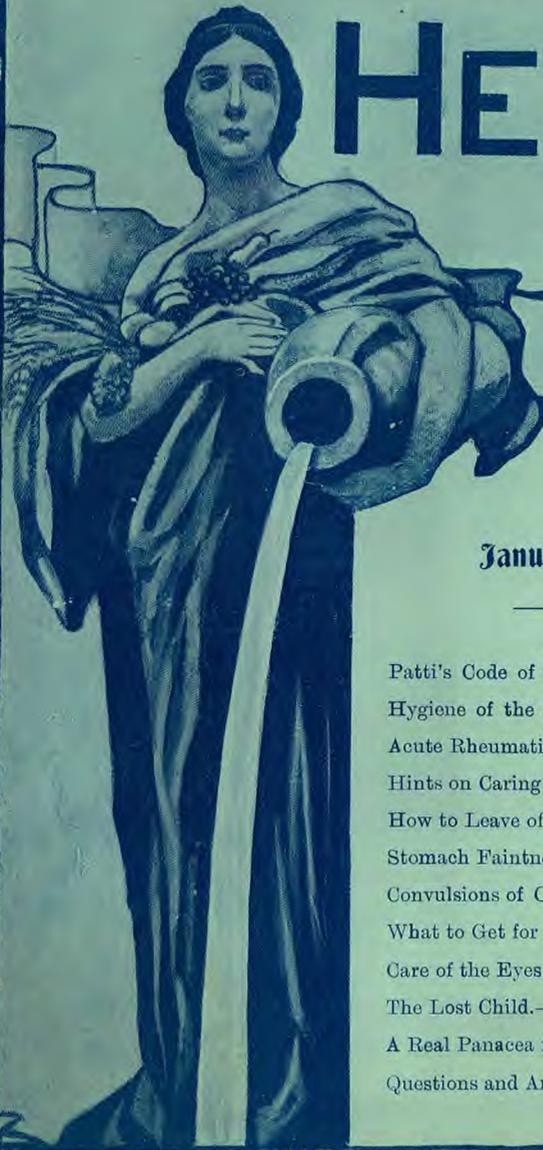


GOOD HEALTH



MENS SANA

January, 1902.

Patti's Code of Health.
Hygiene of the Throat and Nose.
Acute Rheumatism—Its Cause and Cure.
Hints on Caring for the Sick.
How to Leave off Corsets.
Stomach Faintness.
Convulsions of Childhood.
What to Get for Breakfast.
Care of the Eyes of School Children.
The Lost Child.—*A Serial.*
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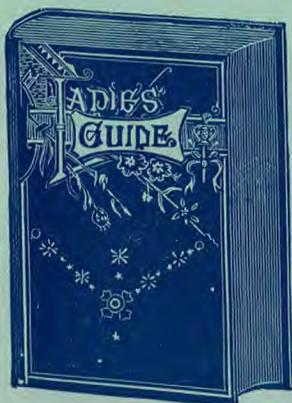
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THREE FRIENDS.



Good Health

An Illustrated Monthly Magazine Devoted to
Hygiene and the Principles of Healthful Living.

Entered at Stationer's Hall.

Vol. I.

January, 1902.

No. 3.

PATTI'S CODE OF HEALTH.

BY M. ELLSWORTH OLSEN.

THE great *prima donna* who has delighted untold thousands by her marvellous gift of song, is not so well known as an advocate of healthful living. That she is entitled to high rank in this respect, witness the following pointed paragraphs from her pen, taken from a contemporary :—

Health the Natural State.

“To be healthy is the natural state, and disease is, in nine cases out of ten, our punishment for some indiscretion or excess.

“Every time we are ill it is part of our remaining youth which we squander. Every recovery, whether from headache or pneumonia, is accomplished by a strenuous effort of vitality, and is therefore a waste of your capital of life.

“Therefore, don't let yourself be ill.

Simple Living the Best.

“The best plan to avoid illness is to live regularly, simply, with a frugality that stupid persons alone will deem painful or eccentric.

“Sleep eight hours in every twenty-four.

“Ventilate the rooms you work and sleep in. Very few people, even among those who think they are well up in modern ideas, have any conception of what ventilation means. Even when my voice

was the only thing I had in the world I slept with my windows wide open, summer and winter, and never caught cold in that way.

“Simplify your social life. Complicated living breeds worry, and worry is the main enemy of health and happiness.

“Make your home a pleasant place, cheerful, but well within your means.

“Drink nothing but water or milk—especially drink lots of water. You never can drink too much of it.

Diluted Poison.

“On the other hand, remember that alcohol is a poison which does untold damage within you; that wine, beer, coffee, and tea are poisons, too. Shun all of them as you would diluted vitriol.”

If instead of giving the foregoing wholesome advice, the *prima donna*, had attributed her remarkable health and youthful freshness at an age approaching sixty, to the use of some patent medicine, it is needless to say that the success of that nostrum would be assured. Thousands will spend their living on so-called tonics and bitter-tasting medicines of all sorts where one will undertake to reform his habits of life.

