

THE AUSTRALASIAN

# GOOD HEALTH



D. H. KRESS, M.D.  
Editor

A SOUND MIND  
IN A SOUND BODY

F. LIMOS

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GOOD HEALTH, JUNE 1, 1906.



## THE GOOD HEALTH PRINTING OFFICE, COORANBONG, N. S. W.

1. A Glimpse of the Bindery. 2. The Machine Room and Folding Department. 3. The Boat Landing, with Printing Office in Background. 4. The Type Room. 5. Proof Room.

In the above office literature is issued in seven languages and dialects other than English. All of the sixteen employees are vegetarians, teetotalers, and abstainers from tobacco, tea, and coffee. It is needless to say that they are in good health, and a happy company.



### Do You Desire Good Health ?

If you desire good health, put your heart and mind into all you do. "Whatsoever thy hand findeth to do, do it with thy might." Few people wear out, nearly all rust out. It is not the work we do, but the way we do it that makes work a blessing. Physical work must not be regarded as drudgery, or even as duty that must be performed. It should be engaged in with pleasure, just as boys engage in playing football or other sports.

Only those who delight to do what needs to be done can get out of work or physical exer-



Electrical Treatment at Sydney Sanitarium.

cise the benefits there are in it. It is better to take a short, brisk walk of one-half hour, which necessitates full expansion of the chest walls and deep inspirations of pure air, than to spend the entire day in sluggish locomotion. Women, in doing house-work, may keep the body erect and the hands and fingers moving rapidly, doing what needs to be done with dispatch. When through, they may rest, and spend some time in refreshing the mind or helping in the education of their little ones or their neighbors' children. The man engaged in office work may energize the muscles of the trunk by sitting erect. This will bring life into his efforts, and produce a feeling of

well-being which will enable him to think and work rapidly, and do his work easier and quicker. The time saved may be spent in developing other muscles of the body aside from the muscles of the trunk, or in an occasional three to five minute deep-breathing exercise in the open air or before an open window. It pays to put the heart into all we do. Try it.

### Does the Invalid Need Beef Tea ?

IN many of the acute and chronic diseases and digestive disorders, a liquid diet may be necessary for a short time. Usually meat tea, or beef extract, is first thought of and considered just the food needed. That this is a deception will be seen from what W. Gilman Thompson, M. D., in his "Practical Dietetics," says:—

"Liebig's extract of meat, consists of the flavoring extractive matters such as kreatin, isolin, decomposable haematin, and salts. Some of these substances are excrementitious, and on this account Masterman compares it to urine, although it contains less urea. A pound of mutton is represented by two-fifths of an ounce of the extract. It contains no albumin or fibrin, hence its nutritive power is practically *nil*."

Any one acquainted with chemistry will at once recognise most of these elements as poisons formed in the body of the animal as the result of breaking down of tissue. All meat extracts are composed of these soluble waste products.

The only part of the meat that has any real value as a food is the insoluble part, or the meat fibre. This part is rendered more wholesome by the removal of the soluble

wastes. In fact, the orthodox Jew carefully washed all meats just as we do dirty garments to get rid of this organic filth, which is now considered such a delicacy for invalids and on board ship. As far as the nutritive value of beef tea in heat units is concerned when compared with other liquids which are pure, the following table will enlighten us:—

1	Beef tea	No. of heat units, or calories	18
2	Orange juice	" " "	90
3	Milk	" " "	123
4	Grape juice	" " "	144

In acute diseases or in fevers the digestive organs are usually out of order. The gastric juice is diminished, digestion is slowed or absent. The foods naturally tend to decay. This accounts for the coated tongue found in fevers. Beef tea is one of the worst things to give in such cases, for it favors the cultivation of germs and the formation of poisons which feed the fever.

The same may be said of milk. For years I have found it necessary to withhold even milk from fever cases. Fruit juices, on the contrary, destroy germs of disease. Grape juice will destroy typhoid fever germs in a few minutes. Orange juice is known to be destructive to germs of cholera. Where patients are fed on fruit juices, the coating on the tongue is absent and the breath is not foul. These are therefore the best liquid foods to give patients.

In some cases milk may be safely given, but beef tea never.

### Better than Civilization.

BEFORE the Spaniards discovered the Ladrone Islands in 1620, their inhabitants believed themselves to be the only people on earth; they were deprived of almost everything that would seem necessary to the average civilized man. There were no animals on the islands except a few species of birds, which were wholly unmolested. These people had never seen fire, and at first they could hardly imagine its effects and use. Fruits, nuts, and vegetables, just as nature furnished them, were their only means of subsistence. They were exceedingly well built, vigorous, and could easily carry a weight of five hundred pounds on their shoulders. Disease was unknown to them, and they all lived to a ripe old age. There were many amongst them who had crossed the century mark without having been afflicted with the slightest ailments.—*The Clinic.*



### How Australians Are Killed.

VERY few of the deaths which occur in Australia, or in other civilized countries, are due to old age. Fully one-half of the deaths which are recorded year by year occur in infancy or youth. Is this as it should be? We have no such mortality among our little colts or calves; then why should it exist in the human race? Does the Lord intend this wholesale slaughter of little innocents, or of youths whose life mission has hardly begun? We cannot believe this to be the case. There can be no doubt that all premature deaths are due to ignorance, and are therefore preventable. The Lord says, "My people are destroyed for lack of knowledge."

Many of these deaths are due to poisoning. If someone should place a poison in our drinking water, we would have him arrested, and placed where he could do no further injury to others. Yet we permit poisons to be placed into the foods which are sold to an innocent people. The butter sold in shops, for instance, is seldom free from poisonous preservatives, for the simple reason that it becomes rancid in two or three days unless a preservative is added. It is practically impossible to purchase butter that does not contain some preservative. Aside from this, butter has to have a rich color in order to make it attractive and saleable. To produce this color, coal-tar dye is added. If you desire to make sure that I am stating the truth, have a little of the butter you use analyzed by a competent chemist, and you will doubt no longer. Give a teaspoonful of this dye to a cat, and in spite of its proverbial nine lives it will in a short time die.

Coal-tar dye, as well as other poisonous aniline colors, is also used for coloring lollies, jams, jellies, preserves, summer drinks, etc. Children are especially fond of these sweets, hence is it any wonder that they become ill and die prematurely? The poor little innocent children are not expected to know the

contents of such delicacies. They ask for bread, but through ignorance the parents, figuratively speaking, supply them with a stone or scorpion.

Meat, sausages, etc., also decay rapidly in warm countries like Australia. Why is it, then, that meat hung up in the butcher's shops, or on the streets of the cities, keeps so well? It is because it is saturated with some poisonous preservative. Butchers in general know very little of the dangerous nature of boracic acid and other preservatives, and to prevent the decay of meat they add them liberally. Many of them are ignorant of the injury the consumer must sustain. The quantity added to meat ranges from ten to forty grains per pound, while the medicinal dose is about six grains per day. The man who eats a pound of meat a day is apt to get a dangerous dose.

Milk, upon which our children depend so largely for an existence, is another food to which, because it so readily sours, boracic acid is added. Dairymen have discovered that boracic acid prevents this, and they therefore add this dangerous chemical quite liberally.

Here are a few of the foods used freely in all civilized lands, but which free from these poisonous preservatives are practically unobtainable in cities. So contaminated, their continuous use will, in time, undermine the strongest of constitutions. Infants and invalids are the greatest sufferers, since they are frequently placed on a milk diet. While all in our cities may not be able to dispense with these foods wholly, they should be moderate and careful in their use. It is possible, however, to live, and live well, without any of these foods.

