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A blight on the nerves of weak and of strong;
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Wring from the poor the pittance they need,
Away from confusion, from nerve-racking sights,
Away from unrest, from sorrow that blights,
And off to the country, with its free, balmy air;
O, give me the sights and the scenes that are there.
Out under the trees and down by the brooks,
Finding the coolest and shadiest nooks;
The sweet, verdant meadows, the green, sunny hills,
The murmuring streams, and the babbling rills.
Away with the city, 'twas founded by man,
And give me God's own original plan.

Kathrina Blossom Wilcox.





Medical and Health News.

A SURE CURE FOR INTEMPERANCE.

THERE is *one* sure cure for the drinking disease or habit. The cure consists in eating fruits. It will cure the worst case of inebriety that ever inflicted a person. It will entirely destroy the taste for intoxicants and will make the drunkard return to the thoughts and tastes of his childhood when he loved the luxuries nature had provided for him and when his appetite had not become contaminated by false, cultivated tastes and attendant false desires and imaginary pleasures. No person ever saw a man or woman who liked fruit and who had an appetite for drink. No person ever saw a man or woman with an appetite for drink who liked fruit. The two tastes are at deadly enmity with each other, and there is no room for both of them in the same human constitution. One will certainly destroy the other. One brings health, contentment, and moral desires. The other brings disease, misery, and immorality. It is for the person to choose which of these tastes, with



THE FRUIT CURE.

its accompanying results, he will permit himself to possess. It will be easier to restore the taste for fruits than it was to acquire the taste for intoxicants.

ROUND SHOULDERS.

A PHYSICIAN has recommended the following movements for the cure of all except very "severe cases" of round shoulders, when braces are also sometimes a necessity:—

1. Raise arms before you shoulder high; extend arms sideways; throw head back; straighten head; move arms forward; lower arms; repeat ten times.

2. Stand erect; raise arms before you; rise on tip-toes; then throw arms as far backward as possible; sink again on heels, and drop arms to side; repeat ten times.

3. Raise arms with elbow bent, shoulder high, bringing palms together in front of face; then, with elbows still bent, swing both arms vigorously backward as far as possible even with the shoulders, palms looking forward. This should be repeated several times, but as the position is somewhat fatiguing, rest or change of exercise may be made between the movements.



Bad Posture in Riding.

Another simple movement designed to bring about a correct position of the shoulder-blades consists of holding a cane or wand in both hands, throwing the head back, and carrying the stick from "above the head back and down the hips."

As the clothing, if too tight or unyielding about or over the shoulders, may help to produce round shoulders, both the under and outside waists should be comfortable.

Sir Frederick Treves vs. Smoking and Drinking.

SIR FREDERICK TREVES, surgeon to King Edward, and perhaps foremost of living surgeons, at a medical college dinner in Birmingham recently, in addressing the students and graduates of the Queen's College of Medicine, took occasion to condemn the eating of ices, the smoking of tobacco, and the drinking of intoxicating liquors.

Sir Frederick Treves has had the widest opportunities for observation in relation to

the evils of the objectionable practices to which he refers, and the warning which he utters ought to be not only listened to, but laid to heart by every intelligent person who is addicted to any of the pernicious practices mentioned.

GET RID OF THE BLUES.

HALF the time when people say they have the "blues," all they need is to go out and get a breath of fresh air. People who have the "blues" stay in houses too much, they don't exercise enough, and they eat too much. The body is clogged with a surplus of food, the lungs are vitiated with bad air, and the whole machinery of the body is working at low gauge. The motor wheels of the machinery drag and run heavily. This physical condition is reflected upon the mental faculties, and they become torpid and sluggish, and everything takes on a depressed "blue" look. All the little worries, troubles, and perplexities are magnified, and the world seems a dismal, desolate place indeed, and the poor "blue" person is enveloped in a fog of misery and despair. He thinks that the whole world is topsy-turvy, and all the elements are combining to make him wretched, that everybody is just as mean as he feels. And yet all the while this whole world-full of misery is centered right



within himself. Outside the sun is shining, the birds are singing, the grass is growing, and the skies are radiantly blue.

What the "blue" individual needs is to get out-doors and absorb some of the happiness that is going to waste. He has been absorbing all sorts of indigestible food and vitiated air until his body has rebelled.—*Faulding's Medical Journal.*

The Modern Crusade Against Consumption.

BY PROF. IRVING FISHER.

PERSONALLY, I am interested in tuberculosis, as one who has had it and been cured of it. But I am persuaded that the interest in it should not be confined to those who have had it, nor to the medical profession. There should be a general interest in the subject, for several reasons. In the first place, tuberculosis is a general disease. No other disease except pneumonia has any death-rate like it. The mortality from tuberculosis equals that from peritonitis, appendicitis, scarlet fever, typhoid fever, diphtheria, grippe, cancer, and smallpox combined. Of the deaths which occur between the ages of fifteen and forty-five, one-third are due to tuberculosis. In Germany, between the ages of twenty and twenty-five, almost half of the deaths are from tuberculosis.

Not only is the prevalence of the disease shown by the number who die of it, but there is evidence that "latent" tuberculosis occurs in still greater frequency among those who never die of it, and who usually never even know that they have it. Nägeli concludes an extended investigation with the statement that practically *every adult has tuberculosis*. This means that each of us has encysted in his lungs a certain number of bacilli which might cause the disease, but which usually gives no trouble because kept under control by good health or by the firmness of the growth in which they are encased.

Not only is consumption a common disease, but it is an infectious disease, and this is another reason why the public should be interested in it. Persons with small chests and who inherit small "resisting power" are more apt to succumb to the disease than others, but no one is immune. The disease, however, is communicable in practically only one way—through the expectation, and this is dangerous only when dry and pulverised. Moist sputum is harmless (unless coughed into the face or inoculated into an open wound or communicated through a kiss on the mouth), but when a mass of sputum, containing millions of bacilli, is deposited in the corridors of the post office or railway station, and, becoming dry, is trodden upon, the dust thus formed distributes

these millions of bacilli through the atmosphere, and they are inhaled by all who breathe it. Out of doors the infection soon becomes too dilute to be harmful except to the weakest systems, for a healthy body is a germ-killing apparatus. The disease spreads through infected buildings. Dr. Biggs, in New York, has shown that in particular tenement houses there have been sometimes over a dozen successive cases.

