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1. Wa-ter, pure wa-ter, that spark-les so bright, Beau-ti-ful, fresh and free!
 2. Wa-ter, pure wa-ter, for young and for old, Poured by the hand di-vine;
 3. Wa-ter, pure wa-ter, yes this is the song, This is the theme for you;

Fall-ing from heav-en like jew-els of light, Fall-ing for you and me;
 Give me pure wa-ter so health-ful and cold, Fill up this cup of mine;
 This is the drink for the youth-ful and strong, Pure as the morning dew.

Fresh from the boun-ti-ful Giv-er of all, Noth-ing so pure can be (can be);
 Sweet is the breath of the bios-som-ing spring, Kissed by the sil-ver rain (sil-ver rain);
 This is the gift from our Father's own hand, In ev-ery land 't is found (it is found);

This is the song of the show-ers that fall O-ver the lake and lea (o-ver the lea);
 Gay is the song that the lit-tle birds sing O-ver the hill and plain (over the plain);
 This is the song of the tem-perance band Echoed the world a-round (alla-round);

CHORUS.
 Drink wa-ter, pure wa-ter, Drink wa-ter, pure wa-ter, Drink, drink, drink, drink,

Drink, drink, drink, drink, Drink, drink, drink, drink, Drink pure wa-ter.
 Drink, drink, drink, drink, drink, drink,



Vol. 9.

No. 9.



September 1, 1906.

MEDICAL and HEALTH NEWS.

Drink and Physical Degeneration.

As a Trade Unionist, Mr. D. J. Shackleton, M. P., said at Birmingham recently that he found that it was the teetotaler who rose to the highest positions in Trade Unions, for the workers now recognized that a man with a clear head was required to put their case effectively before the employers. The Physical Deterioration Committee have reported that 1641 publicans die between the ages of twenty-five and sixty-five, as compared with 560 Rechabites, and these figures have so impressed them that they recommend that they be published broadcast for the information of the people. They also recommend that instruction on the effects of alcohol should be given in elementary public schools. Mr. Shackleton hoped the government would not rest till they had carried out the recommendations of the Physical Deterioration Committee.

Food Adulteration.

PROFESSOR LADD, Food Commissioner for Dakota, U. S. A., carried on some interesting investigations with various foods, to determine the extent of adulteration. In speaking of potted chicken and potted turkey, Professor Ladd says,—

I have never yet found a can in the State which contained any determinable quantity of turkey or chicken.

In meat preparations were found from twenty to forty-five grains per pound of boracic acid, and when it is remembered that a medicinal dose is from five to nine grains per day, it will be readily understood what might be expected from this. And more than ninety per cent. of the meat markets in the State were using some kind of chemical preservatives. The investigations de-

veloped the fact that a salt is put on the market for dairymen and canners at a fancy price with the statement that, because it was so highly purified from foreign matter, butter in which it was used would keep indefinitely, while the fact was that this special salt contained sufficient borax to act as a preservative.

Many of the catsups made in the State were made from the remains from the canneries—pulp, skins, green tomatoes, starch paste in considerable quantity, coal tar colors, color preservatives (usually benzoate of soda, or salicylic acid), the whole freely spiced, and not wholly free from saccharine.

Ninety per cent. of the so-called "French peas" taken up in North Dakota were found to contain copper salts, and a few samples, in addition to the copper salts, contained aluminum salt.

All forms of canned and preserved food products were found to be contaminated; not that all brands were, but all varieties, and some of the largest and best known manufacturers are guilty of using these poisonous compounds.

Tuberculosis at Packingtown, Chicago.

DR. CAROLINE HEDGER, a physician who visits and practises among Packingtown's inhabitants, where the world's supply of tinned meat comes from, says,—

"No one yet knows how many cases of tuberculosis there are among the workers in the yards, for until now, no system of reporting cases of the plague has been used in Chicago.

"One physician who has worked there for years, says Packingtown has more tuberculosis than any other city in the country. . . . As I write, I take from my desk the last thirty-three sheets giving the history of cases in my office on which I have been working, and I find that *eleven* of the cases are of tuberculosis. Conversation with the workers

makes me believe that tuberculosis is an ever-present menace, and that it is feared by them."

In speaking of the diseased meats packed by these diseased and plague-stricken men and women, Dr. H. L. E. Johnson, of Washington, trustee of the American Medical Association, declares that to sell such food is "worse than to fire a Gatling gun up the street. With the gun some people would escape, while with bad meat all are affected more or less." Dr. Johnson is quoted by the *Washington Post* as saying,—

"The terrible dangers of preserved meats to the health of the system can not be exaggerated, neither can the despicable schemes resorted to by the packers in foisting off upon an unsuspecting public diseased meat, fish, and chickens.

"Puffed cans filled with meat which has fermented, are perforated, and filled with a solution of formalin, when the hole is soldered up, and they are put upon the market as food to be eaten by people."

"The effect of such food on the human system," this authority adds, "is such as to produce either acute indigestion or a catarrhal condition of the intestines, which goes on to a point where the appendix becomes affected. Various grades of appendicitis then result, such as catarrhal or recurrent, or a violent inflammation which results in perforation of the intestines and peritonitis, from which the patient dies."

That the meat inspection of Packingtown is a huge farce is evident. Dr. W. K. Jaques, formerly city bacteriologist and head of the meat inspection at the Chicago stock-yards, states that during the first month in which he was superintendent of inspection "one meat inspector made only one condemnation for that month, and that of an immature calf. Another inspector made no report to me of any work done during my entire term of office, and I was powerless to compel him to do so because of his political backing."

Dr. Jaques says,—

The accuracy and thoroughness of the work of these inspectors can be judged when it is estimated that from sixteen hundred to two thousand two hundred cattle are often killed under the eye of a single inspector in a day of from eight to ten hours. Walking back and forth through the killing beds, the inspector can give only the briefest glance at the animals that are being converted into food. In this glance he is supposed to detect evidences of disease which pathologists may require hours to find.

There have been received at the stock-yards in a single day one hundred and fifty thousand animals.

The slaughter of fifty thousand is not an unusual day's work. And yet the packers and government inspectors say that "every animal is government inspected."

A butcher, who had been working on the killing beds for seventeen years, told of frequently "killing" cattle that were already dead—knocking, heading, going through the usual process of killing. He told of killing animals so badly affected with "lumpy" jaw that when they cut the head off, the terribly offensive abscess was cut into and the butchers were splashed all over. Hardened as they are to blood and dirt, this is always dreaded by them more than anything else. Even the abscess, he said, is not wasted; it is thrown into the scraps on the floor. They are gathered with a scraper like those used on the streets, and there are several destinations for such scraps. Some go to tanks to be rendered into lard, others to butterine tanks, and some for soap.



At the time of the embalmed-beef scandal, at the conclusion of the Spanish War, the whole country was convulsed with fury over the revelations made by soldiers and officers concerning the quality of meat furnished to the troops, and concerning the death-rate which it had caused in the army. When Mr. Thomas F. Dolan, who had, up to a short time previous, been a superintendent at Armour & Co.'s, and one of Mr. Philip D. Armour's most capable and trusted men, read of the death-rate in the army, he made an affidavit concerning the things which were done in the establishment of Armour & Co., and this affidavit he took to the *New York Journal*, which published it on March 4, 1899. Here are some extracts from it.

