

GOOD HEALTH

◊ EDITED BY FRANKLIN RICHARDS, M.D. ◊

March 1, 1909.



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VOL 12

NO. 3.

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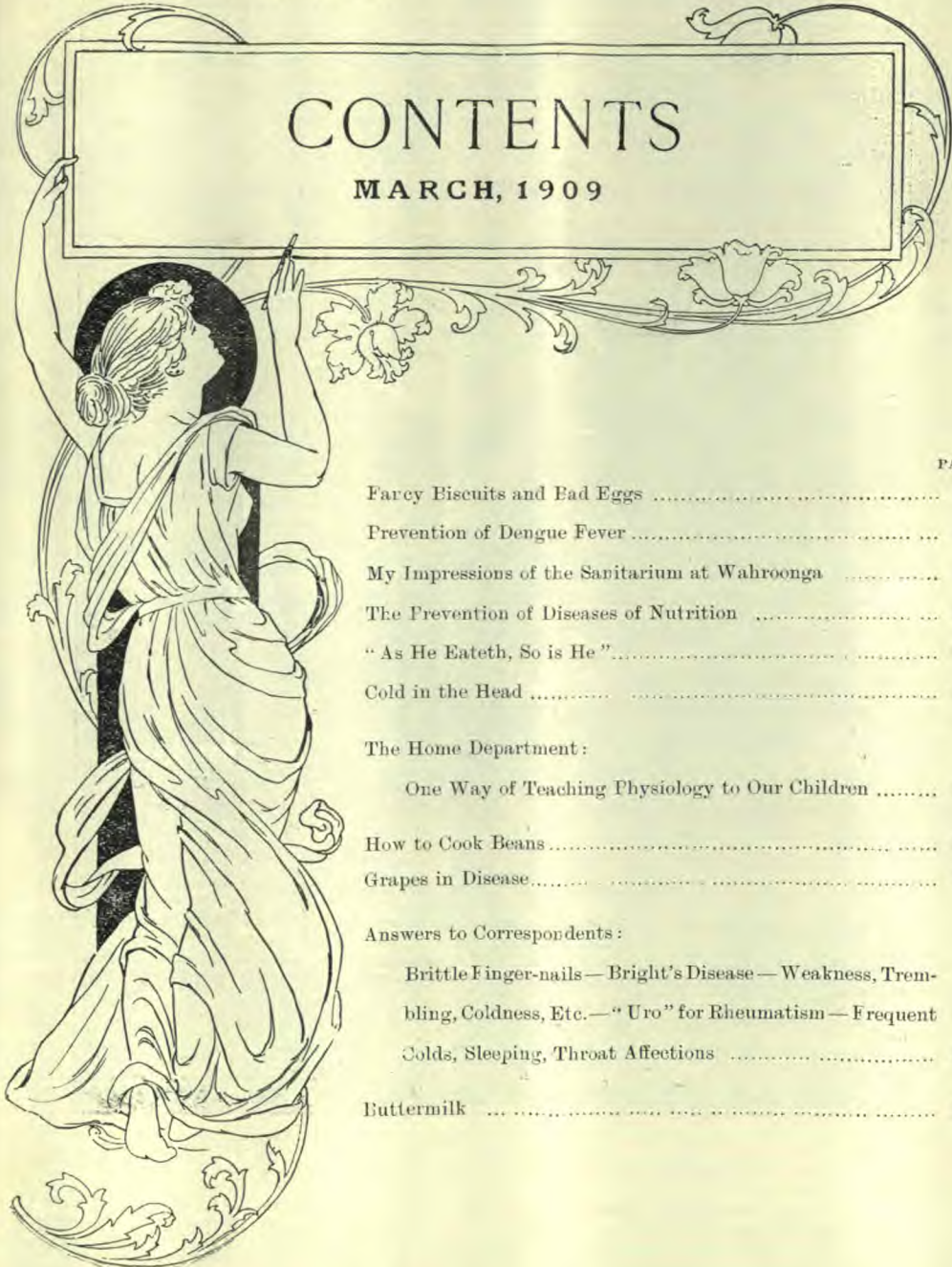
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GOOD HEALTH



MAIDENHOOD.

GOOD HEALTH

A Teacher of Hygiene

Vol. 12.

Cooranbong, N. S. W., March 1, 1909.

No. 3.

Fancy Biscuits and Bad Eggs.

THE recent seizure of seven and one-half tons of spoiled eggs by United States Government food-inspectors, reminds one that eggs are also liable to decompose in the warm climate of Australia. The eggs in question had been broken into tubs, frozen *en masse*, and kept in cold storage until sold. According to the report, these bad eggs were intended to be used in the making of fancy cakes and biscuits, "and especially a sweet pastry stuff which is a favorite food of toddling children."

It is said that bakeries and some biscuit companies prefer the spoiled eggs to fresh for the making of their "fancy" products, bakeries using them in many kinds of cakes.

It was thought that the bakeries had reached the lowest depths of contamination, judging from former discoveries as to the filthy methods there employed; but the knowledge of their using rotten eggs in the making of their products, indicates that the real truth has not yet been told. There is an industry of gathering up broken and spoiled eggs in Chicago, it is said, and selling them to bakeries and the makers of fancy cakes, most of which are eaten by children; and from the light that has been shed on the subject by the Detroit seizure, it is probable that such a system of "commercial economy" is employed in many other cities.

But for the fact that the seven and one-half tons of spoiled eggs entered into interstate commerce, and thereby came into the province of the government inspectors, it is doubtful if the seizure ever would have been made, and the public acquainted with the enormous extent of the traffic in rotten eggs. A Washington report commenting on the seizure says:

"Rotten eggs for use in candy and cake factories used to be imported from China, but in such cases the remnants of the eggs were dried, and the smell was not very bad until they absorbed moisture in large quantities.

"The pure-food law made that trade impossible, and an enterprising firm in Cincinnati undertook to supply the void. Its plan was to buy up all the bad eggs it could get, break them and freeze the stuff into solid cakes. How long the business has been going on, the government does not know. It is supposed to have been in operation for a year or more, but as the firm ships good eggs also, it was not suspected before of doing anything of this kind."

It was by authority of Section 7 of the Food and Drugs Act, that the seizure was made. This section prohibits the shipment from one state to another of "food-stuffs which consist in whole or in part of a filthy, decomposed, or putrid animal substance."

The penalty for violating this law is £100 and a year's imprisonment. It is claimed that the eggs which were seized, cost the dealer only about a penny a dozen.

Unfortunately, this dangerous and disgusting practice of using spoiled eggs in bakery products, is not confined to a single section of the world. It is a well-known and incontrovertible fact that careless, ignorant, and unscrupulous persons of every nation, tribe, and people, consider cakes, biscuits, and desserts the legitimate burying-grounds of bad eggs. The sugar, flavorings, etc., which go into such conglomerate dishes, serve excellently to cover the bad odor and taste of the eggs.