Possibly some of our readers will agree to everything except the last paragraph. I think I hear a woman saying: “Tea

doesn't hurt *me*." Do without it six months, and see if there is not a difference. Weak tea may not have a very decided effect upon a person of vigorous constitution; but poisons are best not taken at all, even when diluted.

On the whole, the gifted singer's advice is remarkably sound. Moreover, she has a right to speak, for she is a bright ex-

ample of her own precepts. If the beauty-seekers of to-day would throw aside their cosmetics, and seek rosy cheeks in long rambles in the open air in all sorts of weather, and a simple, natural diet, there would be more women approaching the age of sixty yet having all the freshness and elasticity and joy of life which begin to leave most people at thirty.

HYGIENE OF THE THROAT AND NOSE.

BY J. H. KELLOGG, M.D.

CHRONIC disorders of the throat and nose generally commence with taking cold. The mucous membrane of the nose becomes congested, and is no longer able to protect itself from germs, which gain a foothold in the respiratory tract, and are able to grow and produce their characteristic poisons. These poisons are absorbed into the body, and may cause acute inflammation of the throat, tonsils, pharynx, larynx, or bronchial tubes. The diseased condition continues till the vital resistance of the body rises to a point where the mucous membrane is healed. Then the cold disappears, the discharge ceases, the mucous membrane returns to a normal state, and the person is well again. But repeated colds by and by break down the resistance of the membrane, and then the germs remain, and become permanent inhabitants,—they preempt that portion of the body, so to speak; and the consequence is that a person has chronic nasal catarrh with all its accompanying miseries.

How may such a person get well? and how may others avoid this unpleasant but very common disorder? There are three important things to be done. The first is to tone up the skin, and get it into a healthy condition; the second is to adjust the clothing properly; and the third, which is of very great importance, is the regulation of the diet, not because the effect of a wrong diet goes directly to the throat and

nose, but because it lessens the power of the body to protect itself against germs.

The health of the skin has to do with the health of every other organ of the body; it is absolutely impossible for any one to be well without a healthy skin. This organ, like every other organ, must have exercise, that all its functions may be in constant and vigorous action. One of the most effective ways in which the blood-vessels of the skin may be exercised, and all its functions quickened, is by the exposure of the body to different temperatures.

This involves one of the most interesting principles in physiology; viz., what is called reaction. When cold is applied to the surface, there is a contraction of the blood-vessels; but when the cold is removed, the blood-vessels relax, and become extremely active, and at the same time the activity of all parts of the skin is increased,—the perspiratory glands, the fat glands, and all the cells,—so that the skin acquires a ruddy hue. A man plunges into a bath of cold water, and comes out with his skin as white as ivory, and his teeth chattering; but perhaps in half a minute, if there is vigorous rubbing of the skin, and particularly if it has been trained in this sort of vasomotor gymnastics by daily bathing, there is a sense of exhilaration and quickening throughout the entire body. This is the reaction resulting from the ap-

plication of cold for a moment. And it is not alone the skin that reacts, but every cell and fibre of the entire body. The brain reacts; the heart reacts; the stomach reacts; in fact every function in the whole body is thoroughly stirred and invigorated by the application of cold to the skin.

The reason that men and women in civilised lands are almost universally suffering from diseases of the nose and throat and other maladies of the mucous membrane, is because the skin does not have the opportunity to exercise its natural functions. The savage in the forest does not have to take particular care of his skin, because it takes care of itself, the same as do the skins of other animals. He is unprotected

against changes of temperature, he is exposed to warm winds and cold winds, to dry weather and to rainy weather, and yet suffers no inconvenience to his health from it. When he puts on clothing, he puts on an artificial skin, which is incapable of reaction.

But we must wear clothes. So the only thing to do is by careful cultivation to make the skin so strong and healthy that it can endure clothes. We must, as it were, do works of supererogation for the skin, to compensate for the disease-producing conditions imposed upon us by civilisation. This is accomplished by exercise and the cold bath.

(Concluded next month.)

ACUTE RHEUMATISM—ITS CAUSE AND CURE.

BY DAVID PAULSON, M.D.

In this disease some of the joints, ordinarily the knees, ankles, or elbows, and sometimes almost every joint in the body, become inflamed, and any movement of the same is extremely painful. This disease often produces horrible deformities, and so it is important that active treatment should be begun in the early stages, and everything done that can be done to arrest its progress.

The best men in the medical profession are very generally agreed that one of the principal factors in producing rheumatism, is the accumulation of uric acid and other waste products in the blood; and just as rubbish gathers in that portion of a river where the stream is the slowest, so these poisons tend to crystallise or become collected about the joints, where the circulation of the blood is the least active.