"There were many ways of getting around the inspectors—so many, in fact, that not more than two or three cattle out of one thousand were condemned.

"Whenever a beef got past the yard inspectors with a case of lumpy jaw, and came into the slaughter-house or 'killing-bed,' I was authorized by Mr. Pierce to take its head off, thus removing the evidences of lumpy jaw, and after casting the smitten portion into the tank where refuse goes, to send the rest of the carcass on its way to market.

"In cases where tuberculosis became evident to the men who were skinning the cattle, it was their duty, on instructions from Mr. Pierce, communicated to

them through me, at once to remove the tubercles, and cast them into a trap-door provided for that purpose.

"I have seen as much as forty pounds of flesh afflicted with gangrene cut from the carcass of a beef, that the rest might be utilized in trade."

We have no desire to continue to dwell on so disagreeable a matter, and yet we feel certain that much misery results from the use of this horrible stuff as food. It is right that the facts connected with the meat trade should be known.

The Real Condition of the Meat-packing Industries.

A PARTIAL report of the Commission appointed by the President of the United States to investigate the real condition existing in the meat-packing establishments of Chicago has just been published. The president says, "The conditions shown by even this short inspection to exist in the Chicago stock yards are revolting." The Commission, in preparing its report, has refused to accept statements, even when sustained by documentary evidence. "We have made no statement," they say, "as a part of the report here presented that was not verified by our own personal examination." We will present only a few extracts from the reports of the Commission. "Many inside rooms," they say, "where food is prepared, may be best described as mere vaults in which the air is rarely changed. Privies usually ventilate into these unventilated work-rooms, the odor of which adds to the general insanitary state of the atmosphere. Meat scraps were also found being shovelled into receptacles from dirty floors, where they were left to lie until again shovelled into barrels or into machines for chopping. These floors, it must be noted, were in most cases damp and soggy, in dark, ill-ventilated rooms, and the employees, in utter ignorance of cleanliness or danger to health, expectorated at will upon them. In a word, we saw meat shovelled from filthy wooden floors, piled on tables rarely washed, pushed from room to room in rotten box carts, in all of which processes it was in the way of gathering dirt, splinters, floor-filth, and the expectoration of tubercular and other diseased workers. Where comment was made to floor superintendents about these matters, it was always the reply that this meat would afterward be cooked, and that this sterilization would prevent any danger from its use,"

These are by no means the most revolting revelations made. Some are so horrible that we have thought it unwise to publish them in our clean little periodical. It seems enough has been said to lead us to forsake a habit which is responsible for such cruelties and horrors.

Modern Methods of Combating Consumption.

KING EDWARD VII opened a sanatorium recently in Eastbourne Hill, Midhurst, England, which has been founded for the purpose of affording consumptives the aid they need in building up the general health and vitality of the lung tissue, thus compelling the tubercle bacilli to vacate.



Dr. Noel Dean Bardswell, the medical superintendent, gave an outline of the treatment patients under his charge will receive, as follows:—

"The principle of the treatment is to restore the bodily health of a man to a level in which he can kill the tubercle bacillus. We have no specific cure. We have to cure indirectly by getting the body so well that the bacilli cannot live in it. For that purpose we aim at the highest possible physical efficiency, and to attain that we give a hygienic life, fresh air, and generous

feeding to repair the wastage. We regulate a man's rest, we train his muscles and his heart, and try to get him back to his working capacity. We set him to walk slowly up a hill to regain his wind and powers of endurance. When he is able to do that, and the disease has quieted down, he is able to go back to his work, still, however, combining what he has learned here in his life.

"The germ of consumption does not like fresh air or sunlight. That is the object of the open window. The fresh air purifies the blood, improves the appetite, and makes it easier for a man to fight his enemy and repair wastage. No persons in an advanced stage of consumption will be admitted. In advanced cases treatment must go on for one or two years. We cannot cure a person even in the early stages in three months, but within that time we can put them in the way of being cured.

"The patient must be kept from thinking about his disease as much as possible. Loafing about will unfit him for work, so I am arranging with local farmers to take a certain number of pupils. It is my hope that in the near future we may start an agricultural college, and get men who are now tied to office duties back to the land. Bee-keeping, fowl-raising, butter-making, and market-gardening are among the pursuits I should recommend. Sanatorium treatment is not the end of everything, and we aim at getting a man fitted for work for which his physical condition is suited."

The sensible method of treatment outlined by Dr. Bardswell for consumptives is the only treatment that is really effective in other diseases also. When will we, like sensible beings, learn that air, food, and exercise are the divinely appointed agencies to aid in restoring, not merely consumptives, but all the sick, to health and soundness?

A Feline Diet.

ACCORDING to the *Boston Transcript*, the cat is rapidly becoming a favorite article of food in certain parts of Italy, particularly in Venice and Verona. In these and some other cities also, the butchers sell dressed cats under the name of rabbits. There is a law against eating cats, but, notwithstanding, a large business is done in raising cats for the market. The cat is usually cooked by roasting in the oven until brown, along with onions, garlic, parsley, bay leaves, and other herbs.

Patent Medicines that Make Drunkards and Drug Fiends.

AMAZING DISCLOSURES BY MR. ADAMS
IN COLLIER'S MAGAZINES

REGARDING THE "PATENT MEDICINE" EVIL.

"FRAUD," he says, "is the basis of the trade; ignorance and credulous hope make the market for most proprietary remedies."

We have repeatedly spoken against these highly-advertized *so-called* remedies, having attached to them a long list of testimonials to lead the unwary astray. These testimonials are obtained principally from the ignorant at an expense to the firms advertizing the nostrums. According to Mr. Adams in *Colliers*, "agents are employed to secure testimonials; chemists get a discount by forwarding letters they may obtain; persons willing to have their pictures taken, get a dozen photographs free." These and other inducements are offered to secure testimonials. Some testimonials, of course, come unsolicited and are honest; but what of their value as evidence? Mr. Adams tells of a ring advertized, which by the mere wearing was supposed to cure *any* form of rheumatism, and that the maker of that ring has genuine letters from people who *really believe* that they have been cured by it. No one but a believer in witchcraft could accept such statements. All this tends to keep the ignorant in ignorance of the causes of disease, and to sustain the superstitious in their superstition. A ring is a harmless thing, but there are fake remedies that are positively harmful, in which unshaken faith is exercised.

CONSUMPTION CURE.

