

Why the Working Man Wants Drink.

COORANBONG, N. S. W., OCTOBER 1, 1907. VOL. 10, No. 10.

THE AUSTRALASIAN

GOOD HEALTH

Franklin Richards, M. D.
EDITOR.

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IN A SOUND BODY

P. LÉMOIS

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GOOD HEALTH.

October, 1907.

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A Teacher of Hygiene

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No. 10.

HEALTH NEWS AND NOTES.

PATENT MEDICINES MAKE DRUNKARDS.

PATENT medicines make more drunkards among women than the breweries, saloons, or "blind pigs."

In addressing a temperance mass meeting an American bishop recently said:—

"Take up as a practical work to be done by your organization the abolishment of patent medicines which contain liquor, morphine, or cocaine. It is a noticeable fact that of the thousands of patent medicines on the market most of them contain from ten to forty per cent. alcohol. These concoctions are doing more to incite the drink habit, especially among women, than all the breweries and saloons combined. This is a conquest worthy of a knight of temperance, and here is a practical field for your future work."

TRYPsin TREATMENT FOR CANCER.

THE *Medical Record* reviews the question of the trypsin treatment for cancer, and concludes that the results of this method of treatment are exceedingly interesting, though not at all conclusive. The *Record* reminds us that there have been many other remedies which seemed to promise well at first, but which now are relegated to the long list of failures in the treatment of this fatal malady. Only a small number of cases have been treated, but a short time has elapsed since the reported cures took place, and there is a lack of microscopic confirmation of the diagnosis in many of the cases. More time is needed to determine the genuineness of the reported cures. The remedy has been tried in the Cancer Hospital, the Middlesex

Hospital, and other institutions without success. The results of trypsin treatment in America are not yet sufficient to carry conviction, and further trials may result in disappointment and abandonment of the method. Still, a fair trial should be made of any method which promises success in the treatment of malignant tumors.

A GOOD COMPLEXION.

THE clearness and consequently the beauty of the skin depend so much upon the health of the body that no one can hope to have a brilliant and healthy complexion who suffers from indigestion, neuralgia, anæmia, etc.; therefore, due regard must be paid to everything which affects the general health if you want your skin to be in good condition. The best aids to beauty are abundant ablutions of the entire body, wholesome and easily digested food, fresh air, and sufficient sleep.

HOW TO KEEP YOUNG.

DON'T allow yourself to think on your birthday that you are a year older, and so much nearer the end.

Never look on the dark side; take sunny views of everything; a sunny thought drives away the shadows.

Be a child; live simply and naturally, and keep clear of entangling alliances and complications of all kinds.

Cultivate the spirit of contentment; all discontent and dissatisfaction bring age furrows prematurely to the face.

Form a habit of throwing off before going to bed at night all the cares and anxieties of the day—everything which can possibly cause mental wear and tear or deprive you of rest.

Avoid fear in all its varied forms of expression. It is the greatest enemy of the human race.

Avoid excesses of all kinds; they are injurious. The long life must be a temperate, regular life.

WORSE THAN ALCOHOL.

ONE of our most celebrated surgeons takes very advanced grounds on the subject of the eating habits of modern life. He said that from facts coming constantly before him, he is obliged to accept the conclusion that more mischief in the form of actual disease and of impaired vigor and shortened life, accrues to civilized man from erroneous habits in eating than from the habitual use of alcoholic drinks, considerable as he acknowledges that evil to be. Indeed, he declares it to be his conviction that more than one-half of the diseases of the meridian and latter part of life among the middle and upper classes of society are due to easily avoidable errors in diet. He points with emphasis to the fallacy of the generally-accepted idea that the growing stoutness of middle life is due to vigor, or an index of healthful conditions. The typical man of eighty or ninety years, still retaining a respectable amount of energy of body and mind, is lean and spare, and lives on slender rations.—*Health*.

DOES SLEEP AID DIGESTION?

DR. SCHULE, of Fribourg, has approached this question from the experimental side, and his results are worthy of notice. Having analyzed the stomach-contents of two normal subjects a few hours after meals, some of which were followed by sleep and others not, he finds that sleep has for its constant effect the weakening of the muscular movements of the stomach, while at the same time fermentative acids are formed. For those who are weak, lying on the right side aids the stomach in mixing the food and passing it on into the intestine. Resting in this position does not interfere with the normal secretion of the gastric juice, as is the case during sleep. The conclusion to be drawn from this is that it is permissible and sometimes beneficial to lie down for a rest after meals, but unwise and injurious to sleep after eating, or before the food has been properly digested. Sleep after meals is especially injurious to those in whom the stomach is dilated.

The point of greatest practical value from these experiments concerns the question in hearty suppers. When as much food is taken

at the evening meal as is ordinarily taken at breakfast, the work of the digestive organs is not completed before the usual time for retiring. Sleep interferes with the completion of digestion, and as a result fermentation and decomposition of the food occurs. The poisons produced are taken into the blood and circulated throughout the system; the brain and nerve-cells are poisoned instead of being rested and refreshed. The sleep may be sound, but it is not restful. The condition may be that of intoxication rather than natural sleep. There is drowsiness and heaviness in the morning, and a tired feeling which tends to keep people in bed long after a proper hour for rising. It is perfectly natural for infants to sleep after eating, and it may be natural for some animals to sleep, or at any rate to rest, after meals; but in man the practice is not conducive to vigor of body or mind.

THE PREVAILING MALADY.

"THERE is no doubt about it that dyspepsia is the prevailing malady—in fact, it is the bane of civilized life," says *Faulding's Home Journal*.

It always, or almost always, arises from errors in diet. Socrates says, "Beware of such food as persuades a man to eat though he be not hungry, and those liquors that will prevail with a man to drink them though he be not thirsty." This advice, though written 2,000 years ago, applies equally well to-day. The most frequent causes of indigestion are the use of food in too large a quantity, or of improper kind, or imperfect mastication of it, from carelessness, bad teeth, or the loss of teeth. Five or six hours should intervene between meals, and this rule may not be broken with impunity for any length of time. Other fruitful sources of indigestion are want of bodily exercise, excessive labor, undue mental exertion, mental anxiety, general debility, immoderate smoking and drinking. The low spirits induced by indigestion may vary from slight dejection and ill-humor to the most extreme melancholy, sometimes even inducing a disposition to suicide. Loss of appetite, pain, weight and fullness at the stomach, flatulence (or wind), vomiting, costiveness, furred tongue, pain in the loins, aching of the limbs, headaches, and nervous fancies are the most common symptoms of indigestion. The dyspeptic should thoroughly masticate his food, so that the digestive fluids may liquefy and transform it. He ought also to keep quiet for some time after a meal, so as not to divert the nervous force required for digestion. Pain in the muscles of the chest is common in indigestion, and has often been mistaken for pleurisy. The longer it is allowed to go on without treatment, the more difficult it is to obtain relief.

Dextrinized cereals are easily digested when taken dry and thoroughly masticated, and should form the chief part of the dyspeptic's diet. All drinks at meals should be avoided.

A glass of cold water one hour before meals is an excellent gastric tonic. Remember Socrates' advice, and take no stimulants either in the form of foods, such as meats, or in the form of drinks, such as beer,

wine, tea, and coffee; and do not smoke, as smoking vitiates the saliva by exhausting the salivary glands. An entire change of diet and surroundings often brings about a cure of this disorder.

