

THE AUSTRALASIAN  
**GOOD  
HEALTH**



D.H. KRESS, M.D.  
Editor

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Maternal Affection.





February 1, 1907.

**MEDICAL and HEALTH NEWS.****Good Advice.**

A YOUNG man once went to the poet Whittier for advice as to the best thing to do on starting in life. Whittier told him to place himself among the advocates of some noble but unpopular cause, and "suffer with it till its day of triumph." This is good advice.

This is what Moses did. "Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; choosing rather to suffer affliction with the people of God than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures in Egypt." Moses' choice, no doubt, appeared a foolish one to the pleasure and treasure lovers of Egypt, but it proved to be a wise choice. Upon this choice depended his future usefulness and influence for good. It was this choice that gave him his fitness as Israel's leader. It was this choice that made him the man among men. His life is still held up before us in holy writ, as an example exhorting us to do as he did.

Our advice to old and young is, Place yourselves among the advocates of *truth*, though it be unpopular and despised. "Suffer with it till its day of triumph," for triumph it will, and *then* you may have the joy of triumphing with it. Whittier's advice is good advice, it is the only safe advice for anyone to follow.

AN old painter watched a little fellow who amused himself making drawings of his pot and brushes, easel and stool, and said, "That boy will beat me some day." So he did, for he was Michael Angelo.

**Intellectual Ignorance.**

IN the present age of intellect (so-called) some of the simplest necessities of our daily life appear to be very imperfectly understood, and that, too, by men of education from whom something better might be expected.

Clergymen who have graduated at a university, are too often wanting in knowledge of the common-sense fact that fresh air is the first necessity of life. They carefully close all the windows of a well-filled church, with the result that in a short time the air becomes vitiated and unhealthy.

It is a remarkable fact that in God's house one of His choicest gifts, "fresh air," is so often excluded.

**Baden-Powell on Juvenile Smoking.**

THE following letter from Baden-Powell, addressed to the secretary of the Juvenile Anti-smoking League of South Australia, we trust may be read by all our young Australians:—

"I cordially sympathise with you in your work of preventing juvenile smoking in South Australia. If your boys are going to be the hardy men that their fathers have proved themselves in the war they will not take to smoking, as it only spoils a lad's health. Here in England all the boys who are worth anything have made up their minds not to smoke till they are over eighteen or twenty years of age. It is only the 'rotters,' as they are called, who smoke; they do it in order to appear like grown-up men, but they only succeed in looking silly, and in spoiling their eyesight and digestion."

So little is said by men of influence about



this evil, that we are glad to be able to print a letter from a man who is regarded with such respect by the people of Australia. But, while "boys who are worth anything have made up their minds not to smoke until they are over eighteen or twenty years of age," we believe that those who have abstained, and are worth anything after they reach that age, ought then to have sense enough never to touch tobacco.

If it is true that tobacco, spoils the eyesight and digestion of boys below eighteen or twenty years of age, by what kind of reasoning can it be shown to any sensible boy or man that it proves harmless to the eyesight and digestion after that age? Do the nerves and the digestive organs undergo a special change after the age of twenty, so that tobacco, which before this age is such a curse, now becomes a blessing? One would almost be led to think that such is the case. But the man of twenty-one has the same delicate nerves and the same sensitive organs of digestion as the boy of eighteen or twenty.

### True Greatness.

ALEXANDER THE GREAT conquered the world, and sighed for other worlds to conquer. But King Alcohol conquered Alexander the Great. General Grant, one of the most heroic soldiers of modern times, conquered the American rebellion, but King Nicotine conquered General Grant.

The man who conquers his appetites and passions is greater than he who conquers a city or a world. A truly great man is a slave to no habit.

"John the Baptist came neither eating nor drinking." His temperate life was a rebuke in itself to the existing intemperance in eating and drinking that surrounded him. Among the world he was not considered a great man, yet the testimony of Jesus concerning him was, "I tell you, among them that are born of women there is none greater than John the Baptist."

The man who possesses self-control, and is able to keep under his body and bring it into subjection, is the only truly great man in God's estimation. While he who violates one of the least of God's laws, and teaches men so, is in heaven regarded as one of the least on earth. It is lawful for every one to cultivate the aspiration to be truly great. But to be truly great means to be *truly temperate*.

### Ptomaine Poisoning.

DR. SCOTT in giving evidence recently in the case of death of one child, and the serious poisoning of eight other members of the same family at Manchester, England, said, "Meat containing ptomaines may be subjected to the most careful scrutiny, and yet the poison may remain undiscovered." Ptomaine poisoning, in a mild form, causing disability or unfitness for work is common, but few attribute their disagreeable symptoms to their true cause. It is only when serious symptoms arise or death ensues, that medical aid is summoned, and the cause is ascertained. There is only



one way of escaping the possibility of ptomaine poisoning, that is to "eat no meat while the world standeth."

ANXIOUS Parent: "Doctor, my daughter appears to be going blind, and she is about to be married."

Doctor: "Let her go right on with the wedding. If anything can open her eyes, marriage will."



### The Composition of Some Cancer Remedies.

AT the Laboratory of the Imperial Cancer Research Fund, a considerable number of supposed cancer remedies have been analysed. As was to be expected one and *all* were found to be of little or no practical worth. For instance, one is described as "a colorless liquid, containing a trace of sediment; the odor is that of alcohol. Fractional distillation showed the presence of about forty per cent. of alcohol; on complete evaporation, a trace of dry residue was left. After removing the alcohol, the liquid was perfectly tasteless." This "remedy" is thus very simple in nature, consisting merely of diluted and slightly impure alcohol. Its composition brings to mind the analysis published some years ago of a so-called electric fluid, or "electricity," for the cure of cancer, which contained only water.



### Insanity among the Irish.

ARE the Irish especially prone to mental diseases? If so, why? A special report on the subject by the Inspectors of Lunatics in Ireland, issued in Blue Book form recently, shows that the total number of registered insane in Ireland rose from 9980 in 1851 to 25,050 in 1901, while during the same period the population of the country decreased from 6,552,385 to 4,458,775, so that the proportion of the insane to the total population in 1901 was 56.2 per 10,000, as compared with 15.2 per 10,000 in 1851.

The Inspectors state that the Irish "are peculiarly prone to mental disease," and add: "As to why this should be so, we can

offer no reasonable explanation. It would seem not improbable that the innutritious dietary and other deprivations of the majority of the population of Ireland must, when acting over so many generations, have led to impairment of nutrition of the nervous system."

The evil effects of wrong habits practised by parents are not as manifest in them as in their offspring, if the same wrong habits are indulged by them. The third and fourth generations usually suffer the full effects of these transgressions. It is not merely the innutritious food, but the drink, the tobacco, and the tea, that is telling on the Irish race. These sins have been handed down from fathers and mothers to sons and daughters, each succeeding generation naturally reaping the accumulated results of their own, as well as their parents' sins. Tobacco and tea induce nervous diseases and mental disorders.

### Irregularity in Meals as a Cause of Indigestion.

*Lecture by D. H. Kress, M. D.*

ONE cause of dyspepsia is irregularity respecting the time of meals. The human system seems to form habits, and to be in a great degree dependent upon the performance of its functions in accordance with the habits formed. In respect to digestion this is especially observable. If a meal is taken at a regular hour, the stomach becomes accustomed to receiving food at that hour, and is prepared for it. If meals are eaten irregularly, the stomach is taken by surprise, so to speak, and is never in a proper state of readiness for the prompt and perfect performance of its work. The habit which many professional and business men have of allowing their business to intrude upon their meal hours, frequently either wholly depriving them of a meal, or obliging them to take it an hour or two later than the usual time, ultimately undermines the best digestion. The hour for meals should be considered a sacred one, not to be intruded upon except under some unusual circumstances. Eating is a matter of too momentous importance to be interrupted or delayed by matters of ordinary business or convenience.

The habit of regularity in eating should be cultivated early in life. Children should be taught to be regular at their meals, and to take nothing between meals. This rule



applies to infants as well as to older children. The practice of feeding the little one every time it cries, results in most serious injury to its weak digestive organs. An infant's stomach, though it needs food at more frequent intervals than an adult's, requires the same regularity which is essential to the maintenance of healthy digestion in older persons. The irregularity usually practised is undoubtedly one of the greatest causes of the large number of deaths among infants from disorders of the digestive organs.

