

THE AUSTRALASIAN  
**GOOD  
HEALTH**



D. H. KRESS, M.D.  
Editor

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INA SOUND BODY

F. LEMOS

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"Children of Nature."





December 1, 1906.

**MEDICAL and HEALTH NEWS.****New Truths Unwelcome.**

If any man advances anything new which contradicts, perhaps threatens to overturn, a belief which we have for years entertained and have handed down to others, all passions are raised against him, and every effort is made to crush him. People resist with all their might. They act as if they neither heard nor could comprehend; they speak of the new view with contempt, as if it were not worth even the trouble of investigating; and thus a new truth may wait a long time before it can make way.—*Goethe.*

**Look Out for Fruit Germs.**

DURING the summer months, while fresh fruits are in market, great care must be taken to avoid the special varieties of germs which are likely to be introduced into the body through the medium of fruits. Fruits are germ-free in their interior, but the surface of these very perishable food-stuffs is often covered with germs which readily give rise to various ferments whenever the proper degree of warmth is supplied. The heat of the body is sufficient to set these fermentative processes in operation, hence care should be taken in the use of fruit, especially that which is obtained from the market, to see that it is thoroughly cleansed before being eaten. Fruit should first be thoroughly washed, preferably in warm water in the case of hard-skinned fruits, to make sure that the germs are thoroughly killed. To make this a certainty, it is a good plan to dip the fruit

for a few seconds into boiling water. This can not be done, of course, with such fruit as strawberries, but can be readily done with most fruits without in any way injuring their flavor or appearance. The unpleasant effect which many people experience from the use of fruit in warm weather is due, not to the fruit itself, but to the germs taken in connection with it.

“Better to hunt in fields for health unbought  
Than fee the doctor for a nauseous draught;  
The wise for cure on exercise depend:  
God never made His work for man to mend.”  
—*Dryden.*

**Decay of Restraint.**

THE decay of restraint (writes “The Linkman” in *London Truth*) is a prominent feature of the time in England. Public opinion has in these days here but one voice, the press, and if that is silent, the mumbling of individuals may be ignored.

The decay is especially apparent amongst women. The English girl of to-day is subject to comparatively few restraints at home, and, therefore, considers those that are imposed upon her to be peculiarly tiresome. It is generally to escape from these that she marries, and it then horrifies her to find there are other restraints in her new condition. She refuses to submit to them, and the husband is, of course, unable to compel her to do otherwise. The results of this are, generally, the same,—wrangling, a wrecked home, separation, or divorce.



### Editors Poisoned.

THE National Editorial Association, which has been holding its annual meeting at Indianapolis, started on a tour through Indiana (says the New York correspondent of the *Daily Mail*).

During the journey the editors partook of a lot of ham sandwiches forming part of the luncheon. About fifty of them were soon afterwards taken very ill with ptomaine poisoning.

Prompt medical treatment prevented serious consequences, and none of the victims will die. The matter is being rigorously investigated, but at present no explanation is forthcoming.

The editors have been invited to be the guests of the Chicago meat-packers and to inspect the stockyards and packing-houses, but have declined, some of them intimating that they have had quite enough of Chicago meat.

### A Model City for a Short Time.

AFTER San Francisco's terrible visitation by earthquake, fire, and famine, the authorities commented upon the unequalled order and good behavior which characterized the new settlement city. I quote the following in reference thereto from the *Outlook* of July 21, 1906: "For two months and a half San Francisco has been a model city in the two vital respects of health and good order. The outdoor life of 40,000 of its people and the excellent sanitary regulations enforced by the army, in co-operation with the city's health officials, have kept the city freer from disease than it has been in years. The prompt and thorough closing of the saloons and all other sources of intoxicating liquors has undoubtedly contributed in no small degree to the same result, as it has also been the prime cause of an unprecedented condition of peace and orderliness. The city has been conspicuously free from all kinds of violence and crime.

"Saloons have now been reopened and grave results are feared under the conditions of living, which must remain far from normal for a long time. The city government has initiated a policy of high license, in the hope of accomplishing several results. . . . The income from the increased licences, that is, on 2000, the number already applied for, would amount to £200,000 a year. The former license fee was £17 per year and it

has now been raised to £100. A thousand saloons have been opened. . . . For several weeks clergymen have been advising women living in camps to procure firearms. It is even said that the police have been counselling citizens to carry weapons when on the streets at night and have them handy in their houses."

For an increase in revenue San Francisco is again cursed and degraded by licensing poison!

"The British people annually expend on intoxicating liquors a sum of above 130,000,000 pounds sterling. This sum is £60,000,000 in excess of the national income. It is one-sixth of the national debt. It is one-fifth of the value of all the railway property of the United Kingdom." (Tobacco, opium, and absinthe bills are not included in the above.)

### Artificial Feeding of Infants.

Why are so many young mothers in civilized communities unable to nurse their infants?

Dr. Chalmers Watson of Edinburgh, Scotland, says: "The failure to nurse at the present day depends in great measure on a physical inability on the part of the mothers. There are many children who are reared artificially simply because their mothers *cannot* nurse them. This inability to nurse must depend on some structural or functional change in the mammary glands. I venture to think that the main cause of this structural or functional change in these glands may be the increase in the consumption of animal food, to which I have drawn special attention. I have lately tested the correctness of this view by experimental investigation. In the course of the investigation on diet referred to in my letter, definite facts have been obtained which show that the administration of an excessive meat diet to animals is followed by structural and functional changes in the mammary glands of pregnant animals, these changes finding expression in an inability of the animals to rear their young."

In Germany, during the past five years, alcohol was found to be responsible for fifty-five per cent. of the accidents on water. Eighty-seven per cent. of all persons arrested and sent to the house of correction were intoxicated at the time.



### Juvenile Smoking.

THE medical and other evidence on the evils of smoking by boys which has been given before the Select Committee of the House of Lords appears to have convinced that body that a drastic remedy is needed. Of the two Bills which were brought to its notice, the Committee has expressed its preference for that of Sir Ralph Littler, and would even desire to see clauses added rendering the restrictions imposed more stringent. The Bill as it stands subjects to a penalty of forty shillings for a first offence, and of £5 for any subsequent offence, any person who knowingly sells or delivers or permits or suffers to be sold or delivered any sort of cigarettes to children under sixteen years of age. Similarly it proposes that every child under the age of sixteen found in possession of cigarettes, or smoking tobacco, shall be liable to pay a fine of forty shillings, and also come under the provisions of the First Offenders Act. The Committee considers that smoking by boys is an evil which threatens to do much harm to the manhood of the country, and therefore proposes that, in addition, police constables shall be allowed to stop all youths apparently under sixteen years of age seen smoking in public places and confiscate any tobacco found upon them. It is likewise suggested that corresponding powers should be possessed by local authorities and be delegated to officials, such as park-keepers and schoolmasters, and should be exercised also by railway and dock authorities on their own premises.

