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Medical and Health News.



Good Health.

April 1,
1906.
Vol. 9.
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Glimpse of the road near the Sydney Sanitarium.

Adulterated Foods.

THE recent analysis of various food-stuffs by the New Hampshire, U. S. A., Board of Health, emphasises the need of carefulness in the use of prepared foods. The safest plan is to regard all such foods with suspicion, and run no chances. Children are especially fond of jellies and jams, these are nearly always adulterated. The summer drinks are dangerous, as will be seen by the following results of the analysis:—

ARTICLES EXAMINED.	No. found to be of Good Quality.	No. Adulterated or Varying from Legal Standard.	Total Articles Examined.	Percentage of Adulteration.
Canned Fruits,				
Jellies, and Jams.	3	29	32	91.0
Cheese.	1	1	2	50.0
Honey.	6	3	9	33.3
Lemon Extract.	3	21	24	87.5
Lime Juice.	0	7	7	100.0
Maple Syrup and Sugar.	13	10	23	43.5
Milk.	17	14	31	45.1
Molasses.	55	7	62	11.3
Meat Products, Sausage, Pressed Meats, etc.	18	23	41	56.1
Tomato Ketchup.	1	5	6	83.3
Vanilla Extract.	4	20	24	83.3

Only forty-five per cent. of the food-stuffs examined proved to be pure and of standard quality. It is interesting in looking over the table to note that of canned fruits, jellies, and jams, ninety per cent. were found to be adulterated, and nearly half the milk and

maple sugar. Various jellies and preserves purporting to be made from raspberries, currants, and pineapples were found to consist wholly of apple colored with coal-tar dyes and appropriately flavored. Salicylic acid and other preservatives were frequently found.

What a Barrel of Whiskey Contains.

A BARREL of headaches, of heartaches, of woes; A barrel of curses, a barrel of blows; A barrel of tears from a world-weary wife; A barrel of sorrows, a barrel of strife; A barrel of all unavailing regret; A barrel of cares and a barrel of debt; A barrel of crime and a barrel of pain; A barrel of hope ever blasted and vain; A barrel of falsehood, a barrel of cries That fall from the maniac's lips as he dies; A barrel of agony, heavy and dull, A barrel of poison—of this nearly full; A barrel of liquid damnation that fires The brain of the fool who believes it inspires; A barrel of poverty, ruin, and blight; A barrel of terrors that grow with the night; A barrel of hunger, a barrel of groans; A barrel of orphans' most pitiful moans; A barrel of serpents that hiss as they pass From the head of the liquor that glows in the glass.—*Selected.*

THE editor of a newspaper had asked his readers for a warning as to the dangers of the coming century, and the best answer, amid a score, had been given by Mr. Bernard Shaw: "I prophesy that by the end of the century we shall all be dead. I console you by the thought that we shall none of us be missed."

A New and Unpopular Conception of Disease.

SIR FREDERICK TREVES in an address recently delivered at the inaugural meeting of the session of the Edinburgh Philosophical Institution said:—

"I shall hope to show there is nothing preternatural in disease, that its phenomena or symptoms are marked by a purpose, and that purpose is beneficent . . . The processes of disease are aimed not at the destruction of life, but at the saving of it, and its manifestations are the outcome of a natural effort towards cure."

While disease itself is not beneficent but destructive to life, the efforts put forth by the system to eradicate disease or



One of the Corridors of Sydney Sanitarium.

disease products are always beneficent and curative, and should never be checked. It is these efforts that cause the disagreeable symptoms commonly denominated disease—as fevers.

Why are men and women laid up with fevers?—Through wrong habits of eating, drinking, breathing, dressing, etc., the system gradually becomes filled with impurities. After they accumulate to a certain point, nature makes an effort to rid the body of them to save the individual, this may result in pains throughout the body, followed by a rise of temperature or fever. The fever results from an effort on the part of the organism to burn up the accumulated impurities, and is beneficent. Nature is having a bon-fire. A fever is

commonly spoken of as disease. This is no doubt what Sir Frederick Treves means by saying, "The processes of disease are aimed not at the destruction of life, but at the saving of it." This is certainly true.

The object in treating the patient should not be to reduce the temperature, but to aid nature in eliminating the disease products which make the fever a necessity. When this is accomplished, the fever will subside of itself. This is what rational methods of treatment aim to do. It is wrong to lower the temperature by the taking of drugs, for this interferes with nature's curative processes and retains in the system the disease products and disease. Many a person with a simple fever has been crippled for life by such treatment, when a fast of a couple of days and the free drinking of pure water, with a sweat bath, would have placed him in a better state of health than before the fever came on.

Lunacy in New South Wales.

THE annual report of the Inspector-General of the Insane in New South Wales (Dr. Eric Sinclair) for the year 1904 shows that the number of insane persons under official cognizance in this State on December 31, 1904, was 5,097. These were distributed over the seven hospitals for the insane (5,010), the three licensed houses (65), and boarded out in the South Australian hospitals (22). The total number gives an increase of 147 on that of the previous year; the increase is considerably above the average for the last twenty years, namely 128. "For the future," Dr. Sinclair says, "an annual increase of at least 150 must be expected and provided for."

Dr. F. H. Walmsley, superintendent of an idiot asylum in London, says:—"Half the misery and wretchedness of human life, with much of the crime of the land, is but the outcome of an abnormal state of mind and morals produced by drink. Our asylums scream with alcohol, and our prisons groan with its victims. Of all diseases, insanity is one of the most preventable, and, in the present state of medical science, one of the most incurable."

Soft Foods.

DR. EDWIN B. TUTEUR of the Chicago Medical Society, in speaking of soup says:—

"Don't ever be guilty of serving it at meal time. It simply makes digestion impossible. It fills the stomach with water, and the only good derived is the exercise which the arms receive in conveying the spoon to and from the lips. Why, a dog would starve to death on beef broth in ten days, and this on the theory that a dog is tougher than a man. The only good in the soup is the vegetable it contains. Of course, if you want to serve it when you have nothing else, all well and good. That is if the digestive organs have had a long rest. It's just like pouring so much water into the stomach."

There can be no objection to taking a few spoonfuls of soup occasionally as a relish at meals by those who enjoy it, but it is possible to educate the palate so that foods more solid, requiring mastication, will be better relished. These are certainly more physiological and more healthful. . . Dr. Allison of England tried for six months to teach a monkey to eat soup but was unsuccessful. Monkeys wisely select foods that require chewing, and in this set an example worthy of imitation by man.

Hear what he has to say about fish:—

"Then place no belief in this old fallacy about fish being fine for brain food. It isn't a fact. The Eskimos live on fish, and you don't hear their intellect praised very highly. At any rate, I never did."

Anthrax at Adelaide.

THE Adelaide Stock and Station Journal says:—

"An outbreak of anthrax is stated to have occurred at the farm of the Co-operative Society near Islington. The Society has been losing valuable cows for more than a week past, and the investigations by the authorities led to the belief that this dreaded disease has again appeared in the State. Unfortunately the manager of the dairy has contracted the disease through making a post-mortem examination of the cows. Both his arms became affected, and he was removed to the North Adelaide Hospital, where it was found necessary to perform an operation."

The higher state of domestication into which animals are being brought owing to the great development of the dairying industry, and the general advancement of agriculture and stock breeding, has led to an enormous increase in the number and prevalence of animal diseases, as may be noticed by the paragraphs continually appearing in the daily press.

Animals are becoming more and more diseased. This makes flesh eating more dangerous now than in ages past. Could we see matters as they are, many cases of cancer as well as other diseases which are now clothed with mystery as to cause, would be traced to meat eating. Appendicitis is also recognised as a meat eater's disease.

