

THE AUSTRALASIAN
GOOD
HEALTH



D.H. KRESS, M.D.
Editor

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INA SOUND BODY

P. LIMOS

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Let Us "Throw Out the Life Line" to Our Australasian Youthful Cigarette Fiends.

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Medical and Health News.

The Cigarette Evil,—A Letter to the Boys of Australia.

MR. C. O. FLASHMAN, Senior Inspector of Schools in the District of Goulburn, has recently addressed a sensible letter to the boys of his schools, calling attention to the evils that result from the use of cigarettes by boys. We sincerely hope Mr. Flashman's efforts may be blessed of God to the good of both young and old in his school district, and trust that other school inspectors will follow Mr. Flashman's example. Few know how much harm is concealed in the material so daintily, so attractively, and so temptingly put up to catch the eyes of the boys. Mr. Flashman wrote as follows:—

DEAR BOYS,—

I am wondering if at this joyous Christmas time, when the school duties of the year are drawing to a close, and when you are all anticipating a pleasant and happy holiday, released from school worries and preparation of lessons, you will allow me to say to you a few words upon a subject that has engaged the attention of many during the past few months. I refer to that of cigarette-smoking by growing boys. I wish to address you upon that subject, because I regret to notice that the pernicious habit has much increased during the past two or three years, and because I am satisfied that any boy who indulges in it not only becomes morally deteriorated, but his physical development is much retarded. I am sure you all desire to grow up healthy and strong young men, with all your natural faculties in a vigorous and sound condition. Medical men tell us that such cannot be the case when growing lads indulge in the practice of cigarette-smoking, and that such a habit acts injuriously, in a marked degree, upon all the delicate and tender organs of young persons, such as the eyes, lungs, heart, nerves, and stomach. The blood becomes contaminated, and does not carry health and vigor to the various parts of the body. In any assembly of boys it is not difficult to pick out the smokers. They are recognised by their pale, pasty, expressionless appearance, by their uneasy, restless, nervous

eye, by their inability to control their thoughts or actions, by their languid, listless attitude, and by their breakdown when continuous action or thought is needed, and by various other signs.

Many of you are old enough to know that in most cases the character of the man is the outcome of the training and habits of the boy, and that is specially the case with the physical part of our nature. If we sow disease in our bodies when young, we are sure to reap the just reward of our conduct when we are older. And it is because the general rule is almost invariably fulfilled that those of us who have your interest at heart desire with all earnestness and kindness to warn you against a habit that is likely to result in such great evil to your future health, happiness, and prosperity.

In some countries juvenile cigarette-smoking is considered so serious an injury to bodily development and such a fruitful source of deterioration that severe laws have been passed, making it a crime for boys to smoke, or persons to give boys tobacco in any form. Many of our best employers of boy labor will have nothing to do with lads who are known to be addicted to smoking, simply because they are convinced that such boys are unable to perform in a satisfactory manner the work expected of them, and also because the morality of such boys is almost always of a very doubtful character.

Let me invite all boys attending the public schools of the Goulburn district to make up their minds that they will have nothing to do with cigarette-smoking while they are growing and developing their bodies, and that they will do all they can to induce others to follow their example.

I shall be very pleased to hear from any of you that my advice will be followed.

Our new booklet, by Dr. D. H. Kress, entitled "Tobacco as a Cause of Physical, Intellectual, and Moral Depravity" is just off the press, and is now ready for distribution. Send for it in 100 or 500 lots, and place it in the hands of every boy in your community. This booklet contains information that not only every boy, but also every young woman, ought to know. Fathers and mothers should read it.

San Francisco,—after the Earthquake and To-day.

THE severe earthquake shock had a wholesome influence upon the inhabitants of San Francisco. For several months after the shock, San Francisco was probably the most orderly city to be found in the world. During this period, the sale of intoxicating liquors was strictly forbidden. There were no drunks, and crime was practically unknown. In July the sale of intoxicants was again resumed, with the result that at present there is a complete breakdown of order. Lawless violence, crime, and bloodshed prevail. Ministers advise the female members of their congregations to arm themselves with revolvers as a means of self-protection. Hotel guests are furnished with guards. The police have issued the following instructions to the law-abiding public:—

Keep your gun well concealed until you leave your car and direct yourself toward your home.

As soon as you start upon your walk see that your revolver is primed and ready, carry it in your hand.

Walk in the centre of the street.

If anyone breaks from the sidewalk toward you, retreat to the other side of the street.

If, in spite of the fact that you have plainly shown you have endeavored to avoid the person or persons approaching you, he or they continue to advance toward you, take aim and fire.

Fire low, and fire to get results.

Iniquity is certainly abounding; what the end of all this will be it is difficult to say. But the spirit of lawlessness seems to be in the air. It is not confined to California, it prevails everywhere. A power from beneath is taking possession of human minds.

We are upon the threshold of solemn events. The use of intoxicants of various kinds is largely responsible for the existing conditions. It is destroying the minds of men and women and dethroning reason.

In Russia lawlessness still prevails. Between October 17, 1905, and October 17, 1906, 16,992 people were killed and wounded in Russia owing to political disorder. Of the victims, 13,381 were citizens; 3511 were representatives of the Government, including sixty chiefs-of-police, eighty-one governors-general and high officials, etc.

According to one estimate, 40,000 persons have been exiled to Siberia, and there are well-grounded statements that in Russian prisons the use of torture has been revived.

There are social elements smouldering in

every country which only require favorable conditions to fan them into an active volcanic flame.

That which we now witness in San Francisco will, in the future, be witnessed in other large cities. The time is not far distant when country life will of necessity be chosen by many in preference to these abnormally congested centres, which are forced to become breeders of vice and crime.

National Greatness, or the "Survival of the Fittest."

A NATION'S wealth and strength depends upon the health of its people. Degeneracy among its people always means degeneracy of the nation. All nations that have attained to greatness in the past have done so because their armies were composed of stalwart men, who were fearless, and courageous, and full of life and ambition. These virtues are always the fruits of temperance. Luxury and plenty breed vice, weakness, and degeneracy. That the armies of our modern civilized nations are composed of degenerates is a fact that can no longer be disputed. They are made up of men who would rather smoke, and eat, and drink than face the stern duties of life. They are composed of men who lack ambition and stamina, and who are lovers of pleasure and ease.

God's unalterable law concerning the survival of the fittest is just as applicable to the life of a nation as it is to the briefer existence of a brute beast or a human being. A nation composed of degenerates can no longer be called great, for such a nation is crumbling. One of the first signs of decadence in a nation appears when its people forsake the calm delights of the country to live amidst the unnatural splendor of noisy cities and towns. These are the conditions to-day in so-called great nations. The decay of the upright Roman farmer was one of the first signs of Rome's decline as a nation. It is a sure indication of national decline wherever seen.

MANY mistake strong, uncontrolled passion for strength of character, but the truth is, he who is mastered by his passions is a weak man. The real greatness and nobility of the man is measured by the power of the feelings and inclinations that he subdues, not by the power of the feelings that subdue him.

A Dying Race.

BY D. H. KRESS, M. D.

(Notes of Lecture at the Sydney Sanitarium.)

SUCCESSFUL business firms find it necessary each year to take a careful inventory to ascertain their financial standing. If they discover that their outlay has been greater than their income, they do not go on in an indifferent manner until they are notified by their bankers that their credit is no longer good.

"Life is more than meat, and the body than raiment;" yet in the mad rush for gain, how seldom we stop to think of where we are physically. How few take a physical inventory to ascertain their true standing. Men go on in an unnecessary expenditure of the life forces until they are notified by disease that business must be temporarily or permanently suspended. Statistics testify that the number of these foreclosures each year is alarmingly on the increase, and that the vitality of the human race is well nigh exhausted.

Insanity has increased 300 per cent. in fifty years.

Idiocy has increased 300 " " " " "

Epilepsy has increased 300 " " " " "

Chronic inebriety has increased between 200 and

300 per cent. in fifty years.

Bright's disease has increased 527 per cent. in

fifty years.

Diabetes has increased 1459 per cent. in fifty years.

Cancer has increased 305 " " " " "

Crimes of all sorts are increasing rapidly.

10,000 murders are committed each year in the

United States alone.

Divorce is increasing everywhere.

Prostitution is rapidly increasing.

All drug habits are on the increase.

The birth rate is declining and infant mortality

increasing.

The book of Genesis gives quite an accurate account of social and individual life. Yet we find no record of an infant being born blind, deaf, crippled, deformed, or imbecile. There is not an instance upon record of a natural death in infancy, childhood, or early manhood. Obituary notices in the book of Genesis run thus: "And all the days that Adam lived were nine hundred and thirty years: and he died. And all the days of Seth were nine hundred and twelve years: and he died." It was so rare for a son to die before his father that such an occurrence was considered worthy of record: "And Haran died before his father Terah," Haran was not a child. He was the father of several children before his death.

