

Health Questions of the Day.

COORANBONG, N. S. W., MAY 1, 1907. VOL. 10, No. 5.

THE AUSTRALASIAN

GOOD HEALTH

Franklin Richards, M. D.
EDITOR.

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IN A SOUND BODY

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May, 1907.

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GOOD HEALTH.

Medical and Health News.

Vol. 10.

Cooranbong, N. S. W., May 1, 1907.

No. 5.

NEGLECTED DOMESTIC EDUCATION.

Urgent Need of Progress and Reform. Teachers and Training Schools Needed. The Home School and Its Teacher.

EVEN in this day of educational progress we are forced to admit that a most important part of the practical education which makes for true progress and reform, has been woefully neglected by the schools. A lack of knowledge of the laws of hygiene and the art of living is everywhere painfully apparent. Even the average college graduate is about as ignorant of the proper care of the body as the young savage. This ignorance is the only legitimate apology that can be offered for an almost universal indulgence in body, mind, and soul destroying habits; such as, surfeiting, smoking, drinking, and drug-taking. It is the real cause of the physical, mental, and moral decay which permits idiocy, imbecility, insanity, and crime to increase by leaps and bounds, and which threatens shortly to exterminate the human race. "My people perish for lack of knowledge," is the just complaint of man's Creator; for truly in these matters "darkness covers the earth, and gross darkness the people."

The terrible condition of affairs which exists throughout the world to-day, is largely the result of this appalling ignorance of domestic duties. Take the question of cookery, for example. Ignorance of the body's needs and how to supply them, leads the cook to concoct indigestible dishes. The same sort of ignorance permits both ploughman and professor to bolt these unknown compounds without stopping to masticate or taste them.

The digestion is deranged, food-poisoning results, abnormal cravings are created, and through the attempt to satisfy these, the tobacco, alcohol, opium, or other drug habit is established. The will is weakened, the mental and moral faculties are undermined, and almost anything may happen. The habitual drug-taker is often as unsteady in his mind as in his legs, and his progeny are always badly balanced. Much of the immorality and crime with which the world is burdened, originates in just such apparently simple things as indigestible foods.

The dearth of persons competent to teach domestic science, is well shown by the following sentence taken from a report of the work done by our schools:—

"If only some girl student would graduate in domestic science with special attainments in sanitation and cookery, she could, in the light of recent developments in domestic training, practically command the situation."

What a comment on the practical results of modern education! Not a woman to be found amongst college graduates, who is qualified to instruct others in the scientific management and care of the home!

We must wait for "some girl student" to "graduate in domestic science with special attainments in sanitation and cookery" before even the mothers of the land can be taught to rear their young and feed their families as successfully and as scientifically as domestic animals are raised and fed.

And a tremendous "IF" stands in the way of getting even such meagre help as the girl graduate.

What is to be done?

The Premier has received a report from the Superintendent of Technical Education, concerning the establishment of a domestic college for women. The Superintendent urges the need of immediate, practical action on the part of the Government.

At a recent meeting of the National Council of Women, the need for such a college was emphasized, and it was agreed: "That the Government be requested to promote the teaching of domestic sciences in the schools, and to assist in the establishment of a college of domestic science and training."

It was stated by the chief speaker that the object of such a college was to cultivate domestic science and uplift domestic service; not only to impart skill, but to teach women to take a broad, scientific view of the care of the home. Domestic service was referred to as being the grandest profession in the world, if only its followers were properly trained. It was thought that with proper instruction it would become a skilled profession like that of nursing, and hold a similar position in the eyes of the world.

While teachers are being trained and colleges established, a proper appreciation of individual responsibility will lead to the organization of every home into a model training school of health. Without the home school the government school would be of little value; while with the home school in good working order, the government school is not so badly needed. The home used to be the cradle of the nation; the nation is now asked to be the cradle of the home.

Simple, easy lessons on the structure, use, and care of the different parts and organs of the body, should be early taught to children in the home. This work should be faithfully carried forward in the school, each precept being put in practice in the home. Thus the home must in any case become the real training school in hygiene, the place where the knowledge gained is applied, just as the office is the real training school in business. And what is true of hygiene is equally true of cookery and other domestic sciences and arts.

But how shall the people learn without a teacher?

The average mother knows that she is not competent to teach her children physiology and hygiene, because the school and



The Country Home of the GOOD HEALTH



A View Inside—GOOD HEALTH Going to Press.

the home did not do their duty in instructing her. How shall she acquire the necessary knowledge?

For more than forty years in America, for many years in England, and for the past ten years in Australia, the GOOD HEALTH has been to the people a teacher of health in the home. To educate, educate, educate, has been the constant purpose of the paper. And the GOOD HEALTH has been blessed in its mission. It has shed abroad the light of the principles of saving health, and has proved a blessing to thousands.

It is the earnest desire of those who are connected with the publication of the GOOD HEALTH that the paper may abound more and more in this much-needed educational work. Some new departments have been opened with a view to making the GOOD HEALTH still more helpful. We would call the attention of our readers to the Domestic Science Department, which is to be conducted by Mrs. Eulalia Sisley Richards (M. D., L. R. C. S.). The excellent recipes for healthful cookery, which have been given in the past, will be continued in this department. The various other phases of scientific house-keeping will also be given due attention.

Flesh Food and Alcohol.

Is the Stimulating Character of Flesh Foods Responsible for the Alcohol and Tobacco Habits?

DR. HAIG in his work on "Diet and Food," dwells at length in the chapter on "The Physiology and Pathology of Fatigue," on the stimulating character of flesh foods. Incidentally he shows that this unnatural diet is largely responsible for the injurious habit of eating too frequently, so common nowadays, and also for the alcohol and tobacco habits, and a host of minor ills. He says,—

"A meal of meat, as compared with a meal of, say, milk, cheese, and bread, equally rich in albumens, is like the force in an explosive oil as compared with the same amount of force in a slow burning oil.

"Stimulation is not strength, but force rendered a little more quickly available; and it is always followed (and must be so) by an exactly corresponding amount of depression, when the force used up is not available, and has to be replaced.