"Dr. King's New Discovery for Consumption," a Chicago-made "sure cure," is a morphine and chloroform mixture. It is advertized as the greatest discovery of the nineteenth century. Says Mr. Adams: "*The chloroform temporarily allays the cough, thereby checking nature's effort to throw off the dead matter from the lungs. The opium drugs the patient into a deceived cheerfulness.* The combination is admirably designed to shorten the life of any consumptive who takes it steadily." "Shiloh's Consumptive Cure" emanates from the State of New York. It contains, among other ingredients, chloroform and prussic acid, but there is no warning on the bottle that the liquid contains one of the most deadly of poisons. The "Slocum Consumption Cure" consists of a gay-hued

substance known as psychine, which Mr. Adams states is about sixteen per cent. alcohol, and has a dash of strychnine to give the patient his money's worth. Its alluring color is derived from cochineal. It is advertised as "an infallible and unfailing remedy for consumption." There are numerous other "consumption cures" used in America and Australia no better than the ones mentioned.



"IT CURED ME OF GOUT (?) SO I GUESS IT WILL CURE YOU."

CATARRH CURE.

Peruna, a much advertised nostrum, is recommended as a sure cure for catarrh. Last month we called attention to the fact that peruna contained forty-two per cent. of alcohol. Anyone wishing to make peruna for home consumption, Mr. Adams says, may do so by mixing half a pint of cologne spirits, ninety proof, with a pint and a half of water, adding thereto a little cubeb for flavor, and a little burnt sugar for color. It will cost, in small quantities, perhaps 3½d or 4d a quart. Manufactured in bulk, its cost, including bottle and wrapper, is about 4½d. Its selling price is over 4s per bottle.

Mr. Adams says what makes peruna a curse to the community is the fact that the minimum dose first ceases to satisfy, then the moderate dose, and finally the maximum dose; and the unsuspecting patron, who began with it as a medicine, goes on to use it as a beverage, and finally to be enslaved by it as a habit. The American Government, recognizing this, forbids the sale of this "medicine" to Indians, because, says the Treasury Department, "it leads to intoxication."

A druggist in a Southern "no license" town, remarks upon the large sale of peruna there. "I have seen," he says, "persons thoroughly intoxicated by taking peruna. The common remark in this place when a drunken party is particularly obstreperous is that he is on a 'peruna-drunk.' It is a notorious fact that a great many do use peruna to get the alcoholic effect, and they certainly do get it good and strong."

"So well recognized is this use of the nostrum that a number of the Southern newspapers advertize a cure for the 'peruna habit.' It may be asked, Why should anyone who wants to get drunk drink a patent medicine,—or as the American writer puts it, a 'disguised booze,'—instead of, say, whisky? One reason is that in many places the medicine can be obtained, and the liquor can not."

Mr. Adams mentions a respected clergyman who fell ill, and was declared by his family physician to be suffering from chronic alcoholism, although the clergyman declared he "never drank a drop of liquor in his life." It transpired that, acting on a friend's recommendation that it would "build him up," he had begun taking peruna a few months before, and had since consumed many bottles of it. Women and children are the most frequent unconscious slaves to the patent medicine habit.

HEADACHE CURES.

Mr. Adams attributes the increase of sudden deaths from heart failure in recent years, largely to the secret weakening of the heart by acetanilid, a drug that finds its way into nearly all so-called headache cures. He gives a list of twenty-two cases, with names and addresses, in every one of which the person who died had taken, to relieve a headache, or as a bracer, a patent medicine containing acetanilid.

The St. Louis, U. S. A., *Chronicle* records the following case, Huntington, West Virginia, August 15, 1905:—

"While Mrs. Thomas Patterson was preparing supper last evening, she was stricken with a violent headache, and took a headache powder that had been thrown in at her door the day before. Immediately she was seized with spasms, and in an hour she was dead."

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

Acetanilid will undoubtedly relieve headache of certain kinds. Invariably, when taken steadily, it produces constitutional disturbances of insidious development which

result fatally if the drug be not discontinued, and often it enslaves the devotee to its use.

CANCER CURES, ETC.

Aside from the consumptive cures, the catarrh cures, the headache cures, there are the cancer cures, the dropsy cures, the heart-disease cures, the epilepsy cures, and the paralysis cures. One of them, a well-known pill, is really a compound of green vitriol, starch, and sugar.

Purchasers of the patent medicine "cures" not only waste their money, but in many cases throw away their only chance, by delaying proper treatment until it is too late.

Mr. Adams affirms, "There are being exploited in America to-day more than one hundred cures for diseases that are absolutely beyond the reach of drugs. They are owned by men who know them to be swindles."

SOOTHING SYRUPS FOR BABIES.

These are always a source of danger. Any medicine that quiets the baby has in it some deadly narcotic poison. An overdose has many times killed instantly. Given in small doses it kills slowly. Often drug habits are unconsciously formed.

Soothing syrups, which usually contain laudanum or morphine, are extensively used among the poorer classes for the pacifying of their babies. A New York lawyer said to his charwoman who had asked him to buy a ticket for a ball, "How can you go to these affairs, Nora, when you have two young children at home?" "Sure, they're all right," she returned blithely; "just wan teaspoonful of the syrup, an' they lay like the dead till mornin'." On the authority of a physician, who has been making a special study of the high mortality rate in childhood, the children thus treated eventually come into the hands of physicians with a greater or less addiction to the opium habit. This doctor gives one illustration from his own hospital experience, which was told him by the father of the girl.

A middle-aged railroad man of Kansas City had a small daughter ill with summer diarrhœa. For this she was given a patent diarrhœa medicine. It controlled the trouble, but as soon as the remedy was withdrawn, the diarrhœa returned. At every withdrawal the trouble began anew, and the final result was that they never succeeded in curing this daughter of the opium habit which had taken its hold upon her. It was some years after-

ward that the parents became aware that she had contracted the habit, when the physician took away the patent medicine and gave the girl morphine with exactly the same result which she had experienced with the patent remedy. At the time the father told me this story, his daughter was nineteen years of age, an only child of wealthy parents, and one who could have had every advantage in life, but who was a complete wreck in every way as a result of the opium habit. The father told me, with tears in his eyes, that he would rather she had died with the original illness than to have lived to become the creature which she then was.

A compound which has a considerable sale, "Kopp's Baby Friend," of which the responsible proprietor is a woman, Mr. Adams says, "is made of sweetened water and morphine."

Why is not a warning voice heard through all our religious and other papers against these drugs?

The retail price of all the patent medicine sold in America annually is estimated at £20,000,000; of this sum £8,000,000 goes to newspapers for advertising these nostrums. But in return for these, the patent medicine men have obtained more than the mere advertizing space in the papers. This will be seen from the following advertizing contract with the papers, which explains, in part, the silence of the press in regard to this mammoth evil:—

"It is mutually agreed that this contract is void, if any law is enacted by your State restricting or prohibiting the manufacture or sale of proprietary medicines;" and that the contract is void if "any matter otherwise detrimental to the company's interests is permitted to appear in the reading columns or elsewhere in the paper."

The paper must not itself print, nor must it allow any outside party, who might wish to do so, to pay the regular advertizing rates and print the truth about patent medicines. Thus we see "the love of money," "the root of all evil," lies at the bottom of this whole scheme of deceiving and fleecing an ignorant people.

