

# GOOD HEALTH

Edited by FRANKLIN RICHARDS, M.D.

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VOL. II.

NO. 2.

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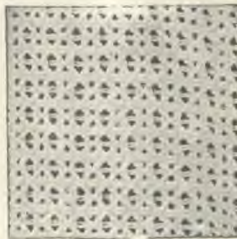
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February 1, 1908

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The green trees whispered low and mild ;  
It was a sound of joy !

They were my playmates when a child,  
And rocked me in their arms so wild !

—*Longfellow.*

# GOOD HEALTH

## A Teacher of Hygiene

Vol. II.

Cooranbong, N. S. W., February 1, 1908.

No. 2.

### Keep the Colon Clean.

THAT great body-sewer, the colon, is often in a most unsanitary state. As a result, poisons are taken into the blood which produce rheumatism, Bright's disease, hard arteries, and premature old age. Appendicitis and colitis are among the more immediate results of the failure to keep the colon in a clean and sanitary condition.

The prevention of the diseases enumerated, and many others as well, depends chiefly upon the diet. Certain foods, such as fresh ripe fruits, have a disinfectant effect upon the large intestine. At this time of the year it is of special importance that the alimentary canal be kept in as wholesome a condition as possible, otherwise the infectious diseases of the season will be readily acquired. Fresh fruits should be eaten freely, and filtered or sterilized water used as a drink between meals. Lemon juice is an ideal alimentary disinfectant. It is best taken in the form of unsweetened lemonade.

Some forms of sour milk are also useful, because of the lactic acid and lactic acid bacteria which they contain. The great value of buttermilk has been emphasized by the recent investigations of Professor Metchnikoff; but as it is difficult to obtain good buttermilk, a method of preparing it at home will be of practical value to GOOD HEALTH readers.

### Home-Made Buttermilk.

UNTIL recently the dairy has been the only source whence buttermilk could be obtained; but it is now possible for every householder to have an abundant supply within a few hours' time. This is done by taking a quart of new milk, adding a pinch of salt and sufficient hot water to raise the temperature to body heat. Into this is crumbled a tablet which contains a pure culture of lactic acid bacteria. Place the milk in a

pitcher, cover with muslin, and let stand from ten to twenty hours at a temperature of from seventy to eighty degrees. The result is thick, sour milk which requires only to be whipped in order to be converted into good buttermilk. Buttermilk or Lactone tablets may be purchased from the wholesale chemists, Messrs. Park Davis & Co., O'Connell St., Sydney.

This method of making buttermilk differs from the ordinary process just as modern bread-making differs from the ancient method. In Bible times spontaneous fermentation of the dough was depended on to leaven or lighten the bread. Failure frequently resulted, for the dough putrified instead of fermenting. On the farm, in the process of butter-making the cream is allowed to sour spontaneously and is then churned, the souring being caused by the lactic acid bacteria and other ferments present in the air. The method is not sure, as the germ growth is always a mixed one instead of a pure culture.

This modern method of making buttermilk is as great an improvement over the old as is the modern method of bread-making over the ancient.

It should be born in mind that buttermilk is a food. As such it should be taken at meal times, or when exclusively used in the treatment of disease, at regular intervals of four or five hours. It is thus being successfully employed in the treatment of pernicious anæmia and other insidious diseases due to auto-intoxication.

### Non-Alcoholic Wine.

AS WE are nearing the grape season, it is well to lay plans for the winter supply of unfermented wine. The accompanying illustrations show a simple method of sterilizing and bottling the juice of the grape, and other fruit juices. The fermentation of fruit juice is due to the entrance of bacteria from the air.

It has long been known that sterile fruit juices may be kept for an indefinite period of time in hermetically sealed containers. Another way of keeping the sterile liquid is the method employed by the bacteriologist. This consists in stopping the mouth of the bottle or flask with a snugly-fitting cotton plug. The air which obtains entrance is thus filtered through the cotton, all bacteria being caught in its meshes, and kept from entering the liquid.

As applied to the bottling of fruit juice, the method used is as follows: Ordinary wine or spirit bottles, which may be purchased at from sixpence to one shilling per dozen, should be thoroughly washed with soap suds, and afterwards rinsed in plain boiled water. The juice of the grape, or other fruit, may be expressed in the usual way, or obtained by heating the fruit over the fire. Fill the bottles to the level shown in Fig. 1. Next insert a long, tight plug of ordinary or surgical absorbent cotton, and place the bottles in a saucepan of water at a temperature that will not endanger the bottles (Fig. 2). Bring gradually to boiling point, and boil gently for at least ten minutes.

Another method is to keep the water at a temperature of from 160 degrees to 180 degrees for at least twenty minutes. The purpose in either case is to sterilize the fruit juice, that is, to destroy any germs that may have been on the fruit. Take care that the fruit juice does not come in contact with the cotton plug. In a cool, dry place, the fruit juice will keep sweet and free from fermentation until wanted, even for many months or years.

### Little Carelessnesses.

LITTLE carelessnesses cost time and money. Rough usage of dishes, by which they are nicked and cracked, soon necessitates the purchase of a new set. Dropping food and other unsightly smears on the floor, around door-knobs, and on the tablecloth, gives an untidy appearance, and costs an effort to remove. Rough handling of tinware and graniteware, striking the doors with shoe toes, handling doors rather than the knobs, and numerous like carelessnesses tend to give an aged appearance to the house, and really injure articles. I know one house-keeper who requires each member of the family to cover with silver coin any spot carelessly made on the table-linen. Her family are thus being trained in habits of neatness, for no one wishes to pay for the privilege of being a "slopper."

