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# GOOD HEALTH



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and Medical News.*

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*Good Health, March 1, 1905.*



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## MEDICAL AND HEALTH NEWS.

### Tobacco and Alcohol.

#### What Australia's Strongest Man and Others Say About It.

CLARENCE WEBER, who has the reputation of being the strongest man in Australia, and is the conductor of the Victorian Health and Strength College, Flinders St., Melbourne, says:—

I am a life-long teetotaler, and also a non-smoker. It is now recognised among athletes that if they wish to reach the highest pinnacle of strength, development, and endurance of which their body is capable of reaching, it is absolutely necessary to abstain from all alcoholic liquors, and from smoking. Sandow, in his best days when training for any big event, abstained from both alcohol and tobacco. Hackenschmidt is a non-smoker, and very abstemious, and when training for big contests, abstains altogether. Hackenschmidt further strongly advised me never to drink or smoke at all, but to abstain absolutely.

I have particularly noticed that among my pupils the men who are abstainers do far better work than those who use alcohol and tobacco, and when those who have been moderate drinkers and smokers give these things up, they immediately make rapid progress. I will give you one remarkable case of a young man who had been attending my college, who gave up both alcohol and tobacco, and was soon doing good work at heavy weight lifting. However, one week he broke through his good resolution, and went back to his former method of living, having a glass or two with some friends. On the next week, when resuming his weight lifting, he was quite unable to raise his previous weights, and though immediately abstaining from alcohol again, a full month elapsed before he reached his former standard. Alcohol in the system spoils the quality of tissues and muscles, and must be got out of the system before best form can be reached.

Smoking breaks the wind, and weakens the heart. No man can smoke without inhaling a certain amount of smoke, which, containing nicotine, and coming in contact with the blood in the lungs, immediately depreciates the quality of the blood, and is consequently injurious.

Dr. W. G. Grace, the celebrated cricketer, says:—

I have played many long innings without taking anything to drink. Beer is a very bad thing for cricket, and so is smoking.

Chairman Harriman, of the Board of Directors, Union Pacific Railway, said:—

Cigarette smokers are unsafe. I would just as soon get railroad men out of the insane asylum as to employ cigarette smokers.

On March 1, 1902, the firm of the J. C. Ayer Company, manufacturing chemists of Lowell, Mass., U. S. A., employing hundreds of boys and young men, posted the following notice in their works:—

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

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

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



### How to Get Rid of the Craving for Tobacco and Alcohol.

THAT it is easier to fell the tree of stimulation than to lop off a branch, is attested by a man of rare resolution, Eduard Baltzer, the father of German vegetarianism. Again and again he tried to break himself of a single bad habit—smoking—but failed. When he made a clear sweep of stimulants, tea and coffee, and flesh meat, the change was "kinderleicht," mere child's play. Dr. James C. Jackson, of Dansville, says:—

"Give to children, and, for that matter, to grown persons, normal foods—grains, fruits, and vegetables—simply cooked, which have in them the requisite materials for maintaining the human body in good flesh and health, and a breakwater is built up to this ocean of drunkenness, against which its waves shall dash in vain. . . .

"Give your child . . . the fattened flesh of animals, the salt, pepper, and spices which are used in the preparation of flesh for food, and which always irritate the mucous surfaces of the stomach and bowels; give him stimulo-narcotic drinks, such as tea and coffee, and . . . through the heated condition of the blood made out of such food, your boy has begun to be a drunkard.

"It is not possible for a drunkard to eat unleavened bread, made from unbolted wheat flour, and uncooked fruits, such as the apple, pear, plum, or apricot, or any fruits growing in the temperate zone, and nothing else, for six months, without having the desire for liquor substantially die in him. Of course, he must not use medicines, drug-poison, tobacco, or spices. The simplicity of such a diet is thoroughly restorative, and completely effectual to overcome his longing for liquor. A child fed in this way is kept from any uprisal of an appetite for strong drink."

### Food of the Highlander.

PEA and barley bread was at one time largely eaten by the peasantry on the Borders, and indeed throughout Scotland, with the result that they were sound in tooth, wind, and limb. In an interesting article by Major-General Sir Frederick Maurice on "National Health," the following description of an old-time Highland warrior is given to show the style of man that was reared on *graddened*

meal and cheese: "His eyes retained their former vivacity, and his sight was so good in his ninetieth year that he could discern the most minute object, and read the smallest print, nor did he so much as want a tooth, which to me seemed as white and close as one would have imagined they were in the twentieth year of his age." Here is the description of an old-time Highland lady: "The lady Macleod, who passed the most of her time in Harris, lived to 103, had then a comely head of hair and good teeth, and enjoyed a perfect understanding till the week she died. Her son, Sir Norman Macleod, died at 96, and his grandson, Donald Macleod, Esq., late of Bernera, died at 91." And what did the above-mentioned people live on?—Well, the bread they ate was made either of barleymeal or of oatmeal. Boswell tells us that for breakfast at Ramsay they had "oat cakes, made of what is called *graddened* meal."

### Alcohol and Tuberculosis.

AT the great congress on tuberculosis, held in London in July, 1903, Professor P. Brouardel, Dean of the Faculty of Medicine, Paris, whose authority is of the highest value, declared:—

"The public-house is the purveyor of tuberculosis;" "alcohol is the most potent factor in its propagation;" and "the strongest man, who has once taken to drink, is powerless against the disease."

"Any measures, State or individual, tending to limit the ravages of alcoholism will be our most precious auxiliaries in the crusade against tuberculosis."

### Alcohol a Deceiver.

ALCOHOL promises pleasure; but instead of true pleasure, happiness, and contentment, which come from a life of sobriety and uprightness, it gives a mere transient tinkle of the palate, a thrill of the nerves, a momentary exhilaration, a transient oblivion, and after it the bitterness of a ruined life, loss of friends, home, and property, a wrecked body, premature death, disgrace, and misery. Alcohol promises comfort; but instead of the comfort and well-being which come from health, strength, and vigor,—the result of a wholesome life,—alcohol gives simply a temporary benumbing of the sensibilities, certain to be followed by an increase of pain and suffering, and an aggravation of all the miseries which it promises to relieve.

Alcohol is in every way a deceiver. It fulfils none of its promises.



### Food and Character.

PORPHYRY, the noted Greek philosopher of the third and fourth centuries, recognised clearly the influence of dietic habits upon the character. He said:—

“And let such a man tell me whether a rich flesh diet is more easily procured, or incites less to the indulgence of irregular passions and appetites, than a light vegetable dietary. But if neither he, nor a physician, nor, indeed, any reasonable man whosoever, dares to affirm this, why do we persist in oppressing ourselves with gross feeding? And why do we not, together with that luxurious indulgence, throw off the encumbrance and snares which attend it? It is not from those who have lived on innocent foods that murderers, tyrants, robbers, and sycophants have come, but from eaters of flesh. The necessities of life are few and easily procured, without violation of justice, liberty, or peace of mind.”

### The True Cause of Physical Degeneracy.

IN connection with the discussion which has recently been going on in England with reference to the national physical degeneration, and the formation of a New League of Physical Education and Improvement, Dr. Haig published in the *National Review* some striking statements as to the true cause of this degeneracy. The following is an abstract of an article in which he points out the only means of checking the rapid race deterioration:—

“I can not but feel, as one of those who gave evidence before the Inter-Departmental Committee on Physical Degeneration, that unless one of the most important causes of the low condition of certain classes is better understood, and unless special attention is directed to this subject in the efforts of the proposed League, only very little will be accomplished. A great deal is said under the heading, ‘Objects of the League,’ about physical exercises, but little or nothing about that on which physical power depends—the food of the people. Something is indeed said about supplying nutritious food in place of alcohol, but as wrong food is practically the underlying cause of all alcoholism, this obviously does not go far enough. To my mind there is but one great cause; viz.,

*unnatural food*, and nearly all the other so-called causes are results of this; e. g., alcoholism is a result; laziness and stupidity are other results. Sir Lauder Brunton speaks of the ‘carelessness, in-ertness, laziness, stupidity, folly, and ingratitude’ of the lowest classes; and here again we have, to my mind, but another result of wrong and unnatural food.

