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GOOD HEALTH, MAY 1, 1906.



First Lessons in Nursing.

# Medical and Health News.

Good Health, May 1, 1906.



Vol. 9.

No. 5.



## Pills and Drugging.

INQUIRIES into the consumption of pills in the United Kingdom have led to the appalling estimate that over five and a half million pills are swallowed daily, or one pill a week by every individual in the population. Worked out in another form, we are told that all the pills swallowed in a whole year would weigh 178 tons.

The *Hospital* struck a note of warning regarding patent medicines, and said—

That the man or woman who used a family pill on his or her own responsibility, and without the intervention of a doctor, was entitled to know what drugs it was actually composed of and the exact quantity of each drug it contained. Many substances, most substances in fact, that possess aperient properties have other properties as well, some of them injurious and some decidedly dangerous. Mercury, for example, is one of the commonest ingredients in what are called "liver pills." A single pill containing a small quantity of mercury has been known to produce salivation, ulceration of the gums, loosening of the teeth, a vile odour of the breath, feverishness, weakness, and a whole series of other symptoms sometimes requiring treatment in bed for a week or two. Though it is rare for a single pill to produce this marked effect, two or three taken on successive nights often do it, particularly in delicate women. Podophyllin is less dangerous than mercury, but also much more painful in its action, and very debilitating. Even quinine may produce serious symptoms in some persons and in peculiar bodily conditions. Opium, which is perhaps one of the commonest ingredients employed by patent medicine vendors in the preparation of their wares, is one of the most dangerous poisons known.

Drugging is common. Nearly every

well-regulated family is supposed to have a medicine chest. Nerve tonics, blood purifiers, sleep producers, and especially laxatives, are consumed by the gallon and the hundredweight. The primary effect of any of these poisonous mixtures is seemingly good; the nervous fidgets, the "tired feeling," the insomnia, or the constipation, is promptly relieved by the first few doses. Naturally, when the symptoms return, as they are bound to do, the sufferer turns again to the bottle or the pill-box. Again he gets relief, and again he is driven back to his drug, taking larger and larger doses as the habit is forming, until at last the fetters are forged and a new "drug fiend" is created. It is less trouble than systematic exercise; but how many could be saved from this bondage, and how many slaves could be freed by rational physical culture, only the physician who knows the prevalence of this evil can know.

The nervous, the sleepless, and the neurasthenic are of all persons the last who should seek relief from drugs or from alcohol. Their very disease predisposes them to drug addiction, and once having experienced the feeling of well-being which drugs may bring, only the most heroic exhibition of will power—which, alas! they have not—can save them from thralldom. And yet these shattered nerves are calling only for rich red blood, for pure air, good food, and the healthful stimulus of the bath. These will bring the reality of health, which drugging can only for a brief moment stimulate.

### Roosevelt against Cigarettes.

PRESIDENT ROOSEVELT never smokes cigarettes, neither does he ever use tobacco in any form. Every one of the States have passed restrictive laws against the sale of cigarettes to boys. The Pennsylvania law forbids the sale of cigarettes to boys under twenty-one years of age.

Rev. O. R. Miller, of Washington, D.C., field secretary and legislative superintendent of the National Temperance Society, gave three arguments against cigar-



ettes, as follows:—1. Cigarettes injure the mind; the poisonous drugs put in the cigarette tobacco and the cigarette wrappers make a boy dull, stupid, sleepy, and dopey. The boy who uses cigarettes cannot keep up with his class in school, and while other boys are being promoted, he makes no progress, but before long is likely to drop out of school because his mind is so affected that he cannot study or he cannot remember what he tries to study. Hence he loses his interest in school, and sooner or later he drops out. Many a boy

has even been made insane by the use of cigarettes. They also weaken his will power and stupefy his sense of right and wrong.

If tobacco is so injurious to boys under twenty-one years of age that it is considered necessary for the State to forbid the sale of cigarettes to such youths, will not the nicotine exert the same baneful influence on the brain cells of boys a little older, say thirty or forty? If tobacco make the boy of twenty-one stupid, dull, sleepy, and dopey, and disables him for mental work, it stands to reason it would influence the brain cells of the man of forty, fifty, or sixty, which are identical with the brain cells of the young man of twenty-one, in a similar injurious manner. This cry of tobacco being a curse to boys, girls, and women, and a blessing to mature men, is a fallacy and would never be heard was it not for the fact that so many of mature age find themselves slaves to the habit. We shall never impress and influence the young until our own course as men is consistent. Religious teachers and fathers must say *come* to the young, not *go*. As long as we say and do not, our words will lack authority and power to influence.

If men and women could be made to realize that what they sow they must reap, it would have a wonderful effect upon their lives. But they have been taught that after abusing their stomachs and wasting their vital energies for years, if they can find a doctor who knows enough, they can have wiped out at once all the physical sins written against them. Many a sick man believes that by simply taking a few pills, or powders, or sundry spoonfuls of bad-tasting medicine, or a few hypodermic injections, he will become the same man that he would have been had he always treated himself well; or the child is taught that by the confession of sins, no evil results are felt from the sins committed. There is no such teaching in nature or in revelation. In unmistakable language both say, "Whatsoever a man soweth, that shall he also reap."

SOFTLEIGH: "I say, doctah, do you—aw—believe that liquor really affects a man's brain?"

Physician: "Yes, if he has any; otherwise it affects his legs!"

### The Corset as a Cause of Gallstones.

Two causes are now clearly recognized as being especially productive of gallstones; namely, *the corset and sedentary life*. The recognition of these causes explains the fact observed by Dr. Schröder that gallstones occur nearly five times as frequently in women as in men.

The corset produces gallstones by compression of the biliary passages in such a way as to interfere with the proper outflow of bile. Tight belts and bands may produce precisely the same effect.

The sedentary life tends to produce gallstones because of the weakness of the abdominal muscles which results from the sitting posture, and the lessened strength and activity of the diaphragm that naturally follow inactivity. In a healthy, well-developed person, the descent of the diaphragm with each inspiration compresses the liver, gall-bladder, and bile passages in such a way as to empty them of blood and bile, the blood being forced onward toward the heart into the hepatic vein, while the bile is forced into the intestine. The effect of this action of the diaphragm is very greatly increased by exercise, whereby this great breathing muscle is made to contract with unusual vigor. It is thus apparent that in a person who neglects to take daily active muscular exercise, there is necessarily a decided tendency to stagnation of the bile. This retention results in the formation of the calculi.

### Bread-baking and Teeth Decay.

"DURING the course of the debate at the dental conference regarding the condition of children's teeth, Dr. Cox, of Auckland, had something to say against the way in which modern bread is prepared. He said the ordinary popular loaf was baked in too short a time—only about one hour; and the result was a white puffy mass, which was insufficiently cooked inside. A piece of that paste around a tooth made an ideal culture medium for germs. Dr. Cox had discovered a baker in Auckland who produced bread as it should be baked. It was given one fermentation, as against four given by the ordinary baker, and the bread was two hours in the making from barrel to oven, and was there cooked slowly at a

low temperature. The result was a closely-set, sweet, thoroughly cooked loaf, which would keep for a week. Dr. Cox wished such bread was in common use, because the teeth of our children would then be kept in better condition than resulted from the use of the ordinary white bread of to-day."—*Auckland Star*.

