

(Near Battle Creek,
Michigan, U.S.A.)

A SANITARIUM WALKING CLUB AFIELD.

Good Health

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

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No. 3.

EDITORIAL CHAT.

DON'T affect a feather-bed if you want to enjoy refreshing sleep on a warm summer night. There is more real comfort for you on a bare floor.



Are Holidays a Success Healthwise?

THE answer must be both yes and no. Holidays are beneficial healthwise in affording a change from ordinary pursuits. They help people to get out of ruts, to get fresh views of life, and a broader mental horizon. They afford rest at a season of the year when work is liable to be especially irksome. They usually lead to an out door life. All these are advantages from a health standpoint.



When Not Beneficial.

ON the other hand, holidays are frequently taken with a reckless *abandon*, as regards eating, drinking, and general habits, which renders them quite the opposite of beneficial. When people start in to get the utmost pleasure out of their holidays, they are pretty sure to come back tired, and more or less disgusted, glad to go to work again, but without having gained in freshness and vitality. To be most beneficial, a vacation should provide a change from the everyday life, but always on moderate and sensible lines. A round of excitement and unwholesome merry-making is not wise either for young or old.



Holidays a Good Time to Reform.

EARLY hours, a reasonable amount of exercise out of doors, cheerful company, and pleasing natural surroundings, together

with a wholesome diet, make for the most profitable vacation. If you have been turning night into day, and day into night, endeavour to make a change for the better during the holidays. Give up your late supper entirely. Go early to bed, and you will be surprised at the early hour at which you will awaken, and feel buoyant and full of energy. The holidays are a good time in which to make hygienic reforms, to study some of the elementary laws of health, and resolve to obey them with a view of retaining one's youthful vigour, instead of lavishly squandering it as so many are doing.



Outdoor Cures.

Whatever else is overlooked in taking a vacation, do not fail to spend the time as much as possible, no matter what the weather, out of doors. House air, office air, especially bedroom air, are the bane of modern life. Nothing but the pure, fresh ozone of the open fields, or the cooling breeze from the ocean wave, can effectively restore the jaded body and weary nerves of the health seeker. Mr. A. I. Root, the editor of *Gleanings in Bee Culture*, gives such a charming account of a vacation he enjoyed on the Lakes, that we must reproduce at least a portion of it:—

"When I left home in July," he writes, "I was hardly fit to start on a trip. Unless I was exceedingly careful what I ate, my old trouble was very persistent. But in just one short week I regained a degree of health that I hardly ever felt before. My digestion became almost perfect; every ache and pain was gone; catarrh, neuralgia, rheumatism, susceptibility to draughts, faintness before mealtime, lassitude, and a

tired feeling had all vanished, and I was a boy again, with boyish appetite, spirits, strength. Now I do not know just what brought it about, but I will try to describe it for the benefit of others :—

In the Lap of Nature.

"In the first place I was entirely outdoors. For a whole week I did not go inside of any building. [Mr. R. is about sixty-five years old.] When I was tired, I lay down in my blanket, with my face to the breeze from the water, and slept all I wanted to. For diet we had fish, roasted potatoes, berries. The paddling of the boat gave me exercise in arms and chest that I did not get from the wheel. All day long I again and again filled my lungs clear full of air. We had pure air,—air scented with the pines and other resinous trees of that region. Being in the wilderness, we wore very little clothing, went bareheaded, and took sun baths on arms, chest, or whole body. I can truthfully say this: No matter what ails you, you will certainly get great benefit by living outdoors as much as possible."

Not everyone has the opportunity of getting off in the wilderness in this way, but persistent effort will enable most people to spend their vacation much more fully in the open air than they have been in the habit of doing, and if they will adopt a very simple, wholesome diet, avoiding meats, pastries, and narcotics, and cultivating natural tastes, they will recover a freshness and youthful vigour astonishing to themselves.



Benefits of Swimming.