To give some idea of how firmly and securely the patent medicine monster holds and controls many of the newspapers we give the following:—

"The *Cleveland Press* attacked the patent medicine trade, and the proprietary association wrote to fifteen manufacturers urging them

to 'use their influence.' Inside of forty-eight hours the *Cleveland Press* received telegrams cancelling thousands of dollars' worth of advertizing. 'Gentleman,' said the man who had wielded the club, 'when you touch a man's pocket, you touch him where he lives; that principle is true of the newspaper editor or the retail druggist and goes through all business.'

Suppose a measure discriminating against proprietary medicines is brought forward in one of the State legislatures of America. A whip telegram is dispatched to the editors in terms which mean; "Publish an article in your newspaper and use every influence in opposing the passage of this bill." And the newspapers do it on command. Whether they know it or not, the newspaper owners and editors of America had, by the time this stage was reached, made themselves the tools of the quack doctors and patent medicine makers.

"For the future," says a fearless writer, "be it understood that any newspaper which carries a patent medicine advertizement knows what it is doing. The obligations of the contract are now public property. For the past, the newspapers, in spite of these plain contracts of silence, must be acquitted of any very grave complicity. The very existence of the machine that uses and directs them has been a carefully guarded secret."

It is in times of trial that men of character are revealed. We are certainly living in testing times, in times when "judgment is turned away backward, and justice standeth afar off: for truth is fallen in the street and equity can not enter. Yea, truth faileth; and he that departeth from evil maketh himself a prey."

Alcohol Unmasked.

THE terrible influence of Columbian spirits is not generally understood. Several writers have made a most careful investigation of its influence and have made the following statement:—

"If ten persons drink say, four ounces of Columbian spirits, within three hours all will have marked abdominal distress, and four will die, two of them becoming blind before death. Six will eventually recover, of whom two will be permanently blind. With still larger doses, the proportion of death and blindness will be greater."

The Use Of Water in Disease.

Lecture by D. H. Kress, M. D., at the Sydney Sanitarium.

WATER is one of the most important elements found in nature; without it life is impossible, since it enters into the composition of every structure of the body; even food without water is valueless. It is capable of holding in solution the dissolved food elements, thus making it possible for them to be conveyed to the tissues of the body for their repair and growth. It also makes possible the elimination of the deadly organic wastes



which are constantly forming in the body. Water may be employed therapeutically for the purpose of communicating heat to, or abstracting heat from, the body. No other agency of nature can be used more effectively in controlling the temperature of the body. By its wise application externally and internally, the temperature of the body may be reduced when too high, as in fevers, or increased when too low, as in collapse or fatigue.

Most of our diseases or unpleasant or painful symptoms, local and general, are due to congestion of some organ or tissue. No other agency can be so effectively employed in relieving congestion and equalizing the circulation of the blood as water. Pain in the muscles or joints is due to pressure from an excess of blood in the parts. A fomentation, or heat applied to the skin over the painful area, draws the blood to the surface, and often immediately relieves this internal congestion, thus causing a disappearance of the unpleasant symptoms.

Cramps, convulsions in children, extreme pain during menstruation in women, or pain in the abdomen associated with indigestion, are always due to internal congestion and

may readily be relieved by merely getting into a hot bath, thus drawing the blood from the congested organs to the skin.

A very large proportion of the applications of water made locally to the surface of the body in the form of douches, fomentations,



etc., are for the purpose of communicating with, and influencing the circulation of blood in the internal organs. The skin is reflexly connected with the interior of the body, each portion of the skin being connected through nerves and nerve centres with some special organ. The vessels of such important organs as the liver, stomach, kidneys, brains, etc., may be caused to dilate or contract at will by applications made to the skin areas with which they are associated.



It is only necessary to be acquainted with the skin areas and the relation they sustain to the internal organs, and to know how they are influenced by heat and cold. The liver is associated with the skin areas of the lower right chest; the stomach with the area over

the epigastrium; the bowels with the skin area of the abdomen; the bladder with the skin area of the lower abdomen. The lungs are associated with the skin area of the chest. It will be seen from this that to influence any organ it is merely necessary to make the application to the skin immediately overlaying the organ. The application of heat to the skin areas dilates the blood vessels of the organs internally, while the application of cold contracts the blood vessels. When internal congestion of any one of these important organs exists, the function of that organ is in a measure destroyed. Sluggish circulation of the blood through the internal viscera



is probably the principal cause of biliousness, indigestion, kidney diseases, diabetes, etc. The improved circulation of the life-imparting arterial blood through the stomach, liver, or kidneys, and the rapid removal of wastes will always improve the function of these organs, and if the treatment is persevered in, it will result in restoration of the organ to soundness.

This explains why the intelligent use of water so readily aids in improving the digestion, and so marvellously revives the apparently worthless liver. It also explains the toning influence it exerts upon the sluggish and constipated bowels. There is no other remedial agency equal to water in treating diseased internal organs. It cures by establishing natural conditions.

The wonderful effect of water upon the internal organs can be better understood by noting the reviving influence of a dash of cold water to the face of a fainting man, or a dash of cold water to the face in getting rid of

drowsiness, dullness, or sleepiness. All this is brought about by the improved circulation of blood in the brain. The brain being reflexly connected with the skin area of the face, head, and neck, cold applications to the face or neck influence the circulation of blood through the brain. This also explains the exhilarating and beneficial influence of a short, cold application of water to the entire body in the early morning; by it the blood is sent bounding through every organ, and the entire body is toned up and revived.

The alternate hot and cold local and general douches are of special value in chronic visceral diseases, causing dilatation of the blood vessels of the viscera when heat is applied, which is followed by contraction of the blood vessels by the application of cold. The influence of such treatment upon the liver and other organs is wonderful; it may be compared to dipping a dirty sponge into water and then squeezing it. By continuing this for a time the dirtiest sponge may be cleansed. In the same manner these organs when laden with, and disabled by, the presence of organic impurities, may be cleansed, and repair and restoration hastened.

Chronic dyspeptics, who have looked upon their condition as hopeless, it has been found, usually respond to the intelligent application of water locally and generally when combined with the correction of dietetic errors.

Hydrotherapy, regulated exercises, and a corrected diet, affords just the aid the chronic invalid needs to be restored to health and soundness. These rational treatments meet with success after all other measures have failed.

Cellular Undergarments.

Do you recommend cellular underwear? If so, why? I recommend porous underwear because it is necessary in order for the skin to breathe to allow a free interchange of gases. There are millions of small openings in the skin through which gases and organic impurities from the body are constantly eliminated.

Some of the wastes formed in the body are eliminated chiefly through the kidneys, others through the lungs, still others through the skin. Upon the healthy action of these eliminating organs, the health of the body largely depends. So long as the kidneys, lungs, and skin are in a healthy, active condition, there is little danger of severe illness,

providing ordinary care is exercised in eating. Observing physicians have noticed that the chronic invalid always suffers with an inactive skin.

One of the essential objects of massage, hot and cold sprays, or the air and sun bath so highly recommended for invalids, is to tone up and improve skin activity. The quantity of moisture holding in solution tissue wastes eliminated through the pores of the skin in health, by insensible perspiration, amounts to about two pounds in every twenty-four hours. When exercising, this is considerably increased. It is important that the clothing worn next the skin should be of a nature to allow free evaporation.

