take a drink of coffee.' Do you know, that cup of coffee cost me thirty dollars and a gold watch and chain? Just that *one* cup of coffee. I got that cup of coffee and went back to work in the afternoon, and I was not at work for two hours before the old irresistible craving came on, and I went on a drunk."

WOULD you know the baby's skies?

Baby's skies are mother's eyes,  
Mother's eyes and smiles together  
Make the baby's pleasant weather.

A DEEP-SEATED ERROR is the idea that because the ox is strong man may in some way get strength by eating him; but if an ox should follow the practice of eating other oxen, he would soon lose his magnificent strength. The same rule holds good for man.



DR. BARNARDO says that ninety-nine per cent. of London's homeless children are made so by the drunkenness of one or both of the parents.

ALL the gold now used as money in the world would pay the drink bill of America for only three years.

THE Northern Pacific Railroad, America, has made it a rule to dismiss any employee who is seen taking a drink of liquor.

OUT of every one hundred cases of mental disorder in the insane asylums of Germany, seventy-three are there as the result of intemperance, either personal or inherited.

ACCORDING to official figures there were produced in France last year 1,743,959,650 gallons of wine. It is estimated that this would fill a canal ten feet deep, one hundred feet wide, and forty-four miles long.

IN 1903 there were sold in the United States alone 3,210,352,015 cigarettes. It is estimated that if these were laid end to end they would reach twice round the world and then from New York to San Francisco and back again.

THE drink bill of Germany is four times as great as their military bill. Only half of the young men between twenty and twenty-five are capable of bearing arms. Heart disease is the cause of this degeneracy. It has increased 300 per cent. during the past decade.

MRS. HARRISON LEE, on her arrival in New Zealand from England, said: "Drunkenness is terrific and awful at home, especially amongst women." This had been impressed upon her by visiting the slums of Cardiff, London, Bristol, Edinburgh, Glasgow, and Aberdeen.

DR. S. A. KNOPP, perhaps the greatest authority in the United States on the subject of tuberculosis, says: "To preach that alcohol is a food in tuberculosis is, to my mind, an error so grave, so fearfully dangerous, that I can not let it pass without the strongest possible protest. Alcohol never was a food for consumptives, never cured and never will cure tuberculosis."

DR. OSBORNE, professor of materia medica and therapeutics in Yale College, in a paper read before the last American Medical Association, spoke of one patent medicine firm that uses 500 barrels of whiskey each week. He mentions a highly recommended "sure cure" for alcoholism which is itself nearly one-half alcohol! Another remedy which has been advertised so extensively that in some communities one out of every four of the population buys it, is nearly one-fourth alcohol.

BENJAMIN FRANKLIN said, "He is the best physician who knows the worthlessness of the most medicines." Genuine and permanent healing of the body can not be put up in bottles and bought and sold at so much an ounce. It results from coming into harmony with nature's laws and a proper use of nature's own remedies, such as exercise, pure air, pure food, hygienic measures, electricity, and a simple trust in God. The physician who can intelligently and skillfully bring these influences to bear upon his patient will find but little use for drugs, and certainly not for a wholesale and universal dosing with alcohol, morphine, cocaine, and other habit-forming drugs.

PROFESSOR KRAEPELIN, of Heidelberg, has recently made two thousand experiments with instruments of precision to determine absolutely the effect of alcohol. A man who could read letters of a certain size thirty feet away, within half an hour after using an ounce of spirits could read them only a little over half that distance away. Where the ticking of a watch could be heard thirty or forty inches from the ear, it had to be moved to within ten or fifteen inches of the ear. The ability to lift was diminished one-third, and sometimes more. The rapidity of thought, as measured by an instrument invented for such work, was found to be lessened nearly one-half.

These experiments show conclusively that alcohol paralyzes even in such small doses. Typesetters were found to do a smaller amount of work and made more mistakes.

