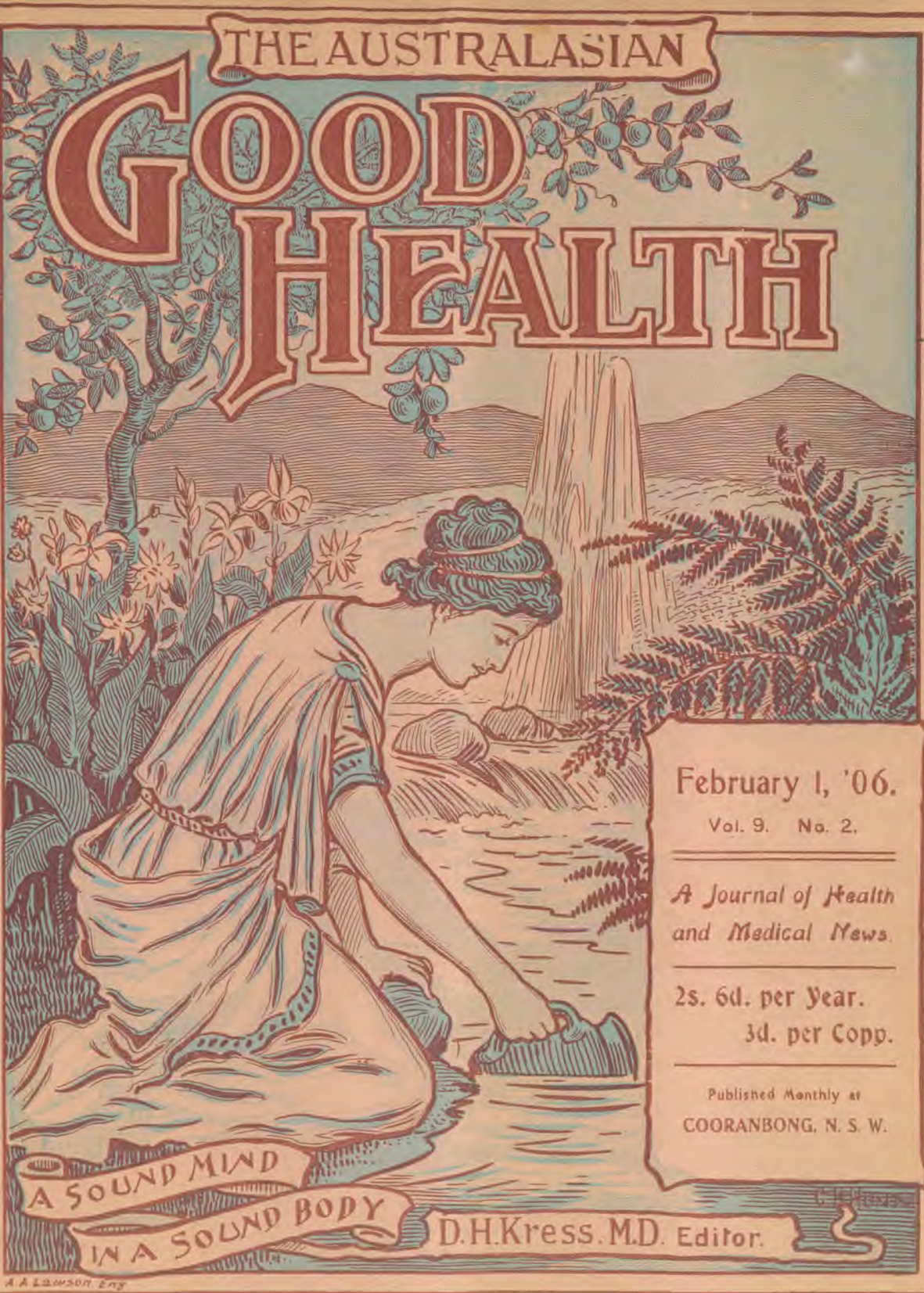


THE AUSTRALASIAN

# GOOD HEALTH



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View of the Factory where the Sanitarium Health Foods are Manufactured

*Good Health, February 1, 1906.*



# Good Health



## MEDICAL AND HEALTH NEWS.

### BEER VERSUS TEA.

THE *British Medical Journal* states that the recent Parliamentary debate on the bill for the Sunday closing of saloons called forth from some of the members remarkable statements concerning tea, which they believe to be quite as injurious as beer. Sir James Fergusson, an old Scotch member, went so far as to say that he believed "far more deterioration was caused to our race by the excessive use of tea than by the excessive use of beer. He enlarged on the evils resulting in Scotland from the substitution of tea and white bread for the old-time breakfast of porridge and milk. Another member referred to tea as a cause of insanity, and Sir Wm. Tomlinson asserted that tea was doing more harm to the health of the nation than beer.

Sir Michael Foster, in his memorandum prepared for the Board of Education as a guide to the teaching of hygiene in the schools, makes some frank admissions with regard to tea and coffee. He says that theine and caffeine, the essential principles of these beverages, "in adequately large doses, produce effects different from alcohol, but yet such as to justify the term 'intoxicating.'"

The craving that tea drinkers experience for their favorite beverage, and the difficulty of giving it up, are evidences of its containing the intoxicating principle.

No less an authority than Sir Henry Thompson asserts that "of all diseases afflicting persons who have reached middle life, more than one-half result from errors of diet." Concerning the same subject, Dr. Oliver Wendell Holmes wrote: "I believe that medical curative treatment will by-and-by resolve itself, in great measure, into modifications of food swallowed and breathed."

### Why Great Britain's Increasing Insane?

OUT of a population of 40,000,000 there are nearly 145,000 persons (England 108,000, Scotland 16,000, Ireland 21,000) who are insane, giving an average of one insane person to every 266 persons of the population. It is, moreover, asserted that for every certified insane person there is probably another who is suffering from a threatened attack, or who may be harmless, and yet insane.

In the area of London, administered by the London County Council, seven large asylums, each containing over 2,000 pauper patients, already exist. As each cost about £500,000 to build, and requires some £80,000 per annum for its successful management, the burden which the ratepayers—many of whom are workmen with large families—have to bear is very great, nor can they ever have the comfort of hoping that it will lessen in the future, for it has been calculated that in London the yearly increase of patients will be 500.

Drugs, alcohol, tobacco, and tea are the four leading causes of insanity. They exhilarate for the present, only to produce a state of mental and nervous depression later on. By their use the nervous system and brain are finally shattered.

### Educating the Taste.

SIR MICHAEL FOSTER, of Cambridge University, stated as the result of various experiments carried out on individuals that "the adoption of the habit of thorough insalivation of the food was found in a consensus of opinion to have an immediate and very striking effect upon appetite, making this *more discriminating*, and leading to the choice of a simple dietary, and in particular *reducing the craving for flesh food.*"

### The Free Use of Salt.

AMONG civilised people salt is almost universally used, and doubtless much harm comes from its excessive use. Professor Bunge says in his "Physiological Chemistry":—

"It is a very remarkable fact that of all the inorganic salts in our bodies we take only one with our organic food, and that is common salt. We obtain enough of all the other salts from the amount contained in our food, and we never think of providing ourselves with them separately. Common salt forms the only exception, which is the more remarkable as our diet is by no means deficient in it. All vege-

it is most abundant in those who make a large use of pork.

Recent observations seem to show that cancer is a parasitic disease, and the probabilities are that the body is prepared for the entrance and development of the parasite by any influence or habit which lowers the vital resistance, and hence lessens the power of the tissues to defend themselves. The excessive use of salt no doubt predisposes to cancer, and the same may be said about all wrong habits of life.

"Not one man in a thousand dies a natural death, and most diseases have their rise from intemperance," said Lord Bacon.



A practical method of physical culture

able and animal foods contain considerable quantities of chlorine and sodium. Why do these quantities not suffice, and why do we add rock salt?"