It may be asked, "Why should the State not prevent the addition of these poisons? The fact is, should it be done, it would destroy the sale of these foods almost entirely, for all animal products as meat, fish, milk, and butter, undergo decay very rapidly, especially in warm countries. The State finds itself between two fires. I very much fear that just so long as the use of these foods continues, so long will preservatives be added to them; for if decay is to be prevented, it seems almost a necessity. When the general public become aware of the fact that preservatives are necessary to save our meat and butter trades, the next step will be to quiet the public mind by attempting to show

that their use in small quantities is not harmful. The love of money is certainly the root of all evil.

### That Deadly Cigarette Again.

DR. FISK has put a ban upon cigarette smoking in the Preparatory School of the North-western University, U. S. A. Any boy who refuses to give up the habit will be obliged to leave, as experience has proved to Dr. Fisk that "boys who smoke are no good to the school, learn nothing themselves, and set a bad example to the other students."

The fifteen grains, more or less, of tobacco rolled in the little paper seem so harmless that a great many parents are not uneasy when they discover that their boy is smoking cigarettes. A great mistake has been made to consider the purity of the paper as of paramount importance. The danger is not in the wrapper, but in the cigarette, and the way it is smoked. It is the way cigarettes are smoked that makes cigarette-smoking more dangerous than any other form of tobacco-smoking. Cigarettes are not injurious because the tobacco is wrapped in paper, even though that paper is made of old clothes; nor is it injurious because of the introduction of some foreign drug, nor because of the ink that may be used in stamping the paper of the manufactured ones. Manufacturers of cigarettes and cigarette paper call attention to the purity of the paper; that it is a rice paper and perfectly harmless; that there is no copper in the ink used in the manufactured ones; that there is no foreign drug added to the tobacco.

This is merely a mental opiate, and it is designed to cover up the real danger in the cigarette. Of course the paper is harmless. They need not add anything to the tobacco to make cigarettes pernicious; no added poison could be worse than that contained in tobacco naturally. But why is the cigarette more injurious than other forms of tobacco? Because the smoke is inhaled into the lungs, and is brought in contact with a membrane which exists for the special purpose of absorbing gases. A much greater proportion of nicotine is therefore absorbed than is the case when tobacco fumes are only brought in contact with the mucous membrane of the mouth when smoking a pipe or cigar. Should the smoke from these be inhaled as it is by smoking the mild cigarette, the results would

be far more serious than from the inhalation of the smoke of the cigarette. If the injury is due to the inhalation of tobacco smoke, we can see how infants may be seriously injured by living in an ill-ventilated home with a tobacco-using father.

### A Few Helpful Suggestions in Maintaining Health.

Each morning immediately after rising, take a cool shower spray or full bath, wipe dry quickly, and follow by vigorous rubbing with the hands until a good reaction is brought about. Avoid very coarse towels. These applications should be as cold as can be borne, and *short*. The colder the water, the shorter should be the application. The whole treatment should not require more than three minutes. If the shower bath is not accessible, a little cold water in a basin will answer the purpose, using a sponge or the bare hand in applying the water. Dress quickly, and take a brisk walk for half an hour in the open air, or take some special exercise. Do not carry exercise to the point of fatigue or exhaustion. If faithfully followed, this will be found to be a most wonderful tonic, and an almost sure protection against colds. After this spend twenty minutes in mental or moral culture. Store the mind with food for meditation and assimilation during the day. This is an all-round preparation to face the duties of the day.

### Some Dangerous Patent Medicines.

THAT much mischief is done by the use of these so-called remedies, the following from Samuel Hopkins Adams' paper which appeared in "Colliers" clearly indicates:—

#### Bromo-Seltzer.

Bromo-Seltzer is commonly sold in drug stores, both by the bottle and at soda fountains. The full dose is "a heaping spoonful." *A heaping teaspoonful of bromo-seltzer means about ten grains of acetanilid.* The United States Pharmacopœia dose is four grains; *five grains have been known to produce fatal results.*

The prescribed dose of bromo-seltzer is dangerous and has been known to produce sudden collapse.

Megrimine is a warranted headache cure that is advertised in several of the magazines. A newly arrived guest at a Long Island house party brought along several lots and distributed them as a remedy for headache and that tired feeling. It was perfectly harmless, she declared; didn't the advertisement say "leaves no unpleasant effects?" As a late dance the night before had

left its impress upon the feminine members of the house party, there was a general acceptance of the "bracer."

That night the local physician visited the house party (on special "rush" invitation), and was well satisfied to pull all his patients through. He had never before seen acetanilid poisoning by wholesale. A Chicago druggist writes me that the wife of a prominent physician buys megrimine of him by the half-dozen lots, secretly. She has the habit.

#### Antikamnia.

Antikamnia, claiming to be an "ethical" remedy, and advertising through the medical press by methods that would with little alteration fit any patent painkiller on the market, is no less dangerous or fraudulent than the orangeine class which it almost exactly parallels in composition. It was at first exploited as a "new synthetical coal-tar derivative," which it isn't and never was. It is simply half or more acetanilid (some analyses show as high as sixty-eight per cent.) with other unimportant ingredients in varying proportions. In a booklet entitled "Light on Pain," and distributed on doorsteps, I find under an alphabetical list of diseases this invitation to form the Antikamnia habit:—

"Nervousness (overwork and excesses)—Dose: One antikamnia tablet every two or three hours.

"Shoppers' or Sightseers' Headache—Dose: Two antikamnia tablets every three hours.

"Worry (nervousness; 'the blues')—Dose: One or two antikamnia and codeine tablets every three hours."

Codeine is obtained from opium. The codeine habit is well known to all institutions which treat drug addicts, and is recognised as being no less difficult to cure than the morphine habit.

A typical instance of what antikamnia will do for its users is that of a Pennsylvania merchant, fifty years old, who had declined, without apparent cause, from one hundred and forty to one hundred and sixteen pounds, and was finally brought to Philadelphia in a state of stupor. His pulse was barely perceptible, his skin dusky, and his blood a deep chocolate color. On reviving he was questioned as to whether he had been taking headache powders. He had, for several years. What kind? antikamnia; sometimes in the plain tablets, at other times antikamnia with codeine. How many? About twelve a day. He was greatly surprised to learn that this habit was responsible for his condition.

"My doctor gave it to me for insomnia," he said, and it appeared that the patient had never even been warned of the dangerous character of the drug.

### Shall We Rest After Meals?

SOME answer in the affirmative, arguing that most animals lie down and sleep after feeding; others again assert that a nap after meals impedes digestion.

It has been left to Dr. Schule, of the Freiburg University, to decide the point. Two persons with equally sound stomachs,



lent themselves to an experiment. After a full-sized dinner, one of the subjects was allowed to go to sleep, while the other only took a slight rest without sleeping. After a certain period Dr. Schule examined them, with the result that a considerable difference was found in the stage of digestion that had been reached.

The conclusion was arrived at that sleeping after meals hinders the action of the digestive organs, and favors the formation of acidity in the stomach. Persons, therefore, who suffer from enlarged stomachs or from acidity, says the German doctor, should avoid the after-dinner nap.

### The Need of a Sound Mind in a Sound Body.

(Extracts from a lecture delivered by D. H. Kress, M. D., at the Sydney Sanitarium, Wahroonga.)

THE wise body-builder, in sitting down to one of our modern tables laden with all manner of foods, will consider diligently what is before him, and will select that which appeals to him as being the most suitable out of which to build so important a structure. If he has an intelligent knowledge of food and their combination, he will usually be able to supply his needs with what is placed before him, *anywhere*. We all recognise that in order to have a healthy body, it is necessary to furnish the digestive organs with wholesome material, for the body is composed of what we eat.

