



A Bit of Nature's Choicest.

[Davos, Switzerland, see p. 228.]

Good Health

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Hygiene and the Principles of Healthful Living.

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EDITORIAL CHAT.

Not Piety but Pork.—The following bit of dialogue, taken from a popular romance, contains more sense than one often finds in works of a more directly instructive character. The speakers, Mrs. Bateson and Mrs. Hankey, are discussing the ways of their husbands.

"They've no sense, men haven't," said Mrs. Hankey, "that's what's the matter with them."

"You never spoke a truer word, Mrs. Hankey," replied Mrs. Bateson. "The very best of them don't properly know the difference between their souls and their stomachs, and they fancy that they are a-wrestling with their doubts when really it is their dinners that are a-wrestling with them."

"Now take Bateson himself," continued Mrs. Bateson. "A kinder husband or better Methodist never drew breath, yet so sure as he touches a bit of pork, he begins to worry himself about the doctrine of election till there's no living with him."



A New Kind of Corsets.—"I beg your pardon, sir; but er—ah—don't the cadets wear corsets?" "Yes, madam," was the reply. She turned to her companion, of her own sex, saying, triumphantly: "I told you so."

"I beg your pardon, madam," continued the officer; "but you didn't ask me of what the corsets are made, if I understood aright."

"Well, what are they made of?" asked his interrogator, in surprise.

"Muscles, madam."

The foregoing bit of conversation was

overheard at the United States Military Academy. Whether military men do or do not wear corsets is not the question here; but the officer's answer certainly is interesting as suggesting the most natural, healthful, and best looking corset that anyone can possibly have, and it is one within reach of all our readers. A little time given daily to systematic muscle culture will bring wonderful returns in grace and beauty, as well as increased strength.



Alcohol and the Medical Profession.—Speaking recently at a meeting of the Medical Institute of Birmingham, Sir Victor Horsley said that the full extent of the evils due to alcoholism is better known to members of the medical profession than to those of any other class. Not only were the fatalities far greater than those represented in mortality statistics, but it was also true that moral deterioration from indulgence in drink occurred long before any physical effects were evident. He would like to see medical men take up a much stronger position on the subject than had yet been the case. When patients asked them whether it would be wise to take a little alcohol, he thought that medical men ought always to say, "No, it is not wise. If you take it you must understand that you take it as a luxury. We do not yet fully know the effect of alcohol in the body, but we do know that its stimulating effect is followed by a longer depressant effect, and that from the physiological point of view even small quantities are no good." In his own surgical wards, said Sir Victor Horsley, he never found it necessary to prescribe alcohol.

We are pleased to say that the *British Medical Journal*, from which we have taken in substance the foregoing report of the eminent surgeon's address, gives its approval in these weighty words: "The attitude thus taken up by Sir Victor Horsley will, we believe, be accepted by the majority of medical men."



New Light on the Fiscal Problem.—We have heard a good deal lately of the big loaf and the little loaf; but Mr. Horace Fletcher, a wealthy Venetian merchant, claims to have made a discovery which ought to be of very special interest to protectionists. He has found a way of making the little loaf go as far as the big one. His contention is, namely, that by masticating solid food so thoroughly that every particle is finally divided and the whole is in liquid form, the average individual could be well sustained on one-half or two-thirds of the amount he now considers necessary. We believe Mr. Fletcher is on the right track, and that the exhaustive experiments in which he is still engaged, and which the eminent Sir Michael Foster has thought worthy of personal investigation, will result in establishing the main points of his contention.

Meanwhile the experiment may be made by as many of our readers as desire it. It cannot do you harm, and probably in fully nine cases out of ten you will reap distinct benefit. The most important essential to a fair trial of Mr. Fletcher's idea, is patience. Chew your food till you can taste it no longer. This is the whole thing in a nut shell. It is unnecessary to add that you are not to eat more than half or two-thirds as much as usual. With his method no ordinary person living in this busy, hustling world is in danger of overeating.

Among the beneficent results of the system, as explained by the author, is a marked absence of fermentative and putrefactive processes which so often occur in the alimentary canal, and as the body is freed from much extra exertion in the way of getting rid of superfluous food, the feeling of weight and discomfort of which so many complain gives place to a natural healthy buoyancy that makes life so much more enjoyable. The vast economic results following the demonstration and adoption of Mr. Fletcher's idea, can hardly

be estimated. We shall have more to say on the subject later.



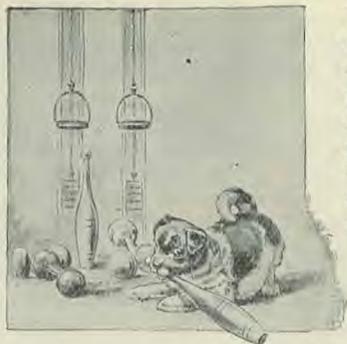
A Popular Winter Resort.—Davos-Platz, in the heart of Switzerland, is almost more popular in mid-winter than at any other season; not because of mild weather, but for its crisp, pure air and bright sunshine. All winter sports are now at their height, and even feeble patients, covered with warm wraps, can lie in reclining chairs on the broad piazzas of the numerous hotels and sanatoria, and drink in huge draughts of life-giving oxygen.



The Traffic in Diseased Meat.—It is safe to say that the general public is blissfully ignorant of the amount of diseased meat placed on the market and ultimately buried in the stomachs of unsuspecting purchasers. A flagrant case was brought to light rather recently when a London sanitary inspector, seeing a "wasted and emaciated cow being driven" to the premises of a certain dealer, called the following day, and found the carcase being cut up for food purposes. The meat "was impregnated with tuberculosis and gangrene," but the men were skilfully removing the more prominent evidences of disease by means of a mixture of salt and boric acid, so that the meat after treatment would doubtless have passed inspection. This particular meat was intended for a large sausage manufactory, and probably affords a fair sample of the materials used in the making of this more than questionable article of food. The dealer, it may be added was sentenced to six weeks' imprisonment and the payment of a fine of £10 14s. 8d.



Intemperance and Nervous Diseases.—Dr. Clouston states that there is "no doubt that a competent pathologist can show under the microscope the definite effects on the brain of an immoderate drinker, just as clearly as an astronomer can show one of the eclipses of Jupiter's satellites." He says furthermore, "One thing which has impressed itself on the members of the medical profession is this, that a large consumption of alcohol has led to a larger proportion of cases of insanity, and to a larger number of deaths from nervous diseases."



The Exercise Cure.

—Systematic exercise is possessed of curative value far beyond what most people think. Combined with a little careful attention

to diet, it has cured many a chronic dyspeptic. It is said that when Cicero found his digestive organs giving way, and his general health failing, he laid aside professional engagements, and went to Greece where he spent three years in the gymnasium. At the end of that time his digestion was perfect, his muscles supple and active, and his whole body full to overflowing with energy. Then he returned to Rome, physically, as well as mentally fit, to enter upon the brilliant career, which has handed his name down to posterity.

It is poor economy to neglect the body, when it requires attention, in order to continue in business or professional life. Rather take yourself thoroughly in hand at the earliest possible moment. Adopt regular habits of exercise, eating, sleeping; be simple and abstemious as to diet, keep down the animal passions. Above all, cast off every feeling of despondency, and take a bright and hopeful view of your case, realising that God is on the side of everyone who is trying to reach a high standard of living, and that His healing power is continually being exercised in your behalf.

We strongly recommend dyspeptics and other semi-invalids to take systematic exercise daily. "Good digestion waits on appetite," and appetite on labour. The command, "In the sweat of thy face shalt thou eat bread" is as binding to-day, as it ever was. Exercise in the open air quickens the circulation, sends the blood coursing through the veins and arteries of the body, and puts new life and vigour into every organ. It also has a beneficent, direct effect upon digestion, which is to a certain extent dependent upon muscular action.

THE DIET FOR CONSUMPTIVES.

BY ALFRED B. OLSEN, M.D.

In all cases of tuberculosis the nutrition of the patient is of the greatest importance. Destruction of tissue is going on, and consequently there is great need of repair. As a rule all the organs and tissues of the body are weak and feeble. The patient is in a "run-down" condition, with many evidences of lowered vitality. The consumptive is emphatically in a state of decline, and needs *building up*.

The Building Material.

This consists of air, water, and food. The importance of pure air and water was discussed in last month's issue of GOOD HEALTH, so we need not speak further on that point. But the diet of a consumptive is only second in importance to fresh air. The body is made from the food eaten. When digested and assimilated, the food enters the blood stream, and is then carried to the muscles, nerves, brain, heart, lungs, etc., to nourish these organs.

The outcome of such a disease as consumption depends to a large extent upon digestion. When there is persistent

gastric disturbance, the chance for recovery is slender. In all such cases everything possible should be done to improve digestion. Natural tonic treatment, such as baths, massage, and electricity, and plain, nutritious, but non-irritating foods should be taken.

Forced Feeding.

There is little doubt that cramming consumptives with food has caused unnecessary deaths. One well-known authority on this subject writes: "Our own experiments have shown that this plan of 'sur-alimentation' produces brilliant but only temporary results in many cases. After several weeks, the excessive quantity of food, out of proportion to the gastric and intestinal juices, creates disturbances of digestion, flatulence, nausea, diarrhoea, etc."

There is no advantage in stuffing a patient with a lot of food that cannot be digested and assimilated. On the other hand, such practice may do much harm, and so upset the digestive organs as to

greatly weaken the patient. In every case the quantity of food should be adapted to the condition of the patient and the stage of the disease.

What to Eat.

It is generally recognised that a non-flesh diet is beneficial in regulating the bowels. Fruit of most kinds acts as a mild laxative, and can usually be taken to advantage either fresh or stewed.

Of fresh fruits, apples, pears, and oranges are valuable. Bananas, too, are wholesome, as well as the small fruits, such as cherries, raspberries, blackberries, strawberries, etc. All fruit eaten raw should be well ripened, and free from decay.

Grapes are so valuable that some have advocated the so-called "grape-cure" for consumptives. They are excellent, and the sugar they contain is ready for immediate absorption. Fresh ripe grapes can be taken to advantage by most consumptives.

Dried fruit, such as prunes, apples, dates, sultanas, figs, etc., are all excellent. They should be thoroughly cooked (excepting dates and figs), and eaten with ordinary brown bread or twice-baked bread (sometimes called zwieback).

In some cases milk is helpful, but great care must be taken to have it pure and free from disease. Unfortunately, tuberculosis is not an uncommon disease among cattle. Doubtless many cases of consumption could be traced to the use of diseased flesh or tuberculous milk. If there is any question as to the purity of the milk, always sterilise by heating it to a temperature of 160° F. This will destroy any germs present.

Soft-boiled or soft-poached eggs are nutritious, and easy of digestion in most cases.

Buttermilk, koumiss, and junket or curds may usually be given, and do not over-tax the digestive organs. Of course the koumiss should be free from alcohol.