Professor Bunge then goes on to state the following facts regarding the mineral:

"Our carnivorous animals, the dog and the cat, prefer unsalted to salted food, and show very great dislike to salt food." Many wild herbivorous animals, such as hares and rabbits, never eat salt, and according to Bunge, in many places it is not offered to herbivorous domestic animals. Dr. Bunge, although arguing for the moderate use of salt, calls special attention to the fact that "we are accustomed to take far too much salt."

Dr. James Braithwaite, of Leeds, England, in an article published in *The Lancet*, attributes cancer to the excessive use of salt, and calls attention to the fact that

"If alcohol were unknown, half the sin and three-quarters of the poverty and unhappiness would disappear from the world," affirmed Edward A. Parkes. "Judges are weary with calling attention to drink as the principal cause of crime," said the late Lord Chief Justice Coleridge, "but I cannot refrain from saying that if they could make England sober, they would shut up nine-tenths of prisons." Similar indictments have been made in varying language at frequent intervals by many authorities, and whenever the drink question is discussed from the standpoint of social economy, they are liberally retailed by temperance reformers.

THE French have a proverb which runs, "To rise at five and breakfast at nine; to dine at five, to bed at nine, will make you live till ninety-nine."

## Sleep.

BY D. H. KRESS, M. D.

ALL the organic operations of the body take place under the influence and control of the nervous system. The power to think, to digest, to exercise the muscles, results from the the stimulus or force imparted by the brain through the various nerve connections. The brain is really the storage battery, containing the nerve energy by which these various organs and muscles are controlled.

A few years ago some experiments were carried on with sparrows, by which it was ascertained that it is principally during rest or sleep that the brain cells store up this energy. By examining under a microscope



the brain cells of a sparrow that had been flying about all day, the cells were found to be shrunken in size and to contain only a few energy granules, while in the early morning after rest the cells were plump, large, and well filled with granules.

It is clearly demonstrated that during sleep the brain stores up energy, to keep the heart, lungs, liver, stomach, and muscles in action the following day. The tired feeling experienced after a hard day's mental or physical work, is nature's warning to take the needed rest, in order that the wasted cells may be recharged.

Instead of this, stimulants of various sorts are taken, in the form of alcohol, tea, or coffee. The tired feelings disappear, and the person imagines he is stronger. No new energy granules have been added, no strength imparted, the stimulant has whipped up tired nature, broken down her signals, and robbed her of the small store she was trying to reserve to keep up the vitality of the tissue, the barrier to the inroads of disease germs, and to carry on digestion, keep heart pumping, etc. The

majority of mankind are goading themselves on by these artificial stimulants, thinking their health depends on them. That which they suppose keeps them up, actually keeps them down. They are deceptions. He that is deceived by them is not wise. They do not realise their condition until they attempt to do without them. Stimulants are merely props or broken reeds, and it is unsafe to lean upon them. Heavy meals should also be avoided when exhausted. If food is taken at all in the evening, it should consist principally of fruits or some easily digested food.

## Health—Its Source.

BY D. PAULSON, M. D.

STIMULANTS are deceptive and injurious. A weak man may take strychnia to-day and feel like exercising vigorously, but to-morrow he will be proportionately weaker. A spring is less pliable every time that it is bent too far. The method of resorting to the use of stimulants, is like mortgaging property: there will be a foreclosure after a time. Many have kept up on stimulants, and when they were ready to seek health in earnest, they found the mortgage foreclosed. They had used up all their reserve of vitality.

The time has surely come for society to return to the simplicity of our forefathers, —to eat plain food, cultivate simple habits, and endeavor to correct some of the mistakes which they have made. Nothing quenches thirst better than pure cold water. It is just as God made it, and it cannot be improved by putting into it anything vile. Brisk exercise should be taken daily, but many claim that they have not the time; yet presently they find time to be ill for several months. Thousands of men and women are pining away, who, if they spent an hour in wholesome exercise, would be greatly benefited. The exercise might be made very useful, for instance, in carrying food to some needy family, or in going to visit some sick and forsaken soul.

There is a healing power everywhere, just as electricity is present in the air everywhere. We used to think that electricity resided only in the battery, but now it is known that all about us is an ocean of electricity, just as the fish are surrounded

by the water in which they swim. It is even possible to telegraph without wires; all that is necessary is to start the vibrations by means of an instrument, and have a receiver which will answer these vibrations, and the signal is recorded. Just so there are vibrations of healing power in nature, and the essential thing for us is to learn the sweet lessons of how to respond to these vibrations. We have long been trampling nature underfoot. Let us now in every way possible learn how to adjust ourselves to the influence of this great healing power, driving from our minds all

health as he is of the constant effects of the laws of gravitation. I am glad that we can always say to men, "When you sow to health, you will be sure to reap health, according to the divine law." "He that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting."

We have been looking in the other direction so long that we sometimes forget the reaping time, but we must think of that also. We must not let anything attract our attention away from the one great work of getting well both spiritually



Packing Room of Sanitarium Health Food Factory.

selfish thoughts, thoughts of envy, and anything which will, like the dross in the battery, obstruct the influence of this great healing power.

I have seen logs transported by the current of a river. Sometimes they would drift against an obstruction, and the men would push them out into the current again. This is precisely what the true physician is trying to do for his patients. Just as soon as they are willing to renounce their wrong habits, and look to the great healing power, the current bears them along in the right course. The man who adjusts himself to the laws of health, and perseveres in doing so, is just as sure of

and physically. The man who has taken one step in reform is better for that one step. So let us be of good courage, and think and hope and work for health, and then communicate to others the lessons learned, for "with what measure ye mete, it shall be measured to you again."

In the experience of life, a truth which sounds very much like a paradox often asserts itself; viz., that a man's worst difficulties begin when he is able to do as he likes. So long as a man is struggling with obstacles, he has an excuse for failure or short-coming; but when fortune removes them all, and gives him the power of doing as he thinks best, then comes the time of trial. There is but one right, and the possibilities of wrong are infinite.



## Health Foods.

### Granose.

GRANOSE is without doubt the greatest of all breakfast foods. Wheat, the choicest grown, is scoured and winnowed to remove all foreign substances; then washed and steam cooked; then each kernel is passed separately between steel rollers which are so closely and nicely adjusted that each kernel comes out in the form of a flake, nearly an inch in length and half an inch in width, and much thinner than the paper on which this journal is printed.

These flakes are placed in metal pans, and put in a rotary oven, where they undergo a most thorough baking, are browned slightly, and rendered so delightfully crisp and appetising that no cereal preparation can compare with them in these respects. A wonderful food for invalids and dyspeptics, but not alone a diet for invalids. It contains more nutrition for the growing child, the workingman, or the brainworker, than any other cereal product, with the exception of Granola.

### A Meat Substitute.

In the nut we find a greater percentage of nutriment than in any other food. The great difficulty has been their firm flesh renders mastication difficult if the teeth are not sound. Nuts imperfectly masticated are indigestible. As a result of long and careful investigation, a method has been found whereby nuts, especially those which, like the almond, are capable of being blanched, can be rendered easily digestible, and readily combined with other foods in a variety of ways. The most valuable product thus far developed is Sanitarium Nut Meat.

### A Substitute for Cheese.

Cheese, like meat, contains a valuable food element, albumen. But the difficulty is that in meat it is combined with uric acid, or urates and other wastes, while in cheese it is combined with products of decay which are often highly poisonous, and at best injurious. While cheese itself is difficult of digestion, the Sanitarium Nut Cheese is a delicious, pure nut preparation, about the consistency of cheese or butter, being very rich in nut fats. It may be eaten on bread like butter, and used for shortening. Germs are always abundant in cheese and butter. Sani-

tarium Nut Cheese is free from these disease producing agents.

## Meat Eating and Drunkenness.

DR. D. T. CROTHERS cites the following significant case to show that meat creates a craving for alcohol and other poisons:—

"The parents in a family entertained very strong confidence in the value of meat as an ideal food. It was used and urged upon the children in all forms. One boy began to drink in college and died after a short period of great excess. A sister was hysteric and became a drug-taker, and died early. Later the parents abandoned meat for grains and fruits, and three children brought up on this diet have continued well and healthy. The conditions and surroundings are the same, but the vigor of the children varied widely. Beef-eating foreigners who bring up children on this diet are astonished that their children turn to beer and wine so early. The reason is the early and deranged digestion which, calling for relief of some kind, finds it in alcohol. This question of the value or injury from meats and grains is yet to be studied and settled."