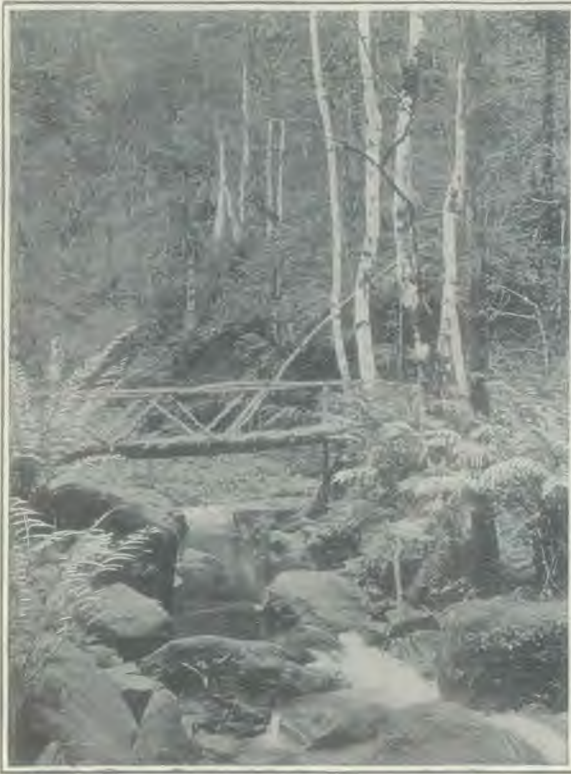
A third reason why everyone ought to know something about consumption is that it is so easily preventable. In fact, it is only because of the general ignorance and indifference about it that this fiendish disease is allowed to have its way among us. It is prevented in two ways: first, by destruction of the bacilli; and, secondly, by fortifying the system to resist them.

Our most important and immediate resource, however, is in defensive rather than offensive warfare. If we keep "in condition," we can safely resist the attacks, not only of tubercle bacilli, but of other germs as well.

Not only is consumption a preventable disease; it is now known to be a curable disease. But it can be cured only provided it is taken in time, and provided the proper hygiene is adopted. If it is not taken in time, it soon reaches the incurable stage. Consumption is not a self-limiting disease, but a parasitic disease. It begins at some small point, like a fire in a house, and, like the fire, can be smothered and put out if it does not get too much headway. But when once beyond a certain point, it cannot be extinguished. Consequently, an early diagnosis is one of the important medical questions of the day.

It should be observed that tuberculosis always has been curable. But until recently the early and curable stage of the disease was not recognised as real consumption, but "only a threatening." In the light of modern knowledge it is practically certain that Napoleon, Goethe, Von Moltke, Cecil Rhodes, Emerson, Tolstoi, Richard Strauss, and a host of other prominent personages were cases of cure. I have a long list of living men and women who were cured years ago, though few of their acquaintance know of it. The agency by which cure was effected was once thought to be solely "good climate." But Brehmer in Germany conceived the idea,

which to-day is almost universally accepted, that climate is of secondary importance, and that it is the out-of-door life and other hygienic conditions, rather than climate, which perform the cure. He therefore started a sanatorium, in 1859, having first cured himself of the disease in this way. He put his patients through this treatment and kept them out of doors in the daytime as long as the weather was pleasant. One of his patients, Dr. Dett-



weiler, afterward started a sanatorium of his own. Our modern sanatorium treatment all comes from him. Dettweiler went further than Brehmer in that he paid no attention to the weather. Patients now even sleep out of doors all the year round.

The treatment does not consist of fresh air alone, but of four principal "cures;" viz., air cure, food cure, rest cure, and mind cure. The air cure is the most important. One can go without air but a few minutes without dying, whereas one may go without food for a month before

death occurs. Moreover, we inhale from the atmosphere daily, or ought to, one and three-fourths pounds of oxygen, which is more than the absorption of food that goes on even in a working man. But in order to absorb enough oxygen to maintain vigorous health, it is necessary to breathe pure air twenty-four hours a day. The ordinary city man breathes impure air more than twenty-three hours out of the twenty-four. This is the great predisposing cause of tuberculosis, and, in fact, for that matter, of every disease. The consumptive sanatorium provides pure air, partly by ventilation, but mainly by the much simpler and more effective method of keeping its patients out of doors eight or ten hours in the daytime, and, if possible, ten hours at night.

MODERN truth is simply ancient truth adorned in a new dress. Modern science, instead of originating everything, is merely re-discovering principles that have been buried by superstition and error for centuries. The essential principles of rigid quarantine and effective disinfection are outlined in what is generally known as the Mosaic law, which is really a treatise on personal hygiene. It was more; it was divine instruction, conveyed by the hand of Moses, and designed, if carefully observed, to elevate the children of Israel from a deteriorated band of Egyptian slaves to the ideal representatives of God to all the mighty nations with whom they were to come in contact.

A MINISTER once asked how he might improve his sermon. "Cut a bit off both ends, and set fire to it in the middle," said a candid critic.

"TURPENTINE is one of the best friends housekeepers have, and some of it should always be kept in the house. It is a sure preventive against moths, a few drops of it rendering clothes safe from such invasion during the summer. For cleaning paint add a spoonful to a pail of warm water. A little in the suds on washing-day makes washing easier."

A Fleshless Diet.

From a Biblical and Christian Stand-point.

A SUBSCRIBER to the GOOD HEALTH writes, "It is just three months since I first read a copy of your excellent journal, and since then I have not touched fish, flesh, or fowl, though I frequently ate meat three times a day previously. Result: no headaches, no bilious attacks, no necessity to take aperients, fresher at the end of my day's work, and feeling several years younger. My weight has kept the same.

"I am assailed on all hands by Christian friends who say Christ fed the multitude on fish, and God gave directions as to what animals could be eaten. The priests were directed to eat portions of the burnt offerings. I thought you might publish an article dealing with this question from a Biblical and Christian stand-point."

The Bible nowhere states in so many words that men should not eat flesh. It nowhere states that men should not use tobacco or drink prussic acid or whisky, but it lays down principles which will lead men to forsake tobacco and everything else that is injurious. In regard to what we should eat, the Bible command is, *Eat ye that which is good.*" There are certain foods the Bible pronounces *good*, and there are those which are pronounced evil.

After man was created, he was placed in the garden, and lest he should put forth his

fruit of a tree yielding seed, to you it shall be for meat." This was the meat given to mankind by the Creator, "and God saw everything that He had made, and *behold it was very good.*" Gen. 1: 28, 31.

Man was *good*, and the food created for him was *good*. This, then, is the food above all foods, created to be received with thanksgiving by them which believe and know the truth, for it is sanctified (set apart for man's use) by the word of God. True science agrees that *all* the food elements needed by man are to be found in these simple and natural foods, and in a purer form than it is possible to obtain them elsewhere.

There are two other foods which may be classified as natural foods; these are milk and eggs. One forms the natural food for the young mammalia, the other for the young bird. Both are therefore natural foods and may be used by man, but even these are more or less subject to disease, and not so well adapted for man's use.