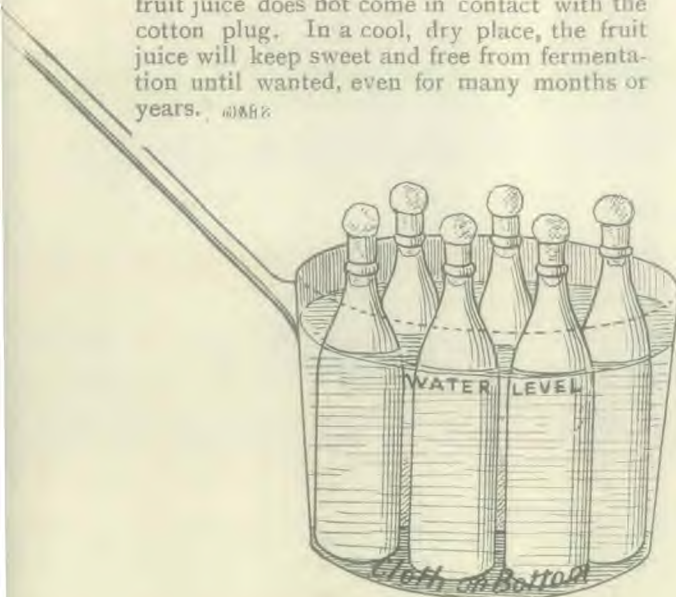


Fig. 2.



Fig. 1.



### A Simple Remedy for the Toothache.

"WHAT is that in thine hand?" That is the question that was put to Moses when, being directed to carry a divine message to the court of Egypt, he felt his natural weakness, and shrank from the responsibility. In his hand was a simple rod, picked out of the bush; but although only a rod, God would make of it a means for the display of miraculous power that would more than make up for what His messenger might have thought he was lacking in qualifications necessary for this important commission.

Perhaps some of the readers of GOOD HEALTH may at some time be brought face to face with an emergency as great to them as that referred to in the history of Israel's ancient leader, and may feel equally unable to deal with it, although possibly at the time some simple remedy like Moses' rod, is within reach. It may be the toothache, or pains of a neuralgic character, that are the source of trouble; and those suffering from these causes are deserving of sincerest sympathy. But the lateness of the hour, or the distance from medical or dental assistance, need not discourage them. Let them look around and see what can be found to meet the emergency. A common brickbat must surely be near at hand. If so, their cup of comfort will soon be filled to overflowing, for "weeping may endure for a night, but joy cometh in the morning." Put the brick in the fire until thoroughly heated, then place it in an empty dish and pour boiling water over it. The amount it will absorb is surprising—it will take in almost its own volume of water. Wrap a flannel cloth, slightly dampened, around it; over this put another dry woollen cloth, shawl, or anything similar that is in readiness, and place on the pillow. Lay the throbbing face against it, and the pain will cease, and sleep will be induced. Try it.

A. STUTTFORD, M.D.

*"Resorting to the use of stimulants to secure strength is like placing a mortgage on one's property. It provides ready cash for the present, but sooner or later the mortgage must be foreclosed."*

*"If a dog wants to bark, you can keep him quiet by holding his jaws shut, but the bark is still in him. So when you give a man morphine, he may not know that he is in pain, but the pain is still there."*

### Why He Failed.

A YOUNG man who had failed by only three points in an examination for admission to the Marine Corps, appealed to his representative in Congress for assistance, and together they went to see the Secretary of the Navy in the hope of securing what is known as a "re-rating" of his papers.

"How many chances do you want?" asked Secretary Long. "This is your third time." And before the young man had a chance to answer, the secretary continued, "How do you expect to get along in the world when you smoke so many cigarettes? Your clothes are saturated with their odor. Pull off your glove, and let me see your fingers. There, see how yellow they are!" pointing to the sides of the first and second fingers.

Before the young man found his tongue to offer an explanation, the secretary asked him if he drank.

"Only once in a while," was the sheepish reply.

Secretary Long then invited the congressman into his private office, and while offering to do everything he could consistently, he added, "I am sick of trying to make anything of these boys that are loaded with cigarette smoke, and drink 'once in a while.' They are about hopeless, it seems to me."

When they left the department building, the young man, half apologising for his poor showing, remarked, "Drinking, my father says, is the bane of the navy."

"I guess it is," replied the congressman laconically, "it is the bane of everything else, and I should think quite likely it would be in the navy."—*Youth's Companion*.



## Some Common Diseases Successfully Treated by Hydrotherapy.

BY GEORGE KNAPP ABBOTT, M.D.

THE true medical missionary hails with joy any advance in medical knowledge which enables him to utilize more fully natural means of treating disease. He realizes that while medicaments often relieve pain and other symptoms for the time being, their after-effects are baleful, and only add to the sum total of human suffering. While these facts have been known for years, it is only recently that men have awakened to the fact that health is best preserved, and regained when lost, by careful observance of hygienic laws. Professor Metchnikoff, an eminent authority, after discussing the influence of alcohol, opium, and quinine on infectious diseases, states as follows: "Therefore as a general rule avoid as far as possible the use of all sorts of medicaments, and limit oneself to the hygienic measures which check the outbreak of infectious disease. This postulate further strengthens the thesis that the future of medicine rests far more in hygiene than in therapeutics."

At a recent medical missionary council held at the Loma Linda Sanitarium (California) late in October of last year, some excellent ideas were presented concerning the treatment of fevers by physiological means. Three were discussed in particular; viz., typhoid, malaria, and pneumonia.

The subject of the treatment of typhoid fever was introduced by Dr. W. L. Gardner,

of Salt Lake City. The paper emphasized the advantage of a fruit diet over the commonly used milk diet. Milk and meat broth are excellent media for the rapid multiplication of germs, thus paving the way for an increase of the number of bacteria growing in the intestinal wall, and the infection originates from their growth in the alimentary canal. It is known that fruit juices are germicidal, and at the same time they are not harmful or destructive to the body as are the many antiseptics vaunted as almost specifics for this disease. The fruit acids have also a refrigerant effect, and this aids in a second way to reduce the temperature. Taking large quantities of water, fruit juice, or soft fruit-pulp, aids the kidneys in carrying off the poisons generated by the typhoid bacilli, which prove so deadly if allowed to accumulate in the body for even a short time.

Dr. Howard F. Rand related his experience in the treatment of malaria by hydrotherapy. Quinine, as every one knows, is considered to be the only sure cure for this malady. It kills the malarial parasite\* which circulates in the blood, and so effects a cure. But at the same time it destroys the white blood-cells, the greatest natural defence the body possesses. This immense army of defenders is crippled and rendered useless by the quinine. This information one may derive



from any standard text-book on *materia medica*. These white blood-cells may be increased in number, and rendered more active by vigorous application of cold water with friction and percussion.