“Since food is the basis of all physical power, and wrong food is at least the possible cause of many of our present diseases, miseries, and misfortunes, people will, I believe, begin to consider how many of our present miseries may possibly be removed in the future by proper and natural food. And Nature says in a way that there is no misunderstanding that man is a frugivorous and not a carnivorous animal. Seventy-five per cent. of the most terrible diseases under which we suffer (they are not, in fact, diseases at all, but poisonings by unnatural food), our increasing insanity, our increasing cancer, our debility, and our deterioration, may be due not improbably to this neglect of Nature’s teaching.

“We can see, also, that this may give a very simple and complete explanation of the fact that all these deadly ‘diseases,’ this



An art of the highest order

sorrow and suffering, have been increasing by leaps and bounds during the past thirty years, as we have tended to take ever more and more meat, with the other stimulants and poisons it has brought in its train, and have thus gone ever further and further along the wrong path. We are rapidly getting into a position from which, in the nature of things, there can be no return.



"If anything is to be done for the physical improvement of our race, it will not be by attending to exercises and neglecting that from which muscle power is obtained; namely, food. If alcoholism is to be conquered, it can be done only by attacking its cause. And the same for our ever-increasing mental, moral, and physical debility and decay; we must look and see that these things have a meaning and an explanation; that their increase is a result of a change in the national foods, which during the past thirty years has become so much more marked."—*American Good Health*.

### Is Alcohol Useful in Disease ?

#### The Latest Medical Opinion.

NO ARTICLE has been so highly commended and so fiercely condemned as alcohol in the matter of its use in disease. Time was when medical men were almost unanimous in its favor; now the tide is turning, and it is no uncommon thing to read the sternest condemnation of alcohol as a medicine by the highest scientific authorities.

The *Lancet* recently returned to the subject, and gave the opinions of Dr. Dawson Burns, Honorary Secretary of the London Temperance Hospital.

His conclusions are as follows:—

1. That the opinion once very prevalent in England, that alcohol is of special value in the general treatment of disease, is entirely erroneous.

2. That the supposed necessity for alcohol in diseases entailing great exhaustion is also fallacious.

3. That the beneficial effects attributed to alcohol may almost invariably be secured by other means.

4. That in cases of extreme exhaustion, alcohol may possibly be of temporary use, but such cases are rare, and any special benefit is most likely to occur whenever the patient has not been previously accustomed to use any alcoholic liquor.

I HAVE just finished reading a back number of your paper (July, 1904, GOOD HEALTH), and have found it so interesting that I intend becoming a subscriber, so herewith enclose 3/- to cover yearly subscription. Is New Zealand a foreign country? If not, a couple of back numbers will square things.

Yours truly,

R. J. BODLEY.

### Cancer and Appendicitis.

THE alimentary canal of man seems to be a favorite seat for cancerous growths. According to Ewald, out of more than eleven hundred cases of cancer of the intestinal canal observed in the Prussian hospitals in 1895 and 1896, eighty-nine per cent., or nearly nine-tenths, were cases of cancer of the large intestine, chiefly of the cecum and the rectum.

Out of 10,500 cases of cancer affecting the digestive tract as a whole, in the same period, more than forty per cent. were located in the stomach. Stagnation of the contents of the stomach and the colon, with putrefaction, is without doubt the principal cause of the deterioration of the tissues of these organs, which gives rise to the lowered resistance necessary to render the parts susceptible to cancerous disease.

The evils which arise from a capacious stomach or colon filled with putrefactive food residues may be remedied by restricting the diet to foodstuffs which do not readily undergo decomposition. The natural food of man, being fruits, grains, and nuts, does not favor decay. The flesh of animals is especially prone to putrefaction, and when this enters largely into the food, the fragments of undigested meat retained in the stomach or cecum and other roomy portions of the colon, encourage putrefaction and absorption into the blood of great quantities of toxic material. The putrefactive changes taking place in the cecum, to which the appendix is attached, is responsible for the prevalence of *appendicitis*.

Strassburger has shown, that in men who subsist upon the ordinary foods, as meat, fish, and cheese, microbes increase in the colon at the rate of one hundred and twenty-eight trillions (128,000,000,000,000) every twenty-four hours.

These facts seem to indicate that man would be better off without a colon than to keep his colon and eat as he does. It has been suggested that the operation for the removal of the appendix might well be extended to a large part of the colon, and that by the removal of the entire colon, the process of putrefaction may be limited, so there will be less opportunity for the accumulation of decomposable matter.

Dr. Arbuthnot Lane an eminent Eng-



lish surgeon, recently proposed an operation whereby the small intestine is detached from its connection with the beginning of the colon, and connected with the upper part of the rectum instead, thus cutting out the entire colon. He performed this operation in many cases, and claims to have obtained excellent results. If we adopt a rational and pure dietary, we may have the privilege of retaining the colon. But if we continue to subsist upon meat, cheese, fish, and other foods which form food for germs, it may be necessary to dispense with it.

### How Disease May Be Communicated.

DR. MEYER DUTCH in a recent number of the *British Medical Journal* gives the following examples of the manner in which germ diseases as tuberculosis, diphtheria, etc., may be communicated:—

*Paper Bags.*—To open them, the practice of blowing against their edges and into them, is very common; and nearly all confectioners, fruiterers, grocers, and purveyors of food adopt this plan. The possibilities which might ensue if the breath were infected by the germs of a specific disease can be easily imagined.

*Waste Paper.*—The use of old newspapers, etc. (often bought at ragshops) in the poorer districts, to wrap food in, also deserves attention.

*Drinking Glasses.*—Even at many high-class schools, thirsty boys and girls are inadequately provided with clean drinking utensils, and drink after each other. The remedy is simple—every child might be provided with a glass in a wicker cover to take to school.

*Eating.*—The danger to adults, and particularly children, who bite sweetmeats, etc., after each other, is obvious.

*Kissing.*—This danger has often been referred to, and the practice of children kissing each other at school should be prohibited.

Among the causes mentioned here, the general use of the common drinking-cup is probably the most common and dangerous. Drinking cups are inexpensive, it is easy therefore for each individual to be provided with a cup. Probably the practice of kissing will continue, but children should be taught to turn their cheeks and not to permit anyone to plant a kiss on the mouth.

“TRUTH is not wholly truth until it is expressed in a life. Energy is idle until it is transformed into work. Character is not character until evidenced in conduct.”

### The Need of Appetite Juice.

*Extract from drawing-room lecture delivered by the editor at the Sydney Sanitarium.*



WHEN food is introduced into the stomach unconsciously, or eaten mechanically, without a relish for it, its mere presence creates a flow of stomach juice. The juice mechanically secreted is, however, of an inferior quality when compared with appetite juice. What is appetite juice? Do you recall when you were but a boy or girl, when coming home from play just before dinner, how the mere smell of the food or the thought of what mother *might* have for dinner caused a copious flow of saliva? This was appetite juice. This secretion was not confined to the mouth, but could we have obtained a glimpse of the stomach, we should have found the gastric juice trickling down its walls as well. The whole digestive apparatus, in fact, was getting into readiness for the reception and digestion of the expected food. Aside from this, the kind of juice secreted is especially adapted for digestion of the food thought of, and will not well digest any other food. Appetite juice possesses many times the digestive power that is possessed by juice mechanically produced by the mere presence of food in the mouth or stomach.