It is true, flesh *may* be used as a food, for it contains food elements, but it contains in addition uric acid poison and other impurities and body wastes, which make it impossible to term it a *good* food. In addition, disease itself frequently lurks in it, for few animals are free from disease.

There can be no reasonable doubt that while in a sinless state, man continued to live upon the simple foods appointed for him at the beginning. Man fell, he was overcome on the point of appetite. This fall was followed by a succession of falls on this same point, which finally resulted in bloodshed, or one creature slaying and devouring another. It is probable that even before the flood flesh-eating was common, but permission was not granted to eat flesh until after the flood.

During the flood all vegetation was destroyed. When Noah stepped forth from the ark, in the absence of more wholesome food, permission was granted him to eat flesh. It was said, "Every moving thing shall be meat for you."

In the absence of better food, Noah was justified to slay and eat inferior foods



hand and eat that which was not good, God said, "Behold I have given you every herb bearing seed which is upon the face of all the earth and every tree which is the

to sustain life. It was, however, merely an emergency diet. The principle laid down here is, that only in the absence of better food, is man justified in eating flesh.

Later the Lord took the children of Israel out of Egypt to lead them to the land of Canaan and establish them there a healthy and holy people. To bring this



about He attempted to wean them from this unnatural food. Flesh was accordingly withheld. Food which was most conducive to health and to the development of a righteous character was provided for them. "But with many of them God was not well pleased." They lusted after flesh and would have it at any cost. Their desire was granted, but it brought with it disease and leanness of soul. The apostle Paul, in referring to this experience, says, "Now these things were our examples, to the intent we should not lust after *evil things* as they also lusted." 1 Cor. 10: 6.

The Bible here clearly pronounces the flesh lusted after, *an evil thing*. But the command is, "Eat ye that which is *good*."

Had the children of Israel submitted to God's plan and not lusted after these *evil things*, the statutes regulating the eating of flesh would never have been necessary. God had to take short steps by their side. He could lead them no faster than they were willing to follow His instruction. When they were determined to eat flesh, statutes were given them that they might differentiate between the more harmful and the less harmful, or between the clean and the unclean animals.

It is true Christ fed the multitude on bread and fish. He gave them their accustomed food; He merely took what they had and multiplied it. Forced reforms are of no benefit. Reforms must be the out-growth of conviction and education in order to be a blessing. Food to be of value must appeal to the mind as well as to the organs of digestion. He gave to this multitude what they longed for, probably the only food that would satisfy them. Inferior

food with a satisfied mind, is better than the best food with discontent. God grants us permission to-day, as He did to Israel anciently and to the multitude, to eat what we desire, but He still desires all to become intelligent on the food question, and to eat "that which is good."

(To be Continued.)

Exercise as a Promoter of Life and Health.

BY J. H. KELLOGG, M. D.

It is well-known that exercise, especially very active effort, greatly accelerates the breathing movements, and increases the depth of respiration. At first the breathing is slightly difficult, but after a short time, when the runner has his "second wind," respiration becomes easier, due to the fact that the entire lung surface has been brought into action by the complete distention of every part of the lungs. This fact has in it an important lesson, namely, that in ordinary breathing the entire lungs are not brought into use, and hence are likely to become diseased unless brought into full and active movement by taking daily such exercises as necessitate deep and full respiration. Such exercises should be taken several times a day.

Running or rapid walking in the open air is the best means of securing the necessary lung capacity. If this is not convenient, however, the same results may be secured by exercise taken indoors with doors and windows widely opened so as to secure free ventilation. It is not even necessary to run about the room. One may "run in place," executing the movements of running by throwing the weight first upon one foot and then upon the other, lifting backward the foot which is not in use. Various other exercises may be employed to excite the lungs, but active movements of the legs are, on the whole, of the greatest service. Very rapid running, carried to the extent of extreme breathlessness, is likely to be injurious to persons who have passed the age of twenty-five years. So-called "sprinting" is injurious to the heart, and in time leads to other injuries. The deep breathing induced by running continues for some time afterward. Those who habitually walk or run much or who engage in mountain climbing daily or several times

weekly, breathe deeper even in sleep than do persons of sedentary habits, and in consequence introduce into their bodies a larger amount of oxygen, and live on a higher plane, physically, than do others.

Exercise aids digestion by creating an appetite, promoting the secretion of the digestive fluids, and increasing the peristaltic movements of the intestines. When God said to Adam, "In the sweat of thy face shalt thou eat bread," the command was given to the entire race to engage in active muscular labor. Those who seek to avoid sweating, or who neglect to take habitual active exercise, are punished by ill health. The apostle Paul said, "If any will not work, neither let him eat." Nature says the same by removing the desire for food or the power to digest it. The inactive man who is still able to eat and digest, runs great risk from the accumulation in his body of unnecessary or unused material, which clogs the vital machinery and fills the blood with poisons, whereby its resistance and that of the body are diminished. Nature takes away the appetite and lessens digestive vigor to avoid this danger. When an idle or sedentary man throws away this protection by stimulating the palate by means of condiments and a constantly renewed variety of stimulating foods, he is working at cross purposes with God, and will certainly suffer the penalty of disobedience.

Thus we may see that the wise man uttered a profound physiological truth when he declared, "By much slothfulness the building decayeth." Eccl. 10: 18. The body is worn by work, but is at the same time renewed, so that work is a means of constant body change, or renovation.

The value of a brisk walk on a cold, frosty morning in developing the appetite for breakfast, is well known by every one. Life out of doors may be justly regarded as one of the most important means of promoting health and securing sound digestion and proper assimilation of the food. Exercise also aids digestion by promoting activity of the bowels, whereby the body rids itself of waste matters, lack of attention to which may result in chronic poisoning, a condition from which thousands constantly suffer who might find complete and entire relief by the simple means indicated.

Exercise quickens the stream of life, increases the action of the heart, lungs, stomach, liver, and every vital organ; and by cleansing away the rubbish which



accumulates in the tissues as the result of work, prepares the way for new material, and so is one of the greatest of all means of promoting life and health. All examples of extraordinary longevity which have been reported have been of persons who had led active, even laborious, lives, and whose habits in diet and in other respects were simple and regular.

How to Cure Dyspepsia.

DR. PAWLOW, the eminent St. Petersburg physiologist, has recently demonstrated that each natural food contains subtle elements which act upon the nerves of the mouth and stomach in such a way as to cause the digestive glands to secrete fluids exactly adapted to the digestion of the particular food eaten. The gastric juice formed by the use of flesh is extremely acid and irritating, therefore this would be one of the worst foods for hyperchloridia, although it might afford temporary relief. Although highly acid, its digestive power is rather low when compared with the gastric juice formed by other foods. The digestive power of the gastric secretion formed by the use of milk is numerically represented by 11; the digestive power of meat digestive juice is represented by 16; bread produces a moderately acid, but the most powerful, digestive juice, represented by 44. Well baked breads, well masticated, are the foods indicated where there exists irritation of the stomach, and in hyperchloridia.