"This action of meat, as a stimulant and producer of quickly worked-off force, has a good deal to do with the fact that, as we have come to eat more and more meat, we have also come to have a larger and larger number of meals in the day; and now while

the bread cheese and vegetable feeder can do well on two, or at most three, meals a day, the flesh feeders often take four, or perhaps five.

"It follows, also, that quite an exaggerated and erroneous estimate has been formed of the power of meat to produce force, because its stimulating effect has been mistaken for power, and the depression which followed has either been overlooked, which is possible at first, or later, has been counteracted by tobacco, alcohol, and other more harmful stimulants; but the man who gets his albumens from a less stimulating source, having no early stimulation, has also no consequent depression, and so probably never feels the want of any alcohol at all.

"Hence it comes about that those who took alcohol on a flesh diet generally very soon give it up when they give up flesh, and smoke also very little, having no craving for any stimulant.

"Another very common effect of meat-eating, whether alcohol is added to it or not, is a certain amount of dulness, heaviness, and disinclination for mental or bodily exertion in the morning hours, often associated with more or less irritability and mental depression. In fact, the meat-eater is never quite himself or to be seen at his best till the evening, when rising acidity clears his blood for a time from excess of uric acid; and this is, I think, at least one of the factors that has caused our morning and evening hours to grow progressively later and later, as we have come to live more in towns and to eat more meat."

By abstaining from meat and highly seasoned foods alone and subsisting largely upon fruits, the desire for alcohol and tobacco will diminish, and finally disappear.

Tobacco.

No Poison More Poisonous.

We can well believe that certain tobaccos are more poisonous than others, but we very much doubt whether substances more injurious than tobacco itself are ever added to the manufactured leaf. Flavorings and sweetening substances, as licorice, glucose, and glycerine are often added, but these are harmless compared with pure tobacco itself. Statements have been freely made that morphine, or even cocaine, is added to cheap cigarettes in order to give them immediate soothing qualities, or "to soften" the flavor of an otherwise harsh smoking tobacco. We can

not accept such statements, applied, at all events, to cigarettes retailed at five, or even six, for a penny. The tobacco in such cigarettes is of an inferior and inexpensive kind, we admit, but we have not been able to find the smallest trace of foreign poisons in some very cheap cigarettes which we purchased recently, and submitted to careful analysis. We doubt whether it would pay to add such comparatively expensive poisons. Opium is not cheap, nor is cocaine. Tobacco of common quality is at any rate infinitely cheaper. The danger of smoking arises from tobacco-poisoning, and it is the wholesale and unchecked poisoning of the child with tobacco, chiefly in the form of cigarette-smoking, against which the nation is asked to find a remedy.—*The (London) Lancet.*

Alcohol and the Medical Profession.

DR. CROTHERS HARTFORD, U. S. A., in addressing the Psychology Section on "The Insanity of Inebriety," said, "So-called moderate and steady drinkers were the most devitalised and degenerate of all users of alcohol, and a very large proportion of the diseases of modern civilisation were directly or indirectly due to the action of alcohol on the cells and nerves."

Sir Victor Horseley, of University College, London, speaking at a luncheon given by the Ontario branch of the Dominion Temperance Alliance in honor of the British Medical Association, said he had come to the opinion that the value of alcohol as a drug was practically nil.

"When I was a student," said Sir Victor, "alcohol was the traditional remedy in surgery for the post-operative treatment of blood poisoning, for other operations, and for infectious disease like pneumonia. Now alcohol is no longer used." The fact is, alcohol is at all times and in all cases, in health or in sickness, a *poison*. Its poisonous effects are immediate, but the process of physical injury may be slow or rapid, according to the quantity of poison consumed and the physical condition of the consumer. One may take alcohol just as he may inhabit insanitary dwellings and breathe impure air, and yet live a long life, but this is because he possesses the powers of resistance sufficiently developed to survive the ill-effects of the alcohol in the one case, or the vitiated air in the other. Alcohol has no food value, and is injurious as a beverage, and useless as a drug.

.. *The Pure Food Page* ..

Poison or Food?

SOME interesting and valuable scientific information on the theory that a piece of apparently "sweet" pork or veal may be in a poisonous condition, owing to the development of ptomaines therein, was given by several London medical men last month at the trial of an action arising from the alleged sale of bad pork by a Chiswick butcher to a married couple, one of whom died, presumably from eating this meat. The pork butcher pleaded that when he supplied the meat it was perfectly fresh. The widow swore that it was cooked and eaten on the day following, that both she and her husband became ill directly after they had partaken of it, the symptoms being like poisoning, and that six days later her husband died from the effects of the meal. A medical witness for the defendant shop keeper, said that his stock was quite wholesome, and that he detected no sign of putrefaction in the remainder of the joint supplied to the man who had since died. The general public will be interested to hear that *in the opinion of this and other medical men, pork may be poisonous though it is not offensive to the nose, and so may veal or any other flesh food.*

We give another case of ptomaine poisoning:—

An engine-driver named Edward Brown, died after eating some brawn. At the inquest the doctor expressed the opinion that the brawn was perfectly good when it left the manufacturer's premises,

CHARGE OF THE HEAVY BRIGADE.

Corpses to right of them,
Corpses to left of them,
Corpses in front of them—
Corpses unnumbered.
Into death's jaws they fly,
Carving knives madly ply,
Mark the blood-thirsty eye
Of the Four Hundred.

"Bring on the crippled cow!
And filthy *scrofa*—sow!
Who'll be a coward now?"

Loudly they thundered.
"Let the 'white plague' come
nigh!

Cold-storage meat, and 'high,'
Such dangers we defy!"
Valiant Four Hundred.

"We're safe enough," they cry,
"Let's gorge on rabbit pie
Till off the buttons fly!

This meat's inspected!"
Tapeworms go gliding by—
Trichinae—fever-fly—
From creatures doomed to die
But not rejected.

First a roast, then a fry,
Devilled ham, and pork pie—
No ill dish e'er gets by

The bold Four Hundred.
"This course seems rather dry,
Let's have some good old rye!
Eat, drink, be merry."—*Die!*
Foolish Four Hundred.

Beat softly, muffled drum;
Not from the city's slum,
But with the "upper scum"
These souls are numbered.
Furl folly's flag on high!
Mortal man does not die—
Himself he kills. We sigh.
Wisdom still slumbered.