In this connection it is also well to remember that labels bearing the words "New-Laid

Eggs" and "Fresh Eggs" not infrequently get into the wrong box. This practice of misbranding eggs is altogether too common. Eggs are a very perishable product. Even when kept on ice, they undergo changes which render them unwholesome and inferior food. The surest way to get a new-laid egg is to stand by and wait while the hen lays it.

Prevention of Dengue Fever.

THE following important paper, by Mr. E. H. Ross, M.R.C.S. (England), L.R.C.P. (London), medical officer of health at Port Said, has recently been issued by the Liverpool School of Tropical Medicine:

"Egypt has always been subject to periodical epidemics of dengue or dandy fever. In some of the towns the disease seems to be endemic, but sudden outbursts occur which spread all over the country. The disease presents the same characteristics as in other parts of the world, and rarely gives rise to much difficulty in diagnosis. During epidemics the classical symptoms are very evident, including the pains, the apyretic period, and the rashes, which are sufficient to differentiate it from influenza. When pandemics of the disease occur in Egypt, every town is invariably attacked, and few people escape. The death-rate, however, is very small, though the debility and cardiac depression following an attack occasionally account for the sudden deaths of a few individuals who before were healthy. Since the discovery of the means of the transmission of malarial fever, it has been suggested by various writers that dengue fever is also conveyed from the sick to the healthy by the mosquito. Apparently Graham, of Beyrout, was the first to bring forward strong evidence of this, and he named *Culex fatigans* as the culprit. Since that date, further and conclusive evidence has been brought forward to support this statement.

"Dengue fever used to be as prevalent in Port Said as in other parts of Egypt, up to the year 1905. An epidemic of the disease occurred in this town during the summer of 1904, and in the spring of 1905. This epidemic spread through all the towns of Egypt, and was most severe. The hospitals were full of cases, and other patients actually contracted the disease during their stay in the institutions. In Port Said almost every one suffered from an attack, and the place was regarded as fever-

stricken and unhealthful. The town was full of mosquitoes, including two species of *Anopheles*, *Culex fatigans*, and *Stegomyia* in abundance. These mosquitoes were breeding in cesspools under the houses, in basement-cellars flooded with sewage, garden-fountains, barrels containing water, etc., and were a veritable pest day and night, summer and winter.

"In May, 1906, a campaign against mosquitoes was instituted in the town as a general sanitary measure, with funds subscribed by the Egyptian Government and the Suez Canal Company; the support of Prince d'Arenberg, president of the Canal Company, and Sir Horace Pinching, late director-general of the Egyptian Public Health Department, having been obtained. Two mosquito brigades were formed—one for the European, and one for the native quarters of the town; and the oiling of all stagnant water was practised once every week. Cesspools were rebuilt and cellars filled up, with the result that within three months the mosquitoes were reduced to a negligible quantity, and mosquito nets largely dispensed with. Now, after two years, mosquitoes have become so rare in the town that they can be ignored; and malaria, though never very prevalent, has completely disappeared. But dengue fever has disappeared also, no case having been treated in Port Said since July, 1906. During the early part of that year, before the mosquito extermination work began, dengue fever appeared as usual. Thirteen hundred cases were treated in the hospital alone, during April and May; and then as the mosquitoes disappeared the disease stopped, and has not recurred since. In September, 1906, a severe epidemic raged throughout Egypt, beginning at Assuan, and running rife in Cairo and Alexandria. It appeared in all the other towns, but Port Said and Ismailia remained free from it, no case occurring in either place. During the autumn of 1907, it again passed through Cairo and other parts of Egypt, but again Ismailia and Port Said escaped. Formerly the wards of the hospital in this town were full of cases of "fever" during the summer months, but now the beds are used for other cases, which no longer contract fever, although the mosquito nets have been removed. The extinction of the mosquito is greatly simplified in Egyptian towns owing to the dry summers, and the results can easily be watched. Port Said has a population of fifty-six thousand, and Ismailia ten thousand. The cost of the mosquito work in the former

town is 1s. 6d. per head of population per year, while in the latter it is nearly 1s. 6d. per head, owing to extensive irrigation works which have to be regularly dealt with.

"It would seem, then, that the extermination

of the domestic mosquito means the prevention of dague fever, which, although not a very fatal disease, is one which causes endless misery in warm climates, besides being a great hindrance to trade."

My Impressions of the Sanitarium at Wahroonga.

LECTURE DELIVERED TO PATIENTS AND NURSES, AT THE SYDNEY SANITARIUM, ON FEBRUARY 1, 1909,
BY DR. J. R. M. THOMPSON, OF MELBOURNE.

I WAS presumptuous enough to form my opinion when I first heard of this institution some seven or eight years ago without really knowing anything about it, and the opinion I formed was very unfavorable. However, strange to say, shortly afterwards I found I was beginning to use its very methods of treatment, and as far as the diet advised here was concerned, that I had become a convert. I got my knowledge of this from Dr. Haig's books, but I happened to obtain a copy of the *Good Health*, which impressed me so much with its value that I became a subscriber, and have continued to be so ever since. Then I met some people, patients of my own, who had been here, who gave me such information that I had to admit that my first impressions might be wrong.

Dr. Kress, who was at that time the medical superintendent of the institution, was in Melbourne two years ago, and I made a point of going to see him. When Dr. Richards was there last year, I had the pleasure of making his acquaintance. At last, in March, 1908, I had the opportunity of paying a visit to the Sanitarium when on a holiday in Sydney. I intended to stay about two days, but I stayed for a fortnight, the whole time I had available. At that time I merely made the acquaintance of the place. I was not a patient, and I did not pay much attention to the hydropathic measures and other modes of treatment used

here. I was impressed, however, by the scientific order displayed in the management. I recognized that there was nothing of the fad or crank here, but that everything was done on strictly scientific lines, and that the methods used were the result of experience. From that time, however, I thought more and more about it, till I determined to pay another visit, and to examine the system more closely, that is, if I could be allowed to do so. I have now been here nearly four weeks, and have devoted considerable attention to everything that I could be allowed to see; for I have received every encouragement and assistance in observing, both from the doctors and the management. I am now still more impressed that here we have



a rational system of therapeutics, as we call the art of healing.

