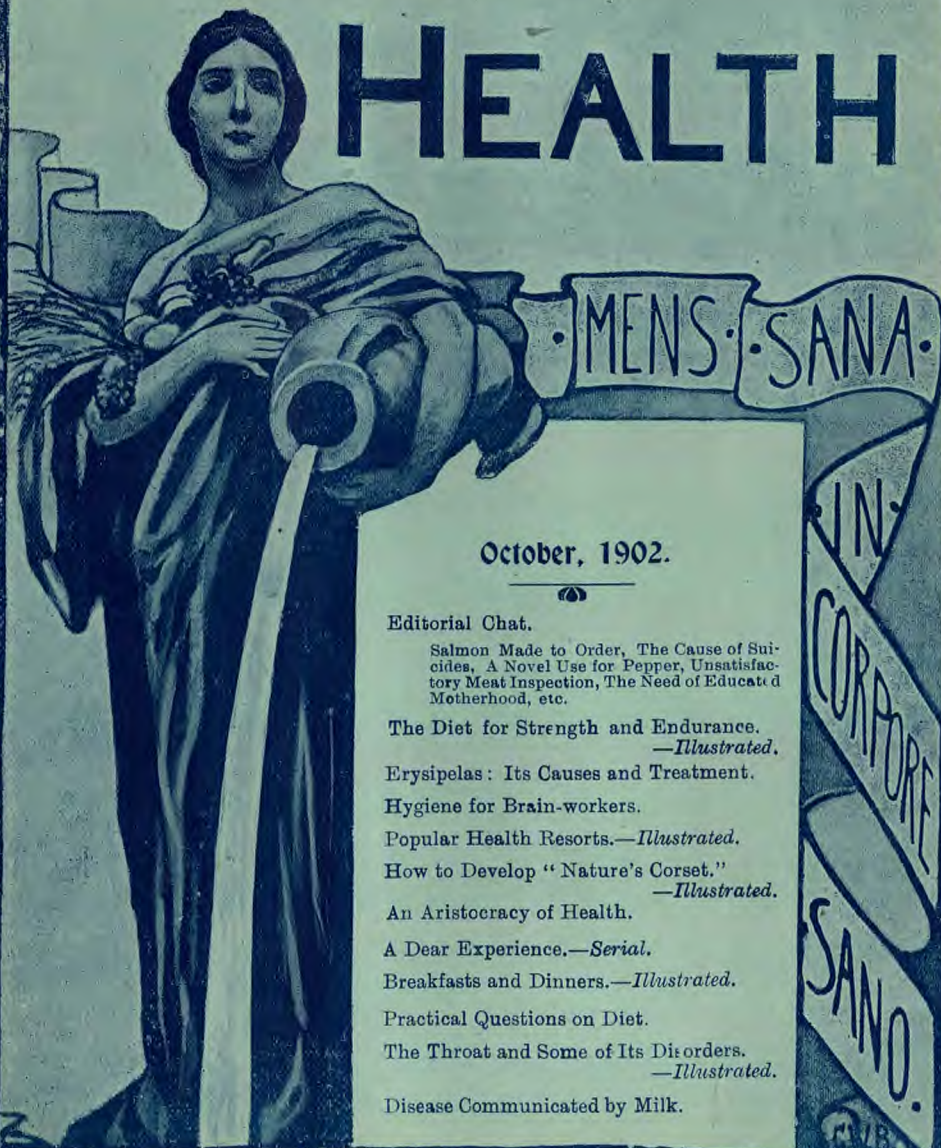


GOOD HEALTH



October, 1902.

Editorial Chat.

Salmon Made to Order, The Cause of Suicides, A Novel Use for Pepper, Unsatisfactory Meat Inspection, The Need of Educated Motherhood, etc.

The Diet for Strength and Endurance.

—*Illustrated.*

Erysipelas: Its Causes and Treatment.

Hygiene for Brain-workers.

Popular Health Resorts.—*Illustrated.*

How to Develop "Nature's Corset."

—*Illustrated.*

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A Dear Experience.—*Serial.*

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Vol. 1.

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Translated from the German.

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LOOKING FORWARD.

WE are always glad to talk over plans with our readers, and also to receive from them suggestions and hints as to how the magazine can be improved. Judging from the letters we are receiving, the magazine in its enlarged form is meeting with general favour. The principles it represents are needed in every home, and we trust that those who have experienced the blessing of following them will embrace every opportunity to enlighten others.



THERE seems to be at the present time a wide-spread interest in questions of Food and Dietetics, and we have accordingly decided to begin very shortly a series of articles dealing in a practical way with this subject. Following are some of the various phases of this question that will receive attention: Food in Relation to Health, Diet and the Drink Evil, The Selection and Preparation of the Best Foods, Economy in Diet, Food Adulteration, The Dietetic Value of Fruit, The Principles of Hygienic Cookery, Milk as a Food for Adults, etc., etc.



ANÆMIA is getting to be a common disease, though it is very imperfectly understood by the average person. Its Symptoms, Causes, and Cure will receive attention in our next number, and will be followed by articles dealing respectively with Rheumatism, Gout, Tuberculosis, and other widely prevalent diseases.



"THE Health of Our School Children" will be the title of another leading article in the November issue of GOOD HEALTH. It will deal with such questions as the Dangers of Over study, Bad Postures, Hygiene of the Eyes, School Lunches, Proper Clothing for Children, Precautions against Infection, etc.

BOOK NOTICES.

WE have received from the author, Mr. Walter Smyth, a copy of a new publication which flower lovers will hail with delight. "HARDY BORDER FLOWERS THE YEAR ROUND," is a neatly-bound pamphlet of forty-six pages, giving lists of flowers blossoming in the open for each month in the year, and some excellent hints concerning the arranging and care of the same. The five half-tone illustrations are exquisite.

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"REGENERATION," by Kenneth Sylvan Guthrie, is a plain-spoken work of some ninety-five pages dealing with the question of chastity and its effects upon the health. It is the author's contention that absolute continency is not merely permissible from a health standpoint, but positively beneficial. As an offset to the pernicious counsel often given to young men by those who ought to know better, this work may be productive of much good.



"THE NEW CURATIVE TREATMENT OF DISEASE," by M. Platen, is in the main a compilation of various systems of treating disease by natural methods. Kneip, Priesnitz, Schroth, Kuhne, and a number of other well-known representatives of certain cures each come in for their share of attention. The author takes his stand against luxurious eating, believing that it is accountable for a great deal of disease. He also warns against the corset, which he aptly compares to a coat of mail. The two volumes are well bound in cloth, and liberally illustrated. To be had of Mr. E. Guy-Smith, 9 Hart Street, London, E.C.



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Vol. 1.

October, 1902.

No. 5.

EDITORIAL CHAT.

Good Food for the Soldiers.—The German Minister of War has issued a circular to the effect that the food served the army is to be as palatable as possible and composed of the best materials.



Salmon Made to Order.—Tinned salmon has long been regarded with a measure of suspicion by the discriminating public. A report is now current to the effect that an American firm doing a large business in this line, is greatly increasing its profits by using for raw material a very ordinary sort of fresh water fish, which, with the free and skilful use of chemicals, is made to take on the appearance of the best salmon.



Prohibition in Abyssinia.—Emperor Menelik, of Abyssinia, may not have advanced as far in some phases of civilisation as the average Englishman, but he has discovered that drunkenness is pernicious, that it enfeebles a race, and destroys mind and body. He has, moreover, acted on this knowledge by absolutely prohibiting the importation of spirituous liquors into his realm. It is to be hoped that he may have the support and co-operation of the "Powers" in carrying out this policy.

Brandy a Poor Safeguard against Cold.—Referring to the deplorable death of the four young men who perished in the ascent of Mont. Blanc, Dr. J. J. Ridge ventures the suggestion that they would probably have survived had they been unprovided with brandy. "The experience of Nansen and other Arctic travellers," he continues, "is decisive that cold and other hardships can be far better endured without alcohol, and the longer the trial, the more important is it to abstain." We firmly believe that the British navy would do his work more efficiently, and with greater comfort, minus the usual allowance of beer.



