

THE AUSTRALASIAN

GOOD HEALTH



D. H. KRESS, M.D.
Editor

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IN A SOUND BODY

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"It is not a 'mysterious providence' that removes the little children. God does not desire their death. He gives them to the parents to be trained for usefulness here, and for heaven hereafter."



November 1, 1906.

MEDICAL and HEALTH NEWS.**Tobacco and Carbon Monoxide.**

CARBON MONOXIDE is a most deadly poison. It is destructive to the red blood cells, the oxygen carriers of the blood, and in fact to all cell life. Yet this gas is formed to the extent of one pint to every ounce of tobacco consumed by the smoker of tobacco. Between these two deadly foes—nicotine and carbon monoxide—the tobacco devotee and those who are compelled to inhale the deadly fumes he exhales are slowly, yet surely, being destroyed.

The Efficacy of Fruit Cures.

FRUITS have an advantage over all other foods in that they furnish to the animal, in a completely digested form, ready for immediate assimilation, such material as is needed to re-enforce muscular energy. To this fact is due the refreshment which is so promptly experienced by eating fruit when one is tired, and the craving for fresh fruit under such circumstances. Most juicy fruits furnish not only water, but a small amount of digested food substance in the form of sugar, which is taken at once into the blood, and being carried to the muscle, replenishes the stores of energy which have been reduced by activity, and so brings refreshment and re-enforcement of vigor and strength.

Fruits also aid the digestion of other foods by promoting the formation of the gastric juice, and particularly the production of pepsin.

Another advantage afforded by the use of fruits is the fact that fruit acids readily destroy nearly all germs. Typhoid fever germs, cholera germs, and other germs likely to pro-

duce acute diseases, are quickly killed by coming in contact with dilute solutions of citric and malic acids. The juice of a lemon or of a sour apple destroys these germs. The juice of a lemon added to an ounce of water may be relied upon to render the water sterile within half an hour, even though it may contain the germs of typhoid fever or cholera.



This precaution may be advantageously taken by travellers, though, of course, it would be better to avoid all risk by using only boiled water when travelling. The antiseptic properties of fruit render it exceedingly valuable as a means of cleansing the stomach and the alimentary canal. The germs which grow in the stomach are all quickly killed when placed in the pure juice of fresh fruit. This

explains the beneficial effect of the grape cure, the apple cure, the peach cure, and various other fruit cures which have been for many years practised in Switzerland and other portions of Europe.

Danger of the Toothbrush.

THERE can be no doubt that the mouth and teeth should be kept clean and free from germs. This is especially important when the system is in a run-down state. In health the mouth, by the presence of saliva, is capable of protecting itself from the injurious growth of germs. In persons who breathe through the mouth the accumulation of germs upon and about the teeth is much greater than in those who carefully avoid mouth-breathing, for the reason that when the air is drawn in through the nose, the germs are filtered out.

Particles of food which accumulate between the teeth afford a fertile soil for the development of these germs. Hence the importance of cleanliness. The teeth should be cleansed immediately on rising in the morning, just before retiring at night, and before and after each meal. Cleansing after the meal is quite as important as cleansing before the meal. Carious teeth should receive immediate attention, as tuberculosis and other diseases sometimes find entrance to the body through the medium of decayed teeth. Stiff toothbrushes should not be employed. Attention has recently been called to the fact that the stiff-bristled brush may become a serious cause of disease by lacerating the gums, and so opening the door for the entrance of tubercular germs and other destructive microbes. The toothbrush itself, if not kept perfectly clean, and washed in soap and water or some other germicide, favors the growth of germs and becomes a source of danger. The teeth may be cleansed with a brush covered with cloth, and a new piece of cloth used at each cleansing. This is both hygienic and safe.

"DON'T take your troubles to bed with you; hang them on a chair with your trousers, or drop them into a glass of water with your teeth."

"HAPPY is he who has learned to do the plain duty of the moment quickly and cheerfully wherever and whatever it may be."

An Unsavory Smell.

THE stench of the Chicago Stock Yards, which has for so many years polluted the atmosphere of a greater part of the city of Chicago, has finally acquired such a degree of volume and intensity that it has spread itself out over the whole country, and has even reached across the Atlantic. Never before, perhaps, in the whole history of civilization has there been exposed so malodorous and far-reaching an imposition upon the public as the disclosure made in relation to the packing-house business.

Sinclair's description of the crime and filth in connection with the canned meat busi-



ness and other branches of the packing-house industry, and the rottenness which millions of people are consuming under the disguise of sausage and canned meats, has turned the stomachs of multitudes against flesh-eating. The cattle on a thousand hills rejoice in the good work which is going on, and so do those who have learned a better way in diet, having excluded flesh meats from their bill of fare. May the good work go forward.

Gin Liver and Pepper.

UPON examination recently, a patient was found to be almost destitute of a liver. His liver was just a little larger than a man's fist. A search was made for his spleen, but none could be found. The first supposition was that he had a gin liver. As politely as possible he was told that perhaps he had taken rather more alcohol than he ought to, at some time in his life.

"I never touched a drop, never drank a drop," was his reply. "I am a total abstainer."

"I am very much surprised," replied his physician. "However, I have met such cases before. Do you smoke a great deal?"

"No, I do not smoke, either."

"Well," the physician began to think, "what shall I charge this man with?" "Tea and coffee, I suppose?" was his next venture.

"No."

"Well," was the mental ejaculation, "this man is a saint apparently, yet he has been a great sinner."

"It seems your punishment is rather greater than you ought to have," he was then told. "I cannot see that you have done anything to entitle you to such a liver as you possess, for you have rather a gin liver."

Said he, "That is what I have been thinking myself—that I have more punishment than I am entitled to."

Just then a thought occurred to the catechizer. "Possibly you take pepper sometimes," he hazarded. "You are rather fond of pepper, aren't you?"

"Oh, yes," he said, "I am a regular Mexican when it comes to peppers."

In the course of the conversation it developed that he was in the habit of eating two large red peppers at every meal, or the equivalent of that. It was then apparent what was the matter with his liver.

Professor Voix, of Paris, six or seven years ago demonstrated that pepper has six times the power of gin to make gin liver. Remember that, when you make your potatoes black with pepper the next time. Professor Voix knew that, because he made gin livers in dogs and guinea-pigs by feeding them peppers.

Increase of Cancer in England.

DR. FOX, of London, England, in a recent letter to the *London Lancet*, calls attention to the fact that in the course of thirty years, cancer has increased 147 per cent. in males and 74 per cent. in females, as shown by the corrected mortality rate. The rate of death from cancer in 1903 was the highest on record.

Dr. Fox maintains that "the extended use of alcohol during the past half century has promoted the occurrence of cancer of the digestive tract, and has thus been one cause of the increased mortality from cancer."

Any practice which tends to lessen the vitality of the body tissue or favors physical degeneracy predisposes to cancer. Cancerous growths are *never* found in healthy tissue,

Alcohol is undoubtedly one of the causes of physical degeneracy, therefore predisposes to cancer. But there are numerous other causes. The excessive use of salt is supposed by some authorities to act as a predisposing cause; no doubt this is correct. But by far the most common cause of tissue deterioration is the eating of flesh foods, especially pork. The chief causes of cancer are meat, alcohol, tobacco, and the free use of salt. Of course, there are other causes, but these four stand at the head of the list, and in the order named.

Declining Birth-rate.