## The Conversion of a Countess.

THE Countess of Essex some time ago visited for the first time an American slaughterhouse. As a result she lost her appetite for flesh foods, and has eaten none since. Describing her visit, she stated:—

"I can't tell you how everything was stained deep with blood, how there arose from the drenched dark boors the peculiar odor of blood.

"As I was hurrying away, three beautiful lambs were led in by a man who had a long, shining knife. Filled with pity and indignation, I said:—

"How can you be so cruel as to put those innocent little lambs to death?"

"Why, madam," said the man, "you wouldn't eat them alive, would you?"

"MEN of culture, who watch the effects of various meats and drinks, and of exercise, will have little need of physicians."

### Fruit Salts.

LIEBIG has admitted that saline matter has failed to receive its due consideration as a nutritive element of food, and fruits are rich in those salts which give tone to and enrich the blood. A vastly different thing, however, are those dangerous chemical compounds, sold under the name of fruit salts, but which are not made from fruit at all.

Not only is the orange all-powerful, but the grape and the apple are fruits that act in the same manner, for the German school of scientific chemists, by several careful analyses, have found that apples contained a larger amount of phosphorus or brain food than any other fruit, and, on this account, they are very important to sedentary men, who work with their brain rather than their muscles. Apples also contain the acids which are needed every day, especially for sedentary men, the action of whose liver is sluggish, to eliminate effete matters, which, if retained in the system, produce



inaction of the whole system, tending to cause jaundice and troublesome diseases of the skin, for, as the brain is known to store up nervous force, so the liver has a glycogenic function in respect to vital force and vital heat.

In the composition of the ash of the apple we have a high percentage of potash equal to 35.68; phosphoric acid, 13.59; plums contain 48.54 of potash in the ash, and 16.01 of phosphoric acid; cherries contain 57.85 of potash and 15.97 of phosphoric acid; strawberries, 21.07 potash and 13.82 of phosphoric acid, whilst oranges contain 36.42 potash and 11.70 of phosphoric acid.

Now, phosphoric acid is a powerful

solvent, and potash is said to increase the solubility of albumen and fibrin. Both, therefore, are valuable therapeutic agents either in health or disease. The lemon is rich in potash. It contains 47.84 in every one hundred parts, and on account of its potash alone is an invaluable therapeutic agent in the cure and elimination of scorbutic and skin diseases. The disease is due to want of potash in the blood. The fruit acids or salines, as they course through the blood-vessels, act upon and dissolve the crude crystals of lime salts which, if deposited, tend to induce gout and inflammatory rheumatism. Let the blood become surcharged with humors or waste matters, and the body becomes diseased or racked with pain. If we desire to enjoy health—and that is synonymous with a good complexion—we must first cleanse and purify the vital current, for the blood is the life.

### A Food for the Toothless.

SOME interesting experiments conducted in the Laboratory of Hygiene of the Battle Creek Sanitarium several years ago revealed the following: The average number of sound teeth in one hundred persons habitually using soft foods was but eleven, whereas the average number of good teeth in persons using hard food was twenty-four and one-half. It also led to the discovery of the fact that the principal virtue in hard food is not in its hardness but its dryness. The quantity of food or fluid used in each case experimented upon was one ounce. The food, whether liquid or solid, was taken into the mouth in small portions and chewed for a few seconds, then being ejected, it was received into a small vessel for weighing. The length of the experiment with each substance was exactly five minutes. The difference in weight between the substance before chewing and after, represents the amount of saliva which had been added to it during mastication.

"One ounce of Granose increased in weight 59.79 grams.

"One ounce of moist bread increased in weight 31.1 grams.

"One ounce of raw apples increased in weight 38.1 grams.

"One ounce of water increased in weight 2.92 grams.



"One ounce of milk increased in weight 3.82 grams.

"One ounce of pea soup increased in weight 5.82 grams.

The above facts show very clearly the importance of the quality of dryness in relation to gastric and dental hygiene. There are many persons whose teeth are already so far damaged that the use of hard foods, such as zwieback and very hard biscuits, is practically impossible, and the attempt to use such articles results in the introduction into the stomach of large, hard masses of imperfectly masticated food, which, being retained for a long time in the stomach, gives rise to indigestion, so that the attempt to use hard foods aggravates the difficulty instead of diminishing it.

In attempting to meet the wants of this class of cases, Granose, a cereal product consisting of whole-wheat grains compressed into the form of very thin flakes, was prepared, which have the quality of crispness and dryness, and stimulate the salivary glands to a high degree of activity, while at the same time taxing the dental structures only to a limited extent. This food is of very great service in the treatment of patients whose teeth are so far destroyed as to make the use of hard food impossible.

### Mental Loafing.

It is considered a disgrace to be lazy. He who is too indolent to work for his own living becomes a by-word and a reproach. But there is a very common form of laziness which is not always noticed; it is that of the mind. We first become conscious of it in our young days when we "don't feel like study." We dawdle over the books with our thoughts half asleep, and as a result give a fine exhibition of stupidity in the recitation room. This sort of indulgence in youth is very dangerous; for it becomes a habit, and the mind grows rusty and dull in the very prime of life, when it should be at its best.

On the heels of this form of laziness comes another bad habit—that of intellectual loafing. What loafing is in the common sense we all know; it is hanging about with no definite aim or purpose, idling away the time without profit. Well, there is mental loafing as well, and it is

known in the dictionary as "reverie." It is a dreamy state of the mind, when the thoughts go "wool-gathering." This habit, so common to young people, is fatal to mental growth; many a promising youth is ruined by over-indulgence in it. It wastes time, and enfeebles the mental powers. It is really a form of laziness, and should be sternly corrected at the very outset. The action of the mind should be kept under control. When the thoughts begin to wander, it is time to whip them into order. A resolute will will do it.

—Selected.

### Increase in Consumption of Animal Food and Physical Deterioration.

CHALMERS WATSON, M. D., F. R. C. P. E., late physician, Marshal Street Dispensary, Edinburgh, in an article which appeared in the *British Medical Journal* of July 8, in speaking of the physical deterioration of the British race as related to their change in food, says: "With regard to the general question, there is probably a widespread opinion among medical men that any deterioration which may be proved to exist has a direct relation to the alterations in the dietetic habits of the country in the present and past generations. My main object in this paper is to submit evidence which proves that a very remarkable change has taken place in the dietetic habits of the people of the British Isles in the past fifty years."

According to statistics furnished, the amount of meat imported in 1853 was only three pounds per head per annum, and in 1903 this had increased to fifty pounds per head per annum. In 1853 Great Britain with a population of 27,000,000 consumed 742,138 cwt., and in 1903, with a population of 42,000,000, she consumed the enormous amount of 19,183,944 cwt. There had been probably a corresponding or still greater increase in cattle reared for home consumption.

In a recent article in the *Scientific American*, by Hugo Erickson, attention is called to some of the more immediate dangers confronting the meat eater. He gives numerous instances of poisoning resulting from its use:—

"At Middleburg, Holland, 256 soldiers

and thirty-six citizens were prostrated after eating meat from a cow killed while suffering with puerperal fever. At Well-back, England, seventy-two persons were poisoned with boiled ham served as a lunch. Ptomaine poisons are formed in canned flesh foods through chemical changes, and are very dangerous foes to human life, for one never knows when he may fall into the snare and lose his life when partaking of canned meats or fish. By bacteriologists this poison is ascribed to the presence of bacilli. Sausage poison by this cause is very common. Kerner reports 155 cases of sausage poisoning, with eighty-four deaths, in Wurtemberg and Baden, Germany. Mueller recently reported 124 cases of sausage poisoning, and a large proportion of deaths. One peculiar case which occurred in Paris last year is related. A certain Count with a dozen guests partook plentifully of Rouenaise duck. All were ill the next day, and the Count himself died."

