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# GOOD HEALTH



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## Memories of Springtime.



"Welcome the days of springtime,  
Welcome the voice of song,  
Welcome the birds and blossoms,  
The harvest comes ere long."





## MEDICAL AND HEALTH NEWS.

### Sir Fredrick Treves and Alcohol.

At a meeting of the Women's Union of the Church of England Temperance Society, held on May 4, Sir Frederick Treves delivered an address on the "Physical Effects of the Use of Alcohol." He said that alcohol was, of course, distinctly a poison. Like other poisons, it had certain uses, but the restriction on its use should be as strict as on arsenic, opium, and strychnine. It was a curiously insidious poison, producing effects which seemed to be only relieved by taking more of it—a remark which applied to morphine and opium. Alcohol had a certain position as a medicine, but the last twenty-five years its use by the medical profession had steadily diminished. It was often said alcohol was an excellent appetiser, but the appetite did not need artificial stimulation; if the body wanted feeding, it demanded food. Instead of aiding digestion, alcohol hindered that process, even when taken in small amounts. Again, it was supposed to be strengthening; whereas it curiously modified the nourishment of the body, and to reach the acme of physical condition was impossible if any alcohol was used. Its stimulating effect was only momentary, and after that had passed off, the capacity for work fell enormously. Alcohol, as it were, brought up the whole of the reserve forces of the body, and threw them into action, and when these were used up there was nothing to fall back upon. It dissipated rather than conserved bodily energy. As

a work-producer it was exceedingly extravagant, and might lead to physical bankruptcy. In saying this, he was speaking of excessive drinking. It was a curious fact that troops could not march on alcohol. In the Ladysmith relief column which he accompanied, the first men to drop out were the men who drank. The fact was as clear as if they had all had labels on their backs.

Referring to the notion that alcohol kept out the cold, Sir Frederick Treves quoted a great authority, who stated that alcohol really lowered the temperature of the body by increasing the loss of heat, and to some extent by increased oxidation, and much reduced the power of the body to resist cold. Finally, men could not be 'fit' if they took alcohol. It was simply preposterous to suppose that any young, healthy person needed any alcohol whatever; he was much better without even the smallest amount of it. Having spent the greater part of his own life operating, he would say, with Sir James Paget, that of all people, those he dreaded to operate on were the drinkers. In conclusion, Sir Frederick expressed the hope that what he had said would help his hearers to answer such absolute fallacies as 'a glass of port can do you no harm.'—*British Medical Journal*.

"ALCOHOL is a poison. So is strychnine; so is arsenic; so is opium. It ranks with these agents. Health is always in some way or other injured by it; benefited by it—never."—*Sir Andrew Clark, M. D.*



### Tea—Is It a Poison?

A CHEMICAL analysis of tea reveals as a principal ingredient in both tea and coffee the narcotic, alkaloid theine, or caffeine. By experiments upon animals this narcotic is found to be a deadly poison. Taken in a concentrated form, death speedily ensues. One-seventh of a grain is sufficient to kill a frog, and five grains will kill a rabbit. In a pound of tea there are 224 grains of this poison, or enough to kill forty-five rabbits. Seven or eight grains will cause most distressing symptoms in a strong man, and a slightly larger dose causes highly dangerous symptoms. Dr. Smith, a prominent English physician, in experimenting with the effects of coffee, took, with his assistant, an infusion of two ounces of coffee; they both fell to the floor unconscious, and remained in that condition for several hours. We quote the following incident as illustrative of the effect of tea:—

A prominent official in the British army, now doing service in Africa, recently lost his horse in a manner that is both singular and instructive. A cook left a few pounds of tea in the sack which had contained it, which was filled with corn by a Kafir groom who knew nothing of the presence of the tea. Upon serving out the corn to a group of horses, of course the last one received the larger share of the tea, which was eaten with the corn. The result is thus described:—

"The animal plunged and kicked, and ran backward, at intervals galloping madly around, finally falling into a douga, where it lay dashing its head upon the rocks, and was despatched by an assagai thrust through the heart. The post-mortem appearances indicated extreme cerebral congestion."

The action of tea and coffee as ordinarily used is not as rapid and marked in its injurious effects as seen in the above instance, as the quantity used is not so great, and the system also becomes accustomed to the narcotic; but serious derangements of the digestive and nervous systems result therefrom.

The relief obtained from tea and coffee is sudden, before the stomach has time to digest them. This shows that what the users of these stimulants call strength is

only received by exciting the nerves of the stomach which convey the irritation to the brain; and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system. This is but false strength, that we are the worse off for having. They do not give a particle of natural strength. Though there is greater ease in making exertion, a greater sense of exhaustion follows than when the drink is not taken.

Under the influence of these poisons the nervous system is excited, and in some cases, for the time being, the intellect seems to be invigorated and the imagination more vivid. Because the stimulants produce, for the time being, such agreeable results, many conclude that they are actually beneficial, and so continue their use. But there is always a reaction. The nervous system, having been unduly excited, borrows power for present uses from its future resources of strength. All this temporary invigoration of the system is followed by depression. The headache removed by a cup of tea invariably returns, and the continued use of tea serves only to aggravate and increase the difficulty, of which it is frequently the source. Those to whom tea and coffee take the place of other food are generally found with hollow cheeks and thin faces, indicating the lack of nourishment from these beverages. And who is more tremulous than the old lady who regularly takes tea to quiet her nerves?

We see then that seeming good derived from these drinks is only the deceptive influence of this narcotic poison.

THE death of Major C. L. Cotton, late of the 3rd Dragoon Guards, from an overdose of sulphonal, taken to induce sleep, and the frequency of these fatalities is causing alarm among the medical profession. The proportion of people who habitually use hypnotics or sleep-producing drugs would startle everyone if it could be made known. The chemist's shop of to-day does a large trade in sulphonal, chloral hydrate, opium preparations, potassium bromide, and other drugs. In the majority of cases, too, these drug habits are contracted with the knowledge of medical attendants.



## The Fallacy of Tonics.

BY J. H. KELLOGG, M. D.

A SO-CALLED medicinal tonic is nothing more or less than a nerve fooler. It makes a man feel better when he is not better. It stimulates an activity of the nerves which is mistaken for an increase

strength failing at the height of the season. The bloom is gone from their cheeks and the sparkle from their eyes. They go to the doctor for a tonic. The business man, in the rush of the winter trade, begins to find himself lagging behind. His brain refuses to do the work necessary if he would keep up with his competitors. He goes to the doctor for a tonic. The teacher, in the midst of the winter examinations, feels that it is impossible to bear the routine another minute. She goes to the doctor for a tonic. Physicians are constantly beset by the entreaties of the people for something that will spur up their flagging energies.

If strength and energy could be concentrated into pills, what a convenient power we should have with which to run trains,

or cars, or mills, to dig mines, or to pull wagons over mountains. Such an idea is the sheerest nonsense. There is only one source of energy in this world for man, and that is food. He must get energy from the same source that the engine does,—from food, *i. e.*, fuel. You would not expect to increase the power of an engine by putting some strychnia or quinine pills into it. From a physical standpoint the human body is simply an engine,—a machine for taking the energy of food and converting it into the energy of muscle, brain, and gland.