Dr. Rand outlined the treatment of a certain case which had been diagnosed malaria, and in which the malarial parasite had been found. Twelve hours before the expected paroxysm the patient was immersed in cold water, and the surface rubbed vigorously until in a glow. This was repeated every two hours, or a cold mitten friction with ice water given. The time for the chill came and passed, but no symptom of the paroxysm appeared. This procedure was followed the next day with a like result. There were no chills after this. The success of the treatment lies in quickening the circulation, and bringing the blood to the surface, and at the same time the reserve army of white blood-cells is brought into active combat with the plasmodium malariae.

The same speaker outlined the rational treatment of pneumonia in the first stage; *i. e.*, the stage of congestion before the air-cells have filled up with exudate. He stated that although it is impossible to prevent pneumonia after the second stage has really begun, it is still possible to abort it when in the congestive stage. A hot leg-pack or hot leg-bath is

given, and there is placed over the lower lobes of the lungs, at the back and sides of the chest, a Turkish towel filled with cracked ice. The hot application fills the limbs with blood, while the ice aids in forcing the blood from the lungs by causing the lung capillaries to contract. The patient should perspire, and, if necessary, hot applications may be made to other parts of the body. By means of a cold friction to the legs, given very quickly, the blood is retained in the skin for some time. The congestion relieved, there is no second stage to follow.

This relieving of internal congestion should also be carried out in certain cases of typhoid fever, where the skin is cold, and chilliness is complained of. It may be accomplished by making short, but very hot, applications to the entire skin-surface, and repeating until the chilliness is relieved and the skin is no longer cyanotic, but possesses a natural glow.

Preceded by thorough cleansing of the bowels, this "bleeding" into the limbs and general skin-surface will prevent many an attack of the dreaded foe, pneumonia.

*Loma Linda Sanitarium, Cal., U. S. A.*

\* Recent researches go to prove that quinine simply drives these parasites out of the blood into the spleen, where they multiply, and generate poisons out of reach of the quinine administered. In the meantime the quinine continues to destroy white blood-cells.—ED.

## The Story of the Factory of Life.

BY FRANKLIN RICHARDS, M.D.

### No. 2.—The Care of the Body-Workers.

LAST month we learned that the body is composed of minute particles called cells, comparable to the bricks in a house. Although these cells are closely packed together, each cell has its own life to live. It is born, breathes, eats and drinks, works, rests, and finally shrivels and dies after reproducing itself, leaving a young and vigorous cell to carry on its work. Cells lead an unselfish life. Like the different members of the household, each cell has its special duties to perform, yet all work harmoniously together for the common good of the whole.

Strong houses are built of sound bricks; healthy bodies, of healthy cells. When once the bricks composing a house begin to crumble, unless substantial repairs are quickly

made, the speedy ruin of the house is sure to follow. It is just the same with the body. Its cells are continually crumbling and being brushed and washed away. Cells live a very short life, only a few hours or days. During life they do their work well, provided they are well fed and cared for.

New cells are constantly forming from the food, drink, and air which we take. It is thought that within a few months, the greater part of the body has been completely rebuilt by this process of constant change. Cells absorb food from the blood. In order for the cells to be healthy, the blood must be kept pure and clean. Pure blood is made from pure food,—luscious fruits, golden grains, sweet nuts. It is kept clean by work out of doors, by water-drinking, and by bathing. Cells also take oxygen from the blood; and

as they can not do their work without an adequate supply of this life-giving gas, we should see that they are all well supplied through the deep-breathing of pure air at all times. Not only do the body-cells take food and air from the blood, but they sometimes take other things as well. They live in the fluid of the blood, and, like fishes confined in a pond, they must take what the stream brings to them.

Perhaps you have seen some boys smoke, and thought you would also like to smoke, but your father told you that "smoking is bad for boys." I suppose you would like to know the reason for this. Tobacco smoke contains a gas which is taken into the blood and carried to all parts of the body. This gas, unlike the life-giving oxygen, is a deadly poison. When the red blood-cells, which are intended to carry oxygen to all parts of the body, are filled with carbon-monoxide, the oxygen is shut out. So the body-workers suffer in two ways; their supply of oxygen is being withheld, and at the same time they are being poisoned with carbon-monoxide. The reason boys feel sick the first time they attempt to smoke is evidence that the body-cells object to such treatment, and revolt against being thus poisoned. If, however, the boy persists, the body-cells settle down, and do the best they can under the adverse conditions imposed upon them. That the body-cells are permanently injured and crippled by smoking, is shown by the dwarfing effect of smoking on the body. Tobacco smoke contains other poisons, which injure the cells of men as well as of boys. What is true of tobacco, is also true of other poisons.

Instead of getting work out of one's cells by giving them food and rest, it is possible to compel weary cells to work. Tea-drinking is a common way of doing this. The tea contains a substance known as *theine*, which we say stimulates the cells of the body, and es-

pecially those of the brain. Suppose two boys who have been studying or working hard feel tired and hungry; one takes a cup of milk, and the other a cup of tea without either sugar or milk in it. Both feel refreshed, less tired, and more ready for work or study. Both the cup of tea and the cup of milk have refreshed the body. But if we watch the two boys, we will notice that the boy who had the tea gets tired first. What is the reason for this? The boy who took the milk has given his body-cells food which they can use in the performance of their work. The boy who took the tea simply whipped or spurred his body-cells into activity. Food gives to the cells real strength; stimulants, a *feeling* of strength which does not really exist.

There are other ways of poisoning one's cells. When too much food is eaten, part of the food becomes poison. This poison enters the blood and is carried to the cells which do our thinking for us, so we feel stupid, sleepy, and drowsy. Sometimes the poison irritates the cells, and this produces a feeling of impatience or fretfulness. The same irritability of the body-cells is produced by condiments; such as, mustard, pepper, and fiery sauces.

It is the work of the muscle-cells to move our bodies, and to enable us to execute many and varied movements. When these cells are not given sufficient work to do, they become feeble, and pale in color. This paleness of the unused muscles results in congestion of other parts, or inflammation. It is through lack of exercise that colds and inflammatory diseases of many kinds are produced. So you see if we fail to take exercise, or in any other way neglect to attend to the needs of our myriads of busy body-workers, we suffer in consequence. Shall we not, therefore, faithfully attend to supplying the needs of our servants? If we do, they will richly reward us by protecting us, and keeping us in health.