Predigested Foods.

When we consider that in at least nine cases out of ten there is more or less indigestion and gastric disturbance we can begin to appreciate the value of predigested foods.

Now there are so-called predigested foods on the market which we cannot recommend and there are *pepsins* and *peptogens* which are useless, if not productive of harm. On the other hand, by thorough cooking or super-heating it is possible to *dextrinise* breads and grain preparations, and thus render them much more easy of digestion and assimilation.

Let us explain right here that in the process of digestion, starch is changed to sugar, and in this form it is taken into the blood. *Dextrine* is an intermediate step between starch and sugar. Indeed, it is a form of sugar, but less sweet. It is therefore very evident that dextrinised foods tax the stomach and other digestive organs far less than ordinary starch, and are sooner ready for assimilation.

A Home-made Health Food.

Zwieback or "twice-baked" bread, if well-browned, is an excellent dextrinised food. It is very readily prepared by cutting a loaf into thin slices and toasting in a slow oven until baked through and quite crisp and brittle, with a rich brown colour.

In this second and more thorough baking part of the process of digestion is accomplished by the heat, and to this extent zwieback is a predigested food.

Toasted Wheat Flakes and Granose Biscuits are also dextrinised foods. Unleavened rolls are easily dextrinised by prolonged baking in a slow oven, until lightly browned throughout.

Rice may be lightly browned before being boiled or steamed for the table, and thus becomes very sweet and palatable, as well as readily digestible.

Other grains may be prepared in the same way. Such foods are well suited to the weakened digestive organs of most tubercular patients, and would be useful in promoting health by furnishing suitable material for the repair of tissue and supply of desired energy.

The consumptive needs a rather liberal supply of fatty foods, and this need may be supplied by good cream, if it can be had, also by such prepared foods as bromose, or by almonds, almond butter, etc. But there is no advantage in using fats in such abundance that they become thoroughly distasteful. The consumptive must enjoy his food if it is to do him good.

THE ROAD FROM LIFE TO DEATH.

BY DAVID PAULSON, M.D.

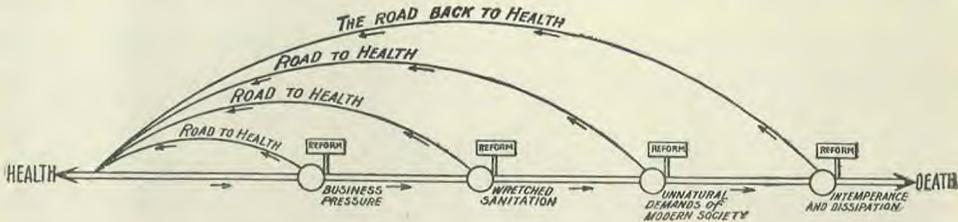
THE velocity with which men travel down grade toward ill health and death is largely regulated by themselves. Each one has it within his power to a certain extent to issue his own schedule as to what stations he will pass through. Fortunately, nature is so kind to us that at each station she furnishes a switch road, whose curve and length are more or less tedious, by which we can return to the starting-place from which we ought never to have departed.

We may name one of the stations, "Business Pressure." It is a point that the average business man soon reaches in his journey on this road. It has as

rapid deterioration of the human race, "Unnatural Demands of Modern Society." The popular points in this place that all visit more or less frequently are, "Late Hours," "Midnight Dinners," "Unhygienic Banquets," "Unnatural Excitements of the Theatre," "The Dance" and its accompaniments, and last, but not least, "Fashionable Dress."

Many an individual only too sadly realises before he has become thoroughly familiar with all of these that he is approaching the terminal station on this through line.

Another station, which is practically in sight of the last, we may call "Intem-



its distinctive features anxiety of mind, worry, and sedentary habits combined with a stimulating, unwholesome dietary.

At this station one often spends sleepless nights in trying to devise some means to cope with the fierce competition which obtains in the commercial world of to-day.

Not only managers of large businesses, but also their employees endanger health by the feverish rush after money.

Perhaps the next station down the line is "Wretched Sanitation." Prominent points of interest at this station are drains that sadly need attention, "Improper Ventilation," by which heaven's invigorating air is shut out of sleeping-rooms, kitchens, and parlours, to say nothing of factories, shops, and schools. At this station germs thrive in dark, sunless offices, damp beds, and unhygienic home surroundings generally. All these things have a share in the responsibility for the condition of the traveller while staying in the vicinity.

It is only a short distance downward on this road before we reach the station which is so largely responsible for the

perance and Dissipation." Those who have stayed a long time at the previous point will have nearly used up their "stop-over" privilege, and consequently will not have so long a time to tarry here; nevertheless, on account of its great importance and prominence on this route, it deserves more than passing notice. The most striking features of this place are, "Erroneous Diet," "Cigarettes and Other Forms of Tobacco," "Alcoholic Drinks" (often to excess), and various forms of dissipation.

Thousands who have travelled over this road and gone through each of these stations, have scarcely noticed that at each of them there is a switch road leading away from the main line and eventually back toward the starting-point. This may be because there seems to be nothing especially striking or attractive about this switch road. It has a very ordinary looking sign-board, upon which is written in plain letters without the least show of flourish the word "Reform."

It is true that as station after station is passed on this downward road to Death, the curve of the "Reform" return line becomes

longer and longer and more marked, so that it requires more and more perseverance and faith on the part of those who choose to take it actually to believe that by

travelling upon it they may safely return to the haven of health from which they ought never to have strayed in the first place.

A WEEK-END AT THE CATERHAM SANITARIUM.

BY R. O. GERCKE.

IT was on a Friday afternoon in October that I turned my back on the great and noisy city of London, and happy in anticipation of a real holiday, took the train for Caterham. The nearer I approached my destination, the prettier the country became, and how pure the air that greeted me on my arrival!

In scarcely five minutes' walk from the station I reached the quiet and charmingly

merrily. Soon the melodious gong was calling us to supper. How good it seemed to sit down before a selection of the best foods that nature provides.

At nine o'clock everybody retires. From my cosy room with its eastern windows, I had a fine view of the garden, and the sloping hill beyond. The stars above were glittering in their beauty, the gentle wind playing in and out among the trees brought



VIEW OF THE GARDEN AND HILL FROM AN EAST WINDOW.

situated Sanitarium, (also known more formally as the "Surrey Hills Hydro-pathic Institution"), where I met with a most cordial welcome on the part of its medical superintendent, and his staff of devoted workers. In the drawing-room, which, like every other place in the building, is a model of brightness, sweet cleanliness, and good taste, a bright fire was burning, around which several of the resident patients were sitting, enjoying each other's company, and chatting away right

me the odour of the pines in the garden. Everything was so quiet and peaceful, and I was soon sound asleep. When I awoke the day was dawning, and the Eastern sky was a blaze of glory. The dear little songsters were praising the glorious morning. Soon I was ready to join the doctor and a patient in their early morning walk up and down the beautiful hills with their autumn-coloured woods, and fair prospects.

We returned with keen appetites for an excellent and substantial breakfast. Nine

o'clock found me with the other patients in the gymnasium, where I joined the interesting and helpful drill in physical culture, conducted by the doctor. Some of the movements were a little awkward to take, and gave us plenty of opportunity for merriment, which doubtless made them all the more effective.

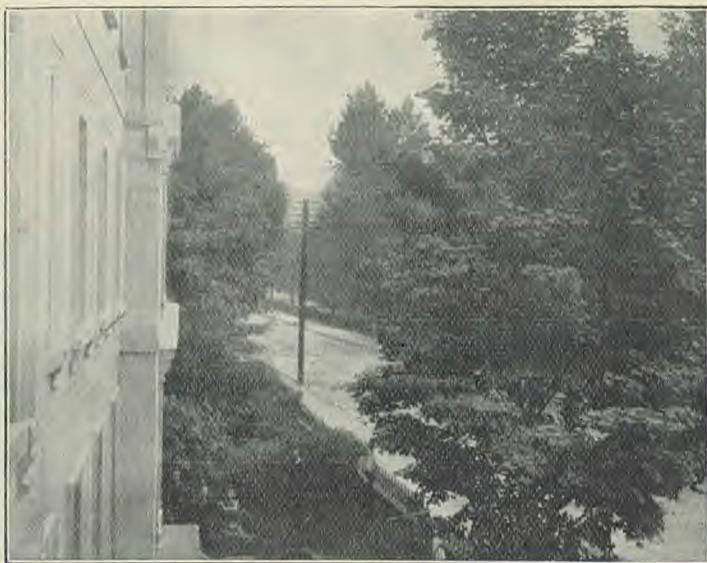
Then I went forth again into the fields and woods (the doctor encourages walking), and came back in time to do full justice to a delicious dinner. In the afternoon I chatted the time away with a patient, a broad-minded gentleman of wide reading, and interested in everything wholesome and good.

The following day I passed in a similar way, enjoying the walks, the drill, the meals, the congenial association of the patients and workers, and above all an electric bath, followed by a salt glow and a shower bath, and ending up with an olive oil rub, after which I felt like a king.

I cannot begin to do justice to the Institution in these few paragraphs, but to any reader, sick or well, who has not been to one of the Good Health Sanitariums, either at Caterham, Leicester, or Belfast, and does not know their charms, I would say, Do as I have done. The charges for the week-end are very moderate, and the opportunities for getting practically acquainted with health principles are most excellent. May the noble work grow and flourish as time goes on, and may the number of its disciples greatly increase!

Drinking at Meals.

Too much liquid of any kind taken at a meal is prejudicial to digestion, because it delays the action of the gastric juice, weakens its digestive qualities, and overtasks the absorbents. In case the fluid is hot, it relaxes



ROAD IN FRONT OF THE SANITARIUM.

and weakens the stomach. If it is cold, it checks digestion by cooling the contents of the stomach to a degree at which digestion cannot proceed. Few people are aware how serious a disturbance even a small quantity of cold water, ice-cream, or other cold substances, will create when put into a stomach where food is undergoing digestion, as this process cannot be carried on at a temperature less than that of the body, or about 100° F. Dr. Beaumont observed that when Alexis St. Martin drank a glassful of water at the usual temperature of freshly-drawn well-water, the temperature of the food undergoing digestion fell immediately to 70°, and did not regain the proper temperature until the lapse of more than half an hour. Of course the eating of very cold food must have a similar effect, making digestion very slow. The drink should be taken a short time before eating, so as to allow time for absorption before digestion begins. If the meal is mostly composed of dry foods, a few sips of warm or moderately hot water will be beneficial rather than otherwise, taken either at the beginning of the meal or at its close. The habit of drinking during the meal should be discontinued wholly, and especially by those whose digestive powers are weak.

J. H. KELLOGG, M.D.

THE INVALID AT HOME.

BY ANNA CLIFF WHITE.



