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# GOOD HEALTH



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GOOD HEALTH, NOVEMBER 1, 1905.



ONE OF NATURE'S OPEN-AIR SANITARIUMS OF N. S. W.



## MEDICAL AND HEALTH NEWS.

### "Give Him Air; He'll Straight Be Well."

IN view of the award to Dr. Arthur Latham of the first prize of £500 for his essay in regard to the proposed King's Sanatorium for tuberculosis, some interest attaches to an address delivered a few months ago before the Hunterian Society of St. George's Hospital by the successful competitor, on the "Modern Treatment of Pulmonary Consumption." In it Dr. Latham throws well-deserved scorn upon the treatment which has been so often meted out to unfortunate sufferers from this disease.

The position taken up by the medical profession in regard to the treatment of consumption has indeed been most deplorable, and has thrown into strong light the bar sinister which hangs over the origin of medicine—a science, if it be a science, springing in the far past from mystery and witchcraft, tainted with the methods of the sorcerer, and even now dominated by that over-mastering faith in drugs and nostrums which is the direct and disastrous heritage handed down to us by our immediate ancestors, the apothecaries.

Meanwhile, notwithstanding our ostracism of new ideas, the teaching of Bodington, of MacCormac, and of the modern host of sanatorium owners has prevailed; and now, at last, in the full sunshine of royal patronage, we admit how simple is the truth, expressed as it is by the motto

of Dr. Latham's essay,—“Give him air; he'll straight be well.”—*The Hospital*.

### Colds and Catarrh Cured by Walking.

WALKING is one of the best exercises it is possible to take. To walk properly it is necessary to keep the head erect, the shoulders back, and the abdominal muscles contracted so that the abdominal viscera are not allowed to dangle in space, or left to drop into the pelvis. Energy and life must be thrown into the exercise and elasticity into the step in order for it to be of benefit. Deep abdominal breathing must also be practised. Of course care must be taken not to overdo at first. A short, energetic walk of fifteen minutes is of greater value mentally and physically than a listless, spiritless walk of five hours.

“Says Dr. Felix L. Oswald, ‘Instead of raw March winds and cold draughts—in other words, outside air of low temperature—being the cause of colds and catarrhal affections, it is the warm, vitiated, indoor air that is the cause, while outdoor air is the best remedy.’ He declares that there is no doubt that by exercise a catarrh can be gradually worked off, ‘and that the combination of exercise, abstinence, and fresh air, will cure the most obstinate cold.’ There is no room to question the accuracy of this prescription. It is the teaching of experience. Air is both food and drink to the lungs. It is more. Like water to

the body, it washes them clean. It is best when pure and bracing. One great advantage the persistent walker has is in getting used to all kinds of weather. Exposure to cold and damp will do him no harm, although it might be fatal to others.

motion. What is the effect?—The flesh is solidified; the lungs grow strong and sound; the chest enlarges; the limbs are rounded out; the tendons swell and toughen; the figure rises in height and dignity, and is clothed with grace and



OFF FOR A STROLL IN THE MOUNTAINS.

“Few things, if any, are so effectual in building up and sustaining the physical organisation as walking, if resolutely and judiciously followed. It is a perfect exercise, which taxes the entire system. When you walk properly, every member and muscle, every nerve and fibre, has something to do. Every sense is employed, every faculty alert. Progress under such conditions is the very eloquence of physical

suppleness. Not merely the body, but the whole man, is developed.”

“Professor E. L. Richards, of Yale College, says: ‘I never enjoyed such good health as I have since I began the practice of taking long walks. I began experimentally, but found that after a good tramp I could eat and sleep well; and that determined me to try long spins. When walking, I feel like a new man. I think

the walking remedy for dyspeptics and sufferers from organic disease will become quite popular in the near future. I have not called upon a doctor to prescribe for me for years—all due to my little tramps.”

### Quinine in Fevers.

PROBABLY no drug is more commonly used than quinine. It is recognised that in large doses it lowers the temperature in fevers. How is this accomplished?

Quinine in large doses will lower the temperature (1) by depressing the heart and arterial tension; (2) by suspension of the oxidizing power of the blood and (3) by inhibition of the white corpuscles. In each of these ways the drug-action is added to the action of the disease-poison—whatever that may be—of which nature is trying to rid the system. Instead of assisting nature in her effort (which has been proved to be the only rational aim in the practice of medicine) we double the already too heavy burden.

Quinine paralyses the leucocytes, the defenders of the body, and reduces their number. Bruce, an English authority, says, “Quinine binds the oxygen more firmly to the hemoglobin, so that oxygenation is less easy and less active. We may conclude that the effect of quinine in the body is to check metabolism by interfering with oxygenation of protoplasm generally,” or in other words, that it is a protoplasmic poison.

Hare, another authority in *materia medica*, says that even a small amount injected into the jugular vein of a dog, so that it goes in concentrated form to the heart, will cause cardiac paralysis. I am decidedly of the opinion, judging from observation, that many of the enfeebled or crippled hearts seen following influenza, and the increase of late years in heart failures have resulted, not from the disease alone, but from the action of quinine (the cumulative action, we may perhaps properly call it, for the drug is eliminated from the body but slowly) added to the disease-poison which it had been given to counteract or antagonise, but which it really assisted in its ruinous work.

No good life can be an armchair existence.

### The Gospel of Fresh Air.

BY HERBERT OSSIG, AN EX-CONSUMPTIVE.

HAVING myself suffered from tuberculosis of the lungs, and having become comparatively well and strong, I feel justified in basing my advice upon my personal experience.

The most essential points in the successful treatment of this dreadful malady are the following, named in the order of their importance:—

1. Prayer. A thoroughgoing invoice and understanding of one's self, a sincere desire to make peace with God, are absolutely necessary. We are all sinners in the sight of the Creator, and no man can afford to be at death's door without asking pardon for his many transgressions and wrongdoings. If the patient surrenders his heart to God, he can, should his case prove hopeless, go to sleep peacefully and without fear. If his physical condition is such that recovery is yet possible, why then his spiritual nature will be in a proper attitude to influence the body favorably.

2. Once having consecrated himself to God, the patient must ask his heavenly Father to help him out of this wretched condition, all the while firmly believing that He is both willing and able to do so. Let a man feel that he and his Maker are on good terms, and the battle is half won. Add to this proper physical treatment, and success is sure.

