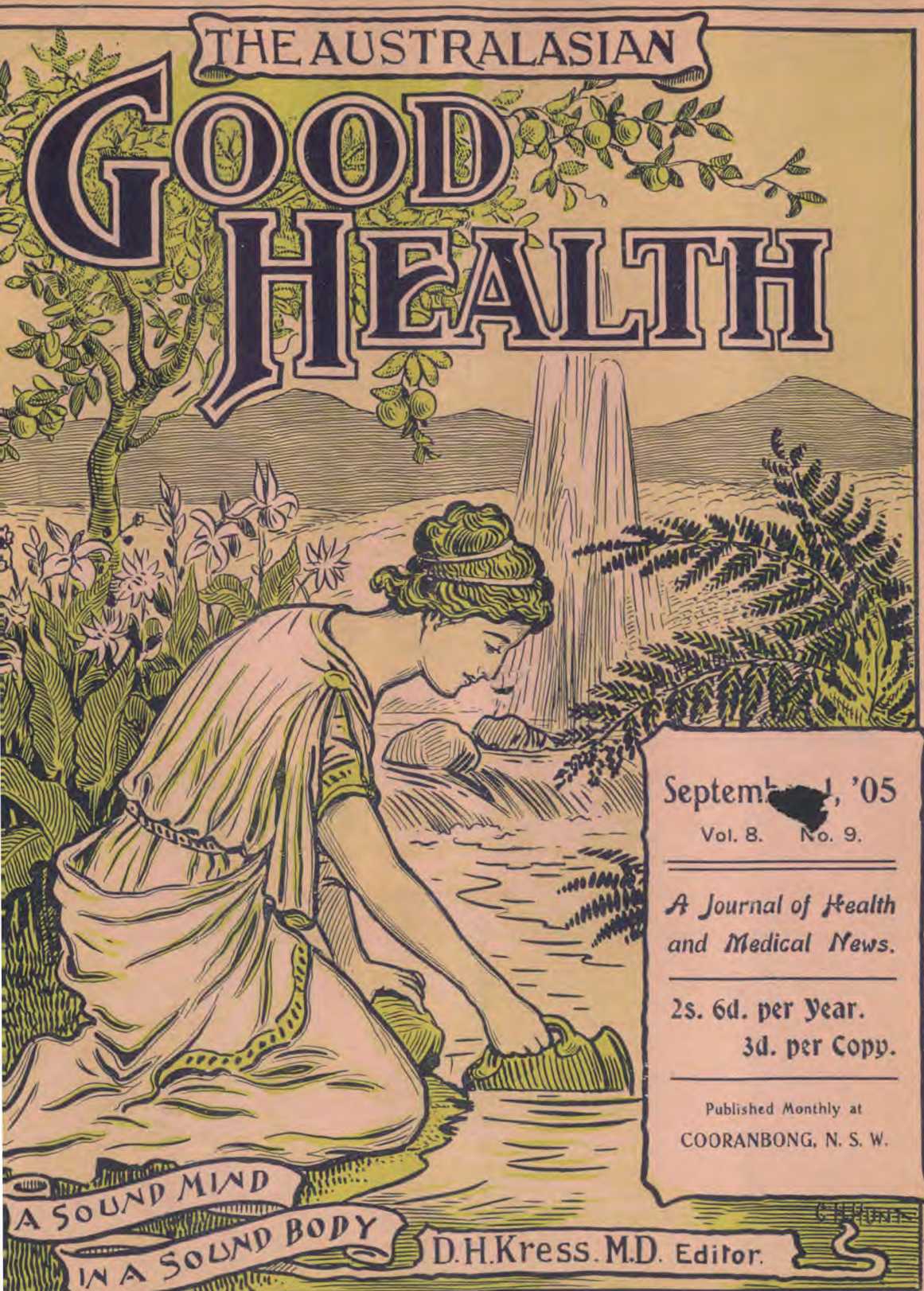


THE AUSTRALASIAN

# GOOD HEALTH



September 1, '05  
Vol. 8. No. 9.

*A Journal of Health  
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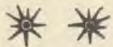
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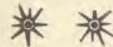
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PEACE ON EARTH.

THE AUSTRALASIAN  
**GOOD HEALTH.**

**MEDICAL AND HEALTH NEWS.**

**Diet and the Disposition.**

SYDNEY SMITH, in a letter to Arthur Kingslake in 1837, said, "Character, talents, virtues, and qualities are powerfully affected by beef, mutton, pie crust, and rich soups. I have often thought I could feed or starve men into many virtues and vices. Frequently is it that those persons whom God hath joined together in matrimony, ill-cooked joints and badly-boiled potatoes have put asunder."

Canon Home Lyttleton, head master of Hallybury, one of the great British public schools, brother of the colonial secretary, and nephew of the late Mrs. Gladstone, announces his agreement with Tolstoi that it is well-nigh impossible for even the best-intentioned man to live physically pure if he eats meat in excess.

"As soon," says Canon Lyttleton, "as the diet is changed from meat to the simple fruits, grains, and vegetables, there is a diminution in animal lust. He says, "Every meal taken according to the modern menu is a direct stimulus to passion."

Buckle, in "History of Civilization," also shows that the character of a people depends much on their diet. The theory he has advanced is that the properties and vices of what is eaten pass into the system of the eater. Byron the poet, in giving his experience, said, "Flesh-eating makes me ferocious; the devil always comes with it till I starve him out." Gauthier, the noted French authority, from his own laboratory observations of the influence of foods, says,

"A flesh diet is a more important factor in determining a savage or violent disposition in any individual than the race to which he belongs. It is well known that the white rats of our laboratories, as long as they are fed on bread and grains, are very gentle, but when given flesh to eat, become quarrelsome and destructive.

**The Coming Revolution  
in Diet.**

"THE Coming Revolution in Diet" forms the subject of an important and suggestive article in the *National Review* by Mr. Neville Lytton. He refers to the immediate benefit derived by many people, including himself, who have adopted Dr. Haig's advice to abstain as far as possible from foods which assist in storing up uric acid.

"Dr. Haig's discovery," he says, "points to a scientific law as true as Newton's law of gravitation, and of infinitely more importance to mankind. Dr. Haig has offered a challenge to anyone who, taking meat and tea, can show a blood color and circulation equal to his own." Mr. Neville Lytton says that if any people are sufficiently desirous of improving their health to adopt a change in diet, then it would be wise for them to leave no stone unturned in finding out all they can about the scientific side of the question.

NO MAN has any more right to shorten his life by the slow method of bad habits, than he has to suddenly cut it off with poison.

### CONSISTENCY A JEWEL.

THE Church of England says, "A woman shall not marry her grandfather," and the world accepts the statement without a murmur; but let a reformer say that a woman shall not marry a diseased man, and inflict upon the community children who shall be infectious to future generations, then the world's sense of propriety is shocked.



These transformations  
are astounding

### Plain Living and High Thinking.

PLAIN living and high thinking are nearly always associated. While it is a fact that high thinking is encouraged by plain living, it is equally true that plain living is the natural result or outgrowth of high thinking.

"As a man thinketh in his heart, so is he;" or we might say, "As he thinketh, so he eateth." It is not the food that defiles the man, but the man who selects impure food gives evidence of possessing an inferior mind. To the pure, all things are pure. A pure mind selects pure reading; it also selects pure food. To the impure, nothing is pure. Such a mind naturally feasts upon impure literature and impure food.

"Like attracts like." We may therefore frequently determine a man's character by the food he chooses. The old German proverb reads, "As he eateth, so is he."

### Flesh Eating Dangerous to Health and Morals.

AT the Society of Medical Officers of Health, Manchester, May, 1892, it was stated that "the flesh of any animal affected with tuberculosis, to however slight an extent, is unfit to be sold as human food."