If the waste products that are made in the muscles are a leading cause of rheumatism, it becomes clear that the tissues of an ox, loaded with the same products, must naturally tend to bring on this condition, as well as to intensify

it when the disease has once begun, and that this is exactly the case, the extensive observations of some of the leading men in the medical profession, particularly Dr. Haig, have fully substantiated. On this point Dr. Haig well says:—

“Once we realise that these diseases depend solely upon the quantity and solubility of uric acid in the blood, and that, as I have further pointed out, the quantity of uric acid in the blood and its solubility in that fluid are absolutely and completely within our control, we shall pass at one bound from the unknown to the well known, shall see that these deadly diseases are not the result of unpreventable causes, but of our own dietetic follies; and that our children need not be crippled or decimated by them, if we allow them to live according to their own inclinations on milk and garden products, and abstain from forcing down unwilling throats the stimulating but deadly products of animal metabolism.”

The drinking of large quantities of water should be encouraged, as this will tend to

dilute the poisons in the blood, and assist in their elimination. During the first few days of the attack the patient will need little in the way of food except an abundance of fruit. There is a widespread idea that in rheumatism the acidity of the fruit will aggravate the disease; but this is a mistake, as the acids of fruit combine with the salts of the blood and form alkalies. Gradually add to this fruit diet thoroughly toasted bread and other cereal products.

Many persons have an attack of this disease because they naturally possess defective powers of elimination. Hence the eliminative organs must be stimulated. This can be accomplished by short, hot treatments in the form of hot blanket packs, or better, when they can be secured, electric-light baths. The painful joints should have hot applications* made to them several times a day, followed by a

* See article on page 44 for full directions.

very brief application of cold. This will serve to stimulate the activity of the tissues and also flush the diseased parts with a large supply of fresh blood, upon which the success of the healing really depends. At night it is well to wring a muslin cloth out of cold water and wrap it around the joint, then cover with a layer of cotton and a layer of newspaper, or some other impervious covering, lastly confining all snugly by a layer of flannel, which should be pinned down very closely, so as to confine the heat and moisture, thus making it serve as a gentle fomentation during the entire night. By treating rheumatism in a thorough-going way during its first stages, the horrible deformities and serious heart complications can in most instances be prevented.

To provide against a return of the disease, it is necessary to give the strictest attention to right diet, and in other ways constantly to cultivate health.

HINTS ON CARING FOR THE SICK.

BE gentle in all your dealings with the sick. An unkind word, a little roughness in handling, may undo all the good accomplished by days of skilful nursing.

Be quiet in the sick room. But avoid holding whispered consultations, for it makes the patient ill at ease. The mind must be nursed as well as the body, and everything ruled out which would be in the least disturbing.

Be cheerful. The patient studies the face of the nurse, and reads it like an open book. Have all the surroundings cheerful. Let in as much sunlight as possible, unless there is some special reason why the room should be darkened.

Insist on perfect ventilation, while avoiding cold draughts. A bright fire in the grate will help to keep the air fresh and sweet. Remember that an invalid

stands in need of pure air even more than one who is in health, since oxygen is needed to purify the system.

Keep the sick room absolutely clean. Filth of every kind is the friend and ally of disease. The best covering for the floor is linoleum, which can be wiped up daily with a damp cloth. Great care should be taken to air the bedding frequently, and change the bed linen.

If the patient is in charge of a physician follow the directions closely, and don't take the advice of well-meaning neighbours. Experimenting with remedies of unknown value is dangerous and has too often cost the life of the patient.

Never awake a patient to administer either food or medicine. Sleep is so important as a restorative that it takes precedence of everything else and should always be discouraged.

How to Leave Off Corsets.

WHEN a woman who has been accustomed to a corset lays it off, she should set to work at once to strengthen the muscles of her waist by diligent exercise. There is nothing which tends to keep the abdominal organs in place and keep up a perfect circulation, as does a vigorous condition of the muscles and tissues. Most women exercise a few muscles, and shamefully abuse others. The large, strong muscles of the waist, which were meant to hold the body upright, are bound down until their life is lost, and the woman says she cannot sit up unless she has the support of her corset. She is ready to collapse the moment she takes it off. She is somewhat in the condition of a man I knew who had become a heavy drinker. I called one morning to see his wife, who was my friend, and the man said to her: "Nancy, I don't believe it agrees with me to go without liquor; my head aches, and I am weak, and cannot think clearly. If I only had my glass of toddy, I should be all right." Now, of course, the sooner he endured the discomfort of the reaction from stimulants, and had his body properly nourished, the better it would be for him; and the sooner a woman puts off her corset and endures a little present pain, and goes to work to strengthen the poor, abused muscles of the middle portion of her body, the better it will be for her.

K. L.

Stomach Faintness.

