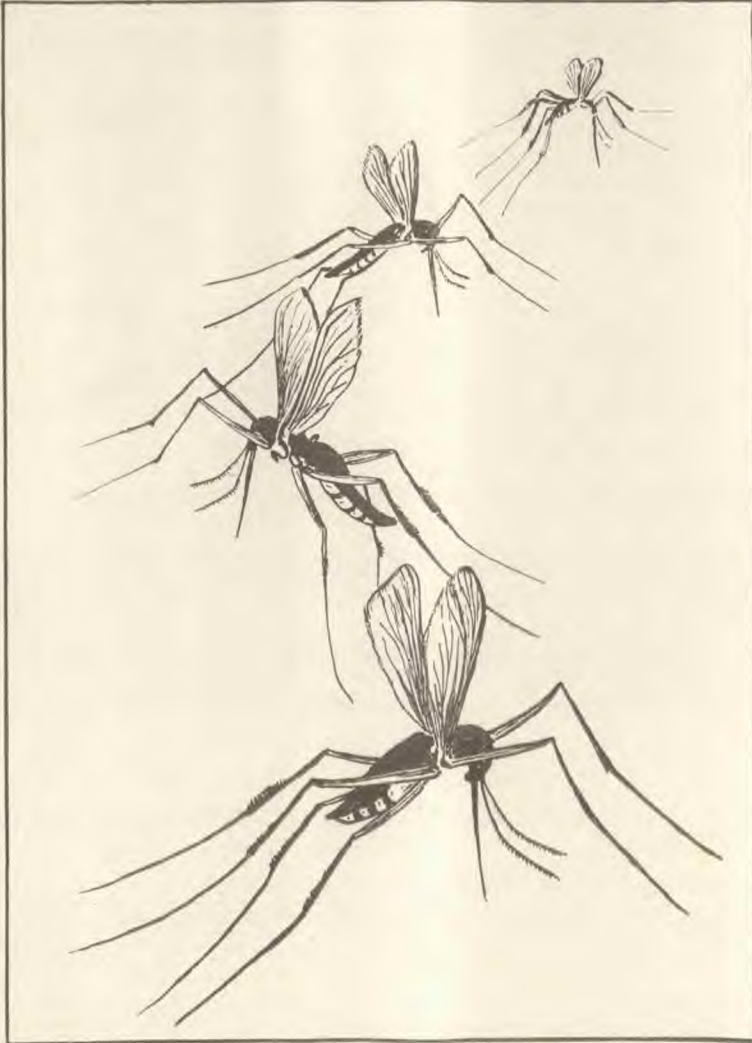


# GOOD HEALTH

Edited by FRANKLIN RICHARDS, M.D.

DECEMBER  
80



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*Midsummer Number*

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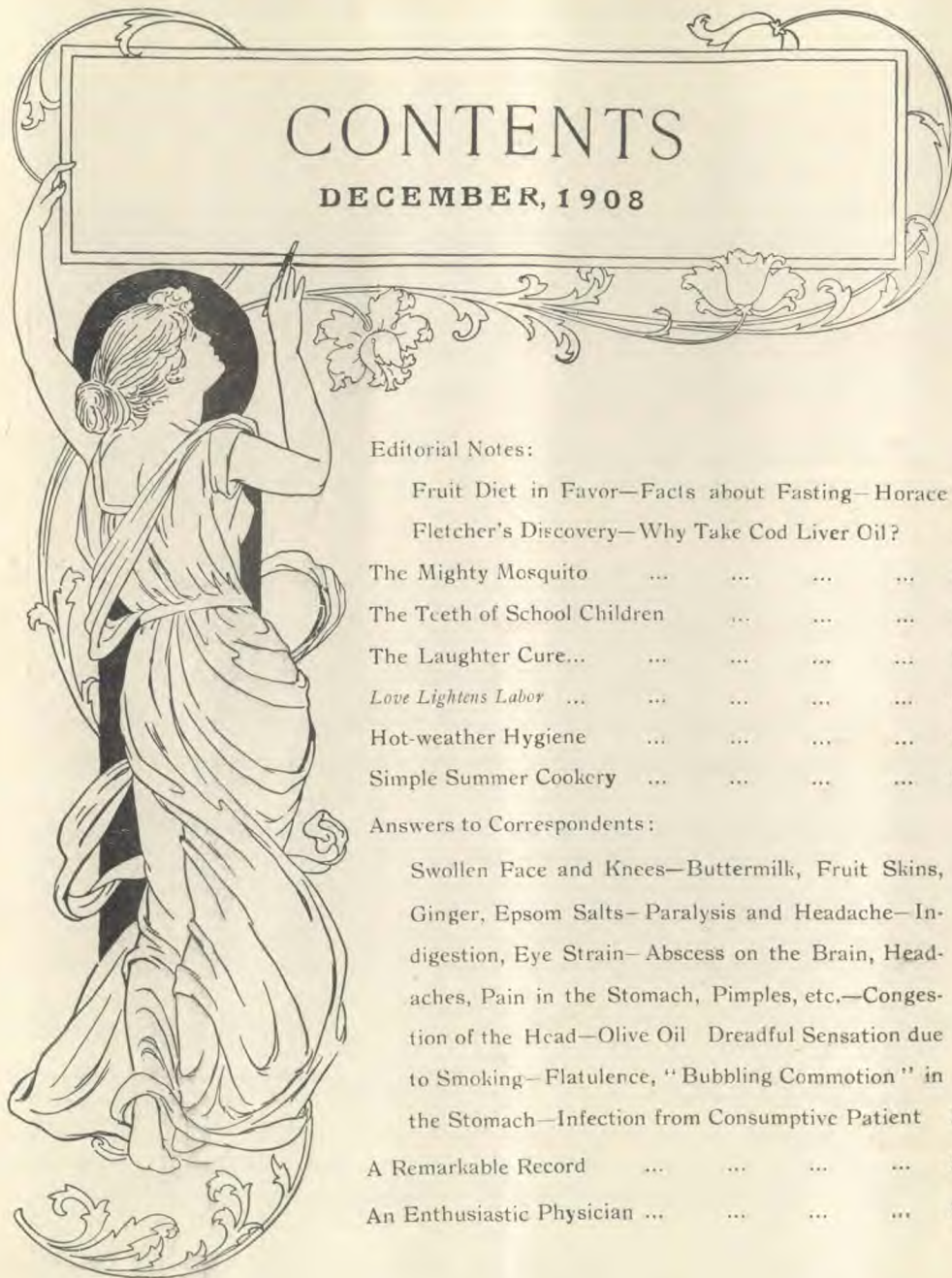
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# CONTENTS

DECEMBER, 1908



Editorial Notes:

Fruit Diet in Favor—Facts about Fasting—Horace Fletcher's Discovery—Why Take Cod Liver Oil?	225
The Mighty Mosquito	228
The Teeth of School Children	231
The Laughter Cure...	232
<i>Love Lightens Labor</i>	233
Hot-weather Hygiene	233
Simple Summer Cookery	234

Answers to Correspondents:

Swollen Face and Knees—Buttermilk, Fruit Skins, Ginger, Epsom Salts—Paralysis and Headache—Indigestion, Eye Strain—Abscess on the Brain, Headaches, Pain in the Stomach, Pimples, etc.—Congestion of the Head—Olive Oil Dreadful Sensation due to Smoking—Flatulence, "Bubbling Commotion" in the Stomach—Infection from Consumptive Patient	236
A Remarkable Record	239
An Enthusiastic Physician	239

*Good Health, December 1, 1908.*



One of Nature's beauty spots.