We do not seem to recognise, however, or if we do we do not act as though we did, that mentally, morally, and spiritually, we are composed of the food we furnish the mind. The one who is content to feed the mind upon spicy stories, love-stories, etc., often made inviting to innocent readers because a good moral is attached to them, or the one who makes a daily meal of the promiscuous and conglomerated mass of matter furnished in our modern daily papers, is mentally and morally made up of that kind of material. His thoughts are made up of that which the mind appropriates. The fact that the world is flooded with such literature, which is devoured by old and young, no doubt helps to explain the prevalence of the existing sin and crime.

Men and women must be controlled by principle in the selection of mental food, just as truly as they must be governed by principle in the selection of food for the body. In

fact, the former is more important than the latter. Men and women cannot read what they like any more than they can eat what they like, regardless of wholesomeness.

Usually, those who are not controlled by principle in the selection of food suitable for the body, are not controlled by principle in the selection of food for the mind. At the table, character is revealed just as truly now as in the time when Daniel purposed in his heart that he would not defile himself with the king's meat, nor with the wine that he drank, and requested that he might have pulse to eat and water to drink instead. Those who subsist upon puddings, pastries, lollies, etc., at the table, merely because they impart a pleasing sensation to the palate, are the ones whose mental food is made up of light, chatty literature, because it imparts a pleasing mental sensation. In the world to-day there is just as little thought given to the class of literature men and women read as to the class of food they eat. No wonder we have so many worthless young men, and so many young women who are hysterical and sentimental, leading imaginary lives, and dying with imaginary diseases.

Many of our modern young men and women are lacking in solidity. The result is that most of the marriages are the result of mere sentimentalism. Future usefulness is not considered in forming these alliances, and to counsel with older and wiser minds is considered old-fashioned. The contracting parties live together until the novelty of the married life wears off, and they are forced to face real life, and then they either apply for a divorce or conclude to live together and make the best of it. The daily increase in divorces finds an explanation here. Eating and drinking, marrying and giving in marriage, is the order of the day, and lack of principle is responsible for it. The person who is careless in the selection of physical and mental food, gives evidence that sentimentalism—not true love—has a controlling voice in the life, and principle is lacking.

The world is flooded with a class of unsuspected literature that is leading minds astray. Satan presents sugar-coated pills. He appears as an angel of light. Pious love-stories, Sunday-school novels, and other literature that fevers the imagination, are now written to deceive, if it were possible, the very elect. Fathers and mothers allow their children to read these, and their minds

are filled with that which is unreal. If from infancy children are mentally fed on the unreal and fanciful, they will never acquire a real relish for that which is good and wholesome, and later in life, when these buds develop or unfold, the parents are surprised at what they reveal. But they need not ask "from whence are these tares?" for the life of the young man or young woman is merely a revelation of that which their minds have been fed upon in childhood and youth.

While fathers and mothers slept, the enemy sowed tares. Many of our young women lead butterfly lives. They are living novels known and read of all men.

If we would have a sound mind in a sound body, solid timbers must be employed in the building of character. The mental puddings, pastries, and lollies are



Vegetarians—Paul and John Kress.

unwholesome, and must be passed by if healthy minds are desired. Imaginary diseases are numerous, but they are found only with those who have cultivated a wrong state of mind by unsuitable reading matter. There are books and journals that contain the truth winnowed from error, and these may be read with safety by old and young. But those who have cultivated an appetite for light and superficial reading matter, will be light and superficial; and they will find as much difficulty in controlling the mental appetite as does the glutton or epicure in controlling his appetite for spicy, highly-seasoned foods, or the drunkard in controlling his appetite for intoxicating drink.

With such, all relish for solid reading has disappeared. The life is unreal and fanciful,

and home duties are unwelcome. Thousands of homes have mothers that are as helpless as infants in caring for the little ones thrust upon them. We wonder why we have such a high mortality rate among children and infants; here is cause sufficient. In order to be in health, there must exist a sound mind in a sound body. Even the best physical food alone, therefore, will never insure health, no matter how wisely and carefully selected. The mind must also be sound and in health, for the quality of the impulses sent forth from it to the various organs and tissues of the body, will determine the health of the body. Man liveth not "by bread alone, but by every word that proceedeth out of the mouth of God."

God, who desires that man, His masterpiece of creation, should be in health, has provided him with the right mental and physical food. At the beginning He gave him the foods most suitable for the body. He also made provision for the mind in giving man the beauties of nature to contemplate, and the Book of books, the only infallible interpreter of nature, to study. But when we turn from these, and put in their place poisonous substitutes, physical, mental, and moral health is impossible.

### For Mothers Who Drink Beer and Beef Tea.

It is surprising how many mothers drink beer, imagining that it is essential for them, and for the welfare of their nursing infants. No greater and more dangerous mistake could possibly be made. It is true that both mother and child need nutriment, but beer contains practically *no* nutriment for either mother or child. The amount of nutriment found in one quart of beer could be obtained by eating one small thimbleful of wholesome bread. How true it is that all alcoholic beverages are mockers, and "he that is deceived thereby is not wise." There would be, however, no special harm in taking beer, even while possessing little or no nutriment, did it not contain that which is a positive injury to both mother and child,—alcohol. Mothers who use beer usually have sickly infants, and because of the delicate health of their children, ignorantly feel that it is a necessity. But do the infants improve? O no, they still remain sickly. Yet the beer is clung to, and perhaps, instead of one glass, an additional glass is taken. The mother is in danger of becoming

a slave to drink, and the child, if it lives, is apt to become an idiot.

It would be well for mothers to heed the counsel given to the wife of Manoah by the angel of the Lord when she was promised a child; "Behold thou shalt bear a son. Now therefore beware, I pray thee, and *drink not wine* nor strong drink, and eat not any unclean thing." Judges 13: 3, 4.

And now, what about beef extract? Is it not highly nutritious? Let us see. Wheat, rice, oats, nuts, etc., contain from eighty-five per cent. to ninety-three per cent. of nutriment. What percentage of nutriment does beef extract contain? Does it contain twenty per cent.? No. Ten per cent.? No. Five per cent.? No. One per cent.? No. How much does it contain? *About one-twentieth of one per cent.*

Here again, however, there could be no harm in taking beef extract were it not an *unclean thing*, holding in solution the impure body-wastes which are constantly eliminated through the lungs and kidneys of the animal while living. One scientist has well said, "Beef extract is a veritable solution of poisons." Therefore, mothers, be *wise*, and heed the warning: "Beware, I pray thee, and *drink not wine* nor strong drink, and *eat not any unclean thing*."

### "Appendicitis."

THE most recent booklet from the pen of Dr. D. H. Kress may be read with profit by every one. Do not fail to read the booklet. The following paragraphs indicate that the appendix is a useful organ, and cannot be dispensed with without serious after-results:—

"Some one has truthfully said, 'No man dies a triumphant death who dies of a disease below the diaphragm.' Certainly this applies to appendicitis, for it is a disease that need never exist, and when it does exist, it may be successfully treated and future attacks avoided by correcting the habits of life. Surgical interference, which is partially responsible for the high mortality rate, even if successful, leaves the patient in a worse state generally, because it always paves the way for more serious constitutional diseases. Surgical interference is seldom necessary or indicated. A few days' complete rest, fomentations to the region of the appendix continued for ten minutes, and at the end of every two hours the application of a small ice bag filled with ice, between the fomentations, will usually

allay the inflammation. The alimentary canal must also be kept at rest. All food should be withheld for two days. Water may be taken freely.

