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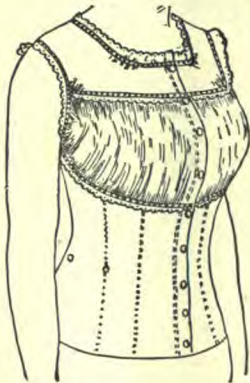
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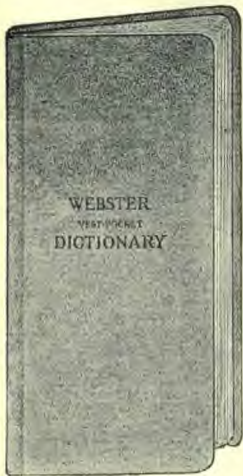
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An Apology to Our Correspondents

Through changes made in the staff of the Sydney Sanitarium, we have just discovered that a number of letters addressed to the Medical Superintendent have not been replied to through our department, "Chats with the Doctor." For this delay the Publishers offer to our readers their humble apologies, and assure them that satisfactory arrangements have now been made to obtain replies to these questions. It was too late, however, when these letters reached us to publish the replies in this issue, but we shall plan to insert replies to all questions to hand at the publishing date of the next issue.

In future we shall be glad if our subscribers will kindly address all questions to the Editor Life and Health, Warburton, who will endeavour to secure prompt replies from the Doctor, and to publish same in the next succeeding issue.

We recognise the importance of the Question and Answer Department to our readers, and hope that in the future there will be no cause for disappointment through any lack of promptness on our part in publishing replies to all questions sent in.

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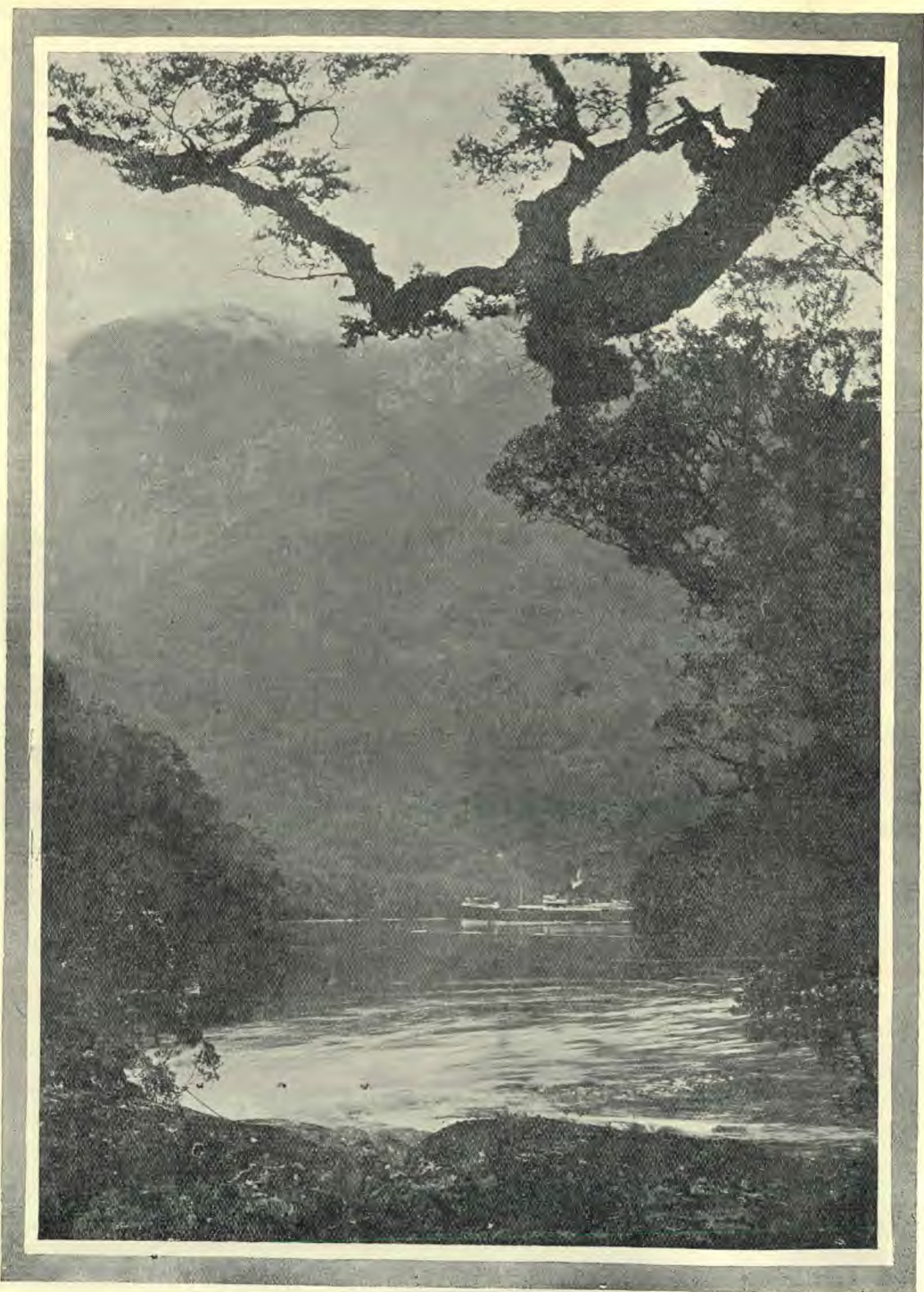
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HALL'S ARM, DUSKY SOUND, NEW ZEALAND

LIFE &

HEALTH



Vol. 2

December-January, 1912-13

No. 6

The Need for Decentralisation

By A. W. ANDERSON

ALTHOUGH Australia is a country of magnificent distances, possessing a climate which lures men to indulge in out-door life, yet, strange to say, the gregarian instincts of humanity are so strong, that in spite of the abundant opportunities which are offered by this favoured land for rural life, the majority of the population is classed in the statist's report as urban. No less than one-quarter of the entire population of this continent dwell in two cities whose density of population is hugely out of proportion to the rural districts.

Town life undoubtedly has its advantages, and in these days of concentrated energy, in which most men are but atoms in some great industrial or commercial machine, it seems impossible to prevent the drift to the cities. The conveniences of city life, and especially the attractions of city amusements, together with the regular hours of commercial and manufacturing organisations, form a powerful magnet which with almost irresistible power draws the populace citywards. As the city grows in population land becomes more and more valuable; and as

land grows in value the space for each house necessarily diminishes in area until four or five houses are erected where, if the health of the community is to be considered, there is but sufficient accommodation for one.

This inevitable tendency to overcrowd in cities is a matter which calls for prompt action on the part of the authorities if we are to prevent the repetition of the dreadful conditions which afflict the cities of older lands. Already it is late in the day to institute an anti-slum crusade, because much mischief has already been wrought either because of the absence of laws which forbid overcrowding, or as a result of lax administration on the part of municipalities who could have prevented the creation of slum areas by the exercise of the powers which they already possess.

An endeavour is being made in Melbourne to induce the legislature to enact a law which will prevent the sale of allotments of land having a frontage of less than fifty feet. We wish the movement great success, for every man should have room enough around his home to grow a few trees and shrubs, and cultivate some flowers and vegetables. Children delight

in flowers and trees, and they should be reared amidst surroundings which are congenial to them. A city child whose minute back yard is pitched with brick or stone or covered with asphalt, revels in the grassy slopes of park lands. But in the public parks how frequently is the child forbidden even to walk on the grass

which are thrown out from innumerable factories. No wonder city children whenever they have the opportunity, take delight in the grassy fields, the babbling brooks, the shady dells redolent of the perfume of the sassafras and the clematis. No wonder they love to roam amid the towering giants of the forest in whose



A CITY SLUM

N. J. Cleary, Photo., Sydney

beds. At the very entrance gates of a public park the child is met with the familiar warning, "*Keep off the Grass.*"

Poor children, their environment in the city is unnatural. Everywhere their eyes meet the straight lines and angles of buildings, their feet tread the hard flagstones of the paved streets, the very atmosphere which they are compelled to inhale is laden with poisonous smoke and fumes

branches the winged creation delights to dwell. Reared amid such scenes the rural child develops faculties which are unknown to his city-bred cousin. His powers of observation are far keener, his imagination is quickened, his physical being attains a degree of healthfulness which is impossible to the unfortunate child whose environment is placed in a crowded city, and who is unceremoniously

warned to "*Keep off the Grass,*" and that in the only places where he has an opportunity of coming into contact with nature's carpet.

Given sufficient land for every house, the children would be able to have grass plots and little gardens of their own where they might grow their own flowers

which offend the eye in congested areas. Life in over-crowded districts is neither healthful nor happy, and it is surely becoming evident to all men that higher wages and shorter hours are not sufficient compensation for the loss of the free, healthful, happy life enjoyed in the country.



A COUNTRY HOME

N. J. Caire Photo., Melbourne

and develop within them a love for the beautiful things of nature. If every backyard in the cities possessed trees and shrubs the whole appearance of these great conglomerations of bricks and mortar would be changed for the better. The graceful symmetry of the trees, with their different natural tints, would break up the unending monotony of rows of buildings

Many remedies are suggested in order to relieve the congestion of the cities, but they lack some very essential and practical features. The cry of "Back to the Land" must be accompanied by some daring and bold experiments. Our statesmen need not be over-cautious in venturing upon so worthy an object as to prevent the overcrowding of our city areas. The

decentralisation schemes which have been propounded are good as far as they go, but they are not far-reaching enough. One thing in which they are all lacking is the fact that no suggestion, so far, has come from the Railway Departments to render the assistance which it is in their power to lend to the important work of decentralisation. In the metropolitan areas railway passengers are carried to their homes at half the rates of citizens in the country districts. This obsolete system should be changed at the earliest moment for a more equitable scale of fares. Why should the man who travels fifty miles pay a fare about ten times higher than the man who travels ten miles? In ordinary business the man who buys large quantities of merchandise receives greater consideration than the man who buys single articles, but the railways have reversed this order as far as passenger fares are concerned. The more you buy from the railways the more you pay. If you desire cheap rates then you must make short journeys.

But the anomaly does not end here. Not only is the country traveller compelled to pay a higher rate of passenger fares outside the suburban area, but he is not permitted to enjoy the lower rate when he enters the suburban area, but is charged double the rate his town cousin pays for precisely the same convenience. Before the law all men are supposed to be equal, but this does not apply to the railways. They have one scale of fares for the city dweller and a double rate for the country dweller. This practice is a direct incentive to centralisation, and a more equitable arrangement should be devised forthwith if the decentralisation policy of the government is to be carried to a successful issue. Many people would very readily consent to a life in the country if there were more cheap and speedy methods of transportation available. It is possible that the railway revenue would suffer a little at first by the reduction in the fares, but that would soon adjust itself because people would travel further

and more frequently if the passenger fares were more reasonable.

At a meeting of the Anti-Slum Crusade of Melbourne held recently, a proposition was made that the government be requested to reduce the railway fares by fifty per cent as an inducement for people to live further out from the city. The proposition met with the unanimous approval of the meeting, and if men and women were alive to the importance of the question of decentralisation, it would meet with the unanimous approval of the people of the whole of Australasia. Nothing conduces more to the scattering of the people abroad than rapid and cheap means of transportation. Railways and roads should precede settlement, not follow it, for they are the great mediums by which communities are enabled to carry on intercourse with each other.

So essential, indeed, are railways to the community at large that it has even been suggested that the railways should be as free as roads, and that the whole community should be taxed to provide the cost of running the railways. Of course it is hard to say what may happen. The time may come when the community will consider the Railway Department should supply free travelling in the same way as the Education Department supplies free education. The money for the maintenance of the railways already comes from the purses of the people, and if free travelling were made an essential feature of the railways of the country the money for the maintenance of the railways would still come from the pockets of the people, but the expense would be more evenly distributed. Such a reform would cause population *also* to be more evenly distributed. Social unrest, which is largely generated in congested areas, would be reduced to a minimum, and the health of the entire community would be vastly improved. Surely these ideal conditions are worth striving after. Who will be the daring legislator who will initiate such a sweeping policy of decentralisation?

Health Our Birthright

NEVER DESPAIR



NEVER despair! for our hopes oftentime
Spring swiftly as flowers in some tropical clime,
Where the spot that was barren and scentless at night
Is blooming and fragrant at morning's first light.
The mariner marks, when the tempest rings loud,
That the rainbow is brighter, the darker the cloud.

Then, up! up!—never despair!
For health is your birthright and wealth.

The leaves which the sibyl presented of old,
Though lessened in number, were not worth less gold;
And though Fate steal our joys, do not think they're the best,
The few she has spared may be worth all the rest.
Good fortune oft comes in Adversity's form,
And the rainbow is brightest when darkest the storm.

Then, up! up! never despair!
For health is your birthright and wealth.

And when all creation was sunk in the flood,
Sublime o'er the deluge the patriarch stood!
Though destruction around him in thunder was hurled,
Undaunted he looked on the wreck of the world!
For high o'er the ruin hung Hope's blessed form.—
The rainbow beamed bright through the gloom of the storm.

Then, up! up! never despair!
For health is your birthright and wealth.

—Selected and Adapted.



SEA-BATHING, COOGEE BEACH, SYDNEY HARBOUR

T. J. Cleary, Photo Sydney

Sunny Australia

BY A. STUTTAFORD, M.D.

How favoured are the dwellers in sunny Australia with its warm and delightful climate. This is especially true of those who live amid the beautiful scenery of the coast.

Compare, for instance, the uniformly bright and dry climate of New South

bright and the sky be clear of clouds, before night one might be "drenched to the skin" without this protection, notwithstanding the morning's favourable prospects. For weeks in the winter time there may be a cold, drizzling rain and a "sloppy" condition underfoot. These



Bradley's Head, Sydney Harbour

T. J. Cleary, Photo., Sydney

Wales with the wet, unsettled weather that prevails during much of the year in many parts of Europe, especially with that of the British Islands, where for weeks at a time a person would not be thought to be odd or eccentric who made an umbrella an almost constant daily companion. On leaving home in the morning, though the sun be shining warm and

statements as to the changeable, unpleasant weather in parts of Europe also apply to a certain extent to the thickly inhabited territory along the Atlantic coast in the State of New York and northward to the Canadian border.

How entirely different to this are the conditions in Australia, where in normal years the necessary rainfall appears as a

rule at regular periods only, the weather being bright and dry between them.

The Extremes of the Canadian Climate

Compare, again, its genial climate with that of Canada. In summer the Canadian knows something of heat which, for a time, is nearly as oppressive in some districts as that experienced on the sandy plains of our distant interior. In addition

streams near Winnipeg will sometimes freeze over in a single night, so that farmers with their sleighs are able to cross on the ice the following day.