# GOOD HEALTH

## A Teacher of Hygiene

Vol. 12.

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

No. 12.

### Editorial Notes.

#### FRUIT DIET IN FAVOR.

AT the recent Medical Congress held in Melbourne, a paper was presented by Dr. Abramowski on the benefits to be derived from fasting and fruit diet in disease. Dr. Abramowski emphasized the fact that many different manifestations of disease are due to the accumulation of waste matter in the body. The elimination of this organic rubbish is hastened by strictly limiting or altogether withholding for a time all ordinary food. At the same time pure water in unlimited quantities is allowed, and fresh fruit and fruit juices given. In the Mildura District Hospital, of which Dr. Abramowski is the medical officer, practically no food is given during the feverish stage of acute illnesses. In chronic disorders, only fresh fruit and water are allowed until "habit hunger" is replaced by real hunger. The patient usually develops a "good appetite" in from three to six days, though in some cases a longer time is required. As soon as the tongue is clean and moist, the general condition of the patient favorable, and unmistakable hunger manifest, feeding is resumed. At this stage a strictly vegetarian diet is given, always containing as much fresh fruit and vegetables as possible, and a moderate quantity of milk, eggs, and cereal foods. Meat is excluded with all its preparations, such as broths, beef-tea, jelly, etc. Tea, coffee, and cocoa are also practically excluded. Baths, packs, colon-flushing, massage, exercises, fresh air, and sunlight are the remedial agencies employed. Drugs are now hardly ever used in the hospital, and alcohol is prohibited in every shape and form.

Dr. Abramowski states that in surgical cases

the fruit fast has proved a wonderful factor in purifying the blood, and hastening healing. In all classes of cases the adoption of these methods has reduced the death-rate and shortened the length of time in the hospital. And this in spite of the fact that "like everything else, the new treatment had to evolve gradually. It is not perfect by a long way," as the doctor says.

The lessons taught by the good results in the hospital have already found their way into the homes of the people. When the Mildura people feel ill, they stop eating, or fast on fruit and water for a day or two. As a result, Dr. Abramowski states that people in Mildura have to a great extent lost their dread of disease. He says further that the use of fresh fruit and vegetables has greatly increased in the community, whilst the consumption of meat and tea is decidedly getting less. The death-rate throughout the Mildura district is decreasing, though the population is constantly increasing.

Dr. Abramowski concludes his paper with an appeal to the people for their hearty co-operation in the battle for life by generous contributions of the sinews of war; viz., fresh vegetables and fresh and dried fruits.

\* \* \*

#### FACTS ABOUT FASTING.

ALMOST every community has its fasting enthusiasts. Nevertheless, fasting has its disadvantages, the most serious of which is the danger of a prolonged fast resulting in the starvation of the faster. That this danger is a real one, is emphasized by the unfortunate experiences of well-known fasters. It is said that the wife of Dr. Dewey, the chief American advocate of fasting, died at the end of a



drolonged fast, possibly from starvation. Dr. Dewey himself died at an early age of apoplexy. So it is evident that fasters are not free from all the ills that flesh is heir to.

The first fact, then, of importance concerning fasting, is that the practice is not altogether free from danger. A fast of even moderate length ought not, therefore, to be undertaken except on the advice and under the direction of a wise and observant physician. The danger of the body being injured by feeding upon itself has been thus emphasized by another:—

"It should be remembered that when food is withdrawn, the body does not cease to eat; the production of heat and energy continues, hence there must be consumption of tissue. When food is not supplied in the ordinary way, the tissues feed upon themselves; hence a fasting man does not in the strict sense abstain from food. He simply feeds upon himself. He gnaws his own bones. The faster at first consumes the fatty or adipose portion of his tissues. When this is gone, other structures—the muscles, liver, brain, and other tissues—surrender their substance to maintain animal heat and supply the energy required to sustain the action of the heart and other vital organs. Thus not only the residual tissue, or stored food of the body, is utilized, but the framework of the structure itself is consumed, and may be thus considerably impaired or even irreparably damaged."

The second practical consideration is the fact that all the advantages of total abstinence from food, minus the dangers, may be enjoyed by a suitable change of diet. The ordinary diet introduces into the body the waste products contained in the tissues of the animals commonly consumed for food. Uric acid alone, taken as a representative of these tissue wastes, is introduced into the body to the extent of seventy grains per pound in the sweet-bread of the animal. The first step towards fasting, should therefore be the total exclusion of flesh foods and animal products of all sorts from the dietary. As tea, coffee, and cocoa contain large amounts of the waste products of plants, these too should be entirely excluded. In short, all the ordinary articles of diet should be avoided, except fresh ripe fruits and fruit juices, especially the juices of sweet fruits, such as the grape, the apple, the pear, the pineapple, prunes, raisins, figs, oranges, mandarins, etc. Along with these fruit juices water should be

taken to the extent of from three to six pints in twenty-four hours.

Malt extract may be taken freely with the fruit for its nutritive and laxative effects; also a small amount of bread in the form of zwieback. One small slice three times a day may be taken if the faster has a craving for bread. Bulk is furnished and bowel action encouraged by the use of seaweed, such as agar-agar, Irish or Iceland moss, or Japanese seaweed; or by means of cooked wheat bran. If bran is used, a small cupful should be taken three times a day. If the dry seaweed, such as agar-agar, is used, about one ounce should be taken daily. If preferred, thoroughly washed and cleansed crisp raw vegetable leaves, such as lettuce and cabbage, may be taken to give bulk to the diet. The object of the bran, etc., is the sweeping away of the poisons of the bowel and intestinal secretions, which in ordinary fasting are reabsorbed into the blood.

If free evacuation is not secured once or twice daily, small doses of cascara sagrada, or some other vegetable laxative, should be taken. It is rarely necessary to continue this fasting diet longer than from two to six days. At the end of this time the tongue should be clean, and the evacuations free from putrescent odors. Headache, languor, depression, insomnia, and other kindred symptoms of intestinal auto-intoxication disappear, and the fruit faster recognizes distinct improvement. Dextrinized cereals and fruits may then be added to the dietary; and a little later, sterilized cream, and yolks of eggs, and milk in the form of lactosa or good buttermilk. Milk in its ordinary form may have to be excluded for several weeks, and some sufferers from auto-intoxication are unable to use milk at all. Flesh foods, tea and coffee, etc., must be rigorously excluded, unless a second experience with auto-intoxication is desired.

In the Sanitarium treatment of patients, the plan thus briefly outlined has been found preferable to total abstinence from food in all disorders due to auto-intoxication.

\* \* \*

#### HORACE FLETCHER'S DISCOVERY.

WE have often referred to the diet experiments of Mr. Horace Fletcher, whose theories are so thoroughly demonstrated by his own good health and endurance. What is this wonderful discovery which halves the ex-



pense of sustenance, doubles the capacity for work, pays doctors' bills in advance, kills tolerance for excess, and makes mental calm, peace, and happiness commonplace? What is the secret of nature that solves the life-problem and does it so inexpensively? In Mr. Fletcher's own words the reply is so simple that it seems ridiculous. "Don't eat until you are hungry. Eat what appetite selects from the food available; be sure that you are using the sauce of enjoyment with every morsel. Stop eating when appetite first calls a halt and says, 'Enough'; and let nature do the rest." The discoverer of the "Food Filter" then proceeds to give practical suggestions concerning the application of these rules:—

"To be sure that you are hungry, note if you have 'watering of the mouth' and are inclined to whinny like a horse at the thought of dry bread, and to jump with joy at the thought of bread and butter or bread and jam. Any stomach sensations, or faintness, or any disagreeable sensations in fact, are not signs of hunger. They are more likely to be signs of indigestion or fermentation resulting from indigestion. Something is wrong with any symptom that is not a pleasant one. The distinction may be stated as pathological instead of physiological.