3. Pure out-door air for twenty-four hours. If a man desiring to generate plenty of steam, would shovel the furnace full of combustible material, set it afire, and then almost shut off the fresh air, his fire would burn very unsatisfactorily, and only very little steam would be generated. We all know how to remedy such a failure in getting steam-power; namely, by opening the fresh-air inlet widely. Now, most people would consider a man who in this enlightened age did not know that oxygen is necessary for combustion, a perfect ignoramus, and yet these very same folks are equally ignorant when this principle is applied to the everburning fire within their bodies.

Some years ago the door of the lion's cage in a zoological garden was left unlocked by the keeper. The lion somehow managed to open it, and stepped out. He

was perfectly at liberty to do whatever might please him. Numerous visitors to the garden, when they noticed the lion outside of his prison, were terror-stricken, and fled madly in all directions. But the lion? Did he make use of his splendid opportunity to taste liberty and to get a taste of fresh, warm human flesh?—No! It was too good for the king of beasts to be free, to get a delicate morsel. So he stood in front of his cage in utter amazement, not knowing what to do next. Finally he lowered his head, put his tail between his legs, and quietly walked back into his old prison.

This is exactly the attitude of almost all men who learn of the gospel of fresh air. They now know the proper road, yet they are too indifferent, too lazy to follow it. They hear much about the necessity and great value of pure air, but no sooner have they heard the message of salvation than they return to their filthy way of breathing. Even those who preach about fresh air are very negligent in practice. Of all the many health-reformers whom I have met in my life, I know of only a very few with whom I would be willing to share a house or a home. All the rest of them are simple talkers, and not doers. Although they are not quite so dirty in their breathing habits as the masses, they breathe foul air a great portion of the twenty-four hours just the same, wondering all the while why they do not have more energy.

Fresh air for twenty-four hours per day is essential for the well-being of every man, but for a consumptive, it is a question of life or death. He must flee a close house or room as his greatest enemy and stay out of doors all of the time, never entering a house except for baths and changing of dress.

It makes no difference whether the patient happens to be in a warm or cold, dry or wet, climate, he should never remain in a house or any close place, but stay where he belongs; namely, in the open air. Of course, the treatment will be modified according to the severity of the weather.

OPEN-AIR meals for the family are most desirable. The fresh air sharpens the appetite, and anything tastes better out of doors.

## The Sun as a Healing Agency.

EXPOSURE to the sun draws to the surface of the body and fixes in the skin a large amount of blood by dilating the blood vessels. The average chronic invalid is suffering from too much blood somewhere. If he has too much blood in his brain, he suffers from insomnia; if there is too much blood in the lungs, he has chronic bronchitis; if there is too much blood in the region of the heart, he has dilatation of the heart or some other cardiac disease; too much blood in the stomach causes gastric catarrh, or in the intestines, intestinal catarrh; too much blood in the kidneys causes Bright's disease.

A person does not suffer from any serious internal disorder while he has a perfectly healthy skin. A healthy skin is a guarantee of health throughout the body. One who has a diseased stomach will have a sickly skin; and one who has a sickly skin will have a diseased stomach sooner or later.

When a person gets out in the sun and gets his skin well sunburned, a few days later his skin is darker in color than it was before. That brown color is due to the fact that there is more blood in the skin, and this means that the skin has become more active. This increased activity of the skin indicates increased activity of the entire body. The blood vessels are dilated, and the blood remains in the skin. There will then be less blood in the brain, where there was too much before; or in the liver, which can now do its work better; or in the stomach, which can consequently digest better.

THE spirit of athletics is the spirit of competition, and competition—the effort of one man to outdo another, to wrest from that other a victory, a prize, an honor, that he wants—is not only an ethical injury, but is an irresistible temptation to over-effort and strain. Exercise, when adapted to the strength and needs of the individual, is an excellent thing, a necessity to physical, mental, and moral well-being. But that application of physical exercise known as "athletics" possesses few advantages, and is characterised by many dangers.—*Health.*

THINK less of ease and more of occupation.



### Ventilation and Sunlight.

IN the construction of buildings, whether for public purposes or as dwellings, care should be taken to provide for good ventilation and plenty of sunlight. Churches and school-rooms are often faulty in this respect. Neglect of proper ventilation is responsible for much of the drowsiness and dullness that destroy the effect of many a sermon and make the teacher's work toilsome and ineffective.

So far as possible, all buildings intended for human habitation should be placed on high, well-drained ground. This will insure a dry site, and prevent the danger of disease from dampness and miasma. This matter is often too lightly regarded. Continuous ill health, serious diseases, and

care with the rooms intended for constant use. Like the other bedrooms, it should have air and sunshine, and should be provided with some means of heating, to dry out the dampness that always accumulates in a room not in constant use. Whoever sleeps in a sunless room, or occupies a bed that has not been thoroughly dried and aired, does so at the risk of health, and often of life.

In building, many make careful provision for their plants and flowers. The greenhouse or window devoted to their use is warm and sunny; for without warmth, air, and sunshine, plants would not live and flourish. If these conditions are necessary to the life of plants, how much more necessary are they for our own health and that of our families and guests!

If we would have our homes the abiding-place of health and happiness, we must place them above the miasma and fog of the lowlands, and give free entrance to heaven's life-giving agencies. Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets, and tarnish the picture-frames; but it will bring a healthy glow to the cheeks of the children.

Those who have the aged to provide for should remember that these especially need warm, comfortable rooms. Vigor declines as years advance, leaving less vitality with which to resist unhealthy influences; hence the greater necessity for the aged to have plenty of sunlight, and fresh, pure air.—*Ministry of Healing.*"

THREE good meals a day is bad living. Where one dies of hunger, a thousand die of eating.

To lengthen thy life, lessen thy meals. A full belly is the mother of all evil.

He that never eats too much will never be lazy.

Eat to live, and not live to eat.



"Above the miasma and fog of the lowlands."

many deaths result from the dampness and malaria of low-lying, ill-drained situations.

In the building of houses it is especially important to secure thorough ventilation and plenty of sunlight. Let there be a current of air and an abundance of light in every room in the house. Sleeping-rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping-room unless it can be thrown open daily to the air and sunshine. In most countries bedrooms need to be supplied with conveniences for heating, that they may be thoroughly warmed and dried in cold or wet weather.

The guest-chamber should have equal

## God's Great Outdoors.

BY DAVID PAULSON, M. D.

THE poet tells us that the groves were God's first temples. From a health standpoint they were far superior to our magnificent modern edifices where the worshipers constantly come in contact with countless germs lurking in the upholstered seats and in the dust-laden carpets, and where their minds are stupefied because they are compelled to inhale the poisons continually exhaled from the lungs of others, be they sick or well.