How to Get Rid of Disease.

(Extract from a drawing-room lecture by the Editor at the Sydney Sanitarium.)

DISEASE is by the majority regarded as a mysterious something to which we patiently submit, and over which we exercise no control. This is a mistake. It is God's wish that all should be in health. This wish is expressed in nature, in God's Word, and was also revealed in the life of Christ when a man among men, for He healed all who came to Him for healing.

We have a wrong conception of disease. Disease is not something that is arbitrarily thrust upon us. Disease is always due to causes. It is in man's power to control disease by ascertaining and controlling these causes. Sin, or the transgression of the laws of health—and disease, bear to each other the relation of cause and effect. Christ's mission to this earth was to save His people from sin, and in doing so from its results—*disease*. Those who seek to climb up to their ideal—*health*—in some other way will necessarily be disappointed. But I hear some one laud and recommend some marvellous drug or patent medicine that is supposed to possess curative powers without necessitating the trouble of searching out and removing the causes of disease. Can drugs cure?—Never. All they can do is to alter the symptoms. It is a very simple matter to soothe the nerves in nervousness, produce sleep in insomnia, or remove pain. A great many drugs I could

name, will do all of this. Why not employ them, then? Because these are not the disease but the symptoms calling attention to the fact that disease exists. What is disease?—Disease is the accumulation of some foreign or poisonous product in the system. It is evident therefore that we cannot rid the system of disease by the introduction of an additional poison. Pain is a symptom wherever it may exist.

We do not remove the disease by stopping pain. Suppose I should put my hand against a hot stove, I would experience pain, it is right I should. The pain may be stopped in two ways. (1) By making an injection of cocaine, morphine, or some other nerve-paralysing drug into my arm. (2) By removing the hand. In the first case the pain would at once cease. Could the man be blindfolded, he would declare that he was out of all danger, although his hand would be dangerously injured by being allowed to remain against the stove. In the second case, although the pain would not cease at once, the member would be saved. This slow process is not popular; men say, "Away with it, we want an immediate feeling of well-being."

Headaches usually arise from disturbances in digestion, due to over-eating, eating freely of soft foods, making bad combinations of foods, too much of a variety at meals, the use of ices, etc. Fermentation and decay of the foods with the formation of poisons and irritants result. The danger is reported at headquarters. The thing to do is to heed the voice of the faithful sentinel, and assist nature to get rid of the impurities generated.

We should recognise in the pain the voice of a friend calling attention to the fact that we have done wrong, and then resolve never to violate the laws of health on that point again. In a day or so the transgressor would not only feel well but would be well and would be able to keep from getting into a similar or worse condition ever after by avoiding the causes.

This is not the way these symptoms are usually treated. Pain is regarded as an enemy. The sick one goes to a physician and demands something that will stupefy or paralyse the nerves, *the pain must stop at once*. He is given an opiate, the pain stops. The disease products still exist,

and continue to accumulate, the symptom alone has been removed. The faithful sentinel has been knocked down. The means of telegraphic communications to head-quarters has been severed. Now the enemy has his own way, and is able to go ahead undisturbed in his destructive work. The watchers are under an anæsthetic or opiate. There are many who habitually depend upon narcotics or opiates to quiet the nerves. But with such the end is not yet, the poisons that are generated in the stomach, through errors in diet, overwork and irritate the liver, the lungs, and kidneys, through



SOME VEGETARIANS, THE BUSINESS MANAGER OF THIS JOURNAL, AND FAMILY.

which they are eliminated, and finally result in diabetes or Bright's disease; or the lungs being weakened are not able to resist the germs of disease that are inhaled. He falls a victim to tuberculosis, and is now in a serious if not incurable condition.

The only safe way is to heed these signals and study the human body, and become familiar with the laws upon which health, happiness, and life depend. Prevent pains, woe, and sickness, by avoiding their causes.

An Old Man's Remarkable Feat.

A NEW YORK business man, in the early part of the summer, put up a splendid flag-pole, and on it hoisted a large flag. Not long after, the flag and halliards came down "by the run," the pulley at the top having broken. Last week a man seventy-three years old, living near the hill on which the flag-pole stands, having read a

suggestion that all having flags should display them as a token of satisfaction at the conclusion of one of the most bloody wars ever known, tried to induce some of the active young men of the neighborhood to climb the pole and put a pulley on the top. Not succeeding, he declared that he would do it himself. That raised a laugh at what was thought to be a good joke. On Saturday, however, the old man, having procured a pulley, climbed the pole, fastened the pulley, put the end of the halliards through, and brought the end down. The pole being visible for miles, I need hardly say that the act was witnessed by a considerable number of spectators, who would have thought it more wonderful had they known that the pole had no projections on which a foot could get the slightest hold, and that the climber used nothing like the attachments worn by linemen on the feet and ankles.

The most important part of this story is the claim made by the man who did the climbing, that he is a non-meat eater, living almost entirely on bread (of whole-wheat flour), milk, butter, cheese, and fruit. He claims that the most important of the nutritious elements are phosphorus and lime. That these are not sufficiently supplied by meat is proved by the well-known fact that dogs fed on meat without bones (that supply phosphate of lime) will lack both intelligence and activity; that the physical deterioration of the English and Americans is due to the increased consumption of the flesh of animals, which, besides being normally deficient in phosphate of lime, becomes still more innutritious through long transportation alive in railway cars and steamships.—*N. Y. Times.*

The Queen of Senses—Sight.

It is occasionally asked, Why do vegetarians wear glasses? Why does not good living correct the errors of the eyes?

These queries are quite natural in view of the fact that most physical and mental troubles disappear on the adoption of healthful principles of living. To answer these questions it is necessary to know a little of the functions of sight. Stripped of scientific and professional terms and phrases, the eye is, in reality, like a photographer's camera. Most of us know when we place our heads under the cloth

shade, that it is necessary to move the ground glass screen to and fro, until a sharp image of the object to be photographed is projected upon the screen. The camera is then said to be "in focus" and is ready for the interposition of the sensitive plate for the picture.

Now, a properly formed eye—a normal eye—is thus always in focus for *distant* objects, the picture being transmitted to the rear wall of the eye-retina—in place of on the ground screen. This, however, is not the case for near objects. The outer curve of the eye (cornea) and the anterior and posterior curves of the crystalline lens in the eye are not sufficient to gather the rapidly



diverging rays from near objects (the type of a book for instance) to a focus on the retina. So nature has given the eye a delightful contrivance to enable this to be done. The crystalline lens has the power of increasing its form, say, an oval at rest, to a spheroid. This increases its curves in intensity of convexity, and this in turn bends the rays until they focus on to the retina. This latter function is known as "accommodation." That is, the eye "accommodates" for any point to which it is directed.

That the eye is only in focus for one point at a time, can be proved by a very simple experiment. Place a fly net about twelve inches in front of the eyes and another about eight or ten feet away. When the eyes are directed to the meshes of the near net, the distant one is quite foggy and indistinct. Now direct the eyes through the near net on to the distant one, entirely disregarding the near one; the conditions will be found to be reversed. But this function involves the expenditure of nerve power, and is not intended to be constant. In well-formed eyes it is not constant. The eye is at rest for distant objects, and the expenditure of nerve force

is reserved exclusively for near objects.

