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A NOVEL METHOD OF WATERING THE MILK.

Good Health, January 1, 1907.



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January 1, 1907.

MEDICAL and HEALTH NEWS.

What Chewing Will Do.

An Instinctive Reform Which Resulted in the Course of a Ten-Weeks' Experiment.

PROFESSOR FISHER, who is at the head of the department of Political Economy of Yale University, by a grave illness was made to give attention to the matter of dietetics, with the result that he has been restored to vigorous health, and is able to accomplish much more than the average college professor. One of the leading professors in a great eastern university recently referred to Professor Fisher as the ablest mind turned out from that university in many years. The following paragraphs were recently published in all the leading newspapers of America:—

"Professor Irving Fisher, of Yale, has concluded an experiment covering ten weeks on the relation of endurance to diet, and has just made public the first statement of the result. Nine Yale graduates were selected for the experiment, and were given one test immediately after the Christmas holiday, when they were fresh from vacations, and another after a term of hard work.

"The experiment consisted in trying to find a truer food instinct than most persons are said to have. No attempt was made to prescribe a diet, or forcibly alter the quantity of proportions of the food. The men were simply asked to eat slowly and thoroughly masticate their food, giving special attention to its taste, and following implicitly the dictates of appetite.

"It was found that the men had decreased their food ten per cent., the proteid fifteen per cent., and the consumption of meat and other flesh foods by forty per cent. instinctively.

"To test the working power of the men, trials of endurance were made at Yale gymnasium. It was found that each of the nine men had improved anywhere from fifteen to more than one hundred per cent., despite the fact that no physical exercise had been taken. The average physical endurance was over fifty per cent. Strength tests were also given, but the improvement in endurance was greater than in strength. Mental tests were also given in the form of problems, and it was found that most of the men had increased in mental quickness.

"As every precaution was taken to prevent any disturbing factor to which the improved condition of the men might be ascribed, it is believed the experiment has demonstrated that it is possible for any person in two and one-half months' time, by simple mastication of the food and following the appetite, to improve the endurance by one-half."

Experiments of this sort are of the greatest value, since they furnish unquestionable scientific evidence in support of the hygienic teachings which have been advocated by this journal with reference to simplicity of diet, the use of natural food, and thorough mastication.

MANY are life-long invalids who might be well if they only thought so.

A Representative Gathering of Vegetarians.

REPRESENTATIVE vegetarians from all parts of Great Britain were gathered together at the Manchester Memorial Hall on October 15, to celebrate the fifty-ninth anniversary of their society. Professor J. E. B. Mayor, Senior Fellow of St. Johns, Cambridge, presided. He is still hale and hearty at the age of eighty-two. He condemned attendance at modern public banquets, likening it to a visit to Noah's ark, on account of the numberless kinds of fish, flesh, and fowl upon the tables.

Mr. T. Owen, of Oswestry, was also present. He is in his sixty-ninth year. In describing his methods of living, he said he had only two meals a day, and very little to eat then. "I find that the less I eat, the better I am for work," he added, "and I have to get through a great deal of work, mental and physical. I am now in better condition, with more vitality and energy than I enjoyed when thirty years of age, when I was broken down with dyspepsia, liver complaint, and other ailments. I live principally on bread or biscuits, fruit, and nuts; and I attach supreme importance to the proper mastication of the food."

Fruits and Fruit Juices in Summer.

THE wisdom of Solomon led him to exclaim, "Stay me with raisins and comfort me with apples."

Fruit is above all other foods the best summer food. If well ripened and mellow, it does not tax the organs of digestion. The salts it contains are most important; such as, the iron, the phosphates, etc. Many of the common fruits also contain ferments which are most useful in digestion. They act on the coagulated albumen of egg and of fresh meat.

A simple experiment will show this property in strawberries. On the bottom of a glass dish put a double layer of thinly sliced, fresh, ripe strawberries. Next put a layer of thinly sliced, coagulated egg albumen, completing the sandwich by a duplicate layer of the strawberries. At summer heat, after eight hours, the albumen is slowly digested, as has been proved by expert chemical tests. *Ripe cherries act in the same way.* The action of orange juice which is kept perfectly free from the rind, also has a slight digestive effect on coagulated egg albumen.

In comparing the action of pear juice and apple juice, it is found that pear juice has a more powerful digestive action than apple juice.

Fruits are better when ripe and fresh. The ferments are destroyed by prolonged high temperature. It must not be thought, however, that baking or stewing fruit entirely destroys its digestive ferments. To do this completely the heat must be very



prolonged. A good test of the digestive power of the fruit is the presence or absence of its original flavor. If by cooking the fruit, all of its flavor be lost, one may say that the ferment has been entirely destroyed.

Juicy fruits are most beneficial when eaten at the end of the chief meal of the day.

Meat Poisoning in Warm Weather.

GENERAL NELSON A. MILES of America, in speaking of the meat poisoning in the army during the Spanish-American war, said:—

"I believe that three thousand United States soldiers lost their lives because of adulterated, impure, poisonous meat. I have a barrel of testimony in the way of affidavits that I collected when I made my investigation seven years ago."

The use of meat, canned or fresh, is bad during the warm weather. Even dogs and cats suffer from the effects of its free use. The relaxed state of the digestive organs, and the diminished quantity of gastric juice in warm weather favor putrefaction and poisoning. During the summer months *especially* meat should be discarded from the bill of fare. It is a dangerous food.

"BEFORE the sty can be cleansed, the swine must be driven out with a whip."

Glebe Island Slaughtered Animals Unfit for Food.

MR. CARRUTHERS, the premier of New South Wales, in discussing the problem of the removal of the Sydney city abattoirs from Glebe Island to Homebush, where cattle are landed by train, recently said he believed that "there was not a pastoralist of note who would say that cattle were fit to be slaughtered after being driven from Homebush to Glebe Island." Yet for years cattle have been driven from Homebush to Glebe Island, therefore the city of Sydney has for years been supplied with meat from animals that were unfit for slaughter. "You may shake

renders them unfit for slaughter. Look at these creatures as they are prodded on from the pasture fields to the railways. Then, tired and exhausted, they are huddled together so closely that it is impossible for them to lie down. If one perchance should get down, it rises no more. In these cars, filled with offal and deathly odors, they are often compelled to remain, in the hottest weather, without drink to quench their thirst or moisten their parched lips and tongues, until they reach Homebush. It would certainly be an act of mercy to kill them as soon as they are landed at Homebush instead of driving them to Glebe. But the fact is animals that are



A PEACEFUL COUNTRY HOME.

your heads as long as you like," declared the Premier to those who, from commercial advantages, urged that the abattoirs should remain at Glebe, "men who shake their heads show me that sometimes there is very little in their heads to shake."