"In order to live above the possibility of appendicitis, it is only necessary to return to a simpler life. Simple aseptic and non-irritating foods and beverages, which will render the use of laxatives unnecessary, and give a disrelish for alcoholic drinks and tobacco, and the practice of thorough mastication, will prevent the decay and putrefaction of food products in the colon. These reforms are doubly necessary for those who have been so unfortunate as to lose the appendix; for as Professor McEwen has pointed out, the mucus poured out of the appendix possesses germicidal properties, and serves to restrain the development of bacteria in the colon, thus preventing putrefaction, fermentation, and the formation of ptomaines and toxins. If these putrefactive changes in the food products of the colon are responsible for appendicitis, and the secretions of the appendix tend to retard them, the removal of the appendix, it will be readily seen, must aggravate the condition or still further favor putrefaction, providing the same foods are used. That this is the case is shown by the foul odor of the feces and the spells of uncontrollable diarrhoea of those who are appendixless. The increased formation and constant absorption of poisons thus formed will bring about deterioration of the tissues and the organs of the body, and will produce such constitutional diseases as Bright's disease, diabetes, pernicious anemia, arteriosclerosis, and a host of other fatal maladies, which leading medical authorities the world over recognise as diseases due to self-poisoning.

"Our advice to all is, Do not dispense with the appendix no matter how small or insignificant it may appear in your eyes or in the eyes of the physician or surgeon, for even though the surgical operation should be a success, it is impossible to enjoy the same degree of health, or to expect to live as long, without the appendix as with it. The better and more sensible thing is to reform the habits of life, and thus live above the possibility of appendicitis."

THE booklet on "Tuberculosis," the great white plague of modern times, also the booklet on "Appendicitis," will be found of value to those affected with either of the diseases, and helpful to those who wish to escape disease.

### A Patient's Description of the Sydney Sanitarium.

"I HAD read during the late heat wave of the attractions offered by the Sydney Sanitarium, and then pretty well decided that when opportunity offered I would take a rest there, and having spent a full week at Wahroonga, a short account of the place will, I think, be read with some interest.

"At that time I knew very little about the great institution at Wahroonga—had not, indeed, the least notion where Wahroonga was. It is situated twelve miles from the city, at the end of the prettiest twelve miles of train-run which I know in Australia. You leave Milson's Point by a train which is evidently built for, and secures, a large amount of passenger traffic. The run to Wahroonga is a revelation of how suburban Sydney is stretching far out into the bush. More or less the whole way it is built, or



Away from the Smoke and Dust of the City

being built, upon. Not so much houses of a moderately good residential character, as houses elegant, chaste, delightful to the eye, and most assuredly comfortable to luxurious.

Places that would cost £2,000 to £5,000 each; in a thousand designs; charming in their diversity; a mixture—perhaps an odd mixture in some cases—of the old English, the French chalais, with the modern. Personally I love color, and variety, and here I found it to my heart's content. . . The tale in its total speaks of the widespread prosperity of city people. Here, and in many other directions, the story is the same. Sydney, in its suburbs (more especially its new suburbs) is every year becoming more beautiful.

"A cab takes you from the station to the Sanitarium. You could walk the distance, and enjoy the walk, but a couple of miles is too far to carry your traps. We wended our way through bushy lanes leading up to the health resort (700 ft high).

"Three stories high and with a tower which dominates hill and vale for many a mile, the Sanitarium is in an ideal spot for a health resort. The flower beds and the orange groves certainly lend enchantment to the view.

"The Sydney Sanitarium is the *cleanest, neatest, nicest, healthiest, homeliest, happiest* place for recuperation, rest, and change I know in the Commonwealth. I shall long remember the week spent there."—*E. Doidge, Editor of "Cootamundra Liberal."*

### What Shall We Eat and Drink?

THIS is a question that at once arises in the minds of all who are desirous of throwing aside harmful foods, and reforming their diet. This, however, need not perplex any, for abundant provision has been made by the Creator for the needs of all His creatures; not one has been forgotten.

The plants experience no difficulty in selecting their food. They do not have to go prospecting, and try a little of this or that, then make the discovery that it disagrees with them, and finally become perplexed and say, "What shall we eat?" We cannot imagine a wise Creator creating a plant without providing for it the elements necessary for its growth and health. Neither could we conceive of the Creator concealing from the plant the elements designed for it, and permitting it at the risk of health and by bitter experience to make the discovery for itself.

The living organisms of the vegetable kingdom experience no difficulty in the selection of their food. Out of the nu-

merous elements provided in the earth and air to supply their needs, each selects and appropriates that which was intended for it. The pale potato sprout in a dark cellar will creep many feet to reach a small opening through which sunshine and air is admitted. The tree sends its roots always in the direction of water; if obstacles are in the way the roots will pass either over or around



them. The lily, growing in the midst of slime and filth, appropriates only the elements which help to make up its snow-white purity.

When God made man, He provided for him the food and drink necessary to keep him in health. He did not make it necessary for man to test various foods and combinations, and, through suffering and sickness resulting from errors and mistakes in diet, at last, when at the point of death, discover the food best suited for him. To save man from all this, immediately after his creation God called his attention to the food intended for him; for we read: "And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat." Gen. 1 : 29.

Had men always used only these simple non-irritating products of the earth, how much suffering and misery might have been avoided. But "we all like sheep have gone astray," and all are suffering the results,—degeneracy in health and morals.

All who are anxious to reform, and are enquiring, What shall I eat and what shall I drink in order to regain health and life, or to make moral growth possible? will be guided past alcohol, tea, coffee, etc., and will, like the root of the tree, find the pure living streams of water. They will be led

again to select only the food given to man at the beginning,—the only food ever intended for him,—the pure natural products of the earth.

### Body Cleansing.

It is man's privilege to recognise God at work in sickness as well as in health. Fever, for instance, is only an effort to burn up the mass of rubbish that has been accumulating in the system as a result of violating nature's laws. It is the Creator at work cleansing the temple of the physical impurities which corrupt and stupefy the brain, that we may be enabled more clearly to discern the still, small voice and be kept in the path of right.

God calls upon man for co-operation while in health, in keeping the system clean and freed from impurities. If this co-operation is given *daily*, there is no chance for an accumulation of impurities, and the annual or semi-annual house cleaning which causes so much confusion, breaking up the happy family circles, will not be necessary. If man neglects to co-operate, failing to give attention to diet, exercise, cleanliness, etc., impurities accumulate until over-burdened nature has to put forth a special effort to rid the system of these. Sickness, though disagreeable, is then a necessity. But God is at work in sickness as well as in health, doing for us the best he can.

### Decline of the British Race.

WITH some measure of pride we point to Great Britain and say she sits a queen among the nations of the earth. The strength and vitality of a nation, however, can only be rightly judged by the vitality of her people. Physical decay among her people will be followed by national decay. The great nations of the past have all acquired their greatness through the temperate and simple habits of the people that composed them.

Babylon sat a queen, but through the luxury of her people she was brought low, and conquered by the temperate Persians. Medo-Persia, after reaching greatness, threw off restraint, and her people began to lead gluttonous and intemperate lives. Medo-Persia was then conquered by the more temperate Grecians. After conquering the world, Greece followed the example of

other nations; her people became intemperate, and Greece fell into the hands of the then temperate Romans.

Great Britain's greatness to-day is due to the fact that her people of the past have lived temperate and simple lives, and not to the fact, as some think, that she now consumes 152 pounds of meat a year per capita, or because she is a great beer and tea drinking country. On the contrary, these are evidences of her decay. Out of 69,553 recruits inspected to enter military service, 22,382 were rejected as unfit. Many who were recognised as degenerates were not encouraged to appear for inspection. These are not included, otherwise the number rejected would be much larger. Those that were received can not be said even to have been in possession of more than moderate health, for the health statistics of the British army for the year 1903 show that out of a total of 242,182 men there were as many as 183,598 admissions to hospital. The duration of the illnesses shows that, on the average, every soldier in the British Army has about *twenty-two days* on the sick-list per annum.

Japan has of late come into prominence. Japan's conquests have undoubtedly been due to the temperate and simple habits of her people. But already we are informed Japan is beginning to adopt the health-destroying and enervating habits of civilized countries. This will mark *her* decline as truly as it has of nations of the past. Cause is always followed by effect, and similar causes bring about similar results.