IN selecting a sick-room, choose one that is large, airy, and sunny. Place the bed so that the room can be thoroughly ventilated without having a draught blowing on the patient. Do not

overcrowd the room with furniture. Have a large easy chair, in case the sick one wishes to sit up, and a small hassock upon which she can rest her feet. Place a small, light table beside the bed, conveniently within reach, where the invalid can place her book, papers, fancy work, or anything she wishes.

Provide flowers for the sick-chamber, but not too many, and if possible, always keep a vase of cut blossoms upon the table, mantelpiece, or dresser, to cheer the heart and keep sunny the temper of your charge.

Let the pictures upon the wall be quiet but cheerful; avoid overloading the mantel, tables, and bookshelf. It is anything but restful to the eyes of your patient, besides being a menace to her health because of the opportunity it offers for the collection of dust.

Conceal everything in the shape of



a medicine bottle or vial, and never under any circumstances allow soiled towels, bedding, or clothing to lie around. A pretty art muslin or silkline draped bamboo screen is indispensable in a sick room, and is both useful and ornamental.

The nurse should be firm, kind, patient, cheerful in the face of all difficulties, tactful, and above all, authoritative, yet



without seeming to be so. She must not be glum; neither should she be a chatter-box. Her dress must always be clean and dainty in every particular, with a corresponding nicety in all her speech and actions. She must be quick in her movements, yet not nervously in haste; quiet, but not with that irritating noiselessness which

keeps the patient's sense of hearing on a constant strain. Her voice should be low and sweet, yet firm in its tone, and in mercy as she expects mercy let her avoid the stage whisper which drives the sufferer almost distracted by half concealing, yet half revealing, all that the nurse knows of her charge's condition.

This minister of comfort will do well to cultivate "handiness," so that she can move deftly around the room without clumsily knocking over this thing and



dropping that. She should be systematic in such matters as the patient's meals, treatments, rest hours, daily recreations, etc. She should strive to keep the room neat in all small details, for even patients who are naturally careless and slovenly in their habits, are often, when ill, very sensitive to disorder, and are easily annoyed by a cobweb dangling from the ceiling, or a burnt match and a bit of paper lying under the dresser.

Any nurse, to be successful in her work, must be sympathetic and loving. The patient's whims, if harmless, should be gratified; if otherwise, they should be pleasantly disposed of, and the attention and thought directed in another channel.

If possible, always inspect the invalid's tray before it is taken into the room. Remember, your invalid eats with her eyes as well as with her mouth. Have the daintiest of china, the brightest of silver, and the whitest of napery for her tray, even if it means some self-denial for the family.

Arrange the tray in the most convenient and artistic manner possible. I know of one family where the only daughter, in arranging the tray for her invalid mother, made as regular a study in the harmony and blend-

ing of colours as if she were painting a landscape. The spoonful of rich, quivering red jelly was placed daintily in the centre of a small cut-glass plate, and presented a fine contrast to the golden brown of a delicate custard in its pretty dish of Japanese ware. A diamond-shaped piece of toast, nicely browned and smoking hot, rested on a small doily on a pretty fancy plate. A tiny saucer of rice, snowy in

its whiteness, was encircled by a delicate wreath of green leaves, either parsley, celery, or carrot ferns. If an egg was desired, it was nicely poached, the water entirely drained off, the ragged edges cut off, and then it was placed in the centre of a prettily cut piece of toast, with a dainty bunch of violets, a delicate spray of hyacinth, or a sweet-smelling sprig of heliotrope on the edge of the dish beside it. The thin glass finger bowl was made attractive by a slice of lemon and a leaf of sweet-scented geranium.

Be certain that everything needed is on the tray, so that the food will not be getting cold while a hasty search is made for the missing article. Do not keep your patient



waiting for her tray until her appetite is gone, and she is too tired and cross to eat. Do not ask her what she wants to eat, unless she wishes some particular dish; let every meal be a pleasant surprise. It is a good thing to have a small notebook handy, and whenever you hear of some appetising dish which you think your patient would relish, jot down the recipe, and in this way you will be able to provide variety in her menu.

With loving care in all these little details, let us cherish these afflicted ones in our family, and by our sympathy and cheerfulness, by our loving words and kindly deeds, by our thoughtfulness in the thousand little details that go to make life happier for them, smooth the rough places and comfort the sad hearts which are often their lot. And some day, when they are taken from our loving care, we shall have no cause for regret.

ALL-ROUND PHYSICAL CULTURE.

BY GEORGE H. BROWN.

It is often asked, "What kind of exercise must I take to have health and strength?" Let me give you my experience. Before living on a healthful diet and taking gymnastic exercise; I weighed one hundred and twenty six pounds, and was in very poor physical condition. My wind and my muscular development did not approach their proper state. Now, after living on a simple wholesome diet with due care and exercise, I weigh one hundred and forty pounds.

I advise all those who use tobacco or alcoholic drinks to leave them alone, also to avoid tea and coffee, and to drink instead good pure water.

Do not load your stomach with greasy pork and other meats, nor with pie and cake, but eat cereal food. If you are unused to this diet, the change will be a little hard at first, but you will look better and feel better by continuing it.

Never eat or drink while overheated, excited, or angry; eat slowly and masticate your food well, and drink as little as possible while eating.

An orange before breakfast is often a valuable aid in breaking up constipation; and when the liver is sluggish, and there is a costive condition of the bowels, the juice of a lemon taken in a glass of water before retiring will prove a wonderfully efficient remedy.

Exercise the lungs whenever you can in the open air. Strict attention should be paid to the regularity of breathing, for whatever increases the breathing capacity improves the health. The greatest attention is given to this point by all gymnasium teachers. Good wind is necessary for all feats and for the enjoyment of out-



door exercise of every description. It may be wonderfully improved by reading aloud, and by taking deep inhalations on first rising in the morning.

Do not, unless you are training for feats of strength, handle heavy weights. Use light exercise for health, and do not tire out any muscle, but try to exercise every part of the body.

Bathe frequently, so as to keep the pores

of the skin in a healthy condition. This will impart vitality to the whole organism. After bathing, always rub the body until it is warm and red, with a coarse towel.



Taking the Air Without Going Out.

ELDERLY people and others who may be temporarily house-bound and prevented from enjoying regular daily exercise out of doors, may devise a fair substitute as follows: Dress warmly as for the usual constitutional, select a large, sunny room, preferably at the top of the house, open wide the windows, shut off the heat, and move around briskly, going to the window and inhaling the fresh air deeply through the nostrils.

Deep inhalations of air at the open window, taken gently through the nose, impart an enlivening and tonic influence to the whole nervous system, which can soon be demonstrated by experience.—*Health Magazine.*

HOW TO AVOID ANÆMIA.

BY J. H. KELLOGG, M.D.

YEAR by year the number of the anæmic, "cold-blooded" men and women steadily increases. Anæmia was hardly known to the laity twenty-five years ago; now it is one of the most common of diseases. Everywhere there is a demand for good, red blood—that is, blood containing the proper number of red corpuscles. If there is any lack of white corpuscles, this will be made right as soon as we have a sufficiency of the red ones. How can we make red corpuscles?

There is just one thing that will make red corpuscles, and that is food. Blood is made from food. The question with many is, "How can I make blood out of food?" One says, "I eat as much food as I should, but my food does not seem to do me any good." What should be done in such a case? This man must not only eat food, he must digest it. How can we make such a man digest his food?—By the application of cold. There is a marvellous power in cold water. Some of you have noticed that on a cold day you have a better appetite than on a warm day: that if you went out on a cold morning you had a good

appetite when you came in. There is a wonderful power in cold air to produce an appetite and also to produce the power to digest food. Also exposure of the skin to cold water is one of the most effective means of making the blood active.

I once had a patient whose blood count had been reduced to four hundred thousand corpuscles in a small drop of blood; this was a case of pernicious anæmia. The quantity of his blood corpuscles had been so reduced that he could not raise his head from the pillow without fainting away; we had to keep him in a horizontal position for weeks. But when he left, his blood count was four million one hundred and fifty thousand in a drop. When he came, he had only one blood corpuscle where he should have had thirteen; and when he went away, he had almost the normal count. Now did he get it? He swallowed no iron, no strychnia, nor any other drug; he simply had cold applications to his skin,—cold towel rubs, cold mitten frictions, wet hand rubs—gentle massage, and the right food. Of course he had also the benefit of sunlight.

COMMON CHILDREN'S DISEASES.

Scarlet Fever and Measles.

BY EULALIA S. SISLEY-RICHARDS, M.D.

DURING the winter months these acute infectious diseases are most prevalent. While it is needless to say that a child suffering from either of these diseases should be under the care of a physician, this point should be emphasised, that very much depends upon good nursing and the care with which the physician's instructions are carried out.

Both of these diseases, though not necessarily dangerous in themselves, are frequently followed by serious complications, a fact which renders care and vigilance absolutely necessary. It would be well for every mother to be somewhat informed concerning the nature of these diseases and the complications which are most likely to follow.

Scarlet Fever

occurs most frequently in children under ten years.

Symptoms.—The onset is usually sudden, and may be accompanied by vomiting or even convulsions. The fever rises rapidly, reaching perhaps 104° or 105° F. the first day. Usually on the second day the scarlet rash appears, first on the face or chest, but often rapidly invading the entire skin. After a few days the rash gradually disappears, and with it the fever. At the same time the superficial layers of the skin begin to be thrown off in dry scales. This process lasts from two to three weeks. One of the most characteristic symptoms of scarlet fever is inflammation of the throat. It may be but a slight affection, or it may develop into a most intense diphtheritic inflammation.

Complications.—Inflammation of the kidneys (or acute Bright's Disease) often sets in during the second or third week of the disease, and is a serious complication, as it may become chronic, or even cause the child's death. The symptoms are puffiness of the eyelids, swelling of the

feet, suppression of urine or the passage of a small quantity of highly coloured or bloody urine. Strange as it may seem, the most severe inflammation of the kidneys often follows the milder attacks of scarlet fever. So during convalescence, even in mild cases, mothers should guard the little patient most carefully from exposure to cold or dampness, as such exposure may bring on this complication even after all danger is apparently past. In case it appears, the patient should drink an abundance of plain water or lemon water (from six to eight glasses daily). He should also be given a full hot bath or a hot blanket pack. The bowels must be kept open and the skin active. Prolonged chilling of the skin must be carefully avoided.



For the relief of the tonsillitis, give hot fomentations to the throat every two hours, with cold compresses frequently renewed between. The throat should be frequently gargled with hot water or some mild disinfectant solution. This is very important as the inflammation often passes from the throat through the eustachian tubes into the middle ear. This complication is one of the most frequent causes of permanent deafness.

Nothing need be said concerning isolation, disinfection or other treatments as the attending physician will give necessary instruction in these matters.

Measles.

The early symptoms of this disease are usually similar to those which herald the approach of a severe cold: Chilliness, sneezing, catarrh of the nose and throat, redness of the eyes and cough.