IN his fifth report to the Privy Council, Professor Gamgee said, "One-fifth of the total amount of meat consumed is derived from animals killed in a state of malignant or chronic disease."

AT the Medical Congress of 1881, Dr. A. Carpenter quoted evidence to show that fifty per cent. to eighty per cent. of the animals used for food in London had tubercular disease. Dr. Creighton said that tubercular disease is especially found in milch cows which are usually kept in close confinement and on artificial food, that the disease is inherited and chronic, and that after the cows are milked as long as possible, they are sold to the butcher.

"NUMEROUS experiments have been performed upon the possibility of the tubercular virus entering the body through the alimentary canal. In these experiments the apparently healthy flesh of tuberculous cattle (not the manifestly diseased organs) has been swallowed by various animals, with the effect that the disease has in many cases fatally followed the injection of such infected material."

ROYAL COMMISSION ON TUBERCULOSIS, 1895.

"THE ingestion of flesh produces in the carnivorous races a ferocious and quarrelsome disposition which distinguishes them from herb-eaters."

BARON LIEBIG.

"If it is desired that children should become quarrelsome, brutal, and ferocious, feed them on flesh. If it is desired to create and perpetuate the war and murder spirit, continue to feed your household on flesh."

DR. E. GOODELL SMITH.

IN the *Edinburgh Medical and Surgical Journal*, No. 166, appeared the following:—

We have known various persons who have been delivered from painful and obstinate disorders by giving up the use of animal food entirely; and others in whom disorders of the nervous system and the chest had been very much relieved by the same procedure.

Rev. Henry Ward Beecher, in one of his sermons said:—

I have known men who prayed for the grace of good temper in vain until their physician told them to stop eating meat; for they were of a peculiar temperament that could not endure such stimulation. So long as they ate animal food, they could not control themselves

they were so irritable; but as soon as they began living on a diet of grains and fruits, they were able to keep their temper. They sought in prayer relief from their irritableness. Their physician, by the aid of science, revealed to them the cause of that irritableness, and their prayer was answered. They were not unwise in praying, but they were wise when to prayer they added medical advice.

PROFESSOR F. W. NEWMAN wrote in his seventy-eighth year:—

I was led to study the question of vegetarianism during the first cattle murrain, and approached it on the side of political economy and for avoidance of disease among the poor. I did not at all believe it could suit me personally, yet was ashamed to talk or write in favor of it without at least trying it. Upon trial I soon found my digestion to improve, carefully rejecting white bread and getting the brownest which was to be had. I had previously, by medical order, eaten flesh meat regularly twice a day, and rather largely. Dinner pills were ordered me to *assist* digestion of so much meat. These I abandoned with flesh food and have never resumed them. My general health is better than I can remember it, nor has my enjoyment of food at all lessened. In my seventy-eighth year I need neither doctors nor medicine. By general testimony the color of my skin and fullness of my cheeks have much improved under this diet, which I would now on no account give up, though I adopted it with much more of fear than of hope.

MR. ISAAC PITMAN, inventor of the Pitman system of phonography, in his seventy-fifth year said:—

Forty years ago dyspepsia was carrying me to the grave. Doctors advised meat three times a day, and also wine. On this I grew worse. I avoided the meat and wine, gradually recovered my digestive powers, and have never known since by any pain that I had a stomach. These forty years have been spent in arduous labor in connection with shorthand and editorial duties. I was at my desk fourteen hours daily—summer and winter—from six in the morning to ten at night, less meal time, two hours.

PROFESSOR J. E. B. MAYOR, of Cambridge, at the age of eighty says:—

Flesh meat is entirely unnecessary for health and strength. I feel bound to make this conviction known to others, who now sacrifice health and comfort to the supposed necessity of supplying their families, out of limited means, with butcher's meat. The gap left in my diet by flesh, fowl, and fish is filled up by fruit, grains, and pulses. Let thousands make the same change, and landowners will soon begin to plant fruit trees in every corner, training pears and stone fruit on every wall.

### AN EMINENT PHYSICIAN.

DR. KELLOGG has been an enthusiastic vegetarian and food reformer for nearly forty years. At the age of ten, it is said, he was a feeble, puny lad, with poor digestion, weak lungs, and tubercular tendency. Through exercise and diet, the doctor succeeded in not only getting rid of these disorders, but developed a degree of physical and mental strength that enabled him to accomplish a marvellous amount of work. He is the author of many medical



J. H. KELLOGG, M. D.

works, and a skilled surgeon and physician. His books, "Man the Masterpiece," "Home Hand Book," "Ladies' Guide," etc., are to be found in every country in the world.

A professor some time ago called upon him, hoping to ascertain the secret of his power. He said, "Doctor, you work like a horse." To which the doctor replied, "That is because I eat like a horse," meaning he was content with simple foods.

Dr. Kellogg, Dr. Wiley, government chemist of America, Dr Haig, and the late Dr. F. I. Richardson, of England, Dr. Metchnikoff, Pasteur's successor, and other modern scientists, agree that man, by right living, may live and retain all his faculties to the age of over one hundred years.

## My Experience in Health Getting.

BY THE EDITOR.

IN making changes in diet, serious mistakes are frequently made. The mistakes made by one need not be repeated by others. It is with this in mind that I have given in brief my experience in searching for health.

To the age of twenty-five I ate and drank whatever was agreeable to the palate, giving no thought as to the purity or wholesomeness of foods. As a result, at the age of sixteen I suffered from rheumatic attacks. At the age of twenty-two I was laid up for six months owing to these rheumatic and neuralgic pains. This, combined with a violent temper, due, no doubt, to the same causes, made life miserable. Naturally I thought every hand was against me, and every one was just as mean as I felt.

Eighteen years ago at a health lecture delivered by Dr. J. H. Kellogg, my attention was for the first time called to the need of a reform in my habits of living.

So thoroughly did the principles presented by the speaker appeal to me, that I resolved at once to abandon the use of flesh, condiments, and tea and coffee.

Many mistakes were made at the beginning; for instance, soft starchy unchewable foods, as porridges, boiled beans, pastries, soups, and puddings were freely made use of. With the porridge, milk and sugar (a very unhappy combination) was liberally used, this in addition to the brown, soggy, poorly-baked bread, made of coarse flour, brought about digestive disturbances. Some of my friends who had passed through similar experiences and obtained relief by resorting again to a meat diet, advised me to do likewise. I knew the step I had taken to be right, and was determined not to follow their advice or example, that if help came it must come by taking a forward and not a backward step. I began at this point to make a careful, scientific study of diet, food combinations, etc.; and after abandoning many of my former delicacies and adopting simple foods and thorough mastication, my digestive troubles entirely disappeared, and aches and pains have for years been unknown. Now I derive much greater satisfaction from eating the simplest foods than formerly from the most exquisite dainties, being able to detect flavors that I never before dreamed of having an existence.

I prefer to take my foods in as natural a state as possible, and no longer desire super-cooked foods or complicated messes.

When seated at the table with those whose sense of taste is so calloused or benumbed that they must have foods highly seasoned in order to make any kind of impression upon the nerves of taste, I regard them with pity, for I know the other nerves of sense and also the brain must be in a like partially stupefied state, that they are therefore not only unable to relish the simple foods of nature, but are unable with me to appreciate the simple beauties of nature.

They are out of tune with nature. Against this state, Christ warned His disciples as follows: "Take heed lest at any time your minds be dulled through surfeiting and drunkenness."

Plain living sweeps the cobwebs from the brain, making more acute not only the nerves of taste, but the moral or intellectual centres of the brain and all the nerves of special sense.