### Do You Consider the Cox Consumption Cure of Any Value?

I FULLY believe consumption to be a curable disease when taken in time. But it quickly reaches the incurable stage when neglected. The disease always begins at a very small point, usually in the lungs, and like a spark in a house, rapidly spreads under favorable conditions if not extinguished. Post-mortem examinations reveal that fully eighty-five per cent. of all deaths have old tubercular scars indicating active tuberculosis at some time in the life history. But the number of deaths from tuberculosis averages only about fifteen per cent.; this shows that fully seventy per cent. of tubercular subjects recover, and through life remain in blissful ignorance of ever having had the disease.

The question arises, How is the cure brought about in the seventy per cent. that recover? In order to understand this, it is necessary to have a knowledge of the disease.

Tuberculosis is a germ disease. The germs may be carried into the lungs directly through the air breathed, or indirectly through the food; but as long as the lung tissue is in a healthy condition, possessing vitality, it is impossible for tubercular germs to do any injury. Healthy tissue is not only germ-proof, but is capable of destroying germs of disease.

There must be an undermining of the vitality of the lung tissue, in other words the soil of the lungs must be prepared for the seed or the germs, before it is possible to take the disease. If lowered vitality is responsible for the disease, the cure must lie in building up the vitality of the body, for in tubercular disease a deadly conflict is going on in the body between the normal body cells, and the invading army of tubercular ones. The weaker are overcome by the stronger. The fittest survive.

The principal aim in any treatment of value must therefore be, to build up the general health and vitality of the patient. We may go about this intelligently. We are aware that mold never grows on the leaves of a healthy tree. It is not the mold or the leaves that receives the principal attention of the intelligent up-to-date orchardist. He recognizes that the tree lacks vitality and needs building up. He digs about the roots and loosens the soil, thus admitting more air to them, and puts into the soil some of the food elements it lacks, and which are needed by the tree. By building up the vitality of the tree, the mold drops from the leaves. Consumption must be treated in the same intelligent manner; not the lungs nor the germs, but the patient needs treatment and building up. I have observed that consumption is always preceded by indigestion, and that nearly all consumptives have dilated stomachs. The food being retained in the enlarged organ for a prolonged period undergoes decay, and poisons are developed. The poisons and imperfectly prepared food elements are absorbed; the tissues are, as a result, poorly nourished and overwhelmed with these impurities, and lose their power of resistance. This paves the way for the germs of tuberculosis.

The body is undermined in other ways. The breathing of impure or vitiated air is

another contributing and predisposing cause of consumption. The vitality of the tissues depends almost entirely upon pure food and an abundant supply of pure air. The lack of these is responsible for the prevalence of the disease in civilised countries. Cures can only be brought about by recognising and removing the causes. Good, pure, easily digested food and pure out-door air, with a moderate amount of exercise, will cure any curable case of this disease, without the use of so-called specific and secret remedies.

There have been in the past, and still are, a great many specific cures advertised for this disease. Some are out-of-date and are now considered worthless; new ones are springing into existence, some of which are innocent and worthless, others dangerous; some may possess a little virtue. Much is claimed for each, judging from the many testimonials appended. But any remedy, so called, will be found valueless unless attention is at the same time given to the diet, air, and out-door life. When recovery takes place, the glory should not be given to the specific remedy used, but to the beneficent and life-giving agencies of nature.

Dr. Rigby, a well known Preston doctor, in speaking recently of the evil resulting from tea-drinking, said: "To enumerate the diseases caused by tea is like writing a quack advertisement. It produces anemia, constipation, chronic gastritis, lays the foundation for gastric ulcer, and causes irritability of the nerves, and a whole host of nervous disorders, so that if any one were desirous of amassing a fortune, no surer plan of rapidly doing so could be devised, than to make up pills of innocent material such as bread crumbs and extract of hops, and in the directions for their use by the public stipulate that the patient should abstain from the use of tea."

The benefit derived from such a course of pill treatment would of course be due to the disuse of tea and not to the use of the pills. The same may be said of these advertised consumptive cures. Some may possess a *little* virtue, more possess none. Any remedy, however harmless and innocent, which stipulates that the patient must live in the open air, practice deep breathing, and give attention to diet, will accomplish good.

I have said nothing about the Cox Cure for consumption because I know nothing of the nature of the remedy, but must admit I have little confidence in any of those secret

remedies. They are as a rule money-making schemes. I have every confidence in the simple agencies of nature through which the Creator ministers life and health to His creatures. These may be had without money and without price, and as stated before will cure any curable case if intelligently employed.

D. H. KRESS, M. D.

### A Grateful Patient.

A FORMER Sanitarium patient writes,—

I do not want any thanks for the few patients I have sent to your Sanitarium. It only gives me great pleasure to recommend the place, and the treatment that a person can get at the Sanitarium. I am a much better man now than when I came to you nearly two years ago. When I say a better man, I mean both in body and soul. I do feel very grateful to you and all your people for what has been done for me.

I am a strict vegetarian and I may mention that all the members of my father's family are also, even my father, and he is an old man. I never expected he would give up the use of flesh food. But he *has*, and he is much better in health ever since. My mother used to be a great tea-drinker, but she has not had a taste of tea for over a year, and I am very thankful to be able to say she is much better in health.

### Mother's Influence.

THE chaplain of a prison once stated that one of the most distressing experiences of his prison life was with a murderer sentenced to death. The man remained stolid and unmoved by any appeal to his moral sentiment or to his conscience. As the chaplain bade him farewell at his execution, he said, "I'll tell you why you couldn't do nothin' for me. Other men's mothers taught them religion when they were little. My mother was a drunken thief!"

God puts a child's mind, like a white scroll, into the mother's hand. He alone fully knows what she writes there.

### Ptomaine or Fish Poisoning.

ANOTHER annual picnic was unceremoniously broken up recently. At the annual picnic given by the Wagga Catholic School, many suffered from ptomaine poisoning supposed to have been due to the eating of fish. The boarders at the Wagga Convent who had separate provisions were unaffected.

Fish poisoning is common, especially in summer. It does not always end fatally, or even as seriously as was the case at Wagga.

There are degrees of poisoning. If only a small quantity of the poison is present and absorbed, it may merely result in a severe headache or unfit one for work. In these cases, the true cause is seldom suspected. It is only when a greater quantity of this poison is formed and absorbed that the symptoms become severe.

## The Home.

### Why I Quit.

No, stranger, I have not a light.  
I used to smoke an awful sight;  
But now I've quit, I've quit to stay,  
So blow your smoke the other way.  
How was it I quit? D'you want to hear?  
I quit I reckon nigh two year.  
Though 'fore I quit I smoked for twenty,  
Fact is, my pipe was never empty,  
Or if it was, it was a law  
To have a plug inside the jaw.  
If it was'nt smoke, then it was chew.  
But once I saw as an angel saw,  
And so I quit.

Do you see this curl?  
Well, when I quit, I loved a girl,  
The sweetest, dearest bit of clay  
That was ever molded woman's way.  
More of an angel than a human,  
More of a saint, sir, than a woman,  
Leastwise I never saw her like.  
And for her sake I quit the pipe.

Talk to me?—No, she did'nt need ter.  
Her very presence killed the weed, sir.  
I never felt so low and mean,  
So pig-like, filthy, and unclean,  
As when I stood within her room.  
She seemed to fill it with perfume—  
Kind as an angel, and as sweet.  
The lily flower is hard to beat,  
Yet I'd have touched a lily white  
Quicker'n her. She flashed a light  
Into my soul, and then I saw  
The beast a man is that can chew  
A dirty plug, and, what is like,  
The smoker of a filthy pipe.