In the United States the city population has gradually increased, until it now outnumbered that of the country; this means that about half of the people of the nation are breathing house climate night and day. This is one cause of the alarming increase of disease.

Tuberculosis is a house plague. The best proof of the correctness of this statement is the fact that when the tubercular patient in the reasonably early stages of the disease moves out of his house as a snail does out of its shell, and lives in a tent night and day, in a few months' time he generally secures better health than he ever before possessed.

It is not the fresh air in the lungs that cures the patient. It is the pure air which gets into the blood, and this blood then repairs the diseased lungs. And it must be equally clear that this blood has the same chance to cure the dyspeptic stomach, the neurasthenic nerves, the fatigued brain of the business man, or the debilitated heart. This is precisely the result that we are beginning to see. Prominent nerve specialists have already called attention to the fact that one of the most successful methods of treating nervous prostration is the modern plan for treating the tubercular patient.

Dr. Bishop, of New York, the eminent authority on heart disorders, recently stated that in most cases the heart is really no worse off than is the man. The weak and debilitated heart means in reality a weak and debilitated body, and he suggests that one of the best methods of cure is to treat them along the same lines that prove successful in the cure of the consumptive.

Dr. Northrup, one of the leading specialists in children's diseases in the

United States, recently reported remarkable success in the treatment of pneumonia by avoiding, as he calls it, giving the patient second-hand breaths. He opens all the windows and doors to the sick-room, so that the air the patient breathes, is absolutely as pure as it is outdoors.

It is astonishing to note the splendid improvement in the appetite when a tubercular patient is put outdoors. The same would be true of many a wretched dyspeptic who does not have tuberculosis. Likewise, many patients who have to be doped to sleep every night with morphine or other drugs, which stupefy the liver, stomach, and various organs just as much as they do the brain, would soon sleep like healthy children if they were only given a liberal introduction to God's great outdoors.

In Stettin, Germany, nearly one-half of the children die in their first year, while in Japan, where the children are born and reared in houses almost as open as wicker baskets, infant mortality is scarcely known.

Why should we be so careful to get pure food for our stomachs, and yet be so very careless about securing good air for our lungs? If we should see some one contaminate our drinking water one-half as much as the average bed-room air is contaminated, the thought of swallowing that water would nauseate us. But a man of sixty has breathed bed-room climate for about twenty years, and that is the real cause of many of the troubles of which he is now complaining.

We cannot all move outdoors, but we can bring a great deal more of the outdoors indoors. To have fresh air in our houses during the winter will require more fuel, but the cost will come back to us in what we will save in funeral expenses. Could the truth be told, we would be amazed at the number of tombstones upon which could be truthfully inscribed, "Died from the plague of house air," "Killed by bedroom climate," "Gradually smothered to death in a tenement flat."

Those who are afraid of taking cold at night if they should open wide their windows, can wrap up their heads just as they do when they go out driving in the daytime. Those who will do this will find, in the majority of instances, instead of waking in the morning with a brown taste in the mouth, a congested feeling in

the lungs, and a feeling in the head as if they had recited mental arithmetic all night, that they will wake refreshed, thankful to be alive to enjoy one more day.

fuel is to the engine, food is to the body. Without plenty of pure air the best food is of little value to the body. Pure air is needed in the body to liberate the energy



"THE GREAT FREE WOOD."

"O, to be out in the great free wood,  
 Away from the hurry, away from the care,  
 Where the boughs of the trees weave a giant  
 hood  
 To cover the world when the world is bare.  
 " There's a place out there 'neath a spreading  
 tree  
 That only the squirrels and I have known.  
 I guess that I'm lazy, but, anyway,  
 I want to be out in the great, free wood."

**How to Live Long and Live Well.**

BY D. H. KRESS, M. D.

THE human body may fitly be compared to an engine. Engines are constructed for work, but they are valueless without steam and energy. In order to produce steam there must be fuel, but the best fuel is of little value without plenty of pure air.

Air is needed to liberate or set free the energy that is stored up in the coal or wood or oil.

The engine derives its energy from fuel. Man derives his energy from food. What

stored up in the food, just as it is needed in the furnace to set free the energy stored up in the wood or coal. More die of air starvation in civilised lands than of food starvation. The lack of energy often experienced and supposed to be due to an insufficient quantity of food, is, more frequently, due to the insufficient supply of pure air.

In order to secure the desired amount of energy for the engine from the fuel, we build high chimneys to create draught to the furnace, so as to admit the needed supply of air.

In the human body, exercise creates the draught, or carries to the tissue the needed air; it supplies the place and answers the purpose of the chimney. The higher the chimney, the greater the draught and supply of air, and the greater the amount of energy liberated. Exercise *regulates* the supply of air necessary to keep up the vital fires and to produce the needed energy. The more physical exercise is taken, the more energy is experienced. Exercise

may be said to be nature's method of lengthening the chimney.

Upon food, air, and exercise, therefore, life and energy largely depend. It remains with each one to say how much energy he shall possess. The engineer has such a thorough knowledge of his engine, and the relation that air and fuel sustain to it, that he can regulate the amount of energy required at will. If much work needs to be done, he merely adds more fuel and opens the draughts a little wider. Each intelligent human being should possess the same knowledge of the human body and understand the relation that food, air, and exercise sustain to it. Man should be able to regulate the vital fires and the supply of energy just as intelligently as the engineer. In order to do this, he must possess a knowledge of the human body, the fuel value of various foods, and the foods most appropriate for body fuel. When little physical work is done, nature shuts off the draughts, admitting but little air; oxidation is lessened, and the quantity of food should therefore be correspondingly diminished. When considerable physical labor is performed, there is an increase in the amount of air carried to the tissue and a corresponding increase of liberated energy, and more food is needed. The wise man said, "The sleep of the laboring man is sweet, whether he eat little or much, but the (food) abundance of the rich will not suffer him to sleep." Sedentary habits and abundance of food clog the living fire by the accumulation of inoxidised products, and produce sleeplessness. The laboring man never suffers with sleeplessness. Insomnia is confined to those who work little and eat abundantly.

There are certain engines and boilers with large furnaces that are built expressly for wood, others have smaller fireplaces and are built for coal, still others for oil. It is possible in an emergency to burn coal in the furnace built for wood, or wood in the furnace built for coal, but it is not wise to continue to do so. The same difference exists in the animal creation. There are creatures so constructed that they can utilise as body fuel coarse substances, as grass, raw cabbage, leaves, and herbs, and in the absence of these, in time of drought, they are able even to derive a certain amount of energy from

the bark of trees and the tender twigs which are only suitable as fuel for furnaces.