I am now in possession of a degree of health and mental and physical strength I never thought it possible to attain, and with this there is a marked change in my temperament. Instead of being irritable, depressed, and impatient as formerly, I am hopeful and cheerful,



and not given to worry, despondency, and fretting. While I recognise that the grace of God alone could bring about such a change, I am fully convinced that even the grace of God is powerless as long as gluttony and intemperance exist.

We commit to memory the promises of God, and this is well; but in order to realise their fulfillment, it is necessary also to commit to mind the conditions. Many fail to receive the blessings promised, because they ignorantly or knowingly ignore the conditions.

I do not attribute my present excellent health wholly to my simple diet. Exercise, deep breathing and pure air have accomplished even more for me than diet. Abundant use of pure air, and sparing use of pure food, with thorough mastication, have been the secret of my success in health getting.



### Cruelties Connected with the Meat Trade.

In a report given by a special sanitary commissioner of the London *Lancet*, who is engaged in an investigation of the American meat trade, some startling facts are brought to light concerning the cruelties practised in the large slaughter houses, and the disgusting and filthy way in which meat is prepared for human consumption. He says:—

“I saw bullocks slaughtered in the following manner: The animals are brought up to a huge building which looks more like a lofty prison than a slaughter house. As they approach the outer wall, men strike them on the head with a mallet. Then a sort of wooden partition gives way and lets the half-stunned animals fall into the basement of the building beyond. As they come tumbling in, men seize their hind legs, affix ropes, and they are strung up to some machinery above that moves them along with their heads hanging downwards. Sometimes, however, and before this can be done, the animal jumps up and rushes out. It has then to be shot, at the risk of the bullet striking an onlooker.

“Indeed, so great is the hurry that the unfortunate animals are frequently not given time to die. When strung up, the machinery carries the living animal forward, and men have to run after it to cut its throat, while others follow with great pails to catch the blood; and all this without interrupting the dying animal's journey to the part of the factory where the next process of manufacture begins. Sometimes the cattle are struck down and stunned more quickly than the men can pick them up and cut their throats, so they are left to live some time suspended in the air by their hind feet.

“The machinery carries forward the animals that are hooked on to it regardless of their agony. On they go from stage to stage of manufacture, and the men have to keep pace with them whether dead or alive. Quickly the throats are cut, no time can be lost to let the animal bleed, a man with a pail must walk by their side to catch the blood. Much of the hot blood is spilt over the man or over the floor; that does not matter so long as a small section of a minute is economised.

“In a short time the bullock, whether it

has bled sufficiently or not, and while still warm, will reach one of the darkest, lowest, and worst-ventilated portions of this huge and gloomy building. Here the entrails are taken out. The dirtiest work is done in the closest, the darkest, and the dirtiest place, instead of being carried on in the open air or under such slight shelter as would not prevent the free access of air and sunshine. It would be quite impossible to disinfect such premises. There are innumerable rafters, sharp angles, nooks, and corners where blood, the splashing of offal, and the sputum of tuberculous workers can accumulate for weeks, months, and years. It does not look as if the floors are ever really cleaned, though I am told they are occasionally scrubbed. Nevertheless, it is difficult to believe in any genuine cleanliness, for here is the evidence of the windows about which there can be no doubt, and they are heavily caked with dirt.

“In these dark places the meat falls on the floor and comes in contact with the dirt from the boots of the workers and the bacilli from the sputum of a population among whom pulmonary tuberculosis is more prevalent than among any other section of the inhabitants of Chicago.

“Many of the workers hold the food which they produce in utter abhorrence. Diseased meat is often sold.”

### DEGENERACY OF A CENTRAL AFRICAN TRIBE.

A NUMBER of pigmies inhabiting the dense forests in Central Africa has recently been brought through Egypt on the way to Great Britain, by Colonel Harrison. The height of these dwarfs when matured is only from three feet eight inches to four feet six inches. At thirty-three they are old and infirm, and few, it is said, live beyond forty years of age.

This tribe is supposed to belong to the Negroid family, having thick lips and noses, dark complexions, with curly hair. No doubt their habits of life are responsible for this physical degeneracy. They are reported to have enormous appetites, eating anything they find. Not only do they devour flesh, but like other carnivora, they actually crunch the bones as well as the meat.

### AMBIGUOUS MAN.

HOW STRANGE that man should eat the hog,  
Make soup of snails, refuse the dog;  
Regard as toothsome, putrid game,  
Yet turn from feline flesh with shame!

'Tween flesh of beasts there's naught to choose,  
For each alike's unfit to use.  
Such fine distinctions seem in vain,  
When all produce disease and pain.

No other animal but man,  
So ignorant of Nature's plan;  
He blunders on, from bad to worse,  
Till life at length becomes a curse.

He eats too much, he feeds too oft,  
And then he makes his food too soft.  
His hair gets thin, his teeth fall out,  
He loses breath because too stout.

Disease and death at last assail—  
His prayers and tears of no avail.  
He fills his blood with humors vile,  
Though suff'ring torments sore, the while.

Though Science points a better way,  
Man still refuses to obey;  
He suffers, groans, and curses fate;  
Puts off reform until too late.

If ever man would freedom get  
From torturing pain and wearing fret,  
To paths of virtue he must turn,  
And right to health and pleasure earn.

—T. OWEN.

### The Cancer Problem.

A VERY significant booklet has just come from the press, written by Dr. Robert Bell, M. D., F. F. P. S., late Senior Physician of the Glasgow Hospital for Women; it is entitled "The Cancer Problem in a Nutshell."

In this book, Dr. Bell, who is a cancer specialist and the author of other books on this disease, contends that the primary and predisposing cause of cancer is a *vitiating blood stream*, and that this is produced in most cases by the toxic effects of flesh-food. He explains how animal flesh, when it remains undigested, as is often the case in these days of excessive eating, *decomposes* in the colon, or large intestine, and becomes *putrid matter*, and how absorption of this matter into the blood takes place, thereby vitiating the vital fluid and producing a most depressing effect upon the health of the individual.

In protesting against the prevalent tendency to rely upon operation as the only

means of cure, he makes the following significant statement, thus endorsing the conclusions at which many other progressive and eminent cancer specialists have arrived,—that the chief ground for hope for sufferers from this horrible malady



A Sunny Day at the Sydney Sanitarium, Wahroonga.

rests in purification of the blood by dietetic and other means.

We do not believe that the use of flesh is the *sole* cause of cancer. Any habit that tends to vitiate the current of life, the blood, will inflame and fan into life cancerous humors which would otherwise lie dormant in the system. Pure air and physical exercise are just as essential as pure food to maintain pure blood.

PEOPLE who are constantly fearful of changes in the weather, or lest a breath of pure air should enter the room in which they sit, are the ones who are always catching colds.

Changes in the weather are of but little importance to one who takes care of his body. Never is there an out-of-doors change in temperature so sudden or so great as that which takes place when you pass from an ordinary heated room out into the winter atmosphere. If colds and serious diseases were produced by sudden changes, they would certainly be more likely to follow a change of this character than the changes in the weather which are so common in July. Exposure to the pure air is the preventive for colds. Try it.

## Sick Headache a Tea Drinker's Disease.

BY D. H. KRESS, M. D.

SICK headaches are becoming so common that they are regarded as unavoidable or necessary evils. Periodic attacks of this difficulty are especially prevalent among women; in fact, few are entirely free from occasional headaches. Yet there is no disease that responds more readily to correct treatment than this. The condition cannot be cured, however, by the administration of drugs or by the use of tea, coffee, etc., as is usually supposed. It is true that these afford temporary relief, but they aggravate and perpetuate the trouble they are designed to cure.

Dr. Haig, an eminent English physician, in his work entitled, "Uric Acid as a Factor in the Causation of Disease," says he had for many years been suffering from severe headache, for which he employed drug remedies of all sorts. He also made various changes in his diet, but found no relief. After renouncing the use of tea and flesh meats, the headaches entirely disappeared.