The Cause of Suicides.—Berlin, according to reliable reports, has been having an average of twenty-one suicides weekly, not including unsuccessful attempts at suicide. The crime is also increasing in other parts of Germany; it is frequent enough in our own country, and sadly prevalent in the large cities of America. It is suggested that the increase of drinking has its among the young people is a strong factor in this mania for self-murder, and such is doubtless the case. There are other bad habits which tend to a diseased condition of both mind and body, and thus invite suicide. The thoughtful observer must have noticed in how large a proportion of cases the unfortunate victim was suf-

fering from physical ailment of some kind. Ill-health is probably the real cause of many a sad tragedy. The cultivation of health by every consistent means is at once the duty and the privilege of every man and woman. Good health is a powerful aid to good "orals."



A Novel Use for Pepper.—Pepper has rather a startling function, according to an Italian restaurant keeper in Paris. A curious Englishman had called to try a dish of the famous birds-nest soup, which he found quite disappointing. His expression of disgust was met by the remonstrance: "Ah, but monsieur should smother it in pepper to hide the disagreeable of the taste." We wonder if any readers of GOOD HEALTH ever put into their stomachs, foods which require strong seasoning to offset their disagreeable flavour. Such foods are certainly best let alone. Pepper, it might be added, is a powerful irritant, which does no good to the delicate lining membrane of the stomach.



A Holiday that Lasts.—"It is not the mere absence of work," writes the *British Medical Journal*, "but the positive satisfaction of existence without work, that makes a holiday." We are inclined to the belief that the positive satisfaction spoken of is attendant upon existence with work but *without pain*. A great many people come back from their holidays feeling much the same as when they left, while, on the other hand, others working equally hard, but giving a little intelligent care to their bodies, get along very well without the customary holiday. In a certain sense they have a holiday all the time. They feel in every part of their being the glow of exuberant health, and do hard work with real pleasure, because they are "physically fit." The

tired, languid feeling usually has its source in a diseased state of the system, brought on by wrong habits of living.



A Big Undertaking.—Considerable interest will attach to the investigations of the Royal Statistical Society, which has undertaken to ascertain the quantity of meat and dairy products consumed in this country. This subject is indeed one of considerable importance, and the agents of the Society should have the hearty co-operation of the public in endeavouring to attain to the utmost accuracy. The results of this investigation will be a profitable field of study for the physician and for all persons interested in questions of public health. The amount and character of the meat consumed in a given district, ought to bear some definite relation to the diseases which prevail in that quarter.



Unsatisfactory Meat Inspection.—At the Annual Congress of the Royal Institute of Public Health, the president, Mr. W. H. Blaye, devoted his address to the veterinary aspect of the question. He called attention to the close connection between the condition of the animals used for food and the state of the public health, and deplored the slipshod and haphazard way in which meat inspection is now carried on.



"Nec Literas Didicit Nec Natare"—he has neither learnt to read nor to swim—was a common way of designating an ill-educated person among the ancient Romans. The numerous seaside fatalities during the summer holidays are a powerful reminder that swimming is by no means as common as it should be. Especially do the youth in our crowded cities need facilities for learning and practising this art. Swim-

ming baths erected in the various districts would be at once an innocent attraction and a powerful incentive to cleanliness. Instruction in swimming should form a part of the school training.



Simplicity Makes for Long Life.—

As simple habits grow old-fashioned, and the desire for luxury increases, the centenarians are destined to become more and more scarce. One of these interesting personages passed away a short time ago, in a French village, at the age of 102, mourned by a numerous posterity of four generations. Monsieur Sarre, who was 112 years old at his death, retired from his position as road-mender at ninety-five, but he owned a little cottage, and "up to within a week of his death used to hoe, rake, and weed his garden." His mental faculties were well preserved to the end. His diet consisted mainly of vegetable broth with bread steeped in it. He took this three times a day, and ate meat but rarely.



Three Children Lost through Ignorant Feeding.—The following pathetic incident reported in the *Daily News*, a paper which gives welcome prominence to matters that vitally concern the good of society, throws a lurid light over the unfortunate conditions prevailing among working people in respect of food and feeding.

An inquest was being held over the body of a fifteen-months'-old child which had died of chronic gastric catarrh, brought on by improper feeding. The mother stated that the child, which never appeared very strong, fell suddenly ill on a Tuesday, and died the following day, after having been taken to the hospital. Two other children, in the same family, aged respectively three months and four years and a half, having died within the week, the coroner questioned this mother regarding her care of the deceased. She denied that

she had been guilty of any neglect, and said she did not know what was the matter with them. Her husband was a sober man, and gave her twenty-one shillings regularly per week. Further inquiry bearing more directly upon the matter of diet, elicited the remarkable statement from the mother that she was feeding these delicate babes with "*exactly the same food she ate herself—beef, pickled cabbage, bread, etc.*" The neighbours said the children were frequently seen eating salmon, vinegar and pickles, and ice-cream.



The Need of an Educated Motherhood.—We fear that this is only one of thousands of cases. The coroner admonished this poor woman to be more careful in her feeding of children in the future; but how is she to exercise care without knowledge? The average farmer knows how to feed his pigs; but the average mother is woefully ignorant regarding the feeding of the helpless babes entrusted to her care. One of the great needs of today is an educated motherhood. The girls who are now attending school should be taught the practical side of physiology and hygiene. It is not absolutely essential that they should be able to name the bones in their order; but they must, for their own welfare now, and that of their children by and by, know something about proper diet. Boys and girls alike should be drilled in such vital matters as the harmfulness of alcoholic drinks, and of all narcotic and drug habits. They should be taught to reverence their bodies as temples in which God would dwell, and to keep them clean and pure. Such an education given to the children now growing up would be worth more as a source of national defence than the addition of a hundred first-class battle-ships to our fleet; for it would give us by and by fathers and mothers educated in the care of their offspring, and capable of giving them, physically, a good start in life.

The Diet for Strength and Endurance.

BY M. ELLSWORTH OLSEN.

"WHICH is the best diet for strength?" is a burning question in this age of sharp competition with its heavy draughts upon the physical and mental energies? Mr. Karl Mann, winner of the Dresden-Berlin walking race, has only one answer to give, and he speaks from practical experience.

One hundred and twenty-five miles certainly is no mean distance to cover on foot in a little less than twenty-seven hours. Had Mr. Mann trained on a diet materially lacking in strength-giving qualities, while he might have made a good start, he must certainly have fallen out by the way. But instead of losing the race, this young man, who is too busy with hard, every-day work to give time to professional athletics, out-walks Germany's champion walker, and arrives at the goal so fresh that he is ready at once to resume editorial and other business duties without any special rest.

What did he train on? We shall let Mr. Mann reply. First he tells us: "I entirely discarded the use of all animal products, which I had partaken of previously but very seldom, especially in travelling. I took neither milk, cheese, nor cow's butter, and in the main not eggs, pulse, coffee, tea, nor cocoa. That I never touch alcoholic fluids need hardly be mentioned."

"What was there left for anybody to eat?" will probably be the question in the reader's mind.

Mr. Mann continues: "I ate fruit of every description, fresh and dried (the latter well soaked in water for twelve to twenty-four hours) cereals as a thick porridge (very well cooked) for the first meal, a little bread (wholemeal if possible), biscuits very rarely, salads (lettuce) very seldom, steamed vegetables or soups, also nut butter prepared from either peanuts, hazelnuts, or almonds. I used the nut

butter spread on slices of bread, and added to porridge. I needed four ounces of it daily while in training."

For drink he tells us he used a preparation of the unfermented juice of grapes and other sweet fruits, and to the pure grape sugar taken in this form he ascribes much of his vigour and endurance.