THAT all-gone feeling, coming on three or four hours after a meal composed largely of indigestible foods, is not hunger, as many people suppose. The stomach is calling for rest, not for more food, and consequently more work. If a person is in a healthy condition, and is living on proper food, skipping a meal or two will not bring any of these unpleasant symptoms. Their presence indi-

cates that the digestive organs are in a weakened state, and need to be built up by proper periods of rest and a simple wholesome dietary.

The stomach, it must be remembered, is a muscular organ. This feeling of faintness may be likened to the exhaustion which a weak man feels after a peculiarly trying physical feat. But, you say, how is it that taking food relieves the feeling. Simply because then the poor, overworked stomach calls out its reserve force, and sets faithfully to work again. But there is a day coming when the reserve force will be wanting. Then will come the complete collapse.

It is far better to take a few sips of hot or cold water, and let the stomach have its well-earned rest. Remember that though the stomach is empty, digestion is still going on, the larger part of the food being digested in the intestine.

Convulsions of Childhood.

CONVULSIONS are generally due to some irritation in the stomach or intestines. The disease frequently occurs during teething. The actual attack is usually preceded by symptoms of restlessness and fretfulness.

When the convulsion occurs, place the child as quickly as possible into a hot full bath, applying cold water or a cold cloth to the head. If possible make the child vomit by administering large amounts of hot or tepid water. Thoroughly clear out the bowels by an injection of warm water.

Tepid sponging and the cool enema will reduce any fever which may exist.—*Herald of Health (Australia).*

"HEAVY drinkers, like heavy showers, begin with little drops."



THE . . .

HOME.

WHAT TO GET FOR BREAKFAST.

BY M. ELLSWORTH OLSEN.

"BREAKFAST! Come to breakfast!
 Little ones and all,—
 How their merry footsteps
 Patter at the call!
 Break the bread; pour freely
 Milk that cream-like flows;
 A blessing on their appetites
 And on their lips of rose.

"Dinner may be pleasant,
 So may the social tea,
 But yet, methinks, the breakfast
 Is best of all the three.
 With its greeting smile of welcome,
 Its holy voice of prayer,
 It forgoeth heavenly armour
 To foil the hosts of care."

Truly it is a matter of some importance to provide suitable food for this best meal of all the three. Possibly in the homes of some of our readers it is only one out of four or even five. Such we would earnestly advise to omit the extra repasts, and note the increased enjoyment from those which remain. It is impossible to have a really good appetite for breakfast if one has eaten a heavy supper just before retiring the preceding night.

Breakfast dishes should be simple and easily prepared, because the time for cooking is limited. They should have staying qualities, because they must furnish the foundation for the day's work. They should be easy of digestion, in order that brain and muscles be not robbed of energy to enable the stomach to discharge its duties properly.

A large variety is not necessary. One hot dish, with good bread, fruit fresh or stewed in season, and, if desired, a few nuts, forms a very good morning meal. Meats are not called for; fried foods, and greasy dishes of all kinds should be avoided. Fresh fruits are especially desirable, both for the nourishment they afford, and their health-giving acids and salts, which have a cleansing effect on the system. Apples, oranges and bananas are perhaps a little expensive, when considered purely from the standpoint of their actual food value; but regarded as medicines, they are the cheapest to be had, and far superior to anything in the way of drugs. Families of very limited income will, by eliminating flesh meats from their dietary, find themselves able to supply their tables liberally with good fruit.

For the following recipes, which will be helpful in varying the morning meal, we are indebted to Mrs. E. E. Kellogg, author of "Science in the Kitchen."

Steamed Rice with Fig Sauce.—Boil or steam rice in the usual way the day before. Heat in an enamelled saucepan or in a covered dish in the oven, and serve with the following sauce:—

Fig Sauce.—Carefully look over, wash, and chop fine, enough good figs to make a large cupful. Stew in a pint of water to which has been added a tablespoonful of sugar until they are one homogeneous mass. Put a spoonful of the hot fig sauce on each individual dish of rice, and serve with a little thin cream if desired.

Cream Toast with Poached Egg.—(The basis of this and of all the following toasts is zwieback, made by toasting slices of good, light bread in a slow oven till thoroughly dried and lightly browned throughout.) Have a pint of rich milk, to which a little cream has been added. Heat it almost to the boiling point, adding a very little salt if desired, and moisten slices of zwieback with it. Serve hot with a soft-poached egg on each slice.

Prune Toast.—Moisten slices of zwieback either with rich milk, as in the foregoing, or with hot water, and serve with a spoonful or two of the following dressing:—

Clean prunes by putting them in warm water; let them stand a few minutes, rubbing them gently between the hands to make sure that all dust and dirt is removed; rinse, and if rather dry and hard, put them into three parts of water to one of prunes; cover closely, and let them simmer for several

hours. The sweet varieties need no sugar. When done, rub through a colander. In the morning heat in a saucepan till about the consistency of marmalade, and serve hot on the zwieback.

