

# GOOD HEALTH

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

September 1, 1908.

(Registered at the General Post Office, Sydney, for transmission by Post as a Newspaper)



A Noble Vegetarian.

VOL. 11.

NO. 9.

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# GOOD HEALTH

## A Teacher of Hygiene

Vol. 12.

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

No. 9.

### Which Will Survive—Man or Narcotics?

IF man had only a moderate regard for the inherent dignity of his true manhood, would he spend some two hundred millions a year in this highly (!) civilized country of ours [Great Britain] in narcotic indulgence? Some time ago I was conversing with a physician of some eminence, and asked him: "What is to be the issue of this universal indulgence in narcotics?" "That," said he, "is soon answered. Either man must destroy the narcotics, or the narcotics will destroy man."—*Thomas Wyles.*

### Record Cycle Ride in Britain.

#### A Vegetarian's Fine Performance.

A VEGETARIAN cyclist, G. A. Olley, has just succeeded in establishing new figures for the Land's End to John o' Groats ride. The distance is  $839\frac{1}{4}$  miles by the route taken, and despite rain and head winds this was covered in 3 days, 5 hours, and 20 minutes.

An editorial in *Cycling*, commenting on Olley's feat, says:—

"A remarkably fine performance was accomplished last week by G. A. Olley, the well-known vegetarian cyclist, who not only beat W. Welsh's unpaced record from Land's End to John o' Groats by 2 hours, 44 minutes, but also eclipsed the paced figures set up by G. P. Mills in 1894. Olley's time was 3 days, 5 hours, 20 minutes, which is 29 minutes faster than Mills's record, and practically *two days* better than the first unpaced record made over the course in 1903. Only one faster performance has ever been recorded between the two extremities of Great Britain, viz., the paced tandem record of 3 days, 4 hours, 46 minutes, by G. P. Mills and T. A. Edge in 1895."

### Bovine Tuberculosis in New York.

PROFESSOR MOORE, of the New York State Veterinary College, reports that 61.7 per cent. of 626 herds have tuberculosis, and that more than one-third of all cattle examined are affected. Five of eight cows kept on the Waverliet arsenal reservation proved to have tuberculosis. One of the animals which was slaughtered for beef was found to be badly infected with the disease.

"The Citizens' League declares that there is need for state meat-inspection and regulations to restrict the spread of bovine tuberculosis. There is no effective inspection in the state, and diseased cows are killed and sold to consumers without any check on their healthfulness as food." And practically there can be no effective check. When all diseased meat is thrown out, the price of the healthy meat will necessarily be so high that none but the wealthy can afford to buy it. This, however, might not be a serious calamity, for there are some excellent substitutes for meat which do not have the disadvantage of being diseased.

### Danger from Dairy Products.

A RECENT publication (Circular 118, Bureau of Animal Industry, United States Department of Agriculture) gives pictures of seven healthy-looking cows which are said to have shown no unusual symptoms, yet these cows were giving off tubercle bacilli in a manner that made them exceedingly dangerous as dairy cattle. These cows were found in herds supplying milk to the city of Washington. The circular shows that without the tuberculine and bacteriological tests, it is impossible to recognize tuberculosis in cows until it has had time to do incalculable damage in the spread of the disease. The conclusion

is reached that "tuberculosis among dairy cows is one of the greatest dangers to which the public health is exposed."

### Diet and Refinement.

A MODEST sense of refinement makes the whole trade of flesh provision repulsive as seen in its baser aspects; and sooner or later, after living on a diet of fruit and vegetables, even garnished dishes of flesh foods commonly lose their attraction.

The purer and more highly vitalized blood which accrues to the fruit and vegetable feeder tends to a more refined taste, and enables him to take his simpler food with an intensified gustatory enjoyment.—*Thomas Wyles.*

### The Social Status of Butchers.

At a recent meeting of a branch of the Australian Butchers' Union some interesting things were said about the butchering trade. One delegate remarked, "It is not long since people looked down upon butchers as a class of men who were quite low down in the social scale." Another said that "at one time butchers were not allowed to sit upon juries in England, their business being held to estrange them from the gentler feelings. Only recently in Korea butchers were not allowed to wear their hats, and were not granted the right of burial. They eventually went on strike, and secured the privilege of wearing hats. The citizens then held an indignation meeting, and protested that they could not distinguish between butchers and ordinary people; but the butchers stuck to the hats."

### Putrid Meat for Soldiers.

JUDGMENT was given at Bar-le-Duc [France] in the case of Gustave Levy, the first of several army contractors who are being prosecuted for supplying the troops with diseased and putrid meat. The revelations which have attended the preliminary inquiries into these charges have aroused widespread indignation, and a general demand for exemplary punishment. The Metropolitan Cattle Market of La Villette appears to have been the centre of this abominable traffic. The police found that the usual system of inspection was being evaded, and that a regular business was being done in old, lean, tuberculous cattle, many of

which were in a dying condition, and were so near their end that on reaching their destination they had to be carted from the railway trucks to the slaughter-house. The corner of the market where these wretched beasts were sold to the army contractors was appropriately nicknamed "The Eastern Cemetery." The police and veterinary evidence against Levy showed that the price he paid for the diseased and moribund animals that he cut up and supplied for "soldiers' meat" was £4 to £8, or about half the wholesale price of sound beef, and that he could not fail to be aware of their tuberculous condition since the organs affected were systematically removed and buried, the beasts having been slaughtered immediately upon their arrival, lest, as the judge elicited amid laughter, they should meanwhile die. For the defence it was submitted that Levy had simply acted in the same way as his predecessors and other contractors, and that at the price paid, 4½d. per lb., the army had got its money's worth. Levy was sentenced to one year's imprisonment, and to pay a 500 francs fine and 300 francs damages.—*Pall Mall Gazette.*

### To Prevent Sea-Sickness.

A GERMAN physician is accredited with having found a cure for sea-sickness which will be welcomed by those who dread a voyage because they are not "good sailors." The cure is very simple, as all the appliances necessary are a basin and a couple of handkerchiefs. Whenever the traveller feels that he is becoming giddy, he must lie flat on his back on the cabin sofa or a deck-chair. The clothes are unbuttoned so that there is nothing to hinder breathing. Then the handkerchiefs are wrung out in the hot water and bound round the forehead. This bandage must be made very tight, which can be done by using a penholder, or something of the kind, as a lever when twisting it. During the first minute or two the sensation is not particularly pleasant, but those who bear it are completely cured, which is surely sufficient reward for any temporary inconvenience. When the bandage begins to get cold, another must be put on and the process continued, each time with a hotter bandage, if possible, until the patient is relieved of the squeamish feeling. This should be accomplished in about half an hour. In very obstinate cases it may take an hour. While under treat-



ment the patient must neither eat nor drink. One of the symptoms of sea-sickness is excessive thirst, which must not be assuaged. Two hours after the cure a drink of water or a little dry toast may be taken; or if preferred, the juice of an orange or two.