This explains what has often been noticed by dyspeptics, that it is difficult to digest a variety of foods at one meal. The gastric juice, it will be observed, cannot be in the highest degree adapted to the digestion of various foods at the same time.

Bread and cereals digest well when taken together; fruits and nuts also combine well; meat combines but poorly with any other food. If a dyspeptic is going to eat meat, he should adopt the Salisbury system and eat meat only. An exclusive meat diet is far easier of digestion than is a mixed diet, but the after results are bad. An exclusive milk diet often agrees well with invalids. Dyspeptics placed on an



Patients at Wairoonga Sanitarium.

exclusive bread diet, using a little fruit at the close of the meal, usually improve.

The weakened stomach experiences little difficulty in digesting any one of these articles of food separately, but it is hindered in its work when other foods are added which require a different quality of gastric juice.

A great variety of foods at the meal is one of the most effective causes of stomach and intestinal indigestion and fermentation.

William Cullen Bryant's Habits of Life.

"I HAVE reached a pretty advanced period of life—seventy-one years and four months—without the usual infirmities of old age, and with my strength, activity, and bodily faculties generally, in pretty

good preservation. How far this may be the effect of my way of life, adopted long ago, and steadily adhered to, is perhaps uncertain. I rise early—at this time of the year about half-past five; in summer, half an hour, or even an hour, earlier. I immediately, with very little encumbrance of clothing, begin a series of exercises, for the most part designed to expand the chest, and at the same time call into action all the muscles and articulations of the body. These are performed with dumbbells, the very lightest, covered with flannel; with a pole, a horizontal bar, and a light chair swung around my head.

"After a full hour, and sometimes more, passed in this manner, I bathe from head to foot. When at my place in the country, I sometimes shorten my exercise in the chamber, and, going out, occupy myself for half an hour or more in some work that requires brisk exercise. After my bath, if breakfast be not ready, I sit down to my studies until I am called. My breakfast is a simple one—hominy and milk, or in place of hominy, brown bread, or oatmeal, or wheaten grits, and, in season, baked sweet apples. Tea or coffee I never touch at any time. At breakfast, I often take fruit, either in its natural state or freshly stewed. After breakfast I occupy myself for a while with my studies, and then,

when in town, I walk down to the office of the *Evening Post*, nearly three miles distant, and after about three hours return, always walking, whatever be the weather or the state of the streets. In the country I am engaged in my literary tasks, till a feeling of weariness drives me out into the open air, and I go upon my farm or into the garden and prune the trees, or perform some other work about them which they need, and then go back to my books.

"At the meal which is called tea, I take only a little bread and butter with fruit. In town, where I dine later, I make but two meals a day. Fruit makes a considerable part of my diet. My drink is water.

"I never meddle with tobacco, except to quarrel with its use. That I may rise early, I, of course, go to bed early; in town as early as ten; in the country somewhat earlier. For many years I have avoided,

in the evening, every kind of literary occupation which tasks the faculties, such as composition, even to the writing of letters, for the reason that it excites the nervous system and prevents sound sleep. I abominate all drugs and narcotics, and have always carefully avoided everything which spurs nature to exertions which it would not otherwise make. Even with my food I do not take the usual condiments, such as pepper and the like."—*New York Herald of Health.*

The Decadence of Our Race and Its Remedy.

WITHIN the past twenty or twenty-five years, it seems as if the very bottom had dropped out of the human constitution, and that the race is rapidly going down. That is what you would naturally expect in biological matters. It has been found that in starvation the temperature falls a little and then remains stationary until just before death occurs. A few hours before the animal dies, the temperature suddenly falls very fast. That is the situation with the human race. Death has held sway for ages, but the race has kept on its way, but now we have come to a time when, like a starving animal, the race is very nearly at its end, and there is a sudden decline in its power of resistance. If we consider, for example, some of the chronic diseases,—Bright's disease, consumption, apoplexy, diabetes, and cancer,—these five maladies have increased, according to our last census reports, at such a rate that in fifty years, should the present rate continue, they will then kill from three to six times as many as they now do, and diabetes will kill fifteen times as many people in fifty years as now. This is a tremendous increase. It is an awful prospect that these five prevalent maladies should be so increasing. And they are increasing as a ball increases its motion in rolling down hill; the farther it goes, the faster it moves. Our race is going down the hill of degeneracy at a rate that threatens speedy extinction. There is no doubt of this. This, to my mind, is positive proof, standing beside the Bible evidence, that we are approaching the end of the race. Those who have been preaching that we have reached the dawn of the millennium can

find little comfort in the light of these facts. From the way in which the race is tending, there is but little in the outlook for encouragement from an earthly view-point.

The only hope for the race is in turning square around and becoming converted physically and morally; we need to return to God and to His ways, which are seen in the simpler and more natural ways of living. We need to return to nature, physically and morally. If the race could be induced to do that, it might be saved from extinction. But as a race it will not do that. The race is drifting away and down from the true standard, and this is so evident that it is not possible for us to convince ourselves that the world is getting better. The song of peace, peace, does not comfort us in the face of what now stands before us. Many pulpits no longer tell of the good time coming, and religious papers are lamenting the departure of spirituality and spiritual power. It is generally felt that we are in a time of spiritual decadence, and spiritual decadence does not stand alone, for it is equally true that we are in a time of physical decadence. Crime is increasing at an enormous rate. There were ten thousand murders in the United States in one year. So-called heathen India does not have the record in murder that they are making in that enlightened country.



Mob Law.

In Chicago there is a murder in every eight thousand people every year. There are more and worse heathen in Chicago, or in any of the great cities, than can be found centered in any place in heathendom. This moral declension goes right along with the physical decadence. In both these respects the world is waxing worse and worse. Evil men are waxing worse and worse, and diseased men are worse

and worse. Great plagues of sin and disease are already upon us. All that is necessary is for the world to drop a little lower, and then great and terrible plagues will break forth.—*Medical Missionary.*

A Few Unrecognised Causes of Bad Teeth.

DENTAL decay among the youth, according to statistics gathered in many European cities, is still on the increase. In Germany, out of the many thousands of children between the ages of eight and thirteen examined, only two per cent. had perfectly sound teeth. Forty per cent. of all the teeth examined were bad. Qualified dentists have been appointed to extract or fill the teeth as may be necessary. The following extract gives some idea of what has been done in this direction during the year:—

"In the Darmstadt schools 1,376 children were examined, and 1,561 teeth were filled, while 1,871 were extracted. In Strassburg 2,666 children were examined, 699 teeth were filled, and 2,912 were extracted."