—F. G. R., for Good Health.

but that it subsequently became infected. Death was the result of ptomaine poisoning. The jury thought that the condition of the brawn was due to the hot weather.

Our Meat Supply.

TO THE EDITOR:

I wonder whether it is realised by the public that it is the ordinary custom on many farms to sell animals to the butcher as soon as they begin to show signs of serious illness.

The Continental taste for sausages seems to be chiefly responsible for the high prices obtained by English and other owners of old and diseased horses for the carcasses of these otherwise worthless animals. A Barnsbury horse-dealer, summoned this week for cruelty to a horse, for allowing it to be worked while unfit, proved to have only just bought the animal for £12 for shipment to the Continent, and ten other horses were being similarly sent off by him when the police inspector met him. The magistrate elicited from the police that as much as £17 was given at Amsterdam for big horses to be made into sausages, and in fining the accused £5 he remarked that he generally sent similar offenders to prison—not an unreasonable punishment when it is remembered that not only are the sausages made from other meat than is alleged to compose them, but that the horseflesh is frequently badly diseased. These sausages are sent all over the world.



Toothsome Turkey.

IN the future the "toothsome" turkey will not be eaten with the same relish by those who have read the accounts of recent investigations made in the city of Chicago by Dr. Whalen, of the Health Department.

A Mr. Inwood had purchased a live turkey from Charles Klohr, a butcher at 363 Belmont Avenue. The gobbler was fat and apparently in good health, but when killed, peculiar white spots were found on the heart and liver. Mr. Inwood held a conference with the butcher, who refused to take the dead turkey back. Then the matter was taken up by the Health Department.

Drs. Whalen and Biehn, of the city laboratory, held an autopsy over the diseased organs, and reported the deceased fowl was in the last stages of consumption. Inspectors were sent to the butcher's shop, but it was decided that the butcher could not be held responsible, as he had purchased the turkey in good faith. Heretofore fowls have not been examined very carefully, the general belief being that tuberculosis was confined chiefly to hogs and cattle. Said Dr. Whalen: "*It is of considerable importance because there may have been thousands of tubercular fowls killed and eaten in Chicago for Christmas alone. Hereafter we shall have to inspect fowls before they are sold in the city.*"

This diseased condition of fowls is not confined to Chicago. It is general, and animals everywhere are becoming more and more diseased.

A WRITER in the "Swine Herd," mentions some of the diseases of the pig. Amongst these are rheumatism, paralysis, blind staggers, thumps, scours, cholera, tapeworm, and trichinæ. In short, there is no such thing in the world as a clean, healthy pig. Those who eat the flesh of scavengers, cannot avoid taking what goes with it.

DR. MARGILL, a district health officer, in examining some of the tins of milk that were to be employed in the manufacture of chocolate and caramel cremés at the Diamond Confectionary Company, found them in an advanced state of decomposition.

Charles Henry Jones, proprietor of the Diamond Confectionary Company, said he had had twenty-five years' experience of confectionary business in England with J. S. Fry and Company. He had seen milk used in England in a much worse condition than what he had in his factory. He knew fermentation was present, but had always believed that the high temperature (260 degrees Fahr.) which the milk was subjected to, destroyed any germs. The milk was used for caramel toffee, about 10 per cent. being used in manufacture.

Parasites Produce Appendicitis.

THE grape-seed theory and various similar theories concerning the causes of appendicitis, were never taken really seriously by the average layman. It is true that hard masses called *enteroliths* (bowel-stones), are sometimes found in the inflamed appendix, but it is doubtful that a genuine fruit-seed of any kind ever found its way into the narrow opening of this little pocket.

It is easy enough to conceive of sharp, pin-like, living creatures wriggling and squirming their way into the appendix. And that this does actually occur is now a demonstrated fact. Many cases of appendicitis associated with parasitic worms, were reported during 1906. At a meeting of the Clinical Society of London, Mr. Carson, a surgeon, described two instances of acute attacks in which he removed the appendix, and found that it contained the *oxyuris vermicularis* (thread-worm). He believed that the appendicitis was directly due to these parasites. About a dozen other similar cases were reported at this meeting, in several of which the appendix was literally stuffed with worms. One patient who had all the classical signs and symptoms of appendicitis, passed twenty-four large, round worms after the administration of a vermifuge. It is not to be inferred that all these were in the appendix, but very probably one was in, or was trying to wriggle in, thus producing appendicular pain. Such was actually found to be the condition of affairs, after death, in a young woman who had been suffering from intestinal helminthiasis for a long time. After taking a dose of santonin, she had vomiting, pain and tenderness of the abdomen, especially on the right side over the appendix, and some rise of temperature. This condition lasted for two days, and was terminated by death. The appendix was engorged with blood, and on opening it, a round worm was found, firmly embedded for about half its length in the appendix, the other half being free in the intestine.

Yet another instance is recorded, in which the appendix was removed by operation. Two specimens of the whip-worm were found, each with the whip end of the worm deeply sunken in the mucous membrane. Little brown spots seen on the surface proved to be a collection of the eggs of the parasite. Interesting corroboration of this case has been provided by Mr. R. F. Moore, of St. Bartholomew's Hospital. We learn from his communication that an appendix removed

by Mr. D'Arcy Power after a typical attack of appendicitis, appeared on first sight to be normal, but on splitting it open a *trichocephalus dispar* (whip-worm) was found inside it.

In the *Archives de Parasitologie*, Professor Blanchard writes very emphatically on the frequency with which intestinal worms are responsible for inflammation in the appendix or its neighborhood. He deals particularly with ascaris, oxyuris, and trichocephalus, and cites numerous instances where one or other of these parasites has been associated with appendicitis. There is no doubt in his mind that the worms were not harmless lodgers, but were the actual cause of the disease; and, indeed, he is able to provide many examples where the administration of a vermifuge has been sufficient to effect a cure. He strongly protests against the view, held by many authorities, that the presence of worms in an appendix removed by operation is merely an accidental circumstance of no particular insignificance.