In the past much ignorance has existed regarding the wholesomeness and nutritive value of foods. The only thing that was consulted was the appetite. Our forefathers ate what they relished. They required no delicacies to stimulate the appetite. Hard work gave them a relish for *simple* foods, and, fortunately, poverty made simple food and few varieties a necessity. Consequently they seldom suffered with indigestion. Later, luxury and inactivity came in; with these came a multitude of delicacies, complicated dishes, and a greater variety of foods, and as a result, indigestion became prevalent. To correct this state of affairs something had to be done, naturally the attention was called to the need of studying the nutritive value, wholesomeness, and combination of the foods. But many, after eating foods more wholesome, and using greater care in their combinations, did not realise therefrom all the benefits they de-



sired or expected. This was due to the fact that the food, although more wholesome and easier of digestion, was really more difficult to digest because of the absence of the much-needed appetite juice which was formerly present. While it is well to make a study of foods and eat that which is wholesome, it is unwise to ignore the more important factor in good digestion,—the stimulation of the appetite. Man must relish what he eats. The gourmand or glutton is able to eat the most unwholesome foods and often to di-

these, we must, as reformers, recognise the need of providing suitable and wholesome substitutes that are pleasing to the eye and palate. At the beginning of a meal a tablespoonful or two of tasty soup or something else that is relished, will often create an appetite which will lead to the enjoyment of the entire meal. A little fruit or something else that is relished at the beginning of the meal is better than foods which are dry, even though they are more physiological, if not relished.

(To be Continued.)



Patients at the Sydney Sanitarium

gest double the quantity of food he actually needs, simply because he eats only what appeals to the palate, and thus creates a copious flow of appetite juice, a juice which is capable of digesting almost anything. He puts on adipose tissue and weight, and looks the picture of health. This cannot be recommended, for it results in premature gout, rheumatism, or fatty degeneration, wears out the digestive organs, and shortens life.

And yet the need of having foods that are appetising can not be ignored by the food reformer. If it is disregarded, he will find his reform a failure. The ordinary meal, taken by those who pay no attention to what they eat, begins with some tasty soup and ends with a sweet in the form of a pudding or some kind of pastry. The meal begins and ends with a pleasurable sensation, both of which stimulate the appetite centres and cause a copious flow of appetite juice. While it is unwise to use the harmful things that are used by

### The Life Worth Living.

THE following words from George H. Allen, England's great athlete, whose performance as a walker has been repeatedly commented upon by the public press, will be read with interest by GOOD HEALTH readers:—

"In my childhood days I knew little or nothing of happiness. Born an epileptic, I was, up to sixteen years of age, a martyr to this complaint. The medical men who attended me in my various illnesses seemed at a loss as to what ought to be done. Medicine was prescribed in rather large quantities, but all seemed ignorant of the importance of a proper dietary.

"At last, in despair, I decided to take the matter of my health into my own hands. I studied various physiological works, and then drew certain deductions, which may be briefly stated under the following heads:—

That to be healthy, I must—

Eat proper food.

Have proper exercise.

Keep the body clean.

Have all the fresh air possible.

"At sixteen I set to work in earnest. I dropped several undesirable foods from my list, took regular baths, went in for athletic exercise, but was not at that time a vegetarian, although I was a life-long total abstainer and non-smoker.

"Gradually, by strenuous effort, I grew stronger. Then seven years ago I became a vegetarian.

"It may surprise many of those who have known of me only as an athlete to learn that I came to choose this better way of dietary, not from a health stand-



point at all, but from a Christian standpoint.

"All my life I had been searching for something to make life worth living. Early I learned that were earth life lived for self alone, it was not worth living. Through childhood and early manhood I was conscious of a lack in my life.

"One night, as I sat in my chair at home alone, I had such a revelation of Christ within that I shall never forget. I had laughed when any one talked of sudden conversions, but I had such an experience myself. The next morning when I came to the breakfast table, I saw, instead of my excellent rasher of bacon, a part of the corpse of a pig. From that day I have never eaten fish, flesh, or fowl. To me vegetarianism came as a spiritual awakening.

"Some little time before this I had given up active participation in athletic contests, but now the strength which I had been building up by years of steady and persistent effort, was increased sixty per cent. by having a spiritual impetus added to it.

"Here I should like to impress upon my readers that I do not look upon the development of the physical side of our nature as of any use in itself. If we are merely to make men and women strong animals, our work will be of little use.

"I am convinced that every good and perfect thing that we possess comes from our Father. Our bodies, our food, and all we have are gifts from Him. All things we get from Him are blessings from His great heart, and just as we feel thankful to Him, and just as we use His gifts, in such measure shall we receive great blessings to ourselves.

"Food is a medium by which He is able to transmit His strength to us. This medium must be good and clean if it is to carry God's blessing in all its fulness; therefore I advocate the abandonment of all foods that are produced by slaughter, and cling to those which are given to us in a purer form.

"The great point is to follow the light that lighteth our way. If we only quietly ask for such light to be given us, it will be given in the measure that we are at that time prepared to receive. When any one is convinced that the eating of flesh is wrong, that person is ready for the

giving up of its use, and he or she who then fails to do so, must expect to suffer.

"Our object in this life should not be to build up strong bodies, to break athletic records, or to make a name, but we should strive to leave a record behind us that will never be erased through the long eternity—a record of strenuous effort towards the Grand Ideal, Jesus of Nazareth.

"Our progress may be slow, and our feet may be cut and bleeding by the thorns and stones of life, but if when we fail, we look once more to Christ, we shall be lifted up and sent on our way. And so, being thankful for all our Father has given us, we try to return such again better than before.

"If we have a weak body at the outset, instead of mourning that we have been badly treated, we should strive to do the best we can by making the best use of what we have. We must use it to the best of our ability, and if we do this, we shall build up a character that will be a blessing to those around us."

### Rational Methods of Treating Disease Versus Drug Medication.

DRUG medication is losing its charm with the thinking classes. The most advanced medical men of the day are educating away from drugs, and advocating the simple agencies of nature—pure air, pure food, exercise, massage, and water—as therapeutic remedies.

In a recent editorial in the *New York Medical Journal* the following interesting observations on the above subjects are noted:—

It cannot have escaped the observation of anyone who may have turned his attention to the subject, that the treatment of disease, or perhaps it is more correct to say the method of treatment of many diseases, is undergoing a process of change which is more or less revolutionary. The era of polypharmacy, with its multitude of drugs, the use of many of which is often in the highest degree empirical and unsatisfactory, is passing away. Hydrotherapy is a means of treatment for which the future is holding out great promises. Much has already been accomplished by it, especially during the past twenty-five years. Further study and elaboration will be sure to amplify its field of usefulness. One need only recall the valuable results which it has yielded in the treatment of typhoid and other fevers, diseases of the heart, liver, and kidneys, and a great



number of the eruptive diseases, to realise the importance which already belongs to it. Lavish Nature has supplied us with water in almost unlimited quantity. It can not be doubted that in the near future we shall obtain much additional knowledge as to its practical applicability.

Massage and muscular motion as means for the treatment of disease have a much greater range of usefulness than is ordinarily supposed. When we realise what has been accomplished by this agency in the past, the health and beauty and vigor which it brought to the ancients, especially the Greeks, we do not wonder at the enthusiasm of those who advocate its systematic use. Muscular activity means quickened circulation, nervous energy, improved performance of function, enhanced metabolism, and general well-being. The Swedish and other forms of movements, gymnastic exercise, and various forms of rubbing and manipulation are too valuable to be discarded or disregarded.

It is not improbable that we shall find equally beneficent results from the use of electricity. Though its therapeutic effects have thus far been limited, it is hardly possible that an agent which is so closely allied to nervous energy can be without great utility for the cure of disease. . . . What a vista is opened for the future by these remarkable agencies!

### Cane-sugar Diseases.

FOR a long time it has been noticed that diabetes is increasing very rapidly. According to the rate of increase during the ten years between 1890 and 1900, diabetes will be, by 1950, seventeen times as frequent as it is now; that is, if it continues to increase at the same rate.