One of the commonest causes of bad teeth is that of taking very hot food. Hot food and very hot tea or coffee causes the enamel on the teeth to expand, and breathing cold air afterward causes it to contract. When the enamel cracks, as it soon does, the inner part of the tooth soon crumbles away. Acids formed by the decomposition of food within the mouth, or acid regurgitation due to fermentation of food in the stomach, are always waging war upon the teeth by breaking down their enamel. To guard against this evil, care should be taken in the selection and combination of food, and thoroughly to cleanse the mouth at least night and morning, even if it be not possible to do so after every meal. More dangerous than naturally formed acids is the more powerful acid of vinegar. Place an egg in a cup of diluted vinegar, and in a few hours the shell will be entirely dissolved. Vinegar exerts a similar influence on the teeth. Yet foolish girls, to make themselves pale, often drink vinegar; the teeth pay the penalty. If one desired to ruin his teeth, he could not choose a surer way of doing it, and it is a well-

known fact that the dentist's most profitable patients are those who indulge in the use of vinegar in their food.

If such a state of things existed among the choice colts of Australia, a diligent search would be instituted and vigorously prosecuted till the offending causes were discovered and removed. It is recognised that a toothless horse is a worthless creature. We give less thought to the rising generation than we do to our colts, and yet the future of our country depends on the boys and girls that fill the schools of today. Let Australia follow the example of Germany in instituting periodical examinations of school children by qualified dentists, and let her set an example to Germany and other civilised countries by imparting to these little ones and to the mothers the necessary instruction in dietetics, so that the causes may be removed.

How to Acquire Perfect Health.

BY DR. D. H. KRESS.

THE following letter has recently been received from one of my former Sanitarium patients. I publish it with the hope that it may prove a source of encouragement to others who have made reforms but have not yet fully realised their ideal in health.

"I have made some radical changes in my work since I last saw you. I have given up the tobacco business for ever and aye. I gave it up when it was paying me £200 a month guaranteed income and a good commission over that. But the financial sacrifice has been more than made up by the knowledge that I am in a field of work that is doing humanity a service. You would hardly know me now. *I have gained absolutely perfect health.*

Another gentleman writes, "If there is any meaning in the memorable words of scripture, 'Ye must be born again,' I claim to have found it. *I am simply revelling in good health.*

Let us not be content with anything short of our ideal—perfect health. I am persuaded from my own experience and that of the many who have been under my care and observation that there is health in store for nearly all who have faith sufficient to strive for it. But it cannot be obtained without effort, application, and

co-operation. *God heals.* His wish toward man is that he "may be in health." But there are conditions to this wish; these conditions must be recognised and met. This was His wish concerning the children of Israel.

When he led them away from Egypt's flesh pots He said what He says to all, "I have placed before you a blessing and a curse, a blessing if you obey, and a curse if you disobey," and the promise was made, "If ye obey My voice indeed, I will take sickness away from the midst of thee." What is needed by all who would have the blessing of health, is *sufficient faith* in God's promise to lead them to meet the conditions, or, in other words, cheerfully to obey every law God has ordained for their good. *Such a faith meets with no denial.* Such a faith asks and receives.

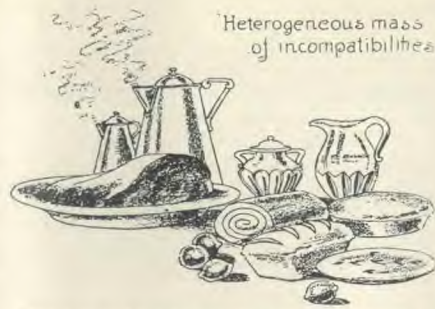
A simple food and drink and out-of-door life was provided for Israel. Had they been content with this, and cheerfully co-operated with God, His promise to them would certainly have been fulfilled. But they lacked this needed faith in His promise, and naturally they were unwilling to meet the conditions, the result was they perished in the wilderness. All this has been recorded for our benefit, that we should not follow their example.

There were those among them in whom dwelt a spirit of reform. They believed His promises and met the conditions cheerfully. They said, "We are well able to go up and possess the land." Moses was one of these men. At the advanced age of 120 years it was said of him, "His eye was not dim, nor his natural force abated."

Caleb at the age of *eighty-five* said of himself, "Lo I am this day fourscore and five years old. As yet I am as strong this day as I was in the day that Moses sent me (at the age of forty-five), as my strength was then, even so is my strength now."

This is health. The reward is just as sure to-day as it was then; the conditions are also the same.

No one is crowned with the blessing of health except he strives for it lawfully. Plenty of pure air, exercise, deep breathing, thorough mastication, a cheerful hopeful mind, and faith in God, will work wonders.



WHAT WRONG COMBINATIONS OF FOOD WILL DO.

THEY irritate the mucous membrane of the stomach,

Which causes abnormal appetite,

Which causes overeating,

Which causes indigestion and constipation,

Which causes fermentation (stomach and intestinal),

Which causes or creates a poisonous, carbon dioxide gas, which, passing into the circulation, causes nervousness, mental depression, consumes energy, and lowers the mental, physical, and animal powers of the body, and is the direct cause of a multitude of disorders usually charged to other causes.

WHAT RIGHT COMBINATIONS OF FOOD WILL DO.

THEY will cure irritation of the stomach.

They will cure indigestion.

They will cure constipation and flatulency.

They will cure stomach and intestinal fermentation (gas).

They will cure mal-assimilation.

They will cure nervousness and mental depression.

They will cure these diseases by removing the causes.

They will then build the body to its normal weight, and give to it all the *mental and physical vigor* it is capable of taking.

THE every day cares and duties, which men call drudgery, are the weights and counterpoises of the clock of time, giving its pendulum a true vibration, and its hands a regular motion.—*Longfellow.*



Physical Effects of Improper Dress.

BY MRS. E. G. WHITE.

WOMEN are subject to serious maladies, and their sufferings are greatly increased by their manner of dress. Instead of preserving their health for the trying emergencies that are sure to come, they, by their wrong habits, too often sacrifice not only health, but life, and leave to their children a legacy of woe, in a ruined constitution, perverted habits, and false ideas of life.

One of fashion's wasteful and mischievous devices is the skirt that sweeps the ground. Uncleanly, uncomfortable, inconvenient, unhealthful,—all this and more is true of the trailing skirt.

It is extravagant, both because of the superfluous material required, and because of the needless wear on account of its length. And whoever has seen a woman in a trailing skirt, with hands filled with parcels, attempt to go up or down stairs, to enter a railway train, to walk through a crowd, to walk through the rain, or on a muddy road, needs no other proof of its inconvenience and discomfort.