There exists no further doubt in the minds of leading scientists that excessive meat eating results in physical deterioration, and that many sudden deaths never attributed to its use may be thus explained.

### Tooth Decay and Physical Deterioration.

ACCORDING to investigations recently made in English and Scotch schools, it was found that out of the 10,517 children's mouths inspected, at the average of twelve years, there were only about 1,500 which required neither filling nor extractions, or a little over fourteen per cent.; and that in all the others some conditions existed which necessitated special attention, in order to procure, as nearly as possible, a healthy mouth. The following table shows the results in detail:—

Number of children examined	10,517
Temporary teeth requiring filling	9,573
Temporary teeth requiring extraction	8,436
Permanent teeth requiring filling	13,017
Permanent teeth requiring extraction	6,079
Total unsound teeth	37,105
Teeth already extracted	3,174
Sets of teeth free from decay	1,508 of 14.2 per cent.

The Hygienic Committee of the British Dental Association found from an examination of the British skulls in the Museum of the Royal College of Surgeons, that in skulls of ancient date, caries were

almost entirely absent, and when present, trifling in extent. A circular letter was addressed to certain dental surgeons able to speak from over fifty years' experience, who all agreed that dental caries had increased. Hospital statistics showed that a largely increasing number of patients required to be referred to the dental department.

Dr. William Hall of Leeds made some interesting comparisons between the children of Jewish and Gentile parents at various ages, from which he deduced that the Jewish child was not only better developed physically, but suffered less from bad teeth.

"Comparing a Gentile school in a good district with a Jews' school in a similar district, he found that among the Gentiles eight per cent. had rickets, thirty-eight per cent. had bad or backward teeth, while among the Jews five per cent. had rickets, and eleven per cent. defective teeth. In a Gentile school in a poor district, he found rickets in fifty per cent., and bad or backward teeth in sixty per cent. of the children; among Jewish school children in a school in a similar district, seven per cent. had rickets and twenty-five per cent. bad or backward teeth.

"Evidence that this condition of the teeth is, at least, associated with better physical development, is shown by Dr. Hall's observation that the Jewish child, aged seven years, weighed on the average four pounds more than his Gentile neighbor; at nine years, seven pounds more. The difference he is disposed to attribute mainly to the fact that Jewish women are better nourished, are more anxious to suckle their children, are more attentive to them in early childhood, and feed them with more intelligence. It would therefore seem not impossible that defective nutrition during infancy and early childhood may have some effect upon the regular progress of calcification in permanent teeth."

Once a tooth is formed, nothing will change it for the better, so that the effects of imperfect nutrition will only influence the portion of the teeth then being calcified. Damage done to the teeth in process of calcification can never be undone.

A LITTLE knowledge ably used is better than a headful without any outlet.

## The Cruelties Made Necessary by Flesh Eating.

BY AN EYE WITNESS.

WE are obliged to pass large stock-yards on our way to Sydney. To these yards thousands and thousands of sheep and cattle are driven to be purchased and killed by butchers for consumption in the cities and towns.

The sights I have witnessed in passing to and from Sydney have been heart sickening. When a sheep in a flock lies down from sickness or exhaustion, the others are crowded over it or upon it as they are urged forward. A large box wagon follows the flock; into this they are tossed mercilessly, like lifeless substances. I have counted no less than eight sheep, some already dead, others in the agonies of death, lying by the roadside after a flock had passed. If I had not, prior to this, discarded the use of the flesh of dead animals, I should now take a pledge to eat no more meat as long as other foods are obtainable. I have seen flocks of sheep following their shepherd, seeming to understand where he wanted them to go. Whenever a sheep strayed, he made a peculiar noise with his mouth; every sheep seemed to understand it, and confidently pressed close together following the shepherd. The affection and devotion of animals for man approaches so closely to human intelligence that it is a mystery worthy of consideration and thought.

The animals were created by God, they are His creatures. They see, they hear, they use their organs as faithfully as human beings use theirs. The Word of God declares, "A righteous man regardeth the life of his beast." A righteous man will therefore discourage a habit that necessitates cruelty to these creatures. With Goldsmith he will resolve:—

"No flocks that range the valley free  
To slaughter I condemn.  
Taught by the Power that pities me,  
I learn to pity them."

### Tuberculosis and Leprosy.

TUBERCULOSIS is a disease much more contagious and more rapid in its effects than the much dreaded leprosy of India and the South Sea islands. It is equally fatal when it once has a good foothold in

the human system. An authority of some note has recently come forward with the assertion that tuberculosis is merely another form of leprosy. The germs of tuberculosis and leprosy are found to be almost identical when examined under the microscope. Every fourth death between the ages of fifteen and forty-five in civilised lands is due to tuberculosis. Certainly the same precautions should be taken to prevent the spread of tuberculosis that are found necessary to prevent the spread of leprosy. When this is done in civilised lands, and not till then, tuberculosis will become as rare a disease as leprosy in civilised lands.

The commission appointed by the British Government reported that the germs of leprosy, like the germs of tuberculosis, were mainly communicated from man to man through dust, etc., floating in the air. The use of decomposed fish is another active cause of the disease.

An enormous amount of tuberculous meat is, without question, eaten annually by unsuspecting men and women in civilised countries. Tuberculosis is especially common in the naturally scrofulous hog. The only reason why the hog does not become emaciated is because he is not given an opportunity, being usually killed and consumed before this stage of the disease is reached. Probably raw pork is eaten in larger quantities than any other kind of raw meat, in the form of sausages, sandwiches, etc. The air and food are the two chief factors in the causation of this disease. Pure air and pure food is the only preventive as well as the only remedy for this disease.

BRAWN (to dentist): "I won't pay anything extra for gas. Just yank the tooth out, even if it does hurt a little."

Dentist: "I must say you are ver plucky. Just let me see the tooth." Y

Brawn: "Oh, I haven't got any tooth-ache; it's Mrs. Brawn. She'll be here in a minute."

### A 24-Year Vegetarian Writes :

Please find enclosed 2/6, subscription for 1906 to your valuable little paper. Let me, as a twenty-four years' vegetarian, say how pleased I am to receive it as a monthly visitor to my home.

With best wishes for your continued success,

Believe me, Yours sincerely,

G. BAXTER.

### Air.

Those who live out of doors in the pure air are quick and lively, light and free, in all their movements. Besides this, it has been found that the power to do mental work, to use the brains, depends upon the amount of air that one is able to take into



the lungs. Those who breathe deep and full are able to do more and harder work than those whose lungs are small and weak, or who have not learned to use them properly. The more air we take in, the more life we have.

### The Diet and Health of the Chinese.

THE Chinese, we see, belong almost exclusively to the coolie class—the poorest, humblest, most ill-fed of the unnumbered millions in the great empire of China, which has held its own against the world for centuries.

Wherever those humble Chinese go, they show remarkable ability for work. Under cruellest stress of long hours, great heat, or continuous exposure to cold and dampness, a Chinaman will do more work than a white man, and stand the strain better.

Physicians everywhere marvel at the way in which the Chinese undergo surgical operations without anæsthetics, and recover rapidly from wounds received in war or by accident. The Chinese and the Japanese recover under conditions fatal to men of other nationalities, and seem almost immune from disease and from digestive disturbances.

Are we to believe that men who can walk hour after hour, often up and down hill, carrying three or four hundred pounds of vegetables or fruits in baskets hung by ropes from a pole across their shoulders, subsist principally on rice? It is a grain valued around the globe, whether it be the wild rice gathered by the American Indians

or the product of the sea islands, or of the "paddy-fields" of India. For the Chinese dietary, rice replaces bread. "He has eaten his last rice," they say when a man dies. It is digestible, very nourishing, and quickly prepared; and dry rice is more easily kept than yeast-made bread.

