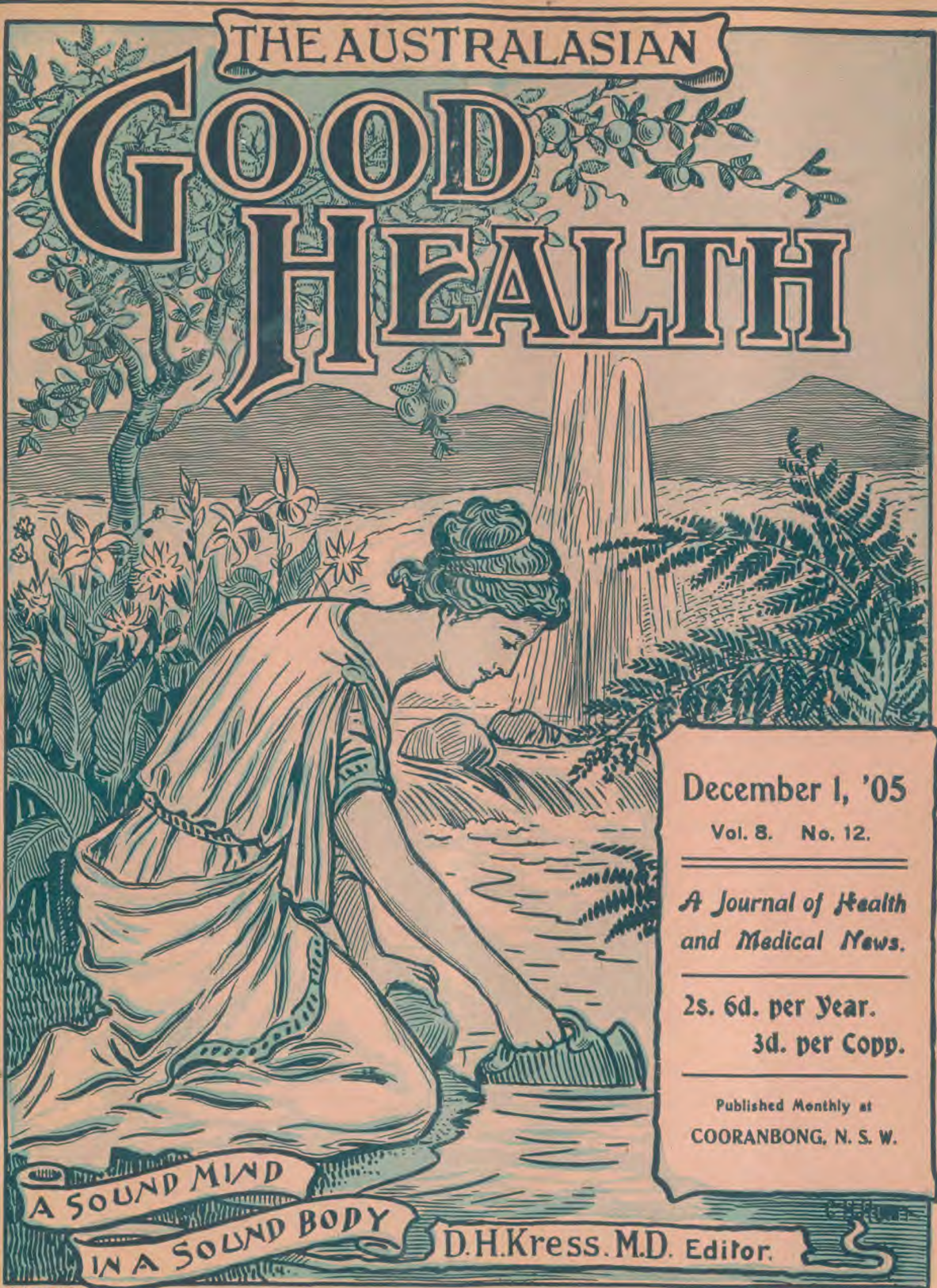


THE AUSTRALASIAN

GOOD HEALTH



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THE WELCOME HOME OF THE PARALYTIC.

"In the home of the paralytic there was great rejoicing when he returned to his family, carrying with ease the couch upon which he had been slowly borne from their presence but a short time before. They gathered round with tears of joy, hardly daring to believe their eyes. He stood before them in the full vigor of manhood. Those arms that they had seen lifeless were quick to obey his will. The flesh that had been shrunken and leaden-hued was now fresh and ruddy. He walked with a firm free step. Joy and hope were written in every lineament of his countenance; and an expression of purity and peace had taken the place of the marks of sin and suffering. Glad thanksgiving went up from that home, and God was glorified through His Son, who had restored hope to the hopeless, and strength to the stricken one."

—From "Ministry of Healing."

# Good Health

## MEDICAL AND HEALTH NEWS.

### Cambridge University Reforms.

A WAVE of reform seems to have struck Cambridge University. The professor of Latin, Mr. J. E. B. Mayor, eighty years of age, has been a vegetarian for over a quarter of a century. No doubt he has been closely watched by both professors and students, his quiet, studious life and consistent influence has probably had much to do with the conversion of some of the leading professors of the University to the vegetarian idea.

Professor G. Sims Woodhead, M. D., who occupies the chair of pathology at the University, at a public meeting recently expressed his belief as follows: "Meat is absolutely unnecessary for a perfectly healthy existence; the best work can be done on a vegetarian diet. Vegetarians have done a great deal in a quiet way to make possible that simpler life for which a great number of people are crying out very loudly, without any definite idea of what they mean."

Dr. Rogers, of the University, at the same meeting said, "I have been a vegetarian for thirteen years, and during that time have found that my faculties were better than before, and my health has been excellent. I have found no disadvantages, but every advantage, in being a vegetarian. My idea is that meat is very much of the nature of a stimulant, it simply bucks people up, and they cannot be "bucked" up without using themselves more than they should. The distinguishing characteristic of vegetarians is their power of endurance. Now that I am a vegetarian it does not make any difference if I do not have my meal at the usual time."

Purely from scientific and health motives many are giving up the use of flesh as food. As men and women advance in re-

finement, they naturally turn away with disgust from a diet that necessitates the horrors of the slaughter-house and the shedding of innocent blood. This is recognised in an able scientific paper read before the American Medical Association a few years ago by Charles Shepard, M. D., of Brooklyn, New York. He said, "It is evident that as we progress in intelligence and refinement our food standard changes. As man advances toward a higher plane, he *inevitably* tends toward what, for want of a better term, may be called vegetarianism."

### A Young Australian Athlete.



MR. DUGAL NEIL CAMPBELL is a life vegetarian, a non-smoker, and a total abstainer. He is a native of Auckland, New Zealand, is nineteen years of age, weighs ten stone six pounds, and is five feet eleven inches in height. He is an all-round athlete, yachtsman, and lacrosseur, and has recently won the prize in



the West Australian Lacrosse Association for 1905, as the most improved junior.

His diet, we are informed, consists almost wholly of grain preparations and fruits. His father, Mr. W. D. Campbell, is Assistant Government Geologist of West Australia, and has been a vegetarian for over twenty-five years, and also a non-smoker and total abstainer.

#### England's Diseased Meat.

THE Chief Veterinary Inspector of Meat in Manchester states that during last year twenty-five tons of diseased meat were sent in from country districts alone, and were destroyed. All this meat, which only included that of cattle, was dressed in the country, and consisted of bare carcasses or parts of the carcasses, according to how the butcher thought he could deceive the inspector. The diseases responsible for this large supply included anthrax, generalised tuberculosis, septicæmia, and malignant tumors. During the last two years there were sent to the Manchester market from the country at least ten carcasses affected with anthrax. Six persons who came in contact with these cases were attacked by anthrax, and two of the six died.

#### "Savoury Ducks."

In the Birkenhead Police Court a pork butcher was fined £2 10s, including costs, for having on his trade premises meat which was intended for consumption, and was unfit for human food. It appeared that when the Inspector of Meat and Fish visited the shop, he found the manager of the business cutting up meat in a back cellar. On the floor was a vessel containing a quantity of meat and hot water. In another cellar was a woman engaged in making pies, and close by there were several pieces of meat spread out on a slab. These were stinking, and absolutely unfit for human food. The pies and "savoury ducks" which were manufactured were so highly seasoned that the consumer would not be able to detect that the meat was tainted.—*Journal of the British Medical Association.*

BRUSH pie-crust over with white of egg before putting in the fruit. It will keep it from becoming "soggy."

#### An Editor's Interesting Experience.

THE editor of the London *Clarion* makes the following confession:—

I have just turned vegetarian. The change was sudden. I felt one day that I could not eat flesh any more. And I have not the least intention of ever eating flesh again.

My friends are surprised: so am I. But whereas they are surprised that I have adopted a vegetable diet, I am surprised that I have not done it years ago.

I have known for quite forty years that flesh eating was horrible. I could tell you things about the slaughtering of animals that would make your blood curdle. I have known for more than twenty years that flesh eating was unhealthy. I have all my life loved animals, and bated the idea of taking life. Yet I have gone on eating meat until a few weeks ago. And now I am wondering why I did it. And the strange thing about it all is that the sudden revulsion of feeling is so strong that I don't believe I could eat flesh now if I tried.

What turned me? I don't know. One day I looked at some roast lamb, and I thought, exactly as I had thought a hundred times before, that it was a horrible thing to eat a lamb. But this time I felt that I could not eat it. I have seen lambs killed. Gr-r-r. I saw it all—forty years ago.

In one way the effects of a vegetable diet have surprised me. I have been a heavy smoker for more than thirty years. I have often smoked as much as two ounces of tobacco in a day. I don't suppose that I have smoked less than eight ounces a week for a quarter of a century. I have some old meerschaum pipes as black as crime and as rank as sin. If there was one thing in life which I feared my will was too weak to conquer, it was the habit of smoking. Well, I have been a vegetarian for eight weeks, and I find my passion for tobacco is weakening.

It is astonishing. I cannot smoke those black pipes now. I have had to get new pipes and milder tobacco, and I am not smoking half an ounce a day. It does not taste the same; I am not nearly so fond of it. And I am told that this is quite common.