Its weight makes it unhealthful. Besides, as it gathers dampness from the dew, the rain, or the snow, it chills the ankles, which are often insufficiently clad, and thus causes colds or more serious illness.

Even worse is its uncleanness. Dragging through the filth of the street, it is a collector of poisonous, deadly germs. Many a death from diphtheria, tuberculosis, or other contagious diseases, has been caused by the germs brought on a trailing skirt into the home.

Another serious evil is the wearing of skirts so that their weight must be sus-

tained by the hips. This heavy weight, pressing upon the internal organs, drags them downward, and causes weakness of the stomach, and a feeling of lassitude, inclining the wearer to stoop, which further cramps the lungs, making correct breathing more difficult.

Of late years the dangers resulting from compression of the waist have been so fully discussed that few can be ignorant in regard to them; yet so great is the power of fashion that the evil continues. By this practice women and young girls are doing themselves untold harm. It is essential to health that the chest have room to expand to its fullest extent, so that the lungs may be enabled to take full inspirations. Compression, by making it impossible to take a full breath, leads to the injurious habit of breathing with a part of the lungs only. When the lungs are restricted, the quantity of oxygen received into them is lessened. The blood is not properly vitalised, and the waste, poisonous matter which should be thrown off through the lungs is retained. In addition to this, the circulation is hindered; and the internal organs, cramped and crowded out of place, can not perform their work properly.

Tight-lacing does not improve the form. One of the chief elements in physical beauty is symmetry, the harmonious proportion of parts. And the correct model for physical development is to be found, not in the lay-figures displayed by French modistes, but in the human form as developed according to the laws of God in nature. God is the author of all beauty, and only as we conform to His ideal shall we approach the standard of true beauty.

Another evil which custom fosters is the unequal distribution of the clothing, so that while some parts of the body have

more than is required, others are insufficiently clad. The feet and limbs, being remote from the vital organs, should be especially guarded from cold by abundant clothing. It is impossible to have health when the extremities are habitually cold; for if there is too little blood in them, there will be too much in other portions of the body. Perfect health requires a perfect circulation; but this cannot be had while three or four times as much clothing is worn upon the body, where the vital organs are situated, as upon the feet and limbs.

The combined evils of tight-lacing, long, dragging skirts, and an unequal distribution of the clothing, have caused an amount of suffering that is beyond estimate.



No woman who values health, and who understands the effects of these practices, will follow any one of them.

To dress in the manner described hinders the free use of the limbs, and many who thus dress, gradually give up healthful exercise. After going through all the details of an elaborate toilet, they are not inclined to exert themselves. The lack of vigorous exercise, especially in the open air, soon tells on the health. The system becomes weakened and relaxed, and the complexion sallow, and health and beauty disappear together. The sufferers may resort to cosmetics to restore the complexion; but these cannot bring back the glow of health. And the physical condition that makes the skin dark and dingy, depresses the spirits, and destroys cheerfulness. A multitude of women are nervous and care-worn because they deprive themselves of the pure air that would make pure blood, and of the freedom of motion that would send the blood bounding through the veins, giving life, health, and energy. Many women have become confirmed invalids when they might have

enjoyed health, and many have died of consumption and other diseases when they might have lived their allotted term of life had they dressed in accordance with health principles, and exercised freely in the open air.



DO BABIES PAY?

EACH night when I go home from work,
Tired with toil of day,
A little tot is waiting me,
To drive my cares away.

"Here comes papa," aloud he cries,
His chubby hands raised high;
"O doody, doody, papa's home!"
I hear as I draw nigh.

And then he toddles down the walk
And meets me at the gate,
And I forget I'm tired out
When he begins to prate.

"O papa, I'm so glad you've come,
I fink you're awful nice;
Say, papa, how much did I tost,
And am I worf de price?"

He tells me what a "splendid time"
He's had "wif tops and toys,"
A perfect little chatterbox
Chock full of life and joys.

And every evening he and I,
When supper time is o'er,
Can hardly wait until we've had
A romp upon the floor.

And when his mamma interrupts
With baby's little gown,
He cries, "Oh mamma, looky here!
I've dot my papa down."

Then as we tuck him in his bed,
He says, "Tome tiss me twice,
And papa, how much did I tost,
And am I worf de price?"

E. C. REYNOLDS.



The Coconut.

A. CURROW.

IN civilised countries the coconut is not appreciated or made use of, as freely as it should be. From it may be obtained some of the best substitutes for dairy butter, cream, and milk. These products, if properly prepared, are sweeter, more palatable, and agree better with dyspeptics than dairy products.

Process for Making Coconut Milk.—Select good nuts—those which have plenty of water inside. Scrape off all loose fibre, and have the shell smooth and free from particles. Crack the nut in two, around, as neatly and evenly as possible. Pour the water into a bowl and use for diluting milk or adding to a soup or other dish. A stout piece of iron one and a half to two inches wide, one-eighth of an inch thick, slightly turned up at one end, rounded off and filed into fine teeth with upward groove, makes a most durable grater. The other end of the grater may be fastened or screwed to a piece of board or the seat of an old stool.

Grate out finely all the flesh, avoiding the hard skin inside. The finer the grating, the easier the next process, of wringing, and the richer the milk.

Wringing.—Have hot water ready, and add one pint for each nut grated; mix together well and allow to stand until cool. Make ready beforehand one or more cloths, ten to twelve inches square, cut from good, firm material, as a sugar bag; prepare a wide bowl or dish, into which spread open the cloth. Put into it some of the gratings, take up the ends, and wring gently, then vigorously, until nothing more can be squeezed out. The last wringings contain the milk elements, being rich in proteids. The milk is now ready for the table, needing neither straining nor sterilising. A

little salt added gives a better flavor for use with vegetables or grains. Milk thus made can be used for baking breads or biscuits, for either boiled or baked puddings, and is far superior to cow's milk as stock for vegetable soups. In tropical climates it keeps a whole day without scalding, only a little salt being added.

For Cream.—For a good cream suitable for fruit dishes or any other way in which ordinary cream is used, the process is the same, the quantity of water being one cupful to each coconut. Let stand in a cool place, and skim off the cream when risen.

For Butter.—The process is the same, the quantity of water being limited to one cupful for three coconuts, the wringing being done more thoroughly. Pour the milk into a flat enameled dish, place on stove, and heat, not too rapidly, to simmering. In a few minutes the albumin will coagulate. When it has all thickened, remove the dish and let cool rapidly. It will then set into the consistency of jelly and is ready for use. No oil is separated if the milk is heated quickly and not allowed to simmer too long. With or without salt added, it is very palatable, and is an excellent, pure substitute for dairy butter. With salt added, it will keep for three days in a warm climate, and longer in a cold. If kept on ice it could probably be kept for five days. One can partake of it freely on bread, with vegetables or fruit, without fear of taxing the liver or in any way deterring digestion. Children take to it readily. To some the taste is a little rich at first; but after a few trials a liking is acquired for it. A few drops of lemon juice mingled with it impart quite a new flavor, much relished by some.