Almost without exception, defectively formed eyes date back to pre-natal periods. They do not trouble us until we get older. The great majority of eyes are too flat (front to rear). These eyes are never at rest. They do not receive images on the retina for distant objects while the eye is at rest, as the eye is not "in focus." The crystalline lens has to "accommodate;" this is, of course, increased when reading or other near work is engaged in. This incessant work on the part of the crystalline lens involves the loss of so much nerve power that, unless the conditions of health are extremely robust and vital to withstand the drain, various symptoms are set up, included among which are headaches, eye pains, watering, burning, smarting, styes, red, scaly, or itchy lids, etc. The defect in the form of the eye, which is responsible for these conditions is quite apart from diseased conditions. The former is known as an "optical or refractive error," and is corrected by glasses. The latter has a pathological significance, and is uninfluenced by glasses.

The form of the eye is usually "set" by the time puberty is reached, often before. It will therefore be seen that the strictest conformity to the laws of healthful living can in no way alter the form of an eye which has assumed its final form, no more than it will enable a short person to become tall, or change our features, or transform blondes to brunettes or *vice-versa*.

In conclusion, it is owing to vegetarians generally being of a studious disposition that these errors trouble them. If they were to relinquish their continuous daily mental application, there would not be such a necessity for glasses. The same percentage of errors marks all other classes and sets of people. Apart altogether from these very common defects in the form of the eye, the retinal condition (far the most important in the matter of eyesight) of vegetarians is found to reach the highest standards of visual acuity, being rarely equalled and never excelled.

W. RANDLE WOODS.

OUR lives belong to others than ourselves, and we do others wrong in our neglect of health.

Does Tobacco Kill?

BY D. H. KRESS, M. D.

TOBACCO is one of the most insidious and deadly poisons known to science. It is more difficult to overcome the tobacco habit than the alcohol habit. This I have been frequently told by patients, and I have no reason to doubt that it is true since it is so much more difficult to cleanse the system of nicotine than of alcohol. There are few substances that destroy life more rapidly than the poisons found in the tobacco leaf. It is well known that a few puffs of tobacco smoke will immediately destroy insects on plants. Flies may be destroyed in the same way. One drop of nicotine—the active poison found in tobacco—placed on the tongue of a cat, will cause death in less than four minutes. Allow the smoke of one cigar to rise against a clean sheet of paper, scrape it off the paper with a knife, and sufficient poison will be secured to kill a small dog in a few minutes. These experiments may easily be made by any one desiring to become informed regarding the poisonous nature of tobacco. Surely no further proof is needed to convince the most sceptical that tobacco is a deadly poison. In every cigar of moderate strength there is sufficient nicotine to kill two men.

The use of tobacco destroys or vitiates the sense of taste. It creates an unnatural thirst that water fails to quench or satisfy. In this way it invariably leads to the use of beer and other stronger drinks. In the countries where the tobacco habit is most prevalent, we find alcoholic drinks used most freely. In the United Kingdom, where tobacco is used freely, 1,200,000,000 gallons of beer are annually consumed, or thirty gallons to each inhabitant. *Tobacco, not alcohol, is to-day the worst national curse of civilisation*, since it is one of the main causes of alcoholism.

Almost all drunkards are tobacco users, and nearly all began with tobacco. In the State prison at Auburn, New York, United States, America, out of 600 prisoners confined for crimes committed when under the influence of strong drink, 500 testified that they began their intemperance by the use of tobacco.

I believe tobacco is a greater curse to the human family than alcohol, not only because it is so much more freely used,

but also because by the exhalation of the tobacco smoke through the lungs and the skin, the air about the tobacco-user is poisoned, and all who are compelled to be near him are compelled to inhale this deadly poison.

On several occasions in making physical examinations of patients who were soaked with nicotine, I have experienced nausea and palpitation of the heart. Once I found it necessary to abandon the examination for a time and step out of my office into the open air. I am convinced that many infants are being slowly poisoned by sleeping in bed with tobacco-using fathers. But when sickness or death enters a family, these causes are never thought of, and parents wonder at the mysterious providence that has so cruelly afflicted them, when it was often no dispensation of providence at all, but death was due to slow nicotine poisoning.

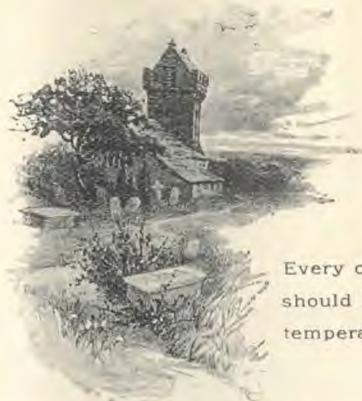
Pernicious Waste.

A WELL-EDUCATED Englishman, I mean one well-educated in general subjects, would wonder beyond measure if he realised the enormous amount of work an Indian can do on a mere handful of rice and a few dates. But his wonder would be far more increased if, in the physiological laboratory, he were shown and made to understand three facts: (1) The exceedingly small amount of flesh-forming matter that is called for to make up the waste of the muscular organs; (2) the enormous amount of wasted material that is thrown off or laid by without ever having been applied to any useful purpose in the body; (3) the tremendous measure of living energy that has been expended in throwing off from the body substances which ought never to have been put into it.—*Sir B. W. Richardson.*

FRUITS are among the most beautiful products of nature, satisfying the esthetic taste as well as the palate. The purest water is contained in them. Their sugar is abundant and harmless, their acids cooling, refreshing, and corrective of many untoward conditions of the body, and they have been used to counteract the alcoholic habit. The demand for fruit to-day is not only much greater, but a much superior quality is required than thirty years ago.

The Church and Food Reform.

Food reform has always been the right arm of the gospel. Unfortunately for the church, it has not always been recognised as such. This is largely responsible for the lack of spirituality and the low standard of morality existing in many of these bodies among their members. John the beloved recognised the need of constant reform, he warned his flock to "abstain from fleshly lusts" because they "war against the soul." Isaiah years before said to a spiritless church, "Eat ye that which



Every church
should be a
temperance hall.

is good, and let your soul delight itself in fatness." Paul says, "Every man that striveth for the mastery is temperate in all things" While the athlete sees the need of this in order to obtain a corruptible crown, he urged upon the Christian church the need of the same temperance in order to gain the incorruptible crown. Among the last words of warning by Christ to His disciples were the following: "As the days of Noah were so shall also the coming of the Son of man be—they were eating and drinking, marrying and giving in marriage, and knew not until the flood came and took them all away." Then He said, "Take heed lest at any time your hearts be overcharged (minds be bedulled) through surfeiting and drunkenness, and so that day come upon you unawares." Many a mind is so dulled through intemperate eating that a sweet disposition is impossible. Some most encouraging utterances were recently made by Rev. A. Mitchell, M. A., Vicar of St. Michael's, Burton Wood, Lancaster, England. In his *Parish Magazine* he says:—

"The simple life bids fair to become fashionable. May it endure longer than fashionable things are wont to do!

"A most encouraging sign in the ranks of the sane-minded is the steady growing desire to resort to a more simple diet. The more *natural* the diet the more simple it is bound to be. Cooking is necessary, yet it will be found that there is a great deal of *unnecessary* cooking. Simple, natural diet is the means of deliverance from kitchen slavery.

"Food reform is one of the few reforms making substantial headway at this time. The future—the near future—is undoubtedly with the food reformer. He is the pioneer of health, happiness, and longevity. He only is the true temperance advocate, abolishing the *disease* of intemperance, eradicating the *desire* for alcohol."

How to Prolong Life.

MR. THOMAS WYLES, a youthful vegetarian of eighty years, still in active service, recently in a lecture delivered at Memorial Hall, London, England, gave his secret of longevity. He said: "These are my doctors—water, diet, and exercise—I need all three. Some may think they can dispense with one or more, but if health is to be maintained, all three are needed, and each must be constantly regarded. And we have this great comfort: that although they are the most eminent of physicians, they send in no bills.