Unleavened breads baked in small loaves are superior to any of the fermented breads, and will keep indefinitely. It requires a little skill to make such bread, but every mother should become familiar with the art, since the health of her children depends upon it. The baking of unfermented breads is one of the lost arts. The ancients subsisted entirely upon such breads. Bread produced by fermentation is a modern invention.

### Tobacco Destroys Germs.

DR. TASSINARI found that the smoke of tobacco, in some cases, entirely destroyed, in others, retarded the development of micro-organisms. For example, the bacilli of Asiatic cholera and pneumonia were in every instance destroyed by the smoke of tobacco irrespective of the kind or quality of tobacco used. Anthrax bacilli and the bacilli of typhoid offered greater resistance; the latter, indeed, were but ill-affected by the smoke. Similar investigations have been made in Spain and Germany. Werke saturated a cigar with a liquid fully impregnated with cholera bacilli, and found that in twenty-four hours every germ was destroyed. He next placed bacilli upon dry tobacco leaves; in this case they were rendered harmless in half an hour. In other trials a contact with the leaf for three hours was required for their destruction. Strange to say, damp tobacco was the least effective; the germs struggled hard for existence, and held out for three days before yielding up their lives to the superior genius of the weed. A fifty per cent. solution of tobacco overmastered them in twenty-four hours. But it is by burning tobacco, when its elements are liberated from their confinement, that the battle is most decisively won. Werke says that when he tested them with the smoke of tobacco every germ was rendered incapable of propagating disease in less than five minutes.

It may be of some comfort to the to-

bacco devotee to know that tobacco, like bichloride of mercury, prussic acid, carbolic acid, and a host of other poisons, destroys germs. Bichloride of mercury and carbolic acid are useful in disinfecting sinks, cess-pools, surgical instruments, etc. Nicotine could be used for the same purpose. It would be unsafe, however, to take any of these internally to prevent germ diseases. A poison that will destroy germs of disease will destroy red blood cells, and cell life of all kinds.

A dentist once remarked to a friend of mine who was admonishing him to give up its internal use, "Oh, it is an excellent germicide, it turns the germs on their backs in quick time;" to which he (my friend) wisely replied, "Yes, and it will in time turn the dentist on his back also."

### A Prescription.

'F you've got a hindoo-microbe  
An' you really want to kill it,  
Here's a really good prescription,  
An' it don't cost much to fill it ;  
When your liver's numb and lazy  
An' your stomach's out of whack,  
When your eyes are getting hazy  
An' your voice begins to crack,  
Go to Nature's sanitorium  
And stay a month or so,  
For there's health and joy galorium  
Where the 'lyptus trees grow.

Mix some summer sunshine  
With some mountain air and dew,  
Take a dose of out-door scenery—  
If it doesn't work, take two ;  
Put a little woodland climbing  
In some Oil of Pure Delight,  
Exercise and plenty of it  
Taken morning, noon, and night ;  
Get some Extract of Ambition  
And a little Sportive Strife,  
(For a tonic nothing's better  
Than a month of mountain life) ;

Fill your lungs with air and ozone,  
Let the perspiration run,  
Mix it, shake and take it daily  
With a frolic and some fun.  
I have tried the salts and senna,  
Sassafras, an' all such dope,  
From their patent panaceas  
To their pills of bread and soap ;  
But the best and surest physic  
Is the sunlight of the hills,  
It will wake your liver quicker  
Than a ton of blue mass pills.

T. SHELLY SUTTON.

GREATER is the man who climbs an inch than he who slides a mile.

### How to Prolong Life.



Who avoids all stimulants, takes light and agreeable exercise, indulges no exhausting passions, feeds his mind and heart with no exciting material, has no debilitating pleasures, "keeps his accounts with God and man daily squared up," is sure, if he has a good organism, to spin out his life, barring accidents, to the longest possible limit.

The poet William Cullen Bryant, when asked the secret of his health and vigor at



Old Uncle Abe

upwards of eighty years, answered, "It is all summed up in one word,—*moderation.*" How many a young man squanders on a holiday or an evening's entertainment an amount of nervous energy which he will bitterly feel the want of when he is fifty. No man can do ill, and not suffer for it. If he possesses a strong constitution, the day of reckoning may be deferred a little longer, but come it will. "Be not deceived ; . . . for whatsoever a man soweth, that shall he also reap."

The primitive Christians, whose food



for twenty-four hours seldom exceeded twelve ounces of bread, and who knew no other drink than water, lived to a great age. Upon such food St. Anthony lived 105 years; James the Hermit, 104; Arsenius, tutor of the Emperor Arcadius, 120; St. Epiphanius, 115; Simeon the Stylite, 112; and Romanul, 120. The noble Venetian Cornaro, after all available means proved vain, so that his life was despaired of at forty, recovered, and lived to 100, merely by adopting a diet of abstinence.

### The Quantity of Starch, Albumen, and Fats Required to Supply the Needs of the Body.

*From a drawing-room lecture at the Wahroonga Sanitarium by D. H. Kress, M. D.*

ASIDE from salts, which are present in all foods, these are the three important food elements required in body-building. In many of the ordinary foods these elements are combined in about the right proportion. In all civilized lands, however, there is a tendency to eat too freely of the two latter—albumen and fats. While a deficiency of albumen is productive of serious mischief, a considerable excess results disastrously. There is not the same provision for the storage of proteids that is made for the disposal of a surplus of starch, or fruit-sugar as found in fruits.

The latter are easily converted into adipose tissue, which may accumulate in quantities so great as actually to double a person's weight. Proteids, on the other hand, if not used, become at once a source of destruction. When perfectly oxidized, or burned, proteids are converted into urea, which is carried off through the kidneys; but an excess cannot be readily burned, and is left in the form of what might be called "tissue cinders," of which uric acid is the principal representative.

All of these imperfectly oxidized bodies diminish the alkalinity of the blood, hence lessen resistance to disease. They irritate the nerves and tissues, producing various grave disorders. The free use of meat, and even the free use of eggs and nuts, may lead to a development of a uric-acid diathesis in some of its many forms,

especially rheumatism, sick-headache, insomnia, and so-called nervous exhaustion.

It is estimated that the system requires about seven parts of the carbonaceous elements, which include starch, sugar, and fats, to one of the albuminous. The following table shows the proportion of carbonaceous elements to one of the albuminous in some of the more common articles of food, by the use of which any one will be able to combine various articles of food in such a manner as to secure nearly the right proportion of the carbonaceous and albuminous elements at any meal:—

	Album. or Nitrog.	Carbonaceous.
Eggs	1	1.9
Peas	1	2.7
Beans	1	2.7
Lentils	1	2.4
Milk	1	3.6
Oatmeal	1	6.1
Wheatmeal or Bread	1	7.0
Indian Meal	1	7.7
Rye Meal	1	9.8
Potatoes	1	10.7
Barley Meal	1	12.7
Rice	1	13.0

By the above table it will be seen that wheatmeal is the food which, of all single substances, most perfectly meets the requirements of the system, containing exactly seven parts of the carbonaceous elements to one of the albuminous. Eggs and legumes are deficient in the carbonaceous elements. Potatoes and most other vegetables, and rice are deficient in albuminous elements. Oatmeal has a slight excess of the albuminous element. By combining food substances which are deficient in one class of elements with those in which the same class is in superabundant proportion, these two classes of elements may be furnished to the system in nearly the right proportion.