Without doubt, one cause of diabetes is the excessive use of cane-sugar. Observing physicians also attribute to the use of cane-sugar the increasing prevalence of rheumatism, gout, and other uric-acid disorders. The blood is overwhelmed with saccharine substances, so that its



power to remove and destroy the wastes of the body is diminished.

Probably few are aware of the enormous amount of sugar annually consumed in the United States. It amounts to nearly four ounces per day per capita, of the en-

tire population, and is rapidly increasing, according to the figures recently furnished us by the assistant statistician of the United States Department of Agriculture.

It appears that the present use of cane-sugar in the United States amounts to seventy-five pounds per capita annually, and that the consumption of sugar is increasing at the rate of a little more than two pounds per capita annually.

Experiments made on the German army have shown that the free use of sugar produces gastric catarrh and indigestion. Gautier's experiments with dogs have shown very clearly that cane-sugar is capable of producing gastric irritation and a great deal of disturbance when used in other than the very smallest quantities. A ten-per-cent solution was found sufficient to produce serious disturbance.

The fact that sugar has a high nutritive value has led many people, even physicians, to prescribe it freely even for invalids and children; but the nutritive value of an article is not a true measure of its value as a food. Its digestibility and its effects upon the digestive organs and other tissues of the body must also be taken into account. Cane-sugar is probably responsible for more sickness and more deaths than any other one article of food. Its use should be as limited as possible. Sweet fruits, fruit-sugar, or maltose should be substituted. Honey used in moderate quantities is decidedly preferable to cane-sugar, though to many persons the flavor is not so agreeable.—*American Good Health.*

### Sleep.

ALL our senses do not slumber simultaneously, but they fall into a happy state of insensibility one after another. The eyelids take the lead and obscure sight; the sense of taste is next to lose its susceptibility; then follow smelling, hearing, and touch, the last-named being the lightest sleeper and the most easily aroused. It is curious that, although the sense of smell is one of the first to slumber, it is the last to awake. Hearing, after touch, soonest regains consciousness. Certain muscles and parts of the body begin to sleep before others. Commencing with the feet, the slumberous influence works its way gradually upward to the centre of nervous action.



### The Tooth Brush a Necessity

#### As Long As We Are Careless in Our Eating.

THE teeth should be cleaned regularly before and after each meal. Microbes are constantly accumulating in the mouth, between the teeth, and about the gums, and if left in the mouth, they are likely to be swallowed with the food when eating, and their growth in the stomach gives rise to the formation of poisons which are absorbed into the blood and produce mischief. Fragments of food left in the mouth encourage the development of these germs. Decay of the teeth is due to the growth of these small organisms.

A dentist whose practice has been for many years largely among people who would commonly be called of the cultured class, finds the neglect of cleanliness of the mouth among the children of such persons most astonishing. These children, he says, were being trained in all the arts and sciences, yet in one school where there were 700 pupils, 500 of them from ten to eighteen years of age, only fifty cleansed their teeth twice a day, 275 used a brush sometimes, and 175 did not own a brush at all. In all the primary department, where there were more than 200 children from six to ten years old, not more than ten were provided with tooth-brushes. Further inquiry and investigation showed that this school was not an exception in the matter. Dr. Ritter, of Berlin, found that of 637 persons, 400 of whom were under fifteen years of age, only forty-one, or a trifle more than five per cent., had perfectly sound teeth.

#### Breathing.

ENOUGH cannot be said of full, deep breathing. It is no hobby or wild notion; and if you would prove its benefits, practise it daily, and you will increase the circulation, purify the blood, and send it to warm the feet, make ruby lips, and plant roses on the cheeks. It will aid your digestion, and give you a clean, sweet breath, promote sleep, quiet the nervous system, strengthen the throat and vocal organs, and increase the chest capacity. It will also cure your asthma, catarrh, and bronchitis, and prevent lung trouble.

### A Prayer for the Times.

LET the warrior dream of the battle field,  
Let the statesman dream of the throne,  
Let the sailor plough the tossing deep,  
Where storm winds love to roam;  
Let hurrying crowds seek the city mart,  
And the city's glare and din,  
Where human life in shaded strife,  
Drinks from its cup of sin.

But give me a home in the wildwood free,  
Where the mountain daisies spring,  
Where forest trees clap their hands in joy,  
And feathered songsters sing;  
Yes, give me a home far, far away  
From the million's trampling feet,  
Where twilight calm brings the soul its balm,  
And earth and heaven meet.

Then let the soldier seek the field,  
And the sailor plough the deep;  
Let statesmen wrangle over laws  
They never mean to keep;  
Let premiers war o'er capital  
Where empire halls should stand,  
Till passing years bedew with tears  
Their sacred plot of land!

But give me a home mid the laughing flowers,  
Where soft winds lullaby,  
Where nature walks with unshod feet  
While gladsome days go by;  
Yes, give me a home where mother earth  
Filleth her lap with bloom,  
Where the hand of God still decks the sod,  
And gives it sweet perfume.

—R. Hare.

### Some Eloquent Scriptural Tributes to Vegetarianism.

BEHOLD now behemoth, which I made with thee; he eateth grass as an ox. Lo now, *his strength* is in his loins. . . *His bones are as strong pieces of brass; his bones are like bars of iron.*" (Job xl. 15, 16, 18) "Hast thou given the horse strength? hast thou clothed his neck with thunder? Canst thou make him afraid as a grasshopper? the glory of his nostrils is terrible. *He paweth in the valley, and rejoiceth in his strength;* he goeth on to meet the armed men," etc. (Job xxxix. 19, 21) See also Ps. civ. 14, 15; Ps. ciii. 5. "Corn shall make the young men cheerful, and new wine the maids." (Zechariah ix. 17)

Strength of both muscle and bone may be obtained by the use of the simple products of the earth. Cereals and the juice of fruits sweeten the disposition.



### Ice Cream—What Not to Eat It With.

TAUGHT by experience, we are well aware that milk disagrees with a great many foods when eaten at the same meal, especially in warm weather. For instance, milk and vegetables combine poorly; milk and fruits are apt to cause fermentation; but milk and sugar eaten with fruits, as is often done, is one of the worst food combinations it is possible to make. Fermentation is almost sure to result, with the formation of poisons and irritants which are responsible for gastritis, cholera, dysentery, diarrhoea, and other symptoms and conditions most serious during the warm season. Some one who is extremely fond of ice cream, and who consulted his palate instead of health and reason, recently said in trying to justify his course: "I am very careful what I eat it with." A physician,



who was sitting by, said, "That is well," and cautioned him not to eat it with fruits or vegetables; "but" he added, "above all things be careful not to eat it with a spoon, or in fact with anything else." In ice cream we have one of the worst combinations conceivable—milk, chemicals for flavoring, sugar, and last, but not least, germs innumerable. Steer clear of it altogether if you value health.

### Should One Sleep After Eating.

DR. SCHULE, of Fribourg, has approached the subject from the chemico-experimental side. Having analysed the stomach's contents in two normal subjects a few hours after meals, some of which were followed by sleep and others not, he finds that sleep has for its constant effect the weakening of the stomach's motility.

"A TOWEL folded several times, dipped in hot water, and quickly wrung out and applied over the toothache or neuralgia, will generally afford prompt relief."

### Galloping Consumption at the Table.

BY DR. F. ROSSITER.



IT is often asserted that the present generation lives more in twenty-five years than our ancestors of two centuries ago did in fifty. It may be said with equal truthfulness that the present generation eats as much in twenty-five years as our forefathers did in fifty, and in one half the time.

We stand aghast at the frightful ravages and the progressive onward march of consumption. One seventh of all the deaths to-day may be attributed to this dreadful malady. In some of the large cities, one out of every four that die, succumbs to this disease. But it is little realised and much less appreciated, that there is a "galloping consumption" going on at the table, even more extensive and destructive than tuberculosis.