The action of the digestive organs, like that of all other organs of the body, is rhythmical. The discharge of the alimentary residue, which constitutes the fecal matters, normally occurs after the first meal of the day. It is the result of the peristaltic movements set up by the introduction of foods into the stomach. By this increased activity of the alimentary canal, the fecal matters resting in the upper portion of the colon are moved downward into the rectum, thereby provoking a desire for evacuation by the bowels. By this means the activities set up by each meal, move the contents of the intestines to their appropriate station, resulting in healthy persons, in the discharge of the alimentary residue from the body at a stated hour each day. If a meal is omitted, or if meals are taken at irregular hours, this rhythmical action is broken up, and constipation is the natural result.

It thus appears that eating at too frequent intervals is not the only evil in the way of irregularity in eating. It is far better, however, to omit a meal than to introduce into the stomach a new supply of food before that already contained in it has been properly digested, and the organ given an opportunity to rest. This necessitates an interval of at least five hours between meals, a longer period is still better. Where it can be intelligently carried out, two meals would in most cases be found more beneficial than three or more. This affords a longer interval between meals, and affords the needed rest to the stomach after getting through with the labor of one meal before more food is forced upon it.

The process of digestion is not complete when the food leaves the stomach. Observations made upon a man having a fistulous opening at the junction of the small intestines with the colon, have shown that fourteen hours elapse from the time the food is eaten until it enters the colon, when the process of

digestion is completed, the colon being chiefly a reservoir where the food is retained for complete absorption. During this entire period, food elements, or nutriment, are absorbed. The all-gone feeling experienced three or four hours after eating is not a call for food, but is due to a diseased state of the stomach.

### A Butcher's Jest Lost Him a Patron.

A LADY entering a butcher's shop for the purpose of purchasing a piece of meat for dinner, said to the butcher as she handled a piece of flesh, "How cold it is." To this he replied in a jocular manner, "Yes, ma'am, *corpses* always is cold." This proved too much for her poor, sensitive, and conscientious stomach, and she determined there and then never more to partake of animal flesh.

In a measure, through perverse habits handed down from generation to generation, we have overcome our natural repugnance to the eating of dead bodies, but that repugnance still survives beneath the surface. Who would be willing to slay a creature,



"He who eats pig becomes piggified."

—A. Bronson Alcott.

then cut a piece out of its superior maximus muscle, and eat it? No, we turn away with disgust even from the very thought. Why are the slaughter houses hidden away from view, so that scarcely anyone sees them?—It is because the slaughter of animals and the work and sights connected with it are inhuman and nasty.

I venture to predict that not one in a thousand now using meat would continue its use should they pay a visit to their nearest abattoir, or slaughter-house, and see the cruelties and the horrible sights connected with the meat trade. I do not like to speak about these things, and would gladly refrain from doing so, were it not for the fact that so



many are in ignorance of the cruelties which meat eating necessitates.

We disguise our meat by cooking it; in any other form it is disgusting to us. But you would not shrink from putting a raw vegetable in your mouth, or from tasting a new kind of fruit. Why?—Because vegetables and fruits and cereals are our natural food, and flesh and blood are not. We are most like the arboreal apes, of all other animals, and they live on fruit and nuts. Carnivorous animals, like the dog and lion, have very short intestines and no grinding teeth, while we have long intestines and plenty of grinders. And we have no carnivorous teeth, for our teeth are exactly like the ape's, and he is not carnivorous. Besides this, there is a lateral play of our jaws, useful for grinding, which the carnivora do not possess, and which we have in common with the ox, the horse, and the camel, all of them vegetarians.

Meat is a bad and unnatural food, even when the animal is healthy, which it rarely is. Almost all domestic animals are unhealthy, and it is well known that commercialism sends the unhealthy ones to the butcher. The best herds of cattle are infected with tuberculosis and anthrax, and many other diseases. Sheep are always ailing in one way or another, and such a thing as a healthy pig does not exist. Our very word "scrofula" comes from the Latin *scrofa*, "a sow." And yet we eat them, scrofula, tubercles, and all, and think that we are bound to die if we cannot get some every day.

The strongest nations and the strongest animals rarely or never touch meat.

The Japanese whipped the Russians on a diet consisting chiefly of rice. The ox, the horse, the camel, the elephant, and the reindeer are much stronger than the lion or the tiger, neither of which can do a day's work. A non-flesh diet is much the best for endurance, and to overcome fatigue.

### The Fomentation.

FOMENTATIONS have a distinctly stimulating effect. The heat favors tissue changes, and promotes growth and repair. The heart is also stimulated to increased activity, and thus the circulation is improved. In general, the fomentation encourages all the nutritive processes of the body.

The most common use of the fomentation is, however, in connection with the immediate relief of pain. There is scarcely any other hydropathic measure that is more efficient in this respect. The fomentation is effectual in relieving not only local and superficial pain, but also that connected with most of the internal organs.

Further, the fomentation has decided secondary effects. After the initial excitement, come sedative effects that are very important. Indeed, the reaction is often the real effect desired.

### The Use of the Fomentation.

We know of no other hydropathic remedy more widely used than the fomentation. Its great simplicity, and the ease with which it is prepared and utilised, put it within the reach of everyone.

For bruises and wounds of almost all kinds there is scarcely a better treatment, especially where a bath would be difficult or impracticable.

### Is Self Denial a Hardship?

THE hardships and self denials associated with a life of reform are merely so many steps back to the path of true happiness and freedom. Had we never forsaken the paths of peace, this suffering would not be necessary; but since we all have gone astray, we can be made perfect only through suffering. To one who has never used tobacco it is no hardship not to use it: he loathes it. A man who has never used alcoholic liquors can pass the doors of a thousand public houses with not the least desire to enter them.

It is possible for the tobacco slave to become a free man, to lose all desire for the noxious weed, and to obtain much greater pleasure out of life without it than with it. Simple habits in eating may also be cultivated, so that plain, wholesome bread will be relished better than were formerly the most exquisite dainties. I imagine that Daniel and his friends ate their simple fare with a greater relish than did the other youths their richer viands, and so they grew fairer to the eye. *No truly temperate man feels it a self-denial to be temperate; it is his choice and his pleasure.*

Come, let us make reforms, and make them cheerfully, and no longer consider them hardships.



## The True Foundation for Permanent Health.

BY J. H. KELLOGG, M. D.

PURITY of the blood is the one essential of permanent health. It is by means of the blood that the body is built up, renewed, and maintained.

The quality of the blood is indicated by one's condition. Pimples on the face, a coated tongue, rheumatism, diabetes, obesity, are evidences of impure blood. In fact, every chronic malady may be traced to some wrong condition of the blood.

### Healthy Blood.

When the blood is healthy, the cells of which the body is composed are vigorous



One Procedure of a Persian Masseur.

and active. When the blood loses its vitality, the cells immediately begin to suffer, and we see evidence of their loss of power to defend. When the skin loses the power to defend itself, we have pimples, eczema, psoriasis, and a variety of other diseases of the skin and the mucous membrane. Nasal catarrh, tonsillitis, sores in the mouth, and decay of the teeth with its complications, are caused by the mucous membrane losing the power to destroy germs. Further down in the body we have catarrh of the stomach and catarrh of the liver.

### The Work of the Liver.

The liver is one of the essential organs for destroying germs. It gathers them out of the

blood, destroys them, and sends their dead bodies out in the bile. When the liver loses its power to destroy germs, they escape and accumulate in the gall bladder, forming little masses which become the nuclei of gallstones. The gall bladder becomes irritated and inflamed, the mucous membrane secretes an excess of cholesterin, a resinous substance, which is precipitated and forms gallstones, which irritate the gall bladder and maintain the disease. When the blood is what it ought to be, the germs will be destroyed, and gallstones will not be formed. The whole body goes into decay because of the loss of power to defend itself.

### How Disease Is Cured.

The real cure for all these diseases consists in increasing the defensive power of the body. No chronic invalid can be cured of his malady without improving his vital status. He must be changed bodily, reconstructed, through the complete renewal of his blood. It is the possibility of this reconstruction that makes possible the recovery from any disease. When the condition of the blood is improved, then as it rebuilds the body day after day, as the old matter passes out and the new matter passes in, the whole system is reorganised on a better plan, stronger and more vital tissue is built up, and this more highly vitalised tissue rises above the morbid conditions which have previously existed.