The value of butter thus prepared is that it contains fat in a perfectly emulsified state and ready for digestion, which is not the case with dairy butter. The latter, when used with hot foods, melts, and saturates the particles, so preventing the gastric juice from penetrating and dissolving the albumin present.

The Residue.—The coconut gratings left need not be thrown away as useless. Save some, and the rest give to the fowls. Fowls relish nut foods, improve in flesh, and lay more eggs of a better quality, when fed thereon.

A rich brown gravy can be made from

the gratings by adding thereto a little water. Let boil, strain off the liquid, thicken with brown flour, and salt to taste. This adds a pleasant nutty taste and rich flavor to the gravy.

Keep the shells for ironing day, and use for fuel, and the irons will give little cause for distress. The shells may be made into little pots for hanging ferns, suspended by thin wire passed into holes bored through the shell, and fastened above.

COCOANUT BLANC MANGE.—Two tablespoonfuls of grated cocoanut, one pint milk, one tablespoonful sugar, two tablespoonfuls corn flour. Let the cocoanut simmer in the milk for twenty minutes. Strain through a fine sieve, and reheat. Add the sugar, heat to boiling, and stir in gradually two tablespoonfuls of corn flour rubbed smooth in a little milk. Cook five minutes, turn into cups and serve cold with orange or lemon sauce.

COCOANUT CRISPS.—One cup pastry flour, one cup of grated cocoanut. Take one cup of grated cocoanut, rub through a colander or wire sieve to remove coarser particles. To this add equal parts of flour; mix well together, and moisten with cold water sufficient to make a stiff dough; roll as thin as brown paper, cut into three-inch squares, and bake in moderate oven. Walnuts or Barcelona nuts may be used instead of cocoanut. If desired, a little sugar may be added.

COCOANUT CREAM PASTE.—Take equal quantities of semolina and white flour, add a little salt. Wet with very cold cocoanut cream. Mix together very quickly into a dough, roll out, and line the pie dish.

COCOANUT FILLING.—Steep half a cup of grated cocoanut in one pint of milk for half an hour. Strain out the cocoanut, and add sufficient fresh milk to make up the pint. Allow it to become cold, then add a fourth cup of sugar and two well-beaten eggs. Bake with under-crust only. When done, the top may be covered with meringue if desired.

Ans.—Nasal catarrh can be greatly helped and often entirely cured by the patient's abstaining from condiments, sugar, jams, butter, and fried foods. Short, cold water baths or sprays taken in the morning will hasten recovery.

Offensive Perspiration.—A subscriber writes: "After wearing a suit of clothes for a short time, it becomes impregnated with a disagreeable odor, due to insensible perspiration, mostly from the region of the armpits. A warm bath is taken every morning, and underclothing changed daily. I am athletic, temperate, and otherwise in good health. Can you give me any advice on the subject?"

Ans.—Take plenty of exercise in the open air. Keep the bedroom windows open at night. Practise deep breathing. Welcome the sun's rays. Abstain from flesh foods, and eat freely of fruits and well baked breads, especially granose biscuits. Beans, peas, and lentils should be used in moderation.

Loss of Proteid.—Seeing that proteid is not dissolved by the saliva, if I reject the parts of nuts, coarse biscuits, and other food that I cannot reduce to a liquid in my mouth, do I not lose much of the proteid?

Ans.—No, only a very small proportion is lost. It is not necessary to reject any part of the nuts providing the skins have been removed. The seed and skins of fruit should always be rejected.

Quantity of Food.—When it is stated that man may live on about twelve ounces of solid food per day, is fruit included in that category?

Ans.—The twelve ounces refers to solids, or food in a perfectly dry form; for instance, two ounces of ordinary bread would equal only a little over one ounce dry; five pounds of apples or pears would equal only one pound.



Blood Tonic.—Can you give me a prescription for a blood tonic, and do you consider the imported sarsaparillas healthful to take?

Ans.—The best blood tonic is an abundance of pure air. Deep breathing exercises just before retiring and immediately after rising, followed by a short, cold sponge bath or hand bath, and a dry towel rub, are highly invigorating. Eat pure food. These are nature's tonics; no others are needed.

Peanuts.—Are roasted peanuts a healthful and safe food for a person of weak digestion?

Ans.—Roasted peanuts are wholesome providing they are not roasted too much. They should be eaten in moderation and thoroughly masticated. If the nuts are roasted until they become yellow, the oil is set free, and this renders them indigestible.

Honey.—Is brown bread and honey good, digestible food? 2. Does honey tend to decay the teeth?

Ans.—There is no objection to the occasional use of honey with brown bread. 2. Yes.

Nasal Catarrh.—Is there any particular diet which you can recommend to a person suffering from nasal catarrh: and is there any massage treatment for the same?



THE grounds surrounding the Sydney Sanitarium are receiving considerable attention at present. The lawns have been beautifully laid out; and a summer-house and water-fountain are also being built. Another recent addition is a large sun-bath room.

SECRET OF OLD AGE.

MR. GEORGE HOLYOAKE in his "Reminiscences" gives the secret of a happy and useful old age as follows: "More than forty of my colleagues, all far more likely to live than myself, have long since died. Had I been as strong as they, I also should have died as they did. Lacking their power of hastening to the end, I have lingered behind. . . . The principles and aims of earlier years are confirmed by experience at eighty-eight. Principles are like plants and flowers, they suit only those whom they nourish."

CURABILITY OF CONSUMPTION.

NOT very long ago the eminent continental scientist, Dr. Otto Naegeli, published a paper that set the prevalence of tuberculosis in an alarming light. As a result of 500 consecutive post-mortem examinations on persons over eighteen years of age dying from all diseases in the Cantonal Hospital at Zurich (where the death rate from consumption is little above that of the general death rate of the town), he made the astounding discovery that 97 per cent. of these adults were tuberculous. In some the disease was active, in some doubtful, while others showed only scars where tubercles had healed. These last cases hold comfort for us, inasmuch as they prove the curability of consumption.

DEMORALISING INFLUENCE OF ALCOHOL.

ALCOHOLISE a man, and the wrong will often appear the right, and *vice versa*; the emotional beauty will often change place with mere lust; the false will seem the true; the brutish will seem the manly. Take a man of pure mind, with a keen sense of humor, but no taste for impurity. Can you make him relish a dirty story?—Certainly. Alcoholise him. Take a young man of clean life, whose ideas of women have been formed by association with his mother and sisters. Can you make him harbour an insulting thought of a young girl passing him unprotected on the streets at night? Alcoholise him, and he will think it funny if his drunken companion leers into her face an insult. Sober, he would consider him a cur to guard all women from.