Haste in traffic, haste in business, haste in education, haste in pleasure, has led to



haste in eating, drinking, thinking, sleeping, until physical degeneracy and premature decay stare us in the face on every hand. But of all the evils resulting from the terrible momentum of modern life, hasty eating is the most far-reaching and the worst. It may safely be said that hasty and promiscuous eating annually results in more distress and more deaths than are caused by tuberculosis; it is even one of the most important predisposing causes of this disease.

Tuberculosis is not more at variance with the plan of nature than is the rapid consumption of food. That nature intended man to find a real pleasure in eat-



ing is evident from the fact that natural foods are variously and delicately flavored, and that man is endowed with the sense of taste to appreciate these flavors and with the sense of smell to enjoy natural odors. The surface of the tongue is the seat of the sense of taste, hence the pleasure that attends eating does not consist in the amount of food that can be disposed of, nor in the rapidity with which it can be eaten, but in the length of time it remains in the mouth, stimulating this sense of taste. It would be well for the rapid eater to take notice that the taste buds are on the tongue, and not scattered throughout the length of the esophagus or in the walls of the stomach.

Galloping consumption of the lungs follows rapidly upon the galloping consumption of foods. Hasty eating results in many evils.

Nature furnishes man with thirty-two teeth, some for breaking off pieces of food, and others designed to crush it. The entire anatomy of the mouth clearly indicates that food should remain in it some time before being swallowed. If food remains in the mouth only a few moments, an insufficient amount of saliva is secreted and mingled with the food, hence salivary digestion is but partially performed.

A longer time spent at the table every day, in thoroughly preparing food for the different processes of digestion, would save many a man or woman years of misery, ill-health, and disappointing, ineffective work.

### Plutarch on Vegetarianism.

PLUTARCH in his "Essay on Flesh-eating," says:—

"That man is not, by nature, carnivorous is proved, in the first place, by the external frame of his body, seeing that to none of the animals designed for living on flesh has the human body any resemblance. He has no curved beak, no sharp talons and claws, no pointed teeth, no intense power of stomach or heat of blood which might help him to masticate and digest the gross and tough flesh-substance. On the contrary, by the smoothness of his teeth, the small capacity of his mouth, the softness of his tongue, and the sluggishness of his digestive apparatus, nature sternly forbids him to feed on flesh."

### Simple Diet and Old Age.

VERY few names are better known in England than that of Old Tom Parr. His father, it is said, died at eighty-nine and his mother at ninety-three, he was an only son and very delicate during his boyhood; he had an instinctive hatred of fish or flesh-food, and so could not be induced to eat any. However, he grew up into an exceptionally strong and healthy man, and at 140 years of age walked 400 miles to see King Charles I., who took so great an interest in him that the Earl of Arundel, who was a great friend of His Majesty, took the old man into his service at Arundel Castle. The King, on hearing this, sent Dr. Harvey (the discoverer of the circulation of the blood) to Arundel Castle to look after Tom Parr, and to have him so fed that he might live as long as possible. Dr. Harvey, therefore, inquired into the kind of diet the old man was accustomed to, and found it had been chiefly barley bread in the form of griddle cake, which was occasionally supplemented by a little milk and skim-milk cheese. Dr. Harvey then told the Earl that if he altered this simple mode of living it would kill the old man. The Earl did not believe this, and ordered him to be fed with the nicest tasting things he could think of, and so out of kindness of heart, he fed him on high game and the oldest port-wine in his cellar, and five years after Tom Parr gained the prize in athletics for two consecutive days against all the strongest men in that part of the country, but at 152 years of age he suddenly dropped down dead. A special message was at once sent to the king, who ordered Dr. Harvey to perform a post-mortem and hold a coroner's inquest, and he reported that the old man's body was the best nourished organism he had ever seen and quite healthy, excepting the heart, which he found "encumbered with fatty deposits," and concluded that, as poor old Parr was fed on the Arundel food, he contracted the Arundel disease, from which he died (for all the Arundel family used to die suddenly), but deducted that if he had been fed on his own accustomed lines, as he (Dr. Harvey) advised, he saw no reason why he should not have "lived considerably over 200 years."

"WINE is a mocker." Yes, a mocker.



## Home Department.



### Consolation.

THE day is long, and the day is hard ;  
We are tired of the march and keeping guard ;  
Tired of the sense of a fight to be won,  
Of days to live through and work to be done ;  
Tired of ourselves and of being alone.

And all the while, did we only see,  
We walk in the Lord's own company ;  
We fight, but 'tis He who nerves our arm,  
He turns the arrows which else might harm,  
And out of the storm He brings a calm.

The work which we count so hard to do,  
He makes it easy, for He works, too ;  
The days that are long to live are His,  
A bit of His bright eternities,  
And close to our need His helping is.

—Susan Coolidge.

### Choice and Preparation of the Home.

THE gospel is a wonderful simplifier of life's problems. Its instruction, heeded, would make plain many a perplexity, and save us from many an error. It teaches us to estimate things at their true value, and to give the most effort to the things of greatest worth,—the things that will endure. This lesson is needed by those upon whom rests the responsibility of selecting a home. They should not allow themselves to be diverted from the highest aim. Let them remember that the home on earth is to be a symbol of and a preparation for the home in heaven. Life is a training-school, from which parents and children are to be graduated to the higher school in the mansions of God. As the location for a home is sought, let this purpose direct the choice. Be not controlled by the desire for wealth, the dictates of fashion, or the customs of society. Consider what will tend most to simplicity, purity, health, and real worth.

The world over, cities are becoming hotbeds of vice. On every hand are the sights and sounds of evil. Everywhere are enticements to sensuality and dissipation. The tide of corruption and crime is continually swelling. Every day brings the record of violence,—robberies, murders, suicides, and crimes unnamable.

Life in the cities is false and artificial. The intense passion for money getting, the whirl of excitement and pleasure seeking, the thirst for display, the luxury and extravagance, all are forces that, with the great masses of mankind, are turning the mind from life's true purpose. They are opening the door to a thousand evils. Upon the youth they have almost irresistible power.

One of the most subtle and dangerous temptations that assails the children and youth in the cities is the love of pleasure. Holidays are numerous; games and horse-racing draw thousands, and the whirl of excitement and pleasure attracts them away from the sober duties of life. Money that should have been saved for better uses is frittered away for amusements.

The physical surroundings in the cities are often a peril to health. The constant liability to contact with disease, the prevalence of foul air, impure water, impure food, the crowded, dark, unhealthful dwellings, are some of the many evils to be met.

It was not God's purpose that people should be crowded into cities, huddled together in terraces and tenements. In the beginning He placed our first parents amidst the beautiful sights and sounds He desires us to rejoice in to-day. The more nearly we come into harmony with God's original plan, the more favorable will be our position to secure health of body, and mind, and soul.

An expensive dwelling, elaborate furnishings, display, luxury, and ease, do not furnish the conditions essential to a happy, useful life. Jesus came to this earth to accomplish the greatest work ever accomplished among men. He came as God's ambassador, to show us how to live so as to secure life's best results. What were the conditions chosen by the infinite Father for His Son? A secluded home in the Galilean hills; a household sustained by honest, self-respecting labor; a life of simplicity; daily conflict with difficulty and hardship; self-sacrifice, economy, and



patient, gladsome service; the hour of study at His mother's side, with the open scroll of Scripture; the quiet of dawn or twilight in the green valley; the holy ministries of nature; the study of creation and providence; and the soul's communion with God,—these were the conditions and opportunities of the early life of Jesus.

By *Mrs. E. G. White, from "Ministry of Healing."*

### Be Good to Yourself.

THINK deliberately of the house you live in—your body. Make up your mind firmly not to abuse it. Wear nothing that distorts or pains it. Do not overload it with victuals or drink or work. Give yourself regular and abundant sleep.

Keep your body warmly clad. Do not take cold; guard yourself against it. If you feel the first symptoms, give yourself heroic treatment. Get into a fine glow of heat by exercise. This is the only body you will ever have in this world. Study deeply and diligently the structure of it, the laws that govern it, the pains and penalty that will surely follow a violation of every law of life and health.—*Annals of Hygiene.*

### Simplicity.

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 a day 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.