JOHN and Charles Wesley, the authors of the Methodist revival, with its far-reaching ecclesiastical and national consequences, were respectively the fifteenth and eighteenth children of Samuel Wesley, Rector of Epworth, in Lincolnshire. Large families belong to past generations.

The early settlers of the United States, that is, the first three or four generations, had families of ten to twelve. Later, the average was only five to six, while at present, only two to three. Had the increase of the first three generations continued, the United States would have, at present, a native-born population of over 100,000,000 people, whereas, in fact, it does not number more than 50,000,000.

Leprosy and Fish-eating.

THE long and laborious investigation by Dr. Jonathan Hutchinson, F. R. S., F. R. C. S., into the etiology of leprosy, has convinced him that "the fundamental cause of the malady is the eating of fish in a state of commencing decomposition." Mr. Hutchinson asserts that the consumption of fish as food is universal throughout India, and that no religious profession can be accepted as proof that it has been abstained from. The cumulative evidence which he adduces on this point and on the general question is extremely strong. It is, for example, a striking fact that leprosy is especially prevalent in Roman Catholic communities, owing, as the author argues, to the general use of fish, and in particular cured, fish, in seasons of fasting. In the middle ages when Western Europe generally was of one religion, leprosy was terribly rife; but Russia, where the Greek Church forbade the eating of fish, as

well as of flesh meat, was free of the disease. So also the author shows that leprosy, having been almost or wholly absent from many places, such as Cape Colony, Natal, and the Sandwich Islands, appeared when fish-curing establishments were introduced. Further, it is peculiarly prevalent in districts such as Bergen, in Norway, where fish-curing is extensively carried on.

Some have thought if fish-eating was the cause of leprosy, everyone who ate fish would have the disease. This does not follow. Ptomaine poisoning is due to meat-eating whenever it occurs. All who eat meat, however, do not suffer from ptomaine poisoning. But if they ever do, it is due to the meat eaten; this all admit. Just as the one who habitually eats meat is in greater danger of ptomaine poisoning than the one who eats it only occasionally, so the one eating fish habitually is in greater danger of leprosy than the one who eats it only occasionally. But no one can be sure in eating either meat or fish of escaping either ptomaine poisoning or the leprosy.

The Influences of Light and Air on Tuberculosis.

M. JUILLETT, the eminent sanitarian of Paris, has been making careful study of the conditions under which tuberculosis most



frequently occurs in Paris, and has observed that the disease is very much more frequent in the lower stories of tenement houses than in the upper stories, although the upper stories are usually occupied by persons of a poorer class who have more numerous families.

M. Juillert states that in eleven years thirty-nine thousand houses out of the eighty thousand houses in Paris furnished over one hundred thousand deaths from tuberculosis, out of which 1,820 houses gave 11,500 deaths, and ten of these, having a total population of 967, gave in ten years 212 deaths.

One of these houses, which had a very narrow court presenting a superficial surface of only about eight square yards, gave in seventeen years thirty-six deaths out of sixty inhabitants.

These figures show clearly enough the importance of light and air as a preventive means against that greatest of all foes of human life—tuberculosis. Tuberculosis being a house disease, the open-air and light treatments are the only effective remedial and curative remedies. A recent writer has said, "God invented the tubercle bacillus in order to teach people the value of sunshine and fresh air."

"NOTHING BUT LEAVES."

"Nothing but leaves"—the words came low,
In saddened tones so full of woe.
My heart with anguish then was stirred,
While to my ears there came a word—tobacco.

"Nothing but leaves;" yet many a slave
Has early filled a drunkard's grave,
And cursed the day and cursed the hour
When first he used tobacco.

Tobacco is a poison weed,
It was the devil sowed the seed.
To raise a crop of gin and rum,
Dear friends, I think most every one
Commences with tobacco.

"Nothing but leaves," yet something more
When once we see the dreadful power
It has upon the sons of men
Who chew and smoke, and chew
again,
The filthy weed—tobacco.

A slave to just a few poor leaves,
No matter whose dear heart it
grieves—
Whoever is a slave like this
Can never find in endless bliss
A place for his tobacco.

In heaven, tobacco has no place,
On earth, it is a foe to grace;
And the devil, who sowed the seed,
Will say, "Come home, slaves of the weed,
My harvest from tobacco."
—Amos A. Evslizer.

"TEMPERANCE is the moderate use of all things helpful, and total abstinence from all things harmful."

"THE three most difficult things are: To keep a secret, to forget an injury, to make good use of leisure."

An Old Man's Experience.

DR. D. H. KRESS,

Sir,—

I now take the privilege of writing you a few lines letting you know the benefit I have received by adopting your dietary treatment. I had suffered for many years with constipation of the bowels, indigestion, sciatica, and severe pains in my back. I am now sixty years of age, and thought my health was breaking up on account of hard work and increasing years. In June 1905, I was laid up for four weeks with sciatica and very severe pains in my back. I, as before stated, thought it was all caused by increasing years, and that I was done for so far as this world was concerned.

One morning, when crawling through my yard, I was accosted by a gentleman named Mr. Lamb, and he, noticing my crippled and haggard appearance, and, I suppose, judging that I was ill, asked me what was the matter with me. I told him of the state of my health. I was smoking my pipe at the time. He told me smoking was bad for me. Now, I had been a heavy smoker for forty years, and had been at times a very heavy drinker of beer and spirits, and was a perfect wreck both in mind and body.

During our conversation, Mr. Lamb advised me to knock off smoking and drinking, and he at the same time handed to me three copies of different numbers of your publication, the AUSTRALASIAN GOOD HEALTH, for my perusal. I took them and carefully read them. In one of the numbers that he handed to me, I read a letter from a man who had been afflicted somewhat similarly to myself, and after reading his testimony stating what vegetarianism had done for him, I at once made up my mind to give it a trial, for any kind of relief from the torture I was suffering would be a blessing.

I therefore immediately knocked off smoking and liquor drinking, and at once commenced the fruit and vegetable diet. The benefit I derived in a very short time was marvellous. Previous to trying the vegetable diet, I was always taking different kinds of patent medicines I used to see advertised in the newspapers, but got no relief. It is now over twelve months since I started the treatment, and I can candidly say that I have not enjoyed better health for the past twenty years than I do at the present time, and I am sure that if anyone suffering as I have done for the past twenty years, will only adopt the GOOD HEALTH treatment, he will not be sorry for doing so. As I have before stated, I have been a heavy smoker and drinker. I shall always bless the day on which I met Mr. Lamb and the GOOD HEALTH magazine.

I am writing this out of gratitude to him; and at the same time, this may be the means of causing relief to some poor unfortunate who may be suffering similarly to the way I have suffered. Such a cure, I think, should be made widely known, in justice to my fellow-men, and out of gratitude to Mr. Lamb for his advice, and kindness in supplying me with copies of the AUSTRALASIAN GOOD HEALTH, for which I shall ever feel grateful.

It is now over twelve months since I adopted the treatment, during which time I have not drunk beer or spirituous liquors, or eaten any kind of flesh meat or fowl.

Thanking you in anticipation of your kindly publishing this statement in the interests of suffering humanity,

I remain, Yours truly,
GEORGE McWHA,
Charleville, Queensland.

Morphine and Cocaine Evils.

LAST year there were brought into America 700,000 pounds of opium and a ton of morphine, which is five times as much as was used six years ago; and the *Chicago Tribune* estimates that a million people in that country are addicted to the use of either morphine or cocaine. This means that there was consumed practically the equivalent of fifty grains of opium for every man, woman, and child in America, as compared to twenty-eight grains per capita in supposedly opium-cursed China.