Professor Metchnikoff, in an article on "The Hygiene of the Intestines," expresses much the same view as Professor Blanchard. He considers that intestinal worms are responsible for many cases of appendicitis, and

regards outbreaks of this disease amongst different members of the same family, or among several people living in the same locality, as being probably due to infection from a common origin. He also remarks that appendicitis is not uncommon in the chimpanzee, an animal which frequently harbors a large number of intestinal parasites.

It should be remembered in this connection that the chief source of intestinal parasites is the flesh of cattle, hogs, sheep, and other animals which are the usual hosts of these creatures. Another source of danger lies in the ingestion of drinking water or uncooked vegetables contaminated with excreta. It is important to bear in mind that the ova of parasitic worms, unlike the pathogenic bacteria, are not destroyed by the nitrifying organisms of the soil; they adhere to any vegetables with which they come in contact, and consequently the consumption of these may involve the ingestion of living ova. On this account Professor Blanchard strongly protests against the habit of using human excreta for fertilizing the soil in which vegetables are grown. All fruits and vegetables should be thoroughly washed in running water before being sent to the table.

Physical Culture,—What It Is, and Why It Is Needed.

BY J. S. REEKIE, M. D.

MODERN civilization has brought about many changes in all branches of human activity, and not the least important is the changed relations of life in the average human unit. To-day, cities are more populous at the expense of a depopulated countryside. Machines do in the fields to-day the plowing, the harrowing, the reaping, the cultivating, the harvesting, which it needed multitudes to do a generation ago; and in the cities the congested population is for the most part occupied in attending some machine, or in being moved about by machinery. Many human occupations have been entirely displaced by the advent of machinery. The substitution of steam energy and natural forces converted into electricity for muscular activity, has brought about a change in the human structure. This change is not merely muscular. It is far-reaching in its consequences, and is responsible for many modern forms of disease, or degeneracy, of the more important organs of the body.

Through generations of manual toil in the open air and at natural occupations, a physical status had been reached by our grandfathers which was a fairly correct balance of intake and output. The digestive organs had become accustomed to dealing with a certain amount of simple, energy-producing food, which was the more or less exact complement of the muscular energy expended in the open air or wide workshop.

Some of these relations have been changed, while others have remained the same or have been unconsciously changed in the reverse of a compensatory balancing. Muscular energy is less and less called for, but we have continued to use almost the same bulk of energy-producing food-stuffs under conditions which, unlike the life lived formerly in the fresh air of the country, do not help us to throw off easily the poisonous matter which surfeiting produces. And besides these changes mentioned, there are others in the nature of artificial foods and aids to appetite.

The Safest Thing

To do with a failing appetite is to let it alone. One might just as reasonably endeavor to make a fire burn without draft as to create an appetite for what is not needed.

Physical culture is another product of modern civilization. It is an effort to correct some of the evils of that civilization, and restore a balance of income and expenditure.

ture, moisture, or fresh air. The skin too often bleaches, hidden away beneath long sleeves, and high collars, and (shall I say it?) long pants. It is only the small boy who bathes too much. We older ones neglect the bath to our great loss and positive danger.

An Even Balance.

True physical culture includes the adjust-



The Healthy, Happy, Out-Door Life of Childhood.

Most of us eat enough to make good farm laborers of us, but we spend only as much physical energy as will move us off one machine to stand at another all day.

The object is worthy, but the method is faulty. It is necessary to give attention to the inside of our dwelling house of flesh, as well as to the outside, if we would be cultured physically.

Each individual should develop his whole being in such a manner as to be well balanced and to produce an even compensation of forces. He should be like a chronometer watch, which compensates for many changes—changes in temperature and changes in position.

It concerns the few instead of the many, whether the diet is changed to suit the season, or even that the clothing or habits are changed, until we feel actual bodily discomfort from increase or decrease in tempera-

ment of the diet, the promotion of free elimination of all body poisons, and the development of idle or little-used muscles, as well as a healthy use of the special senses.

Eat food direct from the hand of nature, and let no creature act as a middleman, thereby exacting his commission, and oft-times practising the adulterating arts of the human middleman.

Keep the bowels, kidneys, lungs, and especially the skin, active. To do this, eat regularly, drink between meals, breathe in the open air, and bathe often.

Exercise is most beneficial when taken out of doors, and with the skin as much exposed as modesty will permit. Walking and swimming combined need nothing added to them to develop any muscle, and will produce a lithe, clean-limbed athlete, or a well-balanced, ordinary individual who need not be ashamed of the gifts of nature.

Mental and Moral Muscle.

Above all, give attention to the hidden man. Cultivate courtesy, courage, sobriety, steadfastness, sincerity, integrity. These all are necessary in a truly well-balanced man. Be clean in your innermost parts. It is that which enters the mind that makes a boy or man unclean. Tar or coal-dust on the surface is only misplaced dirt, but an unclean thought is a thing that has no place in nature, and to harbor an unnatural thing fits one for the bottomless pit.

Boys and men, live noble, clean lives, and pray for faith and truth to be revealed to you. God made man in His own image, and He will restore that image with your co-operation. This restoration will mean a sound mind in a sound body, and your co-operation to this end lies in making the most of the vital, mental, and muscular powers which have descended to you.

Much that is feeble and undeveloped may be improved by proper attention and persistent endeavor. Weak hearts, narrow lungs, inactive digestive organs, poor circulation, and many forms of disease, may be completely remedied by proper physical culture. The best form of physical culture is work in the open air, with bare arms and open shirt bosom, and surrounded by the things of nature. There is culture for the eye and the ear, for taste and smell, and play for every finer feeling in man, in closecontact with nature. True physical culture includes all this, and the reward is an appreciation of the things of God, which makes us worshippers on His footstool.

Exercise and Pure Blood.

Tonic Condition of the Skin.—One of the Many Valuable Results from Thorough Activity.

WHEN an athlete is in "fit" condition, the fact is indicated in part by his skin, which, as the trainer says, is "white as a woman's." This is because of the active perspiration induced by the vigorous exercise, and the accompanying activity of heart and lungs.

The skin of the sedentary man, like that of the long-stabled horse, is inactive, lifeless, dingy, even "hidebound." Excrementitious substances which ought to be cast out through the sweat glands, accumulate. The perspiratory ducts are clogged, the sweat glands become inactive, the blood flows sluggishly in the vessels.