I am now kindly permitted to give a statement of my impressions, and it is with the greatest pleasure that I do so. The object of this institution is the treatment of disease both acute and chronic by so-called rational means; that is, by measures which exclude the ordinary use of drugs, relying on other means for the relief of symptoms, while it is sought to promote cure by strengthening the vital forces. This latter is effected by such means as perfectly healthful surroundings and cheerful circumstances. This is done in the first place by choosing a suitable situation as far as



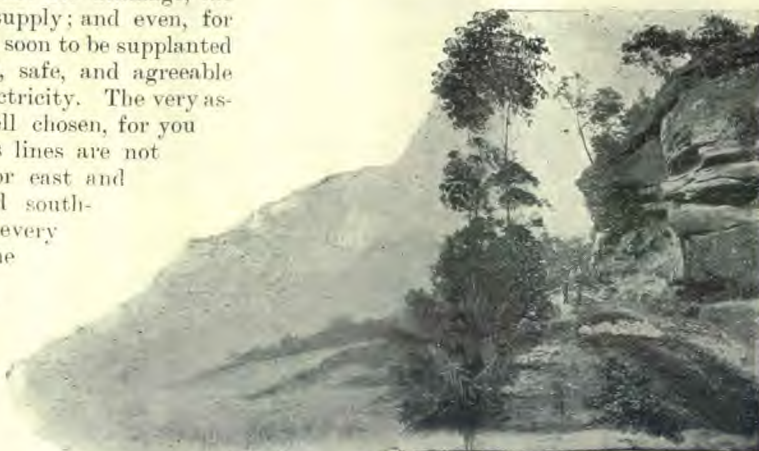
possible in the country, away from the foul air and unhealthful surroundings of the city, in a place where plenty of fresh air and sunlight can be obtained without hindrance. I think we must all agree that no spot could have been found more suitably and pleasantly situated than this. Here we have nature in her most charming aspect, and all can enjoy it, for even those confined to bed can for the most part look out on bright sunshine and green trees; while the many sounds of the bush, the songs of birds, the hum of insects, and so on, give a variety that must give pleasure to all. Besides, although we are so separated from the city, we are not too far away for our friends to visit and cheer us.

I need not go into details of hygiene, but may point out the facilities for drainage, the abundance of the water-supply; and even, for our use at night, gaslight soon to be supplanted by a still more healthful, safe, and agreeable mode of illumination—electricity. The very aspect of the building is well chosen, for you will have noticed that its lines are not due north and south, or east and west; but north-east and south-west. By this means every room is able to have the sunlight shining directly into it at some period or other of the day.

The use of drugs has long been looked upon with suspicion, both by medical and lay people. Shakespeare

makes his Macbeth say, "Throw physic to the dogs"; while Voltaire, the French philosopher, spoke with scorn of the physicians who, he said, poured drugs of which they knew nothing into bodies of which they knew less. Surely we must be grateful to those physicians who offer to cure us without filling us up with physic. Such physicians I believe we have here. They tell us that drugs may have some effect in relieving symptoms, but that no one can tell what after-effects may result. The latest studies in the nature of disease seem

to show that the condition of the body has everything to do with the production of disease. Some pathologists say that what we call diseases, such as bronchitis, pleurisy, etc., are merely the symptoms of the then condition of the body, and that if we have bronchitis it is an effort of the body to purify itself by means of the discharge from the lungs. By the way, I may point out that the very word we use in speaking of maladies seems to refer to this theory—*dis ease*, that is, an uncomfortable condition of the body as a sign of ill-health. Of course, infective diseases such as consumption depend upon two factors—one the microbe which causes it, the other the receptive condition of the body. Now this state of things is recognized here. An attempt is made to put



the body in its best possible condition to make it heal itself, as it were, and make it resist the outset of disease.

One of the most important means for accomplishing this result is proper diet; and the foods that are used here, are used with the object of producing as far as possible an aseptic condition of the stomach and bowels. It is believed, I may almost say it is proved, nowadays, that many diseases are caused by the absorption of poisonous materials from the bowels; these poisons being produced sometimes by imperfect digestion of food, sometimes by food that readily decomposes, and sometimes by retained secretions. The rheumatic and gouty affections are examples of diseases caused by something circulating in the blood which should not be there, while ptomaine-poisoning is an example of a disorder caused by absorption of poisonous material. In any case the object of an aseptic dietary such as is here used is to prevent such poisoning. In the first place such foods as contain poisonous material, as uric acid, are excluded altogether. That is why we do not use flesh foods, including not only beef and mutton, but also the flesh of poultry and fish.

Tea and coffee also are excluded, partly for the same reason. The material introduced into the system through these foods, so-called uric acid, has a peculiar irritating effect on the ultimate cells of the body; but of course, these decomposable foods may also produce poison in the intestines, thence to be absorbed into the blood to produce disease. Grains, fruits, nuts, and pulses (the last with a certain amount of query) do not contain this particular poison, and so are all allowed, if eaten in a proper manner. I say in a proper manner, for even proper foods if not properly digested will cause fermentation, decomposition, and the production of toxins, or poison, in the stomach and bowels. We must therefore take our foods in a proper manner, not in an unwholesome mixture, nor in too great quantities. Mixtures of different classes of foods eaten at the same meal are to be looked upon with suspicion. That is why we are advised here to be careful to take only proper food combinations. For instance, vegetables and fruit at one meal are looked upon as improper combinations, and we are recommended to avoid them. Milk and eggs, if taken properly, are proper foods, though the latter have to be used with caution. One should not look upon milk as a mere beverage. It is distinctly a food, and a pretty heavy one too. Personally I

do not think it should be taken as an adjunct to a heavy meal. In the form of buttermilk or lactosa it has a special value. It then contains quantities of microbes which in this instance have a beneficial effect. By destroying certain other microbes, which produce poisons and inflammations, they clean up the body, the intestine especially. I hope I have made plain the reason for the dietary enforced here, which is by some looked upon as rigid, if not *outré*. The essence of it is simplicity, and its object is to produce a condition of the body as near purity as possible. After personal experience of a similar regimen for some years, I do not want or require anything else.

Another means of keeping the body in a condition of purity, is exercise. This is absolutely essential, and even in the bad-ridden we move the limbs and rub them over so as to get some movement of the muscles. Gentle and healthful exercise is encouraged here, and twice a day there are special set exercises or physical drills, intended to move every important muscle, and so burn off waste material in the body. I have been sorry to see these drills taken advantage of too little. In my opinion they are a most important part of the treatment, and no one should neglect to avail himself of them. One may adjust them according to the strength, and none need become unduly fatigued.

The water treatment, or hydrotherapy, is rightly looked upon by nearly all as a most important part of the treatment. I notice that it is often called *par excellence* "the treatment." Perhaps a few words from me, who attacked the subject as a novice at it, may not be amiss.

The bath-rooms here strike me as being extremely well fitted up. I have no practical knowledge of any other, but these seem to be conveniently arranged and very complete. The object of this water-treatment is to apply heat and cold to the skin in a convenient manner, at the same time taking advantage of a certain amount of mechanical effect. Why do we apply it to the skin? Principally, I think, to affect the circulation. The skin covers the whole body externally, and so is a very extensive organ, while it is very well supplied with blood-vessels. If we can enlarge or diminish the size of its blood-vessels, we can bring into it or drive away from it a large quantity of blood, and so control the blood-supply of the deeper organs, thereby preventing, or at least diminishing, inflammations in those organs. Besides

the skin is also supplied with nerves, and it is found that by acting on certain nerves of the skin, we can affect the blood-supply of corresponding organs of the body. The effect of heat applied say to an entire arm, one finger of which is inflamed, is to equalize the circulation and blood-pressure of the whole limb, and thus to relieve the pain of the whitlow, which is intensely congested.

