

GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

August 1, 1908.

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VOL. 11.

NO. 8.

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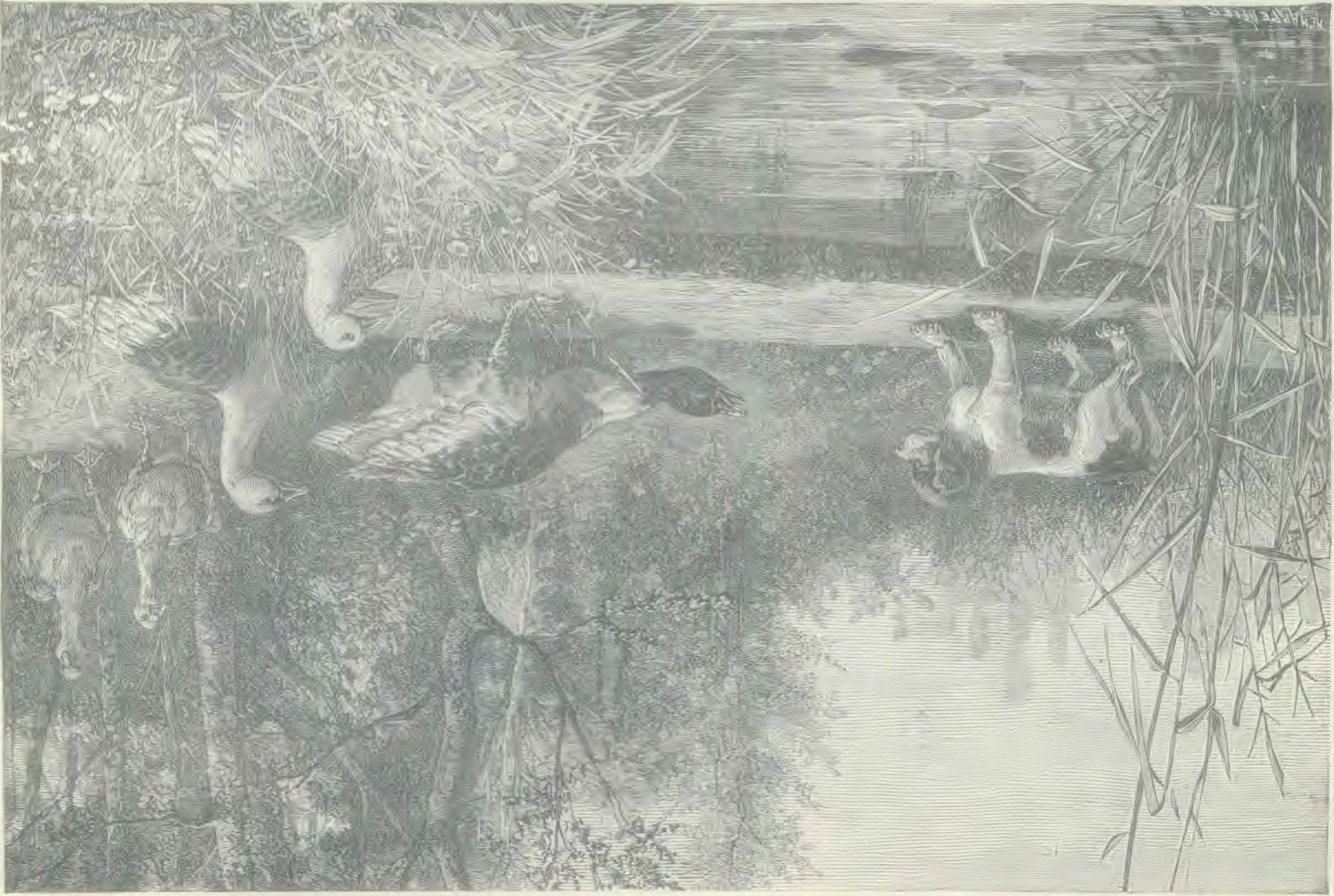


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Unexpected Opposition.

Good Health, August 1, 1908.



GOOD HEALTH

A Teacher of Hygiene

Vol. II.

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

No. 8.

The Health of the Fleet.

IN their efforts to entertain the men of the American Fleet, Australians should not forget the request of the commander-in-chief. In a message which he sent through the press to the people of California, he said:—

“I wish that you would convey my request to the people of California that, as far as may be possible, they refrain from furnishing the men of the fleet with intoxicating liquors. I would consider it a personal favor if they would do so. It is nearly always the case when our men reach a home port that some of the people are inclined to offer them liquor. Many consider it a part of the entertainment, and perhaps it is; but it works a bad end. The men are thus induced to drink, and drink too much.

“On board the ships liquor is prohibited, and the men are unaccustomed to its use. When they get ashore there is no such restraint. On the way around South America the fleet has made an enviable record for good conduct ashore. It would be exceedingly regrettable if, upon reaching the United States again, this good reputation should be dimmed.

“I appreciate that most people have the best motives only, in offering liquor to the enlisted men, but it would be better for the men and the navy in general if it were not done. I sincerely trust that it will not be.”

This request to the people of California is also a request to the people of Australia. Let us prove ourselves worthy of the trust of the American commander-in-chief. Let us also make a practical application of the lessons learned from the pages of history. The decline and fall of the great empires of the East were the direct results of intemperance and the indulgence of appetite and passion.

Cats as Carriers of Disease.

AN English medical officer of health recently reported two of the most malignant cases of diphtheria he had ever seen, in which he was unable to trace the cause of the disease until he discovered a coughing cat. He ordered the cat to be killed, and on examination it was found to be suffering from diphtheria, the germs of which it was freely distributing during its attacks of coughing. Doubtless the disease which caused the death of these two children was taken from the cat.

Another instance of a sick cat spreading disease was recently brought to the attention of the editor by a friend. While visiting a family this gentleman's attention was attracted by a miserable-looking cat which always dozed before the fire. The conversation turned to consumption amongst animals, and on examination this aged cat was found to be suffering from an advanced stage of scrofula, or consumption of the glands of the neck. The discharge from these glands, containing the germs of consumption, was being spread about by the fur of the cat on the mat and floor before the fire. The cat was forthwith destroyed.

An Eminent Food-Reformer.