## Typhoid and Oysters.

IN a report presented to the Board of Health of Lawrence, New York, U. S. A., Dr. Saper calls attention to an outbreak of typhoid which occurred during the past summer and fall. In all, thirty-one patients acquired typhoid. Of these cases twenty-five were, according to the author, directly traceable either to infected oysters and clams, to contact with typhoid patients, or to bathing in the water near oyster floats.



Nurses of the Sydney Sanitarium

of strength. If men and women really understood the pernicious character of tonics,—that the continued use of them means the ultimate certain bankruptcy of health,—thousands of people might be saved every year from complete physical ruin.

A tonic is a whip. Under its stimulus a man is compelled to do more work than he has the spontaneous ability to do. When a person feels that he is all tired out and that his nerves are weak, and asks his physician for a tonic, it is the same as if, when his faithful horse shows signs of weariness, he should say to his neighbor, "Come and whip this horse for me. Get a rawhide or a goad,—anything that will make him work." Many a fine horse, under the sting of the whip, has been spoiled in twenty-four hours; and many men and women, under the stimulus of tonics, have been spoiled for life in one season of business stress or social dissipation.

Fashionable people who come home from summer resorts in the autumn with rosy cheeks and snapping eyes, and plunge into the whirl of society, often find their



## Imaginary Diseases.

BY D. H. KRESS, M. D.

SOME time ago London physicians manifested considerable interest in discussing the question whether or not imagination could kill. It seems a woman died in the city under peculiar conditions. She had taken a perfectly harmless draught, which she supposed to be prussic acid. She suffered intense pain which ended in death. The suffering was just as severe as though she had actually taken the poison. A great many cases were cited by eminent doctors to demonstrate the power of the imagination. Observing physicians are aware that imaginary diseases are common. In fact all diseases are influenced more or less by, if they are not entirely due to, the imagination.

The mere thought of plunging into cold water on a cold morning may cause chilliness, and produces results similar to an actual plunge, in fact injury frequently results from an imaginary plunge, for from it there is no reaction, while an actual plunge is usually followed by a good reaction and a feeling of warmth. The one unbalances the circulation, causing internal congestion, while the other equalises and improves the circulation. People who are constantly in fear of draughts, are the ones who always have colds, while those who fearlessly sleep with open windows and regard fresh air as a great blessing are free from colds the year round.

### EPIDEMIC DISEASES.

During epidemic diseases there are always those who are stricken down because of fear, who would otherwise escape. Any supposed remedy, no matter how worthless, in which sufficient faith is exercised, removes the fear and acts as a preventive. Worthless remedies are in this way frequently eulogised and immortalised.

### DIGESTIVE DISTURBANCES.

No one is so certain of having continued digestive disturbances as the one who is in constant fear that what he eats will disagree. The mind in such a subject inhibits the digestive process, making it impossible for these organs to digest even the simplest foods, which otherwise they would digest with ease. Imaginary diseases, it will be readily seen, are most difficult to treat. Should the physician state the truth to his patient or intimate that

the trouble existed in the mind, it would create offence. Should he prescribe what is actually needed, open windows and pure air, or a good morning tonic bath, or wholesome foods; the past experience is arrayed against science and knowledge, the patient says, "But, doctor, it is sure to disagree with me and result in injury." Should the instruction of the physician be carried out, the prediction would certainly come true, and would serve to demonstrate more effectually that the physician is wrong, and does not understand the case.

Persons who were for years unable to walk have been known to be permanently cured by an alarm of fire. Faith exercised in even injurious remedies has been known to have had a beneficial influence on the mind, and resulted in good. But sometimes these subjects fall into the hands of so-called faith healers, and they are made to believe there is no such thing as disease, that disease exists only in the mind—which is really true as far as they are concerned—and if they can be fully persuaded upon this point, a marvellous recovery may be expected.

Those who have diseases which have their origin in the mind sometimes derive great benefit from the use of drugs or narcotic poisons, as alcohol, tea, coffee, tobacco, etc. These exhilarate or stupefy the mind so that business cares, anxieties, home sorrows, and other depressing mental influences which retard digestion, etc., are for the time forgotten.

But all these, while they may appear to perform marvels, sooner or later it will be found are poor substitutes for the real remedy which is found by an actual change of mind which will lead to a cheerful reformation of all wrong habits of life. The apostle, in contrasting the false and the true says, "Be not drunk (or exhilarated) with wine, but be filled with the Spirit."

All these supposed methods of healing diseases of the mind are the devil's substitutes for the Spirit of God. "He that is deceived thereby is not wise." Christ saw that the palsied man who was brought to Him for physical healing was suffering mentally, probably worrying because of sins committed in early life. He therefore said to him what He says to all who are in like mental state, "Son, be of good cheer, thy sins are forgiven thee." After the mind was healed, He could say, "Take



up thy bed and walk." Such healing does not result in carelessness, for He also says to all who are healed what He said to the man healed at the pool of Bethesda, "*Sin no more*, lest a worse thing come upon thee."

### What is Sickness?

THAT which we know as sickness is in reality but the effort of nature to overcome disease. Nature is always kindly, always benevolent, and is forever seeking to overcome the follies growing out of the ignorance of mankind. Thus it is, that after a time of habitual violation in some way, or various ways, of the laws of our being, nature, to prevent the final catastrophe of death, steps in to compel a discontinuance of our vicious courses, and to demand the restoration of health. This creates a convulsion of the system, which manifests itself in accordance with the constitution of the patient and the nature of the violations of law. Sometimes it is fever, sometimes dysentery, neuralgia, rheumatism, cholera, or one or more of the ills that flesh is heir to. But whatever it is, it is but the outward evidence of the struggle of nature to restore to health a constitution vitiated by habits of indulgence, more or less protracted, and more or less pernicious. It follows, then, as the night follows the day, that all *healing* efforts can have use and efficiency only as they work in harmony with, and aid nature in this struggle to restore health.

### Sowing and Reaping.

"FEARFUL consequences are attached to the least violation of God's law.

"All will seek to avoid the result, but will not labor to avoid the cause which produced the result.

"The *cause is wrong, the effect right*, the knowledge of which is to restrain the transgressor."

Sickness is an unmistakable call to cease to do evil, and learn to do well. All our joys and sorrows may be traced to obedience or transgression of physical law. Before all is placed a blessing and a curse; a blessing if they obey, and a curse if they disobey. It is a question of sowing and reaping. The harvest merely testifies to what we have consciously or unconsciously sown.

### Alcohol and Mortality.

INSURANCE people are taking more and more notice of alcohol as a feature of mortality. In the following extract we see its influence upon the growing generation, possible candidates for insurances:—

"A distinguished specialist in children's diseases has carefully noticed the difference between twelve families of drinkers and twelve families of temperate men during a period of twelve years, with the result that he found that the twelve drinking families produced in those years fifty-seven children, while the temperates were accountable for sixty-one. Of the drinkers, twenty-five children died in the first week of life, as against six on the other side. The latter deaths were from weakness, while the former were attributable to weakness, convulsive attacks, or edema of the brain and membranes. To this cheerful record is added five who were idiots; five so stunted in growth as to be really dwarfs; five, when older, became epileptics; one, a boy, had grave chorea ending in idiocy; five more were diseased and deformed; and two of the epileptics became, by inheritance, drinkers. Ten only, therefore, of this fifty-seven showed normal disposition and development of mind and body during life. On the part of the temperates, as before stated, five died in the first week, of weakness; four, in later years of childhood, had curable nervous diseases; two only showed inherited nervous defects. Thus fifty were normal, in every way sound in body and mind."