We do not urge the removal from, or the retention at, Glebe Island of the abattoirs. What we do desire men and women to see is, that for years they have been consuming the flesh of animals that have been tortured into such a condition by driving as has, to the mind of pastoralists, rendered their flesh unfit for human consumption. But it is not merely the drive from Homebush to Glebe Island that renders their flesh unfit. Their treatment even before reaching Homebush

landed at Homebush by train are not fit to be slaughtered. Fear and exhaustion fever their blood and render their flesh poisonous. Our advice is, Learn to live on foods that afford all the needed nourishment, but which do not necessitate such cruelties. Live on a kindlier diet.

Can it be done without endangering health? Certainly; for nearly twenty years I have wholly abstained from flesh as an article of food. I was an invalid when I began, and I am now in possession of a degree of health I never thought possible. Am I any the worse for it?—No; I am in every way better because of it, better physically, mentally, and morally. Do I relish my food?—No one ever relished his food more. Does such a

diet satisfy?—I never knew what it meant to eat and be satisfied until I began to live upon the simple, non-stimulating products of the earth,—the fruits, grains, and nuts. Try a fleshless diet for a month.

Ptomaine Poisoning and Christchurch Exhibition.

THE real cause of fainting of several of the cadets, while formed up at the Exhibition opening ceremony at Christchurch (says the *Timaru Post*), seems to have been the quality of the rations supplied to them by the Defence Department. "Several of the South Canterbury lads state that the meat contained in beef sandwiches was absolutely *green*, and quite unfit for consumption. Unfortunately, before this was discovered most of the boys, hungry after their train journey, had disposed of their sandwiches, with the result that the sickness and dizziness occasioned by eating such horrible stuff caused several of them to collapse. The Christchurch cadets fared no better, no less than twenty in one corps fainted outright. It would almost seem that the war stores' scandals of other countries are being paralleled in our own colony, and it is certainly time that some responsible officer should be appointed to inspect rations before they are given out, if there is food of this quality among the New Zealand Defence Department's stores."

We expect ptomaine poisoning to be more frequent during the summer months. Meat putrefies rapidly in warm weather and the poisons thus formed are most deadly. When will we learn to leave this dangerous food alone?

Appendicitis and Boric Acid.

In a leading article the *Lancet* discusses the suggestion that the unknown factor in the causation of appendicitis is boric acid introduced into food for preserving purposes. "It would appear to be the fact that boric acid or its compounds is used much more frequently than any other antiseptic, and many attribute the prevalence of indigestion to this chemical substance. In one instance, that of a medical man, boric acid, even in small doses, taken with milk or butter gave rise to an acute attack of indigestion. From this it is suggested that indirectly boric acid may lead to appendicitis, since dyspepsia and flatulence are considered to be exciting causes of the disease, promoting distention and thus facilitating the

escape of septic matter into the appendix. It is evident that the State should as far as possible take the greatest care to allow the use, and in restricted amount, of only those preservatives which are likely to do the least harm."

Influence of Tobacco on the Intellect.

SO DETRIMENTAL is the influence of tobacco on the intellect, that it is recognized by teachers and employers that young men who use tobacco seldom attain to superior scholarship in school, and are unreliable in business. Consequently, a number of the best universities and colleges are taking a decided stand against its use by students. One institution has issued an ordinance against the use of tobacco on the university grounds, and if students are unwilling to comply, their fees are to be returned to them, and their names taken from the university books. Another forbids the students the use of tobacco in any form. For some years the use of tobacco by students in the public schools of France has been forbidden, on the ground that it is weakening, both physically and mentally. It is said that for a period of fifty years no tobacco-user stood at the head of his class in Harvard University.

Dr. J. W. Seaver, for the past twenty-five years physical director of the Yale gymnasium, said that he had observed that the high-standing men at Yale do not smoke, and that the smokers of the college were of mediocre attainments, of low standing. "This may be interpreted in two ways," said Doctor Seaver. "Either the use of tobacco has reduced mental activity, or the kind of mind that permits its possessor to become addicted to a habit that is primarily offensive and deteriorating is the kind of mind that will be graded low in intellectual tests."

Dr. C. A. Clinton, of the San Francisco Board of Education, who has made a special study of the influence of cigarette smoking on boys, says: "I have seen straight-forward boys turned into dunces, into miserable cowards, by tobacco smoking. I am not exaggerating, I am speaking the truth—the truth that every physician and nearly every teacher knows."

Dr. Bremer, of the St. Louis Insane Asylum, another authority, says: "The use of tobacco among the young is productive of

mental and moral deterioration, while in older persons the use of the weed produces brain diseases and insanity."

Dr. Solly, of the St. Thomas' Hospital, England, says: "I have had a large experience in brain diseases, and am satisfied that smoking is a most noxious habit. I know of no other cause or agent that so much tends to bring on functional disease, and through this, in the end to lead to organic disease of the brain."

A man may indulge himself with tobacco for years, and the effects of it not be recognised by him, but in his children will be seen the result of the habit. The children of excessive tobacco-users are generally born with a lack of vitality, with a tendency toward disease, and a certainty of premature decay. Sir Benjamin Brodie says, "No evils are so manifestly visited upon the third and fourth generations as the evils which spring from the use of tobacco."

I have no doubt that many a nervous or idiotic child is the result of the tobacco-using habit of parents. Many of the so-called cases of "nervous break-down" attributed to overwork are due to nothing else but the excessive use of tobacco. Go into the counting-rooms of many of our merchants, and you will find the fumes of tobacco smoke filling the room; and yet if the merchant feels dizzy and languid at the end of a day's work, he complains of the anxieties of business telling upon his nerves!

Should Clergymen Smoke?