Retention of this moisture not only debilitates the skin and predisposes to cold, but the organic impurities contained in the moisture under the influence of heat undergo decay, forming deadly gases which are inhaled or absorbed by the skin, and are responsible for many acute and chronic diseases. To appreciate the nature of these impurities, and what results when they are retained, it is only necessary to notice the disagreeable and putrid odor of the feet when wearing rubber boots which confine the moisture. Should the entire body be covered with rubber, instead of the feet only, the putrid gases formed would be general and not merely confined to the feet.

Those who are subject to colds may discover that the wearing of closely woven and impervious underwear is one of the principal causes of their frequent colds by preventing the free evaporation of moisture. But aside from this, by favoring the retention and decomposition of organic tissue wastes, various diseases either of an acute or chronic nature may find their explanation here.

Porous clothing should always be worn next the skin, and there is none that I can recommend more highly than cellular underwear.

ALL the railway companies in the United States of America have declared in favor of total abstainers and will not employ any others. The Superintendent of the "tube" railway in London has issued a notice reminding the Company's employees that it is strictly against the rules to obtain or take intoxicating drinks, or enter any public-house, while on duty.

Prediction of New Zealand's Chief Justice. SO-CALLED CIVILIZATION IS DESTROYING A ONCE NOBLE RACE.

PROBABLY nowhere on the face of the earth could there be found, a century ago, a finer race than that of the Maoris of New Zealand. In physique they almost reached perfection. The habits of these people at that time were most simple and primitive.

A native, in relating their curiosity to ascertain the food of the white man, said that after killing the crew of *The Boyd*, a shipping vessel, they went on board and looked through the cargo for the white man's food. First they discovered a barrel of sugar; this they tasted, but being disagreeable to their unperverted palates, they threw it into the sea. Next they sampled some soap, which they despatched in like manner. They then found a sack of flour; it was so dry and fine that they concluded it could not be the white man's food, so they cast it overboard. Among all the cargo they found nothing that to them had the appearance or taste of food.

Captain Cook tells us that when he first visited New Zealand, he found the Maoris enjoying perfect and uninterrupted health. He never observed a *single person* who appeared to have any bodily complaint. Nor among the number that were seen naked, was once perceived the slightest eruption of the skin, nor the least mark which indicated that such eruptions had formerly existed.

Another proof of the health of these people was the readiness with which wounds they at any time received healed up. In a man who had been shot with a musket ball through the fleshy part of the arm, "his wound seemed well digested and in so fair a way to be healed," says the captain, "that if I had not known that no application had been made to it, I should have enquired with very interesting curiosity after the vulnerary herbs and surgical art of the country." "An additional evidence of the healthiness of the New Zealanders," he says, "is in the great number of old men found among them. Many of them appeared to be very ancient, and yet *none* of them were decrepit. Although they were not equal to the young men in muscular strength, they did not come in the least behind them in regard to cheerfulness and vivacity."

Since the introduction of so-called civilized habits, especially the use of alcohol and tobacco, this noble race has rapidly degenerated,

having been reduced in numbers from 120,000 to 43,000. Skin and other more serious diseases are now common among them.

Chief Justice Stout, of New Zealand, in delivering judgment recently in a case where a drunken Maori had been convicted of theft, said,—

"As in at least half of the criminal cases coming before me, drink was the cause of this crime. The case shows how the Maoris are being degraded by contact with so-called civilization. *If this drinking habit continues, we are in measurable distance of the time when the Maori race, one of the noblest races with which we Anglo-Saxons have ever come in contact, will be exterminated. The new environment and the vices of the white race are killing out the native race only too surely.* I do not know what the future historian will have to say as to the part the white race has played in the degradation and destruction of so noble a race as the Maoris. A grave responsibility rests upon us. We are allowing the Maoris to be decimated by strong drink, and doing little or nothing to save them."

We certainly owe a duty to this people. We have degraded them. We should now do our utmost to help them. We can do this, first, by the circulation of literature calling attention to the evils of the white man's habits, and second, by withholding from them these things that degrade until a knowledge of their destructive nature is obtained.

Mind Cure, True and False.

HEALTH depends upon a cheerful, hopeful, trustful state of the mind. Disease is usually due to a disturbed state of the mind brought about by worry, depression, anxiety, or unbelief. Before bodily healing can take place, cheerfulness and hopefulness must be restored.

There are two methods practised in the world for doing this—the false and the true. One method is to take a narcotic poison, or, in fact, any drug that will benumb the intellectual or moral nature, thus leading to forgetfulness of one's sins, and a removal of the condemnation and despondency which are associated with it. The other is a real change of mind brought about by forgiveness and removal of sin and restored confidence in an overruling Providence. "Son," said the Saviour to the palsied man, "be of good cheer, thy sins are forgiven thee." Having said this, He could then say, "Take up thy

bed and walk." This is the true and only mind cure.

What the false appears to accomplish and therefore leads multitudes astray, the true accomplishes in fact. "Wine is (indeed) a mocker, and *he that is deceived thereby is not wise.*" Wine is a mocker and a deceiver, not because it is wine, but because it contains a narcotic poison—*alcohol*. What is true of wine applies with equal force to all patent medicines, drugs, and numerous other poisons which are taken to remove despondency or worry often caused by a knowledge of wrong-doing, and to produce artificial exhilaration or a feeling of well-being.

The majority choose and are satisfied with the artificial, and refuse the real remedy. It is true that broad is the way and wide the gate that leads to destruction and many there be which go in thereat. But straight is the gate and narrow is the way that leads to life, and few there be that find it.

Paul exhorts Christians as follows: "Be not unwise, but understanding what the will of the Lord is. Be not drunk (exhilarated) with wine, wherein is excess, but be filled with the Spirit." He urges all to reject the former, the false, the artificial, the deceptive, and accept the latter, the true, the only way of having peace of mind and health of body restored.

Natural Remedies, or a Return to Nature.

THE old artificial method of treating disease by drug medication is rapidly passing into history. The natural method is taking the place of the artificial. The president of a large medical society recently stated that "the methods upon which we have been depending for so many years are all failing us, and the medical profession is turning away from these things to the *natural remedies.*"

Hundreds of prominent educators are advocating the principles of the return-to-nature movement—a movement not merely "back to the land," but back to the natural and right methods of life in every respect—as a cure for the many maladies which affect us, and the only preventive of race deterioration.

We no longer rely upon drugs in the treatment of that once fatal malady—tuberculosis. "Give him air and he'll straight be well," is the motto observed in the treatment of this disease. The life-imparting and healing elements of the pure out-of-door air is just what the diseased lungs need to be restored. Ere

long pure air will be just as popular as a remedy in the treatment of other diseases as it is at present in the treatment of consumption. This is not, however, a new departure, only in the sense that it is a turning away from the artificial to the natural in life.