WHY THE WORKING MAN WANTS DRINK.

BY DAVID PAULSON, M. D.

THOSE who have given the most careful thought to the temperance question are beginning to realize that the nation's eating has much to do with the nation's drinking. It is becoming more and more evident that if the dinner table could be cleared of a host of things that create an appetite for liquor, there would be more vacant places at the bar.

When a neurotic person who has inherited a weakened, hypersensitive, nervous system, partakes freely of highly spiced, fiery foods, which taste hot even when they are cold, they create in him a thirst which water does not satisfy; and it is not surprising if he should ultimately discover that only the saloon-keeper and the patent medicine vendor dispense the stuff that satisfies his abnormal craving.

Dr. Brunton, one of England's greatest physicians, said some years ago that an unnecessary excess of animal food not only led to physical disorder, but to an irritable frame of mind which led to the taking of wine and spirits.

The Salvation Army headquarters in England are carrying out an extensive experiment in this respect in their Inebriate's Home, which is of interest. The matron gave the following report concerning the results of the effort:—

"About three years ago, I was induced by Mrs. Booth to try the vegetarian cure for drunkenness. I had been working in the home for four years previous to this, with the usual mixed diet,—joints, bacon, salt fish, pickles, pepper, mustard, oysters, vinegar, etc.,—and I was very skeptical about this new idea.

"Since that time 110 women of all shades of society have passed through the home. Two-thirds of these have been (so far as the drink and drug habits are concerned) the worst possible cases, the majority of ages being from forty to sixty, most of them habitual drunkards of ten, fifteen, and some

of even twenty-five years' standing. Some were so bad that other homes would not receive them. There were those suffering from delirium tremens, there were morphia maniacs, having periods of fierce craving for the drug, at times amounting to madness. Others were so unnerved and such physical wrecks (not having eaten food of any description for weeks, and even months) that I felt doubtful as to what would happen as a consequence of giving them this diet. You will agree with me that I had a variety of material to work upon. Now for results:—

"Both myself and workers were quickly convinced that we had taken a right step. We found that the strain and anxiety about our work gave place to a more peaceful and restful state of mind; also that we could think and sleep better. Some of us had suffered from severe headaches for years, which gradually disappeared. But what was taking place in us was rapidly developing in the inmates, only their sad condition made the change much more marked. Lazy, vicious, bloated, gluttonous, bad-tempered women, heavy with years of soaking, whose bodies exhaled impurities of every description, who had hitherto needed weeks, and even months of nursing and watching, under this new treatment made rapid recovery, to my astonishment and delight, assuming a fairly normal condition in about ten days or a fortnight.

"Within four months we had practically abolished the meat diet. The people, as a whole, are much happier. We do not have violent outbreaks of temper as we used to; they are more contented, more easily pleased, more amenable to discipline."

There have been abundant opportunities to verify the soundness of this principle in our "Life Boat" work in Chicago, which has brought us in contact with thousands of inebriates; and it is also becoming more evident to us why saloons flourish so abundantly

as they do in the slums. The following is a copy of a typical bill of fare at one of the ordinary State Street cheap eating-houses:—

| | |
|-----------------------|-------------------|
| Pork Chops. | Red Hots. |
| Liver and Bacon. | Liver and Onions. |
| Pickled Pigs' Feet. | Hot Tamales. |
| Coffee and Doughnuts. | Sauerkraut. |
| Fried Oysters. | Kidney Stew. |
| Sardines. | Mexican Hash. |
| Cheese Sandwich. | Ham Sandwich. |

Can anyone question that the eating three times a day of such unnatural and unphysiological foods creates a thirst for stimulants, particularly in hereditarily predisposed individuals?

I present by way of contrast our Workingmen's Home menu. This institution is lo-

cated on State Street, only a few hundred feet from the place where the previous bill of fare was copied:—

| | |
|------------------|-----------------|
| Bean Soup. | String Beans. |
| Corn on Cob. | Gracula. |
| Baked Potatoes. | Granose. |
| Sweet Potatoes. | Zwieback. |
| Boiled Rice. | Apples. |
| Macaroni. | Peaches. |
| Peas. | Grapes. |
| Sliced Tomatoes. | Caramel Cereal. |
| Poached Eggs. | Milk. |

It can readily be seen that there is nothing in this list of foods which either blisters or burns, or which is calculated to fill the system with toxins or abnormal waste products, yet its nutrient qualities are all that could be desired.

NERVOUSNESS : WOMAN'S WORST ENEMY.

SIX REASONS WHY WE ARE NERVOUS.

BY MRS. ALMON HENSLEY.

THE causes of nervousness are insufficient rest, insufficient air and exercise, overeating and unwise eating, fashions in dress, social ambitions, unhealthy literature, and bad thinking.

To go now into details, there is first the matter of sleep. Eight hours is not sufficient. The woman who is doing any strenuous work, mental or physical, needs the hours from ten until seven for good, sound sleep. If the hours could be made occasionally from nine until six, and the early morning be tasted before it had been eaten up by the work-a-day world, some women's cares would drop away from them.

If every hard-working woman—and by that I mean those who never have time enough to do all they want—would give up half an hour a day to absolute rest, it would have a very definite effect upon our physical lives. By rest I do not mean convulsive rocking in a rocking chair; I mean relaxation on a bed or sofa, and a rest of mind as well.

Most of our women take their rest in street cars, hurrying mentally to the places whither they are bound, somewhat late, doubtless trying to help the car along with their anxious desires. I have seen an impatient woman in a slow street car expend anxiety of thought and convulsive effort enough to run the car; if the requisite knowledge had been there, the motorman might have had a good sleep. Little nervous touches, such as

impatiently tapping the fingers, and the unsightly habit of mouthing the veil, are all detrimental to the conservation of nervous energy; any physical motions that do not accomplish something are harmful.

Afraid of Air.

I wonder why so many women are afraid of air. The one great foe of a woman's peace of mind is a "draft." Consumptive patients are kept in the open air all day long. Are we to wait until we are consumptives before we take advantage of it? Air is so cheap. It is almost a pity that it is; if it were an expensive commodity, the people across the way, whose bedroom windows are closely shut at night, would certainly insist upon their share. We must have air and we must have sunshine inside our homes, if they are not to be asylums for invalids.

Insufficient Exercise.

Our women do not take enough exercise or the right kind of exercise. Hanging on straps on street cars, or pushing round a bargain counter, is not exercise. Wear a pedometer during a day spent in this way, and see what a short distance has been traveled for the resulting weariness. If more women shopped as men do, there would be fewer nervous women, and more bright, cheery homes.

Overeating.

The fact is universally conceded that



The Art of Relaxation.

women, as well as men, eat too much. It would seem to be a question of quantity rather than quality, and an eminent physician once told me that nine-tenths of all the ailments for which he was called in were the result of disorders caused by overeating.

Fat-soaked, soggy food is not conducive to mental sanity, nor can we expect a wholesome view of life from the dyspeptic. Prayers for moral rectitude and an utter ignorance of dietetics are an absurd and illogical combination. To pray "Create in me a clean heart," and then to fill the body with rubbish, is a waste of words and fervor.