Although so intensely cold at times, much of the Canadian winter is really enjoyable to those who are suitably clothed in furs, and who are well fed and securely sheltered in warm houses.

To the newcomer from the Old World



HAWKESBURY RI

to a short, hot summer he has a most rigorous winter to face, lasting from three to seven months. Ice forms on the lakes and rivers to a thickness of two or three feet. The mercury registers thirty-five degrees or more below zero, and then freezes. The spirit thermometer continues to register until the cold reaches fifty-five to sixty degrees below zero in the prairie country beyond Winnipeg. Running

there is much to charm him on his arrival in Canada. Spring, summer, and autumn quickly follow each other in pleasing succession; and he may be fully occupied in his leisure time the following winter with such sports as skating, sleighing, and tobogganing, until the novelty wears away. Divested of these attractions the long winter is likely to prove dreary and monotonous.

About twenty years ago the writer spent a winter in Winnipeg, and passed the following spring on the prairie country west, almost in sight of the Rocky Mountains. While there he heard of a misfortune that befell a young man some little time previously. Two young men were about to make a visit to a settlement some miles distant. As they took their seats in the sleigh the Indian who had been

The young man was obstinate, and the driver had to press onwards. As time wore on the weather became intensely cold. The driver made glances at the young man as they sped along, and saw that his forebodings were being realised. He reminded the young man of the warning he gave him of his danger before starting. Long before they reached their journey's end the young man saw his folly



SOUTH WALES

T. J. Cleary, Photo., Sydney

engaged to convey them, after eyeing them closely, told one of the two seated in the sleigh that he was not suitably dressed, as he expected a very cold drive. The young man referred to said he did not see that there was any cause for alarm, and told the driver to go ahead. The Indian advised him to put on some extra furs, as he feared the consequences of his setting out as he was then dressed.

when it was too late, and knowing that his end was near said to his companions, "I must give in my checks here!" and was frozen to death.

The Canadian, however, is not apt to be very much upset with occurrences like these. He places the blame where he thinks it belongs—often to drink or stubbornness. Occasionally cases occur that are very distressing, and they receive the



Camping on the Summit of Mount Kosciusko

T. J. Cleary, Photo., Sydney

public sympathy that they deserve. A missionary some time previous to the incident just referred to did not arrive home when expected, and the anxious family started out to make a thorough search the next morning, when to their horror they found the frozen body of their father in the snow a few yards from his home, where he had fallen exhausted the previous night after an unsuccessful effort to find the house.

But the Canadian farmer, by birth or adoption, is very patriotic and appreciative of his privileges, and will tell you with a stamp of his foot that reminds one of Burns' Scotchman fed on haggis who made the earth tremble beneath his tread, that "Canada is the finest country under the sun to-day!" And he surely looks contented and happy, notwithstanding the bitterly cold weather, as he marches along proudly beside his horses and sleigh, hauling a load of wood or produce to market, and wearing a warm greatcoat with hood like a dunce's cap to pull over the fur cap on his head, and a fancy sash with drooping tassels to bind around his waist. His horses move along lightly with their heavy load over the hard, beaten roadway of snow to the merry jingling of the bells upon the harness, and they seem to be perfectly satisfied with everything, and to fully endorse the high opinion of the country and climate held by the "boss."

At the approach of winter, however, the Canadian farmer, if fairly prosperous, is not likely to be very much concerned about the weather. His waggon is put in the shed, and the sleigh made ready to do service instead. Now is his time to bring his cordwood and produce to market and turn them into cash. With his barns filled, and his comfortable home stocked with provisions, he greets the winter with a hearty welcome.

The Climate of California

The climate of New South Wales is admitted, even by candid Americans who have lived in both countries long enough

to enable them to make a just comparison, to be superior to that of their famed California. It is true that at times there prevails a condition of drought here that is very distressing even to the State as a whole; but lovely California, too, is not free from trouble of this character. The writer well remembers, about fifteen years ago, while staying at night at a small town in the southern part of that State, hearing the happy voices of groups of boys along the street calling out just before bedtime, "It's raining! it's raining!" The settlers had been leaving their homes everywhere and driving their stock before them to adjoining States, in the hope of saving the animals from starvation. Horses were given away. Stock was shot and fed to pigs, or left to wander and find a living where they may, but their bleached skeletons were found on the barren hills afterwards in great numbers.

And even the rich grain-raising districts of the Canadian North-west Territories have their drawbacks in consequence of the uncertain weather. A wave of frost may pass over the prairie country in hot summer time and form ice that must be broken to obtain water for stock or household purposes; or it may occur near harvest, and completely ruin the standing crops throughout great sections of a province.

The Swagman's Paradise

Our vast Australian continent possesses within the limits of its extensive territory wonderful advantages for the recovery of health for the ailing, the sick, and the convalescent. Its climate is so favourable as to make the country throughout the greater part of the year a very paradise for the swagman. For hundreds of miles in any direction he may stop almost anywhere and find water and fuel to boil his "billy." At night his rest is sweet as he stretches his weary limbs upon a springy bed of gum leaves covered with blankets, and gazes into the blue depths of the starry heavens until he falls asleep under the sweet influence of the Southern Cross.

Winter Pastimes in Australia

There are also to be found for those who desire them, within comparatively easy reach, on the high tablelands and especially at such resorts as Mount Kosciusko, Mount Buffalo, or Mount Donna



T. J. Cleary, Photo, Sydney

Skating on the Ice, Mount Kosciusko

Buang, many of the conditions and attractions mentioned in referring to our colonial cousins, the "Kanucks," at the far north of the American continent, so that at his own doors, as it were, the hardy Australian may also indulge to his heart's content in the novelty of such pastimes as skating, sleighing, tobogganing, snow-shoeing, etc., by way of change.

The Seacoast of New South Wales

But the coastal portion of New South Wales is the crowning glory of the mother State, with its lovely stretches of sandy bays and jutting rocks and islands. As seen either from land or ship's deck it presents a most delightful spectacle, and its uniformly warm climate makes a visit at random almost always enjoyable. The scenery of the coast and that of the strips of wooded hills and extensive valleys adjacent to it, would probably lose nothing by comparison with the best our Canadian cousins can present six months in the

year up the river St. Lawrence, over the lakes, and through the Thousand Islands onwards to Toronto and the Niagara Falls or more remote parts in the interior, the home of the red man and the bark canoe.

All that is needed is *time* to make Australia as attractive as Europe and the British Isles with their extensive sea coast, good roads, green pastures and silver meandering streams, ancient ivy-clad churches and cathedrals and hoary castles—countries which, during their limited and uncertain share of fine weather, are beautiful beyond description.

There are many places of interest to be found along the Australian coast which offer most pleasant inducements for recuperation to the jaded toilers and the careworn business and professional men and

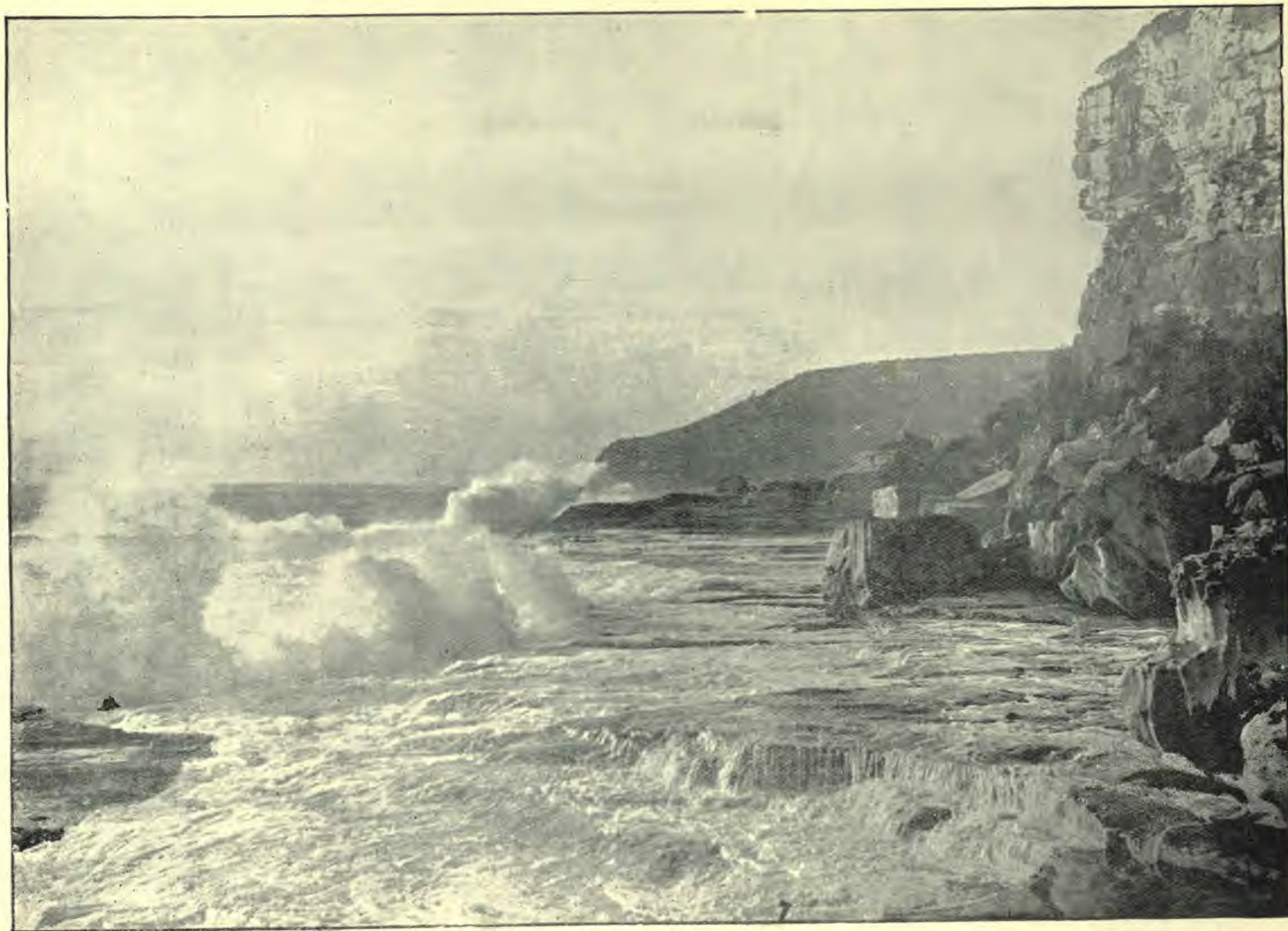


T. J. Cleary, Photo., Sydney

Skeeing on Mount Kosciusko

women of our large cities; and even those living a monotonous life far away on the plains of our sultry interior may find the most delightful relaxation at the beautiful seaside resorts of Australia.

I CANNOT consent, as your queen, to take revenue from the sale of liquor, which destroys the souls and bodies of my subjects.—*Queen of Madagascar.*



Breakers on the Cliffs at Manly, New South Wales

T. J. Cleary, Photo., Sydney

Stop Using Alcohol and Conserve Life

BY FLORENCE KELLER, M.D.

RECENTLY the world was very much overwhelmed with the great loss of life caused by the sinking of the *Titanic*. The circumstances causing such a loss of life bring before the world with strong emphasis the necessity of certain changes in regard to navigation and means of conserving life at sea.

To the medical practitioner busy on his daily round it is quite evident that in our immediate vicinity we have a loss of life and a loss of health and efficiency which could be prevented. We hear often of the decreasing birth-rate, but we have at hand a means of adding to our population by conserving and saving that life which is already in existence.

Life Insurance Companies show an advantage of 21 per cent in favour of total abstainers. From Great Britain we have some of the most recent comparisons between the longevity of drinkers and non-drinkers in a book published called "Alcohol and the Human Body." This book compares the rate of sickness among abstainers and non-abstainers, and afterwards rates of deaths as follows:—

A REPORT OF THE SOUTH AUSTRALIAN PUBLIC ACTUARY.

	Sickness weeks.	Average weeks of sickness per each member sick.	Mortality % of sick members.
Non-Abstainers Friendly Societies	2.317	10.91	6.532
Abstainers Friendly Societies	1.248	6.45	3.557

The Emperor of Germany recently ordered that every recruit of the Imperial navy or army on his entrance into the military service should be provided with a pamphlet showing the connection be-

tween alcohol and the military strength of the nation. Special attention has been paid to the dangers ensuing from the intoxication of railway employees. All the insurance departments have been requested to pay special attention to this point, and by instructions, lectures, and practical measures to lessen the abuse of alcohol by this class of workers. In the promotion of its educational campaign among the insured, especially of the young men and girls, in regard to the dangers and the risks of the abuse of alcohol, suitable rules and regulations are issued for prevention of accidents, as well as the effectual supervision, prohibition, or restriction of the use of alcoholic drinks during the working time. In order to avoid premature invalidity of the insured persons, the cure in an asylum for drunkards may be ordered.

The Minister of Education has recently approved the following notice to be distributed by certain departments of the Board of Health:—

GIVE YOUR CHILDREN

**Not a Drop of Wine! Not a Drop of Beer!
Not a Drop of Brandy!**

WHY?

Because alcohol of any kind, even in the smallest quantity, brings only harm to the children.

1. Alcohol checks the bodily and mental development of children.

2. Alcohol leads quickly to exhaustion, and makes heaviness and inattention in the school.

3. Alcohol causes disobedience to parents. ||

4. Alcohol develops sleeplessness and early nervousness.

5. Alcohol endangers the mortality of the children.

6. Alcohol weakens the resisting power of the body, and thereby leads to the development of all kinds of diseases.

7. Alcohol prolongs the duration of every illness.

8. Alcohol continually awakens renewed thirst, and on that account leads easily to habits of drinking.

What should the wife and mother know of alcohol? She ought to know—

That one ought to give children under fourteen years old not a drop of wine, beer, or brandy.

That wine, beer, or brandy are not materials for nourishment, but merely stimulants.

That spirituous drinks as remedies should only be taken as necessities on a doctor's prescription, and only very exceptionally.

That regular taking of alcohol damages the blood, and thereby lays the foundation of many diseases.

That regular taking of alcohol damages the working power, and leads to premature sickness of those who take it.

That regular taking of alcohol hinders, prevents, and makes difficult the progress of a man.

That regular taking of alcohol draws many a penny out of the pockets which would be better spent on the family.

That regular taking of alcohol easily leads a man to become a hanger-on of the public house, and brings the family life many dangers, and makes early widows.

That a drinker to be cured must *never again touch a single drop* of alcoholic drink.