No peoples depend more on legumes than do the Chinese, or use them in as many novel forms. The soja bean the Chinese crush and boil with crude salt. The precipitate, or bean cheese, is molded into little cakes for frying. The soja bean is very nourishing, and the latest and best medical works of Western science recommend a bread made of it as being beneficial where the diet must be free from starch.

As yet, the people of the Western world have gained only a half suspicion of the limitless, delicious, magnificent resources of food upon which the absolutely steady nerves, the enduring vitality, and the astonishing muscular strength of the Chinese are founded.—*Julia Davis Chandler.*

### THE COW'S COMPLAINT.

" DESPITE my long and useful life  
They give me to the butcher's knife,  
He ties me up without a tear,  
And cuts my throat from ear to ear.  
" My mouth is dumb, unformed for cries,  
But hot fears glisten in my eyes.  
Soon all my luckless flesh and bone  
Ungrateful mortals fatten on.  
" My murderers shall come to grief,  
Along with all who relish beef;  
Were I a man and you a cow,  
Should I eat chops as you do now?"

### Sunlight.

THE direct rays of the sun are among the most powerful of germ-destroying agents. The most deadly germs perish within a few minutes under the direct rays of the sun. Most germs are also killed by the action of diffused light. The spores of germs, however, are quite resistant, even to the direct solar rays. Hence other disinfecting agents are necessary for the complete eradication of germs. The value of the sunlight as a disinfectant, however, is above estimate, hence the importance of admitting the sun to every portion of our dwellings. For sanitary purposes, an ideal house should be constructed of translucent glass, so that the sunshine might penetrate to every corner. Dark closets are hotbeds for germs.

## Fruits and Nuts.

FRUITS and nuts when intelligently combined are certainly able to sustain life.

Mr. James B. Rawnsley, known as the "Wandering Minstrel," says:—

"Although a grandfather, I can still clip off ten miles inside the hour, and lift bar-bells my own weight, 150 pounds, all on nuts and fruit, which I have used about ten years, and I will certainly use nothing else the rest of my days.

"I came to this country in 1885, existing on bull beef and beer while out on the road with an opera company. In the '90's I renounced that sort of food, and started on raw food. Now I live life all over again. I can lift more, either single or double hand, and run a long distance faster than ever before, and never felt so well in my life. Almonds, walnuts, apples, raisins, prunes, olive-oil, grape juice, is my fuel. I take eight hours' sleep, either on the floor or on a bed; it makes no difference.

"During the six-days' race, go-as-you-please, in Madison Square Garden, I covered three hundred miles in seventy-two hours, using three shillings worth of food. The papers said I was the only man who went through the work without having trouble with his stomach.

"Instead of lying around during vacation, I tried hard work as an experiment until time to train the football team. I got a job with the Rochester Gas Company, laying main pipe ten hours a day in the ditch with pick and shovel, which I thoroughly enjoyed. I took one meal of fruit and nuts, after the day's work. Twenty-five men, mostly dagoes, each had so many feet of ditch to open and fill a day. They all gave me until dinner time, but I fooled them, and by the end of the first week they all took off their hats and said, 'Big fellow goodie man.' During lunch, while they were filling up in the saloons, I would sit at the piano and sing songs. I never had so much fun since I was a boy making mud pies in my mother's backyard."

With regard to his diet, and the work he is able to do on it, Mr. Rawnsley says:—

"Yesterday I had two glasses of grape juice, three apples, and one handful of almonds. To-night, at seven, I expect to take about two gallons of air, mixed with a five-mile run, then some more fruit and

nuts. This morning I gave one singing lesson and two in physical culture, including work with a pair of fifty-pound dumb-bells, mixed with one-hundred-and-forty-pound bar-bells."

## Why Dread the Fly?

THE fly is usually considered simply as an annoyance, and its exclusion from the home is not so rigidly insisted upon as it would be if all were acquainted with its dangerous character as a conveyor of microbes.

Dr. Hayward, bacteriologist of the Michigan School Board of Health, recently made an examination of the "specks" of flies that were seen gathering about a cuspidor used by a tubercular patient, and found them to be full of tubercle bacilli. As a consequence of the presence of the fly, the bacilli of this dread disease are carried everywhere.

Imprisoned flies fed on tubercular sputum died in two or three days, while those fed on milk lived from eight to ten days. When the "specks" or feces of these flies were rubbed up with sterile water and injected into guinea pigs, the pigs developed genuine cases of consumption.

The suppression of the housefly is a most important means of restricting tuberculosis and other deadly diseases.

## Infant Feeding and Consumption in Later Life.

DR. E. SABATTA recently presented some interesting statistics relative to the frequency of tuberculosis in later life of those who in infancy were fed on cow's milk, as compared with those who were nourished by the mother.

Of eighty children who were given a diet free from cow's milk during the first year of life, only fourteen, or seventeen per cent. became tuberculous; while of ninety-six whose food consisted wholly or in part of cow's milk, thirty-six, or thirty-seven per cent. became tuberculous. Digestive disturbances always precede tuberculosis. There can be no doubt that dilatation of the stomach, which is always the forerunner of tuberculosis, is usually brought on in childhood through bad feeding.

# The Home.

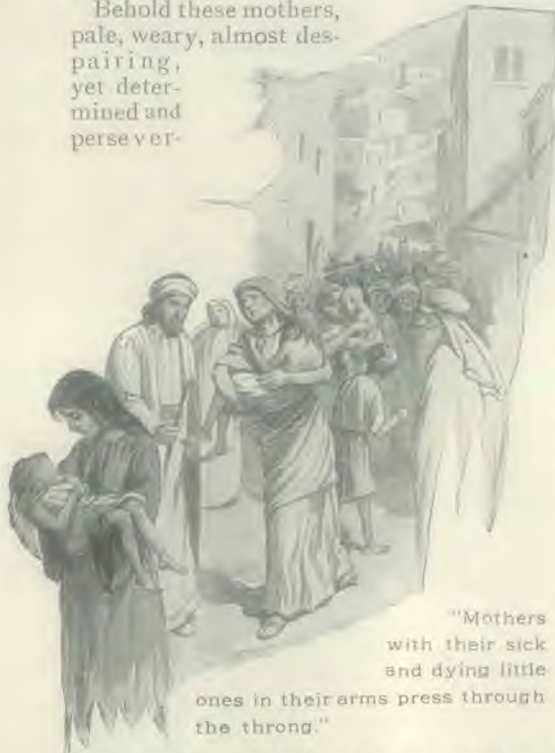


## DAYS OF MINISTRY.

"He shall gather the lambs with His arm, and carry them in His bosom."

As Jesus ministers in the streets of the cities, mothers with their sick and dying little ones in their arms press through the throng, seeking to come within reach of His notice.

Behold these mothers, pale, weary, almost despairing, yet determined and persever-



"Mothers with their sick and dying little ones in their arms press through the throng."

Bearing their burden of suffering, they seek the Saviour. As they are crowded back by the surging throng, Christ makes His way to them step by step, until He is close by their side. Hope springs up in their hearts. Their tears of gladness fall as they catch His attention, and look into the eyes expressing such pity and love.

Singling out one of the group, the Saviour invites her confidence, saying,

"What shall I do for thee?" She sobs out her great want, "Master, that Thou wouldst heal my child." Christ takes the little one from her arms, and disease flees at His touch. The pallor of death is gone; the life-giving current flows through the veins; the muscles receive strength. Words of comfort and peace are spoken to the mother; and then another case, just as urgent, is presented. Again Christ exercises His life-giving power, and all give praise and honor to Him who doeth wonderful things.

We dwell much on the greatness of Christ's life. We speak of the wonderful things that He accomplished, of the miracles that He wrought. But His attention to things accounted small is even higher proof of His greatness.

Among the Jews it was customary for children to be brought to some rabbi, that he might lay his hands upon them in blessing; but the disciples thought the Saviour's work too important to be interrupted in this way. When the mothers came desiring Him to bless their little ones, the disciples looked on them with disfavor. They thought these children too young to be benefited by a visit to Jesus, and concluded that He would be displeased at their presence. But the Saviour understood the care and burden of the mothers who were seeking to train their children according to the word of God. He had heard their prayers. He Himself had drawn them into His presence.—From "Ministry of Healing."