The use of cocaine has trebled since 1888. This increase is largely accounted for by the enormous increase in the number of unhappy victims who are slaves to its use. There are sections in America's large cities where chemists are said actually to derive the major portion of their revenue from the sale of this drug to those who are addicted to the habit. The road from the beginning of the cocaine habit to quarters in an insane asylum is an extremely short one, and thousands are travelling upon it. The present indications are that this terrible evil is only fairly launched, as this drug itself was discovered but a generation ago.

One of the traps that is laid for the feet of the unsuspecting sufferer from catarrhal disturbances, asthma, etc., is extensively advertised snuffs and other remedies which owe their fleeting, but magic-producing, effects to the unknown quantity of cocaine.

PELVIC PAINS—HOW RELIEVED.

THE hot sitz bath is highly valuable as a means of relieving pelvic pains. The most effective form is the revulsive sitz, in which the patient enters the bath at a temperature of 102 degrees, the temperature being raised by the addition of hot water until 110 degrees or even a higher temperature is reached. The temperature of the bath should be made as hot as the patient can bear, a very hot foot bath being given at the same time. The skin of the immersed parts should become fairly red. As the patient rises from the bath, cold water is dashed over the hip, or the reddened surface may be rubbed over for a few seconds with a cold wet towel and afterwards well dried.

Restaurants.

"THE character of the food which is served in some of the cheap restaurants which now abound is such as to call for the sounding of a general alarm. There never was a time in which wholesome food was available at rates so low and in so many places; but side by side with the honest eating-houses are those whose bill of fare is a menace to the public health—meat, vegetables, and fruits which are stale, adulterated foods, and the cheapest grade of everything. This refuse stuff can be fixed up to deceive the palate, if not the digestion.



"It pays to make careful inquiry concerning the eating-house to which one entrusts his health. Many cities now have diet kitchens, laboratory kitchens, dairy lunches, and other restaurants, conducted by women (sometimes by men) in a hygienic and conscientious way. The public need not long remain in ignorance of the character of an eating-house. People are just beginning to discriminate. To the majority a restaurant is a restaurant—though it may be a waste bucket in disguise."

From the above it seems that there exists a great need in all of our large cities for cafés conducted by conscientious men and women who will not permit stale, adulterated, or inferior foods to be served to an innocent and unsuspecting public. We can heartily recommend the Pure Food and Vegetarian Café of Sydney, corner Hunter and Castlereagh Streets, to readers of *GOOD HEALTH*. The cooks connected with this café have had a thorough training in hygiene and scientific cookery. Foods are prepared with reference to health.

Faith and Presumption.

THERE exists no subtle remedy that can counteract the results of evil doing. Any remedy claiming to do this is a deception. Drugs can never save from the consequences

of violating nature's laws. Even prayer is powerless here; prayer was never designed to encourage transgression or ignorance. Prayer is for the purpose of subduing internal rebellion and creating within a willingness and desire to cease transgressing the laws of life. Its aim is not to change God's attitude toward man, but man's attitude toward God. Only they who do His commandments have a right to life. God said to His people anciently what He says to all and for all time, "I have placed before you a blessing and a curse; a blessing if ye obey the commandments of God and a curse if ye disobey." The only faith that is of value is the faith that appropriates the grace needed to lead a life of obedience. A faith that leads a man deliberately to eat impure food or to breathe impure air, expecting God to neutralize the consequences is a deceptive faith; it is presumption. The only faith that God recognizes is the faith that leads men to add to faith, virtue; to virtue, knowledge; and to knowledge, temperance. Such a faith asks for health and receives; it meets with no disappointments.

Does the Youthful Smoker Alone Suffer?

LET the truth be spoken about tobacco. All this would-be scientific talk about tobacco being injurious to the growing youth is but an argument of the adult to excuse in himself that which he condemns in his child.

In that most valuable editorial in *Pearson's* for July, we read:—

Tobacco is the admitted cause of upwards of eighty diseases, including blindness, and cancer of the lower lip and tongue, and is credited with killing 20,000 in our land every year.

A breeder of cattle who got only 1200 physically-developed animals out of 11,000 reared to full age would call a halt, and begin to think; and this is what the British nation must do, or go to pieces.

Yet what was the discovery as to the state of our national manhood at the time of the Boer War? In the Manchester district alone 11,000 men volunteered to fight for their country. Of these 8000 were at once rejected as physically unfit, and only 1200 finally passed the doctors. The chief cause of unfitness was proved to be smoking as boys and young men.

A habit that is poisonous to the boy is poisonous to the man. Let the truth be spoken, and force every smoker to know that the effect is suicidal.

THERE are few occasions when ceremony may not be easily dispensed with—kindness never.

Girls as Smokers.

WE are informed that an Anti-Cigarette League has been organised in Leeds, England, among the girls. The pledge is as follows:—

"I promise with God's help, to abstain from purchasing or using tobacco in any form, at least until I reach the age of twenty-one, not only for my own sake, but for the good of my country."

It is bad enough for men and boys to smoke, but it is awful for women and girls to begin the use of tobacco. Tobacco using must evidently be quite prevalent among women and even girls, in Leeds, or the above pledge would be uncalled for. Of course there can be no more objection morally for a woman to use tobacco after reaching the age of twenty-one than there would be for a man to use it after arriving at that age. The physical injury done the woman is no greater than the injury sustained by the man. But what will become of the offspring when father and mother both smoke? We may certainly look for much more rapid physical and moral degeneracy. It is sad indeed, but it is what we may expect just as long as men refuse to condemn the habit in themselves.

Children and Disease.

TIME was when it was considered as impossible for children to escape a certain category of diseases—commonly known as "children's diseases"—as to avoid the teething period. And to further the running of this gantlet of necessary evils and have done with it, as the anxious but injudicious mothers were wont to say, the poor innocents were often purposely exposed to contagion. As a consequence, the first ten or twelve years of the child's life, instead of being a time of unalloyed joy and freedom from trouble of body as well as of mind,—the rightful heritage of childhood,—were, for the greater part, spent in one of the three stages of some disease—taking, having, or convalescing.

The intelligent mother of to-day has come to recognize the absurdity of this and many other once-popular fallacies pertaining to child-life. She knows that each time disease attacks the human system it leaves its imprint and lessens the power of resistance. She knows, too, that a sound body is essential to perfect mental growth; so, instead of inviting disease to come and be a guest in her home, she bars the door against it.

When, in spite of the ounce of prevention vigilantly administered, disease does come, this same wise mother informs herself so that she may not only be able to care for the patient intelligently, but keep the contagion from spreading.

One of the most powerful safeguards against disease, especially during the period of childhood, is the diet. A well-nourished body—that is to say, one that is supplied with food that it both digests and assimilates—has more resistance than the poorly nourished one. The brain of a child, which, like all the other organs of its body, is in a state of growth and development, has a direct and peculiar influence upon the digestive organs;



hence the necessity of a diet suited to the needs of the young body becomes apparent.

No rational mother would require her child of tender age to perform manual labor, yet how many of them who claim to be not only rational, but informed, will place the food of a man before the child and bid him eat. As a result the digestive organs are overtaxed, and must make undue demands upon the blood,—the working force,—thereby impoverishing the other organs, and rendering them unable to perform their normal functions and an easy prey to disease.