Again: I have found that I cannot drink wine. Several times I have tried a glass of hock or burgundy: it is no use. It tastes like physic. It makes me stupid and sleepy.

Why do I write these confessions? Because these things have come upon me as a revelation. Because I begin to see that the great cure for the evil of national intemperance is not tectotal propaganda, but vegetarianism. Let our temperance friends consider this. It is most important. If we can get people to give up eating meat, the drink problem will solve itself.

A LOVING heart will make a thoughtful head.



## Where and How May I Most Profitably Spend My Vacation?

THERE are many professional and business men so over-worked or worried with business cares that it becomes necessary for them each year to avail themselves of a short vacation, and to make the most possible of this period. To take a trip merely affords some help, but frequently in two or three weeks after returning, the little energy stored up during this period is again ex-



The Sydney Sanitarium.

hausted, and he finds himself in an equally bad state, showing that something more than an ocean trip or holiday in the hills is needed.

The Sydney Sanitarium, located at Wahroonga, not only affords the many advantages needed to restore or rebuild the tired or exhausted nerve and brain cells, but the carefully-selected dietary and opportunities for such treatments as may be needed in the way of baths, massage, and electricity, combined with the rest, sunshine, pure, bracing air in a high elevation, and cheerful home influences, makes this Sanitarium an ideal spot for health seekers.

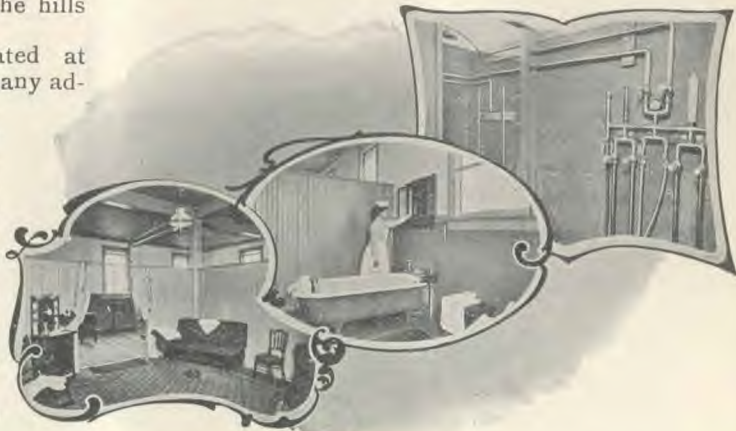
It is often the case that through the information relating to the laws of health and right living, acquired during even a short stay at the Sanitarium, through the drawing-room lectures and the information given in the school of practical cookery conducted for the benefit of patients, a start is made in recuperation, which, if intelligently carried on after leaving, will result in still further improvement. The aim of the Sanitarium



The Kitchen.

is not merely to restore patients to health, but so thoroughly to instruct them that they may be able not only to retain the health they have attained, but may also continue to improve and add to their supply of vitality. In fact, this is the usual experience of Sanitarium patients.

Many of the Sanitarium patrons are not invalids, but those who find it to their advantage to spend their vacations where they may obtain the greatest and most lasting benefit in the shortest possible time and at the least expense. We feel certain that professional and business men troubled with nervousness, insomnia, or irritability, in fact all who are in search



Some of the Treatment Rooms.

of health, can do no better than to make a visit to the Sanitarium.

The sanitarium idea had its origin a little over thirty years ago. The principles were first practically applied in a small building capable of accommodating not more than fifteen patients. There was connected with this institution or



home only one experienced nurse. So rapidly have the principles which were at first cradled in a manger spread, that today the original institute accommodates over 900 patients and has a working force of physicians and nurses and workers connected with it

November number of GOOD HEALTH, inviting those who have been benefited by adoption of Sanitarium methods to respond, the following testimonials among others have come to us, and we pass them on for the benefit of our many readers:—



Some Family Groups.

numbering nearly 600. Over 50,000 patients have passed through the institution during the period of its existence. Aside from this about sixty other institutions have been started in various parts of the world, many of which are capable of accommodating over 100 patients. Sanitariums are located at Caterham, England; Belfast, Ireland; Christchurch, New Zealand; Adelaide, South Australia; Samoa; India; Friedensau, Germany; and Basle, Switzerland.

One of the latest outgrowths of the sanitarium idea is the *Sydney Medical and Surgical Sanitarium*. The prosperity of this institution and the success which has attended its efforts in restoring the sick to health may be judged by the increasing patronage. At present, nearly every room is occupied. Over fifty nurses and other workers are connected with this institution, also one lady and two gentlemen physicians. Undesirable patients, or those having infectious or contagious diseases are not received.

In response to an invitation through the

"You will be pleased to hear that I am keeping in very good health, thanks to your teaching. I work hard, eat sparingly, drink nothing stronger than water, and, as far as possible, eat nothing but health foods. I have had no pain since I left you, am more cheerful, and am never troubled with despondency."

"In response to the invitation issued in the GOOD HEALTH, please permit me to add my tribute to the excellence of your treatment.



Some of the Living Rooms.

Several visits to your splendid Sanitarium at Wairoanga have convinced me that your methods are not only superior to those generally adopted, but also that for the majority of ailments with which mankind is afflicted there is no other way. Although my own ailments have not completely yielded to your treatment,



this may be attributed to the common error of procrastination, in consequence of which they became chronic before Providence guided my steps in your direction. However, the general improvement is so pronounced that I am happy in the knowledge that I am on the right track, and hope, with God's help, to recover my normal health in due time.

"One of the most valuable of your methods is the practice of delivering health lectures at frequent intervals, by which an elementary knowledge of the principles of hygiene and dietetics may be readily acquired."

"I have found immense benefit from the Sanitarium treatment and diet, which I have been following more or less closely for upwards of a year.

"For about thirty years I was a very heavy smoker, but when I adopted the reform diet, I

"When I came to the Sanitarium about fourteen months ago, I did so as the very last resource. I had been under four doctors here,



A Medical Office.

and also under a well-known Sydney doctor, but without obtaining any permanent relief. I could not digest any of the food they ordered, so could not receive any strength. My mental and nervous condition was such that I dared not go near the water, and to watch a tram pass me was agony. I suffered much from sleeplessness, and felt happy and thought I was on the mend if I obtained two hours' sleep out of the twenty-four.

"When I first came to the Sanitarium, I put all my things in my bag at night and put my home address on it, so that if I was found dead in the morning, you could send it home. I was, I believe, one of the very worst cases at the Sanitarium. When I first came to the Sanitarium, my weight was 139 pounds; at the end of a fortnight I had gained 1½ pounds, and

I steadily increased in weight all the time I

View from the Sanitarium Balcony.



Massage Treatment.

lost all desire for the pipe. Frequent headaches used to prostrate me, sometimes for twenty-four hours at a time. I was a martyr to indigestion and constipation, my complexion was sallow, and the whites of my eyes a muddy yellow. For years I had to take pills 'worth a guinea a box' every night, and drank tea and other stimulants to keep me up to par.

"Now my acquaintances remark that I am looking better than they have ever before seen me. I certainly feel free from indigestion, and have practically no headache now. I never feel the need of medicine, tea, or stimulants of any kind. I believe that simple diet, deep breathing, and exercise are nearly all that are required to ensure good health and all its attendant benefits. I shall do all I can to spread the knowledge gained while at the Sanitarium, of the great good to be derived from proper habits of eating, breathing, and exercising."

W. C. INCE.

Rockhampton, Q.

was there. Now I weigh 151 pounds. My diet consists of granose, granola, meltose, eggs, fruits, nuts, cream, and milk. I eat neither fish, flesh, nor fowl. I used to drink tea every time I could get it, thinking that I was getting good from it, but I now realise the injury I sustained from its use. I was ruined in health, and almost ruined in business.





"I imagine sometimes that people will think that I am paid to boom the health foods, for I preach health whenever I have the opportunity. I wish that someone had preached it to me ten years ago. You will be pleased to know that I have neither aches nor pains; my mind is as clear as a bell; and although I work twelve or thirteen hours a day, I never feel really tired. I sleep soundly for six or seven hours every night, and am able to conduct my business with more energy than I have had for years. My wife and family and myself all bless the day when I adopted the reform diet, and thank God and the Sanitarium workers for teaching me how to live. In conclusion allow me to wish the Sanitarium, your journal, your co-workers, and yourself, every blessing and success."

FRED JONES,  
*Laundry, Newcastle.*

"I feel I must send you a few lines to let you know how I am getting on. Well, splendidly—feel twenty years younger—have never had such health for many years. I am just delighted, it is a pleasure to be alive, all my friends notice the difference in me. I sleep better, wake up refreshed, never have a headache, and that I nearly always had before I was fortunate enough to hear of your health Sanitarium. My heart was a great trouble to me, causing me continual giddiness; that has almost entirely left me. I have had for twenty-five years eczema on my chest; that has quite disappeared; in fact, all round I find myself a better man. In conclusion I wish to say that it was a fortunate day for me when I heard of the Sanitarium, and my visit was one of the happiest times I have ever spent."

GEORGE LUGG.

## Olley's Latest Great Record Ride.

### England's Vegetarian Cyclist.

LAST year Dr. F. W. Westley, of Nottingham, England, accomplished what was then considered an exceptionally smart un-paced cycle record of four days, seven hours, twenty-five minutes for the 857 miles which separate Land's End from John o' Groats. This beat the previous record, made in the preceding year, by as much as twenty-one hours, forty-seven minutes.

The man who then had dared predict a still further reduction of eleven hours, ten minutes in the following year would have evoked but a pitying sneer, yet this is the margin—representing over 100 miles—by which Olley has just surpassed Doctor Westley's fine ride.

He left Land's End on July 18, at 8.00 A. M., and arrived at John o' Groats on

July 22 at 4.15 A. M., thus completing the journey in three days, twenty hours, fifteen minutes, an average of 220 miles per day, and nine and three-tenths miles per hour, inclusive of stoppages.

During the whole period of nearly four days not more than six hours were given over to sleep, two hours at Kendal, after thirty-seven hours' riding.