"And let me guard you who are vegetarians against quantity and excessive cookery. Rely on it, you will live better and live longer by a careful regard for quantity. We all are prone to eat too much. A careful study of the amount of food needful to maintain life will satisfy anyone that we can do with much less than we commonly eat. Assuredly the fairly healthy man or woman needs not the complicated cookery too commonly indulged in. And it is well that the poor should know and feel that they need not extravagant cookery, and may provide meals sufficient and amply nutritive by plain and simple cookery. Indeed, most of the fruits and many vegetables may be beneficially eaten without any cookery at all. Especially would I guard those of you who are prone, from your own habits or from inheritance, to rheumatic and

other diseases, against undue indulgence in foods rich in proteids. These are mainly comprised in all the flesh foods, the legumes, eggs, and cheese. It is the function of the proteids, the albuminous foods, to supply tissue waste, and all of these foods taken in excess of this waste result in the retention in the body of the waste product, uric acid, a cause of many diseases, and a special cause of cancer, phthisis, and rheumatism. On every count the vegetarian and the simple life appeals to us, and condemns the prevalent indulgence, and the dread consequences of that indulgence. How sad, then, is the common ignorance of dietetics. A family can be maintained on fruit and vegetables at a greatly less cost than on the ordinary omnivorous diet. It is amazing to the thoughtful student of this subject that, amidst all modern discoveries, and the prevalent anxiety to provide amply for human wants, so little regard is given to the most important of all studies—how life can be best maintained, and most prolonged.

"Here I crave permission to put in a plea against the common use of narcotics. Nothing can better indicate the great ignorance, and superb folly of man than his indulgence in narcotics. In a recent conversation I had with a well-known physician, I asked him what would be the issue of this universal indulgence in narcotics. 'That,' said he, 'is easily answered; either man must destroy the narcotics, or the narcotics will destroy man.' Man is a free agent. You may go on with indulgence in wrong living, but you cannot avoid its destructive effects. In the words of another eminent physician, all such indulgence must be paid for—paid for in a lowered vitality and a shortened life."

Vegetarianism and Longevity.

IN Dr. Adam Ferguson, Lecturer on History at Edinburgh, we have a case of longevity which was attained solely by a change to vegetarianism. He had several attacks of temporary blindness, which were followed later by a stroke of paralysis. He disregarded these admonitions, and in his sixtieth year suffered a decided shock of paralysis. By the advice of Dr. Black, the eminent chemist, he became a

vegetarian, eating only vegetables, and drinking water and milk. As a result he became robust and muscular, and died in the full possession of his mental faculties at the age of ninety-three. Dr. Gregory, of Edinburgh, said of him: "In his conversation the mixture of original thinking with high moral feeling and extensive learning, his love of country, contempt of luxury, and especially the strong subjection of his passions and feelings to the dominion of his reason, made him perhaps the most striking example of the stoic philosopher that could be seen in modern days."

Adapt the Boots to the Feet.

THE one who lives to the age of sixty spends forty years of that time in boots. It is important, therefore, to give some consideration to proper footwear.

Why it should be desired to have small, weak feet any more than a small, weak brain, is not easy to conceive. For the purpose of having such small feet, not a few wear boots one or two sizes too small, and about two-thirds of the width of the foot as it would be at the ball if allowed to spread as it does when standing without the confinement of the boot. As a natural and necessary result of such pinching, the foot becomes deformed and larger than it would naturally grow, with enlarged joints, the toes turned from a line parallel with the foot, to say nothing of the troublesome corns so annoying and crippling to a large class of young women. The worst results of this crippling custom of wearing small and narrow boots is felt by the children when allowed to outgrow their boots. It is poor economy to allow the young to wear boots when the feet have become too large for them, since deformity of the feet is easily produced at this time. When the boot is too short for the wearer and the heel too high, the ingrowing of the nails is a perfectly natural result.

BRICK is not the most desirable material to use in house building. An ordinary brick is capable of absorbing about sixteen ounces of water, and remains damp for a long time. Damp houses are not as healthful as those built entirely of timber, which may easily be kept dry the year round.

Prevention of Appendicitis is Better Than Cure.

DR. CHAUVEL of the French army, by a study of the statistics of appendicitis among the soldiers of the army in different parts of the world has shown that appendicitis is more than twice as frequent in parts of the world where meat is freely used. He also points out that in the same climate meat eaters are much more subject to disease than those who eat little or no meat. The disease is increasing in England so rapidly that insurance companies have been organized to insure people against appendicitis. Among the Arabs of Algeria, who live largely on dates, figs, and wheat, appendicitis is almost entirely unknown. The rarity of appendicitis among the Chinese is another fact to which Dr. Chauvel refers.

Tuberculosis. Why so Fatal?

BY D. H. KRESS, M. D.

TUBERCULOSIS is one of the most deadly of all diseases. It carries away about one out of every four of our young men between the ages of 25 and 45.

I am convinced that the majority of deaths from the disease are really due to fear. Men expect to die when they take this disease, and they die for that reason. Fear exerts a paralysing influence over every organ and cell of the body, and disables them in the effort to combat the germs of the disease.

Many a victory won on the battle field may be ascribed to a courageous and fearless commander or general.

In tubercular disease a deadly conflict is going on in the body between the normal body cells and the invading army of tubercular cells. The brain occupies the position of commander of the body warriors. Its influence over the body cells is remarkable. Courage and faith is transmitted from the brain of the man of courage and faith to every cell of the body, it is this that enables many an apparently hopeless invalid to regain health. But when fear takes possession of the mind, the body cells lose heart, give up the conflict, and the tubercular germs are permitted to have things their own way. To the paralysed man who was mourning and worrying because of his past transgressions, which he

knew were responsible for his sickness, Christ first said, "Be of good cheer," in other words, Do not worry over past sins, but be courageous,—“thy sins are forgiven thee.” After courage took the place of despair in the man's mind, Christ could say, "Take up thy bed and walk," and the man received physical strength, and was able to do what otherwise would have been an impossibility.

Work and Worry.

It is not the work, but the worry,
That wrinkles the smooth, fair face,
That blends grey hairs with the dusky
And robs the form of its grace;
That dims the lustre and sparkle
Of eyes that were once so bright,
But now are heavy and troubled
With a weary, despondent light.

It is not the work, but the worry,
That drives all sleep away,
As we toss and turn and wonder
About the cares of the day.
Do we think of the hand's hard labor,
Or the steps of the tired feet?
Ah! no; but we plan and ponder
How to make both ends meet.

It is not the work, but the worry,
That makes us sober and sad,
That makes us narrow and sordid,
When we should be cheery and glad.
There's a shadow before the sunlight,
And ever a cloud in the blue;
The scent of the roses is tainted;
The notes of my song are untrue.

It is not the work, but the worry,
That makes the world grow old,
That numbers the years of her children
Ere half their story is told;
That weakens their faith in Heaven
And the wisdom of God's great plan—
Ah! 'tis not the work, but the worry,
That breaks the heart of man.

Patrick Demtham in Caterham Weekly Press.

Surgery in Appendicitis and Enlarged Tonsils.

THERE are cases when surgery is a necessity, but it should be resorted to only in cases of necessity. There can be no doubt that many conditions can be helped without the use of the knife, where the knife is many times employed. There are unprincipled men in the medical profession just as in other professions, whose chief aim is to acquire wealth or notoriety.

Money blinds the vision and judgment of such, and leads them to do what an honest practitioner would not do.