## The Oil Rub.

THE anointing of the body with oil is a very ancient custom, and is frequently mentioned by Bible writers. Among the Romans it was the common practice to have the body rubbed with oil after the bath, and by this means the skin was kept soft, the muscles pliable, and the general elasticity of youth was long retained. The practice of oil

rubbing is still in vogue among the natives of Africa, also in Samoa and other South Sea islands. Oil rubbing is a pleasant, health-promoting procedure, which may be advantageously employed during health as well as in disease. The application is best made after a warm or tepid bath, as the skin then more readily absorbs the oil. The application of

oil to the dry, unwashed skin is not a pleasant procedure. The oil used should be pure and clean, and care should be exercised that not too much is applied. Any surplus oil should be removed with a soft towel.

The oil should be applied to a part at a time with long sweeping strokes, then thoroughly rubbed in with shorter, circular strokes. A knowledge of the movements of massage makes the treatment more agreeable and effectual. The rubbing should not be so vigorous as to produce perspiration. The best oil to be used is pure olive or cocoanut; cotton-seed oil may also be used. Animal fats are very inferior. The benefits derived from oil rubbing are not due to the fact that the oil is absorbed to any great extent by the skin. The chief benefits are due to the rubbing itself. Friction applied to the skin acts beneficially by promoting the absorption of exudates, and encouraging the flow of blood and lymph through the part.

The use of oil by the natives in tropical countries, is based upon the fact that the oiled skin radiates heat more rapidly than the dry skin. When little or no clothing is worn, the body is thus cooled by increased radiation. When the oiled surface of the body is covered with clothing, warmth is increased. This fact is taken advantage of by the natives in cold countries. It is also of practical importance in the prevention of colds after warm bathing.

#### THE USES OF OIL RUBBING.

When daily baths are taken, it is well to apply a little oil to the skin two or three times a week, especially in cold weather. After the soap shampoo or vigorous forms of friction, such as the salt glow, the oil rub is indicated. Vigorous rubbing of the legs and feet with oil may be employed for the relief of cold feet, the circulation being permanently improved by this treatment.

Dyspeptics, neurasthenics, and many other chronic invalids are benefited by the oil rub employed daily, or several times weekly. Marked and most favorable effects upon nutrition result from oil rubbing, in the treatment of emaciated infants and children. Warm olive oil is, as a rule, more effective in the treatment of rheumatic joints and muscles than the much advertised liniments recommended in these cases. It should always be borne in mind that it is the rubbing rather than the liniment, which gives relief. The oil rub prevents the scattering of infectious scales in scarlet fever and measles. A few drops of kreso or other disinfectant should be added to a dessertspoonful of oil for use in these cases. Oil rubbing is indicated for dryness of the skin and scalp. In cases of dandruff, or scurf, a few drops of oil mixed with alcohol makes an excellent application for the scalp.



A Coral Garden at Low Tide.

## A Potent Poison.

THE poison of tobacco is so potent and violent in its action that even the external application of the moist leaves to the skin is sufficient to produce most serious symptoms. If a cigar be unrolled and the leaves composing it be applied over the stomach, great nausea will be produced in a very short time. This method has been used to induce vomiting. Cowardly soldiers have been known to place tobacco leaves under their arms just before going to battle, for the purpose of producing sickness.

Some years ago a man was detected in an attempt to smuggle a quantity of tobacco by placing the leaves next to his skin. The nearly fatal symptoms which followed, led to the discovery of the smuggler.

If tobacco is poisonous when applied to the skin, it is doubly so when inhaled. The smoke of tobacco contains, in addition to nicotine, several other poisons, the chief of which are pyridine, picoline, sulphuretted hydrogen, carbon dioxide, carbonous oxide, and prussic acid, all of which are fatal poisons when received into the system in any other than the most minute quantities. Thus it is not to nicotine alone that the evil effects of smoking are due, but to all of these poisons combined.

Birds, frogs, and other small animals die when exposed to tobacco fumes in a confined space. Cheese-mites, bees, and other insects may be quickly killed by directing upon them a stream of tobacco smoke from an ordinary pipe.

Inhalation is the most speedy way of getting any volatile poison into the system. The reason of this is obvious when the fact is made known that the lungs present a mucous surface 400 square feet in extent, every inch of which is in the highest degree capable of absorbing gaseous substances brought in contact with it. This membrane is of the most marvelously delicate character, being of such exceeding thinness that it forms scarcely any obstacle to the passage of gases which enter the lungs by respiration. Just underneath this delicate membrane passes all the blood in the body, or an amount equivalent to the whole quantity of blood, once every three minutes. The vapory poison inhaled by the tobacco-smoker

is not simply taken into the mouth and then expelled, but it penetrates to the remotest air-cells, and spreads itself out over the whole of the immense extent of membrane stated. Thus it is plain that the blood of the smoker is literally bathed in the narcotic fumes drawn from his pipe or cigar.

So readily does the system receive the poison of tobacco in this way that it has repeatedly been observed as a fact that persons who are engaged in the manufacture of cigars often suffer much from the characteristic effects of nicotine-poisoning.

When tobacco is applied to the mucous membrane, as in chewing and snuff-taking, its poisonous elements are absorbed in essentially the same manner as when it is applied to the skin, but much more rapidly. In chewing, considerable quantities are also absorbed through the stomach, being swallowed with the saliva.

Very few users of tobacco need to have a description of the effects of a moderate degree of poisoning from its use. The giddiness, nausea, and deathly sickness which follow the first attempt to use the drug, are indubitable evidence of the poisonous character of tobacco, which evidence is confirmed by the difficulty, in many cases very great, experienced in becoming addicted to its use. In severe cases of poisoning, violent vomiting and purging, vertigo, deathly pallor, dilatation of the pupil, a staggering gait, disturbed action of the heart, interference with respiration, and in extreme cases insensibility and syncope, are commonly observed. Only a very small quantity is necessary to produce these symptoms in a person not accustomed to its use; but in persons who have habituated their systems to the poisons, a much larger quantity is required.