Man could not possibly subsist upon bark or twigs. He is capable, however, in the absence of better foods, of utilising and deriving a certain amount of energy from many of the coarser foods, as herbs.

The reason why man cannot derive the maximum amount of energy from coarse, woody food will be readily understood by a comparative study of his alimentary canal and that of the lower creatures. The cow, for instance, possesses four stomachs and a tortuous, sacculated alimentary canal about thirty to thirty-three times the length of the body. The food she subsists upon needs to be retained for a prolonged period in order for her to get out of it the nutriment it contains. Man possesses one stomach, a large colon, and an alimentary canal only ten to twelve times the length of his body. The alimentary canal of the flesh-devouring animal is still shorter, being only about three times the length of the body. The food the carnivora subsist upon is of such a nature that it must not be retained long within the body. Prolonged retention would result in decay and the formation of deadly poisons, or auto-intoxication, therefore the alimentary canal must be short and smooth. The alimentary canal of man is too short to derive the maximum amount of energy out of the herbs and coarse vegetables, and too long to make it safe for him to attempt to subsist upon flesh foods, for auto-intoxication (self-poisoning) with its train of disagreeable and painful symptoms would surely result. That most of the diseases in civilised lands are due to poisons formed by the decay of foods in the alimentary canal is now generally recognised by all leading medical authorities. The remedy exists, not in shortening man's alimentary canal by the removal of the colon, as was suggested recently by a leading scientist, but by a return to the foods adapted and designed for man's use.

The Creator certainly knew when He formed man and the lower creatures what foods were best for each, accordingly He gave to each their food. Man He placed in a garden and surrounded him with trees pleasant to the sight and good for food. To him He said, "*Behold, I have given you*

every herb bearing *seed* and every tree in which is the fruit of a tree yielding seed, *to you it shall be for meat.*" "Of every tree thou mayest freely eat." We see from this that the fruits and nuts of the trees, and the grains or seeds of the herbs, constituted the original diet of man. There can be no question that these foods are perfectly adapted for man, all leading scientists are agreed upon this.

Of the lower creatures it is said, "And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth wherein there is life, *have I given every green herb for meat*, and it was so."

"*It was so.*" That is, at the beginning or until the fall, man continued to subsist upon the food created for him, and the lower creatures upon the foods created for them.

After the fall, man was driven out of the garden wherein were the trees good for food. The Creator saw that he would be placed where the original food could not always be obtained, and that he would be forced to obtain food under difficulties previously unknown; that he would have to till the soil and obtain his food by the sweat of his brow; and that the herbs of the field would at times be the best, and only nutriment he could obtain. He therefore said, "Thou shalt eat the herb of the field." But the coarse vegetables and herbs are not, and never can be the most suitable foods for man, for man's physical structure remained the same after the fall as before.

After the flood when all vegetation, including both fruits and herbs, was destroyed, the command was given, "Every moving thing that liveth shall be meat for you." To refuse to subsist upon flesh under these conditions would have been suicidal, it would have been sin, for "life is more than meat."

We see that all the commands given in the past regarding food apply to conditions and apply with equal force to the present, when similar conditions exist. In the absence or scarcity of fruits, grains, and nuts, the command to man still is, "Thou shalt eat the herb of the field," and in the absence or scarcity of the herbs as well as fruits, the command is, "Every moving thing that liveth shall be meat for you."

The commands to eat herbs and flesh,

are, however, provisional. These foods must always be regarded as inferior. The vegetables and herbs are inferior to fruits, nuts, and grains; and flesh is inferior to vegetables and herbs. These foods should only be used by man in the absence or scarcity of the original or best foods, for the ideal diet is that which is freest from wastes and impurities, and imposes the least burden on the organs of digestion in supplying the body with the material needed to meet its wants. The coarse foods are not the foods out of which man can derive the greatest amount of good with the least effort on the part of the organs of digestion. They supply the minimum amount of nutriment with the maximum effort on the part of these organs, and must therefore wear out these important organs prematurely, which is really the case. Leading medical authorities and physiologists universally agree that flesh is a much less suitable food for man than even vegetables and herbs, that it fills the system with insolubles, urates, and other impurities, which produce a drowsy, sluggish, and ferocious spirit, and brings on such diseases as gout, rheumatism, pneumonia, etc. The liver is also worn out prematurely by the extra burden thrown upon it in converting the urates into soluble urea. Diseases of the kidneys are frequently brought about through the irritation produced by the process of eliminating these irritants. By the necessary prolonged retention, putrefaction invariably results, producing local diseases, as peritonitis, appendicitis, diarrhea, etc., and acute or chronic systemic poisoning takes place. Meat-eating is responsible for many a sudden death that is attributed to heart failure, apoplexy, or other secondary causes. It is also responsible for premature old age or hardening of the arteries, which always results from a slow, continuous process of self-poisoning.

The vegetable kingdom alone possesses the power of combining, and giving life to the lifeless elements found in the air and soil. It alone stores up energy. The animal, like an engine, tears it asunder or consumes this energy. The animal is not an energy producing, but an energy consuming mechanism. The vegetable kingdom produces fuel for consumption by the animal kingdom. For one animal to feed upon another is similar to one furnace and

engine being fed with others. Or it may be compared to feeding a furnace with kerosene lamps that have been in use, and still contain a certain amount of oil or fuel. A bright fire may be kept up for a time. But with this oil or fuel, there is combined the glass which will in time accumulate and choke the furnace, and extinguish the flame. This illustrates what actually takes place by attempting to fuel the living furnace on flesh. It must be ad-



The animals know what to eat and eat it

mitted that by the one who feeds on flesh a certain amount of the fuel which the animal derived from the vegetable kingdom while living, is obtained. But with this are combined the uric acid, cinders, and clinkers, which in time will clog or wear out the living furnace, and extinguish the vital fires. In order to live long and live well, it becomes necessary to eat the best foods and appropriate the needed supply of pure air by proper exercise.

#### BENEFITS OF EXERCISE.

It was declared centuries ago that "the sleep of the laboring man is sweet;" and Bouchard, the great French investigator, has given the medical explanation for it by demonstrating that the excretions of the body the day following vigorous exercise were not nearly so poisonous as they were the day after one that had been spent in idleness. Inactivity, like the stagnant pool, allows waste matter and rubbish to accumulate in the system; while exercise not only eliminates these substances, but actually *destroys* many of them in the body. An excellent illustration of this is furnished by the horse that has been confined to his stall practically all winter. After the first long drive in the spring, his hair is covered with a perspiration so sticky and gummy that it cannot fully evaporate; it has a

disagreeable odor to it. The condition of his blood resembles that of the sedentary man. After the horse has worked a few weeks, many of these organic impurities are eliminated, and he ceases to perspire this kind of waste matter. Exercise does for the sedentary man what it does for the sedentary horse, it cleanses the tissue from impurities and makes him a purer and better man.