"Don't fear to go without a meal, for a truly earned appetite will not only keep, but will grow more delightful during twenty-four hours at least. If you *must* have a dread of anything, let it attach to excess and not to want. Anything that you take into the body in anticipation of a need becomes a burden upon the body. If this excess happens to be protein substance, especially such as is lodged in meat, the lymph and blood streams become supersaturated with the material, the kidneys are immediately taxed to get rid of the excess, and whatever portion they cannot handle, becomes subject to putrid decomposition. Thus poisons are produced which throw down the bars to disease and make the sinner susceptible to any malady that is in the air."

Through the faithful and intelligent application of the principles laid down, including the practice of thorough mastication, Mr. Fletcher has wrought such a change in his own condition of health that he now possesses the vigor and endurance of a trained athlete, though a dozen years ago he was refused life insurance because of his bad physical condition.

#### WHY TAKE COD LIVER OIL?

"WHY does one order cod liver oil emulsion? Wherein does the virtue consist? Is it for any particular virtue in the emulsion, or is it merely for the fat?" Thus Dr. Robert Hutchison, of London, catechizes a twentieth century class of medical students. He then proceeds to state the facts concerning *cod liver oil emulsion*, *petroleum emulsion*, and *pancreatic emulsion*, in the following words:—

"I do not know that cod liver oil fat possesses any special virtues. You believe it to be specially easy of digestion? But in cream you get a more valuable food, because ordinary cream contains more than fifty per cent. of fat, and butter fat is as easily digested and absorbed as the fat of cod liver oil, besides having the advantage of being much more palatable and considerably cheaper. So I do not see any reason for ordering cod liver oil emulsion if you only want an easily digested fat, when there are such substances as ordinary cream and butter procurable. I have also put down in this category *petroleum emulsion*, because it is so largely advertised, and because it is, in a sense, one of the most delusive of all these artificial preparations. It is certainly believed by many people to be a substitute for cod liver oil. A mineral oil like petroleum can never, by any chance, be absorbed into the blood, and any action of petroleum emulsion is purely local, and it cannot feed any more than vaseline which you rub into the skin. I took the trouble some time ago to demonstrate that fact by analysing the faeces of a person who was taking petroleum emulsion. I was able to recover every gramme from the stools; not one single particle of it got near the blood. Even if it did, the body could not utilize it because it is a hydrocarbon.

"*Pancreatic emulsion* is a fairly well-known preparation, and is rather pleasant to taste. It is really emulsified lard flavored with clove oil. It keeps very well and is quite easy to take, but it does not contain more fat than butter, which contains eighty per cent., and lard is certainly not more digestible than butter fat. As long as we have butter, therefore, I cannot see any excuse for manufacturing pancreatic emulsion."

The best and purest fat is to be found in the vegetable kingdom. Certainly there is everything to be said in favor of such a pure clean fat as olive oil. The oils of fresh nuts are also in every way superior to animal fats obtained from the best possible sources.





Common Mosquito.

Malaria Mosquito.

Yellow-Fever Mosquito.

## The Mighty Mosquito.

An Insect Which Has Slain Its  
Tens of Thousands.

BY FRANKLIN RICHARDS, M.D.

HISTORY records the fact that a plague of gnats once routed the army of a Persian king. Very probably those gnats were mosquitoes, for the mosquito is a fierce and warlike gnat which still succeeds in driving man from its dominions.

The mosquito simply will not be ignored. It literally thrusts itself upon us, compels us to recognize its presence, and even to commend its pluck and courage. No one who is at all interested in human health and welfare, can afford to be without some knowledge of mosquitoes, for the mosquito has actually slain its tens of thousands.

It has been proven beyond doubt that the mosquito is the carrier of that scourge of tropical lands, malaria. And it has also been conclusively established that the mosquito inoculates man with yellow fever,—the fatal "yellow jack" of soldiers and sailors.

Perhaps no other disease, if we except cholera and the plague, has so terrorized the people as yellow fever. And with good reason, too, for in eight epidemics in Spain, 130,000 lives were lost. In America, a single epidemic occurring in one city, caused fully 5,000 deaths. So the death-roll might be indefinitely lengthened. And the mighty mosquito did it all.

### HOW THE MOSQUITO CAUSES YELLOW FEVER.

Whether yellow fever is caused by a germ (plant) or a parasite (animal) has not yet been definitely determined. The weight of evidence favors the idea that the invisible cause of the disease is a parasite. Whatever it is, after biting a yellow-fever patient, the mosquito carries with it the cause of yellow fever for an indefinite period of time, and is able to inject this cause into the blood of fresh victims.

The accompanying sectional diagram of a mosquito engaged in drawing blood, shows just how this is accomplished. (Fig. 1.) As the blood is being drawn into the stomach (the large white posterior sac), saliva containing yellow fever parasites is injected into the blood from the small white anterior sacs. Thus yellow fever is transmitted from the mosquito to man, and epidemics are begun which inspire terror, paralyze trade, and depopulate cities.

### MOSQUITOES CAUSE MALARIA.

In the same way malaria is conveyed from person to person by the ever-active mosquito. In man, the malarial parasites are present in the blood, and they are sucked with the blood into the stomach of the mosquito. Here,



some of the parasites are digested, but others enter the wall of the mosquito's stomach, where they form cysts about the fifth or sixth day. Shortly after, the parasites break through the stomach-wall, and make their way to the salivary glands. The mosquito is then ready to pass them back to man. The time required for the complete development of the malaria parasite in the mosquito is about fourteen days. The yellow fever parasite requires a day or two less.

#### HOW TO DETECT DANGEROUS MOSQUITOES.

Fortunately, not all mosquitoes are carriers of yellow fever and malaria. A particular kind of mosquito transmits yellow fever, and a distinctly different kind conveys malaria. The common variety of mosquito is incapable of carrying either of these diseases, though, like the fly, it may act as carrier of the

are much shorter than the proboscis, always considerably less than half its length. A careful comparison of the accompanying drawings will serve to fix this point in mind. The males of all varieties of mosquitoes have long palpi, but as has already been stated, they are easily distinguished from the females by their more elaborately feathered palpi (inner feelers) and antennae (outer feelers); and, further, by the fact that they do not bite. They are not, therefore, directly concerned in the carriage of malaria.

Concerning the resting position of the malaria mosquito, attention need only be called to our illustration. From this it will be seen



Fig. 1. Mosquito Drawing Blood.

germs of many other ailments. In our illustration, the three varieties of mosquitoes with which we are concerned are placed side by side for purposes of comparison. Females only are shown, as they alone do the biting. Males of all varieties of mosquitoes are known by their finer plumage and vegetarian habits. Points of difference may be noted as follows:—

1. *The Malaria Mosquito.* The long-legged, spotted-winged swamp mosquito is the carrier of malaria. There are about twenty species of this mosquito, but all belong to the single genus *Anopheles*, and all are very similar in appearance. So, for practical purposes, but one kind of mosquito carries malaria, and this mosquito is so different from all others that anyone should be able to recognize it at first sight. The two characteristics which mark the malaria mosquito are (a) its resting position; and (b) the comparative length of its sucking tube and inner pair of feelers (*proboscis and palpi*). In the malaria mosquito, the *palpi and proboscis are of almost equal length*. In all other female or biting mosquitoes, the *palpi*



Malaria Mosquito.