The idea is held that the free use of fats is essential in order to put on weight. This is a serious error, and responsible for much mischief. Fats are frequently taken in excess in the form of butter, fried foods, and pastries, in all of which the fat is free. Free fats lessen the production of gastric juice, and thus delay digestion, and favor fermentation and decay and the formation of poisonous irritants, which may bring about the same symptoms as are produced by the formation and retention of uric acid from the excessive use of

albuminous foods. Free fats also clog that important poison-destroying organ, the liver. When the liver is disabled, biliousness results. The system does not require more than one and one-half ounces of fat per day. This amount is usually supplied in an ordinary diet without the addition of free fats.

The following table will show approximately the amounts of various foods necessary each day to furnish the needed quantity of fat:—

	Onces daily
Walnuts ... ..	2.3
Pilberts ... ..	2.3
Almonds ... ..	2.7
Cocanuts ... ..	2.9
Peanuts ... ..	3.8
Cream ... ..	5.6
Sanitarium nut cheese	7.5
Sanitarium nut meat	14.3
Eggs ... ..	14.3
Oatmeal ... ..	21.1
Milk ... ..	37.4
Cornmeal ... ..	39.4
Granola ... ..	50.0
Beans ... ..	50.0
Granose ... ..	65.0
Lentils ... ..	78.9
Peas ... ..	78.8
Wheat flour ... ..	136.3
Rice ... ..	166.6
Potatoes ... ..	750.0

From this table we may form some idea of what foods require the addition of foods containing more fats. Potatoes are lacking in fats, and albumen as well. With a meal of potatoes, it would be well, therefore, to eat three or four ounces of sanitarium nut meat, a couple of eggs, or three ounces of sanitarium nut cheese. With rice, because deficient in both fats and albumen, may be used sanitarium nut meat, nuts, or eggs. To the breads might be added eggs, milk, and cream. One ounce of nuts, eaten with any ordinary meal, will supply all the fats needed by the average individual.

COMMON sense urges us towards a simpler life. Many people have made the interesting experiment of gradually simplifying their diet, and have found that a meal of good bread and good water or milk, enjoyed by a palate no longer jaded, and a taste no longer perverted by artificial dishes, may be relished, at least as well as a feast. As with food, so with everything else. Get used to the cottage, get used to living in a homely way, and it soon becomes plain that there is no end to its charms.

### Activity is Conducive to Health and Longevity.

DR. BEARD, of New York, in an able paper entitled "The Longevity of Brain Workers," has proved beyond even the shadow of a doubt that the world's hardest workers, so far from being short-lived, show a very high average of life,—a far higher average than the world's drones, and those who have added no-



How Our Ancestors Maintained Their Vigor.

thing to its accumulated capital of happiness, knowledge, goodness, and truth.

Lord Brougham lived eighty-nine years. Lord Lyndhurst wore out at ninety-one. Epimenides, the seventh of the wise men, is said to have lived to the age of one hundred and eighty-four. Hippocrates reached ninety-nine; Pythagoras lived to eighty, and was murdered. Dr. Franklin was eighty-four. Montgomery, the poet, lived to be eighty-two. Sydney Smith lived to seventy-six, and Sir Isaac Newton to eighty-five. The late Right Hon. William E. Gladstone retired from the premiership of England at the age of eighty-four years.

### TALK HEALTH.

Talk health. The dreary never-changing tale Of fatal maladies is worn and stale.

You can not charm, or interest, or please,  
By harping on that minor chord, disease.

Say you are well or all is well with you,

And God shall hear your words and make them true.

### Need of Appetite Juice.

(CONCLUDED.)



FAST and fixed rules in diet can never be laid down, for the simple reason that man is not a machine. Each one possesses likes and dislikes that must be respected

at the table, as far as consistent with good sense. Gradually the appetite may be educated to relish only that which is simple and best. For those who are ill it is especially important not to make the eating mechanical. It would be better for them to eat some things not quite so wholesome but which are relished and will stimulate the secretion of a good quality of saliva and gastric juice, than to eat better foods which are unrelished and therefore poorly digested because of the absence of appetite juice. When the mind rebels against food, the stomach rebels against it also. Some years ago a patient was very ill, in fact on the point of death. He was given up by physicians and friends. Some of the very best foods were loathsome to him. He could not look at the wholesome foods he previously relished, foods which he now enjoys and uses at nearly every meal. His good wife tried in every conceivable manner to prepare something for him that would stimulate his appetite. There can be no doubt the effort on the part of his wife helped to save his life. He is now in health and does not feel the need of these appetizers, but is able to relish more physiological foods. This also shows that it is not best for those who have diseased stomachs to make too many sudden changes at once; for often, owing to the diseased condition of the stomach, about all the juices formed are the juices which are formed by stimulation of the appetite. For the dyspeptic, nutritious and wholesome foods must be attractively and tastily prepared so as to tempt the appetite and lead to real enjoyment of what is eaten. When this is done, there will be no loss of weight, as is a rule when changes in diet from unwholesome to more wholesome foods is made.

Don't believe this world owes you a living. The world owes you nothing. It was here first.

### Alcohol as a Paralyzer.

THE following paragraphs from the excellent text-book on "Physiological and Pathological Chemistry," by G. Bunge, present the character of alcohol in its relations to the human body in a very clear light:—

"Alcohol has invariably a paralyzing influence. All the results which, on superficial observation, appear to show that alcohol possesses stimulant properties, can be explained on the ground that they are due to paralysis.

"It is a common idea that alcohol produces a warming effect in cold weather. This feeling of warmth depends, in the first place, on the fact already noticed—that the paralysis of the central nervous system causes an increased blood supply to the surface of the body; and, secondly, in all probability, on the blunting of the sensibility of the central organs which are concerned in the sensation of cold.

"The stimulating action which alcohol appears to exert on the psychical functions is also a paralytic action. The cerebral functions which are first interfered with are the powers of clear judgment and reason. As a consequence, emotional life comes into free play unhampered by the guiding strings of reason. The individual becomes confiding and communicative; he forgets his cares and becomes gay; in fact, he no longer clearly sees the dangers and difficulties of life. But the pronounced paralyzing action of alcohol is seen in the way it allays all sorts of discomfort and pain, and above all, the worst of all pain—mental suffering, anxiety, and trouble; hence the light-heartedness which prevails.

"A paralytic system which is erroneously regarded as one of stimulation, is also found in the deadening of the sense of fatigue. There is a strong belief that alcohol gives new strength and energy after fatigue has set in. The sensation of fatigue is one of the safety-valves of our machine. To stifle the feeling of fatigue in order to work on, is like forcibly closing the safety-valve so that the boiler may be overheated."

One who spoke from experience said, "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise."

### Infant Mortality from Diarrhœa Increasing.

DR. W. G. ARMSTRONG, Medical Officer of Health for the Metropolitan Combined Districts, has paid great attention to this particular subject, and remarked that diarrhœa, as a cause of death, actually shows an increasing mortality during the past thirty years. He attributes this increase to the pollution of the infants' food supply—the milk. He adds:—

The question, however, is constantly present in one's mind as to whether more pollution does not enter the infant's milk in the home of the infant than at the dairy and in the course of transit to the consumer's dwelling. There are many reasons to support the contention that the home is the most common site of infection. No one who has been accustomed to visit the homes of the poor in the crowded slums of great cities will need to be reminded of the innumerable chances of pollution of the food supply of the infant once he has been permitted to receive nourishment otherwise than from his mother's breast. Imperfectly cleansed bottles with long rubber tubes, in which parasites of sour milk-curd adhere and decompose, setting up rapid changes in every fresh meal that is introduced into them; dirty methods of storage; the access to milk of flies and other insects, with feet swarming with micro-organisms after visiting foul garbage; dust from streets and yards carrying particles of manure, etc. These are only some of the dangers to which the infant life of the poor neighborhoods of our cities is exposed.