DAVID PAULSON, M. D.

HOPE is the banner of health; progressive people live well; when hope dies, the grave yawns.

### Poultry Not Made to Eat.

THERE seems to be no end to the scares raised in London about the poisonous matter of some sort or another lurking in the delicacies of the table. Last year it was the oyster that was loudly condemned, and now attention is called to the dangers that confront the user of poultry as food.

"Thirty per cent of the poultry reared and subsequently served at the table has suffered from some form or another of tuberculosis," is the startling statement made by a poultry expert when asked his opinion regarding the report that the royal commission is considering the subject of tuberculosis, and was about to consider the question of tuberculosis in poultry.



A Life Vegetarian and Her Pet Cock.

It is not a new suggestion by any means, and it has been dwelt upon before at meetings of the medical faculty, but it is only now that the commission is about to take the matter into serious consideration.

The public feeling has been awakened to what may have been the cause of many cases of consumption.

The authority quoted above offers the comforting information to lovers of poultry that such diseases as roup, wet roup, swelled head, dropsy of the wattles, gapes, liver disease, and pip, all of which are the bane of the poultry farmer, are merely different forms of tuberculosis.—*Chicago Tribune.*



### Spinach

THE value of spinach as an article of food is placed very high among the list of vegetables. Its non-fermentable properties will enable a person to use it when nearly all other vegetables have to be proscribed. Its laxative nature is of special advantage to many people. This latter quality is said to be due to the abundance of mineral salts which it contains, chiefly those of iron and potassium.

### Cheese as a Food.

DR. LAUDER BRUNTON, a noted English medical authority, says that the only basis for the idea that cheese digests everything but itself, is the fact that it will remain entirely undigested in the stomach when everything else is digested, and forms exceedingly acrid gases and acids. Yet, in spite of the strongest evidence to the contrary, such dangerous delusions are wont to survive long in our minds.

We have no hesitancy in saying cheese should never enter the human stomach. It is indigestible, in the first place. Aside from this, it is a product of decay. The flavors found in the different varieties of cheese depend entirely upon the kind of germs that are planted in it to produce this decay. These germs are cultivated by cheese manufacturers for this express purpose. The quality of the milk has little to do with the flavor of the cheese. Germs from a hencoop, if planted in any product, would produce the characteristic hencoop odor; while germs from a cowshed produce a cowshed odor.

The only way to make a really wholesome cheese is by curdling the sweet milk with lemon juice. This will destroy the disease-producing germs and cause it to form into curds. By draining off the water and adding a little cream and salt, this makes a palatable and wholesome cheese.

"I SAY, doctor," said a gentleman, meeting his family physician the other day, "what ought a man to do when he has a very bad tired feeling?"

"He ought to consult a good physician about it," replied the doctor, smartly.

"Well, that's what I'll do," answered the curious one, moving off.

### The Oyster and Typhoid Fever.

PROFESSOR KLEIN, F. R. S., whose preliminary report, "On the Vitality of the Typhoid Bacillus in Shellfish," has been published, placed clean Colchester oysters in sea water in which typhoid bacilli were distributed to the amount of 744,000 bacilli per cubic centimetre. After twenty-four hours, oyster No. 1 was examined, and was found to contain in its body 40,000 bacilli. The other oysters were then placed in fresh clean sea water, and after one day of this treatment, a second specimen yielded only 1,380 bacilli. After two days a third specimen yielded 440; after five days another yielded 82; after four days another yielded 44; and on subsequent days no bacilli were discoverable.

Those who will have oysters will know in the future how to prepare them for use. Give the oyster a clean sea water bath each day for a week, and the danger from infection is at least minimised, if not entirely removed. But at best the oyster is a scavenger. Germs and filth are its food. If kept in clean water free from germs, the food it has stored up in the form of germs is consumed. The oyster is therefore germ free. But the oyster itself is composed of what it feeds upon, and is therefore unfit for human consumption.

### The Cold Bath.

THE morning is the best time for a cold bath, because one is warm when he first gets out of bed, and is in the best condition for a healthy reaction. But the bath should be taken immediately upon rising. This does not mean within five or ten minutes, after he has moved about the room and becomes chilled; it means at once. Only when this rule is strictly followed is the morning cold bath a benefit.

AVOID as you would a pestilence the patent medicine. Most of it is composed of poisonous drugs preserved in bad whisky. It will create an appetite for liquor, and exercise a debilitating influence upon the whole system. Do not be misled by advertisements. If you are not feeling well, bathe frequently, sleep in well ventilated rooms, and diet abstemiously. Do these things, and you will regain your vigor and retain it too.





**Colic.**—Will you please tell me of a cure for colic? The attacks come on without any apparent cause, and are very severe.

*Ans.*—Hot saline enema, and formentations to the abdomen afterwards, will afford relief.

**Cramps.**—Can you tell me of a cure for cramps in the feet and legs? They come on in the day as well as the night, when walking or driving as well as in bed at night.

*Ans.*—It is possibly due to self poisoning, resulting from digestive disturbances. Eat for a time granose biscuits toasted and spread with cream, green peas, an egg occasionally, sanitarium nut meat, and fresh fruit.

**A Diet of Grains and Fruits.**—Is it possible for a person my age (sixty-five) to enjoy the best of health on a diet of wheatmeal biscuits, as made at the Health Food Factory, boiled milk, fruit, fresh and dried, and pure water?

*Ans.*—Yes, perfectly safe. An occasional egg may be added. It is not necessary to exclude other foods. An occasional change in diet is beneficial.

**How Many Meals?**—Are three meals a day sufficient for a pregnant or nursing mother? If a little hot milk is taken at bedtime, is it better to have a little solid food with it, or are you better without either?

*Ans.*—Three meals are sufficient, to eat oftener will create dyspepsia and sickness. Take nothing aside from water between meals. Do not take milk at bedtime, water is better.

**Fruit at Bedtime.**—Is fruit good taken at bedtime?

*Ans.*—No. Should be taken at close of meals.

**Rheumatism.**—What is the best remedy to take when an attack of rheumatism comes on?

*Ans.*—Live on a spare diet, eating only one or two foods at a meal, bread and milk or granose biscuit.

**Liquid at Close of Meal.**—Will you please mention if a little liquid taken at the close of a meal is beneficial?

*Ans.*—No harm if thirsty.

**Abdominal Obesity.**—Is there any simple remedy for abdominal obesity?

*Ans.*—Abdominal massage, and exercises to develop the abdominal muscles, as raising the legs slowly by lying on the floor. This should be practised morning and night.

**Backache.**—What causes backache in persons of a nervous disposition?

*Ans.*—Relaxed abdominal muscles and the resulting prolapsed state of the nerves.

**Blackheads.**—Would like a remedy for blackheads and pimples.

*Ans.*—Two things are necessary—improvement of the blood, and improvement of the skin. The recurrence of pimples indicates a state of low vital resistance. The alkalinity of the blood is diminished from the accumulation of waste material. Every measure by which the blood may be improved must be employed. A proper diet is essential. Avoid all meats. For a time milk and eggs may be discarded with advantage. A diet of fruit and bread is the best. Nuts in moderate quantity may be added. The amount of proteids in the food should be reduced to the lowest point. A general sweating bath should be taken two or three times a week at night. Be careful that the bowels are kept in good condition. Take a cold bath every morning. Take an abundance of exercise out of doors daily. The food should be masticated very thoroughly. Mustard, pepper, vinegar, pickles, tea, coffee, and all condiments must be avoided; also over-eating.

Bathe the face with hot water for ten minutes three times a day. At the end of the bath apply cold water for a minute or two. The skin should be carefully massaged daily. Blackheads should be squeezed out; any suppurating pimples should be emptied of their contents thoroughly and the discharge carefully removed, as it spreads infection. After each treatment it is well to apply to the face a lotion consisting of resorcin, twenty grains; alcohol, one ounce.