Exercise awakens all the bodily activities,

Every organ feels the tingle of new energy and power. The stagnating fluids which fill the sweat ducts are forced onward, and the skin perspires. A cold or cool bath only cleanses the outside of the skin. Sweating by exercise cleanses the skin to its depths. A hot bath causes sweating and is good for the skin; *but it does not supply, as does exercise, the oxygen required to burn up the impurities of blood and skin, needful for body health.*

Brisk walking is perhaps the best of all forms of exercise. Rapid running is too violent; ordinary leisurely walking is quite too slow and easy. Swimming in water of sea-water temperature is one of the best of exercises. It is a splendid heart and skin tonic. It strengthens the nerves, improves appetite and digestion, and increases lung capacity.—*American Good Health.*



Nature's Massage.

MASSAGE is a natural and inseparable factor in the maintenance of the health of the physical structures. "In the active, living machinery of animal bodies," says a medical writer, "the muscular activity is constantly manifested in a sort of massage, a never-ending exchange of intermittent pressure, compression, and relaxation.

"Take the diaphragm: its incessant ascent and descent in the act of respiration is nothing more or less than a continual massage, a ceaseless exhibition of passive motion, influencing the organs both above and below it, especially the organs of the abdominal and pelvic cavities. But here, too, the effects of this involuntary massage of nature, absolutely necessary to life, may be interrupted, and morbid conditions forced. Through tight-lacing, or other abuses, these passive motions may lose their normal vigor, and in the utter absence of exercise without any massage within, constipation may promptly intervene, the appetite grows feeble, and the digestion is seriously impaired." Deep, abdominal breathing is one of the greatest aids in keeping in health the abdominal organs. Good digestion is impossible without it.

GENERAL RULES FOR EXERCISE.

It Must be Systematic and Regular to be Beneficial. Frequent Light Exercise vs. Occasional Heavy Exercise.



EXERCISE, to be really valuable, must be systematic; that is, it must be taken in such a way as to bring into play all the muscles of the body in a natural and symmetrical manner, or, in case the exercise is taken to correct deformities or special weaknesses, it should be such as will be best calculated to accomplish the desired end.

It must be taken regularly. The way most business men take their exercise, going off on a hunting expedition once a year for one or two weeks, or now and then taking a very long walk or a tiresome rowing excursion, is not calculated to strengthen the muscles, but rather to make them sore and stiff, and to discourage efforts in this direction.

Exercise should be taken daily. The system requires its daily dose of muscular exercise as much as its daily portion of food; and it would be quite as sensible to undertake to do a month's eating in a single day as to take all of one's exercise for a month on a monthly holiday. Hence exercise should be taken daily, and if possible, at a regular hour.

The best time for taking exercise is about ten o'clock in the forenoon, but for an ordinary individual the best time is at such an hour as will enable him to take it at the same time every day, thereby allowing the system to accustom itself to periodical muscular work, and so acquire the greatest amount of benefit from it. As a rule, especially with weak persons, a large amount of exercise should not be taken before breakfast. Persons who have a weak digestion, often suffer ill effects

from taking long walks before breakfast, becoming so "faint" that the relish for food is lessened, as well as the power to digest it. For those who have active duties requiring their attention during the usual business hours, exercise may be divided between morning and evening, as, half an hour before breakfast and an equal length of time before going to bed.

The amount of exercise should be such as will produce genuine fatigue. At the beginning, the exercise should be taken very moderately indeed, and the person

should stop short of complete exhaustion. Weak muscles, in particular, should be exercised with very great care. Many persons become discouraged in their efforts in the direction of physical culture by attempting to do too much at first. In consequence of very violent exercise, the muscles are made sore and stiff, and they become discouraged, and give up the attempt in disgust.

At no time during the course of physical training should the exercises be so violent as to be exhausting; but they should be so gradually increased that the heaviest exercise at the last will be no more taxing than the very lightest at the beginning. This requires that the amount of muscular work done should be so carefully graduated that the muscles will have time to develop increased capacity as the work is increased.

A story is told of an ancient Roman who developed enormous strength by placing upon his shoulder a calf, and carrying it around the ring of a great amphitheatre. This he did each day; and as the calf grew in size, his strength increased proportionately, until at last he was able to shoulder the full-grown ox, and carry it about the great arena with almost as much ease as he had first carried the animal when but a few days old.

Much greater benefit is derived from light exercises repeated many times than very violent exercises repeated but few times, or engaged in only for a brief length of time. By lifting heavy weights, or indulging in such exercises as are too heavy for the muscles, they may be strained and even permanently injured; while by the employment of light

exercises, though the body becomes fatigued, no such mishaps can possibly occur, and no permanent injury will be likely to be done.—*American Good Health.*

A Young Sportsman's Meditation.

THE celebrated Russian novelist, Turgenieff, tells a most touching incident from his own life, which awakened in him sentiments that have colored all his writings with a deep and tender feeling.

"When Turgenieff was a boy of ten years, his father took him out one day bird shooting. As they tramped across the brown stubble, a golden pheasant rose with a low whirr from the ground at his feet, and with the joy of a sportsman throbbing through his veins, he raised his gun and fired, wild with excitement when the creature fell fluttering at his side. Life was ebbing fast, but the instinct of the mother was stronger than death itself, and with a feeble flutter of her wings the mother bird reached the nest where her young brood were huddled, unconscious of danger. Then, with such a look of pleading and reproach that his heart stood still at the ruin he had wrought,—and never to his dying day did he forget the feeling of cruelty and guilt that came to him in that moment,—the little brown head toppled over, and only the dead body of the mother shielded her nestlings.

"'Father, father,' he cried, 'what have I done?' as he turned his horror-stricken face to his father. But not to his father's eye had this little tragedy been enacted, and he said, 'Well done, my son; that was well done for your first shot. You will soon be a fine sportsman.'

"'Never, father; never again shall I destroy any living creature. If that is sport, I will have none of it. Life is more beautiful to me than death, and since I cannot give life, I will not take it.'"

Harmfulness of Drugs.

THERE is no drug that can be taken into the system regularly without working harm. Every drug has a secondary effect, as well as a primary one. The immediate effect is all that a man thinks of when he takes it; but the secondary effect follows

just as inevitably. It is of an entirely different nature, and it is always bad. For example, the secondary effect of most of the coal-tar headache powders is to reduce the number of red corpuscles in the blood, whose business it is to carry oxygen to all parts of the body.