ONE of the most valuable of all sports, from the physical culture standpoint, is swimming. It calls into vigorous play certain important muscles of the chest and back, whose proper development is essential to a good carriage, and is a healthful, all-round sport. Get the irrepressible street-boy to give up smoking cigarettes, and go in for swimming, and you have done something to raise the standard of national physical efficiency. Lessons in swimming, and free access to the swimming-baths at least twice or thrice per week, ought to be the prerogative of every boy in our public schools. Moreover, the condition of the baths could be improved by insisting on

the boys taking a warm spray, with plenty of soap, before entering the tank. Encourage the boys in cleanliness, and in the manly sport of swimming, and the result will be improvement in many directions.



Food Wasted by Overeating.

Prof. Chittenden, of Yale University, has been conducting some experiments upon twenty-one men in the United States army, with a view of ascertaining the minimum amount of food required to maintain full health and efficiency. His full report will be laid before a learned society shortly. Meantime he is reported as saying: "There is a great and unnecessary waste owing to the amount of food which we eat." Overeating in summer is productive of a great deal of discomfort wrongly attributed to the weather. Sometimes people complain of suffering intensely from the heat, and yet continue to heap on more fuel in the form of rich, unwholesome foods, and stimulating drinks.



Summer Colds.

NOT infrequently, owing to a slight change in the weather or carelessness in the matter of clothing, one may get a very troublesome cold in summer. The treatment should be the same as in winter. Put the feet in a pail of hot water, add more hot water from time to time, and give the patient plenty of hot water or hot lemonade to drink to produce sweating. Follow by a cool sponge-off. This treatment should be taken in the evening just before retiring, and if properly given the patient should feel better the next morning. If he skips three or four meals, eating nothing but a little fresh fruit two or three times a day, he will recover without further treatment. In fact, fasting for a day will usually throw off a cold without any further treatment, if it is simply a case of acute nasal catarrh.



Physical Degeneracy in the United States.

The latest report of the United States Census Bureau tells "a lot of interesting things about the march of disease and degeneracy," writes Dr. Kellogg in the *American Good Health*. "It is shown that

while quarantine and Board of Health restrictions, and improved treatment have lessened the prevalence and fatality of several acute maladies, chronic diseases and degenerations have greatly increased. For example, the death-rate from cancer for 1890 was forty-seven in every 100,000. In ten years the rate increased to sixty. The annual death-rate from apoplexy in

1890 was forty-nine; in 1900 sixty-six. Diabetes increased from five to nine, and kidney diseases from fifty-nine to eighty-three." This means an increase for cancer of twenty-eight per cent.; apoplexy, thirty-five per cent.; diseases of the kidneys, forty-one per cent.; diabetes, eighty per cent. The deaths from old age, it may be added, have increased by twenty-three per cent.

THE STORY OF PRIESSNITZ.

BY J. H. KELLOGG, M.D.

THE boy of whom we spoke in our last article, and who was none other than Priessnitz, the father of modern hydrotherapy, was the son of a shepherd, whose home was far up among the mountains, overlooking a beautiful valley covered with dense forests of hemlock and other evergreens. It was from the many springs that issued from this mountain and flowed down its rocky sides that the lad learned the curative value of water, which was to mean so much to medical science.

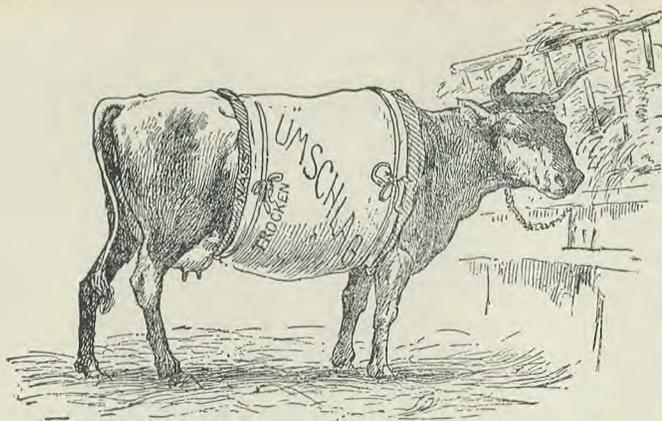
The Priessnitz home was built after the same style as other peasant homes of that country—made for the accommodation of both man and beast. In one half of the house dwelt the family, while the other was devoted to the cattle, so that the house was always permeated with the odour of the cow stable, and the corn, oats, and hay were all stored under the same roof. These are the sort of houses you find there at the present day, and this is the sort of house where Priessnitz was born, one hundred and four years ago.