There can be no doubt that the excessive use of flesh foods and the free use of tea are largely responsible for migraine, or sick headache. Science demonstrates this, and experience proves it. The blood is capable of holding only a certain quantity of uric acid in solution, and the kidneys are capable of eliminating only a certain amount. Any excess that may be taken in the food or drink must necessarily result in its accumulation in the system. The number of grains of uric acid present per pound is as follows: in tea, 175; coffee, 70; cocoa, 59; meat extract, 49.7.

The first cup of tea or the first pound of beef may not cause any distress; the five or ten extra grains piled up in the blood or tissues may not produce any apparent ill effects; but by their daily use we store up a certain amount of uric acid. This may continue for one year, or two, or ten, or twenty years, or until the blood becomes thoroughly saturated with it, then it is either deposited in the joints, thus producing gout; or if circulating in excess in the blood and deposited in the membranes of the brain, it produces migraine or sick headaches. This is the danger signal nature holds up to warn the transgressor.

The only cure for these headaches is to stop the use of foods and drinks containing uric acid, thus giving nature the opportunity to unload gradually the uric acid that has been stored up. But this unloading requires time. The kidneys cannot get rid of all this stored-up uric acid in one or two days. It may require a year or more, under the most favorable conditions.

As a usual thing during the first thirty-six hours after abandoning the use of tea, the headache is extreme, then it subsides, and in many cases never again makes its appearance. While there exists a cross before the crown, the crown is worth striving for. Headaches, as a rule, are unknown to those who have abandoned the use of tea and meats.

## Diet and Character.

A CERTAIN philosopher in studying the hog, concluded that there was either a good deal of human nature in the hog, or a good deal of hog in the human nature. Another observer said, "He who eats pig becomes pigified;" that is, he who subsists upon pig flesh becomes a partaker of the pig nature.

It is certainly recognised that a flesh diet tends to animalism, while plain foods, the simple products of the earth, are conducive to spirituality. "Eat ye that which is good, and let your soul delight itself in fatness."

Dog trainers usually feed their dogs upon simple foods. They recognise that dogs fed largely upon meat become quarrelsome and stupid.

Such an agreeable spirit dwelt in Daniel and his companions in Babylon that they were brought into tender favor with the prince of the eunuchs, and their request for simple food and drink was granted them, contrary to the king's command. No flaw could be found in the character of Daniel by his enemies. There is no doubt that such a character would naturally lead one to choose plain foods, but plain food is an aid in the development of such a character.

THE mother has no more right to deform her body by iron bands, and injure her future child, than she has to put out that child's eyes when it is born.

### THE REV. JAMES CLARK.

THE Rev. James Clark, several years ago, in the course of an address, related the results of his experience of nearly fifty years' vegetarian practice. He said:—

I have sometimes remarked that those of us who abstain from animal food and intoxicating liquors have one great advantage over all the rest of the community; that is, we are never sick or die except from one cause.

The ministerial class to which I belong is reputed to be longlived, because a large number live in country places, enjoy the fresh air, and are not cooped up in our manufacturing towns, therefore, their lives are longer. But taking a more limited view of the class, not including those who live under these healthy conditions, looking at those who live in towns constantly,



REV. JAMES CLARK.

my knowledge of them justifies me in saying that they are not a longlived class; and that they are a very ailing class, and that they do need that constant sympathy which happily they usually have met with, especially from the lady members of their congregations, who send them away for long holidays and rests, besides having very considerable holidays during their ordinary services.

Now what has been my own experience, belonging to an isolated congregation for more than twenty years? I have not failed on ten Sundays to occupy my pulpit twice; and as for taking holidays, all that I got did not amount to ten Sundays in twenty years. I have not been laid aside through sickness, I have not been absent from my pulpit through any ailment, five services, during nearly forty years I have been minister to the same congregation.

And during all that time I have lived in the town of Salford; I have not lived in the outskirts, as many have done. I do not know another man in Manchester or Salford belonging to the ministerial branch of any denomination, who has lived during that forty years under such unfavorable considerations of place of residence as I have. You may think I have had this very good health because I began with a very strong frame, that I belong to a healthy breed, and therefore I could stand this better than some of my neighbors. The very reverse of that is the truth. We have had consumption in our family. I have lost brothers and sisters from that complaint. I have lost none of my own children from that complaint. I inherited a frame with some tendencies towards the complaint that was in our family. I was certainly one of Pharaoh's lean kine, so thin as to be a constant subject of reproach and comparison. When I was married, I weighed exactly nine stone weight, and for a man over five feet eight inches, I think you will acknowledge that it is considerably lean and thin, and no wonder that people jeered about me. Without any idea of making a comparison, I was weighed last week, and to my sorrow I found that I had increased to more than half as much again as when I was married. I was married the year that I became a vegetarian, and have been a vegetarian ever since. It seems to me that the allusion to Pharaoh's lean kine might be very well followed up by a comparison with the fat ones that were fully fleshed, for I seem to have attained to that condition without having sought it, certainly without having been in any respect a man given to indulgence at the table.

Well, that testimony ought to count for something with those who might think it is possible to be a vegetarian if you are born to it; I was not; I was a man before I took to it; or who may think it possible to be a vegetarian if you inherit a strong frame to enable you to bear it. I had not that, but the reverse. Or, it is possible to be a vegetarian if you live at ease. Now, I have somewhat of the fault of not being weary, the fault of overworking, the fault of undertaking to do other people's work in addition to my own. I have, during the time I have been a minister, I should think quite doubled my labors through the services I have given, for which there was neither payment, nor expectation of advantage of any kind, services which have been given in times of distress for relief, services given for thirteen years as a poor law guardian and the hardest working poor law guardian in Salford; of which I offer you this confirmation, that not being a man of high social position, not being a man who could invite my fellow guardians to come to my table, there to feed them with delicacies or please them with drinks, but a man who could not eat with them nor drink with them scarcely when we went on deputations, yet I so outworked the rest of them and so increased my intimacy with the law and practice in relation to the relief of the poor, that I was passed through every office which it was in

their power to give me, and served three years as chairman of the board. I am sorry to mention matters of this kind, because it looks like boasting, which I hate above all things; but I am here to advocate a cause, and as such I trust you will pardon me these personal allusions as to what I have been and what I have done.

#### Mr. Ernest C. Clark (A Life Vegetarian).

MR. ERNEST C. CLARK is the eldest son of the Rev. J. Clark. He is thirty-eight years of age, and has never tasted



ERNEST C. CLARK.

fish, flesh, nor fowl. His height is five feet eleven and one-half inches, and his weight one hundred and seventy-one pounds. His diet, as a rule, consists of oatmeal porridge and milk, with fruit for breakfast; vegetables, pulse, and fruit for dinner; brown bread, with fruit, and occasionally an egg for tea. He eats no suppers. "When travelling," he writes, "my diet is necessarily rather irregular, but I always take care to get a supply of fruit, either fresh or dried, some part of the day. I enjoy excellent health, and except for trifling accidents, have never had occasion to consult a doctor since I was fourteen years of age, when I had a very mild attack of scarlet fever."

Be cheerful. "A light heart lives long."

#### Cured by a Meat Diet.

Much has been said and written in favor of the Salisbury diet in curing certain forms of dyspepsia. That there are cases of dyspepsia that can be cured by a purely meat diet, no intelligent physician will question. These are cases of hyperchloridia, or cases where there exists an abnormal production of gastric juice. An excessive quantity of gastric juice naturally retards or arrests starch digestion, and favors fermentation. Meat contains no starch, it therefore uses up or utilises the excess of acid, and thus relieves or prevents local distress. With a meat diet in these cases, there exists no fermentation due to starch indigestion, and no local distress due to irritation from the undigested starchy food.