That a regular alcohol drinker very seriously endangers the welfare of his children and successors.

Death, brutality, and evil on the high seas of life, as the result of using alcohol, cast hundreds of babies and older children on the world, there to meet with what fortune or misfortune happens their way. In examining the history of 2,554 idiotic, epileptic, hysterical, or weak-minded children in the institution at Bicetra, France, Bournville found over forty-one per cent had alcoholic parents. In more than nine per cent of these cases it was ascertained that one or both parents were under the influence of alcohol at the time of procreation.

Prevention is better than cure, and the prevention of disease is the best means of conserving the life we have and retaining a material asset to the wealth of any country.





Times of Eating

BY W. HOWARD JAMES, M.B.,B.S.

THE question, when we should eat, is an important one; it is quite as important as the quality and quantity of our food. It is much more common to find people suffering from too frequent than from too infrequent meals. The writer was once interviewed by a young man suffering with a troublesome skin complaint, which was clearly due to some fault in diet. He was surprised to find on inquiry into what was taken at the meals that they were small in quantity, if not altogether wholesome in quality. Further questioning, however, brought to light the facts that he worked in a grocery and fruiterer's establishment, that he was "nibbling" all the day long, and, consequently, his appetite at meal times was small. This is a history frequently met with. Children especially suffer from food taken between meals. These children are pale, flabby, lacking in energy, subject to colds and digestive troubles. Their parents regularly dose them with the usual stomach and bowel medicines, but with only temporary results. When the meals are restricted to, say, three in the day, with absolutely not a morsel of food, even fruit, between, they improve at once. The results are often surprising, one could hardly imagine that such a change of habit could produce such a marvellous result. Mothers too often feel that food is good at any time, and must nourish, but such is not the case. When the

"works" are "clogged" food does harm, and not good. The digestive organs are not like the heart and lungs, organs constructed to work for the full twenty-four hours, they become exhausted and need time to recuperate. It is depraved habit and not real appetite that is at the root of too infrequent meals, or the eating between meals. Appetite is the crying out of nature for food, and it is accompanied by increased digestive power. True appetite varies with the work done, the climate, and the weather. What the system needs will be digested, what is superfluous will give trouble. Food that will digest well in winter and when plenty of exercise is taken, will give trouble under opposite conditions.

According to Hippocrates, the ancient Greeks ate but two meals a day. This was also the custom of the ancient Hebrews and Persians, of the natives of South America, and of many semi-civilised nations. Dr. Adam Clarke, commenting on the Greek word *ἀριστεῖν* (*aristein*), to dine, quotes Bishop Pearce: "The word *ἀριστεῖν* signifies the first eating of the day. The Jews made but two meals in the day; their *ἀριστον* may be called their breakfast, or their dinner, because it was both and was but a slight meal. Their chief meal was their *δειπνον*, or supper, after the heat of the day was over; and the same was the principal meal among the Greeks and Romans. Jose-

phus in his life, says 'that the legal hour of the ἄριστον on the Sabbath, was the sixth hour, or at twelve o'clock at noon, as we call it.' What the hour on the other days of the week he does not say, but probably it was much the same."

The writer during the last few years has come across a number of people who have adopted the "no breakfast" plan, and without exception the results have been excellent. They all testify that they never enjoyed better health, and were never able to attend to their work and business so satisfactorily. This may seem strange to most folk, for they feel that after an abstinence from food for twelve or more hours, breakfast is absolutely necessary. It is surprising, however, to find how the system adapts itself to circumstances. One can accustom oneself to one, two, three, or even five or six meals a day. Whether it be two or six meals a day, when the time comes round for the repast the desire for food is there. When meals are taken at regular intervals the digestive organs prepare for their reception, but when the meals are irregular the meal comes more or less as a surprise to the stomach, and digestion is not so satisfactory. The stomach, however, cannot prepare for four or five meals a day as well as it does for two or three. Hard working men, even though they work twelve hours a day, will do better on three meals a day than on four or five. When the habit of frequent meals is overcome, no inconvenience whatever is felt by the reduction to three or even two meals a day. It is the same with meals as with such stimulants as tea, coffee, alcohol, and tobacco. Accustom the system to these stimulants, and the system will demand them, but when that desire is resisted the system will clamour less and less for them, and eventually the desire for these hurtful stimulants will totally disappear.

In choosing the time for meals we must select times that are practical. One meal at eleven in the morning and another at five in the evening would suit us admirably from a physiological standpoint, but

it would not fit in with the usual routine of every day life. The times at which meals can be taken are practically 7 to 8.30 a.m., 12 noon to 2 p.m., and 6 p.m. or later, and the question for us to decide is, Shall we eat at those three intervals, or at two of them only, and if two, which two should be adopted? A fair-sized meal takes five or six hours to fully digest, and, consequently, more than three good meals in the day are out of the question. If only a small quantity of food can be taken at a time, three or more meals may be required, but if the appetite be normal most people can do well on two meals a day. Which should be omitted, "breakfast," "dinner," or "tea?" We have already stated that many do really well without the breakfast; but, on the other hand, many do equally well, if not better, without the evening meal. Abstinence from the evening meal will ensure sound, refreshing sleep, while a hearty evening meal will often result in disturbed sleep. The no-breakfast man can do without his morning meal because his evening repast has been so bountiful, but the one who abstains from the evening meal will most certainly require breakfast. The no-breakfast man tells you when he partook of his morning meal he was heavy, dull, and disinclined for his work, and that since the meal has been omitted his experience has been the reverse. When a meal is really needed it is well digested, and no drowsiness or dullness follows. The breakfast disagreed because of the slowness of digestion during the sleeping hours. The evening meal is not fully assimilated by breakfast time, and, consequently, that meal is not satisfactory. If, however, the evening meal be omitted, the night's rest is good, the waste products—the cause of drowsiness and mental inactivity—are passed out of the system, and breakfast can be taken with profit and satisfaction.

To digest a fair meal one requires a good deal of energy. The very tired man should eat lightly until the weariness wears off to some extent and the waste products have passed out of the system. The morning meal is preferable to the

evening meal on this account, for at night the individual has used up his energies to a large extent, and the stomach and digestive organs are not equal to heavy work.

How Much Albumen Do We Require?

DURING recent years it has been very fully demonstrated by scientific tests that the normal heat and vitality of the body are chiefly maintained by carbo-hydrates and fats, and that, provided these food elements are available in sufficient quantities, the organism invariably utilises them wholly for that purpose, while albumen is only used to supply muscular strength and general vitality when there is a lack of fats and carbo-hydrates in the food consumed.

After Liebig's time numerous inquiries were made in order to ascertain the amounts of the various food substances actually required. Voit and his disciples especially inquired into the amount of albumen, fats, and carbo-hydrates consumed by different individuals, and as the result of his exhaustive investigations it has long been accepted that normally a mature man requires daily 120 grains of albumen, 56 grains of fat, and about 500 grains of carbo-hydrates. But although no one was found to question or shake Voit's figures, they were always unsatisfactory in that they merely show what each of these persons with whom the tests were made, consumed, but not what they actually required to sustain the body in a normal and healthful condition.

Under all ordinary circumstances men may readily consume more food than that which is actually required to sustain vitality or bodily strength. But if, in connection with these tests, an effort had been made to learn from nature it would have been easily settled long ago that it is absolutely unnecessary that food for man should contain any large quantity of albumen.

This knowledge could have been obtained by an analysis of mother's milk.

We must of necessity recognise from the start that the divine laws which govern nature are perfect.

In view of this, as we note that human milk contains only $1\frac{1}{2}$ per cent of albumen, while cow's milk contains $3\frac{1}{2}$ per cent, the only conclusion is that this difference exists because the calf develops and becomes full grown much more quickly than the child. And this position is further established by the fact that human milk invariably contains the greatest quantity of albumen during the period when the child grows most rapidly, and decreases when the child's growth is diminished, as compared with its total weight. By this it is evident that the greater quantity of albumen found in the mother's milk supplies the growth of the child, and that the balance replaces all waste of tissue.

But by comparing the amount of albumen found in human milk with the quantities of fats and carbo-hydrates, we further ascertain that it is much less in proportion than that stated in Voit's propositions.

If in addition to this we note that as a great part of the albumen in the mother's milk is entirely for the growth of the child, we may safely and without any special test with mature man come to the conclusion that nothing near 120 grains of albumen per day is required.

This logical conclusion has, however, of late become a proved scientific fact through the excellent researches of Professor Chittenden and his assistants.—*J. Ottosen, in Rationel Ernärning, translated for Life and Health.*

DR WILEY told how he met an undertaker in Indiana and said, "How's business?"

The undertaker, with a long face, replied, "Rotten! Since the sanitation laws have been working, business has dropped off. Why, three years ago, I used to be able to buy coffins in the winter to store up for summer trade!"

Thorough Mastication an Aid in Gaining Health and Efficiency

BY P. M. KELLER, M.D.

To read the daily papers and current magazines one cannot help but be impressed with the large number of articles the object of which is to increase our efficiency. The most casual observer must recognise that in this age of strenuous life and keen competition we must be strong in mind and body. What is it that would help to make it possible for men to attain at least almost 100 per cent efficiency?

"Eating little and wisely," says Louis Conaro, a man who lived to the ripe old age of 104, and began to write books at the age of eighty-three, "lengthens a man's life, and the man who does not swerve in the least degree from this rule can be slightly affected by incidental mishaps." This remarkable centenarian enjoyed superb health, and died as a little child goes to sleep. Tinterette, the artist, painted a portrait of the wonderful old man, which may be seen in one of the palaces of Florence, Italy.

In the introduction of a book written by Conaro he says: "When I behold a table set out in all its magnificence for a fashionable dinner I see gout, dropsy, fever, and lethargy lying in ambushade."

It is perhaps a safe estimate to say that four-fifths of our sickness is due to digestive causes, and that almost all of these may be removed; because at the alimentary portal for disease occurs the one voluntary step in the whole process—mastication, sometimes called Fletcherisation, the basic principle of which is thorough chewing of one's food. Mr. Fletcher has said:—

"Of our thirty feet of alimentation only about three inches are under our own control; but with these three inches we manage to do enough bungling to frustrate the beneficial operations of the entire thirty feet."

Take care of the first two years of human life, and the rest will take care of themselves. This is true not only of organism itself, but of the functions also. Proper feeding habits practised throughout the first two years will tend to last for life. Those who are accustomed to bolt their food often swallow large lumps totally unmasticated, but as Dr. Van Someron, son-in-law of Mr. Fletcher, has pointed out, once the habit of efficient mastication has been acquired, the swallowing of such masses is effectually prevented by a pharyngeal reflex (*i.e.*, the instinct becomes so strong that a large, unchewed lump cannot be swallowed). It is therefore of the utmost importance that children should learn to masticate thoroughly as soon as they have the teeth to do it.

Mr. Fletcher has further said: "It is a fact, and a fact that we should all bear in mind, that it is entirely possible to feed for efficiency, or for inefficiency; to feed for morality, or for immorality; to feed for temperance, or intemperance; to feed for irritability, or for amiability. And with such objects before us to avoid or secure, is it not a sacred function that we are called upon to perform within the beautiful area of the mouth? And what a wonderful place the mouth is! It will stand more heat, it will stand more cold, it will stand more abuse, it will give more pleasure than almost any other area of the body; and we have neglected it frightfully. We have not only missed our opportunities in bolting food, but we have suffered untold misery as the result of the return of acid fumes to the mouth; as the result of indigestion, the result of our neglect."

Here, in Australasia, we find on the table, as each meal is supplied, the ever-present cup of tea. Tea is found an easy

adjunct and assistant in the bolting process.

To be healthy we should cease drinking one-half hour before meals, and take no drink during or immediately after meals. About two or three hours after eating, pure water may be taken quite frequently, but it is best not to take more than one half-cup at a time, and this should not be taken too hot or too cold. The time to drink water freely is when the stomach has emptied itself of food, say, one-half hour before breakfast, or at night before retiring. In some cases of gastric catarrh a hot drink one-half hour before each meal is very beneficial as a cleansing agent. Hot drinks should only be taken as a medicine, not as a beverage, and the practice should not be continued long.

The digestion of starch commences in the mouth, and continues for some time after it enters the stomach. Many of the gluten and vegetable albumens are surrounded by starch. As soon as the starch is digested, then the gastric juice has opportunity to digest the albumens.

The saliva itself acts as a gastric stimulant; consequently the more saliva produced and mingled with the food, the more stomach fluid will be secreted, and the more thorough will be the digestion of the albumen. Too much stress cannot be laid upon the necessity of thorough mastication, since both starch and albumen digestion are so greatly influenced by it.

Professor J. P. Pawlow, Director of experimental Physiology at the Russian Military School in St. Petersburg, and recipient of the Nobel prize in 1904, has conducted in the last ten years many experiments that have changed teachings on the subject of digestion. Until Pawlow's time it was thought the digestive juices acted as the result of mechanical stimulation. He called attention to the fact that the mere act of chewing stimulates the secretion of the gastric juice. He discovered that as soon as the food entered the mouth and the process of chewing began, the stomach made preparation for its reception by pouring

out its fluid. There exists a telegraphic communication between the mouth and the stomach. The more thoroughly food is masticated, the more abundant will be the flow of the stomach fluids.

"The passionate longing for food and this alone," says Pawlow, "has called forth, under our eyes, a most interesting activity of the gastric glands. . . . We are therefore justified in saying the appetite is the first and mightiest agent of the secretory nerves of the stomach. . . . A good appetite is equivalent to a vigorous secretion of the gastric juice."

Thus it is evident that we should eat in that way which gives the greatest pleasure, thoroughly masticating and tasting. We should eat to live rather than live to eat, and in eating wisely we will secure health and efficiency.

Our Decaying Race

THE report of the Chief Medical Officer of the Board of Education (Sir George Newman), says an exchange, is of such a nature as to be positively alarming, and it reveals facts that are of far greater importance to us as a race, than the Parliamentary squabbles and international intrigues which occupy so many columns of our newspapers every day.

Over six millions of children attending elementary schools of England and Wales have been examined. Their list of ailments is as follows:—

Disease.	Number of Children.	Per Cent.
Defective vision (serious)	600,000	10
Defective hearing	180,000	3
Suppurating ears	60,000	1
Adenoids	360,000	6
Decayed teeth (extensive)	2,400,000	40
Ringworm	60,000	1
Tuberculosis (readily recognisable)	60,000	1
Heart disease	60,000	1
Total cases of disease	3,780,000	63

These facts conclusively prove that the future British race is being handicapped by malnutrition, and that there is urgent and imperative necessity for dietetic re-

form. There is also need for the education of the masses of the people concerning the value and maintenance of health; and it would be difficult to find any more patriotic and philanthropic endeavour than propaganda that has these ends in view.