It took more than two thousand years

of crime and indulgence of passions to bring bodily disease upon the race to any great extent. From the time of Adam there has been a succession of falls. At the present time we are reaping the accumulated results of the transgressions of our forefathers from the days of Adam, as well as the results of our own transgressions. This accounts for physical decadence which is becoming so general and which is everywhere causing alarm. Had not man at the beginning been endowed with an immense stock of vital force, the race, with the present habits of living in violation of natural law, would long ere this have become extinct.

The patriarchs from Adam to Noah, with but few exceptions, lived nearly a thousand years. Since the days of Noah, the length of life has been rapidly decreasing, and disease has been steadily on the increase. Jacob at the age of one hundred and twenty said: "I have not reached the days of my fathers; few and evil have the days of my life been." To-day one hundred and twenty would be considered a good old age. We die at a time when we should really just begin to live.

Out of 43,500 persons born, only one manages to reach even the century mark. And only about one in 3,000,000 reaches the age of one hundred and four. Yet it is acknowledged by leading thinkers and physiologists that man might, by making reforms in his habits, in spite of this universal degeneracy, live to the age of more than one hundred years. In fact, we are told by leading scientists that "man should be at his best at eighty, still active at one hundred and twenty, and die at the age of one hundred and forty." It certainly is not God's wish that man should die prematurely. His desire towards every human being is expressed as follows: "I wish above all things that thou mayest prosper and be in health." "Whatsoever a man soweth that shall he also reap. . . he that soweth to the flesh shall of the flesh reap corruption." This law is universal in its application, and applies with just as much force to the race as a whole as to individuals. It is evident that the human family is addicted to habits and practices which, if not soon discontinued, will result in extermination and extinction.

GUNNER: "You don't seem to have much faith in Dr. Lance as an appendicitis expert."

GUYER: "Faith? Why I wouldn't let him cut the appendix out of my dictionary."

Decline of Great Britain.

THE men who compose the army of Great Britain are becoming degenerate, and are lacking in the stamina and endurance possessed by the ancient Britons. An eye-witness relates how he saw a dozen men of the Guards Brigade fall out during a review at Aldershot when their only duty was to stand at attention for a somewhat trying period.

In speaking of a similar decline of the infantry men of Rome, Gibbon the historian says: "The soldiers were less able and less willing to support the fatigues of the service; they complained of the weight of the armour which they seldom wore: and they successively obtained the permission of laying aside both their cuirasses and their helmets. The heavy weapons of their ancestors, the short sword, and the formidable *pilum* which had subdued the world, insensibly dropped from their feeble hands." The present decline of the British Army is regarded with considerable alarm.

Another Race Becoming Extinct.

The American Indians who have depended almost wholly upon the hunt for their food, being a nation of flesh-eaters, are well nigh extinct. One of their chiefs in addressing his people called attention to the causes of this degeneracy. He said: "Do you not see that the whites live on corn, but we live on flesh; that the flesh requires thirty moons to grow and is often scarce; that every one of the wonderful seeds which they scatter in the soil returns to them more than a hundred fold, and that flesh has four legs to run away and we only two legs to catch it; that the seeds remain and grow where the white man sows them; that winter, which for us is the season of laborious times, is to them a time of rest? It is for these reasons we do not live longer than we do. I say, then, to every one that hears me, before the trees above our heads have died of age, the race of the sower of corn will have extirpated the race of flesh-eaters, unless the hunter resolves also to sow."

God has given us our intellectual and moral powers; but to a great extent every person is the architect of his own character. Many have such meagre ideas of what they may become, that they will ever remain dwarfed and narrow because they do not improve the powers which they possess.

Captain Diamond,—a Remarkable Old Man.

IN this age of the world a man of eighty is rare, the man of ninety a wonder, the centenarian little less than a miracle, nevertheless, Captain Diamond has passed ten years beyond the one hundredth mark, and from latest reports is still alive. He is said to have been active and in possession of a sound mind at the age of 106. I have met several who are personally acquainted with the



CAPTAIN DIAMOND AT AGE OF 65 YEARS

Captain, all have spoken of him as having had, at that age, the appearance of a well preserved man of sixty or sixty-five. Captain Diamond claims to have been ushered into the world in 1796. So well preserved is he that one writer says, "If he was, he can reasonably expect to be here in 1996, a marvel to races yet to be."

At the age of one hundred, the Captain sat for a portrait. His artist relates the follow-

ing interesting impressions of the old man: "During April, 1896, a friend of mine told me I ought to get a sitting of a gentleman who would complete a century of life. I agreed to make a life-size direct portrait of the centenarian, if my friend would bring him to my studio. Naturally expecting so old a gentleman to be very feeble, on the day appointed for the sitting I made preparations



CAPTAIN DIAMOND AT AGE OF 107 YEARS.

accordingly. Presently my friend came in with another gentleman and announced the arrival of Mr. Diamond. I asked them to have the old gentleman's carriage driven into the court, when, to my great astonishment, my friend introduced the gentleman with him as Captain Diamond himself. I was dumbfounded! Here was a man standing straight as a young prince, moving with an elastic, sprightly step, and with a bright, youthful twinkle in his eye. I could see at

once that I had gone to much unnecessary trouble in my preparations.

"During the long exposure necessary to insure the quality in a direct life-size portrait, he never moved a particle. Every hair of head and beard came out as sharp as in any other sitting I ever made of a man of thirty."

The Captain says he has had very little illness in his life, beyond meeting with several accidents. His height is five feet six and a half inches, and weight about 144 pounds. His appetite has always been good and digestion excellent. In this respect he differs from, and has the advantage of, the famous centenarian Conaro, who during his early life was an epicure and a bad dyspeptic, and as a result was given up at forty by his physicians as a hopeless, physical wreck, and advised to consult an undertaker.

Mr. Diamond's diet, on the other hand, has always been very plain. He has used no sweets, and no flesh foods of any kind since 1852, or for a period of fifty-five years. He has never used tobacco, tea, or coffee. The Captain says, a little before the first portrait was taken, "When I began to prepare the body for long and healthy life, I left out of my diet slaughtered meats." In appearance they say the Captain has grown younger since then instead of older. The life of Captain Diamond is certainly a remarkable one and demonstrates that it is possible, as many of our leading physiologists assert to-day, to live an active and useful life to the advanced age of one hundred.

Moderate Drinking Shortens Life.

IN the near future a temperance section will no doubt be adopted by the directors of the various insurance societies. It has been found that the occasional glass shortens life. The directors of the National Mutual Life Association say, "If there were a prospect of sufficient business, we would be prepared to form a section for total abstainers."

The Oceanic Life Association publishes in an English paper, dated March 8, 1906, its mortality experience for twenty-two years—1884 to 1905—which was in the general section seventy-nine per cent. of the expected, while in the temperance section the actual deaths were but fifty-four per cent. of the expected.

The Sceptre Life Association at its recent annual meeting showed in its general section a mortality experience which was eighty per

cent. of the experience expected on the basis of the Institute of Actuaries, while in its temperance section the mortality experience was forty-eight per cent. of the expected mortality. Similarly, in the Abstainers and General Insurance Company, the mortality experience of the abstainers' division was only forty-seven and a half per cent. of the expected mortality.

This speaks forcibly in favor of total abstinence, especially when it is remembered that drunkards are not admitted into these societies. They receive *only* the moderate drinker. It is evident moderate drinking shortens life. Some still urge that alcohol is a food. Suppose it is, it is certainly a poor food if it shortens and destroys life.

The effect of drink on the working classes is thus expounded by Mr. John Burns:—

"It excites, where it does not divert their best faculties and qualities. It irritates where it does not brutalize, and makes for discord, strife, and bitterness, where calmness, sobriety, kindness, and decency should prevail. It is an aid to laziness, as it often is an incentive to the most exhausting and reckless work; it is the most insidious foe to independence of character, it undermines manhood, enervates maternity, and dissipates the best elements of human nature, as no other form of surfeit does. It stimulates all the lusts of the flesh as no other form of excess is capable of doing; as the records of human depravity, misery, and brutality too often reveal. As was said of it by Lord Brougham, it is 'the mother of want and the nurse of crime.'"

Tuberculosis.

It is estimated that there are 27,000 persons in London suffering from consumption, a great proportion of the cases occurring amongst the poor, who are helpless to assist themselves, and who are daily spreading the disease to healthy persons with whom they come in contact.