It may be suggested that Mr. Mann is merely a wonderful walker, and would have won the race even if he had trained on a flesh diet. He himself says: "I



KARL MANN.

know for a fact that without hygienic living and training on a pure, strength-giving natural diet, this final success would not have been possible, as at the age of seventeen years I was decidedly under the average in health and strength."

The diet question is further elucidated by the fact that the five men who reached

the goal in succession next after Mr. Mann were all abstainers from flesh foods, as were also the ninth, tenth, and eleventh. Only three of those training on a flesh

flesh foods *in toto* and even such articles as milk, eggs, and butter, is perfectly compatible with the highest degree of strength and endurance. We do not urge upon our



KARL MANN FINISHING THE DRESDEN-BERLIN WALKING RACE.

diet held out till they reached Berlin, and these though taking a longer time for the trip, were not nearly as fresh as the first six vegetarians.

The winner has not only broken all previous records but has demonstrated that a very simple, abstemious diet, excluding

readers to adopt precisely the same regimen as Mr. Mann, but we believe all will profit by giving up flesh foods and all rich, unwholesome dishes in general, and eating only for strength, not to please a perverted appetite. Mr. Mann, we might further add, trained on the two-meal-a-day system.

ERYSIPELAS: ITS CAUSES AND TREATMENT.

BY F. FLEETWOOD TAYLOR, M.B., CH.B.

Symptoms.

PICTURE to yourself a bright red swelling, quite distinct from, and raised above, the surrounding skin, with surface smooth and shiny. At first it will be small, but, if you watch closely, you will notice a great difference in a few hours; the discoloration seems to spread in all directions.

Now, just supposing you have the opportunity, *touch* the swelling, and you will find it is hot, tender, or even painful and

"puffy"—not firm like the surrounding tissues—and if pressed with the finger, a small indentation remains.

Next, *ask* your imaginary patient how she feels. She will tell you she is very ill, has a headache, is disinclined for work and for eating—in fact, is sick at the sight of food.

The patient will further tell you she has not felt up to the mark for a few days, having had "a shivering fit" forty-eight

hours ago ; or if it be a child who is ill, the mother will exclaim, " Oh, yes ; baby was in convulsions yesterday."

This preliminary occurrence is nature's warning to us that we have probably been exposed to some source of infection ; and in a few days' time, called

"The Period of Incubation,"

we shall know exactly what is wrong. Turning to our patient again we must examine her more carefully. Most likely the rash is seen on the face, as this is the part commonly affected. We shall find in nine cases out of ten that the starting point was a sore, cut, or wound. Or the origin may have been where the skin and mucous membrane join, as at the angle of the eye, nose, or mouth ; or from a part of the skin roughened by irritating discharges from the nose or ear. Occasionally the rash begins in the *throat or nose*, and shows itself afterwards on the skin.

Frequently small blebs appear, which may unite into large blisters containing clear, yellow fluid. These break in time. Their contents dry up and form scabs, or crusts, which drop off as the inflammation dies down. Only if further infected through dirt and carelessness do sores result.

The most noticeable feature of the case will be

The Temperature,

which rises rapidly, and continues high as long as the redness keeps on spreading.

The PULSE, however, is the better guide to the condition of the patient. Death seldom occurs if this disease be properly treated, and be uncomplicated with pleurisy or pneumonia.

During the attack the tongue becomes dry, foul, and in bad cases cracked and brown, while crusts appear on the lips and teeth. Delirium, or wandering of the brain at night, is not uncommon, and the nearest glands are always enlarged.

When the complaint is at its worst, the

features are so swollen as to be unrecognisable : but all these symptoms gradually disappear on the fall of the temperature. Simultaneously the inflammation ceases to spread, the rash fades, the skin peels off, and in some cases there is a temporary loss of hair. If properly managed the patient should begin to recover in from five to seven days, though with a bad constitution the fever may last two or three weeks or longer, especially if relapses occur.

Causes.

Erysipelas is contagious, and is therefore due to what bacteriologists call "specific organisms"—minute cellular bodies arranged in chains like a string of beads. They are duly found in the lymph spaces and lymphatic vessels at the advancing margin of the rash, and have nearly always gained entrance to the skin through a cut or wound. There are, however, special circumstances, known as "PREDISPOSING CAUSES," which render people liable to this disease. Such are chronic alcoholism, diabetes, affections of the liver and kidneys, while personal hygiene plays a most important part, the exciting causes including bad or insufficient food, impure water and lack of cleanliness.

There is little doubt that the infection is carried, not by the air, but by direct contact, *i.e.*, by unwashed hands and dirty clothes. Insanitary surroundings, accumulations of decaying vegetable or animal matter favour the growth of the microbe. An eminent authority writes, "The presence of a dust-heap near the window of a ward has been known to cause repeated outbreaks of erysipelas in the nearest bed." Damp and cold weather seem to be specially associated with epidemics of this disease. Certainly it is most prevalent in spring and autumn, and now that the summer months have passed away all too quickly, it may be useful to us to know how best to deal with the complaint should we come across it.

Treatment.

As its infectious nature has been explained, we must first isolate the patient, especially from those having wounds, or who are in delicate health. Keep her warm and comfortable in bed in a room with the window open three to six inches, while a little fire should be kept burning.

The bowels should be relieved at the beginning of the attack, and thereafter daily (if there be no natural evacuation), with the colon douche, or enema, of two pints of warm water.

The whole body should be sponged with tepid water night and morning—except the affected part, which should be bathed in water as hot as the patient can bear, softly and quickly dried, and dusted with flour from a dredger or through muslin. This protects the sensitive area from variations in temperature, and helps to form a scab, under which the new skin grows. If pre-

ferred, a cotton-wool mask can be made to cover the face and head. But poultices and cold applications only make matters worse.

While the fever lasts, the nourishment must be entirely fluid and of the simplest character. Half a pint of cool milk and barley-water, with a few grapes or other fresh fruit, or a baked apple, every four hours from 7 a.m. to 7 p.m. Between these hours, if the patient is thirsty, let her sip boiled water, lemon-water, or toast and water. This regimen should be continued as long as the tongue is furred.

When the severe symptoms have subsided, we can add more milk, brown bread and butter, puddings, gruel, etc.

During the period of convalescence, macaroni and stewed fruit may be allowed for dinner, or a vegetable stew nicely flavoured and thickened with rice or pearl barley, besides the above-mentioned articles of diet.

HYGIENE FOR BRAIN-WORKERS.

BY M. ELLSWORTH OLSEN.

WHILE Sir Philip Sidney was engaged in his studies, a friend gave him the sensible advice not to neglect his health "lest he should resemble a traveller who during a long journey attended to himself, but not to his horse."

Brain work is more exhausting than the same amount of physical effort. Hence to ensure a good degree of health and strength, the scholar, the professional man, and the keen, wide-awake business man needs to give more attention to physical culture than the mere labourer.

The first requisite to a good working constitution is the cultivation of right habits. It has been said with considerable truth that "every man is a bundle of habits." What he is, and the amount and quality of the work he accomplishes in the world, will depend in a large degree upon the kind of habits he may adopt.

The successful brain worker cannot afford to indulge himself in any distinctly harmful practice. Even though the immediate effects for evil are apparently wanting, the knowledge that the habit in question is out of the natural order of things, and does not supply any real demand of the system, should be sufficient ground for rejecting it. And let it be said right here, if a man would rid himself of a bad habit, the quicker it is done, the better. To leave off by degrees is neither physiological nor pleasant. It is like killing a snake by beginning at the tail, and cutting off an inch at a time.

Alcoholic drinks, tobacco, and all similar stimulants or narcotics are best given up immediately; the system rallies much more quickly under such treatment than if the harmful habit is left off by degrees.

The man who is parting company with

bad habits must be diligent in the acquisition of those which are innocent and wholesome. A matter of the very first importance is the acquirement of a healthy view of life. Mind-cure, with all its extravagances, contains a grain of truth. The man who thinks health, looks for health, and believes that it, and not disease, is the natural state of men and women just as of the other animals, is, on that important point, in accord with his Creator. It is the privilege of every man to trust in God as a loving Father who is continually at work to heal His children, and only needs their hearty co-operation to ensure the fullest success.