### Diet of the Japanese.

FOR soldiers there is no dining saloon—Japanese habits of living do not need dining rooms. A man just sits wherever he happens to be, and the food comes to him there. A wooden pail full of steaming boiled rice is brought round and each man fills his bowl; a dish of something like pickled cabbage, another of fish, and another of broad beans, or some such things, go round, and each man takes with his chopsticks as much as would make a good big spoonful. The rice bowl may be filled three times, but the small saucerful of other things is seldom replenished. Sometimes there is preserved beef, in

half-pound tins, and there are several other variations when possible. But in camp this is about all they get. It is often said that the Japanese diet would not be enough to keep a foreigner in health and strength. This is mere superstition. We believe in meat mainly because meat has happened to be the diet of our ancestors from time immemorial, and they did not test all sorts of food and select the one that suited them, but they simply took what came handiest. The Tibetans eat practically nothing but meat, because the country grows nothing but pasture, and the meat diet has not made them a superior race. I have lived on Japanese food—soldier food—for weeks of the hardest kind of work, and it nourishes as well as anything. It does not make fat; a fat Japanese is a rarity. But it makes muscle, bone, sinew, blood, and fire and brain, as the Japanese have proved. There are no hardier soldiers in the world.—*From The Russo-Japanese War, by T. Cowen.*

## The Insipid Anaemic Loaf.

What the "Lancet" Thinks of White Bread.

"PROBABLY modern methods of milling flour have much to do with the lack of flavor which marks the present-day loaf of bread. One thing at least we know, and that is that roller milling, as distinct from the old method of grinding wheat between stones, leads to the elimination of the germ of the wheat, and that the peculiar nutty flavor—which is now unfortunately a matter of history—of the old-fashioned loaf was due perhaps to the retention of this germ. The public, or at all events a large section of it, would appear to be ever stupidly ready to sacrifice genuine dietetic quality in favor of color—bread nowadays must be quite white and milk must look yellowish—and these silly criteria of an imitation excellence are easily supplied. The increasing popularity of toast is a somewhat interesting fact in that it possibly indicates that, after all, the public resents—it may be unconsciously—the insipidity of modern bread. Toast is not only in demand on the breakfast table, but it often appears now in the place of the roll or slice of bread on the dinner table also.

"This quite common preference which is

exhibited for toast may be because experience has taught that well-made toast is more digestible than bread. It is more probable that toast is popular because it is palatable and has an attractive flavor. In a similar way the crusty part of bread is chosen by a good many people because it possesses a flavor analogous in a way to that of toast, which is decidedly more interesting to the palate than the soft and moist portions of modern bread, for these are with difficulty completely masticated and insalivated, being too solid in their mass to allow of the free incorporation of the digestive juices. Toast places a lighter tax on the digestive functions since during its preparation some of the starch grains of the flour are ruptured, while some are converted into dextrin, which is easily soluble. Further, the crispness of toast necessitates its being completely moistened in the mouth before it can be swallowed. As a rule, therefore, toast is thoroughly submitted to the action of the preliminary digestive process in the mouth. It is important, however, that toast should be crisp all through, as otherwise the internal portions tend to become plastic and soft, like new

bread, and like it difficult of digestion if not thoroughly masticated. New bread is not necessarily indigestible. It only proves so in some cases, because on account of its plasticity and softness there is a strong tendency to swallow it before it is thoroughly masticated and insalivated. If bread possessing the peculiarly attractive flavor which characterized it in the days of stone milling were placed on the modern breakfast or dinner table, the preference for toast would, we feel safe in saying, very sensibly diminish."

### The Best Bread.

#### A Miller's Opinion.

"I do not think that hard work or hard thinking will shorten a man's life," said the miller; "otherwise very few flour millers would live more than half the allotted span. In common with thousands of flour millers throughout the world, I have toiled through many an anxious year—and lost many hours of sleep at night, endeavoring to solve the problem how to make flour white enough to please the consumer. But all our efforts in endeavoring to improve the color of flour—under the millstone system—were only partially successful; until with the aid of inventing millwrights and engineers, we were enabled to install a complete roller plant on the gradual reduction system. Then, and only then, did we succeed in producing flour white enough to please the consumer—that is as far as it is possible to please fastidious humanity. Now, as to the merits or demerits of brown or white flour or bread. It will be seen that even in our little city, doctors differ. I well remember when roller flour first came into consumption. There was a great controversy between the doctors in the old country, the majority being of opinion that white flour was the more wholesome, because all the branny particles were eliminated, being injurious to the coats of the stomach, etc.

"I am not a medical man, but I claim to be a practical man, and I ask, Is it credible that the beautifully white and delicate portion of the wheat berry, consisting of about seventy per cent. of the whole, can be deleterious, injurious, and 'murderous,' and responsible for poorness of blood, decayed teeth, and even appendicitis? and that the remaining thirty per cent., which consists chiefly of husk or bran, which acts as a covering for the kernel,

contains all the nutritious elements pertaining to the wheat berry? I think not, but I do think the truth lies somewhere between the two.

"And now I am going to give my own opinion, which is, that "seconds" flour, consisting of about seventy-five per cent. of the whole wheat berry, and which would contain most of the germ and a small portion of the finest bran, would make the sweetest and most wholesome loaf. But then the loaf would be darker in color, and not quite so light and springy. Would the consumer accept it? No, sir, no more than our women folk will discard the preposterous cockleshells on stilts, which many of them now wear in favor of common-sense boots and shoes. And if I, as a miller, turned out nothing but seconds flour, I should lose all my trade in less than a week, that is, supposing other millers continued to make the white flour.