About the fourth day, when the fever has reached its height, the rash appears, continuing two or three days. The most im-

portant stage of the disease is convalescence, as it is during this time that the serious lung complications so often make their appearance—bronchitis, bronchopneumonia, or even tuberculosis of the lungs. It is the frequency of these pulmonary complications that renders measles one of the most serious of children's diseases.

Then in caring for a case of measles,

from the very onset of the disease some special treatments should be given to fortify the lungs against these dangerous complications. Perhaps the most efficient measures would be the hot fomentation applied to the chest several times each day. The hot application should be followed by a cold chest compress wrung dry and thoroughly covered with several thicknesses of dry flannel.

PHYSICAL PERFECTION AND HOW TO ATTAIN IT.—VI.

BY THOMAS W. ALLEN.

Baths and Bathing.

EVERY person who wishes to enjoy the priceless blessing of health should have a daily bath. That much illness is the result of the neglect of this duty goes without saying, and the sufferers are frequently those people who would be shocked were it even hinted they were lacking in cleanliness. That most persons violate this law of health more from ignorance than from any other cause does not preclude them suffering from the consequences of their neglect

“The skin,” to quote from a well-known writer on hygiene, “has innumerable pores and serves as an outlet for the waste particles of the body. The quantity of noxious matter excreted through the pores in twenty-four hours is, on the very lowest estimate, about twenty-four ounces. If the passage of this matter be obstructed, so that it is retained in the body, the quality of the blood is deteriorated by its presence, and the general health, which greatly depends on the state of the blood, suffers. The nature of perspired matter is such that it is apt, in consequence of the evaporation of its watery portion to be condensed and clog the pores of the skin; and hence the necessity for washing the surface of the body frequently, so as to keep the pores open and allow the perspiration to be freely performed.”

The cold dip immediately on rising is a luxury to many, but it is not everyone that can withstand the sudden shock which the application of very cold water to the heated body causes. If, after a cold bath, the lips are blue, the face pinched, and the teeth chattering, with a shivering and shaking of the whole body, you may know it is

injurious to your particular constitution. But if, on the other hand, there is a sudden reaction, with a healthy glow, and a feeling of pleasure, you may conclude it is of the greatest benefit to you.

After the bath, the surface of the body should be thoroughly dried, and rubbed with a coarse towel until perfectly dry and warm, which will promote the healthy action of the skin. Those who cannot take the cold bath, should substitute the tepid bath, or take a wet-hand bath, or sponge bath.

GENERAL RULES.

Take cold baths on rising in the morning, and warm ones in the evening just before retiring.

The hour is not so important in Turkish, vapour, and other baths, only they must not be taken within two hours, either before or after a meal.

Never remain in a warm bath more than half an hour. For a cold bath the quicker the better.

Use fresh, clean rain water for the bath if you can get it.

Do not take a bath in a cold room unless you have abundance of vitality and react readily.

Never take a cold bath unless you have enough vitality for reaction.

Never take a cold dip when suffering from a cold.

Dry quickly, and follow by very brisk rubbing.

OUR Indian branch house is displaying commendable energy in the circulation of GOOD HEALTH, taking at present 1,500 copies monthly. Orders for health supplies from any part of India should be addressed to GOOD HEALTH, 39/1 School Street, Calcutta.



THE MID-WINTER CARE OF BABIES.

BY MARY WOOD-ALLEN, M.D.

THE great need of the babe is warmth and oxygen, and how we can secure both of these in midwinter is the problem that confronts us.

Ventilation.

Probably the most simple and practical method of securing a constant change of air without draughts is by fitting a board in either the top or bottom of the window. This leaves a circulation between the sashes, and the room would therefore be without draughts.

The temperature of the room during the day should not be above 70° Fahrenheit.* At night the child may safely sleep in a temperature ten degrees lower. It is not so difficult to protect the infant from draughts, but the little fellow who creeps or is running around is in greater danger. If not yet able to creep, the child may be placed upon the bed for the opportunity of exercising his limbs. If on the floor, he should have a heavy quilt or rug under him. As there is always more or less draught around windows, it is well to consider the possibility of the child's catching cold by sitting or standing too near the window.

Clothing.

The clothing of the child should be light in weight, porous in character, and equally distributed over the body. If any difference is made, the arms and legs should be most warmly clothed. The child should

* [If due attention is given to proper clothing, most babies may thrive in a temperature of sixty-five or even sixty degrees, provided care is taken to avoid draughts.—ED.]

never be allowed to have cold hands or feet either night or day. Short socks which leave the knees bare are barbarous. The child should wear underdrawers. Even the infant who is still wearing diapers can have underdrawers put on over the diaper serving to hold that ungainly article of apparel in position when the little one is walking about. They can be fastened by safety pins to the shirt or underwaist.

It will pay to remove the shoes and socks several times during the day, and to rub the feet well if they are in the least cold. This little precaution may ward off disease.

The Daily Airing.

Even in midwinter, the healthy child may be taken out of doors unless the weather is damp or windy. The best time for this is between 11 a.m. and 2 p.m., when the sun is shining brightest. If the weather is very severe, the outing should not be more than a few minutes. In more moderate weather, the length of time spent out of doors can be determined by the child's own condition. If he keeps warm, he is doing well; but if blue and pinched with cold, he should at once be brought in.

Great care should be taken in regard to the dress of the child when taken out for his daily airing. He should wear woollen leggings. His ears should be covered, and his hands protected by mittens. When he is brought into the house, his wraps should not be all taken off at once, but by degrees, so that at the end of fifteen or twenty minutes he is again in ordinary house attire.

At Night.

The room in which the little one sleeps at night should not be connected in any way with bathroom or closet or stationary washstands, as these are all sources of air contamination. If he is restless and inclined to kick off covers, it would be well to make for him nightdrawers with feet; and it is not at all a bad plan for the child to wear a little woollen sack over his nightgown, so that the arms and shoulders are protected.

The bed covering should not be heavy, as the weight will make him restless. Light woollen blankets or an eiderdown quilt would furnish the necessary warmth. These can be held in place by pinning with safety pins; there are also patent devices for holding on the covers. The child should be taught to sleep in darkness, as a burning lamp always vitiates the atmosphere and uses up the oxygen.

The Daily Bath.

The bathing of the babe in midwinter is a subject to be taken into consideration. The atmosphere of the room in which the

bath is to be given should be warmer than that in which he lives, so that he will not chill. He should be encouraged to learn to exercise himself in the bath in some playful way so as to keep up a good circulation. Great care should be taken to secure a good reaction after the bath, for unless he becomes immediately warm, he has been injured rather than benefited.

If the child is overburdened with clothes, his skin will become weakened, and he will be more liable to take cold; therefore care should be taken that he is not dressed so warmly as to keep him in a perspiration. If he is inclined to sweat about the neck, it would be well to rub that part of his body every day with the hand dipped in cold water so as to keep the skin in a more tonic condition.

Diet.

Even in midwinter the diet of the child should not be stimulating, but of a bland and nutritious character, to furnish sufficient nourishment. Catarrhal conditions in the child are more often produced by feeding and unsuitable food than by ordinary exposure to cold air.

HYDROTHERAPY IN THE HOME.—LESSON II.

How to Give the Salt Glow.

IN our first lesson, which appeared in the November number, we studied some general principles relating to water treatments, and gave instructions for giving the Wet Hand Bath, which we said was an excellent means of toning up the skin for cold weather. This month we shall take up another tonic application known as the Salt Glow.

The appliances required are a small tub to stand in, a large wash-basin of cold or tepid water, and about a pound of salt, together with a good bath towel. The room in which the treatment is given should be comfortably warm.

Let the patient strip and stand in the little tub which may be partly filled with water as hot as can be borne. The nurse, or whoever gives the treatment, should take a little of the salt, moisten slightly with water, and briskly rub one of the arms, then quickly wash off the salt with water, and dry. Proceed to do the same with the other arm, the chest and back,

and the rest of the body, ending with the feet. Every part should be thoroughly rubbed first with the salt moistened with water, then rinsed with the hands dipped in water, and finally dried.

Another, and in most cases equally good way, is to rub the whole body at once with the salt, then rinse off in tepid water, and dry altogether. In either case the patient will have a marked sense of warmth and well-being and the skin will be delightfully smooth. "Cold-blooded" persons, and all whose vitality is low, experience great benefit from this simple measure.

Many prefer to follow a salt glow with an oil rub, using fine vaseline or a little olive oil. In such case, after thoroughly rubbing in the oil, be careful to remove any excess with a towel.

Any person desiring to do so can give this treatment to himself, though it is a little awkward to reach and fully treat the shoulder-blades. It may be taken to excellent advantage in connection with a

warm or hot full bath, as follows: After lying in the warm water for a little while, arise, and standing in the bath, apply the salt according to instructions, moistening it with the warm water. If the salt is rather fine, moisten it very slightly, and this will increase its effect upon the skin. After rubbing the salt over the body, lie down again in the bath, and turn on the cold water. Then after lying for a few minutes in cool water, apply the towel vigorously.

The salt glow is an especially effective means of drawing the blood from the internal organs, and setting up a vigorous circulation in the skin. Congestion of the head, lungs, and other organs, is thus relieved, and cold feet and hands rendered warm.

In giving the treatment care should be taken not to use such coarse salt or apply it so severely as to injure the skin. Let the movements be brisk, however, and take care not to let the patient get chilled.

THE GOOD HEALTH CRUSADE.

THE Good Health Crusade is an all-round forward movement in the interests health and healthful of living.

Everyone who wishes to attain to the highest state of physical efficiency himself, and to help others to do likewise, is invited to join the Crusade, which he may do by signing the declaration of principles of the Good Health League, and paying into the funds of the League the minimum annual subscription of one shilling. This makes him an annual member, and entitles him to the distinctive badge of the League, which is supplied free of charge.

Simplicity is one of the cardinal principles of the organisation; hence its declaration of principles is short and to the point. It reads as follows:—

“I am a total abstainer from alcohol and tobacco, and I desire to learn and to follow the perfect way of life in all that pertains to health and purity.”

Such a statement hardly requires any explanation. Tobacco and alcoholic drinks are such common foes of health that it seemed wise to mention them specifically; but the spirit and intent of the declaration evidently exclude all other harmful indulgences.

Now a few words in reference to our objects. First, we earnestly invite the members to begin in good earnest the work of cultivating personal health. Look carefully into your habits, study the best literature on the subject, and resolve to conform cheerfully to every one of the physical laws which underlie the health and well-being of the body. As you do this hopefully, trustfully, realising your dependence on the divine power which is ever at work to heal and to restore, you

will make daily progress, and will be fitting yourself for larger and more helpful service in this great, needy world.

Next, carefully consider your situation and circumstances and the opportunities at your disposal, and endeavour to arrive at some general understanding with yourself as to how you can most effectually co-operate in this crusade in behalf of health. We need a live, energetic, capable, honorary secretary in all the leading centres of population. The work need not occupy a large amount of time, but a man (or woman) with open eyes and a heart full of sympathy for the suffering multitudes can do an immense amount of good, even in his spare moments.