In speaking of this class Dr. James Brunet, clinical tutor in the medical wards of the Royal Infirmary, Edinburgh, has recently published in the *Medical Times and Hospital Gazette* (December 2, 1905) an article entitled, "The Limits of Surgical Interference." Dr. Brunet says, "The operation for enlarged tonsils and adenoids is practised on nearly every child who presents anything in the way of visible tonsils," and is bold enough to add that, "There is just a danger lest some men, anxious to pocket a few extra guineas, have recourse to this operation as an easy means of increasing their income." As for the operation for appendicitis, he tells us that "some maintain that the appendix should be removed from every infant, and that this operation, like vaccination, should be made compulsory." And adds, "I shall never believe that the appendix is absolutely functionless until I have clear proof."

The Doctor is merely stating what was uttered by one of the apostles years ago, that, "The love of money is the root of all evil." Many serious errors in surgery may undoubtedly be traced to it.

Poison in the Breath.

If you can not sleep in the open air, do not fail to ventilate your rooms.

Professor Brown-Sequard, an eminent French physician, made an experiment to determine the nature of the poisonous substance which has long been known to exist in the breath. A small quantity of it was obtained by condensing the moisture of the breath. From the liquid thus obtained, a poisonous substance was separated, which, when injected under the skin of rabbits, produced almost instant death. It is this poison that gives to the air of an unventilated room its poisonous and harmful properties. It is this poison that is responsible for the lack of ambition and bad feeling generally experienced on awaking in the morning. A man living to the age of sixty spends twenty years of his life in the bedroom. He can not deprive himself of the life-giving out-side air without sustaining serious injury.

Why That Craving for Strong Drink ?

SOME time ago, at the close of a lecture, I was informed that a lady was waiting to see me. Her first words on meeting me were: "I want to live right for the sake of my children, but I have a desire for strong drink that gets the better of me." She added: "It seems almost impossible now for me to go past a public house; I have to run, or go to the other side of the street, and even after I succeed, I sometimes return and enter." Upon enquiry I found that she had never tasted spirits of any kind until after she had given birth to her last child. At that time she was persuaded by her nurse to take some beer as a nutrient. She said it tasted bitter and disagreeable, but after that one drink she found it difficult to get along without it.

A few months later, at a representative gathering of temperance workers, I was surprised to hear one of the most prominent lady workers say: "I know how to sympathise with those who are addicted to the cup. I shall always remember the struggle I had in giving up beer, and *even now I am fond of it.*" Had she enquired into the causes of this craving in herself, and ascertained them, she would have been able to help her unfortunate sisters who possessed a similar craving, but not the will-power to overcome. This would have been of more value than sympathy *alone*.

That a non-stimulating diet is of the greatest value in overcoming this craving and strengthening [the will-power, has been demonstrated again and again. There exists no doubt in my mind that so long as people will live on highly seasoned and stimulating foods, just so long will the craving for stimulating drinks exist. Some have sufficient will power to resist the craving, while unfortunately others have not, and a taste of alcohol is sufficient to make them slaves to the drink habit.

A Cure for Insomnia.

"THE sleep of a laboring man is sweet." Nothing is so conducive to good, sound refreshing sleep as honest toil or physical labor in the open air. Who ever heard of a father who is compelled to work day by day in order to fill six or seven hungry mouths, applying to a physician to get rid

of insomnia. I have had many cases of insomnia in my medical practice, but must admit I have never had such an applicant. Many stubborn cases of insomnia might be cured by merely making a practice of doing a full day's work of any sort.

The difficulties about sleep and sleeplessness are almost uniformly fruits of a perverse refusal to comply with the laws of nature. Take, for example, the case of a man who cannot sleep at night, or rather, who, having fallen asleep, wakes. If he is what is called strong-minded, he thinks, or perhaps reads, and falls asleep again. The repetition of this lays the foundation of a habit of awakening in the night, and thinking or reading to induce sleep. Before long the thinking or reading fails to induce sleep, and habitual sleeplessness occurs,



for which remedies are sought, and mischief is done.

The cure of sleeplessness must be natural, because sleep is a state of natural rhythmical functions. You cannot tamper with the striking movement of a clock without injuring it, and you cannot tamper with the orderly recurrence of sleep without impairing the very constitution of things on which the orderly performance of that function depends.

Inconsiderate.

A LADY, says *Harper's Weekly*, who complained to her milkman of the quality of milk he sold her, received the following explanation:—

"You see, mum, they don't get enough grass feed this time o' year. Why, them cows o' mine are just as sorry about it as I am. I often see 'em cryin'—regular cryin', mum—because they feel as how their milk don't do 'em credit. Don't you believe it, mum?"

"O, yes, I believe it," responded his customer; but I wish in future you'd see that they don't drop their tears into our can."

The Home.



WHERE'S MOTHER?

Bursting in from school or play,
 This is what the children say;
 Trooping, crowding, big and small,
 On the threshold, in the hall—
 Joining in the constant cry,
 Ever as the days go by—
 "Where's mother?"

Mother, with untiring hands,
 At the post of duty stands;
 Patient, seeking not her own,
 Anxious for the good alone
 Of the children as they cry,
 Ever as the days go by—
 "Where's mother?"
 —Selected.

Advice to Mothers.

If you say "no," mean no. Unless you have a good reason for changing a given command, hold to it.

Take an interest in your children's amusements; mother's share in what pleases them is a great delight.



Remember that what are trifles to you, are mountains to them; respect their feelings.

Be honest with them in small things as well as in great. If you cannot tell them what they wish to know, say so, rather than deceive them.

As long as it is possible, kiss the children good-night after they are in bed; they like it, and it keeps you very near to them.

Bear in mind that you are largely re-

sponsible for your children's inherited characters; so be patient with them.

If you have lost a child, remember that for the one who is gone, there is no more to do; for those left, everything.

Have your boys and girls study physiology; and when they are ill, try to make them comprehend why,—how the complaint arose, and the remedy, so far as you know.

Impress upon them from early infancy that their actions have results, and that they cannot escape consequences, even by being sorry when they have done wrong.

Respect their little secrets; if they have concealments, fretting them will never make them tell, but time and patience will.

Allow them, as they grow older, to have opinions of their own; make them individuals, and not mere echoes.

"If a son shall ask bread of any of you that is a father, will he give him a stone?" Children are frequently given foods that are unwholesome or indigestible, simply because they crave them. As a result these children are poorly nourished. Spindle legs and starved, pinched faces are seen everywhere, not only among the poor, but also the well-to-do and rich. These children are constantly hungry, they have a craving for food; the stuff which is given them as food does not satisfy. They are literally being starved in the midst of plenty, owing to a lack of knowledge. "Killed by kindness," or "Perished for lack of knowledge," might be engraven on many a tombstone.

"WILLIE," said a fond mother earnestly, "you should go to bed early. 'Early to bed and early to rise, makes a man healthy, wealthy, and wise,' you know. You ought to go to bed with the sun—the chickens go to bed with the sun."

"Yes, I know they do, mamma; but the old hen—she always goes with 'em!"

How to Disinfect a Room.

TO DISINFECT a sick room, burn three pounds of sulphur for every thousand cubic feet of space. Place some bricks in the bottom of an iron bath or boiler, and and pour in water to the level of the bricks. Upon the bricks place an old kettle, in which you have the sulphur; pour in some spirits, but before lighting it, close up the chimney and every other opening, and paste over the cracks and edges of the windows or doors with newspaper and starch paste. After everything is air-tight, light your sulphur and retire, and tightly seal on the outside the door by which you leave the room, pasting it up as you did the windows and other doors. Allow the sulphur fumes to remain ten hours: afterward air the room three or four days, with doors and windows wide open.

The Drug Habit.