"VEGETARIANISM has recently made many converts in aristocratic circles.

"Amongst those whose conversion has been made public by the newspapers, are Lady Essex and Lady Granby. A visit to the slaughter-house when some very young lambs were being put to death, decided Lady Essex to abandon all flesh foods. If the revolting work of the slaughter-house could be witnessed by all lady flesh-eaters, there would soon be a sensible decrease in the consumption of flesh meat."

LEMON-JUICE will remove dandruff, and is good for the scalp.

NEURALGIA is the "cry of a hungry nerve for better blood."



### Suicide and Infant Mortality in Germany.

A STRADY increase in the number of suicides has taken place in Germany during the last few years. The American Consul-General in a report to his government states that there were 11,393 suicides in 1900, and 12,336 in 1902, or 21 for every 100,000 of the population, a rate which can only be explained, he says, by what certain psychologists have declared to be a racial tendency, accentuated in the cases of many individuals by poverty, resentment of military discipline, and fear or remorse growing out of failure to pass difficult examinations in school and college.

We are inclined to believe that beer, the pipe, Frankfort sausage, and Limberger cheese have more to do with these suicides than the causes named by the Consul-General.

The statistics as to infant mortality are also discouraging. He says, "With all the progress of German medicine and surgery, with all the amelioration that improved midwifery and skillful nutrition have provided, the infant death record is here, as elsewhere, a pathetic and lamentable one. Of the whole 1,234,033 deaths in Germany during 1903, no fewer than 494,529 or 34.5 per cent. were of children under one year of age." Think of it, every third child dies before reaching the age of one year.

### Typhoid and the Milk Supply.

A RECENT outbreak of typhoid fever in the city of Hamilton, Ontario, has some interesting features. In all there were thirty cases; all but four were inmates of the General Hospital, the Hospital for Infectious Diseases, and the House of Refuge. The four exceptions were in one locality of the city; there was no typhoid at this time in any other part of the city. As there was no typhoid in other parts of the city, the water supply and the vegetable market were excluded as sources of infection. The milk, all from one dairy, supplied to these institutions and used by the other sufferers, was ascertained to be the cause. The milk was brought to the hospital and poured out-of-doors into the hospital cans; the cans themselves were never brought into the building.

On analysis, all the waters used by this milkman in the washing of cans were found to show some chemical pollution and infection with the colon bacillus. The wells from which the water was taken were so placed as to be liable to contamination in the case of heavy rain, and the meteorological reports show that as there were three distinct outbreaks of the epidemic, so there were three great rain storms which bore a relation in time to these outbreaks.

Milk should never be used without sterilisation, or bringing it to the boiling point. This will destroy the most dangerous germs. Germs innumerable are always present in our city milk. Other diseases aside from typhoid many times have their origin here.

### How to Get Well.

WHAT the "blue" person needs is to let up a little on eating, skip a meal or fast for a day or two, take a long, brisk walk, breathe in great draughts of pure oxygen, drink plenty of water. This will help to eliminate from the body the poison that has been making things "blue." The machinery will commence to run easier, the wheels will quit dragging and begin to run merrily round and round, humming a little tune that will quiet the fretted nerves. The fog will clear away, and the mind will become active, alert, and buoyant, and the dark, deep blue will begin to lighten into a pale blue, and then a little pink tint will creep in, and finally everything will be rose color, and the whole world and everybody in it will be beautiful and good once more. Yes; the world is all right. The trouble is all within your own little self. You have overfed the body, or given it bad air, or deprived it of its needful rest. You may be sure when you feel "blue," you have done something or omitted to do something that was required to keep your body in perfect working order. One ought to feel ashamed to say he has the "blues," for it is really an admission that he has been mistreating his body. So, if you ever get the "blues," don't tell anyone, but just quit eating for awhile, and go outdoors and run and walk and breathe until you get rid of them, and then don't do the wrong thing any more.—*Faulding's Medical Journal.*



## Death in the Loaf.

### Bread No Longer the Staff of Life.

THAT bread as ordinarily baked cannot be regarded as a wholesome food, will be seen from the following quotation from the pen of Mr. A. M. Davies, M. R. C. S., one of the foremost English authors on hygiene, in his "Handbook of Hygiene":

"It has been hitherto generally supposed that the temperature reached in the interior of a loaf during baking, together with the acidity of the dough, is sufficient to kill all the micro-organisms, pathogenic or otherwise. Some recent experiments by Dr. Waldo and Mr. Walsh point to a different conclusion. They found that in the centre of a quarter loaf the temperature varied between 163.4 and 186 degrees Fah., and in a half-quarter loaf, between 186.8 and 203 degrees Fah. They obtained thirteen different forms of micro-organisms from the centre of recently-baked loaves. Apparently, therefore, there are many bacteria,—and, *a fortiori*, spore-forms—capable of resisting ordinary baking, although the heat (in the interior of a loaf) is a moist heat all the time. This consideration renders the sanitary supervision of bake-houses and of the water used in bread-making more than ever necessary.

"Surgeon-Major Rennie has recorded an instance in which a small localised epidemic of enteric fever (Meerut, 1894) appeared with great probability to be due to the consumption of cake, prepared under most insanitary conditions in a native bazaar. If the temperature above-mentioned for the centre of a loaf, 163 degrees Fah., were always reached, there is little reason to suppose that the organisms of typhoid (which perish after a few minutes exposure to 140 degrees Fah.) or cholera (which cannot withstand 50 degrees in liquids, and perishes nearly on dessication) would retain their vitality. Bread is frequently under-baked, as was the cake suspected in the instance referred to. Therefore, the real danger must be considered to exist if contaminated water be used for baking purposes."

In order to escape the danger threatened by the ordinary baker's loaf, it is only necessary to slice the loaf and place the slices into the oven at slow heat until each slice assumes a very light brownish tint

throughout. This insures the destruction of all germs, and is also an aid to the digestion. Bread prepared in this manner may be used freely by the feeblest invalid, providing it is well masticated.

## Bad Grapes Make Good (?) Wine.

"CANST thou bring a clean thing out of an unclean?" seems to have been answered satisfactorily to the minds of lovers of wines. The secret of the rare Moselle "bouquet" wines, which are so highly valued, was recently disclosed in a lecture by Professor Marshall Ward at the Royal Institute, London.

"Mouldy grapes," he said, "produce a far finer wine than freshly gathered fruit. Moselle wines are produced from a grape which is in a simply awful condition." If these grapes are in a simply awful condition, it follows that their extractions must be simply awful.