Persons not accustomed to the use of tobacco, often show symptoms of poisoning from taking a very small quantity of the drug, as by inhaling its fumes in a smoking-car or a bar-room. Infants are often sickened by inhaling the air of a sitting-room which is poisoned by a smoking father. There is good reason for believing that not a few infants' deaths have occurred from this cause, as it is well known that young children are

exceedingly susceptible to the influence of poisons of all kinds.

It is often objected that while chemistry and scientific experiments seem to prove that tobacco is a powerful poison, the experience of thousands of persons disproves the theory of its poisonous character, since if it were so intense a poison as described, cases of death from tobacco-poisoning would be much more frequent.

To this objection we answer: One reason

why so few persons are reputed to die of nicotine, or tobacco-poisoning, is the wonderful faculty the system possesses of accommodating itself to circumstances. Through this means the worst poisons may by degrees be tolerated, until enormous doses can be taken without immediately fatal effects. Corrosive sublimate, strychnia, belladonna, and many other poisons may be thus tolerated. If tombstones told the truth, millions of monuments that are otherwise inscribed would bear the sentence: "Poisoned by Tobacco."

## A Mother's Talk with Mothers.

CONDUCTED BY MRS. E. SISLEY RICHARDS, M.D.

### No. 2.—What Is Wrong with the Baby?

THIS question is not always an easy one to answer, as baby is unable to speak for himself, except in that universal language—*crying*.

However, the careful and observant mother should learn to interpret correctly most of baby's complaints; or what is better, she should learn to so anticipate his needs that his complaints will be few.

This principle should be established as a law in the nursery. A BABY NEVER CRIES WITHOUT CAUSE. That cause may seem a very trivial one, but it doubtless means more to the helpless infant than his busy, and perhaps thoughtless, mother may realize. To illustrate this point a few instances will be given.

One mother was recently kept awake half the night by a baby who usually sleeps soundly from bedtime until morning. She gave him a drink of milk, she covered him less warmly, she sought for mosquitoes or any offending insect, she treated him for colic, but not until one o'clock in the morning did she think to give him a drink of water, and that was the very thing he had been crying for, for three and one-half hours. As soon as his thirst was quenched, his weary little head fell onto his mother's shoulder, and he slept soundly until 7.30 the next morning.

Another baby who has an enviable reputation, was unaccountably cross one day during the early summer. The young mother, to use her own words, was "nearly distracted" with baby's fretting. She carried the little one around in her arms until her back was

aching, and she herself felt as fretful as the baby. An experienced mother came in to call, and in half a minute she saw what was the trouble. It was a hot day, and baby was much too warmly clothed. She took her into the bedroom, removed all her clothing, gave her a tepid sponge bath, and then put her on the bed for a frolic. The transformation was marvelous—one moment a cross, fretful baby; the next a laughing, contented, sweet-tempered child. After she had enjoyed a good frolic, a napkin and one comfortable garment were put on, and she continued to be happy during the remainder of the day.

A third baby cried because his feet were cold. A hot foot-bath at once restored his good temper. Mothers often think that it is a matter of no consequence if baby's feet are cold, but this is not true. A congestion of the stomach and bowels always accompanies the chilling of the feet and legs. If the condition is long continued, indigestion and diarrhoea are likely to result.

A fourth baby's ill-temper was caused by constipation. A small injection of olive oil caused a considerable amount of hardened feces to be passed from the bowels. Relief followed promptly the emptying of the bowel, and a little alteration in the baby's diet prevented a return of the difficulty.

The fifth case was that of an irritable baby, one year old, who was being fed much too frequently. His digestive organs were kept in a constant state of unrest, and this was reacting upon his disposition. He was given three wholesome meals a day, with one liberal feeding of fresh fruit-juice, and not only his digestion, but his temper, improved immediately.

These cases illustrate the need of careful observation on the part of the mother or the nurse. If a child is fretful, try not to be impatient with him, but seek diligently for the cause of his ill-temper, and having found the cause, remove it as quickly as possible.

Beyond doubt *thirst* is one of the most frequent causes of fretfulness in young babies, not thirst for milk or any other liquid food, but

thirst for water. Even breast-fed babies become thirsty, and should be offered water several times daily. A baby, during teething, requires water many times each day. In the winter time, the water given to a young infant should be slightly warmed, but during the summer it may be given at ordinary tap temperature.



#### HOME, SWEET HOME.

Mid pleasures and palaces though we may roam,  
Be it ever so humble, there's no place like home!  
A charm from the skies seems to hallow us there,  
Which, seek through the world, is ne'er met with elsewhere.

An exile from home, splendor dazzles in vain,  
O give me my lowly thatched cottage again;  
The birds singing gaily, that came at my call,  
And with them, God's peace, which is dearer than all.

—John H. Payne.

DR. WILLIAM M. STARR, of Washington, D. C., who recently celebrated his one hundredth birthday, attributes his excellent health and advanced age to the fact that he has al-

ways been an abstainer from tobacco and liquors, and has always eaten a trifle less than his appetite seemed to call for. He has also made a practice of retiring at sundown and rising with the sun.

#### A Prolific Error-Breeder.

THE general freight agent of a large railway company said that eighty-five per cent. of the mistakes made in his offices by the 200 clerks, were traceable to the thirty-two who use cigarettes. It is such observations as these that cause far-sighted employers to seek for young men who are free from the tobacco-habit to fill all positions of trust.—*Life and Health*.



## The Right Way of Cooking Vegetables.

THE title of this article infers that there is also a wrong way of cooking vegetables, and so there is, though this fact is usually ignored by the average cook. Even those who are very particular about their methods of preparing other foods, are unaccountably careless in the cooking of vegetables. There is quite as much difference between a properly and an improperly cooked vegetable as there is between a good and a poor loaf of bread.

Most vegetables do not possess a high nutritive value, and they might be omitted from our dietary were it not that they supply the necessary bulk, and give a desirable variety to our food. From a nutritive standpoint, vegetables are chiefly valuable because of the organic salts which they contain. These salts are in a form easily assimilated by the body, and are particularly beneficial to anæmic persons.