IT appears that the morphine habit is extremely common among the well-to-do in America. Women in society carry the use of the drug openly into drawing-rooms, taking the convenient little tablets during intervals of conversation.

It is said that a large proportion of the slaves of this narcotic owe their first introduction to its influence to the family physician, or more frequently to young doctors who are anxious to make a sudden reputation for mastery of pain and insomnia. Nothing is more convenient or effective than a dose of morphine. The relief once found is sought again, and after a few trials the habit is established.

Robust Health on a Simple Diet.

"MEDICAL men in Paris are occupied with the case of Gustave Nordin, the hardy Swede who paddled his own canoe from Stockholm to Paris, and reached that city in robust health after his long voyage, during which he lived on apples, a small supply of milk, water, and some bread. According to the correspondent of the *London Telegraph*, the Swede states that he undertook his dangerous and arduous voyage to show what could be done by a man who has given up meat, tea, coffee, wine, beer, spirits, and tobacco. He prides himself on eclipsing the vegetarians,

and on returning to the system of what is termed natural alimentation. Nordin has agreed to allow the doctors to draw some blood from his legs and arms for the purpose of analysis. He states that when in



America, at the age of eighteen, he found that he could not digest any of the ordinary food by which mortals are sustained. He was suffering horribly, so he began his regime of fruit, principally apples, on which he thrived and became the robust person that he is to-day."—*Selected*.

PLANTS become pale in dark rooms. Little birds sing their sweetest songs in well lighted rooms, but become gloomy and cease to sing in damp rooms. The little babe in its mother's arms will struggle to get a glimpse of sunlight. If we expect to have health in our homes we must admit sunlight. Deprived of this blessing, like the plants, the inmates become sickly, like the birds, the children cease their happy little songs, become gloomy, and finally die.

MANY people wonder why it is that when they go to church, they become sleepy and begin to nod before the minister is half way through his sermon. This is usually due to ill-ventilated rooms; the large number of persons congregated so contaminate the air that it is poisoned and produces the same effect (especially upon those who are used to out-door life) that an opiate would. Most pastors will find that their sermons are more appreciated if beforehand they provide for the thorough ventilation of the room during services. A wise pastor will see to the ventilation of his church.

THE Prussian War Department has issued recently a pamphlet stating that the number of soldiers with heart diseases amounted only to 1.5 per 1,000 between 1885 and 1886, but in 1898 it had arisen to 17.4 per 1,000. In discussing the causes of degeneracy of the youth, the surgeon lays stress on the early use of alcohol and of tobacco.

Opportunities for Unselfish Ministry.



ANY feel that it would be a great privilege to visit the scenes of Christ's life on earth, to walk where He trod, to look upon the lake beside which He loved to teach, and the hills and valleys on which His eyes so often rested. But we need not go to Nazareth, to Capernaum, or to Bethany, in order to walk in the steps of Jesus. We shall find His footprints beside the sick-bed, in the hovels of poverty, in the crowded alleys of the great cities, and in every place where there are human hearts in need of consolation.

We are to feed the hungry, clothe the naked, and comfort the suffering and afflicted. We are to minister to the despairing, and to inspire hope in the hopeless.

The love of Christ, manifested in unselfish ministry, will be more effective in reforming the evil-doer than will the sword or the court of justice. These are necessary to strike terror to the law breaker, but the loving missionary can do more than this. Often the heart that hardens under reproof will melt under the love of Christ.

The missionary can not only relieve physical maladies, but he can lead the sinner to the great Physician, Who can cleanse the soul from the leprosy of sin. Through His servants, God designs that the sick, the unfortunate, and those possessed of evil spirits, shall hear His voice. Through His human agencies He desires to be a comforter such as the world knows not.

The Saviour has given His precious life in order to establish a church capable of ministering to the suffering, the sorrowful, and the tempted. A company of believers may be poor, uneducated, and unknown; yet in Christ they may do a work in the home, in the community, and even in the "regions beyond," whose results shall be as far-reaching as eternity.

To-day no curious multitudes flock to the desert places to see and hear the Christ. His voice is not heard in the busy streets. No cry resounds from the wayside, "Jesus of Nazareth passeth by." Yet this word is true to-day. Christ walks unseen through our streets. With messages of mercy He comes to our homes. With all who are seeking to minister in His name, He waits to co-operate. He is in the midst of us, to heal and to bless, if



we will receive him.

"Thus saith Jehovah: In an acceptable time have I answered thee, and in a day of salvation have I helped thee: and I will preserve thee, and give thee for a covenant of the people, to raise up the land, to make them inherit the desolate heritages: saying to them that are bound, Go forth; to them that are in darkness, Show yourselves."

"How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good."

From Ministry of Healing.



Questions and Answers.

Dandruff.—What remedy would you advise for the removal of dandruff?

Ans.—Bay rum and glycerine in equal parts.

Decaying Teeth.—I suffer considerable inconvenience in mastication on account of two decaying teeth, which commence aching directly on coming in contact with any food which needs chewing. Do you consider I should have them out or repaired for health's sake?

Ans.—Yes.

Consumption.—Would you kindly give an outline of treatment for a young girl just contracting consumption. The right lung is slightly affected. Would the cold morning bath be advisable?

Ans.—Send for booklet "Consumption," which is just now being issued at the GOOD HEALTH office. Price 9d.

Loss of Energy.—Could you advise me how to overcome loss of energy. As soon as summer comes on, and especially when a storm is brewing, I feel so tired that I cannot do my work; otherwise I am healthy. I live very plainly, eating very little meat. I drink tea, but never have headaches or other troubles, only I seem to have very little strength. I seem to have wind round the heart, which makes me pale and haggard; I always put that down to a slight attack of indigestion.

Ans.—Give up tea by all means. Take eggs in place of meat; Sanitarium Nut Meat is an excellent substitute for meat. Use granose biscuits, crust of bread, or zwieback. Green peas, milk, and bread may be used. Use cream on bread in place of butter. Fresh fruits may be used at close of meal.

Fumigation for Consumption.—How should a room where a consumptive person has lived, be cleaned and fumigated?

Ans.—Formalin is the most convenient agent for the purpose. Formaldehyde candles may be obtained at almost any drug-store, with instructions for use; or ordinary sulphur may be used. Three pounds of sulphur should be burned for every thousand cubic feet of air. Sunlight is perhaps the best of all disinfectants. A room that is freely exposed to the sun and left open to fresh air will, in the course of a few weeks, be thoroughly purged of any germs of tuberculosis which may be present.

Toothache.—What do you advise to arrest toothache?

Ans.—Fomentations or applications of heat externally. The pain is frequently due to an exposed nerve in a decayed tooth or to the acids formed by the accumulation and fermentation of

foods in and around the tooth. By neutralising these acids, the pain immediately ceases. A little bicarbonate of soda placed on a pledget of cotton wool and introduced into the decayed tooth will arrest the pain if it is due to this cause. Sometimes general aching of the teeth is due to the action of such an acid upon all the teeth just where they emerge from the gums. Washing the mouth with a solution of bicarbonate of soda usually affords relief.

Alcohol.—Is alcohol a poison?