To minimize these dangers there are, it seems to me, two lines of procedure open. One is entirely new to us in Australia, but evidences of its value in the saving of infant life are rapidly accumulating in France, in England, and in the United States. I refer to the establishment of infant milk depots and model dairies, established and conducted by private philanthropy, and preferably under municipal control, such, for instance, as that of Battersea, in London, or Rochester, in the State of New York. In these depots sterilized milk produced at a model dairy is modified according to the requirements and the age of the child for whom it is intended, is put up in bottles of such a size that one contains one meal, and is sold to poor mothers, in baskets, each of which contains enough meals for one child for twenty-four hours, at a price which barely pays expenses. At Battersea the charge for supplying an infant in such a manner is 1/6 a week.

It is certainly a less difficult task to prevent the deaths of infants than to increase the declining birth-rate. And we are not entitled to an increase in the birth-rate until we have learned how to care for those children that are born to us.

In Victoria during a period of ten years, from 1894 to 1903, the deaths of children under five

years totalled 46,173, and no fewer than 33,962 of these were under a year old, and the death-rate exceeded the birth-rate.

### Comparative Decline of Human Fertility.

DRS. NEWSHOLME and Stevenson of England have communicated to the Royal Statistical Society a paper containing a number of important facts in regard to the comparative declining birth-rate in civilized countries. These statistics are based upon the child-bearing capacity of various countries, or upon the classification of women of child-bearing age, and not on the number of inhabitants, as formerly, and show the true standing in regard to the fertility of these countries. Sweden is taken as the standard, or one hundred per cent. In comparing civilized countries, it is noteworthy that these corrected statistics show the greatest decline in New South Wales, which is 29.5 per cent. below the standard. Victoria, Belgium, and Saxony come next, and then New Zealand. Victoria is 26.2 per cent. below the standard; England and Wales, 21.8 per cent. below; Scotland, 9.3 per cent. below; and Ireland, 1.9 per cent. above the standard. The German Empire is 8.3 per cent. below the standard. The cities stand as follows:—Liverpool, 15.0 per cent. below; Bradford, 40.0 per cent. below; Leeds, 28.5 per cent. below; Hull, 25.6 per cent. below; Hamstead, 45.0 per cent. below; Hamburg, 37.8 per cent. below; Berlin, 46.8 per cent. below; and Paris, 65.7 per cent. below the standard.

### Worry Shortens Life.

A HAPPY and vigorous old lady, when asked the secret of her eighty-three years of health and enjoyment, said: "I never allow myself to fret over things I cannot help. I do not carry my washing, ironing, dressmaking, or baking to bed with me. And I try to oil all the friction out of my busy life by an implicit belief that there is a brain and a heart to this great universe, and that I can trust them both." How many there are who worry and fret over things which do not go according to their liking. The worst thing physically, mentally, and spiritually which one can do, is to fret. If the wheel slips a cog, fretting will not replace it or repair the damage.

### Bread or Pork.

SOMEBODY has studied the question, "How much wheat is required to make a given quantity of pig?" and claims to have established that just one hundred and ninety pounds of wheat will make exactly one hundred pounds of pork. According to this calculation, it requires a fraction less than two pounds of wheat to make one pound of pig. It must be remembered, however, that one pound of original wheat, is more than equal, in nutritive value, to two pounds of pork.

Wheat, also, is more digestible than pork. It is evident, then, from a nutritive point of view, that wheat has an advantage over pork in the proportion of four to one. This principle applies to corn and all other



grains, as well as to wheat. Grain is not improved by being passed through the hog. It has been degraded and deteriorated by the addition to its pure nutritive elements, of the waste products of the pig, to say nothing of the parasitic diseases trichina and tapeworm which are often present in pork.

### Cheerfulness.

**It Is a Tonic That Does More Good than Most Medicines.**

THERE is a great restorative force in cheerfulness. It is a sovereign remedy. The physician who can inspire expectancy of something better to come, who can give you confidence in your power to overcome disease and can make you feel that it is a shame for a man made to do a great work in the world to be ailing, has very little use for drugs.

Sick people do not realise how much

their faith and confidence in the physician have to do with their cure. If he is cheerful, happy, hopeful, they feel buoyed up, sustained by his very presence. They feel the thrill of his splendid vitality and gather strength from his courage. They catch the contagion of his cheerfulness and reflect his moods and condition.

Invalids who have dragged along in misery for years have been suddenly, as if by magic, lifted out of their bondage by the cheer and encouragement which have come from some unexpected good fortune. This shows us how dependent the body is upon the mind, how it sympathizes with it and takes on its colorings, which are represented in the different functions.—O. S. Marden in *Success Magazine*.

### To "The Sufferin' Neat."

There was a little woman  
In a very sorry plight;  
For, strange to tell, this woman  
Disliked to dwell with light.

She closed her blinds up tightly,  
Then craped the windows o'er,  
For fear the blessed sunshine  
Would spoil her walls and floor.

This dainty little woman  
Grew very pale and thin.  
Just like the weak potato sprouts  
In cellar deep and dim.

Ah, silly little woman!  
You have faded out of sight,  
Because you would not let in  
The sweetness of God's light.

—*Farm and Fireside*.



### Our Increasing Madness.

THE second of the "Pressing Problems" series in *Pearson's Magazine* deals with the alarming growth of insanity, its causes, and the remedies that should be applied.

The most careless cannot fail to be impressed by the mere statement of the case:—

During the last sixty years the population of England and Wales has doubled; but the number of insane under care has increased more than five-fold. Going back only forty-five years to 1859, we find that there were then upwards of 37,000 certified insane persons. On January 1, 1905, they numbered almost, 120,000.

That is to say, that whereas in 1859 one person out of every 536 persons in the population of England and Wales was a certified lunatic, the ratio to-day is one to 285.

Besides the insane, there are the feeble-minded, who need just as much attention, from the national point of view. They reproduce themselves.

With regard to the problems of prevention, cure, or relief, no one is more qualified to speak than Dr. Forbes Winslow.

He would try to *prevent* insanity partly by confining the drunkard.

I would punish every drunkard, male or female, without distinction as to class, as I regard such an individual in a most dangerous light. An habitual drunkard, I consider, is too dangerous to be at large, inasmuch as the progeny of such an individual is either a criminal, a lunatic, or a drunkard.

Youthful cigarette smoking he would make illegal, and also the marriage of drunkards.

The free use of tea, to my mind, judging from the numerous nervous wrecks that have applied to me for help, has more to do with the increased insanity than the use of alcohol. Tea drinking shatters the nerves, producing irritability, insomnia, and finally serious mental derangements.