More and More Drinking Done.

Overtaxed nerves naturally turn to stimulants or narcotics, and it is a grave fact, and one that menaces not only the health, but also the morals of our nation, that women are resorting more and more to alcoholic stimulants to keep themselves braced up to the pitch necessary for their various business or social duties.

There are tea and coffee drunkards among women to-day,—women who are as addicted to the tea or coffee stimulants as the veriest toper to his intoxicant. It behooves all women to watch themselves carefully lest some day they find themselves in the vice-like grasp of a power they have grown too weak to resist.

Slaves of Fashion.

One of the gravest causes of the nervousness of woman is her slavish devotion to fashion. Many of the nervous diseases are indirectly caused by the contraction of the corset and the weight of heavy clothing sus-

pending from the hips. Let our women study for a month the anatomy and physiology of the female torso, and they will cease to sin in this regard. I have never known or heard of a single great woman, a woman who ever did a real work for her country, her race, or religion, who compressed her waist, or squeezed a number-five foot into a number-four shoe.

It is pitiful to think of women with God-given intellects, senses, and wills, behaving like captives in the power of a relentless monster, bowing low in abject submission

to a fetich erected by and for the purpose of filling the pockets of the ladies' tailors and haberdashers. Never let me hear the expression, "We are free women," from the mouth of a woman who dares not wear what is pleasant and acceptable to herself, but must dress according to the decrees of a fashionable Paris.

Social Wrecks.

Social ambition is one of the greatest enemies to our enjoyment of life. It makes more nervous wrecks than any other cause, because it is in itself the source of many of the other causes of a nervous condition. The desire to have or to be something a little better, socially speaking, than someone else; to make a display of wealth on a moderate income; to dress as handsomely as Mrs. A, whose husband is a man of means; the striving to keep up appearances,—these are some of the things that must furrow the forehead, reach the nerves, and drive the victim to chloral or morphine.

The ambition to mount a rung or two higher on the social ladder, to hobnob with the wealthy or distinguished, and to that end to endure snubs and repressions—these sound like impossibilities to the sane minds of thinking women, and yet we know that the heart burnings and jealousies caused by such unworthy motives as these are every day filling sanitariums and private hospitals.

Poisonous Literature.

Unhealthy literature and bad thinking may seem at first sight to have little to do with nervousness, but as a matter of fact, the two have a strong pathological connection.

Morbid fiction and unwholesome imaginings act very definitely upon the nerve-centres of the body. The thoughts we think make up the thing we are, and it is impossible long to maintain a sound body if we are the guardian of a morbid and unhealthy mind. A continuous course of septic literature filling the mind with unwholesome images undoubtedly acts upon the nerve-centres, and promotes serious nervous disorders.

Let our women be healthy, inside and out, temperate, open minded, and natural, then shall we never fear nervous breakdown. Let us never forget that it is impossible to piece moral cloth on a garment of rotten physical material, and if we expect greatness and nobility of character from our children, we must give them sound bodies.

A very important cause of the nervousness of our young women is in the manner of their early training. Just at the time when a girl at school needs less mental effort, she is given more difficult studies, and when she most needs free, out-of-door life, she is more shut in. Mothers who allow their young

girls to attend the theatre, read novels, to be "shown off" at entertainments, are doing them a great wrong, and one that can never be righted in after years.

Nervous Mothers, Unhappy Homes.

Prolonged excitement will wear out the nervous system of the young girl. We have not far to seek for the cause of the nervous, pallid children that we see about us, nor yet for the causes of unhappy, discordant homes. A nervous mother does more harm than an intemperate father. He of necessity spends most of his time away from the home; she is always there. Her nervousness makes her indiscriminating and unjust, unduly fault-finding and unduly indulgent. A child has no right to be made the victim of caprice.

Let the mother set her daughter an example of wholesome living and temperance, both of food and thought; and it may be that in the matter of our national disease, the next generation may not have to deplore the stigma that attaches itself to this.

THE GOLDEN RULE.

Let us brighten the way for others,
"As onward through life we go."
Bearing the heat of the burden,
Lightening some other's woe.

Loving each other better,
And more and more each day;
Remembering love and kindness
Will brighten many a way.

Never forgetting to care for
Those who are sick and sad;
For "the bread shall return after many
days,"
Making our own hearts glad.

—*Lav. Benlah Henry.*

Success.

LIFE is what we make it, and we can make it what we will.

Everyone desires to succeed in his or her particular work or undertaking, but how many set out with the idea of its ultimate attainment. Instead of positive assurance and confidence there is often doubt. Such an attitude from the outset threatens failure.

Confidence in one's ability and power to succeed, and conviction that success is possible, are necessary.

A solemn affirmation, "I can succeed; it is possible for me to do so," is a right thought to begin with. It allows of no doubt or uncertainty, but expresses confidence in oneself, and one's ability to succeed.

Success depends upon mental attitude, and not on something outside of ourselves.

"I will succeed," is the next step. Without will or determination we cannot accomplish anything. How many people fail right here. With plenty of ability and energy they lack the necessary determination and perseverance to carry anything through to a successful issue; but the will, like many other faculties, can be strengthened and cultivated by right thinking.

"I will succeed," will help those deficient in this respect, to cultivate the necessary force and determination to persevere and carry things through successfully.

"I will succeed," will open the door to conscious realization, and with confidence and well-directed effort, success is inevitable.

"He best deserves the knightly crest
Who slays the evils that infest
The soul within. If victor here,
He soon will find a wider sphere."

WATER, THE KING OF BEVERAGES.

BY VICTOR AYER.

WATER is the king of beverages; it is the beverage to which all turn when they would cure themselves of the injurious habit of consuming other beverages. But water that is not pure may be more harmful than the most harmful of other drinks. Every health department should emphasize the dangers of

Water is the basis of all other beverages. All beverages of man's manufacture are water that has been adulterated by admixtures and chemical treatment.

Pure water is the one beverage which has stood the test of science, and comes down to us unscathed through continuous use for countless ages. It is nature's chief blessing to man. Other beverages undergo many changes with time. Each age brings them forth in new styles, new methods of manufacture, new processes of chemical treatment, aging and keeping. Foods change with each successive generation. We eat different kinds of foods from time to time, each generation prepares them differently; there are different methods of compounding them, different methods of cooking them. Pure water is the same yesterday, to-day, and forever. From long before the time of the Pool of Siloam, mentioned in the Holy Writ, to the present time, pure water has undergone no change, and people have never lost a taste for it. Other tastes come and go; the taste for water never varies. So long as man and beasts inhabit the earth, the "practice" of drinking water will never cease.

Other beverages are of man's manufacture. Water is of nature's manufacture. It is the only beverage designed by nature for drinking purposes. Now which do you think is the better manufacturer of beverages for man's use, nature or man? Tastes for other beverages are acquired. The taste for water is natural. And water is the one natural beverage. No man can



Drawn onward, o'er this rocky wall
I plunged, and the loud waterfall
Made answer to the greeting.