New wine, so highly recommended by the Bible and true science as a nutrient, is found in the *cluster*. Each grape is a small, hermetically sealed bottle, put up by nature expressly for man's use, "Destroy it not, for a blessing is in it," says Isaiah the prophet. In the process of destruction, or decay, the sugar is consumed by the mould, better known as germs. These germs feed upon or consume the sugar, or food, and eliminate or excrete from their bodies a waste product or poison known as alcohol. The flavor of the excreta depends upon the variety of germs that gain the ascendancy in their growth. Such an extraction is no longer a nutrient, but a poison. The Bible, true science, and common sense say of it, "Wine is a mocker; he that is deceived thereby is not wise."

### A SANITARIUM patient writes:—

For four months past I have been preparing my own meals, putting to the test as nearly as I could the Sanitarium ideas of a correct dietary. It has given me every satisfaction, and I can smile when I think of those who fully anticipated disaster, for every one notes how well I am. A few years ago a quaint friend of mine used to greet me with the words, "Aren't you glad your'e alive?" I could respond to it now with more heartiness than has been mine for the last five years, for I am feeling a "new woman" physically, mentally, and even spiritually.



## Drugs and Their Evils.

WHEN a person is in pain, the first thought is to fly to some drug to ease the pain and cure the disease. But this only adds to the trouble—increases the previous difficulty. Why?—Because drugs are poisons, and some poison or impurity has caused the disease. Hence the patient has two poisons to fight against instead of one. If a drug even appears to cure, it does so by altering the character of the symptom, but not by touching the cause. Pain is a symptom arising from a cause, and to deal with the pain apart from the cause is useless folly.

A person has a pain in the lower stomach. He takes opium. The pain is stopped by the nerves being paralysed. But the opium produces costiveness of the bowels and headache. A pill is then taken to remove the costiveness, and something else to remove the headache.

SIR JOHN FORBES: In a considerable proportion of diseases it would fare as well or better with patients, if all remedies, especially drugs, were abandoned.

PROFESSOR JOSEPH M. SMITH, M. D.

"All medicines which enter the circulation *poison the blood* in the same manner as do poisons that produce disease. . . . Drugs do not cure disease. . . . Digitalis has hurried thousands to the grave. . . . Prus-

sic acid was once extensively used in the treatment of consumption both in Europe and America, but its reputation is now lost. Thousands were treated with it, but not a case was benefited. On the contrary, hundreds were hurried to the grave."

PROFESSOR S. ST. JOHN, M. D.: "All medicines are poisonous."

PROFESSOR C. A. GILMAN, M. D.: "The application of opium to the true skin of an infant is very likely to produce death. . . . A single drop of laudanum will often destroy the life of an infant. . . . Four grains of calomel will often kill an adult. . . . A mild mercurial course and mildly cutting a man's throat are synonymous terms."

PROFESSOR ALONZO CLARK, M. D.: "Physicians have learned that more harm than good has been done by the use of drugs in the treatment of measles, scarletina, and other self limited diseases. . . . All our curative agents are poisons; and as a consequence, every dose *diminishes the patient's vitality.*"

PROFESSOR H. G. COX, M. D.: "Mercury is the sheet anchor in fevers; but it is an anchor which moors your patient to the grave."

PROFESSOR E. S. CARR, M. D.: "Mercury, when administered in any form, is taken into the circulation and carried to every tissue of the body. The effects of mercury are not for a day, but for

*all time.* It often lodges in the bones, causing pain years after it has been administered. I have often detected metallic mercury in the bones of patients who had been treated with this subtle, poisonous agent."

PROFESSOR MARTIN PAINE, M. D.: "Drug medicines do but cure one disease by producing another."

DR. BOSTWICK, author of the "History of Medicines": "Every dose of medicine given is a *blind experiment upon the vitality of the patient.*"

DR. OLIVER WENDELL HOLMES: "The disgrace of medicine has been that colossal system of self deception in obedience to which mines have been emptied of their cankered minerals, the entrails of animals taken for their impurities, the poison bags of reptiles drained for their venom, and all the inconceivable absurdities thus obtained thrust down the throats of human beings suffering from some want of organisation, nourishment, or vital stimulation. . . . If all drugs were cast into the sea, it would be so much the better for man and so much the worse for the fishes."



DR. MUNRO, F. R. S., of Hull: "Forty-seven years ago we used to bleed everyone. Blue pill at night and black draft in the morning. Then the question was asked: 'Have you any pain anywhere?' and woe to the patient if he said he thought he had."

PROFESSOR BARKER: "The drugs which are administered for scarlet fever kill far more patients than that disease does."

WRITING on the dangers from a too free indulgence in condiments, the *Lancet* says: "The excessive use of vinegar is calculated to lead to an anæmic condition, while it has an unfavorable influence on gout. Some silly women take vinegar to produce a pale complexion. Similarly a free indulgence in pepper or mustard, which are both irritants, is likely to have an irritating effect on the organs of secretion. . . . Highly savoury dishes are incompatible with good digestion, and the prevailing preference for liberally garnished 'messes' instead of plain, simple food is to be deplored."



### Alcohol and Insanity.

THE municipal authorities of Glasgow, according to the *Lancet*, recently appointed a special committee to inquire into and report on the effects of alcoholic drinks on the increase of lunacy, which has become a serious matter in that municipality and in Scotland generally. Out of five hundred and sixty-five admissions to the Glasgow District Asylum and two hundred and thirteen admissions to observation wards of the poorhouses during twelve months, no less than thirty-three per cent. were traceable to alcoholic drinks as a cause. The inquiries show that want and privation have not led to insanity, nor were they causes of alcoholic drinking, for the cases thus admitted were from all classes and conditions of society, and in the majority the home surroundings, conditions, and earnings were good. These are not isolated facts, for the figures of the Royal Edinburgh Asylum point in the same direction. The committee has forwarded copies of its report to the Secretary of State for Scotland as a matter for the serious attention of the government. The usual estimate as to the amount of insanity due to alcoholic drink in America has been about ten or twelve per cent., and to find that it is more than twice as great in Scotland at the present time is rather startling.

### Obesity a Sign of Degeneracy.

ACCORDING to Professor E. Heinrich Kisch, of Prague, general obesity is "a noteworthy sign of hereditary degeneracy." His researches include the careful observation of 488 cases of marked adiposity. In every case where the excessive deposit of fat occurred early in life, there were marked evidences of degeneracy. The *Lancet* says by way of comment: "These observations of Professor Kisch are of considerable interest, since the causes of the development of obesity are somewhat obscure, and any fresh facts intended to throw light upon them are of value. It is generally stated that the condition of obesity is hereditary in about half the cases, and Professor Kisch's figures agree very closely with this statement. It is now, moreover, that in many situations of the body, a condition of atrophy or degeneration is apt to be associated with

a local deposition of fat in the organ. . . . Again, it is on record that an excessive deposit of fat is not uncommon in idiots and in some cases of chronic mental disorder, and that it occurs sometimes in hysteria."

### Constipation.

MANY young children are subject to constipation, though this condition is most troublesome in bottle-fed infants. The cause of the difficulty should, if possible, be found and removed. As an increase of fat in the food is frequently needed, a larger proportion of cream may be added to the bottle, or a teaspoonful of olive oil may be given once daily. In children over one year of age the addition of fruit to the diet is often beneficial, fresh or baked apples, strained prune juice, or orange juice being most serviceable.