SENATOR CHAUNCEY M. DEPEW, who recently attained the age of seventy-four, is an ardent food-reformer. At a birthday dinner held in his honor in New York City, the senator made an interesting speech. He had been in ill health for some time, but has now fully regained his old-time vigor and is hale and hearty. It is stated that his speech was full of the humor and eloquence that have always charmed his hearers and made him a most popular after-dinner speaker. The senator referred to the fact that for fifty years he had been active in political life. Speaking of his

length of years and his continued youthfulness, he made the interesting announcement that he is now a vegetarian. Formerly, he said, he had been a victim of almost chronic rheumatism, but, since he had given up eating flesh and fowl, and had restricted himself to a vegetable diet, he had been rid of that trouble. He said that he slept well, had a good digestion and a clarified vision, and declared that were it not for men's over-eating, the hospital and the graveyard would be largely out of business. One who so exemplifies his own precepts is entitled to respect when he advises concerning matters of health. Senator Depew is acknowledged to be the best after-dinner speaker in the United States.

Sour Milk Cures "the Blues."

THE following interesting account of the cause and cure of "the blues" is given by the *Sunday Sun*:—

"They have found it at last—the microbe of the blues.

"Its name is *Bacillus proteus*, and it dwells in the large intestine of the human body. Sometimes it is found elsewhere, but this is its particular home.

"This abominable microbe, be it understood, is a poison maker. And the effect of the peculiar poison it produces is to engender melancholy and disgust with life. The poison finds its way into the blood, is by this means carried to all parts of the body, and attacks the sympathetic nervous system. It is specifically a nervous depressor.

"It may lie dormant a long time without being noticed. Then it suddenly becomes mischievous, and the first thing you know, you have the blues. The poison product of the disreputable microbe pervades your system, and for the time being life is hardly worth living. Everything presents itself to your mind in an unwholesome aspect: your whole perspective is disarranged; and you exhibit an irritability not at all characteristic of you in normal moments, and you can not help feeling aware that your personal companionship is unenjoyable to your family and friends.

"Having realized that the blues is a disease, and that it is caused by a specific germ already isolated and corked up with a plug of absorbent cotton inside of a glass tube, it is a comparatively simple matter to find some practical method of dealing with the problem. Thus reduced to captivity, the condition of the microbe might be compared to that of

some wild animal, hitherto unknown, which, confined to a cage, is helplessly subject to scientific experimentation. In the case of the *Bacillus proteus* the task is rendered easier by the fact that it can be easily bred; and under such conditions poison can be tried upon it.

"For breeding purposes a mixture of seaweed jelly is prepared, some beef tea being added to render the stuff more appetising and nutritious. This is put into a glass tube, with a few of the microbes for a starter, and the mouth of the receptacle is closed with a cotton plug to prevent germs of other kinds from getting in. In these circumstances the *Bacillus proteus* will rapidly multiply in numbers which run up into the billions.

"Into a series of such tubes, each of them containing a thriving colony of the microbes, it is an easy matter to introduce different kinds of poisons. They are not necessarily what the man in the street would call poisons. It is merely a question of finding something that is hostile to the life of this particular germ. The most destructive agent in its case seems to be sour milk.

"Sour milk? Doesn't it seem odd! But the fact is that sour milk contains lactic acid—it is lactic acid that makes milk sour—which is death to the *Bacillus proteus*. When fresh milk is exposed to air, certain bacteria, which are afloat everywhere in the atmosphere, get into the fluid, multiply at a great rate, and incidentally produce this lactic acid. Thus one kind of germ manufactures a poison which is highly destructive to another kind.

"Now, what is the obvious deduction from this fact? Nothing more or less than that sour milk is the best possible cure for the blues. The statement is backed by the highest medical authority. Drunk freely, it may be counted upon to destroy wholesale the microbes of melancholy. They can not survive in its presence. Few kinds of bacteria, indeed, are able to live in an acid medium, and the *Bacillus proteus* is not one of the exceptions."

Our readers will doubtless recall what has already been said in these columns concerning "The Clotted Milk Cure." In the June number it was pointed out that benefit can be derived only from milk which has been scientifically soured; i. e., soured by the action of a specific microbe, the *Bacillus lactis*. Milk soured by the action of such germs as chance to fall into it from the air, was compared to a piece of waste land grown with thistles and weeds, and whatever plant-life that has been

carried to it by accident. Such sour milk is unfit for food. It is often dangerous and sometimes deadly. In order to get good results from the use of sour milk, fresh milk should first be sterilized in a double saucepan, or as suggested in the June GOOD HEALTH. It should then be quickly cooled and planted with lactic acid germs. Pure cultures of these germs may be obtained from the Sydney Sanitarium. These cultures are prepared in tablet form by Messrs. Parke, Davis & Co. of Detroit, Michigan, U.S.A. They were imported for several months for the sole use of the sanitarium, but are now becoming quite popular.

Are Oysters Profitable Food?

BY F. HEDGES.

WHILE sojourning at Iluka, the south head of the Clarence entrance, a sea-side resort, I was very forcibly struck with the miserable, half-developed, and sickly-looking children of the locality. Iluka is a place much noted and distinguished for its supply of fish and oysters, which are contended to be of the very finest quality and size, and are much sought after by all. Both residents and visitors live very largely upon them, and many of the visitors after a stay here return home anything but in health, mostly suffering with liver troubles.

Concerning the children, I had special opportunities of comparing the children of two families with a little boy who was fed upon granose during his infancy, and has never known the habit of eating between meals, nor has ever tasted those very highly vaunted articles of diet, fish and oysters. In fact, he knows not the taste of any flesh food. He is only three years and nine months old, carries no superfluous fat, but is solid, and possesses good muscular strength and intellectual powers. Placed beside these children he stood equal in height with one six and a half years old, and an inch taller than another five and a half years old. While his arms were plump and muscular, theirs were thin and bony, and their whole bodies were in a similar condition, and their faces pale, sallow, and aged looking.

As I passed among these children I felt sorry for them, such innocent little ones, to be suffering from the results of erroneous ideas and ignorance concerning true foods and so-called foods. One would think that this very spectacle would open the eyes of the people to see these things, having living witnesses continually among them. Yet such is the

lethargy and apathy of the mental and moral faculties of men and women to-day, that these very evidences remain before their eyes unrealized and unheeded until their attention is forcibly drawn to such a striking comparison as I have described, when they are compelled to admit that they are reaping the results of wrong living and improper diet administered with irregularity, both great evils affecting our rising generation.