"Whole-meal bread I need not discuss here. It is used chiefly medicinally, and will never become our chief article of diet; but if the public will accept bread made of seconds flour, there will be no difficulty in supplying it, and millers need not resort to millstones. The rolls will grind the wheat as well as, in fact rather better than, millstones, because roller flour is livelier; and all the miller will have to do is to clothe his dressing reels with coarser silk, and the thing is done. Any grade of flour a customer chooses can be supplied.

"Personally I should rejoice at the change, and I shall be very much mistaken if all the roller millers will not be of the same mind; for we could dispense with half our present machinery, and save money both in power and labor."

#### Do the People Want Whole-meal Bread?

IN Melbourne, one of the city bakers determined to test the feeling of the public after the publication of articles directing attention to the greater advantages of whole-meal bread, and baked a trial batch. The result was that he could not supply all the orders he received. One gentleman who heard that the baker was meeting the demand asked to be supplied, but the tradesman assured him it was impossible; every loaf he had made had either been sold or bespoke. The gentleman then asked to see a loaf, and upon the request being granted he admitted it was a beautiful sample, and left an order for the baker to supply him with the wholesome article.

## Living Healthily in the Tropics.

BY B. J. CADY.

IT has now been over fourteen years since we first came to the Society Islands to labor. Until that time we had always lived in a temperate climate, where the winters were very cold and the summers short; for we were born, and had spent most of our lives, in Wisconsin, in the United States of America. We have summer all the year round here in the islands; but though the sun is very hot, the sea breezes help to cool the atmosphere, and the heat is not so oppressive as in some other places. Yet, if some cold is needed to "brace one up," as we often hear, we do not get it here. We have usually kept in good health, and believe that a reasonable regard for the laws of health, which are also Nature's laws, is what has enabled us to keep as well as we have.

We have never had the idea that the foods which are grown in the islands are not so wholesome as those of temperate climes; but, on the contrary, we consider them to be just the food best adapted for this climate, with the addition of bread, which to those who have always had it, seems indispensable. Our diet is composed principally of yams, taro, breadfruit, sweet potatoes, bananas, mummy apples, mangoes, oranges, the coconut, rice, and bread. We have some other fruits and vegetables occasionally, which are more rare, and also use some legumes. At times when we have been compelled by circumstances to use much imported foods, we have not enjoyed as good health as when we were living mostly on the native foods. I would say that we do not make a practice of eating the ripe coconut meat, though we often eat the soft meat of the green nuts, which is quite digestible and wholesome. The ripe nuts are used mostly in cooking; and though they are very useful for that, it is not good to make a practice of eating the meat as it is; and to eat it between meals is particularly bad. When the meat is grated, and washed with a little water, the liquid strained from it makes a very good substitute for milk and cream to use in cooking. We can make this very rich or dilute it considerably with water, just as is needed. We use it for shortening, and for flavoring soups, stews, pud-

dings, etc., also for a sauce, and for almost everything for which milk and cream are used. It is rich in fat, and so furnishes all of that element that is needed in the system.

Our systems do not require as much food in a warm climate as where it is cold; for when it is cold more food must be burned in the body to keep us warm; and when we come to a hot climate, if we do not cut down our rations, we are more liable to feel weak and feverish and be troubled with colds and other unpleasant symptoms.

We find that in a hot climate frequent bathing is very essential to health and comfort. We always take a full cold-water bath one or more times each day, if we are where we can have access to the water, and it is usually plentiful here. One who is in the habit of taking cold baths right along is not usually susceptible to colds. And, too, in the hottest weather, when the heat seems most unendurable, there is nothing equal to the cold plunge or shower bath to give relief from the heat.

Some seem to think that one should avoid exercise as much as possible in a hot climate, but my experience is that we need exercise, only we must be moderate, and try not to rush things too much. It is a good thing to keep busy, but not to work constantly at the same thing. Changing frequently from one kind of work to another will usually give all the rest and relaxation that is needed. I believe it is very seldom that a worker loses his health simply from overwork; ill-health is more often caused by hurry, worry, or errors in diet. We, as missionaries, go out to work, not to be waited upon; and if we, with all the light we have on health and temperance, can not keep well and work, how can we expect the ignorant and degraded natives who are violating every law of their being, to be able to do our work for us, even though they may be used to the climate? We may get accustomed to the climate, too. If we begin right, I think we shall find that the climate will not affect us unfavorably, even at the first. It was so in our experience, for we never enjoyed better health than during our first year in the islands.

Of course, we should not dress the same in a warm climate as in a cold one. Men readily lessen the amount of their clothing; but women sometimes cling to their close-fitting garments, to the detriment of their health; and often wear too much clothing, which makes them feel weak and tired; and they think it is caused by the climate. It is customary in these islands for the women to wear loose, flowing dresses; and the white women also wear them at home, and often wear no other style of dress. They are much more comfortable and cool than garments that fit closely to the body about the waist, and also more healthful.

One of our experienced laborers, in giving advice to a company of missionaries who were soon to enter the island field, said that one of the first and last lessons we need to learn is adaptation. That is very true. If we want to make a success in our new field, we must learn to adapt ourselves to the people and their customs as far as is practicable, and we must also learn to adapt our diet, dress, and work, to the climate and the other conditions.

Disease is very prevalent among the natives of these islands. Venereal diseases are almost general, and repulsive skin diseases are seen on every hand. We are at times situated where we have to mingle freely with the people, living in the same house with them, and often eating the food prepared by them, though we always do our own cooking as far as possible. The common yellow

laundry soap is said to be a good disinfectant, and we always make free use of it, washing our hands with it frequently after being in contact with the people, and after shaking hands with them. The natives are not cleanly in their habits, and that is one reason for so much skin disease among them. I am thankful to say that during all our years here neither my wife nor I have ever contracted any of the natives' diseases.

When we have felt a cold or a fever coming on, we have generally succeeded in stopping it at the beginning, simply by going without a meal or so, or by eating less food and drinking an abundance of boiled water. By this simple means we have usually managed to keep well when all around us were suffering with the prevailing epidemic. Fasting is the best medicine I know of, if taken when the first symptoms of indisposition are felt.

The malaria may not be so prevalent here as in parts of Africa, yet we have a great deal of it. Where there is danger of malaria, a high and dry location is best for a home. There is much more dampness in low valleys than on the hills. Then, the house should be set up a good distance from the ground, so that the air can circulate freely underneath. Too much shade is not good, and rubbish should not be allowed to accumulate in the vicinity of the dwelling-house.