#### ATMOSPHERIC SEWAGE.

THE late Professor Willard Parker, in a lecture delivered before a class of medical students, made the following very forcible illustration of how the air of a room was constantly vitiated:—

"If, gentlemen, instead of air, you suppose this room filled with pure, clear water, and that instead of air, you were exhaling, twenty times a minute, a pint of milk, you can see how soon the water, at first clear and sparkling, would become hazy and finally opaque; the milk, diffusing itself rapidly through the water, you will thus be able to appreciate also, how, at each fresh inspiration, you would be taking in a fluid that grew momentarily more impure. Were we able to see the air as we see the water, we would at once appreciate how thoroughly we are contaminating it, and, that unless there be some vent for the air thus vitiated, and some opening large enough to admit a pure supply of this very valuable material, we will be momentarily poisoning ourselves, as surely as if we were taking sewage matter into our stomachs."

#### Not More Remedies but Better Bodies Needed.

DR. STURGIS, of America, presses the significant truth that we have about reached the limit in our medical possibilities in the cure of the sick. He says, "We can never cure a much greater proportion of the sick until we have better bodies and souls in the patients. The great progress of the future in medicine will consist in prevention. We must lose our life to find it. . . . Wherever sin exists, it works itself out finally in sickness and death."

Don't give others a piece of your mind; you've none to spare.

## Can Drugs Cure Disease?

DISEASE is always due to the presence of poisons in the system. The injury sustained by the system, and the symptoms present in fevers, whether in tuberculosis, typhoid fever, pneumonia, smallpox, or other diseases accompanied by fever are always due to the poisons formed by the action of germs upon diseased tissue.

Bright's disease, diabetes, rheumatism, gout, neuralgia, though possibly not directly due to germs, are due to poisons formed either by the growth of germs in the alimentary canal, shown in the decay or fermentation of foods, or by poisons introduced directly in combination with foods or as drinks.

The mild fever produced is called stimulation, and is *supposed* to be strength. A mild fever caused by typhoid fever or other germs produces the same feelings of exhilaration. If instead of one glass of whiskey or one cup of tea, five or ten are taken, we may have delirium, or what we would have if a high fever was caused by typhoid fever. Some of the poisons which are formed in the alimentary canal produce depression. By taking alcohol, this state of depression will be in a measure counteracted by producing an opposite condition of exhilaration, or a feeling of well-being. But one state is as bad as the other. Both are diseased conditions.

Disease being due to the presence of poison in the system, it can therefore never be cured by the addition of another poison in the form of a drug, alcohol, tea, coffee, or tobacco. All that these can ever do, is to change the symptoms by establishing another disease. Agreeable symptoms are not always an indication of health, they never are when produced by any of the poisons named; they are then always an indication of disease.

Disease can only be cured by the removal of poisons. When this is done, there will be no depression and no unnatural stimulation, but there will be a feeling of well-being. *This is health.*

DR. F. DOWLING, of Cincinnati, after a study of three thousand persons employed in local tobacco factories, found that ninety-five per cent. suffered from visual troubles of nicotine origin.

## Alcoholism in France.

SOME interesting facts relating to the consumption of alcohol and bearing upon the relation between alcoholism and crime have recently emanated from Paris. In 1850 it was estimated that the consumption of pure alcohol in France equalled one and one-half litres per head of the population; in 1896 it had increased to 4.19 litres, apart from the use of wines, beers, and cider. Inclusion of this last increment would raise the per capita amount to fourteen litres of alcohol, as compared with 10.5 litres in Belgium, ten litres in Germany, and five litres in Sweden. A corresponding increase in the number of drink-places in France has taken place—from 280,000 in 1850 to 500,000 in 1896, or one for every thirty adults of the population. In Sweden, the annual consumption of alcohol between the years 1830 and 1834 equalled twenty-three litres per head, and the number of murders committed was fifty-nine; while during the three years from 1875 to 1878 the annual consumption of alcohol was only five litres per head, and the number of murders was only eighteen.

That this growing consumption of alcohol is causing a certain amount of anxiety to the military authorities is evidenced by a series of posters which have been placed in all the barracks of the garrison of Paris, which clearly expose to the eyes of the soldier the ravages produced by alcohol on the human system. These bills, exhibited in the dormitories, lavatories, and dining-rooms, show the internal organs of a person addicted to drink, and those of a sober, healthy man. These diagrams are accompanied by a notice which enumerates the effects of alcohol from pathologic and moral standpoints.

### OLD-FASHIONED PHILOSOPHY.

SCORN not the homely virtues. We are prone  
To search through all the world for something  
new:

And yet sometimes old-fashioned things are  
best—

Old-fashioned work, old-fashioned rectitude,  
Old-fashioned honor, and old-fashioned prayer,  
Old-fashioned patience that can bide its time,  
Old-fashioned firesides sacred from the world,  
Old-fashioned satisfaction with enough,  
Old-fashioned candor and simplicity,  
Old-fashioned folks that practice what they  
preach.

*J. A. Edgerton, in National Magazine.*



### AS YE WOULD.

If I should see  
A brother languishing in sore distress,  
And I should turn and leave him comfortless  
When I *might* be  
A messenger of hope and happiness,  
How could I ask to have what I denied  
In my own hour of bitterness supplied?

If I *might* share  
A brother's load along the dusty way,  
And I should turn and walk alone that day,  
How could I dare,  
When in the evening watch I knelt to pray,  
To ask for help to bear my pain and loss,  
If I had heeded not my brother's cross?

EDITH BRADT.

### House-Bound.

BY MRS. E. E. KELLOGG.

ALL things have relative values. The individual lacking a roof-tree, houseless, is considered unfortunate in the extreme. Equally to be deplored is the situation of the one whose life must be spent within the confines of a house. The one is bereft of the attributes of a home; the other, of that vivacity and vigor which come through a free out-of-door life, for good health is a condition incompatible with a general quarantine against fresh air and sunshine.