### Sydney's Abattoirs and the Cruelty They Necessitate.

THE proposal to remove the Glebe abattoirs has called forth some revelations which may be startling to any one who has never been an eye-witness to the cruelties meat-eating necessitates. The following letter appeared in the *Sydney Telegraph*:—

Recently much has been said and written re the abattoirs question. On the question of fevered meat and deterioration of stock driven from Homebush to Glebe Island there can be little doubt. Having lived for seventeen years on the Parramatta Road, I have at times been an eye-witness of the sufferings of over-driven cattle and sheep on this road. Sometimes, and especially during hot weather, a mob is heard panting as it comes along, with saliva hanging in streams, and tongues lolling out, denoting the sufferings of the mob. At times a bullock falls from exhaustion, and being unable to get up, is left there, and later on slaughtered on the spot, and the carcass taken away in a cart, and passed along to a confiding public for human food. Can such meat be good, or even safe, to eat? At other times a beast falls, to be flogged, kicked, and worried by dogs. These things I have seen, and I am informed and believe that it has been known for lighted wax matches to be thrown on the body of a prostrate bullock, though I never heard, be it said, of the drovers themselves be-

ing guilty of such an act of diabolical cruelty. Sheep, as they fall exhausted in the flock, are picked up and thrown unceremoniously, like so much dead cargo piled up, into a cart following behind. It might be said there are tens of thousands of people dwelling in Sydney and suburbs who have never in the course of their lives tasted wholesome meat killed on farm or station, so vastly different in every way to that of tortured animals. It is now well nigh half a century since these abattoirs were established. Is it not about time they were shifted, or the present condition of things altered? So long as such things do exist the meat of both bullocks and sheep driven from Homebush to Glebe must, in the circumstances, be considered fevered, and consequently unwholesome. The wonder must be such matters were not put an end to years ago.

### Sterilized Milk and Cooked Meat as Cause Tuberculosis.



IT is generally supposed that the milk or flesh of tuberculous animals is perfectly safe to take as a food, providing the meat has been well cooked and the milk sterilized. Dr. James Law, of Cornell University, Ithaca, New York, calls attention to the fact that while the flesh of some portions of an animal may not contain tubercles, and hence not be likely to communicate disease, and while tuberculous flesh or milk which has been sterilized by means of heat is incapable of infecting a person with tuberculosis, there is, nevertheless, danger in the use of such articles as food. The danger exists in the presence in all the tissues, and in the milk as well, of a cow suffering from tuberculosis, of the characteristic poison which is produced by the germs causing this disease, which was named by Professor Koch, *tuberculin*. It is this poison which produces the hectic fever in consumption, the profuse sweats, and other symptoms from which those affected by tuberculosis in its various forms suffer. A small portion of this poison introduced into the system of a perfectly healthy person produces little apparent effect, but if one who is suffering from incipient tuberculosis receives even a very minute quantity of the poison tuberculin into his system, the results are very remarkable indeed. There are chills and a decided rise of temperature, and the tissues surrounding the point at which the germs are developing soon die.

If tuberculous masses exist in interior organs, the setting free of the mass of germs by the destruction of the living wall of tissue by which it has previously been surrounded may give rise to a general infection of the whole body. It is in this way, as Professor Law suggests, that grave injury may be done by the use of tuberculous flesh.

The poisons characteristic of the disease, which are always to be found in the milk of a tuberculous animal, even after sterilization, may be the means of converting a simple and curable case of tuberculosis into an utterly hopeless one, leading to



speedy death. We quote the following paragraphs from Professor Law's article, feeling sure that our readers will be interested and profited by becoming acquainted with some of the astonishing facts presented by this eminent authority:—

Those who eat this meat and milk are taking in continually small doses of 'tuberculin'; and in case they are already the subjects of tuberculosis, in however slight a degree or however indolent a form, this continuous accession of the poison will rouse this morbid process into a greater activity and a more dangerous extension.

If, now, we consider the prevalence of tuberculosis in the human population, we see what a fearful risk is being run by the utilization of the meat and milk of tuberculous animals, even if it could be shown that such meat and milk are themselves free from the living bacillus. Such reckless consumption of the products of tuberculous animals can only be looked upon as a direct means of sealing the fate of that large proportion of the community which is already slightly attacked with tuberculosis.

We see that the canning of tuberculous carcasses and the boiling or pasteurizing of milk does not render safe the use of these products. A danger signal was held out a few years ago in England by Professor J. Wortley Axe, in the report of a special inquiry into the prevalence of tuberculosis in dairy herds, instituted by the British Dairy Farmers' Association. Nine herds of various breeds were examined, numbering in all 461 cows. No fewer than 187 out of this number, or

forty-one per cent., responded to the tuberculin test, and were found to be tuberculous. In one of the herds, ninety per cent. of the milk cows were diseased.

The following table will be of interest:

Herd.	Number.	Reactions per cent.
1 ... ..	94 ... ..	43.4
2 ... ..	83 ... ..	3.6



health to drinking, and ...  
 Certainly milk should never be used without being first sterilized or brought to the boiling point, but even this precaution does not render safe the products of tuberculous animals, but it minimizes the danger.

D. H. K.

### Work of The Physician.

IN the estimation of the public the only business of the physician is to attend upon the sick, and antidote the results of bad habits. The idea that the physician might render vastly more valuable service if employed to preserve the health of the well by looking after their conditions and habits of life, and by giving advice respecting the prevention of disease, has gained but little foothold even in civilised countries. In some of the semi-civilised countries, however, the physicians are paid for keeping their patients in health rather than curing them when sick.

The physician should be the counsellor in all matters of hygiene, sanitation, and therapeutics. By him Nature's laws should be made plain, and obedience to them urged as the only means of insuring health.

NEVER wear one pair of shoes all the time, unless obliged to do so. Two pairs of boots worn a day at a time alternately give more service and are much more healthful.

## The Home.



### Contentment.

I know a lady who has been confined to her couch in a small room for years, and can see only the tops of trees from her resting-place, yet she is so cheerful and hopeful that people go to her with their troubles, and always go away comforted and encouraged.

"Oh, isn't the spring beautiful!" (or summer, autumn, or winter, as the case may be) is her exclamation to callers, even when her body is quivering with pain. Her eyes are always smiling. A light shines through them which was never seen on land or sea.

Will any one say that this woman, who has brought light and cheer to all who know her, is poor, or a failure, simply because she has been confined to that little room all these years? No; she is a greater success than many a rich woman. She has the wealth that is worth while,—the wealth that survives pain, sorrow, and disasters of all kinds,—that does not burn up,—which floods or droughts can not affect,—the inexhaustible wealth of a sunny, cheerful soul.—*Selected.*

### How Does It Get There?

IN Jackson, Miss., U. S. A., there is an old negro who all his life has complained of numerous ailments. Nothing pleases

him more than to expatiate on his "misery."

One day an old employer met the aged Jake, and the following conversation ensued:—

"Well, Jake, how are the headaches today, and the liver, and the gout in your left foot?"

"Thankee, Mistah Jenkins; they'se doing putty well; thankee, sah. I'se takin' a powerful lot o' medicine lately."

"That so, Jake? What are you taking?"

"Oh, I'se takin' some powder for de head, some little pills for de liver, and some kinder stuff for de gout. But I ain't got much faith in medicine. All mah life, sah, I'se been frettin' myself to figure out how dem dif'rent kinds o' medicine gits in de right place arter you takes 'em into yer system."

Wiser minds have been puzzled over this problem; it is still unsolved.

### Warm Feet.

THE golden rule in cold weather is to keep the extremities warm, and the first and most important rule for carrying it out is never to be tightly shod. Boots or shoes that fit tightly prevent the free circulation of the blood by pressure, but when, on the contrary, they do not embrace the foot too firmly, the space left between the shoe and the stocking has a good supply of warm air.