### No Tinned Meat and Much Less Sickness.

THE Blackpool correspondent of the *Daily Telegraph*, England, states that a remarkable sidelight on the tinned-food scare is forthcoming from the experiences of a number of medical men in the past few weeks. They declare that they never remember so little illness among visitors as during the present season. One doctor, who practises in a district where, in a comparatively small area, there are over a thousand apartment houses, accommodating at least 40,000 visitors, says that in previous Augusts rarely a night passed without his being called out to attend cases of serious intestinal disorder. This



August, however, his rest has been almost undisturbed.

The change in the general health of the district was so contrary to previous experience, that it became the subject of discussion at a recent gathering of doctors, and the conclusion arrived at was that the *tinned-food scare* was wholly responsible. In previous years tinned lobster or salmon has been taken freely. Tinned food, however, is now being tabooed. The falling off in the sale of lobster and salmon has been enormous.

### Raw Vegetables and Appendicitis.

M. BLANCHARD, a shining light in the French medical world, asserts—and says his assertion is backed by Professor Metchnikoff, of the Pasteur Institute—that appendicitis is undoubtedly caused by intestinal worms. These are of three kinds, and the most dangerous is that known as the trygocephal, which causes the sharp pains and symptoms which indicate appendicitis.

“Appendicitis,” says Professor Blanchard, “more especially occurs during the hot weather, and although not contagious or infectious, it frequently assumes the character of an epidemic in certain districts.”

According to the professor, market gardens in the neighborhood of great cities, are frequently manured and fertilised by the deodorised and chemically treated product of the city sewers. In these market gardens the vegetables are forced, and examination shows that they contain numerous intestinal parasites, and especially the eggs of the dreaded trygocephal.

“Appendicitis,” adds Professor Blanchard, “when not the consequence of the accidental swallowing of some hard substance, is undoubtedly caused by the parasite to be found in cabbage, turnips, carrots, and cauliflower. The danger lies in eating vegetables that have been forced by manures or watered by contaminated water.”

We have long contended that it is unsafe to eat either vegetables or small fruit growing close to the ground, as strawberries, without boiling. Not only the parasite mentioned, but other parasites and germs adhering to vegetables, etc., may be, and undoubtedly frequently are communicated to man by their use in the raw state.

### Deep Breathing.

*Notes from a lecture by Dr. W. Howard James at the Sydney Sanitarium.*

THE remarkable success attending the open-air treatment of consumption has demonstrated the inestimable value of an abundant supply of pure air during the night as well as the day. We no longer close up our doors, windows, and fire-places, but invite into our bedrooms the freest supply obtainable of the life-giving atmosphere. Air, like food, however, must be taken into the system before it can in any way benefit us. Improper methods of breathing, or deficient lung capacity, will prevent us from obtaining the full benefit of the air by which we are everywhere surrounded.



The art of breathing is important, and very many suffer from lack of knowledge in this respect. Breathing, generally speaking, is an involuntary action, that is, it is accomplished without the intervention of the mind. The respiratory muscles are controlled by involuntary nerve centres. These, however, can be educated and trained by the mind, and faulty habits may thus be overcome. When the mind has educated the respiratory nerve centres to right action, they will do their work independently. The correcting of improper methods of breathing may mean a little watchfulness and care to begin with, but persevering efforts will finally be rewarded by natural, deep, involuntary, regular expansion of the lungs.



Mouth breathing not only causes an unnatural amount of movement of the structures of the throat, but it also permits the impurities of the atmosphere to gain entrance to the throat, bronchial tubes, and lungs. The mouth is not provided with any means for removing the great amount of dust and germs of disease which so plentifully fill the atmosphere. The dust causes irritation of the delicate tissues of the throat, and prepares a soil in which the germs of disease develop. Germs are like the seeds of plants; they will not develop without a certain amount of decaying organic matter, warmth, and moisture. Breathing through the mouth supplies both the decaying organic matter and the germs; the irritation of the mucous membrane of the throat supplies the necessary moisture, and thus the little vegetable organisms, the germs, grow and produce their characteristic diseases.

The nose to a very great extent removes the impurities of the air we breathe by means of the delicate hairs seen just within the orifices, which attract the dust and germs as the air is being inspired.

In most people, especially with women, the respiration is altogether too shallow, the delicate air cells of the lungs are never thoroughly distended, and deficient aeration of the blood and lack of energy of mind and body is the result. Deep breathing is exceedingly beneficial but it should be natural. Nineteen out of twenty people in taking a deep breath really suck the air in, and do not bring the proper respiratory muscles into action at all. In this sucking process the lungs are inflated something like a school-boy would inflate a foot-ball. If the lungs were weak and predisposed to hemorrhage, the effort to inflate the lungs in this manner might lead to serious bleeding. In natural breathing the respiratory muscles increase the capacity of the chest, and the lungs, by the mere pressure of the atmosphere, follow its expanding walls. There is thus no undue tension brought to play on the delicate lung cells as is the case when air is forcibly sucked into the lungs.

### Germany's Increase in Suicides and Infant Mortality.

THE American Consul-General in a report to his government says, "With all the progress of German medicine and surgery, with all the amelioration that improved mid-

wifery and skillful nutrition have provided, the infant death record is here, as elsewhere, a pathetic and lamentable one. Of the whole 1,234,033 deaths in Germany during 1903, no fewer than 494,529, or 34.5 per cent., were of children under one year of age."

He further states that there were "11,393 suicides in 1900, and 12,336 in 1902, or twenty-one for every 100,000 of the population, a rate which can only be explained, he says, by what certain psychologists have declared to be a racial tendency." The question is, What is responsible for this racial tendency? It is not because of poverty as we are led to suppose. To what is it due?—To beer, tobacco, and other national evils.

The amount spent upon drink during a year in the German Empire is 2,826,000,000 marks, or more than £140,000,000. The money spent in Germany on drink is therefore three times the cost of the army and navy together, and more than seven times the cost of primary education in the empire. This affords a partial explanation of the suicidal racial tendency.

### How to Stop Sneezing.

BY F. C. RICHARDS, M. D., HOUSE PHYSICIAN OF THE SYDNEY SANITARIUM.

TO STOP sneezing it is only necessary to press the upper lip gently but firmly against the teeth. The pressure should be applied as soon as the impulse to sneeze is felt, it should be constant, and should be prolonged until the desire has passed. This method not only serves to prevent the ordinary sneezings of health, but it also aids in controlling this troublesome symptom in hay fever and acute coryza.

To relieve the general nervous irritability, which is usually the cause of a morbid tendency to sneeze, it is necessary to give due attention to general as well as to local treat-



Everything must wait till after the sneeze.

ment. Stimulants and narcotics, however mild and apparently "harmless" they may be, must be carefully avoided, and a rational sort of life lived in respect to exercise, bathing,



diet, and everything else. Tonic baths, an outdoor life, and breathing exercises for self-control are especially recommended.

The treatment of the local condition, the sensitive spot or spots, depends upon the cause. If the eyes are weak, wear smoked glasses; if troubled with near or far sight or squint, have glasses properly fitted by a skillful eye-surgeon; if growths or deformities obstruct the upper air passages, have these attended to; but be sure they are there before having the nose cauterised, scraped, etc. When the sneezing is due to irritation of the nose from other causes, the troublesome secretions, particles of dust, etc., may be removed with a solution of salt and water, a slightly-rounded teaspoonful of common salt to a pint of water. This solution may be used cool (eighty to ninety degrees Fahr.), or at a neutral temperature (ninety-two to ninety-seven degrees Fahr.), in fountain or bulb nasal syringe, spray, or atomiser, or it is as well inhaled from a glass or nasal douche. The fluid may be drawn in through one nostril and allowed to flow out through the other, or drawn in through both and permitted to pass out through the mouth, or taken as a gargle and thrown up into the posterior nares by a dexterous nod of the head, thence out through both nostrils. This fluid is bland and soothing if just the right quantity of salt is added. The amount varies a little for different individuals, though the specified quantity is usually right. When the water is used at the lower temperature, this bath is not only cleansing and soothing and cooling to the congested part, but it also has a decidedly tonic effect which permanently strengthens the nerves of this part, and makes them more tolerant. In acute congestions of the nose and throat, irrigation with this normal saline solution may be made as nearly continuous as the sufferer has the patience to make it. Ordinarily, it is employed for five to twenty minutes two or three times a day, and followed by an anointing of the nose with olive or other bland oil. The faithful use of a good nebuliser is helpful in bringing about healthy conditions in the nasal tract.