Confronted with the facts herein stated, can any one dare to suppose that fish and oysters possess the great nutritive properties that some would try to make us believe? For if it were so, would it not be that these children, reared upon almost the very primest of this class of food, would show it by being good specimens instead of dwarfs?

Story of the Papaw.

THE accompanying illustrations represent a fruit which emphasizes the remedial value of fruits in general. This fruit is the Papaw (*Carica Papaya*). The papaw is a native of Central America, but has been introduced into



The Papaw Tree.

the tropical regions of other countries. In these lands no tree is more famous than the papaw. This popularity is due to the fact that the milky juice of the fruit possesses the power to soften and aid in the digestion of albuminous foods. And it is this property which is also possessed by the pineapple, the orange and other fruits to a lesser degree,

which has brought the papaw to the notice of the medical profession everywhere.

These fruits which thus aid digestion should literally be very near to the heart of the dyspeptic—they should be taken into the stomach, which is quite as near to the heart as food can get.

It is said that in the tropical home of the papaw there are no dyspeptics! If this be true it speaks volumes for the digestive power of the fruit, as many of the native half-bred Indians of South America are notorious eaters; and they are also, as Dr. Philip Muskett says of the Australians, "intensely carnivorous."

A traveller describes the meat in these countries as "tough and tasteless," which of



Extracting the Juice.

course is saying nothing against the meat, as the fresh flesh of healthy, active, adult animals is always "tough and tasteless." It is ante-mortem disease due to under-exercise and over-feeding, combined with post-mortem putrefaction, which produces tender juicy joints, roasts, and steaks. This traveller states that South American beef, mutton, pork, and fowl all have the same flavor, and are as "tough as hickory wood." Boiling until they fall to pieces does not render them more edible; they simply change from solid wood to fine tough splinters! And yet the kindly services of the papaw enable the people to digest these woody splinters! "Rubbed over tough meat it will render it soft, and change a piece of apparent leather into a tender juicy steak. It is put into the pot with meat, enters into the cereals, soups, stews,

and other dishes, and they are made at least more edible and digestible."

As to the quantity of food consumed, this writer states that "some of these people are great gluttons. They gorge themselves until the skin on their distended stomachs is stretched to its utmost. It is certain that no human being could digest that kind of food and the enormous amounts they consume, without the kindly aid of the papaw fruit to assist digestion."

The native uses of the papaw are numerous and varied. The fruit is edible and, according to local conditions, may be sweet, refreshing, and agreeable, in one locality, and sickly and very insipid in others. The fruit finds a large consumption by the natives, and is considered very nutritious. At the corner of a sugar-cane field, where the ragged canes bend over in a wild green, brown, and yellow tangle, there will be seen standing a papaw tree; and if the time of the papaw has quite come, beneath the tree will be seen a half-dozen negroes.

Excellent preserves are made of the ripe fruit, which for this purpose is boiled down in sugar and candied like citron. It is also eaten as we eat melons. Salt enhances the flavor, and some users add sugar. The melons must be perfectly ripe when eaten raw, as the green fruit contains a strongly marked acid principle. The color of the ripe fruit is more or less that of the very yellow muskmelon. The sweetness of its resinous, pulpy juice clings to the tongue for some hours.

Just before ripening, the fruit is peeled and sliced, macerated in cold water, with frequent changes of the water, for some hours, and then dropped into boiling water, boiled sharply and served as a vegetable. At the sugar houses, slices of the papaw are often seen seething in hot syrup. The slices of melon combined with some acid fruit are made into native tarts. The fruit is also stewed and served on the table. In every tropical village one will find a market place set apart where the native products are bought and sold, and in such a place, by the roadside, under the shade are the market women. In their quaint baskets or bowls the traveller finds an astonishing and puzzling variety of green and yellow colored fruits and vegetables. The papaw is always there in abundance, and a most frequent cry of the sellers is "Aqui estan las Mameo," or "Ca qui vle, papaya, ca qui vle."

In common with other fruits, but to a more

marked degree, the juice of the papaw possesses antiseptic and cleansing properties. It destroys germ growths in the alimentary canal and also on the surface of the body. The seeds are used to destroy intestinal parasites, and pastes prepared from the milk cleanse

wounds and sores, which afterward heal readily.

No doubt many of our native fruits possess the varied virtues of the papaw, and it only remains for us to make wider use of them in the treatment of diseases.

Shall We Follow Instinct in Eating?

BY PROFESSOR RUSSELL H. CHITTENDEN.*

Is NOT appetite a safe guide to follow? Do not the cravings of the stomach and the so-called pangs of hunger merit consideration? Is it not the part of wisdom to follow inclination in the choice and quantity of our food? Can we not safely rely upon these factors as an index of the real needs of the body? If these questions are to be answered in the affirmative, then it is plain that a study of dietetic customs will tell us definitely how much food and what kinds of food are required daily to supply the true wants of the body. There are writers who claim that instinct is a perfectly safe guide to follow; that it is far superior to reason; but it is to be noticed that most of these writers, if they have any physiological knowledge to draw upon, are sooner or later prone to admit that the body has certain definite needs which it is the purpose of food to supply, with the added implication that any surplus of food over and above what is necessary to meet these demands is entirely uncalled for. Thus, one such writer states, that "the man in the street follows his God-given instincts and plods peacefully along to his three square meals a day, consisting of anything he can find in the market, and just as much of it as he can afford, with special preference for rich meats, fats, and sugars." Yet this same writer a little later emphasizes the fact that "every particle of the energy which sparkles in our eyes, which moves our muscles, which warms our imaginations, is sunlight cunningly woven into our food by the living cell, whether vegetable or animal. Every movement, every word, every thought, every aspiration represents the expenditure of precisely so much energy derived from food." Why, then, would it not be wise to ascertain how much energy is so expended, on an average, during the day's activity, and govern the intake of food accordingly? Why

not apply an intelligent supervision in place of following an instinct which, in the words of the author just quoted, leads one to consume "anything he can find in the market and just as much of it as he can afford"? Truly, if dietetic customs and the habits of mankind are the results of instinct working in this fashion, there can not be much value in the data obtained by observing the quantities of food mankind is in the habit of eating. Dietary standards based on such observations must be open to the suspicion of representing values far above the actual needs of the body.