Born of parents in moderate circumstances, and the school system

being very poor in that part of the world, Priessnitz obtained a very meagre education. But he had rare good sense, and remarkably keen powers of observation.

When about twelve years old, one day





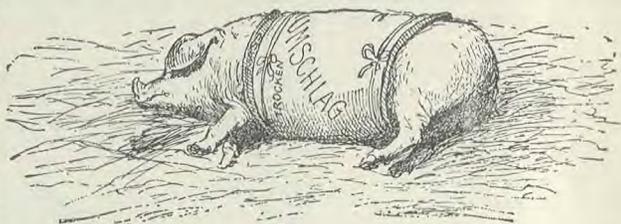
sitting quietly watching the sheep grazing upon the mountains, he noticed a very interesting circumstance. A deer that had been wounded by a hunter came down to bathe in the Priessnitz well, which was really one of the many mountain springs. The deer crouched on the edge of the spring, and reached its wounded leg down into the cold water. The water was very cold, but the animal lay down at the edge of the spring, and reached its leg in and held it there for an hour or more.

Day after day the injured deer came to the spring to treat his wound, as represented in the accompanying picture.

Some time after, Priessnitz met with an accident, in which his arm was wounded. Remembering what the deer had done, he immersed his hand in cold water, and accomplished for his arm what the deer had accomplished for its leg.

When about seventeen years old, he met

with another and more serious accident, in which his ribs were broken, his teeth knocked out, and the doctor said he must be a cripple for life. Water had done him so much good before that he decided to try it again, so he fixed a pillow on a chair and leaned against it in such a way as to draw his ribs into place; then he put a wet cloth over his side, and in the course of a few weeks he was quite recovered, while at the end of a few months his health was fully reinstated. Priessnitz told about this cure, and people soon began to come to him for personal advice, and to bring their sick or diseased animals for relief, and within two or three years he had become quite famous as a doctor, al-



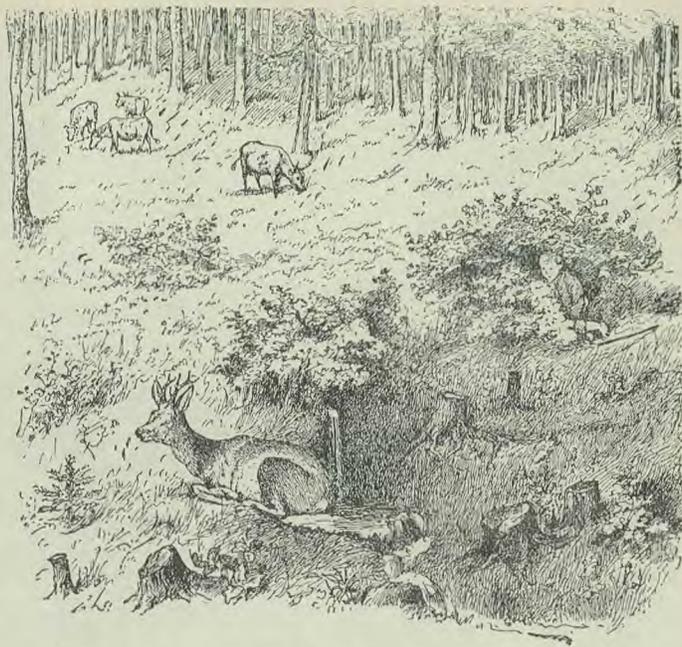
though he was still only a boy, about nineteen years of age.