The congestion of the nasal mucous membrane is best relieved by a hot foot-bath, with a cold hand bath and cold to the back of the neck. When the body is well warmed, and the crying and sneezing somewhat relieved, a quick cold towel rub may be taken in such a way that the skin is left "all in a glow." At night the stimulating head com-

press should be worn. To apply this, the hair should be thoroughly wet with cold water, the excess dried off with a towel, then a butter muslin compress adjusted and this snugly covered with a rubber bath cap. On removing this in the morning, the head should be given a hot and cold shower, and afterward the hair most thoroughly dried. If there is a tendency to coldness of the scalp, a skull cap may be worn during the day.

#### "The Future is with the Vegetarians."

THIS prophetic utterance by a noted doctor of medicine, is based upon science. It is a fact that vegetarianism is culling out of society its best and most honorable men. Sir W. H. Perkins, F. R. S., LL. D., D. Sc., who recently received the honor of knighthood in recognition of the value of his researches in the colors derivable from coal tar, is a staunch vegetarian. He has been a member of the British Vegetarian Society for many years, and in his dietetic habits is said to be most simple.

The Rt. Hon. J. W. Lowther, the speaker of the House of Commons, recently made before the Penrith Horticultural Society the following most 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. I think it is one of the things most neglected in this country."

#### Alcohol and Pauperism.

DR. A. E. DODSON, medical officer to the Wandsworth Board of Guardians, reported in the *Westminster Gazette*: "During twenty years' experience 100,000 inmates of the workhouse have come under my observation. *Of this number I have not come across twenty total abstainers from alcohol—the actual number is, I believe, fifteen.*"

A GERMAN boy was reading a novel. Right in the midst of it he said to himself, "Now this will never do. I get too much excited over it; I can't study so well after it. So here goes!" and he flung the book out into the river. He was Fichte, the great German philosopher.



## A CHEWING SONG

*(Dedicated to Horace Fletcher.)*

BY ONE WHO CHEWS

Would you chew a long time? Then listen to my rhyme. If you chew as I say You will chew for many a day;  
If you eat so very rapid You will early be dilapid Ate, old and bald and gray, And so again I beg to say,

Then chew, chew, chew, As one ought to chew.  
Just chew, chew, chew, For that's the thing to do.

Chew, chew, chew, That is the thing to do; Chew, chew, chew, Good food is good for you,  
Chew chew chew chew chew chew chew chew chew chew chew chew chew chew chew  
Chew chew chew chew chew chew chew chew chew chew chew chew chew chew chew  
Chew chew chew chew chew chew chew chew chew chew chew chew chew chew chew

Chew, chew, chew, But only, if you chew, That is the right thing to do.  
Chew chew chew chew chew chew chew chew That is the right thing the right thing to do.  
Chew chew chew chew chew chew chew chew That is the right thing the right thing to do.  
Chew chew chew chew chew chew chew chew That is the right thing to do.



## 2.

When one eats so awful fast,  
His chance to masticate is past,  
For the stomach cannot chew;  
Hence the proper thing to do  
Is to chew, chew, chew,  
When you've got a chance to chew.  
Food that's rough and cornerways  
Hurts the stomach and dismays  
The keeper of the mystic gate.  
So don't forget to masticate,  
But chew, chew, chew,  
For that's the thing to do.

## 3.

Eat but twice a day,  
That's the good old way.  
Nothing eat at night,  
That is eating right,  
And chew, chew, chew,  
As one ought to chew.  
And don't drink at meals,  
For your stomach feels  
Better when you try  
To eat food that's dry,  
And to chew, chew, chew,  
For that's the thing to do.

## 4.

And never chew a bone,  
Let the dead things alone.  
Eat grains and nuts and fruits—  
For that's the food that suits;  
And chew, chew, chew,  
As one ought to chew.  
Of mustard, pepper, spice,  
Ginger, pickles, ice-  
Cream,—the wicked stuff,—  
Nothing is enough.  
So chew, chew, chew,  
The proper things to chew.

## 5.

So if you want to live long,  
Living always well and strong,  
Don't take too big a bite,—  
Only just a little mite;  
And chew, chew, chew,  
As one ought to chew.  
Then slowly feed the living mill,  
But let it grind as fast as 'twill,  
And do not swallow in such haste;  
Take plenty time the food to taste,  
And chew, chew, chew,  
For that's the thing to do.


"If people will insist on having a pure white loaf, they ought to eat brown bread with it. Cattle and pigs get the food which is the 'staff of life,' and the enlightened folk who feed them reserve to themselves that which results in dental troubles, rickets in children, and gives the minimum of nutriment."

## Melbourne Sanitarium Health Food Cafe.

THAT up-to-date vegetarianism is gaining a large following is amply demonstrated by a visit to the Melbourne Health Food Cafe, 289 Collins Street. Here meals are supplied, scientifically prepared, and all animal flesh foods carefully avoided. The ordinary impression seems to be that if meat is left out of our daily dietary nothing can be found to take its place. This is a wrong idea. Vegetable meat in the shape of nut foods not only takes its place, but is more nutritious and avoids possibility of poisoning by ptomaines. Many of the preparations served at the restaurant are new to most of us. There are grains roasted and baked into biscuits, so that they require the least effort in assimilation. Take, for instance, the granose biscuits. These are a boon to old and young alike, especially to those living back in the country who have little else but damper and such like to subsist upon. These biscuits being made from the whole wheat, are more nutritious than any food found in the whole land. A delicious drink is also supplied—caramel cereal—which is a substitute for tea and coffee, containing no poison such as theine and caffeine; as a consequence, no injurious effects are brought about by the use of it. Refreshing, but not stimulating, it can be taken last thing at night without any fear of being deprived of sleep as a result. There are meat substitutes and soups that have all the tastiness of the old-fashioned article without its harmful constituents; vegetables better cooked and served than the average citizen is accustomed to; puddings and deserts prepared in the daintiest way; the choicest of fruit; and non-alcoholic wine, which is both food and drink combined. The latter is locally made from the pure grape, not fermented, and contains no preservatives. Medical science has made great strides of late years, and vegetarianism is one of its best servants. It has come to be realised that if the food taken by a patient is pure and wholesome it must needs form better building material than foods leading readily to decomposition. It is the object of the Pure Food Cafe to teach people the use of the pure foods which nature supplies in abundance, that we may build up better physical machines capable of better mental work.

KINDLY aid in circulating GOOD HEALTH.





## The Home



### THE ALMOND AND THE RAISIN.

'Twas an Almond and a Raisin  
In a dish all silver bright,  
A Raisin dusky purple,  
And an Almond creamy white.

Said the Raisin to the Almond,  
"I was once as full of wine  
As a dewdrop is of sunlight,  
And a glossy skin was mine."

Said the Almond to the Raisin,  
"And I've a tale to tell—  
I was born inside a flower,  
And I lived within a shell."

Said the Raisin to the Almond,  
"We are both from southern lands,  
And we came once more together,  
Having fallen in English hands."

"Don't you think we ought to marry?  
I am sure 'twould be as well,  
Though I have lost my juices  
And you have lost your shell."

Said the Almond to the Raisin,  
"It is my dearest wish."

.. .. .

That is why you always find them  
Side by side within the dish.

### Gowns for Growing Girls.

BY EULALIA SISLEY-RICHARDS, M. D., OF  
THE SYDNEY SANITARIUM.

THERE are weak and ailing women not a few, who if carefully questioned concerning their ailments would date the beginning of their troubles some time between the ages of fourteen and eighteen. Very frequently the history elicited by the physician is this: The patient was robust as a child but on reaching the age of fourteen or fifteen years began to be seriously troubled with indigestion, constipation, and pelvic disorders (in some cases chest troubles), from which she has never entirely recovered. The observant physician is certain to be impressed with the large number of such cases coming under his care.