The daily cool bath followed by friction is beneficial, also daily massage of the abdomen. In giving the latter, the palm of the hand should be warmed and oiled, then applied with gentle pressure to the lower portion of the abdomen. Following the direction of the large intestine, bring the hand slowly upward along the right side to the border of the ribs, then across the abdomen, and downward on the left side to the starting point. These movements should be continued about ten minutes. Sometimes the injection into the bowel of a teaspoonful of glycerine is of service. The enema is useful as an occasional measure, but in cases of chronic constipation it is better, if possible, to secure a daily movement of the bowels by the other means mentioned above.

REFERRING to alcoholic beverages, and especially to beer as opposed to health, Dr. Charles R. Drysdale, the senior physician of the London Metropolitan Free Hospital, says:—

"It is in London above all that the physician learns what are the diseases caused by beer drinking, since London is famous for its beers;" and he adds: "I declare to you that the amount of agout, urinary, and lung diseases I have seen in London, attributable to beer alone, is quite distressing."



### Heat Stroke.

THERE are two clearly defined forms of this affection: first, so-called thermic fever, in which there is a sudden onset, a hot, dry, burning skin, rapid pulse, high temperature, and marked nervous symptoms; and second, heat prostration or heat exhaustion, which usually comes on gradually. There is drowsiness, yawning, thirst, slight rise of temperature, with pallor, cold, clammy skin, feeble pulse, and tendency to collapse.

In case of heat exhaustion, or prostration, or when collapse is threatened, a hot bath, which may be a hot immersion bath or a hot blanket pack, should be employed. The temperature should be as hot as the patient can bear, and the application should be continued from five to eight minutes. The patient should then be removed, wrapped in warm blankets, and cold friction should be employed. A hot enema should be administered, and the patient should be made to drink water freely.

Careful observations have shown that nine-tenths of the prostrations from heat are among those who are trying to subsist upon an unnatural and unwholesome dietary, and who are indulging in liquor and tobacco; while those who are eating thoroughly dextrinised grain preparations, luscious fruits, and the nourishing nut preparations, are discovering that such food is conducive, not only to coolness of blood; but also to calmness of spirit.

### Reform Needed.

As a race, we are on the downward march. How can it be otherwise, with the growing tendency to use that which is harmful, and the abuse of that which is good? Tobacco, tea, coffee, cocoa, and the numerous poisonous drugs and patent medicines were unknown in former days. Now it is the exception to find among men a non-smoker. You may go into the streets of our cities at any time of the day and count the number that have the pipe, cigar, or cigarette in their mouths, and you will find that they number about one-half. We must conclude from this that either one-half are smoking *all* the time or the whole of them are smoking half the time. Two centuries ago, tea sold at a guinea a pound, while coffee and cocoa were prac-

tically unknown. Now we use in Australia over seven pounds of tea alone per head each year, counting men, women, and infants. Should we leave out of the count the infants and the few non-users, it would possibly mean ten pounds of tea for each adult who uses it. The tea-using family of five members makes use of about fifty pounds of tea per annum. Tobacco and tea together are doing as much toward undermining the Australian people as alcohol.

Brain and nerves are deadened just as effectually by the use of these narcotics as by the use of alcohol in so-called moderation. Through these agencies, the god of this world blinds the minds of the people. It is practically impossible for users of these narcotics fully to appreciate spiritual truths or discern between good and evil, between the sacred and the common. The work of redemption, to be effectual, must begin in our homes in the correction of these and other habits which are responsible for dullness of mind, ill health, impatience, immorality, and crime. Until these reforms are instituted, the moral darkness will continue to become more dense in spite of our boasted enlightened age.

### The "Dark Ages" and "Darker Ages."

DARKNESS covers the earth and gross darkness the people. Much is said and written about the "dark ages," and we boast of the progress made in civilised countries since then. But has wickedness and crime decreased with this progress? We are forced to admit that while knowledge has rapidly increased, there has been a corresponding increase in the artificial, and in immorality and crime, at the same time a decrease of that natural simplicity which characterised the people of that age. As a result, health, strength, beauty, and long life, which were common in the so-called "dark ages," are rarely seen now. There has been an increase of real goodness among a few, it is true, but evil men and seducers have been waxing worse and worse, deceiving and being deceived.

COLDNESS of feet and limbs is almost invariably an evidence of indigestion.



### Scotland and Intemperance.

THE report, just issued, for 1903, of the Royal Edinburgh Asylum is of such a nature as to cause grave alarm, for its statistics, prefaced by Dr. Clouston, a leading authority in regard to the insane, show that there is in Scotland a development of insanity far more terrible than that which is taking place in England. The pre-eminence is an unhappy one, Dr. Clouston states, and proves that as regards the men in the asylums, 42.3 per cent., and as regards the women, 18 per cent. are there solely through intoxicating drink. This growth from the 18.5 and the 10.4 of 1877 furnishes a painful commentary upon modern social and spiritual conditions, and as crime invariably runs upon parallel lines with intemperance (there has been an increase in Scotland of about twenty-five per cent. in the number of criminal cases connected with drink), the outlook is far from encouraging.—*The Christian*.

### Cigarette Effects at School.

DR. FISK has put a ban upon cigarette smoking in the Preparatory School of the North-Western University, U. S. A. Any boy who refuses to give up the habit will be obliged to leave, as experience has proved to Dr. Fisk that "boys who smoke are no good to the school, learn nothing themselves, and set a bad example to the other students," and statistics prepared by him, covering a period of several years, show that of the boys who smoke only two per cent. are among the twenty-five per cent. of students who stand highest in class scholarship. On the other hand, fifty-seven per cent. of the smokers are among the twenty-five per cent. lowest in class scholarship. Whether the dull mind is due to the smoking, as suggested, or the cigarette smoking due to sluggish intelligence is not apparent!

"THERE is inestimable blessing," writes *Success*, "in a cheerful spirit. When the soul throws its windows wide open, letting in the sunshine, and presenting to all who see it the evidence of its gladness, it is not only happy, but it has an unspeakable power of doing good. To all the other beatitudes may be added, 'Blessed are the joy-makers.'"

### Inherited Nervous Tendencies.

THE number of diseases of the nervous system, seen in early life, that are due to inherited tendencies, seems to be constantly on the increase. This evil tendency could be overcome, in great measure, if men and women would conserve this life-giving force that is implanted in their tissues, and would cultivate health, and follow proper and right methods of living; and, unless there is a decided change in the habits of a large percentage of the human family, we cannot hope that the number of severe forms of nervous diseases and mental disorders will, in any degree, diminish; but, on the other hand, they cannot help but increase in intensity and number from generation to generation.

A CERTAIN bishop, it is said, who was slightly lame, slipped and fell on the street one day, when a small girl came running up and offered to help him home. "Oh, my dear," said the bishop, "you are not big enough and strong enough." "Oh, but I am," said the child; "my father gets like that every night, and I always help him home." Pathetic, if true.

### Criminals and a Criminal Business.

IT is said 8,000 out of the 12,000 saloon keepers in New York City have been committed for some crime. Yet these are the men supported so liberally by a generous public. They grow fat and flourish on the cash which represents the wounds, woe, and hunger-bite of thousands. The writer has often been called upon to hear the old, old story of wrecked prospects; and the cause assigned has invariably been strong drink. If the drink traffic be responsible for only a fraction of the evil wrought, the outlook must be terrible for all who will be proved, in the great day of account, in any way, measure, or manner, to have been partners or responsible in the business.