A LITTLE boy, living in the most poverty-stricken part of a great city, found his way into a mission Sunday-school, and became a Christian. One day, not long after, some one tried to shake the child's faith by asking him some puzzling questions.

"If God really loves you, why doesn't He take better care of you? Why doesn't He tell somebody to send you a pair of shoes, or else coal enough so that you can keep warm this bad weather?"

The boy thought for a moment, and then said, as the tears rushed to his eyes, "I think He does tell somebody, but somebody forgets."

"THE sandal tree perfumes, when riven,  
The axe that laid it low,  
Let him who hopes to be forgiven,  
Forgive and bless his foe."



## THE ROBIN'S LECTURE.

I HEARD a bird lecture one morning, this spring,  
And 'twas this that he said almost the first thing:  
"I've been off for awhile where the winters are  
warm,

But now have come back, and am preaching  
reform.

"I have heard other lecturers say I would find  
It a very hard thing to enlighten the mind;  
But, nevertheless, my success I shall try,  
All over the country, wherever I fly."

And his musical voice through the old orchard  
rang,

For the lecture I speak of a sweet robin sang;  
"Oh! do not feel hurt," this he said in his song,  
"But I very much fear you have been brought up  
wrong.

"Do open your windows and let in the air,  
I know you'll feel better and look far more fair—  
Now, just look at me, why, I never take cold,  
And in excellent health I expect to grow old."

Then he stepped back and forth on the limb of the  
tree,

But I knew all the while he was looking to see  
If what he had said my attention had caught,  
And made the impression upon me it ought.

And then he went on, "I have known in my day  
A great many birds all reared the same way:  
Their cradles were rocked to and fro by the  
breeze,

And the roofs of their houses were leaves of the  
trees.

"But I never have known a birdling to droop,  
Nor, old as I am, seen a case of the croup—  
Nor heard a bird say that so sore was his throat  
That he, for his life, could not raise the eighth  
note.

"And one with dyspepsia, too gloomy to sing,  
That we should consider a terrible thing;  
Consumption has never unmated a pair"—  
Here the bird commenced warbling an ode to  
fresh air.

"Our habits are good, and our natures are quiet,  
We hold but one error, and that's in our diet;  
We love grain and fruit, but now and then eat  
(I might as well own it) a tidbit of meat.

"We lave in the brook, and we drink nothing  
strong  
(If I'd time I would sing you a 'cold water  
song'),

And when earth's great lamp has gone out in the  
west,  
You'll find our lays hushed, and our bodies at  
rest.

"We birds are so happy, but I must not stay,  
For sev'ral appointments await me to-day."  
Then he stepped back and forth on the limb of a  
tree,

And flew out of sight, wishing long life to me.

—Selected.

benefits derived from them will prove so  
delightful that there will be no temptation  
to fall back into the old habits. Get into  
the habit of breathing properly. It is just  
as easy to breathe deeply as not. Expand  
the lungs and fill them full of air as often  
during the day as you think of it.

But good physical habits are not all.  
The mental habits must also be regulated.  
If you are in the habit of talking about  
every little ill, pain, or ache, stop it at once,  
and talk health instead.

## Study to be Quiet.

IN all departments of life it is the quiet  
forces that effect the most. How silently  
all day long the sunbeams fall upon the  
fields and gardens! They make no noise.  
Yet what cheer, what benediction, what  
renewal of life, what inspirations of beauty



they diffuse! How silently the flowers  
bloom, and yet what sweetness they pour  
upon the air! How silently the stars  
move on in their majestic marches round  
God's throne! They utter no voice. Yet  
they are vast worlds, or they are central  
suns, with systems of worlds revolving  
round them. How silently God's angels  
work, stepping with noiseless tread through  
our homes, performing ever their quiet  
ministries for us and about us! Whoever  
hears the flutter of the angels' wings or  
the whisper of their tongues? Yet they  
ever throng the air, and are continually  
bearing to us their messages of cheer, joy,  
hope, and comfort, and are ceaselessly en-  
gaged in their ministries of protection,  
guidance, and help. How silently God  
Himself works! He is never absent from  
our side. He never ceases blessing us for  
a moment. He brings us gifts while we  
sleep, and is gone before we awake. He

HEALTH is really a habit—that of living  
right. If we get into the right habit of  
living we shall have little trouble in keep-  
ing ourselves in good condition, physically  
and mentally.

Once good habits are established the

comes so quietly that He never disturbs us. He comes into our sick rooms, stands beside our beds of pain, and sits down beside us in our time of sorrow and gives comfort; but we never hear Him. He makes no ado.

When heaven's King went on earth's streets there was no noise. He sought not, but rather shunned publicity and fame. Throngs did indeed follow Him, but they were drawn by the ministry of love He wrought wherever He went—healing, comforting, forgiving, saving. When the people in their enthusiasm tried to make Him their King, He fled away to the mountains, seeking refuge there with God. He never advertised Himself. He did nothing for show. Yet think what blessings He left in the world as He passed through it. Wherever His feet touched the earth, flowers grew in the path. Into whatsoever home He entered He carried a breath of heaven. Every life He touched had in it afterwards something of beauty or of blessing it never had had before.

The lesson of quietness is set for us again and again in the Scriptures. We are told that the effect of righteousness is quietness. We are especially exhorted to "study to be quiet," to make it the aim of our life to be still; to make a study of it as something to be learned, as one would learn an art or train one's self in beauty of living. In the margin the language is even stronger,—“Be ambitious to be quiet.” Think of human ambitions—to be rich, to be honored, to have power, to do great things! Quietness must, therefore, be one of the most desirable of all qualities in life. We are to be ambitious to be quiet. Another saying of the New Testament is, referring to women, “The apparel of a meek and quiet spirit is of great price in the sight of God.” Quietness is extolled, too, as a privilege in a noisy world. “A dry morsel and quietness therewith is better than a feast with strife and contention.”

There are many people who think that noise is strength, that quietness lacks robustness and vigor. They suppose the more noise a speaker makes, the greater orator he is; that the louder one's voice in praying, the more power the man has in prayer. But noise is not eloquence. Mr. Beecher used to say that when he was

speaking and had no thoughts, nothing to say, he thundered. The greatest preacher is the one who the most deeply impresses other lives, turning them from sin to holiness, from lower to higher things.

J. E. MILLER, D. D.

A LADY who was lurching on a railroad train with a little boy and a dog, suddenly discovered that her little boy was offering a bit of pickle to the dog that was sharing his meal with him. In great alarm and in tones which revealed deep solicitude for the dog, the lady exclaimed, “Stop, Tommy. Don't feed that pickle to the dog. It will make him sick. Eat it yourself.”

WHEN DR. Osler was a student at the McGill University, in Montreal, he paused in the street one day beside a cow that had become stubborn and would not move along. He regarded the cow for some time. Then he took a box of pills from his pocket and gave one to the animal. She swallowed the pill willingly, and then, at a breakneck speed, she made off down the road.

The drover watched her disappear. Then he turned to young Osler and laughed strangely.

“I say, you give me one of those pills, will you?” he said.

“What for?” said Osler.

“Why,” returned the drover, “I've got to follow that beast.”

EVERY experienced physician recognises that most of the disorders to which humanity is subject are due to overeating or errors in diet. “No wonder the rascal's always well,” said a noted physician of his friend, Mr. Frank Wilson, the celebrated actor; “he never eats anything.” Mr. Wilson abstained from tea and coffee, and was in the habit of taking only two meals a day, one of them so light as hardly to be considered a meal by one not accustomed to a frugal life.

The celebrated French professor, Burdaloue, enjoyed excellent health to a ripe old age. When asked by a physician to what he attributed his freedom from disease, he replied, “I eat only once a day.” “Don't tell any one about it,” replied the astonished physician, “or our occupation will be gone.”