The outdoor life, the air cure, the application of light in various forms, the employment of electricity, medical gymnastics, the scientific use of water by the varied and elaborated methods afforded by modern hydrotherapy,—all have their place in the return-to-nature movement.

Chronic maladies are due to wrong conditions of life, and can be cured only by correcting these conditions. Instead of swallowing pills, this demands of the dyspeptic that he exchange his ordinary, complicated, dyspepsia-producing bill of fare for a simple and wholesome dietary. The vital organs must also be trained out of perverse, morbid ways to vital, healthful activity.

We are beginning to recognize that a permanent cure requires a change in the patient,—a constitutional reconstruction, which can be secured only by natural and physiological methods. Drugs are valueless in disease, they never cure disease. The best they can do is to deaden sensation, thus allaying unpleasant symptoms; but this creates a condition worse than the original trouble. It is not wise to take a drug to cause a feeling of being well, when actually a serious condition exists. Yet this is all drugs do.

To knock down the danger signals in our pathway does not lessen our danger. To be content with that which causes a feeling of peace, when no peace exists, is folly. When will we be wise and dispense with these nerve foolers? The only hope for the invalid is in a return to a simpler and more natural life.

Moses, in delivering to Israel the laws upon which their life and health depended, said, "Set your hearts unto all the words which I testify among you this day, which ye shall command your children to observe to do. For it is not a vain thing for you; because it is your life; and through this thing ye shall prolong your days." Health can only be *maintained*, and if lost *regained*, by a return to original conditions, or by a return to simpler and more natural habits of life.

HELP somebody worse off than yourself, and you will find that you are better off than you fancied.

THE HOME.

Reflections of an American Meat-eater.

The American public is patient,
 The American public is slow,
 The American public will stand as much
 As any public I know.
 We submit to be killed by our railroads,
 We submit to be fooled by our press,
 We can stand as much government scandal
 As any folk going, I guess,
 We can bear bad air in the subway,
 We can bear quick death in the street,
 But we are a little particular
 About the food we eat.

It is not so much that it kills us—
 We are used to being killed;
 But we like to know what fills us
 When we pay for being filled.
 When we pay the beef trust prices,—
 As we must or go without,—
 It is not that we grudge the money,
 But we grudge the horrid doubt.
 Is it ham or trichinosis?
 Can a label command belief?
 Is it pork we have purchased, or poison?
 Is it tuberculosis or beef?

There is really a choice of diseases
 To any one, little or big;
 And no man really pleases
 To die of a long-dead pig.
 We take our risks as we're able,
 On elevator and train,
 But to sit in peace at the table
 And be seized with sudden pain
 When we are at home and happy,
 Is really against the grain.

And besides—admitting the poison—
 Admitting we all must die—
 Accepting the second-hand sickness
 From a cholera-smitten sty;
 Patiently bearing the murder,
 Amiable, meek, inert—
 We do rise up and remonstrate
 Against the Packingtown dirt!
 Let there be death in the dinner,
 Subtle and unforeseen,
 But O, Mr. Packer, in packing our death,
 Won't you please to pack it clean!
 —Charlotte Perkins Gilman.

Out-of-door Exercise for Women.

BY LAURETTA KRESS, M. D.

EXERCISE is a most important necessity for good health. Very few women appreciate its real value to their health. Many useful exercises can be engaged in, as house-work,

gardening, walking, etc., which are better than the games usually arranged for exercise.

If one entered into house-work with as much energy as usually accompanies most of the games, the benefit would be greater; for in house-work the exercise is so varied, the sweeping, dusting, making beds, etc., if done with proper care as to body poise and individual strength, would prove very beneficial as a muscle drill. The only objection to this exercise is that it is confined between four brick or plastered walls, which prevents the large amount of air consumption one would have out in the open. Therefore, to gain the most good from these household duties, the windows and doors need to be opened to admit as much fresh air as possible.



Harriet Beecher Stowe once said: "A woman cannot work at dressmaking, tailoring, or any other sedentary employment, without enfeebling her constitution, impairing her eye-sight, and bringing on a complication of complaints; but she can sweep, cook, wash, and do the duties of a well ordered house with modern arrangements, and grow healthier every year. The times when all women were healthy, were the times when all women did house-work a part of every day."

Gardening has great attraction for many women. It is an occupation that is health-giving and educational, and when one is so situated that she can devote a few hours each day to this useful exercise, she will find it a most fascinating employment. The work among flowers and vegetables is encouraging, for you see so much for your labor. It affords profitable exercise for mind and muscle; the trimming and training of shrubs and vines, the weeding, and the sprinkling of

growing things all contribute to health-getting.

Cutting the grass with a lawn mower is another exercise for women. If the mower be an easy running one, and one poises the body properly, the exercise is a very useful one indeed. Push the mower with the whole body, using the main force from the shoulders.

With gardening, mowing, house-work, etc., do not attempt too much at first, so that the muscles are fatigued the first time. Do a little each day, and thus the whole body will be strengthened.

One very essential part of such exercises is the clothing. No woman should attempt any exercises with long, sweeping skirts or tight bands, as all the good gained is lost by the weight of the clothing and constriction of the muscles that move the body. For all such work she should provide herself with a short print or washable dress which is plain and easily laundered, and not too heavy for working.

If this system of exercise were more generally adopted by woman, we would find healthier and happier wives and mothers.

The Boy Who Will Be a Great Man Someday.

" Show me the boy who is open and frank,
And carries a smiling face ;
Who looks you straight in the eye when he
speaks
And listens with modest grace.
" A boy who follows his mother's advice,
And is not afraid of work ;
And attends to his duties day by day,
And never attempts to shirk.
" A boy who is ready with heart and hand,
To help you in time of need ;
Who stands by his principles, firm and strong,
Whatever may be his creed.
" And I'll show you a little gentleman,
Who'll be a great man some day,
For a man is only a boy, full-grown,
No matter what men may say."
—Annie Willmeyer.

THE tennis amateur championship was contested for on May 9, at the Queen's Club, London, by Mr. Eustace Miles and Mr. Jay Gould, the amateur champion of America. Mr. Miles has held the amateur championship of the world every year except one, since 1898. In Eustace Miles' words, "It was just a touch-and-go match." Jay Gould was defeated, and Eustace Miles, the vegetarian and food reformer, still remains the world's amateur champion.

CHOICE RECIPES.

VEGETABLE PEA SOUP.—Cook one pint of split peas until thoroughly dissolved. Just before they are quite done, add one dessertspoonful of olive oil and let it cook with the peas ; also add salt to season. Remove from the fire, pass through a colander to remove all skins. Have ready potatoes, carrots, turnips, onion, and parsley cut fine ; drop these into the pea broth, and let them thoroughly cook. This soup has a very nutty and meaty flavor. Those desiring this flavor will enjoy it.

NUT AND BEAN SOUP.—Another soup may be enjoyed by those having a taste for the flavor of ham bone in soup. One and two-thirds cups of dry lima beans, one small potato, one medium-sized onion, one-half cup nut butter, one-third cup nut meal made by grinding almonds fine after blanching and drying them, and two teaspoonfuls of salt. Wash the beans, and put to cook in cold water. Wash the potato with the skin on, slice it and the onion thin, and add them to the beans. After the beans have been cooking one half-hour, add the nut butter and nut meal. When the beans are thoroughly cooked, rub the whole through a colander. Add water to make two quarts of soup. Reheat and serve.