On the basis of one tubercular subject out of sixty inhabitants, to-day there are in the United States 1,100,000 people suffering from tuberculosis. Figured on this basis, it means that in Chicago there are 30,000 people who are affected with this disease. Briggs and Prudden of the Health Department of New York City say it is within the range of probability that there are 20,000 people walking the streets of New York serving as foci of

infection for the spread of this infectious, contagious disease.

Tuberculosis kills thirty times as many people in Germany as do smallpox and scarlet fever combined. It kills sixteen times as many people as does typhoid fever; it kills eight times as many as does diphtheria; it kills four and a half times as many as smallpox, scarlet fever, typhoid, and diphtheria combined.

It is now generally held that this disease is not due to inhalation of germs into the lungs, but in nearly every instance the germs are introduced into the alimentary canal through the food. The chief sources of danger are meat and milk from diseased



animals. The principal danger of dust laden with germs is owing to the dust falling upon foods exposed in shops, in our homes, or other places, and thus taken into the system. Then, again, the dust may cause injury to the body, through being inhaled, and swallowed with the saliva. But the germs are supposed to be always communicated primarily from animals to man, and should we be successful in eradicating it from our dairy herds it would be possible to wipe out the disease among human beings.

Dr. Osler on Tea and Tobacco.

In his address on "The Care of the Body" at the Workingmen's College, London, Dr. Osler had the rare courage to tackle those idols which few physicians dare to oppose—tea and tobacco. "Do you suppose you need tobacco?" he asked, and continued, "If you dumped all the tobacco into the sea, it would be good for you and hard on the fish."

"Tea and coffee, like alcohol, were not necessary, and in fact disturbed the furnaces of the body."

The Modern Scourge of Cancer.

AN eminent New York surgeon recently announced that if cancer continues to increase in the State of New York as rapidly within the next ten years as in the past, it will become the cause of more deaths than any other known malady. At the present time consumption and pneumonia carry off about one-seventh of all who die. It thus appears that within a very short time three maladies, viz., consumption, pneumonia, and cancer, will surely be responsible for about one-half the total of human mortality. What is true in New York State is doubtless equally true in other parts of the United States.

Dr. S. G. Burkholder, V. S., inspector of meat in the Veterinary College of Chicago, in an exceedingly valuable paper on the subject of meat inspection, called attention to the frequency with which cancer occurs in the lower animals, and pointed to the probability that this is one of the sources of the spread of the disease among man.

A physician who practised for many years among the natives of the Tierras Calientes, on the coast region of Mexico, who subsist almost wholly upon tropical fruits and vegetable products, said he never saw a case of cancer in his whole experience among these people. In England the frequency of cancer has increased parallel with the increase of flesh-eating, this is also true of Australia.

Cancer is one of the most incurable, malignant, and fatal of diseases. Its rapid increase renders highly important a recognition of the danger of infection from the use of infected animals.

W. Roger Williams, an eminent English physician, and a recognised authority on cancer, makes the following statement in the "Twentieth Century Practice of Medicine":—

"From returns collected . . . it appears that of one hundred and ninety-four cancer patients, one hundred and twenty-three had been moderate eaters, fifty-nine small eaters, and twelve large eaters. With regard to meat, ninety-nine had been moderate, seventy-eight small, and sixteen large eaters. There was not a single strict vegetarian among them, and only a few had been great eaters of vegetables.

"In Ireland, where a larger proportion live chiefly on vegetable diet, the prevalence of cancer . . . is much less than in either of the sister countries, a fact which is worthy of notice.

"The remarkable fact that in New Zealand and New South Wales men are more liable to cancer than women, is probably due, as MacDonald believes, to their gluttonous habits in respect to meat-eating."

Rodger Williams speaks again as follows:—

"Probably no single factor is more potent in determining the outbreak of cancer in the predisposed than high feeding. There can be no doubt that the greed for food manifested by modern communities is altogether out of proportion to their present requirements. Many indications point to the gluttonous consumption of meat, which is such a characteristic feature of the age, as likely to be specially harmful in this respect."

The Prevention and Treatment of Cancer.

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

LIKE any other disease, cancer can be prevented by the avoidance of its causes; it can also be cured by the removal of causes. Unanimity of opinion does not exist on the question of the causes of cancer; still, from our study of the nature and origin of disease, we may conclude that—(1) cancer is not the result of infection (2) nor is it hereditary, except in the general sense that a tendency to any weakness or disease may be inherited. And it may be added (3) that locality and climatic conditions cannot be proved to have any particular bearing upon the development of cancer. So much by way of setting forth the possible causes of cancer.

As statistics upon this question have for the most part been collected with a view to proving that this thing or that causes cancer, it is no use quoting statistics. They are usually laughed at when given, for they prove contradictory things. What, then, in the light of good logic, are the probable causes of cancer?

The Food Factor

is of the greatest importance in its relation to cancer. Forced feeding must be put down as a cause of the pre-cancerous condition which makes it possible for some such trivial thing as rubbing of a stay against the skin to excite the body-cells into malignant activity. And by forced feeding is meant not so much overeating in general, as that particular form of overeating which loads the body with

tissue-building stuff which it does not need. It is this taking of too much proteid food, such as meat, milk, and eggs, for example, which overstimulates the cells of the body. And if the material so freely supplied to the builders of the body be of an inferior sort—if it be crumbling nitrogenous stuff like bacon, long-kept flesh, the flesh of scavengers or of creatures fattened under unhygienic conditions—it is no sooner built into cells than it must be torn down again. Just as a garment made from another garment does not last as long as one made from new material, so a body built out of other bodies does not wear as well as a new body built of material fresh from the vegetable kingdom. This quick change of tissue through the forcing of cellular activity by excessive flesh-eating favors the development of cancer.

Lack of Exercise Conducive to Cancer.

Exercise creates a demand for repair-stuff (digested albumen) by tearing down muscle and nerve. If one eats heartily, it naturally follows that he must work hard in order to maintain the balance between tissue waste and repair. When demand is less than supply, some repair-stuff accumulates. The cells of the body are naturally thrifty; they try to use this excess. Being indefatigable workers, they undertake to build something. No muscle is needed, for none has been worn out by work; no nerve cells require repairing, for none have been injured by thinking. So the body cells use up this flesh-forming stuff in just the best way they can—they build something *new* in the body, they create a strange structure, a tumor, it may be a cancer.

Cell Irritants.

The cells are goaded on in their work by cell irritants of all sorts. Some are introduced from without; others produced in the body. The body is a factory of poisons. Under normal conditions of living, these wastes are excreted by the lungs, skin, kidneys, and bowels. We breathe them out, sweat them out, wash and purge them away.

But under the abnormal conditions of modern life, the skin becomes hide-bound, the bowels constipated, the kidneys overworked and diseased, while poisons are breathed *in* in close, unventilated rooms instead of being breathed *out* in the open air. Is it any wonder, then, that the flesh becomes saturated with sewage, and the cells irritated by accumulated poisons?

Then think of the added cell irritants and

poisons—alcohol, tobacco, tea, coffee, sauces, savories and extracts composed of the poisonous wastes of animal tissue mingled with condiments and spices. Add to these a long list of chemical irritants known as "drugs," and others of food preservatives and adulterants, mix with the whole a liberal allowance of the common filth which enters so largely into dairy products and manufactured foods, and is it at all strange or mysterious that some of the body cells at times undergo degeneration and perversion, and get so far out of harmony with the rest of the body as to build destructive, new structures like cancer? Is the wonder not rather that they so often long and patiently endure their afflictions without revolting? Then let us respect the rights and stop ignoring the imperative needs of the cells of which we are made. If we do not, these microscopic bits of outraged protoplasm may at last turn and destroy us.

SYDNEY SMITH calculated that between the ages of ten and seventy he had eaten and drunk 44 waggon loads of meat and drink more than would have kept him in good health. At seventy he was subject, he says, to seven distinct diseases. In a very amusing way he showed the effects on body and mind of an offended stomach. But he seriously realised that half the unhappiness of the world proceeds from mistakes in diet, and exclaimed, "Of such infinite consequence to happiness is it to study the body!"

We are slowly beginning to recognise the truth contained in an official report of the American Consul in Austria many years ago that "high health is unattainable with the habitual use of tea, coffee, spirits, or anything else that acts perniciously on the nervous system," and that by abstinence from them we gain a compensating serenity of mind which is an ample reward for any self-denial that must be necessary to get back to the path of obedience and righteousness.

A MAN went into a druggist's and bought a bottle of some patent stuff, which was advertised thus: "No More Coughs. No More Colds. One Shilling per Bottle." Three days later he went to the druggist complaining that his throat was stopped up and he could scarcely breathe. "I've drunk all that patent cough mixture," said he. "Drunk it!" yelled the man; "Why that's an india-rubber solution to put on the soles of your boots!"—*Liverpool Daily Post*,

Alcohol and Pneumonia Increase.