As one poor plank will sink a ship and one flaw make a chain worthless, so one demoralising trait of character, if not overcome, will subvert every virtue.

### National Conference of Infantile Mortality.

At the national conference held recently in England under the patronage of the King and Queen, the President of the Conference, the Right Honorable John Burns, M. P., President of the Local Government Board, among other things said that as wealth increased, infants decayed, and, in round numbers, 100,000 infants died annually from neglect, carelessness, thoughtlessness, and ignorance. There were as many deaths in the first year of life as in the succeeding eighteen, and in some districts thirty to forty per cent. died under five years of age. This was not a dispensation of nature, as shown by many facts. During the last fifty years the general birth-rate for the whole country had dropped from thirty-four to twenty-eight per thousand, and the general death-rate from twenty-two to sixteen. Reforms had been able to reduce the death-rate for the child, the youth, the adult, and even for the aged.

He ventured to prophesy that if in the next ten years the drink bill declined fifty per cent., the infantile mortality rate would decline seventy per cent. A disproportionate love of pleasure did not tend to produce a high birth-rate.

A man's physique began with his grandmother. Napoleon, after he had been beaten by soldiers who had not known a comforter or canned beef, exclaimed, "Oh those English mothers!" A rise in infantile mortality, apart from epidemic causes, too often corresponded with the drunkenness that accompanied full employment and high wages; this was a fact which could not be ignored. Often when trade fell, as during the cotton famine and during the siege of Paris, mortality diminished. Alcoholism in the mother was a tragedy with which society should concern itself; it produced sterility, abortion, premature birth,





stillbirth, and debility in the children who were born alive, and the sad truth was that children of drinking parents were handicapped for life.

### Is Meat a Necessity for the Laborer?

*Extract from a lecture by Dr. D. H. Kress at the Sydney Sanitarium.*

NEW ZEALAND and New South Wales have had quite an influence in weaning the people of civilized countries more or less from meat. The question naturally arises, Is it possible to subsist without meat?

It is generally acknowledged that meat is not a necessity for the sedentary man or student, but can the hard physical worker get on without it?

In answering this question it is only necessary to call attention to the amount of nutriment found in the various foods, or, in other words, what food will produce the greatest amount of vital energy in the shape of muscular force. This may be easily determined from the latest scientific facts pertaining to this subject.

The number of food units in one pound of beef is 511,730; of peas, 1,711,150; of rice, 1,944,245; of corn, 1,914,843; of nuts, 2,235,654.

Nuts, it will be seen, are the most nourishing and sustaining of all foods. They afford the following advantages over flesh:—

1. They are free from the organic wastes and impurities contained in meat.

2. They may be kept almost indefinitely without undergoing decay or without danger of ptomaine poisoning.

3. They are convenient, and with a little skill and study may be made into many appetising dishes.

4. They are free from trichina, tuberculosis, cancer, and other diseases.

5. Their use does not necessitate suffering and bloodshed.

6. They not only present the albumen for which meat is prized, but they present it uncombined with uric acid and other organic impurities, and in addition, a good supply of the purest, sweetest, and most wholesome fats in the most natural, most appetising, and most digestible form.

One quarter of a pound of almonds or walnuts is equal in nutritive value to about one pound of the best beef. One pound of peas contains more albumen than a pound of beef, and affords three times the amount of

nutrition. The same is true of beans and lentils. One pound of good bread is equal in nutritive value to two pounds of beef. One pound of peas, beans, or other legumes may be purchased at three pence per pound, while an equal amount of nutrition in the form of meat would cost about eighteen pence. Bread, peas, beans, and lentils, properly prepared, should be the physical toiler's stand-by and the laborer's food. Meat-eaters have a constant, unsatisfied feeling or craving for what they suppose to be food. A drink of whisky or tea, or even a smoke, will allay this supposed hunger as well as meat. This, no doubt, accounts for the fact that in meat-eating countries these narcotic stimulants are also freely used. The greatest meat-eating countries, we find, as a rule, the greatest alcohol, tea, and tobacco-consuming countries. The craving that exists for meat is due to the fact that meat is a stimulant the same as alcohol. The uric acid and allied wastes it contains, fever the blood, causing the heart to beat more rapidly, and thus produce what is supposed to be strength. For this reason the same difficulty is experienced in giving up meat that is experienced in giving up alcohol, tea, or coffee. It has been fully demonstrated that man can subsist upon the simpler and cheaper foods named, and do better mental and physical work by so doing. Dr. Haigh, of England; Eugene Miles, athlete and scholar; Professor Mayor, of Cambridge University, and a host of other eminent men in all professions testify to the fact that a fleshless diet enables them to do with ease and without weariness what before seemed difficult or impossible.

### Christian Science.

IS IT CHRISTIAN? IS IT SCIENCE?

IN the course of its May proceedings, the London Diocesan Conference dealt with the subject of Christian Science, resolving finally that "this Conference, while emphasizing the power of faith in healing, views the main outline and the attitude of Christian Science as antagonistic both to Christianity and to science." The discussion of the subject was introduced by Archdeacon Sinclair, who, after showing by extracts from Mrs. Eddy's books that certain of the tenets of Christian Science were definitely blasphemous, made some attempt to account for the number of its adherents. Modern Christianity, he thought,



had not laid enough stress upon the importance of faith, and thus had left room for erratic vagaries. There could not, he considered, be the slightest doubt that faith had much to do with recovery from sickness. Confidence in the love of God, belief in the skill of the medical attendant, and earnest prayer for the best issue, all combined to promote conditions favorable to victory over physical ill-being. He was careful to add, however, that "we must at all times make use of the ordinary means that God has provided. Faith alone will not cook our food, cleanse our drains, purify our rooms, or build sanitary houses. Faith without works is dead, being alone. The works that are necessary to faith in illness or accident are the accumulated skill and experience of surgeon, physician, and nurse." In the course of his address he related a story of an acquaintance who, when ill, was asked to submit to Christian Science treatment, and was assured that pain was non-existent. She never received the treatment, however, for she coupled with her acceptance a condition that the would-be healer should first allow her to place some cayenne pepper in his eye. A similar story was related by Lord Halifax. A friend of his was present at a meeting at which a Christian Science lecturer was emphatic in his assertion that there is no such thing as pain. Lord Halifax's friend thereon quietly inserted a pin into the lecturer's person. This had the usual effect, and the meeting broke up in confusion.

The Christian Science formula, "Pain does not exist," works very well in maladies which are chiefly or wholly dependent upon mental states, but breaks down woefully when organic disease comes up to be dealt with, such as a dislocated limb, a felon, a tumor, or even an ulcerated tooth, an ingrowing toe-nail, or a corn.