DR. OSLER, who was for fifteen years Professor of Medicine at the John Hopkins University at Baltimore, and was last March appointed Regius Professor of Medicine in the University of Oxford, says:—"More people are killed by over-eating and drinking than by the sword," and "Adults eat far too much; the physicians are beginning to recognise that early degeneration, particularly of the arteries of the kidneys, leading to Bright's disease, which was formerly attributed to alcohol, is due in large part to too much food."



### Christian Mind Cure.

NOTHING tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings,—as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house?

Those professed Christians who are constantly complaining, and who seem to think cheerfulness and happiness a sin, have not genuine religion. Those who take a mournful pleasure in all that is melancholy in the natural world, who choose to look upon dead leaves rather than to gather the beautiful living flowers; who see no beauty in grand mountain



Think of the  
Beautiful.

heights and in valleys clothed with living green; who close their senses to the joyful voice which speaks to them in nature, and which is sweet and musical to the listening ear,—these are not in Christ. They are gathering to themselves gloom and darkness, when they might have brightness, even the Sun of Righteousness arising in their hearts with healing in His beams.

Often your mind may be clouded because of pain. Then do not try to think. You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms.

It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While

words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have,—the great mercy and love of God,—we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God. Even on earth we may have joy as a well-spring, never failing, because fed by the streams that flow from the throne of God.

Then let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful, and to abide in the light shining from the cross of Calvary. Never should we forget that we are children of the heavenly King, sons and daughters of the Lord of hosts. It is our privilege to maintain a calm repose in God.

"Let the peace of God rule in your hearts; . . . and be ye thankful." Forgetting our own difficulties and troubles, let us praise God for an opportunity to live for the glory of His name. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven.

When some one asks how you are feeling, do not try to think of something mournful to tell in order to gain sympathy. Do not talk of your lack of faith and your sorrows and sufferings. The tempter delights to hear such words. When talking on gloomy subjects, you are glorifyin' him. We are not to dwell on the great power of Satan to overcome us. Often we give ourselves into his hands by talking of his power. Let us talk instead of the great power of God to bind up all our interests with His own. Tell of the matchless power of Christ, and speak of His glory. All heaven is interested in our salvation. The angels of God, thousands upon thousands, and ten thousand times ten thousand, are commissioned to minister to those who shall be heirs of salvation. They guard us against evil, and press back the powers of darkness that are seeking our destruction. Have we not reason to be thankful every moment, thankful even

when there are apparent difficulties in our pathway?

Let praise and thanksgiving be expressed in song. When tempted, instead of giving utterance to our feelings, let us by faith lift up a song of thanksgiving to God. Song is a weapon that we can always use against discouragement. As we thus open the heart to the sunlight of the Saviour's presence, we shall have health and His blessing.

(From *Ministry of Healing*.)

### Alphabetical Hints on Health.

As soon as you are up, shake blankets and sheet;  
 Better be without shoes, than sit with wet feet;  
 Children, if healthy, are active, not still;  
 Damp beds and damp clothes will both make you ill;  
 Eat slowly, and always chew your food well;  
 Freshen the air in the house where you dwell;  
 Garments must never be made to be tight;  
 Homes will be healthy if airy and light.  
 If you wish to be well, as you do, I've no doubt,  
 Just open the windows before you go out;  
 Keep your rooms always tidy and clean,  
 Let dust on the furniture never be seen;  
 Much illness is caused by the want of pure air;  
 Now to open your windows be ever your care.  
 Old rags and old rubbish should never be kept;  
 People should see that their floors are well swept.  
 Quick movements in children are healthy and right,  
 Remember the young cannot thrive without light.  
 See that the cistern is clean to the brim;  
 Take care that your dress is all tidy and trim;  
 Use your nose to find out if there be a bad drain,  
 Very sad are the fevers that come in its train.  
 Walk as much as you can without feeling fatigue,  
 Xerxes could walk for full many a league,  
 Your health is your wealth, which your wisdom must keep.  
 Zeal will help a good cause, and the good you will reap.

—Selected.

ADDISON tells, in the *Spectator*, an old story of an emperor who had dyspepsia, and whose doctor ordered a hole bored in an axe-handle and some medicine poured into it instead of into his mouth. Then the emperor was ordered to use the axe in chopping till his hands became moist with sweat. This, it was said, would cause them to absorb the drug and produce a cure. The story goes that the prescription succeeded, and that his majesty became sound and well once more in his digestive organs.



### Seasonable Recipes.

IN preparing food for one, the meal may be most simple and may consist of but one or two prepared dishes, but when planning a meal for a family it is necessary to have more of a variety, for what is relished by one may not be relished by another. It is not designed that each member should partake of every course or every dish. Out of the various wholesome foods select that which is relished most. The following recipes will afford a good meal for a family:—

**EGGS A LA MARTIN.**—Dust the bottom of a dish lightly with granose flakes; cover with cream sauce. Break the eggs over the cream sauce, being careful to keep each one whole. Sprinkle more granose over the eggs and add some cream sauce to each egg. Set in the oven for about ten minutes, or until the whites are set. Serve with parsley sauce.

**PORCUPINE APPLES.**—Melt one-half cup of sugar in one cupful of hot water, and put six large, solid apples, pared and cored, into the syrup. Cover, and steam until the apples are tender, turning several times in the process. Remove the apples to a plate, and cook the syrup down until it thickens slightly. Fill the core cavities with chopped almonds and stick the sides of the apples full of almonds which have been blanched and cut in strips. Pour the syrup over the apples to glaze them. The strips of almond give the appearance of porcupine needles. A little red fruit juice of some kind may be put in the syrup in which the apples are cooked to give a pink hue. Serve cold.

**BAKED BANANAS.**—Beat two eggs and half a cup of water together. Peel one dozen bananas, dip in egg batter, roll in bread crumbs; repeat. Place in oiled pan, bake twenty minutes in hot oven. Serve with the following sauce:—

**ORANGE SAUCE.**—Mix thoroughly half a cup of sugar and a rounded tablespoonful of corn-flour. Then add in the following order: a tablespoonful of lemon juice, the juice of one orange, a little of the orange rind, one cup of boiling water. Cook ten minutes in a double saucepan, stirring all the time. Remove from the fire; whip in the whites of two eggs beaten stiff.

**MACARONI WITH PEASE GRAVY.**—Prepare the gravy of blue boilers. Soak over night, then cook slowly until perfectly tender. When done, rub through the colander to remove the

skins, and to each cupful of sifted peas add one cup of boiling water, with salt to season. Put one small piece of onion and a few stalks of celery into the gravy, and boil all together for fifteen minutes. Remove the onion and celery, add one tablespoon of cream; meanwhile have the macaroni thoroughly cooked in boiling salted water, and after boiling it thoroughly add it to the pease gravy. Stew together for a few moments and serve hot.



## Questions and Answers.

**Bad Back.**—I am much troubled with a bad back, the cause of which, I think, lies in the kidneys. I have twice had dropsy. Would you kindly prescribe me some treatment?

*Ans.*—Drink no tea, use no condiments, jams, puddings, or pastries. Eat principally granose biscuits or other well-baked breads, spread with cream. Greens—green peas or green beans—and fruits may be freely used. Nuts and nut foods use sparingly. Eggs may be used occasionally.

**Consumption.**—I would like advice about a papered room in which a consumptive has been sleeping. Would it be unsafe to use it with the same paper on?