ONE-TENTH of the deaths in the United States are chargeable to pneumonia, and in Chicago from 1900 to 1905 more than one-eighth of all the victims of the disease died from its effects, the death rate being eighty-five per cent. more than from all acute, contagious, and infectious diseases combined, with the exception of tuberculosis. In these five years there were 8353 deaths from these diseases, compared with 15,327 from pneumonia.

1905, which does not include 380,835 calves, with a total value of £30,000,000 sterling, and even this allows nothing for pigs and other animals. The total exports of meat from the United States during the same year was £46,000,000 sterling.

The Deceptive Influence of Alcohol.

ALCOHOL is a deceiver. It makes the poor man feel rich in spite of the fact that he is clothed in rags and his poor wife and children



The Neglected and Delapidated Home of the Country Drunkard.

The pneumonia germ takes up its residence in the nose, mouth, and throat passages, and twenty per cent. of the healthy persons who have been examined possess such germs. Dr. Spalding declares they are harmless if a person lives a "sanitary life," and is in a perfectly healthy condition.

"Foremost among the habits of mankind which render him a prey to pneumonia is drunkenness," Instructor Spalding declared.

"The mucous membrane of the air passages and the lung tissues of the drunkard are never equal to the standard of the healthy tissue. Even the moderate drinker has congested mucous membrane and disturbed circulation, which invite pneumonia."

are at the point of starvation. It makes the weak man feel strong when he is actually weaker. This has been demonstrated by repeated tests. It makes the sick man feel well when his condition is actually worse. It makes a man feel warm, though he is exposed to intense cold and on the point of death from freezing. It appears to make the mind more active so that the person imagines he is doing better work, but, alas, here again it is a deceiver, as the following from the pen of Dr. Lauder Brunton, the noted English authority on *materia medica* will show:—

Alcohol makes all the nervous processes slower, but at the same time it has the curious effect of producing a kind of mental anæsthesia, so that these processes seem to the person himself to be all quicker than usual, instead of being, as they really are much slower.

Thus a man, while doing things much more slowly than before, is under the impression that he is doing

No LESS than 3,410,469 head of cattle were handled in Armour's American stockyard in

things very much more quickly. What applies to these very simple processes applies also to the higher processes of the mind; and a celebrated author once told me that if he wrote under the influence of a small quantity of alcohol he seemed to himself to write very fluently and to write very well, but when he came to examine what he had written the next day, after the effect of the alcohol had passed off, he found that it would not stand criticism.

The man who drinks alcohol in large or small doses, knowing its influence, takes it because he would sooner not know his real condition; because to him a lie is more welcome than the truth.

The Sydney Medical and Surgical Sanitarium.

Its Methods of Treatment.

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

Hundreds of prominent educators are now advocating natural remedies in treating disease. This is not, however, a new departure, only in the sense that it is a turning-away from the modern artificial to the primitive and natural in life.

In the future the outdoor life, the air cure, the application of light in various forms, the employment of electricity, medical gymnastics, and the scientific use of water by the varied and elaborated methods afforded by modern hydrotherapy, will be prominent agencies employed in restoration of the sick to health.

Chronic maladies are due to wrong conditions of life, and can be cured only by correcting these conditions.

We are beginning to recognize that a permanent cure requires a permanent change in the habits of the patient, and a constitutional reconstruction, which can be secured only by natural and physiological methods. *Drugs*, it will be discovered sooner or later by all who use them, *never cure disease*. They make fair promises that they can never fulfill. The one who relies upon drugs will surely at some time meet with bitter disappointment.

After having tried the various pills and nostrums and the ordinary methods of treatment to regain health, without success, do

not say in despair, "There is no hope," until you have given a trial to the methods of treatment employed at the Sydney Sanitarium.

The aim of the Sanitarium treatment is to remove by natural and physiological methods, not merely the unpleasant symptoms, but the *causes* of these disturbing symptoms. Dyspepsia is corrected, not by whipping up the already overworked organs of digestion with some new and more powerful irritant, but by building and toning them up, so that they are capable of doing better and more efficient work. At the Sanitarium the weak heart is not spurred on with digitalis, strychnine, and other poisonous heart stimulants, but its muscles are built up and strengthened by suitable treatments and exercises. The aim, in short, of the Sydney Sanitarium is to aid and encourage the natural repair of the body by the most rational, appropriate, and up-to-date scientific methods.

Beautiful for Situation.

The position of the Sydney Sanitarium as a resort for health seekers is practically unequalled. Being nearly seven hundred feet above sea level, the climate is unsurpassed for excellence. Patients have the benefit of the toning mountain air while near the city. The general surroundings of the Sanitarium are inviting and comfortable throughout the entire year. It would be hard indeed for business and professional men and women to find a better place for quiet rest and healthful recreation while undergoing a course of treatment. The walks are most attractive. The picturesque and romantic scenery surrounding the Sanitarium encourages healthful exercise in walking, hill climbing, etc.

The immense building stands in its own grounds of ninety acres, surrounded by twenty acres of orchard, gardens, etc., which have been carefully planned and well set out. The great variety of trees, laden with fruit, adds greatly to the charm and interest of the institution and also furnishes the Sanitarium tables with luscious, well-ripened fruits.

For a further description of the place, we will permit a few of our many patients to relate their impressions. One grateful patient in writing to a friend says:—

The Sanitarium is situated about half an hour's distance from Sydney, at the end of the prettiest twelve miles of train travelling I have ever enjoyed in Australia.

A cab takes you from the station to the Sani-

tarium. You could walk the distance and enjoy the walk. The flower beds and orange groves are certainly pleasing, and lend enchantment to the view. The Sydney Sanitarium is, in my opinion, the cleanest, neatest, nicest, healthiest, homeliest, happiest place for recuperation, rest, and change I knew of in the Commonwealth of Australia, and I shall long remember the pleasant time spent there.

Another patient wrote the following:—

The Sydney Sanitarium, nestling among thickly wooded hills, is an imposing structure, and its outward beauty is a true index of beauty within, where such a general air of harmony and home comfort prevails that patients soon forget that they are such, and find themselves members of a very happy family.

The Sanitarium is equipped for work in a thoroughly up-to-date manner. Its sleeping apartments are large, airy, and sunny. The dining-room and drawing and lounge rooms are comfortable to luxury. In the bath rooms methods of treatment by massage, electricity, and hydrotherapy are amply provided for, and are administered by competent nurses.

In regard to diet every care is exercised, and with most beneficial results. It has been well said that "a table spread with the fruits of the earth can have no disturbing influence on mind or body." Patients are guided in their choice and combination of foods by the physicians of the institution, their advice and treatment being at the disposal of patients during their stay at the Sanitarium.

Educational work is also carried on among the patients, and lectures given on general health topics. These lectures are exceedingly instructive and interesting.

Every appliance and convenience for the treatment of patients is found here. The workers, from those who fill the most important positions to those who do the necessary smaller duties, are alike one in aim, and that aim is the good of those about them. Every service is performed cheerfully and efficiently, all seeming content to fill a little space if God be glorified.

The result of all this is that patients who come in feeling hopeless find health and strength returning to them. A patient who was greatly benefited expresses his gratitude as follows:—

My short stay at your splendid Sanitarium at Wahroonga has convinced me that your methods are not only superior to those generally adopted, but also that for the majority of ailments with which mankind is afflicted there is *no other way*. One of the most valuable of your methods is the practice of delivering health lectures at frequent intervals, by which an elementary knowledge of the principles of hygiene and dietetics may be readily acquired while undergoing treatment.

The aim of the Sydney Sanitarium is not merely to restore the sick to health, but at the same time to impart to each patient such a fund of useful knowledge concerning the

human body and its care that they shall ever after be able to keep in health.

Another patient writes:—

I have found immense benefit from the Sanitarium treatments and diet which I have been following for upwards of a year. Before going to the Sanitarium, frequent headaches used to prostrate me, sometimes for twenty-four hours at a time. I was a martyr to indigestion and constipation, my complexion was sallow and the whites of my eyes were a muddy yellow. Now my acquaintances remark that I am looking better than they have ever before seen me. I certainly feel free from indigestion, and headaches are a thing of the past. I shall do all I can to spread the knowledge gained while at the Sanitarium.



Main Building of the Sydney Sanitarium.