#### EARTH AS A GERMICIDE.

DR. KLEIN of Germany, in order to ascertain the influence of burial upon germs of disease, buried the bodies of infected animals for stated periods. The germs of cholera, he discovered, were destroyed in nineteen days. Typhoid fever germs require eighteen days' burial. The germ of plague is always alive after seventeen days, but not after three weeks. Germs of tuberculosis are also destroyed by burial. From these experiments it seems that burial with earth is one of the most effective ways to dispose of decaying organic substances, or substances infected with germs of disease.

**Terrible Mortality.**

**THE PLAGUE IN INDIA.**

THE Sydney Board of Health has come into possession of some interesting figures regarding the mortality caused by plague in India. According to an official record, the total number of deaths in India from the disease since 1896 up to the end of December, 1904, was 3,150,000.

In 1903 the deaths numbered 853,000, and in 1904 the mortality had increased to over a million. The Punjaub is not a large province, its population being less than 27,000,000; yet, in the course of three weeks during 1904, the population was depleted by 250,000 deaths.

It is stated that if in the Province of Manchuria, the Russian or Japanese Army were by some catastrophe to be destroyed, it would not be a greater disaster than what happened in the Punjaub from plague; and that if both armies were destroyed, it would not compare with the destruction of human life from this disease in India in 1904.

Yet the plague is a preventable disease, the mortality among Europeans in India being very small. If missionaries could be sent to these countries, not to *civilise* the people, but to teach the laws of God which include the laws of health, great good would be accomplished. The people are perishing for lack of knowledge.

DECAY of the teeth is just as much an ulceration as is a lesion upon the surface of the body, and is a certain indication of constitutional decay.

**The Spread of the Drug Habit.**

ONE of the most threatening of the sociological questions which the influence of the physician calls him to meet, is the astonishing spread of various drug habits. The rapidity in the increase of the consumption of those substances whose influence upon the nervous system leads to their habitual use, is truly horrifying to those who are interested in the physical welfare of the nation. The statistics collected by the committee on drug habitues of the American Pharmaceutical Association are of ominous portent. According to the report there was an increase of over 57,000 lbs. in the amount of opium imported into U. S. A. in 1902 compared with the figures of the previous year, and at the time of the publication of the report, the figures of 1903 bade fair to surpass those of 1902. Still more astonishing are the figures for the consumption of salts of morphine. The amount of this alkaloid consumed in the first nine months of the year 1903 was nearly 120,000 ounces, considerably more than twice as much as the amount imported for the twelve months of 1901. Nor has this increase in the consumption of drugs been limited solely to preparations of opium. The amount of cocaine imported has increased in the past two years about fifty per cent., while the consumption of chloral is more than six times as large.

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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, Coorانبong, N. S. W. E. C. CHAPMAN, Manager.**

DR. D. H. KRESS may be seen in his consulting room, 39 Royal Chambers, corner of Castlereagh & Hunter Streets, Sydney, each Wednesday between 12 and 1 P. M.

An important illustrated health lecture will be given by Dr. D. H. Kress on Tuesday evening, July 11, at 7.45 P. M., in the large Lecture Hall, Royal Chambers, corner of Castlereagh & Hunter Streets, Sydney. Subject: What to Eat and How to Eat It. Dr. Lauretta Kress will give a practical demonstration of what is meant by scientific cookery. Come and invite your friends. You can not afford to miss this. Remember the date and place, July 11, 7.45 P. M., above the Pure Food Café, Royal Chambers.

The former friends and patrons of the Avondale Health Retreat, as well as the surrounding community, will be pleased to learn that at a recent meeting of the Board of Management, it was decided to open the institution again, Mr. Metcalf Hare being appointed as manager and Mrs. Hare as matron. Suitable help will be furnished by the Sydney Sanitarium to enable patients and guests to have all the needed attention. One of the Sydney Sanitarium physicians will make a fortnightly visit to the institution, and may be consulted by patients, beginning with June 26. Office and consulting hours from 10 A. M. to 1 P. M. on the second and fourth Monday of each month. For rates and other particulars address, Avondale Health Retreat, Coorانبong, N. S. W.

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