But while the stomach is being cured by the meat diet, the system is, at the same time, being flooded with urates and other wastes found in the flesh—Bright's disease, gout, apoplexy, or some other constitutional uric acid disease results.

But meat has a disadvantage even locally in that it increases the production of gastric juice and produces a juice much more highly acid in character. This results finally in complete exhaustion of the gastric glands, and brings about a form of indigestion which is worse than the former, although painless. It is painless because of the diminution or absence of gastric juice. In the absence of this acid, decay of the proteids takes place, the breath becomes foul, the tongue coated, and the system is flooded with deadly products of decay.

Instant deaths frequently result from self poisoning due to the decay of animal flesh in the stomach and intestines; death never being attributed to the flesh eaten; it is usually ascribed to heart failure. The heart fails because it is overwhelmed with these deadly ptomaine poisons. There is no odor so offensive and no poison so deadly as that formed by the decay of dead flesh in the alimentary tract. These cases of hyperchloridia may be cured in a much more natural, effective, and less dangerous way. For instance, eggs prepared in various ways may be used in place of meat. Protose, nuttolene, malted nuts, bromose, or other nut products may be substituted. These, with some well-

dextrinised breads and cream, or a little fresh butter will answer the purpose equally well with none of these evil after-results, which are sure to follow the Salisbury treatment, or flesh diet.

### Distinguished Vegetarians.

THE May meetings of the Vegetarian Society of England were held this year in Cambridge in honor of the eightieth anniversary of the birthday of the president, Professor J. E. B. Mayor.

Professor Mayor has been a strict vegetarian for over twenty-seven years. In August of 1878 he began a trial of vegetarianism, combined with hard intellectual work. He was so well satisfied with the results that ever since he has been a strict vegetarian, taking neither fish, flesh, nor fowl; also eschewing tea, coffee, and cocoa. Since then he has had no need for narcotics, sedatives, stimulants, or other drugs.

Although Professor Mayor has turned his eightieth year, he is by no means an old man. He is still active and engaged in hard intellectual labor, being able to do his work more efficiently than most men of fifty. In him we have fulfilled the Scripture, "They shall still bring forth fruit in old age." In works of benevolence Mr. Mayor is known the world over. His life has consisted of doing good to others.

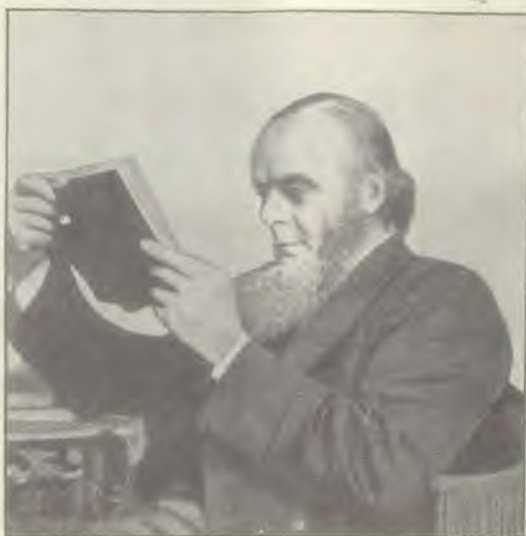
Rev. Jas. Clark, one of the speakers, said he had not been absent from an annual meeting of the society for fifty years. For over fifty years Mr. Clark has been an enthusiastic advocate of vegetarianism.

Mr. Hansen, another young man who is in his eighty-sixth year, testified to the superior merits of the vegetarian regime as proved in his own experience. He was sure, too, that one of the advantages of vegetarianism was in smoothing bad temper, and he made an earnest appeal to those who had not yet tried the better diet to begin at once.

Professor Mayor's remarks covered a wide field, beginning from the inception of the society. He told how the second president of the society—Alderman Harvey of Salforel—travelled to London to have himself insured, but so skeptical were the people of vegetarianism that he was refused by all the companies because he was both a teetotaler and a vegetarian.

Now there is a preference in insurance given to people who abstain from intoxicating drink and flesh. Thus the despised of one generation become the preferred of another generation.

Being personally acquainted with Professor Mayor, Rev. James Clark, and Mr. Hansen, it affords me great pleasure to present these men as examples of what may be realised by all who will cheerfully and intelligently espouse the principles of vegetarianism.



PROFESSOR MAYOR.

The distinguished Professor Sims Woodhead presided as chairman at one of the meetings. Although not a vegetarian, he was rapidly becoming one, and hailed with delight any movement which would bring them back to some of their old time methods. One of the most important of these movements was vegetarianism. "Doctors," he said, "are looking to prevention rather than cure as the great agency in raising the physical condition of the nation. The vegetarian movement would do a great deal toward this."

IT is our duty to be as free from indigestion as it is to be free from blasphemy; to be free from headaches as from dishonesty, and to count it as great a dishonor to be ill as to be drunken.

### WHEN SHOULD ONE DIE?

CITY population is rapidly increasing in America, and along with the increase of city population is an increase of disease, and an increase of the numbers of people suffering from degenerations of various kinds.

At the present rate of increase of degenerative disorders, in fifty years from now some diseases, such as diabetes, for example, will be increased to ten times their present frequency; cancer will be three times as frequent as it now is, and Bright's disease six times as frequent. Death from old age will be five times as frequent as now, but the people dying from old age will not be nearly so old as they now are. It has become fashionable to die of old age at about fifty or sixty. In reality one ought not to die of old age until at least one hundred and fifty years old, and there is good evidence for believing that the normal length of life of the human race, even in this degenerate age, might be increased to from one hundred and fifty to two hundred years within less than three centuries of the present time. Men have been known to live to the advanced age of one hundred and eighty-seven years.

DR. J. H. KELLOGG.

DR. TRUBY KING has recently contributed some interesting notes on the vitality of the Japanese race as compared with western nations. He says:—

The Japanese, though living in a country of greater extremes and more severity of climate than our own, subsist and flourish mainly on cereals, beans, and a little fish, while we live largely on animal food. It is not generally realised that, weight for weight, no more energy is derivable from dry animal matter than from dry vegetable matter, and yet the cost of the former is from ten to twenty times as great as the cost of the latter. In other words, we hand over what we laboriously grow to the lower animals to use up and burn away, and we get back from them only one-twentieth to one-tenth of intrinsic value in return. I am not suggesting that we should become vegetarians ourselves—even the Japanese are not that—but it is surely well that there should be a general recognition that most of us eat more than twice as much meat as is good for us, and that we could easily learn to do with a quarter if there were any necessity to do so. The fact is that our expensive tastes in food, make a wealthy people like ourselves no better off than the Japanese are with a poorer country

and one-tenth of our wages. Their tastes are simple, their wants are few, their standards of conduct and morality are high, and there is no happier race of people.



W. HARRISON.

MR. W. HARRISON, of Manchester, England, has for many years been an enthusiastic advocate of a fleshless diet. Mr. Harrison found himself almost a complete physical wreck before adopting the new regime. As a last resort he was advised by his physician to give up the use of meat. For the past twenty-five years he claims to have had uninterrupted good health. No trace of his former disease remains.

WE have no more right to cripple our bodies by evil habits, or injure our lungs by impure air, than we have to degrade our minds with impure thoughts or unclean imaginations.

WE are ruined, not by what we really want, but by what we think we want; it is wise, therefore, never to go abroad in search of our wants.

I CARE not so much what I am in the opinion of others as what I am in my own; I would be rich of myself, and not by borrowing.—*Montaigne*.