Again, the skin is a great eliminative organ. It contains millions of sweat-glands, and by encouraging their action the body gets rid of quantities of waste material. Then we have the tonic action of water on the skin. In this case we apply water in various ways by immersion, spray, douche, percussion-douche, shower, and

batlings and water-treatment are indispensable.

Massage is another mode of treatment that is used here with excellent effect. I cannot go thoroughly into its many uses, for want of time; I may mention, however, that it is used to relieve pain, to disperse swellings, to promote some sort of action of disused muscles, and for other purposes as well.

I must say something about the nursing. I need hardly quote Mr. Dooley's opinion of a good nurse, but perhaps I may. He was talking about Christian Science and comparing it with the ordinary doctor's treatment of disease. He said if the doctors had a little more Christianity, and the Christian Science people had a little more science, it would not matter which you



SOME OF THE TREATMENT ROOMS.

so on. We thus act on the nerves of the skin as well as on the blood-vessels, and the effect is regulated, increased, or diminished by using the water alternately hot and cold for a longer or shorter period. The rubbings of the skin-surface, whether by the smooth hand, or by something rough, such as coarse salt, rough gloves, etc., are all processes by which the healthiness of the skin is increased, and a tonic effect on the whole body produced. I must say a word about the refrigerative action of water. The heat of fever which does much harm to the body, may be controlled by cold applications to the skin by means of bathing or immersion. This may be said to be the most scientific way of diminishing fever-heat. We all know the soothing effect of heat in relieving pain; and heat is applied here by means of water. In the treatment of obesity, or excessive stoutness,

used as long as you had a good nurse. Now I have not been a patient here, so I have not had much personal experience of the nursing, but I have been told by those who have that what strikes them about the place is the cheerfulness with which the nurses and others do their work. It never seems a trouble to them to do it. One of the patients here said to me that what struck him was the purity and cheerfulness of the place. The nursing ought to be good, for there is a three years' course of instruction, and I am sure the teaching is very thorough and complete.

I must allude to the lectures that are given by the doctors to the patients twice a week. It must encourage the patients to be taken into the physicians' confidence, and learn the why and wherefore of the treatment prescribed. I am sure this is by no means the least important part of the system.

I now come to a rather delicate subject, which, however, I think it is right to touch upon—the restrictive regulations. Certain games are forbidden on account of the excitement they are likely to cause, and I think wisely forbidden. People, most of them, come here for rest, and anything that would cause excitement would be extremely improper. Certain other outdoor games are under consideration—bowls, croquet, and tennis; these may possibly, I understand, be introduced in the future. Some other regulations are looked upon by some with distaste.

These refer to the use of certain substances which are looked upon by the physicians and the management as distinctly harmful. Some of the patients think that no harm can result from their use; but I would remind them that they are hardly the best judges of their own condition, and that at any rate in these matters there can hardly be a rigid rule if it must be relaxed in the case of some. I do not see how this institution could be carried on beneficially unless the regulations were rigid. I hope a little consideration will make this clear.

The Prevention of Diseases of Nutrition.*



DISEASE never comes without a cause. Hence to prevent diseases of nutrition, we must first see, then remove or avoid, their common causes. These causes may be briefly summed up under seven heads: (1) Deficient or impoverished breast milk; (2) contaminated cow's milk; (3) unsuitable artificial foods; (4) exclusive use of cooked food; (5) wrong methods of feeding; (6) unhygienic surroundings; (7) inherited weakness or disease. The last is the least common cause. All the other causes are readily controllable, thus rendering simple and sure the prevention of diseases of nutrition. Take for example the first cause:

DEFICIENT OR IMPOVERISHED BREAST MILK.

By giving due attention to the diet and general health of the mother it is possible to improve the quality and increase the quantity of breast milk, thus directly influencing the nutrition of the child. The use by nursing mothers of beer, stout, porter, ale, and similar brewed beverages, or of fermented wines and other alcoholic drinks, results in impoverished and poisonous milk. The fat, flabby infants of beer-drinking mothers are very likely to develop rickets and other diseases of nutrition.

No doubt the most common and far-reaching cause of deficient and impoverished breast milk in English and Australian mothers is tea-drinking.

Young, immature mothers are sure to have ill-developed, poorly nourished babies. Early marriages should therefore be avoided. Sickly, delicate women, especially those who suffer from consumption, syphilis, or epilepsy, should not bear children. In case they do, such infants should be bottle-fed. Artificial feeding must also be resorted to if the milk is rendered unwholesome by blood-poisoning, abscess or cancer of the breast, or other serious disease in the mother.

CONTAMINATED COW'S MILK.

It has been well said that "lemonade boiled is lemonade still." The process of boiling does not change lemonade to water; nor will it change contaminated cow's milk into a clean and wholesome food for feeble infants. Unusually strong, robust children may possibly survive on broth composed of barnyard filth and cow's milk, but there is little chance for the ordinary infant on such food, especially during warm weather, when such a mixture breeds germs by the billion.

While boiling lessens the chance of direct transmission of disease, infants fed on such food are sure to show the ill-effects of chronic poisoning and malnutrition. The antidote is fresh fruit-juice and clean cow's milk.

UNSUITABLE ARTIFICIAL FOODS.

A standard authority on diseases of infancy gives the diet of 379 infants who developed scurvy; of these infants 214, or more than one-half, were fed on one or other of the much advertised infants' foods which flood the land. Sixty were fed on condensed milk; only twelve were breast-fed. Not only scurvy,

* This is the second of a series of three articles written by the Editor on the general subject of "Diseases of Children Due to Faulty Nutrition." The first of the series, entitled "The Detection of Diseases of Nutrition," appeared in the February GOOD HEALTH.

but also rickets, malnutrition, and marasmus, are commonly caused through artificial foods which lack the nutritive elements needed to build up the body of the growing child. The artificial food best suited to the needs of the infant, and least likely to produce disease, is clean cow's milk, properly scalded and modified.

EXCLUSIVE USE OF COOKED FOOD.