It is very easy to say to the lady suffering from toothache, "Dear Madam, your tooth does not ache. You are in error about the matter. There is no such thing as an ache; there is not even such a thing as a tooth. The thing you call a tooth is only an idea. The ache is simply a wrong thought; cast it out." But the toothache will sometimes not depart until it goes with the tooth.

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RACE degeneracy is shown by the steadily decreasing capacity of women for maternal nursing.

### The Pope on the Treatment of Gout.

PIUS X has lately confided an interesting account of his gout and the manner in which he has cured himself. The information is said by the *Figaro* to come from an Italian prelate. The Pope began to feel the first symptoms about fourteen months ago. He had severe pain in the foot, which his physician did not succeed in relieving, and on the third day the knee was affected. Similar attacks have occurred several times since. The Pope evidently shares a dislike of physic, but instead of throwing it to the dogs he makes use of it in a manner which gives him the benefit of the medicine without the unpleasantness of swallowing it. To a suggestion that he should try some of the remedies for gout, and particularly certain German pills of which the effect is much vaunted, he replied: "*Caro mio*, doctors and medicines which are said to be infallible have been recommended to me on all sides. I am always grateful to those who are inspired by such good intentions and also to the doctor. But, after all, what can you expect? Frictions are all very well, but as to the swallowing of drugs, that is a different matter. I arrange the bottles and pill-boxes before me, and, after looking at them, I say to myself, 'There are the things which I ought to take.' But the idea of taking them produces such an effect upon me that I feel as if I had been cured. Bottles and boxes follow each other into the cupboard, which now contains a collection of the medicines of all countries."

The Pope has introduced a plan which does not necessitate swallowing of the drug. This is good, but instead of saying, "There are the things I ought to take," it would be better to say, "There are the things I ought not to take," and place them beyond temptation, and exercise confidence in the simple agencies of nature which are helpful in removing, not merely unpleasant symptoms, but also products which are responsible for them. The removal of pain in gout is one thing, the removal from the system of the poisons which cause gouty pains is quite another. The one may be accomplished by drugs and often by auto-suggestion, etc., but with the other there must be combined rational living, a correction of the habits of life. We venture to predict the Pope will ere long have another attack of the gout, unless he adopts the latter course with the former.

NEVER look for truth on a tombstone.



### Flesh Traffic Horrors.

DISTRESSING incidents illustrative of the cruelties which are daily taking place in connection with the meat supply, are continuously being reported in the daily newspapers.

At Pershore, in Worcestershire, England, a poor bullock which refused to enter a slaughterhouse, fought so valiantly for its life that it received eighteen bullets from a rifle before it could be overpowered.

Another case was reported in London by the Medical Officer of Health, who condemned the carcass of a Highland steer as being *poisonous* on account of the cruel torture to which it had been subjected. Eleven charges of buckshot had been fired into this terror-stricken animal before it could be transformed into "prime Scotch beef."

Similar cruelties may be witnessed in any of the public or private slaughterhouses any where. These creatures when taken to the place of execution seem to realise what awaits them, and make a brave fight for life. They, in many instances, have to be dragged in with a rope and pulley, the rope being fastened about the horns. This, with the twisting of tails, and prodding, and pounding, is sufficient to madden the poor creatures. The flesh of these animals is *poisonous*, and may cause instant death to the consumer, and is responsible many times for lingering diseases which make life a misery.

A TRULY noble character will not stoop to resent the false accusations of enemies.

### Meat Poisoning.

MEAT poisoning is more common during the warm weather than is generally supposed. Fever with vomiting, diarrhoea, headache, great weakness lasting two or three days, attacks resembling cholera, cramps in the legs, or symptoms resembling typhoid fever, are frequently due to meat poisoning. In some cases heart failure, apoplexy, and sudden death are due to the same unsuspected cause.

Thorough cooking of meat destroys the germ, but often the poisonous germ products which cannot be destroyed by cooking exist in the flesh to such an extent that they cause serious results. The flesh of cows is sometimes infected from puerperal fever. The flesh of such animals is poisonous immediately after the animal is killed, and the danger from the use of such meat is not prevented by thorough cooking. Such meat not only does not become less dangerous by heating, but its virulence seems to increase, so that when a portion of diseased meat is mixed with healthy meat the infection extends to the whole.

The symptoms of sausage poisoning begin to develop in twelve to thirty hours after the sausage is eaten. There is at first vomiting and diarrhoea, then paralysis of the muscles of the eyeballs and of the muscles of the throat. Death results in fifteen to forty-five per cent. of cases from disturbance of the heart and lungs.

It seems indeed singular that flesh meats should still be regarded as the chief source of strength and energy by a large proportion of the public. It seems certain from the facts now generally known that more disease



The Old Homestead.



may be traced to the use of meat in its various forms than to any other article of food.

### The Only Hope for the Consumptive.

A CORRESPONDENT who evidently still possesses considerable confidence in the numerous advertised cures for consumption, writes:—

"Nature cure is all very well in its way, but we are looking, and the world is looking, for a specific which will kill the microbe of consumption without hurting the lungs. What the poor consumptive wants is something that will knock the enemy silly in the first act."

I am fully aware that this is what men are, and have been, looking for, and that this too is what the poor consumptive wants; but, alas, such a remedy does not exist.

It is not a difficult task to find substances that will kill or destroy germs of consumption. I might mention a score of such, but the trouble is that anything that acts injuriously upon, or is capable of killing, microbes, will also act injuriously upon, and is capable of killing, the cells of the lung tissue in which the microbes exist.

It is possible to kill a mosquito on a man's forehead with a club, but it would possibly result seriously to the man. Bi-chloride of mercury will destroy germs of consumption, so will prussic acid, carbolic acid, and nicotine. It would be perfectly safe to use these in cess-pools, sinks, etc., but it is unsafe to apply them to the living tissues of the lungs, which readily absorb these poisons. To be of any value they must be supplied in sufficient strength to kill, but then they will also destroy the cells of the lung and still further lessen their resistance.

It is a universal law, recognised by medical men, that any substance which acts injuriously upon germ life, will act injuriously upon all cell life—in other words, anything that will kill germs of consumption may also kill the consumptive.

At the present time there are hundreds of advertised consumptive cures: great claims are being made for each, and no doubt many have recovered while taking these supposed remedies. In all these cases when search is made, it will be discovered that the cure was not due to the specific, but to purer air, simpler and more nourishing food, more agreeable surroundings, and an increase of faith.

Fear kills, faith heals: but it would be safer and cheaper to have consumptives see that the greatest remedy is the pure life-giving air, the breath of life, and the simple foods of nature which have stored up in them the life needed by the infirm. Faith in these and in the One who gives us all these blessings is infinitely more scientific and rational than faith in something of which we know nothing.