### When the Girl Becomes a Woman.

Let us as women think seriously of this matter for a moment. Is the change from girlhood to womanhood an unphysiological process which must of necessity detract from the health and strength of the developing girl? Certainly not. A girl should blossom into womanhood as naturally and healthfully as a bud opens into a full-blown rose. It is true that this transition period in girls is a critical one. Not only are all the vital organs taking on greater activity at this time, but there are several organs before inactive, which now for the first time begin to functionate. All these changes make a great demand upon the girl's supply of nervous energy, and because of this she needs to be given the very best chance in order that she may safely pass through this trying time and develop into a healthy, buoyant woman.

### Room to Grow.

The young girl needs fresh air, sunshine, wholesome food, suitable exercise, and sleep in abundance; but perhaps more important than all these, *she needs room in which to grow.*

She may be given good food, fresh air, and excellent exercise, but if her clothing is so tight that her digestive organs are bound, as it were, hand and foot; if her chest cannot expand to take in the oxygen, and if her muscles cannot with freedom do the work required of them, all these good things may profit her almost nothing.

### Unreasonable Decrees of Fashion.

The ordinary style of clothing which young girls are sentenced to wear, does not give them a chance to develop into strong, healthy women. For some unaccountable reason fashion decrees that a girl of fourteen may grow much taller, her shoulders may broaden, her chest become full, her hips and limbs may develop considerably. In fact she may and should increase in size in all measurements



except one. On no account must her waist measurement increase by a single inch (even though this portion of the body contains all of the vital organs). It must rather diminish. A girl of thirteen with a waist measurement of twenty-six inches is considered quite natural and symmetrical, but a young woman of twenty-five with the same waist measurement is considered almost a monstrosity. Can such a state of affairs be found anywhere else in all the realm of nature?—No. And until women see the necessity of allowing their daughters to develop symmetrically, women will continue to suffer, and doctors will continue to prosper.

In order that the young girl may develop into a healthy woman, free from aches and pains, every article of clothing which she wears must be loose and comfortable. There must be no dragging of skirts around the waist, no tight bands, no constriction of any part of the body. The combination undergarments usually give the greatest comfort.

Then, in lieu of the corset a suitable bodice should be worn. This bodice should be loose enough to give perfect ease and freedom; at the same time it should be well-fitted and made of material strong enough to carry the weight of the petticoats, and give a sense of support.

### Child Culture, or Difference in Training Children.

A DISTINGUISHED lady of wealth and influence, noted for model specimens of children, was asked by a friend and mother, "Why are my children sickly and croupy, and yours



always free from such conditions?" The reply was: "You rear your children indoors, I, mine out; yours are educated to be waited on by servants, I discipline mine to wait upon themselves; my children are early to bed, you give parties for yours with late

hours, and allow them to attend parties and keep late hours from home, fashionably dressed; my children have plain, wholesome food, adapted to their years, yours, sweetmeats, rich and highly seasoned dishes, and are over-fed generally; I teach mine to love nature, and to feel that there is nothing arrayed so finely as the lily of the field, the bees and butterflies, that there is nothing so mean as a lie, nor anything so miserable as disobedience, that it is a disgrace to be sick, and that good health, good teeth, and good temper come from plain food, proper clothing, plenty of sleep, and being good."—*The Medical Age.*

## CHOICE RECIPES.

BY DR. LAURETTA KRESS.

NUTS and fruits doubtless constituted, in the early days of the race, the substantial portion of the bill of fare. Nuts are the most concentrated and highly nutritious of all foods. They may justly be considered to be the most valuable of all food preparations furnished in their natural state. The characteristic of most nuts is the absence of starch, the chief food elements being albumin and fat. In the process of ripening, the starch which was present in the green nut, is converted into fruit sugar, as in the ripening of fruit. The fat of the nut is in a state of emulsion, and is found in the form of cream; hence, it is prepared to pass readily through the digestive process to be properly assimilated. The albumin in nuts is also a most easily digestible form of this food element. It does not form hard curds in the stomach, as does milk, but is quickly dissolved by the digestive fluids, and is ready for absorption.

Nuts and fruits constitute a complete dietary. Nuts and fruits furnish all the food elements in the form which renders them easily assimilable, and in part predigested; the fats being emulsified and the starch being converted into sugar, leaves the albumin alone to be acted upon by the gastric juice.

A diet of fruits and grains is to some degree inadequate for the reason that fruits are deficient in fat. Hence, nuts become for those who discard the use of meats and other animal products, very essential as a source



of fat, one of the three most important food elements. Nuts also constitute an exceedingly valuable source of albumin, which is deficient in all fruits and in some grains, especially rice.

**SANITARIUM NUT MEAT SANDWICH, No. 1.**—Spread two thin slices of brown bread with a little cream and minced sanitarium nut meat.

**SANITARIUM NUT MEAT SANDWICH, No. 2.**—Mash the sanitarium nut meat well, moisten with a little lemon juice, then mix with this the yolks of two hard boiled eggs; season with salt, and spread between slices of brown or white bread.

**DATE SANDWICH.**—Chop the dates; mix with this ground walnut kernels. Spread thin slices of bread with nut butter or thick cream, and then the chopped dates, and lay the slices together. Seeded raisins or steamed figs may be used if preferred.

**BANANA TOAST.**—Peel and press some good, well-ripened, mellow bananas through a colander, or mash well with a fork or vegetable press. Serve on slightly-moistened pieces of zwieback. Sprinkle with a little sugar, and add a few drops of lemon juice to each piece of toast. Granose biscuits well-toasted and split in halves may be used in place of the zwieback.

**EGGS POACHED IN TOMATOES.**—Take a pint of stewed tomatoes, cook until they are homogeneous, season with salt if desired, and heat. When just beginning to boil, slip in gently half a dozen eggs, the shells of which have been carefully broken so 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, and prick them, 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. Serve on toast. If the flavor is agreeable, a little onion minced very finely may be cooked with the tomatoes.

**GREEN PEAS WITH POTATOES.**—Select small, new potatoes and clean them. To one quart of fresh shelled peas use six potatoes. Put them together to cook in boiling water, a little mint can be added if desired, and salt to season when done. A tablespoonful of nut butter added at last seasons them nicely, or a tablespoonful of chopped nuttose added when first put to stewing gives them quite a different flavor.

SMITH: "What became of your friend Brown?"

Jones: "Dead, poor fellow; died by hanging."

Smith: "Hanging! Is it possible?"

Jones: "Yes, hanging around saloons."

## QUESTIONS and ANSWERS

**Hard Work and Meat.**—Is it better for a man who works hard to give up meat at once or gradually?

*Ans.*—If one has not a knowledge of the right way to go about it, it would be better to give it up gradually. Sometimes people do not know how to replace meat, and drop it without putting something in its place. Trouble is caused, they think it is because their system needs the meat, and so they go back to the old diet again. Beans, peas, and lentils are good substitutes for meat and can be better used by hard-working men than by those who lead a sedentary life. Nut meat and nut cheese are also good substitutes, that can be used with benefit by all.

**Loss of Voice.**—Why do some singers lose their voice at an earlier age than others?

*Ans.*—It is often due to their way of singing. There is a proper way to sing, using the abdominal muscles rather than to have the strain come entirely upon the throat. Clergyman's sore throat is brought about by a wrong manner of speaking. Tuberculosis may be brought on by wrong habits of speaking or singing. It is necessary to keep the body erect both in singing and speaking. The air should be forced out by the abdominal muscles. The throat should be merely the channel. To sit relaxed permits the abdominal muscles to relax, and this causes the viscera to drop down. Sluggish digestion is thus brought about, while correct habits of sitting and standing favor digestion. Indigestion is also responsible for loss of voice. So it is a matter of health to know how to sing properly.

**Physical Culture.**—Is Sandow's system of training the best?

*Ans.*—I think it is possible to take exercise without using weights at all. You can send a current of nerve energy all over the body by taking proper exercise. Sometimes one set of muscles only is used, and we see the ill effects of this in the non-development of the others. The farmer is often stooped over and round shouldered. He does not use all his muscles equally. Some very simple exercises may be taken each night before retiring. Pulling hard at an imaginary rope is one, lifting imaginary weights another, many more might be added. These exercises develop the heart and improve the circulation of the blood through the liver, stomach, brain, and other organs.