We have always made a practice of keeping the doors and windows of our sleeping-rooms open night and day, so as to get all the pure air we could.

## Why Eat Meat ?

NO. 3.—BY A. W. SEMMENS, MANAGER OF SYDNEY SANITARIUM.

HAVING seen that science speaks in the clearest and most emphatic terms in favor of a non-flesh dietary, let us now turn our attention to the lessons that may be drawn from human experience respecting the comparative value of a flesh dietary, and a diet composed of the natural products of the earth.

Some people entertain the idea that there is some element, substance, property, or an indefinable something in flesh foods which is essential to strength, vigor, and health, and that is not furnished by a non-flesh diet. Just what this essential thing is, these people do not seem to be able to state definitely,

but they have the idea that meat is a necessary article of diet, and that to deprive them of it would be to jeopardize their health.

This idea of course comes from education, custom, and habit, and really has no foundation in fact or truth. It may be well for one who desires to settle the claims that are made for meat, and denied to a non-flesh diet by some, to consider briefly the purposes, sources, and functions of food in the body, and what properties are essential to make it a foodstuff.

Every moment of our lives, no matter how simple the work may be, there is a loss of matter from the body through the various eliminative organs. Carbonic acid gas leaves

the body through the lungs, urea and other waste matters leave it through the kidneys, and still other substances which the body can not use are cast off through the pores of the skin. Besides the loss of matter there is also a loss of energy. The slightest movement, even the winking of the eye, draws on the bodily supply of energy.

In the beating of the heart and the carrying on of the different physical functions, a large amount of energy is consumed daily. Energy is also used in maintaining the normal temperature of the body. This temperature is the same on a cold day as on a warm day; hence to maintain a constant temperature, energy must be used.

In fact, whether asleep and inactive, or awake and active, every moment of our lives entails a constant loss of both energy and matter. This constant loss of energy and matter must be made good at short intervals. If it is not, there comes a time when the supply becomes exhausted, and sickness and death follow as a consequence.

The purpose of food, then, is to supply this new matter and energy to take the place of that which is consumed.

Food, then, may be defined as any substance which when digested and absorbed fulfils one of the following conditions:—

1. To supply material for the growth of the body, and repair waste.
2. To furnish energy to the body.
3. To facilitate the nutritive processes.

One essential point in the definition of food is often overlooked—that the food itself, or any of its products in its transformation of the body, shall not be injurious or detrimental to the structure or functions of any of its parts.

This is very important in this discussion; for there are many substances which, although they do contain matter and energy which may be utilized in the body, along with these may contain deleterious ingredients which act as poisons to the tissues, and therefore in the strict sense of the term "food," these substances can not really be listed as foods.

Alcohol, for instance, is claimed by some to be oxidized in the body, and thus to furnish energy. Supposing this statement to be true (which, however, we have good reason to doubt), alcohol could not be considered a food for the reason that it deranges the structures and functions of different organs of the body, and is, according to our definition of food, really a poison, and not a food.

If we hold closely to the idea of a food as given in the foregoing definition, and apply the definition closely, we shall find meat in the same category as alcohol.

Although it does contain energy that can be utilized by the body, and material that is used in building tissue, it contains other substances which neither supply energy nor in any way enter into the formation of tissue, but on the other hand do interfere with the normal functions and structures of various parts of the body; and so far as it does this it must be considered deleterious to the body.

Passing this last point for the time being, let us notice more definitely the functions of a food. Food contains energy and matter which can be used by the body.

There are but few elements that enter into the formation of food. These are principally carbon, oxygen, hydrogen, nitrogen, sulphur, and phosphorus. There are some others, but they are not important. This small number is arranged in such a way as to make the substance in the form of food very complex and unstable. This is the form then in which matter is taken into the body.

Every tissue and organ is composed of matter which has entered it in the form of food, water, or oxygen. Energy passes into the body in the form of potential chemical energy. This energy is stored up in the food, and lies latent. By the complicated machinery of the body, this matter taken in the form of food is broken down, and this latent energy takes an active form which may be used in keeping the body warm, in causing muscular action, in keeping the heart at work, or in performing any other function.

In translating this latent energy to an active form, the different molecules of food are broken down into simpler forms, and thus the chemical energy is liberated. The material that forms the food, may be used in the growth or repairing the waste going on in the body as the result of its various functions.

The body, then, may be compared to a machine which transforms energy that is inactive, and matter that is apparently dead, into living tissue.

What then is the original source of this energy, and of this matter that we take into our bodies in the form of food?

It requires but a very superficial knowledge of physiology to recognize the fact that the vegetable kingdom is the original source of all energy manifested by animals.

The first food ever given to man or ani-

mal was the production from the earth. The Creator stored in the herbs energy to be used both by man and beast. And as we stated in our first study, if man had not broken the law of God, man's bill of fare would ever have remained unchanged. It is no matter what food you take, the energy that comes from it had its origin primarily in the vegetable king-

dom, and that is the only source from which God ever intended man to get it.

That there is in meat no energy and no element which is not in the vegetable kingdom, is self-evident. It is one of the underlying principles of natural law, that energy and matter can not be destroyed. An animal can not create either matter or energy.

## Treatment of Hare-Lip and Cleft Palate.

BY FRANKLIN RICHARDS, M.D., L.R.C.S.

### 1. Hare-Lip.

HARE-LIP is due to defective development. The upper lip develops in three parts. Failure of the side-pieces to unite with the middle-piece leaves two clefts through the lip into the nostrils. This condition is known as double hare-lip. Should one side-piece unite and the other fail, a single cleft or single hare-lip results. Such clefts or cleft may extend partly or completely through the lip to the nose. They are accordingly known as partial or complete hare-lip.

The unsightly appearance of hare-lip always causes the mother great concern. The deformity also interferes with the taking of nourishment, sometimes to such an extent as to render suckling difficult or impossible. In such cases it is necessary to feed with the mother's milk from a spoon until the deformity can be corrected by an operation.

#### THE OPERATION.

The operation for hare-lip is best performed during the early weeks of life, because the deformity interferes with nutrition, and tends to increase in size with the growth of the child. The aim of the operation is the formation of a lip as closely resembling a normally developed one as possible. This is accomplished by uniting the edges of the cleft in such a way as to make the red margin of the lip appear uniform and unbroken throughout its entire length. At the same time an attempt is made to reduce the slit-like deformity of the nostril which is often present, thus improving the appearance of the nose. In the hands of a competent surgeon, the operation is often remarkably successful. Much, however, depends upon the proper preparation of the little patient, and upon skilful nursing and after-treatment.