BY LAURETTA KRESS, M. D.

**BAKED POTATOES.**—Select uniform-sized potatoes, well washed, and dry. Place in a moderate oven. Bake one hour. Just before serving press them to allow the steam to escape, and they will be quite ready. Serve with brown sauce.

**MASHED POTATOES.**—Wash good potatoes, wipe dry, and pare thin. Put into a steamer, or boil in a small quantity of water. If boiled they should be lifted from time to time with a fork, so they will boil evenly. No water will be left to drain away. Mash, and season with a half cup of milk. Add salt to taste, beat thoroughly with a fork until they are light and white. Serve at once.

**POTATO STEW WITH NUTTOSE.**—Prepare the nuttose by cutting in small pieces or slices, and putting to stew in a sufficient amount of water to cover it an inch deep. Stew slowly for an hour or more. When nearly done, add some thinly sliced potatoes, and cook together until the potatoes are tender. There should be enough liquid in the nuttose so that additional fluid will not be needed for the potatoes. Salt if desired, and serve.

**BRUSSELS SPROUTS AND STEAMED POTATOES.**—Clean one pound of sprouts carefully, letting them stand a while in cold water. Pare one and a half pounds of potatoes, and put all together into a steamer. Let them steam steadily until well done. When done, remove from the steamer, mash, and add one tablespoonful of cream. Mix together well, and add salt. Bake, or return to the steamer until ready to serve.

**STUFFED POTATOES.**—Bake nice, large potatoes until well done. Cut off one end, remove the pulp, and mix with one-third nuttose and a little chopped onion, salt to taste. Fill the potatoes with this mixture, and serve at once. Tissue paper cut in scallops, or fringed, surrounding the potatoes aid in holding them when eating, and also makes them attractive on the table.

**BAKED BEETS.**—Beets are far sweeter baked than boiled. Wash, and wipe dry, place in a stone jar on some moistened straw, and bake several hours. They can also be baked as potatoes on the oven grate. When done, slice, or chop fine, and serve with sour salad dressing, or juice of lemon.

**CHOPPED TURNIPS.**—Chop well boiled white turnips. Add sufficient lemon juice to moisten. Turn into a saucepan, and heat until hot, gently lifting and stirring constantly. Cold boiled turnips may be used in the same way.

**VEGETABLE PIE.**—Take one cup of chopped carrots, one cup finely cut string beans, one teaspoonful nut butter, two cups sliced potatoes, small piece parsley or onion. Stew all together in as small an amount of boiling water as possible, to retain the salts, until done; add salt. If too thin, a few zwieback crumbs can be added to thicken. Turn into a baking dish, and cover with mashed potatoes, freshly prepared, having been boiled in a very small quantity of water, or steamed so that there is no water to drain off. Smooth over the top, place in the oven to brown, and when done garnish with a few sprigs of parsley, and serve.

### Starvation in the Midst of Plenty.

STARVATION sits at loaded tables. In the midst of abundance we have the young breaking down at their studies, business men fall out of the race, mothers grow pale and weak from no visible cause, while the dentist and the doctor work night and day to repair the breaking, crumbling, suffering army of starving people.

Not overwork but malnutrition is the cause. We must become more intelligent in the selection of suitable material for muscle, brain, and bone building.

### Simple Fare and Hard Work.

STRIKING testimony to the value of pure food and hard work for promoting and maintaining health and strength, is given by a writer who spent four years on a coffee plantation in San Paulo, Brazil.

The slaves employed, numbering one hundred, began work at five in the morning, and continued until six at night. In this country the summer climate is scorching, while in the winter there are frosts so severe that whole plantations are destroyed by them.

The food of the slaves consisted of cooked maize, rice, brown beans, oranges, lemons, and a few bananas. The men, who worked with bare feet and legs, were exceedingly muscular, intelligent, and tractable. During the four years there was no sickness among them, and but one death, which was the result of an accident.



**Nervousness.**—I am troubled with nervousness, and have been for two years, frequently thinking something is going to happen every minute.

*Ans.*—The symptoms complained of are associated with intoxication or poisoning, and may be due to the use of tea or coffee, or they may result from poisons formed in the alimentary canal through errors in eating. Abstain from tea, masticate well all foods eaten. Live principally on fruits.

**Dreaming.**—What is the cause and cure, if any, of persistent dreaming?

*Ans.*—Quit the evening meal, or eat very sparingly of bread and a little fruit not later than four hours before retiring. Before retiring, take a short run or some physical culture exercises combined with deep breathing. A warm foot bath is also helpful. Wear a pair of bed socks during the night to keep the feet warm and induce the blood to the extremities. The object is to prevent the cerebral congestion which is probably responsible for your disagreeable symptoms.

**Good Bread.**—I noticed in a Sydney daily paper of Monday last a complimentary reference made, in a letter, of the whole meal bread used at your Sanitarium. I would esteem it a favor if you would kindly inform me where I can purchase pure whole wheatmeal, and let me have a recipe for making the bread.

*Ans.*—The wheatmeal is manufactured at the Sanitarium Health Food Factory. By purchasing a small mill at a cost of about £2, each family may grind their own wheatmeal, and have it fresh for each baking. If necessary, the coarse material may be sifted out, but these mills grind very fine. For the recipe I refer you to the "Good Health Cookery Book."

**Malted Nuts.**—In what cases would you recommend Malted Nuts?

*Ans.*—Malted Nuts is of special use in the sick room. In nourishing qualities it is equal, if not superior, to any of the various malted milks, and the flavor is decidedly more pleasant, the excessively sweet taste being absent. Malted Nuts has also been found most excellent as an infant food. It is in the form of a very nourishing powder, which may be eaten dry, or on stewed fruit, or dissolved in milk, fruit juice, or simply hot water. A dessert-

spoonful dissolved in a cup of hot water makes a drink that is wonderfully sustaining and at the same time very easy of digestion.

**Meltose.**—What is Meltose?

*Ans.*—Meltose, or Malt Honey, is a sweet resembling in flavor the best honey, but free from the formic acid and other impurities which are found in honey, and which causes it to disagree with so many persons. The appetite for sweet things may be safely indulged if one has a supply of Malt Honey on hand, because, being a natural sweet, the honey will not be productive of injurious after-effects, as is the case with cane sugar.

**Germs.**—Does the normal stomach contain germs?

*Ans.*—Yes, most of the time, but during a meal and the digestion of it, these germs are destroyed. The stomach is able to exterminate germs and to keep itself clean. Every part of the body has the power to cleanse and purify itself. In healthy persons germs do not grow on the skin, in the nose and throat, or in the lungs. They do not grow on a flower when it is alive, or on living foliage. It is in the deteriorated and diseased body that has lost its power to defend itself, that germs take root and multiply.

**Light Bread.**—What is the most healthful ingredient to use in raising light bread and biscuit?

*Ans.*—Air and water are the best ingredients. Water-breads are infinitely preferable to those that are made with yeast. Yeast is simply fungus. It belongs to the same family of fungi as toadstools and mushrooms. If the bread is so thoroughly cooked that all the yeast germs are killed, there is no great harm done; but usually the bread is not baked sufficiently, and unless the stomach is strong enough to disinfect itself, these live yeast germs continue to grow, so that when the bread is eaten, they make mischief.

**Nervous Debility—Electric Belts.**—1. If a person has nervous debility, what is the best cure? 2. Are electric belts good for nervousness? 3. What is the cause of a cold, hungry feeling after meals?

*Ans.*—1. A simple diet of grains, nuts, and fruits, and thorough mastication, with outdoor life. 2. No, they are of no value. 3. Poor digestion and malnutrition, due to imperfect mastication or bad combinations.

"Look at me," exclaimed the leading lawyer warmly; "I never took a drop of medicine in my life, and I'm as strong as any two of your patients put together."

"Well, that's nothing," retorted the physician, "I never went to law in my life, and I'm as rich as any two dozen of your clients put together."