THE Rev. A. M. Mitchell, M. A., vicar of Burton Wood, has issued a diatribe against "Smoking" in the September number of his parish magazine. He singles the parson out for severe criticism, because he says "the most inveterate smokers are found in the ranks of the clergy." Continuing, he adds:—

"Some of them even smoke in bed; their persons and their rooms literally reek of tobacco. Times change, and manners with them, and not always for the better. In this particular the change is decidedly for the worse. The smoke-soaking parson of to-day would have flabbergasted the world of twenty-five or thirty years ago. Indeed he would not have been tolerated one single moment, he would have been bundled out of 'religious society' neck and crop. But now our spiritual guides, the directors of our consciences, the ministers of the Word and

sacraments, may be seen from Monday morning till Saturday night, pipe or cigarette in mouth, as if smoking had really become a function of their calling. Three big smokes are essential to 'Sunday efficiency,' one at mid-day, a second before evening service, a third when the exhausting labors of the day are at an end! The clerical smoker should be banned. He is the cause of much mischief, his example is vicious. A clergyman should be, above all things, a gentleman in his habits. If he is not a gentleman in any other way he can be in this, and should be."—*Sydney Morning Herald, Dec. 1, 1906.*

Pure, Unadulterated Foods Are Demanded.

THE love of money is said to be the root of all evil. This is certainly true of the evils connected with the manufacture and sale of impure and adulterated foods. The god of this world has so blinded the eyes of money-loving men that they can not discern or appreciate the enormity of the sin of thrusting upon an innocent people foods that are injurious to health. It is not merely a sin, it is a crime needing State interference. So long has this nefarious business been carried on and tolerated by the people, that now an effort is being made to prevent the manufacture and sale of foods which are not what they are represented to be. It is regarded as a great hardship by some of the manufacturers. State food laws have been recently enacted in various States of America. The requirement of these laws may be summed up as follows:—

1. Harmful and unnecessary preservatives are prohibited from being used in food products.
2. The use of coal tar dyes is prohibited in all food products and beverages offered for sale.
3. That all food products must be labeled true to name and no deception practised in the wording of the label so as to mislead the purchaser or consumer.

These requirements are certainly not unjust, and their enforcement should work no hardship to the *honest* manufacturer. Aside from this an educational effort has been inaugurated which has for its aim,—

1. To induce manufacturers and jobbers to have goods in compliance with the law.
2. To give wide publicity to all food frauds.
3. To induce retailers to leave illegal goods alone.
4. To induce the public to demand pure

food products and beverages.

The manufacturers of high-grade, pure goods have made no complaint, but the men who have produced inferior products, made to appear as of high grade by the use of poisonous chemicals, or the men who have posed as friends of pure foods, but whose goods are not what the public was led to believe them to be, are the men who are opposing this re-



A Russian Peasant Girl.

form movement. For example, one large concern that has used for sweetening purposes *saccharin*, a coal tar product and poisonous gastro-intestinal irritant, in place of sugar, admits that to condemn *saccharin* meant an annual loss to them of £2000. These are the men who are opposing this law.

Jams and Jellies.

Since certain food products have distinct and natural colors and flavors which are regarded as indices of excellence and purity, the addition of artificial coloring matter and chemical ethers for flavoring purposes to

imitate the natural, has led many manufacturers to palm off upon the public, foods and beverages which were not at all what they were represented to be. For instance, many of the preserves, jellies, and jams, it has been discovered, are wholly imitations, colored with coal tar dyes, sweetened with glucose and saccharin, and containing chemical preservatives. There has probably been no product sold where greater deception has been practised than in the case of maple syrup and maple sugars. It is difficult to find one sample that is pure. Most of them are mixtures of glucose and cane sugar flavored chemically.

Meats and Meat Products.

The result of meat investigation proved a surprise. Ninety-five per cent. of the butchers, it was found, were using some form of preservative containing either sulphites or borates. The commercial products most generally used were freezein, icrine, preservative, and bull meat flour. The amounts present in the various foods were as follows: In ham, dried beef, and like cured products, from five to fifteen grains of boric acid per pound of meat. Sausages, hamburger steak, and like products contained from twenty to fifty grains of boric acid to the pound.

Dr. Wiley of the Bureau of Chemistry of America, says, "Even in doses not exceeding seven and one-half grains a day boric acid and borax, equivalent thereto, are prejudicial when consumed for a long time." His conclusion is, "The safe rule is to exclude these preservatives from foods of general consumption." The medicinal dose of boric acid is from five to nine grains a day.

As the antiseptic action of boric acid is small, comparatively large quantities are necessary to preserve articles of food, and it is quite possible for a person to take as much as forty-six grains daily in his ordinary food. One author insists that his assimilation experiments which were carried on, on dogs, cats, rabbits, and on four assistants in his laboratory, showed positively that the use of borax and boric acid interferes with the absorption of food and causes the excretion of an abnormally large amount of nitrogen. He believes it is demonstrated that large doses of boric acid reduces the body weight and that the excretion of these substances from the body being slow, their accumulation in the body is probable. Borax and boric acid cause diuresis, which may produce damage

to the kidneys; they may cause skin eruptions which indicate nutritive disturbances; they may produce diarrhœa; they interfere with the normal absorption of food; and may produce vomiting. His conclusion is, "The use of boric acid in foods should be forbidden."

Dr. Harrington of Harvard Medical College, says that the *sodium sulphite*, so freely employed as an antiseptic and to confer upon chopped meats, sausages, and steaks the abnormally brilliant red color which conveys to the purchaser the idea of freshness, is "a dangerous food preservative." Meat that is in reality well advanced in decomposition may be so masked as to be readily disposed of as perfectly fresh. He says in such meat "the number of bacteria per gram may run as high as 500,000,000, but it may give off no marked odor." No doubt many of the butchers do not know the nature of the products they employ. This makes their use all the more dangerous in their hands since they would exercise no care as to the amount added.

Potted Chicken.

While potted chicken and potted turkey are common products, one State investigator declared, "I have never yet found a tin in the State which really contained in determinable quantity either chicken or turkey." We might ask, What kind of meat do these advertised potted chicken and turkey tins contain? But that is a mystery that we will not attempt to solve.

Canned Salmon.

Canned salmon was frequently found to contain borates in varying quantity, and come from the vegetable kingdom. They are converted into water and carbonic acid, and are more easily eliminated. It is for this reason that defective nitrogenous changes alter the composition of the blood and pave the way for disorders of nutrition, such as uric acid. Over-eating not only taxes the digestive system, but what is often more serious it throws too great a strain upon the glandular and excretory organs, especially the liver and kidneys, and if the habit is long continued disease inevitably results.—*Lecture by Dr. D. H. Kress.*

What Lemons Will Do.

THE juice of a lemon taken before breakfast will often cure a bilious headache; but no sugar must be taken with it.

Half a teaspoonful of lemon juice squeezed into

the glass of lukewarm water with which you wash your teeth gives a delightful feeling of cleanliness to the mouth. Rinse it afterwards with water only, as the acid of the lemon, if left in the mouth, injures the enamel of the teeth.