*Ans.*—It would be well to thoroughly disinfect the room, and then repaper it.

**Dilated Stomach.**—1. I am suffering with a dilated stomach. Would you kindly give me a list of foods that would suit me? 2. Would Sandow's exercises properly done cure the dilatation? 3. Could I eat raw apples with safety? 4. Sometimes I drink a large quantity of warm water, and then vomit it up again; is this injurious to the stomach?

*Ans.*—1. Granose, Sanatorium nut meat, bread and cream, and fruits. 2. Would be an aid. 3. Yes, scraped. 4. Yes, it is a bad practice.

**Nervous Hysteria.**—What course of diet treatment, exercise, and general training, would you recommend for a girl of about six years who shows a tendency to nervous hysteria?

*Ans.*—For diet, well-baked cereal foods, eggs, milk, greens, and fruit.

**Milk as a Food.**—1. Is there anything to show that nature intended milk to be taken otherwise than direct from the mother by its infant?

*Ans.*—1. No.

2. Is there anything in nature to show that any animal should take milk after dentition?

*Ans.*—2. No.

3. Does or does not milk deteriorate immediately it is taken from the animal by the ordinary process of milking?

*Ans.*—3. Yes. The greatest danger from milk is in the fact that after it is taken from the animal, germs enter and multiply and develop poisons.

4. Can human beings (other than young infants) subsist and enjoy good health without milk or foods the products of milk?

*Ans.*—4. Certainly. Grains, nuts, fruits, and vegetables contain all the food elements needed by the human body. By study, such foods may be intelligently used so as to supply these elements in the right proportion.

5. Has any scientific investigation been made as to whether ill health is caused by taking what is commonly known as good, sound, sweet milk or foods the products thereof, and with what result?

*Ans.*—5. Many dyspeptics have discovered that milk causes biliousness, but this is mainly due to its being taken as a drink and not as a food. Milk is a food; it needs to have the saliva mingled with it so as to prevent the formation of curds and putrefaction. The only way to do this is by taking it in the natural way, by suction and in a minute stream, or else eat it with hard breads, etc., masticating and insalivating it well.

6. Apart from scientific inquiry, have you ever heard or known of cases of nasal catarrh or throat trouble being caused by the use of such milk or the products of such milk?

*Ans.*—6. Nasal catarrh may be due to poisons or irritants formed by the fermentation of any food in the alimentary canal. Milk, when taken as a drink in cases of slow digestion and enlarged stomachs, will invariably undergo this change.

7. If you were asked to prescribe a diet, and wished to give the very best, in fact, an ideal diet, would you advise the use of milk or the products of milk for (a) brain worker, (b) laborer, or manual worker, (c) the young, (d) the adult, (e) the aged?

*Ans.*—7. This would depend upon the condition of the patient's digestive organs. In some cases milk may be prescribed with success, yet I do not consider milk an ideal food for an adult.

It is recognised that epidemic diseases weed out only the physically unfit, whose tissues form suitable food for germs, and that only the fittest survive. In observing the works of degeneracy among the living, one has recently said, "If there is anything in the theory of the survival of the fittest, a good many have been overlooked." This is not the case—through our rigid quarantine laws a few additional days of grace are granted to repent and reform their habits of life, that is all.

### Fresh Air Day and Night, as a Preventative of Consumption.



THE following hints formulated by the British National Association for the Prevention of Consumption, will be read with interest, and doubtless with profit.

The maintenance of a constant supply of fresh air by day and night is one of the most important factors in the preservation of good health, and in the prevention of phthisis or pulmonary consumption.

To breathe bad air, especially air that has



already been breathed, whether by day or night, not only weakens the constitution, but renders it less able to resist disease, and increases the danger of infection.

It cannot be too strongly impressed on us all that air that has already been breathed ought not to be breathed again, but should be regarded as absolutely harmful; whereas, while indoors, we breathe it, and rebreathe it, and breathe it again, hour after hour. Those who live in fresh air do not easily catch cold, and are less susceptible to every little movement in the air of a room or building, which others call a draught.

Our churches, public halls, theatres, school-rooms, and shops have generally an atmosphere which is injurious to health; our dwelling-houses are little better. Our sitting rooms and bedrooms in too many cases are "stuffy" and injurious in consequence of the air never being thoroughly changed.

The cottages of the working classes require much attention, so little is understood by the occupants about the necessity of fresh air and ventilation. Common experience is to find that in cases of sickness the windows and doors are kept closely shut, so that the air becomes almost pestilential, and what little chance of recovery the patient may have, is often taken away by the misguided kindness on the part of the relations to prevent the invalid "catching cold."

The proper course is to keep the patient warm by sufficient clothing, and throw the windows open, unless forbidden by the medical adviser. Many cottage windows are unfortunately intended for light, and not for air, and are merely panes of glass built into the wall, and cannot be opened; others which can be opened never are so, and are in most cases blocked up by plants, which not only exclude the light, but exhaust the air as well.

The children in many country cottages, instead of being rosy and robust, as they should be with healthy surroundings, are frequently very pale and bloodless in consequence of the foul air they have to breathe in their dwellings.

It should be an invariable rule that no bedroom should be occupied in which the window cannot be kept open, and which has not direct access to the open air.

Every room should have an open fire-place, the register of which should never be closed; and on no account should either fire-place or chimney be blocked up, as is so often the case. It should be remembered that every gaslight or lamp consumes a large quantity of the air, which requires to be replaced.

It is impossible to exaggerate the value of fresh air in the prevention of consumption, and yet the majority of the population of these (British) Isles habitually close themselves in at night, as if night air were a source of danger, instead of being a source of health. In winter especially, thousands of persons from six o'clock at night to eight the next morning habitually and of deliberate intention breathe exhausted air. No wonder 60,000 die annually from consumption, when nearly thirty millions thus wilfully set up a condition within their bodies entirely favorable to the development of the disease.

SOME say alcohol gives strength. If so, why do athletes abstain while training for a race or other contests requiring strength?

Some say alcohol gives heat. If so, why do travellers in the Arctic regions who take drink, succumb to the cold, while total abstainers remain unharmed?

Some say alcohol is good in hot countries. If so, why did Stanley refuse it to his men during his forced march across Africa in search of Emin Pasha?

Some say alcohol steadies the nerves. If so, why do surgeons abstain before performing a delicate operation?

Some say alcohol sustains the health. If so, why do assurance companies take total abstainers at a lower premium than others?

Some say it is dangerous to give up the use of alcohol suddenly. If so, why do prisoners, most of whom are obliged to abstain suddenly, improve in health?



### SUNLIGHT.

THE direct rays of the sun are among the most powerful of germ-destroying agents. The most deadly germs perish within a few minutes under the direct rays of the sun. Most germs are also killed by the action of diffused light. The value of the sunlight as a disinfectant is above estimate, hence the importance of admitting the sun to every portion of our dwellings.

### "ZOO" TUBERCULOSIS.

DR. BISSEL, City Bacteriologist of Buffalo, New York, has made investigations into the tuberculosis in the elk and red deer paddock at the park "Zoo," with special reference to the probable danger of infection to visitors and persons living in the close neighborhood of the park. His report states that since 1898, twenty elk, seven red deer, two buffaloes, three monkeys, and one wolf have died from tuberculosis.