Common Mosquito.

that the head of the malaria mosquito is in line with its body, and that the straight line formed by body and head sets at an acute angle with the surface on which the mosquito rests. In the case of all other mosquitoes, a smart bend in the thorax throws the body out of line with the head into a plane parallel to the basic surface. This position of rest at an angle distinguishes the malaria carrier from all other varieties of mosquitoes, rendering it easy of recognition by even a novice and at some little distance.

As a rule, malaria mosquitoes bite only after nightfall. They are not strong fliers, no instances having been recorded of flight exceeding half a mile from breeding places. Nor are they ordinarily found at high altitudes, their home of choice being low-lying, swampy land.

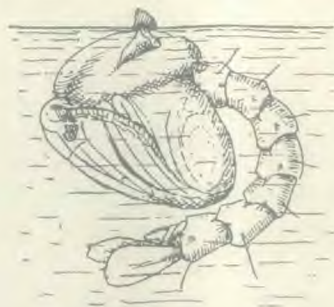
All species of the malaria genus *Anopheles* make every effort to enter houses. They hibernate in the adult stage in outbuildings, cellars, etc., and have been seen during the winter months covering the inner walls of cellar storerooms so thickly that their bodies touched for a space of several feet.

2. *The Yellow-Fever Mosquito.* Yellow fever has been proven to be carried by only a single species of mosquito, *Stegomyia calopus* (also known as *Stegomyia fosciana*, and formerly as *Culex foscianus*). *Stegomyia calopus* is a rather

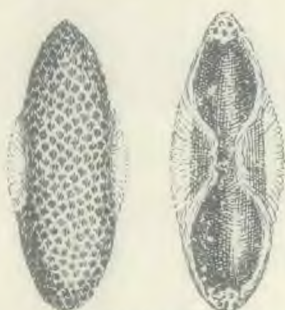


small and very handsome mosquito, dark in color, with silvery white bands on the legs and palpi, silvery spots on the sides of the thorax and abdomen, and conspicuous lyre-like silvery stripes upon its thorax. In the British West Indies it is known as the striped-legged mosquito. It is also known as the day mosquito, because it is most active and bites chiefly by day. It may, however, also bite at night. It is a domestic mosquito, being seldom found far from human habitations. It breeds in chance accumulations of water about houses, the female depositing about fifty eggs at one time. These eggs are very

such a length of life is probably of common occurrence. After an epidemic of yellow fever a new outbreak from an infected mosquito is therefore possible within this period.



Malaria Pupa.



Eggs of Malaria Parasite.

resistant, and will withstand drying for a period of at least three months. Kept thoroughly dry for this length of time they will hatch on being placed in water. Normally the eggs will hatch in from twelve to seventy-two hours, depending on the temperature of the water. After escaping from the egg, the larva grows very rapidly, reaching the pupa

3. *The Common Mosquito*, which lives about houses in all parts of the civilized world, belongs to the genus *Culex*. The type of the genus is *Culex pipiens* of Linnaeus, the larvae, or "wrigglers," of which are the common inhabitants of domestic supplies of rain water. The common mosquito lays its eggs on the surface of the water in an irregular raft-shaped mass. The usual number of eggs deposited by a single female is from two hundred to four hundred. The entire egg mass is about one-fourth of an inch in length. In warm weather the eggs hatch in from sixteen to twenty-four hours. The larvae issue from the underside of the egg mass, where they remain for a few hours. They are very active, and wriggle often to the surface to breathe, air being drawn through a tube near the tip of the tail. The wriggler matures in about seven days, when it becomes the pupa. The pupa stage lasts about two days. At the end of this time the full-grown mosquito emerges, using the pupa shell as a boat in which to ride until its wings are dry enough to enable it to fly.



Malaria Larva, or "Wiggler."

#### METHODS OF MOSQUITO DESTRUCTION.

stage in as short a time as six days. Development is most rapid in foul, stagnant water containing some sewage. The minimum duration of the pupa stage is forty-eight hours. It is, therefore, possible for the mosquito to develop from the egg in as short a time as eight and one-half days. (Egg twelve hours, larva six days, pupa two days.) The yellow-fever mosquito is very long-lived, an adult female having been experimentally kept alive for 150 days. In the dry season,

The life history of all varieties of mosquitoes is similar. All pass through the egg, larva, pupa, and adult stages, and all require still water to enable them to breed. Effective methods of mosquito destruction may therefore be directed to the prevention of breeding by the drainage of ponds and swamp lands, the flushing of gutters and sewers, the screening of cisterns and other sources of domestic water supply, and the covering with kerosene oil at intervals of less than ten days of water holes that cannot be drained.



Each householder is largely responsible for his own mosquitoes. Their breeding places should be destroyed so far as practicable or possible, and it should be borne in mind that anything that will hold water in an undisturbed state for a period of eight days or longer may serve as a breeding place for mosquitoes. Thus broken bottles, old tins, hollow stumps, and open receptacles of all sorts containing water, or capable of catching



Adult Escaping from Pupa.

water during a shower, may be utilized by the ubiquitous mosquito as a nursery for her young.

#### THE PREVENTION OF MOSQUITO-BORNE DISEASES.

Space permits but a very brief notice of this important phase of our subject, but the principle of prevention may be laid down in a few short sentences. Destroy the malaria and yellow-fever mosquitoes and these diseases will cease to exist. This has been done in New Orleans in the case of the yellow-fever mosquito; and in the Panama Canal zone, in Rome, and in many other places in the case of the malaria mosquito. Given the intelligent co-operation of the people, it can be done in many other places. Individual protection consists in keeping away from the mosquito. One may live in a malarious swamp without contracting malaria, provided the nights from sunset to daylight are spent inside a tightly screened house. This was done in the Roman Campagna by Doctors Sambon and Low of the Lon-

don School of Tropical Medicine. A better method consists in living, or spending the nights, above the malaria mosquito level.

In the case of yellow fever, in order to transmit the disease, the mosquito must bite a yellow-fever patient during the first four days of the disease. Twelve days must elapse from the time of biting before the mosquito can transmit the disease to another person. The prevention of yellow fever, therefore, consists in the careful screening of the patient during the first four days of the disease, and the destruction of all mosquitoes that have been in the room with the patient during this period.

The prevention of malaria with quinine will be considered in another article devoted to the treatment of malaria with this drug and by other means.

#### The Teeth of School Children.

ISN'T it about time for our schools to organize toothbrush brigades, and conduct daily drills in dental hygiene? We have all been struck with the uncommonness of sound teeth, not only in adult men and women, but also in little boys and girls. Young folk from sixteen to eighteen years of age are already wearing artificial teeth, and very few adults can boast of a complete set as nature gave them. This state of affairs is world-wide, and is one of the signs of race deterioration. In England and Scotland, Dr. Cunningham found over 35,000 diseased teeth in about 10,000 school children. Only 1,500, or approximately 14 per cent., of the children examined had sound teeth. A German physician, Dr. Jenner, states that out of a total of 100,000 school children from the different German states, from 81 to 99 per cent. were found to have diseased teeth. As long ago as 1879, 80 per cent. of the people of St. Petersburg were found to have defective or decayed teeth. Conditions have not been improving since that time, and a similar state exists everywhere.