Let the consumptive take courage and keep in the open air day and night if possible. If compelled to remain inside, keep windows



and doors wide open, allow the diseased lungs to have the continuous application of the healing oxygen, and the life derived from the air.

The application is not made for the purpose of destroying the germs, but for the purpose of increasing the vitality of the lung tissues.

God is desirous of healing our diseases. This is expressed in His word as follows: "I wish above all things that thou mayest prosper and be in health." It was expressed in the life of His representative on earth—Christ; for He healed all who appealed to Him for healing.

It is also expressed in nature. For instance, when an injury is sustained to the skin, at once the process of repair begins, and in a comparatively short space of time new tissues form and the wound is healed. All of these express God's desire to heal. We can neutralise the healing process; this is in fact, what we all do, more or less, by living in ill-ventilated rooms and a vitiated and impure atmosphere, by the use of impure foods and irritants, drugs and other poisons. The only hope is in removing these obstacles, thus permitting Him to do for us that which He desires to do—to *heal our diseases*. This is the only hope I can hold out for the poor consumptive. It is undoubtedly true that thousands of consumptives in the past have been hurried to their graves by the use of



these advertised nostrums and drugs, which frequently disarrange the digestion and render a hopeful case hopeless.

### Value of Deep Breathing.

NO WOMAN can have bright eyes, a beautiful skin, or an elastic step if she does not supply her lungs with oxygen. She can do this by deep breathing. The indolent woman regains her lost energy when she learns how to breathe correctly. The fallow girl, with the dark circles under her eyes, discovers that with correct breathing the congested veins will yield to the stimulated circulation, the dark rings disappear, and the lustre reappear in the eyes. Deep breathing will help to make curves where there are angles, and it is a potent factor in the cure of emaciation, because it supplies oxygen to the wasted tissues and sets the vital organs going.

To increase the breathing capacity is to awaken newness of life. If one realised the immense benefits to be gained from proper breathing, he would breathe properly all the time. The most effective remedy for the "blues" is deep breathing, accompanied by optimistic suggestion. Deficient breathing is a proficient breeder of nervousness, fretfulness, and fear. The habit of right breathing fills the whole being with sunshine.

### Divine Healing.

MUCH has, of recent years, been said about divine healing, and many have no doubt been lead into forbidden paths of presumption, supposing they were exercising the faith which asks and receives. The Bible command is, "Confess your faults one to another, and pray one for another, *that ye may be healed.*" "The effectual fervent prayer of a righteous man availeth much."

There is no doubt many chronic invalids, who must otherwise ever remain so, would be healed should they follow out intelligently the simple directions given in this text. If there was more confession of faults, there would, undoubtedly, be more, *much* more, healing of both mind and body. There are those, however, who desire health, but who are *knowingly* transgressing the laws of health. Such suffer with a violated conscience. The mind, when in a state of condemnation, neutralises God's efforts to heal the body, for the body of such a one, if healed, must be healed through the mind.

Confession and the forsaking of sin must be associated with the prayer of faith in order to expect much, for "the prayer of faith shall save the sick, and the Lord shall raise him up; and *if he have committed sins, they shall be forgiven him.*"

Those whom God heals, He leads forth by the right way. God does not save people in sin, but from sin. There are those who have not been in the habit of tracing the relation existing between cause and effect, between sin and disease; they are either too much occupied or else too indifferent. The prayers of such are of little avail. As well might we pray for a sickly plant that is kept in a dark room away from the beneficent rays of



the sun and the health-imparting showers. God would answer such a prayer by making known the causes of the plant's sickness and by calling upon us to remove such causes. It is because of sins of ignorance that our prayers are often unanswered.

There are others who know but do not. They "love darkness rather than light, because their deeds are evil." Such can not



expect healing in answer to prayer. If we daily walk in the light as it comes to us and reveals where we are astray in our habits of living, and if we confess and forsake that which is revealed, the time will come when we will be cleansed from *all* sin, and from all disease. This is the straight and narrow way which leads to life and health, but which few find. God had promised to heal the children of Israel, providing they would obey



A Medical Office, Sydney Sanitarium.

the good laws and statutes delivered them by the hand of Moses. He said, "I set before you this day a blessing and a curse; a blessing, if ye obey the commandments of the Lord your God, . . . and a curse, if ye will not obey the commandments of the Lord your God." All their prayers and tears could not reverse this. Health and bliss are found alone in the path of obedience.

Sometimes those who have hereditary weaknesses settle down in hopeless despair, saying, "Our diseases are inherited, we are irresponsible, and can do nothing to better our condition." This is not the case. While it may be so among those who know nothing of the laws of life and health and who live in total darkness, it need not be so among those who have gained a knowledge of these laws, and the causes of their weakened heredity. It is not the weakened heredity but it is the wrong habits which kill. The wrong habits of eating, drinking, dressing, etc., which are responsible for the parent's diseases, are also responsible for the death of the offspring. These are the sins that are visited upon the children.

Anciently the Lord said to the people He had so fully instructed in regard to His beneficent laws, "What mean ye, that ye use this proverb in the land of Israel, saying, The fathers have eaten sour grapes, and the children's teeth are set on edge? As I live,

ye shall not have occasion any more to use this proverb in Israel. The soul that sinneth it shall die." This proverb may be used among those who are in darkness, but not among those who possess light not possessed by their parents or the world about them. "If a son *seeth* all his father's sins which he hath done, and considereth, and doeth not such like, he shall *not* die for the iniquity of his father, he shall surely live." Eze. 18 : 1-17. From this we learn there is hope for the apparently hopeless. Prayer should never take the form of a command.

In praying for restoration to health, it should always be with this thought, Lord, Thou knowest all things; Thou seest the end from the beginning; Thou understandest what my future would be should I be raised to health, we do not know. If it should be for Thy glory and my good, let restoration take place. This is the prayer that will be offered by the one who has faith in God's goodness as well as in His power. Having submitted fully to Him who has the good of all in mind, it is our duty to co-operate with Him in every way by a removal of all causes of disease as far as revealed to us. As we remove these obstacles which often neutralise His efforts to bless and restore, it is our privilege to be cheerful and thankful and to believe that He will do that which is best.

### What Consumptives Need.

If you are a consumptive, you need *Fresh Air, Rest, and Good Food.*

1. *Fresh Air.*—You cannot have too much fresh air, and should try to spend at least eight hours a day out of doors.

When indoors keep the bed and sitting rooms as nearly like the outside air as possible by keeping the windows wide open. Never sleep with the windows shut, however cold may be the weather. A draught is much less dangerous than a stuffy room; indeed, some draught or current of air is necessary to good ventilation. Avoid all crowded rooms, such as, theatres, concerts, and public meetings.