**Rheumatism.**—1. Is it possible to eradicate rheumatism from the system? 2. What foods would you recommend, and what should be avoided?

*Ans.*—1. Rheumatism is caused by an excess of acid in the system. Lactic acid and uric acid are what people who are troubled with rheumatism suffer with. These are developed by the excessive use of meat, cane sugar, and milk. 2. Avoid puddings made from milk, sugar, and eggs, custards, and the like. All foods that are taken should be thoroughly masticated. Green peas, French beans, and fresh fruit are all good.



**Milk.**—Would you recommend milk as a drink between meals?

*Ans.*—No. Milk is a food, not a drink. It should be taken either in a minute stream (which is the natural way) or in sips, and then retained in the mouth sufficiently long to incorporate the saliva, or it may be eaten with granose biscuits or hard biscuits. It should never be taken as a drink and always at the regular meal. It is a valuable food for infants, and some adults are able to use it. Many experience biliousness from its use. Milk holds in solution carbohydrates and salts, and in suspension, fat and casein. One quart of milk contains the same amount of nutriment as three-quarters of a pound of beef, the beef containing considerable impure, waste material, such as water and fibrous matter, whereas all of the constituents of milk may be digested or assimilated, water being the only non-nutritive constituent that it contains. Milk should always be boiled or sterilized. It is unsafe to use it in any other way. Especially is this the case during the warm weather.

**Syphilis.**—Is there a cure for syphilis without the use of drugs?

*Ans.*—Drugs do not cure syphilis. The best and only thing to do in this unfortunate disease is to keep the blood as pure as possible by eating the purest and simplest foods. Meat, cheese, sugar, jam, tea, coffee, cocoa, pepper, mustard, and free fats should be entirely eliminated from the bill of fare. Well baked breads, ripe olives, nuts, and fresh fruits (especially the sub-acid fruits) are the best foods. Lemon drinks unsweetened are beneficial. The bowels must be kept regular and the skin active by exercise or vapor baths.

**Opinion of Pills.**—Kindly give me your opinion of the pill I am forwarding. I have been taking them for sexual weakness. They are recommended by a specialist in America.

*Ans.*—All such pills are valueless; they are usually sold by unprincipled men who know their worthlessness. I would recommend out-door life, good, nourishing food, and cool sitz baths at night before retiring, taken as follows: Sit in water, temperature about seventy-five to eighty degrees, with feet in hot water, temperature about one hundred and three degrees, for fifteen minutes.

**Cramps.**—What can I do for cramps which attack me in the night?

*Ans.*—These cramps are caused by the presence in the muscles of an irritant or poison. They are due either to indigestion or to kidney, liver, or heart disease. It would be well to have a thorough medical examination and to spend a couple of months at a sanitarium, where you can have suitable food and proper treatments. The condition seems rather serious. Take a warm enema each night before retiring, for a couple of weeks, and also a full bath, temperature of water about one hundred degrees, for ten minutes, wipe, and at once retire. Keep legs and feet warm.

**Hay Fever.**—What can you recommend for a seventeen-year-old girl who gets frequent attacks of this disagreeable complaint?

*Ans.*—See article in this issue by Dr. Richards.

**Growth in the Nose.**—What would you recommend for a growth in the nose in a child three years of age? Is it possible that worms are the primary cause?

*Ans.*—See competent surgeon. It may be necessary to have the growth removed; whether removed or not keep extremities of child always warm, and feed on foods sufficiently dry to necessitate thorough mastication. Sugar, jams, and lollies should be eschewed, also tea. The use of the baby comforter, and the improper clothing of the legs, feet, and wrists are usually the chief causes of these growths. Cooling, wet compresses applied to the throat each night after a hot foot bath, are beneficial.

### West Australian Drink Bill.

WESTERN Australia's Drink Bill	
for 1905 was ... ..	£2,381,253.
For every man, woman and child	£9 10s 4d.
For every male adult, per week,	
about ... ..	10s 6d.
Convictions for drunkenness for	
the year ... ..	3,436
(equal to one in every seventy-two	
of the population).	
Crimes attributable to drink (ex-	
cluding drunkenness) ... ..	1,965.
Total number of convictions due	
to drink ... ..	5,501.

Think of it, 5,501 convictions due to drink! This is not only at an immense cost to the State in the direct outlay of means, but it means a greater loss in that it degrades man and unfits him for work, and the care of his home. It is a loss in that the drunkard's offspring seldom make good citizens. They are usually degenerates if not loafers. The State that sanctions the sale of intoxicants is working against her own interests. Lord Rosebery says that "if the State does not control the liquor trade, the liquor trade will control the State." It will certainly ruin it.

### INFANT MORTALITY AND ARTIFICIAL FEEDING

It has been stated by a prominent investigator that of the 150,000 infants who die annually in England, in the first year of life, three-fourths have been fed artificially. In France, the mortality of suckled children is eight per cent., and that of hand-fed children is sixty-one per cent. In Sweden and Norway, where nearly all the infants are breast-fed, the mortality is ten to thirteen per cent.; in Lower Bavaria, where they are mostly artificially fed, it is nearly fifty per cent. Infants may be fed artificially without this high mortality. The essential thing is to exclude germs and germ-products from their food. The food should be sterilized, and the feeding bottle kept scrupulously clean.



## NEWS & NOTES.

DR. HOWARD JAMES left the Sydney Sanitarium for Adelaide, South Australia, to assist in starting the Adelaide Sanitarium. We hope in our next issue to be able to announce the formal opening of this long-called-for institution.

DR. F. RICHARDS and Dr. Eulalia Richards arrived at Adelaide on the steamer *Persic*, January 31, and from there came by rail direct to Sydney. The valuable service of these experienced workers will be highly appreciated at the Sydney Sanitarium.

THE Sydney Sanitarium reports a good patronage. The summer climate at Wahroonga is certainly excellent. The nights are nearly always cool. It affords an excellent nook, especially for Queensland health seekers who are desirous of escaping the intense heat which at present prevails there.

AN interesting article by Dr. Reekie of the Christchurch Sanitarium arrived too late for publication in this number of the GOOD HEALTH. It will appear in the next number. We are informed that an excellent site for the erection of a sanitarium has been purchased at Cambridge, New Zealand. The climate, elevation, and other desirable features will make this an ideal location for a sanitarium.

### BRITISH PARLIAMENT AND TOTAL ABSTAINERS.

AN interesting feature of the new House of Commons is the fact that there are such a large number of the members who abstain from the use of intoxicating liquor. In the last Parliament there were eighty-eight abstainers, while in the present House of Commons no fewer than 156 of the members are teetotalers; 114 of these represent English and Welsh constituencies, twenty-five Irish, and seventeen Scottish.

### INFLUENCE OF TEA AND COFFEE ON DIGESTION.

DR. SCHULTZENSTEIN, in experimenting upon the digestion of chopped boiled egg with hydrochloric acid and pepsin, found that digestion was very materially interfered with by both tea and coffee. Experiments by Dr. Roberts have shown us that tea and coffee are equally detrimental to stomach digestion, almost wholly neutralising the influence of the gastric juice.

### MORPHIA HABIT IN NEW YORK.

OPIUM, morphine, and cocaine to-day have nearly 50,000 abject slaves in New York city. There must be several times as many more who are as yet comparatively beginners, those who are dallying with these drugs, taking their first steps along the poppy path that ends in the potter's field.

The "dope habit" has permeated every class of society, except, perhaps, that which earns its bread by manual labor, and it is beginning to make inroads on that. Brain-workers of all sorts, from the petty clerk in the office or factory up to statesmen, lawyers, or great medical specialists, are victims. There is not a business or profession free from the taint, which is more awful because it can be so long concealed.

The habit is spreading rapidly among physicians. A large proportion of the layers of odds, and bettors of all kinds—book-makers, professional gamblers, and racetrack touts—are victims. There is hardly a fallen woman in New York who does not sniff cocaine or use opium in some form.—*Exchange*.