—Longfellow.

impure water, and urge upon the public the necessity of giving this matter first consideration. There is at my command numerous health reports bearing on this subject, and it is not difficult to prove that the death-rate would be enormously lowered by greater care with regard to the consumption of pure water.

live without water, and any man would be healthier if he would drink no other beverage than pure water. No man can manufacture water. Nature alone holds the recipe for the making of this unrivaled beverage. The exhilaration produced from drinking intoxicants is unnatural and harmful, and each

effect has a reaction which is as depressing as the first effects were exhilarating. The exhilarating effects of water are substantial and real and beneficial.

Of course some waters are better than others, and there are springs and wells that have become famed throughout the world for the excellency of their natural products.

Pure water is unrivaled as a table beverage, possessing a crystal-like sparkle that makes it beautiful as well as delicious. Water to be delicious as water, must be tasteless. All pure water is colorless and tasteless.

Being absolutely pure, water is as healthful as it is refreshing and delightful. It

also possesses wonderful curative properties. Science has proved the idea erroneous that we must drink vile-tasting water to become cured. The taste is an index to healthfulness. It is the means nature gives us to detect that which is injurious to our system. When a water tastes repugnant to us, it is nature's way of telling us that we should not drink it. The lower animals will not drink water that is repulsive to the taste. The lower animals live from three to twenty times as long, in proportion to the time required for their development, as man lives. The savage, too, understands the instructions of nature, and will not drink foul-tasting water.

DANGER OF AN UNCLEAN MOUTH.

BY D. H. KRESS, M. D.

THE stomach, in addition to being an organ of digestion, is an enlargement of the alimentary canal, where the food should be retained for a period to undergo disinfection by the juice secreted, before being permitted to pass into the intestines. The mouth is likewise an organ in which food is to be kept sufficiently long for it to undergo disinfection and partial digestion. It has been repeatedly demonstrated that the saliva secreted in the mouth, if in a normal condition, is capable of destroying germs of disease that may enter with the food. But to do this, the saliva must be thoroughly mingled with the food. This necessitates thorough mastication. Through bolting of food, or imperfect mastication, the glands of the mouth are not called upon to secrete the normal quantity of saliva, and as a result they degenerate. The saliva that is then formed is inferior in quality, and the mouth, which before was able to keep itself clean and free from germs, now by the favorable conditions afforded—heat and moisture—becomes a convenient place for their growth. When foods which readily undergo decay become lodged between the teeth, or their juices are smeared on the tongue and gums, the mouth may become extremely filthy.

The gums and mucous membrane of the mouth are very vascular, and are supplied with a rich net-work of lymphatic capillaries, which readily absorb the poisons formed, and if lacerated, form an entry, or gateway, for germs of disease into the lungs through

the lymphatic circulation. It is altogether probable that this is one of the ways by which tubercular germs enter the lungs. Tuberculous meat and tuberculous milk may thus be directly responsible for lung tuberculosis, by affording both the germs and the soil for their growth. Those who subsist on such foods must see that the mouth is frequently cleaned if they would protect the general system from infection.

Stiff, hard bristle tooth-brushes should never be used to cleanse the teeth and mouth. By vigorous brushing, the gums and mucous membrane are frequently lacerated, and through the punctured areas the germs of disease find an entry to the lymphatics, and through them to the lungs and the general system. The tooth-brush, after being used several times, unless kept in alcohol or frequently washed in soap and hot water and exposed to the sunlight, becomes itself loaded with bacteria, and affords a source of danger. A soft tooth-brush, kept scrupulously clean, or a rubber brush, may be employed to cleanse the teeth.

By far the better way is to practise thorough mastication of well-baked biscuits at each meal, for this is the best means of keeping the mouth clean and the teeth polished. It also improves the quality of the saliva secreted, so that germs of disease cannot flourish within the cavity. The better the food is masticated, the less will be the need of tooth brushes. Merely rinsing the mouth after meals is sufficient to keep the cavity germ free.

THOUGHTS ON THE COLD BATH.

BY MARY HENRY ROSSITER.

ACCORDING to physicians, the cold bath is a powerful tonic. It stimulates the appetite, encourages digestion, and "affords a means of gymnastics to the vasomotor system of nerves." It is a protection against taking cold. It increases the amount of hydrochloric acid made in the stomach, thus assisting that organ to protect itself against germs. It draws a larger number of blood corpuscles to the surface of the body, thus improving the complexion. It hardens the skin.

All these are chiefly physical effects, and are well known to the scientific. It is doubtful, however, if even the scientific man is led to take a cold plunge in the morning because of its specific influence on the blood corpuscles or the sympathetic ganglia. Very few think of hydrochloric acid when they step into the tub. Most people have more faith in hypophosphites as a tonic, than in water.

But those who take a cold bath every morning do so because it makes them feel better. It stimulates their mental appetite, and promotes the digestion of ideas. It affords a means of gymnastics to torpid ambitions, and serves as a protection against losing one's temper. It increases the amount of intellectual energy put into projects, and surmounts a larger number of enthusiasms to the drawface, thus improving the general complexion of things, and lending a new zest to life. It strengthens and hardens the courage.

The housekeeper who awakens with "that tired feeling" so well known to us all, sighs as she thinks of three meals to get, a washing to do, children to wait on,—the housekeeper takes a dip in cold water, and, presto! all is

changed. The three meals are nothing, the washing is not so very dreadful, and the children—well! the children are cherubs.

The business man who awakens to the memory of tangled accounts, of bills and creditors, of vexatious engagements,—the business man jumps into a tub of water at sixty degrees. When he has jumped out and rubbed himself dry, bills, accounts, and creditors look different. He feels like making more engagements. Who ever heard of a bankrupt that took a cold bath every morning?

The school teacher, the lawyer, the plumber, the insurance agent, the rich man, the poor man, the beggar man, the thief, any and all classes and conditions of people feel a new inspiration, a new interest in living, after the exhilarating shock of the cold morning bath.

There are no quarrels at the breakfast table, when father, mother, all the children, and the hired girl have had a cold bath as an appetizer. No angry *pater* bangs out of that house to business. No nervous mama slaps the children for making too much noise. Brothers and sisters do not call each other "mean things," and tease and whine.

Of course the good effects of the cold bath cannot be expected to counteract entirely the evils resulting from unwholesome breakfasts and dinners and suppers, from loss of sleep, from bad air, from excitement, from confinement and lack of exercise. But one reform leads to another. Anybody who has so far overcome tradition, custom, his own cowardice, prejudice, or indolence, as to adopt the practice of daily cold bathing, is not going to submit much longer to conventional combinations and abominations of



food. His whole being will be so invigorated, it will seem so fine a thing to be even imperfectly in bodily harmony with natural law that he will study more and more to accord every physical habit with the divine intent. Knowledge imparts knowledge; enlightenment produces enlightenment; harmony inspires harmony. Begin with the cold bath, and see if this be not true.

In taking the cold bath, a few simple rules should be observed:—

1. If you feel cross when you wake up, don't speak to anybody until after you get out of the tub.

2. If you wake up discouraged and tired, don't lie in bed and think about it, but take your bath immediately.

3. Don't stand shivering on the bath rug, looking at the water and thinking how cold it is, but get in at once.

4. Don't plunge in head first or crawl in by inches, but step in quickly, and splash yourself all over as speedily as possible.

5. Don't remain in too long if the temperature of the water is below sixty. The effect is best when one simply gets in and gets out. It is seldom necessary to emphasize this.