He became more and more famous, and in the course of a few years people came hundreds of miles to be treated by the "water doctor." He made no charge for his services. He was still working on his father's farm for a living. By the time he was twenty years of age people were coming in such numbers that it became necessary to convert the stable and the granary into lodging-rooms for the sick ones coming from a distance. They brought their food with them, and he treated them by his simple methods of wrapping with wet cloths and compresses. He knew nothing else; but in a short time he began to pick up other ideas. He said, "Animals are very simple in



their habits, so we should be simple in our habits;" he began to practice eating very, very plain food. This was not a difficult task, for it is the practice in that country; but he became still more simple in his habits than those about him, recommending to his patients such a dietary as black bread, sour bread made from rye, sour or sweet milk, a few simple cooked vegetables and fruits, and little or no meat. Meals were served only three times a day—rather two meals a day with a very light lunch between. He had his patients work a great deal about the place, and made them take off their shoes and stockings and go out and walk in the wet grass in the summer-time, and in the snow in the winter.

He invented various methods of treatment, among which were different kinds of packs, and when he was but twenty-two years of age, this unlettered, uneducated, untrained peasant boy, living far away in the mountains, so far away from the centres of civilisation that even at the present time it is a long and tedious journey to get there even by rail—this



peasant boy became so famous that he was called to Vienna, the capital of Austria, to treat some sick persons in the Emperor's family; and two years later, all the great physicians were passed by, and this boy was called to administer treatment to the mother of the Empress of Austria.

Before he was thirty years old he had acquired such a reputation that his residence was continually thronged. He was obliged to erect large buildings to accommodate his guests. He built some rude houses, and constructed some douche arrangements up in the mountains, and these accomplished very much in the way of systematising his methods. He arose regularly at four o'clock, went around to see his patients, then started out on horseback to visit patients in the village of Freiwaldu and other villages near by. In these various places there were always stopping lords and ladies, emperors, princes, and people of all classes, and many of these came long distances in those days of dangerous and expensive travel to be under his care.



IS CYCLING TO BE RECOMMENDED?

Do you recommend cycling? is a question we are often asked. The answer is yes, in most cases. But there are exceptions, and cycling may be easily abused so as to produce serious injury to the heart.

Advantages of Cycling.

There is an exhilaration from a pleasant ride awheel that is very beneficial to a tired brain and strained nerves. The country is soon reached, and the diversity of scene with the fresh breezes laden with ozone, serve to calm the mind and soothe the nerves. That is, if the wheel is going at a moderate rate of speed, say from six to eight or nine miles an hour, according to the strength of the rider. One should never ride so fast as to lose the charm of country scenery and the fragrance of the pure air. Fast riding destroys the pleasure of the outing and produces nerve and muscle strain that is harmful.

The Dangers of Scorching.

More than one indiscreet rider has injured himself for life by scorching. Such riding always puts a severe strain on the heart and other organs, and may lead to organic heart disease.

Never strain in riding a wheel. Dismount when the pedal goes hard in climbing a hill, remembering that discretion on such occasions is better than valour.

Sit Upright.

Don't hump yourself like a camel when

riding, but sit upright as indicated in the accompanying illustration. Give plenty of room to the lungs and heart. Stooping crowds the organs of the chest, and makes it harder for them to do their work. Stooping also deforms the spine and weakens it. Indeed, stooping on a cycle when riding is one of the causes of spinal curvature, flat chest, and round shoulders.

Sit erect, with a slight arch in the spine, and chest raised and well forward. Such a position favours breathing, and strengthens the muscles of the trunk.



ON A SURREY ROAD.

The weight of the body should of course rest on the hips, and never to any extent on the hands, which should touch the handle bars but lightly. Lady riders sometimes complain of swelling of the hands and wrists, a condition arising solely from the unnatural strain put upon them by a wrong position in riding.

As a means of avoiding jars of the spine, we are glad to recommend the use of the Pneumatic Saddle Cover,* an ingenious and most effective appliance which has made cycling possible to some whose condition of health would not allow the sport without this safeguard. Being inexpensive as well as adjustable to any saddle, the invention seems destined to have a very wide use, especially as persons of delicate health and therefore most appreciative of every reasonable aid to comfort while

* Full particulars given in advertising columns.

riding, are often the very ones who derive most benefit from a moderate indulgence in the sport.