Habits and cravings are certainly very unreliable indices of true physiological requirements. Man is constantly acquiring new habits, and these in time become second nature, forcing him to practise that which he has become accustomed to, regardless of whether it is beneficial or otherwise. The celebrated philosopher, John Locke, in his essay on education, says: "I do not think all people's appetites are alike. . . . but this I think, that many are made gormands and gluttons by custom, that were not so by nature; and I see in some countries, men as lusty and strong, that eat but two meals a day, as others that have set their stomachs by a constant usage, like larums, to call on them for four or five." Again, the so-called cravings of appetite are largely artificial and mainly the result of habit. A habit once acquired and persistently followed soon has us in its grasp, and then any deviation therefrom is very apt to disturb our physiological equilibrium. The system makes complaint, and we experience a craving it may be for that to which the body has become accustomed. There has thus come about a sentiment that the cravings of the appetite for food are to be satisfied fully, that this is merely obedience to nature's laws. In reality, there

*In his recent book, *The Nutrition of Man*,

is no foundation for such a belief; any one with a little persistence can change his or her habits of life, change the whole order of cravings, thereby indicating that the latter are artificial, and that they have no necessary connection with the welfare or needs of the body. The man who for some reason deems it advisable to adopt two meals a day in place of three or four, at first experiences a certain amount of discomfort, but eventually the new

habit becomes a part of the daily routine, and the man's life moves forward as before, with perfect comfort and without a suggestion of craving, or a pang of hunger. Dietetic requirements and standard dietaries are not to be founded upon the so-called cravings of appetite and the instinctive demands for food, but upon reason and intelligence, reinforced by definite knowledge of the real necessities of the bodily machinery.

Accurate Temperature Taking.

BY FRANKLIN RICHARDS, M.D.

ONE of the most important duties which fall to those who are called upon to care for the sick, is the taking of temperatures. The good effect of a bath, for example, chiefly depends upon its temperature. A slight variation in temperature will convert an intended soothing application into an exciting treatment, the effect of which will result in a sleepless night for a nervous patient. The skin of the hand or arm is sufficiently sensitive to detect wide variations in the warmth or coolness of water, but this "temperature sense" of the skin, as it is called, is by no means constant enough to be depended upon, or delicate enough for practical employment.

The story is told of a servant who used to tell the temperature of the bath by the effect it produced upon the baby. "If the baby turns red," she explained, "the bath is too hot; if it gets blue, the bath is too cold." In order to improve upon this method, it is necessary to use an accurate temperature-measuring instrument in preparing the bath. And to this instrument has been given the name *thermometer*, from *therm*, heat; and *meter*, measure.

The thermometer consists essentially of a glass tube, of small bore, with an expansion at one end containing mercury (quicksilver). Other liquids are sometimes used, but mercury is the most generally useful. In making the thermometer, the air is forced out of the tube by heating the mercury, thus causing it to expand and fill the tube. The open end is then sealed by melting the glass in a flame. As the mercury cools, it contracts and draws into the bulb, leaving the greater part of the tube above empty. The bulb is now placed in ice, and the lowest point to which the mercury recedes is carefully marked. This is the freezing point of water. It is next

placed in boiling water and the highest point to which the mercury extends as it expands, is also accurately indicated. This is the boiling point of water. Between these two points a certain number of equal spaces is marked off, the number depending upon the system of marking employed. These markings constitute the *scale*. The simplest scale is one in which one hundred marks are made between the freezing and boiling points of water. This is the *centigrade* scale, or the scale of one hundred steps, *centum* meaning one hundred, and *gradus* a step. Fifty degrees centigrade, or half way up this temperature staircase, represents one-half the heat of boiling water. This is rather hotter than the average person would care to put the feet in, though it can be borne if the feet are first immersed in water one-fifth less hot (forty degrees centigrade) and this gradually brought up to fifty degrees centigrade by the addition from time to time of small amounts of boiling-hot water.

The bath thermometer in common use in this country, is graduated according to the *Fahrenheit* scale, in which 180 equal steps or marks are made between the freezing and boiling points of water. These marks are called degrees, and the process of marking is known as graduating the thermometer. As the freezing point of water is placed at 32 degrees above zero on this scale, water boils at 32 plus 180, or 212 degrees Fahrenheit. The average bath thermometer is not graduated high enough to register the boiling point of water. Its usual range is from freezing point, 32 degrees above zero, to 160 degrees above zero. If placed in water much hotter than this, the mercury expands and fills the tube, and then continuing to expand still further under the influence of heat it bursts the tube

and escapes. In this way bath thermometers are often broken by being placed in boiling water. To prevent such an accident it is well to procure an instrument graduated to 212 degrees above zero. Such a thermometer may be placed in boiling water without injury, and is more generally useful than one of lower register.

THE TEMPERATURE OF THE BODY.

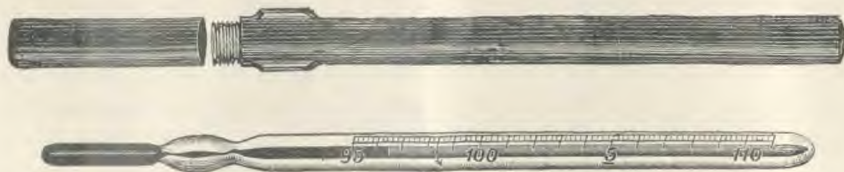
The heat or temperature of the body is 37 per cent. that of boiling water. This may be ascertained by placing the bulb of a centigrade thermometer in the mouth, allowing it to remain long enough for the mercury to become warm as the mouth. This degree of heat expands the mercury sufficiently to raise the column in the tube to the 37th mark above the freezing point of water, or above zero as this point is called on the centigrade scale. The temperature of the body is therefore said to be 37 degrees centigrade.

As 100 degrees centigrade equal 180 degrees Fahrenheit, one degree centigrade equals one and four-fifth degrees Fahrenheit. But as the freezing point of water on the Fahrenheit scale is 32 degrees above zero, we must add 32 to about 66½, giving us 98½ as the number of degrees Fahrenheit, which equal 37 degrees centigrade. So the normal temperature of the body is 37 degrees centigrade or 98½

degrees Fahrenheit. This temperature varies slightly in health, but the chief variations are those which occur during illnesses; at such times accurate temperature taking is of paramount importance.