It came to me that God made Eve  
Out of first Adam's side. D'you b'lieve  
I thought He'd had to make from me  
A creature of impurity,  
And never could give such a dove  
To such a filthy beast to love?  
And, sir, I said "Before I ask her,  
I'll quit, I will." O, what a task, sir!  
I'd go a spell without, and then  
Go back to wallow in my pen.  
I finally told her of my plan,  
And asked her help me be a man.  
She told me God's help was the best,  
Yet put a hope within my breast  
That if I'd be a man, pure, straight,  
Someday, perhaps, she'd be my mate.  
I went away to prove my claim,  
To overcome my manhood's shame,  
And just a year ago to-night  
I went to see my lily white.  
A hush was round the place. An awe  
Fell over me before I saw  
That crape hung from the door knob there,  
And sobbing filled the quiet air.

They took me in; they made a space;  
I looked on my dead darling's face,  
More beautiful than angels are.  
A light fell on it from afar.

The smile she wore was not for me,  
But for the Lord divine. You see  
I knew that instant as if told,  
That love had made me overbold.

No, not for me in time. I stepped  
Nearer her coffin's side and wept,  
And vowed, while gazing on her face,  
To seek to Heaven for help and grace,  
To purge away my guilt and sin,  
To be the man I might have been.



So, stranger, grief is made more light,  
Since Christ has come and made me white.  
And some day in a world more fair,  
I'll meet my lily free from care,  
No fume of pipe, no stain of sin;  
I'll be the man I might have been.  
Not through my merit; I must hide  
In Him she loved, the Crucified.  
You know now why I keep no light,  
Save from above. So, sir, good-night.

FRANCES E. BOLTON.



### The Liquor Traffic and Prohibition.



WITH a liberal hand, God has bestowed His blessings upon men. If His gifts were wisely used, how little the world would know of poverty or distress! It is the wickedness of men that turns His blessings into a curse. It is through the greed of gain and the lust of appetite that the grains and fruits given for our sustenance are converted into poisons that bring misery and ruin.

Every year millions upon millions of gallons of intoxicating liquors are consumed. Millions upon millions of dollars are spent in buying wretchedness, poverty, disease, degradation, lust, crime, and death. For the sake of gain, the liquor-seller deals out to his victims that which corrupts and destroys mind and body. He entails on the drunkard's family poverty and wretchedness.

When his victim is dead, the rum-seller's exactions do not cease. He robs the widow, and brings children to beggary. He does not hesitate to take the very necessities of life from the destitute family, to pay the drink bill of the husband and father. The cries of the suffering children, and the tears of the agonized mother, serve only to exasperate him. What is it to him if these suffering ones starve? What is it to him if they too are driven to degradation and ruin? He grows rich on the pittances of those whom he is leading to perdition.

Houses of prostitution, dens of vice, criminal courts, prisons, almshouses, insane asylums, hospitals, all are, to a great degree, filled as a result of the liquor-seller's work. Like the mystic Babylon of the Apocalypse, he is dealing in "slaves and souls of men." Behind the liquor-seller stands the mighty destroyer of souls, and every art which earth or hell can devise is employed to draw human beings under his power. In the city and the country, on the railway trains, on the great steamers, in places of business, in the halls of pleasure, in the medical dispensary, even in the church, on the sacred communion table, his traps are set. Nothing is left undone to create and to foster the desire for intoxicants. On almost every corner stands the public house, with its brilliant lights, its welcome and good cheer, inviting the working man, the wealthy idler, and the unsuspecting youth.

In private lunch-rooms and fashionable resorts, ladies are supplied with popular drinks, under some pleasing name, that are really intoxicants. For the sick and the exhausted, there are the widely advertised "bitters," consisting largely of alcohol.

To create the liquor appetite in little children, alcohol is introduced into confectionary. Such confectionary is sold in the shops. And by the gift of these candies the liquor-seller entices children into his resorts.

Day by day, month by month, year by year, the work goes on. Fathers and husbands and brothers, the stay and hope and pride of the nation, are steadily passing into the liquor-dealer's haunts, to be sent back wrecked and ruined.

More terrible still, the curse is striking the very heart of the home. More and more, women are forming the liquor habit. In many a household, little children, even in the innocence and helplessness of babyhood, are in daily peril through the neglect, the abuse, the vileness of drunken mothers. Sons and daughters are growing up under the shadow of this terrible evil. What outlook for their future but that they will sink even lower than their parents?

From so-called Christian lands the curse is carried to the regions of idolatry. The poor, ignorant savages are taught the use of liquor. Even among the heathen, men of intelligence recognize and protest against it as a deadly poison; but in vain have they sought to protect their lands from its ravages. By civilized peoples, tobacco, liquor, and opium are forced upon the heathen nations. The ungoverned passions of the savage, stimulated by drink, drag him down to degradation before unknown, and it becomes an almost hopeless undertaking to send missionaries to these lands.

Through their contact with peoples who should have given them a knowledge of God, the heathen are led into vices which are proving the destruction of whole tribes and races. And in the dark places of the earth the men of civilized nations are hated because of this.—*Mrs. E. G. White, in "Ministry of Healing."*

### MOTHER'S INFLUENCE.

Would you know the baby's skies?  
Baby's skies are mother's eyes.  
Mother's smile and eyes together,  
Make the baby's pleasant weather.

### He Will Hear You When You Call.

THIRTY years ago a lady stopped to speak to four neglected boys, who, barefoot and poorly clad, were playing marbles in the streets of Mendota, Ill. "Are you in Sunday-school?" she asked.

"No! Ain't got no clothes," replied one.

"Would you come if you had clothes?" she asked.

"You bet!" was one boy's emphatic reply.

"What are your names?" she asked.

"Peter Bilhorn," replied the first boy, and the others in turn gave their names. Peter was a German lad, the son of a widow. Clothes were provided, and he and the others kept their promise.

It was a warm Sunday, and the lady who had invited them and who was to be their teacher, sat, all in white, telling her class of boys the story of the lesson. Almost or quite the only thing they remembered of it, as appeared afterward, was the way the teacher looked, and one thing she said and did. On the back of a card she drew a cross with the name "Jesus" above it, and said: "Boys, Jesus suffered to help us in our troubles. If you ever have any trouble, look to Him for help."

One day a terrific storm swept over the prairie town. The streets were all flooded, and the little stream that flowed through the town, usually nothing but a mere trickling of water, was a raging torrent. Boxes, barrels, and the boards from a lumber yard near by, were swept away. The boys were there to see what work the storm had done, and Peter fell in.

He grasped at weeds on the bank, but they pulled out. He tried to get hold of a board, but it slipped away from him. He was carried under two bridges, on each of which futile efforts were made to rescue him. Toward a third bridge, and the last, he swept, and the roar of the water was in his ears.

"In that moment," he says, "the vision of that teacher, all in white, and her words about looking to Jesus in time of trouble, came to me. I put my hands together and prayed."

It was that gesture of the sinking boy that saved him, for two men on the bridge seized the uplifted hands and drew him out. For a time he was unconscious, and when he came to, after much rolling and rubbing, they asked him how he happened to have his

hands up as they were, and pressed together.

"I was ashamed to say that I was praying," he says, "and I asked boastfully, 'Didn't you know I could swim?' But I kept thinking I had told a cowardly lie. I had learned in Sunday-school about the other Peter, the one in the New Testament, and it seemed to me I had denied the Lord just as he did."

Bilhorn became the singing evangelist and song-writer, and this incident is said to have been the occasion of his writing the song—

He will hear you when you call,  
He will help you when you fall.

—Exchange.

IN the large cities of the United States, appendicitis is becoming so prevalent that one of the most eminent observers, Dr. Keen, of Philadelphia, estimates that a third of the population is attacked by it at some time.