#### AFTER-TREATMENT.

No dressings are applied after the operation for hare-lip, but the wound must be kept clean by bathing with warm boracic lotion after feeding. The mother may suckle the child immediately after the operation, though if spoon-feeding was employed before the operation, it had best be continued afterward until the lip is healed. Long cuffs of cardboard padded with wool, extending from the wrists to well above the elbows, keep the child from bending the arms and picking at the wound. The most important point in the after-treatment is the prevention of crying. For a full week after the operation the child must be kept from crying. Needless to say this requirement taxes the patience, skill, and ingenuity of the nurse and the mother to the utmost.

### 2. Cleft Palate.

A fissure through the palate, connecting the nasal and oral cavities, is often combined with hare-lip. This deformity is called cleft palate. Cleft palate not only renders speech imperfect after the child becomes old enough to talk, but during infancy it makes nursing impossible by taking away the power of suction. It also interferes with swallowing. In addition to the malnutrition resulting directly from the inability to suck and to perform properly the act of swallowing, children possessing the deformity are particularly liable to suffer from diseases of the air passages. Careful consideration of all these disadvantages leads one to favor early closure of the palate by operation. The most favorable time for the performance of such an operation is undoubtedly within the first three months after birth. There is no good reason for waiting until the child is two or

three years old, as is sometimes advised. By that time a faulty method of speech has been formed, which is very hard to eradicate by careful after-education. This speech defect is prevented by early operation.

#### FEEDING IN CLEFT PALATE.

Until the cleft is closed by operation, the child should be fed with the mother's milk from a spoon or from a feeding-cup with a spout to which a rubber nipple is securely fastened. The nipple should be a long one with an opening large enough to permit the milk to flow easily without suction. Another method of feeding is by means of an ordinary nipple to the upper surface of which is attached a flap of thin rubber. Suction draws this flap against the roof of the mouth, thus closing the cleft during nursing.

#### MANAGEMENT AFTER OPERATION.

The success of the operation for cleft palate depends as much on competent nursing and after-treatment as on the skill of the surgeon. Absolute rest and quiet are essential; the child must be kept from crying by careful nursing. All milk food should be sterilized, and fed carefully by spoon from sterilized vessels. Alternate feedings of sweet orange juice, carefully strained, help to keep the

wound clean, and should be given if the child takes the fruit juice readily. If fruit juice with albumin water satisfies, this may be made the exclusive diet for a day or two after the operation. The wound keeps clean and heals more quickly on this diet. Pure freshly boiled water should be given freely.

No attempt should be made to spray or swab the mouth or examine the wound, as the crying and resistance provoked may tear the edges apart and prevent closure of the cleft. Steam inhalations from a kettle containing a few drops of peppermint or eucalyptus oil in water, favor prompt healing of the wound, provided they can be given without struggling or crying. Inhalations of a few drops of the following solution, from a handkerchief or piece of gauze held near the nose of the infant, are more easily given:—

Alcohol (rectified spirits of wine) 1 teaspoonful  
Oil of peppermint ..... 3 drops  
Oil of eucalyptus ..... 2 drops  
Mix by shaking in a phial.

The wound should be completely healed within a fortnight. Sometimes, in spite of all care, small openings remain, but these are quite easily closed at a later date. When the child begins to talk, great care should be taken to train it to pronounce distinctly and correctly from the commencement.

## The Home Department.

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

### A Mother's Talk with Mothers.

A MISTAKE which is commonly made by mothers, and especially at this season of the year, is that of not properly clothing their children's legs and feet. The opinion is still popular that it is good for a boy or a girl to be "toughened" by having the limbs exposed to the cold. This experience may possibly be beneficial to the most sturdy and robust child, but to the child of average strength the experience is not unattended with grave dangers. The vessels which carry the blood to and from the limbs lie near to the surface and are easily chilled by exposure to cold. The effects of long-continued cold upon the blood vessels, is to contract or partially close them so that less blood can flow through the channels. This results in a large portion of

the blood being driven back upon the internal organs, causing a stagnation in the congested parts. This congestion of internal parts may manifest itself in the form of an inflammation of the stomach, bowels, or lungs. Constant coldness of the feet is also one of the chief causes of catarrh of the nose and the throat. Many children who are apparently in fair health habitually suffer from a catarrhal or "stuffy" condition of the air passages, a condition that in many cases can be accounted for only by the fact that the feet and legs are always cold. This catarrh often leads to tonsillitis, to tuberculosis of the glands of the neck, and to the growth of adenoids in the back of the nose and throat.

Not only do these local troubles arise from

insufficiently clothing the lower extremities, but the general vitality of the body is materially lessened by this neglect. The temperature of the body must be maintained at the same point (98.4 degrees Fahrenheit), regardless of the state of the weather. During the cold season a larger proportion of the food taken into the body must be utilized in the manufacture of heat than in the summer time. The purpose of clothing during cold weather is to retain or conserve the heat of the body. Now if the lower limbs are unclothed, a large part of the body heat is lost, and the body has to expend an excessive amount of vital energy in making good this loss. In other words, a large proportion of the food which should be utilized in promoting the growth and the energy of the body is employed in keeping up the body heat and making good the continual loss occasioned through insufficiency of the clothing. It is the duty of every mother to see that her children's limbs are warmly clothed in cold weather. Special care should be given to this matter during the fickle spring days, when there are so many sudden changes in the temperature. Warm stockings should be worn by the children whenever the weather is at all cold. It is easy enough to remove them when the sun gets warm and bright. Whenever it is cold enough for the child to wear socks, he should wear stockings instead, as the limbs must be equally clothed to be healthfully clothed.

Thin socks, or no socks at all, may be worn in the really hot weather, but on the cool chilly days warm stockings are essential to comfort and health.