What Food Reform Has Done for Me

A Personal Testimony

IT is over forty years since I commenced the practice of medicine, and during the whole of this period the subject of dietetics has engaged my serious attention. For the majority of these years it was a case of groping in the dark, as I, in ignorance, accepted, as truth, the dogma that flesh food is necessary for the upkeep of the human frame, and this, notwithstanding the fact that its ingestion is responsible for a great many of the diseases which afflict mankind. The force of habit, however, so often responsible for errors of judgment, was sufficient to obscure my vision to such an extent that, in spite of my knowledge of the anatomy of the alimentary canal in man, and the analogy of this to that of the frugivorous animals, and also the great difference both in its structure and length to that of the carnivora, I failed to take advantage of that knowledge to its full extent. And this, I think, is why so many are misled, and still adhere to those habits inaugurated by their barbarous ancestors, and why so much disease is prevalent in this enlightened age.

Early in the eighties the truth dawned upon me that the undue retention in the colon of the highly offensive material, which a flesh diet is largely responsible for, led me to the conclusion that the absorption of the liquid portion of this into the blood, producing a form of blood poisoning, could have no other effect than that of vitiating the blood, and thus rendering the system prone to disease of every description.

These views I embodied in a paper to the *Lancet*, and, two years afterwards,

the late Sir Andrew Clark contributed a paper to the same journal on similar lines. Neither of us, however, I may add, were at the time cognisant of the pernicious effect a flesh diet exercised upon the excreta, and it was not until some years afterwards that I realised this, and came to the conclusion that, in this, there existed a potent factor of disease. Is it not strange, then, that in no school of medicine, that I know of, does the subject of dietetics receive anything approaching to careful consideration as a portion of the curriculum?

It will thus be perceived that my environment was not conducive to a quick perception of the evils that constantly threatened one; and which, I may add, threaten *everyone* who is foolish enough to continue ignoring those laws which have been enacted for our guidance, and which our anatomical and physiological conditions clearly point to as conducive to health and a green old age.

So tenaciously are we liable to adhere to long established habits, and to be blinded by these, even though health is being sacrificed in the meantime, that the folly of it is frequently not realised before it is too late, hence the prevalence of disease, which in 90 per cent. of cases, and I say this advisedly—is *preventable*.

It is not to be wondered at then that I became an advocate of a reformed diet, which I adopted eight years ago, so that it will be perceived it took a long time for me to come to my senses. My excuse, however, must be that I neglected to avail myself of the logic of facts, and this was due to my vision being obscured by clouds of ignorance, which prevented me recognising and obeying the dictates of nature and commonsense.

I now come to describe what a reformed diet has done for me, and, I aver, it would do for everyone who is possessed of the good sense to adopt it. Physically, as all my friends constantly testify, it has promoted a healthy vigour, so that now I feel and look a younger man than I did ten years ago. To illustrate this, I showed a photograph I had taken in 1900 to a

friend, who did not know me then, and asked him what he thought of it. He replied, "It is an excellent likeness, only it looks older than you." Older, mark you, than I do now, and yet it was taken eleven years ago. Then I feel as fit for work as ever I did. I enjoy my food, and digest it to my entire satisfaction, while I derive more benefit from my two meals a day—which I have adopted—than three meals ever afforded me, and which at one time I thought were essential to keep body and soul together.

Of the effect a reformed diet has had upon my mental powers, I feel I must "Ca canny," as we say in Scotland, as that is for other people to judge. What I can affirm, however, is and without any wish to be egotistic, that during the period since I adopted my present mode of life I have accomplished more literary work than can be placed to my credit, during the whole of my life, prior to 1903.

I feel I must apologise if the "I" has entered so largely into the above remarks, but as my object is to accentuate the benefits which have been derived by me from a reformed diet, and in the hope that many will follow my example, I

advance this as my apology to those who take exception to such tautology.—*Robert Bell, M.D., F.R.C.P.S., etc.*

Bread of the Viking Age

DR. SCHNITTGER, Professor at Stockholm University, has made an interesting find relating to the remote past of his country at Ljunga, in Eastern Gothland; viz., some bread dating from the time of the Vikings. Microscopical examination has shown this bread to be made from pine bark and pea meat, thus proving the fact that peas were grown in Sweden as far back as a thousand years ago. Archæological excavation has so far brought to light only a few specimens of bread dating from ancient or prehistoric times. The few loaves excavated in Egypt and in Swiss lake dwellings are of the highest archæological interest. In the northern countries only one or two finds of this kind have so far been made, foremost among which should be mentioned a corn-meal loaf dating from the fourth century A.D., which was discovered by Dr. Schnittger in 1908 in connection with the excavation of Boberg Castle.—*Selected.*





“’Twixt You and Me”

Things

HOW many of us are abject slaves to “things.” It nearly kills me to clean house, says one, for I’ve so many “things.” They all have to be cleaned and dusted twice a year, and a good many have to be repaired. It takes me all the time, says another, to keep my house even decently tidy. We’ve so many “things” it takes one woman all her time to care for them. And so we go, all of us, wearing our energy away, puttering our time away, enslaving ourselves to “things.” What kind of “things”?—Oh, curtains and portieres and draperies and couch covers and sofa pillows and crazy quilts and vases and things you buy at the store and cheap pictures and tag ends of dishes that you’ve no use for and which you bought at a sale, and rugs and carpets and blankets and birds in cages and artificial palms and wax flowers and enlarged pictures and statuettes and rocking chairs and big heavy wooden bedsteads and tabourettes and pedestals and knickety-knackety stands and all of those other things which instalment stores advertise as making a house look “homey.” They make it look more like a second-hand store.

If we could work a reform in house furnishing, we should have wrought a miracle in the health and spirits of the women who take care of the houses, and so in the care and training of children and in the happiness and success of the marital relation, and so to the next generation, and then the millennium would be here.

But women will keep on being the slaves of Things. When a girl begins her preparations for marriage she begins to gather about her—Things. She collects cushions and draperies and curtains and dishes and gew-gaws of all sorts. Men and women are a good deal like the jackdaw who steals everything and anything he can get his beak on to carry off to his hiding place—except that the jackdaw steals because he doesn’t know any better, and people spend their money and energy on buying Things because they don’t know any better. A woman will sit for hours in a close room embroidering some foolish little piece of linen for her table, injuring her eyes and wasting her strength when she might a good deal better be out in the sun and wind and air getting strength and health stored up so she can be happy and cheerful and nerve-less instead of nerv-ous.

We believe, as no one better, in a beautiful home, but there are a variety of opinions as to what constitutes a beautiful home. Every nation, every age, every decade, almost every year has a new conception of beauty. A few years ago walls were decorated with cardboard mottoes, cardboard picture frames, worsted flowers, wax wreaths, hair wreaths; tables were littered with conch shells, star fish, bits of coral and seaweed, bearing testimony to the travelled accomplishments of some member of the family, and so to be displayed in pomp and pride. Another time we carted in great armfuls of cat tails and sunflower stalks—which wasn’t so bad

because we had to go out of doors to get them. We painted the butter bowl and value in bringing comforts into the poor man's home. Possibly, too, there is an



Keep all unnecessary things out of the dining-room

argument in favour of the cheap, "pretty" Things. Very likely the bisque and plaster-of-Paris figures, the pictures and other trucky things one sees in cheap stores, satisfy a certain longing for beauty that the very poor could not otherwise have satisfied. If so, they may have their place, but if we could be taught that it is better to save small coins and buy one really good picture for our walls, instead of ten cheap little things, a valuable stride would have been taken in our education toward better—Things.

the jellycake tins with winter scenes, and sprinkled diamond dust over them; we painted bottles and cloth and dustpans and everything that wasn't being used in the oven—and thought we had an "æsthetic taste!" Then we swung over to big Bibles and enlarged pictures and cheap *papier-maché* and plaster-of-Paris figures and vases; and I don't know just where we are now. I've sort of lost interest in—Things. It's a phase that all home-making people have to go through more or less, but the pity of it is that the majority of them go through it—more.

A goodly share of the working man's wages goes for worthless trash. Countless valuable things, good enough for anybody's use, can be bought of inestimable

We must have some Things of course —wardrobes to keep our clothes in, beds



A plainly furnished room requires but little time for cleaning

to sleep on, chairs to sit on, dishes and tables to eat from. If we eliminated Things entirely from our scheme of life we should be no better off than our ancient

ancestors. But we can learn the beauty of simplicity in Things, and that is a lesson upon which we are almost universally ignorant. A dining-room is a place in which to eat. The only things needed there are a table, a proper number of straight-backed chairs, a sideboard, serving table, and possibly a closet, or cupboard, for dishes. Nothing else is needed,

someone to dust them. The house mother has too many really important things to do for her to spend her time dusting useless plates. If the dining-room serves as living room as well, then some leniency may be had in the furnishings, and those things added which are necessary for the comfort of the family.

Bedrooms should have nothing what-



An Ideal Enclosed Verandah

Sun baths may be had here to perfection.

but to add to our pleasure we may have growing plants or cut flowers. Absolutely nothing more has a place in this room. If there is a mantel let it hold a clock, a vase for flowers, possibly a rare or treasured dish, but nothing else. Plate rails are dust catchers. Dishes hung about the walls add little or nothing to the beauty of the room unless they are very rare or very beautiful, and you can afford to keep

ever in them but the bed, a chair, a wardrobe, or dressing-table, and whatever other furniture is absolutely needed for dressing and sleeping purposes. Any superfluous curtains, draperies, decorations, or bric-a-brac are collectors of dust and germs, and act as conveyors of poison to the lungs.

Floors might better be bare if one can afford smooth floors, although in these days of vacuum cleaners, carpets can be

laid over a bad floor and still be kept free from dust. Useless rugs laid about here and there for ornament are a nuisance. All vases that carry no message, have no memories, have no use, and are not particularly and especially beautiful, so giving pleasure and comfort to the soul, might better be thrown at once upon the junk pile along with useless draperies and other trash.

Go over your house carefully, and see how many perfectly useless Things there are in it; how many Things you are dusting and handling every day or every few days, Things that are just—Things, with no utilitarian purpose in the world.

If ever I build a house—and I hope to some day—I shall have very few rooms, and these with plenty of room and light—rooms that have but two windowless sides to them anyway, and one where possible. I shall have sideboards and closets and all possible furniture built in so they won't have to be handled in house-cleaning time (and, anyway, there shan't be any house-cleaning time), even though in so doing I deny myself that pleasurable prerogative of womankind—changing the furniture about. I shall have smooth, bare floors and few rugs. I shall have few pictures, and those chosen because I love them. What vases are about will be there to hold flowers. There will be two or three good figures—plaster, if I can't afford anything better. I shan't worry if I can't. The beds will be comfortable, but exceedingly plain. There'll be no hand embroidery on my linen, if I have to do it myself, although I'd like it to be of good quality. The dishes will be as fine as I can afford, and as beautiful as I can get for my money, but there won't be any more than I need. And if I break one I shan't even sigh. But there shall be plenty of garden and lawn and verandah—heaps of verandah, and on the verandah will be good, comfortable, solid furniture—wicker, I think, with hammocks and lounges, for my house shall be an outdoor house with a comfortable inside

to live in when you can't live out. I shall have nothing to take care of that I can possibly avoid, and I shall be no slave to Things.

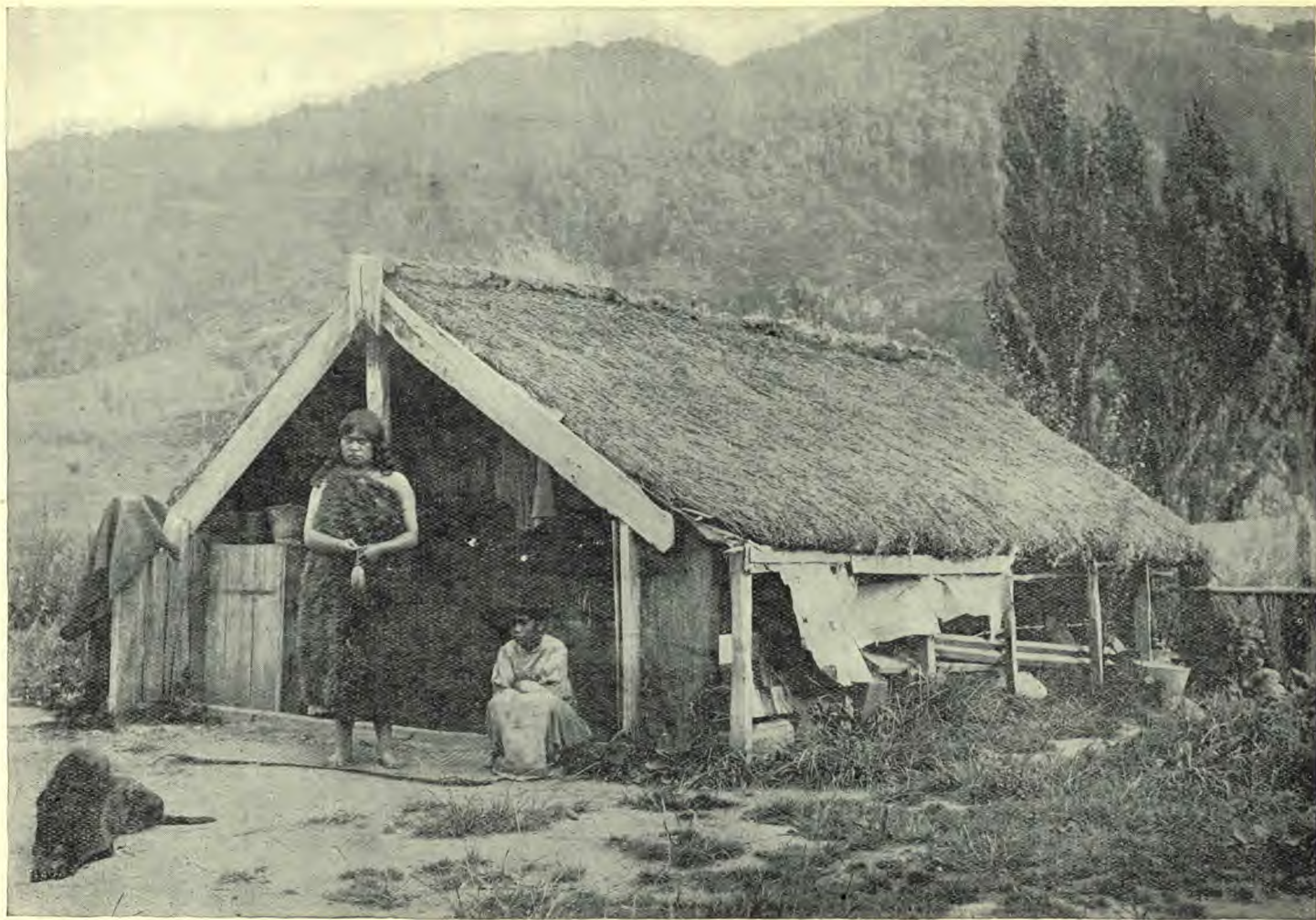
Sometimes I think the women who are living in the greatest simplicity because they can't afford more Things are the best off. They are mourning because they haven't the money to get into a store with and go on an orgie of spending, but if they buy they've got to spend all the rest of their time taking care of what they've bought. Now they can work in the garden, play out-of-doors with the children, walk in the woods, read under a tree, or help in the field because there are no Things in the house to be taken care of.