Still another says:—

When I came to the Sanitarium about fourteen months ago, I did so as my last resource. I suffered much from nervousness and sleeplessness. You will be pleased to know that I have now neither aches nor pains; my mind is as clear as a bell, and although I work twelve or thirteen hours a day, I never feel really tired. I sleep soundly for six or seven hours every night, and am able to conduct my business with more energy than I have had for years. My wife and family and myself all bless the day when I adopted the reform diet, and thank God and the Sanitarium workers for teaching me how to live. In conclusion, allow me to wish the Sanitarium, your journal, your co-workers, and yourself, every blessing and success.

Another patient writes:—

I feel I must send you a few lines to let you know how I am getting on. Well, splendidly—feel twenty years younger—have not had such health for many years. I am just delighted; it is a pleasure to live; all my friends notice the

difference in me. I sleep better, wake up refreshed, never have a headache, and that I nearly always had until I was fortunate enough to hear of your health Sanitarium. My heart was a great trouble to me, causing me continual giddiness; that has almost entirely left me. I have had for twenty-five years eczema on the chest; that has quite disappeared; in fact, all round I find myself a better man. In conclusion, I wish to say that it was a fortunate day for me when I heard of the Sanitarium, and my visit was one of the happiest times I have ever spent.

A patient who had been travelling by sea for six months before his Sanitarium visit in the hope of finding relief, suffering with intense feelings of despondency and depression, writes:—

Thanks to your careful and constant attention which under the blessing of God has been the means of my complete restoration to health and strength. I am more thankful than words can express. Life seems to have opened anew to me, and I thank you from the bottom of my heart.

Baths, local and general applications of heat and cold, salt glows, compresses, massage (local and general), electricity in its various forms, physical culture, proper breathing exercises, and a corrected dietary, are the agencies chiefly relied upon at the Sanitarium in restoring the body, with its diseased organs, to soundness. By the intelligent use of these agencies by trained attendants under the direction of competent physicians, these wonderful results are made possible.

Water in its various forms enters largely into Sanitarium treatments. It is one of the most important elements found in nature; without it life is impossible, since it enters into the composition of every structure of the body. Water may be employed therapeutically for the purpose of communicating heat to, or abstracting heat from, the body. No other agency of nature can be used more effectively in controlling the temperature of the body. By its wise application externally and internally, the temperature of the body may be reduced when too high, as in fevers, or increased when too low, as in collapse or fatigue.

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

painful area, draws the blood to the surface, and often immediately relieves this internal congestion, thus causing a disappearance of the unpleasant symptoms.

Cramps, convulsions in children, extreme pain during menstruation in women, or pain in the abdomen associated with indigestion, are always due to internal congestion, and may readily be relieved merely by getting into a hot bath, thus drawing the blood from the congested organs to the skin.

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

It is only necessary to be acquainted with the skin areas and the relation they sustain to the internal organs, and to know how they are influenced by heat and cold. The liver is associated with the skin areas of the lower right chest; the stomach with the area over the epigastrium; the bowels with the skin area of the abdomen; the bladder with the skin area of the lower abdomen. The lungs are associated with the skin area of the chest. It will be seen from this that to influence any organ it is merely necessary to make the application to the skin immediately overlaying the organ. The application of heat to the skin areas dilates the blood vessels of the organs internally, while the application of cold contracts the blood vessels. When internal congestion of any one of these important organs exists, the function of that organ is in a measure destroyed. Sluggish circulation of the blood through the internal viscera is probably the principal cause of biliousness, indigestion, kidney diseases, diabetes, etc. The improved circulation of the life-imparting arterial blood through the stomach, liver, or kidneys, and the rapid removal of wastes will always improve the functions of these organs, and if the treatment is persevered in, it will result in restoration of the organ to soundness.

This explains why the intelligent use of water so readily aids in improving the di-

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

The wonderful effect of water upon the internal organs can be better understood by noting the reviving influence of a dash of cold water to the face of a fainting man, or a dash of cold water to the face in getting rid of drowsiness, dullness, or sleepiness. All this is brought about by the improved circulation of blood in the brain. The brain being reflexly connected with the skin area of the face, head, and neck, cold applications to the face or neck influence the circulation of blood through the brain. This also explains the exhilarating and beneficial influence of a short, cold application of water to the entire body in the early morning; by it the blood is sent bounding through every organ, and the entire body is toned up and revived.

The alternate hot and cold local and general douches are of special value in chronic visceral diseases, causing dilatation of the blood vessels of the viscera when heat is applied, which is followed by contraction of the blood vessels by the application of cold. Thus these organs when laden with, and disabled by, the presence of organic impurities, may be cleansed, and repair and restoration hastened.

Chronic dyspeptics, who have looked upon their condition as hopeless, usually respond to the intelligent application of water, locally and generally, when combined with other suitable rational treatment and the correction of dietetic errors. Hydrotherapy, regulated exercises, and a corrected diet, affords just the aid the chronic invalid needs to be restored to health and soundness. These rational treatments meet with success after all other measures have failed.

GOLDSMITH used to claim a doctor's degree, which he said he had got at Padua. "But," he added, when speaking of it to an acquaintance, "I don't practise in the usual way. I prescribe only for my friends."

"That's a mistake," said the other, "you should prescribe for your enemies only. You would soon have only friends left."

Sleep-Producing Drugs.

BY DR. J. H. KELLOGG.

ALL sleep-producing drugs are *poisonous*. Professor Tyndale, the eminent scientist, died from an extra dose of medicine. His wife administered one or two extra doses of the sleeping potion prescribed by his physician, with the result that he fell into a profound sleep from which he did not awaken.

Many adults and thousands of babies have been killed by sleep-producing drugs. Most nostrums and patent medicines are poisons. All sleep-producing nostrums contain deadly drugs. Sleep produced by drugs is *not* natural, healthful sleep. There is no known drug which will cure insomnia.

A drug which will compel sleep is a paralyzing poison which deadens every nerve-cell and fibre of the whole body.

A drug which will put a man to sleep will put his liver and stomach to sleep also, and in a sufficiently large dose will put his heart to sleep.

This is the explanation of the fact that sleep-producing drugs destroy appetite.

The man who trusts to a drug to make him sleep awakens in the morning with no appetite, a feeling of listlessness, enervation, languor, and depression, and feels the need of some drug to counteract or antidote the influence of the poison from the effects of which he is suffering.

Thus the use of one nostrum leads to another; and so a demand is created for the whole class of meretricious mixtures which are praised as "brain tonics," "nerve renovators," and "rejuvenants."

Many sleep-producing nostrums contain alcohol in large proportion, and lead to inebriety.

No intelligent physician will allow his patient to use continuously any hypnotic, narcotic, or other sleep-producing drug.

Every scientific physician condemns the use of sleep-producing *nostrums*.

No wise mother will allow herself to swallow, much less to administer to a child, a nostrum or patent medicine which is said to have sleep-producing effects.

The only way insomnia can be cured is by removal of the causes.

The nerve-irritating poisons with which the blood and tissues are filled must be removed by proper diet, out-of-door life, exercise, and the disuse of tea, coffee, alcohol,

and tobacco; in other words, by a return to nature.

Cold, pure air is a better hypnotic than any drug known. Open windows, a fresh-air tube, and an open porch bedroom are proper sleeping arrangements for persons who do not sleep well. The body must be kept warm.

Even the face should be protected in very cold weather. Then the colder the air that is breathed, the sounder and more refreshing the sleep.

Alcohol is perhaps more widely used than any other drug for producing sleep. Many thousands of men, and women too, take an alcoholic "nightcap" on going to bed. The Manitoba Indians have a wise saying which such people should remember. It is this: "If a man drinks no fire-water, he wakes up well; if he drinks a little, he wakes up ill; if he drinks much, he wakes up dead."

Arresting the Use of Opium in China.

In the future no new ground can be used in China for the growth of the poppy. The area at present in use must diminish by one-tenth each year. Every opium-user must register himself and the amount he daily consumes. No one is permitted to begin its use, and existing opium-users, if not sixty, are to immediately decrease the amount they use by sixty per cent. The following regulations have recently been issued by the government:—

"Officials must set an example. Officials above sixty years of age whose cravings are great must be treated leniently. All high officials, princes, dukes, viceroys, and Tartar generals under sixty must not screen themselves, but inform the throne that they are willing to cease their use of the drug within a certain time. During that time they can have a substitute. When they are cured they can resume their duties. All other officials under sixty, no matter how great their craving, must abandon the use within six months. If unable to discontinue the habit, they can retain their rank, but must retire from office. But those who falsely pretend to abandon the habit, and continue the use of opium secretly, will be deprived of both rank and office. All teachers, scholars, soldiers, and sailors throughout all ranks will be allowed three months wherein entirely to abandon the habit."

It is only a question of time until similar regulations may be found necessary to restrict the use of tobacco. Tobacco in civilized countries is doing as much injury to the people as opium is in China.