"THE misery of the women of the poorer classes is more than doubled by the use of tea."—*Sir Benjamin W. Richardson, F. R. S.*

THERE are 823,854 paupers in England and Wales, according to a recent Government report—one in every forty persons.

"BETWEEN 1881 and 1891 farm laborers decreased in England 173 in 10,000. In the same period insanity increased from 2 to 3 in every 1,000."—*Encyclopedia Britannica.*

SULTANAS and almonds constitute a complete and well-balanced meal—very portable, easily assimilable, and exceedingly nutritious and strength-giving.

THE dental statistics gathered in Europe have revealed a very threatening state of affairs. Over forty per cent. of all teeth examined in children attending school in Germany were bad. In England 75 per cent. of the children examined had bad teeth. In the United States 95 per cent. of the children of the poorer class have carious teeth.

CERTAIN forms of influenza have been proved by Freudenreich, the director of the Bacteriological Laboratory of Berne, Switzerland, to be transmitted by means of milk. Dr. Hart, an eminent English sanitarian, records fourteen epidemics of scarlet fever and seven of diphtheria, originating in England, in which the contagion was disseminated through the medium of milk. Typhoid fever has been found to originate in the use of infected milk in a great number of cases. The typhoid fever germs grow with great facility in milk.

AS TO infected flesh, Dr. Alfred Carpenter said in 1879, as President of the Preventive Medicines Section of the Sanitary Institute, that "our domestic animals fall a prey to every kind of epidemic. . . . all sanitary laws are as a rule ignored by the farmer. I was not surprised when I heard an inspector from the Metropolitan Meat Market declare upon oath that eighty per cent. of the meat which was sent to the London Meat Market was the subject of tubercular disease."

IN a recent issue of the *British Medical Journal* we find: "Some Observations upon the Micro-organisms of Meat Poisonings and Their Allies." The writer says:—

"Meat poisonings are those diseases in man, usually epidemic in character, due to the con-

sumption of meat from unhealthy animals—generally cattle, and more rarely the horse, pig, and goat. The animals commonly suffered from enteritic or septic processes. The agents of these diseases in animals produce at times in man a septic or infective enteritis. Oster-tag records from 1880-1903 ninety outbreaks of this form of meat poisoning, with about 4,000 cases. One may assume that the number of unrecorded cases was also considerable. The symptoms vary in character and severity, and three forms of the disease have been described, namely, a gastro-enteritic, a choleraic, and a typhoidal."

### Digestibility of Various Foods.

	Hr.	Min.		
Rice	..	..	..	2.00
Tapioca	..	..	..	2.00
Barley	..	..	..	2.00
Milk, boiled	..	..	..	2.00
Milk, raw	..	..	..	2.15
Eggs, whipped	..	..	..	1.30
Eggs, raw	..	..	..	2.00
Eggs, soft boiled	..	..	..	3.00
Eggs, hard boiled	..	..	..	3.30
Eggs, fried	..	..	..	3.30
Salmon, salted, boiled	..	..	..	4.00
Oysters, stewed	..	..	..	3.30
Beef, lean, rare roasted	..	..	..	3.00
Beefsteak, broiled	..	..	..	3.00
Beef, lean, fried	..	..	..	4.00
Beef, salted, boiled	..	..	..	4.15
Pork, roasted	..	..	..	5.15
Pork, salted, fried	..	..	..	4.15
Mutton, roasted	..	..	..	3.15
Mutton, broiled	..	..	..	3.00
Veal, broiled	..	..	..	4.00
Veal, fried	..	..	..	4.30
Fowls, boiled	..	..	..	4.00
Duck, roasted	..	..	..	4.30
Butter, melted	..	..	..	3.30
Cheese	..	..	..	3.30
Beans, pod, boiled	..	..	..	2.30
Bread, wheaten	..	..	..	3.30
Bread, corn	..	..	..	3.15
Apples, sour and mellow, raw	..	..	..	2.00
Apples, sweet and mellow, raw	..	..	..	1.30
Beet, boiled	..	..	..	3.45
Turnips, flat, boiled	..	..	..	3.30
Potatoes, Irish, boiled	..	..	..	3.30
Potatoes, Irish, baked	..	..	..	2.30
Cabbage, boiled	..	..	..	4.30

DR. HOPE, Medical Officer of Health for Liverpool, says, "The deaths amongst children under three months of age either wholly or partially fed on artificial food are fifteen times as great as they are amongst an equal number of infants fed upon breast milk; *i. e.*, investigation has tended to prove that out of every 1,000 infants under three months of age naturally fed upon breast milk alone, twenty die of autumnal diarrhoea, but if the same number of infants at the same age are artificially fed, then, instead of twenty dying, as many as three hundred will die from this cause." Dr. Hill,

Medical Officer of Health for Birmingham, says, "The improper feeding of children is practically slow starvation. It is the cause, in some cases, of the deaths of all the children of a family, and frequently of the greater proportion of them. Privation of breast milk and improper feeding are not only answerable for infantile sickness and death, but their effects are seen in after life in imperfect development and inferior physique."

#### PINEAPPLES AS DIGESTANTS.

A GOOD deal has lately been written about the digestive action of fresh pineapples. It has been pointed out that a freshly-cut slice of pineapple laid on a piece of beefsteak will, in a comparatively short time, cause softening, swelling, and partial digestion of the meat for a considerable depth from the surface. Dr. Wingrave says that the reputation of the pineapple has suffered, among other reasons, from the facts that far too much is eaten at a time, and that the fibrous part is swallowed as well as the juice. To obtain its full digestive value, one quadrant of a slice half-an-inch thick is ample for one meal. It should be well masticated and the fibrous part should be rejected. It must not be cooked and should be just ripe. The preserved form has practically no digestive power. Apart from its use as a digestive, the juice has a strong solvent action upon plastic exudation, such as diphtheria membrane. When applied to such a membrane on a swab or as a spray, its time of contact is not enough to cause solution, but it is of material service in softening the sticky and stringy exudation so as to admit of its easy detachment. It also softens horny epidermis in the same way as, though more slowly than, salicylic acid. If a thin slice of pineapple be kept in close contact with a corn for eight hours, it will be so softened as to admit of ready removal. Again, it softens the horny papillae in keratosis of the tonsil, and quickly relieves the prickly sensation complained of in that condition.

A GLANCE at the following table, which we quote from an article by A. Robin in

the *International Medical Magazine*, ought to be sufficient to persuade any one of the folly of a meat diet for one suffering from rheumatism, gout, sick headache, irritability, nervousness, etc., for these are all greatly aggravated by the use of uric acid foods.

#### URIC ACID IN FOODS.

Substance.	Uric Acid and Xanthins. Grains per lb.
Lamb (cold roast leg) .. ..	3.50
Hospital beef tea (cooked 8 hours)	7.00
Veal (cutlet) .. ..	3.50
Kidney of sheep .. ..	3.50
Liver of Sheep .. ..	6.50
Mackerel .. ..	2.00
Herring Loch Erne (kippered)	6.40
Herring (bloaters) .. ..	2.20
Meat juice .. ..	49.70
Meat extract .. ..	63.00
Tea .. ..	175.00
Coffee .. ..	70.00
Cocoa .. ..	59.00

#### A PASTE THAT WILL ADHERE TO ANYTHING.

PROF. ALEX. WHINCHELL is credited with the invention of a paste that will stick to anything. Take two ounces of clear gum arabic, one and one-half ounces of fine starch, and one-half ounce of white sugar. Pulverise the gum arabic and dissolve in as much water as the laundress would use for the quantity of starch indicated. Add the starch and sugar to the gum solution, and cook the mixture in a vessel suspended in boiling water until the starch becomes clear. The cement should be as thick as tar and kept so. It can be kept from spoiling by adding a lump of gum camphor or a small amount of oil of cloves. The cement is strong, and will stick perfectly to glazed surfaces, and is good to repair broken rocks, minerals, or fossils. The addition of a small amount of sulphate of aluminum will increase the effectiveness of the paste, besides helping to prevent decomposition.

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