### SENSIBLE DRESS FOR WOMEN.

IN order to secure the most healthful clothing, the needs of every part of the body must be carefully studied. The character of the climate, the surroundings, the condition of health, the age, and occupation of the individual must all be considered. The best underclothing is the well-known combination suit. In cold climates the suit should be thick and warm, and should extend to the ankles and wrists; in very cold weather a second suit may be added. The feet should be protected from cold and dampness by warm stockings and by easy-fitting, thick-soled boots.

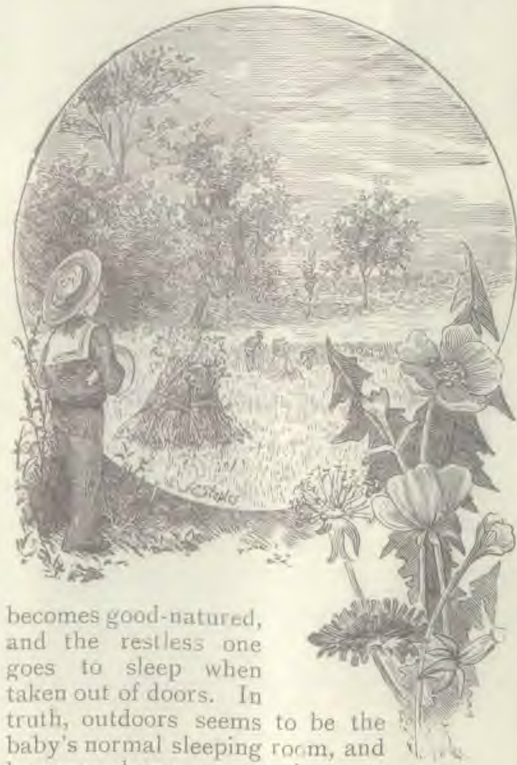
When the limbs are properly clothed, only one or two skirts will be needed. These should not be so heavy as to impede the motion of the limbs, nor so long as to gather the dampness and filth of the ground. They, too, should be attached to an under-waist, thus suspending the weight from the shoulders, and relieving the abdomen from all pressure. Every article of dress should fit easily, obstructing neither the circulation of the blood nor a free, full, natural respiration. Everything worn should be so loose that when the arms are raised, the clothing will be correspondingly lifted. No heavy draperies should be worn on the back, to induce heat and congestion in the sensitive organs that lie beneath.

Women who are in failing health can do much for themselves by sensible dressing and exercise. When suitably dressed for outdoor enjoyment, let them exercise in the open air, carefully at first, but increasing the amount of exercise as they can endure it. By taking this course many of them might regain health, and live to take their share in the world's work.

### Outdoor Life for Children.

BY MARY WOOD-ALLEN, M. D.

OUTDOORS and children belong together, and the children know it. Witness the joyous flutter of the little hands and feet, the shine in the eyes, when the baby sees his cap and cloak which means going "by-by." Note how quickly the irritable child



becomes good-natured, and the restless one goes to sleep when taken out of doors. In truth, outdoors seems to be the baby's normal sleeping room, and he never sleeps so sweetly or so soundly as "under the shady greenwood tree." Even the advent of winter does not necessitate a change of habit in this



respect, for children have been known to sleep out of doors every day during an entire winter.

Even though the neighbors did accuse the mother of cruelty, the baby never seemed to be aware that he was unkindly used, and thrived and grew just as if he had received the most tender treatment.

I used often to see on winter days a baby's cab on a sheltered side porch and knew that warm and rosy under his blankets, was sleeping an infant who never had a cold all winter, who was a "comfortable" baby, a joy to the whole household; while in the next dwelling another infant, watched with the utmost care, sheltered, wrapped, protected from draughts, was yet so ungrateful as to reward this solicitude with pallor and emaciation, and who had constant colds, and fretted continually, so that there was no rest for the household day or night.

Happy is the child to whom the outdoor world is free. For such there is little advice to give except to allow them the privilege of using their freedom.

### What Is Food for One Is Food for All.

"Of every tree thou mayest freely eat."

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat." Gen. 1:29.

This was the original food provided for man, flesh eating was not permitted until after the flood. Christ, when asked His opinion regarding divorce, clearly laid down a principle that applies with equal force to diet, that an original state of things was superior to one which was merely permitted. He said, "*In the beginning it was not so.*" It will be seen from the following, that our foremost scientists recognise from man's structure that the original diet is most suitable for man.

Professor Baron Cuvier says:—

The natural food of man, judging from his structure, consists of fruit, roots, and vegetables.

From the following quotations it will be seen that all these noted authorities agree with Cuvier:—

Professor Owen says;—

The apes and the monkeys which man nearly

resembles in his dentition derive their food from fruits, grains, and nuts, and *the close resemblance shows that man was from the beginning adapted for a frugivorous diet.*

No physiologist would dispute with those who maintain that man ought to live on vegetarian diet.

DR. SPENCER THOMPSON.

The teeth of man have not the slightest resemblance to those of carnivorous animals, and whether we consider the teeth, jaws, or digestive organs, the human structure closely resembles that of the frugivorous animals.

PROFESSOR WM. LAURENCE, F. R. S.

It is, I think, not going too far to say that every fact connected with the human organisation goes to prove that man was originally formed a frugivorous animal. This opinion is principally derived from the formation of his teeth and digestive organs, as well as from the character of his skin and general structure of his limbs.

PROFESSOR SIR CHARLES BELL, F. R. S.

It is a vulgar error to regard meat in any form as necessary to life. All that is necessary to the human body can be supplied by the vegetable kingdom. I know now much of the prevailing meat diet is not merely a wasteful extravagance, but a source of serious evil to the consumer.

SIR HENRY THOMPSON, M. D., F. R. C. S.

Dr. W. B. Carpenter writes:—

We freely concede to the advocates of vegetarianism that, as regards the endurance of physical labor, there is ample proof of the capacity of their diet to afford the requisite sustenance.

Dr. Cheyne, of Bath, says:—

For those who are extremely broken down with chronic disease I have found no other relief than a total abstinence from all animal food and from all sorts of strong and fermented liquors. In about thirty years' practice in which I have (in some degree or other) advised this method in proper cases, I have but two cases in whose total recovery I have been mistaken.

That it is easily possible to sustain life on the products of the vegetable kingdom needs no demonstration for physiologists, even if a majority of the human race were not constantly engaged in demonstrating it, and my researches show not only that it is possible, but that it is infinitely preferable in every way, and produces superior powers both of mind and body.

ALEX. HAIG, M. D., F. R. C. P.

Chemistry is not antagonistic to vegetarianism any more than is biology. Flesh food is certainly not necessary to supply the nitrogenous products required for the repair of tissue, therefore a well-selected diet from the vegetable kingdom is perfectly fit, from a chemical point of view, for the nutrition of man.

DR. F. J. SYKES, B. Sc.,  
Medical Officer for St. Pancras.



SUITABLE meat substitutes may be prepared from any food rich in albumin, as nuts, eggs, milk, and legumes. The following dishes are easily prepared and will be found very palatable:—

**LEMON COTTAGE CHEESE.**—To one quart of milk add one-fourth cup of lemon juice, letting it stand until coagulated; then heat slowly, but do not boil until the curd has separated from the whey. Turn the whole into a colander lined with a square of thin cheese cloth, and drain off the whey. Add a little salt and cream, thoroughly mix together, and form into little cakes or balls. Tomato and lemon juice can be used together instead of all lemon juice, if preferred.

**GLUTEN MEAL CUSTARD.**—Beat together thoroughly one pint of rich milk, one egg, and four tablespoonfuls of gluten meal. Add a little salt if desired, and cook with the dish set in another containing boiling water, until the custard has set. Or, turn the custard into cups, which place in a pan partly filled with hot water, and cook in a moderate oven until the custard is set.