In the effort made some years ago to civilise the American Indians, a certain government agent in the North-west built some comfortable, up-to-date dwellings upon the farms in his jurisdiction, which he succeeded in persuading the Indians to occupy. Not long thereafter circumstances necessitated his leaving his station for a time, but he left congratulating himself upon the progress his wards had made toward civilisation. Imagine his surprise upon returning to his charge two years later to find the Indians rein-

stated in their wigwams, while the houses he had taken so much pains to provide for them were devoted to the storage of their farming implements. Upon inquiry as to the occasion for such change, he was informed that all who slept in the houses became sick, and some of them spit blood. When they returned to their well-aerated wigwams, they regained their health, and naturally they preferred health to houses. "Too much house" was the Indian native chief's diagnosis of their difficulty. Too much house may be rightfully credited as the cause of a large share of ills in these days of modern architectural achievements.

The life-giving, life-sustaining properties of sunlight and air evince the Creator's purposeful provision for the health of His creatures. Without these no living thing can thrive and maintain resistance to disease. Why, then, spurn these munificent gifts of heaven to immure one's self behind air-tight walls of brick and wood and stone, with closed doors and shaded windows, keeping out as much as possible of the vivifying elements?

She is a wise woman who in all suitable weather does as much as possible of her work outdoors. It is not impracticable, and far more healthful, to do out of doors one's ironing, sewing, mending, washing, preparation of fruits and vegetables, as also numberless other tasks belonging to the housekeeper's daily routine. At first thought it may appear that such an innovation from long-established customs would prove troublesome. On the contrary, if properly planned, such becomes labor-saving as well as health-promoting.

The provision of a suitable place to work is the first requisite,—the side porch or piazza, a shady nook on the lawn, or a



corner of the back-yard, as circumstances may favor or demand. There are self-heating irons to be had for the ironing; machines for the washing; and light double tables on easy-rolling castors.

#### A SKIRTLESS WASTE.

["FASHION has decreed that skirts shall be worn short in future."—*Ladies' News Item.*]

A microbe sat in the busy street;

A wretched wee wight was he;

And the tears in floods from his woeful eyes

Poured silent and frequentlee.

"Alas and alack! I am doomed!" he cried,

In a voice that was filled with pain,

"On the trailing skirt I may ride no more—

And my soul is the shrine of pain!"

"My heart turns back to the good old days

When over the slushy street

The soggy skirt went dragging by,

In the wake of the twinkling feet;

Oh, good old days, you are gone for aye!

And I sobbingly shriek and sigh;

For the skirt that once dragged in the filth and mud,

Now travels three inches high!"

#### THE BEST SOMMER DRINK.

THE beginning of intemperance, as a rule, dates farther back than the taking of the first glass of whisky. It begins, in the average case, around the family table, where irritating foods and drinks are used, thus creating an abnormal craving which pure water fails to satisfy. It is only a short step from the use of these to beer, and from beer to stronger drinks.

Soda-water would also best be left in the soda fountain. The concoctions fixed up by the drink-mixer are sure guarantees of disturbed digestion and impaired nutrition. The various drugs and mixtures used to give flavor to the drinks and to imitate fruits are unwholesome, and in addition, the drinking of a mixture at a temperature so cold that it paralyses the stomach, can result only in evil.

The only possible value of any of these drinks is that they contain water. Water is a great purifier of the body. It dilutes the fluids in which the cells and fibres are bathed. It is the vehicle which transports waste matter from the body, and dissolves and carries the food and nutrition to the tissues. It is the great medium of exchange between the body and the outside world. The frequent use of it is necessary.

#### Isaac Pitman a Vegetarian.

MR. ISAAC PITMAN, the father of Phonography, was a rigid abstainer from intoxicants; he never smoked tobacco, and for over fifty years of his life was a vegetarian.

In the *London Times* February 6, 1879, he gave the following account of his reasons for adopting vegetarianism. This letter is



A VEGETARIAN CHILD.

given in reformed spelling, as it appeared.

Ser,—As mei leif haz been wun ov eksepsional aktiviti, the fakt that it haz been maintand on a vejetabel deiet ought tu be known, nou that a diskushon on deiet haz been admitted into the *Times*.

Mei deietetik eksperiens iz simpli this:—Abuv forti years ago dispepsia woz kariing me tu the grave. Medikal adveiserz rekomended animal food three teimz a day insted ov wuns, and a glas ov wein. On this rejimen I woz nothing beterd, but rather grew wurs. I avoided the meat and the wein, graduli re-

kuverd mei dijestive pouer, and hav never sins known, bei eni pain, that I hav a stumak.

These forti years hav been spent in kontinuius labor in konekshon with the invenshon and propogashon ov mei sistem ov fonetik shorthand and fonetik speling, korespondens, and the editorial diutiez ov mei weekli jurnal. Though siksti-feiv years ov aje, I kontiniu the kustom I hav folowd all through this period, ov being at mei ofis at siks in the morning, summer and winter. Til I was fifti years ov aje I never tuk a holiday, or felt that I wanted wun; and for about twenti years in the first part of this period I was at mei desk fourteen aurz a day, from siks in the morning til ten at neit, with two ourz out for mealz. Twenti yearz ago I began to leav of at siks in the evening. I atribut mei helth and pouer ov enduirans tu abstinens from flesh meat and alcoholic drinks. I kan kum tu no uther konkluzhon when I see the efekt ov such eks-tended ourz ov labor on uther men who ate meat and drink wein or beer. I hav riten mei leter fonetikali, as is mei kustom, and shalt feel obleiged if it be aloud thus to appear in the *Times*.

EIZAK PITMAN.

*Fonetik Institut, Bath, 27 Janiueri, 1879.*

It will give our readers some idea of the success which Mr. Pitman has deservedly attained, when it is stated that from a census taken in 1893, among the principal London and provincial papers and news agencies, it appeared that of 607 journalistic writers of shorthand, 569 (or 93 per cent.) use Phonography. In America the system is used by 97 per cent. of the shorthand writers and reporters, and in Australia by 96 per cent.



BY DR. LAURETTA KRESS.

A FEW nice, wholesome, and palatable summer dishes may be prepared as follows:—

**ASPARAGUS WITH EGGS.**—Wash one bunch of asparagus and boil fifteen minutes. Lay in an oiled baking dish. Season with salt and a teaspoonful of cream. Beat three or four eggs just enough to break the yolks, and pour over the asparagus. Bake ten minutes in a hot oven and serve.

**FRENCH BEANS AND CELERY SALAD.**—Cut tender celery into small pieces in the proportion of half cup of celery to half cup of lemon juice and half cup of water. Let it stand in the lemon dressing for an hour or more. Serve on a lettuce leaf over young French beans which have been cooked in salted water.