I am quite well aware that it will not be possible to interest the young housewife in any warfare against the collection of—Things. Her whole aim and ambition for the first few years is to collect Things. But the older homemaker, the woman who has become tired and fagged out in her service to Things will, I fancy, be glad to go through her home with me and see what can be dispensed with, what can be traded off for an hour or so each week if not each day, of precious outdoor time.

When you come right down to it, what are Things good for, anyway, except as they help you to live more easily? And the majority of them serve exactly the opposite purpose—they make you live hard.—*Della Thompson Lutes.*

Watch the Throat

THE greatest care should be exercised in regard to children's throats. At the slightest indisposition a child's throat should be examined immediately. A good method is to take a large silver spoon, and hold back of a lighted candle, with inner surface turned toward light. Place before mouth, reflect strong light into same. One can ascertain condition with absolute certainty.



A Maori House, New Zealand

This kind of house does not require much artificial ventilation.

By permission of N. J. Caire, photo., Melbourne.

The Training of Our Girls

HOW many mothers are training their girls for the cares and responsibilities of life? I do not mean just caring for them, loving them to their injury by keeping all responsibilities out of their lives, but, by wise guidance, teaching them how to meet such responsibilities, preparing them for that which is as sure to come as that we shall eat three times a day.

To begin with, what are you doing to create permanent "Ideals" for your daughters to strive for? Is your daughter finding sympathy and understanding in you, or does she have sympathetic friends outside, gradually drawing her away from you? Are you her comrade and confidante? Are you living your own life separated from your girls—and your boys too? These are questions each mother should ask herself, and then have a care that her life is such that they may be answered well.

The training of our girls is a very serious matter, and calls for self-training and self-examination on the part of each and every mother. Mothers are the examples which always influence even the baby. Right here is a large responsibility. Do you discuss your neighbour's affairs? Remember that just so will your children do. Are you selfish? Then selfishness will influence your girls. Are you thoughtful, generous, and sympathetic? So will it be returned to you. Oh, this mother business is a great one, calling for all the skill and love and wisdom you can accumulate.

We all know the courteous boy and girl, but do we know many such? Now just what is courtesy? Nothing but gentle, kind thoughts for all, which are bound to show in kind acts. Just think of how much the face reflects kind thoughts and the desire to serve others, and out of sheer vanity one would suppose girls would practice with increasing regularity until this love expression would be

habitual. The ideal girl could not be rude. Too few show the kind smile that helps, too few reach out the strong hand and with courteous greeting make even the stranger feel at home.

But mothers must lead the way. Not in selfish absorption of their own particular loved one, who, of course can do no wrong, but in watchful care weeding out her own selfish tendencies (we all have them), putting in whole armfuls of love, truth, and honesty, to build up their character. This is the ideal mother's task in hand. She must train herself if she would wisely train her girls. She must make her own "Ideals" worth her striving, before she is ready to lead her girls upward.

Discretion, I honestly believe, is an "Ideal." How few possess the discretion which is really tact. A mother who recognises this is a long way on the road toward peace. Someone once said: "What we never say or write will never cause us regret." The discreet girl will never be over-smart in her talk, lavish in money-spending; never argues, never criticises; and, if added to this quality of discretion she is lovingly sympathetic, she is surely cultivating an "Ideal" well worth striving for.

Manners, too, become an "Ideal" to work for. Of course manners, to a certain extent, are the reflection of what is inside, but surely capable of development. Carrying oneself with nose high in the air, is not indicative of superiority. I knew the greatest and sweetest of little ladies who would have graced any court, and who brought joy and peace to every home she visited. She never studied any rules of etiquette, I am safe in saying, yet she practised them all.

And what made her the lady? Just this, she was uniformly quiet and gentle. Her voice, like Annie Laurie's, was low and sweet. She always had a kind word for everybody, and a smile which would

lift your profoundest gloom; more than that, you felt rebuked for being gloomy in this beautiful world. I have never met another quite like her.

This is my understanding of her: First of all she felt a generous, great love for all humanity, and then she lived it. Her life was lived according to the Golden Rule, literally and truly. She was gentle because she had only the gentlest of thoughts for all.

Criticism is rampant in this age, and is death to love in its broadest sense. Cultivate generosity of thought in your girls—anyone can be generous in gifts—it will surely produce gentleness of manner.

The cultivation of the voice is also necessary. There are more hard voices now than soft and musical ones. There is more attention paid to singing than to talking; more attention to vocal gymnastics than to a well-modulated, every-day and to-be-lived-with voice. Loud and noisy laughter is too often heard.

Loud voices do not mark the lady anywhere, least of all in public places. If girls only knew how much the quiet ones are admired, there would be an age of quiet girls instead of the noisy ones demanding attention everywhere. Do not train for the appearance only of a lady, but like my friend in the hills, be one, with love and truth in your heart, feel and live like one, and your appearance and manner will reflect the glory. Is this not an "Ideal" worth striving for?

"The world delights in sunny people," but most of all in sunny girls. It is upon the shoulders of the mothers that this responsibility lies, for it is not all temperament. The mother, first of all, must set the example of a cheerful countenance, even if all the irritating things of the house combine against her. If mother is snarly and loses her temper easily, when her girl reaches maturity she will, very likely, be just what her mother has been in these respects.

The girl who is constantly analysing the motives of others, and her own actions as well, of a necessity is selfish. It may be because she is selfish that she is so

critical. The two are closely interwoven, and this combination does not make the sunny girl. These are habits hard to get rid of, and should be nipped in the bud. The woman who has this habit of criticism would hardly be charming, and that is what we wish our girls to train for. Do not let the habit of distrust grow in your girl, either of others or of herself. This, too, is "Ideal."

Help your girls to a proper appreciation of themselves, not to make them vain, but to rid them of self-consciousness. Let them know that you see their good points of looks, and that you appreciate their efforts, and you will not have the regrets to carry that I have. I always told my first children that if I did not criticise or correct they might be sure I was pleased. I never praised, for that might lessen effort. Now I believe that it would stimulate effort. I never told them of their good points in appearance for fear of creating vain thoughts. I humbly apologise to those children of long ago, but that will not bring back lost opportunities for giving well-merited pleasure, for we do love to be appreciated. They say I am spoiling these other children!

Do not let your girl get the idea into her head that any work of the house is petty. If she does get it, help her to get rid of it at once. All of the ideals of life have a common centre in the home. Can any part of the home-creation, even the dish-washing, have anything "petty" in it? When an ambitious woman is filled with real and true ambition, she regards every act of the day as a stepping-stone toward a greater and more important work. Discontent too often masquerades under the guise of ambition, luring its victim and blinding the eyes.

I think I have seen more discontent in the kitchen than anywhere else. Nearly every girl dislikes the daily routine of the kitchen; some like to do the pretty work of cake and desserts. Yet, if a meal should be left out, and the dishes left undone, those girls, as well as the family, would be disqualified for the larger things aspired to. Does not this prove how im-

portant a part of life is this work which some call "petty"?

To every woman who makes each little thing about the home of sufficient importance to lift it out of the feeling that such work is "petty," will come the larger opportunity, for she, her own little self, will have created it. Unless one can prove equal to the smaller duties, how can one hope to master more important ones? Making the home attractive certainly is a great "Ideal," and everyone knows that "The way to a man's heart is by way of the stomach,"

But the gravest responsibility of all the many responsibilities which the earnest mother has to bear and qualify for, to set the example for, is that of marriage. This work should begin in infancy. Health, strength, a proper regard for the body, must be all made into "Ideals" to work and strive for. Motherly sympathy at the crucial age is the girl's right, yet how often these girl children must go through this period unhelped save by injudicious help from outside.

"Mother" with all that the dear title implies should give her girl-child the knowledge which protects. Happy are the girls and boys whose parents understand and appreciate the most critical periods of their lives, and whose sympathies make them friends of all; who delight in hearing their confidences and encourage the coming together of the young people in homes where the games are most enjoyable that are shared by the parents. The mother should make her daughter understand that real love does not come for the seeking, but will come upon her unawares, and she must be ready and worthy of the honour. It comes because we go on working, making ourselves worthy of it, then it suddenly appears before us when we least expect it. It does not come to the woman who is seeking selfishly for all she can get out of life.

Without this true and holy love, a girl's life is in danger of becoming a failure. So it is in the mother's power to avert such a failure, if she can make home so

attractive, herself so good a comrade, that her girls are held by the attraction of home-love until years of discretion are reached.—*Elizabeth Atwood.*

Dot's Pantry

"MRS. BROWN was cleaning her pantry, mamma," said Dot, coming home from an errand. "She had everything out of it, and was working very hard. She says it will take her all morning, and she will be real tired all day."

Mamma smiled.

"Don't you ever clean your pantry?" Dot asked when she had put away the basket of eggs she had been sent for.

"Go into the pantry, daughter," said her mother, "and if you think it needs it I will clean it to-morrow."

So Dot ran into the shining pantry, but not a speck of dust or dirt was to be seen.

"But how is it that I never see you clean your pantry, while Mrs. Brown cleans hers quite often?" she asked puzzled.

"Well," mother answered, "I think you are old enough to understand the method because it applies to other things besides pantries. I never allow my pantry to become dirty, because I do what little cleaning is necessary every day, never neglecting it until it is dirty and in such a condition that I have to tire myself out to set it right again."

Dot was silent a moment, then she said: "Mamma, that's something like me. I think I am a 'Mrs. Brown' kind of person, because I let myself get real naughty and careless, and then when I make up my mind to be good it's such hard work, and after a little I'm as bad as ever again. I think hearts are something like pantries, because a pantry is where we store the food that keeps us alive, just like the heart is that keeps our body alive. Do you think so, mamma?"

"Yes," her mother answered, "I said it applied to other things besides pantries."—*Faue N. Merriman.*

Injurious Habits of School-Children

By Emelyn L. Coolidge, M.D.

CHILDREN of school age often contract injurious habits unnoticed by the parents or the teacher until much harm is accomplished. At this age the bones and muscles of growing children are very pliable, and considerable injury may be done the tender framework and muscular structure of the growing body.

If a child is allowed to sit bent over his desk or book in a more or less humped-up position for any length of time, the muscles of the back will soon become weakened, and before long the child will be round shouldered, or the spine will become curved. Great care should be taken to see that the seat and the desk are perfectly comfortable and fitted to each child's size. The child's legs must not dangle in the air, but must rest firmly on the floor, and the back of the seat must afford proper support for the child's back. When the child is studying or reading at home a comfortable seat and table should be provided for his use, and he should not be allowed to curl up in an easy-chair or lie on the floor or couch while he reads or studies.

Faulty methods of standing are also harmful. I have seen children who have formed the habit of standing more or less on one foot. This may throw the body "out of gear;" one shoulder will become more elevated than the other, and also one hip raised, if the faulty position is allowed to continue too long.

Walking on the sides or edges of the feet is another thing some children seem to delight in doing, and sitting with the legs crossed and the feet turned in is another position often seen. Both of these habits are more or less harmful.

All of these faulty positions may be corrected if taken in time both in school and at home. Therefore the teacher and the mother should co-operate in overcoming these faults before it is too late.

Reading in a poor light is another thing school-children are apt to do. In most schools the light is properly arranged so

that the child's eyes are not under a strain, but at home very little attention is given to this important subject. Reading by the flickering light of a wood fire is especially bad for a child's eyes, yet how many children love to sprawl out on the rug before the fire and read by its light! When reading the child should be provided with a good light that falls over his left shoulder. He should not be allowed to read so long at a time that his eyes become tired or feel strained. If it is noticed that he holds his book nearer to his eyes than is customary he should be taken to an oculist and have his eyes carefully examined. If found necessary glasses should then be fitted to his eyes. —*Ladies' Home Journal*.

A Successful Mother's First Step

A VERY successful mother of several children was asked not long ago what was her first step in the training of each child. Her answer was illuminating: "My first step was to teach my child that there are very definite limits to his privileges, and that to exceed them will be fatal to his happiness. That arrested his attention at once, and commanded respect for me. I always explained to him why I asked him to do anything. If I refused I gave a reason—always. I never allowed the slightest request of mine to go disregarded. I never ordered; I never commanded; I always asked, requested, and always got the same result, of course. The first noticeable result was that, as little as he was, my child always looked at me when I spoke to him. That may seem like a small matter, but it is not. It is the beginning of a respect for mother that is so desirable and so very rare to-day. It is also the greatest aid in securing obedience. To address one's instruction to the back of a child's head is an injustice to the child. One cannot be sure whether he understands or not. If he does not, to punish is unjust. If he does, to fail to punish amounts to a lesson in disobedience and disrespect. I always spoke his

name in a distinct and positive way; I never raised my voice. I put firmness in it. I was always fair, listened to his little side of a matter, or, before he could explain, tried to project myself into his point of view. He knew I was fair, and so he was never afraid of me. I never expected him to remember from one day to the next; I was content with the lesson of the moment that he must heed and obey. The next day the same instruction was repeated, and after a few repetitions that particular point sank in. So with each point. That was my first step with each child, the girls as well as the boys; and in the case of all six I do not believe I could count a hundred cases of disobedience. And in every other case that this plan has been tried it has succeeded."—*Selected.*

The Importance of Story-Telling

"TELL me a story!" is the oft-repeated cry of every child, but every parent does not respond. One says, "Oh! I do not know any stories." Another will offer to read a tale; will indiscriminately take up a book; choose the shortest story, and without any thought as to the disposition of the child, will proceed to read in a dull, monotonous voice. The child fidgets! tries to turn over the leaf to see what is coming next! The reader feels annoyed and irritated, and openly declares that the child does not care for books. Poor child! an older person in the same position would have fallen asleep.