Tomato Toast.—Rub tinned tomatoes through the colander, season with nut butter rubbed smooth in a little cold water, add salt, if desired, thicken slightly with corn-flour, and serve on zwieback moistened with hot thin cream.

Avenola with Nuts.—Heat avenola in the oven, and serve in warmed saucers together with a few shelled walnuts and filberts or other nuts. Avenola may also be served with cream or fruit juice. Granose flakes may be taken the same way.

Fruit Avenola.—Put carefully washed sultanas in a saucepan to simmer. When almost tender, stir in a few spoonfuls of avenola, and cook till thickened. Serve with dairy or nut cream.

Care of the Eyes of School Children.

STATISTICS gathered from asylums for the blind show that fully fifty per cent. of the inmates lost the use of their eyes through diseases that are preventable by proper care and hygiene. This fact strongly emphasises the importance of early attention to the health of the organs of sight.

A great many eye troubles begin with the school days. If some of the children have sore or inflamed eyes, the affection is quickly transmitted to others by sponges, towels, handkerchiefs or other articles in common use. Even if these articles are kept strictly private, children are liable to come into close contact with one another, unless instructed by their parents to avoid such contagion.

Perhaps the greatest danger is in straining of the eyes. At five or six years a child's eyes are not strong, and they can be easily injured by overwork. Poring over books, especially by lamp-light, is not a safe thing. Even boys and girls of ten and twelve may sustain life-long injuries to the eyesight from night study.

When a child is seen holding the book

close to the eyes to read, or complains of indistinct vision, he should be taken at once to an oculist. And even if it is found that he has no defect, he should not be permitted to study at night any more.

Long study hours for children under twelve is an unmixed evil. The foremost educators of the day are agreed that the average child can learn as much in three hours of consecutive study as in five or six.

If there is near-sightedness or other defect in the eyesight, glasses should be provided at once, the eyes having been tested by an oculist. Nothing is gained, but a great deal is lost by putting off the matter, as defective vision has a detrimental influence upon the health of other organs.

“As is the home,” says Justice Brewer, “so is the life; out of the clean home comes the clean life, and out of the unclean home the unclean life. If we can reach the homes of the poor, cleanse them or substitute for them clean and better homes, we shall be doing a great thing to bring clean lives to the city.”—*The Sanitarian*.

THE LOST CHILD.

BY MRS. S. M. I. HENRY.

It was a charming New Year's dawn. The Wheelers were old-fashioned enough to get up early and run all about the house, trying to get ahead of each other with Happy New Year greetings. Father was the blithest one among them all, and Johnnie the happiest, for he went on father's shoulder up and down crying, "Wish you a happy New Year," to mamma, grandma, his big brother, his two sisters, and his nurse, as well as to every servant, not forgetting the dog, and the cat.

"Won't we have a happy day, papa?" he chuckled, as his father swung him from his shoulder into his high-chair at the breakfast table. "'Cause you'll be home all day, and we can do lots of things."

"We'll try to have a happy day, little man; you may be sure of that. Mamma, have you made out my list for me? Don't make it any longer than it must be, for I would like as much time at home as possible. I don't like to leave at all, but I suppose I must."

"You selfish man! You don't seem to appreciate that you are so agreeable a friend. I am afraid you will have a long list; but it is only once a year, you know."

"Yes, I know. Well, just as you arrange. I will have an hour or so with my little man here before I have to go."

"Now, what is that for?" for Johnnie had dropped his fork, thrown himself back against his chair, and was struggling to keep a big sob from breaking loose, while the tears trembled on his long lashes.

"O—O—O papa,—I—I thought you'd be h—ome all d—day, and I—I w—w—ant you."

"And I want you, poor little innocent. You and I are victims together of a great unreasonable social system that was constructed for the sole purpose of breaking up our happy New Year. I've a good mind

to rebel at once; and I would if your mother would let me. You convert your mother, darling, and we'll have a regular high old happy New Year just twelve months from to-day, you and I all day together with nothing to molest us. Do you understand my proposition?"

Everybody was laughing by this time, even the staid old butler, for Johnnie had swallowed that one sob; his eyes, still wet, had begun to shine; his cheeks were blooming like roses; his mouth, while not quite smiling, was cherubic in its beautiful innocent sweetness, as he said,—

"Yes, papa."

"You quite understand, do you? and you will engage to convert that charming but very positive mother of yours, and to do it in time?"

"Yes, papa, if—if—you'll tell me what it is, and just how."

Then such a rollicking, irresistible roar of laughter as went around that table can better be imagined than described. Johnnie caught the infection of it, and his little taste of bitterness was washed away by it, so that he returned to his breakfast feeling that it was a happy New Year after all, because there was one coming when he would have his papa for a whole day all to himself.

"Grandmama!"

No answer.

But grandmama was bending over a letter which had just been brought her. It was from the Uncle John after whom our little hero was named, and the envelope bore the African stamp. Grandmama had not seen this son for so many years that a letter from the far country which he called home, took complete possession of heart and brain.