6. If you are able, do your own drying. If one rubs himself the wrong way, it does not make so much difference; and vigorous rubbing of the entire body is a capital exercise with which to begin the day's work.

7. After this bath, do not put on any tight waists, corsets, bands, belts, collars, shoes—anything that will interfere with the fine circulation of blood that has been established by nature's "best tonic," and that is making you feel like a new man or woman.

8. Don't fail to join the cold bath propaganda. Tell all your friends, neighbors, and acquaintances what the cold bath has done for you. You would do as much for a patent medicine. Why not, then, for a simple physiological measure that is as free as a thair to all?

TONSILITIS.

BY EULALIA S. RICHARDS, M. D.

TONSILITIS is such a common disease during childhood that many parents will appreciate a few suggestions regarding the symptoms and treatment.

Tonsillitis may be either acute or chronic. The acute attack is ushered in with chilly feelings, or even a definite chill, and aching pains in the back and limbs. The fever rises rapidly, and in the case of a little child, may reach as high as 105 degrees Fahrenheit on the evening of the first day. (Every mother should possess a clinical thermometer, and know how to use it in case of illness.) The child complains of soreness of the throat, and difficulty in swallowing. On looking into the throat, using the handle of a teaspoon for a tongue depressor, the mother will see that the tonsils are very red and swollen. They may be so swollen as nearly to obstruct the throat. On the surface of the tonsils may be seen little patches of a creamy substance.

If the sides of the neck are examined externally, small hard nodules may be felt, varying in size from a pea to a lima bean. These are lymph glands, and their swollen condition is due to the inflammation in the

tonsils. The fever and inflammation in the throat may continue for several days. Unless proper treatment is adopted, the condition may become chronic or the patient may be liable to subsequent attacks. Since acute tonsillitis is contagious, it is best for the child to be isolated from other children.

The Treatment

Should consist of,—

1. A warm enema to cleanse the bowels thoroughly.

2. Hot fomentations to the throat three times a day, with a cold compress, renewed about every half hour, and worn continuously between. The cold compress should be covered well with dry flannel.

3. Thorough gargling of the throat from three to six times a day, or more. Any one of the following may be used as a gargle: Hot lemon water, hot salt water; or listerine, one teaspoonful to the glass of water.

4. The use of a steam inhaler ten to fourteen minutes hourly. A steam inhaler may be improvised by arranging a paper funnel over the spout of a tea kettle or over a jug of boiling water. A few drops of tincture of

benzoin may with advantage be added to the boiling water.

5. An ice bag to the throat if the inflammation is very intense.

6. The tonsils should be removed if they resist treatment, continuing swollen and inflamed after thorough treatment. They should not be removed during an acute inflammation.

Since one ounce of prevention is worth a pound of cure, it is necessary to give some attention to the prevention of sore throat. Exposure to wet and cold, and bad hygienic surroundings have a direct effect in causing the disease. Sewer gas is also regarded as a common exciting cause.

Adenoids.

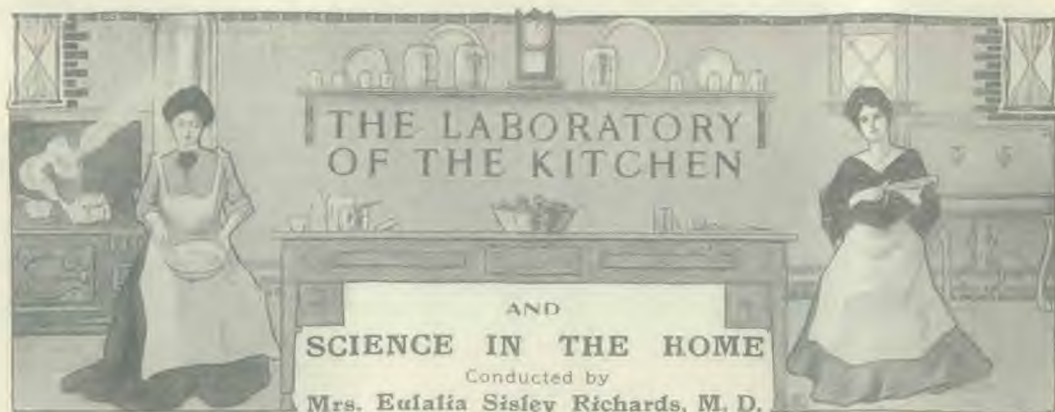
The symptoms of chronic tonsilitis are milder than those of the acute form. Besides the enlargement of the tonsils proper, there is usually also an overgrowth of tissue in the back of the nose, and upper part of the throat. This growth of lymphoid tissue is commonly called adenoids. Being located in the air passage, it obstructs the entrance of air through the nose, and results in mouth breathing. The mother would not be able to detect adenoids as the growth is quite out of sight. However, she may be reasonably certain of their presence if her child breathes

through the mouth, and presents those symptoms mentioned below.

The mouth breathing may not be so noticeable by day, but during sleep there may be snoring; night terrors are common; there is often a vacant expression of the face; the voice is nasal in sound; there may be a troublesome cough.

Adenoids is by no means an insignificant trouble. As the breathing is so seriously disturbed, the child does not develop properly. He becomes deficient both in physical and mental strength. The mother should observe her child closely, and at the first sign of mouth breathing should take him to a physician. The growth can easily and safely be removed under an anæsthetic. After the nasal passage has been cleared, it is necessary to insist upon nasal breathing. If the child forgets to breathe through the nose, a chin strap may be worn for a little time, especially at night. It is useless to apply a chin strap before the operation as it is not possible for the child to breath easily through the nose while the adenoids are present. In order to prevent the recurrence of adenoids, the little one should receive the best possible care. Fresh air, sunshine, wholesome food, warm clothing, and a proper amount of sleep are absolutely essential to health.





Choice Temperance Drinks.

MANY persons are quite convinced that alcoholic beverages, also tea, coffee, and drinks prepared from meat extracts, are detrimental to health, but they feel at a loss to provide pleasant and harmless beverages in place of these objectionable stimulants.

At this season of the year there is nothing more pleasant or refreshing than a glass of pure fruit juice. Many do not know that pure fruit juices contain a large percentage of nutrient material ready for immediate absorption. Ripe, sweet grapes contain more than sixteen per cent. of carbohydrates, nearly fifteen per cent. of which is in the form of levulose, which represents perfectly digested starch, and is a nutriment ready for immediate use by the body after absorption.

Fruit juices are not only refreshing, but they exert a most favorable influence upon the digestive organs and the kidneys.

The juice of oranges, mandarins, and grapes may be taken undiluted. Then many delicious drinks may be made with lemonade as the basis, other fruit juices being added to give a pleasing color or flavor. A little sugar is usually required in these diluted drinks to make them palatable, but it should always be used moderately.

Following are a few recipes, which will be suggestive of many other pleasant fruit drinks. These beverages should be taken alone, and not in connection with meals, best about an hour before meals.

APPLE BEVERAGE.—Two apples and one pint of boiling water. Pare and slice the apples, and put into a saucepan with a pint of boiling water. Stir slowly. When done, strain, and add a tablespoonful of sugar.