To sum it up, the best safeguards of the health of children are: A suitable regimen, cleanliness, fresh air, pure water, and a due allowance of refreshing sleep. To the child thus armed, disease is not a frequent visitor. That prevention is better than cure in any case goes without saying. The old idea that ills must come, has now been evolved into the doctrine that sufficient knowledge and care will prevent almost any evil, and this is no less true of disease than of other things.
—*New Idea Woman's Magazine.*

Reforms in Eating Need Re-forming.



IN sitting down to a table spread with many things, good, bad, and indifferent, it is often difficult to know what food to take and what to leave alone, or how to combine the foods. The names of the prepared dishes are as a usual thing no help in the selection of a well-balanced and properly combined meal. The names of these dishes should always express their contents, or indicate to the poor dyspeptic what they are. Instead of calling a roast made of brown lentils, nuts, and bread, a "vegetarian turkey," it should be named what it really is. "lentil, bread, and nut roast." If onion or other flavoring is put into a roast or into soup it should be stated. Many are not able to use these seasonings even in the minutest quantities without experiencing uneasiness. "Lentil, tomato, and onion soup" would be a more appropriate name for a soup composed of lentils, tomato, and onions, than "mock turtle soup," or some other name of no significance. On account of the many confusing names one encounters on the modern so-called reform menu, it is often impossible even for an expert in diet to make an intelligent selection or combination of foods at a meal. This is one of the chief reasons why a so-called reform diet so often causes fermentation or distressing symptoms.

We often hear the remark made, I do not wish to eat meat, but I find bread, meat, and potatoes agree with me better than the vegetarian diet. It no doubt does unless some intelligence is brought into the reform diet and greater simplicity is practised.

When a person selects meat, and potatoes, and bread, he has a simple, well-balanced meal that will not as a usual thing create digestive trouble. I do not advocate a meat diet, far from it; but in spite of the fact that meat contains wastes and impurities, such a diet would be preferable to the free use of the many mixtures at one meal which is thought necessary by some in order to adopt what they suppose to be a reform diet. Breads and cream, rice, eggs, and fruit, make a simple, well-balanced meal. Baked potatoes, nut meat, green peas, and breads form another good meal.

Bread and milk and a couple of poached eggs will do for another.

Granose biscuits, almonds or walnuts, and fresh fruit make another good meal.

Zwieback and split pea or bean soup, bread and cream, and a little orange juice at the close of the meal will do for another meal.

So-called reforms in diet need re-forming. I have for years refused, even in my own home (although I have the utmost confidence in my wife as a cook), to eat prepared dishes without knowing their contents.

We need to study the needs of the body, and to understand how to supply them in an intelligent manner. There is too much ignorance in regard to this matter, and altogether too much haphazard eating. *Come, let us study simplicity, and let us reform our reforms.*

D. H. KRESS.

What Dr. Osler Really Said.

A RECENT number of the *Scientific American* gives the exact words used by Dr. Osler in his valedictory address at John Hopkins University on the subject of men over forty.

Here are some of the quotations:—

"It is a very serious matter in our young universities to have all the professors growing old at the same time. In some places, only an epidemic, a time limit, or an age limit can save the situation. I have two fixed ideas, which have a direct bearing on this important problem. The first is *the comparative uselessness of the men above forty years of age.* This may seem shocking, and yet, read aright, the world's history bears out the statement. The effective, moving, vitalizing work of the world is done between the ages of twenty-five and forty.

"My second fixed idea is *the uselessness of men above sixty years of age, and the incalculable benefit it would be in commercial, political, and professional life if, as a matter of course, men stopped work at this age.* . . . It is not to be denied that occasionally there is a sexagenarian whose mind, as Cicero remarks, stands out of reach of the body's decay."

But there can be no reason or semblance of an excuse why there should not be many sexagenarians, and even octogenarians or centenarians, whose minds, stored with a fund of knowledge gained by years of experience, should stand, as Daniel at the age of ninety, and Moses at the age of one hundred and twenty, and lead in religious, political, commercial, or professional life.

According to Professor Metchnikoff, "Man should be in his prime at the age of eighty, still useful at one hundred and twenty, and

die at the age of one hundred and forty." But Dr. Osler has stated the matter as it is, not as it might be or as it should be.

The Bed and the Bed Room.

WE are in the habit of greatly overloading our beds with covers. These-called "comforters" are not fit to be used, on account of the mass of cotton thickly quilted together. A certain home journal has recommended that newspapers be quilted into these comforters, thus saving expense in cotton. This is worse still, because the newspaper makes the coverings still more impervious to the air. One might just as well sleep under a rubber



blanket. While asleep, a person is constantly throwing off effete matter, hence it is very important that the bedclothes be such that these poisons may be allowed to evaporate.

Too little attention is paid to the proper airing and ventilation of bedrooms, especially in winter. Not only should there be a good circulation of air during sleeping hours, but the bed should be entirely thrown open and exposed to the fresh air and sunlight every morning. The pillows, sheets, and every article of covering should be removed from the bed and hung out of doors on a line or spread out over the chairs, so that they may be thoroughly dried and warmed.

THE teacher was trying to get the boy to say "dessert."

"What is it that comes at the end of a banquet, Tommy?"

"Dyspepsia, ma'am."

Camphor Habit.

THE notion that small and regular doses of camphor impart to the complexion a peculiar clear creaminess is said by a London physician to have developed a new habit among many well-to-do young women. Like other drug-taking habits, this is difficult to abandon after it is once established. Mild exhilaration and stupefaction are produced, and the doses are often very large. In some cases the effects are hardly to be distinguished from those of alcohol. Extreme weakness generally follows regular doses, and the camphor-eaters all have a dreamy, dazed, and very listless air, usually with a constant longing to sleep. The complexion, instead of being in any way improved, is given a ghastly pallor.

Fifty or Sixty?

THE use of tobacco, as now going on amongst us, cuts off men at the very age when they ought to be of greatest value. At fifty, a man whose physical system has got fair play is at his very best as a productive workman. It is not so with the man who has used tobacco largely. About fifty, the average man, under the constant use of this drug, begins to show signs of nerve failure, which no clear eye can help perceiving.

A man is something like a tree; there is a long period of preparation with him before he can be counted on to produce anything to compensate for that which he consumes. When he does at length become productive, it is only in a slight degree. If he has time enough, however, after he has passed the preparatory stages, and becomes really fruit-bearing, he makes up, and more than makes up, for all that was spent on his preparation. If you cut off ten years of this fruit-bearing time, the loss is great indeed. It is like cutting down a fruit-tree ten years before it need show symptoms of decay. This is the actual result of the use of tobacco amongst us.

Dyspepsia Cured by Diet, Not by Drugs.

"IN regard to the treatment of dyspepsia, Dr. Flint says:—

"There are few diseases that present greater difficulties in the way of treatment and of permanent cure than what may be termed functional dyspepsia. I have yet to

see, however, a single case in which any of the pepsins, pancreatins, or the physiologically absurd combinations of pepsin and pancreatin logically seem to have produced any benefit, even of a temporary character. In certain cases in which they have appeared to act favorably as palliatives, careful inquiry has almost invariably shown there was an attention to diet and hygiene during their administration, to which their apparently favorable effects may be attributable."

Treatment of Congestive Headache.