A piece of lemon bound over a corn, and changed daily for three days, will loosen a corn so much that it may easily be removed if the foot is first soaked for a few minutes in warm water.

Any peel not needed for immediate use should be slowly dried in the oven, and stored in a tin canister for flavoring. A bit of this dried peel cooked in an apple pie or with apple sauce gives the fruit a delicious flavor.

For a cough a baked lemon is an excellent remedy. Put it in a moderate oven and let remain till soft. Mix together an equal quantity of honey and the juice of the baked lemon, and take a teaspoonful, which should be lukewarm, whenever the cough is troublesome.

Typhoid Fever—How Avoided.

TYPHOID fever usually prevails during the warm weather. It is important to know why this is so, in order to guard against it.

Most housekeepers in these days understand that polluted water is one of the chief causes of typhoid, and are careful to boil such as is used for drinking purposes, which is not fully above suspicion. Not everyone, however, stops to consider the need of using pure, uncontaminated water for the cleansing of all fruit and vegetables to be served raw.

A German physician of note asserts that second to drinking water, raw vegetables, such as lettuce, cress, cabbage, and tomatoes, are the cause of typhoid through having been washed in polluted water. All the visible dirt and grit may be removed with water swarming with numberless disease germs; and the cold slaw or salad or relish may appeal to the eye and gratify the taste, while death lurks in the dish. All water not known to be pure should be boiled before using for the preparation of either fruits or vegetables to be eaten raw in any form.

Fruits and vegetables exposed in markets are also liable to become contaminated with disease germs through the dust from the streets that is continually settling upon them. Such products from the markets require washing in several waters to cleanse them thoroughly. It has been demonstrated that one rinsing in water decreased the germs only about forty or fifty per cent.

Milk is undoubtedly one of the most convenient carriers of the disease. The germ grows rapidly in milk without producing the

least signs of its presence.

Still other articles of diet are excellent carriers of disease. The oyster is one, as it usually lives, or is fed in the sewage of the cities. During the fattening process the oysters are placed in beds over which this water flows. Scientific study has shown that the germ lives much longer in the oyster than in the water from which the oyster is taken. Thus the germ may be kept for months and cause the disease in consumers of oysters.

Drink and Infantile Mortality.

"THE lowering birth rate, which began in the seventies, gave rise to the idea that with fewer births we were obtaining a virile race; but the permanence of the death rate under three months scarcely supports that suggestion." So declared Dr. A. K. Chalmers, of Glasgow, at a meeting of the Society of Medical Officers Health, held in London recently. Deaths that took place in the first three months, he continued, were scarcely due to disease in the ordinary sense, but to defective vitality and to antenatal influences, of which alcoholic excess in the parents was a great factor. The increase of drinking among women was having a most disastrous effect.

Drink is responsible for the weakened heredity of infants, of this there is no doubt. There are other causes, however, aside from alcohol, which are equally injurious and productive of infirm offspring. Tobacco is probably more injurious in this respect than alcohol. Fortunately it is used only by the men. The use of tea in civilized countries is also responsible for weakly children. It is impossible for a nervous, irritable tea-drinker to give birth to healthy, robust children. Race degeneration and the high infant mortality rate will continue just as long as we shut our eyes to these and other causes.

I EXPECT to pass through this world but once. Any good thing, therefore, that I can do, or any kindness that I can show to any living creature, let me do it *now*. Let me not defer or neglect it, for I shall not pass this way again.—*Heaven, Home, and Happiness*.

Human Breath is Poisonous.

SOME experiments recently conducted have proved beyond a doubt the toxic nature of the human breath. In condensing the watery vapor coming from the lungs, the experimenter obtained a poisonous liquid capable of producing almost immediate death. This poison is an alkaloid (organic), and not a microbe or a series of microbes, as might have been imagined. He injected this liquid under the skin of a rabbit, and the effect was speedily mortal.

In conclusion, this eminent physiologist said that it was fully proved that expired air contained a volatile toxic principle far more dangerous than the carbonic acid, which was also one of its constituents, and that the human breath as well as that of animals was highly poisonous.

This emphasizes the importance of pure air. It is well to keep a current of air through every room in our dwellings, especially the sleeping chamber, since we spend in it fully one third of our time.

A man living to the age of sixty years, spends twenty years in his bedroom. Yet most of these rooms are veritable death traps. It is not only dangerous, it is *filthy* to breathe in through one pair of lungs the organic filth eliminated through other lungs. It is just as filthy to drink the filth eliminated through the lungs as it would be to drink the waste eliminated through the kidneys. If anything, the lung wastes are more poisonous than the kidney wastes and they are just as real, although not seen.

GENERAL BADEN POWELL, writing in the *Cavalry Journal* on "Manmastership," which follows an article on "Horsemastership," maintains that men must learn how to manage themselves as well as their horses. To keep in good bodily condition he recommends muscular exercise, deep nose breathing in the open air, eating less meat, eating more fruit, corn, eggs, and vegetables, food to be well cooked, drinking clean or boiled water, clean teeth, and proper chewing. Peas, beans, oatmeal, apples, raisins, sultanas, and nuts are good. Tea, coffee, and cocoa are stimulants without being nourishing. Strong tea is a form of poison, and causes rheumatism. This and strong tobacco, he says, cause the shaky hand in so many soldiers.—*Sydney Morning Herald, Dec. 1, 1906.*

For Quick-tempered People.

GENERAL FREDERICH D. GRANT is responsible for a story that embodies an answer to quick-tempered people who argue that they soon get over their tantrums. Grant had a friend who, on account of his fiery temper, could never keep a valet. One of them remained two months, and on leaving told his employer bluntly the reason for his departure.

"Pooh, pooh, James," said Grant's friend. "What if I am a bit quick-tempered? My anger is no sooner on than it is off."



Manager of the Adelaide Hydropathic Institute with His Corps of Workers.

"True, sir," said James, respectfully, "but it is no sooner off than it is on again."

The Adelaide Hydropathic Institute.

THIS institution has been in operation for several years. During this time many difficult cases have been successfully treated after ordinary measures had failed.

Recently the institution has been taken over by the Sydney Sanitarium and Benevolent Association, but it will continue its work under the personal supervision and management of Mr. A. W. Semmens, to whose efforts its past success may be largely attributed.

The Adelaide Hydropathic Institute is thoroughly equipped to treat diseases by

remedial agencies that will not debilitate the system or leave behind injurious effects.