Ans.—"Alcohol is always a poison, whether diluted or undiluted. The high death rate of drinkers proves that alcohol is a poison, and the number of diseases due to alcohol is a proof that it is a dangerous nerve poison. Total abstinence from alcohol is one of the greatest aids toward hygiene, and attainable well being."—*A. Vickery, M. D.*

"British statistics prove that total abstainers from wine, beer, and spirits live longer—perhaps ten years longer, if they commence at twenty—than persons who use alcoholic drinks. This tends to prove that alcohol is a poison, not a food, and that all use of it is abuse."—*C. R. Drysdale, M. D.*

"Ethyl alcohol is a poisonous matter, both for the human and animal organisms; its venomousness increases with the amount and frequency of the doses. But even when partaken of in the most temperate way, it plainly interferes with the functions of the various organs."—*British Medical Temperance Review.*

"Alcohol is a powerful protoplasmic or tissue poison, acting primarily on the cellular elements, just as opium, mercury, phosphorus, and arsenic. Its action, as classified by all chemists and toxicologists, is really that of a narcotico-irritant poison."—*Capt. P. W. O'Gorman, D. P. H., Cantab.*

Stuttering.—Can you give me a permanent cure for stuttering?

Ans.—To practice reading aloud for fifteen minutes each day with teeth close together is said to be a help in overcoming the difficulty. Learn to speak calmly and slowly.

Catarrh.—Have you a simple treatment for the stopping of the mucus running down in the stomach instead of its proper passage through the nostrils?

Ans.—This is due to a catarrhal state. General treatment is indicated; also attention to diet. Use little or no sugar, jam, or butter.

Catarrh of the Stomach.—I am suffering from catarrh of the stomach and head, and cannot eat fruit, milk, or anything sweet. What diet would you recommend? My stomach is also dilated. Would you recommend the charcoal tablets in my case?

Ans.—Avoid tea, coffee, butter, and sugar. Use granose flakes well toasted or biscuits; Sanitarium Nut Meat and sub-acid fruits (juice only) for a time. Yes.

Lemon Juice.—Does lemon juice cause rheumatism, or does it assist in the elimination of uric acid?

Ans.—Assists in eliminating uric acid; recommended in rheumatism.

Sleep.—Which best induces sleep, a high or a low pillow?

Ans.—A high pillow is best only in cases of cerebral congestion.

Health Reform.—I find by discarding meat there is not much left. What would you recommend in place?

Ans.—In making a change of diet it is highly important to recognise the fact that the food is made up of various elements, the most important of which are represented in the ordinary diet by the starch in bread, the fat of butter, suet, or lard, and the albumen of meat. In making a change of diet, it is not sufficient to discard meat, suet, lard, etc. For everything discarded from the bill of fare a satisfactory substitute should be provided. Health reform is a system of addition as well as of subtraction. For every harmful thing dropped from the bill of fare, nature provides not only one, but several, superior substitutes. For ordinary butter, cheese, suet, and lard,—common sources of fat,—sterilised cream and an unlimited number of kinds of wholesome nuts may be substituted. For meat, the moderate use of eggs, or even their free use, if necessary, with peas, beans, lentils, and nuts, constitutes more than a complete substitute.

CAUSE OF THE MORTALITY AMONG FISH.

In connection with the great mortality among fish in Cook's River a few weeks ago, Dr. Armstrong, Sydney Health Officer, to whom samples of the water and some of the dead fish had been supplied for analysis, has furnished a report. The doctor's report states that the samples of water gave no indication of the presence of mineral or other poison that would create the mortality, nor did the dead fish, when examined, disclose the presence of epidemic disease. Dr. Armstrong has, however, ventured to state that the probable cause of the fish and prawns dying was the great decrease of oxygen found dissolved in the water, rendering it unfit to sustain animal life.

From the first it was suspected by the fishermen concerned, and others, that the pollution of the water was due to the discharge of large quantities of impurities from the various establishments carrying on noxious trades in the neighborhood. The doctor partly substantiates this view. He says the mortality might have been caused by the pollution in the way described. Whatever the cause of this fish mortality, it is a reminder that fish may, and no doubt often do, communicate disease to man. Fish are not careful in the selection of their food. They gather the refuse, offal, and other decomposing matter that may chance to be in the water. They are really scavengers, we can not expect them to be free from disease, or their flesh to be wholesome.



In Paterson, New Jersey, the selling of ice-cream sandwiches by street peddlers has been prohibited because examination showed the ice-cream to contain a dangerous quantity of bacteria.

MISS EVA OSBORNE, who has for several years past acted as corresponding secretary of the AUSTRALASIAN GOOD HEALTH, has left our employ to enter upon another important line of work in far-off China. Passing into wedlock she has become Mrs. Arthur Allum. She leaves the GOOD HEALTH office with many good wishes from co-workers. Correspondents will kindly address communications to the AUSTRALASIAN GOOD HEALTH, and not to individuals.

BAKING POWDERS.

EVERYBODY does not know that the baking powders sold in the market are in many instances adulterated with such substances as alum, lime, and other chemicals, which are exceedingly deleterious in character. Baking powders, even when what they pretend to be, are not wholesome materials to be added to food; and when adulterated with irritating and caustic chemicals which frequently enter into their composition, they become doubly harmful. Learn to prepare foods without them. It can be done.

PENALISING SMOKING.

THE earliest instance known of penalising smoking in the streets is in the court books of the Lord Mayor of Methwold in Norfolk. There is the following entry on the record of the Court held on October 14, 1695:—"We agree that any person that is taken smoking tobacco in the street shall forfeit one shilling for every time so taken, and it shall be lawful for the petty constables to distrain for the same, for to be putt to the uses above said (*i. e.*, to the use of the town). We present Nicholas Barber for smoking in the street, and doo amerce him one shilling." The same rule was repeated at courts held in the years 1696 and 1699, but no other fine is mentioned at any subsequent court.

TOBACCO—INCREASED CONSUMPTION OF—RUNS INTO BILLIONS.

"CIGARETTES to the number of 3,041,573,668 were smoked in the United States during the year 1903, according to the report of the commissioner of internal revenue. That was an increase of 389,954,871 over 1902 and almost

800,000,000 over 1901. Since 1901 there has been an increase of nearly 400,000,000 a year.

The consumption of cigars in that country also runs into large figures. The number smoked in 1903 was 7,426,890,403. In 1902 the number was 6,863,499,635, and in 1901 it was 6,455,438,419.

The quantity of other manufactured tobacco produced in the country in 1903 was, in pounds: Plug and twist tobacco, 185,736,781; fine cut chewing tobacco, 12,065,617; smoking tobacco, 131,130,733; snuff, 18,682,341, amounting in all to 347,615,472 pounds.

THE PATENT MEDICINE HABIT.

ACCORDING to Dr. W. E. Nichols, the sales of "patent" medicines in the United States amount to over £13,000,000 annually, and are steadily increasing. Most of these nostrums contain from seventeen to forty-four per cent. of alcohol. The following percentages of alcohol in the "patent medicines" named are given by the Massachusetts State Board Analyst, in the published document No. 34:—

	Per cent. of alcohol (by volume).
Lydia Pinkham's Vegetable Compound	20.6
Paine's Celery Compound	21.
Dr. William's Vegetable Jaundice Bitters	18.
Whiskol, a "non-intoxicating stimulant"	28.2
Colden's Liquid Beef Tonic, "recommended for treatment of alcohol habit"	26.5
Ayer's Sarsaparilla	26.2
Thayer's Compound Extract of Sarsaparilla	21.5
Hood's Sarsaparilla	18.8
Allen's Sarsaparilla	13.5
Dana's Sarsaparilla	13.5
Brown's Sarsaparilla	13.5
Peruna	28.5
Vinol, Wine of Cod-Liver Oil	18.8
Dr. Peter's Kuriko	14.
Carter's Physical Extract	22.
Hooker's Wigwam Tonic	20.7
Hooffland's German Tonic	29.3
Howe's Arabian Tonic, "not a rum drink"	13.2
Jackson's Golden Seal Tonic	19.6
Mensman's Peptonised Beef Tonic	16.5
Parker's Tonic, "purely vegetable"	41.6
Schenck's Seaweed Tonic, "entirely harmless"	19.5
Baxter's Mandrake Bitters	16.5
Boker's Stomach Bitters	42.6
Burdock Blood Bitters	25.2
Greene's Nervura	17.2
Hartshorn's Bitters	22.2
Hooffland's German Bitters, "entirely vegetable"	25.6
Hop Bitters	12.
Hosetter's Stomach Bitters	44.3
Kaufman's Sulphur Bitters, "contains no alcohol" (as a matter of fact it contains 20.5 per cent. of alcohol and no sulphur)	20.5
Puritana	22.
Richardson's Concentrated Sherry Wine Bitters	47.5
Warner's Safe Tonic Bitters	35.7
Warren's Bilious Bitters	21.5
Faith Whitcomb's Nerve Bitters	20.3

INDIGESTION AND INSANITY.