**EGG AND UNFERMENTED WINE.**—Beat a fresh egg thoroughly, turn into a tumbler filled with unfermented wine. Beat all together well, and serve. For patients whose strength is much reduced this makes an excellent food. It can be served between their regular meals. Orange juice may be used in place of grape juice.

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

**PROTOSE AND TOMATO.**—Add to two parts of minced protose one part of stewed, strained tomato with salt. Mix thoroughly, and put into a dish, having the mixture not over two inches deep. Bake in rather a slow oven for three-quarters of an hour.

**PROTOSE AND GRANOSE CROQUETTES.**—Take one cup of slightly juicy protose, one egg, salt to taste, and just enough granose flakes to shape. Form into rolls, and bake in a quick oven until they begin to crack, and are of a delicate brown. They may be prepared and set in a cool place until time to bake them. Grape pulp or fruit jelly is an agreeable sauce for them.

**MASHED BAKED HARICOTS.**—Soak over night a quart of small haricots. In the morning drain the water off, put to cook in boiling water, and boil till perfectly tender, and the water has nearly evaporated. Rub through a colander to remove the skins, add salt, and a tablespoonful of nut butter or sweet cream. Put into a shallow pie dish, smooth the top with a spoon, and brown. If preferred, half zwieback crumbs may be used with the beans, and seasoned, to make a variety. Slices of lemon on a well-browned surface will make a pleasing effect.

### Useful Centenarians not Found among Meat Eaters.

In civilised countries, meat eaters greatly predominate, but vegetarians are few and far between. We should therefore expect to find at least a few *active, useful* centenarians among the many meat consumers, but not so. To find centenarians *who are still in active service, capable of doing good work*, we are forced to look for them among the few vegetarians. Canada possesses a senator in the Hon. David Wark, who has for many years been a member of the senate, and is still capable of performing his parliamentary duties as satisfactorily as a younger man. Mr. Wark is 103 years of age, and for over fifty years he has lived on a fleshless diet. Captain Diamond of California has been a vegetarian over fifty-five years. At the age of 106 he wrote an autobiography, giving his secret of longevity and usefulness. The captain is still in good health and in possession of all his faculties. There can be no doubt that meat eating shortens life. Uric acid, it is claimed by medical authorities, is responsible for hardening of the arteries, the kidneys, etc., which results in apoplexy, heart failure, Bright's disease, pneumonia, and other diseases now so prevalent.

PHYSICIAN: "Your ailment lies in the larynx, thorax, and epiglottis."

Hooligan: "Indade? An' me afther thinking th' trouble was in me throat."



#### **Cayenne Pepper, a Cure for Indigestion.**—

I am told that I should smother new potatoes with cayenne pepper in order to prevent indigestion. Is not this a wrong idea? I have also been told that medical men prescribe cayenne pepper, also hot tomato sauce, as cures for indigestion. Is this true?

*Ans.*—Pepper and mustard act as irritants, and may temporarily cause a greater flow of gastric juice, and thus aid the digestion of indigestibles. This will sooner or later result in serious injury, causing catarrh of the mucous membrane of the stomach and exhaustion of the glands which secrete the gastric juice. New potatoes are not as digestible as the well-ripened, mealy potatoes.

**Catarrh.**—What shall I do for my daughter who suffers from catarrh? I see there is a vaporizer advertised in your journal. Would this be of benefit?

*Ans.*—The vaporizer advertised I can recommend for local treatment. Keep the feet warm and skin active by massage, baths, and exercise. Avoid sugar and fats in food.

**Asthma.**—I would like to ask your advice on behalf of my husband, who is suffering from asthma. He is sixty-five years old, and until four years ago had never had a serious illness. After each attack he loses weight, and has gone from thirteen to eleven stone. He has been treated by four different doctors, but none of them do him any lasting good.

*Ans.*—The asthmatic attacks are no doubt due to some digestive disturbance, which is becoming more chronic. Exercise great care in the selection and combination of foods. Avoid sugar, jam, free fats, fried foods, and excess of albuminous foods. Use granose biscuits, well-baked brown bread, eggs, cream, fresh fruit, well-baked potatoes. Dispense with beans and coarse vegetables. Keep in the open air and sunshine, and see that the sleeping room is well ventilated. This condition usually responds readily to Sanitarium treatment and diet.

**Nervous Debility.**—Will you kindly tell me the cause of nervous debility and nervous, bilious headache, also treatment for same?

*Ans.*—This condition is due to imperfect or poor digestion and errors in diet. For one week eat only granose biscuits or some other dry food needing thorough mastication, with a little cream and salt if desired, well-ripened bananas, fresh apples, oranges, or mandarins. Always avoid the free use of beans or other

legumes, and cabbage or other coarse vegetables. Use moderately nuts or nut products. Eggs may be used, also potatoes and green peas.

**Indigestion and Nervousness.**—I have suffered from indigestion and nervousness for years. Eating meat and drinking black tea three times a day all the year round is the cause of it. Everything I eat seems to form gas in my stomach. I am twenty-three years of age. The doctors say I am a chronic dyspeptic. I also suffer from constipation.

*Ans.*—You have a dilated stomach. There is no doubt an atonic or sluggish condition of the entire alimentary canal. Send for booklet on constipation. Avoid foods which readily ferment, such as sugar, also coarse vegetables. Use granose biscuits, maltose, malted nuts, baked or well-ripened bananas, fresh fruit. Be careful in food combinations. Masticate all food well. The "Good Health Cookery Book" would be a help to you.

**Diet for Sedentary Worker.**—Please give through your columns a diet suitable for a sedentary worker, who has poor assimilation, weak stomach, tendency to weak lungs, chronic catarrhal condition of throat, ears, nose, and bronchial tubes, and who is unable to obtain the health foods, being too far in the country. Also state time and number of meals. No meal can be had between 1 and 6 P. M.

*Ans.*—Well-baked bread, baked, or mealy, boiled potatoes, cream, eggs, milk with bread, fresh fruit freely. Green peas, celery, spinach, etc., may occasionally be taken with the meal for a change, but not with fruit. Have breakfast at 7 A. M., dinner at 1 P. M., and a lunch at 6.30 P. M. composed principally of fruits or merely bread and milk.

**Good Bread.**—What do you consider good, wholesome bread? Is it possible to get a good loaf of bread in Sydney?

*Ans.*—Good, wholesome bread must be made out of whole meal flour, which should be freshly ground. The bread should contain no foreign and injurious products, as soda, alum, etc. It should be well baked, have a good crust, and in small loaves. It should be sweet without adding sugar, and it should not contain more than thirty-five per cent. of water. For the sake of common cleanliness each loaf should be surrounded with tissue paper and sealed before leaving the bakery, to prevent the adherence of germs and absorption of gases. The best bread I have been able to obtain in Sydney was obtained from Goodman Bros., 384 Stanmore Road, Petersham. They also make zwieback, or twice baked bread. We can highly recommend this firm to readers of GOOD HEALTH.

**Slow Digestion.**—Leading a sedentary life, I find beans, peas, nuts, and gluten, slow and somewhat difficult of digestion, and much starchy food causes flatulence. What would you recommend?

*Ans.*—I would recommend more exercise. This would improve the digestion, and remedy your difficulty. Deep breathing will be beneficial.



SIR JAMES GRANT, Canada's leading physician, has been lecturing on "How to Live for a Hundred Years." His discourse may be summed up in two words—moderate eating. He says overeating "fills the cemeteries with people who die premature deaths."

"ALL the bloodshed caused by the warlike disposition of Napoleon is as nothing compared to the *myriads of persons who have sunk into their graves through a misplaced confidence in the value of beef tea.*"

DR. MILNER FOTHERGILL.