The following rational agencies are chiefly made use of in the treatment of disease: Electric Light Bath, Local Light (to face or abdomen), Cylinders (for stiff joints), Vapor Baths, etc., Massage, Sweedish Movements, Static, Faiadic, Galvanic, and Sinusoidal Electricity, also the latest Finsen Reyn Lamp for treatment of lupus, and the X rays treatment. Cases of rheumatism, gout, sciatica, synovitis, etc. are especially benefited by these rational methods. Special attention is given to the treatment of digestive disorders, as dyspepsia, constipation, etc.

The Sanitarium health foods may be obtained at the Institute. Health literature is also kept on hand. For further particulars address the MANAGER.

Beef versus Tea.

PROFESSOR PAUL HEGER of Brussels, scientist and physiologist, in defense of beer says that the logic which permits us to prohibit

beer must, to be consistent, lead us also "to prohibit tea because it contains a certain amount of poison—theine; to prohibit coffee which contains caffeine; to prohibit even meat itself, which undeniably contains organic poisons."

Professor Heger's reasoning is logical and yet this should not lead any one to cease to do all that can possibly be done by voice, vote, and pen to suppress the sale of alcoholic beverages. It takes time to educate public sentiment. The time probably will come when anti-tea crusades will be as common as anti-alcoholic crusades are to-day. Tea is a poison just as truly as beer, and its effects upon the race are equally disastrous because more commonly used. The poisons found in tea, coffee, and meat, while not the most

deadly known to science, are nevertheless highly injurious. And their prolonged use materially shortens life and mars real happiness and usefulness. To this many non-users can testify.

Seasickness.

THE degree of complete indifference to the ordinary conventionalities of life to which seasickness can reduce one was never more amusingly illustrated than in the following incident:—

An ocean passenger steamer was out at sea, and the water was so rough that nearly all of the passengers were very ill.

A gentleman, who was not at all affected by the roughness of the weather, was walking on deck when he came to a couple who appeared to be suffering intensely. The lady, pallid and wretched looking, was sitting on a bench, while a man sat by her side, with his head in her lap, in a state of complete collapse. Moved to pity, the gentleman said to the lady:

"I am sorry to see your husband so very ill, madam. Is there anything I can do for him?"

"He isn't my husband," said the lady, feebly, without opening her eyes. "I never saw him before. I don't know who he is!"

Can Baldness be Cured?

BALDNESS is generally due to the presence of minute parasites which get into the hair follicles and affect the roots of the hair. When the hairs are destroyed to such a degree that the scalp is smooth and shiny, there is no help for the baldness. If there is a thin down upon the scalp, the case is curable. In order to cure it, it is only necessary to improve the nutrition of the scalp. This is best done by massage. A shiny scalp should be rubbed until it recovers its natural softness.

A COLORED man was giving a friend particulars of a relative's illness, and the conversation took the following turn: "Yes, siree," exclaimed the negro, "Mose is sure bad—he's got exclamatory rheumatism!" "You mean inflammatory rheumatism!" the other negro suggested, "for de word 'exclamatory' means to yell." "Yes, siree, I know it does, and dat's jest what de trouble is—de man just yells all de time!"

How to Apply the Mustard Plaster.

FEW people know how to apply a mustard plaster so as not to blister the skin. If the mustard be mixed with the white of an egg, instead of water, the plaster will draw thoroughly without blistering the most delicate skin.

A "Scientific" Failure.

FATHER BENSON says he knows a Christian Science family which indulges in lobster suppers, and believes that faith alone preserves it from indigestion.

I had heard that Christian Science was a cure for many things

Which it shows us cannot possibly exist.

Many folk have been benefited by the healing that it brings,

And I thought to add another to the list.

But one bright and gorgeous prospect every other thing beyond

Made me anxious to submit it to the test;

For though lobster is a dish of which I'm desperately fond,

It is one I cannot properly digest.

Are you troubled with dyspepsia? 'Tis only at the worst

A figment of a mind that is diseased;

By imagination only poor humanity is cursed,

It could drop its ills to-morrow if it pleased;

You may think you have the measles, you may think you see the rash,

It is only an illusion of the brain;

By a simple course of lessons for a sum in ready cash

You may soon become presentable again.

Well, I took the course of lessons with that lobster in my eye,

And I tried it on, but never, never more;

Indigestion may be nonsense, but I know it made me cry.

As I tied myself in knots upon the floor.

I have tried my hardest to believe, I have, indeed,

But I'm positive the pain is really there;

Indigestion is a fact; it is the Christian Science creed

That's a mockery, delusion, and a snare!

C. E. B. (*Evening News*).

An Important Difference.

IT is related of the late Senator Hoar that he had a friend who at one time imagined he was suffering from appendicitis, but afterwards discovered it was only indigestion that ailed him. "Well," said the Senator, "I'm glad the trouble was in your *table of contents* rather than in your *appendix*."

The Home



NOT FIT TO BE KISSED.

"What ails papa's mouf?" said a sweet little girl,
Her bright laugh revealing her teeth white as
pearl;

"I love him, and kiss him, and sit on his knee,
But the kisses don't smell good when he kisses
me!

"But, mama,"—her eyes opened wide as she
spoke,—

"Do you like nasty kisses of 'bacco and smoke?
They might do for boys, but for ladies and girls
I don't think them nice," as she tossed her bright
curls.



"Don't nobody's papa have moufs nice and
clean?
With kisses like yours, mama,—that's what I
mean?"

I want to kiss papa, I love him so well,
But kisses don't taste good that have such a
smell!

"It's nasty to smoke, and eat 'bacco, and spit,
And kisses ain't good, and ain't sweet, not a bit!"
And her blossom-like face wore a look of disgust
As she gave out her verdict, so earnest and just.

Yes, yes, little darling! your wisdom has seen
That kisses for daughters and wives should be
clean;

For kisses lose something of nectar and bliss
From mouths that are stained and unfit for a
kiss.—*Selected.*

If you have a kind word for your friend,
say it now, while you have a chance. If you
wish to show him some act of kindness, *do it
now*. It is better now than bushels of roses,
white and red, to lay on his grave after he is
dead.

Out of the Cities.