Let us, as true Christians, brace ourselves for a struggle to the death against the destroyer. "To be or not to be" is the question of the age. Should the drink traffic be permitted or prohibited? That's the question.—*Rev. J. F. Avery*.





### A Cup of Tea.

THERE'S no harm in a cup of tea?  
Suppose we see.  
Just study up

What's in the cup—  
You'll wiser be.

There's falsehood in a cup of tea,  
Alas for thee!

The self same cup  
That cheereth up,  
Deceiveth thee.

There's poison in a cup of tea,  
Beware, prithee!  
For every cup

Thou drinkest up  
Doth weaken thee.

You can't resist that cup of tea?  
That cup so wee—

That little cup  
That steameth up  
With breakfast tea?

You must resist the cup of tea!  
Come, stronger be!

My dear, give up  
The siren cup  
That fooleth thee.

—*Mary Henry Rossiter.*

### A Twentieth Century Miracle.

"THE Snag" was the terror of Fremantle. A quarrelsome drunkard, ready at any time to "lay out" anybody upon the slightest provocation. He was called "The Snag" because contact with him was as dangerous as contact with the jagged rock the navigator so much dreads.

Hearing that a sister of the Methodist mission was to preach, he said, "I've never heard of such a thing as a woman preaching. I'll go." And he went, though under the influence of drink.

He listened attentively to the end, and when the sister asked if there were any who would like to be prayed for, "The Snag" got up and said, "If you're going

to pray for anybody, you had better pray for me."

A few earnest workers gathered round him, pleading for him, that he might be led to "fly for refuge and lay hold of the hope set before us in the gospel;" and pleading with him to surrender to the Almighty Saviour.

Before he left the hall, he declared he had received the Lord Jesus Christ as his Saviour.

Now our friend lived at a hotel, sleeping with his dog in a stable at the rear. When he got back from the meeting, the hotel-keeper started to supply him with drink, but he cried, "I have tasted the last drop of drink on this planet. Jesus Christ has spoken to my soul to-night!"

The publican laughed the laugh of derision. Going to the stable "The Snag" took hold of the forepaws of his dog and said, "My boy, I'm supposed to be the superior animal, but I haven't been. I've kicked and cuffed and starved you; but Jesus Christ has got hold of me, and you'll soon know the difference."

Five years have passed since the night of his conversion (July 15, 1900), and although verging upon threescore and ten, he is still in physical health and vigor, full of ardent love for his great Deliverer, and ever ready to testify to the power of Jesus Christ to lift up and keep up the lowest wretch. He is now a lay preacher of the gospel, and through his simple message, many have been turned to God.—*Ballarat Town Mission Visitor.*

AMONGST the latest converts to the adoption of a pure and bloodless diet is Lady Henry Somerset, who publicly declares that she has already derived much physical benefit from the change.



### A Home-made Vapor Bath.

A HOME-MADE vapor or Russian bath may be gotten up in any family when needed. For the bath, use a cane-seated chair covered with a warm towel. Prepare a foot tub or pail with about six inches of warm water in it for the feet. In the meantime, have some small pieces of stone, iron, or brick heating in the stove or fireplace, and a tub or kettle with a quart or two of water in it. When the stones, bricks, or iron are red hot, seat the patient on the chair, with his feet in the tub, and cover him with a blanket or quilt, and, over all, an oilcloth to keep in the steam. Adjust these coverings snugly around the neck and fasten with safety pins, letting them come down so as to trail on the floor, so arranged that the opening will come at the back. Then set the kettle under the chair, and taking one of the stones, bricks, or pieces of iron up with the tongs, lower it gently into the water. Do not drop it with a splash, lest you should burn the patient, and do not use too large a stone or brick, or the vapor may be too hot. When the first brick has cooled, drop in another in the same careful manner. Repeat this until the patient is in a free perspiration,—ten, fifteen, or twenty minutes,—being careful to keep the towel around the neck cool. Wipe the perspiration off the face, give plenty of water to drink, and do not allow the head to become congested or the patient to faint. When he is ready to be cooled off, a pail or dipper pour, a wet-sheet rub, or a cool saline or other sponge bath may be administered, ending with an oil rub. Then, being lightly covered, the patient should rest on a cot or bed until the tendency to perspire ceases and the skin feels dry and warm, before dressing. If too weak to sit up, three cane-seated chairs set in a row, or better still, a woven wire cot, may be prepared for the patient to lie down upon, first covering it with a narrow sheet folded. Place under it three tubs of water, and cover the patient with the blanket, comforter, and oilcloth, letting them hang down and drag on the floor on both sides and at the foot, and bringing them around at the head so as to close all openings except where the patient's head comes out. They must then be fastened snugly to keep in all the vapor. When all is ready, begin at the feet, and put a

small hot stone or brick in each kettle, and drop the covers quickly, so as to keep in the steam. The same after treatment will be required as for the bath previously described.

### Health Decalogue.

1. RISE early, retire early, and fill your day with work.
2. Water and bread maintain life; pure air and sunshine are indispensable to health.
3. Frugality and sobriety form the best elixir of longevity.
4. Cleanliness prevents rust; the best-cared-for machines last the longest.
5. Enough sleep repairs waste and strengthens; too much sleep softens and enfeebles.
6. To be sensibly dressed is to give freedom to one's movements, and enough warmth to be protected from sudden changes of temperature.
7. A clean and cheerful house makes a happy home.
8. The mind is refreshed and invigorated by distractions and amusements, but abuse of them leads to dissipation, and dissipation to vice.
9. Cheerfulness makes love of life, and love of life is half of health. On the contrary, sadness and discouragement hasten old age.
10. Do you gain your living by your intellect? Then do not allow your arms and legs to grow stiff. Do you earn your bread by your pickaxe? Do not forget to cultivate your mind.—*French Medical Review.*

ONE of the latest signs of the times is the report that the Director of the Culinary Department of the British House of Commons has received numerous requests from Members to provide a vegetarian menu for those who are indisposed to eat animal food.

OCCASIONAL fasting is hygienic. It gives the stomach a chance "to catch up with its work." To eat nothing but fruit one day in the week is a great help against headache, nervousness, taking cold, and loss of sleep.



### TO BED WITH A KISS.

OH! mothers so weary, discouraged,  
Worn out with the cares of the day,  
You often grow cross and impatient,  
Complain of the noise and the play;  
For the day brings so many vexations,  
So many things oft go amiss;  
But, mothers, whatever may vex you,  
Send the darlings to bed with a kiss.

of the house, let it be my own house, and not the landlord's. It is a bad well into which you must put water; and the beer-house is a bad friend, because it takes your all, and leaves you nothing but a headache. He who calls those his friends who let him sit and drink by the hour together, is ignorant—very ignorant. Why, red lions



The beer money will soon build a house.