## Seasonable Recipes.

**NUT INDIAN LOAF.**—Take six cups of water, one and three-fourth cups of maize meal and white flour. Have the water, to which salt has been added, boiling; stir in the maize meal and flour mixture, and let it boil up well. Set in the outer boiler, and cook from two to four hours. Remove from the fire, and stir in chopped or finely sliced nuttolene or nut cheese. Press into a brick-shaped tin. When cold, slice and brown on an oiled tin in a hot oven. Serve hot with a brown gravy, or without, as desired.

**RICE CROQUETTES WITH JELLY.**—Put one cup of rice to boil in three cups of water with one tablespoonful of sugar. Cover and cook till rice is soft, but do not stir. When cooked, remove from the stove, turn the rice into an enamelled dish, and work into it the yolks of two eggs and a little salt. Flour the hands, and shape into balls. With the forefinger make a hole in the centre of each to hold a teaspoonful of jelly. Dip the balls in egg, roll in bread crumbs, and bake in a quick oven for fifteen or twenty minutes. Serve slices of orange with each croquette, and a teaspoonful of jelly in each hole.

**CELERY TOAST.**—Cut crisp, white portions of celery into inch pieces, simmer twenty minutes, or until tender in very little water; add salt, and one cup of rich milk. Heat to boiling, and thicken with a little flour rubbed smooth in a small quantity of water. Serve hot on slices of zwieback.

**MELTOSÉ CREAM.**—Beat the white of an egg to a stiff froth, add three teaspoonfuls of meltosé; beat until creamy. Take out about one-third of this, and beat the yolk into the remainder. Put this into a glass, and on the top lay the part taken out. Serve at once.

## Questions & Answers.

**Distilled Water.**—1. Would you recommend distilled water for drinking? 2. What effect has distilled water on the human body?

*Ans.*—1. Yes, if it can be obtained. 2. It supplies it with the needed liquid in the purest form, free from earth's minerals and germs.

**Use of Filters.**—1. Will filters now in use purify water sufficiently for health purposes? 2. Could you recommend any particular make of filter?

*Ans.*—1. Some filters are practically useless. 2. The Pasteur high-pressure filter is the best for city use.

**Exercise.**—When would you advise to exercise, before or after meals?

*Ans.*—I recommend a short period of rest before meals, and moderate exercise after meals.

**Milk Diet.**—What is your opinion on the exclusive milk diet?

*Ans.*—Will do alright in some cases. Is an injury where dilatation of the stomach exists.

**Honey.**—If honey is eaten too freely, in what way will the acid it contains affect the human body?

*Ans.*—The formic acid is a poison. Too large an amount of honey would cause sickness.

**Diet.**—Is it possible to live on Sanitarium health foods and fruit without the use of vegetables?

*Ans.*—Yes, not only possible, but also beneficial when intelligently carried out.

**Deep Breathing.**—When expanding chest in deep breathing exercises, there is a sound of something snapping and a feeling of sharp pain in upper part of chest. What is the cause?

*Ans.*—It would be necessary, in such a case, to exercise care in practising deep breathing. The best method is to take a short run, thus creating an involuntary demand for more air, and increased lung expansion.

**Neurasthenia.**—What is the cause of an internal cold sensation in back, just over kidneys? Outside skin is warm to touch.

*Ans.*—Probably a nervous symptom technically known as neurasthenia. General health needs building up.

**Constipation.**—Should a person troubled with severe constipation eat eggs, rice, sago, sugar, chocolate, jams, milk, honey, etc.?

*Ans.*—The moderate use of any of these, with the exception of chocolate, is permissible. It would not be wise to use the milk at the same meal at which jam, honey, or sugar is taken.

**Specks before the Eyes.**—I am troubled with specks before the eyes. Is this condition due to the liver or the kidneys?

*Ans.*—May be either or neither. It merely indicates that wastes or other poisons are present

in the system. Indigestion alone may be responsible for these symptoms.

**Pains in Stomach, Intestines, and Bowels.**—What is the cause of an awful soreness in the stomach upon slightest pressure, also of terrific pains at times in intestines and bowels?

*Ans.*—You are evidently a dyspeptic. These attacks are due to some error in diet. Study carefully leaflets "Food Guide in Health and Disease" and "Dietetic Errors."

### Does Salt Cause Bright's Disease?

THERE is a constant increasing mortality due to Bright's disease. The excessive use of flesh food is one of the recognised causes, for the first thing usually recommended in Bright's disease by physicians is the absolute disuse of flesh foods. There are other causes. To one of these, Dr. Samuel G. Tracy, of New York, in view of the rapid increase of the disease, has recently called attention. He declared, "If you want to avoid Bright's disease, use very little salt."

Bunge claims that a person using a mixed diet only requires from one to two grams (fifteen to thirty grains) daily; however, most people consume excessive amounts, from ten to twenty grams. Professor Widal found that when a patient who had nephritis, or kidney disease, was given ten grams of sodium chloride for several days he increased in weight, due to dropsy, the salt producing a condition resembling uremic poisoning. Professor Widal was able to make the dropsy appear and disappear at will by increasing or withdrawing the use of salt.

Refraining from a too strenuous life and the avoidance of excesses, particularly in diet, alcoholic drinks and common salt, will do much toward the prevention of diseases of the kidneys. The excessive use of salt retards the activity of the sweat glands by increasing the osmotic pressure of the blood.

Two grams (thirty grains) of salt are plenty for the average person. Milk contains from 1.2 to 1.7 grams per liter (a little over a quart); 100 grams of bread has an average of 1.3 grams of salt.

THE Good Health Library booklets should have a wide circulation. The "Food Guide in Health and Disease" should be placed in every home.

With regard to the booklet on "Stimulants" a reader has expressed himself as follows: "May I be permitted to congratulate you on the style in which it is written? Any educated man can read it, follow its reasoning, and understand it without feeling that he is being lectured by some superior individual who feels it incumbent on him to explain that one and one make two, as if his reader were not capable of following such reasoning. All the ordinary man wants are facts, and these you give him."

## NEWS AND NOTES.



## WORDS OF CHEER.

WORDS of cheer are words of help; words of gloom are words of harm. There is a bright side and a dark side to every phase of life and to every hour of time. If we speak of the bright side, we bring the brightness into prominence; if we speak of the dark side we deepen its shadows. It is in our power to help or to hinder, by a word, any and every person with whom we come in contact.



## INCREASING NERVOUS DISEASES.

NEARLY one hundred years ago, Dr. Abernethy, lecturing on insanity to the medical students at St. Bartholomew's Hospital, said: "I tell you honestly what I think is the cause of the complicated maladies of the human race: it is their gormandizing and stuffing, and stimulating the digestive organs to an excess, thereby producing nervous disorder and irritation."

## CONSUMPTION OF HORSE FLESH.

THE use of horse flesh is becoming more common. In our large American and European cities not a few of the worn out or diseased horses find their way to the slaughter and packing houses. One street railway of Chicago sold annually 5,000 horses at the rate of about £1 each to a large meat-packing establishment. It is said that at present there are two hundred and fifty slaughter houses in Berlin and its suburbs solely devoted to the preparation of horse flesh for food. The consumption of this food is largely on the

increase in most German cities. In Hamburg alone the annual consumption is said to be about five thousand horses.

## THE SERUM TREATMENT A FAILURE.

ONE of our most distinguished professors of surgery at a famous hospital recently said: "Serum treatment is now discredited; it is a failure, and we can hope for little or nothing from it. Every competent practical physician or surgeon knows this, and has known it for years past, yet the text-books continue to advise it, examiners ask questions about it from the candidates for medical honors, and the laboratories are crowded with researchers striving for yet another 'culture,' another micro-organism, another serum, another anti-serum."