THE FEVER THERMOMETER,

or the clinical thermometer, as this little instrument is generally called, is a most useful indicator of the condition of the patient. In the diseases of childhood, and in all other diseases accompanied by changes in the temperature of the body, the clinical thermometer tells us whether the patient is progressing satisfactorily, what will likely be the final outcome of the illness, and to a great extent indicates what treatment should be given. No physician or nurse would think of undertaking to perform their duties without its kindly aid. The clinical thermometer is also of great service to the mother or elder sister so frequently called upon to perform the duties of a nurse for a sick child or other member of the family. It frequently helps to decide whether an illness is a simple or a serious one; and the temperature record, carefully kept, is of the greatest value to the physician who may be in attendance on the case. We would therefore urge the early introduction of the clinical thermometer into every family where GOOD HEALTH goes.



The Clinical Thermometer.

The accompanying illustration, for the use of which we are indebted to the Sydney Sanitarium Supply Department, represents the clinical thermometer in use by the nurses of that institution. It may be obtained, with directions for using, from the Supply Department, Sanitarium, Wabroonga, N. S. W. It is an excellent thermometer, and the price, half a crown, is very reasonable.



Beer-Drinking.

BY D. H. KRESS, M.D.

IN many of our civilized countries, especially among the ignorant classes, beer is considered a very nutritious beverage. Because it increases body weight, even physicians have been known to recommend its use to the emaciated and the sick.

Nursing mothers take beer to increase their flow of milk, and because of the quieting influence it exerts on the nursing child. During the past few years, as a result of these erroneous ideas held by the poor, drunkenness among women has been increasing in such an alarming manner that at present one of the most serious problems that confronts Great Britain is how to check this growing evil. In the city of London more women are at present arrested for being drunk and disorderly on the streets, than men. This is certainly a sad state of affairs, as the drinking mother disorganizes and demoralizes the home. She is not only unable to hand down to her offspring a healthy heredity, but she is bound to neglect their proper training as well. Mothers who believe that beer is a valuable nutrient naturally encourage its use among their children as far as their means will permit. The working classes of England, as a result, spend upon an average over one-seventh of their entire income on drink, most of them believing the money to be well spent.

On Sunday mornings rows of little children may be seen at the side entrances of beer saloons waiting their turn to have their jug or little pail filled with beer for family use. When empty they return to have it refilled. This may be repeated again and again during the day. In this way the Sunday is spent by the family of the average British laborer.

Beer produces an exhilaration and a feeling of well-being which are desired and which are interpreted as strength. It leads to a forgetfulness of poverty and anxiety; it stimulates and leads to the gratification of the lower nature and baser passions, and for these reasons these poor unfortunates associate with beer-drinking their highest source of enjoyment. As a result degeneracy is at present very marked among the laboring classes of Great Britain.

In the past woman has been the redeeming

factor in race decay in civilized lands, but with the increase of drink among women the last barrier seems to be removed, and it needs not the prediction of a prophet to determine that race degeneracy—physical and moral—during the next few years will make strides such as it has never made in the past, unless this drink evil is checked.

The fact that beer produces body weight is no evidence that it is a food; morphine, phosphorus, and other deadly poisons do the same. These poisons interfere with normal cell activity. This results in a retention of waste material and fatty degeneration of the tissues. The increase in weight is a pathological rather than a physiological process. The physician knows that while in appearance the beer-drinker may be the picture of health, in reality he is a degenerate incapable of recovering from even mild disorders. Should he meet with a slight wound, he may die of blood-poisoning. For these reasons surgeons do not wish to operate on such subjects. There exists an abundance of flesh, but it is of an inferior quality. The flesh produced and the weight put on by the use of stout or beer are an evidence of degeneracy and disease instead of health.

In speaking of the value of beer as a nutrient, Baron Liebig, a thoroughly scientific authority, says: "If a man drinks daily from eight to ten quarts of the best Bavarian beer, in the course of twelve months he will have taken into his system the nutritive constituents contained in a five-pound loaf of bread." The cost of eight to ten quarts of beer per day would amount to about £40 per year. Is not £40 too much for a laboring man to pay for the amount of nutrition contained in a five-pound loaf of bread, which may be purchased at the moderate cost of six to ten pence? Well may the prophet inquire of this generation, "Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not?" Not only is beer not a food, but it is a poison, and as such acts in a harmful manner upon the system.

Professor von Bunge says, "Of all alcoholic drinks, beer is the most injurious."

While it produces a species of degeneration of all the organs of the body, it chiefly affects the heart, the liver, and the kidneys. The rapid increase in diseases of these organs and the many sudden deaths from heart failure are undoubtedly frequently due to beer consumption.

Dr. Bollinger, of the city of Munich, is responsible for the statement that it is rare to find a normal heart and a normal kidney in an adult resident of that city, owing to the beer consumption of the people.

But the physical effect is not the worst feature of beer consumption. The most pernicious thing is its demoralizing and brutalizing influence on those who habitually use it. In speaking of the influence of beer on the German nation, Professor Edward von Hartman says, "Although of all nations the German has the greatest capacity for culture, the general culture of its higher classes is undergoing frightful retrogression because of the beer consumption of its students."

Dr. A. Forel, of the University of Zurich, says: "To be convinced of its moral effect, one only needs to study in Germany the beer jokes, the beer conversation, and the beer literature. Among the academic youth of Germany the drinking of beer has truly killed their ideals and their ethics, and has produced an indescribable vulgarity."

Vulgarity, impurity, and immorality are the legitimate and natural outgrowth of beer-drinking. I believe we shall yet discover that immoral acts are nearly always committed while the mind is under the influence of some poison, and that just to the extent that drinking becomes more universal, vulgarity, immorality, and every form of impurity will become more common. Even the gospel stands powerless before the onward march of vice and immorality unless it is successful in greatly lessening the sale and use of these poisonous beverages.

To witness the full results of drink one needs to go to the slums of our larger cities, where no restraint is placed upon man, woman, or child. All drink who can get it; the result is vice and immorality of such a type that it is a shame even to speak of it. Since moral elevation can come only through the pathway of temperance, every legitimate effort should be made to educate an unsuspecting and ignorant people, and attention should be called to the dangers concealed within this deceptive cup.

But more than this should be done. The time has come when every lover of humanity should arouse himself, and by a united effort do all he can by voice, vote, and pen to suppress the manufacture and sale of such beverages to an innocent, ignorant, or deceived people.

The Home Department.

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

Fruit Juice for Babies.