In the great cities are multitudes who re-
ceive less care and consideration than are
given to dumb animals. Think of the fami-
lies herded together in miserable tenements,
many of them dark basements, reeking with
dampness and filth. In these wretched
places children are born and grow up and
die. They see nothing of the beauty of
natural things that God has created to delight
the senses and uplift the soul. Ragged and
half starved, they live amid vice and de-
pravity, molded in character by the wretched-
ness and sin that surround them. Children
hear the name of God only in profanity.
Foul speech, imprecations, and revilings, fill
their ears. The fumes of liquor and tobacco,
sickening stench, moral degradation, per-
vert their senses. Thus multitudes are
trained to become criminals, foes to society
that has abandoned them to misery and
degradation.

Not all the poor in the city slums are of
this class. God-fearing men and women
have been brought to the depths of poverty
by illness or misfortune, often through the
dishonest scheming of those who live by
preying upon their fellows. Many who are
upright and well-meaning become poor
through lack of industrial training. Through
ignorance they are unfitted to wrestle with
the difficulties of life. Drifting into the cities,
they are often unable to find employment.
Surrounded by the sights and sounds of vice,
they are subjected to terrible temptation.
Herded and often classed with the vicious
and degraded, it is only by a superhuman
struggle, a more than finite power, that they
can be preserved from sinking to the same
depths. Many hold fast their integrity,
choosing to suffer rather than to sin. This
class especially demand help, sympathy, and
encouragement.

If the poor now crowded into the cities
could find homes upon the land, they might

not only earn a livelihood, but find health and happiness now unknown to them. Hard work, simple fare, close economy, often hardships and privation, would be their lot. But what a blessing would be theirs in leaving the city, with its enticements to evil, its turmoil and crime, misery and foulness, for the country's quiet and peace and purity.

To many of those living in the cities who have not a spot of green grass to set their feet upon, who year after year have looked out upon filthy courts and narrow alleys,



Out Prospecting in the Grand Old Woods

brick walls and pavements, and skies clouded with dust and smoke,—if these could be taken to some farming district, surrounded with the green fields, the woods and hills and brooks, the clear skies and the fresh, pure air of the country, it would seem almost like heaven.

Cut off to a great degree from contact with and dependence upon men, and separated from the world's corrupting maxims and customs and excitements, they would come nearer to the heart of nature. God's presence would be more real to them. Many would learn the lesson of dependence upon Him. Through nature they would hear His voice speaking to their hearts of His peace and love, and mind and soul and body would respond to the healing, life-giving power.—
From Ministry of Healing.

Dog Intelligence and Philanthropy.

THE following amusing incident is reported by Dr. J. Langdon Sullivan, a prominent physician:—

"Twenty years ago, a gentleman brought to my office a large, very handsome, intelligent spaniel dog, whose nigh foreleg was badly broken, the bone being grown out of place. On the master's assurance that the dog would not bite me, I set the leg. Drawing the bony fragments into place caused severe, unavoidable pain. The animal whimpered, but displayed no anger, and allowed the dressing to remain undisturbed until I removed it when firm union had resulted.

"I saw no more of my canine patient nor of his owner for two years. Then (again on a summer's morning) I heard a loud scratching at my office door. I opened it, and there stood my old spaniel friend, wagging his tail. Beside him stood a fine black-and-tan with a round French nail driven clear through his right paw. I patted the spaniel, called both dogs in, removed the nail, and sent both away happy, trotting side by side as if nothing had happened. I have never seen anything of either since."

Benefited by Granose.

THE following letter has just been received by the Editor of GOOD HEALTH from one of his patients for whom he prescribed while on a visit to New Zealand one year ago:—
Dear Sir,

I wish to write you a few lines to let you know of what great value your granose biscuits have been to me. I am nearing my eightieth year and am in perfect health, but was not so till I started the free use of granose. I was very much troubled with constipation and acidity of the stomach, but am now in splendid health. My hope is that the people of New Zealand may by experience realise their value. Wishing you every success in your health reform work.

I remain, Yours sincerely,
G. DICKSON.

Is the Toothbrush a Necessity or a Luxury?

THE toothbrush is considered a necessity to all who wish to keep their teeth clean, but experience teaches that the finger is equally efficient, and has these advantages, it lasts longer and is less expensive. It has other advantages: it is absolutely free from danger and cannot be mislaid or lost. No one can borrow or steal it. A toothbrush that is



A Persian Dentist at Work.

moulting is a source of danger, as loose bristles may stick in the glottis and cause choking. Excellent tooth powder can be procured at a trifling cost, composed of equal parts of prepared chalk and powdered orris root. I hope this suggestion may be useful to Boards of Guardians who do not consider that ratepayers' money should be used to provide toothbrushes for their uninvited guests.—*British Medical Journal*.

MISS ANNIE GROSS, of St. Louis, Missouri, dropped dead, and at the inquest it was stated that her death was due to a diet of pickles and vinegar which she had been taking to reduce her flesh.

Crowding into Cities.

CITY life is most unnatural. Yet a constant anxiety exists on the part of young men and women to crowd into these already congested areas. City life is a foe to health and morals. Fully seventy-five per cent. of the successful business and professional men of our large cities have been reared in rural districts, surrounded by the natural. This crowding into cities will continue to result in injury to civilization. An effort should be made to turn the tide of immigration toward the land. Of all the flowers, the human flower has the greatest need of the sun.

Dr. J. Milson Rhodes, a well-known social economist, referring to the influence of crowded town life on the health of the population, said that in 1891 11,000,000 people of England lived in the rural districts. The last census showed that this number had sunk to 7,000,000, while in the same period the urban population had risen from 17,000,000 to 25,000,000. The last census showed that of the 7,000,000 houses in England and Wales, more than 3,250,000 have four rooms or less. More than 145,000 houses—two-roomed houses—were occupied by families numbering from five to "twelve or more."

A Good Circulation.

THE above expression does not in this case refer to the best methods of avoiding chilliness or cold feet, but to another important matter which advertisers in this journal are finding out to their satisfaction, and to which reference is made in the following letter from one who deals in flower seeds and other desirable products:—

Gentlemen,—

Your favor to hand. We should have renewed our advertisement on its running out. We are well pleased with the results so far, having had twenty-three replies, and among them several from Fiji, Singapore, and New Zealand, also from Federated Malay States and India. You must have a good circulation among the isles of the sea.

We enclose stamps for another quarter and shall be pleased if you will advise us before the term runs out or keep the advertisement going until you hear from us to the contrary.

Yours faithfully,
HERBERT J. RUMSEY.

"You's got to keep movin', son," said Uncle Eben. "Every time you stop to tell a hard luck story you give some more hard luck a chance to ketch up to you."