One chief advantage in cycling is that it is such a pleasureable form of exercise. It leads the invalid to forget his ills, for the time being, at least, in the pleasant

but absorbing work of guiding the machine, while riding in the country brings one in contact with all that is fairest and loveliest in nature, and thus tends to inspire that cheerful, hopeful frame of mind so conducive to the recovery of health.

HAY FEVER OR AUTUMNAL CATARRH.

BY ALFRED B. OLSEN, M.D.

THIS is a disease of the upper respiratory passages about which comparatively little is known, especially concerning the causation. Hay fever is also known as Hay Asthma and Rose Cold. It is a catarrh of the nose and throat which occurs periodically in late summer and autumn or in the spring. It may come on both in spring and autumn.

In some rare cases it persists in a more or less severe form throughout the year, and makes life most miserable. In such cases a change of climate and environment is almost imperative.

Hay fever partakes of the nature of asthma as well as catarrh, and the bronchial tubes become involved sooner or later.

Predisposing Causes.

A sedentary and indoor life and chronic nasal catarrh, general debility, digestive disturbances, and heredity appear to favour an attack. It is noticeable that males are especially subject to the disease.

The exciting cause is believed to be some irritant which is carried in the air, such as fine dust, certain odours, and the pollen of some plants. These fine particles when breathed irritate the delicate and hypersensitive mucous membrane, causing sneezing, coughing, and a watery discharge.

Symptoms.

These are so characteristic that we hardly need to mention them. There is the annoying and sometimes painful sneeze, and cough. The eyes are red, swollen and inflamed, and there is a watery discharge from the nose. The nostrils become more or less obstructed, and very sensitive. There is often severe headache. The symptoms are generally most acute in the

morning and forenoon. Exacerbations may come at any time.

There are also signs of indigestion at times, with a coated tongue, and diarrhoea or constipation.

Hygienic Treatment.

The treatment of hay fever is usually very unsatisfactory. Perhaps the best thing is a change of climate if feasible. A sea voyage usually gives relief. A month or two at the seaside or in the mountains at a moderate elevation where the air is dry and free from irritating particles may be recommended.

General tonic treatment to improve the health and strengthen the body is always the correct procedure. Too often the patient is weak, nervous, and suffers from sleeplessness. Such a one needs a course of tonic treatment, consisting of electric light baths, neutral plain and electric full baths, salt glows, cold mitten frictions, hot and cold applications to the spine, cold sprays and douches, wet towel and sheet rubs, pail pours, massage, and light gymnastics.

The Diet.

The diet should consist largely of fruit and dextrinised breads such as zwieback and granose biscuits, with a few nut foods and vegetables. Water may be taken freely in the morning and between meals.

Avoid Dust.

Dust in any form must be avoided as far as possible, as it will excite an attack at once. Some recommend the wearing of an aspirator or inhaler to prevent the dust from entering the nose. Medicated sprays by means of a vapouriser are also useful at times, and may give considerable relief.



A SUNRISE CONSTITUTIONAL.

ROWING AS AN EXERCISE.

BY J. W. HOPKINS.

THE great need of every man is plenty of work and play in the open air and in the sunshine; hoeing and digging in the garden among the plants and flowers, pulling weeds, chopping wood,—any work that will bring a healthful tinge to the nerves, and free perspiration, with quickened circulation and respiration. The work which we really enjoy most, that

employment which brings with it the greatest amount of healthful pleasure is an out-of-door occupation, and is usually one which demands rather an unusual amount of trunk movements as well as arm and leg work. The value of the exercise may be determined by the benefit which it brings to the heart, lungs, digestive apparatus, and other vital organs, and



“THE BODY SPRINGS BACKWARD.”

by the mental influence of the surroundings in which the work must be done.

Judged in this manner rowing is a most valuable exercise, second only to walking, with which it should be combined to give an all-round development. Rowing calls for continuous bendings of the trunk, both forward and backward, thus increasing the size and strength of the waist and chest. Taken with a well-arched chest it strengthens the shoulder muscles and gives one a much better carriage.

and the reaching forward of the arms is not allowed to depress the chest. The head should also be kept lifted. After dipping the oars into the water the body springs backward as a bow does when the string is released, and the entire weight is thrown on the oars. The water acting as a fulcrum, the boat as the object to be moved, and the arms and body as the power, the boat is moved forward, the body is inclined backward, and the oars finish the stroke near the stern of the boat.