THE opinion is commonly held that children should not be allowed to partake of fruits until they have well passed the period of infancy. This may be true of fruits in general, but the giving of the strained juices of certain fruits is not only conducive, but is actually essential, to the baby's health. This principle is recognized in the large hospitals for sick children, but is unaccountably overlooked by a large number of general practitioners. In the hospitals above mentioned a teaspoonful of orange juice three times a day is prescribed for hundreds of babies, especially such as are suffering from rickets, and other disorders of nutrition. Artificially fed infants are very likely to suffer from a

disease commonly called scurvy. This disorder is analogous to the disease so prevalent among sailors a few decades ago. It is caused by the taking exclusively of cooked foods. There seems to be a certain living principle in fresh fruits and vegetables, which is absolutely essential to health. Since regulations have been passed requiring all sea-going vessels to provide some fresh foods for the sailors, this disease has practically been exterminated. In the same way we find that the only way of preventing or relieving infantile scurvy is the administration of some uncooked food substance. Since it is dangerous to give unsterilized milk, we must turn to fruit juices to satisfy this need. There are a number of mild fruits the juices of which may be given to even young infants. The sweet

oranges and mandarins head the list; then follow sweet grapes, strawberries, raspberries, pineapples, peaches, and possibly some other fruits. It is of the greatest importance to see that the fruit is in perfect condition; it must be soft and mellow, yet not over-ripe. It would be dangerous to give the juice of under-ripe or decaying fruit to children. If oranges or mandarins are employed, the juice may be expressed with the ordinary lemon drill. If berries or other fruits mentioned are used, they must first be crushed, then strained through a fine wire sieve or butter muslin. The fruit should be so sweet in itself as to demand no sugar in addition.

There are several regulations which must govern the use of fruit juice for babies.

1. It must be obtained from fruit in perfect condition as described above, and it must always be strained.

2. It must never be given in connection with the milk feeding. It should be given not less than two hours after a milk feeding, and not nearer to the next milk feeding than one-half or three quarters of an hour.

3. It should be given at least once daily, and more frequently if the child desires it. There is absolutely no danger in giving fruit juice to babies if these suggestions are followed. If these directions are not followed there might be some unfavorable results. In almost every case the fruit juice is taken with the greatest enjoyment, this fact in itself being one of the greatest recommendations for its administration.

Since mother's milk is free from the objections offered to all artificial foods, it is not necessary to give fruit juices to breast-fed infants; however, it is often an advantage to do so.

Fruit juice is one of the best preventives of infantile diarrhoea, in that it is a natural disinfectant, and the bacteria which produce diarrhoea can not flourish in its presence. It might be helpful to mention a few of the many cases in which the administration of fruit juice has been attended with beneficial results.

A baby six months old was suffering from malnutrition, the symptoms of rickets being marked. The mother had tried fruit juice, but as the baby always screamed after its administration she discontinued its use. Feeling certain that the fruit juice was required, we selected sweet oranges and administered the juice personally. Baby screamed after the taking of each teaspoonful: this was rather disconcerting, but as he continued to

take it, we continued to give it. Concluding that he was crying for more, the administration was not ceased until the juice of three and one-half oranges had been given. Baby then seemed contented, going to sleep immediately and slumbering for one and a half hours. This was the first day-time sleep he had had for many weeks. The giving of the fruit juice was repeated every day with the best results. His milk food was somewhat altered, and in two weeks' time he could scarcely be recognized as the same child.

A second baby, four months old, was not doing well with his food; he was restless and slept scarcely at all during the day. The giving of orange juice was advised, and carried out. Baby enjoyed it immensely, and began at once to improve markedly in general health. His mother wrote that the only difficulty was in satisfying him, as he always wanted more. When assured it was quite right to give it to him as freely as he wished, she had no further trouble.

A third baby, though breast fed, was given fruit juice daily from the time he was five days old. He took it with the greatest relish, and entirely escaped the slightest touch of diarrhoea, even during the trying time of teething.

A fourth baby, nine months old, was very ill with summer diarrhoea, so that life was despaired of. Nothing but strained orange juice was given for several feedings. This effectually cleansed the bowels from the disease-producing germs. Barley water and egg white were then administered, and a gradual return was made to the milk foods: the baby made a good recovery.

In the absence of juicy fruits, the pulp of perfectly ripe, but sound persimmons has been administered to babies from three months of age upwards.

A few words might be said concerning the use of bananas for young children. Generally speaking, bananas ought not to be given to a child under nine months of age, and then only fruit which is fine grained and perfectly ripe. It should be mashed with a fork and beaten until it is perfectly smooth and juicy. This may be given with the addition of a little cream and milk, or in connection with milk gruel as a regular feeding.

AN EASY WAY TO CLEAN A TILED HEARTH.
—After sweeping the hearth, wipe up the dust with a damp newspaper, throwing the paper in the fire when finished.

A Mother's Talks with Mothers.

IT is evident that this department of the journal is much appreciated by those for whom it is conducted. Many letters of appreciation and also of inquiry are received from time to time. We would again assure our readers that we are pleased to assist them if possible in the solution of the perplexing mother's-problems that come to them from day to day. We are also glad to receive any suggestions which may be helpful to other mothers.

THUMB-SUCKING.

One mother, who is embarrassed by her three-year-old daughter continuing to suck her thumbs, asks how the habit may be broken.

The practice of thumb-sucking is in many cases a difficult one to break. The habit is usually formed at the beginning of teething and may be continued for several years. While the effects of thumb-sucking are not so serious as those which result from the use of the pacifier or dummy, it is certainly an objectionable habit, and should be if possible prevented, or if formed the habit should be broken as early as possible. In some cases anointing the thumb with some bitter substance will effect a cure, but perhaps the most successful method is to keep a stall on the offending member. The stall should be made of some heavy white cotton material, and should be changed as frequently as soiled. It would be necessary to fasten the stall securely at the wrist, so that the child can not remove it. It will be wise to continue the use of the stall for some little time after the habit is apparently broken.

IS THE CRADLE INJURIOUS?

Another mother asks, Will rocking in a cradle interfere with baby's health? In spite of the old-fashioned sentiment in favor of the cradle, there is no doubt that a cot is preferable to a cradle as a resting-place for baby. While a healthy child may suffer no ill effects from being rocked in a cradle, a delicate child may in various ways be disturbed by it. A species of sea-sickness may be induced by rocking in a cradle. It is a matter of common observation that jolting or rocking the baby after a meal frequently causes a return of the food. This is especially true of infants who have weak digestive powers. The child whether sick or well should be allowed to rest quietly after the taking of food.