**Pinworms.**—My little boy, six years old, is troubled with pinworms. Please give cause of, and treatment for the same.

*Ans.*—Quassia is one of the best remedies with which we are acquainted. Soak half a pound of quassia chips in a gallon of water over night. Boil for one hour. Then apply as follows: First empty the bowels thoroughly with a soap and water enema. A sufficient amount of water should be used to fill the entire bowel. One quart will probably be sufficient in the case of a child. This is necessary because the headquarters of the parasite is found in the cecum or first part of the colon. After thoroughly emptying the bowels, inject a quart of the quassia solution. This should be retained as long as possible. To prevent immediate expulsion, the temperature of the solution should be about that of the body.

**Milky Foods.**—Is milky food good for persons who feel tired and languid at times?

*Ans.*—There is no objection to such food.



**Pimples.**—I am always troubled with pimples on my face, particularly around my chin. Would you kindly give me the cause and cure?

*Ans.*—Avoid free fats as butter, fried foods, sweetened foods and pastry, also tea.

Masticate all foods well, and use fresh, sub-acid fruits liberally.

**Bad Cough.**—A young friend of mine is much troubled with a bad cough, which she is hardly ever rid of. Would you tell me what to do in her case?

*Ans.*—I would advise an examination by a physician.

#### THE CAUSE OF BRIGHT'S DISEASE.

THAT Bright's disease is rapidly increasing is a question concerning which there is no doubt in the minds of observing medical men. The cause of the increase of chronic Bright's disease is a subject that has been much discussed, and variously attributed to climatic conditions, alcohol, tobacco, and so on. It is more probable, however, that, as Dr. Gus Johnson has suggested, real degeneration is a consequence of long-continued elimination of the products of faulty digestion through the kidneys. The researches of Bouchard, Rogers, and others point very conclusively to the failure of the stomach and liver as the primary causes of Bright's disease. First the stomach fails, then the liver breaks down, then the kidneys collapse, then comes heart disease, dropsy, and death. The use of tobacco and alcohol, and excesses of all sorts, by impairing digestion and breaking down the general resistance of the body, prepare the way for Bright's disease, as well as for other chronic maladies. Bright's disease may be fairly considered simply as nature's penalty for heavy dinners, Christmas and New Year feasts, and other forms of gormandising.

#### MINERAL WATER BOTTLES.

A MEDICAL journal cites a case of death resulting because a photographer had used a ginger ale bottle for one of his solutions. It was returned to the bottling works and refilled without cleansing, causing one death. In this case the cause of death was easily traced because the tell-tale chemical was in the bottle. But infectious diseases might be transmitted in this way without ever arousing suspicion as to the cause. Mineral water bottles, after being taken into the rooms of patients, ill, possibly, with some infectious disease, are frequently returned to the bottling works, where they are refilled without being disinfected. In this way infection might readily be transmitted. Mineral waters are as a rule harmful; we can well dispense with them.

A Liverpool physician believes appendicitis to be due to antimony poisoning, the antimony being absorbed by mineral waters and other beverages from the rubber stoppers, which sometimes contain large quantities of antimony.

#### From Friends and Correspondents.

"TOBACCO is a noxious weed;

It was the devil sowed the seed;  
It drains the pockets, soils the clothes,  
And makes a chimney of the nose."  
—By a Sanitarium Patient.

"AFTER canvassing for two hours in our neighborhood with GOOD HEALTH, I cannot express the blessings I received. The work was small compared to the blessing and privilege of speaking to my neighbors. I see good results from previous visits of GOOD HEALTH; mothers are more careful about the feeding and care of their babies.

"I am very happy to state the great benefit I have derived bodily since omitting tea in my diet for three years. Since my babyhood fear overhung me as a shadow, and the night was a dread to me; but since leaving off the use of tea my nerves have grown so strong that my husband remarked the other day that I was growing bold and fearless. I fancy I hear you say, 'Will you go back to the beggarly elements of tea-drinking again after deriving such benefit?'—No, never—my body is too sacred for that.

"I am happy that some of my neighbors avail themselves of my services in treating their families in sickness, for which knowledge and instruction I thank your little paper GOOD HEALTH. Wishing it every success for the New Year, for it deserves it on merit."

"It was through reading a copy of your splendid paper GOOD HEALTH that I was induced to give up all flesh food—fish, fowl, and meat—the day after I read it. Eight weeks later I gave up tea, coffee, and cocoa. Result, no headaches; no bilious attacks; no necessity to take aperients; increase in weight; fresher at the end of day's work; better 'wind' in athletic sports; no sinking at stomach or craving for food if my meals are delayed. Stiffness, which I sometimes felt in my knees if I sat in one position for some minutes, has quite disappeared. In fact, I feel many years younger and better in every way, though previously I *thought* I enjoyed well nigh perfect health. I would never think of going back to the old (meat) diet even though I often fare badly at some of the hotels in the 'back' country."

"We have been subscribers to GOOD HEALTH for several years, and would not be without it on any account. Indeed, I owe my present good health *entirely* to its teaching; especially do I consider thorough mastication important."

A SCOTCH dominie, after telling his scholars the story of Ananias and Sapphira, asked them: "Why does not God strike everybody dead that tells a lie?" After a long silence one little fellow exclaimed: "Because there wouldna be nobody left."





A NEW AND IMPORTANT PUBLICATION.

GOOD HEALTH LIBRARY No. 5, by D. H. Kress, M. D., has just made its appearance. It is a booklet entitled "Stimulants," and deals with the modern beverages, tea, coffee, and cocoa. The nature of stimulants is fully explained and the reasons why craving for such drinks exists. The history of tea, coffee, and cocoa, and their effects upon the system are dealt with, and many authorities quoted for reference. In the closing pages excellent advice is given to those who are suffering from the results of such stimulants, so that health may be regained. This booklet should have a wide circulation, as the evils it combats are widespread. Sent post paid for 3d. per copy or 5/- per 100.

A CASE of ptomaine poisoning, affecting a family of three, occurred at Petersham recently. Alexander Wood, aged fifty-five, Elizabeth Ann Wood, his wife, aged fifty-eight, and their eighteen-year-old son, Stanley, were the victims. Some corned beef was purchased, and cooked the same day. The son, who is a clerk, took some of the meat with him for lunch, and shortly after partaking of the meat he was seized with illness, and started for home. While on the way he was attacked with vomiting fits, giving evidence of ptomaine poisoning. The parents had some of the meat at the midday meal, and very little time elapsed before they also manifested symptoms of ptomaine poisoning. Mrs. Wood, who was in a very low state, had to be carried into the Sydney Hospital, while the husband and son walked in.

DR. FREDERICK F. TEAL, before the American Institute of Homeopathy, said :

Not only do the women of to-day refuse to nurse their babies, but there is a remarkable lack of development in them. Among the causes for the necessity of resorting to artificial feeding of babies is deficiency in the quality or quantity of mother's milk, that cannot be brought up to the normal. This is a condition that seems to be growing among women. A child's disposition is regulated by its stomach. A bad dispositioned child is one that has been wrongly fed from birth."

EDISON'S FRUGALITY.

MR. THOMAS A. EDISON, whose marvellous inventions have won for him the title of "The Wizard," seems almost to emulate Cornaro in

the frugality of his dietetic and other habits. He is a very hard worker, yet he eats rather sparingly. He recently stated to a reporter that for three months he had lived on twelve ounces of solid food a day. This is a much smaller allowance than that taken by the average man.

Mr. Edison says we eat too much, sleep too much, and do not work enough. He takes no stock in the doctrine that hard work is unhealthful, or that men break down from hard work. He insists that people who have to drop their business and run away to Europe for a rest now and then are not working too hard, but are eating too much, and not taking enough exercise. Mr. Edison's views on these subjects seem to be very practical and sensible; and we commend them to the thoughtful consideration of our readers.