The features of the ride most noticeable, and freely commented upon as being in marked contrast to previous riders were:—

- (1) His cheerfulness and mental alertness throughout the ride.
- (2) The ease with which he was always awakened and was ready to spring out of bed into his saddle.
- (3) His surprisingly fresh condition during the ride and at its close, and the absence of all stiffness.

Disinterested strangers, who prided themselves upon having witnessed all previous holders pass through their respective towns, became quite demonstrative over the marked difference between the physical and mental condition of these men and that of Olley; and the officially-appointed timekeepers at the finish commented in the same strain.

Bearing upon this fact, the testimony of Dr. Sturridge, a local practitioner at Kendal, may prove especially convincing. This doctor, himself an old athlete, and standing upwards of six feet, sought permission to see and examine him on his arrival at Kendal, after thirty-seven hours' riding. The doctor, who arrived about ten minutes later than Olley, found him in his bath, and was palpably astounded at his mental and physical condition. Instead of an exhausted man, he found a man, as he then stated, and has since put into writing, "with mind clear and active, looking as though he was only just preparing to start on his big task."

Both the cycling and walking "End to End" Records are now held by vegetarians, as also is the Ladies' Cycling Record for the double journey over the same course. These are now held respectively by Messrs. G. A. Olley, G. H. Allen, and Miss Rosa Symons.

What more is needed to demonstrate the physical sufficiency of a well-selected non-flesh dietary?—*Vegetarian.*



## How to Live and Live Well on Sevenpence a Day.

Is it possible to live and live well on sevenpence a day?

BEFORE answering this question I will quote from a letter recently received from a reader of GOOD HEALTH:—

"Dear Sir: I read your magazine, GOOD HEALTH, with great interest every month, and decidedly agree, and have done so for years, as to the desirability of eliminating meat from our dietary.

"The question, however, to many people resolves itself into, not the want of will to adopt the vegetarian regimen, but the pecuniary ability to do so. I am therefore taking the liberty of troubling you with this rather long communication, hoping, with your assistance, to bring the question to some practical issue.

"Some years ago I tried vegetarianism, but owing to want of means could not supplement the diet with the requisite fruit and nuts to give it variety, and which it seems to me are necessary to derive the proper benefit and satisfaction. Consequently I had to give it up, but the articles in your magazine make me wish to reopen the subject.

"My household consists of three persons,—myself, wife, and lady help. After the necessary appropriations from my income for rent, insurances, clothes, taxes, wages, etc., are made, we have only fifteen shillings per week left for living, including small groceries which are *not* eatables. This sum is appropriated as follows:—

|                                    |     |   |    |
|------------------------------------|-----|---|----|
| Bread, 6 loaves per week at 3d     | ... | 1 | 6  |
| Milk, 1 pint per day at 4d quart   | ... | 1 | 2  |
| Butter, 1½ lbs. per week at 1s 1d  | ... | 1 | 7½ |
| Sugar, 5 lbs. per week at 2½d      | ... | 1 | 0½ |
| Cheese, 1 lb. per week at 8½d      | ... | 8 | ½  |
| Eggs, one-half dozen per week      | ... | 6 |    |
| Tea, ½ lb. per week at 1/6 per lb. | ... | 9 |    |
| Vegetables, average per week       | ... | 1 | 0  |
| Meat, average per week             | ... | 4 | 0  |

The above are practically stable. Then the other small groceries include: Oatmeal, rice, jams, currants, etc., among the comestibles, and soap, candles, matches, blue, starch, etc., among the non-eatables, and these average per week

2 6  
14 9½

"I do not suppose anyone in existence has the slightest idea our food costs us so little, and I may further say that we are all three well, hearty, and not ill-nourished or anæmic.

"For the past two years our actual *food* expenditure (through sheer obligation) has not exceeded sevenpence per head per day, and yet we do not stint ourselves; the only thing being that we cannot afford luxuries such as fruit, nuts, cream, etc. Also another reason I suppose why we are in good health is that we cannot afford condiments.

"Can you prepare a vegetarian dietary scale at prices ruling in Sydney, which would give

us three persons the same amount of variety and health-preserving food at the same expenditure as we have been subsisting on for the last two years?

"As I have a tendency toward rheumatism, you can understand how gladly I would welcome any practical suggestions that would meet the above conditions."

It will be seen from this letter that the writer has evidently discovered the secret of living, and living fairly well, on sevenpence a day. Some improvements can, however, be made in this dietary, both from a health and an economic point of view.

The actual needs of the human body are few, as it is composed of only a few elements. Fortunately, these elements may be cheaply supplied without much anxious thought or labor. It is a consoling fact that the most wholesome and nutritious foods are the cheapest, and require little or no preparation aside from mouth preparation. It will be noticed in the above dietary that the meat forms nearly one-third of the entire expense of living. Add to this the excess of sugar consumed, and the tea, cheese, and butter, and it totals up to one-half the entire cost. A person who has a tendency toward rheumatism would certainly do well to dispense with meat and tea. Sugar, cheese, and butter decompose or ferment easily, forming butyric acid and other poisonous irritants which are recognised as an active source of rheumatism.

The seven shillings and fivepence expended for these could be used toward supplying their place with a greater variety of more nutritious foods and fruits.

Another suggestion may be helpful, both from an economic and a health standpoint, and that is, for each family to bake their own bread, since it is well-nigh impossible to obtain wholesome baker's bread. By investing thirty shillings in a cereal or wheat mill, the cost could be still further reduced and the quality of the bread greatly improved. It is difficult to obtain fresh, good flour. Our modern method of milling deprives the flour of the essential salts. Flour that is stored for several months, as is often the case, absorbs moisture and gases, and loses much of its sweetness and wholesomeness. Supplied with a small hand mill, each family may grind the wheat as may be needed, the flour being always fresh. Small or unfermented breads well-baked should be used in part at least in place of the large, poorly-baked, fermented breads, which are frequently an active cause of indigestion. It is not necessary to have luxuries or many varieties at any one meal, but it is well to make frequent changes in the meals in order that the foods may be relished. This may be done without additional expense. As a rule, it is well not to eat more than one or two kinds at one meal. Nature teaches us in an unmistakable manner this simple lesson. For instance, milk supplies all the needed elements to the rapidly-developing infant.

All the animals supply their needs in the same simple manner. The horse is content



with oats or maize, the stalwart ox with herbs. The most recent scientific investigations show that cereals, as wheat, barley, rice, etc., contain all the elements needed by man, and they are arranged or combined in about the right proportion.

Dr Pawlow, by experiments upon dogs, has shown that to eat one or two foods at a meal is scientific eating. He discovered that the digestive organs of the animals secrete digestive juices that are specially adapted for the digestion of the food that is fed them. Meat, when fed, caused the secretion of a highly acid gastric juice especially adapted for its digestion, but this juice is not adapted for the digestion of grains or milk. Breads produced a flow of gastric juice less acid but possessing increased digestive properties, while milk caused the secretion of gastric juice differing from both of the others and especially adapted for the digestion of milk.

Both nature and science teach that the digestive organs are capable of doing justice to, or digesting well, one or two simple foods, but when, as is often the case, meat, potatoes, cabbage, milk, butter, puddings, and fruit are taken at the same meal, is it any wonder, in the light of these scientific facts, that indigestion, fermentation, and auto-intoxication with its train of evils result? This is therefore a most extravagant and unhealthful way of living.

We find that the healthiest, heartiest, and best-dispositioned men and women are found among those whose wants are easily supplied, not being greater than their needs, and who are content to live in a simple manner and upon simple foods. History furnishes evidences that among the healthiest and the strongest races of people such luxuries as tea, meat, and even sugar, cheese, and butter are rarely if ever used. They derive their nutriment chiefly from grains and legumes. These are the most nutritious as well as the cheapest foods.

Dr. Gauthier, the eminent French authority on dietetics, in his most recent work on food, says:—

"According to J. Sinclair, the Hindu messengers who carry despatches for long distances eat only rice, while covering each day in running from one village to another a distance of at least twenty leagues (sixty miles), and do this not for a single day only, but every day consecutively, week after week.

"The Russian peasants, who live upon vegetables, black bread, milk, and leeks, work from sixteen to eighteen hours a day, and their strength often exceeds that of American sailors.

"The Norwegian peasants scarcely know the taste of animal food. They cover on a continuous run, however, in accompanying the carriages of tourists, a distance of three or four leagues without stopping.

"The modern Egyptian laborers and sailors, a class who, from time immemorial, have lived almost exclusively upon melons, onions, beans,

lentils, dates, and corn, are remarkable for their muscular strength.

"The miners of South America, very temperate laborers who never eat meat, carry on their shoulders burdens of two hundred pounds, with which they climb, twelve times a day on the average, vertical ladders sixty to eighty meters (196 to 262 feet).

"The lumbermen of the Haute-Baviere, who live almost exclusively upon meal cooked with a little fat, without either eggs or cheese, do an enormous amount of work. On Sunday only they take a little meat.

"The Turkish soldier is surprisingly frugal. He drinks only water or lemonade, and lives upon a diet of rice and figs, scarcely ever touching flesh. It is well known that the vigor of the Turk is remarkable and his courage indisputable. The porters of Salonica and Constantinople, who live upon the same diet, are proverbially strong; hence the saying, 'Strong as a Turk.'

It is safe to say that one-half of the food consumed by civilized man would sustain him well. It follows that the remaining half is superfluous and serves to wear out the organs of digestion and to clog the system.

The attention of the scientific world has recently been called to this extravagant waste of food, by Mr. Horace Fletcher, Professor Chittenden (America's leading physiologist), and Dr. Foster of England. Professor Chittenden selected six brain workers made up of university professors and medical men, twenty men from the army, and eight athletes who were in training and at their best. These were kept under careful supervision and training for a period of six months. Their consumption of food was reduced to one-half of what had formerly been thought necessary by physiologists to sustain life. At the beginning and at the end of the period, a careful test was made of their strength, to ascertain the improvement made during this period.