EGG OMELET.—Beat the yolks of three eggs to a cream, and beat the whites to a stiff froth. Add to the yolks three tablespoonfuls of milk, one tablespoonful of finely grated bread crumbs, and season lightly with salt. Lastly, fold, not stir, the whites of the eggs in. Turn into an enamel baking-dish which has been previously oiled and heated. Cover and place the dish on the stove where it will have continuous heat, not too fierce at first. It should cook quickly, but not burn, three to five minutes is ample time. When the middle is set, it should be put in the oven to dry for a moment. Loosen from the sides and turn one edge over the other. Slip out on a hot plate, and serve at once.

FILLED BANANAS.—Remove a section of peel from large ripe bananas, then cut out the pulp so as to leave the shell. Crush the pulp with a fork, sweeten, add orange and lemon juice to flavor, and if possible, mix with this a few ripe strawberries to give color and flavor. Serve in a dish with green leaves for garnish.

PROFESSOR BILLROTH'S experience in a case of cancer, which was so exceedingly foul smelling that all his deodorizers failed, but which on applying a poultice made of dried figs cooked in milk was entirely freed from odor, gives an importance to this homely remedy.

Temperance Reform.

TEMPERANCE reform is a glorious movement, but the efforts put forth might in many instances be compared to picking off the leaves of a tree instead of going to the roots for the purpose of finding and removing the cause of decay. The temperance movement is directed against *alcohol*, and, to some extent, against tobacco, although there are many temperance organizations that do not attack tobacco. But true temperance goes



still further; it applies to anything and everything that can injure either body or mind.

Tea and coffee are sometimes recommended as substitutes for alcohol, yet it would be more dangerous to drink twenty cups of strong tea than an equal quantity of beer. The effect would in all probability be more serious. The poison theine in tea intoxicates just as truly as alcohol, and it is a much more deadly poison than alcohol. Coffee also contains the same powerful narcotic. Dr. Edward Smith and his colleague at one time drank a decoction of coffee made from four ounces of coffee berries, and in three

minutes they fell to the floor, and lay there insensible for more than three hours. But the sin of intemperance does not consist in drinking alcohol, tea, or coffee; the sin of intemperance consists in taking into the body anything that depraves a man's faculties and destroys or mars his usefulness.

The Potato.

Of all the staple crops of the world, the potato takes the first place, the annual crop being more than 4,000 million bushels, against 2,500 million bushels of wheat, 2,600 million bushels of corn, 1,300 million bushels of rye, and 750 million bushels of barley.

In the consumption of the potato, Ireland, as may be expected, stands at the head. Her average annual consumption per capita is 1,467 pounds, or a daily average of 4 pounds per person.

Excessive Eating a Cause of Premature Old Age.

THE growing young man or young woman requires more food than the one who has matured, or reached full growth. Yet little attention is given to this. Dr. Cohen says,—

“After the thirtieth year it is no longer necessary to eat to make more tissues, but only to preserve equilibrium of weight and strength. Yet at that time eating is a pleasure highly appreciated. Therefore most men and women eat too much, and this is the time of life when indiscretions in diet produce disease with especial frequency.”

Every one has power to hasten or retard the process of growing old. Of course, one who frets and worries will age more rapidly than the person who takes life serenely, and a great many things, such as bad air, want of exercise, and overwork, will help on the wrinkles and stiff joints. But food is more important than any other factor; and a proper choice of food and mode of eating will prevent worry, lighten the cares of life, make work easier, and so prolong youth, indirectly as well as directly.

A **BUSYBODY** is one who fools away time, and goes about stealing somebody else's.

If you cannot have the best, make the best of what you have.

QUESTIONS
and ANSWERS

Coffee.—1. Should children drink coffee? 2. Do you consider it harmful to children under twelve years of age to allow them to drink coffee

Ans.—1. No. 2. Coffee is injurious when taken by the adult, and especially so when habitually used by the growing and developing child.

Kidney Disease.—What home treatment would be advised in kidney disease?

Ans.—When the kidneys are diseased great care must be exercised to impose as little work as possible upon them. Tea and coffee must be discarded for the reason that the active principle, theine or caffeine, which they contain, is an irritant poison which is eliminated only with difficulty by the kidneys. Beefsteak and meats of all kinds must be discarded for the same reason, for the uric acid which they contain in very appreciable amount (fourteen grains to the pound in beefsteak, seventy grains to the pound in sweetbread) acts in precisely the same way as does the poisonous principle of tea and coffee. The diet must consist of nourishing, easily digested foods, simply prepared. Mustard, pepper, and all other irritating condiments must also be avoided. Salt must be either discarded altogether or used in very small quantities. Fruit juices should be freely used. The bowels must be kept regular, and the patient should spend as much time as possible in the open air. It is especially important that the skin should be kept active by exposure to the sun and by careful cold bathing practised daily.

Boils.—1. Boils are quite common in this locality. What is the cause of them? 2. How can they be treated?

Ans.—1. Free fats frequently produce boils. 2. Stop eating butter, and foods in which a good deal of fat is mingled. The best thing I know of to prevent the formation of the boil (as a local

application) is cold. The application of ice at the time the pimple is just forming will frequently prevent the full development of the boil. But after the growth has enlarged the application of heat is better. This brings it to a head. A boil may be prevented by the adoption of a rather radical measure, that is, the injection of a little pure carbolic acid with a hypodermic syringe. This should be done only by a physician. There is no pain connected with this because the carbolic acid acts as an anesthetic. After the boil has formed, however, poultices are the best things. Care must be taken, however, not to have the poultice covering too large an area, as it will soften and reduce the vitality of the surrounding tissue, thus preparing the way for a crop of boils. Boils are present only in those people who are in a run-down condition. Boils indicate that the tissue has lost its vitality. In order to have a boil there must first be an abrasion of the skin and then infection by germs. The skin in a healthy condition even when an abrasion occurs is able to destroy the germs. When an abrasion occurs and infection takes place, the white blood cells come to the seat of infection and a battle takes place between the blood cells and the germs introduced. The weaker are conquered. The pus in a boil is really composed of white blood cells that have sacrificed their lives in the effort to save the body from poisoning. The principal thing in the prevention of boils is to keep the blood pure, and through the purity of the blood keep the tissues and their sentinels, or warriors, in a healthy condition, so that they may be able to destroy the invading germs.

DR. BUNGE of Basle University says,—

“It has been proved that the movement in favor of total abstinence cannot be checked where its principle has been accepted. It must and will grow until at last it has gained a large majority in the legislative body and has achieved the end—the complete removal of all alcoholic drinks.”



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NEWS & NOTES.

Tea Drunkards.