No doubt deep constitutional causes lie back of this widespread deterioration of the teeth. Nevertheless, much may be done to preserve and lengthen the life of the teeth, and when this is done the health as a whole is improved, and the life prolonged. The careless attitude of the average person toward the care of the teeth, and the ruthless way in which natural teeth are sacrificed for artificial, is nothing less than astounding to one who



realizes the importance of thorough mastication and its relation to health. And this failure to see that the teeth require to be cared for, and preserved as long as possible, is general on the part of the people. It has been truly said that three-fourths of the highly intelligent, well-educated people look upon the teeth as able to take care of themselves, even in adult life, and that they receive with surprise and even incredulity the suggestion that the teeth of children should be carefully cleaned and attended to.

The need of care in keeping the mouth scrupulously clean is emphasized by the following facts:—

The mouth, under the most favorable circumstances, is an ideal incubator for the development of many forms of bacteria; and bacteria, both pathogenic and non-pathogenic, are present therein at all times. The life cycle of these bacteria demands certain conditions; viz., suitable temperature, moisture, food, and a removal of their waste products sufficient to prevent their own destruction. All these conditions are found within the oral cavity.

The oral cavity is the main gateway of the entire body, and it is through this gateway that many destructive diseases find entrance, originating from infectious material in the mouth. Wherever there is decomposition of organic matter, there innumerable colonies of microbes, the germs of disease, are generated.

It is our duty to care for the health of the mouth in every possible way; and when that has been accomplished, there will be from one-half to three-fourths less work for the physician, as most of the ailments of man are caused by mouth-infection.

Nature intended the teeth to be sound and intact in both sexes at the age of eighty years, and this can actually be achieved by living healthily and following simple rules of mouth hygiene.

#### CARE OF THE TEETH.

The best way to preserve the teeth is to keep the digestion perfect. Perfect mastication is essential to perfect digestion, and perfect digestion tends to preserve the teeth. Food should not be allowed to remain in the mouth from meal to meal, as it ferments and decays, causing the teeth to decay with it to a certain extent. Therefore after each meal the mouth should be carefully cleansed. A soft wooden tooth-pick is of service in re-

moving particles of food from between the teeth, or dental floss drawn between the teeth serves the same purpose. The movements of mastication improve the nutrition of the teeth by increasing the circulation in the tooth-pulp. Unless hard food requiring mastication is eaten, the teeth decay early. Very hot and very cold foods or drinks tend to injure the teeth, as do also acids formed from sweets. Tartar should not be allowed to accumulate in the mouth, and a good dentist should inspect the mouth once or twice a year, making required repairs.

#### The Laughter Cure.

LAUGHTER as a therapeutic agent is the subject of an amusing story in *Le Progrès Médical*. The master of a clever monkey fell sick with a fever. After prescribing the usual remedies the physician went away, leaving the medicine in a goblet on the table. The monkey, coming in to see his master and spying the covered goblet, proceeded to examine it. The smell of the medicine caused him to make some queer faces, and when he tasted it, he fell into a very passion of grimace and gesture. However, because it was sweetish and new, he came back again and again, and tasted and tasted until he had swallowed the last drop. Then he licked his whiskers. Meanwhile, the sick man, who had been watching him, was so immensely entertained by his antics that he quite forgot his illness, and laughed so long and so loud that he was suddenly well. The unexpected and irresistible mirth revived his spirits, rectified his blood, and drove away the fever. The physician came in and inquired how the medicine had operated. His patient was laughing so lustily that he could scarcely speak, but managed to say, "Ask the monkey how it has operated." By this time the monkey was running up and down the room, behind curtains and draperies, leaping, chattering, making a terrible ado. When the physician noticed him, he understood at once what had happened, presumably because he knew the medicine,—at all events, the lucky patient arose and proceeded to eat a hearty dinner, thanks to the monkey.

THE use of tobacco is one of the worst forms of intemperance, and one of the surest means of producing disease.—*Dr. Pidduck.*



## The Home Department.

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

### Love Lightens Labor.

A good wife rose from her bed one morn,  
And thought, with a nervous dread,  
Of the piles of clothes to be washed, and more  
Than a dozen mouths to be fed.  
"There's the meals to get for the men in the field,  
And the children to fix away  
To school, and the milk to be skimmed and churned,  
And all to be done this day."

It had rained in the night, and all the wood  
Was wet as it could be;  
There were puddings and pies to bake, besides  
A loaf of cake for tea.

And the day was hot, and her aching head  
Throbbed wearily as she said,  
"If maidens but knew what good wives know  
They would not be in haste to wed!"

"Jennie, what do you think I told Ben Brown?"  
Called the farmer from the well;  
And a flush crept up to his bronzed brow,  
And his eyes half-bashfully fell.  
"It was this," he said, and coming near,  
He smiled, and stooping down,  
Kissed her cheek. "'Twas this: that you were  
the best  
And the dearest wife in town!"

The farmer went back to the field, and the wife,  
In a smiling, absent way,  
Sang snatches of tender little songs  
She'd not sung for many a day.  
And the pain in her head was gone, and the clothes  
Were white as the foam of the sea;  
Her bread was light, and her butter was sweet  
And as golden as it could be.

"Just think," the children all called in a breath,  
"Tom Wood has run off to sea!  
He wouldn't, I know, if he'd only had  
As happy a home as we."  
The night came down, and the good wife smiled  
To herself as she softly said,  
"'Tis so sweet to labor for those we love—  
It's not strange that maids will wed!"

—Anonymous.

### Hot-weather Hygiene.

SPECIAL attention must be given to the health of the little ones during the summer season. The wise mother will see to it that nothing which pertains to the health and comfort of her little flock is neglected during the trying summer months.

### THE CHILDREN'S FOOD

should be nutritious, but plain and easily digested. Fresh and stewed fruits should form an important part of the dietary. In the selection of fresh fruits, only that should be used which is sound and in proper condition. Under-ripe or over-ripe fruits are particularly liable to cause illness if partaken of.

Great care should be given to the preparation of milk and milk foods for infants and young children. All milk should be fresh and sweet, being carefully sterilized before use. Extreme care must be given to the cleansing of baby's nursing bottles, and all vessels in which milk is kept. Neglect in this matter is a common cause of summer diarrhoea in young children. Another important point is to see that only a proper quantity of food is prepared from day to day, as food very quickly spoils in hot weather. Never should a mistaken idea of economy prompt one to serve food which is ever so slightly tainted.

During the summer months all foods must be carefully protected from flies and other insects. A custard or similar food exposed to the ravages of flies will breed maggots in a few hours' time.

### SUMMER DRINKS.

The children should be allowed to drink pure water freely at all times, except during and shortly after meals. If there is any doubt as to its purity, boil the water. This is the safest and simplest method of purifying water. But there is a knack even in boiling water. Put the water in a clean covered vessel, and heat rapidly. Allow it to boil for a few minutes, then pour out into covered cooling vessels. Porous earthen vessels are the best, as they keep the water cool. Water which has boiled for some time becomes insipid, due to its loss of oxygen. This difficulty may be obviated to some extent by pouring the water several times from one vessel into another, and so re-aerating it.