THE BACK CURVES FORWARD TOO MUCH.

The world in which we work while rowing is well calculated to rest and refresh the mind. The water sparkling and splashing beside the boat, the trees standing tall and strong on the sides of the lake or stream, and the blue sky with its clouds and sun bring that confidence and uplifting of the mind without which exercise is too often a monotonous grind.

Rowing increases muscular strength by employing the muscles of the legs, hips, loins, back, shoulders, and arms. In rowing the ordinary boat, the leg muscles are used very little; with the sliding seat, however, the legs work vigorously. To take the stroke,—after grasping the oars, the arms are extended forward as the body is inclined forward. In this part of the movement the back is kept nearly straight,

As the stroke is finished the arms are bent, the elbows being drawn well to the sides. The oars should not be dipped in the water too deep, neither should they be raised too high above the waves in reaching backward.

Trunk rotation [see Fig. 3, next page] is a valuable means of developing muscles of the side and the abdomen which do not come into play in rowing. Alternately raising and lowering the trunk while in the position illustrated is also excellent. A deep breath should be taken before each such movement to be most effective.

Rowing is a pleasing exercise, one well adapted to any age or to either sex. It is especially to be recommended to those who are seeking health. A walk of two or three miles, followed by an hour on the water, makes an excellent combination of exercise.

WHAT TAKES PLACE DURING SLEEP?

BY J. H. KELLOGG, M. D.

THE bodily tissues are more active during sleep than at any other time. Plants grow faster during the night than in the daytime. Corn takes its food from the light, and when darkness comes, this material is elaborated into stalk and ear. The grape vine feeds upon the light of day, and in the night builds into its tissues the material gathered.

The human body does the same thing. The child grows in proportion as it sleeps. If it cannot sleep as much as it should, it will be stunted in size.

When we are awake, the cerebral brain is dominant, and diverts the energies of the body into its own channels. The brain and the muscles are at work. The great muscular mass of machinery, composing one half the bulk of the body, and the countless brain cells and activities which are constantly on the alert during waking hours, consume an enormous amount of energy. But when we go to sleep, this source of activity is suspended. The brain is quiet. Now the activities, which build up the tissues, repair damage, and carry



FIG. 3. TRUNK ROTATION. [See page 75.]

The growth of the body is controlled by the great abdominal brain, which is closely associated with the intellectual centre. Here the vital activities have in a certain sense their headquarters. Here at night the engineer sits, if you please, and controls the heart, the liver, the stomach, the lungs, the circulation of the blood. This important function of the lumbar ganglia and the solar plexus gave rise, perhaps, to the belief held by eminent physiologists a few centuries ago, and still cherished by the Chinese, that the soul of man resides in his stomach.

This part of the body is more active when we are asleep, because the processes of repair and growth are then taking place.

off the used-up and worn out material, have their turn to work.

Danger in Hypnotics.

It is important that during sleep the body should be just as thoroughly alive as when we are awake. But it is a different kind of life. Animal life rules our waking hours, but organic life is supreme when we are asleep. The man who takes hypnotics for the purpose of putting himself to sleep, goes down to the brink of death; he looks into the grave, and it is only necessary for him to go a little farther actually to step into it.

The practice of taking hypnotics is a process of poisoning. The man who swal-

lows a sleeping potion puts himself under the influence of a powerful drug, an overdose of which is capable of destroying his life. Mr. Tyndale died from the effects of taking a hypnotic. His wife gave him a mixture of chloral to induce sleep; by mistake she administered two teaspoonfuls instead of one, and that giant life went out. It is important for people to understand

that these hypnotics are poisons. The sleep that they give is a paralytic sleep; it is not natural. Under such conditions there is no repair of the tissues, no natural rebuilding of the body. If a person cannot sleep naturally, the cause of the sleeplessness must be found and removed. You might as well knock a man senseless with a club as to paralyse him with a drug.*

WALKING FOR HEALTH.