THE snail in France is called the "poor man's oyster;" and so fond is he of snails, that forty-nine tons are said to be daily eaten in Paris. The process of preparing them is rather cruel. After being caught, they are first subjected to a process of starvation, being kept for two months in a dark cellar. When they close their shells, they are ready for cooking.—*Tat.*

It is universally recognised that the flesh of meat-eating creatures is inferior to that of the herb-eating ones, for do we not reject as unfit for human consumption, the flesh of the tiger, the dog, the cat, and carnivorous birds, on account of the strong, fishy taste and unpleasant odor; thus acknowledging that superior tissue can only be constructed out of food derived from the vegetable kingdom. The same difference must exist between the flesh of meat-eating men and their vegetarian fellows. To have pure blood and clean tissues, free from strong, effete products, it is necessary to subsist upon the simple products of the earth.

DR. KOCHMANN fed three dogs exclusively on meat. As a result, the urine became extremely rich in urea; the bowels moved very seldom, the fifth day on an average; at death the liver and kidneys were found very much degenerated, indications of acute or subacute nephritis, cloudy swelling of the liver, and pigment deposits in the spleen. Applying the results to man, it is evident that the injury to liver and kidneys on a copious meat diet prevents the normal destruction of uric acid, which in health occurs in the liver, kidneys, and muscles. If the liver and kidneys are degenerated and the muscles suffering from lack of physical exercise, the uric acid must accumulate and be deposited at different points in the body.

WE are told that Baltzer, the father of German vegetarianism, could make no headway against narcotics until he made a clean

sweep of alcohol, tobacco, meat, and all stimulants. Then the change was "*kinderleicht*"—child's play. Sir John Sinclair said, "Where animal food is used in great proportion, fermented liquors become, in a great measure, necessary to obviate, in some degree, the septic tendency of such a way of living." Decay of food and drinks are chums, inclined to get together and bring their friends, pepper, mustard, and other antiseptic irritants with them.

EXPERIMENTS made in the physiological laboratory of the Battle Creek Sanitarium show very conclusively that the digestion of starch is interfered with by strong vegetable acids, such as lemon juice and the acids of other sour foods. Oxalic acid, the acid of rhubarb, was found to be particularly obnoxious to starch digestion, so small a proportion as one part in 10,000 being sufficient to prevent starch digestion altogether.

A LITTLE vegetarian girl, six years old, was taken to the city with her father one day. She had never seen a sausage, but was familiar with all kinds of fruit. As they passed a meat market where some strings of sausages were hanging out in front, she stopped, and after looking at them in a puzzled way a moment, started on with the question, "Papa, those bananas aren't good, are they?"

THE health officer of Birmingham, England, has issued a report in which he traces a special connection between high infant mortality and dirty houses. He finds a great difference in the infant mortality in different sections of the city, the highest death-rate being three times as great as the lowest. He finds, corresponding to this, local customs of feeding and rearing infants handed down from mothers to daughters. He notices a close connection between the infant mortality and the home conditions. Many of the houses are small, damp, poorly constructed, and poorly lighted. The doctor thinks that the children under these conditions are as much injured by sucking the dirt from their fingers and toys as from the dirt in the milk.

MR. JONATHAN HUTCHINSON, F. R. C. S., F. R. S., the distinguished medical man, is attracting much public attention by his condemnation of salt-fish eating as the cause of leprosy. Of the lepers at Robin Island, Mr. Hutchinson says that no less than 500 persons are confined there for life simply because of the medical dogma that leprosy is contagious. Mr. Hutchinson holds the opinion that it is not. He further says that the fast days of the Roman Catholic Church are responsible for the prevalence of leprosy now as in days past, and that Christian converts in India suffer severely from the disease. The Greek Church prohibits eating fish on fast days, apparently with excellent results. Erasmus also, in 1524, condemned salt-fish as causing leprosy.

A CURIOUS custom prevails in Zululand which might with advantage be adopted in more civilised countries. It is said on visiting

the cemeteries of that country, one sees numerous graves marked with mounds consisting of the bottles of medicine used by the deceased during his last illness. A like custom adopted in civilised countries would soon diminish the sale of the numerous patent medicines.

MENTAL labor, if agreeable and pleasant, is a most healthful occupation. There is no evidence for believing that brain work of that sort ever disagreed with the stomach or impaired its functions in any degree; but mental worry, discontent, anxiety, and gloom are most unfavorable conditions for digestion, and under their influence few stomachs can long maintain their integrity.

FEW of us know that a far better cure for all our health troubles than any of the patent medicines which are so constantly recommended lies at our doors in more senses than one—i.e., the garden cure—(says "Amateur Gardening"). This idea is at last breaking through the crust of centuries and emerging to the light; so that garden cities, lady gardeners, horticulture, and agriculture, and various other signs of coming sanity, amateur gardening being one of the most conspicuous, are all on the increase. All we have to do is to open our doors and live in our gardens.

THE Japanese look upon full, deep breathing as being the most vital force in life. Food is not as important, though necessary. The best of exercises are of little value when the breathing that accompanies them is not properly done. Fresh air—and a great abundance of it—is the Japanese rule. The woman who lies down for her night's rest has the paper-paned window opened a trifle. The air sweeps into the room, and passes over her as she lies upon the floor. If she is cold, she adds more bed-clothing; but she does not close the window. In the morning one of the first tasks is to go out of doors. There the Japanese woman takes in great breaths of air. This internal cleansing with air is treated as being of more importance than the morning bath that follows soon after. The kitchen and the other rooms

of the house show closed windows only on the coldest days of winter. There is no air-starvation.

RUSSIA boasts of the world's greatest choir. It is in the Cathedral of Alexander Nevski, in St. Petersburg, and is attached to a convent erected in honor of the patron saint of Russia. Its members are all monks chosen from the best voices in all the Russian monasteries. When a fine singer appears among the novitiates, he is sent to the monastery of Alexander Nevski, where he is trained as carefully as an opera singer, and remains there, doing nothing except assisting at the music at mass in the morning and vespers in the afternoon, until he becomes aged, when he retires on a pension. Some of the voices are of marvellous strength and sweetness, and it is said that some members of the choir can shatter a thin glass into fragments by singing into it, so powerful are the vibrations of their tones. The monks are all vegetarians; they never eat meat.

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WE thank readers and friends of the AUSTRALASIAN GOOD HEALTH for their interest and hearty co-operation in our effort during the past three years to double the circulation of the journal. We are pleased to announce that our effort has been successful.

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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.**

Do NOT fail to send the October number to your friends and acquaintances. This number deserves to be more widely circulated than the September number. It calls attention to the four great evils which threaten civilisation—alcohol, drugs, tobacco, and tea. The information given is of the utmost importance. A copy of this number should be placed in the home of every mother and father, and into the hands of the youth. We call upon our friends and readers to assist in giving it a wide circulation. Send in orders at once for the quantity you desire.

THE Sanitarium has opened an office in Royal Chambers Building, cor. Castlereagh and Hunter Streets (Room 39), where one of the Sanitarium physicians may be consulted each Wednesday between the hours of 12 and 1. Dr. Lauretta Kress may be consulted by ladies each Monday between 12 and 1 P. M.

THE LATEST.—A little booklet, "A Food Guide in Health and Disease," by Dr. D. H. Kress, contains in a concise form the information so many seek regarding diet in health and illness. Send two penny stamps and secure a copy.

THE Sanitarium Health Food Factory is turning out a very nice oatmeal biscuit.

DR. W. H. JAMES has disposed of his practice in Bendigo, Victoria, and is now a member and associate physician of the Sydney Medical and Surgical Sanitarium staff.

MR. W. RANDLE WOODS, of Sydney, has just tested the eyes of the students of the Avondale School and has fitted those who have defective vision with glasses. Among the number are some of the compositors of the GOOD HEALTH office. He can greatly benefit those whose poor eyesight is causing them trouble and inconvenience.



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