### The Strongest Drink.

WATER is the strongest drink; it drives mills; it is the drink of lions and horses; and Samson never drank anything else. Let young men be teetotalers, if only for economy's sake. The beer money will soon build a house. If what goes into the mash-tub went into the kneading-trough, families would be better fed and better taught. If what is spent in waste were only saved against a rainy day, poor-houses would never be built. The man who spends his money with the publican, and thinks the landlord's bow and "How do you do, my good fellow?" means true respect, is a perfect simpleton. We don't light fires for the herring's comfort, but to roast him. Men do not keep pot-houses for the laborer's good; if they do, they certainly miss their aim. Why, then, should people drink "for the good of the house"? If I spend money for the good

and tigers, and eagles, and vultures are all creatures of prey, and why do so many put themselves within the power of their jaws and talons? Such as drink and live riotously, and wonder why their faces are so blotched and their pockets so bare, would leave off wondering if they had two grains of wisdom. They might as well ask an elm tree for pears, as to look to loose habits for health and wealth. Those who go to a public-house for happiness, climb a tree for fish.—*Rev. C. H. Spurgeon.*

It is capable of proof that vegetarians in any profession or occupation will endure more labor without uneasiness than the flesh-eater. Neither are they sick or ailing every now and then. They can also endure thirst and hunger better, and the loss of a meal creates no disturbing condition. And why? Because they are not working upon unnatural stimulants that use up the vital force.

DR. E. GOODWELL SMITH.





**Naso-Pharyngeal Catarrh.**—Will you please tell us the best method of treating a baby ten months old who has severe naso-pharyngeal catarrh. The doctor said there are swellings in the nasal cavity. Is it safe to use naso-pharyngeal solids? We have an inhaler with medicine A. Would this cure it? If so, how often should it be used?

*Ans.*—Good, nourishing food will help the child more than anything else. Crushed granose biscuit, with the beaten white of a fresh egg and a little milk and cream, with a tablespoonful or two of ripe orange juice at the close of the meal, is a good diet. A warm bath each evening should also be given; temperature of the water about ninety-eight degrees. Sponge off with water a little cooler, and rub well.

**Sunstroke.**—Four or five years ago my wife received a severe sunstroke, and has ever since had perpetual headaches, at times so severe that she suffers utter nervous prostration. She cannot stand any high temperature, and her head is so sensitive to sound that she cannot sleep if a watch is ticking in the room.

*Ans.*—She could without doubt be greatly benefited by a course of treatment at the Sanitarium. She should have the best of treatment and attention.

**Appendicitis.**—I have just recovered from an attack of appendicitis. Would you kindly let me know how to prevent another attack?

*Ans.*—Abstain from the use of flesh foods. Keep the bowels open with enemata if necessary. Eat principally well-baked breads, fruits, and nuts. Deep breathing exercises and gardening improve the circulation through the viscera, and are beneficial.

**Fermented Fruit—Sour Milk—Tomatoes.**  
—1. If stewed fruit has fermented, would boiling it again prevent any injurious effects from eating it? 2. I have made a drink with fig juice, and to make it keep I put brewer's yeast with it, making a sort of beer, but I am afraid it has gone sour. Would boiling it in any way improve it, or lessen any injurious effects from drinking it? 3. Is sour milk injurious to the stomach? 4. Why is it that fruit does not combine well with vegetables? Is the tomato a vegetable in this connection?

*Ans.*—1. No. 2. No, would not recommend it even if not sour. 3. No. 4. Fruits are quickly digested, and should leave the

stomach soon. Vegetables are difficult to digest, remaining in the stomach several hours. If fruit is eaten at the same meal, it mingles with the vegetables and is retained the same length of time, and fermentation results. No.

**What about Salt?**—I have long felt constrained to enlist your influence in a crusade against what I am convinced is a serious menace to health; viz., the general use of the mineral, salt. Salt (chloride of sodium) has been proved by investigations during the last decade to be non-assimilable by the human organism. Leading French physiologists and pathologists contend that the irritation caused by its use induces cancer. Again, enquirers are told that iron, sulphur, lime, magnesia, etc., should not be taken in the manner supplied by chemists, but that nature supplies them in fruits, cereals, etc. Then why should nature fail in the manner of salts requisite for the human system? The very fact that all of nature's most beautiful foods have a noticeable absence of salt to the palate, affords much food for reflection on these points.

*Ans.*—Salt, or sodium chloride, should certainly be used in moderation, if at all. By the use of nuts, fruits, and breads, with a little cream occasionally, salt will not be missed. The vegetables, porridges, and other boiled, water-soaked foods are usually so tasteless without the addition of salt that it may be even beneficial to add a little to stimulate the appetite. Tasteless foods do not nourish the system. The excessive use of salt is injurious, without doubt. The irritation produced in the blood and tissue probably predisposes to cancer, and may be responsible for Bright's disease in some cases. By the use of breads, granose, nuts, and fruits, salt will not be missed.

ONE of the great primary rules of biology is that the structure of an animal indicates unmistakably its natural habits. Why should man wander from the path plainly pointed out by the Creator's finger?

**HYGIENE OF STARCH DIGESTION.**—According to Landois and Stirling, starch digestion is interfered with by the presence of fats, and in proportion to the amount of fats present.

It must be honestly admitted that, weight by weight, vegetable substances when they are carefully selected, possess the most striking advantages over animal food in nutritive value. . . . I should like to see the vegetarian and fruit living plan brought into general use, and *I believe it will be.*

SIR BEN. WARD RICHARDSON, M. D., F. R. S.

THE great engineer of the Suez Canal stated that he could not have built that great work with meat-eaters for laborers, because they cannot endure the climate. The date and barley-eating Arabs, on the contrary, stood the strain alright, and were able to do the most exacting work without difficulty. This experience made M. Ferdinand De Lesseps a vegetarian from that time to the day of his death.





FOR some years the use of tobacco by students in the public schools in France has been forbidden on the ground that it is weakening, both physically and mentally. It is said that for a period of fifty years no tobacco-user stood at the head of his class in Harvard.

A VIOLENT hater of tobacco is Dr. Hitchcock, a professor in Amherst College. He attributes to its immoderate use, especially by immature young men, all sorts of physical and mental ailments, and predicts that a quarter of a century more of excess will produce a generation of weaklings.

DR. WILEY, chief chemist for the United States Agricultural Department, is more optimistic than Dr. Osler in regard to the usefulness of old men. He believes that the time will come when man will be young at seventy, provided he has a good constitution, is temperate, and works and plays in proper proportions. Idlers do not attain to old age.

It takes one part of alcohol in two hundred to produce insensibility, and one part in one hundred to kill a person, but it does not require nearly so much theine to produce the same effect. Theine is a much more powerful drug than alcohol. A strong man accustomed to its use could take at least an ounce of pure alcohol without killing him, but one-tenth of that amount of theine would be a fatal dose, so it is ten times as powerful as alcohol.

PLUTARCH, the author of "Plutarch's Lives," wrote an essay on flesh eating, from which we quote the following: "Ill digestion is most to be feared after flesh eating, for it very soon clogs us, and leaves ill consequences behind it. It would be best to accustom one's self to eat no flesh at all, for the earth affords plenty enough of things fit not only for nourishment, but for delight and enjoyment."