Perfectly fresh fruit juices are ideal as



summer drinks; but do not suppose that the ordinary commercial lemonade and other fruit beverages are in any way a substitute for pure fruit juices. Many of these manufactured drinks contain no fruit juices whatever—only mineral acids and flavoring extracts. It is needless to say that such beverages are not wholesome.

#### THE CLOTHING

of the little ones should be wholly regulated by the state of the weather, and the careful mother will not consider it too much trouble to change the clothing several times in the day, if necessary to comfort and health. If the morning is cool, light-weight woollen singlets and stockings should be worn. During the heat of the day, these may be discarded together with other unnecessary garments. In the cool of the evening they may all be required again. In case of babies and young children, it is a good plan to remove every garment with the exception of the diaper or knickers, and let the little folks have a good frolic at midday, a playroom being chosen which is not exposed to draughts. Care must be taken not to let the little ones become chilled from long exposure.

#### BATHING.

Generally speaking, bathing can scarcely be overdone during the hot season. A cool sponge bath or a shower is very refreshing to the children on a warm morning. It is indispensable before going to bed, and oftentimes it is equally desirable at midday. A cold bath should not be of too long duration, nor should it be taken within an hour after meals. A nervous, fretful, irritable child will often be greatly soothed and refreshed by a cool or tepid bath during the heat of the day, and as the process of dressing is so simplified at this season, there is no reason from the mother's standpoint why bathing should not be more frequently indulged in by the little folks.

#### EXERCISE AND REST.

It is impossible to keep children quiet, even during the hot weather; but they should be encouraged on the hottest days to indulge only in the more gentle and quiet sports. Young children (up to three, or possibly four years of age) should have a daily nap at a regular hour, preferably just before the mid-day meal. They should be carefully protected from flies, mosquitoes, and other insects during the day sleep, as well as at night.

Whenever it is at all hot in the sunshine, the child should be required to wear a hat to protect the head from the heat. The soft cloth hats now so much worn are very suitable for this purpose, as they are comfortable to the little heads, and will remain on without the assistance of ribbon or elastic, two contrivances which the average child abhors.

#### A WORD IN CLOSING.

Let not the mother think that only the children's health must be guarded during the summer months. What is good for the children is equally good for the adult members of the family. Let the household work be so simplified during the hot season that the mother may have her share of rest and play with the children. It can be managed. Try.

#### Simple Summer Cookery.

THIS is the season when even the "Good Health" housewife, who usually glories in hygienic cookery, deplors the fact that she must spend so much of her time in the kitchen. Think of it a moment—why should the wife and mother (or the servant if there be one) spend weary hours in the hot kitchen preparing dishes which are not only unnecessary, but positively harmful to the health of the family. The substantial hearty dishes which serve a useful purpose during the winter, should find no place in the summer dietary. When the mercury is standing in the neighborhood of 100 in the shade, those wintry dishes, the chief duty of which is to impart heat to the body, are quite unsuitable. Wholesome and simple, yet dainty and appetising, should be all summer dishes.

Meats, even though used at other seasons of the year, would be much better omitted from the summer dietary. In place of flesh foods, try various cereals, together with eggs, milk, and nuts.

Fresh garden vegetables, if properly prepared, are wholesome and appetising; so also are fruits if combined properly with other foods. Fruits especially should be partaken of as freely as possible during the hot weather, as they exert such a wholesome stimulating influence upon the bowels and kidneys, thus helping to remove from the blood its impurities.

Let the housewife make her summer table dainty and attractive, yet extremely simple, and see if even the husband and growing boys



will not appreciate the change. Possibly they may not grasp its advantages at once, but after a fair trial they will be almost certain to affirm that they feel cooler, fresher, and altogether more comfortable after one of mother's summer luncheons, than after one of the old-fashioned wintry dinners.

Of course, each menu in order to meet the demands of the body must contain at least one wholesome nutritious dish, which will take the place held by meat in the ordinary menu. In order to simplify the meals as much as possible, and yet bring in a suitable variety from day to day, it is best to write out a week's menus in advance. To do this requires some thought and planning, but after it is once done the housewife is practically free for the rest of the week from those burdensome questions, "What shall we have for dinner to-day?" and "How shall we breakfast to-morrow?" By giving a little thought to the matter, the day's dinner can practically be prepared while the breakfast is cooking, or at least during the cool morning hours. This plan being followed the dishes require only warming and serving at dinner time.

By way of illustration, simple menus for two summer days will be given, with instructions for preparing the dishes.

MONDAY		TUESDAY
	BREAKFAST	
Banana Toast		Gluten Porridge
Soft-boiled Eggs		Cream
Breads		Sliced Peaches
Cream or Butter		Bread
Fresh Fruit		Nut Toast
	DINNER	
Macaroni and Egg		Rice Balls
Stuffed Tomatoes		Green Peas
Sliced Pineapple		Boiled Custard
	TEA	
Bread and Butter		Fruit Salad
Lettuce Salad		Toasted Granose Biscuits
Fresh Fruit		Cream or Butter

**Recipes.**

**BANANA TOAST.**

Dip slices of crisp zwieback in boiling milk, drain quickly, and serve in individual plates with a spoonful of sliced banana on each piece of zwieback.

**NUT TOAST.**

Put a heaping dessertspoonful of nut butter smooth in a little cold water, and then add sufficient water to fill one cup. Add salt to season. Now pour this out into a small pie dish, and moisten slices of white bread in it, afterwards baking them in an oiled tin until crisp and nicely browned. This toast, if prop-

erly made, is crisp and possesses a delicious nutty flavor.

**MACARONI AND EGG.**

Boil the desired quantity of macaroni in the usual way, taking care that the water is boiling when the macaroni is added, and that it is kept boiling actively throughout the cooking process. When the macaroni is tender, drain it and cover with a milk sauce to which has been added several hard-boiled eggs well chopped. Both the macaroni and the eggs may be boiled while the breakfast is being prepared.

**STUFFED TOMATOES.**

Select solid tomatoes, and cut a slice from the stem end. Remove the seeds, mix together half a pint of dry bread crumbs or zwieback crumbs, half a pint of chopped nuts, a little parsley, and salt. Break in one raw egg. Stuff the tomatoes with this mixture, and replace the slice that was cut off. Bake in a moderate oven for half an hour.

**RICE BALLS.**

Boil some rice until tender in salted water to which a small onion has been added. When done, add a little olive oil and one or more raw eggs, according to the quantity of rice, and mould into balls. Roll in zwieback crumbs, and bake in an oiled tin until nicely browned.

**GREEN PEAS.**

No vegetable is more palatable and wholesome than green peas properly prepared, but they are often spoiled in the cooking. The wrong way to cook peas and many other vegetables is to boil in a large quantity of water and drain. In order to retain all their deliciousness and nutrition peas should be boiled in only enough water to keep them from burning, and this water with milk or cream added should all be kept and served with the peas, for it contains all the soluble flavoring and nutritive constituents of the vegetable.

**FRUIT SALAD.**

Any fresh fruits which are in season may be employed in making fruit salad. Have the fruits well cooked, and prepare them not more than an hour before serving. A delicious fruit salad consists of sliced bananas, sliced orange or pineapple, with a little passion fruit. Sugar should be used sparingly in making fruit salad.