CONGESTIVE headache is characterized by a flushed face, throbbing vessels, and a sensation of fullness in the head. It is due to an abnormal amount of blood in the brain, and anything that will diminish this quantity will be helpful. As all the blood in the head has to enter through vessels passing up the neck, by contracting these vessels, less blood will enter the head. This is readily done by the application of a very cold compress around the neck, or by ice-bags to the back and sides of the neck, and to the top of the head. In many cases this will be sufficient to give relief, but in more severe cases the amount of blood entering the brain can still further be diminished by hot compresses to the face, thus diverting the blood into an area where it does no harm. Both the hot and cold compresses should be continued for twenty to thirty minutes.

We can still further relieve the congestion of the head by diverting a large amount of blood into the lower extremities by application of heat. A hot foot bath, or, still better, a foot and leg bath extending to the knees, may be taken at the same time as the application to the head. The bath should be finished by a dash of cold water over the heated surfaces to prolong the effect of the treatment.

Treatment of Headaches Due to Self-poisoning.

THE toxic headache is due to poisoning from various sources, but the most common is probably the alimentary canal either from stomach or intestinal constipation. The first thing to do for this is to cleanse the bowels by a thorough enema. Then the patient should be given some sort of sweating procedure, either a cabinet bath for twenty minutes, or a hot full bath for five to ten minutes, then wrapped in blankets and

allowed to sweat for twenty to thirty minutes. Or the patient can be given a hot foot bath, then wrapped in a sheet wrung from cold water, and covered very warmly with several blankets, remaining in this till profuse perspiration is produced. The patient should drink freely during and after these treatments; and cold compresses frequently changed must be kept around the head and neck.

On removing the patient from any of these sweating procedures, the skin should be cooled either by a cool sponge bath, a rub with a towel wrung from cold water, or some other cooling measure. The patient should abstain from solid food for twenty-four hours, drinking freely of water and fruit juices. An abundance of fresh air and deep breathing are also essential.

No young woman ever looks so well as when dressed in a plain, neat, modest attire, with but little ornament about her. She looks then as if she possessed worth in herself, and needed no artificial rigging to enhance her value. If a lady would spend as much time in training her temper and cherishing kindness, mercy, and other good qualities, as most of them do in extra dress and ornaments, to increase their personal charms, she would at least be recognized among a thousand; her character would be read in her countenance.



It is natural to seek companionship. The link is a mysterious one which binds human hearts together; but just in proportion to its strength will be the influence which friend will exercise over friend for good or evil. No conscious influence may be exerted; but the feelings, tastes, and principles become closely blended. As wax retains the figure of the seal, so the mind retains the impressions made by intercourse and association.—Mrs. E. G. White.

It is easy to mistake gas works for good works.

Hints to Persons Suffering with Flatulence.

1. LET your diet be simple. Two or three articles will be sufficient at one meal, and they should be such as will agree well together.

2. Avoid tea and coffee, and all drinking at meals. Cultivate a fondness for solid foods which require much chewing.

3. Avoid coarse vegetables, such as onions, turnips, cabbage, etc. Baked potatoes, green peas, and very tender carrots may usually be allowed, but no vegetables should be taken in quantity.

4. Well-toasted bread (zwieback) may well form the staple food at all meals.

5. Avoid fried foods, pastries, and rich, greasy foods generally. They are slow of digestion, and on that account favorable to the formation of gas.

6. Avoid the tough skins of prunes, and use even the pulp of this fruit but sparingly.

7. Use freely sweet oranges, good mellow apples (fresh or baked), apricots and peaches, steamed figs, dates, ripe bananas, and in their season cherries, raspberries, and strawberries.

8. Avoid cheese of all kinds, gamey meat, oysters, and everything of the kind. Use only sterilized milk, and that rather sparingly.

9. Drink a glass of water the last thing before retiring, and the first thing in the morning.

10. Use wholemeal bread or granose flakes if there is a tendency to constipation, and take sufficient exercise out of doors to keep the muscular system in good trim.

11. Be extremely careful to avoid anything approaching excess in the quantity of food taken, and *chew every morsel thoroughly*.

12. Limit yourselves to three meals daily, and let the last meal (to be taken not later than 7 P. M.) be very light, consisting simply of fruit, or fruit and bread; allow five and a half or six hours between the meals. Two meals are for most persons better than three.

13. Finally, notice carefully the foods that aggravate your difficulty, and avoid them.

Tuberculosis in Children.

DR. VON BEHRING claims that children are much more susceptible to tubercular germs than adults, although the disease is less frequently manifested in an active stage in children than in older persons. Von Beh-

ring's view is that children very frequently become affected with tubercular germs by absorption through the alimentary canal from tuberculous milk. Because of the high resistance of the cells the germs are confined to small foci, usually the lymphatic glands, in which they retain their vitality until some advanced period of life when the resistance is diminished, when they spring into activity, and appear as pulmonary consumption, or some other form of well-defined tubercular disease.

Wiegert confirms the views of von Behring. These men have given this subject a most exhaustive study, and are very likely justified in their contention that tuberculosis may be more often traced to food than to air.

Von Behring has shown that when tubercular germs are injected into dogs or guinea-pigs, the lungs become diseased just the same as when the germs are received by inhalation. His view, stated briefly, is that "consumption of the lungs is the end stage of an infection in infancy." These are important facts which should be carefully considered.

Any one who is at all acquainted with the scientific facts which have been developed in regard to milk and tubercular infection within the past few years would not think of eating milk, or of offering it to an infant, without first thoroughly sterilizing it by the application of heat. For sterilization purposes, milk should be heated for at least fifteen minutes to a temperature sufficient to cause a scum to form upon the surface.

Eustace Miles' Restaurant.

ON May 17 Mr. Eustace Miles opened a food reform restaurant in London, which we understand will be conducted under his personal supervision. Mr. Miles is climbing the hill of usefulness. From classical scholar of King's College, Cambridge; assistant master at Rugby School; coach and lecturer at Cambridge; member of the Executive Council of the National League of Physical Education and Improvement; amateur champion of England at tennis, 1898 to 1903, and 1905; at racquets, 1902; holder of the Gold Prize, amateur champion of America at tennis, racquets and squash-tennis, 1900; editor of *Cassell's Physical Educator*; author of "Eustace Miles' Restaurant Recipes," &c., &c., he now has risen to the honor of being sole director of the Eustace Miles' Individual Diet Health Courses.

THE HOME.

WHICH ONE WAS KEPT?

By LILLIAN STREET.

There were two little kittens, a black and a gray,
And grandmamma said with a frown—
"It will never do to keep them both,
The black one we'd better drown."

"Don't cry, my dear," to tiny Bess,
"One kitten's enough to keep;
Now, run to nurse, for 'tis growing late,
And time you were fast asleep."

simplicity, the purity, the appropriateness, that would make our attire pleasing to Him.

The most beautiful dress He bids us wear upon the soul. No outward adorning can compare in value or loveliness with that "meek and quiet spirit" which in His sight is "of great price."

To those who make the Saviour's principles their guide, how precious His words of promise:—

"Why are ye anxious concerning raiment?" "If God doth so clothe the grass of the field, which to-day is, and to-morrow is cast into the oven, shall He not much more clothe you? . . . Be not therefore anxious, saying, . . . Wherewithal shall we be clothed? . . . for your heavenly



The morrow dawned, and rosy and sweet
Came little Bess from her nap;
The nurse said, "Go into mamma's room
And look in grandma's lap."

"Come here," said grandmamma, with a smile,
From the rocking-chair where she sat;
"God has sent you two little sisters,
Now, what do you think of that?"