2. *Rest.*—One great danger to persons affected with, or recovering from, consumption is the tendency to take too violent exercise. At first it is best to spend several hours of the day sitting or lying out of doors, well wrapped up in cold weather and sheltered from the wind. Later on, gentle walks may



be taken, and the distance walked gradually increased week by week. If your temperature goes up, you are exerting yourself too much. If it goes above 100 degrees you should spend most of the day resting. If your temperature remains normal and your weight increases you may gradually increase your exercise.

Running, jumping, and all heavy or dusty work are forbidden. Always rest for an hour before and after meals.

3. *Food.*—The ordinary full meals of a healthy person should be taken. Eat slowly, and try to finish your meal, even if you do not feel hungry. A glass of warm fresh milk from a healthy cow, with a fresh, well beaten egg stirred into it, taken two or three times daily in sips and slowly, is of great value as a food. It is best to take this when the stomach is empty, early in the morning and half an hour before dinner and at night.

Milk is a complete food, but there is no real nourishment in wine, spirits, beer, stout, beef tea, or extracts.

*Phlegm.*—The phlegm contains the *germs of consumption*, and must never be allowed to dry. When indoors spit into a mug, and when out of doors into a pocket spittoon. Empty the mug and spittoon into the fire, and rinse well with hot water. Keep a little disinfectant in the mug and spittoon. In coughing be careful not to cough with the face toward another person, as the cough sends a fine spray into the air which frequently contains the germs and may be inhaled by bystanders. After coughing, the lips may be wiped with pieces of rags, which should be burnt at once, or with a handkerchief kept in a linen bag, and not loose in the pocket or under the pillow. Used handkerchiefs should be boiled daily in soap and water, and the bag once a week.

### Typhoid Fever.

EACH summer we have an epidemic of this disease in one or more districts of Australia, causing many deaths. Yet the disease is *wholly* preventable. Typhoid fever is due to a specific germ. The germ is always introduced into the alimentary canal either in the food or drink. The use of raw vegetables, herbs, or small fruit, as strawberries, watered with filthy and infected water, or fertilized with manure, bone dust, or other organic filth, is frequently responsible for the disease when occurring in isolated cases; while contaminated milk and water are usually responsible when the disease occurs

in epidemic form.

The majority of cases of typhoid fever, undoubtedly arise from contaminated water. That drinking water infected with the discharges of a person sick with typhoid fever may cause an epidemic of the disease there can be no longer any doubt. The records of sanitary science abound in histories of such cases. Every physician of large experience with this disease can detail one or more instances in which the disease has been clearly traced to infected water.

Prior to 1859, the city of Munich, in Bavaria, was a veritable hotbed of typhoid fever. There were no sewers and no public water supply. Most of the houses were furnished with large brick or wooden flues which were built from the cellar up through the different floors. Into these the excretions from the body were dropped, and accumulated in the cellars. Other waste material was deposited in cesspools, and garbage was thrown into back yards. The air in the houses was foul and offensive to the sense of smell. The drinking water was taken from shallow wells in the yards, and these often received the ooze from the cesspools and vaults. In 1859 the citizens were compelled to seal tightly the bottoms and sides of these receptacles of filth, and later a system of sewerage was introduced, and still later a supply of wholesome drinking water was obtained. Notwithstanding the fact that portions of the city still remained unsewered at the time of the last report, the results have been most gratifying. From 1852 to 1859 the typhoid fever per thousand in Munich averaged 24.2. This has been gradually lessened, until, in 1884, it was 1.4 per thousand. This shows what has been done in an old and crowded city, and Vienna has practically repeated the demonstrations made by Munich.

To prevent typhoid fever it is necessary to boil all vegetables and herbs, also the small fruits growing close to the ground. Milk must be sterilized and suspected water boiled. By following this simple rule, typhoid fever need not be feared. Oysters are also an active cause of typhoid fever. The best authorities now consider it quite probable that many epidemics which were thought to be typhoid fever have really been epidemics of meat poisoning. Such outbreaks generally occurred after picnics, weddings or some other gathering in which a large number of persons were exposed to infection from a common source.



### THE SONG OF THE FRUITARIAN.

*Tune: "Columbia."*

Away with your beef and your mutton!  
 Avaunt with your capers and sauce!  
 For beefsteaks I don't care a button;  
 Veal-cutlets—I count them as dross;  
 Lamb stew, chicken salad, don't mention;  
 With my stomach-roast pig don't agree;  
 From such messes I practise abstinence—  
 Farinacea's the forage for me.

O stay me with rice and with porridge!  
 O comfort me sweetly with grits!  
 Baked beans give me plenty of courage,  
 And cracked wheat enlivens my wits.  
 From such foods new youth I shall borrow,  
 Till, as hearty as hearty can be,  
 I expire of old age like Cornaro—  
 Farinacea's the forage for me!

When night comes, ah! sweet the reflection  
 (As my senses are muffled in sleep),  
 Nothing living to serve my refection  
 Has been butchered, not even a sheep.  
 No lamb has been led to the slaughter;  
 No calves hung up by their feet;  
 No lobsters been drowned in hot water;  
 No cows killed that I might have meat.

Avaunt with your beef and your mutton!  
 Away with your capers and sauce!  
 For beefsteaks I don't care a button;  
 Veal-cutlets—I count them as dross;  
 Lamb stew, chicken salad, don't mention;  
 With me no such viands agree;  
 From such messes I practise abstinence—  
 Farinacea's the forage for me!

—*Arcadian.*

### The Melbourne Sanitarium Health Food Cafe.

WHEN are you going to start a cafe in Melbourne? we have been asked repeatedly. We have usually replied, "Be patient, give us time, and you shall have a cafe." For several years we have been urged by readers of the GOOD HEALTH and friends of reform to open up a cafe similar to the Sydney Cafe, 45 Hunter Street, which has made so many friends and met with such splendid success during the past three years. The only reason that we have delayed in opening up the Melbourne Cafe has been a lack of trained and experienced help. This can no longer be urged as a reason. We now have educated and competent help, which will enable us to maintain the standard which must ever be maintained in a cafe where cooking is made a science, and which has for its aim the education of its patrons in dietetic and other reforms.

Mr. Fisher, manager of the Sydney Cafe, will have personal supervision of the Mel-

bourne Cafe. He will be accompanied by Miss Anna Nordstrom, the present instructor in scientific cookery at the Sydney Sanitarium, and experienced waiters who are able, and always deem it a pleasure, to assist patrons in the selection of their meals.

The Melbourne Cafe is located in the most desirable and convenient portion of the city, on Collin Street, a few doors from Elizabeth Street. About December 1 we shall be able to say to our many friends, Come, for all things are now ready; not only come yourself, but bring with you a friend, and in other ways assist us in calling the attention of the public to the new Cafe, so different from, and superior to, the ordinary city cafes.

In this Cafe the foods served may be fully relied upon as being pure and unadulterated, and prepared in a manner to supply the needed elements in about the right proportion and in the most digestible form. The Cafe will always keep on sale a full supply of the well-known Sanitarium Health Foods.