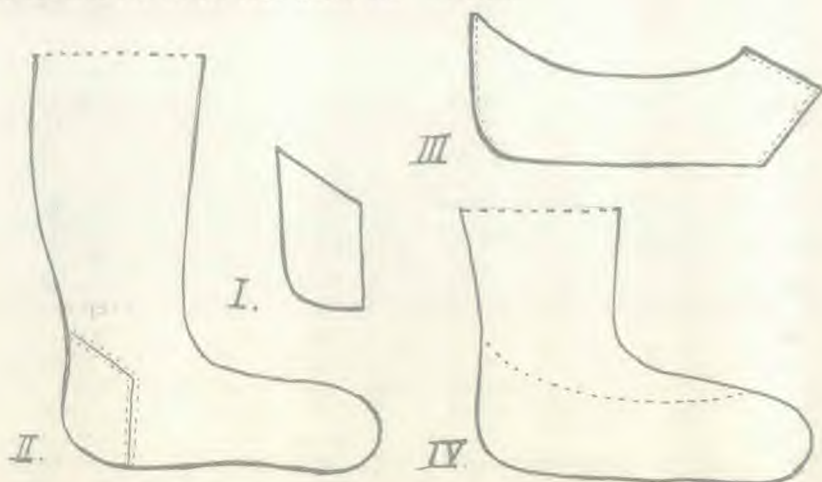
It would seem to the writer that about the

only advantage of the "toughening effect of cold" theory, is that if it be accepted there follows marked diminution in the amount of the weekly darning. This is no doubt a matter of some consequence to the busy mother; but if the acceptance of the theory result in a diminution of her children's comfort and health there is really nothing gained after all.

Mrs. M. S. Boyd has kindly suggested several methods whereby the life and the usefulness of stockings may be increased. She writes as follows:—

#### HINTS CONCERNING HOSIERY.

"The serviceability of socks and stockings is greatly increased by lining the heels previous to wearing. Take a piece of unbleached calico, sateen, heavy print, or anything of that nature, fold it on the bias, and cut as indicated by Fig. I. Stitch up according to dots, then turn it and lay it smoothly on the wrong side of the heel of the stocking. Sew the two together to prevent wrinkles, and fasten the edges to the stocking. Frequently two linings will wear into holes before the outside will require darning. This simple device saves time and money, and if properly done does not inconvenience the wearer. Some prefer to run the heels, but this takes more time and is not so durable. In a similar way the knees of the stockings may be lined; as boys' stockings often wear out at the knees with astonishing rapidity. The square of material which is applied to the inside of the stocking, when sewn in place should be a little slack so as to allow the stocking knee full room to stretch.





"When the stockings are worn too much for further darning, their usefulness may be prolonged by refooting. Cut a paper pattern resembling Fig. III sufficiently long to suit the wearer. Take the leg of another worn stocking and pin the pattern on so that the fold comes at the bottom; and sew according to dots. The old foot is cut from the stocking as indicated by the dots in Fig. IV, and replaced by the new. The seams come in such a position that they do not hurt the feet.

"The legs of worn stockings can be pressed into service in several different ways. Remove the feet at the ankle, and hem the bottom of the legs. So changed the stockings can be used as leggings, or, when fastened to the petticoat body, as under-covering for the arms. They are preferable to sleeves made from ordinary cloth, as they are more pliable and take up less room, and can be easily removed in warm weather; another pair can be added

when the weather is extra cold. One gentleman always carries a pair of woollen stocking legs while cycling, as he can so easily slip them on under his coat if his arms are cold.

"Warm, comfortable underwaists and skirts also can be made for children from the cast-off stocking legs.

"When unfit for further wearing purposes a career of usefulness still awaits them; as they are exceptionally handy to the housekeeper. When sewn together, they make an excellent floor cloth. Fastened on to a worn-out hair-broom, they save a great many back-aches while one is polishing linoleums.

"They can be slipped on to a millet broom to keep it from spreading. They are always in demand by the painter for use as strainers. For blackleading purposes they are equally as good as a brush."

## Little Things That Add to the Comfort of the Sick.

BY MRS. A. W. SEMMENS, MEDICAL MATRON OF THE SYDNEY SANITARIUM.

SOMETIMES we wonder whether, should illness enter our home, we would be prepared to meet it. Some say yes, they have everything that would be required; but in forty-nine cases out of fifty some of the little things that add to the comfort of the sick would be missing. Let us not wait until our loved ones are ill before preparing for such an emergency. It would be well if some of the little comforts mentioned in this article were available in every home.

Maybe the illness will come in the winter time. Have you an airy bedroom into which the sun can freely stream and flood it with light? If so it will be found what a useful thing is a portable screen, to keep the sun's glare from the patient's eyes and to prevent draughts from the open window coming in direct contact with the sufferer.

Let the patient's bed be a firm one, but not too hard. A feather bed should never be used for the sick.

There should be several pillows, for preference each a different size, as a number of them may be required to make the patient comfortable in bed.

The bedclothes should not be heavy and

burdensome, but warm and light. An eider-down quilt, though not necessary, proves a great comfort to the sick, as it combines warmth with lightness in such a delightful way. There should be a plentiful supply of bed-linen, so that it can be changed daily after the morning sponge. Be sure that the bedstead has none of its castors broken, as it can not then be moved from place to place without jarring the patient.

If illness occurs during cold weather, a bright fire should be kept burning in the grate. This not only ministers to the patient's comfort and pleasure, but it also purifies the room atmosphere by drawing the foul air up the chimney.

A light, if necessary to be kept burning all night in the sick-room, should be carefully shaded so as not to annoy the sufferer.

A carpet ought to have no place in the sick-room; and should be replaced by several nice rugs that can easily be taken out into the fresh air to be shaken, while the floor is made clean with a damp cloth.

Warm nightdresses that wash easily, a bed jacket, pretty but not elaborate, a warm soft shawl, and knitted or crocheted bed-

slippers are comforts that can be made in one's spare time with but little expense.

In enumerating sick-room comforts we must not forget to mention the hot-water bag, and especially the long rubber bag intended for the spine. A hot spine-bag is so effective in quieting the nervous patient, and winning sleep to the one who has difficulty in falling off to sleep naturally.

Provide a few dainty tray-cloths and some pretty dishes, so that the invalid's tray may be made attractive and appetizing.

If the sickness is not an infectious one, have in the room pretty pure white hangings that can be readily washed and put up sweet and clean.

A small table beside the bed, with a glass

of sparkling water on it, is always acceptable to the sick. A few fresh flowers may also be placed upon the table, but these should not be allowed to remain more than a few hours if the patient is very ill. Strong-scented flowers are usually objectionable to the sick.

See that there are no creaking doors and windows in the room to disturb the patient.