The following table shows the enormous increase made in strength and lifting capacity, some being able, as will be observed, to lift twice the amount they were capable of lifting at the beginning:—

| Five Athletes. |           | Five Soldiers. |           |
|----------------|-----------|----------------|-----------|
| Before.        | After.    | Before.        | After.    |
| 5728 lbs.      | 7135 lbs. | 2504 lbs.      | 5178 lbs. |
| 6016 "         | 9472 "    | 2838 "         | 4581 "    |
| 4548 "         | 5667 "    | 3245 "         | 5307 "    |
| 5993 "         | 8165 "    | 2835 "         | 6269 "    |
| 4584 "         | 5917 "    | 2560 "         | 5530 "    |

The practical results of these experiments show conclusively that not more than one-half the money need be spent for food, and that the cost of housekeeping may be greatly minimised, and at the same time the health of the household materially improved.

My own practice is to pass by all complex dishes and puddings and pastries, and to select only one simply prepared dish at any one meal. With this I eat granose biscuits or unleavened whole-meal bread to insure mastication, and a small quantity of fruit at the close of the meal. I have followed this simple



practice with the most gratifying results, such a thing as a sour stomach or confused brain being now unknown.

Sixteen years ago, for six months the entire food bill for my family, consisting of four members amounted to less than fivepence per head per day, and we all remained in good health.

Granose biscuit or zwieback, and well-baked bread, with nuts or Sanitarium nut meat well-masticated, and some fruit at the close of the meal, make an excellent meal. Rice or potato and beans or peas with a little bread and cream afford another good meal. Baked potatoes, eggs, and bread and cream make a suitable meal. Bread and milk and eggs will answer for another. Dates and nuts and some sub-acid fruits may occasionally be taken at another meal. Breads may be added.

The money that the writer of the foregoing letter expends for meat, sugar, tea, cheese, and butter alone would purchase the following:—

|                 |                    |
|-----------------|--------------------|
| 1 lb. peas      | 1 lb. lentils      |
| 1 „ beans       | 1 „ rice           |
| 1 „ oatmeal     | 1 „ maizemeal      |
| 2 „ dates       | 1 „ seeded raisins |
| 2 dozen bananas | 3 „ almonds or     |
| 2 „ apples      | walnuts            |
| 2 dozen oranges |                    |

This would certainly afford more nutritious foods, and a much greater variety at less expense. The peas, beans, lentils, rice, oatmeal, maizemeal, and dates, totalling nine pounds, equal in nutritive value twenty-seven pounds of the best lean beef. The cost of the nine pounds of cereals, legumes, and dates is about two shillings, while the actual cost of the twenty-seven pounds of meat at eightpence per pound equals eighteen shillings. It costs nine times the amount to obtain from meat the same quantity of nutriment that is furnished in the cereals, dates, and legumes, and in the former the nutrients are furnished in a pure state, while in meat they are combined with urates and other impurities.

I do not recommend an impoverished diet. This must always be guarded against. My desire has been to show that it is possible to live and live well on sevenpence a day, providing only wholesome foods are eaten.

### England's Invalid Army.

THE official statistics published recently show that more than half the British army is in hospital in the course of a single year!

A well-known military officer described the figures as "*terribly significant and most disquieting.*"

"Of the men who offer themselves for military service every year nearly half are rejected by the medical officers. In 1903 there were 60,861 recruits, but only 29,575 were accepted.

"These figures, bear in mind, take no account of the very large number of men who want to join the army, but whom the recruiting sergeants will not even look at, well knowing them to be so manifestly unfit for service that it would be waste of time to take them before the doctors.

"This army of chronic invalids is the best the nation can produce. They are the picked men of the country, though they are feeble in constitution, and easily succumb to disease. Such as they are, these few chosen from the many are as the wheat winnowed from the chaff.

"The rejections have been steadily increasing for some years past. Ten years ago there were thirty-four per cent., or one in three. Now one in every two is rejected, and solely for medical reasons.

"Barely three out of five who join the army are fit to bear arms continuously for more than three or four years."

This certainly indicates that there is something radically wrong with the food of this people, that their daily life is ruinous to health, and that reforms are imperative for the future safety of the nation.

### Healthy Beer-drinkers.

IN appearance, the beer-drinker may be the picture of health, but in reality he is most incapable of resisting disease. A slight injury, a severe cold, or a shock to the body or mind, will commonly provoke acute diseases, ending fatally. Compared with other inebriates who use different kinds of alcohol, he is more incurable and more generally diseased. It is our observation that beer-drinking in this country produces the very lowest kind of inebriety, closely allied to criminal insanity. The most dangerous class of ruffians in our large cities are beer-drinkers. Intellectually, a stupor, amounting almost to paralysis, arrests the reason, changing all the higher faculties into a mere animalism, sensual, selfish, sluggish, varied only with paroxysms of anger, senseless and brutal. —*Scientific American.*

I do not ask for any crown  
But that which all may win,  
Nor seek to conquer any world,  
Except the one within.



### Sanitarium Health Foods.

THE Sanitarium health foods are an outgrowth of the Sanitarium idea. When the first sanitarium was started, it was found necessary to manufacture special foods which could be easily digested by the patients. Much thought, time, and study were devoted to this end. Foods which were wholesome had to be substituted for the unwholesome foods which are disease-producing. The only thought in the minds of the originators of these foods was to supply their patients. As the patients recovered, they took a supply of foods with them to their homes as a rule, introducing and recommending them to their friends. Orders came in which had to be filled. In this manner principally the sanitarium health food business has grown until it has reached mammoth proportions; hundreds of employees are needed to turn out these foods fast enough to supply the increasing demand. In three years time one salesman sold over one million pounds of granose alone. Granose has at present a world-wide reputation, and as a whole wheat product, it can be safely said it has no equal. Granola, a combination of maize, oats, and wheat is another excellent food; as a porridge there is nothing superior. Crisp oatmeal biscuits, similar to the old Scotch muscle and brawn forming biscuits, have also recently been added to their list of foods. All the foods mentioned are prepared in such a manner as to insure thorough mastication and easy and rapid digestion.

The latest Australian Sanitarium health food product is probably *one* of the best, if not *the* best substitute for flesh foods yet invented. Intelligent, up-to-date physicians everywhere are raising their voices against the free use of flesh, and many are advising the sick to abandon its use entirely. That which brings health to the sick insures continued health to the well. The "Sanitarium Nut Meat," the newest and latest meat substitute, has a meaty flavor and aroma; it contains all the useful elements found in flesh, but lacks the urates and other poisonous wastes. It can be prepared in numerous ways, for grills, roasts, stews, hashes, sandwiches, etc. This food is highly recommended by the medical profession as a most suitable substitute for meat.

The following testimonials, which have been received within two weeks preceding the publication of this number of the journal, show what may be expected by an intelligent use of these foods:—

A consumptive, a butcher of Sydney, who a couple of months ago was placed on the health diet and advised an open-air life, writes:—

"Since taking the health foods I have put on weight. I now weigh eleven stone seven pounds,—heavier than I have ever been in my life before. Even with consumption, life is worth living when the stomach is not warring against the brain."

Another, a butcher of Melbourne, writes:—

"It gave me great pleasure to be able to attend your lecture on health in the Assembly Hall, Collins St., Melbourne. I have come to the conclusion that vegetarian food is the best and proper diet for man. I am at present in the butchering trade, but wish to leave it and to adopt a reform diet. Will you please give me full information regarding the necessary changes in my diet."

"My personal experience proves that one can endure more when subsisting on a vegetarian diet than when on a flesh diet. In order to test the value of a vegetarian diet, I walked on two different occasions a distance of sixty and seventy-two miles respectively in one day, at the rate of four and a quarter miles per hour, with an interval of only two hours for meals. I have frequently walked seventeen miles before breakfast, and have often swum a distance of two miles before morning office work, which commenced at nine o'clock, and I kept up these performances for several months together. One of my tests of endurance was a swim of five and a half miles after having walked sixteen miles the same day.

"I have been living on a non-flesh diet for seventeen years, having adopted a vegetarian regime owing to delicate health when a lad of the age of sixteen; and I feel constrained to say that I have never once regretted the step taken.

E. CLARK REYNOLDS.

DR. WINTERS says, "A child that is allowed a generous meat diet is certain to refuse cereals and vegetables. Meat, by its stimulating effect, produces a habit as surely as does alcohol, tea, or coffee, and a distaste for less satisfying foods."

"There is not a spot on the globe where a man may not be kept in health and vigor by hygiene."—*De Chaumont, F.R.S., 1885.*



**A Prayer.**

O GIVE me the joy of living,  
 And some glorious work to do!  
 A spirit of thanksgiving,  
 With loyal heart and true;  
 Some pathway to make brighter,  
 Where tired feet now stray;  
 Some burden to make lighter  
 While 'tis day.

On the fields of the Master's gleaving  
 May my heart and hands be strong;  
 Let me know life's deepest meaning,  
 Let me sing life's sweetest song;  
 With some faithful hearts to love me,  
 Let me nobly do my best;  
 And at last, with heaven above me,  
 Let me rest! — *Westminster.*

### Temperance Reform as Related to Food Reform.

THAT the success of temperance reform lies in food reform, and is therefore practically in the hands of women, has again been forcibly demonstrated. Before a recent public gathering in England, Staff Captain Hudson, the matron of the S. Newington inebriates' home for women, in relating her own experience and that of the inmates of her home said:—

"I have been asked to come here to say a few words as to the result of having adopted a special diet in our Home for Female Inebriates.

"Speaking generally, the benefits are incalculable and cannot be done justice to in fifteen minutes.

"About three years ago I was induced by Mrs. Booth to try this diet.

"Let me say here that I had been working in the Home for four years previous to this, with the usual mixed diet—joints, bacon, salt fish, pickles, pepper, mustard, oysters, and vinegar, etc., and that I was very sceptical about this new idea.

"Since that time one hundred and ten women of all shades of society have passed through the Home. Two-thirds of these have been (so far as the drink and drug habit are concerned) the worst possible cases, the majority of ages being from forty to sixty, most of them habitual drunkards of ten, fifteen, and even twenty-five years' standing: some so bad that other Homes would not receive them!

"There were those suffering from delirium tremens, there were morphia maniacs, having periods of fierce craving

for the drug, at times amounting to madness!