A strong purpose to live to the glory of God and the good of one's fellow-men, is in itself a powerful stimulant to the health. But worry and undue anxiety must be avoided as fatal to health. If you are in business, leave all business cares behind you when you go home at night. Work hard during the working hours; then give yourself needed rest.

Take a moderate amount of physical exercise, and let it be regular. A few minutes morning and evening with an exerciser, or with light dumb-bells, will do much to keep the muscles in trim. Walk

to your place of business if possible. Vigorous walking with head erect, chest forward, and shoulders well thrown back, is excellent all-round exercise. Instead of waiting till you can have a fortnight's holiday, take a half day off once a week, and give yourself a bicycle ride into the country, or play golf, tennis, cricket, or any outdoor game that calls forth pleasurable activity. Better still, if you have opportunity, do a little useful work in the garden.

Don't waste precious time in merely watching games played by other men. The benefit in such instances is all on one side. It is much the same as if you were to get another man to eat your dinner for you and then pay him for doing it.

Cold bathing goes hand in hand with exercise. A good rub-down after vigorous use of the muscles, puts a man in that condition of radiant health in which mere existence is a delight, and work is pleasure. The best eye-opener in the morning is a bath of cold water. Some brain-workers find the cold dip too much of a shock for the system; such can take the wet towel rub or sponge-bath to the best advantage. In either case, the movements should be rapid and vigorous.

(Concluded next month.)

POPULAR HEALTH RESORTS.

The quest of Health is one which has a large and continually increasing following. Health resorts are springing up in all parts of the world, and wherever they are founded on right principles and properly conducted, they are pretty sure of liberal patronage.

This is eminently true of the large sisterhood of Sanitariums conducted under the auspices of the Medical Missionary and Benevolent Association.

The Skodsborg Sanitarium, one of the charming buildings of which appears on this page, is probably the most completely

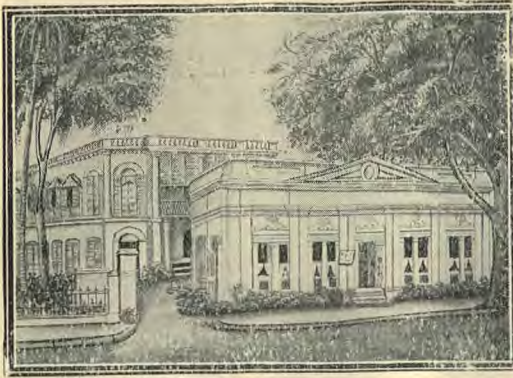
equipped for giving baths and other hygienic treatments of any institution in Europe. Dr. Ottosen, its superintendent,



SKODSBORG SANITARIUM.

reports a full house, and a splendid interest in the reform principles for which the institution stands.

The magnificent beech forests for which the place is noted, and the fine view of



CALCUTTA SANITARIUM.

the Cattagat, in the front, with craft of every kind, make the spot an ideal one for the chronic invalid or the worn and weary brain worker needing rest and re-

creation with tonic treatment and a proper diet.

Calcutta is hardly a place where one would go for one's health; but there are plenty of English people in India who need sanitarium treatments. Our little institution there under the care of Dr. R. S. Ingersoll and Dr. Olive Ingersoll is having plenty to do. The facilities are being improved in various ways, and include appliances for the giving of electricity, galvanic and faradic, electric light baths, Russian, and electric baths, as well as all the ordinary hydropathic remedies. It is the only place in India where the luxury of an electric light bath may be enjoyed.

thoroughly trained attendants wait on the patients. Massage and Swedish manual movements are made a specialty. The institution is located at 51 Park Street. Descriptive circulars, with full particulars, may be had on application to the Superintendent.

Most parents live *for* their children; few live *with* them.

* *

Look to your health; if you have it, praise God, and value it next to a good conscience.—*Izaak Walton*.

* *

DISFASE is incidental—or accidental, if you please—but health is the right of all creation.—*E. J. Waggoner*.

* *

INTEMPERANCE in eating is responsible for a greater amount of evil in the world than is intemperance in drink.

* *

ONE of the best antidotes for carbolic acid is soap. A little Castile soap should be quickly chewed and swallowed by a person who has taken carbolic acid. A solution of soda may also be taken with advantage.

INFIDELITY, impurity, intemperance—the trinity of evils.—*Canon Wilberforce*.

* *

"THERE is no greater cause of evil, morally and physically, in this country than the use of alcoholic beverages."—*Sir Henry Thompson*.

* *

"If an angel ever weeps, it is when he sees a company of men who claim to be the teachers and healers of the race, quaffing poisons produced by bacterial action in the form of alcoholic drinks."—*Dr. N. S. Davis*.

* *

THE Doctor: "I think you understand fully now the directions for these medicines, and this is for your dyspepsia."

Patient: "Why, I haven't dyspepsia, doctor."

The Doctor: "Oh! but you will have it when you've taken those other remedies."

The Home Gymnasium.

Mrs. H. R. Salisbury.

How to Develop "Nature's Corset."

PEOPLE are gradually waking up to the fact that the corset instead of being essential to health and beauty of form is unnatural, unhealthful, and ungraceful. There is nothing beautiful or artistic in a figure whose waist and shoulders are all out of proportion, and certainly there can

be no comfort when a waist that should measure twenty-six or twenty-seven inches is drawn down to eighteen. Fortunately women are beginning to realise that health and comfort are more worth while than following fashion, and are throwing off the yoke of bondage.

When one bids farewell to corset and stays, it is absolutely necessary, in order to present a neat appearance, that special exercises be taken to develop what one author has called "Nature's Corset"—the waist muscles. If one has worn a corset for several years, the muscles of the waist have through disuse and lack of opportunity to develop, become weak and flabby, and one feels at first lost without the accustomed support. Fifteen or twenty minutes a day devoted to physical exercise will soon remedy this, however, and you will wonder why you ever thought you needed bones and stays when in your own body you have bones and muscles which will do the necessary work far better than any artificial means, if they are only given an opportunity to develop.

Next in importance to standing correctly and breathing properly comes the development of the muscles of the waist. Deep breathing in itself will do a great deal in this direction.

Leg-raising sidewise is a mild exercise to develop the side muscles. In taking it, place the hands on the hips and stand very erect. Raise the leg slowly and stretch to



NO. 1.—LEG-RAISING SIDEWISE.

the very tip of the toes, but do not lean toward the leg that is raised. This may be taken alternately several times.



NO. II.—BENDING SIDEWISE.

Perhaps the best exercises, however, are bending the body sidewise and twisting to the side. The first is shown in Illustration No. 2. Place the hands at the back of the neck, finger-tips touching, keep the elbows well back, and bend as far as you can to the side, till you feel a good pull of all the side muscles. Raise the body and repeat to the other side. Keep both feet firmly on the floor. Take this at least three times to each side, and after a little practice, four or five times. This bending is specially helpful to stir up an inactive liver.

For the twisting exercise, raise the arms, shoulder-high, bring the heels and toes close together, and twist the trunk strongly to the side, first to the right, then to the left, three or four times.

MRS. H. R. SALISBURY.

An Aristocracy of Health.

BOTH rich and poor need to be trained to the point of recognising the body as the noblest and most precious of man's possessions, and worthy of the highest respect and the most conscientious care. Society needs to organise and re-organise a new aristocracy—an aristocracy of health, the membership in which shall be open to the poor as well as to the rich, the only necessary qualifications being sound physical health and correct habits of life. An aristocracy of wealth has no just foundation. It is indeed an artificial and illegitimate classification. An aristocracy of health would be truly a royal fraternity, one characterised not by blue blood, but by red blood. Health means energy, either active or latent. In every branch of human activity it is power that rules at last. Let society discover that health, not wealth, is the dominating factor, that energy of mind and body, not high pedigree, not titles, or government bonds, is the ruling interest, and there will be among men and women a wholesome emulation to reach the highest standard of health, vigour, and endurance, and there will arise an earnest inquiry into the ways and means whereby health of mind and body may be most certainly promoted.