Say Life Is Growing Shorter.

WILLIAM E. CURTIS in a recent letter says:—

"The actuaries and other officials of the big insurance companies here take a very pessimistic view of the effects of civilization upon human life. They declare that we do not live as long as our fathers because we have departed from their simple methods of life. They admit that the death rate has been reduced among children by modern sanitation and medical science and the intelligent precautions which now prevail in large centres of population, but say that luxury, high living, and bad habits are weakening the human race to a degree greater than medical and sanitary science can counteract."

Medicine of the Past.

Some of the medical recipes of the past were based on the supposed efficacy of certain animal products. We smile at the credulity and superstition of our forefathers, but some of these animal products are still relied upon in the treatment of disease. About the year 1890, a rheumatic patient was recommended to take a black cat to bed with him, because it was said to be rich in curative electricity. As late as 1888 the dust of a dried magpie was used in Germany for the cure of epilepsy. The lizard and the toad were also frequently used, and it was even recommended for certain troubles to lay a pickled herring at the feet before the patient went to bed.

Certain preparations of the toad were prescribed for such maladies as dropsy. The cure for cowardice consisted in eating the heart of a lion; the cure for a weakling, in dining frequently on the heart of an ox; the lethargic were advised to dine on ram's brains, and those having jaundice were told to try eating the liver of a fox.

If cancer continues to increase as rapidly the next ten years as it has the past ten years, an eminent surgeon has said that it will be responsible for more deaths than tuberculosis is now.



The Home.

We live, unfortunately, in a less favorable climate, requiring, during a considerable part of the year, greater protection than is afforded by a leafy bower; nevertheless, by taking a little thought, we could spend more time than we do out-of-doors, and would greatly gain in health thereby. These pleasant spring days, the wise mother will do as much of her housework as possible out in the open air. The children, and the baby, too, will have sweeter tempers if allowed to indulge their natural instincts.

Fretfulness is often due to want of fresh air. Even with good ventilation, which is a rarity, house air is decidedly inferior to that of the garden. Besides, there is under the open heavens a freedom for mind and body such as one does not enjoy within the walls of a house.

The benefit derived from a visit to the seaside or the mountains, is dependent largely on the fact that it forces one out of doors into the fresh air. But such conditions are needed daily. Regular exercise out of doors, and a fixed habit to live in the open air as much as possible, would prevent many breakdowns, and would be a great prolonger of life.

A picnic is always enjoyable. Why not have one every day? Move the table out into the garden. Let the children carry out the dishes. You will not need many if your meal is simple, as it should be. Never mind about meats. They are especially unsuited to the warm weather, and the smell of burnt flesh does not harmonise with the delicate and fragrant odors of a well-kept garden. Have an abundance of good bread, fresh fruits, nuts of some kind, and one warm dish that can be quickly prepared on an oil stove. Pleasant surroundings and cheerful conversation will more than make up for the want of further variety, and the digestive organs, having only simple, wholesome food to deal with, will do their work unusually well, without murmuring.

If you do not believe in the merits of this plan, try it anyway. Give nature a chance

HELPING OTHERS.

Is thy cruse of comfort failing?
Rise and share it with another,
And through all the years of famine
It shall serve thee and thy brother.
Love divine shall fill thy storehouse,
Or thy handful still renew.
Scanty fare for one will often
Make a royal feast for two.

Numb and weary on the mountain,
Wouldst thou sleep among the snow?
Chafe that frozen form beside thee,
And together both shall glow.
Art thou stricken in life's battle?
Many wounded round thee moan;
Lavish on their wounds thy balsams,
And that balm shall heal thine own.

For the heart grows rich in giving;
All its wealth is living grain;
Seeds which mildew in the garner,
Scattered, fill with gold the plain.
Is thy burden hard and heavy?
Do thy steps drag wearily?
Help to bear thy brother's burden;
God will bear both it and thee.

Is the heart a well left empty?
None but God its void can fill!
Nothing but a ceaseless fountain
Can its ceaseless longings still.
Is the heart a living power?
Self-entwined, its strength sinks low
It can only live in loving,
And by serving love will grow.

Housekeeping in the Open.

GUIDED by correct instincts and the provision made by a wise Creator, our first parents commenced housekeeping in a garden,

to work for you. She has rich stores of health, strength, and beauty which she is offering with a lavish hand to her obedient children, to those who take her medicines,—fresh air, pure water, pure food, and plenty of exercise.

How Children Are Killed.

CHILDREN are killed by the manner in which they are dressed, and by the food that is given them, as much as by any other causes. Infants of the most tender age, in our changeable climate, are left with bare arms and legs and with low-necked dresses. The mothers, in the same dress, would shiver and suffer with cold, and expect a fit of sickness. And yet the mother could endure such treatment with far less danger to health and life than the tender infant.

What is the effect of this mode of dressing on the child? The moment the cold air strikes the bare arms and legs of the child, the blood is driven from the extremities to the internal and more vital organs of the body. The result is congestion, to a greater or less extent, of these organs. In warm weather the effect will be congestion of the bowels, causing diarrhœa, dysentery, or cholera infantum. In colder weather, congestion and inflammation of the lungs, congestion and inflammation of the brain, convulsions, etc., will result. At all seasons, congestion, more or less, is caused, the definite effects depending upon the constitution of the child, the weather, and various circumstances.

It is painful to see children thus decked to gratify the pride of foolish mothers. Our most earnest advice to all mothers is to dress the legs and arms of the children warmly at all events. It would be infinitely less dangerous to life and health to leave their bodies uncovered, than to leave their arms and legs bare.

The Value of Apples as Food.

THE apple is one of the most wholesome and valuable of foods for the reason that it keeps so well in temperate climates and presents such a variety of flavors, suiting itself to man's needs by ripening at different seasons and supplying a considerable amount of nourishment in the most easily digestible form. The nutritive value of the apple is about fourteen per cent. Its value consists chiefly in the

amount of carbohydrates and vegetable acids it contains. The apple contains also a large amount of phosphorus. The fruit is therefore of special value as a brain food.

The old Scandinavians believed that the gods subsisted wholly upon apples, and that it was through the peculiar properties communicated by the queen of fruits, that they acquired the wisdom which they imparted to men.

The wise man evidently regarded the apple as the fruit of all fruits. In one of his proverbs he says, "Stay me with raisins; comfort me with apples."

The Discovery of Coffee.

ACCORDING to an Abyssinian tradition, the virtues of the coffee berry were accidentally discovered through the medium of a flock of sheep and goats. The story runs that towards the close of the third century a party of monks from Egypt fleeing from persecution took refuge in the Abyssinian highlands, where they settled and supported themselves by agriculture and the care of flocks, which were intrusted in turn to the pastoral care of different brethren. One of these one night came to the Prior with a strange tale—the sheep and goats would not go to rest in their fold, but were frisking and lively to such a degree that he feared they had been bewitched. Prayer and exorcisms were tried without effect, and at last the Prior decided to take charge of the flock himself. He led them out to pasture, and carefully noting the plants they browsed on, found that their sleeplessness always followed upon their feeding on the leaves of a certain shrub. He experimented on himself by chewing some of the buds and leaves, and found he was easily able to keep awake during the long night services; and thus the use of coffee was discovered.

TRUE religion and the laws of health go hand in hand. It is impossible to work for the elevation of men and women without presenting to them the need of breaking away from sinful gratifications which destroy the health, debase the soul, and prevent divine truth from impressing the mind. Men and women must be taught to take a careful view of every habit and every practice, and at once put away those things that cause an unhealthy condition of the body, and thus cast a dark shadow over the mind.

CHOICE RECIPES.

Vegetables.

BY DR. LAURETTA KRESS, M. D.

VEGETABLES are quite universally used as a part of the daily bill of fare of both rich and poor, and no food is more generally spoiled in cooking. The preparation of vegetables for the table is thought to be a very simple process, one which the most inexperienced cook need not hesitate to undertake. To cook them so as to preserve their natural flavors, retain the salts and nutritive elements, and at the same time change their constituent elements into the most digestible form, requires care and skill.

To prepare vegetables for the table requires more than the application of heat and water. It is first important to understand the nature of the foods themselves, to know the kind and amount of nutrient elements of which they are composed, so that the cook can with certainty know what process will best fit the vegetables for digestion, and what other foods should be used with them to make a well-balanced bill of fare.