"Others were so unnerved, and such physical wrecks (not having eaten food of any description for weeks and even months) that I felt doubtful as to what would happen as a consequence of giving them this diet. You will agree with me that I had a variety of material to work upon. Now for results!



These rosy-cheeked little girls of Mr. and Mrs. J. H. Paap, of Cooranbong, witness by their physical and mental vigor to the soundness of vegetarian principles.

"Both myself and workers were quickly convinced that we had taken a right step. We found that the strain and anxiety about our work (inmates) gave place to a much more restful and peaceful state of mind; also that we could think and sleep better. This was a great gain for us, especially for myself, since I was beginning to find the work very trying. Some of us had suffered from severe headaches for years, which gradually disappeared. This was splendid!

"We also found less need for medicine, and that was a new idea for me, swearing by the doctors as I had done all my life,



entirely due to my bringing up and my nursing work. So much for us!

"But what was taking place with us, was rapidly developing in the inmates, only their sad condition made the change much more marked. Lazy, vicious, bloated, gluttonous, bad-tempered women, heavy with years of soaking; whose bodies exhaled impurities of every description, who had hitherto needed weeks, and even months of nursing and watching, to my astonishment and delight, under this new treatment, made rapid recovery, assuming a fairly normal condition in about ten days or a fortnight.

"Mrs. W., who had been drinking hard for sixteen weeks—twenty-five years a drunkard—came to us on a Thursday, and was up and about on the Monday!

"Within four months we had practically abolished the meat diet! The people, as a whole, are much happier. We do not have violent outbreaks of temper as we used to, they are more contented, more easily pleased, more amenable to discipline. One serious difficulty with them has been their variable moods, in consequence of the terrible depression from which they suffer. We have now much less of this than ever before! The general health of all is an increasing wonder to me."

The significance of the reply given by the poor drunkard who was admonished to give up drink and be a man, "You good people are constantly talking about my drink, but have nothing to say about my thirst," may be better understood by reading this experience as related by Captain Hudson.

There can be no doubt that meat and condiments create the thirst experienced by the drunkard. This is not a thirst for water; if it was, it could be quenched by water. It is a thirst or craving for a poisonous stimulant, and nothing but a stimulant will satisfy it. All flesh eaters possess this craving to some degree. All do not satisfy it by taking alcoholic beverages, either because they recognise the evils that result from their use, or because of the public prejudice that exists against it. But they resort to some other stimulant, as tobacco, tea, or coffee. Meat eating, smoking, or the use of stimulating beverages are always associated. In countries where the one is freely used, the other is used freely in some form. The

eminent Dr. Lauder Brunton of England recognised this. He said, "I believe that schools of cookery for the wives of working men in this country will do more to abolish drinking habits than any number of teetotal societies." It is a fact that the free use of oranges, lemons, peaches, and other juicy fruits will destroy all taste for alcohol, tobacco, tea, and other intoxicants. That it is the Creator's design that man should subsist largely upon fruits may be seen by the fact that He placed man originally in a garden, and surrounded him with trees pleasant to the sight and good for food, and said, "Of every tree thou mayest freely eat." Had man always adhered to the original diet, there would exist no craving for alcoholic beverages, tobacco, or other poisonous narcotic stimulants.

### How to Check Hemorrhages.

#### HEMORRHAGE OF THE NOSE.

REACHING both hands high over head, bathing the face with very hot water, placing bits of ice in the nostrils, rubbing ice on the back of the neck, and compressing the nose frequently between the thumb and finger for several minutes, are useful measures in checking nasal hemorrhage. Care should be taken to hold the head erect. Bathing the face with cold water while bending the head forward over a wash basin often increases the bleeding.

#### HEMORRHAGE OF THE STOMACH.

Hemorrhage of the stomach can usually be controlled by absolute rest in bed and the withdrawal of food. In some cases the patient should not be allowed to drink as long as there is a tendency to hemorrhage. There is usually pain in connection with gastric hemorrhage, because of ulceration of the stomach. As long as there is pain in the stomach, no food should be given, and in many cases drink also should be withheld. The patient should be nourished with nutritive enemata. Ice over the stomach, and in most cases an enema every two hours are effective.

#### HEMORRHAGE FROM THE BOWELS.

The patient should be required to remain closely in bed. Apply heat to the legs, and two or three ice bags to the bowels.

HE who loves his home is never an absentee in spirit.



## Wholesale Adulteration of Food and Drink.

A TEMPERANCE wave has struck that portion of New York where numbers of people not long ago were poisoned by wood alcohol, and its effects are being felt more or less all over the country. The investigations which resulted from these deaths led to the statement by Dr. Wiley that fully eighty-five per cent. of all whiskey sold in that country is a cheap imitation. The ingredients used in concocting these spurious drinks are even more injurious than "pure whiskey."

An English Royal Commission not long ago discovered that the widespread peripheral neuritis in the north of England was due to arsenical contamination of the acids used in the manufacture of beer. One curious phase of the wood alcohol poisoning is a sudden, absolute, and incurable blindness of one or both eyes. New York, Philadelphia, and Chicago physicians have observed an alarming increase in the number of cases of paralysis of the optic nerve, and this is believed to be traceable to the use of wood alcohol in beverages. The consumer of intoxicating liquors is not the only one in danger from this source, according to the following statements which appeared in a recent issue of the *Journal of the American Medical Association* :—

"To a large extent 'Columbian spirits' and other 'deodorized' forms of this deadly poison, wood alcohol, are being substituted for the innocuous or less injurious grain alcohol in all sorts of liquids which, legitimately or otherwise, are used by human beings. These include the medicines we use, the perfumes we smell, the condiments, sauces, and flavors we employ in cooking, as well as the common intoxicating beverages. Surely it is high time that the medical profession should voice an emphatic protest against this wholesale poisonous adulteration of food and drink—an adulteration so far confined, by the way, to the American continent—and consider whether the sale of this 'deodorized,' palatable, and attractive poison, should not be altogether prohibited."

There can certainly be but one opinion regarding the propriety of such a recommendation.

## Advice Worth Following.

THERE is plenty of good common sense and true philosophy in the following bit of health advice culled from *The Philistine* :—

"No, I do not need a doctor. Since I began using God's remedies, I have used no others. Fresh air, moderate exercise, plain food, regular sleep, and kind thoughts will heal you of your diseases, pluck from memory its rooted sorrows, and put you close to all the good there is."

## Are Australians Degenerating?

Dr. AHERNE, of Townsville, Queensland, in an interesting paper, compares the measurement of boys on the North Queensland coast with boys of like ages in England: the average girth of chest was found to be as follows :—

| IN ENGLAND. |            | NORTH QUEENSLAND. |            |
|-------------|------------|-------------------|------------|
| 10 years    | 25½ inches | 10 years          | 24 inches  |
| 11 years    | 26½ inches | 11 years          | 24½ inches |
| 12 years    | 27½ inches | 12 years          | 25½ inches |
| 13 years    | 28½ inches | 13 years          | 26 inches  |
| 14 years    | 29½ inches | 14 years          | 27 inches  |
| 15 years    | 30½ inches | 15 years          | 28 inches  |

THE report of the Inter-Departmental Committee on the question of physical deterioration in England showed that England is in danger of the evil that faces France. When the men drink, the deterioration is not so very marked; but as soon as the women begin to drink, two factors come into play; first, a large number of infants are born with defective nervous systems; and, secondly, there is a great interference with the productiveness of the women. In France it has been found that coincident with the upward trend in the consumption of alcohol there has been an increase of suicides and cases of lunacy, and of the percentage of conscripts refused as unfit for service. This clearly proves the pernicious influence of this much-used beverage. In Sweden, on the other hand, where there has been a decrease in the consumption of alcohol, the exact opposite is the case.

FOR the sixth time, on May 13, Mr. Eustace H. Miles won the English tennis championship. On May 17 he defeated the French champion, and a few days later the American champion, thus once more carrying the flag of fruitarianism to victory.



### MEN LITTLE GOOD AFTER FORTY.

THE statement recently made by Dr. Osler that "men were useless at the age of sixty, and very little good after they had reached forty," was unfavorably commented upon by the press. It appears, however, that the government of New South Wales has in the past refused to accept men above forty for public service. A deputation representing the Trades and Labor Council recently waited upon the Premier, with the request that the forty years age limit should be eliminated from the Public Service regulations. It was argued that a man at forty possessed that experience which made him fully competent to fill any position for which he might apply. This should certainly be true; man should be better qualified, and be able to do better and more acceptable work at forty than at thirty. In fact, he should be able to do *still* better work at sixty, and I see no reason why men at the age of eighty should be useless. But it is also true that in this age of luxury, men as a rule have but a few more years of usefulness before them after reaching the age of forty, and this both Dr. Osler and the New South Wales Government seem to recognise.

#### A Marvellous Transformation.

"AT the request of Mr. G——, I am writing these lines to you. You will no doubt remember that I mentioned him in my latest letter to you. I am very pleased to be able to tell you that he is still on the improve. *He is a health reformer.* He has excluded from his bill of fare all kinds of flesh foods and butter. He has also discarded tea, coffee, cocoa, and white bread. In my letter I told you that he had been a smoker and a chewer of tobacco for forty-two years, and also a heavy drinker. These are things of the past. He is now living almost exclusively on health foods. The change is marvellous. It seems wonderful to him that he has no craving for tobacco, drink, etc. He has lost his sciatic pains, also the trouble with his kidneys; but what is more beneficial to him, he finds that with a pure dietary, he has no need of drugs, patent medicines, or nostrums, to obtain movements of his bowels, they being regular every morning.

"It seems little short of a miracle, that in less than three months, a man who was almost on the verge of the grave, doubled up with sciatica, kidney troubles, and a host of complications, and who also suffered with chronic eczema for thirteen years should, in such a short space of time, be entirely regenerated."

DR. N. S. DAVIS says when alcohol is taken into the human stomach it is rapidly absorbed, carried directly into the blood; consequently it undergoes no digestion or assimilative change in the digestive organs, and is not converted into elements capable of contributing to the growth or repair of the organised structure of the human body. It has been many times detected as alcohol unchanged in the blood, liver, brain, lungs, kidneys, and all the other structures of the body.