J. H. KELLOGG, M.D.

Condiments Diminish Strength.

SOME interesting experiments conducted by Ch. Féré, of France, clearly show that condiments introduced into the stomach diminish the muscular energy of the body. He also shows that peptones or predigested proteid foods have the same effect. No explanation of these interesting facts is offered.



WATER is the great cleanser. Water cleanses the body externally and internally.

⇒ OUR SERIAL. ⇐

A DEAR EXPERIENCE.

BY S. ISADORE MINER.

It was Amy Norton's first baby. Perhaps that is why she persisted in behaving so foolishly about it, and perhaps it was because she had once been an innocent little country maiden, whose mother and grandmother before her had always taken care of their babies themselves, and who would probably have thought it a most heathenish thing to trust a bit of one's own flesh and blood entirely to the tender mercies of a nurse-girl; at any rate Amy thought so, although she was now the mistress of an aristocratic city home; and so, for eight months of her little life, baby's sole attendant had been her own dear mamma, and her sole nourishment that provided by nature.

Now Amy's mother-in-law, dear, good, fashionable soul, had from the first been very properly scandalised by such an outbreak of sentiment, as she called it; and when Amy announced her intention of discarding the services of wet-nurses and colicky bottles, she felt it her duty, for the good fame of the family, to interfere.

"It is very ill-bred, Amy, very ill-bred, indeed," said that well-meaning woman. "Why, I wouldn't have our set know that you nursed your own baby for anything in the world. I never did, for all I have had four children, and I never knew that I had one either, as far as their care was concerned, until they were old enough to introduce into society. You must think of these things, my dear, and have a little consideration for the feelings of the family."

Amy did think of these things, and the result was she concluded to have a little consideration for herself and baby.

She thought of the cold, unloving atmosphere of the big, brown stone front the Norton's designated "home" (though a more inappropriate word could not have been invented), where there were no tender caresses, no happy greetings or affectionate farewells, no loving exchange of confidence, and where a social hour in the privacy of the family was never spent.

She mentally compared this picture with one indelibly stamped on her inmost heart,—that of a humbler but happier home in a small New England town. Seven rosy children, herself the eldest, made the old house merry with laughter; and mother was never too busy or engrossed with pleasure to give a glance of love or a word of sympathy, whenever they ran to pour out their petty joys and sorrows in her ear, was it fifty times a day, and sometimes, between them all, it was that many. And father was never too tired or preoccupied at night when he came home from his tread-mill of duties as village doctor, if he came home at all, to greet them with such hearty kisses that they sometimes went two or three times round, always ending up with mother and the baby.

At this momentary picture of the past, a great wave of home-sickness drowned Amy's last scruple, and she said, as she passionately pressed her own darling to her throbbing heart, kissing the little upturned, wondering face, "Mamma will never let a nurse-girl mother her precious baby. She will love it and feed it and tend it all herself, for baby must never love any one so well as mamma."

Good Mrs. Norton gazed at her in consternation, as if she thought she had suddenly become demented. She could not understand Amy's rapturous mother-

feeling; and how could she, never having experienced any herself, and having always considered it a very ill-bred thing, harboured only by vulgar people? So, with ill-concealed disgust, she gave up the attempt to bring her refractory daughter-in-law within the pale of civilisation, and went away with a dazed sort of wonder, and a feeling that had been for eight months daily growing stronger,—the feeling that her son George had in some way made a sad *mesalliance*. I doubt if she would ever have attempted a return to the charge, had not her pride, her pet pride, too, received a terrible shock.

Now, George Norton was as yet wholly unaware what a terrible blunder he made when he married pretty little Amy Thorne, and he stood in a fair way of for ever remaining in ignorance. Indeed, he cherished the idea, away down deep in his manly heart, that he had done a very fine thing for himself, and that if there had been any blunder, it was all on the other side. He thought the new life in his snug little home a delightful improvement over the cold, cheerless existence in the brown stone front. Oh, no! He wouldn't exchange his sweet wild rose plucked from a country road-side, for all the pale, unnatural blossoms forced into bloom in the many fashionable parlours he had visited. He never regretted his choice, or wished her a whit more fashionable; and Amy never regretted hers, either, or the long, bright summer spent with an invalid aunt at the sea-side, where she had met George Norton, and won him by her fresh face and simple modesty. But she sometimes regretted the old home life, or rather that he had never known such a one, and so been content to pass his days in such another, but she never told him so.

But, as I was saying, Mrs. Norton's pet pride received a shock,—a shock that caused her to renew her onslaught on poor Amy,—and this is how it happened.

Lady Elting,—at least it was a lady whose cousin had married a lord, so it

amounted to just the same thing in Mrs. Norton's eyes,—had recently come from England, and become the bright particular luminary of Mrs. Norton's set. Now if there was one thing more than another that Mrs. Norton's feeble soul bowed down to and worshipped in the blindest kind of blind admiration, it was a title. Her own father had been a small tradesman, and her husband's a soap-maker, who, late in life, had been hoisted into the position that comes hand in hand with wealth, by the increasing needs of the great unwashed. But that, to her mind, only made it the more necessary to avoid in every way, anything that might serve to identify her with the humble past. Somehow, to her shallow mind, whatever would, in the slightest, interfere with the pleasures of a fashionable life were such links, and ignorance of the qualities that are the real and only distinguishing characteristics of true nobility, led her even to consider the stirrings of motherly love and duty, God's best gifts to woman, as so much evidence of the inherited "bad blood," to be speedily stifled by a studied indifference. Wealth she now had; position alone represented to her the one thing needful.

Whether the *pseudo* Lady Elting discovered this, or whether she determined to profit by the fact that Mrs. Norton always addressed her, in the most obsequious manner, as Lady Elting, as well as introducing her to public notice under that title,—an artifice which my lady never took pains to correct,—is not here to be determined. Suffice it to say that her ladyship's most refulgent beams were reserved for Mrs. Norton, who, asteroid like, reflected the light of her friend far and near. The two became inseparable, and scarcely an afternoon of the fair spring weather passed, but found the ladies on the avenue, in the Norton *landau*, with its splendid bays, and liveried footman.

It was on one of these excursions that Mrs. Norton's pride received the fatal blow, so to speak. They were driving through the park, when a turn in the winding road brought them face to face with Amy.

(To be continued.)



“What Shall We Eat? and What Shall We Drink?”

BREAKFASTS AND DINNERS.

A FEW HINTS AND SUGGESTIONS.

A GOOD breakfast is an excellent preparation for a hard day's work. The ideal morning meal is sufficiently nourishing so that one will not be hungry till time for dinner. At the same time it should be of a character not to oppress in any way, but leave the mind buoyant, and the whole system in trim for the hardest work of the day.

The amount of food to be taken at breakfast will depend largely upon what was taken the night before. If a hot supper was eaten shortly before retiring, then the lighter the morning meal the better. Such a sinner against hygienic law may well eat the bread of repentance the following morning. Perhaps he might be allowed a very light meal such as our artist has pictured for us. A small bowl of Granose Flakes with a little nut milk or fruit juice and an orange, would be amply sufficient, because the stomach is tired out trying to work and rest at the same time. There is liable, moreover, to be a bad taste in the mouth and little appetite.

But if nothing was eaten within four hours of retiring, and then only a very light lunch consisting mainly of fruit, then there will most likely be a hearty appetite in the morning, and one of the following menus will be in order:—

BREAKFASTS.

Minced Protose on Toast
 Breakfast Rolls Brown Bread and Butter.
 Tinned Peaches.
 Caramel Cereal with Cream.

Fruit Toast.

Left-over Grains with Cream or Nut Sauce
 Brown Bread Bananas.