NEARLY one hundred years ago, Dr. Abernethy, lecturing on madness to the medical students at St. Bartholmew's Hospital, said: "The object we should bind our attention to is to settle nervous inquietude, to tranquilise the vital actions of the cerebrum, to cut off any cause of irritation affecting it, and I take the putting into order the digestive organs to be one grand point toward accomplishing this end. I tell you honestly what I think is the cause of the complicated maladies of the human race: it is their gormandising and stuffing, and stimulating those organs to an excess, thereby producing nervous disorder and irritation."

POISON IN MILK.

"LONDON, Saturday.—An alarming epidemic of sickness which has been traced to poison in milk, has occurred at Bristol.

"Hundreds of infants have been affected, and five have already died.

"The outbreak is attributed by experts to deleterious preservatives in the milk."

The above appeared in the papers recently emphasising the need of calling attention to the harm that may result from the use of preservatives in an article of food which is so universally used as milk. There can be no doubt that the high mortality in infants who have to depend entirely upon milk as their food finds a partial explanation here. It would be well for families to have the milk furnished them occasionally tested.

ALCOHOL AND RACE DETERIORATION.

At a meeting of the London Society for the Study of Inebriety, Mr. W. M'Adam Eccles, speaking on the subject of alcohol as a factor in the causation of deterioration in the individual and the race, said he considered it probable that many instances of rickets occurring in children who were breast fed were due to insufficient and abnormal mother's milk, charged with small but repeated doses of alcohol. The meagre knowledge of cookery possessed by young women brought up in towns induced both their husbands and themselves to frequent the public-house for the purpose of obtaining alcohol to give them the sense of having secured a good meal.

THIRTY MILLION BIRDS FOR HATS.

WHEN the figures of the millinery slaughter-houses are counted up, says the "Animal's Friend," they are rather appalling. "Ten million birds a year, it was estimated, were required to supply the women of the United States with suitable hat-trimming; forty thousand terns in a single season on Cape Cod, a million bobolinks near Philadelphia in a single month. England imports between twenty-five million and thirty million birds a year. "Altogether it is estimated that between two hundred million and three hundred million birds perish each year to trim the hats of the women of the world." If the above figures are actual facts, humanitarians have still a most gigantic task before them.

DIRTY DAIRY FARMS.

THAT it is always well to know where our milk comes from has recently been emphasised. In the city of Bristol, England, the medical officer made a careful inspection of the dairies supplying the city with milk. Some startling revelations were made. Out of the thirty-six dairies examined only one was classified as fit; reasonably fit, twelve; and unfit, twenty-three.

In the report are reproductions of photographs taken to show the general conditions. In one farm, behind a low shed in which the cows were milked, is seen an "immense wall of manure and a foul, scummy pool of yard drainage and manure soakage"—a most uninviting spot. At another farm the photograph shows "wooden-fronted sheds, also foul and uneven yard surface, with large manure heap and foul pools" in the front, and at the back a condition equally disgusting. A third farm had a small wooden shanty draining on to land at the end of the shed. The place was overcrowded, and the yard had pools of foul water. At yet another farm the photograph shows a large roofed-in manure pit, said to be several feet deep, full of manure and foul fluid, into which the sheds and surrounding ground drain. These reproductions are worthy of a more extensive publication to awaken the public to the disgusting state of the farms from which they get their milk are in.

"Cleanliness appeared to be a thing almost undreamt of, walls being plastered with filth and doors equally dirty, while in several sheds the roofs and rafters are decorated with the accumulated cobwebs of years hanging from them in funeral-hued festoons." It appeared that attempts to clean the udders of the cows were seldom carried out. "It was common to find the quarters of the animals caked with dried dung and dirt. Ignorance is not bliss while such conditions exist. It is unwise to allow milk to be sold without a careful inspection of the dairies supplying it. Such inspections are seldom made.

THE following are a few of the rules regarding the diet laid down and rigidly enforced by professional trainers of athletes and pedestrians all over the world:—

"Little salt, no coarse vegetables, no pork or veal, two meals a day—breakfast and dinner, the former at eight, the latter not earlier than two. If supper is allowed at all, it must be very light and simple, and taken several hours before bedtime. This meal, however, is not recommended. Pies and pastries are forbidden. If meat is eaten, it must be fresh and not seasoned."

GENERAL BOOTH, in his annual message to his soldiers throughout the world, says: "I do not know that I have been much better in health for many years gone by than I find myself to-day. I still stick to my simple diet, which seems to answer the purpose of keeping me going on with my work in such uninterrupted vigor and spirit. I have not taken fish, fowl, nor flesh in any form now for the last seven years, and during the whole of that time have scarcely missed a single public engagement."

THE Federal Treasurer, Sir George Turner, stated in his Budget speech that the principal revenue-producing items are:—

Stimulants	£2,806,636
Narcotics	£1,452,261

This does not read well for our Commonwealth. Most of our money is spent for that which is not bread, and our labor for that which satisfieth not.

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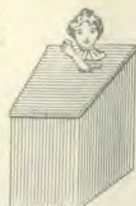
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"A wise steward laying up in store for a rainy day."

A FRIEND writes:—

A dyspeptic in my twenty-second year. The result of typhoid when a child and hereditary tendency. Received no material benefit from a physician. Coming in contact a few months ago with your valuable paper, I turned vegetarian, and am feeling much better in consequence. I am at present using granose, protose, and malted nuts, and in addition a little fruit. Could you give me any advice concerning your other health foods most suitable?

In cherishing light our correspondent is acting the part of the wise steward.

A grateful patient writes as follows to the Editor:—

I hope you will excuse the liberty I am taking in writing to you, but I thought it right you should know after your great kindness to me that I am completely cured. Since the day I saw you at the Café in Hunter Street, I have never tasted medicine, and am now feeling stronger than I have felt for the last twenty years. When I came to you first, I had very little hope that anything could be done for me, but thanks to you and Mrs. Kress's cookery book I can now say that I am perfectly cured. Would you please send me the GOOD HEALTH, you will find postal note for 2/6 enclosed.

The Good Health Library.

THE following booklets are published at the GOOD HEALTH office and may be obtained at any time, either from the publishers direct, or through any of the health food agencies:—

The Tobacco Habit—Its Origin and Spread.

Points out the nature and effect of the use of tobacco, and the easiest way to get rid of the habit. Single copy, post-paid, 3d, 5s per 100. Should be widely circulated.

A Food Guide in Health and Disease.—
As advertised on another page.

Stimulants—Tea Coffee and Cocoa. Every tea user should read this and ascertain the causes of nervousness, headaches, and insomnia, and how to get well. Single copy, post-paid, 3d, 5s per 100.

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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

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37 Taranaki Street, Wellington, N. Z.

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127 Liverpool Street, Hobart, Tasmania.
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