The fault lies with the reader, not the child. Granted! written words rarely produce quite the same effect as *viva voce*

delivery, but let some other person read the same story to the same child, using a certain amount of emphasis and modulation, pause and pace. For the expression of joy, the voice should be quick and bright; for grief it should be slow; and for passion rapid; for tenderness, soft and lingering. Would the child still fidget? Ah! no, not if the subject is within the range of the childish comprehension, and the language simple and sincere.—*The Child.*

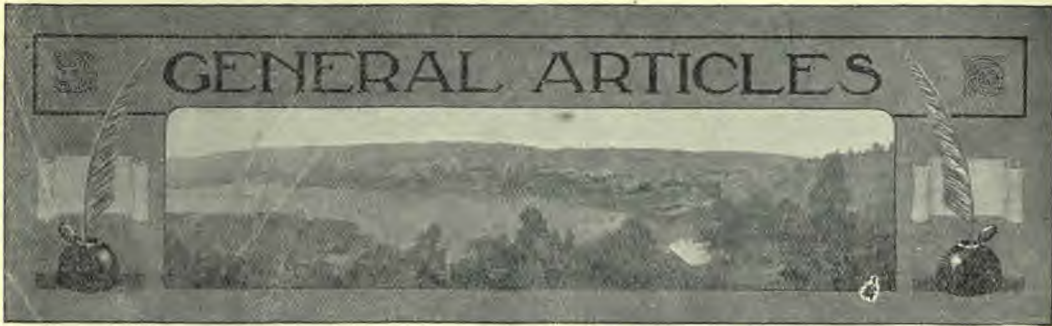
On Nagging

MY son taught me a lesson on the subject of "nagging" when he was but four years old, and one that I have never forgotten. He had been guilty of a small misdemeanour and had tried to wriggle out of it by not telling the exact truth. I gave him a mild whipping; and, as has always been my custom, talked the matter over afterwards. I began by saying, "Now, Robert, if you had told me the truth, I should not have punished you."

He stood before me scraping one foot along the carpet, and he looked up at me and said, "What would you have done?" and I answered, "I should have only talked to you." "Well," he drawled, "how long would you have talked?"

He is a big boy in college now, but when times arise requiring a reprimand, and I get started, I still hear that little voice, "how long would you have talked?" and I go right to the point and say what I have to say on the subject. But, in the boy's own language, I "cut it short," and never refer to it again unless it is absolutely necessary.—*Harper's Bazaar.*





What Is Meant by Eugenics?

THE word "eugenics" is derived from two Greek words, meaning "good" and "birth," or "beginning." Our familiar name Eugene comes from the same source and means, literally, "well born" or "well begun." A learned man has defined eugenics as "the science of the improvement of the human race by better breeding." He might have added that it is the science which recognises mankind as equal in value to the beasts of the field; for if people generally had exercised as much care about mating human beings as they have done about mating the right livestock to produce a horse with speed and endurance, or a blue-ribbon dairy cow, or a hen that lays two eggs to every other hen's one, our race would have had a brilliant career.

Some such thought possessed my mind as I listened to the testimony of a witness the other day in a will case. When they asked him the age of his daughter Julia, who went to the bad, he had to stop and figure it out by recalling that she was born three days after his famous Holstein heifer, Bossie Blanket, and there was a record of that event in his herd-book. Think of it—a calf so much more important than a girl that its birth was worth recording, while the girl's wasn't! Why? Because, in order to get that particular kind of a calf, he had carefully selected both father and mother for it. He always has taken

immense pride in his success as a cattle-breeder, whereas, in his capacity as a raiser of a family he has gone ahead blindly.

A False Conception of Propriety

Oh, yes, there are a lot of sentimental people who object to treating the human race as if it were governed by any of the same natural laws that govern the lower animals. They consider it indelicate, or even irreligious. Their theory of life is that the Creator planted in us certain impulses, to which we should yield with becoming reverence for His omniscience, and trust Him to see us through whatever may follow; and that we had better not attempt to unravel, or regulate, the mysteries which He has seen fit to hide from our imperfect vision. It seems to me that whatever has been given us by Providence was given us, not to let run to waste, but to improve; otherwise the parable of the talents is meaningless. The sincerely reverent course toward the human race is to do all in our power to make it the success it deserves to be.

The scientists are devoting a great deal of time and hard work to this subject. Long before Luther Burbank appeared on the scene there were agricultural experimenters who used to try the effect of mixing the seeds of certain related plants, or fertilising the flowers of one variety with the pollen from another, or splicing two bulbs, to discover what sort of results

would flow from such unions. Grafting and budding, which involve in a measure the same principles, date back to a still earlier period. But of late years there has been a systematic effort to extend such experiments to the animal world and keep accurate scientific notes of them. Birds of one plumage have been mated with birds of another; guinea pigs and rabbits marked in certain colours have been mated with others decidedly differ-

both of whom have red hair; that two blue-eyed parents never produce a brown-eyed child; and several similar facts regarding personal appearance.

What Family Histories Show

But our modern scientists have gone deeper than this. They have taken pains to obtain the family histories of persons showing marked characteristics of body, mind, temperament, morals, etc. Some



A Flock of Prize Lambs

Sears photo., Melbourne

The breeder of these lambs has evident'y studied eugenics.

ent; and through these and similar tests we have caught a glimpse of the rules which nature always follows in handing down certain peculiarities.

On the same lines observations of the human race have got to a point where if a very blond man marries a very brunette woman we can foretell that their children will be divided equally between light and dark, though hair which starts light in infancy may darken somewhat later in life.

We have learned, also, that marriage rarely occurs between a man and a woman

of the facts are easy to ascertain, as they are known to a whole community.

Besides facts which are obvious on the surface the scientists are collecting confidentially a mass of information of the kind families usually do not talk much about to outsiders: like the private habits, whether steady or dissipated, of various relatives in past generations; the suggestions of possible insanity which may have cropped out here or there in the line of descent; the physical ailments to which a family has been most subject, whether resulting fatally or not. . . .

A Heritage of Poison

If the system of one parent or the other has become poisoned with alcohol or opium, or any other narcotic, the effect on the next generation may be terrible. There was a certain woman who for eight years led the life of a slave with her drunken, good-for-nothing husband, and in that period bore him three children. One died as a baby; another lived to be four years old, but used to have frightful spasms; the third, a half-witted boy, was taken in charge by the county overseers and kept in an almshouse as long as he lived. Subsequently the husband was killed, and the widow married a self-respecting, decent man. She had two more children, and both of these have grown up healthy and sane, a credit to their parents.

Not all the transmitted defects, though, are physical or mental. There are moral and temperamental peculiarities which can be traced with equal certainty to the shortcomings of parents or other ancestors. The marriage of two nervously excitable persons is liable to produce offspring of abnormal nervous excitability. Lack of moral stamina in both father and mother, leading to an easy surrender to temptation or benumbing the natural sense of responsibility, will usually fasten an unhappy heritage upon the children. Here you will note the descent of tendencies rather than of actual habits. The son, for instance, of a male sneak thief and a female pickpocket might never become either a sneak thief or a pickpocket, but his inherited moral weakness might cause him to drop into counterfeiting, embezzlement, or forgery, if the opportunity came his way to profit by some such furtive crime. So, also, the child of two habitual drunkards might never fall a victim to precisely the same vice as his parents, but the inherited weakness might reveal itself in willing pauperism, or in imbecility, or epilepsy. And no one who keeps his eyes open has failed to note how certain other vicious excesses, more apt to be concealed than

intemperance in drink, but just as sure to poison the body and soften the brain, brand the children of persons who have indulged in them; these commonly take the form of scrofulous disorders, deformed organs or disintegrating bone structure.

Now Look at the Other Side

I have spoken thus far of the hereditary defects passed on to later generations by ill-assorted marriages. On the opposite hand we find notable illustrations of what happens when an ideal match is made, or a series of ideal matches, such as have occurred, for instance, among the Darwins and the Barings in England. The Darwins, best known to the world through two famous naturalists, by intermarriage with other families devoted to various sciences and arts have produced a group of scientists, engineers, philosophers, literary men, manufacturers, financiers, etc., of very high rank, almost every member of two generations having become distinguished in some of these lines. One, by the way, Sir Francis Galton, is a leading authority on eugenics. The Barings, also by successful marriages, have developed a family of financiers and statesmen hardly second to any in England. In these two instances, as in others which might be cited, it is probable that the fortunate marriages have resulted not so much from a deliberate selection of partners with reference to their fitness for parenthood as from the influence of environment. The Darwins and the Barings, starting with a good equipment themselves, naturally sought their more intimate companionships among friends of congenial tastes and occupations, and propinquity did the rest. But even in that circumstance lies a lesson for all of us who have the care of young people and the direction of their associations—a warning against letting their drift into companionships, however un-sentimental in appearance at the outset, with persons of the opposite sex whom we should not welcome into our families on eugenic grounds.—*Ladies' Home Journal*.

Playtime in God's Great Out-of-Doors

BY GEORGE WHARTON JAMES

I FIRMLY believe that one of the greatest curses of our present day is that people are saturated with a love of the wrong kind of pleasure. They are amusement mad. They long for cheap, tawdry, sensational, untrue, sham shows. The highest are as worthless as the lowest; the fantasies of the grand opera and theatre as foolish, as unreal, as unsatisfying as the vaudeville or moving-picture show of the very poor.

Let me justify my strong words. I am not talking wildly nor in ignorance. I occasionally attend the grand opera or the theatre, and I know exactly how most of the moving-picture show films are made. In the grand opera, "stars," male and female, who are paid big salaries, come upon the stage, and to the most wonderful music of orchestra, sing of the most foolish and impossible things. They rant and rave, gesticulate and motion like lunatics; and because it is all done to such marvellous music, we overlook the falsity, the unreality, the sham; we speak of them as the limitations of art, and are not horrified at the folly and mockery of it all.

Just so with the theatre—much sentiment, much emotion, sham trees, glaring footlights, pasteboard crowns, glass jewels, a tin moon, thunder made with sheet iron, everybody dressed up in someone else's clothes, sham beards, wigs, eyebrows, everything on every hand sham, sham, sham. Yet we say, "The drama holds the mirror up to nature." If this be true, then indeed is nature too often a sorry thing—sham, shoddy, pretence, and fraud.

Moving-picture films are shown of the passion play. Such a film was never made in Oberammergau. Men and women are trained to imitate the singers of the European village, and at Orange, N. J., or some other film factory, they go through the performance and the films are made. The Boer war was fought on the hills of New Jersey; and nine-tenths of all the

scenes presented are sham, sham, sham, just as our theatres are shams. About the only things that are real are the films of prize-fights, which are so objectionably brutal that the authorities in some countries have felt compelled out of common decency to prohibit them.

"What, then, shall we do?" someone alarmed at my indictment of the popular places of amusement, seriously asks. "Are we to be deprived of all amusements because those that are provided are sham?"—By no means; and it is to help suggest how you may find real amusement, amusement that has no sham, no delusion, no pain, no after-regrets in it, that I pen these words.

Learn that the true amusements, the real and genuine recreations of life do not come in stuffy, ill-ventilated, over-heated theatres, concert halls, and vaudeville shows, where immoralities and banalities mask as "life," and nothing is real but the injurious effects to the bodies, minds, and souls of those who attend, but out in God's out-of-doors, in natural, simple ways, where "as little children" we enjoy the kingdom of God on earth.

What more pure, sweet, simple, natural, and healthful pleasure does a child, youth, man, or woman need than to get out, in the proper season, by the seashore and paddle in the waters, or swim boldly out into the breakers, and beyond on the surging, swelling sea? If the little tots are allowed to take off only their shoes and stockings, yet how much delight they get as the unexpected wave comes dashing up and covers their tiny toes, their feet, and then their legs up to the knees. It is too bad that they cannot throw off their clothing, and fairly revel in the water and sunshine, giving the whole body a sun and air as well as a salt-water bath.

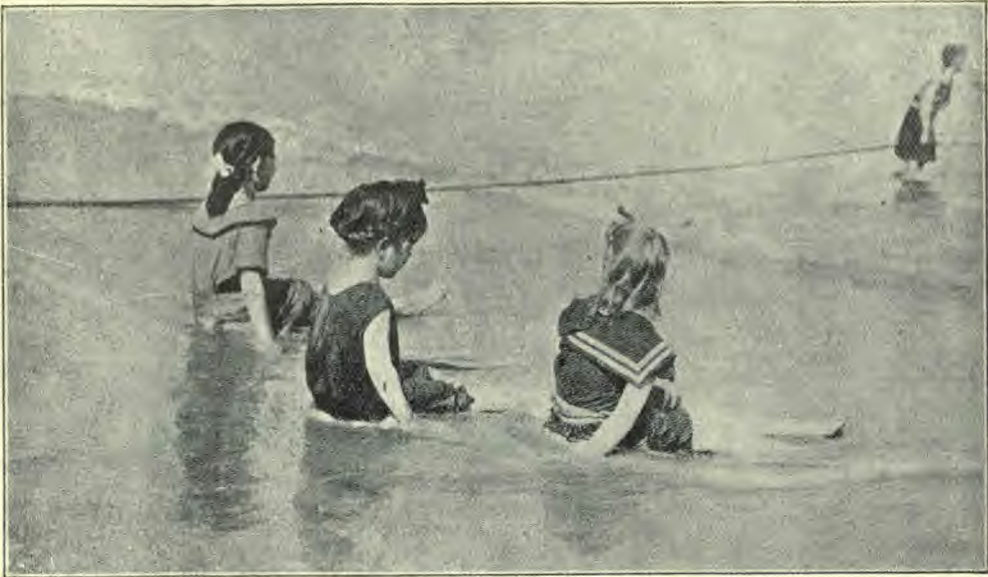
The little laddies and lassies in the picture are enjoying the water. They have been allowed to put on their bathing-

suits, and now, tired of playing in the breakers and being washed from head to heels with the dashing waves, they are sitting where the spent breakers partially cover them. They roll in the sand, build mimic forts, watch the air-holes of the sand-crabs and sand-flies, and feel the peculiar sensations of the returning wave as the water dashes back and carries the sand away from under their legs and feet.

All this is good. The body's pores need to breathe just as freely as the lungs;

development of the chest and lung muscles, as well as those of the legs, spine, and arms. An hour of such fun every day—*out-of-doors*—in all weathers, would make the children so healthy that doctors would be unnecessary.

Four years ago a mother of two little lads and a baby girl came to consult with me about her little family. The children were sick all the time,—croup, earache, throat troubles, catarrh, headache, stomachache, poor appetites, measles, whoop-



Little children enjoy the water

and the more opportunities given them for so doing, the purer, sweeter, and healthier the inside of the body will be. And the way to have happy, beautiful, obedient children is to help them keep healthy by following nature's ways of simple amusement in God's great out-of-doors.