We need the help of persons of some literary ability who can write brief, pithy paragraphs for the daily press, bringing out the salient features of the health reform movement.

We need the help of busy men and women who in their association with friends and acquaintances will be on the look-out to introduce some seeds of truth in the form of a copy of GOOD HEALTH, the organ of the movement, or a health tract or leaflet, or merely to let fall a few wisely-chosen words which may serve to awake an interest in these principles.

There is much more that we would like to say, but we must let it wait till next month. For full particulars and copy of declaration to sign, address the Good Health League, 451 Holloway Road, London, N.

Inquiries will receive prompt and cheerful attention, and everyone's help and co-operation will be highly appreciated.

FORMAL HEALTH DINNERS.

Suggestions for a Somewhat Elaborate Meal on Reform Lines.



WHILE simplicity in the preparation and serving of food should be the rule in the homes of all who wish to enjoy the best health, there may be occasions when it is advisable to prepare a more formal meal. Sometimes followers of the health principles have with them friends or relatives to whom they would like to demonstrate some of the possibilities of the new diet; for such the following menu and recipes, kindly prepared for GOOD HEALTH by Miss Wiseman, may prove helpful.

MENU.



Tomato Soup.

Mock White Fish with Parsley Sauce.

Mock Chicken Cutlets with Bread Sauce.

Macaroni à la Turque. Potato Croquettes.

Stewed Celery with White Sauce.

Brussel Sprouts. | Nut Gravy.

Plum Pudding. Orange Jelly.

Butter (rolled and garnished). Zwieback.

Brown Bread. Celery.

Fresh Fruits.

Almonds and Muscatels. Figs. Datanut Cake.

Grape Juice Wine.



RECIPES.

Tomato Soup.—Heat two quarts of strained stewed tomatoes to boiling; add four tablespoonfuls of flour rubbed smooth in a little cold water. Let the tomatoes boil until thickened, stirring constantly that no lumps form. Add salt to season, and serve.

Mock White Fish.—Boil half pint of milk, and thicken with one and half ounces of ground rice. Add a tablespoonful of cream, a little grated onion, and salt, and boil together ten minutes,

stirring frequently. Boil and mash three good-sized potatoes, and whilst hot, add it to the rice, or it will not set well. Pour into a shallow dish to stiffen, and when cold, cut into slices, roll in egg and bread crumbs, and bake in a well-greased tin, in a moderate oven for twenty minutes. Serve with parsley sauce as a fish course. This dish is appreciated everywhere.

Macaroni à la Turque.—Boil half pound of macaroni until slightly tender, and add half pound of bread crumbs, one large onion (grated), two tablespoonfuls of parsley, and two beaten eggs. Chop the macaroni, mix all well together, and steam in a basin, or in moulds for one and half hours. Serve with thin white sauce or brown gravy poured over the mould.

Mock Chicken Cutlets.—Run through the nut-mill two cupfuls of bread crumbs, and one cupful of shelled walnuts. Mix together in a basin, with a tablespoonful of grated onion juice, and a little salt. Heat in a saucepan a cupful of rich milk to which has been added a dessertspoonful of peanut butter or almond butter rubbed smooth in a few drops of water. When this boils, add the other ingredients, salt to taste, a well-beaten egg, and when removed from the fire, a little lemon juice. Stir well; allow to cool, then roll into balls dipped in bread crumbs and eggs, and bake.

Potato Croquettes.—Boil two pounds of potatoes, well dry them, mash thoroughly with a tablespoonful of thick cream and one beaten egg. Lay on a dish to cool, and then shape into balls, and bake for ten minutes in a good oven.

Nut Gravy.—Heat to boiling a pint of water in which a tablespoonful of peanut butter has been dissolved. Thicken with one tablespoonful of browned flour and a half tablespoonful of Paisley digestive lentil flour. Cook thoroughly for five or ten minutes.

Plum Pudding.—See recipe in last month's paper for a hygienic plum pudding.

Orange Jelly.—Wipe and thinly peel five oranges and two lemons. Take one pint cold water, half pound white sugar, and one and half ounces corn-flour. Place the peel and water in a pan and simmer for twenty minutes with the sugar; strain the resulting juice. Place the cornflour in a basin, and squeeze the juice of the fruit through a strainer on to it; then pour the boiling syrup on to this mixture, stir well, return to saucepan, and boil six minutes. Pour out into a cold, wet mould. Garnish with orange, and serve.



WHAT IS A GOOD BREAKFAST?

A WRITER in one of the dailies accounts for the "No-Breakfast" movement by suggesting that the average Englishman has been so puzzled by the conflicting advice of faddists and the clamorous representations of much-advertising food companies that he has about concluded the easiest way out of the difficulty is to go without his morning meal. In our opinion its popularity is due to the advantages which inhere in the two-meal-a-day plan, even if the meals are not placed in ideal positions.

However that may be, the man who wants strength to do the best forenoon's work, does well to give some thought to his breakfast. A good breakfast should be sufficiently generous in quantity to supply the requirements of the system until lunch or dinner. It should be composed of foods easy of digestion, in order that the nervous energy of the system may be available for work. Ample nourishment combined with digestibility will be found to perfection in thoroughly-cooked cereals, and if to these we add fresh and stewed fruit, and a very small amount of fat, either in the form of nuts or nut butter, or a little of the best dairy butter, we

have an excellent meal on which to begin the serious work of the day.

Perhaps the ideal form in which to take cereals is zwieback,—good bread which has been cut into rather thick slices and baked a second time in a slow oven till it is crisp throughout. Zwieback made properly from wholemeal bread possesses most of the advantages of such well-known health foods as avenola and granose, and it can be prepared in almost any home with very little trouble. Baking is cooking at a higher temperature than boiling; hence cereals which are baked or toasted are more digestible than those merely boiled.

Fruit Toasts.

Zwieback can be used in a variety of ways as a breakfast dish. It is well to prepare a large supply, and have it on hand continually. Fruit toasts of various kinds are an excellent morning dish. The simplest form consists in pouring hot stewed fruit (plums, gooseberries, dried apricots, peaches or any other desired fruit) upon slices of zwieback which have been slightly warmed in the oven. Another way is to thicken the fruit very slightly with corn-flour, in which case a few



drops of hot water may be poured over the zwieback just before the fruit dressing is applied. Some like a spoonful of malted nuts or nut meal as a top dressing. Fruit toasts admit of a pleasant variety in flavours, and form at once a substantial and very palatable warm dish for the morning meal.

Zwieback also forms a basis for other toasts. For instance, warm the slices in the oven, moisten with hot, rich milk, and put on each a nicely poached egg, or a spoonful of tomato sauce. A dressing may also be prepared from lentils or from nut butter thickened with browned flour.

Porridges must be well cooked.

Oatmeal porridge with milk has long held an honoured place at the breakfast table, and we would not detract from its virtues, except to urge the importance of more thorough cooking. Prolonged cooking in a double boiler is essential if one would have a really healthful porridge, and even then one does well to eat it pretty slowly in connection with zwieback or hard biscuits to ensure proper chewing. A rather small dish is as much as the sedentary worker should take. More will lie heavy on the stomach.

Tea and coffee have no proper place on the breakfast table, because they are really drugs, having no food value whatever. Cocoa and chocolate, usually prepared with milk, are possessed of some nourishing qualities, but unfortunately contain in addition a small amount of theobromine, which impairs their usefulness. We have no hesitation in saying that the milk without the chocolate would be better.

Hot milk does not agree with everyone, however, and sometimes it may be improved by the addition of some cereal preparation such as gluten or avenola. Gluten gruel containing about one dessertspoonful of gluten to a cup of milk makes a most excellent food drink for a cold morning, and is good growing food for children, the gluten being a fine tissue builder.

Value of Fresh Fruit.

Fruit in some form should always grace the breakfast table. Fresh fruits, as apples, pears, oranges, grapes, and bananas, are valuable in three ways: 1. They furnish natural sugar which without requiring



FRUIT AND NUT SALAD.

(See next page.)

digestion is taken immediately into the blood, and goes to sustain the system. 2. They supply certain salts which are of the greatest use in building new tissue. 3. Their acids hinder the growth and development of germs, and exert a beneficent action upon the liver and various other organs. Some persons, owing to individual idiosyncrasies, find they cannot take certain fruits, but they should not on this account neglect entirely such an important and luscious part of a liberal bill of fare. One general rule to remember in connection with fruits is that strongly acid varieties do not combine well with milk, and in case of

weak digestion they may also hinder the digestion of starches. Fruits and vegetables are also rather a poor combination. In general the mild fruits which require little or no sugar, are the most wholesome.

So much for the general principles relating to a good breakfast. Let us now offer a few suggestive menus.—

Breakfast Menus.

Cream Toast with Poached Egg.

A Cup Hot Malted Nuts.

Brown Bread with Butter. Wholemeal Biscuits.
Baked Apples.

—
Fruit Toast with Almonds.

Gluten Gruel. Unleavened Bread.

Fresh Grapes.

—
Oatmeal Porridge with Milk.

Dates. Zwieback. Fresh Bananas.

Occasionally one may desire vegetables. Potatoes left from the previous day may be cut in slices and warmed in a little milk with the addition of the least bit of nut butter. The menu then might then be as follows:—

Warmed-over Potatoes.

Bread and Butter. Soft-boiled Egg.

Stewed Prunes. Apples.

A person with delicate stomach would probably do well on a breakfast consisting simply of a generous dish of granose flakes freshly warmed in the oven, and a little fruit juice or fresh fruit. A slice or two of zwieback with almond butter might be added. Brain workers who have duties that require clearness of mind rather than the expenditure of muscle would do well to make zwieback (or unleavened bread) and mild fruit form the principal part of their breakfast.

—♦—
Fruit and Nut Salad.—Wash and seed some dates, and fill the cavities with English walnut meats. Cut each date crosswise into halves, and mix with them the same amount of orange which has been divided into sections, and each section cut into thirds. Let the dates and oranges stand fifteen minutes with a little lemonade sprinkled over them. Serve in a salad cup, as shown in the illustration, or garnish with lettuce and serve on a salad plate.

Practical Questions on Diet.*

Q.—*Are seven hours too long an interval between breakfast and dinner?*

A.—No; this interval is very commonly prescribed by leading French physicians in cases of slow digestion. If the patient becomes faint, a small quantity of fresh or stewed fruit may be taken without special injury.

Q.—*Do not sick persons require flesh food as an aid to recovery?*

A.—We know of no condition which absolutely requires the use of flesh food except the absence of other suitable nourishment, and the experience of the writer and of scores of other physicians has amply demonstrated that all curable disease conditions can be managed even more successfully without flesh foods than with meats or meat preparations of any sort. Indeed, a large proportion of persons suffering from chronic diseases, unless their cases are already hopeless, will rapidly recover by the unaided efforts of nature when the cause of the illness is removed, and a natural dietary of fruits, grains and nuts is substituted for the ordinary unwholesome bill of fare.