CHOICE RECIPES.

CAULIFLOWER WITH TOMATO SAUCE.—Boil or steam the cauliflower until tender. In another dish prepare a sauce with a pint of strained tomatoes heated to boiling, thickened with a tablespoonful of gluten flour rubbed smooth in a little water, and salted to taste. When the cauliflower is tender, dish, and pour over it the hot tomato sauce. If preferred, a tablespoonful of thick, sweet cream may be added to the sauce before serving.

CELERY SALAD.—Break the stems apart, cut off all green portions, and after washing well, put into cold water for an hour or so before serving.

STEWED CELERY.—Cut the tender inner parts of celery heads into pieces about a finger long. The outer and more fibrous stalks may be saved to season soups. Put in a stew-pan, and add sufficient water to cover; then cover the pan closely, and set it where it will just simmer, for an hour, or until the celery is perfectly tender. When cooked, add a cup of rich milk, part cream if you have it; salt to taste. Boil up once, and serve.

CELERY WITH TOMATO SAUCE.—Prepare the celery as in the preceding recipe, and cook until tender in a small quantity of boiling water. Drain in a colander, and for three cups of stewed celery add one pint of strained, stewed tomato, and serve hot.

EGG POACHED IN TOMATO.—Take a cup of stewed tomatoes which have been rubbed through a colander; season with salt, if desired, and heat. When just beginning to boil, slip in gently two or three eggs, the shells of which have been so carefully broken that the yolks are intact. Keep the tomato just below the boiling point until the eggs are cooked. Lift the whites carefully with a fork as they cook, until they are firm, then prick the yolks, and let the yellow mix with the tomato and the whites. The whole should be quite soft when done, but showing the red of the tomatoes, and the white and yellow of the eggs quite distinctly.

STEAMED EGGS.—Break eggs into egg or vegetable dishes or party pans, salt very lightly, and set in a steamer over a kettle of boiling water until the whites are set, and a film has formed over the yolk. Serve the same as poached eggs.

SCRAMBLED EGGS WITH TOMATO.—Heat a half cup of strained, stewed tomatoes to boiling, salt to taste, and stir in three slightly beaten eggs. Stir constantly until well curdled, but not hard and leathery. A tablespoonful of minced celery may be added.

GLUTEN CUSTARD.—Into a pint of boiling milk stir two tablespoonfuls of wheat gluten moistened

with a little cold milk. Allow it to cook until thickened. When it is lukewarm, add two well-beaten eggs, and a trifle of salt, if desired. Turn into cups, and steam over a kettle of boiling water until the custard is set.

SANITARIUM NUT MEAT AND GLUTEN PATTIES. Take one-half pound of finely minced nut meat, one tablespoonful of thick dairy cream, coconut cream, or nut cream, two tablespoonfuls of prepared gluten, and one well beaten egg. Add salt to season, and a little celery flavor. Shape with the hands into small patties, and bake until lightly browned.

GRILLED NUT CHEESE.—Cut nut cheese into slices one-half to three-fourths of an inch thick, and grill in a wire gridiron over the coals to a delicate brown. It should not have spots of dark brown upon it. If it is not convenient to have the coals, the grilling may be done under or over the blaze of a gas stove, or on a griddle which has been heated slowly to the right temperature, using no oil on it.

SANITARIUM NUT GRAINS.

ANOTHER new food product has been placed upon the market by the Sanitarium Health Food Factory, known as Sanitarium Nut Grains. This is one of the finest and most desirable products that the Health Food Factory has yet turned out. Being sweet, it is pleasant to the palate, and children can not help but relish it. It is highly nutritious, the nutritive value being over three times that of the most nutritious beef-steak. We feel certain that for this new food there exists a demand.

Cold Feet and Indigestion.

COLDNESS of feet and limbs is almost invariably an evidence of indigestion. The coldness is due, not to the weakness of the heart or feebleness of circulation, as is generally supposed, but to the contraction of the small arteries, preventing blood from entering the parts. There is generally an irritation of the abdominal sympathetic nerve centres which control the circulation of the lower extremities. This difficulty is not to be removed by exercise, or by any special application to the limbs, but by removal of the causes of irritation. This may be a pro-lapsed stomach or chronic indigestion. Hot and cold foot-baths are valuable. These act not simply on the feet and limbs, but by reflex action, affect beneficially the abdominal sympathetic centres which are in a diseased condition.

THINK of your own faults, and you will talk less about the faults of others.

NEWS & NOTES.

THE Australian eats annually as much meat as two Englishmen, three Canadians, four Germans, or ten Italians.

DR. OTT, who superintended King Edward's "cure" at Marienbad recently, said that people over-eat themselves. The doctor expressed himself strongly in favor of the simple life. "It would be better," he said, "if people would not eat too big dinners." He added that they ought to take more exercise, and go to bed earlier.

THE definition of vegetarianism given in the Encyclopædia Britannica runs thus: "Flesh is an unnatural food, and tends to create functional disturbances. . . . Flesh-eating is one of the most serious causes of the diseases that carry off ninety-nine per cent. of people."

PATENT MEDICINES.

THE people of Great Britain are probably the world's greatest consumers of "patent medicines." The pills which Englishmen and Scotchmen swallow annually, and the other secret physics which they patronise, add one-third of a million sterling to the national income, and supply a striking page in the report of the Commissioners of Inland Revenue. The money comes to the State from the stamps that are affixed to those articles of merchandise. During the year ended March 31 last, this source brought in £324,112. The duty on a box of pills selling for 1s is 1½d, and the duty on a half-crown bottle of syrup is 3d. From these data it would seem that the people of England and Scotland spend something like £2,500,000 a year on patent medicines—a vast expenditure certainly, which suggests that indigestion is a national characteristic.

TUBERCULOSIS AND LIFE INSURANCE.

AT the Congress of Medical Officers of Life Insurance Companies recently held in Berlin, special attention was given to the question of predisposition to tuberculosis. Reports on this subject were presented by Martius of Rostock and Gottstein of Berlin. The former showed that in the case of applicants personally quite free from any trace of disease, but showing family predisposition in the shape of a parent or two brothers or sisters affected, the mortality from phthisis reached twenty-four per cent., while it was only twelve per cent. of the total mortality of the other members of the same society, the Gotha Company. As the figures utilized were large, the conclusion seems justified that healthy persons with such hereditary taint present a risk of becoming tuberculous which is twice as great as that of other persons.

GOOD ADVICE.