Infants and older children who are fed exclusively on milk and other foods which have been subjected to some such cooking process as condensing, pasteurizing, sterilizing, boiling or scalding, are sure to be badly nourished, and are very likely to develop scurvy or other definite disease. The cooked food lacks certain elements which the body needs to keep the blood pure, fresh, and sweet. These necessary constituents of food are usually spoken of as anti-scorbutic elements, *anti* meaning against, and *scorbutus*, scurvy. The naturally-fed infant gets its anti-scorbutic elements as well as its nutritive elements direct from the mother's milk. Raw cow's milk is also anti-scorbutic, but it is never really safe to feed a child on cow's milk which has not been heated sufficiently to destroy consumption and other dangerous disease-germs which are so often present in it. For artificially-fed infants the safest and surest anti-scorbutic food is the strained juice of fresh, ripe, sweet oranges or other suitable fruits.

WRONG METHODS OF FEEDING.

Many methods of feeding result in diseases of nutrition through producing disorders of the stomach and bowels, thus preventing normal digestion and absorption. Infants are usually fed far too often. This frequent feeding is made necessary by the giving of food which is too weak and watery. Such food does not satisfy the child, so there is constant hunger, and frequent crying for food; or the frequent feeding produces such marked indigestion that reasonably concentrated food cannot be taken without great pain and distress. In either case the remedy consists in lengthening the time between feedings, while gradually increasing the strength of the food. In breast-fed infants, the ill-effects of too frequent feeding are often increased by irregular feeding; the average mother gives her child the breast whenever it cries, without regard to proper times for feeding.

UNHYGIENIC SURROUNDINGS.

Rickets, scurvy, and other diseases of nutrition are most common in children who are compelled to live a shut-in, unnatural life. Not alone do the children of the poor, crowded together in the great cities, suffer through being deprived of the benefits of pure air, sunlight, and cleanliness; even the children of the prosperous and wealthy are denied these blessings. The proper care of children as to bathing and healthful clothing is also shamefully neglected by all classes. When disease is due to unwholesome surroundings and neglect or ignorance of the simple laws of child-health, the remedies which suggest themselves are these:

1. *Scrupulous cleanliness* brought about by the intelligent use of soap and warm water.
2. *Increased vitality and vigor* through the careful systematic employment of graduated tonic baths and other treatments.
3. *An equable and uniform surface-temperature* by means of suitable clothing.
4. *An open-air life in the country*, with sunshine and an abundant supply of pure air day and night.

INHERITED WEAKNESS OR DISEASE.

As has already been stated, inherited constitutional weakness or disease is the least common cause of diseases of nutrition. No doubt malnutrition may result from chronic disease in the parent. So also may marasmus and rickets, some of the worst cases of these diseases developing in the off-spring of consumptive or syphilitic parents. Malnutrition also sometimes follows an acute illness in the child. But these are not common occurrences, and should not be thought of until all other possible causes have been carefully sought out. The first six are the common causes of diseases of nutrition. Their avoidance will prevent these diseases, thus saving thousands of child-lives; and the timely removal of these causes will permit the restorative powers of the body to bring about complete cure. To sum up and set in order the principles of treatment indicated by the above causes, may prove helpful. We shall therefore give in our next number detailed directions for the home-management and treatment of the different diseases of nutrition.

"CHEERFULNESS is conducive to health."

“As He Eateth, So is He.”

BY D. H. KRESS, M.D.



IN the minds of many observing men and women there exists little doubt that a very intimate relation exists between what man eats and drinks, and what he is. From my own observations during the last twenty years, I have again and again been forced to recognize that there is truth in the old German adage, “As he eateth, so is he.” So thoroughly am I convinced of this, that in determining on short acquaintance what a man is morally, I rely more on observing what he eats and drinks, than on the way he may speak or deport himself while in my presence.

A friend of mine, in answer to the salutation “How are you?” replied, “I am well; don’t you think so? look at me.” Although he looked robust and the picture of health, I replied, “You may feel well and look well, but in order for me to say you *are* well, I would have to know something of what you eat and drink.” The beer-drinker under the influence of his drink feels well and looks well, but he is not well. Let pneumonia, cholera, typhoid fever, or some other germ-disease fasten upon him, and his case is almost hopeless. He may have a red face and an abundance of tissue, but it is inferior in quality. He may be good-natured, but his good nature is not constant; let some difficulty arise that is trying, and his face becomes red or white with anger. The beer-drinker is not well either physically or morally, although he may appear so.

Food has as great an influence on the health and disposition of an individual as has drink. No man can be in health who has a sour stomach; and no one can have a sour stomach and a sweet, amiable disposition at the same time.

Sydney Smith, many years ago in a letter to Arthur Kingslake, said: “Character, talents, and virtues are powerfully affected by beef, mutton, pie crust, and rich soup. I have often thought,” he added, “I could feed or starve men into many virtues and vices, and affect them more powerfully with my instruments of cookery, than Orpheus could do formerly with his lyre. Frequently it is, that those persons whom God has joined together in matrimony,

ill-cooked joints and badly-boiled potatoes have put asunder.”

The matter of diet is already receiving much more attention by the medical profession. Many obscure diseases of the past are now recognized to be due to auto-intoxication, or intestinal infection resulting from dietetic errors. The noted Dr. Andrew Blyth, in his authoritative manual on “Health and Diet,” wrote prophetically of what we shall witness in the near future; he said, “When by successive researches, the science of diet has become better understood, without doubt a school of physicians will arise, discarding drugs and treating maladies by prescribing certain foods.”

“There are diets,” he said, “by which diseases may be prevented, and diseases cured; there are diets which make the skin glossy, the frame vigorous, and the spirits joyous; others which mar the face with wrinkles, speckle the body with eruptions, and make the form lean, hollow, and prematurely old.”

Is it not time for those who are engaged in the work of moral reform to recognize that the same intimate relation that exists between the diet and the health, exists also between the diet and the morals? If it is necessary to give attention to diet in order to promote health, it will be found equally important to give attention to diet in order to elevate the morals. When this scientific fact is appreciated as it should and will be, much more will be said from the pulpits in regard to the need of eating and drinking to the glory of God.

Undoubtedly many a crime and many a sin have been committed on the impulse of the moment, simply because the brain was at the time under the narcotic influence of poisons generated in the stomach and intestines. Serious errors in judgment are frequently due to indigestion resulting from the quality and quantity of food eaten. Doubtless many persons have, in the past, served sentence for crimes which they have not committed, while others have not been sentenced who should have been, simply because the judge was suffering from auto-intoxication at the time of passing the sentence.

The impatience of the mother, the unreasonable disposition of the father, and the rebellious

nature of the children, may be frequently and correctly attributed to the food prepared by a well-meaning but ignorant cook.

Dr. Wiley, our government chemist, evidently realizes that an important relation exists between diet and domestic happiness. In addressing the Bakers' Association at Atlantic City recently, he said, "Good bread in my opinion would help solve the American evil of divorce. If bakers," he added, "make good bread, and then educate the people to buy it, the great destroyer of domestic happiness—dyspepsia—will be removed, and we will hear no more of the divorce problem."

In order to have health and peace in our homes, the preparation of the food must receive consideration; it cannot be entrusted to ignorant and illiterate cooks.