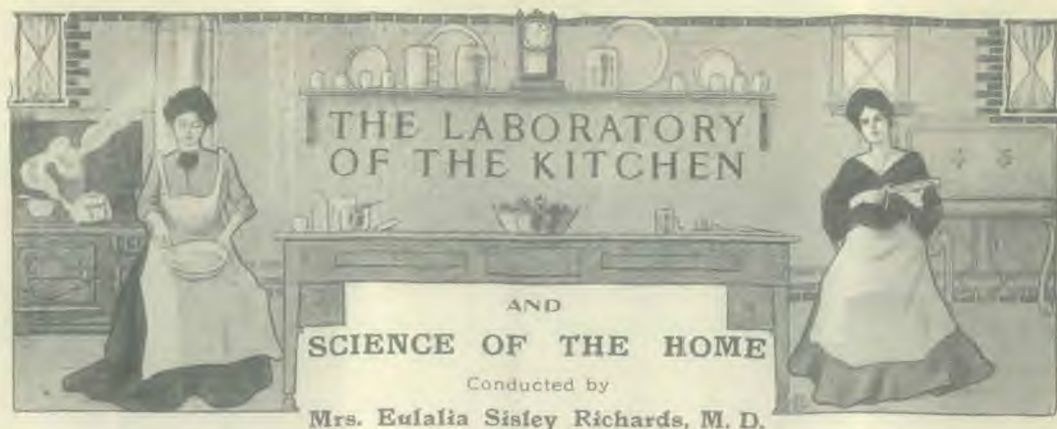
The same sort of double dealing is illustrated by every drug. The primary effect of opium is to deaden the pain-sense and bring on an agreeable feeling of well-being which leads gradually to sleep. Its secondary effect is to stop salivary secretions and the functions of other glands, and to stop the proper action of the intestines. The constipation that comes from opium-taking is difficult to cure. Alcohol, nicotine, chloral, cocaine, and all the rest have their secondary effects, of just as undesirable a character.

LUTHER H. GULICK, M. D.

"Folly is joy to him that is destitute of wisdom."



REAL SPORT.



DIET AND HEALTH.

OUR bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

Selection of Food.

Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We can not safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs, appointed Adam his food. "Behold," He said, "I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field."

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.

But not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.

Nature's abundant supply of fruits, nuts, and grains is ample, and year by year the products of all lands are more generally distributed to all, by the increased facilities for transportation. As a result, many articles of food which a few years ago were regarded as expensive luxuries, are now within the reach of all as foods for every-day use. This is especially the case with dried and canned fruits.

Nuts and nut foods are coming largely into use to take the place of flesh meats.

With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realise ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.

When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.

Persons who have accustomed themselves to a rich, highly-stimulating diet, have an unnatural taste, and they can not at once relish food that is plain and simple. It will take time for the taste to become natural, and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a time, find it palatable. Its delicate and delicious flavors will be appreciated, and it will be eaten with greater enjoyment than can be derived from unwholesome dainties. And the stomach, in a healthy condition, neither fevered nor overtaxed, can readily perform its task.—*Ministry of Healing.*

Better than Meat.

THE following recipes suggest several wholesome and attractive dishes, which may be served in place of meat:

NUT AND LENTIL ROAST.—Three pints of cooked lentils; one pint stewed tomato; one cup walnuts chopped; one tablespoonful nut butter. Rub the lentils through a colander, strain the tomato to remove seeds and skins. Mix all well together. Pour in a baking-dish and brown in the oven.

NUTTOSE AND MACARONI.—One cup macaroni; half a pound of nuttose; one and a half cups of water; one tablespoonful of nut butter. Break into two-inch lengths enough macaroni to fill a large cup; cook in boiling water until tender. When done, drain. Put a layer of macaroni in a baking dish, sprinkle with a layer of finely chopped or grated nuttose; add a second and a third layer, sprinkling each with nuttose. Turn on the whole one cup and a half of water, with three tablespoonfuls of nut butter dissolved in it. Bake in a moderate oven till lightly browned. Nuttolene may be used instead of nuttose.

MASHED HARICOT BEANS.—Soak over night a quart of small haricots. In the morning drain the water off, and put to cook in boiling water. Boil till perfectly tender, when the water will have nearly evaporated. Rub through a colander to remove the skins; add salt and a tablespoonful of nut butter. Put into a shallow pie-dish, smooth the top with a spoon, and brown. If preferred, half zwieback crumbs may be used with the beans. Slices of lemon served on the well-browned surface make a pleasing effect.

WALNUT RISsoles.—One cup of walnut kernels; one and a half cups of granola; two cups of water; a little parsley or sage. Grind the nuts through a nut mill, add the granola, and moisten with water. Mix thoroughly, adding a little parsley minced fine, or sage if preferred. Mould with the hands into small rissoles, and bake till a light brown. Crushed zwieback or toasted bread crumbs may be used in place of the granola, in which case a trifle less water will be required.

COTTAGE CHEESE.—Fresh milk brought to the boiling point, and curdled with a little lemon juice, makes a perfectly wholesome cheese. It can be eaten plain, or seasoned with a little cream and salt, and made into balls.

These recipes are taken from a bright little book called "The School of Health," which is reviewed in the Publisher's Department.

A HEALTH-PROMOTING ART.

There's a beautiful art that is sadly neglected,
And daily I wonder to see it rejected
By some who'd be healthy and wealthy and wise,
By just condescending to open their eyes,
And look at things fairly with never a pout—
I refer to the fine art of doing without.

"Why, that's nothing wonderful," maybe you'll
say,
"I do without things I want every day!"
Quite likely you do, but how do you do it—
With good grace, or a face that's as blue as a
bluet?

There's a wonderful difference (just jot that down)
Between giving up things with a smile or a frown,
And that is precisely the difference between
The artist and bungler—you see what I mean?

You can't do as you like? Then do as you can;
I'm sure you will find it the very best plan.
Can't have what you want? Take what you can
get;
No better device has been patented yet.