### ADULTERATED SWEETMEATS.

SOME unpleasant information as to the ingredients to be found in the candy and chocolate dear to the heart of youth was provided by the City Medical Officer, Dr. Armstrong, in his fortnightly report to the health and by-laws committee of the City Council. Amongst samples which that officer had examined were some chocolate creams, which he had found to be adulterated by the addition of oxide of iron.

### INFANT MORTALITY AND ALCOHOLISM.

ALCOHOLISM is responsible for the propagation of weakly offspring with the usual consequence of premature death. Here are some of the figures, taken from French sources, which should cause parents to think. In 215 families, traced to three generations, with 814 descendants, the mortality was 32 per cent., this representing infantile mortality. These families were of alcoholic habits. In Rouen it was found that two drunkards had thirty-two children as offspring, and *all died before attaining the adult age*. In another series of statistics it is shown that of 800 children born of alcoholic parents, 21.3 per cent. died practically in childhood and infancy.

### PERVERTED APPETITES.

STRANGELY perverted tastes, as shown in a fondness for earthy and other inorganic or in-nutritious substances, while sometimes the result of dyspepsia, are often the cause of stomach disorders, being the result of nervous or mental disease, or being adopted as a habit

through example. In South America there are whole tribes of human beings who habitually eat considerable quantities of a peculiar kind of clay. Several North America tribes have the same habit, being known as clay-eaters. A similar propensity sometimes appears among more civilized human beings. Poorly nourished women and children sometimes eat chalk, etc. The system craves something (they do not know what), and this seems to satisfy the craving, but not the demands of the system.

### TEA CIGARETTES,—A NEW ABOMINATION.

LONDON physicians declare that the tea cigarette has taken the place of the morphine tablet with many women. The result is summarised by a well-known physician, who said: "I have at least a dozen women on my hands under treatment for the tea cigarette habit. Once let a woman begin to cultivate a taste for this compound and she is doomed." Many physicians of the West End, it is said, are seriously considering the advisability of preparing a petition to the House of Commons recommending the introduction of a Bill providing heavy penalties for those of the Bond Street tea houses which retail these cigarettes to their customers. It is in these places that the largest number of clients is to be found. Within two weeks, upwards of twenty women were taken to private sanatoriums, suffering from the effects of tea cigarettes. But there can be little more objection to a tea smoke than there is to a tea drink. The object sought is the same,—exhilaration, which is really a mild form of intoxication.

### POISONING RABBITS,—SOME OF ITS DANGERS.

DANGER of poisoning through persons eating rabbits poisoned by phosphorus baits has often been urged by persons whose business consists in trapping or trading in rabbits. Generally, the danger has been thought to be exaggerated, but recently such a case occurred at Inglewood, Victoria, an old man losing his life from this cause.

Danger to animals from the careless distribution of poison baits has also been pointed out. A Sydney newspaper says:—"Rabbit poisoning has had a very appreciable effect upon the insectivorous birds of the West, and at the present rate of things there will be very few left in the course of the next few years. Many insect pests have been kept in check by these birds, and when they are gone we may look forward to fresh plagues of insect life, of which the present prevalence of the bush blow-fly is a forecast. The phosphorised rabbit has also accounted for the death of many cows. A farmer near Camden, New South Wales, recently lost six valuable Ayrshires—they had been feeding on poisoned rabbits."

ONE of the most famous of German physicians for the treatment of mental disease, Professor Ludwig, is earnestly advocating the employment of women physicians in lunatic asylums.

After years of investigation he has come to

the conclusion that the insane are peculiarly susceptible to a woman's influence—not only the women, but the men as well. He says he has been instrumental in obtaining the admission of one woman physician to an asylum for women in South Germany, and that the results are simply astonishing.

The women are more tractable, and in certain special cases this woman doctor works wonders. Dr. Ludwig is certain that in a short time no men physicians will be employed in female lunatic asylums.—*World's News*.

#### THE FRUITS OF WEST AUSTRALIA.

DURING my recent trip to West Australia, I managed to visit one of the best vineyards, and also a few orchards. I was surprised to see the beautiful fruit grown in this coming State. Mr. Gallop, the owner of the vineyard referred to, took great pains in showing me through his well-kept place, and urged me to sample the many varieties of grapes. The vines bear profusely, and bunches of grapes weighing from five to eight pounds are not uncommon. At one of the orchards the owner presented me with a luscious pear weighing thirty ounces. Two fine-flavoured apples, weighing over one pound each, I brought with me to convince my friends at the Sanitarium that West Australia is a goodly State. Figs, peaches, prunes, etc., are equally good. Nuts also do well. The walnuts were, without exception, the finest and best I have ever seen. There are wonderful possibilities before West Australia. The climate is excellent. I see no reason why, in the very near future, West Australia should not export apples and dried fruits of various kinds, to the mother country. During the past ten years the apple exports from Canada and the United States reached the gigantic total of 53,000,000 bushels. Of this total 27,000,000 were unloaded at Liverpool. The fruit industry is a growing one, and should be encouraged in a country like West Australia where the soil and climate favor its cultivation.

THE firm of David Braham and Company has removed to larger quarters in King Street, and is well stocked with winter fabrics of Aertex Cellular materials for both ladies and gentlemen.

#### 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 low 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.

Donations previously reported, £82/4; Mr. C. £1; Mr. Sloan 10/-; A Friend 5/-. Total, £91/7/4.

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

IN the United States a large majority of the State Legislatures have passed laws against juvenile smoking. In one State, Maryland, the age limit is fourteen; in three it is fifteen; in a score it is sixteen; in three it is seventeen; in eight it is eighteen; and in as many as ten—Alabama, Georgia, Idaho, Louisiana, Nevada, Nebraska, Vermont, Washington, Wisconsin, and Wyoming—no smoking is allowed under the age of twenty-one. In thirty-five States the evil results of smoking are taught in the common schools.

We have not yet been able to see why tobacco, if a blessing, should be withheld from a youth of thirteen, sixteen, or twenty-one; or if a curse, why it should be granted to the young man of twenty-two years. If it is bad for the young man of sixteen or twenty-one, will it not be equally bad for the young man of twenty-two? We recognize tobacco as a national evil; then why not stop its sale altogether?

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**A Subscriber Writes as Follows:**

MANAGER GOOD HEALTH,

Enclosed please find money order for 3/-, for which forward GOOD HEALTH for another year. If I had the money, I know a few persons to whom the GOOD HEALTH would be very beneficial. Please let me know how many years the GOOD HEALTH has been published, as I may sometime send for all the back numbers, if obtainable, and have them bound. As it is, I have lent all my back numbers for the past three years and have only the last six left. I have also given three cookery books away, so that now I am again without one. Anyway, I hope to have aroused some interest in diet reform, if I have caused no radical change in the various persons' habits.

I must now conclude, wishing your valuable journal success and a long life, as well as prosperity and all success to the staff and the various institutions. I have omitted to state that my trouble is dyspepsia, but under the health food diet I keep well and am able to do my work and am free from many minor ailments, such as headache, biliousness, etc., with which I was once afflicted. I have been trying the diet for the last two and a half years and have had more satisfaction from it than from all the physic, etc.

W. McLISKY.

**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:—

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All of these booklets have been prepared by the Medical Superintendent of the Sydney Sanitarium as a result of years of careful research. The information they contain is invaluable and is needed everywhere. We invite the coöperation of GOOD HEALTH readers in this effort to prevent or relieve disease and suffering. Order a good supply.

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