A second objection to the use of the cradle is, that the child quickly becomes accustomed

to being rocked to sleep, and will protest against its omission. To a mother who has nothing to do but nurse her baby, this is a matter of little consequence, but to the busy mother who has a multitude of cares it assumes considerable importance. It greatly lightens the mother's burdens if the baby can be laid down to rest with the knowledge that he will go off to sleep quietly without further attention.

THE FEEDING OF A YOUNG BABY.

A third mother asks advice regarding the feeding of her three-weeks-old baby. She is nursing him, but the milk does not seem to agree with him, as he suffers much from colic. To relieve this symptom she gives him brandy and water. She feeds baby about every two hours, but sometimes he seems so cross and "ravenously hungry" that she is obliged to feed him before the expiration of this time. He seems satisfied for a time, but soon cries with colic and then calls for more food, before another two hours have passed. The mother does not have an abundant supply of milk, but thinks it is sufficient for him at present; she is careful of her diet, taking oatmeal gruel freely. She finds that unless she takes this gruel she has not enough milk for her baby.

It would seem evident that in this case the child suffers with colic because he is fed too frequently, and it is necessary to feed him thus frequently because the mother's milk is deficient in nutritive properties.

It would be advisable to give the baby several artificial feedings in the day, thus making less demand upon the mother's milk. We would advise the use of cow's milk made with granose water, according to the formula given in the April number of the *GOOD HEALTH*. The milk should be given with an Allenbury's feeder. Under no circumstances should a nursing-bottle with a long tube be employed, as it is absolutely impossible to keep it clean. Feed the baby not less frequently than every two and one-half hours during the day. If the food is properly nourishing, an interval of three hours between meals would be preferable to two and a half hours. It is a great mistake to feed baby before his proper mealtime, even though he seems to be truly hungry. His apparent hunger may be due to thirst, easily satisfied by a little warm water, or to irritation of the stomach caused by indigestion. In the case being considered it would seem plain that the

mother's milk is deficient in nutrition, as the child invariably desires food before the expiration of the proper period of time. By substituting two or more artificial feedings in the day the mother's milk will be more satisfying, and thus the child will be able to go the full time between the feedings.

Under no circumstances should brandy and water be given if the baby has colic. More than one person has come to a drunkard's grave through a thirst for alcoholic drinks created by such indiscretions during infancy. If a baby has colic, the first thing to do is to see that the hands and feet are warm; then give a few sips of hot water. This simple treatment will in many cases be effectual. If the child is constipated, it may be necessary to administer an enema. Inject into the bowels not more than one-half cup of water at a temperature of 105 degrees, or even 107 degrees Fahrenheit, using a fountain syringe or a glycerine syringe. In order to keep the bowels open give the baby a little strained orange or mandarin juice at least once every day. For instructions see article on "Fruit Juice for Babies."

Household Hints.

TO COOK LIMA BEANS.—When cooking Lima beans or any other variety of large dried beans, try soaking them overnight in cold water. In the morning it will be found that the tough skins are quite loose, so that they can be easily removed from the beans before stewing them. You will be surprised to find how quickly you can slip the beans out of their skins, also how quickly they cook when prepared in this way. Many persons can eat beans with impunity when deprived of the skins, who could not take them otherwise. This method of skinning the beans is preferred to pressing them through a colander after cooking, as it is quicker, more thorough, and less wasteful.

ZWIEBACK.—This is a German word meaning *twice-baked*. A supply of zwieback should always be in the cupboard, as it is wholesome to use, not only in place of the ordinary toast, but also in preparing various dishes in which bread-crumbs are usually employed. To prepare zwieback, cut slices of bread one-half inch thick and place them on the oven grate, or in a dry pan if preferred. The fire should be moderate, and the oven door should be left slightly ajar until the bread has become

thoroughly dried throughout. The oven door should then be closed, so as to allow the bread to brown lightly. Turn each slice during the browning process so as to let each side brown evenly. When done, put it away in a biscuit tin, where it will keep crisp and be ready for use. Thus prepared, zwieback will keep for weeks. Should it lose its crispness, it is only necessary to put it in a hot oven for a few minutes, when it will be as nice as when first prepared. If zwieback crumbs are desired for cooking, pieces of zwieback may be run through a small food-mill or may be reduced to crumbs with a rolling-pin.

BROWNEED RICE.—While making zwieback put into a shallow pan a cupful of dry uncooked rice, and allow it to brown evenly. It will require stirring from time to time. When browned it may be put away for future use. Browned rice, if boiled in slightly salted water, makes a good breakfast porridge; or it may be seasoned with cream and a little onion, and served as a dinner-dish. Browned rice is much more easily digested than is rice prepared in the ordinary way.

CURRENTS AND RAISINS.—These require thorough washing before being used in cooking. It saves both time and labor to wash a quantity at a time. Put a quantity of the fruit in a colander, and place it in a large basin of water. Rub the fruit between the fingers, lifting the colander up and down in the water several times. Rinse in fresh water, drain, and then spread the fruit out in a clean place to dry. When thoroughly dry, put it away in a glass fruit-jar for future use.

TO DUST FURNITURE.—When dusting furniture, use a chamois leather which has been wrung very dry from warm water. The advantages of this method are these—the dust is removed, not merely thrown into the air to settle again soon; no fluff or lint is left upon the furniture as when a cloth is used; the chamois, if wrung very dry, is not damp enough to injure any article of furniture.



Answers to Correspondents.

136. **Menthol and Chronic Catarrh.**—J. M. W., Millicent, South Australia: 1. From what is menthol made? *Ans.*—Menthol is derived chiefly from the essential oil of peppermint (*Mentha piperita*). Menthol is therefore sometimes called mint camphor.

2. What home treatment would you recommend for chronic catarrh of the throat which causes slight deafness at times? *Ans.*—Attention to the general health, and thorough daily cleansing and stimulating of the nose and throat with cool water, containing salt in the proportion of one teaspoonful to the pint.

137. **Pain in Eyes and Temples.**—E. O., Berry: What would you advise for severe pain in the eyes and temples, accompanied by retching? *Ans.*—I should advise a consultation and thorough examination by a competent physician. These symptoms may result from eye-strain, in which case properly fitted glasses would relieve; or they may be due to a more severe disease inside the cranium. Treatment in an institution may be necessary.

138. **Cracked Hands, Shaving.**—A. C., Rosedale: 1. What is a good remedy for hands that dry and crack in cold weather? *Ans.*—Carefully cleanse the hands with a non-irritating superfatted soap, such as McClinton's, and warm water; dry thoroughly and apply lanoline or vaseline.