In the ordinary method of cooking vegetables (that of boiling in a large quantity of water, and then pouring off the liquid when the vegetable is done) these valuable organic salts are largely lost. The vegetable is left in a watery, tasteless condition, and requires a liberal seasoning to make it at all palatable. It is possible, with care, to cook vegetables in such a way that the organic salts and also the distinctive flavor of the vegetable may be retained. To do this the vegetable should either be steamed, baked, or boiled in so small an amount of water that there will be little or none to pour off when the cooking is completed.

Great care should be taken to allow sufficient time for the cooking of such vegetables as peas, French beans, beet root, and turnips. Peas and beans are frequently served quite hard, when they would be not only more wholesome, but much more palatable, if cooked an hour longer.

The common practice of using soda to preserve the color of green vegetables, is a harmful one. The same desirable effect may be obtained by adding a teaspoonful of sugar to the water in which the vegetable is cooked.

The following suggestions are taken from the "Good Health Cookery Book," by Dr. Lauretta Kress:—

**BAKED POTATOES.**—Select uniform-sized potatoes, wash well, and dry. Place in a moderate oven. Bake one hour. Just before serving prick them to allow the steam to escape, and they will be quite ready. Serve with brown sauce.

**BAKED CABBAGE.**—Chop the cabbage fine, and cook in boiling water for twenty minutes (in as

small an amount of water as possible). Cover closely. To one quart of this cooked cabbage add one-half cup of water, in which has been dissolved a dessertspoonful of nut butter and the juice of one lemon. Bake in a covered dish until the cabbage is thoroughly done. Season with salt to taste.

**VEGETABLE MARROW.**—Peel and cut into slices a nice, fresh, vegetable marrow. Lay it in a steam cooker, and leave until tender. Serve with white sauce. Marrow steamed in this way is very sweet and delicious.

**CAULIFLOWER WITH TOMATO SAUCE.**—One large cauliflower, two cups tomatoes, one tablespoonful flour, one tablespoonful nut butter.

Trim the leaves and waste from the cauliflower, place in a steamer, and steam until done (about one hour). Prepare tomato sauce by heating the strained tomato to boiling. Add a saltspoonful of salt; thicken with the flour rubbed smooth in a little water. Add the nut butter to the sauce, and then turn it over the cauliflower. Serve hot.

**SPINACH.**—Select crisp, fresh spinach. Look over carefully, wash, and steam until done. Season, and serve hot. In steaming vegetables it is necessary to keep up a good fire, as the water in the lower vessel should be kept actively boiling throughout the process of cooking.

It will be unnecessary to give other recipes, as the principles set forth above can be applied to the cooking of other vegetables.

It would be well to state that the coarser vegetables, such as turnips, carrots, beet root, cabbage, and parsnips, should be avoided by those who are troubled with slow digestion. Of all vegetables the potato is perhaps the most easily digested; and of all methods of cooking potatoes, baking is the best.

Many persons can take baked potatoes with impunity who could not without discomfort eat them when prepared in any other way.

**NOTICE.**—An error appeared in the article "Dainty Digestible Desserts," published in the January number of GOOD HEALTH. The recipe for pastry shortened with olive oil should read as follows:—

Beat *one-half* cup of olive oil with a fork, adding very slowly *one-fourth* cup of cold water. When well beaten, pour this into three cups of sifted white flour, adding salt to taste. Mix the flour and oil lightly with a fork; gather the fragments of dough together with as little mixing as possible, and roll out thin.

"WHEN sewing, as when writing, it is better to have the light come from the left. Then your right hand is not in the way of good light."

## Answers to Correspondents.

79. **The Watwool Fat Cure.**—Are the drugs sent out by the Watwool Obesity Company of 107 Castlereagh St., Sydney, harmless? Are they effectual? *Ans.*—We know nothing about this particular company and cure, but it is safe to say that if these drugs are harmless they are not effectual, and contrariwise, if they are effectual they are not harmless. There is no drug known to modern science which will reduce obesity without injuring vital organs. It is likely that this company sends along with their drugs some advice concerning diet and exercise which, if put into practice, will effect the body weight. It would be wiser and equally effective to restrict the diet and take sufficient exercise to reduce the weight without obtaining the fat cure.

80. **Epilepsy, Cotton-seed Oil.**—1. What treatment is indicated for a girl thirteen years old who is subject to fits. *Ans.*—The disease is hard to treat successfully at home. The child should be placed under medical care in an institution which receives and treats epileptics. If this is not possible, simple diet of easily digested foods, combined with sufficient exercise out of doors should prove helpful.

2. Will you give your opinion concerning the food value of cotton-seed oil? *Ans.*—The food value of cotton-seed oil, like that of all other fats, is very high, 250 calories per ounce. It is a fuel food, but is not so wholesome and digestible as cream or olive oil.

81. **Nerve Food, Whooping Cough, and Drinking at Meals.**—T. O. C., New Zealand, asks: 1. What is the best food for one whose nerves are quite weak, and who can not take nourishing food? *Ans.*—Wholesome, nourishing, and easily-digested food is the best nerve food. Dextrinized cereals, such as granose, granola, nut grains, bromose, malted nuts, eggs, and nuts well masticated, are excellent for the purpose. Weak nerves are sometimes poisoned nerves instead of underfed nerves.

2. What is the best thing to do for children with whooping cough? See article in Home Department, August, 1907, GOOD HEALTH.

3. Is it better not to take any liquid at all at meals? If so, when should we take milk? *Ans.*—Milk and other liquid foods should be taken at meals, not between meals.

4. Is it better not to drink just before meals? *Ans.*—As a rule, cold water should not be taken freely immediately before food.

5. How much solid food should be taken by an adult at one meal, if three meals a day are taken? *Ans.*—Enough to produce from 1,200-3,000 calories of energy according to size, work, etc. The amount needed should satisfy the appetite.

82. **Cramplike Pains.**—Y. A. M., Victoria: Kindly give treatment for periodic, cramplike pains in back and around the body, sometimes accompanied with headache and sleeplessness. *Ans.*—Fomentations applied to the back and lower part of the abdomen will give some relief.

Consult home physician, or send full name and address for reply by letter.