Q.—*Is it best to dispense with animal fats, and, if so, what substitute should be employed?*

A.—The body requires about one and one-half ounces of fat per day. This must be furnished from some source. It is better to make use of animal fats than to undertake to subsist upon a dietary in which this element is deficient; but animal fats, even including butter, may be discarded without inconvenience by substituting nuts and ripe olives, which are exceedingly rich in easily digestible fats. Nuts and olives may be used in their natural state or prepared in various ways, as nut creams, nut butters, and in various combinations with cereals and fruits. Sterilised cream and sterilised butter are the least objectionable forms of animal fats.

*By permission from "The Living Temple," by J. H. Kellogg, M.D.

QUESTIONS AND ANSWERS.

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

Neurasthenia.—T. T.: "What is the best cure for neurasthenia? I am told that this is what I am suffering with, and I have been ill for a long time."

Ans.—A course of tonic treatment and careful dieting at a first-class health resort, such as the Surrey Hills Hydropathic Institution at Caterham, the Leicester Sanitarium, 80 Regent Road, Leicester, or the Belfast Sanitarium, 343 Antrim Road, Belfast.

Congestion of the Kidneys—Blood in the Urine.—H. B.: "I have a slight congestion of the kidneys, with blood in the urine off and on for about five weeks. The pain begins in the night, and is apparently in the stomach. On passing water, there is a sharp stinging pain. The pain generally seems to run from the kidneys to the bladder. I am engaged in office work, and am standing most of the time. What treatment would you recommend?"

Ans.—Hot fomentations across the small of the back will relieve the pain. Hot immersion baths or vapour baths are also helpful. An excellent treatment consists of the hot blanket pack, to be given as follows: After wringing the blanket out of hot water, it should be wrapped round the hips and the lower part of the trunk, and covered with four or five thicknesses of dry blanket. The patient may be left in the pack for half an hour to an hour, and then the body should be sponged with tepid water, and dried. Drink water freely, and avoid tea, coffee, tobacco, and alcoholic drinks, as well as irritating condiments such as pepper and mustard. It is also well to avoid flesh foods. The diet should be simple and nutritious, consisting largely of fruit, grains, breads, nuts, nut foods, vegetables, as well as milk and eggs, provided they agree with you.

Housemaid's Knee—Dandruff.—L. D.: 1. "Would you kindly tell me what to do for a large swelling on my knee. It is what people generally call housemaid's knee. 2. Please give me a remedy for scurf on the children's heads."

Ans. 1. If resting the knee does not reduce the swelling and cause it to disappear, you ought to go to the hospital and consult a surgeon with reference to an operation. This is sometimes the most efficient means of securing a cure. 2. Cleanse the scalp at least once a week with warm soft water and a mild soap. Packer's Tar Soap would be excellent for this purpose, and can be got from the chemist. Massage the scalp daily with your fingers. Avoid feeding the children on bacon or any kind of pork, as well as tea, pastries, and sweets.

Palpitation of the Heart—Football—Good Health League.—N. C.: 1. "What treatment would you suggest for palpitation of the heart? I very seldom have it, and then always after running, or other exercise. 2. Would playing football or running be injurious to me? 3. Is there any Good Health League in Dublin?"

Ans.—1. You should avoid running, and all other severe exercise that would bring on palpitation of the heart, bearing in mind that prevention is better than cure. For treatment we would recommend rest in a recumbent position, with the application of a cold compress to the region of the heart. 2. Yes. 3. No; we regret to say that no Good Health League has yet been organised in Dublin, but we trust there will be one in the not distant future.

Diet for Diabetics.—H. P.: 1. Should fresh fruit form part of the diet of a person suffering from Sugar Diabetes? 2. Would nuts or the nut foods of the International Health Association be suitable? 3. Do you know of any cheap way of making gluten bread which could be accomplished at home? 4. Should the patient resist the temptation to drink when there is unnatural thirst present, or should he drink freely? 5. Should emulsified fat be taken? 6. Is sugar in the form of malt honey admissible?

Ans.—1. Yes, fresh fruit may be taken, but figs, dates, and fruits rich in sugar should be avoided, or used very sparingly. 2. Yes. 3. Follow recipe for nut rolls in "Hygienic Food Recipes," substituting gluten in place of half or two-thirds of the flour. 4. Yes, as far as possible. Immoderate drinking should always be avoided. 5. Yes, such foods as Malted Nuts, Bromose, and also pure Coconut Butter, (the latter can be obtained from Bilson's Stores, 88 Grays Inn Road, London, W.C.) can be recommended. 6. In the smallest quantities only.

Congested Throat.—E. T.: "Is there any cure for Congested Throat? I have a very bad one, indeed, which I am sorry to say I have had for twelve months. I get no relief from anything. My throat is so bad that life is not worth living."

Ans.—We would suggest the use of the cold compress to your throat every night for a month. This is applied by wringing a towel out of cold water, as dry as possible, and then wrap it around the throat snugly, fastening with safety pins, and then apply two or three thicknesses of flannel so that the flannel overlaps the moist cloth about one inch above and below. On removing this in the morning, bathe the neck with cold water and dry gently. Gargle your mouth and throat with a solution of Listerine or Peroxide of Hydrogen every morning on rising. Your diet should also receive attention. Take plain, wholesome food, with abundance of fruit. Avoid tea, coffee, condiments, and take flesh foods sparingly, if at all. A non-flesh diet would doubtless suit you best. In that case you should use some nut foods, such as Protose, or Bromose, to take the place of flesh.

Good Health,

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

Edited by

ALFRED B. OLSEN, M.D.
M. ELLSWORTH OLSEN.

Managing Editor:

M. ELLSWORTH OLSEN.

[The managing editor is responsible for all unsigned editorial matter]

Business communications should be addressed to
**Good Health, 451 Holloway Road,
London, N.**

All communications referring to editorial matters should be addressed to the Editor, **Good Health, 451, Holloway Road, London, N**
Telegraphic Address: "Uprising," London

GOOD HEALTH may be ordered through any newsdealer.

The cost of a yearly subscription, post free, is 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2. Indian office: **GOOD HEALTH, 39/1 FREE SCHOOL ST., CALCUTTA.**

West Indian Edition: Price, 3 cents per copy. West Indian Office: International Tract Society, Port of Spain, Trinidad; and Kingston, Jamaica.

THE Aerated Cream and Dairy Company have favoured us with a sample of their cream prepared by their patent process. The keeping qualities of this cream are excellent, and the flavour all that could be desired. No doubt this Company has a very large future before it as the demand for pure milk and cream is very great.



In late years, Bournemouth has gotten to be quite a winter resort. We are glad to inform our readers that if they or their friends should be going to Bournemouth (a place which stands very high among seaside resorts), they cannot do better than take up their abode with Mrs. Huttman-Hume, the charming hostess of "Loughtonhurst," West Cliffe Gardens, Bournemouth. Mrs. Hume conducts her establishment on food reform lines, and makes her guests very much at home and happy. If you go there once, you will want to go there again as soon as possible. This has been the experience of a member of the **GOOD HEALTH** staff.



THE Sanis Underwear, which we have before mentioned favourably in our columns, is giving excellent satisfaction to the large number of our readers who are adopting it. Ladies who are endeavouring to follow health principles are especially pleased with the long sleeves, and general fine appearance of the garments. We believe that the Sanis Underwear combines the advantages of warmth, porosity, fineness of texture, and reasonable price better than any other underwear on the market. It is, moreover,

ESTABLISHED 1851.

BIRKBECK BANK

Southampton Bldgs., Chancery Lane, London, W.C.

INVESTED FUNDS TEN MILLIONS.

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$2\frac{1}{2}\%$ Interest on the minimum monthly balances, when not drawn below **£100.** $2\frac{1}{2}\%$

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Stocks and Shares purchased and sold for customers. The BIRKBECK ALMANACK, with full particulars, post
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ABSOLUTELY PERFECT.

GENTLEMEN:—

Bodice to hand,—thanks. **GOOD HEALTH** and *Beauty & Health* have done their work, and one of my little fads has now become a living principle. My wife declared recently that she would never wear corsets again; yet there was a dragging of skirts, etc., and the **Good Health Adjustable Bodice** supplies the lack. It fits beautifully, is pretty, dainty, and splendidly made, and was received enthusiastically, and after a few days' wear is pronounced absolutely perfect. I have visions of all the lady friends being plagued to get the **Good Health Adjustable Waists**. Go on with your good work—God-speed.

Hove, Brighton.

Yours very sincerely,
E. R. HOOKER.

THE . . .

BELFAST

SANITARIUM.

(Branch of the Battle Creek Sanitarium, Mich., U.S.A.)

Situated in the most healthful suburb of the city. **HOME COMFORTS.**

The Diet and Treatments are those which have been used so successfully at the Battle Creek Sanitarium, which receives thousands of patients annually.

Hydropathic Treatments, Massage, Electricity, Manual Swedish Movements, Physical Culture.

TRAINED NURSES.
MEDICAL CARE.

Infectious cases not received.

Apply for prospectus to

The Belfast Sanitarium,
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In answering advertisements kindly mention "GOOD HEALTH."

NOURISH & FLOURISH!

Wheat Phosphates,

so vitally necessary for the proper growth and development of the Infant Frame, are extracted from Wheat Bran by the Frame-Food Co.'s process. This process rejects the woolly fibre and husk (which no human stomach can digest), and produces a soluble extract easily digested by the youngest infant.

FRAME-FOOD

which is the only Infant's Food containing these Natural [not chemical] Phosphates, is unrivalled in its capacity to enrich the blood, and develop the bone, teeth, muscle, and brain of Infants. As its name [Frame-Food] implies, it contains the organic constituents necessary for building the foundation of a strong and healthy frame.

THE LANCET says:

"The enrichment of cereal food with this soluble phosphate, which is otherwise thrown away in the bran, is a process worthy of all commendation. . . . The Frame-Food Co. manufacture a preparation called Frame-Food, in which the presence of a constant quantity of soluble phosphate, derived from the bran, may be relied upon."

FREE TEST.

A sample, with a booklet entitled "BRINGING UP BABY," by a Hospital Nurse, sent post free, (Mention this Paper.)

16 oz. Tin, 1s.

FRAME-FOOD CO., Ltd.,
Battersea, LONDON, S.W.



For the Home Treatment of Catarrh

The Perfection Vapouriser is a simple, easily operated appliance for the treatment of diseases of the nose, throat, bronchial tubes, and lungs. It transforms the liquid medicine into a little cloud or vapour, and this drawn or forced into the nose, throat, or lungs brings the medicine immediately in contact with the affected parts, thus securing all the benefit possible to be derived.