"I'm going to make calls, too."

"Yes, dear," she said absently.

"Mamma won't care, will she?" and he patted grandmama's hand, "for everybody's making calls, aren't they?"

"Um—m—um," said grandmama.

"And it's all right, isn't it?"

"Yes, dear. Now run and play."

Johnnie Wheeler ran to the nursery wardrobe, and, quickly putting on overcoat, cap, and mittens, walked out unobserved, and started on his "round."

Somehow this first starting out alone had in it elements of delight such as he had never before experienced. He ran, and jumped, and swung his arms, and said, "Wish you a happy New Year," to almost everybody he met, and received in return a great many pleasant replies. He was so happy that he forgot all about calls, and ran on clapping his little red mittens together, and said, "Happy New Year, Happy New Year," until it fell into a sort of sing-song, which was as sweet as rippling water.

"Well, you are a happy New Year all by yourself, I should say!"

Johnnie looked up. A not very clean, but rather pleasant woman's face was looking down at him.

"I wish you a happy New Year," said Johnnie.

"Thank you, sweetheart. I wish I might have one again. You have helped me for a minute, but—" and she looked sharply at him, and then around, "what in the world! You must be a stray. Where's your mamma?"

"Ceiving calls in the parlour, and grandmama's reading Uncle John's letter, and nurse, she's got calls in the sitting-room, and papa and brother is making calls, and so'm I."

"Well, don't you want to call on my poor little sick boy?"

"O yes, that's just what I came for."

"You did! Well, come on," and the woman took one of the little mittens in her hard, dirty hand, and they went on together.

True to his investigative nature, the child began to take note of his companion.

"What makes you wiggle and jerk when you walk?" he said.

"Because I'm lame."

"Oh, that's what hurt Leo. He was lame, poor doggie, but he got well; so'll you."

"No, I can't, *ever*."

"Can't you? Why can't you?"

"Because it's a hip disease."

"Well, you can wash your hands and face, and have them clean anyhow."

"Yes, I might do that if I had any gumption left."

"Well, I forgot to bring any of my pennies, but I'll ask mamma to send you some. Is it like soap?"

"Bless the child! No; it can't be bought or sent. I can't get gumption any more than I can get rid of the lameness."

"Well, my papa can get anything. He's a big man, and does lots of things. I'll take him to call on you next time I come to call on your little boy, and you'll see."

"Yes, I'll see," said the woman bitterly, while a hard sneer curled her lip.

The altered tone had drawn Johnnie's eye's searchingly to her face. He noticed the changed expression, and out of his limited knowledge located its cause, and in a tone of pity asked,—

"Are you sick? Does your head ache?"

"What makes you ask so many questions?" was the almost brutal rejoinder, for the woman's heart had suddenly hardened under a thought which the child's reference to his father, together with the sight of a pawn-shop, had suggested.

(Continued in next number.)

In an Irish daily there recently appeared this advertisement: "Wanted.—A gentleman to undertake the sale of a patent medicine; the advertiser guarantees it will be profitable to the undertaker."

EDITORIAL.

A Real Panacea for Pain.

THE popular idea that there is in Nature a remedy for every disorder, is not so far out of the way, provided men look in the right direction. It is the great natural forces, such as heat, light, moisture, air, and electricity, which the great Creator has designed as healing agencies, and not the more than questionable drugs of which the much-vaunted cure-alls are composed. We are told in the first chapter of Genesis that the plant creation is given to man and beast for food, and if this original plan were carried out, there would doubtless be less occasion to resort to it for medicine.

But what is the real panacea for pain? and where can it be had? We reply, A fomentation, and this is a remedy within the reach of the very poorest family. What is a fomentation?—Simply a cloth wrung out of hot water, applied over the seat of pain. This gives almost instant

spot an increased amount of blood, by which the injury is repaired. Heat and moisture are the chief agencies in healing the wounds alike of the plant and the animal creation. The advent of summer is heralded by the warm sunshine and gentle showers of spring, under whose beneficent influence the whole face of Nature is decked in living green. The lower animals, when in a wild state, invariably resort to these agencies for relief from pain. Man, however, with his present artificial mode of living, is much more liable to suffer pain, and hence stands in greater need of this form of treatment.

Let us study for a few moments the proper method of giving a fomentation. Heat a panful of water to the boiling point. Take a piece of clean woollen cloth about one-fourth the size of a blanket. Fold it lengthwise, and holding it by the ends, dip the middle

in the boiling water. Then twist the ends in opposite directions, so that when you straighten out the cloth it will be wrung dry. Adjust it very quickly, and apply over the painful part, being careful not to burn the patient. Cover with several thicknesses of flannel to retain the heat. Have another cloth in readiness, and as soon as the first one begins to grow luke-warm, change it for a hot one.