PINEAPPLEADE.—Quarter cup of sugar, two

cups of water, one pineapple. Put the sugar and water into a saucepan, let it boil slowly until it forms a thin syrup. Pare, and cut into small pieces one small pineapple. Add the syrup, and let it boil ten minutes only. Cool, add more water, strain, and use.

FRUIT SHERBET.—One-half dozen oranges, four lemons, one cup gooseberry juice, one cup cherry juice. Remove the juice from the oranges and lemons with a lemon drill. Stir gooseberries and cherries separately. When done, strain, and add the juice to the orange and lemon. Mix all together and sweeten to taste. Other fruit juices can be used when cherries and gooseberries are not in season.

ANOTHER FRUIT SHERBET.—Mash a quart of red raspberries, currants, or strawberries; add the juice of one lemon, and pour over all three pints of cold water. Stir frequently, and let it stand for two or three hours. Strain through a jelly bag. Sweeten to taste, and serve.

BLACKBERRY BEVERAGE.—Crush a quart of fresh blackberries, and pour over them a quart of cold water; add a slice of lemon and a teaspoonful of orange juice, and let it stand three or four hours. Strain through a jelly bag. Sweeten to taste with a syrup prepared by dissolving white sugar in hot water, allowing it to become cool before using. Serve at once with bits of broken ice in the glasses, or place the jug on ice ready to serve.

For those who desire beverages which are really food-drinks, the following are recommended:—

OATMEAL DRINK.—Boil one-fourth pound of oatmeal in three quarts of water for half an hour, then add one and one-half tablespoonfuls of sugar; strain and cool. It may be flavored with a little lemon or raspberry syrup, if desired, or the sugar may be omitted and a quart of milk added. Cool on ice, and serve.

CARAMEL CEREAL.—For each person allow one dessertspoonful of the prepared caramel cereal. Boil gently in water for about twenty minutes, then strain, and serve with cream or milk. Sugar may be used if desired.

Health and Clean Streets.

VISITORS to Paris, and to many other European cities, notably those of Germany and Switzerland, are impressed by the care and thoroughness with which the streets are cleaned. Some people, indeed, have had the impression "borne in upon them" by policemen who have seen them drop torn paper in the streets, and have compelled them to gather up the pieces again.

That, after all, is the nub of the matter. It is not alone that municipal street-cleaning departments are often inefficient; littered streets are frequently due to lack of public interest and co-operation. Only carelessness or ignorance would permit the pedestrian to throw the empty paper bag or the banana peel into the nearest gutter, or allow the housemaid to sweep into the street the dust and litter she gathers from the front rooms and the hall and steps. Yet both of these things can be seen hundreds of times a day in every large city.

What is most needed is greater care on the part of the individual. He should have civic pride enough to refrain from throwing newspapers or other rubbish into the streets, or leaving it where it will be blown about. When he sweeps his sidewalks, he must remove or destroy the dirt, not merely brush it out of his own way. In other words, he should carry some of his indoor manners with him when he goes outdoors.—*Youth's Companion*.

Object Lessons.

IT is the privilege of all to give to the world in their home life, in their customs and practices and order, an evidence of what the gospel can do for those who obey it. Christ came to our world to give us an example of what we may become. He expects His followers to be models of correctness in all the relations of life. He desires the divine touch to be seen upon outward things.

Our own homes and surroundings should be object lessons, teaching ways of improvement, so that industry, cleanliness, taste, and refinement may take the place of idleness, uncleanness, coarseness, and disorder. By our lives and example we can help others to discern that which is repulsive in their character or their surroundings, and with Christian courtesy we may encourage improvement.

As we manifest an interest in them, we shall find opportunity to teach them how to put their energies to the best use.—*Ministry of Healing*.

Rules for the Baby.

BABY is often sick because his mother does not know how to care for him. Here are some simple rules that will be of service to any mother:—

1. Nurse baby. Nothing equals mother's milk for a baby food. If you cannot nurse the baby, use fresh milk, which in hot weather has been boiled and prepared according to directions. Nurse the baby part of the time if you cannot nurse it all the time.

2. Feed, or nurse it, at regular intervals, not more than once in three hours after it is six weeks old. Don't feed it simply because it cries. Decrease the amount of milk on very hot days. Too much food and too frequent feeding are among the commonest causes of sickness.

3. Bathe it daily. The glands of the skin carry off nearly as much poisonous matter as the bowels. They both must be kept open in hot weather. Dry the skin well after bathing.

4. Air it. Out-of-door air is necessary. Keep the head shaded from the direct sunlight. In hot weather take the baby out early in the morning before nine o'clock, when it is cool, again late in the afternoon and early evening, but not late at night.

5. Keep it cool. If it is bundled up too much in summer, it will become overheated. The more nearly naked it is, the better, in extremely hot weather.

6. Keep it in a quiet place. A baby's nerves are very sensitive; continued noise sometimes causes sickness.

7. Give it water. Between feeding give water freely, especially in hot weather. Use only water that has been boiled.

8. Give no fruit to a baby less than a year old. In summer give no fruit to a baby less than two years old. Fruit kills many babies.—*Health*.

GOOD HEALTH agrees with these rules, but would add a word of explanation to the last. No doubt fruit does harm, and kills babies. That is because the fruit is not wisely se-

lected, properly prepared, and intelligently administered. The strained juice of *fresh, ripe, sweet* oranges, given three hours after, and one hour before, other foods, prevents and cures many of the diseases of infancy and childhood. Fresh, ripe figs, fig syrup, the pulp of ripe apricots, peaches, and bananas, prepared by mashing and beating the fruit with a fork, are some of the fruit preparations that may be safely given to the one-year-old or two-year-old child. Fresh grape juice and orange juice are greedily taken and easily absorbed by young infants. Fruits must not be given with milk or milk sops.

Restoring a Drunkard.

THE process of unmaking a drunkard represents such a transformation that it can be considered nothing short of a miracle. But this miracle, like the miracle of health, has in it the element of time, and likewise demands coöperation on the part of the human agent.

The shattered nerves of a drunkard, which have become so accustomed to constant artificial stimulation, need physiological stimulation. There is no single thing which will accomplish this more readily and satisfactorily than some daily and vigorous application of cold water. It matters little whether it be given in the form of a cold sponge, cold shower, or cool bath. Who has not experienced the remarkably refreshing effects which are produced by simply bathing the face in cold water? Every organ in the body receives a similar natural stimulus from a general application of cold. This only conveys a hint of what might be accomplished by the rational use of remedies such as electricity, massage, and many others.

A proper adjustment of the diet is almost an absolute necessity in the unmaking of a drunkard. The diet of the individual who is seeking to rise above the demon of drink should be simple, nutritious, non-irritating, and non-stimulating. Every slice of the soft bread should be toasted so thoroughly that it is browned through. The grains can be browned before they are cooked or the mush may be cut into thin slices, covered with bread crumbs, and thoroughly baked. By this process the starch is changed into dextrin, thus rendering it much more digestible.

Fruit should be partaken of in abundance. In fact, our experience has taught us that four meals a day, consisting exclusively of

various fruits, strictly adhered to for a couple of days, has often been the means, in the hands of God, of shattering the shackles of drink from many a poor inebriate, even when his hopes were practically crushed by his long record of previous failures to be emancipated. Fruit juices, buttermilk, non-alcoholic koumiss, cereal coffee, and cold water should be the only beverages allowed.