Bess looked at the babies a moment,
With their wee heads, yellow and brown,
And then to grandmamma soberly said,
"Which one are you going to drown?"

Modesty and Simplicity in Dress.

CHRIST has warned us against the pride of life, but not against its grace and natural beauty. He pointed to the flowers of the field, to the lily unfolding in its purity, and said, "Even Solomon in all his glory was not arrayed like one of these." Thus by the things of nature Christ illustrates the beauty that heaven values, the modest grace, the

Father knoweth that ye have need of all these things. But seek ye first His kingdom and His righteousness; and all these things shall be added unto you."

"Thou wilt keep him in perfect peace whose mind is stayed on Thee; because he trusteth in Thee."

What a contrast is this to the weariness, the unrest, the disease and wretchedness, that result from the rule of fashion! How contrary to the principles given in the Scriptures are many of the modes of dress that fashion prescribes! Think of the styles that have prevailed for the last few hundreds of years or even for the last few decades. How many of them, when not in fashion, would be declared immodest; how many would be pronounced inappropriate for a refined, God-fearing, self-respecting woman.

The making of changes in apparel for the sake of fashion merely is not sanctioned by the word of God. Changing styles and elabo-

rate, costly ornamentation squander the time and means of the rich, and lay waste the energies of mind and soul. They impose a heavy burden on the middle and poorer classes. Many who can hardly earn a livelihood, and who with simple modes might make their own clothing, are compelled to resort to the dress-maker in order to be in fashion. Many a poor girl, for the sake of a stylish gown, has deprived herself of warm underwear, and paid the penalty with her life. Many another, coveting the display and elegance of the rich, has been enticed into paths of dishonesty and shame. Many a home is deprived of comforts, many a man is driven to embezzlement or bankruptcy, to satisfy the extravagant demands of the wife or children.

Many a woman, forced to prepare for herself or her children the stylish costumes demanded by fashion, is doomed to ceaseless drudgery. Many a mother with throbbing nerves and trembling fingers toils far into the night to add to her children's clothing ornamentation that contributes nothing to healthfulness, comfort, or real beauty. For the sake of fashion she sacrifices health, and that calmness of spirit so essential to the right guidance of her children. The culture of mind and heart is neglected. The soul is dwarfed.

The mother has no time to study the principles of physical development, that she may know how to care for the health of her children. She has no time for ministering to their mental and spiritual needs, no time to sympathise with them in their little disappointments and trials, or share in their interests and pursuits.

Almost as soon as they come into the world, children are subject to fashion's influence. They hear more of dress than of their Saviour. They see their mothers consulting the fashion plates more earnestly than the Bible. The display of dress is treated as of greater importance than the development of character.

Parents and children are robbed of what is best and sweetest and truest in life. For fashion's sake they are cheated out of preparation for the life to come.

It was the adversary of all good who instigated the invention of ever-changing fashions. He desires nothing so much as to bring grief and dishonor to God by working the misery and ruin of human beings. One of the means by which he most effectually

accomplishes this is the devices of fashion, that weaken the body, as well as enfeeble the mind and belittle the soul.

Women are subject to serious maladies, and their sufferings are greatly increased by their manner of dress. Instead of preserving their health for the trying emergencies that are sure to come, they by their wrong habits too often sacrifice not only health but life, and leave to their children a legacy of woe, in a ruined constitution, perverted habits, and false ideas of life.

One of fashion's wasteful and mischievous devices is the skirt that sweeps the ground. Uncleanly, uncomfortable, inconvenient, unhealthful,—all this and more is true of the trailing skirt. It is extravagant, both because of the superfluous material required, and because of the needless wear on account of its length. And whoever has seen a woman in a trailing skirt, with hands filled with parcels, attempt to go up or down stairs, to enter a street car, to walk through a crowd, to walk in the rain, or on a muddy road, needs no other proof of its inconvenience and discomfort.

Another serious evil is wearing skirts so that their weight must be sustained by the hip. This heavy weight, pressing upon the internal organs, drags them downward, and causes weakness of the stomach, and a feeling of lassitude, inclining the wearer to stoop, which further cramps the lungs, making correct breathing more difficult.

Of late years the dangers resulting from compression of the waist have been so fully discussed that few can be ignorant in regard to them; yet so great is the power of fashion that the evil continues. By this practice, woman and young girls are doing themselves untold harm. It is essential to health that the chest have room to expand to its fullest extent, in order that the lungs may be enabled to take full inspiration. When the lungs are restricted, the quantity of oxygen received into them is lessened. The blood is not properly vitalized, and the waste, poisonous matter which should be thrown off through the lungs, is retained. In addition to this, the circulation is hindered; and the internal organs are so cramped and crowded out of place that they cannot perform their work properly.

Tight lacing does not improve the form. One of the chief elements in physical beauty is symmetry, the harmonious proportion of parts. And the correct model for physical

development is to be found, not in the figures displayed by French modistes, but in the human form as developed according to the laws of God in nature. God is the author of all beauty, and only as we conform to His ideal shall we approach the standard of true beauty.—“*Ministry of Healing*.”

THE MASTER'S TOUCH.

Matt. 8: 15.

“He touched her hand and the fever left her,”
He touched her hand as He only can,
With the wondrous skill of the Great Physician,
With the tender touch of the Son of man,
And the fever pain in the throbbing temples
Died out with the flush on brow and cheek,
And the lips that had been so parched and burning
Trembled with thanks that she could not speak.
And the eyes when the fever light had faded
Looked up, by her grateful tears made dim,
And she rose and ministered in her household,
She rose and ministered unto Him.

“He touched her hand and the fever left her;”
Oh, we need His touch on our fevered hands,
The cool, still touch of the Man of Sorrows,
Who knows us and loves us and understands.
So many a life is one long fever,
A fever of anxious suspense and care,
A fever of getting, a fever of fretting,
A fever of hurrying here and there,
Ah, what if in winning the praise of others
We miss at the last, the King's “Well done,”
If our self-sought tasks in the Master's vineyard
Yield nothing but leaves at the set of the sun!

“He touched her hand and the fever left her;”
Oh blessed touch of the Man divine!
So beautiful then to rise and serve Him
When the fever is gone from your life and mine;
It may be the fever of restless serving
With heart all thirsty for love and praise,
And eyes all aching and strained with yearning
Tow'rd self-set goals in the future days.
Or it may be a fever of spirit-anguish,
Some tempest of sorrow that dies not down
Till the cross at last is in meekness lifted,
And the head stoops low for the thorny crown.
Or it may be a fever of pain and anger,
When the wounded spirit is hard to bear;
And only the Lord can draw forth the arrows
Left carelessly, cruelly, ranking there.

Whatever the fever His touch can heal it,
Whatever the tempest His voice can still,
There is only joy as we seek His pleasure,
There is only rest as we choose His will;
And some day after life's fitful fever,
I think we shall say in the home on high,
If the hands that He touched but did His bidding,
How little it mattered what else went by.
Ah Lord, Thou knowest us altogether,
Each heart's sore sickness whatever it be,
Touch Thou our hands, bid the fever leave us,
And so shall we minister unto Thee.

—Selected.

CHOICE RECIPES.

PEAS CROQUETTES.—Cook one pint of split peas until well done. Put through a colander, add salt and a half cupful of ground almonds, and a little chopped or grated onion may be added if desired. To this add zwieback crumbs, or dry bread crumbs sufficient to make quite stiff. Form into croquettes, roll in beaten eggs and bread crumbs, and bake in the oven till light brown. Serve with brown gravy or egg sauce.