83. **American Health Restorer.**—Subscriber, Qld.: What is your opinion of "Nature's Health Restorer?" *Ans.*—It is without doubt one of the numerous American nostrums which the manufacturers suppose the people will be foolish enough to buy and use. I judge from the sample tablet inclosed that "Nature's Health Restorer" is a common purgative mixture, supplied in chocolate-coated tablets at an exorbitant price.

84. **Biliousness.**—M. H. S., Jamestown: What foods are useful for the treatment of this trouble? *Ans.*—For the ordinary bilious attack, the free use of water and fruit juices is indicated. No food should be taken from twelve to twenty-four hours. Constipation should be relieved, and a warm bath taken to cleanse the skin and increase elimination.

85. **Backache and Kidney Disease.**—Z. Y. X., Jamestown: Please give suggestions concerning diet and treatment. *Ans.*—The free use of water and ripe, juicy fruits, will aid the kidneys in doing their work. To relieve the backache and pains, fomentations to the back with cold compresses, or icebags to the lower third breast bone. Hot foot-bath may be taken with this treatment. Care should be taken not to get a chill or a cold. Wet feet or cold hands sometimes bring on an attack of acute kidney congestion. The diet should be simple, consisting chiefly of cereals, fruits, and milk if it agrees. Sour fruits and milk should not be taken at the same meal.

86. **Questions on Diet.**—"Interested," Wellington: Your diet could be improved by the use of dry cereal food in place of so much porridge. The quantity of sugar and jam should be greatly decreased. Greater variety should be given to the diet by the introduction of fresh and stewed fruits. Eggs and milk-dishes may be used if they seem to suit.

87. **Neuralgic Pains.**—G. L., Clyde Bank: What is the best thing to do for pains in the arms and legs, which interfere with free use. *Ans.*—The pains are probably neuralgic. They may be relieved by hot applications made to the parts. The cure consists in building up the body, and improving the general health.

88. **Appendicitis, Fat as Food.**—J. F., Boxwood: 1. What causes appendicitis? *Ans.*—The appendix is a small tube from two to four inches in length, and of the diameter of an ordinary lead pencil. It is located in the right groin at the commencement of the colon. Appendicitis, or inflammation of the colon, is the result of foreign substances finding their way into this tube. A variety of things have been found in cases of inflamed appendices. Within the past year or two, attention has often been called to the presence of intestinal parasites in cases of appendicitis. Foreign bodies such as pins, and stone concretions formed in

the organ itself are occasionally found in the appendix. Constipation, meat-eating, the use of condiments and stimulants, and harmful habits generally, may predispose to an attack of appendicitis by producing disease of the colon.

2. Are vegetarians likely to suffer from appendicitis? *Ans.*—Yes; vegetarianism is not a guarantee against an attack of appendicitis. The nearer the approach to a natural dietary and proper habits of living generally, the less likely one is to suffer from this malady.

3. Why is it necessary for man to use fat in his food, when animals do not require it? *Ans.*—The animals most closely resembling man in structure and dietetic habits, viz., the higher apes, subsist very largely on nuts, which are very rich in fat. Even horses and cows and other domestic animals thrive better when a little oil-cake or linseed is added to their food. Fowls do best on sunflower seeds, which are rich in oil. All animals take fat in their food when they can get it.

89. **Chapped Hands and Lips.**—A. L., Bundaberg: Please give simple home treatment for chapped hands and lips. *Ans.*—Scrupulous cleanliness is the first essential in the treatment of this trouble. A simple mouth-wash should be used, such as boric acid. The teeth should be cleaned after meals, and a little zinc ointment, vaseline, or lanoline applied to the lips. The same ointment may be used for the hands after the skin has been thoroughly softened and cleansed with hot water and mild soap.

90. **Bananas for Babies.**—L. R.: Are bananas wholesome for babies? My little girl, one year old, is very fond of them, but they do not seem to suit her. *Ans.*—Yes, bananas are wholesome for babies if properly given. Select a banana which is ripe yet perfectly sound. Mash it well with a silver fork, and give it to baby with a spoon. It may be given alone, or in connection with milk gruel. A healthy child may eat bananas in this way, from the age of eight or nine months. Baby should not be allowed to eat the fruit unmashed, until old enough to understand the necessity of thorough mastication. Unripe bananas contain a large per cent. of raw starch, and as this is indigestible, great care should be taken to use only well-ripened fruit.

91. **Constipation.**—A. C.: What can I do to relieve my baby of constipation? He is six months

old. *Ans.*—Once or twice in the day, give the baby as much fresh fruit-juice as he will take. Orange juice is preferable, but when this is out of season, other juices as pineapple or grape may be used. The fruit juice must not be given sooner than three hours after a milk feeding, nor must a second milk feeding be given sooner than one hour after the fruit juice. If the fruit juice does not overcome the difficulty, try adding more cream to the milk feedings, or give a teaspoonful of olive oil once a day. Gentle rubbing of baby's abdomen for several minutes daily, will help to increase the activity of the bowels. Drugs should not be given, nor should enemata be habitually used.

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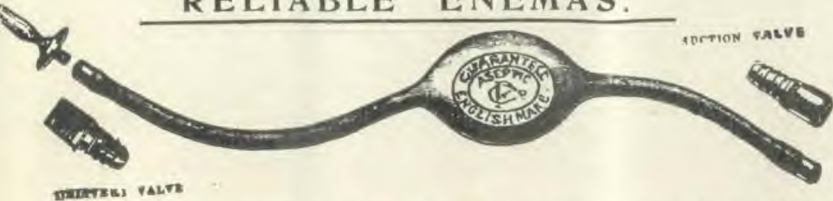
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FOR the use of the illustration on our front cover we are indebted to MESSRS. ANDERSON AND Co., Seed Merchants, 399 George St., Sydney.

## Delicious New Foods.

THE Sanitarium Health Food Factory has undergone some changes recently, and as a result of improved facilities and methods several lines of delicious new health foods are being made. Some of these we have sampled, and would highly recommend to our readers.

### MELBITOS.

A wheat honey better than the bee can make out of gum-tree blossoms! This wholesome sweet should take the place of treacle and cane sugar. It is far superior to these in every way. Let the children be the judges.

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## NEW NUT MEATS.

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## Another Sanitarium Health Food Cafe Opened.