"We give a medicine at random," says Sir Lauder Brunton, who was knighted for his knowledge, "with no defined idea of what it shall do, trusting to chance for good results." Sir William Broadbent, President of the College of Physicians, was nearly as candid when he remarked that too many medicines were given. And Sir John Forbes adds his testimony by saying, "In a very large proportion of diseases treated by doctors, the disease is cured by Nature, not by them."

DR. GEORGE S. KEITH, who, at close on eighty-six, preserves an intellectual and physical vigor which many a man of sixty might envy, is the author of "A Plea for a Simpler Life." He says: "I attribute my long life to a wonderfully fine constitution, backed up by very regular habits.

During the whole of my life I have been moderate in all things, and, even as a young man, I never went in for excess of any sort. Practically, I have contented myself with two good meals a day."

#### CONSUMPTION'S HUGE HARVEST.

IN London nearly 8,000 individuals die year by year from consumption, says *Our Hospital*, and another 8,000 die from other forms of tuberculosis. Sixteen thousand individuals are every year sacrificed to a preventable disease, which owes its origin to filth.

#### BIG SCHEME TO CURE CONSUMPTION.

THE Metropolitan Asylums Board are considering a huge scheme for the cure of consumption in London. The idea is to deal with phthisis cases under the Infectious Diseases Act, so that they can be compulsorily removed under a doctor's certificate. It is hoped that something will thus be done to stamp out consumption. It is calculated that the capital outlay in providing institutions will amount to three and a half millions sterling, and the annual cost to half a million.

#### THE VICTORIOUS RICE-EATING JAPS.

THE London *Daily Telegraph* of June 9, in describing the great naval battle between Russia and Japan, remarks: "As regards the question of diet, it is interesting to note that the Japanese fought *solely on rice*." In speaking of the Russians, the writer says: "They are drawing a large part of the food supplies on which they depend from a country beyond their right flank. The purpose for which General Mistchenko is thrown forward is to protect the convoys, chiefly of cattle, which pass behind him from the west."

#### A NOTABLE EXAMPLE OF OLD AGE.

THE death of the celebrated landscape painter, T. Sidney Cooper, R. A., at the advanced age of ninety-nine, is an eloquent testimony to the value of a plain diet, simple habits, and regular exercise in the open air. As one of his admirers has put it, "Merely to have survived ninety-nine years is in itself a memorable achievement, but to have gone down to the grave with all his senses in good order and in fine condition, to have been able to read print without glasses, and to enjoy life with as keen a zest at ninety as at nineteen, this indeed is given to few in such measure as it was given to Mr. Cooper."

THE *American Grocer* publishes figures on the drink consumption for the United States. The bill for 1903 is estimated at £302,423,620 12s 6d, which gives an average yearly expenditure per head of the population of £12 18s 4d, and a consumption per head of twenty gallons of alcoholic liquors. In 1880 the consumption per head was only ten and one-half gallons. Taking all kinds of beverages, coffee heads the list, with beer second. The consumption of the latter for the year 1903 is estimated at 1,449,879,952 gallons. Tea comes third on the list.

"A merry heart doeth good like a medicine."



AN attendant at the British Museum some years ago saw a chemist step into a closet, raise a vial to his lips, and pitch forward dead. On examination it was found that he had taken a few drops of nicotine, and at the post mortem the brain was found congested and the blood dark and fluid.

THE following is from Dr. Solly, surgeon of St. Thomas Hospital, England:—

"I know of no single vice which does as much harm as smoking. It is a snare and a delusion. It soothes the excited nervous system at the time, to render it more irritable and feeble ultimately. I have had a large experience in brain diseases, and am satisfied that smoking is a most noxious habit. I know of no other cause or agent that so much tends to bring on functional disease, and through this in the end to lead to organic disease of the brain."

Dr. W. G. GRACE, the celebrated cricketer, says: "I have played many long innings without taking anything to drink. Beer is a very bad thing for cricket, and so is smoking."

"CIGARETTE smokers are unsafe. I would just as soon get railroad men out of the insane asylum as to employ cigarette smokers."—Chairman Harriman, of the Board of Directors, Union Pacific Railway.

ON March 1, 1902, the firm of the J. C. Ayer Company, manufacturing chemists of Lowell, employing hundreds of boys and young men, posted the following notice in their works:—"Believing that the

smoking of cigarettes is injurious to both mind and body, thereby unfitting young men for their work; therefore, after this date we will not employ any young man under 21 years of age who smokes cigarettes."

#### A Good Soldier.

WHEN King Edward was Prince of Wales, he once dined at the officers' mess in a garrison town. The Colonel proposed the toast of the Prince of Wales, and spoke with enthusiasm of the loyalty with which every man there would honor it. One officer—the youngest present—was seen to hold his hand over his glass until the waiter brought pure water to fill it. Dark lightning flashed from the Colonel's eye, and he asked angrily:—

"How dare you, sir, drink his Royal Highness's health in water?"

"Because I am a teetotaler, sir," was the frank, unhesitating reply.

The Colonel would have said something pungent, but the Prince himself, in true princely fashion, said at once:—

"He is right! I respect his loyalty to principle and his courage in declaring it more than I can say! We need such men for the army," and he smiled kindly on the lad, who was really young and bashful, yet had the true, manful courage to hoist his King's colors and show the world what Captain he served under.

TRUE faith healing heals the mind and always leads to reformation in the habits of life. It brings about such a change of mind that the keeping of every law of health is a delight.

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Notices.

A SYDNEY Sanitarium physician may be consulted at the Health Retreat, Coorانبong, on October 9, between 11 A. M. and 1 P. M.

THE November number of GOOD HEALTH will be a special issue, calling attention to the value of pure air, sunlight, exercise, and physical culture as aids in health getting. We feel certain this number will be most helpful to those who read the pages of the journal.

Again we would ask our friends to assist in giving this number a wide circulation. Send in your orders for extra copies. Price per dozen, 1/6; and 100 or over, 1/3 per dozen.

Experience Number.

WE invite all who have in whole or in part adopted the reforms advocated by this journal to send us a few lines for the December issue, giving their experience and the benefits derived from the adoption of these health principles.

A FORMER Sanitarium patient writes: "Since leaving the Sanitarium, I have had no pains or aches of any sort; therefore, and for my otherwise improved feelings, I tell my inquirers the Sanitarium treatment was my resurrection."

Another patient writes:—

Since my return to the city life, I have daily thought of you good folks and your great work, and at times I find myself longing to be again among you. I do not remember the day I have

enjoyed such health as it is my privilege at present to know. I just feel a new man, and I am sure that the health education I received at the institution will be of lifelong service to me.

WHEN about six years old, Janet was taught in geography lessons that "Yarmouth is celebrated for the curing of herrings." "Oh, how funny it must be," she exclaimed, "to see the little sick herrings sitting round getting better!"—*Children's Garden.*



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"Do not endanger the life of your child by feeding it on various condensed milks. Milk obtained from dairymen or milkmen is not to be relied upon, as it is often a carrier of various diseases."

The above is an extract from an excellent article, published in the *GOOD HEALTH* some months ago, by Lauretta Kress, M. D. As this authority remarks, "the best food for babies is, undoubtedly, mother's milk," but next to that—and extremely close, too—comes the famous

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