After continuing this



WRINGING OUT THE FOMENTATION.

relief, not by benumbing the nerves, as is the case with the so-called "pain-killers," but by removing the cause of the disturbance. This it accomplishes by relaxing the blood-vessels and drawing to the

treatment twenty minutes, bathe the part with cold water, and dry. If the pain returns, resume the treatment, and continue as long as necessary, alternating now and then with an application of cold water.

Such is the method in brief. Now for a few precautions. First, the fomentation must be *hot*. Secondly, it must be wrung out *dry*. A lukewarm application will not relieve the pain. If your treatment is right, the part fomented will be of a rosy red colour. Moreover the patient will experience relief. If not wrung out dry, the bedding will be wet, and the patient uncomfortable. Take care that a fomentation does not remain till it grows cold; change it as soon as it is no longer hot. It is usually best to lay a piece of flannel over the part to be treated, and then apply the fomentation, as this will ensure against burning the skin.

Dealing with an Emergency.

Fomentations may be given in a great many ways, and under a variety of circumstances. A nurse was called out of bed one night to attend a woman who had fallen down a flight of stairs, and was suffering excruciating pain from a bad bruise in the head. There was no hot water at hand, and it would take time to heat some; but a large lamp was burning in the room. So he wrung a small cloth out of cool water, wrapped it in a newspaper, and held it over the lamp. In a few moments it was ready for application, and the patient was soon quite comfortable. A hot oven would of course be better than the lamp. In this case wrap the wet cloth in paper before putting it in.

An excellent fomentation may be made by wringing a piece of flannel very dry out of water, placing it over the painful part, and then laying over it a rubber bag filled with boiling hot water. This mode of application is especially convenient where the patient must treat himself.

Of course, where the hand or foot must be treated, the simplest way usually is to plunge the part into hot water, and keep it there, adding more hot water from time to time, and occasionally dipping in cold



APPLYING THE FOMENTATION.

water. After the treatment the part should be dipped in cold water, and then dried.

In giving fomentations to the head, care must be taken not to overheat the brain. Alternate frequently with very brief cold applications.

Uses of the Fomentation.

The uses of the fomentation are almost numberless. As a general rule, wherever there is acute pain, this treatment is beneficial. Rheumatic pains of all sorts, including neuralgia and gout, are invariably relieved by the fomentation. Pain in the stomach, or a sense of fulness and oppression after meals, yields to the same treatment. A cold on the lungs, as well as any obstruction of the bronchial tubes, is soonest relieved by fomentations over the chest. For bruises of all kinds, sprains, straining of muscles and tendons, the best treatment is the fomentation cloth. Head-ache caused by lack of blood in the head, quickly yields to this treatment. In short, acute pain of all sorts is Nature's cry for the fomentation.

QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post.

Deafness.—S. B. asks what would benefit a young man suffering from deafness which is the result of a cold. A year ago he had a gathering in his head, and there is still a discharge.

Ans.—The patient should consult a competent surgeon, and arrange for local treatment as required.

Stammering and Stuttering.—W. G.: Could you suggest a cure for an impediment of speech which sometimes ends in complete stoppage, especially when I get excited?

Ans.—A cure is probably impossible, but the difficulty may be largely overcome by speaking slowly and deliberately, with no attempt to hurry. Think carefully of what you wish to say, and then try to speak in a calm, easy manner.

Corsets.—W. W. wishes to be advised how to do without corsets.

Ans.—Strengthen the muscles of the chest and abdomen by proper exercise as suggested in another column. Forward, backward, and side-bending from the standing position, leg-raising while lying down, and similar exercises will assist in developing those muscles so that an artificial prop will not be required.

Redness of the Nose.—A. is a man of temperate habits, troubled with redness of the nose. 1. What is the cause of this annoying affection? 2. How can it be cured?

Ans.—1. The cause is possibly indigestion.

2. Follow a simple dietary from which flesh meats, all greasy foods, and all condiments except a little salt have been strictly excluded. Well-toasted cereals, nuts, or nut preparations, and plenty of fruit should be used daily. Take exercise regularly, and the morning sponge bath. For local treatment; apply water as hot as can be borne twice daily. If the case is one of long standing, a cure is doubtful.

Pine Kernels.—E. H. B.: 1. What are pine kernels? 2. Should they be used as food or medicine? and in what quantities?

Ans.—1. The edible seed kernels of certain varieties of pine. 2. They form a food especially rich in fats, and if thoroughly cleansed from dust by washing, are perfectly wholesome. These seeds, because of their fine texture, agree with persons who are not able to digest ordinary nuts; but we do not attribute to them any special medicinal value. The quantity to be used would depend upon the amount of fat taken in other forms. Ordinarily an ounce or two at a meal would be sufficient.

Pin Worms.—W. A. B. desires a prescription for pin worms.

Ans.—Quassia tea, made by steeping a handful of the chips in three or four quarts of water, and given as an enema after washing out the bowels by an injection of warm water, is often an effective cure for this complaint. If more potent drugs are used, a physician should be consulted, and the medicine given according to his direction.