THE ever-increasing popularity of toothsome hygienic food as served on the tables of the Sydney and Melbourne Sanitarium Health Food Cafés has led to the opening of another institution of like character. Adelaide is the fortunate city in which this new café is situated. Very pleasant premises have been chosen at 28 Waymouth Street, a few doors from King William Street. Readers of the GOOD HEALTH, and friends and patrons of the Sydney Sanitarium, Adelaide Hydropathic, and Sydney and Melbourne Cafés will find at the Adelaide Café a full stock of standard health foods, including several new lines. Health literature also supplied and subscriptions to the GOOD HEALTH received.

The manager states that the Adelaide Sanitarium Health Food Café will be opened about the middle of February. In the meantime the premises are undergoing extensive alterations and improvements, no expense being spared to bring everything up to the highest standard of excellence and order adopted by these institutions, which aim, while pleasing the palate, to upbuild the body and promote happiness and good health.

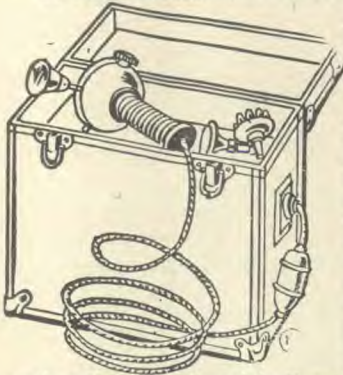
## Servants Who Smoke.

ENGLISH housekeepers, it seems, are being confronted with a new problem, that of the smoking maid. It is not so uncommon for the mistress to indulge in the cigarette and the cigar; and what is "genteel," of course, is soon adopted in the servants' quarters. Does it make you shudder to think of the gentle sex smoking? Why shouldn't they? Is there any argument against smoking by women and girls that is not equally forcible against smoking by men and boys.—*Life and Health.*

A MATCH used to light a cigarette started a £15,630 fire at Steeple Chase Island, off Bridgeport, Connecticut, U. S. A., recently.

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Branch, 93 Queen Street, Brisbane

The Dyspeptic Philosopher Says: "One must occasionally be miserable to appreciate happiness."

But the principal cause of all the MISERY exists through using wrong foods, combined with BAD COOKING. WE give you the opportunity of rectifying these TWO GREAT EVILS.

We show you the BETTER WAY.



Health Food Counter, and Part of Dining Hall.

**DO YOU NEED A CHANGE ?**

Part View of Kitchen.



Part View of Dining Hall.

**THINK FOR YOURSELF.**

If you can not visit our Dining Rooms, send for Price Lists and other literature; we shall be only too glad to correspond.

SYDNEY ADDRESS :

**Sanitarium Health Food Cafe,**  
Royal Chambers, 45 Hunter Street.

OR IF YOU LIVE IN VICTORIA :

**Sanitarium Health Food Cafe,**  
289 Collins Street (Opposite Block), Melbourne.



## Sanitarium Nut and Cereal

PURE

# Health Foods

**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.

**GRANOLA** THE QUEEN OF BREAKFAST DISHES. Takes the place of the Dyspepsia-Producing Porridges.

Granola is prepared from carefully selected wheat, corn, and oats. It is rich in Gluten. Each pound of Granola equals in nutritive value three pounds of beef steak. It is a partially predigested food. That heavy feeling frequently present after eating ordinary porridge is a thing of the past with those who use GRANOLA. It may be used in the preparation of puddings, roasts, and pastries.

**Caramel-Cereal** A health drink. A substitute for tea, coffee, and cocoa. If you value your health and home, give up the use of injurious beverages. Try CARMEL-CEREAL as a substitute.

**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.

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

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

The following list contains some of our other Health Foods: Wheatmeal Biscuits, sweetened and unsweetened; Oatmeal Biscuits, sweetened; Raisin Sticks; Pure Gluten Puffs and Meal; Crystal Wheat, Etc.

## Foods Recommended by this Journal!

SEND ORDERS FOR THE ABOVE HEALTH FOODS TO ANY OF THE FOLLOWING HEALTH FOOD AGENCIES. Correspondence is invited.

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

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

Sanitarium Health Food Cafe, 28 Weymouth Street, Adelaide, S. A.

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

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

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

Sanitarium Health Food Cafe, 80 Collins Street, Hobart, Tasmania.

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

826 Hay Street, Perth, West Australia.

186 Edward Street, Brisbane, Queensland.

"Villa Hatsu," 12 Dhoby Ghaut, Singapore, S.S.

Prepared by the Sanitarium Health Food Company, Cooranbong, New South Wales.

Situated in the  
**Most Picturesque Spot around Sydney,**  
 Nearly 700 feet above sea level, yet only 11 miles from  
 the city, is  
**THE HOME OF "GOOD HEALTH" IDEAS.**

It offers to the  
 health-seeker  
 the advantages  
 of a thoroughly  
 equipped  
 Hydropathic  
 Institution.

The terms are  
 very moderate.



Water Baths,  
 Electricity,  
 Massage,  
 Careful Regu-  
 lation of Diet,  
 Pure Air,  
 Sunshine, and  
 Rest are the  
 principal  
 agencies of  
 restoration.

## The Sydney Sanitarium

The Sanitarium is charmingly located in the beautiful, picturesque suburb of Wahroonga, on the North Shore-Hornsby Railway Line, being eleven miles only distant from the Metropolis. The situation overlooks the Liverpool Plains, and Valley of Lane Cove and Parramatta Rivers. Extensive panoramic views, extending from the Sea Coast right up to the Blue Mountains, are obtainable from the verandahs.

The following **TARIFF** includes residence, board, daily attention of physician, daily general treatment (six days in the week) in the treatment rooms:—

Single Rooms, per week	£2 10s	£3 3s	£4 4s
Three or more persons in a large, commodious room, per week			£2 5s
Board and Residence, per week			£1 10s

All necessary attention is given to each case. Those having consumption of the lungs, or any other contagious or infectious disease, are not admitted. Trains leave Milson's Point, Sydney, for Wahroonga every hour during the day. A special conveyance meets all trains at Warrabee station upon notification.

For further Particulars, and Descriptive Booklet, Address

Tel. No. 137 Wah.

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