Chemistry shows us that alcohol is not a tissue builder, containing none of the elements from which the tissues are made. Its use in health can not be of any value. It is true the grains from which it is made contain gluten, fibrin, etc.,—elements of great importance in the development of the human system—but in the production of alcohol a chemic change is produced, so that there is nothing which the tissues of the body can appropriate to their use, consequently, from a physiologic standpoint, we are forced to admit that its use in health, even in small doses, is deleterious. Take, for example, a sensitive, intellectual young man. Note the deleterious changes which the habitual use of alcohol causes in him. The blood becomes impure, as evidenced by the red nose, and pimples and blotches on the face; his nervous system becomes deranged, as evidenced by his coarse language, irritable disposition, and high temper, often abusive to the mother to whom in former years he gave most reverential and respectful attention. To the wife whom he once adored and would have given his life to protect, he becomes cold, harsh, and abusive, often treating her with contempt. The children, once his pride, he neglects or often robs, and to his best friends he even becomes insulting. Will some advocate of the "social glass" explain to us the physiologic and beneficial effects of alcohol upon the brain in this case?



# The Home.



## “How Shall We Order the Child?”

Too much importance can not be placed upon the early training of children. The lessons learned, the habits formed, during the years of infancy and childhood, have more to do with the formation of the character and the direction of the life than have all the instruction and training of after years.

Parents need to consider this. They should understand the principles that underlie the care and training of children. They should be capable of rearing them in physical, mental, and moral health. Parents should study the laws of nature. They should become acquainted with the organism of the human body. They need to understand the functions of the various organs, and their relation and dependence. They should study the relation of the mental to the physical powers, and the conditions required for the healthy action of each. To assume the responsibilities of parenthood without such preparation is a sin.

Far too little thought is given to the causes underlying the mortality, the disease and degeneracy, that exist to-day even in the most civilised and favored lands. The human race is deteriorating. More than one-third die in infancy; of those who reach manhood and womanhood, by far the greater number suffer from disease in some form, and but few reach the limit of human life.

Most of the evils that are bringing misery and ruin to the race might be prevented, and the power to deal with them rests to a great degree with parents. It is not a “mysterious providence” that removes the little children. God does not desire their death. He gives them to the parents to be trained for usefulness here,

and for heaven hereafter. Did fathers and mothers do what they might to give their children a good inheritance, and then by right management endeavor to remedy any wrong conditions of their birth, what a change for the better the world might see!

The importance of training children to right dietetic habits can hardly be overestimated. The little ones need to learn that they eat to live, not live to eat. The training should begin with the infant in its mother's arms. The child should be given food only at regular intervals, and less frequently as it grows older. It should not be given sweets, or the food of



older persons, which it is unable to digest. Care and regularity in the feeding of infants will not only promote health, and thus tend to make them quiet and sweet-tempered, but will lay the foundation of habits that will be a blessing to them in after years.—From “Ministry of Healing.”

A GUEST at a minister's house, bidding his son good-bye, said, “Be a good boy.” “Then you must be good,” replied the boy. “Yes,” said the visitor, “I must practise what I preach.” “But I don't have to,” said the boy. “My father preaches, but he don't practise, and I don't have to.”



### How a Beautiful Hymn Was Written.

ONE day Mr. Wesley was sitting by an open window, looking out over the bright and beautiful fields. Presently a little bird, flitting about in the sunshine, attracted his attention. Just then a hawk came sweeping down towards the little bird. The poor thing, very much frightened, was darting here and there, trying to find some place of refuge. In the bright sunny air, in the leafy trees of the green fields, there was no hiding place from the fierce grasp of the hawk. But seeing an open window and a man sitting by it, the bird flew, in



its extremity, towards it, and with a beating heart and quivering wing, found refuge in Mr. Wesley's bosom. He sheltered it from the threatening danger, and saved it from a cruel death.

Mr. Wesley was at that time suffering from severe trials, and was feeling the need of refuge in his own time of trouble, as much as did the trembling little bird that nestled so safely in his bosom. So he took up his pen and wrote that sweet hymn:

'Jesus, lover of my soul,  
Let me to thy bosom fly,  
While the waves of trouble roll,  
While the tempest still is high.'

That prayer grew into one of the most beautiful hymns in our language, and multitudes of people, when in sorrow and danger, have found comfort while they have said or sung the last lines of that hymn.

### A Quail Family.

SOME years ago, while living on a Tennessee mountain where quails were most numerous, I went out one day to get a couple for dinner. The dog soon started up a pair, which flew a short distance and

alighted, keenly watching the dog; the latter instead of following them (as they, no doubt, thought he would) began to smell around in the grass as if he thought there were more quails. The moment the pair saw that move, the male came back and alighted near the dog, trying to attract his attention to himself. As he was a fair mark, I shot him; then the female came back, and alighting by her dead mate, began to flutter and run around, trying to call the dog away from that place; and I shot her also. Then taking the two birds, I called the dog away and went to the house. The next morning I heard a great 'peeping' down where I shot the quails, and on going there found a dozen or more young ones—none of them larger than a hen's egg, all crying bitterly for the lost parents. They looked up at me so pitifully, as if they would ask, "Have you seen anything of father or mother?" It was then that I knew why the parent quails had so bravely exposed themselves to me and the dog. It was to save their young (who were hiding in the grass) from being scented out by the dog! Had they been humans they would have been called heroes! Was the willing sacrifice of their own lives to save their young any the less heroic because they were mere quails instead of human beings? I never felt so ashamed in my life, and I am happy to say that I have never shot at a harmless thing since that day.—*Exchange.*

### Tobacco Users Prove To Be Poor Students.

DR. J. W. SEAVER, for the past twenty-five years physical director of the Yale gymnasium, said the other day that he had observed that its high-standing men at Yale do not smoke, and that the smokers of the college were of mediocre attainments, of low standing.

"This may be interpreted in two ways," said Dr. Seaver. "Either the use of tobacco has reduced mental activity, or the kind of mind that permits its possessor to become addicted to a habit that is primarily offensive and deteriorating is the kind of mind that will be graded low in intellectual tests.

"I have enquired of the men what return they get for the expenditure involved in smoking, and the almost universal re-



ply is that they feel a social satisfaction from smoking. 'It gives a fellow something to do when he is with others;' or, 'It is company for him when he is alone,' is the almost universal reply.

"A very rare reply is that smoking makes him feel better physically. It argues a rather poor mental equipment, and lack of ambition, if a man needs a pipe to keep him company."

In discussing the physical side of the question as he had reckoned it from his charts, Dr. Seaver said that the gain in growth is in general twelve per cent. greater among those who do not use tobacco, than among those who smoke. He said that it had been proved by laboratory experiments here that a dose of nicotine secured by smoking a fairly mild cigar reduces a man's muscular power from twenty-five to forty per cent.

He has noticed among Yale men that smoking inevitably lowers the standard of cleanliness, and begets a disregard for the rights of others that seems to have its root in selfish indulgence.—*New York Sun*.

DR. E. REYNARD, in 1750, wrote:—

Accustom in your early youth  
To lay embargo on your mouth;  
And let no rarities invite  
To pall and glut your appetite;  
But check it always, and give o'er  
With a desire of eating more.  
For where one dies of inanition  
A thousand perish by repletion.  
To miss a meal sometimes is good,  
It ventilates and cools the blood,  
Gives nature time to clean her streets  
From filth and crudities of meats,  
For too much meat the bowels fur,  
And fasting's nature's scavenger.

A CASE was heard at the Water Police Court, Sydney, recently, which should act as a warning to oyster buyers.

George Towers, forty-five, was charged before Mr. Payten, S. M., with removing oysters from a point at Long Bay, Middle Harbor, which has been proclaimed a prohibited area, because of the fact that typhoid fever had been known to originate from eating oysters obtained from that spot.

The accused was caught washing the oysters in a filthy waterhole, and was using dirty paper in the process of cleansing them.



### SUMMER FOODS FOR CHILDREN AND ADULTS.

BY DR. LAURETTA EBY KRESS.

DURING the summer months cooking and eating become quite a study. One has no relish for the same foods he has used during the winter months, and to the housewife who desires to give to her family the most wholesome foods, a few suggestions may be acceptable. In the cooler months the body is in need of, and can utilise foods which it is not advisable to use freely in warm weather. Food is needed to maintain the warmth of the body, and to supply the needed energy to keep the living machinery at work. In hot summer weather the same quantity or quality of foods would overburden one with the heat and often bring on disease by failure to assimilate. Albuminous foods undergo changes or decay quickly in hot weather. For this reason, when taken in excess, when one is overheated, they are very liable to such changes in the stomach and intestines.

The poison formed causes diarrhœa and various other summer complaints. Milk that is just about to turn sour is given to infants or older children, which may produce serious complications before one is aware of it. To select, then, a suitable dietary for the hot weather, one must avoid the animal products largely and must be sparing in the use of such foods as peas and lentils. The grain foods, such as wheat, barley, rice, etc., can be used better. There is nothing one enjoys more than well-baked breads in various forms. The unleavened bread made into rolls, crisps, etc., is eaten with much relish, also zwieback. Recipes for these are to be found in back numbers of the *GOOD HEALTH* or in the "Good Health Cookery Book."

The advantage of these breads is that



having been made of pure grain without ferment of any kind, as yeast or raising powder, they keep well for any length of time. They can be made then in any quantity and kept on hand, so that one may have only one baking day in the week. These breads are much superior to the ordinary fermented or yeast bread, because all the nutritive value of the flour is kept in the bread, while with the fermented bread much of the value of the flour is lost by the fermentative process or growth of yeast. The baking of the large yeast loaves does not thoroughly destroy the yeast plant, and in hot weather it is liable to inoculate the stomach contents and favor fermentation. This will never occur with well-baked rolls or crisps.

Foods of this kind are also good for children. Being dry and crisp, a child cannot swallow them without chewing. Thorough chewing is the necessity with nearly all foods, especially starches. The chewing mixes saliva with each mouthful, which changes the starch to sugar if allowed to remain long enough in the mouth. This is ready for assimilation as soon as it enters the stomach, and gives one the use of such foods almost immediately. There is another advantage in these breads, they do not undergo decay as meat, eggs, beans, etc., therefore do not poison the system.