## 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.

168. SWOLLEN FACE AND KNEES.—F. E. B., Toongower: What can be wrong with a young lad of seventeen whose face swells after catching cold and later on the knees begin to swell, as the face improves. *Ans.*—The lad probably has a tendency to rheumatism or nephritis. He should be examined by a physician, especially the heart and kidneys.

169. BUTTERMILK, FRUIT SKINS, GINGER, EPSOM SALTS.—Old Patient, Wyalong: 1. You advise that buttermilk should be taken freely. What quantity should be taken? Is a quart per day too much? Is it good for paralysis? *Ans.*—Three or four glasses of buttermilk per day would be a reasonable allowance. It should be taken with meals. If the paralysis is due to absorption of poisons from the colon, and has not progressed too far, buttermilk may be beneficial.

2. Should orange and apple peel be eaten? *Ans.*—No.

3. Is ground ginger beneficial or harmful taken in quantities not exceeding half a teaspoonful each day? *Ans.*—Ground ginger is objectionable and injurious, as it produces inflammation of the stomach, and after a time gastric catarrh. Neither ginger, mustard, pepper, nor similar condiments should be used as articles of diet.

4. Is the use of Epsom salts injurious in quantities not exceeding half a teaspoonful per day? If so, in what way is the use of salts injurious? *Ans.*—The daily use of Epsom salts, even in so small a quantity as one-half teaspoonful, is injurious, because it tends to produce obstinate constipation. In fact, in order to get the result desired the quantity would have to be increased after a little time.

5. What is the best remedy for catarrh when the nose becomes stopped and forces one to breathe through the mouth. *Ans.*—A simple remedy for chronic nasal catarrh is inhalation of cool salt water (one teaspoonful of salt to the pint). Breathing-exercises also are useful, and the daily cool bath and free use of sweet fruits and water.

6. What is the best treatment for an ordinary cold accompanied by fever in the head and back. *Ans.*—Hot leg-bath with hot fomentations to the spine, accompanied by the drinking of large quantities of hot lemonade, and followed by a salt glow, cold towel rub, or cold mitten friction, and rest in bed. Only fruit juices should be taken for one or two meals.

170. PARALYSIS AND HEADACHE.—J. V. K., Singapore: What course of life should be adopted and what medicine taken to cure severe headache and paralysis of the legs? *Ans.*—It is impossible to give more than general directions in a case of this kind without further particulars. The specific treatment would be determined by the cause of the paralysis and headache. This may be due to a tumor inside the cranium, in which case the treatment would consist in the removal of the growth, or it may be due to any one of several other causes. In the way of general directions I would suggest that the patient adopt the diet and habits of living recommended by this journal. Massage and electrical treatment to the legs should prove beneficial, also such simple water treatments as can be taken at home. Constipation and indigestion should be carefully avoided, and elimination increased by free water-drinking, exercise, and bathing.

171. INDIGESTION, EYE STRAIN.—F. L. G., Woorak: What is the home treatment for indigestion and eye strain? *Ans.*—The home treatment for indigestion consists in avoiding the common causes, such as over-eating, imperfect mastication, tea-drinking, rich and complicated dishes, alcoholic drinks, condiments, hurry, worry, etc. After ceasing to do the things that cause indigestion, give special attention to thorough mastication, and take simple, easily digested foods in very moderate amount. Granose biscuits and flakes, lactosa, zwieback, cream, milk, eggs, and fruit purées are some of the foods which you will find suitable. Do not eat when tired or worried, and rest for one-half hour or longer after meals. Apply fomentations over the stomach for fifteen minutes at night, and afterward a moist abdominal bandage to be worn over night. The home treatment of eye strain consists in the wearing of properly fitted glasses, and the avoidance of excessive reading, or reading by dim or uncertain artificial light. Bathe the eyes night and morning in cold water containing a teaspoonful of common salt to the pint, or first in very hot water containing the same amount of salt and afterward in the cold salt water.

172. ABSCESS ON THE BRAIN, HEADACHES, PAIN IN THE STOMACH, PIMPLES, ETC.—R. G., Eugowra: 1. How should an abscess on the brain be treated? *Ans.*—The only treatment for abscess on the brain is surgical treatment. The abscess



must be opened, and the pus or matter removed.

2. What should be done for headaches? *Ans.*—Headaches should be prevented by the avoidance of indigestion and constipation, which are their most common causes. For further directions see answers to F. L. G., and other answers bearing upon dyspepsia, constipation, and headaches.

3. What is the cause of pains in the stomach in the morning? *Ans.*—The accumulation of an irritating acid during the night, due to a form of dyspepsia, or the decomposition or fermentation of food in the stomach.

4. How can pimples be removed from the face? *Ans.*—By getting the blood and skin into a healthy condition through bathing, dieting, etc.

173. CONGESTION OF THE HEAD.—R. W. B., Auckland: What hygienic means would you recommend for the relief of congestion in the head, and pain of a dull chronic nature? *Ans.*—The congestion is doubtless due to absorption of poisons from the alimentary canal. An anti-toxic diet should be taken. The simplest and most effective anti-toxic diet consists of boiled water, at least

three pints daily, the juices of fresh ripe fruits, with a small amount of honey or melsitos, and two or three granose biscuits. This diet should be taken for a few days, when the following foods may be added: Lactosa or good butter-milk, cottage cheese, and cereal gruels such as gluten or granose gruel. As the symptoms disappear and the appetite improves, granose flakes and biscuits may be more freely eaten, also corn flakes, dry toast, browned rice, and malted nuts sparingly. Later, soups or broths prepared from proteose, lentils, and tomatoes may be added; also fruit purees. In the way of treatment I would suggest the alternate hot and cold leg bath, the cool rubbing sitz with the hot foot bath, Scotch douche to the legs, the salt glow, cold mitten friction, and other tonic and invigorating water treatment. Constipation should be carefully avoided. If you do not shortly improve under this treatment, I should advise a course of sanitarium treatment.

174. OLIVE OIL.—"Olive," Taranaki: Can you tell me what are the elements of pure olive oil, fats, albumins, etc., and what proportion of each?

## A Practical Health-Educator.

### Are You a Regular Reader?

If not, it will pay you to become one, for GOOD HEALTH saves all the trouble and expense attached to illness. It gives practical instruction about the prevention of disease. It tells how to

treat the sick at home in a rational, sensible manner. It tells how to keep disease from spreading to other members of the household; how to disinfect after contagious diseases; how to purify the blood and to invigorate the system after illness; and how to eat and drink, rest and exercise, breathe and bathe in such a way as to restore health, increase strength, and prolong life.



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*Ans.*—There is only one element present in pure olive oil,—fat. It is because it is pure fat that olive oil shows the remarkably high fuel value of over 260 calories per ounce.

175. DREADFUL SENSATION DUE TO SMOKING.—F. L., Waverley: Is there anything which can be taken to alleviate the dreadful half-dead sensation after giving up smoking? I have been smoking since sixteen years of age, and am now twenty-

five; but since receiving the Smokers' Number of the GOOD HEALTH, have given up the habit. Have not smoked for one week, but am still feeling the reaction terribly. *Ans.*—I sincerely hope that F. L. has had the moral stamina to persevere in refraining from smoking, as that is the only way to get rid of the craving for tobacco. Of course there are helps. One of these is the free use of fresh ripe fruits. Water-drinking and baths to cleanse the body thoroughly inside and out are also helpful, as the craving for tobacco soon disappears when all the nicotine has been eliminated. No tea, condiments, or flesh foods should be taken, as these only add fuel to the fire. Some men find it impossible to give up smoking without the help that comes through a live Christian experience.