The dinner is usually the principal meal of the day, and should be eaten slowly, with plenty of cheerful conversation. No hard work, either physical or mental, should be taken up immediately after this meal. Following are a few suggestive menus:—

DINNERS.

Fruit Soup, Baked Potatoes with Nut Sauce,
 Pulled Bread, Marbled Beans,
 Fresh Fruit.

Rice Soup. Lentil Roast with Tomato Sauce.
Bread. Zwieback.
Fresh or Stewed Fruit.

Mashed Potatoes with Nut Sauce.
York Roast. Gluten Porridge with Cream.
Mellow Apples or Pears.

Recipes.

Recipes for the Breakfast Rolls, Fruit Soup, and Gluten Porridge will be found in the April *Good Health* (old series); for Rice Soup, Left-over Grains, and Lentil Roast, see the September number.

Nut Sauce.—Heat to boiling a quart of water in which a tablespoonful of nut butter has been dissolved. Thicken with three tablespoonfuls of browned flour. Cook thoroughly for five or ten minutes, serve hot.

Marbled Beans.—Cook equal quantities of haricot and black beans until tender, and the moisture has become more or less evaporated. Rub each separately through a colander, and season with salt, and half a cup of nut cream to the pint of bean pulp. Arrange in any preferred way, so as to give a marbled appearance, in a slightly oiled circular baking dish; smooth the top with a knife, and bake until nicely browned on top, and dry and mealy throughout. Invert the baking dish over a plate, and the beans should come out a perfect loaf. Garnish with walnuts and slices of lemon.

Pulled Bread.—Remove a loaf from the oven when about half baked, and lightly pull the partially set dough into pieces of irregular shape, about half the size of the fist. Do not smooth or mould the pieces; the rougher the shape the better. Place them on perforated tins, and bake in a slow oven until browned and crisp throughout.

Minced Protose.—Chop the protose fine with a meat chopper or with a chopping knife. Have some strained stewed tomato heated to boiling, add one cup of the minced protose to one and one-half cups of tomato. Boil up at once, and serve on slices of zwieback which have been softened with hot cream, hot nut cream, or hot water.

York Roast.—Three cups of bread crumbs, three hard boiled eggs chopped fine, one grated onion, half a cup of cream, and salt to taste. A little sage may be added if desired. Put the crumbs in a mixing bowl; add the cream. Heat the onion in a little water; add this to the crumbs and cream. If not sufficient to hold the crumbs together, add more warm water. Then add the chopped eggs and salt; mix well, and put in a well-oiled tin, and bake for half an hour.

Baldness—Its Cause.—Baldness is generally due to the presence of minute parasites which get into the hair follicles and affect the roots of the hair. When the hairs are destroyed to such a degree that the scalp is smooth and shiny, there is no

help for the baldness. If there is a thin down upon the scalp, the case is curable. In order to cure it, it is only necessary to improve the nutrition of the scalp. This is best done by massage. A shiny scalp should be rubbed until it recovers its natural softness.



MARBLED BEANS.

The Children's Page.



THE HOUSE BEAUTIFUL.

MARY, do you know what *appetite* is? Well, listen carefully, and I will tell you. Appetite is the desire we have for food and drink. A person has an appetite for that which tastes good to him.

You like oranges and apples, cherries and grapes. You also like good bread when you are hungry, and honey, and rice, and a lot of other good things. You are fond of lemonade, too. All these things taste good, and you have an appetite for them.

But the appetite, like almost everything else, may become perverted, so that one desires that which is not wholesome and good.

Some people have an appetite for strong drink, and the appetite is so powerful that they become slaves to it.

How sad it is to see a man, and sometimes a woman, too, give way to a perverted appetite and defile this beautiful house that God has given us.

The appetite for drink often becomes so strong that the man is bound with it as with chains of steel. Then God alone can take it away, and set the man free.

How much better never to develop evil

appetites. "Touch not, taste not" should be our rule as regards all hurtful things.

There is also the appetite for tobacco, which, as everybody knows, contains a deadly poison called *nicotine*. Tobacco weakens the eyes, stunts growth, and hinders natural development.

I would say to the boys: Avoid it as you would a deadly serpent. Remember that tobacco *never* does anyone any good. It is not a food in any sense, and only works mischief.

If you would be manly, noble, and truly good, let it alone, and advise everyone to do the same.

THE VALUE OF A SMILE.

THE thing that goes the farthest to'ard making life worth while,
That costs the least and does the most, is just a pleasing smile;
The smile that bubbles from the heart, that loves its fellow-man,
Will drive away the clouds and gloom, and coax the sun again.

There is no room for sadness when we see a cheery smile;
It always has the same good look, it's never out of style;
It nerves us on to try again when failure makes us blue,
The dimples of encouragement are good for me and you.

—Ladies' Home Journal.

PRACTICAL QUESTIONS ON DIET.[†]

BY J. H. KELLOGG, M.D.

QUESTION.—*What foods are best for one who wishes to avoid starchy foods?*

ANSWER.—Fruits and nuts. In the majority of cases it is not necessary to avoid starchy foods. It is only essential that mushes and starchy vegetables be avoided, and that the cereals should be taken in the form of breads twice-baked or thoroughly dextrinised.

Q.—*Is there any way to clean a coated tongue?*

A.—Yes. A fruit diet, with copious water drinking, and the use of grains and nuts will in time effect the removal of the morbid conditions present, to which the coated tongue is due. Improvement of the general vital resistance of the whole body is necessary. The daily cool bath is one of the best means for this purpose.

Q.—*Can the strength be maintained on a non-flesh diet; that is, can a person who is engaged in hard manual labour abandon the use of flesh without loss of capacity for work?*

A.—Most certainly. The strongest and most enduring animals are non-flesh-eating. The elephant, the camel, the ox, the horse, —all our work animals, in fact, are of strictly vegetarian habits. The strongest and most enduring men are likewise vegetarians. This is true of the peasantry of all countries, and especially of those countries the inhabitants of which are noted for great longevity, as Hungary and Ireland.

Q.—*Please name the three best foods, outside of manufactured health foods, for an old person who has no teeth?*

A.—Browned rice, well cooked; zwieback thoroughly browned, softened in fruit juice;

ripe fruits, such as peaches, grapes, berries; baked apples, and other cooked fruits. As a source of fat, add nut butter made from peanuts and almonds without roasting.

Q.—*How may obesity be overcome?*

A.—Mild starvation is necessary for reduction of flesh. One of the best means of accomplishing this is to give the patient a monotonous diet; that is, require him to eat a single article of food. He will soon get so tired of this that he will be very careful not to eat too much. The ration provided might consist of some such simple food as granose, granola, or granut. In addition to this simple diet, which should be as free as possible from sugar and fat, the patient should take a cold bath daily. The cold bath should be as prolonged as possible; hence, swimming is especially advantageous. If the bath is taken in a tub, the temperature should be 75° to 80°, and should be prolonged for ten or twenty minutes, or as long as possible without unpleasant chilling. The patient should rub himself vigorously while in the bath so as to maintain active circulation in the skin. He should lie down and sit up in alternation, rubbing the limbs while sitting up and the arms and chest while lying down. Exercise should be taken immediately after the bath until vigorous perspiration is produced. The process of fat reduction may be accelerated somewhat, by a sweating bath for twenty to thirty minutes before the cold bath. If walking is chosen as the form of exercise to be taken, the amount required should be ten to twenty miles daily on a level surface. The exercise should not be taken all at once, but should be divided into three or four stages.

[†] Excerpts by permission, from the forthcoming book, "The Living Temple."

The Throat and Some of Its Disorders.

IN the throat are two tubes, one soft and flabby for the passage of food and drink, the other rigid and always open for the air to pass in and out. See Figure I.

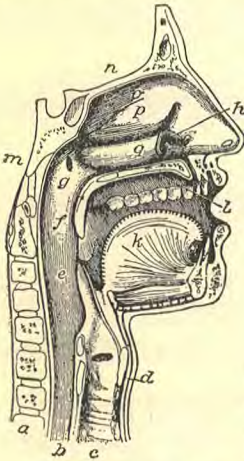


FIG. I.—Section of Nose, Mouth, and Throat.