It has stood the test for many years, and thousands have been benefited by its use.

Sent, post-paid, on receipt of price, 12/-

ADDRESS:

GOOD HEALTH SUPPLY DEPT.,
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THE OLDEST HEALTH FOOD STORES IN THE KINGDOM.

BEST QUALITY GOODS
at
REASONABLE PRICES.

Send Stamp at once for New Price List.

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SPECIALITIES:

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| Dried Fruits. | Colonial Produce. | Vi-Mal. |
| Finest Cocoanut Butter. | (An excellent substitute for dairy butter.) | |
| Shelled Nuts of all kinds. | Welch's Grape Juice. | Unsurpassed as a food- tonic. |
| Banana and Nut Biscuit. | Protose, Granose, | |
| And other Foods of the International Health Association. | | |



T. J. Bilson & Co., 88 Gray's Inn Road, London, W.C.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

a strictly British manufacture, made from pure wool, and is certainly worthy a trial. The manufacturers also handle a large amount of goods in other lines, and we are pleased to give them our hearty recommendation.



MR. THOMAS INCH, instructor in physical culture, has sent us a prospectus of his system of training. Mr. Inch has had a large practical acquaintance with gymnastics, and is also a believer, in the main, in the general principles represented by GOOD HEALTH. His system commends itself by its good common-sense, and we have no doubt it will prove helpful to the many young men who are taking it.



THE International Health Association have added to their list of products a natural sweet to which they have given the name, Malt Honey. It has a very pleasant flavour, and is perfectly wholesome, being free from the qualities that render cane sugar, even in small quantities, harmful to persons of weak digestive powers. The same firm is also supplying an excellent grade of almond butter which is remarkably sweet and toothsome, the almonds being of fine quality. Almonds are an ideal form of food, rich both in proteids and fats, and furnishing these elements in a very digestible form. We have no doubt that the Association will have a large sale for its new products.



We have received from the author, Mr. Joseph Knight, secretary of the Ivy Leaf Society, an excellent statement of the principles of vegetarianism neatly printed on cardboard. The price is 1d. Order of Mr. R. J. James, 3 and 4 London House Yard, Paternoster Row, London, E.C.

The Good Health Adjustable Bodice.



Affords ease, comfort and health. Retains the symmetry and grace of the natural form. Its use will add years of pleasure to a woman's life

It does away with the corset. Supports all garments without harmful pressure. No Stays to break. Thousands have been sold, and

are giving excellent satisfaction.

Send for circular and prices to the Sole Agents: Good Health Supply Dept., 451 Holloway Road, London, N.

THE STOMACH. Its Disorders and How to Cure Them.

By J. H. KELLOGG, M.D.

This book presents in a nutshell what every person ought to know about the stomach—its functions in health, the symptoms produced by disease, and the best methods of cure.

THIS WORK IS THOROUGHLY PRACTICAL.

It contains an explanation of the new and elaborate method of investigating disorders of the stomach in use at the Battle Creek Sanitarium, and largely the result of researches undertaken there.

The work contains over 100 cuts, including eleven plates, several of which are coloured.

Price of the work, bound in fine cloth, with embossed cover, 6s. post free.

GOOD HEALTH SUPPLY DEPT.,
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The .

Leicester . Sanitarium

(Formerly Midland Sanatorium)

Offers facilities for giving a full line of Hydropathic Treatments, as well as Massage and Manual Swedish Movements.

SKILLED NURSES
Trained at the Battle Creek Sanitarium.

A WHOLESOME DIET.
PLEASANT SURROUNDINGS.

Address the Secretary,
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Massage, Electricity, & Nauheim Exercises.

Certificated Masseuses visit ladies for treatment at their own residences, or receive in well appointed rooms with every convenience. A resident Masseuse supplied. Lessons also given.

Rheumatism, Stiff Joints, Sprains, Dyspepsia, Constipation, General Debility, Neuralgias, Nerve Disorders generally, and many Heart Troubles are greatly benefited by a course of Massage.

Hygienic Facial Treatment a Speciality.

Apply to
Miss HORNCASTLE, } 14 Baker St.,
Mrs. CHAPMAN, } London, W.

In answering Advertisements kindly mention "GOOD HEALTH".

**STANDARD
ATHLETIC BOOKS.**

Profusely Illustrated.

- “Strength: and How to Obtain It.”—*Sandow.* (With Chart) 2/6.
 “Boxing: The Modern System of Glove Fighting.”—*Johnstone.* 2/6.
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 “Life and How to Live It.”—*Aldrich.* 2/6.
 “Art of Breathing.”—*Dixon.* 1/-
 “Free Gymnastics.”—*Noakes.* 1/6.
 “100 Tricks on Horizontal Bar.”—*Dimmock.* 1/-
 SEND FOR CATALOGUE. (free).

GALE & POLDEN Ltd.,
 2 Amen Corner, LONDON.

**COUNTY
FLOUR.**

THE complete wheat except the bran. The ideal flour for bread, biscuits, cakes, pastry, puddings, and all household requirements where nutriment is a consideration.

Prepared from the finest selected wheat only. Milled and prepared by our special process to retain the full nutriment of the grain, and eradicate the outer skin or bran.

Try it once Use it always
 To please us; To please yourselves.

PRICES.

120 lb. bag,.....	17/6, carriage paid.
20 lb. bag,.....	3/6. “ “
1½ lb. sample,.....	6d., by post.

Sole Proprietors

COLLYER BROS.,
 BATH LANE MILLS, LEICESTER.



**Honey
Without
Bees.**



A New Food Delicacy.

MODERN laboratory research has given us a process whereby it is possible to make honey from cereals, without the aid of chemicals of any sort, or the addition of sugar, by a process essentially identical with that by which honey is manufactured by plants, ready to be stored by the clever little bee.

Malt Honey, As now sold by us, is a food superior to honey, being free from pollen, fragments of flowers, dust and other foreign matter, and can be used without injurious effects by anyone.

IT IS A FLESH-FORMER,

being ready digested starch in the form of Grape Sugar. Put up in lever-lid tins, at 10½d. per lb.

Can be obtained from our Agents, or direct from
The International Health Association, Ltd.,
 BIRMINGHAM.

A new and high-class
VEGETARIAN RESTAURANT
 HAS BEEN OPENED BY THE
FOOD REFORM Co., Ltd.,
 AT
4 FURNIVAL Street, Holborn, E.C.
 (Nearly opposite Gray's Inn Road.)

Quiet and Central.
 The most comfortable place in the
 neighbourhood for dinner or tea.
Special Evening Menus.
Ladies' and Gentlemen's Lavatories.

PUBLISHERS' NOTES.

THE People's Helping Hand Mission is doing a much needed work in Battersea, and we are glad to insert the appeal for help. One of the principal objects in helpful living is that by living in a simple, wholesome way one is able to save a little money which can be used to help supply food to those who are in need.



WE have received the new list of foods, etc., supplied by the Pitman Stores, of Corporation Street, Birmingham, and should certainly advise our readers to send stamp for a copy. There is a distinct advantage to would-be health reformers in getting acquainted with the firms who cater especially for their benefit.



LEADERS of Band of Hope meetings will find many excellent hints, as well as a good selection of suitable Bible questions in the pamphlet by Miss A. B. Salmon, entitled, "Suggestions for Improvement in the Methods of Conducting Devotional Exercises at Band of Hope Meetings." The price is only 1d. The pamphlet is published by Mr. R. J. James, 3 and 4 London House Yard, Paternoster Row, London, E.C.

HAPPY HAVEN.—HEALTH for all,
 Educational home. Physical, Mental, and Moral defects rectified. Both sexes. Delightful home for REST. Miss Cromartie, 5 Buckingham Road, Brighton.

THE WALLACE BAKERY

Is established for the purpose of enabling Food Reformers to supply themselves with the Bread, Cakes, and Biscuits that will assist in bringing about

The Physical Regeneration of Mankind.

Send for Price List Order Form to

The Office of the "Herald of Health,"
 3 Vernon Place, London, W.C.

Address bakery orders to the Factory,
 468 Battersea Park Road, London.

GOLD MEDAL AWARDED,
 Woman's Exhibition, London, 1900.

NEAVE'S FOOD

FOR INFANTS, GROWING CHILDREN, INVALIDS and the AGED.

"An excellent Food, admirably adapted to the wants of infants and young persons."

SIR CHAS. A. CAMERON, C.B., M.D.,

Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.

Dr. BARNARDO says: "We have already used Neave's Food in two of our Homes (Babies' Castle and the Village Home), and I have no hesitation in saying it has proved very satisfactory."—July 27th, 1901.

NEAVE'S FOOD IS REGULARLY
 USED IN THE
 RUSSIAN IMPERIAL NURSERY.

Ask for
REYNOLDS
 Ask for



BEST FOR HEALTH.

PURE DIGESTIVE
**WHEATMEAL
 BREAD**
 J. REYNOLDS & Co. LTD
 GLOUCESTER.

In answering advertisements kindly mention "GOOD HEALTH."

A Seaside Home.

Conducted on Food Reform principles.
Delightful location, near the chimes, pleasure gardens, and town.
Highest recommendations.
Accommodations,—exceptional.
Charges,—moderate.

Write for terms, mentioning GOOD HEALTH.
Mrs. Huttelman-Hume, "Loughtonhurst,"
West Cliff Gardens, Bournemouth.

'Xmas & New Year Presents.

The most charming and unique
'XMAS OFFER ever made to the Public.
The "Pitman" Assorted Box of
12 Uncooked Fruit and Nut Dainties.

Ready to eat. Will keep good for months.
If you write for a box yourself, you will wish one sent to all your friends.

Contents. 10 Fruit and Nut Cakes as follows: Bananut, Fruitnut, Datanut, Muscatelmo, Fig and Ginger, Fig and Almond, Fig and Coconut, Date and Ginger, Date and Almond, Date and Coconut. Box of Vigar Fruit and Nut Wafers in ten varieties. One Bananut Outfit (a three-course luncheon) in beautifully decorated tin box.

5/- Carriage paid to any address in the British Islands. 5/-
Or an assorted box of six, post free, 2/6.

From the sole manufacturers:
"Pitman" Health Food Stores,
188 & 189 Corporation Street, Birmingham.

'Xmas Price List, 80 pp., post free, one stamp.
The largest dealers in the British Islands.

During his training and Great Walk in August and September, 1903, of nearly 600 miles in 10 days, Dickinson lived entirely on these cakes together with fresh fruits, drinking nothing, and losing nothing in weight.

S. D. Bell & Co., 53 Ann Street, Belfast.

Agent for the Food Products of
the International Health Association,
and for other Health Foods.

Canned and Dried Fruits,
Nuts, and other Specialities.

SEND FOR LIST OF PRICES.

Swift
Gold
Medal.

New Harrison KNITTER

A pleasurable and profitable occupation. LISTS FREE.

KNITS Stockings, Ribbed or Plain. Gloves and Clothing in Wool, Silk or Cotton.