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176. FLATULENCE, "BUBBLING COMMOTION" IN THE STOMACH.—X. Y. Z.: Please give cause and remedy for one who suffers from "bubbling commotion" in the stomach and intestines; fairly constant, but worse at night. A good deal of flatulence, bad taste in mouth between meals, but no pain, and appetite fairly good. A tendency to constipation. *Ans.*—In some cases this trouble is purely nervous in origin, though usually there is dilatation of the stomach and some form of dyspepsia at the back of it. The treatment consists in judicious abstinence from food for a day or two. I would suggest that the diet advised in the answer to R. W. B. be given a thorough trial. A rest before meals, and the application of the fomentation for fifteen or twenty minutes after meals should prove helpful.

177. INFECTION FROM A CONSUMPTIVE PATIENT.—Subscriber: Please let me know what precautions against infection ought to be taken when there is consumption in the home. Ought cups, plates, etc., to be kept separate? *Ans.*—The discharges in a case of consumption should be carefully collected and burned. Separate dishes, articles of linen and clothing should be used by the sufferer, and these should be disinfected by boiling. By kissing and caressing children the consumptive mother has often conveyed the disease to other members of her family.



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### A Remarkable Record.

THERE has just died—at Market Lavington, near Devizes—Mr. Samuel Saunders, brother of Mr. William Saunders, founder of the *Eastern Morning News*, the *Western Morning News*, and the *Central News* organization. The deceased, who was in his ninety-fourth year, had never spent a shilling for intoxicating liquors, and had never smoked. He had been a vegetarian since 1840, and it was his proud boast that he had never made a bet, played a game for money, or uttered an oath. He became a member of the Peace Society in his eighteenth year, and since then he never fired off a gun except to kill rats.

Speaking at a vegetarian congress a year or two ago, he said: "I have never had a headache, or any other ache; I have enjoyed every meal, and always slept soundly at night. My life has been full of interest and a very happy one."

### An Enthusiastic Physician.

A PHYSICIAN who has recently been soundly converted to the principles of diet and treatment advocated by GOOD HEALTH writes as follows: "I need hardly say that I am still as enthusiastic as ever about the benefits of a reformed diet and of a more rational treatment of disease. I have introduced vegetarianism to many of my friends, both medical and lay, and have been surprised to find how many people are attracted by it."

TOBACCO and alcohol are like the two daughters of Mr. Epps, worth a million each, and respectively named, in fun, after their father's advertisement of cocoa, "Soothing" and "Comforting." One young man was asked which he would take for a wife, and he answered he would like to take both.

## The Model Bakery

**GOODMAN BROS.,**

**BAKERS, ETC.**

**Ramsay Road, Haberfield, N. S. W.**

**Try Our Wheatmeal Bread, and Zwieback.**

**Used by the Wahroonga Sanitarium and Recommended by this Journal.**

# 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, Anæmia, 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.**

### A Good Vegetable Garden

Is the first essential to "good health." How to make it and keep it, with cultural directions for all varieties of vegetables is fully described in

The A. B. C. of Australian Vegetable Growing, by Herbert J. Rumsey. Price 1s. posted in Australia, 1s. 2d. in New Zealand, and 1s. 3d. elsewhere. Freely Illustrated.

**Herbert J. Rumsey,**  
Seed Merchant,

23 Adderton Rd. Dundas, N.S.W., Australia.



# DINNER NOW READY

The Summer Season should find you dining at one of the under-mentioned Restaurants.

**Good Menus**

**Great Variety**

**Best Attention**



*Main Entrance Dining Room No. 2*

*Dining Room No. 3 for Ladies*



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

## SANITARIUM HEALTH FOOD CAFE,

SYDNEY, Royal Chambers, 45 Hunter Street.

MELBOURNE, 289 Collins Street (Opp. Block).

WELLINGTON, 15a Willis Street.

AUCKLAND, Victoria Street East.

ADELAIDE, 28 Wymouth Street, Near King William St.

CHRISTCHURCH, Papanui.



Pure **Sanitarium Health Foods**

Wholesome  
Nutritious  
Sustaining

Give Them a Trial . . . .



- Wheatmeal Biscuits
- Gluten Meals
- Granose Flakes
- Nut Cheese
- Granose Biscuits
- Gluten Puffs
- Oatmeal Biscuits
- Nut Butter
- Cereo-Almond Meat
- Nut Meat
- Fruit Luncheon
- Melsitos
- Gluten Sticks
- Granola
- Caramel Cereal
- Nut Grains
- Raisin Sticks

∴ ∴ ∴ Imported Foods as Follows: ∴ ∴ ∴

Nut Bromose	Granuto	Protose
Fig Bromose	Malted Nuts	Nuttolene
Corn Flakes	Meltose	Nuffose, Etc.

**Below are Our Agencies:**

- SANITARIUM HEALTH FOOD CAFE, 45 Hunter Street, Sydney, New South Wales.
- SANITARIUM HEALTH FOOD CAFE, 289 Collins Street, Melbourne, Victoria.
- SANITARIUM HEALTH FOOD CAFE, 28 Waymouth Street, Adelaide, South Australia.
- SANITARIUM HEALTH FOOD DEPOT, 103 William Street, Perth, West Australia.
- SANITARIUM HEALTH FOOD CO., Papanui, Christchurch, New Zealand.
- SANITARIUM HEALTH FOOD CO., Victoria Street East, Auckland, New Zealand.
- SANITARIUM HEALTH FOOD AGENCY, 15a Willis Street, Wellington, New Zealand.
- SANITARIUM HEALTH FOOD DEPOT, Heathorn's Buildings, Liverpool Street, Hobart, Tasmania.
- 131 St. John's Street, Launceston, Tasmania.
- SANITARIUM HEALTH FOOD AGENCY, 186 Edward Street, Brisbane, Queensland.
- FOODS AND SUPPLIES, Box 175, Manila, Philippine Islands.
- SANITARIUM HEALTH FOOD DEPOT, 12 Dhoby Ghaut, Singapore, Straits Settlements.

Order of your State Agency, and write at same time for Descriptive Booklet.

**Sanitarium Health Food Company, Cooranbong, New South Wales.**



# Sydney Sanitarium.

An Ideal Home for the Sick and Convalescent. A Quiet Country Place  
for Rest and Recreation.



All Diseases Treated except such as are contagious. Surgical Cases Received.  
Well-appointed Maternity Cottage in connection. All Rational Remedies Employed,  
including Hydrotherapy, Massage, Remedial Exercises, Electricity,  
Curative Dietary, Rest, and Cheerful Environment.

Elevation 700 feet. Cool and Invigorating Climate.

The Sanitarium is charmingly situated in the picturesque suburb of Wahroonga, on the North Shore-Hornsby Railway Line. Its elevated site, which overlooks the Valley of Lane Cove and Parramatta Rivers, permits of extensive panoramic views, stretching from the Sea Coast to the Blue Mountains.

While possessed of all the advantages of a delightful country location, the Sanitarium is only twelve miles distant from Sydney, with an hourly train service to and from Milson's Point. Patrons should book to Warrawee Railway Station, where Sanitarium cabs are in attendance. Expenses moderate. For further particulars and prospectus, address—

The Manager, Sydney Sanitarium, Wahroonga, N. S. W.  
Telephone No. 137, Wahroonga.