'Tis the bravest and blithest and best way by far,
Not to let little losses your happiness mar.
'Tis an art that needs practice; of that there's no
doubt,
But 'tis worth it—this fine art of doing without.

—Selected.

The Dangers of Dust.

BY MRS. E. S. RICHARDS, M. D.

THE average housewife regards dust as disagreeable, but little realizes that it is positively dangerous to life and health. Recent investigations have proved that many varieties of disease-producing germs are conveyed from one place to another in dust. The most deadly germ carried in this way is the *tubercle bacillus*, the germ that causes consumption. There are people all about us in the streets and public buildings who are, either consciously or unconsciously, suffering from tuberculosis. In spite of the efforts made by city authorities and other corporations to prohibit promiscuous expectoration, many expectorate more or less freely in the street and public places. The sputum thus expectorated becomes dried in the air, and is soon carried about by every wind that blows. It is thus that myriads of tubercle germs enter our homes. And the gravity of the situation becomes more apparent when we consider the fact ascertained by competent observers that the vitality of the infecting germ, when retained within doors, may be unimpaired for several months.

A knowledge of these facts should induce the careful housewife to adopt some improved methods of house-cleaning. The old-fashioned broom and duster method falls far short of the object it is intended to accomplish. The wielding of these common household implements simply stirs up the dust, removing it momentarily from its resting place, but in no wise preventing its settling again as soon as the performance is well over. It would be almost better to leave a room untouched than to create such a cloud of dust as is commonly done on sweeping days. When the indoor air is filled with dust, the inmates of the house are certain to inhale a large number of disease-producing germs, or to have them conveyed into the body in food or drinks.

Whether or not these bacteria develop within the body depends upon the condition of the soil upon which they fall. The person who is "run down" or who suffers from chronic indigestion, constitutes an excellent seeding ground for disease germs.

In order to avoid the dangers of dust it is necessary that the home be furnished somewhat differently from the average dwelling. So far as possible, upholstered furniture and heavy draperies should be dispensed with, as they harbor dust and are difficult to clean.

Then too, large heavy carpets should be replaced with light carpet squares, which can easily be removed at frequent intervals for cleaning. The borders of the floor may be of polished hardwood, or the ordinary boards covered with linoleum, matting, or some other floor-covering from which the dust may be removed with a soft cloth slightly dampened. The wood work and furniture should also be dusted with soft cloths, care being taken not to stir up the dust and scatter it about the room.

These changes in domestic methods of cleaning are an essential part of the movement for better health. The housekeeper who does not make them should understand that she is endangering the health of the household. It will be a matter of no surprise to the medical attendant if some member of the family has a cold, another an attack of tonsillitis, influenza, or pneumonia.

The daily or weekly dust-stirrings are enough to account for all these and many other diseases.

The Prevention of Typhoid.

By following out these instructions, not only typhoid but many other diseases due to poisons put into the mouth, will be prevented:

The Minnesota State Board of Health is investigating this epidemic to find its exact source. Meantime govern yourselves as follows:—

1. TYPHOID FEVER is contracted solely by the MOUTH. If you do not put the poison of typhoid fever into your mouth YOU WILL NEVER CONTRACT TYPHOID FEVER. Therefore, WATCH THE MOUTH.
2. DO NOT EAT OR DRINK ANYTHING (water, milk, oysters, fresh vegetables, or anything else) UNLESS it has been first BOILED, BROILED, BAKED, WASHED, FRIED, or otherwise THOROUGHLY HEATED through and through.
3. DO WITHOUT ALL FOOD OR DRINK which has not first been thus heated. (Canned or bottled foods or drinks are not included in this.)
4. If living in the same house with a typhoid fever patient, DO NOT HANDLE YOUR OWN FOOD, or food intended for anyone else, even if it has been heated, except with HANDS that have been THOROUGHLY WASHED with soap and very hot water (preferably also with antiseptics—ask your physician about the antiseptic to use). WASH BEFORE EVERY MEAL in this way and before cooking, serving, or eating ANYTHING.

The poison of typhoid fever does not show itself for two weeks after it enters the body. Therefore for the next two weeks, typhoid cases may develop from typhoid poison already taken in. But any case which develops on and after (a date two weeks later than the date of the placard) will be due SOLELY TO NEGLIGENCE of this notice and failure to carry out minutely the directions here given.

CHATS WITH THE DOCTOR.

Cane Sugar and Fruit Juices for Infants.—1. Should cane sugar be given to infants or young children? If not, why not? 2. Is it wise to give the juice of fresh sweet grapes to a baby eight months old? 3. Should fresh fruit and milk be taken at the same meal?

Ans.—1. Cane sugar should not be given to infants or young children, either in their food or between meals, as toffee, etc. Cane sugar is an artificially-prepared and very concentrated sweet, so concentrated that a 10% solution produces inflammation of the lining of the stomach. It requires for its digestion an intestinal ferment that is not present in infants and young children. The natural sugar of infancy is milk sugar. Cane sugar ought not to be taken, even by adults, except in such amounts as are naturally found in beets, sweet potatoes, and other sweet vegetables. When a ton of beets has been concentrated into a hundredweight of sugar, the sweet becomes an irritant rather than a food. 2. Yes, if given at the proper time. Orange juice may also be given at this age, or even earlier with marked benefit to the infant. The sugar contained in these fruit juices is the same as that found in the blood; they are therefore true predigested foods, and given an hour before meals, they are eagerly taken by children, and act beneficially in the prevention and cure of scurvy, rickets, digestive and other diseases. 3. Not as a rule. Bananas are an exception; sound, ripe ones, mashed and beaten with a fork, go well with milk and cream.

Constipation, Acidity, and Brain Fag.—J. G. T. wishes to know what to do for constipation and acidity; also how to increase the mental vigor and improve memory.