Never whisper in a sick-room, but speak distinctly so that the sick one may catch every word. Anything not intended for the patient's ears should be spoken outside of the room.

During the convalescent stage it is well for the patient to have a wrapper or dressing-gown so that she (or he) may lie down without discomfort when fatigued.

## Answers to Correspondents.

Questions from subscribers pertaining to the preservation of health, the treatment of disease, and kindred topics, will be answered by the Editor, in this department. Answers to questions received during the current month, will appear in the issue of the following month. Write plainly and concisely, give full name and address, and enclose stamp, as it is often expedient to reply by post.

142. **Infant Feeding, Constipation, Gluten.**—H. J., Northcote: I have a very delicate baby girl four months old who is bottle-fed. As milk seems to constipate, I am giving a mixture of cow's milk two ounces, and boiled water four ounces. Having reared my other child from eight months old on gluten, No. 3, I wondered if it would be safe to give gluten to so young a child, or if you would recommend another of your foods. *Ans.*—Doubtless this child is underfed and badly nourished; the food she is now getting is not strong enough for a child four months old. She should be receiving a mixture consisting of at least one-half rich cow's milk with some added cream to overcome the tendency to constipation. The milk may be diluted with barley water or gluten, No. 3, as used for the older child. A better gruel, however, in that it is less constipating and more evenly balanced in food elements, may be prepared from granose biscuits. To one split, freshly toasted granose biscuit crumbled in a saucepan, add one pint of hot water, and boil for ten minutes. Strain through butter muslin, measure, and add an equal quantity of top milk. This is the upper half of milk which has been standing six hours. As the child is not accustomed to so strong a food as this, it may be necessary to bring the food gradually up to this strength. If the mixture is too thick to flow freely from the nursing-bottle, feed with a spoon. Spoon-feeding is in every way preferable to bottle-feeding. Feed as much as the child will readily take and not more than four feedings a day, to be reduced to three in a few months. If the child does not appear to be hungry for four feedings of this strong food, one meal may occasionally be replaced by a feeding of strained mandarin or sweet

orange juice, or other mildly acid fresh fruit juice. The fruit juice should be given alone, and as much as the child cares to take from the spoon. Fresh fruit juice given in this way, or one hour before regular feedings once or twice daily prevents rickets, scurvy, and other disorders of childhood. Read carefully the article in last number entitled, "Fruit Juice for Babies."

143. **Salivation while Singing.**—A. H. L., Port Pirie: What is the cause and prevention of saliva collecting in the mouth during singing? *Ans.*—Tobacco or other drugs cause an excessive flow of saliva, or salivation as this condition is called. The difficulty is also common in certain disorders of digestion, such as atonic dyspepsia and water-brash. Aside from these causes, pure nervousness may be mentioned as a potent factor in either preventing or increasing the flow of saliva. Nervousness may be the cause of your trouble. It will probably disappear of itself in a few years' time. Give attention to your general health and use a mouth wash composed of listerine or eucalyptol one part, and water, ten parts.

144. **Cause and Cure of Pimples.**—T. W. B., Dunedin: What is the cause and cure of pimples repeatedly covering the face and body? Since two months ago I have adopted food reform according to GOOD HEALTH teaching; still there is no improvement. *Ans.*—The common causes of pimples are: (1) Overeating and the use of rich indigestible or otherwise unsuitable articles of diet; (2) insufficient physical exercise to produce perspiration; (3) lack of water-drinking to cleanse the body, and bathing to cleanse and increase the activity of the skin. The cure becomes at once apparent. Do all these things that have not been

done, and keep on doing them. Two months is much too short a time to study and understand food reform, or to derive very much benefit from its practice, even if perfectly understood.

145. **Nervous Dyspepsia, Meal Hours.**—L. B., Edgecliff: 1. How would you arrange two meals a day for one away from home from 8.30 A. M. to 5.30 P. M.? *Ans.*—Two chief meals could be placed at 8.30 A. M. and 5.30 P. M. and a fruit lunch taken at 1 P. M.

2. What treatment would you advise for the same person suffering from nervous dyspepsia? *Ans.*—The first requirement is a sufficiently nourishing diet. If but two meals a day are taken, cream, eggs, and milk, and other equally nourishing and digestible foods should enter quite largely into the diet. In all nervous disorders it is important to supply the body with sufficient fat. This may be taken in the form of sterilized cream and butter, ripe olives, nuts and nut products, and yolks of eggs. The second factor in the treatment of nervous dyspepsia is rest. This requirement is often met by a holiday with its change of environment and scenery. In some cases the application of fomentations after meals and the heating compress at bedtime is found helpful.

146. **Lactosa, Cottage Cheese, Junket, Raw Food, Molasses.**—D. J. S.: 1. Would milk turned sour with lemon juice, and junket serve a similar purpose to lactosa, prepared according to directions in June GOOD HEALTH? *Ans.*—No. Neither cottage cheese nor junket contains the friendly germs which cause clotting of the milk in the preparation of lactosa. They are both useful forms of sweet milk, but the benefits obtainable from milk which has been scientifically soured by the action of the *Bacillus lactis* could not be expected to result from the use of cottage cheese and junket. A cheese somewhat similar in appearance to cottage cheese, but different in flavor, may be prepared from lactosa. See directions in the cookery department of this number for preparing lactosa cream cheese.

2. Do you advise the taking of foods straight from the hand of nature? *Ans.*—Yes; in all cases

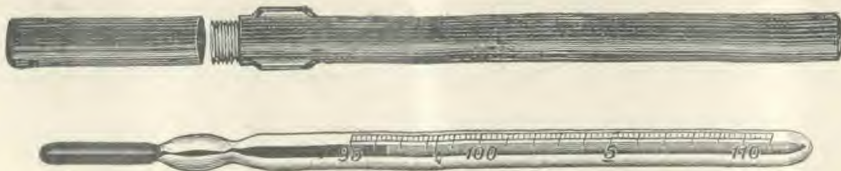
in which nature completely prepares the food for the use of man; that is, in the case of ripe fruits and nuts, and some other articles of diet.

3. Does cooking kill the chief value and force of food? *Ans.*—No; raw starches as found in the cereals are quite indigestible until properly prepared for the human stomach by cooking. When so prepared they become an important part of man's diet. Fruits do not require cooking because the starch of the plant is transformed into sugar by the action of sunlight. This change is aptly expressed by the Mexicans who speak of ripe fruit as having been "cooked in the sun."