## NUTS AS FOOD.

NUTS now form the staple diet of many Londoners. Lord Charles Beresford has for some time been a vegetarian. Lady Beresford has now adopted the same form of diet, and lives chiefly on fruits, nuts, and breads. The Earl of Buchan, Neville Lytton, the Countess of Essex, and others of royal birth are among the pure food recruits. Nuts, if well masticated, are easy of digestion, and on account of their high nutritive value should be used sparingly. The amount of nutriment contained in nuts as compared with flesh food may be seen from the following:—

NUTS.	FLESH MEATS.
Walnuts ... 88.2	Lean beef ... 28.0
Filberts ... 59.5	Veal ... 29.0
Brazil nuts 94.0	Chicken... 32.3
Cocoanuts 50.5	Mutton ... 34.8
Almonds ... 87.3	

## TEA VERSUS BEER.

"To enumerate the diseases caused by tea is like writing a quack advertisement. It produces anæmia, constipation, chronic gastritis, flatulent dyspepsia, emaciation, lays the foundation of gastric ulcer, and causes irritability of the nerves, and a whole host of nervous disorders, so that if anyone were desirous of amassing a fortune, no surer plan of rapidly doing so could be devised than to make up pills of innocent materials such as bread-crumbs and extract of hops, and in directions for their use by the public, stipulate that the patient should abstain from the use of tea. The pill would, I believe, prove more beneficial than closing half the public-houses in Preston." So says Dr. Rigby, a well-known Preston doctor, in protesting against the action of tea-totalitarians in attacking certain publicans (states an English paper). The doctor declares that he firmly believes the moderate and reasonable use of beer as a beverage, is less harmful than the same use of tea, and that immoderate tea-drinking causes more pain, suffering, ill-health, and nervous breakdown than the excessive consumption of beer.—*Exchange*.

## ALCOHOL AND INSANITY.

DR. T. D. GREENLEES, who for fifteen years has been in charge of the Graham Town Asylum,

South Africa, recently said "that whilst the population at the Cape had, during the past thirteen years, increased by 92.4 per cent., the certified insane had increased by 193 per cent. In 1891 the proportion was one to every 2,189 of the population; in 1904 there was one to every 1,381. The important point that Dr. Greenlees lays particular stress upon is, that the two great factors in the causation of mental disease are hereditary disposition and intemperance in the use of alcohol. The first cause is chiefly to be traced to the drinking habit also."

RHEUMATISM AND TEA.

DR. HAIG has shown that a dose of uric acid will cure a headache, by driving the uric acid out of the blood. The day following, however, the reverse condition exists. The amount of uric acid found in the blood is increased, and a new dose must be given to protect the nervous system from the result of the contact of this nerve poison. The theine, or caffeine, of tea has precisely the same effect as uric acid, and hence has become a favorite domestic remedy for headache. The effect must be to cause a storing up in the body of uric acid and urates, laying the foundation for chronic rheumatism.

TAVERNS EIGHT HUNDRED YEARS AGO.

THE following description of a drinking tavern, or groggery, is in the seventh part of the confession of the Waldenses and Albigenses, composed, at least, as far back as the year 1120, or nearly 800 years ago:—

"A tavern in the fountain of sin, the school of the devil; it works wonders fitting the place. It is the manner of God to show His power in the church, and to work miracles; that is to say, to give sight to the blind, and to make the lame go, the dumb to speak, the deaf to hear; but the devil doth quite contrary to all this in a tavern; for when a drunkard goeth to a tavern, he goeth uprightly, but when he cometh forth he cannot go at all, and he hath lost his sight, his hearing and his speech. The lectures that are read in this school of the devil are gluttonies, oaths, perjuries, lyings, and blasphemies, and divers other villainies; for in a tavern are quarrels, slanders, contentions, murders."—*Selected.*

THE Sydney Sanitarium has a large number of hopeful and cheerful patients. At present about every room in the large institution is occupied. The weather can not be improved upon. The days are sunny and pleasant, and the nights agreeably cool. Wahroonga is the healthiest suburb of Sydney. In fact it is difficult for health seekers to find a better climate anywhere in Australasia, or for that matter, in the world. The high altitude, pleasant scenery, and agreeable surroundings are all health-imparting. Dyspepsia, rheumatism, paralysis, diabetes, and diseases of women, are given special attention. Diet, physical culture, baths, electricity, local and general, Scotch, needle, and other douches, salt glows, packs, fomentations, etc., are the agencies employed. No case should be considered hopeless until a trial has been given to these remedies.

A TESTIMONY FROM A FRIEND.

IN the early part of 1892 I had an abscess on my body. It was opened by a surgeon and it never healed up, but turned to something far more serious. I had it about seven years, when I accepted health reform. About that time I was operated upon again, but it proved a failure also, and for six years I was worse than before. I was examined by another medical man with a view to another operation, but he was afraid to operate on me for fear it would leave me in a worse condition than I was then in. The pain (to say nothing of the disagreeableness of the thing) was very severe sometimes. But I thank God that by strict attention to a vegetarian diet it has completely left me, during the last six months. I also had exema on one of my legs for forty years so bad, that I would swell to my toes, that too (I thank God) has left me.

There has been no treatment about either case, only carbolic soap and hot water. I ascribe the cure to the blessing of God and nature's pure foods.  
JNO. G. STEVENSON.

WARTS can generally be removed easily and quickly by applying castor oil to them two or three times a day. Worth trying. It is harmless if not effective. If it proves unsuccessful, try the following: Wash them with a strong solution of pearl ash, and let it dry on the warts. If this is done two or three times, the warts will disappear.

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WHAT IT WILL DO

- IT WILL clean the body better than any water bath.
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- IT WILL break up the worst Cold with one bath.
- IT WILL cure Constipation and Liver Troubles.
- IT WILL thoroughly eradicate the effects of liquor and tobacco.

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### 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:—

**A Food Guide in Health and Disease.**—A most important booklet which contains a lot of valuable information. Price, post-paid, 3d, 5s per 100.

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

**Consumption, or the Great White Plague.** Is it preventable? Is it curable? These questions are fully discussed. Advice is given for the afflicted. Price, post-paid, 9d.

**The Tobacco Habit—Its Origin and Spread.** It 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.

**Appendicitis.**—Just the booklet for those afflicted with this disease. It deals with the nature, effects, and treatment of the disease. Valuable advice given. Price, 6d, post-paid.

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. Write for wholesale rates.

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There are no better foods on earth than those mentioned below.—Good Health, June 1, 1906.

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**GRANOSE** Has no equal as a Health Food. It is a Complete Food, containing all the elements of nutrition. It is Food for Babies. It is Food for Invalids. It is Food for All.

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

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

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

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

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

**Nut Cheese** Is a compound prepared from most carefully selected nuts, so proportioned as to render the article highly nutritious and flesh-forming. It excels in all the essential qualities of dairy cheese, or butter, and is pure and free from germs and preservatives.

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

## Foods Recommended by this Journal!

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

Pure Food Cafe, 45 Hunter St., Sydney, N.S.W.

Oxford Chambers, 473-481 Bourke Street, Melbourne, Victoria.

Sub-Agency of Victorian Tract Society, E. C. Terry, Corryong, Upper Murray.

186 Edward Street, Brisbane, Queensland.

37 Taranaki Street, Wellington, N. Z.

Hydropathic Institute, Victoria Square, Adelaide, S. A.

127 Liverpool Street, Hobart, Tasmania.

Sanitarium Health Food Store, Elizabeth Street, Hobart, Tasmania.

131 St. John's St., Launceston, Tasmania.

246 William Street, Perth, West Australia.

E. C. Davey, 213 Orchard Road, Singapore, Straits Settlements.

JUNE 1, 1906.

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