UNDER the above heading a leading London daily quotes from a Preston medical practitioner on the evils of tea, as follows:—

"I firmly believe that 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. If a man takes too much beer, its effects are gross and palpable. If a man takes too much tea, the results are quite as deadly, or even more so, but as they are insidious, and not generally apparent, they are put down to some other cause."

Hot Water as a Remedy.

HOT water applications will relieve the pain of a nervous headache. Bathe tired and inflamed eyes in it. Sprains, too, can be greatly relieved by soaking the part in hot water for half an hour at a time, afterwards bandaging it with flannel. Bruises can be healed with the same treatment. Very hot water poured over a bleeding surface will stop hemorrhage. Those who suffer from insomnia will find themselves drowsy after a full bath at the temperature of about ninety-six degrees.

Sleeplessness.

A SWEDISH servant-maid, finding that her mistress was troubled with sleeplessness, told her of a practice of the people of her country who were similarly afflicted. It was to take a napkin, dip it in ice cold water, wring it slightly, and lay it across the eyes. The plan was followed and it worked like a charm. The first night the lady slept four hours without awaking—something she had not done for several months. At the end of that time the napkin had become dry. By wetting it again she at once went to sleep, and it required considerable force to arouse her in the morning.

The Treatment of Warts by Sunlight.

ACCORDING to the *Semaine Medicale*, a Russian physician, Naoumov, has succeeded in removing a number of warts from his hands

by simply concentrating upon them the solar rays for a period of some thirty seconds, with a convex lens from his ophthalmoscope. He found that the nutritive blood vessels of the warts became occluded, and that the latter, therefore, soon atrophied. A slight induration of the skin remained after the warts had fallen off, only to disappear in its turn after a week or so.

Recipe for Longevity.

JAMES LOUGHRAN, Doumealand, Derry-noose, Middletown, county Armagh, has just celebrated his 112th birthday. The veteran is living in the house in which he was born, and a yew tree which is growing alongside was planted by him over ninety years ago. Every morning he rises at five o'clock, and delights in listening to the songs of the birds. Loughran was always a non-smoker, and used spiritous liquors in moderation. He has no fondness for tea or coffee, preferring, he says, to use the food which was popular in his early days, and to the exclusive use of which he attributes his longevity—porridge, potatoes, and plenty of new milk. Loughran spent some years in Chicago, where all his children died years ago. He attended a number of Repeal meetings, and saw and heard Daniel O'Connell. Among his recollections are some thrilling and painful incidents of the dreadful famine of 1847. Being, it is believed, the oldest subject of King Edward VII in the British Isles, a movement has been set on foot in the district to bring the centenarian's name before His Majesty.—*Worlds News*.

Clean Food.

A GENTLEMAN whose family had begun the use of a natural dietary observed that the change did away with much of the dish-washing. It was only necessary to rinse the dishes in cold water to make them clean. Said he, "There is no grease, and it has occurred to me that this is why we do not have that bad taste in our mouths any more, because the thing that keeps dishes clean keeps mouths clean, keeps stomachs clean; that is, clean food."

Alcohol and Consumption.

THE annual report of the Medical Officer for Wigton, England, states that alcohol, as a predisposing cause of tuberculosis, is probable secondary to overcrowding. He advises that the effects of alcohol be taught in all public schools.

Cane Sugar Unsuitable as a Food.

DOCTOR C. FERÉ, of Paris, says there is no paradox in the statement that sugar may be a condiment rather than a food. He says sugar diminishes the power of working excepting for the short initial period during which the mental stimulus of its sweetness lasts. Like anything else that excites, he argues, sugar accelerates the onset of fatigue.

Experiments made on the German army have shown that the free use of sugar produces gastric irritation and catarrh. The increase in the consumption of sugar and its irritating influence upon the liver, is partially responsible for the rapid increase of *diabetes* during the past decade. The fact that sugar has a high nutritive value is not sufficient to recommend it as a food. Its effect upon the digestive organs, liver, and other tissues of the body must also be taken into account.

Old English Coffee Houses.

IN civilized countries, coffee, like tea, is a modern drink. Our forefathers knew nothing of this beverage. The use of coffee was at first opposed by intelligent and thinking men, in the interests of the public. In 1657, we are told, the first coffee house was opened in England, and later prosecuted as a nuisance. But in spite of the effort to suppress the sale of this intoxicating beverage, so rapidly did these resorts multiply that in 1708 there were over 3,000 coffee houses in England, each having its habitual circle of frequenters. Thackeray speaks of how the club and coffee house "boozing" shortened the lives and enlarged the waistcoats of the men of those days. Addison, according to Pope, spent five or six hours a day lounging at one of these places, and Pope himself found the practice too much for his health.

"CHRONIC CONSTIPATION prevails to an alarming extent in civilized countries. It is safe to say four-fifths of the population are affected with it to a greater or less extent."

"In every case permanent relief may be promised, no matter how chronic the condition, providing no growth or organic obstruction exists, which is extremely rare."

These are extracts from a valuable little work which has just been published, entitled "CHRONIC CONSTIPATION," by D. H. Kress, M. D., Medical Superintendent, Sydney Sanitarium, Wahroonga, N. S. W. After carefully discussing the evils resulting from this malady, the Doctor takes up in detail the primary and secondary causes, the correct diet to be followed, and the rational treatment to ensure permanent relief. A number of successful cases which have been treated are also given which prove that the treatment suggested is effective. 48 pages, 6d., postage, rd. extra. **Signs of the Times, Warburton, Victoria.**

Hot Foods and Ulceration of the Stomach.

DR. JAMES ROUTH, of Oxford, states that he has found the following temperatures (Fahrenheit) were well borne by the mouth: meat, 115 degrees; beans, 132 degrees; potatoes, 150 degrees; and fruit pie, 130 degrees. He found that the average temperature of hot tea used was 135 degrees, and that tea could be sipped up to 142 degrees. Yet it was impossible to keep the finger in contact with any of these articles for more than a moment. The stomach is without doubt seriously affected by taking food at such high temperatures. This may in part explain the frequency of ulceration of the stomach in cooks, supposed by many to be due to the tasting of hot dishes.

Foot-and-mouth Disease Rampant in Argentina.

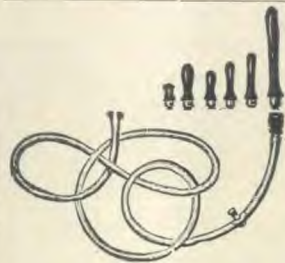
THE *Times* of London strongly opposes the proposal of the Argentina Meat Company to establish extensive abattoirs in Alderney (one of the Channel Islands), on the ground that foot-and-mouth disease is rampant in Argentina.

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All Communications to the Editor and Questions for the correspondence columns of the journal should be addressed to D. H. Kress, M.D., Sanitarium, Wahroonga, N. S. W. All orders and business communications, remittances, etc., should be sent to the office of publication, Cooranboong, N. S. W. E. C. CHAPMAN, *Manager*.

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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Care of N. Queensland Tract Society, Eyre St., North Ward, Townsville, Q.

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127 Liverpool Street, Hobart, Tasmania.

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

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

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37 Taranaki Street, Wellington, N. Z.

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

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