**BAKED BANANAS.**—Beat two eggs and half cup of water together. Peel one dozen bananas, dip in egg batter and roll in bread-crumbs; repeat. Place in an oiled pan, bake twenty minutes in a hot oven. Serve with orange sauce, prepared as follows: mix thoroughly half cup sugar and a tablespoonful of cornflour. Then add in the following order; a tablespoonful of lemon juice, the juice of one orange, a little rind, three cups of boiling water. Cook ten minutes in a double boiler, stirring constantly. Remove from the fire, whip in the whites of two eggs, beaten stiff.

**ALMOND AND WALNUT LOAF.**—One cup almonds, one cup English walnuts ground or chopped fine, two pounds of split peas, four eggs, stale bread or zwieback crumbs. Stew or boil the peas till soft. Rub through a colander; salt to taste. Thin to the consistency of cream sauce with milk. Stir in the chopped nuts, eggs and enough stale bread or zwieback crumbs to make it of proper consistency for forming a loaf after baking. Turn into an oiled bread tin. Set in a pan of water, and bake two hours in a moderate oven. Take out of the water and bake fifteen minutes longer to dry it off. Turn out on a plate, garnish with parsley and serve.

**NUT SAUSAGE ROLLS.**—Take one cup of browned rice, prepared by placing the rice on a shallow dish in the oven, stirring occasionally until it is a golden brown. Cook in two cups of warm water. Add salt to taste and two slices of protose, quarter inch thick, mix with this one beaten egg. Place a spoonful in pastry. Roll up into rolls and bake. Serve with brown gravy.

**PASTRY.**—Take three cups of white flour, add salt, mix thoroughly. To this add one cup of olive oil into which a quarter cup of water has been beaten by adding a small quantity at a time, beating all the time. It should become quite thick and white if properly done. Mix the flour and oil well, and mix as little as possible. Roll out on a pastry board. This will do for any kind of pie pastry.

OLD lady: "Meat is very dear, butcher; I can hardly afford to buy any."

Butcher: "Why not turn vegetarian, mum?"

Old lady: "No, indeed; I was born and brought up a Baptist, and I'm not going to change my religion at my time of life."



**Water-brash.**—What remedy would you recommend for water-brash?

*Ans.*—Water-brash is due to nausea produced by disturbances in the stomach through errors in diet. Masticate well all food eaten. Avoid sugar and jams; use milk moderately. Reserve fruits until the close of the meal; substitute sterilised or pasteurised cream in place of butter. Do not drink with meals. Take a brisk walk in the open-air after meals.

**Hydrocele.**—Is there any cure for hydrocele?

*Ans.*—Yes. The fluid should be withdrawn, followed by an injection of two to four drams of iodine. The operation should be performed by a physician or surgeon.

**Habitual Cold Feet.**—How may one get rid of habitual cold feet?

*Ans.*—Cold feet are frequently due to a relaxed state of the abdominal muscles. The large abdominal veins are capable of holding the entire blood in the body. When the muscles of the abdomen are debilitated and relaxed, the inter-abdominal pressure is partially removed from these veins, and as a result the blood is kept in them. Development of the abdominal muscles, or wearing an abdominal support is indicated. The Sanitarium Abdominal Support is of special value in such cases.

**Diabetes.**—I have been suffering with diabetes for several years. Can diabetes be cured?

*Ans.*—Most cases may be cured by proper diet and exercise, and by improving the general nutrition. The treatments and diet given at the Sanitarium are of the utmost importance in such cases. At home, baked potatoes may be used with benefit. They should be eaten dry, and should be thoroughly masticated and insalivated. Green peas or beans and eggs may be used with the potatoes. At another meal, granose biscuits well toasted, protose or nuttolene or nuts well chewed may be used with some sub-acid fruit, as scraped apple or oranges, at the close of the meal. Another meal may be composed of cottage cheese, granose biscuits and cream, and bread (zwieback) and milk. Eat only two or three things at the same meal; chew every mouthful well. Do not drink with meals; use no sugar or sweet, dried fruit. Celery, lettuce, and spinach may be used.

**Constipation.**—I have tried many advertised remedies for constipation, with which I have

been afflicted for years, and have received no benefit. Is there any hope in such a case?

*Ans.*—Yes; constipation may be cured. Send to the Sanitarium or the Echo Publishing Company, Melbourne, for pamphlet on "Chronic Constipation," by the editor.

DIOGENES, lantern in hand, entered the village drug store.

"Say, have you anything that will cure a cold?" he asked.

"No, sir, I have not," answered the pill compiler.

"Give me your hand," exclaimed Diogenes, dropping his lantern. "I have at last found an honest man."

### Pork as a Cause of Cancer.

SOME startling revelations have been made, as a result of careful observation and research, by two eminent investigators, M. M. Verneuil of Paris, and Roux of Lausanne. They are disposed to regard cancer as being caused most frequently by the use of pork.

M. Verneuil in some former article declared that there was a marked relationship between the use of meat food and cancer. In following up this line of thought more closely he was led to conclude that the use of pork was a special source of danger, and said it was well worth considering if this was not the sole cause. He arrived at, and enunciated the following proposition: "In the course of a long and laborious surgical career it was observed that the Israelites who follow closely the laws of Moses respecting the use of pork as an article of food, are always refractory to cancer; and that this idea has presented itself afresh in connection with two special cases."

M. Roux gives his experience as strikingly confirmatory of conclusions reached by his renowned colleague.

"MISTER," said the small boy to the druggist, "gimme another bottle o' them patent pills you sold father day before yesterday."

"Are they doing him good?" asked the clerk, looking pleased.

"I d'no whether they're doin' father good or not, but they're doin' me good. They jis' fit my new catapult."



A GOOD HEALTH subscriber writes as follows:—

"Please send me 400 copies of the next issue of GOOD HEALTH; also send me twelve copies monthly.

"I have been a vegetarian for over thirty years. Before this I was always ailing more or less, but this is in the past. This way of living has made a new person of me. I would not go back to the old diet for a million pounds. I am now in my seventy-fifth year, with better health than I had forty years ago. I enclose money order for £3 10s 0d for future numbers of GOOD HEALTH."

"KEEP a pot plant in your bedroom," said a doctor recently to a delicate girl, "and if it does not thrive there, you need not expect to either." It is a simple test, and one worth applying to living rooms as well. If there is too little light and too little air for a pot plant, there is certainly too little for a human being.

THE Board of Education of San Francisco has recently prohibited the use of slates and pencils in the city schools. "The use of slates and pencils in the public schools," states the Board, "is recognised by the medical profession as injurious to the personal hygiene of the individual pupil, especially when said slates and pencils come in contact with the lips, tongue, and oral cavity of the pupils; and an interchange of the slates and pencils among the different pupils is constantly taking place, by reason of which the germs of communicable diseases are frequently transferred from pupil to pupil." Lead pencils and paper will in future be used instead of slates and pencils.