To the physician who has to deal with these wrecks of humanity, the scriptural admonition to "eat for strength and not for drunkenness," acquires a tremendous significance. The victim of the drink habit should be inspired with the thought that his body is the temple of the Divine; that the various efforts he is putting forth in taking exercise, submitting to the application of rational remedies, denying an abnormal appetite for unnatural foods, are all so many seeds which he is sowing for a harvest of temperance, and from which he is just as certain to reap as he was to reap intemperance when he so vigorously sowed for the same. "For whatsoever a man soweth, that shall he also reap."—*Dr. Paulson in Union Signal.*



CHATS WITH THE DOCTOR.

36. **Fibroid Tumors.**—Subscriber, Ulverstone: Is there any cure for fibroid tumors? *Ans.*—The cure for fibroid tumors consists in their removal. This is usually best done by excision, though in the case of a small tumor it is sometimes possible to cause absorption of the tumor by electrolysis. In surface tumors that are accessible to light treatment, the ultra-violet rays are sometimes successfully employed. An examination should be made by a competent medical man, and the method of removal left to his discretion.

37. **Ulceration and Sluggish Liver.**—A. Y., Whangarei: 1. Can ulceration be cured with medicine? If not, what treatment would you advise? *Ans.*—Ulceration is sometimes curable by means of stimulating local applications, but these must be made by a physician, and results carefully watched. Alternate hot and cold douches are useful in the treatment of ulceration, and the most successful of all remedies is sunlight properly employed. The chemical rays of light stimulate the cells to heal the ulcer.

2. Would this complaint affect the nerves? *Ans.*—Yes, an ulcerated surface is a source of constant irritation, hence the nerves are affected, and nervous control and the ability to bear pain lessened. The strongest nerves can be worn out by constant irritation, just as the solid rock is worn away by constantly dropping water.

3. What is the best treatment for sluggish liver? *Ans.*—The best treatment for sluggish liver consists in removing the causes. These are partly dietetic, and partly respiratory and muscular. The free use of sugar is a common cause of sluggish liver, also the use of condiments, vinegar, pastry, and rich foods. By sluggish liver is meant venous congestion of the liver, and this is largely caused through improper breathing and lack of exercise. By means of full, deep inspirations the blood is forced out of the liver by the diaphragm. This is also accomplished by body-bending exercises. The causes having thus briefly been pointed out, the treatment is suggested. Take fruit and water freely, relieve the portal congestion by means of suitable exercises and deep breathing, relieve the associated constipation and indigestion by thoroughly masticating dry foods, and avoiding fine flour and other constipating preparations. In the way of home hydrotherapy much may be accomplished by means of alternate hot and cold compresses, large enough to cover the entire abdomen. Self-administered massage is also beneficial in relieving the portal congestion. Rubbing from the right side toward the centre, carefully kneading the abdomen with closed hands, and percussing with partly-closed hands over the liver, are forms of massage that may be administered by the sufferer himself.

4. What is the best treatment for weak nerves? *Ans.*—As the weak nerves are caused by the troubles already discussed, they will improve as the ulceration and portal congestion are properly treated. An abundance of pure air, and sunlight, and nourishing food are necessary to strengthen the nerves.

38. **Diet for Weak Digestion.**—G. S., Sydney: I am thin and have weak digestion through careless living. Would you detail as near as possible an ideal menu to increase health and strength, and what foods chiefly to avoid? *Ans.*—You should take a good proportion of fat and blood-making foods, such as eggs, milk, malted nuts, gluten preparations, bromose, nut cheese, protose, cream, potatoes, tomatoes, and spinach, and with these take dry foods, such as granose biscuits and corn flakes and dextrinized breads. Give attention to thorough mastication of all the food eaten and take care not to overeat. The malted preparations are also good in cases of weak digestion, *e. g.*, mellose and malted flakes. Fats should be taken in the form of cream, olive oil, good butter, and the nut foods already mentioned. Take sufficient air and exercise to enable the body to assimilate and build these nourishing foods into blood and tissue. Avoid stimulants and narcotics of all kinds, especially tea, coffee, tobacco, and fermented drinks. Procure a "Food Guide" from the GOOD HEALTH office.

39. **Asthma.**—W. H. V., Queensland: A subscriber who has taken a lot of advertised cures for asthma without benefit asks for advice concerning the treatment of this distressing trouble. *Ans.*—Asthmatic attacks are frequently associated with indigestion. In that case avoid the things that disagree, and study the advice given from month to month in GOOD HEALTH on the selection and preparation of healthful foods. During the attack the best treatment is some form of warm bath, which will relieve the congestion of the lungs by drawing the blood into the skin and surface vessels. A hot blanket pack to the hips and legs with a cold compress over the heart and upper part of the chest, is often effective. A full warm bath followed by a wet sheet pack to the chest, is specific treatment in many cases, or a hot leg bath with fomentations to the spine, may be used. In nervous asthma a dash of cold water to the chest and back has sometimes given relief during the attack. Between attacks, increase the tolerance of the skin to cold by means of graduated tonic treatments. It is sometimes necessary for sufferers from asthma to go to a high altitude, where the air is cold and dry, in order to get complete relief from the attacks. However, much can be accomplished in most cases by using the treatments suggested and giving attention to diet and chest gymnastics.

40. **Diet in Rheumatism.**—A. W. P., Brisbane: 1. Is rheumatism always caused by errors in diet? *Ans.*—Rheumatism is due to the retention in the body of waste products. These wastes have been variously named, but are usually comprehended under the term "uric acid." Waste substances which irritate muscles and nerves, thus causing pain and stiffness, may be introduced into the body with the food or produced within the body itself. A pound of beefsteak contains twelve grains of uric acid in addition to other wastes; a pound of sweetbread may contain as high as seventy grains; a cup of tea contains two or three

grains of a very similar substance. Physicians frequently have the experience of failing to cure a patient of rheumatism because the patient, while abstaining from flesh food, is not willing to leave off tea. The wastes produced within the body may be retained through lack of exercise and insufficient or inadequate breathing. The burning or oxidation of the waste products requires a sufficient supply of oxygen.

2. Are sweet foods, as plain puddings like custard, rice, and sago, allowable, or are they best avoided in rheumatism? *Ans.*—Plain puddings, that is, unsweetened puddings, are allowable, but the free use of sugar alone or with milk, as in milk puddings, should be avoided.

3. What kind of diet would you recommend in above complaint? *Ans.*—A diet free from uric acid, or in other words, a diet consisting of fresh fruits and vegetables, cereal foods properly cooked or baked, with a moderate allowance of nuts and nut preparations, should be taken, with the sparing use of milk and eggs. A fair proportion of fat should be taken in the form of olive oil or ripe olives, but may be taken in good cream or butter. Drink plenty of plain water, also lemon drinks. The citric acid of fresh, ripe lemons is very beneficial in rheumatism.

4. What is the cause of pain on pressure about two inches to the right of the umbilicus? *Ans.*—The pain, or rather tenderness, on pressure, is due to a certain amount of congestion or inflammation of the intestine.