Vegetables contain a large amount of starch and cellulose. It is well therefore to use with them Sanitarium nut meat or eggs to supply the albumin. Baking, roasting, or steaming is preferable to boiling, as in boiling with a large amount of water, the salts are dissolved and the nutrition largely drained away in the water. A boiled potato is not so tasty as one baked or steamed. It has lost its salts and natural flavor. Pepper, salts, onions, and fats are often used to bring up the deficiency and conceal the cook's ignorance. In baking, a great difference is at once noticed. The potato tastes salty, the starch cells are not water-soaked. They burst open, making the vegetable mealy and much more palatable as well as nutritious.

Fried vegetables or those stewed in fats, we cannot recommend, as the fat envelopes the starch, making the food difficult of digestion.

The fat of nuts is preferable for seasoning, as it forms an emulsion and is not set free unless burned.

BAKED POTATOES.—Select uniform sized potatoes, wash well and dry. Place in a moderate oven. Bake one hour. Just before serving press

them to allow the steam to escape, and they will be quite ready. Serve with brown sauce.

MASHED POTATOES.—Wash, wipe dry, and pare thin, good potatoes. Put into a steamer or boil in a small quantity of water. If boiled they should be lifted from time to time with a fork so they will boil evenly. No water will be left to drain away. Mash and season with a half-cup of milk. Add salt to taste, beat thoroughly with a fork until they are light and white. Serve at once.

POTATO STEW WITH NUTTOSE.—Prepare the nuttose by cutting in small pieces or slices, and putting to stew in a sufficient quantity of water to cover it an inch deep. Stew slowly for an hour or more. When nearly done add some thinly sliced potatoes, and cook together until the potatoes are tender. There should be enough liquor in the nuttose so that additional fluid will not be needed for the potatoes. Salt if desired, and serve.

BAKED CABBAGE.—One quart of cooked cabbage, one half-cup of water, one dessertspoonful of nut butter. Chop the cabbage fine, and cook in boiling water for twenty minutes in as small a quantity of water as possible, cover closely. To one quart of cooked cabbage, add one half-cup of water in which has been dissolved a dessertspoonful of nut butter and the juice of one lemon. Salt the water the cabbage is boiled in. Mix thoroughly and bake in a covered dish until the cabbage is thoroughly done.

BAKED BEETS.—Beets are sweeter baked than boiled. Wash and wipe dry, place in a stone jar on some moistened straw, and bake several hours. They can also be baked as potatoes on an even grate. When done, slice or chop fine, and serve with sour salad dressing, or juice of lemon.

CHOPPED TURNIPS.—Chop well boiled, white turnips. Add sufficient lemon juice to moisten. Turn into a saucepan, and heat thoroughly, gently lifting and stirring constantly. Cold, boiled turnips may be used in the same way.

BRUSSEL'S SPROUTS AND STEAMED POTATOES. One pound Brussel's sprouts, one and one-half pounds of potatoes, one tablespoonful of cream. Clean the sprouts carefully, letting them stand awhile in cold water. Pare potatoes, and put all together in a steamer. Let them steam steadily until well done. When done remove from the steamer, mash, and add one tablespoonful of cream. Mix together well, and add salt, bake or return to the steamer until ready to serve.

Meat Famine in Germany.

OWING to the high German duties, meat as an article of food is practically disappearing from German tables. The consumption of horse-flesh is increasing enormously, and so great is the thirst for blood that in some districts even dogs and cats are being butchered for human consumption.

COURAGE.

Talk happiness. The world is sad enough
Without your woes. No path is wholly rough.
Look for the places that are smooth and clear,
And speak of those to rest the weary ear
Of earth, so hurt by one continuous strain
Of human discontent and grief and pain.

Talk faith. The world is better off without
Your uttered ignorance and morbid doubt,
If you have faith in God, or man, or self,
Say so; if not, push back upon the shelf
Of silence all your thoughts till faith shall come.
No one will grieve because your lips are dumb.

Talk health. The dreary, never-ending tale
Of mortal maladies is worn and stale.
You cannot charm, nor interest, nor please,
By harping on that minor chord, disease,
Say you are well, or all is well with you,
And God shall hear your words and make them true.

Dr. Benjamin Franklin as a Temperance Advocate and Food Reformer.

BENJAMIN FRANKLIN, statesman and philosopher, was of humble birth. He was the fifteenth of a family of seventeen children. At an early age he was apprenticed to his brother James, a printer. By much reading and careful and assiduous writing, together with the unassisted study of mathematics, he acquired the knowledge and sound judgment in public and business matters which afterwards commanded the respect of the world.

He established the Philadelphia (U. S. A.) Library in 1744; the American Philosophical Society in 1744; was prominent in founding a college which afterwards became the University of Pennsylvania. Between the years 1746 and 1752, he carried on his famous investigations regarding the nature of lightning. In 1764, from St. Andrews, Oxford, and Edinburgh, he received the degree of LL. D. His political, anti-slavery, financial economic, and scientific papers are all noteworthy. The following, which is from the philosopher's autobiography, gives the keynote of his clearness of mind and marvellous success:—

At my first admission into the printing house (Palmer's, Bartholomew Close, London), I took to working at press, imagining I felt the want of the bodily exercise I had been used to in America, where press work is mixed with the composing. I drank only water; the other men, near fifty in number, were great drinkers of beer. On one occasion I carried up and down stairs a large form of type in each hand, while others carried but one form in both hands. They wondered at this and several instances, when the "Water

American," as they called me, was stronger than themselves who drank beer.

When about sixteen years of age, I happened to meet with a book written by one Tyron, recommending a vegetable diet. I determined to go into it. My brother, being yet unmarried, did not keep house, but boarded himself and his apprentices in another family. My refusing to eat flesh occasioned an inconvenience, and I was frequently chid for my singularity. I made myself acquainted with Tyron's manner of preparing some of his dishes, such as boiling potatoes or rice, making hasty pudding, and a few others, and then proposed to my brother that if he would give me weekly half the money he paid for my board, I would board myself. He instantly agreed to it, and I presently found that I could save half what he paid me. This was an additional fund for the buying of books; but I had another advantage in it. My brother and the rest going from the printing house to their meals, I remained there alone, and, despatching presently my light repast (which was often no more than a biscuit, or a slice of bread, a handful of raisins, or a tart from the pastrycook's, and a glass of water), had the rest of the time, till their return, for study; in which I made the greater progress from that greater clearness of head, and quicker apprehension, which generally attend temperance in eating and drinking.

The late Joseph Jefferson was well known for his kindness of heart, a kindness which extended to the smallest of animals; but nothing annoyed him more than affectation in this respect.

Upon one occasion he was dining with an acquaintance, when a fly dropped into the other man's coffee. The man carefully fished it out, and called to a waiter.

"Here," he said, "take this poor little fellow—be very careful or you will hurt him—and put him out of doors."

Mr. Jefferson laid a restraining hand upon his shoulder.

"Why, how can you think of such a thing, my dear friend? Don't you see that it is raining? Suppose the poor little fellow should catch cold!"

THERE is no question but that the confusing and discordant noises of large cities are detrimental to the health of those who are obliged to dwell in them for the greater part of the year. The injury to the health from this source is not entirely of a local character. In fact, the irritation to the ear, its nerve, and its other appendages, is of less importance than the harm done to the brain and general nervous system by the roar and din of modern cities.

Meat Poisoning.

HOGS and other animals are subject to numerous inflammatory and infectious diseases, which give rise to poisonous substances, the presence of which in the tissues must render them entirely unfit for food, and subject to disease conditions which are none the less dangerous because so obscure that their real origin is in many cases never traced. These poisons are not neutralized or destroyed by boiling. To the presence of such poisons may doubtless be fairly attributed many of those sudden outbreaks of sickness which follow the use of canned meats and other meat preparations, such as that which recently occurred when at Christchurch a number of soldiers, strong, hearty men, were all made exceedingly sick, many barely escaping with their lives, immediately after partaking of a flesh meal. Who ever heard of such results following the use of bread, potatoes, or any other vegetable food, unless there had been accidental or intentional addition of poisons of some sort?

Patent Medicine.

THE Inland Revenue Department of Canada has published the results of analyses of a number of the best-known "patent medicines" sold in Canada. The particulars are highly interesting, and may lead to legislation which will prohibit their sale under the present conditions. It is quite probable that a great number of the preparations containing a large proportion of alcohol will be taxed like any beverage containing a similar percentage of spirit. For example, Mr. McGill reports as follows on "Peruna": "From the small percentage of total solids contained in this article—less than is found in ordinary Scotch whiskey—it does not appear to belong to the class of patent medicines. The quantity of alcohol found in it (40 per cent. proof spirit) is considerably higher than the strongest port wine, and about two-thirds that of the ordinary grades of whiskey. It becomes a question as to whether it can be legally sold by druggists without a liquor licence." It would be well for temperance advocates to note this. "Peruna" is being advertized extensively in Australia. No doubt many temperance workers are unconsciously taking this preparation. Its supposed beneficial influence is no doubt due to the mild intoxication or exhilaration which is produced by the alcohol.