MACARONI AND NUT CHEESE.—Break enough macaroni to fill a large cup into two-inch lengths, cook in boiling, salted water until tender. When done, drain. Put a layer of macaroni into a baking dish, sprinkle with a layer of finely chopped or grated nut cheese. Add a second and third layer, sprinkling each with nut cheese. Turn on the whole one cup of milk into which has been beaten one egg. Add salt to taste to milk. Bake in a moderate oven till browned.

STEAMED DATE PUDDING. Moisten two cups of finely grated bread crumbs with one half cup of thin cream. Mix this with one cup of chopped, stoned dates and moisten with milk. Turn into a pudding basin and steam three hours. Serve as soon as done with orange or lemon dressing.

LEMON DRESSING.—Take the juice of one lemon and a little of the grated rind. To this add two cups of hot water, half a cup of sugar. Heat to boiling and stir into this one dessertspoonful of cornflour which has been braided with a little water. Let this boil up and remove from the fire. Have ready the beaten yolk of an egg. Add carefully to the lemon mixture, taking care not to add it too rapidly so that it does not curdle.

ASPARAGUS POINTS.—Cut off enough heads in two-inch lengths to make three pints. Put into boiling water just sufficient to cover. When tender, drain off the water, add a half cup of cream, and salt if desired. Serve at once.

ASPARAGUS WITH EGG SAUCE.—Prepare and cook asparagus in bunches. When tender, drain thoroughly, and serve on a hot dish, with an egg sauce prepared in the following manner: Heat to boiling a half cup of rich milk, add salt, and turn into it very slowly the well-beaten yolk of an egg, stirring constantly at the same time. Let the whole thicken, and remove from the fire at once.

STEWED TOMATOES. Peel and slice the tomatoes. Put them into a double boiler, without the addition of water, and stew for an hour or longer. When done, serve plain, or season with salt and a tablespoonful of rather thick sweet cream to each pint of tomatoes. They are much better if stewed until the water they contain is sufficiently evaporated to make them quite thick.

QUESTIONS and ANSWERS

Paralysis.—A gentleman, sixty-seven years of age, is paralysed on the right side. He cannot speak. He has used tobacco and alcoholic drinks. The paralysis came on by degrees, and became worse and worse. The brain is also affected. The tongue is very badly coated, and bowels move only after injections. Is there any hope in such a case, and what treatment would you recommend?

Ans.—He is in a serious condition, and should be placed where he can have the best of care and attention. He may improve some, but will not get well. Have him abstain from milk, butter, and meat. Feed him upon the following foods: Granola porridge, breads, melrose, bromose, nut meat, fresh fruit, and occasionally a couple of poached eggs. A hot foot-bath twice a day, with friction to the body with a moist towel, followed by a dry rub, would be beneficial. Electricity may be used to affected side.

Sanitarium Nut Meat.—1. What is sanitarium nut meat composed of? 2. Is it a substitute for meat? 3. How much of it should one eat at a meal? 4. Where may it be obtained?

Ans.—1. Sanitarium nut meat is composed of nuts and the gluten of wheat. 2. It is almost a perfect substitute for meat, containing all the elements for which meat is valued and none of the filth or waste products found in animal flesh. 3. Three or four ounces at a meal made up of breads and fruits is sufficient. We can very highly recommend this new food, and consider it one of the best substitutes on the market. It is a food that is used freely at the Sydney Sanitarium and recommended by its physicians to patients, and also forms a part of the editor's family bill of fare. 4. The food is on sale at all of the Sanitarium Health Food agencies, addresses of which may be found inside page of back cover.

Orange Juice and Bright's Disease.—Will the free use of orange juice given to a child two years and four months produce Bright's disease or any other disease of the kidneys?

Ans.—No. There is no better remedy for diseased kidneys than orange juice.

Constipation and Retention of Urine.—What remedy would you recommend for retention of urine in a child two years and four months who is cutting her back teeth? She is also troubled with constipation while cutting her teeth.

Ans.—Nut grains prepared as follows: Pour over three ounces of nut grains sufficient boiling water to cover, allow to stand for three minutes, then eat with a little cream, prune juice, or fig juice. Let the little one have melrose, bromose, granose biscuits, scraped apple, stewed prunes. Feed it at regular intervals, about 7:30 A. M., 1 P. M., and 6 P. M. Never give anything but water between meals. Teach it to masticate its food.

Electric Belts.—Do you consider the commonly advertised electric belts of any value in curing indigestion.

Ans.—We consider them to be of no value.

Tired Feeling.—I always have a tired aching feeling about the legs a few hours after rising. I take no interest in anything. Then if I go and have an hour's sleep, I am alright for the remainder of the day. I do not suffer for want of sleep for I retire early.

Ans.—You are probably not combining your foods properly. The bad feeling in the morning is usually due to the evening meal being too heavy. Take only a fresh raw egg well beaten and dropped and stirred into three-quarters of a glass of orange or grape juice, or into a little lemon and water sweetened with a spoonful of sugar if desired. For a time take only this for your evening meal.

Eczema.—1. What diet and home treatment would be advised for eczema of long standing? 2. Would honey be injurious?

Ans.—1. Well baked breads, granola or nut grains, browned and steamed rice, sanitarium nut meat, green peas, nuts (if well masticated), subacid fruits. 2. Honey if used must be used moderately. Jam and other sweets, puddings, and pastries should be avoided, also avoid tea and coffee.

Olive Oil.—Is olive oil good to take as a food on bread?

Ans.—It is superior to butter, but should be used moderately.

Bronchitis.—1. What is the best home remedy for chronic bronchitis? 2. What ventilation should be in the room?

Ans.—1. Hot foot bath each night and fomentation to chest. 2. There should be two openings, one to admit pure air, the other to form an outlet for impure air.

A Special Offer to Subscribers.

WE want to get the AUSTRALASIAN GOOD HEALTH into every home in Australasia. To assist in doing this we have concluded to offer the following inducement to new subscribers and to friends of the GOOD HEALTH.

To every new subscriber sending us the regular subscription price of the journal, 2/6, during the months of November and December, we will send the GOOD HEALTH for twelve months, and in addition we will send the following GOOD HEALTH library booklets:—

"A Food Guide in Health and Disease," "Stimulants," "The Tobacco Habit," "Two Mothers' Experiences," and "Diabetes," five booklets in all.

This affords an opportunity for readers of GOOD HEALTH to remember their friends. What better Christmas or New Year's gift could be given to a friend than the GOOD HEALTH and this important series of booklets? Do not miss this opportunity.

"DENYING a fault doubles it."

NEWS & NOTES.

COMMON SALT IN RHEUMATISM.

DR. HAIG has called attention to the fact that the elimination of uric acid is interfered with by the free use of common salt. The strong acid associated with sodium and common salt diminishes to a great degree the alkalinity of the blood, which is essential to encourage oxidation of waste elements, and is especially important as an aid to the solution and elimination of uric acid and allied products.

THE HIGHLAND CURE.

"MOUNTAINEERS are remarkably free from the microbes of hay asthma. At an elevation of two thousand feet, the mysterious disorder becomes rare, two thousand feet higher up it is rarely known, except by hearsay from visitors. Its germs can survive some sixteen different brands of lung-fumigators, and as many different degrees of latitudes and longitudes, but they cannot stand altitude."