41. **Fruit before or after Meals.**—J. T. F., Queensland: Ought fruit to be taken before or after meals? "Doctors differ" is a truism, and on this question even vegetarian doctors differ. *Ans.*—The time of the meal at which fruit should be taken, depends upon two factors,—the character of the fruits and the state of the user's digestion. As a general rule juicy fruits should be eaten before solid food. There is no better time to eat oranges, for instance, than a half hour or so before the meal. Sweet and more solid fruits, such as dates, and figs, and bananas, are best taken with dry food to ensure their thorough mastication and admixture with the saliva. Then too, the date and fig are too sweet and concentrated to be taken by themselves. Many fruits may be eaten by the person of average digestive powers during the meal, and at the close of the meal. The chief combinations to avoid are: (1) fruit (except bananas) with milk; (2) fruit with

vegetables; (3) acid fruits or fruit juices with starchy foods. In the case of oranges and other acid fruits the acid of the fruit interferes with starch digestion, if taken with, or immediately following, the cereal preparations. Some fruits, the pineapple, for example, possess digestant properties. It is often advised that these be taken after meals. The advice is good if only albuminous foods are eaten, such as eggs, nut foods, etc., but if the usual proportion of starchy foods is taken as well, pineapple or other fruit juices may interfere with the digestion of starch, although they assist in the digestion of the nitrogenous elements. To sum up, it is urged in favor of fruit before meals that when taken thus: (1) its laxative effects are greater; (2) its acids dissolve and remove the mucus which collects in cases of gastric catarrh; (3) the coolness of its juices has a tonic effect upon the secreting lining of the stomach; (4) the empty state of the stomach permits the almost immediate absorption of its predigested sugars, acids, and other nutrients.

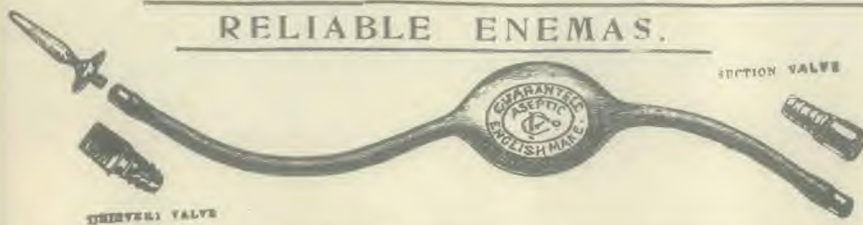
SPECIAL NUMBER OF "GOOD HEALTH."

It is the earnest purpose of the Editor and Publishers of the GOOD HEALTH to make their paper a helper in the home and a practical instructor to the people in all that pertains to health and happiness.

To what extent their object is accomplished, we must leave it with our readers to decide. Some have been good enough to send us words of sincere appreciation; and such letters are always suggestive, especially when the writers state definitely what features of the GOOD HEALTH they have found most helpful, and when they have found a certain article or a department helpful.

It is our sincere desire to benefit all classes of readers. We want to help the mothers, the fathers, the boys, and the girls. There will be something in every number of the GOOD HEALTH for everybody—something for you. Also from time to time we shall issue special numbers. The November GOOD HEALTH is to be a special number. It is written in

RELIABLE ENEMAS.



THE STERILIZABLE ENEMA, made of plain, red rubber, guaranteed to stand boiling and not split. The Injection Pipes are made of glass, but treated by a process of toughening so as to render them practically unbreakable. The Enema and all fittings can therefore be sterilized by boiling, and in this way are always kept as CLEAN and SANITARY as new. Price 4s 6d, postage paid.

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ASEPTIC ENEMA, highly polished, seamless, best English make, valves placed at the extreme end of tube so as to be easy of access, and should any foreign matter cause a stoppage, an inexperienced person can remove the obstruction in a few seconds. The suction valve is also protected with a fine strainer. Regular weight, No. 4, 4s 6d, postage paid. Heavy do., No. 3, 6s 6d. " "

the interests of smokers, and we are anxious to have a copy placed in the hands of every man and boy who uses tobacco. In order to do this we must have the co-operation of our readers. There are two ways in which you can help.



First proposition:—We will send free one extra copy to every regular subscriber to the GOOD HEALTH who will send a card to the manager as soon as this notice catches his attention. Just write, "Please send an extra copy of the smokers' number to ———," giving full name and address. This extra

copy is to be placed in the hands of some smoker, accompanied by a smile and a friendly word. Seek to enlist the interest of your friend in the "gospel of good health" by inducing him to become a regular reader.

Second Proposition:—This special number will be supplied in lots of from one dozen to one thousand copies at half the usual price,—1/6 per doz. These may be sold at 3d. per copy by the boys and girls of the GOOD HEALTH family, or given away by temperance and other workers who desire to make known the truth which sets men free from the bondage of tobacco.

Believing that each of our readers will heartily co-operate in giving this important issue a wide circulation, We remain,

Yours in the interests of humanity,

THE EDITOR.

SEEDS

Send 6d postage stamps of any State for our 3 trial packet of vegetable seeds, or mixture of 100 sorts of flower seeds, and 1907 catalogue HERBERT J. RUMSEY, Mail Order Seed Warehouse, 23 Adderton Road, Dundas, N. S. W.

Australasian Good Health

ORGAN OF

International Health Association.

Issued Monthly in the Interests of Health and Temperance.

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All Communications to the Editor and Questions for the correspondence columns of the journal should be addressed to Franklin Richards, M. D., Sanitarium, Wahroonga, N. S. W.

All business communications, remittances, etc., should be sent to the office of publication, Coorango, N. S. W. E. C. CHAPMAN, Manager.

Health Literature.

Good Health Booklets:

The following booklets have been carefully prepared and represent the result of years of study. They should be widely circulated.

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

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Dietetic Errors.—Their relation to disease. A valuable booklet. Full of information. 3d.

On Sale at Food Agencies and Tract Societies, addresses given on page 208.



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GRANOSE is a Complete Food, containing the elements of nutrition. FOR BABIES, FOR INVALIDS, FOR ALL. GRANOSE DIGESTS IN ONE-FIFTH THE TIME OF ORDINARY GRAIN PREPARATIONS. Breakfast is incomplete without Granose Flakes. For dinner a couple of well-toasted Granose Biscuits with other foods will insure thorough mastication and digestion of the meal. TRY GRANOSE if you would have health.

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Nut Grains Specially and Scientifically Prepared from Nuts, Fruits, and Grains. It combines uniquely the requisites for pure blood—the Essential to Perfect Health.

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

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Sanitarium Health Food Cafe, 45 Hunter Street, Sydney, N. S. W.

Sanitarium Health Food Cafe, 289 Collins Street, Melbourne, Vic.

Sanitarium Food Co., Papanui, Christchurch, N. Z.

Sanitarium Health Food Agency, 15a Willis Street, Wellington, N. Z.

186 Edward Street, Brisbane, Queensland.

N. Queensland Tract Society, Blackwood and Walker Streets, Townsville, Q.

Hydropathic Institute, Victoria Square, Adelaide, S. A.

80 Collins Street, Hobart, Tasmania.

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

602 Hay Street, Perth, West Australia.

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Tel. No. 137 Wah.

The Manager, Sydney Sanitarium, Wahroonga, N. S. Wales.