Cookery will, in the near future, be regarded as one of the greatest and most important of sciences, worthy of the attention of our most highly educated and accomplished young women.

All does not depend on the cook; foods wholesome in themselves must be properly combined. To eat too great a variety, even of well-prepared foods, will create indigestion. Also the free use of cane-sugar or butter favors indigestion and fermentation—some of the first symptoms of which are impatience, irritable temper, and despondency. In the presence of these undesirable characteristics, domestic happiness cannot exist.

There are certain foods which contain products that tend to develop the most undesirable traits of character. Dr. Baron Liebig says, "The ingestion of flesh produces in carnivorous races a ferocious and quarrelsome disposition, which distinguishes them from herb-eaters"; while the noted Dr. Gauthier, after his prolonged research and study, concludes, "A flesh diet is a more important factor in determining a savage or violent disposition in any individual, than the race to which he belongs." In conducting experiments in his laboratory on various creatures, he observed that animals when fed upon grains remained gentle, but when given flesh to eat they became quarrelsome, unmanageable, and destructive. He discovered that he could change their disposition at will, by merely changing the quality of their food.

Byron, the poet, in relating his own experience said, "Flesh-eating makes me ferocious; the devil always comes with it until I starve him out." And Canon Home Littleton, head

of Hallyburg, one of the largest British public-schools, says, "It is well nigh impossible for even the best-intentioned man to live physically pure if he eats meat to excess."

Some years ago a noted preacher in one of his sermons said: "I have known men who prayed for the grace of good temper in vain, until their physicians told them to stop eating meat. So long as they ate animal food, they could not control themselves, they were so irritable; but as soon as they began living on a diet of grains and fruits, they were able to keep their temper. They were not unwise in praying, but they were wise when to prayer they added medical advice."

These scientific demonstrations may be explained by the fact well known to scientists, that meat has concealed within its fibres, poisonous wastes which exert a narcotic influence on the brain, similar to that of alcohol. For this reason the meat-habit is almost, if not quite, as difficult to give up as is the alcohol-habit. But in order to reach the highest ideal in health, or in morality, it will be found necessary to give up, not only the alcohol-habit, but the meat-habit as well. Aside from this, it will be necessary to learn to eat wholesome foods in such a way as to prevent the formation of alcohol and other poisons in the alimentary canal.

Cold in the Head.

HYDROTHERAPY, or the scientific use of water in the treatment of disease, is steadily growing in favor. An exchange gives the following method of curing an acute coryza, or cold in the head:

Cover the whole head, including forehead and upper neck, with a thick compress of cheese-cloth wrung from cold water (the hair having first been thoroughly saturated with the same); over this place a dry flannel, and over all an impervious cap of macintosh or oiled muslin. Great care must be taken in the morning on removal of the pack to avoid chilling by prolonged evaporation of the moisture in the hair. This danger can be obviated by quick drying with a towel and fanning, at the same time employing friction to the scalp. In our judgment the hydropathic methods are not employed enough by our regular physicians, although they are gradually taking a permanent place in our "therapy," notably in the treatment of typhoid fever, pneumonia, etc.

The Home Department.

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

One Way of Teaching Physiology to Our Children.

If one understands the workings of the different organs of digestion, and the relation they sustain to each other, he will know how to use those things that will build up the living machinery, and keep it running smoothly, and also to avoid doing those things that would bring disaster or disease upon any of the delicate organs.

How important that all mothers understand physiology so that as their children come to the age of understanding, they can teach them how to care for their bodies, and thus help to control their appetites and passions.

Children are always interested in illustrations, and so physiology can be taught in the following simple way; and it will be found that even the wee ones will comprehend it, and perhaps in the days to come will remind mother of something she had taught them about physiology.

To illustrate the work of digestion, we will assume that the body is a house with many rooms, filled with servants to do different kinds of work; that outside there are other servants, as carriers, etc. In order to keep this house in repair, the servants and carriers are constantly at work.

As the house is a living building, different parts of it are constantly breaking down, and need to be rebuilt. The carriers on the outside (the hands) bring a load of material to the double front-doors, which are of a delicate pink color (the lips). These doors open, and we notice that just back of them stands a double row of little workmen all dressed in white (the teeth), of different sizes and shapes, which immediately take the material and bite, crush, and cut it into small pieces. Near the floor of this front room into which the front doors open, are some little workmen (salivary glands) that make a clear juice, called saliva, which they keep pouring on to the food all the while the servants in white do their work, thus making it a soft slippery mass. There is something won-

derful about this fluid, called saliva. It seems to find the starch in the food, and works with it until it is changed into one kind of sugar.

There is a big servant called Mr. Tongue, who lives in this front room, dresses in pink, and always works with the other servants of this department in getting the food ready to send to the kitchen (stomach). He throws the food from one side to the other, and tumbles it over and over; while the servants that make saliva, pour on their juice, and the workmen in white crush and chew.

This large servant seems very free to do what he pleases, and often goes outside the front doors to see if they are clean or to taste of some things before they enter the house.

He has a very peculiar habit of making himself long or short, large or small. Another wonderful thing he can do is to talk, by taking different positions in this room. Of course he cannot do his work if the little servants in white do not assist him, but these little workmen are always in the same place, and ever stand ready to help.

These little servants, if properly cared for by the master of the house, will always appear with their clean white dresses on, which are brushed two or three times a day; but if the master is careless and does not take care of them, their clothes get dirty, and sometimes big holes will be seen in them, and they get sick and cannot do their work any more; so some one is called to remove them.

As soon as Mr. Tongue has tumbled and mixed the food as long as he wishes, he gives it a push to the back part of the room, where some other workmen send it down through a little door into a passage-way, called the gullet. All along the sides of this passage are little workmen whose business it is to push the food down, and then stand by so that it cannot come back. Sometimes when the master of the house is in a hurry, he does not let the workmen in white do their work properly; and so when the food gets to this passage, it often hurts the servants by crushing them against the wall.

The food is brought to the first door of the kitchen, which does not open on hinges, but is something like a gathering string, and opens just wide enough to let the food in, and then closes very tightly so that the food cannot go back.

This kitchen is a wonderful room. It is pear-shaped, and looks quite small when nothing is in it. On its walls are little bags or sacks (gastric glands), which some workmen fill with a juice called gastric juice, and as soon as the food enters the kitchen, these little servants commence pouring this gastric juice on to it, while at the same time other servants are busy shaking, throwing, and churning the food. There are little mouths all over the surface of the kitchen which take the food that is made ready for certain parts of the house, and send it into little pathways (blood-vessels) that are filled with workmen dressed in red and white (blood cells).

The chief servant in the kitchen is Mr. Digestion, and he has many helpers. These servants in the kitchen work faithfully for hours, and then those in the back part of the room give the food a push through a door, like the one through which it entered. When the food passes from the kitchen, it does not look much like that which was taken in at the front doors. It is now all mixed together, looking something like paste.