Fruits for summer foods cannot be too highly recommended. They contain a large quantity of the very best distilled water (distilled by the sun). The acids act as a germicide, and the sugar throws little tax upon the organs of digestion. The sugar and acids give them a taste that is most acceptable on hot days. The fruit juices supply a want in the system which cannot be supplied by water alone. Much trouble, though, may come from fruits when eaten at wrong times, between meals, late at night, etc. I have heard mothers say that their children could not eat fruit, it disagreed with them. When I have enquired, I have found they were in the habit of eating fruit at any time through the day. This interferes with the work of the stomach, causes food to sour, and it will then disagree. It is best to take the fruit at the close of a meal of well-selected dry foods, or make an entire meal of fruit during the hot part of the day or evening. Below will be found

a suggestive menu for breakfast and dinner, which could be used in a private home of adults and children, and from which a suitable selection may be made.

## BREAKFAST.

Toasted Granose Flakes with Olive Oil.  
Zwieback. Granose Biscuit.  
Cream. Wheatmeal Olive Oil Rolls.  
Cocoanut Crisps.  
Scrambled Eggs on Toast.  
Granola with Dates.  
Baked Apples. Stewed Prunes,  
Fresh Fruit.

## DINNER.

Granose Biscuit. Zwieback.  
Wheatmeal Olive Oil Rolls.  
Cocoanut Crisps.  
Protose and Noodle Stew.  
Green Peas. Nut Corn Pudding.  
Apple Snow. Fresh Fruit.

**COCOANUT CRISPS.**—Take equal quantities of desiccated cocoanut and white flour, mix well, and add a little sugar if desired. To this add a little cold water, sufficient to make a stiff dough. Roll out very thin, as thin as brown paper: cut into squares or diamonds, and bake until a light brown.

**OLIVE OIL ROLLS.**—Take four cups of white flour, two cups of wheatmeal, and one-half teaspoonful of salt; mix well. Measure out one-half cup of the best olive oil and one cup of cold water. Turn the oil into a deep basin, and add slowly the water a little at a time, beating all the time with a fork or spoon whip. If properly done, the oil will at once thicken up like the white of egg beaten. With care one can beat into the oil one whole cup of water. Should the oil and water separate, the remainder of the water should be left until the oil has been added to the flour, and then added. Mix the oil with the flour, and knead thoroughly for five minutes. The dough should be soft enough to knead well, and compact enough so that it does not adhere to the board in kneading, if the measures have been taken accurately. Cut into pieces and roll over and over with the palm of the hand until about an inch thick. Cut off pieces about three or four inches long, and bake in a quick oven until well done.

**NUT CORN PUDDING.**—Fill a pie-dish half full of layers of protose and nuttolene. Add salt and a slight dredging of flour. Cover with water and bake half an hour or an hour. Then spread over it the following corn pudding. Sprinkle lightly with fine bread crumbs, and bake until a delicate brown over the top. Serve at once.

**CORN PUDDING.**—Take a tin of sugar corn: rub through a colander to remove the skins. Add two well beaten eggs and three-fourths cup of milk; salt to taste.

**PROTOSE AND NOODLE STEW.**—Beat the yolks of three eggs thoroughly, and add a little salt and sufficient flour to make a very stiff dough. Roll out very thin. Dry in the sun or



before the fire until the sheet can be rolled without cracking or sticking. Roll up into a roll over and over, and cut into fine strips. Shake these out and dry thoroughly. This quantity will be sufficient to last a small family several meals. Drop these noodles into boiling salted bean broth, and cook until done. Add also a slice of protose one inch thick cut into small cubes. Stew a while longer, and it is ready for serving.

**APPLE SNOW.**—Peel and grate one large sour apple; sprinkle over it a small cup of powdered sugar as you grate, to keep the apple from turning dark. Break into this the whites of two eggs, and beat it all constantly for half an hour. Take care to have a large basin, as it beats up stiff and light. Heap this into a glass dish, and pour around it a smooth custard made of milk and the yolks of the two eggs, Sweeten to taste and flavor with any flavoring desired.



**Liver Trouble and Indigestion.**—I am in my seventieth year, and would be grateful for any advice as to the diet best adapted to one suffering as I have been for some time. I have tried various remedies, but without satisfactory relief. My symptoms are: Considerable weakness and sinking feeling, pains under left shoulder, nasty dry mouth in the morning, tongue clear down centre, but otherwise coated and at times sore and rough round the edges.

*Ans.*—You are no doubt troubled with a pro-lapsed state of the stomach and intestines, due to a relaxed condition of the abdominal muscles. Would advise a "Sanitarium Abdominal Support" for a time at least, and then by appropriate exercises develop the abdominal muscles. The diet must also have attention. Avoid tea, coffee, and cocoa.

**Fruit.**—What is meant by sweet, sub-acid, and acid fruits?

*Ans.*—Sweet: prunes, figs, bananas, etc. Sub-acid: oranges, peaches, apples, plums, etc. Acid: lemons, limes, and other sour fruits.

**Correct Position in Sleep.**—What is the correct position of the body in sleep?

*Ans.*—Lie on the right side.

**Catarrh.**—I am suffering from throat and nasal catarrh of about seven years' standing. I have been treated by the local physician, but without relief. Can you advise any home treatment?

*Ans.*—Avoid the use of sugar and butter, also jams and other artificially sweetened foods. Chew your food well. Use salt sparingly, but eat fruit freely. Each morning take a cool sponge bath followed by a coarse towel rub, and a warm bath or a hot foot bath before going to bed. Keep in the open air as much as possible, and sleep with the bedroom windows open.

**Nervousness and Dyspepsia.**—I suffer a great deal from nervousness and dyspepsia, and my eyes are beginning to fail me. I should like you to tell me whether I should use ammoniated quinine or salicilate of soda, which friends have recommended me to take?

*Ans.*—I would not advise the use of either of the remedies named. Abstain from tea. Eat principally well-baked breads, granose biscuits, eggs or protose, and fresh fruits. Masticate everything thoroughly. Practise deep breathing. A month's stay at the Sanitarium, where you could have the benefit of the treatments and corrected diet under the direction of a medical attendant, would be advisable should you make no improvement.

**Dilated Stomach.**—Is there any simple method of ascertaining if the stomach is dilated when it is not a severe case?

*Ans.*—It would be necessary to consult a physician.

**Imperfect Digestion.**—I have long suffered from imperfect digestion and assimilation. Would you advise me to adopt the no-breakfast plan advocated by some? At present I have breakfast at eight, light luncheon at one, and dinner at six. I believe I should be healthier on two meals per day, but unfortunately I cannot eat between eight and one o'clock.

*Ans.*—I would not recommend the no-breakfast plan in your case. Take breakfast at 7 A. M., luncheon at 1 P. M., and a light meal at 6. 30 P. M.

**Electricity and Rupture.**—Is electricity a safe thing to use?

*Ans.*—Yes, the ordinary electrical battery is perfectly safe.

Do you think it would cure a rupture?

*Ans.*—No, a surgical operation is necessary to bring about a cure.

"NO ONE can rise to the higher developments of the soul who does not regulate his life in accordance with the strictest hygienic rules and correct educational principles. . . . Among the first factors in the practice of such religion stands a well-regulated diet."—*Dr. Reich, of Zurich.*

"THE Church can do no wiser thing than help forward dietetic reform."—*Methodist Weekly.*





"WESTRALIAN" CLIPPING.

AMONG the more recently discovered sins against modern civilisation is overeating. Professor David, of the Sydney University, has been quoting extensively from the reports on "fletcherising" experiments carried out at Harvard University by students and professors. The professors found themselves fitter to lecture, and the students fitter to master their examinations, under restricted diet. Following up the subject, Professor David proceeded to argue that if Australia cut down its food bill in like proportion, it would effect a saving of something like £20,000,000 a year. The time would shortly come, he thought, when the most progressive nations of the world would come to recognise the advantages of consuming a much smaller quantity of food than they do at the present time.

ICE CREAM POISONING AT BIRMINGHAM,  
ENGLAND.

DR. ROBERTSON, Medical Health Officer, presented to the Health Committee on July 25 the following report of his investigations of some recent cases of ice cream poisoning. He said:—

"There were fifty-six cases of poisoning, and all of these were under fourteen years of age, except four, whose ages were forty-six, twenty, eighteen, and seventeen. The onset of the symptoms commenced from half an hour to eight and a half hours after eating the ice. One child ate a farthing's worth, and was ill in half an hour. The symptoms were pain in the stomach and vomiting, and, except in six cases, were accompanied with diarrhoea, collapse, and headache. Professor Leith, Professor of Pathology and Bacteriology in the University, as the result of preliminary bacteriological examination, reported the discovery of a poison, which in certain doses caused inflammation in, and killed, guinea pigs."

DEATHS AND ALCOHOLISM.

NORMAN KERR, Ridge, Morton, and Richardson estimate that at least 40,000 people die annually in England and Wales as a direct result of drink. A committee appointed by the Harveian Society to investigate this phase of the question in London, reported that at least fourteen per cent. of the deaths were due to drink. Russian observers estimate that at least 100,000 deaths occur annually in that country as a direct result of the use of alcoholic beverages. In France and Germany 45,000 deaths are credited to alcohol.

MR. E. THORPE and wife, graduates of the Sydney Sanitarium medical missionary training school class of 1903, are on their way to Tonga, expecting to engage in medical missionary work in this group of islands. We wish them success. Mr. Thorpe has held the position of head nurse at the Sydney Sanitarium during the past year.

DURING the past fifty years Ireland has lost by emigration about 4,000,000 of her people, and of these about eighty per cent. have been between the ages of eighteen and thirty-five years, so that during this period upwards of 3,000,000 young, healthy adults, the bone and sinew of the country, have gone to enrich other lands, and of those remaining there is necessarily a large proportion made up of the old and infirm. The effects of this extensive emigration has disturbed the normal stability of the population, and induced conditions which are favorable to the production of insanity and degeneracy. According to the published returns, the number of lunatics under care in 1880 was 250 per 100,000, or 1 in 400; and in 1902 the number was 499 per 100,000, or 1 in 200; and, if the number of idiots and lunatics at large is added, the whole represents 1 in 170; moreover, fifty years ago the number is said not to have exceeded 1 in 730.