At the Brooklyn Central Dispensary of 1,000 consecutive cases applying for general treatment, 100, or 10 per cent., were found to be "liberal indulgers in tea," and suffering from its deleterious effects. Of those 100 patients

45	complained of	headache.
20	"	persistent giddiness.
20	"	depondency.
19	"	indigestion.
19	"	palpitation of the heart.
15	"	sleeplessness.

A careful analysis was made of a large number of the Chinese and Indian teas on the market, which showed the following general results:—

	Per Cent.	Per Cent.
	Alkaloid.	Tannin.
Indian teas ... ..	2.84	7.43
Ceylon teas ... ..	2.68	7.85
China teas ... ..	2.40	6.08

Individual analysis showed that higher price

did not necessarily insure greater freedom from tannin, some of the cheapest being the most satisfactory in this respect. On an average, each person in the United Kingdom is day by day consuming half as much alkaloid and nearly as much tannin as would be permissible to be taken occasionally as a drug.

A SAN FRANCISCO police magistrate has told a butcher who was brought before him that he must choose once for all what trade he would follow,—that of a butcher or that of a landscape artist; but that he must not mix the two. The humorous rebuke was occasioned by the discovery that he had painted his meat with dyes in order to make it look as if just cut. A raid on the butchers was then ordered by the Board of Health, and of 147 samples of meat seized, 122 were found to have been treated with some sort of preservative or dye. In many places cans marked "preservative" and "freeze" were discovered, also liquids containing coal tar dyes. Sixteen of the samples had been treated with coal tar dyes, 18 with starch and sodium salts, 117 with sodium sulphite, 6 with nitrates, and only 25 were pure meat products. The names of all the offending butchers were sent to the police authorities, with instructions to prosecute if the conditions did not change.

#### MILK,—ITS DANGERS IN WARM WEATHER.

MR. BENT, Premier of Victoria, recently made the public declaration that three thousand children are killed in Victoria every year by dirty milk. This is not an over-estimate. This applies with equal force and truthfulness to New South Wales and the other States. It is practically impossible to get pure milk in the large cities. Milk is one of the best germ-breeding media we have. They multiply with great rapidity, and develop poisons in so doing that are responsible for the warm weather diarrhea and the numerous deaths among the young who live almost exclusively upon milk. To prevent this growth of germs, poisonous preservatives are added which are equally injurious.

Dr. Armstrong, in a lecture recently delivered in the Adelaide Town Hall, said, "The prevention of the adulteration of food is a matter calling emphatically for improved administration in most, if not all, of the Australian States. The article of food most adulterated is one which it is very important that consumers should obtain pure, viz., milk. It is quite impossible to estimate the number of deaths which should be attributed to the consumption of adulterated and impure milk in cities, but it is undoubtedly a very large one. The direction in which combined action could be most usefully undertaken by the municipalities of large cities lies in the establishment of municipal laboratories for analytical examination of foods. Abattoirs should be under constant skilled supervision, and the sale of meat not slaughtered in public abattoirs should be prohibited."

## BACK TO THE LAND.

At the recent meeting of the Australasian Medical Congress held in Adelaide, South Australia. The President, Professor Stirling, in his opening address, called attention to the physical deterioration of Australians and its causes.

Professor Stirling said there was unmistakable evidence of physical deterioration of the race, due doubtless to many co-operative factors. One contributory cause was the tendency of the people to flock to the towns, where mothers of the future passed the most important period of their lives—that of early adolescence—under the unfavorable conditions of crowded and ill-ventilated working rooms. "The cry of 'back to the land' may have a wider and a deeper signification," said Professor Stirling, "than a mere desire to fill up blank spaces on the map. It is rare to see a child with a sound set of teeth—a defect due to neglect, and from which arises many an ailment. Tooth powder may serve as a better national protection than gunpowder." That degeneration extended to mental organisation was shown by the progressive increase in the actually insane and in those nervous complaints of which neurasthenia might be taken as a type. Then there was the ugly fact that the decline of the birth rate, which we have been accustomed to regard as a feature only of older countries which had to face the problems of over population, had extended to these sparsely peopled States, and that all classes were affected. Thus one of the conspicuous signs of national decadence was beginning to affect us while still a nation in making.

The President pointed out the necessity of combating the excessive infant mortality, alcoholic excess, and errors of diet, consumption, etc. For these he blamed the community, not not the doctor. "But how," he asked, "shall we blame the general public for errors of commission and omission when those who cannot claim the excuse of ignorance persist in continuing the reprehensible and insanitary practice of the promiscuous transference from mouth to mouth of the uncleansed communion cup?"

EVERY victory has its price, and the cost is often suffering.

A CLEVER writer has written a dictionary of his own. A few of his definitions of words follow:—

Appendicitis—A modern pain, costing about £50 more than the old-fashioned stomach-ache.

Athlete—A dignified bunch of muscles, unable to split the wood or sift the ashes.

Alcohol—A liquid, good for preserving almost everything except secrets.

Biliousness—A liver complaint often mistaken for piety.

THE National Health Protection Association, an American health organisation, is petitioning President Roosevelt to "aid the effort to secure the passage of national marriage and divorce laws." They would have the law prohibit:—

"The marriage of all persons affected with incurable diseases which may be inherited.

"The marriage of all insane or half-witted persons.

"The marriage of all habitual drunkards."

A FORMER Sanitarium patient writes:—

You may rejoice with me in my improvement in health. I am indeed pleased and thankful to our heavenly Father, and trust I may be spared to serve Him more fully than I have hitherto done, and I feel like praising Him all the time for His goodness and loving kindness. "Oh that men would praise the Lord for His goodness, and for His wonderful works to the children of men."

## WATERPROOF BED SHEETING

For Accouchement Sheets, Children's Cots, and General Household Uses.

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THIS will be a most interesting and instructive number and worthy of a wide circulation. It will contain instruction valuable to mothers, on "The Care of the Child," by Mrs. E. G. White; "Summer Foods for Children and Adults," by Dr. Lauretta Kress; and "How to Live Long and Live Well on Sevenpence a Day," by Dr. D. H. Kress. This will be our testimonial number. It will be filled with numerous testimonials and experiences received from readers of the GOOD HEALTH, relating to diet, exercise, dress, etc. If you have been specially benefited by the adoption of any one or all of the reforms advocated by the GOOD HEALTH, kindly send us your testimonial telling others how it was, and may be done. Send in your orders for a supply of this important number at once.

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