Nearly as beneficial is the May-pole where little girls take hold of the ribbons, or far better the ropes, and run around, swinging and singing, shouting and laughing as they whirl around and around. When the ropes are used, the running, and the tension on the arms when the children hang on and swing, mean a rapid

ing-cough, etc.,—until she and her husband were worn to shadows, almost, caring for them, and their lives were made wretched and sickly by the children they had hoped would be a joy and a blessing to them.

In a few words I learned the trouble. They were being overfed, overcoddled, overheated indoors, and in every way made into artificial hot-air plants, instead of living and breathing in the open.

It did not take me long to express myself in clear and positive language. "Give them three meals a day of nothing but the simplest food, and no slop or hot drink of any kind to wash it down with.

Take off their shoes and stockings and let them run out-of-doors every possible hour of the day. Provide them with rough clothing so that you will not value their clothes more than you value them. Pay no attention if they stay out when it rains, except to dry and thoroughly warm them when they come in. Never allow them to eat between meals, and give them as light a meal as possible at night. Never urge them to eat when they do not want food. Better let them fast three whole days, absolutely, than urge them to eat one meal that they do not want. Whenever and wherever possible, winter and summer, let them sleep out-of-doors.

A month ago I saw these parents again. Their cares and worries were gone. Their children were healthy and vigorous, rugged and robust, and they had saved so much money from the bills they used to pay their children's physician that—and they were full of glee to tell me this—the husband was giving up his position as manager of a store, they were having a camp waggon built, and within a month they were going to start out for a trip to last over a year.

Think of the healthful joy of such a trip—a year of playtime because the children had been allowed four years of playing in God's great out-of-doors!

There is no need of your growing old so fast. How I pity the poor women who write such pathetic letters to the quack beauty doctors of the daily papers and get recipes for massaging the wrinkles away, and for "doing themselves up" so that they may *look* young.

The way to look young is to be young, and the healthy and happy woman is ever young; and there is no better way to be healthy and happy than to learn to play in God's great out-of-doors.

Another beauty enjoyment is to go boating when possible, on lake, pond, creek, river, or bay. Get the healthful pull of the oars, strengthening the arms, shoulders, back, and spine; breathe deep and fill the lungs with life-giving oxygen. Perspire if possible, and at the same time drink in the beauty of God's grasses,

flowers, shrubs, trees, clouds, sky, and sunshine. To play well is a good thing, to play out-of-doors is better, and to play out-of-doors with a grateful heart, full of love to God for all His gifts and keenly appreciative of them all, is best; for now, as in the psalmist's time, it is a good thing to sing praises unto the Most High.

The Law of Activity

By William J. Cromie

To what part of the world shall one go to find absolute inactivity—no action, no motion, no exercise? Can such a condition be found in the high Himalayas or Alps?—No; the geologist claims that these are continually changing, both internally and externally, crumbling away, by the action of the elements.

The river and ocean beds daily receive fresh deposits from the firmest rocks in the world. Worlds and planets revolve on their axis with amazing velocity. Our own world, the earth, goes whirling through space with frightful rapidity. Do we find activity any less in those great bodies of water, the oceans?—No; the movement of these waters is incessant. There is constant change in the ocean's mighty mass, its waters evaporating to the atmosphere, and then returning to the earth in the form of rain, hail, and snow, forming springs, brooks, and rivers, which flow into the ocean. The effects of the mighty power and action of water are to be seen in floods that destroy entire cities.

We observe incessant activity also in the vegetable kingdom. See the motion of tree and plant life as it waves to and fro in the breeze. In fact, vegetable life could not thrive were it not for the circulation of fluids through innumerable little channels.

In the animal kingdom is not this law of activity the same? We see it manifested in the playfulness of the kitten, the swimming of the fish, and the flying of the birds. Look at the man—in the form of a baby, how full of action he is! His

cries, kicking with his feet, and grasping with his hands, all indicate action to be the great law of his nature. As a child, he is still very active. Henry S. Curtis says that a child at six years of age does more walking in a day than at any other period of life. The child before it begins its school life, where it is kept under restraint, will get sufficient exercise because it is the natural thing to do. It will take its exercise, if it is a healthy, normal child, just as the kitten, fish, or bird, because it cannot help it.

The law of activity has made the world what it is. It has cleared the forest, drained the morass, explored the rich veins of deeply buried rocks, making us rich with silver and gold. Laughing at difficulties, it suspends majestic bridges over a river, builds a city over a marshy swamp, and pierces the mountains with tunnels. As a

mighty magician, Action walks forth into an unexplored land, and, waving his wonderful wand, those weary wastes are changed into majestic cities, in which the hum of industry is heard. In fact, exercising the body and the mind provides with daily sustenance the fifteen hundred millions of the family of man.

If self-preservation is the first law of nature, then activity of both mind and body is the first law, because it means self-preservation. Is there any reason why a man in middle life should be excused from daily muscular exercise, when activity is required of every other being or thing in life?—Certainly not. And while a man who is getting along in years may

not feel so much inclined to exercise as formerly, still he needs it all the more, for new organic changes are taking place. Muscle has changed, in part at least, to fat; he tires more readily, and there is waste matter in the system which has not been eliminated, due to his inaction.

When one says he does not need physical exercise, he is telling an untruth, and his body will gradually rust out from the effects of inactivity. Running water puri-



"Running water purifies itself."

fies itself; frogs do not croak in running water, but in the stagnant pool. The active, busy man has not the time to find fault and complain. It is the indolent man in whom we observe discontent and pessimism. It is not the friction, but rust, that ruins machinery. It is the ship at wharf, not the one at sea, that rots the faster. It is not exercise, but worry that kills. The law of activity excuses no one, weak or strong, poor or rich. The poor man must work in order to get money with which to secure food, and thus satisfy the cravings of his appetite, while the rich man must work in order to create an appetite.

The reason why more persons do not

take daily exercise is, I believe, because they do not understand its importance. It is deplorable that many of our people who are considered well educated, cannot possibly locate important internal organs nor describe their uses. "The time will come," said Frances Willard, "when it will be told as a relic of our primitive barbarism, that children were taught the list of prepositions and the names of the rivers of Tibet, but were not taught the wonderful laws on which their own bodily happiness is based, and the humanities by which they could live in peace and good will with those about them."

Of what use is education if one does not know that muscular inactivity means deterioration, that overeating and drinking cause disease, that late hours are shadows from the grave, and that dissipation and excess mean premature death. If one attends for hours a theatre or moving-picture show, where the air is heavily laden with carbon dioxide, need he wonder, after sitting in this bath of poison, at his headache and lassitude the next morning?

Someone has said that when the pores of the body are kept open by regular exercise, the pores of the imagination are apt to be kept closed against tainted subjects. Exercise regulates the flow of bile, and many of us carry our creeds in our bile-ducts. If they are healthy, we are optimists; if diseased, pessimists. "I always find something to keep me busy," said Peter Casper, when asked how he had so well preserved his strength of body and mind. "Doing something is the best medicine one can take. I run up and downstairs almost as easily as I did years ago, when I never expected that my term of life would run into the nineties."

When one of the most renowned physicians of France was on his death-bed, and the foremost medical men of France were at his bedside deploring the great loss the profession would sustain in his death, it is said that the dying man assured them that he left behind three physicians greater than himself—water, exer-

cise, and diet. "Call in the services of the first freely," he said, "of the second regularly, and of the third moderately. Follow this advice, and you may well dispense with my aid. Living, I could do nothing without them, and dying, I shall not be missed if you make friends of these, my faithful coadjutors."

The lower animals chafe under the restraint of forced inaction. The chained dog becomes cross, many of the birds pine away and die when their natural element is denied them, caged wild animals walk back and forth for exercise, and the horse that has been stabled for some time will try to run away when he is harnessed to a coach. In many cases, man, unlike these, is content to sit in an office all day, and omit exercise entirely. Such a man is living an unnatural life, and his system is gradually but surely rusting out.

Here is one of many illustrations that might be given to prove that physical exercise is beneficial to mankind: Dr. Edward Hitchcock, the late physical director at Amherst College, has shown by a series of physical examinations that the Amherst student of to-day is one inch taller and three pounds heavier than the student of 1870. A series of life examinations taken of the girls of Smith College, covering a number of years, reveals the fact that the girls of to-day are one-third of an inch taller, two and two-tenths pounds heavier, and one-half inch greater in chest girth than the girls of earlier classes.

Just as the inactive person deteriorates, so he improves who hearkens and obeys the greatest law in the world, the law of activity.

THE German Government has recently removed nine thousand men from positions in the postal service and put women in their places. The Emperor seems to be revising, or allowing others to revise, his opinion that women should limit their interests to "children, church, and cooking."

Inflammatory Rheumatism

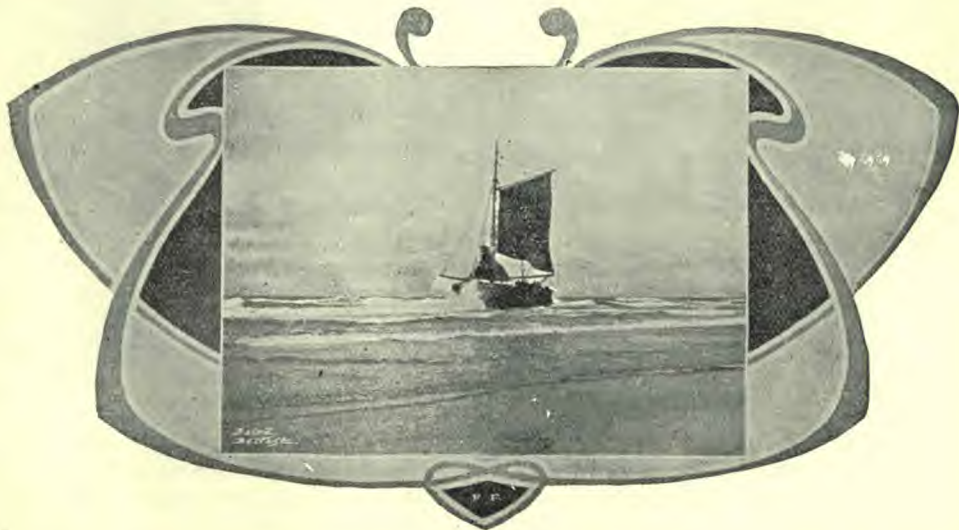
ACUTE inflammatory rheumatism attacks people of all ages and conditions, and is dreaded not only because of the intense pain that accompanies it, but also because it often leaves behind it a permanently injured heart. This complication is especially frequent in children. Severe pain, with redness and swelling of the joints, makes the diagnosis easy in most cases of inflammatory rheumatism in adults, but in young children these symptoms may be too slight to be observed, while at the same time the heart is suffering serious damage.

So-called "growing pains" may be the beginning of an attack of acute rheumatism; or a child, although it does not give up its play, may complain that there is pain in the soles of its feet when it stands. If these pains are accompanied by the least redness or swelling of any joint, and if there is also fever, the diagnosis of inflammatory rheumatism is clear.

The child should be put at once to bed, and kept there all through the acute stage of the disease. In this way the attack

may sometimes be shortened, and the shorter it is the less danger there is of the heart being affected. The medical treatment of the case should be in the hands of a competent physician. Fortunately, there are to-day remedies for the quick control of rheumatism that were unknown a few years ago, when it sometimes ran a course of many weeks.

While the pain is severe, the clothing should be arranged with a view to the greatest possible comfort for the patient. The nightdress should be of soft flannel, and should fasten all the way down the front, because the profuse sweats characteristic of this disease make frequent changes necessary. It is well to have a soft blanket under the patient, and the bedclothes must be light as well as warm. Where the joints are much swollen and very painful, the clothes will have to be lifted away from the body by a wooden cradle. The nurse must be deft and careful, because in the acute stage the least clumsiness may cause the most acute agony, so that even a heavy footfall is dreaded by the patient.—*Youths' Companion*.





The Child's Work

VERY early in the child's life he becomes a builder of homes. He digs a cave in the bank by the roadside, he raises a mound of sand and makes doors and windows in it, he stretches a blanket or a sheet on poles and makes a tent.

By the time he is seven years old, he begins to use a hammer and nails in order to perform more difficult building operations. Then the father should become the son's partner, but not the dominant member of the firm. He should be the capitalist and consulting partner. He should buy his boy the best saw he can get, of a suitable size, a square, and a good hammer. He should provide timber and a supply of nails of different sizes.

The three tools named will be enough at first. In time the boy will need a screw-driver, chisels, and other tools, but he should never have a tool until he needs it. Eventually, he will know more about tools than his father knows. Then the father should supply the money, and the boy should buy both the timber and the tools.

By the time the boy is ten years old he should be allowed to do the necessary

repairs for the family, and to make boxes, benches, perhaps even a kitchen cupboard. A carpenter would probably make a better cupboard, but the important object is a competent boy rather than a fine cupboard.

The boy should plan the work to be done by the firm, and should be the practical member in all building operations. When he needs advice, he will go to his father for consultation as long as the father is interested in the boy's work.



All children plan more than they can execute. It is when the boy realises that he cannot carry out his own plan that his father can do most to perfect the partnership with him.

A four-year-old boy tried to make a cart of reels and sticks and cord. He had his plan, but he could not carry it out. The father came home from his office just when the boy had become conscious of failure, and had dropped his materials in discouragement.

The man sat down beside the boy on the floor. "What are you trying to make, Jim?" he asked.

"I'm trying to make a cart, but the

wheels won't stay on," said Jim, in a despairing tone.

The father was equal to the occasion. He soon made the wheels stay on, and in a few minutes Jim was drawing his cart triumphantly up and down the hall; and it was loaded with richer treasures than he will ever own when he is a man. He was saved from the *habit of failure*, and, best of all, he had found a real partner—a father who was willing to help him carry out his plans.

Jim knew his father not merely as a restraining force, but as a sympathetic helper in times of need, as a man whose skill was worthy of great admiration, as a chum in whom he could have perfect faith, as a man who respected a boy's plans. Jim revered his father.

There are many fathers who do not remember their own boyhood. Their boys may be negatively respectful toward them because they fear them; but they will never feel for them any positive reverence. The best fathers are those who most clearly remember that they themselves were once boys.—*Selected*.

The Reprimand

AT the sound of Mr. Troy's bell Eleanor Graves vanished into his private office. Ten minutes later she came out, with a deep flush on her face and tears in her eyes.

"He lectured me on the spelling of a couple of words and a mistake in a date," she complained to Jim Forbes. "*Anybody's* liable to misspell a word or two in typing, and I *know* I took the date down exactly as he gave it to me."