Come, and learn more about these foods.

### Dangers of Bottle Feeding in Warm Weather.

IT is twice as dangerous to feed an infant on condensed milk as on fresh cow's milk, fifty times as dangerous to feed an infant on cow's milk as on breast milk, and a hundred times as dangerous to feed it on condensed milk as on breast milk. The mortality of hand-fed infants is ten or fifteen times greater than that of breast-fed infants. The Medical Officer of Health for Birmingham, England, dealing with the statistics of 3000 babies, found that among the breast-fed the mortality was eight per thousand, among infants fed partly at the breast and partly by the bottle twenty-six per thousand, and among the bottle-fed 252 per thousand. Large cities are responsible for much of the high infant mortality.

LEMON rubbed on the hands removes stains, and helps to keep them soft and white. It is good for the face, too, if mixed with an equal quantity of rose or elder-flower water, but for most skins is too strong to use alone.

A lemon-bath is a luxury. For this two or three lemons are sliced into the bath water half an hour or so before it is required. The sense of cleanliness it gives, and the suppleness and smoothness it imparts to the skin are things not soon to be forgotten.



## The Home



### ADVICE TO MOTHERS.

When Johnny feels like getting sick,  
Just give him patent medicine.  
Get down the dollar bottle, quick,  
And give him patent medicine.  
When Kitty has the stomach ache  
From eating too much pie and cake,  
Pull out the self-same cork and shake.  
The bottle well, and have her take  
A dose of patent medicine.

When William Henry has a pain,  
Give him the patent medicine.  
His symptoms every one are plain  
For taking patent medicine.  
When baby Ruth begins to squall,  
It isn't worth your while to call  
The doctor for a case so small,  
Besides, he doesn't know it all—  
Just give her patent medicine.

Just keep it handy on the shelf,  
The cure-all patent medicine;  
And when you're feeling bad yourself,  
You try the patent medicine.  
It's good for every known disease  
From cramps acute to chronic wheeze.  
Just watch your every symptom, please,  
Then read the label, Madam, these  
The rules for patent medicine.

It matters not that poisons dire  
Are in the patent medicine,  
It matters not that liquid fire  
Is labled patent medicine,  
The people take it, kill or cure!  
And yet the only thing that's sure  
Is this, it makes the blood impure  
By clogging up the vital sewer.

BEWARE OF PATENT MEDICINE!

—W. S. Whitacre.

### Fruitarian Dietary.

DR. JOSIAH OLDFIELD of London, England, gives the following testimony in favor of fruitarianism:—

"I have been a fruitarian for over twenty years, and the longer I live, the more convinced I am that if people only knew of the delights of a fruitarian dietary they would never admit another Chicago mystery into their house!

"I am not a vegetarian, and do not advise people to live on cabbages, but I am a fruitarian in the widest and most beautiful sense of the word, and am so charmed with the daily delights of eating and drinking dainty foods that I sometimes sit and wonder at the folly of my early years.

"I don't believe in fads. Till I went to Oxford and had to learn something of house-keeping on my own I used to laugh at people who didn't eat meat. 'How foolish,' I used to say, 'to give up the good creatures that are sent for man's use. Let us enjoy life while we can and leave asceticism to those who know no better.'

"I used to laugh because I knew no better. I knew only one side of the question. I liked my roast beef, and revelled in my fried ham and eggs, and I joyed in the savoury richness of pork crackling.

"To-day I know both sides. I have not forgotten the *flavors of the sacrificial victim*, but as I write this I can say in all consciousness of being able to choose which I will without anyone to say me nay, that the delights of a fruitarian dietary far outweigh all the grosser pleasures of the old mixed foods.

"And now, too, I understand how those prophets went a whole day's journey through the scorching deserts on a handful of figs, or a cluster of raisins and a cake of barley bread, or a bag of parched corn.

"The lunch basket of the modern traveller in luxury would look with scorn upon the contents of the wallet of the sturdy pilgrim of old, but the man of the olden time would endure longer and get more joy out of his bread and cheese and dried fruit and olives than the modern millionaire out of his potted and tinned mysteries and his stuffed chickens and his spiced sandwiches.

"Those who have tried one method of living only are not in the same position as I am who have tried both for long enough to know both well.

"In poverty and in riches, in penury and in luxury, in England and at the other side of



the world, in home solitude and in society functions, in winter and in summer, in heat and in cold, I have tested the relative merits of the two dietaries, and I have made observations upon hundreds of others, and I have come to the conclusion that if ninety-nine per cent. of the cultured people of the land were to adopt a carefully selected fruitarian dietary for twelve months, not five per cent. of them would ever consciously choose to eat meat again!"

### HIS DAY OFF.

He was the boss ; was the first to come  
When the day began—and he made things hum.  
He would hustle round with impatient jerks  
And instil some life in the lazy clerks.  
It was fine to hear how he'd scold and scoff  
At the thought that he ought to take a day off.

Why, he'd doubt the clock when it chimed at noon,  
And declare that the hour had come too soon.  
Go out to eat? Waste that time at lunch?  
Not he! He would sit at his desk and munch,  
And sputter the crumbs when he took a bite  
And told the stenographer what to write.

Year in, year out, he was on the go.  
He said: "Too busy to rest you know."  
And the dollars grew to a wondrous pile.  
But still he would wear that sarcastic smile  
When some one suggested a time for play,  
Or told of the need of a holiday.

It was yesterday that we met him last—  
We were on the street, he was riding past,  
And we stopped and looked as we turned to go,  
For the wonder was that his pace was slow.  
But the rig was new and the horses trim—  
It was his day off, for they buried him.

—*W. D. Nesbit.*

### The Cup that Cheers.

TEA, instead of being the "cup that cheers but does not inebriate," is precisely the opposite of that. The free dispensaries of our large cities are crowded with women who are victims of tea intoxication, just as the hospitals are being filled with men suffering from the effects of drink. The mother who has to be "kept up" by the magic influence of her daily cup of tea will discover to her sorrow that her boy, with less sensitive nerves, will require one of these days something a little more stimulating to arouse his nerves than her cup of tea.

EVERY man who praises himself brushes the lustre from his best efforts.

### Summer Diseases of Children.

By DR. LAURETTA KRESS.

THREE of the most common diseases of children in the summer months are dysentery, diarrhœa, and gastritis. Many are of the opinion that these are all due to the eating of fruit. I have noticed with great interest many cases and in nearly all it is more probably due to the use of other foods taken with the fruit. During the hot months all albuminous foods undergo putrefactive changes very readily. In hot weather this change begins very soon after the milk is taken from the animal, and in flesh, soon after killing; so that these foods must be very carefully selected. Milk in hot weather is a prolific cause for summer complaints. Unless the dishes are scrupulously clean and the milk sterilized, it becomes a source of contamination, as germs thrive in it and hasten putrefactive changes. Infants whose main sustenance is milk, fare badly as a result.