PNEUMONIA, OR THE NEW PLAGUE.

ACCORDING to recent statistics four per cent., that is, four in every hundred, of the people of every city community suffer annually from pneumonia. At least twenty per cent., or one-fifth, die. A peculiarity with reference to pneumonia, which at first sight is not easy to understand, is that its victims are chosen among those who are apparently in good health. The robust man seems to be the favorite mark for this disease. The chief predisposition to acute disease is lowered vital resistance. One might think that the plump, rosy-cheeked butcher who is suddenly brought down by pneumonia, and goes to his grave in a week or less, is a man of high resistance. The appearance is deceptive. This robust-looking man has abundance of blood, but it is poor blood,—blood swarming with impurities. The white blood cells, which in the healthy man stand ready to seize and destroy the germs of disease as rapidly as they enter the body, and are constantly occupied in this way, thus protecting the vital domain, are stupefied and rendered inactive by the enormous quantities of waste and poisonous substances thrown into the blood as a result of over-eating, especially the large consumption of flesh meat. The man full of flesh is of all men the worst possible subject for the surgeon. His florid countenance gives the appearance of health, but his tissues are swarming with disease and readily succumb to death-dealing agencies.

A SUBSCRIBER writes :—

I have pleasure in informing you that I have received benefit through following the advice of the GOOD HEALTH. I have had bad health for years. I could not sleep at night without sleeping draughts, and was unable to work. The doctor said I had a weak heart, and I was always taking tonics and medicine. I have now taken the advice of the GOOD HEALTH, and for two years I have not needed the doctor's attention. For the health which I now enjoy I thank God and the GOOD HEALTH journal. The two shillings and sixpence was well spent.



## FOOD ADULTERATION.

IF half what Mr. Paul Pierce, Superintendent of the Food Exhibit at the late St. Louis Exhibition, has to say upon the subject of food adulteration is true, the real state of things as regards American tinned and bottled foods must be far worse than is commonly believed. Apart from the adulteration and substitution which he discloses, he draws a striking picture of the extent to which chemicals are introduced into every kind of food and drink placed upon the home and foreign market, partly by way of obtaining the desired color and partly as a preservative. Aniline and other coal-tar dyes appear to be those most commonly used for both purposes, and there is no American, Mr. Pierce says, who has not swallowed these dyes and experienced their injurious effects. Consuming them, as he does, from his earliest childhood, he becomes more or less inured to the immediate effect of "poisoned foods." But this is not the case with new-comers; these, according to Mr. Pierce, often suffer severely when first it becomes necessary for them to live habitually on American foods. Nor is it only in the preparation of foodstuffs properly so called that poisonous dyes are habitually employed. They enter very largely, it appears, into the sauces, catsups, and other food accessories which play so large a part in American cookery and at American meals. By way of illustrating this point, he gives some surprisingly large measurements relating to the number of square inches of white nuns-veiling which the New York Bureau of Chemistry has succeeded in solidly coloring with aniline dyes obtained from single bottles of catsup, sauces, jellies, and the like. This is the point which makes Mr. Pierce's disclosures of particular interest on this side of the water, for during the last year or two there has been a strong and not unsuccessful effort to create a demand for American catsups and sauces, in addition to the other tinned American foods which have long obtained ready sale over here.

AN excellent line of goods is handled by the firm of David Braham & Co., advertised on another page.

## A Bargain in Oil Engines.

**An Opportunity Offered to Obtain  
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Low Figure.**

OWING to the fact that the printing machinery of the Good Health Office now derives its motive power from the adjacent plant of the Health Food Factory, we have no longer any use for our Crossley Oil Engine, which has driven our machinery for the past eighteen months. The engine is an L. L. Crossley,  $3\frac{1}{2}$  maximum brake h. p.,  $2\frac{1}{2}$  effective h. p., in good condition, practically as good as new, and will be sold at a sacrifice, as we are needing the room it occupies, while not requiring its assistance longer. The cooling tank and fittings not ordinarily furnished with new engines will be included.

Little or nothing need be said regarding the quality, durability, and economical features of the Crossley engine, for they have become generally recognised to be of the best make and are used all around the world. They are constructed by the well-known firm of Crossley Bros., of Manchester, England, and are much more durable than the American engines.

The engine which we have on sale is of suitable size to run chaff-cutters, pumping plant, shearing machinery, or other farm equipments. The engine is still in place, and can be seen running, if desired. In evidence of the fact that it has done us good service, we may add that though we print four regular monthly publications in the Good Health Office we have never failed to get our work out in time while depending on this power.

We will deliver the engine, packed in good order, complete with fittings and tank, f. o. b. rail at Dora Creek for £60; the outfit cost us £95. Instruction regarding running the engine will be given. All desired fittings for the engine are stocked by the agents, so that any of the parts can be readily replaced in case of accident.

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**Manager Australasian Good Health,  
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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, Coorabong, N. S. W. E. C. CHAPMAN, *Manager.*

**The K. R. H. Sanitarium Benevolent Fund.**

THIS fund has been initiated to assist a worthy class of patients who are in need of medical treatment, but are too poor to meet the expense. The Sanitarium Board has always felt it a privilege to make the rates for all worthy poor so as barely to cover the actual expense of board, residence, and treatment. There are those who might be greatly benefited by a short course of treatment who are unable to take advantage of it even at the reduced rates. Miss K. R. Hungerford in a quiet way started a fund to assist such. This fund is known as "The K. R. H. Sanitarium Benevolent Fund."

All money should be paid to the Sanitarium Board. The Board will exercise the greatest care in applying the means only to needy cases. We expect friends, relatives, and churches to do all in their power to aid their own sick, the Sanitarium Board will do its part, and what is lacking will be supplied by this fund. In applying for a friend, kindly state how much the family or church is able to pay per week to meet the actual expense. Also state the condition of the patient accurately, and wait for a reply.

So far the donations have been as follows, and any further contributions will be acknowledged in these columns:—

K. R. H. 4/-; Mrs. M. 4/-; Mrs. G. 4/-; Miss C. 4/-; Miss K. 4/-; Mrs. W. 4/-; Mrs. H. 4/-; Mrs. L. 4/-; Mrs. F. 4/-; Master F. 4/-; Mr. F. 4/-; Mrs. H. 1/-; Mrs. H. 5/-; Mr. P.

£2/12/0; A Friend 1/-; Collected 2/4; Mrs. H. 5/-; Sanitarium Family £2/12/0. Total £8/2/4. One case of great distress has been helped by the above. Three other cases are at present being aided by this fund.

All donations should be made payable to  
The SYDNEY SANITARIUM,  
WAHROONGA, N. S. W.

**Appreciative Words from Subscribers.**

THE following are a few expressions which we cull from recent letters that have come to us:—

I enclose herewith P. N. for 5/-, being two years' subscription to the AUSTRALASIAN GOOD HEALTH. I have just come across a copy for December, 1903. Yours faithfully,  
T. H. HARE.

I am enclosing subscription fee for the following year, 1906. I like the papers well, and the teachings are sound and in thorough accordance with health laws. Yours etc.,  
W. PETTIGREW.

I am forwarding thirty subscriptions to the GOOD HEALTH. I trust the addresses will be clear to you, and that they will, if possible, receive the December number. Hope to be able to send more shortly. Yours sincerely,  
E. C. DAVEY.



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Sydney.



# 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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There are no better foods on earth than those mentioned below.—*Good Health*, March 7, 1906.

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**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 CARMEL-CEREAL as a substitute.

**Nut Meat** A combination of the choicest nuts and grains, possessing nutritive food value, taste, texture, and appearance in advance of the best beefsteak. Being thoroughly cooked and preserved, is ready for immediate use, and is suited to all the purposes for which flesh meat is in demand.

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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, Queensland.

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.

246 William Street, Perth, West Australia.



MARCH 1, 1906.

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