- a. Spinal Column.
- b. Food-tube.
- c. Air-tube.

The air-tube is lined by long, slender cells with waving hairs. In the wall are numerous glands for the secretion of mucus. See Figure II.

The food-tube also contains many mucous glands. Mucus is a viscid substance, which lines the tubes and acts as a lubricant, preventing injury to the delicate cells.

Common sore throat is an inflammation of the back part of the mouth cavity. There is usually an increased mucous secretion producing a catarrhal discharge, and the membranes become swollen and painful.

Some of the exciting causes of sore throat are sudden exposure to cold or heat, breathing tobacco smoke, dust, irritating particles, and noxious fumes, loud talking, singing, and reading, and the use of alcoholics.

A sore throat should always be treated, for otherwise it may become chronic, and then it is much more difficult to cure.

Soak the feet in hot water, and at the same time drink freely of hot lemonade.

After free perspiration, bathe the body with cool water and retire. Apply a cold compress to the neck.

To prevent taking cold, dress according to the weather, and take some form of cold bath each morning. Bathing in salt water is excellent. A salt glow twice a week is a fine tonic treatment. It is taken by rubbing the body with salt and water.

A foreign body in the throat often causes great pain and distress. In such cases a doctor should be sent for at once.

If it is a marble, or button, or coin, hold the head down, and it may be induced to fall out by its own weight.

If a pin or fish bone, care should be taken not to lacerate the soft tissues. Oftentimes it is well to carry a small, soft fish bone into the stomach by eating potatoes or other bulky food.

Only a physician should use instruments in removing obstructions from the throat. Others must rely on the finger, and if this fails, wait for the doctor. In the meantime, keep the patient quietly resting.

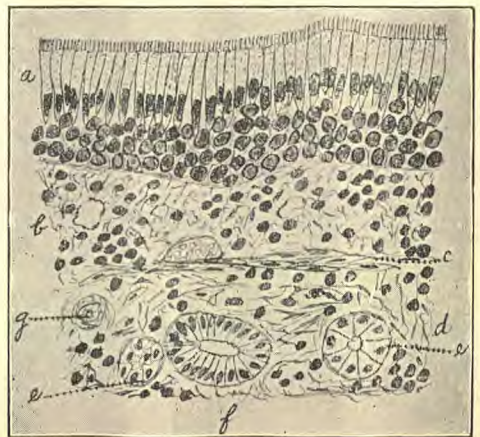


FIG. II.—Section of Air-tube. a. Hair Cells. c. Mucous Glands.

EDITORIAL.

Light Kills Germs.

THE direct rays of the sun soon destroy germs. Light alone is destructive to microbes. From an article by Kirstein we learn that the germs of typhoid fever are killed by twenty-four hours exposure, while those of diphtheria require twice that period or two days. The latter will survive five days if kept in the dark. The tubercle bacillus (germ of consumption) succumbs to five days exposure to light, but maintains its virulence twenty-two days in the dark. Hence the importance of sunny rooms and apartments.



The Absorption of Animal and Vegetable Foods.

IT has long been asserted that vegetable foods are less perfectly assimilated by the system than is the flesh of animals. Observations which appeared to support this view have doubtless been faulty and inaccurate. In the German review, *Zeitschrift für Biologie*, Max Rubner, one of the leading investigators of the day and a well known authority on questions pertaining to diet, conclusively shows by carefully conducted observations the falsity of this assertion.

Rubner put his subject on a diet of meat, bread, milk, potatoes, and bran bread (coarse brown bread). In the list which follows it will be seen that the potato was most perfectly assimilated of all the foods. The figures give the total percentage of each food absorbed by the body:—

Potato	92.1 %
Milk	89.8 %
Ordinary bread ...	82.1 %
Flesh	76.8 %
Bran bread	73.5 %

It should be added that Rubner took account of the waste which occurs through the kidneys of matter absorbed only to be excreted again.



Compensatory Growth.

THE facility with which the body accommodates itself to untoward conditions such as an injury or an organic disease, is truly marvellous. It is even possible to remove such an important organ as one of the kidneys, and still life be maintained, and a good degree of health be possible. The remaining organ must needs do double work. This is attained by a new growth and development which the kidney undergoes, so that according to careful observation, there is a large increase in volume, and the filtering apparatus is practically doubled.

The heart also undergoes enlargement or hypertrophy when there is a leakage of the valves, and occasionally an enormous size results. Thus nature compensates for the defect which would otherwise prove fatal, and life is conserved.



Disease Communicated by Milk.

THE danger that attends the use of milk from diseased cattle, is but little realised. In a German medical journal, the well-known scientist, Loeffler, gives the results of some recent investigations which he has made touching this matter. He has demonstrated that the milk from sick animals may contain the specific infection, and thus transmit the disease to man.

Most microbes find in milk a suitable soil for growth and rapid multiplication. This explains why milk so readily becomes tainted.

Microbes which produce intestinal catarrh, are often found in milk. This disorder is becoming quite prevalent, and gives rise to many distressing symptoms.

A recent case where consumption has unquestionably been transmitted to man through using the milk of a tubercular animal, is reported by Ernst.

Typhoid fever, too, may be communicated by milk. Its specific germs, and also the cholera germ, have often been found in infected milk. Heating the milk to a temperature of 160° Fahrenheit for fifteen minutes, will destroy these germs. The same process will also kill the germs of tuberculosis.

Out of twenty-five specimens of butter obtained in a certain German town, eight contained the germs of consumption.

It is very evident from these observations that both milk and its various products must be looked upon with suspicion.

Unless milk is positively known to come from healthy cattle, and to be free from contamination, it should invariably be sterilised.

Simplicity in Diet.

SIMPLE meals are greatly to be preferred to the elaborate fare which many regard as really essential to health and comfort. "To fare well," said Socrates some twenty-five hundred years ago, "implies the partaking of such food as does not disagree with body or mind." According to this definition, which is above criticism, the poor man, compelled to live frugally, really fares better than his rich neighbour.

Unfortunately in these days the poor are fast adopting the vices of more fashionable society. Instead of using their hard-earned pence for plain, simple food of standard quality, they spend them largely on alcoholic drinks and cheap luxuries. As a result, the physical stamina of the labouring classes to-day is decidedly inferior to that which obtained a few generations back.

The wise and clear-headed John Locke was of the opinion that a breakfast of bread alone was abundantly sufficient for his model student, and saw no reason why the same fare should not suffice for supper. He made a somewhat more liberal allowance for the mid-day meal. It is a well-known fact that the Indian coolie does an enormous amount of heavy work in a most trying climate on a few handfuls of rice daily.

The lower animals eat much more simply than we do, and enjoy better health. One great advantage of such simple fare would be that men would not eat unless they were hungry. The really delicate flavour of good plain bread is not discernible to a languid appetite. To a really hungry man the natural flavours of good foods, when properly brought out in the cooking process, are at once the most enjoyable and the most wholesome. Irritating spices and condiments do harm, both in injuring the lining of the alimentary canal and developing a thirst for strong drink.

The Action of Alcohol.

It is a well known fact that alcohol in any form acts as a poison on all tissues, animal or vegetable. Hence it is called a *protoplasmic* poison, for all living tissues are composed of a substance known as *protoplasm*, which is the basis of life.

Alcohol has the power of withdrawing water from the tissues. Valentino and others have shown that its intoxicating effects are due in part to this action. It is found, however, that the unsteady poise and staggering gait are due to the poisonous effect of alcohol proper. But the stupor is believed to be caused by the withdrawal of water from the nerve tissues.

On account of this absorbent property, alcohol is a hardening agent. This is easily demonstrated by treating the white of an egg with a little alcohol; which soon results in its becoming hard and leathery.

QUESTIONS AND ANSWERS.