In hot weather especially, and for real safety in all weathers, milk should be sterilized. This can be done by putting it into a double saucepan, letting it stand for twenty minutes or half an hour. The main objection to this plan is it disturbs the cream so much that one does not get as much as by another process. This is to place the milk in an enamel dish, let it stand on the stove and slowly rise to near boiling, but do not let it boil, keep it below boiling point. Milk is not as digestible when sterilized in this way, but it is so much better than running the risk of putrefactive products or germs from the animal itself. Feeding bottles, nipples, and all dishes used for milk should be washed thoroughly and scalded each time they are used.

Fruit also should be carefully used. Unripe, over ripe, or decaying bananas are often eaten by children. They do not chew the hard fleshy part of the partly ripened bananas; these hard pieces produce much disturbance in the tender stomach. If banana is given at all, it should be thoroughly mashed with a fork. It should be a thoroughly ripened one.

Apples should not be given unless baked or stewed, or scraped with a spoon if given raw. Only the juice of oranges and mandarins should be given. Peaches should be very ripe and always peeled. In all of these summer complaints great care must be taken of the digestion. In fact, the primary cause of all is error in eating. If precautions are



taken to watch carefully all albuminous foods, as milk, eggs, meat, etc., far less trouble would result.

#### Treatment of Gastritis.

Withhold food for twenty-four hours, or longer if persistent vomiting takes place, then give bits of ice to swallow. Place cold compresses over the stomach, give hot foot bath and enema. As soon as vomiting is checked feed with beaten white of egg with a few drops of orange or lemon juice in it, or a few spoonfuls of gluten gruel. Iced milk will sometimes suit. Do not attempt fruit at first until good results have come from treatment.

#### Treatment of Diarrhœa.

Hot enemas followed by starch enemas. The latter are made by taking one heaping teaspoonful of cornflour to one cup of boiling water. When it is cooked till clear, cool a little and use as an enema, following a hot or cleansing one. Follow this by a large linseed and ginger poultice made by taking equal parts of ground linseed and ground ginger. Mix with hot water and spread on calico. Make two of these, place one on the abdomen and the other in a steamer to keep warm. Change every ten or fifteen minutes, putting them on as warm as can comfortably be borne by the child.

Keep this treatment up for two hours, then remove them and place a cold compress over the abdomen. This should be a thin cloth rung out of cold water and covered with a turkish towel. If it is a thin towel use two. Pin this securely around the child's body. Be sure the wet cloth is well covered by the dry towel. The heat of the abdomen then dries the wet cloth, and the child is benefited; but if the wet cloth protrudes from the dry, the air cools it and the patient may chill.

With diarrhœa great care should be taken as to diet. Browned flour gruel made with milk, browned rice made into gruel, browned maize meal gruel, or gluten gruel are all good. Boiled milk is good for younger children. Give plenty of water to drink, either hot or

cold water as they desire.

With children this treatment of poulticing is a very good remedy in nearly all digestive troubles and can be employed successfully by every mother. Many are in too great haste to check diarrhœa. It is nature's effort to get rid of some disturbing element and should be assisted in every way possible. The water drinking and flushing of the bowels do this. Heat over the abdomen gives great relief. If these poisons are allowed to remain in the system, fever, convulsions, etc., may result. Mothers by a few simple rules may learn to care for their children in all seasons and keep them in health.



A Glimpse of the Sydney Sanitarium in the Distance.

#### Fresh Air when Tenting.

ARE you tenting?—If so, you should know,—

That a well-closed tent is nearly air-tight, and consequently,—

That in an ordinary-sized tent, one occupant will so pollute the air as to render it unfit to breathe in less than twenty minutes; two occupants, in less than ten minutes.

That if you are tenting for your health, an opening at each end of the tent must be provided for ventilation at night. The openings should be at least a foot square for each occupant.

Breathing impure air lowers the vitality, and consequently renders one susceptible to colds and other diseased conditions.



## CHOICE RECIPES.

### Christmas Dinners.

FOR many years the chief thought of most housewives during the month of December has been, What shall we get for Christmas dinner? The meats, rich sauces, pastries, and puddings provided at such times are the source of much trouble. Simpler meals of more digestible substances are being recognized now as being more conducive to health and enjoyment. The spotless damask and shining silver and glassware, with flowers and maidenhair fern or smilax artistically arranged on the table all add to the real enjoyment of the food.

In all households the menu should be arranged some little time before, so that everything to be prepared for the dinner may be within easy reach and no great rush need be made at the last moment. It is a good plan in all households to make up all menus days before needed. Then they are ready for use, and one can economise time by having a plan to work to. There is also economy in ordering, for when the menu is at hand one can know just what is needed for the day and order accordingly.

The following suggestive menu for Christmas dinner is offered to those who are interested in hygiene:—

#### MENU.

Toasted Granose Biscuits.	
Zwieback.	Date Rolls.
Cocoanut Crisps.	Brown Bread.
Baked Salted Almonds.	Cream.
Protose Timbales with French Beans.	
Nut Roast with Brown Sauce.	
Plum Pudding with Orange Sauce.	
Nut Sponge Cake.	Fresh Fruit.
Stewed Peaches.	

**COCOANUT CRISPS.**—Take one cup each of desiccated cocoanut and pastry flour. Add to this one dessertspoonful of sugar, mix well, and add only sufficient cold water to make a stiff dough. Roll very thin, about the thickness of brown paper. Cut in squares, or any shape, and bake in a moderate oven.

**DATE ROLLS.**—Take four cups of white flour and two cups of wheatmeal flour; add a little salt, and mix well. Take half a cup of best olive oil and one cup of cold water. Turn the oil into an enamel or earthenware dish, and with a fork or whip beat vigorously, adding the water slowly, a little at a time, until the mixture thickens almost like the beaten white of an egg. When beaten thoroughly add to the flour, mix well, and knead. If the measurements have been correct, no more moisture is needed; but if the measurements of flour have been large, more water will be needed to soften the dough for kneading. Roll out on board, one quarter of an inch thick, and cut in strips three inches wide. Lay stoned dates along

in the middle of this strip, fold the dough over them, and roll over and over on the board. Cut in inch lengths and bake until done.

**PROTOSE TIMBALES.**— $1\frac{1}{2}$  cups of stale bread crumbs, 1 cup of water,  $\frac{1}{2}$  pound tin of protose,  $\frac{1}{2}$  cup of nut meal made by grinding walnuts in a mill, 2 small eggs, seasoning of sage and bay leaf if desired, and salt to taste. Use bread crumbs that are fairly stale, using the crust as well as the inside. Moisten and heat over fire until well crumbed. Then add the protose chopped fine, seasoning, beaten yolk of eggs, and nut meal. Mix well and lastly add the beaten whites. Turn into well oiled moulds, set in a steamer, and steam one and one-half hours. When taking from steamer let stand a moment until they dry, then invert upon the centre of a platter. Around this boiled French beans or green peas may be placed and served with the timbales.