2. Does shaving injure the skin in any way? *Ans.*—No, not when properly performed.

139. **Palpitation and Giddiness.**—Z. C., Mandalong: My son is often troubled with palpitation, which comes on suddenly and is accompanied by giddiness. Cause and remedy desired. *Ans.*—Your son may have acute disease of the heart itself, or the palpitation and giddiness may be due to other causes, such for example as pressure on the heart from flatulence. It is wise in a case of this kind to consult a physician, in order that the actual cause of the trouble may be ascertained by examination.

140. **Pain in Pit of Stomach, Flatulence, Cold Feet, Weak Nerves, and Low Vitality.**—D. C., Borong: Could you kindly give me advice as to diet, etc., through your valuable journal, for the following troubles: (1) Continued soreness in the pit or lower part of the stomach a little to the right; (2) flatulence about one hour after each meal, and swelling of the stomach with pain; (3) feet always cold; (4) continual hunger. I have been a vegetarian for over four years, and try to follow the advice given in the GOOD HEALTH, as to food combinations, etc. I used sanitarium charcoal tablets, which helped for a while, but have been of no effect since. I go without a meal occasionally, but trouble returns when I eat again. I am using granose flakes, biscuits, granola, nut meat,

and melsitos; have been using butter, but now take olive oil. I have a hot bath about two or three times a week; can not stand a cold bath, as nerves are very weak. *Ans.*—You are evidently suffering from chronic gastro-intestinal catarrh; the stomach is also dilated, and probably prolapsed, and it may be eroded toward the pyloric end, causing the extreme sensitiveness a little to the right of the pit of the stomach. The catarrhal condition usually also extends up the bile ducts to the liver. You have certainly made praiseworthy efforts to treat yourself by means of diet and so forth, but as you have not succeeded in obtaining relief from your troubles, I would strongly recommend a prolonged course of treatment in a sanitarium. In chronic digestive disorders it is sometimes necessary to bring to bear the combined influence of all the natural curative agencies at the same time. Attention to diet alone does not always bring relief, or hydrotherapy alone, or massage, or medical movements, or electricity; whereas the combined effect of all these remedies acting together is enough to bring about a cure. I fear your case is too complicated and of too long standing to be treated successfully at home.

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141. **Perspiring Hands, Oatmeal Water, Oranges and Teeth, Euthymol, Etc.**—J. B., Sydney: 1. Kindly give a remedy for perspiring hands. *Ans.*—The most effectual remedy is a warm bath twice weekly with thorough soap shampoo of the entire surface of the body, followed by a cool shower, pour, or sponge bath, and vigorous friction of the skin. A daily cool friction bath should also be taken, and sufficient active, outdoor exercise to equalize the circulation, tranquilize the nervous system, and produce free perspiration to the entire skin surface. The alternate hot and cold arm-bath should be taken each night before retiring.

2. Is the frequent use of oatmeal water for the face harmful? *Ans.*—No; but good soap and water followed by vigorous friction with a coarse towel, is better.

3. Will oranges spoil the teeth? *Ans.*—No; they cleanse and preserve the teeth.

4. Can you recommend Euthymol as a dentifrice? *Ans.*—Yes.

5. Is it better to clean the teeth with warm or cold water? and how often should it be done? *Ans.*—Warm water may be used to cleanse the teeth, but the mouth should afterwards be rinsed with cool water. Cold hardens and strengthens the gums. The teeth should be brushed after each meal, and as a part of the morning toilette.

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SALICYLIC, BORACIC ACIDS—Nil.

ABRASTOL, SACCHARINE—Nil.

"In view of analysis, I conclude the sample of Grape juice submitted is genuine, not fermented, and that it does not contain preservatives."

Signed: M. Blunno,
Govt. Vitecult.

"SYRAH" is recommended by the Sydney Sanitarium, and used by the Sanitarium Health Food Cafes in Sydney and Melbourne.

PRICE: 1 doz. qts., 18/-; 1 doz. pts., 10/-; 1 doz.

½ pts., 6/- Samples at 2 Bridge St., Sydney.

JAS. ANGUS & SONS, ROOTY HILL, N.S.W.



THE AIM AND IDEA OF

Australia's Three

Hygienic Restaurants



Is not simply to avoid meat and other flesh foods.

IT IS PRIMARILY

To select a variety of nourishing and sustaining foods, which may take the place of flesh foods as builders of the body.

NOR IS THIS ALL.

The foods must be so digestible that they are well assimilated, and unlikely to clog the system. So in these days of hurry, they must be light, and of pleasant consistency, not heavy nor depressing.

Again, the foods must be good and refined in taste without being stimulating and irritating.

Much then will depend on the cookery, which must be scrupulously clean, as well as scientific.

Whichever State you live in, if you visit any one of these cafes, you will find that all these points are strictly attended to.

The addresses of the Sanitarium Health Food Cafes are as follows:

Sanitarium Health Food Cafe,

SYDNEY, Royal Chambers, 45 Hunter St.

MELBOURNE, 289 Collins St. (Opposite Block).

ADELAIDE, 28 Waymouth St., Near King William St.

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NEW FOODS ?

Nut Crisps

A Well-flavored Biscuit, in the Form of a Stick, Short and Crisp in the Eating. Prepared from Grains and Nuts

Fruit Luncheon

A Wholesome Fruit Biscuit of Grains and Fruit. Put up in Neat 12-oz Cartons.

Melsitos, or Wheat Honey

Extracted from Wheat only. Delicately Flavored and may be Used Freely by All in Place of Sugar, Jam, Honey, or Other Sweets. No Artificial Sweetening Used in the Preparation.

Other Foods, soon to be Manufactured for the First Time in Australia, to be Placed on the Market Shortly.

Order from the Agency of Your State. Note Addresses of Agencies below.

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 Waymouth Street, Adelaide, S. A.

SANITARIUM HEALTH 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 DEPOT, Heathorn's Buildings, Liverpool Street, Hobart, Tas.

131 St. John's Street, Launceston, Tasmania.
826 Hay Street, Perth, West Australia.

186 Edward Street, Brisbane, Queensland.

SANITARIUM HEALTH FOOD DEP., 12 Dhoby Ghaut, Singapore, S. S.

Prepared by the Sanitarium Health Food Co., Cooranbong, N. S. W.

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

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

The terms are
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Water Baths,
 Electricity,
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 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 Wahi

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