4. Do you advise the use of molasses in dyspepsia, and as a cure for cancer? *Ans.*—No. Having lived in the "land of molasses" for many years I am too well acquainted with its qualities to recommend it as a cure for anything. It is an excellent producer of dyspepsia.

147. **Sulphur f r Bleeding Piles.**—R. D., Mosgiel: What do you advise for bleeding piles? Is sulphur good? *Ans.*—For the cure of bleeding piles of long standing, only temporary benefit can be hoped for from treatment. Besides, it is dangerous to temporize with so serious a trouble. An operation is necessary, and the earlier it is performed the better. It is a simple operation when skilfully performed, and necessitates but a few days' rest in bed. It may be done without chloroform or other anæsthetic. When a patient has been properly prepared, very little inconvenience results, even during the first few days; and afterwards there is complete relief from the bleeding and other troublesome symptoms. Some temporary relief may be obtained from the use of the usual ointment or suppositories containing hazeline, etc., also from careful cleansing of the parts with warm water and mild soap, afterwards dusting with boracic acid powder. Small cold enemas and cold compresses aid in relieving the pain and swelling during an acute attack. The bowels should be carefully regulated by means of diet, enemas, and a simple laxative if necessary. Sulphur might be used as a dusting powder in place of boracic acid, but is inferior.

148. **Poor Appetite.**—F. C., Sydney: I take food regularly five times a day, but never feel hungry;



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what ought I to eat to increase my appetite?  
*Ans.*—Nothing.

149. **Treatment of Goitre.**—E. C., Summer Hill: I have a small goitre. Would you be kind enough to say what is the treatment, and if it can be cured? also if exercise of the throat is good or bad? *Ans.*—There are several varieties of goitre, some of which are curable, and others incurable. A small simple goitre occurring in a young adult is usually curable in its early stages, or at least may be greatly benefited by treatment. The first rule for a person with goitre is to drink only water which has been distilled or boiled. No tea, coffee, cocoa, or other stimulating drinks, and no stimulating foods, such as meats and meat extracts, condiments, etc., should be taken. The diet should consist of fruits, cereals, including breads, easily digested vegetables, eggs, and dairy products. Iodine ointment should be gently rubbed into the gland once daily for a few weeks. The neck should be carefully measured each week to determine if there be any improvement. Gentle neck-exercises may prove beneficial. If the goitre is increasing in size, or if there is prominence of the eyes, trembling of the fingers, or rapid action of the heart, a thorough course of treatment in a suitable institution is indicated.

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### Items of Interest.

THE Sanitarium Supply Department has just received from America a large consignment of the Natural Abdominal Supporter—that ingenious contrivance which relieves the dragging aches and pains so effectually. All sizes are in stock. Why be miserable when by wearing the Natural Abdominal Supporter you could be comfortable? Hundreds have experienced great relief through its use.

AND that reminds us of another excellent article of apparel now to be procured from the Supply Department. We have appropriately named this new garment "The Good Health Bodice." The Good Health Bodice is the embodiment of style, comfort, and convenience. It solves the problem of how to dispense with the corset without sacrificing anything but discomfort and ill-health. Thousands of these garments are being worn with entire satisfaction by the women of America and Great Britain. Further particulars from the Supply Department, Sanitarium, Wahroonga.

A PREMIUM offer you can not afford to pass by is made by the publishers of GOOD HEALTH in this issue. The clinical thermometer offered as a premium for two new yearly subscriptions is first class in every respect. It is an instrument which retails at chemists' shops at about 3s. 6d. Every family should have this excellent thermometer to use in case of illness. It often aids in deciding what is wrong and what should be done to remedy the trouble. For 4s. 6d. the thermometer will be sent with the GOOD HEALTH for one year to new subscribers in Australia; New Zealand and foreign, 5s. It will be sent free, as a premium, to any person sending in two new subscriptions at the regular rate.

THE food factory at Cooranbong is getting out some superior products since the addition to its staff of two experienced food-experts. Substantial improvements have been made in the old foods, and some excellent new foods are now being placed upon the market. The samples received compare favorably with the best of the imported health foods.

CEREO-ALMOND MEAT is the name of a new nut-product, composed as its name indicates entirely of cereals and almonds. Cereo-almond Meat is delicious, nutritious, and digestible. It is a superior substitute for flesh, fish, and fowl. In short, it is meat minus the poisons which flesh foods *always* contain, and the

diseases which flesh foods often contain. Procure a tin of Cereo-almond Meat from your nearest Sanitarium Health Food Depot or Cafe, and GOOD HEALTH guarantees satisfaction.

### Buttermilk for Babies.

TWO ITALIAN investigators, as a result of studies conducted in connection with infants suffering from intestinal disturbances, state that buttermilk restrains the action of harmful bacteria. Within two days after beginning the use of buttermilk, the discharges become modified, and in a short time are normal.

## LACTOSA,

### The Clotted-milk Cure for Disorders of Digestion,

and diseases arising therefrom, such as Constipation, Diarrhoea, Dysentery, Chronic Catarrhal Enteritis and Colitis, Auto-intoxication due to fermentation and putrefaction of food in the alimentary canal, Rheumatism, Gout, Anemia, and other constitutional diseases due to impoverished and impure blood.

### LACTOSA

prevents infantile diseases, and retards the changes which produce old age.

#### Lactosa May Be Prepared at Home.

There are many microbes which will clot milk, but only one which is uniformly safe and useful—the *Bacillus lactis*. Pure fresh cultures prepared by Parke, Davis & Co. of Detroit, Mich., U. S. A. Supplied at a cost of three half-pence a day.

Send 3/6 for One Month's Supply to the

**LACTOSA LABORATORY, SANITARIUM,**

**Wahroonga, N. S. W.**



**Sydney.**

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.**



Health  
is  
Wealth



Pure  
Sanitarium **Health Foods**

Have You Tried Our

**NEW FOODS ?**

**Nut Crisps**

A Well-flavored Biscuit, in the Form of a Stick, Short and Crisp in the Rating. 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., Papanni, 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.

326 Hay Street, Perth, West Australia.

186 Edward Street, Brisbane, Queensland.

SANITARIUM HEALTH FOOD DEP., 12 Dobby 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  
 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 Warrawee station upon notification.

For further Particulars, and Descriptive Booklet, Address

Tel. No. 137 Wah.

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