### MODERATE DRINKER A BAD RISK.

THE following question was recently submitted to forty-two of the leading insurance companies and orders: "Other things being equal, do you consider the habitual user of intoxicating beverages as good an insurance 'risk' as the total abstainer?" Forty answered "No." The American Temperance Life of New York was the first company in the United States to provide lower rates for total abstainers. It accepts nothing but total abstinence risks. According to its books, the ratio of its death rate to that of general risks is about twenty-six per cent. in favor of the total abstainer.

### HEALTHFUL AND SUITABLE CLOTHING.

THE Countess of Portsmouth, writing in *The Tribune*, says that "from the standpoint of duty, it is at once obvious that a determination that nothing shall hamper the due performance of our work necessitates, first of all, the provision of healthful and suitable clothing. Shoes that admit the mud, collars that induce headaches, skirts that sweep the streets, and all similar aids to ill-health and inefficiency, not to mention such universally-acknowledged iniquities as high heels and tight lacing, must clearly be wrong."

### EVIDENCES OF PHYSICAL DETERIORATION.

AT the present rate of increase of degenerative disorders, in fifty years from now some diseases, such as diabetes, for example, will be increased to seven times their present frequency; cancer will be three times as frequent as it now is; and Bright's disease six times as frequent. Death from old age will be five times as frequent as now, but the people dying from old age will not be nearly so old as they now are. It has become fashionable to die of old age at about fifty or sixty. In reality, one ought not to die of old age until at least one hundred years old.

### PNEUMONIA.

PNEUMONIA is becoming one of the most fatal of all diseases. In some countries the number of deaths from it is equal to that of tuberculosis. Tuberculosis singles out the emaciated and poorly nourished. On such soil the tubercular germ seems to thrive best, but the pneumonia germ selects the robust and full of blood, the beer drinker, or



meat-eater. According to Dr. Haig, pneumonia is merely gout in the lungs, being the result of the injurious action of uric acid, combined with that of certain specific germs. Pneumonia is a rare disease among those who live on a diet free from uric acid. Recent statistics show that four per cent. of the entire population in ordinary communities suffer annually from pneumonia.

MORE than thirty thousand hogs are annually condemned at the great packing establishments where inspection is maintained because of the presence of hog cholera, and yet an eminent authority bears testimony to the fact that those condemned are few in proportion to those found suffering from the disease, as only those are condemned in which the evidence of the disease is very extensive, slighter cases being passed after removal of those organs which give distinct evidence of the presence of the germs characteristic of the disease.

A PHYSICIAN who is also a *Fellow of the Royal College of Surgeons*, makes the following significant remarks:—

"What a pity it is that the fact that the nature of the food taken most materially affects the *mind* as well as the *body*, is not more generally recognised! Surely the self-control, as well as the endurance, the Japanese have shown in this dreadful war, will open the eyes of the public in this respect. I am fully convinced that the very highest aspirations for the very best are an impossibility upon animal food. None but those who have tried it, know what a different atmosphere one's soul appears to be in, and how changed everything is, when taking only a fruitarian diet."

#### UNIVERSAL DRUNKENNESS.

AN intelligent observer residing in Brazil declares that almost the entire country is in a perpetual state of semi-intoxication from the free use of coffee. There are several civilized countries where a similar state of things exists. Teadrunkards are very common in England and Australia, especially among the poorer classes. The habitual use of tea and coffee unquestionably provokes an appetite for tobacco, alcohol, and other narcotics. It is possible even to suffer from food-drunkenness. When many varieties are eaten at the same meal, or a person indulges in over-eating, fermentation and systematic poisoning or auto-drunkenness is produced. Exhilaration produced artificially by food or drink is nothing more than a mild form of drunkenness from which there will be a reaction and a corresponding state of depression.

#### RUSSIA AND THE DRINK EVIL.

M. FUSTER, in *L'Alcool* has this to say of the drink evil in Russia:—

"I have visited all the countries of Europe, and I can say that in no part have I seen so many drunkards as in Russia. On Sundays and on fete days (of which there are more than one hundred officially recognised, besides Sundays), they

are to be found everywhere in towns and villages. On the edges of the footpaths, in corners of the streets, one stumbles against men dead-drunk, sleeping a leaden sleep. The police occasionally pick them up, but more usually leave them to sleep in peace. At Moscow I have often seen peasants and workmen lying in the dust, a bottle of vodka in their shriveled hands. The people believe they are doing what is agreeable to the will of the Czar when they buy alcohol having the Imperial seal. The people drink to excess, and cases of acute intoxication, followed by death, are not infrequent in the villages. It is said that in cultivated society there is as much drunkenness as among the uneducated classes, but it is not so much in evidence in the streets."

#### THE COMFORTER AND TUBERCULOUS CHILDREN.

SIR WILLIAM BROADBENT, when recently addressing the council of the Invalid Children's Aid Association, London, said: "It was a remarkable fact, that whilst consumption had steadily diminished during the last thirty years, there had been no corresponding diminution in the death-rate from other tuberculous affections which were specially incident to infancy and childhood; on the contrary, they had distinctly increased." The so-called "comforter" or india-rubber teat, constantly seen in the mouths of infants of all classes, he denounced as "an invention of the devil. It was a fraud on the unhappy child, it led to the waste of its digestive secretions, and it picked up every kind of filth when it fell on to the floor. If there was consumption in the house, it was the easiest of all ways of conveying the tubercle bacilli to the child."

#### THE MID-DAY LUNCH CONDEMNED.

"BEWARE of the mid-day lunch," was the warning of Dr. Edward F. Willoughby, in a recent lecture at the Hygienic Institute, Devonshire Street, London, on "Dietaries: Excess and Deficiency." "The mid-day luncheon is a very bad habit," continued the lecturer, "because the stomach is not then prepared to receive more food, nor has it had time to rest from the labor of disposing of the morning meal." There can be no question that whenever it is possible, it is better to have a longer interval between meals than is usually taken. To have breakfast at 7.30 or 8 A. M., and the next meal at 2.30 or 3 P. M., or even at 4 P. M., would be better than the present universal custom. But a late meal, that is, a meal taken after 6 P. M., should be the lightest meal of the day. It should be composed chiefly of fruit, or simply well-baked bread and milk. A heavy evening meal is unphysiological, even if only two meals a day are taken. No one can fully realise the feeling of well-being experienced upon waking in the morning, until they drop out the evening meal.

#### MISS ROSA SYMONS' RECORD RIDE.

MISS ROSA SYMONS, a vegetarian of England, has recently carried through her second remarkable ride from the Marble Arch, London, to Land's End, thence to John o' Groats and back



to Marble Arch, a distance of 1,860 miles. She covered the distance in fourteen days, eight hours, and ten minutes. By this excellent performance, achieved against bad roads, wind, and rain, she has lowered her previous time by one day, thirteen hours, and twenty-two minutes. Miss Rosa Symons has received numerous congratulations, even from medical men, who describe her as a perfect marvel. The endurance she has manifested is certainly wonderful. She has been twelve years a vegetarian.

#### FRAUD IN FOODS DISCLOSED IN AMERICA.

Of the cocoas and chocolates examined, seventy per cent. were found to be adulterated. Some samples were so badly adulterated that the beverage made from them would never be suspected of having been produced from the cocoa bean. Of the sweet chocolates, many were no better. Some were so bad, in fact, that the manufacturers seemed ashamed to attach their name.

#### BEVERAGES.

Nearly all the light summer drinks are adulterated. For instance, the analyst says, in speaking of a cider which at the Chicago World's Fair won gold medals, "The cherry cider, for instance, does not contain, so far as I am able to find, a simple product which was ever in any way affiliated with the cherry tree. It is made of acids, flavored with chemical ethers, colored with coal tar dye, and chemically preserved. This product has been freely advertised and sold as one of the pure food products of the country." A large number of the Porte wines were found to be made from cheap alcohol, colored with coal tar dye, preserved with salicylic acid, with sugar added for sweetness, sometimes saccharin, and chemicals for flavoring. These products were sold even in chemist shops, and prescribed by practitioners for convalescent patients.

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### Do We Eat too Much Meat?

PROFESSOR W. GILMAN THOMPSON says:—

"Chronic over-eating may cause such diseases or conditions as corpulency, gout, uric acid, gravel, and the formation of stones in the kidney, urinary bladder, or gall bladder (gallstones). For persons leading non-laborious lives, excessive consumption of animal food is more injurious than vegetable food. The nitrogenous foods (of which butchers' meat is so typical an example) requiring, as they do, a large conception of oxygen for their complete combustion and reduction to urea and allied products, produce forms of waste matter in the system.