In regard to "Ozone," he says: "Since this article contains a substance whose properties are the opposite of those indicated by the name, its sale would appear illegal." He reports similarly under "Extract of Sarsaparilla."

The Legislative Council of the American Medical Association has also adopted resolutions asking for a department of public health, with a representative in the Cabinet. The Association further recommends uniform laws for all the States, regulating the manufacture and sale of patent medicines, and asks the government to exclude from the mails and interstate commerce all remedies the constituents of which are kept secret.

A GOOD many years ago there lay [in the streets a man dead-drunk, his face exposed to the blistering noonday sun. A Christian woman passed along, looked at him, and said: "Poor fellow!" She took her handkerchief and spread it over his face, and passed on. The man roused himself up from his debauch, and began to look at the handkerchief, and, lo! on it was the name of a highly respectable Christian woman of that city. He went to her; he thanked her for her kindness; and that one little deed saved him for this life, and saved him for the life that is to come. He was afterwards Attorney-General of the United States

COST OF UNNECESSARIES.

THE tea and coffee merchants of Great Britain pay out annually about £9,000,000 or £10,000,000. This represents the wholesale price for tea alone. The bulk goes to India and Ceylon. Coffee runs up the household accounts by another £3,000,000, of which that supplied within the Empire fluctuates between less than £500,000 and upwards of a complete £1,000,000, according to season, the whole supply being very widely distributed. Cocoa accounts for another £2,500,000, the British West India Islands contributing the largest share of the raw supply, and France that in a prepared or manufactured state. Sugar seems to represent some £15,000,000 annually. The spice merchant secures approximately £1,000,000 a year, more than half of which he raises on pepper alone. Ginger accounts for between £130,000 and £150,000, while cinnamon varies between £25,000 and £80,000. The wine bill approximates to some £5,000,000 or £6,000,000 a year, concerning which France and Portugal hold the leading claims.

As well as the teeth, clean the tongue,
But this is easier said than done.

NEWS & NOTES.

DR. D. H. KRESS made a visit to Melbourne in the interest of the medical work, and while there gave some interesting lectures on health topics.

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

WORD received from Dr. James announces his safe arrival in Adelaide. There is a prospect of securing Hope Lodge, a large building well adapted for sanitarium work. Hope Lodge is situated on an elevation of about 1000 feet, distant from Adelaide about twelve miles, and surrounded by an orchard of 600 fruit trees and eighty acres of land.

DR. FRANKLIN RICHARDS and Dr. Eulala Richards of Leicester Sanitarium, England, had a pleasant voyage to Australia. They met with a hearty welcome to the Sydney Sanitarium. They have already entered upon their new duties at the Sanitarium, and are well liked by patients and workers.

A TRACT of land has just been purchased at Cambridge, New Zealand, one of the most desirable districts in the North Island. The climate the year round is most excellent. A better location it would be difficult to find for a sanitarium. We are pleased to see the sanitarium work moving forward so rapidly. Dr. John Reekie will probably have medical supervision of the new Sanitarium.

DR. BREWER, of the St. Vincent Institution in St. Louis, says: "It can be asserted with great certainty that the boy who commences to use cigarettes at ten will drink beer and whisky at fourteen, take morphia at twenty-five, and spend the rest of his lifetime alternating between cocaine, spirits, and opium."

STATISTICIANS estimate that twenty-one acres of land are necessary to sustain one man on flesh meat. The same space of land, if devoted to wheat culture, would feed forty-two people; if to oats, eighty-eight; potatoes, Indian corn, and rice, one hundred and seventy-six, and if to the plain-tain or bananas, over six thousand people.

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.

PROFESSOR W. O. ATWATER, special medical agent of the United States Government, in charge of the nutritious investigations of food, says, "It should always be remembered that 'the ideal diet is that combination of foods which, while imposing the least burden on the body, supplies it with exactly sufficient material to meet its wants,' and that any disregard of such a standard must inevitably prevent the best development of our powers."

THE Melbourne Sanitarium Health Food Cafe, 289 Collins St., is having excellent patronage. The very best people of Melbourne visit the place. Food reform appeals only to superior minds. The degenerate have no use for it. Recently the Cafe was so crowded that it was found difficult to serve the patrons. A well-to-do lady, a former patient at the Sydney Sanitarium, took in the situation and jumped up from her dinner, took a tray, and waited on customers until the rush was over.

DR. MACKENZIE says, "The tendency of the medical mind at the present time seems to be to attach too great importance to the germ or seed, and too little to the body or soil in diseases of microbic origin." While by no means making light of the seed, a study of the soil and of the condition under which the natural body resists the attacks of disease germs becomes a matter of the highest therapeutic importance, for in the treatment of such maladies the highest success seems to be attained by encouraging and reinforcing "natural resistance."

CANCER IN FISH.

GREAT importance is attached to two present discoveries concerning cancer which have been widely discussed in London. The first of these is the discovery of the existence of cancer in fish, as in man and other warm-blooded animals living in similar conditions to man. It is hoped that the fact that cancer exists in fish may narrow the necessary field of observations, and thus conduce to a more speedy and complete knowledge of the disease.

U. S. NAVY INSISTS ON GOOD TEETH.

REPORTS to the Navy Department from recruiting parties at various points in the United States show that, of all the applicants for enlistment, two-thirds are rejected because of physical deficiencies. The naval requirements are for sound and healthy young men. More are rejected because of bad teeth than for any other one reason. Naval surgeons hold that a man who has lost the majority of his molars cannot properly masticate his food, and is therefore susceptible to stomach trouble and disorders of the digestive organs.

EVERY MAN ENTITLED TO A CENTURY OF LIFE.

SIR JAMES CRICHTON BROWNE in his recent address on "Senility," before the Royal Institution of Public Health, declared that *every man was entitled to a century of life, and every woman to a century and a little more, for women lived longer than men.* "Every child," said Sir James, "should be brought up impressed

with the obligation of living to a hundred, and taught to avoid the irregularities of living which tend to shorten life."

REV. CHARLES M. SHELDON AS A FOOD REFORMER.

"The Rev. Charles M. Sheldon, who wrote 'In His Steps,' has been a vegetarian since his visit to England. The healthiness of a Scotch vegetarian family with whom he stayed in Dundee converted him to a fleshless diet. Mr. Sheldon declares that the vegetarian habit simplifies life, and in commending it he uses the characteristically American argument, that ten minutes is time enough to get breakfast if you are a vegetarian. Just now he is especially rejoicing over his vegetarianism because while enjoying unusually good health, the Beef Trust is making nothing out of him."

DENTAL CARIES.

JAMES F. RYMER, M. R. C. S., Brighton, England, contributes the following in favor of a meatless diet: "For some years I have been dental surgeon to a large private community of men, numbering some two hundred. They live in their own secluded grounds. The order has been established and carried on without a break for 993 years. Under no circumstance do they ever touch animal food. We find here a healthy body of men, whose lives are devoted to study and literary works, with a certain amount of time for manual occupations and exercise. Disease and illness are the exception, and from statistics which have been furnished me, I find that the average age they attain is seventy-eight years. I can without hesitation say that the dental profession would not have required so many members if as little attention were necessary as is found in this establishment. Ordinary dental caries is a rarity, and this, I think, goes to prove that meat tissues which lodge between the teeth are responsible for interstitial caries due to decomposition."

"Do you wish for a kindness? Be kind.
Do you wish for a truth? Be true.
What you give of yourself you find—
Your world is a reflex of you."

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We are in need of earnest, devoted canvassers for the GOOD HEALTH in all our large cities. It is possible for energetic and intelligent agents to do well with the journal. We should be pleased to correspond with any who may have a desire to be of benefit to mankind in this line, while at the same earning an honest living. Mr. Fisher of the Sanitarium Health Food Cafe of 289 Collins St, Melbourne, has kindly consented to superintend this work in Melbourne. Any of our Melbourne friends who may be inclined to take up the work with the journal will kindly apply to him.

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Nut Meat A combination of the choicest nuts and grains, possessing nutritive value, taste, texture, and appearance in advance of the best beefsteak. Being thoroughly cooked and preserved, is ready for immediate use, and is suited to all the purposes for which flesh is in demand.

Nut Cheese Is a compound prepared from most carefully selected nuts, so proportioned as to render the article highly nutritious and flesh-forming. It excels in all the essential qualities of dairy cheese, or butter, and is pure and free from germs and preservatives.

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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.

246 William St., Perth, West Australia.

37 Taranaki St., Wellington, N. Z.

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

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