Enema—Constipation.—A. F. M.: 1. Explain the meaning of the term "enema." 2. What are the symptoms of constipation? 3. What is the cause of soreness in the region of the stomach?

Ans.—1. An enema is a fluid injection introduced into the bowels by means of a syringe. 2. Constipation is itself really a symptom, indicating slow digestion and general inactivity of the bowels. Headaches are frequently present, and a state of languor and general malaise. 3. Most likely some form of indigestion.

Falling Hair.—A young man wishes to know what to do to prevent the hair falling out.

Ans.—Build up the general health by regular out-of-door exercise, the morning cold bath, and a simple, wholesome diet. Cleanse the scalp thoroughly twice a week with warm, soft water and castile soap, or the white of an egg. Twice daily slightly wet the hair with cold water, and rub with tips of the fingers till the hair is dry and the scalp all in a glow. Avoid tight-fitting hats; expose the hair to air as much as possible without taking cold. Select a brush of good quality, and use it freely.

Enlarged Gland—Cold.—J. B.: 1. Is there any cure for enlarged neck in a girl of thirteen years? It commenced with a lump, and now the neck is enlarging. 2. I have tried the treatment of a cold as suggested in the November GOOD HEALTH, but the cold still remains, owing, I believe, to my never perspiring. Can you tell me anything further I can do?

Ans.—1. If the growth is an enlarged tubercular gland, it may disappear after a time, but often it softens and breaks externally, leaving an unsightly scar. A surgical operation is usually the best treatment. Such growths indicate malnutrition and a state of general debility. Avoid flesh foods. Follow in the main a diet of fruits, thoroughly-cooked grains, and nuts.

2. Take a Turkish bath, drinking five or six glasses of hot water while in the bath, and follow with a cool spray and rub-down.

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GOOD HEALTH wishes every one of its readers a happy New Year. Nay, it goes farther. It promises to assist you in making the year 1902 a happy one in the fullest sense. Who can be so happy as the man who has good health?

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MAY there be many of like spirit and purpose; for we need a great deal of help. Our family is not a small one now; but we hope for a decided increase in the near future. Multitudes are languishing in the cruel bondage of disease who might be free and happy, if someone were to carry them the message of health by right living.

WE invite special attention to the article on "Acute Rheumatism." The principles laid down are sound and will bear investigation. "Hygiene of the Throat and Nose," is very timely at this season of the year, and we invite all to give it careful reading.

OWING to lack of space, we are not able to answer in this number all the inquiries that have come in; but the waiting ones will receive our first attention next month

NEXT MONTH.

THE publishers of GOOD HEALTH are by no means satisfied with present attainments, but are planning to improve the magazine materially during the coming year. The large circulation of many thousands that has so generously been given to the first numbers is very gratifying indeed, and is a source of much encouragement to all friends of the enterprise.

More illustrations will be used in future numbers. Indeed we expect to make this one of the leading features of the magazine.

"Breathe Pure Air," by Dr. J. H. Kellogg, the editor of the American *Good Health* will be a very timely article. It is brimful of just such instruction as is needed by all. Starting out with the statement that "An abundance of pure air is the first requisite to health," the doctor goes on to say that the amount of pure oxygen required by the body every twenty-four hours, is not less than sixteen cubic feet, and then discusses the most common and most dangerous impurities which contaminate the air, and tells how to avoid them. But you must read it.

Dr. Paulson has contributed an excellent article entitled, "Is there Help for the Sleepless Man?" The doctor assigns causes for the prevalence of insomnia, and suggests simple forms of treatment which will be readily accessible to most of our readers.

A carefully prepared article on the "Natural Diet of Man" will be another leading feature. All who have given this matter any study must realise the need of diet reform. The subject will be presented in a frank and candid manner that cannot fail to receive the endorsement of our readers.

A beautiful frontispiece entitled "An Italian Fruit Shop" will add to the attractiveness of the number.

Among other interesting and instructive articles we must call attention to an illustrated editorial on the "Hot Blanket Pack," one of the most effective forms of water treatment known. There will be full directions for giving the pack, as well as suggestions as to the kinds of disease in which it should be employed.

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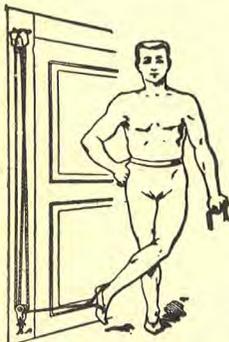
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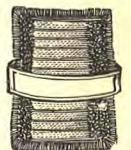
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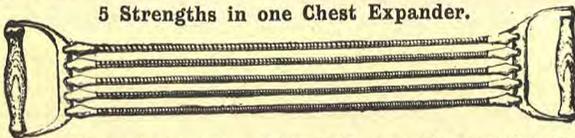


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