MADAM MELBA's advice to young singers who

desire to make a success of their profession is good advice for all who desire to make a success of any other profession. She said:—

"I should advise the young singer to cultivate 'physical optimism.' By that I mean when she is walking to throw out her chest, breathe well, and never allow herself to 'flop' or grow round-shouldered. Plenty of fresh air is what I would recommend to all. I would advise them to sleep with the windows open—mine are always open. Every morning I take my hot bath followed by a cold shower: then I must exercise with my dumb-bells. It is a mistaken idea that singers should 'coddle' themselves."

THE MELBOURNE CAFE.

MR. FISHER, manager of the Sanitarium Health Food Cafe, 289 Collins St., Melbourne, reports a splendid beginning. The patronage has been good from the start, and at its present rate of increase, Melbourne will ere long demand another cafe. We invite GOOD HEALTH readers to pay a visit to the cafe, *do more*, invite your sceptical friends to give the reform diet a trial. These reforms are becoming so popular with intelligent and thinking men and women, that recently Rt. Hon. J. W. Lowther, speaker of the House of Commons, England, before the Penrith Horticultural Society, made the very significant statement: "As for the advantages of vegetables, *we are all turning vegetarians now*, and the butchers will shortly have a very bad time. Therefore it is very desirable we should be prepared to meet the demands of the vegetarians and set to work cultivating vegetables more than we do." This cafe is filling a long felt want in Melbourne. We predict for it success and health to its patrons.

A SANITARIUM NEAR ADELAIDE.

WE have just received word from Mr. Semmens, manager of the Adelaide Hydropathic Institute, that their managing board has about decided upon the purchase of a most suitable building in the midst of several acres of garden and orchard land for sanitarium purposes. The sanitarium will be only five miles from the city of Adelaide. Dr. James who has been connected with the Sydney Sanitarium during the past year, expects to connect with the Adelaide Sanitarium. Dr. Richards, and his wife, who is also a physician, who have been engaged in sanitarium work in England for several years, are on their way to Australia to assist Drs. D. H. and Lauretta Kress in the work at the Sydney Sanitarium, to fill the vacancy made by Dr. James' departure. We are pleased to note the progress of the sanitarium work in Australia.

CHRISTCHURCH SANITARIUM.

DURING the summer months many of our Australians, especially the physically indisposed, find it advantageous to spend some time in a cooler climate. New Zealand affords the climate. But more than climate is necessary to aid in building up and restoring the health. A course of sanitarium treatment and diet combined with the climate, makes an ideal combination for the health seeker. To those anticipating a visit to New

Zealand we would recommend a short stay at the Christchurch Sanitarium located in Papanui one of the best suburbs of the city, not a great distance from the Exhibition Buildings. The sanitarium is splendidly situated. It has peaceful surroundings, and affords all the advantages in the rational treatment of disease. Dr. J. H. Reekie has recently connected with the Sanitarium as medical superintendent.

NEW BOOKLETS.

SEND for a supply of the new booklets by Dr. D. H. Kress, just off the press, "Dietetic Errors" and "Tobacco as a Cause of Physical, Intellectual and Moral Degeneracy." Dr. Kress' experience and extensive practice as a physician enables him to speak authoritatively on these subjects. The booklets are not merely theoretical, but intensely practical and helpful to those who are anxious to avoid disease and suffering, and to bring more sunshine into the life and home. A few simple hints in regard to the selection, preparation, and combination of foods is often all that is necessary to get rid of chronic symptoms of the most distressing character. "Dietetic Errors" cannot be read without great benefit to the earnest inquirer after health. The "Tobacco" booklet needs to have a wide circulation. Few are acquainted with the injury sustained by the use of this insidious and deadly poison. Facts, some of them startling in nature, are presented in an intensely interesting manner, portraying its effects upon body, mind, and morals. *Every boy* should have one of these booklets placed in his hands. *Every father* and *would-be father* should read it and learn of its influence upon his posterity. *Young women* should acquaint themselves with its contents before uniting for life with a devotee of the weed. Mothers can no longer afford to remain ignorant of the influence of tobacco upon the health, intellect, and morals of the members of her home. Let readers of GOOD HEALTH aid us in placing these booklets in every home in Australia.

"You say that your friend was utterly prostrated by a mere case of mistaken identity?"

"Yes. He mistook a toadstool for a mushroom."

Australasian Good Health

ORGAN OF
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Issued Monthly in the Interests of Health and Temperance.

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

THE SYDNEY SANITARIUM.

THE Sydney Sanitarium is an ideal place during the summer months for health seekers. Being on an elevation of nearly 700 feet it has the benefit of constant breezes. It is seldom too warm. The evenings and nights are always cool. Treatments, diet, home influences, and climate make it the most favorable spot for those who feel the need of a change, rest, or in search of health. Sanitarium methods prove a success in the most obstinate cases of chronic diseases when all other measures have failed. Dyspeptics, diabetics, paralytics and those afflicted with rheumatism, gout, despondency, etc., will find at the Sydney Sanitarium relief, if relief is possible.

HONESTY will not tarry where policy is harbored.

GOD often says "wait," but He never says "worry."

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Very Best English Make.



The VALVES of this Enema are placed so as to be easy of access in case they get stopped up by any fluff or foreign matter.

The RECTAL TUBE is of polished vulcanite and can be unscrewed from the delivery valve for cleaning. The SUCTION VALVE is made with a fine strainer which can also be unscrewed for cleaning. The whole instrument is made of the very finest materials and is covered by our guarantee which is given with each one sold.

Prices, complete with all fittings and box, No. 4, ordinary weight, 4/6; No. 3, heavy weight, 6/6.

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 - Stimulants—Tea, Coffee, and Cocoa.** Every tea-user should read this, and ascertain the causes of nervousness, headaches, and insomnia, and how to get well. Single copy, post-paid, 2d.
 - Consumption, or the Great White Plague.** Is it preventable? Is it curable? These questions are fully discussed. Advice is given for the afflicted. Price, post-paid, 9d.
 - The Tobacco Habit—Its Origin and Spread.** It points out the nature and effect of the use of tobacco, and the easiest way to get rid of the habit. Single copy, post-paid, 3d.
 - Appendicitis.**—Just the booklet for those afflicted with this disease. It deals with the nature, effects, and treatment of the disease. Valuable advice given. Price, 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.
 - Dietetic Errors.**—Their relation to disease. A valuable booklet. Just from the press. 3d.
- On Sale at our Cafes and Food Agencies, and at
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