**NUT ROAST.**—Mix together one cupful each of split peas pulp, haricot beans pulp, and finely chopped or ground walnuts. Season with a little sage and salt if desired. Make a dressing of five slices of stale bread or zwieback by pouring over it boiling water, and then covering. Let it stand a few minutes, then with a fork break it up and pour over it one half cup of thin cream and season to taste with salt, sage, or a bit of onion. Line an oiled baking dish with one-half the first mixture, put the dressing in, then cover with the remainder of the nut mixture. Pour over the top a little rich cream and bake one hour in the oven. Serve in slices with currant jelly, and garnish with sprigs of green.

**PLUM PUDDING.**—2 cups of zwieback crumbs,  $\frac{1}{2}$  cup of sugar, 1 cup of walnut meal chopped,  $\frac{1}{2}$  cup of chopped raisins,  $\frac{1}{2}$  cup of English currants,  $\frac{1}{2}$  cup of candied citron and lemon peel. Moisten the crumbs with one and one-half cups of milk, mix with this the walnuts, raisins, currants, and peel. Add the sugar and juice and grated rind of one lemon; turn into a basin and steam three hours. Serve with orange sauce.

**ORANGE SAUCE.**—Squeeze a cupful of juice from sour oranges, add the juice of half a lemon. Heat a pint of water; when boiling thicken with a tablespoonful of cornflour. Add orange juice and a little grated rind; sweeten to taste and serve.

**NUT SPONGE CAKE.**—5 eggs,  $\frac{1}{2}$  cup of flour,  $\frac{1}{2}$  cup of gluten,  $\frac{1}{2}$  cup of ground walnuts, 1 cup of sugar. Beat the yolks of the eggs until very stiff. Beat the whites in a larger basin very stiff until they hold the fork upright when placed in them. Add a little grated lemon rind to the yolks, and one cup of sugar, also the ground walnuts. To the beaten whites add one tablespoonful of lemon juice. Turn the yolk mixture into the whites of the eggs, and fold in the flour and gluten carefully. Turn into a cake dish. Before putting into the oven place half kernels of walnuts, about twelve, on the top of the cake; bake in a moderate oven.

SOME men work overtime trying to dodge hard work.



## NEWS & NOTES.

SIR FREDERICK TREVES, one of the most eminent of London surgeons, who operated on King Edward when his life was in danger from acute appendicitis, in a recent address at Westminster, denounced the use of alcohol in such unmeasured terms that quite a sensation was produced among the alcohol-loving people of Great Britain. Every surgeon of wide experience has encountered in his practice sufficient evidence against the use of alcohol to lead any intelligent man not addicted to the use of this drug to forswear it for himself and forbid it to his patients.

"A CORRESPONDENT sends information as to some of the London packing firms, that have had pictures in the papers showing their workers in clean white aprons and smocks, as a contrast to the horrible ways of Chicago. But the correspondent says the clean white clothing was bought after the 'Jungle' disclosures, that the rooms which were formerly in a shocking state have been white-washed and cleaned in readiness for the inspection which was expected, and that the staffs have been employed lately at full pressure in taking Armour's labels off tins of meat and substituting the names of their respective London employers!"

MR. M. A. C. WILKINS of Dublin, vegetarian and food reformer, has recently demonstrated to the literary world the benefit resulting from careful living in doing brain work. In speaking of Mr. Wilkin's phenomenal success at Trinity College, the *Irish Times* of June 12 says: "Maurice Arthur Charles Wilkins entered the Royal University of Ireland, winning first of the First Honors in Mathematics twice, together with a classical scholarship and two exhibitions. In 1904 he gained first place at the Trinity College Junior and School Exhibition Examination and the Erasmus Smith Exhibition, as well as record number of entrance prizes. He has since obtained first of First Honors in Classics twice, together with First Honors in Classics, Mathematics, and English Literature, and two prizes in classical composition. He has now gained first classical scholarship at his first attempt, with the highest marks that have been scored since Professor Bury got his scholarship in 1879."

### The Drink Habit and Divorce.

SIR GORELL BARNES, President of the Divorce Court (London), recently said:—

The great majority of the cases that come to this court are due to drink. I have noticed this as I sit here constantly.

If this drink habit, which is unfortunately so

prevalent, could be eradicated from the nation, this court might shut its doors, at any rate for the greater part of the time.

### Tea and Pastry Shops.

IN the handling of meat, Sir Frederick Treves pointed out recently, there is much room for improvement on the part alike of butchers, butcher-boys, and housewives. At the same time there are other forms of food contamination and improper treatment which call for adverse comment. One of these, he observed, was the practice common in the smaller refreshment shops, of leaving milk exposed in a dubious atmosphere; while a very prevalent and still more dangerous custom is one which can be seen in progress any day in the popular tea shops. Close to the entrance door are piles of pastry on the counter left totally uncovered, and exposed, in anything like dry weather, to the access of street dust from the swinging doors. Such dust is laden with the usual germs, ground-up sputum, and other effete organic matter.

### Secret Drinking Among Women.

NEARLY all leading doctors are temperance advocates to-day, and such eminent men as Sir Thomas Barlow, one of the king's physicians, have given their special attention to the habit of drinking among women. Not long ago he said that the special feature of intemperance among women is "secret drinking," and that relatively it is more common among women than men.

One of the chief means of secret drinking among middle-class women is the grocer's license. The drink is charged for as "groceries," with the result that the husband of the secret drinker is often unaware of his wife's indulgence until it is too late.

Once contracted, the habit of secret drinking is so hard for a woman to break that when deprived of every ordinary form of alcohol, she will resort to such an incredible stimulant as eau de Cologne, which has the certain effect of producing madness. Drinking among women is much more pronounced than it was ten years ago.

In an Irish daily there recently appeared this advertisement: "Wanted—A gentleman to undertake the sale of a patent medicine; the advertiser guarantees it will be profitable to the undertaker."—*Selected*.



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ALCOHOL HARDENS THE ARTERIES.

A MAN is as old as his arteries. If a man is forty years of age, and his arteries are as if he were eighty years of age, the man is that age as far as his chances of life are concerned. Alcohol is only one of the causes of this hardening, I admit, but it is an important one.—G. S. Woodhead, M. D.



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### The Good Health Library.

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

**A Food Guide in Health and Disease.**—A most important booklet which contains a lot of valuable information. Price, post-paid, 2d, 5s per 100, 28s. 8d. ~~3s. 6d.~~

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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.

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