Ans.—The lack of mental vigor and loss of memory is no doubt due to the indigestion and constipation. Poisons absorbed from the digestive tract are carried by the blood to the brain, where they produce loss of memory and decrease intellectual keenness by partially paralyzing the brain cells. The treatment consists in relieving the constipation and improving the digestion. The first is best accomplished by increasing the amount of free fat in the diet. One or two tablespoonfuls of olive oil with the food may be taken daily, or ripe olives or pasteurized cream may be freely used. The amount of fruit taken should also be increased, especially such fruit as prunes, figs, bananas, olives, and other laxative fruits. Whole meal breads in the form of granose biscuits, olive oil rolls, and twice-baked bread, act beneficially in relieving this common ill. The acidity is probably due to lack of care in combining foods. Acid fruits taken with starchy foods usually produce acidity, or fruits taken with vegetables or with milk may act in the same way. Cold water should be taken freely between meals, preferably about an hour before the meal, when several glasses may be drunk at fifteen-minute intervals. Exercise to strengthen the abdominal muscles is necessary, and may be taken in the

form of some out-door work, such as spading or hoeing in the garden, wood sawing, or chopping. Deep breathing, especially abdominal breathing, aids by massaging the stomach and bowels. A splendid brain and nerve tonic is a brisk morning walk or a half-hour's work in the garden, followed by a short, cold, friction bath. The warm enema may be taken twice a week to cleanse the colon, but should invariably be followed by a small quantity of cool or cold water, which acts as a tonic to the bowel. Self-administered, abdominal massage is also helpful. Read GOOD HEALTH booklet on constipation.

Diet of Grapes, Figs, and Brown Bread.—1. Is it possible to live on these foods alone? 2. Is it good to eat the seeds and skins of grapes?

Ans.—If there were no other foods to be obtained, one might undertake to live on these three alone. It would scarcely be possible to live well for a great length of time, as this diet is decidedly lacking in blood and tissue forming elements, and in fats. The body requires a proper proportion of proteids, fats, and carbo-hydrates. This diet is chiefly carbo-hydrates. If olives and nuts were added, it would be better balanced, while retaining its simplicity, which seems to be the thing aimed at by the questioner. 2. The skins and seeds of fruits should be rejected; in fact, anything that cannot be reduced to a fluid by thorough mastication should be rejected. There is real common sense in diet reform, and extremes should be carefully avoided.

Sleeplessness and Thirst.—G. S. complains of thirst at night, and sleeplessness for several hours soon after midnight.

Ans.—Water should be freely taken between meals during the day. Instead of the usual evening meal, water, fruit juices, or some juicy fruit such as grapes, should be freely partaken of. The heating abdominal compress worn at night will probably relieve the sleeplessness. The urine should be examined by a physician.

Dizziness; Palpitation; Flushing.—A healthy looking young woman, who eats meat and drinks tea, would like to know what to do for frequent attacks of dizziness, palpitation, and flushing of the face.

Ans.—Instead of meat and tea, take water, fruits, and dry, crisp cereals such as granose and corn flakes, freely. Exercise in the open air is indicated. The symptoms are due to indigestion, so care should be exercised in the choice of foods, rich, indigestible dishes being carefully avoided. Keep the skin and bowels active. Discard tight clothing, especially collars and waistbands, supporting all garments loosely from the shoulders. Retire and rise early, and avoid excitement.

Deafness, Headaches, Ear Noises.—A physician or surgeon had best be consulted, and a careful examination made, as these symptoms thus associated are of grave import.

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"The School of Health."

A New Book for Our Readers.

"THE SCHOOL OF HEALTH" is the title of a British book, which should prove of more than usual interest to the readers of the GOOD HEALTH. As its name indicates, "The School of Health" is educational in character. The first portion of the book is devoted to physiology, and its careful perusal will be a help to the understanding of the following sections on the care of the body in health and in disease. In the part devoted to popular errors, common mistakes in diet, dress, and general habits which are productive of disease, are plainly pointed out. At the same time, helpful suggestions are given to those who desire to rid themselves of wrong ways of living.

A course in physical culture occupies twenty-five or thirty pages of the book. This course should be of practical value because little or no apparatus is needed for the exercises described, most of them being of the free arm or Swedish type. Diet reform is given due consideration, the underlying principles of healthful cookery are pointed out, and the excellence of the simple food

recipes given is well shown by the sample recipes contained in the Domestic Science Department of this number of the GOOD HEALTH.

"The School of Health" is written by the editors of the British *Good Health*,—Alfred B. Olsen, M. D. and M. Ellsworth Olsen, M. A. It is illustrated with nearly 400 cuts, many of which have been specially prepared for this work.

The book is published by the International Tract Society, 451 Holloway Road, North London, England. It may be ordered through the GOOD HEALTH. The price of the British edition is five shillings net.

Our Next Number.

THE following are a few of the good things in store for the readers of the June number of the GOOD HEALTH:—

"WHY ARE WE WEAK?" an editorial article on the causes of the weakness, weariness, and illness, which afflicts so large a proportion of the people of to-day. Nervous diseases, insanity, cancer, and many other ills denoting a decline in physical, mental, and moral force are rapidly increasing; the reasons why will be plainly pointed out. Other health questions of the day will also be considered, amongst these, "Healthy Meat, Can It be Procured in the City?" and "Austrian Meat-eating and Tea-drinking,—Their Influence on Health."

The Physical Culture Department will contain an illustrated article on "Out-door Work for Women;" suitable out-door exercises for developing the weak, and correcting deformities due to improper positions and clothing, will be given.

The cooking class will be conducted by Dr. E. S. Richards, who will also contribute an article on "Catering for the Baby," and the artificial feeding of infants will be scientifically considered. "Ten-minute Talks on Health" on various subjects of importance to invalids is to be an interesting feature of the June GOOD HEALTH.

The June number will be splendidly illustrated, containing a number of excellent reproductions from photographs taken for GOOD HEALTH.

POSTERS giving a complete table of contents of the June number will be printed early in the month and supplied to news agents, canvassers, and others who desire to aid in extending the circulation of the GOOD HEALTH and in the forwarding of the GOOD HEALTH EDUCATIONAL CAMPAIGN.

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- Appendicitis.**—Just the booklet for those afflicted with this disease. It deals with the nature, effects, and treatment of the disease. Valuable advice given. Price, 4d, post-paid.
- Two Mothers' Experiences.**—This booklet is invaluable to mothers who have the care and training of children. Much practical instruction is given. Price, 3d, post-paid.
- Diabetes.**—Its Cause and Treatment. Just the advice needed for those threatened with this disease. 16 page booklet, with handsome cover. Price, 3d, post-paid.
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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.

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