As the food passes from the kitchen (stomach), it is carried by some servants into a little passage-way (the intestine), where it is met by two other servants called Mr. Bile and Mr. Pancreatic Juice. Mr. Pancreatic Juice has his room (the pancreas) just back of the kitchen; and if any of the workmen in the front room and kitchen fail to do their work perfectly, Mr. Pancreatic Juice will take right hold and do the work for them the best that he can. Mr. Bile, whose room is called the liver, has his quarters just to the right of the kitchen. His room is the largest in the whole house. Mr. Bile works with fats mostly; and when he finds any in the food, he mixes it into very little drops, so that it can be used in the house. He with Mr. Pancreatic Juice works over the food in this passage until it is fine and of creamy consistency. From here the food is taken on by other workmen through this narrow passage-way (the intestine), which with its many windings is twenty feet long. In this passage are little workmen which finish preparing the food for feeding the inmates of

the house. When properly prepared, the food is absorbed by millions of hungry little mouths called villi, which are fastened all along the sides of this long passage.

At the lower end this passage widens, and the workmen that are stationed in this enlarged portion called the colon, select all the refuse of the house, and all waste material, and cast it out from the body.

This story tells the simple process of digestion, where proper food is taken into the system and each organ is allowed to do its work perfectly. Perhaps at some future time we may tell about the harm that is done to the organs of digestion, as well as other organs, by improper food and incorrect manner of living.

MRS. E. H. GATES.

How to Cook Beans.

STRANGE as it may seem, there are very few cooks who really know how to cook beans. As ordinarily served, they are neither wholesome nor palatable. In nine cases out of ten, beans are placed upon the table in a dry and underdone condition. Those who have never tasted beans that were properly cooked, have no idea how delicious and appetizing they may be.

In order to get the best possible results, proceed as follows:

First of all select beans which are really good. Brown bayo and lima beans are among the best varieties. Look the beans over carefully, removing any dirt or foreign matter. Then put them over the fire to stew in a covered vessel containing cold water. Some prefer soaking the beans overnight. This is an excellent plan if they are old, or if there is need of haste in their preparation. As a general rule, the beans should be cooked in the same water in which they have been soaked. It is not necessary to measure the quantity of water in stewing beans. Simply see that they are kept well covered, *boiling* water being added from time to time if needed. Do not allow the beans to boil furiously, as gentle simmering produces better results. Set them at the back part of the stove where they will just boil and no more, and let them cook for a number of hours (the longer the better). This plan leaves the front part of the stove free for such foods as require rapid boiling.

The beans can be made more rich and

savory by adding about a tablespoonful of olive oil and an onion. These should be added early in the process of cooking. Even those who dislike olive oil would never recognize its taste when cooked with beans in this way. The onion may be removed just before serving. A moderate amount of salt should be added to the beans a short time before removing from the fire.

After the beans have been stewed for three or more hours, the broth will be rich, and quite as savory as meat broth. Under no circumstances should this be drained off and thrown away. It should be served with the beans, unless a little of it can be spared for soup stock. Bean broth thus prepared may be of great value in the sick room, as it is quite as palatable and much more nourishing than meat broths.

As the season is just approaching when a fire will be kept in the kitchen range most of the time, beans and other legumes can be properly cooked without incurring any extra expense for fuel. They require no attention while cooking, except to see that they are constantly covered with water.

Grapes in Disease.

DR. PECHOLIER, a French physician, has called attention to the fact that grapes are an excellent diuretic. Five pounds of grapes were given in three parts, and the effect was found to be much more vigorous than could be obtained from digitalis, iodide of potash, or milk. Only the juice of the grape was swallowed, the skin, seeds, and pulp being rejected. The patient was suffering from ascites with

hepatic cirrhosis. Grape juice can generally be obtained, even though fresh grapes may be out of season.

"WHAT kind of soup is this?" asked the professor, as the waiter placed the dish before him.

"Ox tail," replied the waiter.

"That's the last part of the ox I'd ever use for soup," said the professor.



Sole Protectors



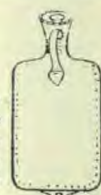
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Answers to Correspondents.

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.

190. BRITTLE FINGER-NAILS.—R. G. F., Manaro: Kindly tell me the cause of and recommend a cure for thin and brittle finger-nails. *Ans.*—The common cause of this and similar conditions of the nails is lack of vitality. It is a matter of common observation that the nails cease growing during an acute illness, and that they become noticeably thin. Thus after an illness a groove or line appears upon the nails which for some time indicates the approximate time and duration of the illness. The remedy for troubles of this kind consists in the improvement of the general health by means of suitable diet, exercise, outdoor living, bathing, and other hygienic measures.

191. BRIGHT'S DISEASE.—Mrs. F. C., Whitehills: Kindly give advice on Bright's disease. *Ans.*—The treatment of Bright's disease is chiefly dietetic. All foods and drugs which irritate the kidneys should be carefully avoided. These include fish, flesh, and fowl, in all their forms; wine, beer, and other alcoholic drinks; tea, coffee, tobacco, and drugs in general, and also common condiments such as mustard, pepper, vinegar, and fiery sauces. In short the diet should be as bland and non-irritating as possible. Milk, especially in the form of lactosa, is the most suitable food. With this, cereal foods such as granose, granola, breads, rice, macaroni, etc., may be eaten. Cream, olive oil, and olives are perhaps the best forms of fat. These may be used quite freely. Eggs should be only occasionally eaten, if at all. Fresh ripe fruits of all kinds are useful foods in Bright's disease. Water also should be freely taken between meals. In addition to giving attention to the diet as outlined above, the skin should be kept active by means of bathing and rubbing. Exercise is beneficial during the earlier stages of the disease. Suitable clothing should be worn, the best underclothing being cellular linen, silk, or cotton. Over-clothing should be avoided. The bowels should be kept open by means of aperient fruits and fruit drinks, such as oranges, or a glass of orange juice on rising, figs, prunes, and similar fruits with meals. If necessary, a Seidlitz powder or a dose of salts may be taken in a glass of water on rising; though the fruit is more agreeable, and usually acts well.

192. WEAKNESS, TREMBLING, COLDNESS, ETC.—J. R., Melbourne: 1. What is the cause of a weak feeling in pit of the stomach, and a sort of trembling feeling all over? This comes on after meals if I do not eat until I feel satisfied. Is there any harmless tonic one can take? *Ans.*—The feelings of which you complain are due to dyspepsia. They would be best relieved by the taking of one or two kinds of simple, prefer-

ably dry food at each meal. It will be well for you to begin your meal with granose biscuits or flakes, or corn flakes. Masticate very thoroughly, and make the flakes palatable by the addition of cream and melsitos, or honey. You should enjoy your food, and this is rendered possible by thorough mastication and insalivation. Each mouthful of food should be reduced to a liquid state so that it is almost unconsciously swallowed. The food should "swallow itself" so to speak, no effort whatever being required. Such thorough mastication of the food will tend to prevent overeating, a common cause of the feelings of which you complain. In the way of a tonic I would recommend a cool friction bath daily, and outdoor living and sleeping as far as possible.