VICARIOUS CRUELTY.

A MEAT-EATING philanthropist who was expostulating with a slaughterer for having selected such a calling, had the tables justly turned on him by the reply, "We're only doing your dirty work." Every meat-eater who does not do his own killing, or at least knows that it is humanely done, is a participant in the unspeakable cruelties of the slaughterhouse.

COMPOSITION OF LIQUOZONE.

THIS is a much-advertized patent medicine. An analysis of this preparation states that it contains about nine-tenths of one per cent. of sulphuric acid, and about three-tenths of one per cent. of sulphurous acid, and nearly ninety-nine per cent. of water. "Sulphuric acid is oil of vitriol. Sulphurous acid is also a corrosive poison. Liquozone is the combination of these two, heavily diluted."

CHARCOAL AS A REMEDIAL AGENCY.

THERE is going the rounds of the medical press the startling announcement that pulverized charcoal is an antidote for almost all forms of poisons. These accounts may be exaggerated; nevertheless, we believe charcoal to be a very excellent remedy, especially in ptomaine poisoning. All kinds of fermentation of food within the stomach, or decomposition of food, are immediately corrected by charcoal. For many years we have been in the habit of prescribing pulverized charcoal in the form of sweetened tablets. The powder may be given with sweet oil, or added to milk, or other fluid nourishment. We believe the frequent use of charcoal in most cases of dyspepsia to be beneficial. Charcoal is perfectly harmless, and can be taken freely without the slightest danger.

Bread and biscuits that are baked too brown may be converted into charcoal and used at each meal. Pulverized charcoal may be obtained of all chemists.

A SAD END—DUE TO DRINK.

A FEW weeks ago, at Combaning, near Temora, a man was found dead with a gunshot wound in the head. The evidence at the inquest disclosed the fact that he had attended a dance, and was last seen alive at 3 A. M. He is said to have procured a bottle of rum, and some time after broke into the house of a man named Price, whose two daughters he then attempted to assault, telling them that he had killed their father and mother. The girls made their escape, and the man was found with a bullet wound in his head, and seven unexploded gun cartridges in his left hand pocket. How sad to read such reports! Does it not seem strange that in this country, called *Christian*, the sale of a poison that dethrones reason, making men irresponsible for their acts, should be legalized? It is sad indeed. "Woe unto him that giveth his neighbour drink, that putteth thy bottle to him, and maketh him drunken." Any nation that suffers this to be done, and actually gives license for it to be done, is doomed. A woe rests upon our fair land, and upon all lands where this curse is permitted to exist.

THE doctors of New York are growing more and more alarmed about the proportion of sudden deaths, mainly from heart disease. Dr. A. T. Weston, the well known coroners' physician in New York City, said that last year there were more than 3,000 cases of men falling dead, or dying hardly less suddenly, from heart failure—an increase of nearly 600 cases over the previous year. And during the past three months alone there were over 1,700 cases to which coroners' physicians' notice was called, so that this year bids fair to surpass all others.

PROFESSOR JOHN E. B. MAYOR, Professor of Latin at Cambridge, has been President of the Vegetarian Society, England, since 1884, and is known in this respect by his work entitled "Plain Living and High Thinking: Selected Address and Sermons." He has also published numerous works covering a wide field of study in classical literature. He is so industrious a worker that he is said never to take exercise for its own sake. Yet he is now eighty-one years of age. He has received the honorary degrees of D. C. L. from Oxford, LL. D. from Aberdeen, and D. D. from Glasgow.



A SPECIAL NUMBER.

THE Christmas number of *GOOD HEALTH* will be devoted chiefly to a study of some of the most common summer diseases of Australasia, how these may be prevented, and how successfully treated at home. This number will prove an inestimable blessing to those who are fortunate enough to secure it.

Dangerous Adulterations.

DR. SHEPARD, State Chemist of South Dakota, U. S. A., publishes the following among other articles liable to be dangerously adulterated:—

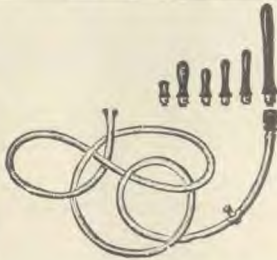
- Sausage, containing coal tar dye and borax.
- Bakers' bread, containing alum.
- Butter, containing coal tar dye and preservatives.

- Canned cherries, containing coal tar dye and salicylic acid.
- Syrup, containing sodium sulphite.
- Tomato soup, containing coal tar dye and benzoic acid.
- Canned peas, salicylic acid.
- Catsup, coal tar dye and benzoic acid.
- Vinegar, coal tar dye.
- Mince pie, boracic acid.
- Pickles, copperas, sodium sulphite, and salicylic acid.
- Lemon ice cream, methyl alcohol.
- Canned beef, containing borax.
- Canned peaches, sodium sulphite, coal tar dye, and salicylic acid.
- Baked pork and beans, formaldehyde.
- Currant jelly, coal tar dye and salicylic acid.
- Cheese, coal tar dye.

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Our Winter List of Requirements Free on Request.

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This suggests a sad state of affairs. What is the remedy? The only effective remedy is the forming of public health associations, supported by charitable contributions, entirely independent of politics and the power of rich adulterators, which shall be constantly investigating, analyzing, and exposing, and calling upon the proper officers to enforce the laws.

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Persons receiving copies of the GOOD HEALTH without having ordered them, may know that they are being sent by some friend, and that no claim will be made for payment.

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

The 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, 2d, 5s per 100.

Stimulants—Tea, Coffee, and Cocoa. Every tea-user should read this, and ascertain the causes of nervousness, headaches, insomnia, and how to get well. Single copy, post-paid, 2d, 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, 2d.

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, 4d, post-paid.

Two Mothers' Experiences.—This booklet is invaluable to mothers who have the care and training of children. Much practical instruction is given. Price, 3d, post-paid.

Diabetes.—Its Cause and Treatment. Just the advice needed for those threatened with this disease. 16 page booklet, with handsome cover. Price, 3d, post-paid.

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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 porridge 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 A health drink. A substitute for tea, coffee, and cocoa. If you value your health and home, give up the use of injurious beverages. Try CARMEL-CEREAL as a substitute.

Nut Grains Specially and Scientifically Prepared from Nuts, Fruits, and Grains. It combines uniquely the requisites for pure blood—the Essential to Perfect Health.

Nut Butter A VEGETABLE PRODUCT MADE FROM CAREFULLY SELECTED NUTS. As chemical analysis proves, Nut Butter is a food, and not simply a Food Element.

Nut Meat A combination of the choicest nuts and grains, possessing nutritive 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 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.

The following list contains some of our other Health Foods: Wheatmeal Biscuits, sweetened and unsweetened; Oatmeal Biscuits, sweetened; Raisin Sticks; Pure Gluten Puffs and Meal; Crystal Wheat, Etc.

Foods Recommended by this Journal!

SEND ORDERS FOR THE ABOVE HEALTH FOODS TO ANY OF THE FOLLOWING HEALTH FOOD AGENCIES. Correspondence is invited.

Pure Food Cafe, 45 Hunter Street, 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.

N. Queensland Tract Society, Eyre Street, North Ward, Townsville, Q.

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

127 Liverpool Street, Hobart, Tasmania.

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

246 William St., Perth, West Australia.

37 Taranaki St., Wellington, N. Z.

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

Sanitarium Food Co., Papanui, Christchurch, N. Z.

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NOVEMBER 1, 1906.

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