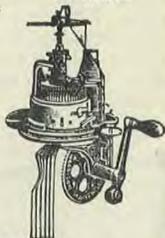
Lessons Free.

The HARRISON RIBBER is specially adapted for Seamless Ribbed Stockings and Socks.

The Harrison Ribber.

Cash or Deferred Payments.

"Live" KNITTING WOOLS.



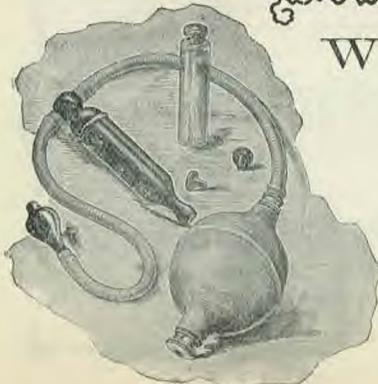
So called because we guarantee the Fleece is shorn while the sheep are alive in the meadows. This is important to wearers as "live" wool is more **Durable, Warmer, Elastic, and Healthful.**

Our genuine **undyed wool** is a speciality.

"Silkeena." A substitute for silk. Wears better than silk.

Samples Free, for Knitting, Embroidery, Crewel, and Crotchet work.

Works:—
**48-56 UPPER BROOK STREET,
Manchester.**
Branch:—**103a OXFORD STREET,
Nr. Regent Circus, London, W.**



WHY SUFFER WITH CATARRH?

Get the Magic Pocket Vapouriser; a simple, convenient, and effective instrument for the treatment of Catarrh, also diseases of the nose, throat and lungs. **PRICE, 4/- POST FREE.** With attachment for treating the ear, as shown in the accompanying cut, 6/-.

When ordering ask for our free booklet telling all about Catarrh and Its Treatment.

**GOOD HEALTH SUPPLY DEPARTMENT,
451 Holloway Road, London, N.**

PUBLISHERS' NOTES.

To the Editor of GOOD HEALTH.

DEAR SIR:—

Will you kindly allow me space in your magazine to plead in behalf of the People's Helping Hand Mission (36 York Road, Battersea, London, S.W.), which was established in that needy locality on Sept. 23, 1903. It supplies meals for children at $\frac{1}{2}$ d., and to adults at 1d. each. About 900 meals are served per week. Mothers' meetings, children's meetings, a children's Band of Hope, and a girls' sewing class are conducted in connection with the Mission. The funds are very low, and contributions to help provide meals and clothing for the scores of poor little ones who seldom know what a decent meal is, yet have to go to school day by day, will be much appreciated. Parcels of cast-off clothing for children and adults will also be acceptable. Please address all letters and parcels to the Secretary of the Helping Hand Mission, 36 York Road, Battersea, London, S.W. Hoping this appeal will not be in vain, I remain, Dear Sir, Yours faithfully,

MRS. S. J. THOMAS.

—*—*—

THE American Importing Co. (8 Long Lane, London, E.C.) is an enterprising firm dealing in athletic supplies of all kinds and other interesting novelties. Their new Whitely-Hendrickson Exerciser is having a large sale, and giving excellent satisfaction.

Brunak

Dr. Allinson's New Drink
instead of Tea or Coffee.

Dr. Allinson says:

"It is as refreshing as TEA; as tasty as COFFEE; as comforting as COCOA; and as harmless as WATER. Is as easily made as either of them, and can be taken at any meal or at supper time. There is not a headache in a barrel of it and no nervousness in a ton of it. May be drunk by young and old, weak and strong, the brainy man or the athlete; also by invalids, even in diabetes."

All who suffer from Nervousness and Palpitation, Headache, Wakefulness, Loss of Memory, Low Spirits, Flushing, Trembling, and all who cannot or should not take tea, coffee, or cocoa, may take BRUNAK with perfect safety.

Sold by our Agents and the usual Cash Grocery and Drug Stores in town and country in 1 lb. packets at 1s. each. If any difficulty in obtaining it, a list of agents and a sample will be sent post free for one penny, or a pound packet post free for 1s., by

The NATURAL FOOD CO., Ltd.,
21 N, PATRIOT SQUARE,
BETHNAL GREEN, LONDON, E.

A REVOLUTION
IN PULSES

Genuine natural flavour and taste.
The Beef of the Vegetable Kingdom.

DIGESTIVE PEA FLOUR

Invaluable for Dyspeptics and Invalids. Exceedingly digestible. Supplies system with all it needs. Rich in natural phosphates. Contains more life-sustaining nourishment than beef, and twice as much as wheat, oats or barley. In tins 8d., post free 1/-. Two tins 1/9.

SAMPLE PACKET
2/- POST FREE

DIGESTIVE LENTIL FLOUR

From Grocers, Chemists, &c., or from the Manufacturers: The Digestive Food Co., Paisley. London Agent: E. J. Reid, 11, Dundin House, Basinghall Avenue, E.C.

In answering advertisements kindly mention "GOOD HEALTH."

OUR HEALTH FOODS REACH THE ENDS OF THE EARTH.

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GRANOSE FLAKES, loose or in biscuit form, consist of the entire wheat berry, subjected to hours of steaming and baking, ready for use. Packet,.....7½d.

TOASTED WHEAT FLAKES, the same sweetened with malt honey, nature's health sweet. A most delicious breakfast dish, which can be served hot in two minutes. 20 oz. packet,...8d.

AVENOLA.—A choice combination of ready-cooked grains. For porridge and puddings. 1 lb.,...7d.

NUT ROLLS.—A very nutritious and toothsome biscuit in the form of thin rolls. Just the thing for luncheon. Should take the place of fermented bread on every table. 1 lb box,.....5d.

WHOLE WHEATMEAL BISCUITS. Sweet or plain. 1 lb. box,...5d.

OATMEAL BISCUITS.—Sweet or plain. 1 lb. box,.....6d.

FRUIT WAFERS.—Made with the best stoned fruit. 1 lb. box, 8d.

PEANUT BUTTER.—Our process of manufacture excludes roasting of the nuts which renders them indigestible.....½lb. 7d.; 1lb. 1/-.

PURE ALMOND BUTTER.—All sweet, finely ground. Per tin, containing about 13 oz.....1/9.

CARAMEL CEREAL, the perfect beverage, fragrant, healthful, and easily made. 1 lb. package, 8d.

PROTOSE.—First-hand meat, obtained direct from the vegetable kingdom. Provides the same elements of nutrition found in animal flesh, without the impurities. Tasty and easily digested. Is generally acknowledged to be a triumph of inventive genius in the realm of Health Foods. 1½lb. 1/4; 1lb. 1/-; ½lb. 8d.

NUTTOLENE.—A delicate nut food, of the consistency of cheese. For sandwiches, etc. 1/4; 1/-; 7d.

BROMOSE.—Plain or combined with fruits. In box containing 30 tablets,.....1/6.

MALTED NUTS.—In fine powder form, ½lb. tin,...1/-; 1lb...2/-.

Both Malted Nuts and Bromose are made from malted cereals and predigested nuts. They are all food, and are quickly transformed into good blood, then brain, bone, and muscle. They have in addition an effect similar to cod liver oil, and fully as strong, while their palatability gives them a great advantage over cod liver oil, which some stomachs cannot tolerate. There is no better food for athletes, brain workers, invalids or infants.

Send us **One Shilling** for a package of samples and cookery book, or ask your **GOOD HEALTH** agent for these foods.

**International Health Association, Ltd.,
BIRMINGHAM.**

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

MESSRS. GALE & POLDEN (Paternoster Row, London, E.C.) have recently issued a new catalogue which contains a number of publications in which GOOD HEALTH readers would be likely to be interested. It may be had on application.



"HYGIENE and Rational Methods of Treatment" was the subject of an interesting lecture, illustrated with charts, which Dr. F. Fleetwood Taylor recently gave before the members of the North London Branch of the Good Health League.



A NEW branch of the Good Health League has just been formed in Croydon, Dr. Olsen coming down from Caterham to give the opening address. Full particulars in regard to this league may be obtained from its Secretary, Mr. W. T. Miles, 24 Lower Coombe Street, Croydon.



OUR readers will be pleased to know that our edition of 60,000 copies of the Christmas number went very rapidly, and at the present writing (December 11) we have already come to the end of our supply. May we not have the help of all our friends in circulating the present number?



WE are pleased to be able to announce that the price of the excellent Pea and Lentil Flours, manufactured by the Digestive Food Co., of Paisley, has been lowered, placing these products within reach of all food reformers. Full particulars are given in the Company's new advertisement appearing in this issue.



THE Harrison Knitting Machine Company (48-56 Upper Brook Street, Manchester) is doing a thriving business with its excellent machines and fine quality of knitting wools. Persons who would like to do a little pleasant and profitable work at home in spare moments would do well to apply to the company for particulars and samples. Mr. Harrison is already too well and favourably known to need any recommendation; but we are sure that any of our readers who have dealings with the firm will be more than satisfied.

LOOKING FORWARD.

THE next number of GOOD HEALTH will deal especially with a number of very common disease conditions, as follows:—

Bronchial Catarrh: Its Hygienic Treatment.

Adenoids, and How They should be Dealt With.

Proprietary Medicines, and the Harm they are Doing.

What to Do for a Sour Stomach.

Home Treatment of Asthma, etc.

There will also be the usual amount of instruction on general hygiene, healthful cookery, physical culture and other subjects

WE are pleased to welcome to our exchange table the *Scottish Health Reformer*, a new monthly journal on reform lines. The second number has a bright cover, and an attractive array of contents. Subscription price 1s. 6d. per year, post free. For further particulars address the Manager, Meekleriggs, Paisley.

BOOK NOTICES.

"MANUAL of DRILL and WAND EXERCISES," compiled and arranged by Thomas Chesterton. Published by Gale & Polden, 1s. net. This is an admirable little book, well got up and freely illustrated. Wand exercises might, to excellent advantage, be adopted in all our schools, costing little in the way of apparatus, and affording a large variety of corrective and interesting movements. Mr. Chesterton's book will be found very helpful and practical.



"MAY'S PRACTICAL METHODS."—E. & B. May, 156 High Street, Harlesden, London, N.W.

Perhaps we could give our readers the most correct idea of this book by saying it contains a little of everything. There seems to be very little attempt at arrangement; but the general teaching of the various short chapters and paragraphs composing the pamphlet appears to be in harmony with health principles. The style is somewhat self assertive, and there is no lack of superlatives.



SEVERAL other books have been received, and will have attention next month.

Wanted.—Socialist vegetarians (two-mealers) for "back to the land" experiment in Garden City. A.W.E. New Street, Berth N.B.

Comfortable Board-residence with two gentlewomen nurses, for invalid or others. Apply to Sister Bridget, "Shorncliffe," Greenside Road, Croydon.

W. T. MILES,

HYGIENIC FOOD SPECIALIST.

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