DR. HENRY MAUDSLEY, delivering the address in medicine before the meeting of the British Medical Association, referred to the way in which preventive treatment of disease is "thrown into the background now by the eager quest of the microbe;" and said that treatment should aim at obviating the predispositions or tendencies to disease, which lie within the organism. Dr. Boobbyer, President of the Section of State Medicine, at the meeting of the British Medical Association referred to, said the public "persist in regarding medicine in all its branches as an exact science, notwithstanding all history, philosophy, and common sense to the contrary."

DR. DAVID PAULSON, an American authority, in a recent address, said:—

"Last year there were used in America twenty gallons of liquor for every man, woman, and child within its boundaries. The cigarettes that were consumed by our boys and young men, if laid end to end, would girdle this globe twice, and also reach from San Francisco to New York and back again. During the same length of time our people consumed one million pounds of opium, and nearly a ton of morphine, which partially accounts for the million morphine slaves that are estimated to be alive in this land to-day. As an effort to 'heal the hurt of the daughter of my people slightly by saying peace, peace, when there is no peace,' the people doped themselves to the amount of about eighty-one million dollars' worth of patent medicines, many of which contain a larger amount of alcohol than whisky, and others contain a dangerous amount of morphine, cocaine, and other death-dealing ingredients.



MR. E. C. DAVEY and wife, graduates of the medical missionary training school class of 1903, formerly connected with the Sydney Sanitarium, have recently opened up treatment rooms at 18A Wilkie Road, Singapore, and report remarkable success and an abundance of work. Mr. Davey held the position of head nurse and instructor at the above institution before opening up work in Singapore. They also keep in stock the various health foods advocated by this journal.

#### IMPORTANT MEETING OF VEGETARIANS WHO HAVE PASSED THEIR EIGHTIETH YEAR.

WE are awaiting with considerable interest the reports of a meeting that was to convene at Memorial Hall, London, in October, to be addressed by speakers who had passed their eightieth year, and who had for many years been vegetarians. We shall probably be able to give the reports in our next issue of GOOD HEALTH. Among them will be Mr. C. P. Newcombe of London, Dr. Mayor, Professor of Latin in the University of Cambridge, Mr. Joseph Wallace, Mr. Samuel Saunders, and Mr. T. A. Hanson. With these I am personally acquainted. Their ages range between eighty and ninety. They are all active and possess a degree of mental clearness that is surprising; at least, this was the case when last I met them. This speaks well for vegetarianism.

#### HABITS OF CENTENARIANS.

ONE of the most interesting and trustworthy statements in respect to old age is the report on habits of centenarians, made some years ago by a commission appointed by the British Medical Association. Without going into particulars of the different cases, it is valuable to note, generally, the result of this investigation. They were all very moderate in eating, using little or no animal food. Few indulged at all in intoxicating drinks, and those only in notable moderation. They took considerable out-door exercise, and nearly all possessed the good-natured, placid disposition.

#### HOW RHINE WINES ARE "DOCTORED."

HERR SCHLAMP, the proprietor of extensive vineyards in Nierstein, South Germany, is a large maker of Niersteiner and other Rhine wines. Of late medical men have exhibited a desire to call attention to the virtues of the light, dry wines of the fatherland. In consequence, their consumption has been considerably on the increase. The prosecution of Schlamp for adulteration has brought out the fact that, not content with "faking" the produce of his vineyards with tannic acid, ammonia, gelatine, and other ingredients, *he also doctored the wine with some liquid, the nature of which he kept a profound secret.* He carried it in a small bottle in his pocket, and added it in small quantities, and with great caution, to the wines, the cellar doors being closed, in order that he might not be surprised by strangers.

Schlamp tried to persuade the Public Prosecutor to drop the charge against him on the ground that the publication of the evidence in the case would ruin the Rhine wine trade, alleging that most of the Rhine wines were prepared after similar methods to his own, but the P. P. refused to consider the point, and Schlamp was sentenced to pay £75, or to undergo in default 300 days' imprisonment.

"ONE patent medicine firm alone is said to use five hundred barrels of whisky in the manufacture of its products in the course of one week. Add to these forms of dissipation the universal eating for drunkenness instead of for strength, breathing foul and poisoned air the greater part of the twenty-four hours, dressing for show instead of for comfort and health, the curse of 'abundance of idleness,' instead of the blessing of active work, the harassing, corrosive influence of our high pressure under modern civilisation, and we have at least a partial explanation of our present unhappy and unenviable condition."

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All Communications to the Editor and Questions for the correspondence columns of the journal should be addressed to D. H. Kress, M.D., Sanitarium, Wahroonga, N. S. W. All orders and business communications, remittances, etc., should be sent to the office of publication, Cooranbong, N. S. W. E. C. CHAPMAN, *Manager*

**NOTICE TO NEW ZEALAND SUBSCRIBERS.**

OUR regular subscription price to New Zealand will be raised to 3/- after January 1, 1906. This move is made to cover loss now incurred on high postage rates. All renewals which come in before January 1, 1906, will be entered up at the old rate, so renew at once if you wish to save the sixpence. Club rates to periodical sellers and canvassers will be the same as formerly.

**Important Notice.**

THOSE selling GOOD HEALTH would do well to carry with them the "Good Health Cookery Book." Reform in diet must be made intelligently. This cookery book affords the needed information and help. The author having had an extensive practice as a physician has made the preparation of wholesome foods a life study, and as a mother gives many useful hints to mothers. The chapter on "Foods for the Sick" is of special value during the warm weather. Many a little life might be saved if mothers only knew what to prepare for their little ones when sickness appears.

The book retails at 2/- and 2/6. Special

arrangements have recently been made between the author and publishers so that canvassers now receive a liberal commission. Sold at State Tract Society Offices and Book Stalls.

**Testimonials.**

THE following extracts from correspondents show the benefits of health reform, and rational diet, and treatment:—

"I have not eaten meat for nearly two months now, and feel all the better for it. I have derived great benefit from reading the little journal, AUSTRALASIAN GOOD HEALTH, which a friend kindly sends us every month. We lend it to many friends in this vicinity, with the hope that they also may benefit by reading it."

"The GOOD HEALTH has been a great blessing to me; it placed me on the right track to obtain health. I have three children, and they are all in perfect health, and get only two meals a day, baby included. The baby is the largest child for her age that I have ever seen in West Australia. She is fat and rosy, and her system has never been out of order, thanks to adhering to health reform."

**A PRINTER'S SOLILOQUY.**

WHEN the presses have rusted to silence,  
And the rollers are shrunken and dried,  
When the galleys slumber quiescent,  
And the GOOD HEALTH ads. are all pied,  
We'll be done with the strife and the conflict,  
We'll be through with all troubles and pains,  
For Rum and his minions are vanquished,  
When Christ forevermore reigns.

If our tastes are now sadly perverted,  
And we dote on tobacco and ale,  
We may know once for all and for certain  
In the great judgment day we shall fail.  
They shall go, they shall vanish forever,  
Their faces no more we shall see,  
Who are wedded to rum and the devil,  
In the glorious kingdom to be.

—Arranged by E. C. C.



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## BABY'S BEST FOOD.

"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

## ECLIPSE DRIED MILK

Which is absolutely the best infant food in the world (with the above exception, of course). It is pure, full-cream milk, perfectly sterilised, digestible, palatable, strengthening, health-giving. It has saved the lives of thousands of children. Scientists and medical men are unanimous in their praise of **DRIED MILK**. Excellent also for all cooking purposes. Order from your grocer.

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Granose Digests in One-Fifth the Time of Ordinary Grain Preparations.

Breakfast is incomplete without a dish of Granose Flakes. For dinner a couple of well-toasted Granose Biscuits with the other foods will insure thorough mastication and digestion of the meal. TRY GRANOSE.

**GRANOLA** The Queen of Breakfast Dishes, takes the place of the Dyspepsia-Producing Porridges. Granola is prepared from carefully selected wheat, corn, and oats. It is rich in Gluten. Each pound of Granola equals in nutritive value three pounds of beef steak. It is a partially predigested food. That heavy feeling frequently present after eating ordinary porridges is a thing of the past with those who use GRANOLA. It may be used in the preparation of puddings, roasts, and pastries.

**Caramel-Cereal** The great health drink. A substitute for tea, coffee, and cocoa. The injurious effects of these beverages, so commonly used, are being well understood. There is no doubt that much of the impatience, the periodical headaches, sleeplessness, and nervousness of modern times may be traced to theine or caffeine poisoning. If you value your health and home, give up the use of these beverages. Try CAMEL-CEREAL as a substitute.

**PROTOSE** First-hand meat, obtained direct from the vegetable kingdom. Provides the same elements of nutrition found in animal flesh, without the impurities. Tasty, and easily digested. It is generally acknowledged to be a triumph of inventive genius in the realm of Health Foods.

**Malted Nuts** In fine powder form. Malted Nuts is made from malted cereals and predigested nuts. It is all food, and is quickly transformed into good blood, brain, bone and muscle. There is no better food for athletes, brain workers, invalids, and infants.

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"As a man eateth so is he."

## Foods Recommended by this Journal!

Send Your Order for Granose, Granola, Caramel-Cereal, Etc., to any of the following local HEALTH FOOD AGENCIES. Correspondence is invited.

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Oxford Chambers, 473-481 Bourke Street,  
Melbourne, Victoria.  
Sub-Agency of Victorian Tract Society,  
E. C. Terry, Corryong, Upper Murray.  
186 Edward Street, Brisbane, Queens-  
land.  
37 Taranaki Street, Wellington, N. Z.

Hydropathic Institute, Victoria Square,  
Adelaide, S. A.  
127 Liverpool Street, Hobart, Tasmania.  
Sanitarium Health Food Store, Elizabeth  
Street, Hobart, Tasmania.  
131 St. John's St., Launceston, Tasmania.  
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