Jim looked uncomfortable. "I wouldn't mind," he said, awkwardly. "We all have to take it some time or other. Besides," he glanced hesitatingly at the pretty, indignant face, "I suppose the boss thinks we ought not to make mistakes."

"As if I wanted to!" Eleanor retorted, stiffly.

But she worked more carefully the next

week, for her pride was touched. Then, with restored confidence, came renewed carelessness, and an error crept into one of the reports she was copying. The error was slight, but it brought her a sharp reprimand from Mr. Troy. It was the second time, he reminded her, that she had made that blunder.

At the reproof the girl's face flushed painfully and then paled.

"If my work isn't satisfactory, you had



Commercial men now employ lady typists to write their letters

better find someone who can do it better," she said.

Whirling round in his swivel chair, Mr. Troy looked at her. He had really never noticed his latest stenographer before, but now his keen eyes saw many things that showed that she came from a home where she had been petted and cared for.

"How long have you been at work?" he asked.

"This is my first position," Eleanor answered.

Mr. Troy nodded. "I understand. Now, Miss Graves, let me tell you something. You have many of the qualities of a good business woman; you are punctual, you are not afraid of work, you are fairly accurate. I have an idea that you take pride in turning out a good piece of work. But you must learn to stand criticism and profit by it. We must all take it some time—every one of us. A weakling goes under. A strong man or woman learns to value it, to make every bit of it count. That is what I hope you will do."

Eleanor braced herself to meet his eyes.

"If you'll let me—I'll try again," she said.—*Youth's Companion*.

How to Slide Down a Rope

SLIDING down a rope is not so simple as it seems. Few boys know how to do it properly. If you try to descend by letting the rope slide through your hands, the friction will burn the palms so that you will have to let go after a few feet. If you try to lower your weight from one handhold to another, you are sure to become tired, and will be forced to drop. You cannot slide with the rope between your knees, for the swaying of your body



will jerk the rope out of the clutch of your knees, and then you are likely to fall.

The easiest and safest method you can employ is that used by firemen and sailors. Standing upright, throw out your right leg and give it a turn round the rope. Next put the rope in the crook of your right elbow and clasp it tightly, not in your hand, but in your *arm*. In that way you can slide to safety without the

slightest trouble. The rope does not touch any part of the body that is not protected by clothing, and your speed can be regulated by either straightening or cramping your leg. Once learned, this method of sliding down a rope may prove in an emergency the means of saving your life or the lives of other persons.—*Youth's Companion*.

In Nature's School

ANIMALS no less than people sometimes have difficulty in training their children. And the greatest trouble among birds and beasts seems to be in getting the little ones to rely on themselves.

I saw an old hen chase her son all over the garden the other day, just to teach the little fellow to scratch for himself.

Then I saw the cat giving her young one the same lesson. She would walk past Tabkins, and Tab would trail along after, his tail held high, like a flag of truce. Suddenly the mother would turn, and give a few low growls, which plainly meant, "Tab, aren't you ashamed of yourself—expecting your old mother to keep on providing for you!" This was usually followed by a sound cuff on the ear, and a hiss that said, as plain as words, "Get out!" Of course it wasn't long till this little fellow had learned his lesson.

Not long ago I made the acquaintance of a mocking-bird and her young one. From her I learned how birds teach their children self-reliance. All the youngsters except this one were great birds then, and had gone out into the world to shift for themselves; but this lazy fellow would sidle up to his mother on a branch, open his little yellow mouth, and flutter and "cheep" for food. The mother-bird stood it for a while, but one day her patience gave out, and she chased the astonished young one till his little wings grew weary. After that he kept pretty much out of her way. But often when eating berries in the garden, he would forget himself, open his beak, and "cheep" as if to tempt the luscious fruit to walk down his throat.—*Edison J. Driver*.

Cricket

"To acquire all-round proficiency, I am strongly convinced that constant practice and sound coaching have all to do with it," so says one of our great cricketers (W. G. Grace) in his book.

To "play the game" in life we must



An Australian Cricketer

"constantly practice" the good. One boy is naturally quiet, thoughtful, industrious; another a young sneak. We are not all alike as 'peas in a pod,' but we all need practice, which makes for perfection. It is not the new cricketing suit and complete set of bat, ball, and wickets that assume the cricketer making the top

score, but the earnest, constant practice. In like manner our minds must be occupied with healthy thoughts, and our eyes ever watchful against "twists." If the boys and girls who read these pages will make it a rule to study carefully their Bible, they will receive the "sound coaching." A shopkeeper at Brighton, England, when tempted to do wrong used to go into his back parlour where a portrait of his minister used to hang, and he was reminded of the weekly messages. So we shall find much more in our knowledge of Scripture, sound coaching against evil, and whether in pleasure or business we shall "play the game."—*The Bible in the World.*

A Good Memory

Do you not think it is an excellent thing to have a good memory? A boy or girl who is forgetful makes a great many mistakes, and will not be very useful when he or she is grown up. We must always listen very attentively to what our teachers and parents say to us, and try to remember what is told us. If we think over carefully what we hear, it will help us to remember. But we must not try to remember everything. We could not do so if we were to try, and hence we should try to remember only good and useful things. If we happen to hear bad words or see bad actions, we should forget them as soon as possible.

When we are tired and sleepy we cannot think well, and cannot remember what we learn if we try to study. If we have plenty of sleep, free from bad or exciting dreams, we awake in the morning rested and refreshed, because while we have been asleep nature has put the brain and nerves in good repair for us. We ought not to stay up late at night. We should not eat late or hearty suppers, as this will prevent our sleeping well.—*Our Little Friend.*

CHATS WITH THE DOCTOR



[Send questions for this department to the Editor, LIFE AND HEALTH, Warburton, Victoria.

NOTICE.—Subscribers sending questions to this department should invariably give their full name and address, not for publication, but in order that the Editor may reply by personal letter if he so desires. Because of this omission several questions have not been answered.

75. Plaster-of-Paris for Old Ulcers.

“Please prescribe a soothing lotion or ointment for a case of ulcerated leg. My husband has been troubled with it for eleven years, in the first instance a result of typhoid fever. For several years he used ‘Bates’ Salve;’ at present we are using a rag boiled in boric lotion put on warm once a day. He has an idea that it must not heal or it will break out in a more serious place. He works hard (is a farmer), and will take no rest; is a moderate smoker, and drinks tea; but lately has eaten no meat.”

Ans.—A method of successfully treating chronic ulcers which have failed to improve under other lines of treatment is by means of dry plaster-of-Paris. The ulcer and the skin which surrounds it is first scrubbed with rectified spirit applied on a clean piece of gauze. The ulcer is then covered with three or four thicknesses of sterile gauze, over which is spread a thick layer of dry, powdered plaster-of-Paris. On the plaster-of-Paris is laid clean cotton wool, the whole dressing being finally covered with oil silk or gutta percha, and firmly bandaged in position. As the dry plaster rapidly absorbs all unhealthy discharges, it should be changed every few hours for the first day or two, the gauze underneath the plaster being left adhering to the flesh. On the second day the sore will look clean and healthy, and the plaster need not be changed so frequently. Within from five to ten days old ulcers which have with-

stood all ordinary methods of treatment will be found to have completely healed.

While the plaster-of-Paris method is particularly well suited to the treatment of old varicose ulcers of the legs, it will be found to have a wide range of application. Infected wounds of all sorts quickly become clean and dry under dry plaster-of-Paris. It is destructive to germs, is an efficient deodorant, and because of its porous nature allows all gaseous products of decomposition to be carried off. In particularly obstinate cases the plaster-of-Paris may be left on at the end of five or ten days, and the following ointment applied: Vaseline, two ounces; balsam of Peru, two drams; zinc oxide, one dram; silver nitrate, ten grains.

No water should be applied to old sores which are undergoing this treatment. The ulcer and its surroundings may be cleansed once or twice daily with rectified spirit of wine.

76. Antineurasthin.

“My mother has been using of late very expensive medicine in the ‘Antineurasthin’ tablets. They seem to soothe her nerves better than anything else she has tried, and at the same time they do not disagree with her digestive organs. No doubt you know whether or not they are likely to be of any help, and I would be very grateful if you could state if you think she ought not to use ‘Antineurasthin.’ (Twenty-four tablets cost 6/-; dose is three to six per day.)

Ans.—I am well acquainted with "Antineurasthin." It is advertised as a food remedy for the twentieth century disease, neurasthenia. According to the vendors of this so-called remedy, "Antineurasthin directly combats the brain cell and nerve ganglionic cell degeneracy due to overwork or mere mal-nutrition."

That statement may sound scientific to some, but it is absolute jargon and means nothing. Testimonials and what is said to be a report from an "analyst" form part of the advertising matter. As a matter of fact this "analyst" makes statements which no real analyst would make about anything he had examined.

A London editor who doubted the genuineness of this analysis sent a reporter to his "laboratory," and found that it consisted of some rooms "somewhere upstairs" in the private house at which the "analyst" lodged. The "analyst" himself was not at home, and all the landlady could tell about the "Chemical and Physical Laboratories" was that her lodger had a "quantity of bottles" and other paraphernalia in his apartment "with which he occasionally made appalling smells."

The *British Medical Journal* had antineurasthin analysed, and found its approximate composition to be as follows:—

Dried yolk of egg ...	3.8 %
Dried white of egg ...	5.4 %
Dried separated milk	57.8 %
Gum	2.0 %
Potato starch ...	22.7 %
Moisture	8.3 %
Aromatic substances	Traces

The daily dose of four tablets or 122 grains would, according to this formula, contain the equivalent of ten grains of yolk, and forty-three grains of white of egg (not dried). The ratio between these is about the same as exists in an average egg, and the two may be put together and regarded as about a teaspoonful of fresh egg. In addition the daily dose would represent about two ounces, or a quarter of a tumblerful of separated milk and a little starch.

A London medical journal in an article headed "Hens' Eggs and Nerve Trouble" comments on Antineurasthin as follows: "What the public should understand is that most preparations of this kind are based on some remedy, the efficacy of which in certain cases is well known. In this particular instance the remedy seems to be yolk of egg. The great discovery of Dr. Hartmann converts the domestic hen into a rival of the goose that laid the eggs of gold. The *modus operandi* is worth the attention of poultry farmers. You dry your hens' eggs; you mix them up with plenty of starch, separated milk, or other harmless ingredients; you get a few imposing testimonials and reports from parties who deal in such articles; you engage a smart advertisement writer, prime him with a little fact and a great deal of scientific jargon; you rent as many pages or columns in the press as you can afford; and your hens' eggs hatch out into handsome dividends. The twentieth century disease, however, goes on as before. My own impression is that quite the worst disease of the twentieth century is the disposition to swallow excessive quantities of the newspaper advertisements relating to them." F. C. R.

77. Chronic Nasal Catarrh; Chronic Dyspepsia.

G. S. of New Zealand complains of chronic nasal catarrh and chronic dyspepsia, of being easily knocked up, of bad taste in his mouth, with white tongue, flatulence, and constipation.

Ans.—Naso-pharyngeal catarrh and dyspepsia are twin troubles. Very frequently repeated colds are the first trouble, but these would not occur if the stomach was not regularly overloaded and supplied with unsuitable food. There are always two or more causes for every disease, one alone will not precipitate disease. Cure the chronic dyspepsia, and the nasal catarrh will be wonderfully relieved, if not completely cured. Avoid sloppy diet, take no liquids with meals, especially tea, coffee, or cocoa. Bread should be well

baked, granose biscuits and zwieback should be largely used in preference. Avoid all foods cooked with fat of any kind, and also those in which baking soda or baking powders have been used. Drink plentifully of water between meals, especially going to bed at night and on rising in the morning. A drink of juice of dried apricots early in the morning is excellent for the constipation. Wash apricots, and soak overnight. The body should be sponged daily with cold water. Breathing should be always through the nose, and the bedroom should be well ventilated—open the windows to the fullest extent. Gargle the throat, and cleanse the nose with an alkaline gargle. A very useful solution can be made from equal parts of baking soda, borax, and common salt. Use a teaspoonful to a half pint of tepid water. Treatment should be regular, and persevered in for a considerable time.

78. Mental Trouble.

"Perplexed" complains of a disposition he has when he takes up an axe or any tool to injure anyone in close proximity to him. He says he is in good health and lives a clean life, does not smoke or drink, and that he is of a nervous temperament. He asks, "Is the temptation of the adversary, or is it a stage of insanity or some mania?"

Ans.—The trouble is decidedly a mental one, but "Perplexed" must give up the idea that it has anything to do with insanity. He must make an effort to keep his mind from dwelling on such thoughts. Compel yourself to think of some other subject, such as the character or features of the person near you. You can only think of one thing at a time. Read much, and keep the mind fully occupied.

79. Sprained Heart.

"Nemo" complains of having "sprained her heart badly two months ago," and that large quantities of fluid collect in the

abdomen, and that "bucketfuls" have been removed by tapping. This case is evidently under the care of a medical man. Frequent tapings are usually quite necessary. The writer has known of cases where apparent complete recovery has taken place after several bucketfuls (at different times) have been removed. Undoubtedly abstinence from animal food is a great help in heart disease, it means less work on all the vital organs of the body. The heart pulsates more rapidly, and does much more work under animal food, and the increased nitrogenous wastes throw extra work on the liver and kidneys. With heart disease one has to lead a slow life. Animal food is quickly utilised by the system; it causes the individual to work at high pressure, but it is not a diet of endurance.

80. Diet for Athletes; Growth in the Throat.

"Wangaratta" asks for the most suitable diet to use when training for swimming, also advice in regard to "growth in the throat."

Ans.—In regard to diet it is exactly the same as is required for all athletic exercises. Superfluous weight must be avoided, and the muscular system requires developing. Fats and sweets should be largely eliminated from the diet, and only sufficient water taken to quench the thirst. Nitrogenous food is generally recommended, but not necessarily animal food. The vegetarian or non-animal diet is undoubtedly the diet of endurance, and this has been proved by athletic contests all over the world. The meals should not be of a sloppy nature, and no drinks should be allowed for a couple of hours after the meals. Eggs, gluten, protose, macaroni are useful foods. Peas, beans, and lentils may be taken once daily, preferably at the mid-day meal. Milk may be taken at breakfast.

The particulars in regard to the "growth in the throat" are too meagre for advice. Probably it should be removed by the surgeon.

W. H. J.

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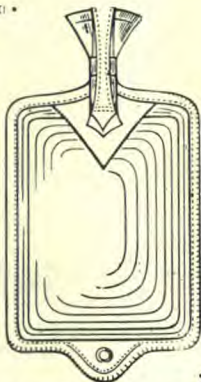
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