2. What is the cause of a cold feeling in the small of the back, and watery discharge from the nose? *Ans.*—These symptoms are due to congestions of internal organs, which produce a hypersensitive condition of the skin to cold. The tonic baths suggested above, together with outdoor exercise and regulated habits of eating, will soon bring about an improvement.

3. Please describe how to wash the stomach out by means of swallowing a tube, as I have heard of this being done with great benefit. *Ans.* It is not advisable to practise stomach-washing, or lavage as it is usually called, by this method except under medical supervision. There is a safe method, however, which may be practised by the patient himself. This consists in the drinking of two or three glasses of hot water containing about a level teaspoonful of salt to the pint. This should be taken on rising, one glass every half-hour until two or three glasses have been sipped. During the remainder of the day a glass of cold water should be taken one hour before meals. Water taken in this way on an empty stomach washes away mucus and other secretions which interfere with normal digestion.

193. "URO" FOR RHEUMATISM.—J. H. M., Opouriao: I suffer from rheumatism, and have been persuaded to take a medicine called Uro. As I neglected to take sufficient water with the medicine, it took the coating off my stomach. Since taking Uro I have suffered with extreme pains in the stomach, arms, and head. The pain is increased by slight exertion. I am still very stiff and unable to walk or work. Do you advise a course of baths at Rotorua? *Ans.*—I fear your condition has been made very much worse by the taking of Uro. Your rheumatism could have been cured by diet, baths, and massage, but your present trouble will no doubt prove more difficult to deal with, and may even turn out to be quite incurable.

You would probably get some good from the course of bathing at Rotorua; but you will no doubt get more good in an institution where your diet could be carefully regulated, and other matters given due attention. It will be well for you to go to the sanitarium at Christchurch, or some similar institution, for treatment.

194. FREQUENT COLDS, SLEEPING, THROAT AFFECTIONS.—1. What do you advise for one who is subject to frequent attacks of colds—sneezing and running from the nose, especially in the morning and evening? *Ans.*—The body should be trained to resist cold and accommodate itself to sudden changes of temperature. Many who have colds caused by little draughts and slight changes of temperature have been cured by great draughts and marked temperature changes. Thus some have been cured by sea-bathing, others by motoring, etc. Air- and light-baths and cool-water baths all accompanied by vigorous rubbing of the skin, soon harden the skin and lessen the susceptibility to colds. The body must be properly clothed and especially not over-clothed. Woollen garments should not be worn next to the skin, cellular silk, linen, or cotton being substituted. Exercise should be taken daily in the open air, and it is well to sleep out of doors in a properly screened and protected place. Overeating should be carefully avoided, also alcohol, tobacco, mustard, pepper, and other stimulants, narcotics, and condiments. Other suggestions are given in an article in the January, 1909, number of *GOOD HEALTH*.

2. Is it advisable for a student to go to bed at 8 p.m., rise at 3.30 a.m., and work till 7 a.m.? *Ans.*—A half-hour more of sleep is required by many, and some would prefer to make the hours 9 p.m. and 5 a.m. rather than 8 p.m. and 4 a.m. Still there is nothing unphysiological in the plan. It has been followed by illustrious men and women of all ages with excellent results. Certainly early rising is to be commended, as the custom of wasting the morning hours in bed and turning the night into day is far too common.

3. What is your advice to one who continually suffers from throat affections? *Ans.*—Exercise the muscles of the neck, take breathing-exercises, rub the neck and chest with cold water and damp salt, take outdoor exercise, and live out of doors as much as possible. Thoroughly masticate and enjoy your food. Avoid indigestion. Be cheerful.

4. Is fish a good food for one suffering from any of the above maladies? *Ans.*—Not as good as nuts thoroughly chewed, new-laid eggs, milk, Sanitarium cereal and nut preparations, fresh ripe fruits, and many other non-flesh foods.

Buttermilk.

Who does not recall that day of delight and pleasant memory when as a child he drank cool buttermilk fresh from the churn? What a wholesome and appetizing draught it was!

Yet, strange as it may appear, it is only of late that the real value of buttermilk as a food has been adequately recognized.

The source of supply of buttermilk has been the dairy-farm or creamery, where butter is

made under varying sanitary conditions. The product is not supplied to residents of cities and towns in sufficient quantities to enable the consumer to obtain it fresh every day. For this and other reasons the use of the article has been restricted to rural districts chiefly.

OBJECTIONS TO DAIRY BUTTERMILK.

It is well known that the souring of the cream preliminary to butter-making is due to the action of tiny organisms, the lactic-acid bacilli, so-called because they develop an acid in milk.



These germs exist in the dairy-house and find their way into the milk accidentally. With them are often associated the germs of putrefaction which contaminate the milk; hence, after it has been standing in open vessels for a few days, it may become unfit for use.

PURE, FRESH BUTTERMILK EVERY DAY.

But chance has been improved upon by science and the resident of the city may now enjoy pure, fresh buttermilk every day, quite independently of the butter-maker.

By the new method the lactic-acid germs are grown in the laboratory, where, under the observation of trained bacteriologists, a thrifty strain is chosen and from time to time transplanted and reinforced, all foreign germs being carefully and effectively excluded.

Pure cultures are thus obtained, and prepared for use in the form of tablets, which are supplied under the name of

LACTOSA TABLETS

by the Sanitarium Supply Department, Wahroonga, New South Wales.

One month's supply, with full directions for using, for 3s. 7d., postpaid.

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.

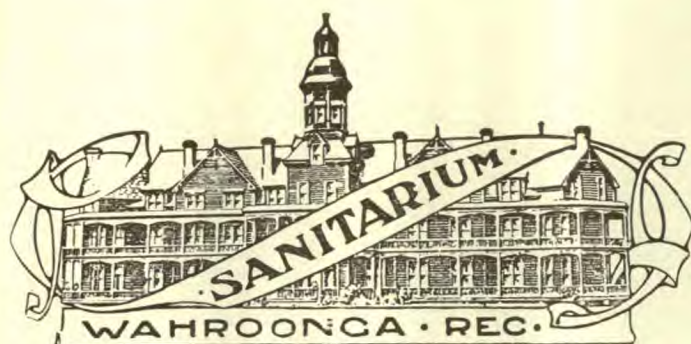
ADELAIDE, 28 Waymouth Street, Near King William Street.

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	Profose
Fig Bromose	Malted Nuts	Nuttolene
Corn Flakes	Meltose	Nuttose, Etc.

Below are Our Agencies:

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