CATS AND GUINEA PIGS KILLED BY BUTTER COLOR.

A LITTLE over a year ago a conference was held with the Food Commissioner for one of the States in America, concerning butter color. All the butter on the market was colored, and analysis showed that all the leading brands of butter color are made from coal tar, although many persons innocently suppose them to be vegetable colors. This Food Commissioner had taken a teaspoonful of one of the well known brands of butter color and administered it in milk to a kitten, which resulted in the death of the kitten. He then obtained a strong, healthy tom cat weighing about thirteen pounds, and a little larger dose resulted in his death. Subsequently he obtained a number of guinea pigs, which he caused to be killed with butter color. In the month of March of last year, a conference with the Commissioner of Agriculture for another State, was held at his office in the presence of Mr. John C. Puetz, Hinsdale, Ills., at which time the Commissioner stated that his chemist, who was somewhat skeptical on this subject, experimented upon himself by taking a teaspoonful of butter color, and as a result became dangerously ill, and it required the services of two physicians for about four hours to revive him.

COLOR BLINDNESS ON THE FOOTBALL FIELD.

When George Wilson of Edinburgh gave an account of the mistakes made by color-blind persons, including medical students who were unable to distinguish the color of certain precipitates, of engine-drivers, and of sailors who mistook signal lights or flags, of tailors who matched red with green, and bookbinders who did the same for colored leathers and papers; and when Jeffries in America added to an already long list, the mistakes made by color-blind government officials who sold postage stamps, to neither of them does it seem to have occurred that this question touched the great realm of sport. The Referees Committee of the Lancashire Football Association have decided in consequence of numerous complaints that certain referees are short sighted or color-blind, that prior to the next season all referees on the junior list shall come up for examination, in order that their acuity of vision and their color sense may be properly tested.—*British Medical Journal*.

BENEFITS OF LAUGHTER.

THERE is probably not the remotest corner or little inlet of the minute blood vessels of the body that does not feel some wavelet from the great convulsion produced by the hearty laughter shaking the central man. The blood moves more rapidly—probably its chemical, electric, or vital condition is distinctly modified, it conveys a different impression to all the organs of the body as it visits them on that particular mystic journey, when the man is laughing, from what it does at other times. And thus it is that a good

laugh lengthens a man's life by conveying a distinct and additional stimulus to the vital forces. The time may come when physicians, attending more closely than they do now to the innumerable subtle influences which the soul exerts upon its tenement of clay, shall prescribe to a torpid patient, "so many peals of laughter, to be undergone at such and such a time," just as they now do that far more objectionable prescription—a pill, or an electric or galvanic shock; and shall study the best and most effective method of producing the required effect in each patient.—*Health Culture.*

CEREBRO-SPINAL MENINGITIS.

AT the conclusion of a recent meeting of the Cerebro-Spinal Meningitis Commission at the Health Department building, New York, Health Commissioner Darlington announced that they had concluded that "fresh-air treatment was the best for meningitis." "Windows should be kept open day and night," he said, "and plenty of fresh air and sunlight be admitted to the sick-room."

"This treatment," he said, "has been adopted at the Presbyterian Hospital and at other places with the best results. It has been found that when this is done the patient sleeps most of the time without the administration of any opiate, and is comparatively free from pain.

"It is the belief of the Commission that the disease was brought on largely by a lack of fresh air. Epidemics of meningitis occurred in the past during especially severe winters, when windows were closed fast, and people went out but little in the open air."

It was also announced that according to tests performed under the direction of the Commission, no benefit has been derived from the injection of diphtheria antitoxin, or from any serum or antitoxin.

"THERE are five murders and fifty fights in that barrel," said an Indian, pointing to a cask of whiskey; and his estimate was none too high.

THE SOLDIER AND HIS TEETH.

WE regret to learn that the Army Council has decided to abandon the experiment of providing recruits with artificial teeth, which was begun a few months ago. The instructions on the subject contained in the War Office letter of November 5, have been cancelled in regard both to recruits and to trained soldiers. The experiment, in fact, has confessedly been a failure. In practice, it has been found that a large number of the men enlisted under the special conditions declined to complete their enlistment contracts by accepting the dentures proposed for them, and may have already been discharged as not likely to become efficient soldiers. This is a serious state of things, especially in view of the statement lately made by the Director of Recruiting that a very large proportion of the men offering themselves for the army are rejected on account of the bad state of their teeth. Napoleon said that an army marched on its belly, but it cannot do this unless the teeth which serve the belly are sound. It looks as though the British lion may within a measurable time be no longer able to show his teeth to an aggressor, for the good reason that he will have no teeth, natural or artificial, to show.—*British Medical Journal.*

CLEANING WALL-PAPER.

REMOVE dust with a soft cloth. With flour and cold water, make a very stiff dough; take a small piece and rub the wall gently downward, being careful not to cross the paper or to go up again, and in this way go round the entire room. When the piece of dough becomes dirty, cut off a slice, and you have a new, clean surface.

JIMMIE: "Why don't yer git yer hair cut short, so yer mother can't pull it?"

Willie: "If I do that, she raps me on the head with her thimble, and that's worse'n pullin' hair."



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
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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, Cooranbong, N. S. W. E. C. CHAPMAN, Manager.

Important Notice.

THE September issue of GOOD HEALTH will be one of the most interesting and most helpful numbers we have yet published to encourage food reform. It will contain the pictures and testimonials of men who are still in active service, and who have been living on a fleshless diet for twenty-five, thirty-five, fifty years, and longer. These men are well known to the editor, and although advanced in years, are still young and active. This special number will be gotten up in an attractive and readable style. We desire all who are readers of GOOD HEALTH to assist in scattering this number. We ought to publish at least 30,000. Send in your orders at once for one hundred, fifty, or whatever number you can use, either to give away or to sell from house to house. We shall not print many in excess of orders, so attend to this matter early. You will not be disappointed in this issue. Price per dozen, one shilling and sixpence; in lots of 100 or over, one shilling and threepence per dozen.

Notice.

DR D. H. KRESS has changed his office hours to Wednesdays from 12 A. M. to 1 P. M. Mrs. Laurretta Kress, M. D., has her hour from 12 A. M. to 1 P. M. each Monday.

Office, 39 Royal Chambers (above Pure Food Café), Castlereagh St, Sydney.

DR. D. H. KRESS may be consulted at the Avondale Health Retreat, Cooranbong, on August 14 and 28, between 11 A. M. and 1 P. M.

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