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

Rupture.—A. L. thinks he has strained himself, and has a lump in the lower part of the abdomen which disappears on lying down. (1) What is it? (2) Is it curable? (3) What should be done?

Ans.—(1) Probably a rupture, which is not infrequently due to a severe strain. (2) Yes, in most cases. (3) The patient may either wear a suitable truss, or undergo a surgical operation, which would probably effect a cure.

Weak Expulsion of Water—Perfection Vapouriser—Cocoonut Oil.—W. H. H.: 1. What would be a good remedy for weak expulsion of water? 2. Kindly state price of Perfection Vapouriser. 3. Where can pure, refined cocoonut oil be procured?

Ans.—1. Warm sitz baths often afford relief. The trouble may be due to a growth. Consult a physician. 2. Twelve shillings, post free. You can obtain it from their agents. 3. The International Health Association, Legge Street, Birmingham, supply it.

Fasting—One or Two Meals.—J. S.: 1. Is it advisable for a person to fast a day or two at a time? 2. Do you recommend one, or two, meals a day?

Ans.—1. Skipping a meal occasionally, or fasting for a day or two, is not a bad thing for liberal eaters and persons of sedentary habits. Abstemiousness is conducive to health of mind and body. 2. Three meals a day are a sufficiency for anyone. Many people would doubtless enjoy better health by adopting the two-meal plan; breakfast at eight, and dinner at three. This is especially true of those who have slow and imperfect digestion. I cannot recommend the one-meal-a-day plan.

Blotches—Bad Taste.—H.: All around my mouth are blotches, which smart very much at times. My lips taste salt sometimes, and I always have a very bad taste in my mouth. What can I do?

Ans.—Rinse and gargle your mouth with Peroxide of Hydrogen (obtained from any chemist) diluted with half or two-thirds water, several times a day. Keep your teeth clean. If there is any decay, have them attended to by the dentist. Take water freely in the morning and between your meals. Adopt a diet consisting of fruit, cereals, and nuts. Avoid late suppers.

Anæmia—Treatment.—S. T.: 1. Please state the cause of anæmia. 2. What is the best treatment?

Ans.—1. Impoverished nutrition. 2. A few months sojourn in the country, or at the sea-side, with a pure, wholesome diet, and tonic baths. Take a tepid or cold sponge bath each morning, with a salt glow three times a week.

Pain in Joints and Legs.—A. G. writes of a girl of fourteen who is suffering with pain in her joints and legs. What would give relief?

Ans.—Apply hot fomentations to the joints, as directed in January GOOD HEALTH. A hot leg pack, which is easily prepared by wringing a woollen blanket out of hot water, and wrapping it about the limbs snugly, would also prove serviceable.

Fish—Boiling Nuts.—R. C.: 1. Do you consider fish wholesome and nutritious as a food? 2. Would the boiling of nuts make them more digestible, and still keep their flavour?

Ans.—1. According to Hutchison, "1½ pounds of cod or other white fish is equal in value to only one pound of lean beef." That fish is of special value as a "brain food" is a fallacy. As ordinarily sold, fish is in a more or less advanced state of decomposition. Some varieties are known to be poisonous at times, and are dangerous to eat. For these and other reasons, which we have not space to mention, we do not consider fish a wholesome food. 2. Yes, some varieties, such as Italian chestnuts and peanuts, are rendered more digestible by boiling.

Weak Heart.—N.: I have have had rheumatic fever three times, and the doctor says it has affected the heart. There is no pain at all, only a tired feeling at times, as if my arms were too heavy. I feel better when I am out of doors. I smoke, but do not know whether it is doing me harm or good. Would like your advice.

Ans.—Rheumatic fever often leaves the heart in a weakened and diseased condition, and great care and attention is necessary to enable the organ to accomplish its work under such unfavourable circumstances. Bathe the chest with tepid or cool water each morning, and dry gently. Take a neutral or warm bath twice a week. Have your rooms well ventilated. Be out of doors as much as possible. Take a little moderate exercise, such as walking, if you are able. Give up tobacco. It will only aggravate the heart difficulty. Also discard tea and coffee. Adopt a diet consisting of fruit, grains, breads, nuts, nut foods, and the finer grained vegetables. Take an abundance of sleep, lie down a couple of hours before your dinner each day.

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WE take pleasure in informing our readers that we have arranged to print a thin paper edition of **GOOD HEALTH**, for foreign countries, and for all mail subscriptions. Hence the price of the magazine will be hereafter only 1/6 per year, post free. This applies to any country in the Universal Postal Union, as well as to Great Britain.



SUBSCRIBERS who began with No. 1 of the old series, will note that their subscription expires with the present number. To avoid missing an issue, it would be well to renew at once. We believe our subscribers are pleased with the improvements that have been made in the magazine since it was first started, and wish them to know that we are still hoping to make advancement. To this end we need the co-operation of all the friends of these principles.



THERE is one way in which you could help us greatly. When you send in your own renewal, add the name of a friend who would value the monthly visits of the magazine. Thus the principles of life and health will be spread more widely, and your friend will have a monthly reminder of your thoughtfulness.



DR. J. H. KELLOGG, after spending a short time on the Continent, left London in August to return to America. The Doctor's visit has given a new impetus to the work here and on the Continent, and his splendid enthusiasm has encouraged

and strengthened all engaged in spreading these reform principles. He delivered much appreciated lectures in London, Belfast, Birmingham, and Leeds, but owing to other urgent business was obliged to decline several invitations of this kind.



IN response to many urgent requests we are preparing a small pamphlet on **Hygienic Cookery**, which will be published in the near future. The price will be 2d. per copy. By post, 2½d.



THE International Health Association, of Legge Street, Birmingham, have added two new foods to their list of products during the last few months; namely, Toasted Wheat Flakes, and, very recently, Malted Nuts. These foods are not only eminently wholesome and nourishing but also very palatable. Toasted Wheat Flakes bids fair to out-rival the famous Granose Flakes, from which it differs in affording more resistance to the teeth, and in its rich, sweet taste. The Association richly deserves the increased patronage which it is enjoying.



ON the cover of the September *Health and Strength* magazine will appear a very fine photo study of "Sandow," who has contributed so much to make Physical Culture what it is at the present time. Among the articles to appear will be "An English Nature Cure Institution" ("Broadlands," Medstead, Hants) (illustrated), by a Doctor; "A Walking Tour," by Percy Longhurst; "Olafson's Catch" (short story), by G. Pratt Insh (Glasgow); "Gaelic Sports and Pastimes" (illustrated) by M. Fitzgerald, by I. O. S. Brooks (London); "Diet at the Equator," by Bert Halle (Demerara, British Guiana); "Diet for Athletes" (Fasting, etc.) by Eustace Miles, M.A.; "The Great Gymnastic Festival at Hamburg" (illustrated) by F. J. Harvey (Exeter), etc., etc., including some magnificent photo studies of Physical Culturists in all parts of the world. *Health and Strength* stands high amongst the athletic magazines of the day; it is doing an excellent work for the young men of this country.

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~*~*~

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whole meal brown bread, fruit, and porridge. They will have better constitutions, purer blood, and you will find it easier to train them in goodness and godliness. A pure diet does help the higher nature to triumph, while a flesh diet increases the tendency to impurity and wickedness. This has been proved over and over again."

~*~*~

THE weekly issues of the *Vegetarian* are full of interesting information on a subject of growing importance. With the price of meat going up the public interest in this live, up-to-date periodical should steadily increase.

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THE list of Good Health League secretaries was crowded out this month. Look for it in next number.

~*~*~

Book notices and announcements will be found on page 131.

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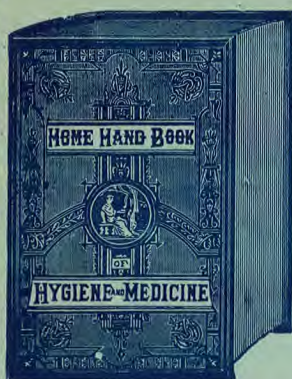
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