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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.

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## Health Literature.

### Good Health Booklets:

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**A Food Guide in Health and Disease.**—A most important booklet which contains a lot of valuable information. Price, post-paid, 2d.

**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, 6d.

**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.

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**Dietetic Errors.**—Their relation to disease. A valuable booklet. Just from the press. 3d.

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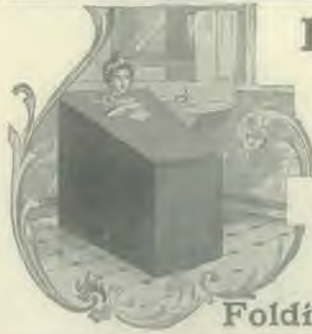
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IT WILL purify the blood.

IT WILL prove a wonderful aid in Kidney and Nervous Diseases.

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Is, practically speaking, a rubber-lined, antiseptic room, so constructed that it retains the heat and medicated vapors generated by a spirit stove especially designed for that purpose.

THE BATHER simply opens door of Cabinet, steps in, and sits down on chair. The temperature of Cabinet gradually rises, causing the millions of pores all over the body to open, eject the poisonous secretions which cause disease, and allow free absorption of the healing medicated vapors.

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SEE THAT YOU GET A GENUINE HOUSEHOLD and look for our trade-mark indelibly stamped on the top of each and every Household Cabinet.

#### If You are Sick,

DON'T STOP TO THINK IT OVER but begin a course of baths with the Household Cabinet at once. Don't hesitate because drugging has failed to give you relief; this treatment is radically different and acts on the entire system.

WE FURNISH with each Household Cabinet, Special Recipes for Medicated Baths for the following diseases—

Ague, La Grippe, Fevers, Lumbago, Neuralgia, Skin-poisoning, Constipation, Biliousness, Jaundice, Gall-stones, Eczema, Salt Rheum, Pimples, Blotches, Unightly Complexion, Scrofula, Itch, and Hives. It aids in relieving Dandruff, Falling or Thin Hair, Catarrh, and Asthma, (IN DISEASES OF THE SCALP, THROAT, OR NOSE, THE FACE STEAMING ATTACHMENT

SHOULD BE USED IN CONNECTION WITH CABINET), and is indicated in Colds, Nervousness, Paralysis, Vital Weakness, Nervous Prostration, Nerve Twitching, Sleeplessness, effects from excessive use of Alcohol, Tobacco, Opium, Morphine, etc., Cold Extremities, and Dizziness. Where combined with proper diet, it is never known to fail in reducing superfluous flesh. In fact, in most of the constitutional or chronic diseases, if you give the Household Cabinet a thorough and intelligent trial, you will never regret having done so.

IT WILL aid in toning up every organ, nerve, and muscle of the body.

IT WILL break up the worst Cold.

IT WILL cure Influenza, and is good in Liver Troubles.

IT WILL relieve all internal Congestions.

IT WILL thoroughly eradicate the effects of liquor and tobacco.

It is endorsed by physicians, and recommended by those who have given it a fair trial.

A Household Cabinet supplies all the requirements for Turkish, Russian, Mineral, Medicated, and Perfumed Baths in your own room, at a cost of only one and a half-penny each.

#### As a Bathing Appliance,

THE HOUSEHOLD CABINET is UNEXCELLED. In addition to its wonderful power as a curative agent it is superior to all other forms of bathing. It takes the place of a bath tub, and cleanses the body in a way no water bath can.

In nearly all cases of sickness the Household Cabinet Bath is indicated. It is the natural method of freeing the tissues of poisonous organic matter which clogs the system and causes disease.

It affords an excellent means of keeping in health those whose habits are sedentary.

#### How to Use a Household Cabinet.

Unfold the Cabinet and stand it up, leaving door open. Place the methylated spirit stove on the floor at the back of the Cabinet. Put a solid bottom chair over stove. Enter Cabinet, close the door, sit down on chair, and adjust the top in position.

IN TAKING A VAPOR BATH place a small pan of water on bracket of spirit stove.



# The Household Bath Cabinets

## The Face Steaming Attachment,

Which is an entirely separate piece, is not required for the ordinary use of the Cabinet, but is used in conjunction with it when treating the head for DAN-DRUFF, THIN OR FALLING HAIR, IMPROVING THE COMPLEXION, removing PIMPLES, BLACKHEADS, and other eruptions from the face, and for ASTHMA, CATARRH, BRONCHITIS, ETC. Price 4/6.

It is made on correct scientific principles, provided WITH ORIFICES FOR THE EYES, NOSE, AND MOUTH SO that the bather breathes the fresh air on the outside of Cabinet while steaming the head. It is attached to the Cabinet by means of a draw string, and can be detached at will. It is also provided with a metallic guide so that it is at all times under control of the bather.

## Exclusive Features of the Household Bath Cabinet.

We would call particular attention to the many special advantages of the Household which are possessed by no other Cabinet on the market. Briefly summed up, they are as follows:—

**THE REMOVABLE TOP.** The Household is the only Cabinet made with a removable top. Most convenient cabinet to use. Requires no assistance. ONLY ABSOLUTELY SAFE CABINET on the market. No buttons or fasteners on top. All one piece. No towel required around neck.

**FRONT OF HOUSEHOLD CABINET LOWER THAN BACK.** Cuts off the extra space not required. Household Cabinet heats quicker than any other cabinet. Saves fuel. Economical. Requires only half the time to take a bath necessary in other cabinets.

**EXTRA LENGTH.** The Household Cabinet is 4 inches longer than any other cabinet. Plenty of room for a basin or bucket in taking foot-bath. Bather does not sit in a cramped position as in the square cabinets.

**ARMHOLE IN TOP** allows bather to pass the hand on outside of Cabinet if necessary. Can wipe perspiration from the face, drink a glass of water, etc.

**THE SIDE OPENING FOR USE IN MASSAGE PARLORS,** and in cases of RHEUMATISM or other diseases where it is desirable to rub or massage the limbs, particularly where the bather cannot perform the service for himself, we supply the Household Cabinet with an opening in the side, covered with a suitable flap when not in use. The bather may thus receive the treatment required, from an operator on the outside, without interfering in the least with the bath. The Household Cabinets, with side opening, are only shipped when so ordered, as they are not required in ordinary cases; no extra charge, however, is made for the same.

These exclusive features put the Household far ahead of any other cabinet made. Every detail has been attended to for the convenience and comfort of the bather, and to obtain best results. It is as nearly perfect as human ingenuity can make it.



## Rubber Floor Mats.

In using the Cabinet in a carpeted room, where it is desired to keep the moisture from wetting or soiling the carpet, a piece of oilcloth or a rug should be placed under the Cabinet.

FOR CONVENIENCE of our patrons, however, we supply when desired, Rubber Mats, 36x45 inches, which are especially designed for this purpose.

These floor mats can be used in many other ways to advantage wherever a waterproof protection is required. Price 4/6.

## Construction and Materials.

The Household Cabinet is 42 inches high at the back, 27 inches high in front, 34 inches long, 28 inches wide at the back, 21 inches wide in front. These dimensions conform to the lines of the body in a sitting position. The Cabinet is wide and high at the back, and lower and narrower in front. The top slants downward from back to front, cutting off all unused space. Weight, 10 pounds.

The materials used are the best procurable for the purpose. The frame work is of steel rods, galvanised to prevent rusting, insuring strength, durability, and lightness. The covering is of antiseptic, rubber-lined duck, odorless, air tight, sanitary, non-absorbent, and will not rub or peel off, as many imitations used in other cabinets do. The Household folds flat in one inch space.

## Free.

We supply free with each Household Cabinet one specially designed spirit stove with pan supporter, full Directions for Use, and Recipes for all kinds of Medicated Baths.

We hope to receive your order for one of these Cabinets which we guarantee to be absolutely as represented.

When ordering please remit the amount, 25/-. We pay freight to any railway station or port in New South Wales. Freight to other ports must be added.

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

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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.

80 Collins Street, Hobart, Tasmania.

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

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37 Taranaki St., Wellington, N. Z.

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