BY T. F. WILLMORE.

WE hear much now a days about the "revival of the lost art of walking," but in spite of this the popular taste still runs in favour of the motor and the cycle to such an extent that, if we are to believe Mr. J. Cuthbert Hadden in the *Young Man*, the prospect for the future is anything but promising to those who believe that walking brings health. He says:

"Walking is, in fact, in danger of becoming a lost art, like the making of samplers and Cremona fiddles. We walk so little that by-and-by the race will be attacked by locomotor ataxia in a wholesale manner, and we shall evolve into a nation with legs as incapable of pedestrian exercise as those of 'Phroso,' the mechanical man."

There is no better exercise than walking for developing a thoroughly symmetrical figure. It also strengthens the organs of digestion, and cures nervousness, besides a score of other very common ailments. The fact that walking is prescribed by an eminent physician for bringing permanent colour to the cheeks and brightness to the eyes more rapidly than any medical tonic known to the materia medica, should act as an inducement to the ladies to follow more systematically this simple exercise.

Having a wish to thoroughly test the principles advocated in this magazine, the writer and a friend spent their summer holidays in making a walking tour through most of the principal towns of North Wales. On the way we visited the famous and picturesque town of Chester, and saw some of the remains of its great antiquity. In Wales we visited Llangollen, Bettys-y-Coed, Snowdon, Conway, Llandudno, Colwyn Bay, and Rhyl, together with other places of note. Were I able to describe the scenery of North Wales so that the readers of GOOD HEALTH might form an adequate

conception of its beauty, this is not the place; but happily able writers have not neglected this heavenly spot, and no scenes have been oftener exhibited in our art galleries than these. Here, "river, cataract, woodland, and mountain are commingled" in such variety that the beautiful word "Paradise" has been applied to some parts of it.

Brown bread and butter, nut rolls, milk, eggs, butter, protose, and fruit, were the chief articles in our daily fare. We found this diet highly sustaining, and well fitted to enable us to walk two hundred and sixty-eight miles in eight days.

Before putting aside my pen let me copy from Dr. J. H. Kellogg's book, "Man the Masterpiece," the best instructions I have seen on how to walk:

A Correct Walking Position.

"To walk healthfully, first make the body erect by throwing the shoulders well back and the chest forward, holding the head erect and drawing the chin in a little. This will straighten the muscles of the back, and give to the body an erect carriage. Let the arms swing easily by the side, with the palms open and turned inward. In stepping forward, place the foot down firmly, letting the heel touch first, then the toe. Avoid a tottering gait by keeping the knees well set back. Put vigour and elasticity into the step. At the beginning, let the pace be moderate, and the distance not greater than can be accomplished without severe fatigue. Gradually increase the distance and speed until able to walk four or five miles an hour."

*This article will be followed by one in our next month's issue, to be entitled, "Natural Remedies for Sleeplessness."—Ed.

THE DAILY LIFE AT A SANITARIUM.

Impressions of a Casual Visitor.

So many questions continue to be asked about our Sanitariums that it seems advisable to occupy a little space again in telling something of the work they are doing, and of the life led by the patients who come to them for treatment, and for instruction in the underlying principles of healthful living.



TAKING THE ELECTRIC LIGHT BATH.

Perhaps a few words from an "outsider" will be of interest. A recent issue of the *Rock* gave a description of a short stay at the Caterham institution. The writer of the article was thrown in contact with some of our workers while taking a railway journey, and thus learned some particulars of the working of a Sanitarium which led him to seize an early opportunity of visiting the nearest one, this happening to be the Surrey Hills Hydro, or Sanitarium, as it is being called more and more.

Relating his experience he writes: "In

brief, we ate, we drank, we slept. Those who, like myself, had been afflicted with insomnia were particularly thankful for the last blessing. To tell how it was secured is to disclose the whole secret of the system of the Battle Creek Sanitarium, and of its various branches. No doubt the dietary had a good deal to do with it, being light and digestive, though satisfying. The meals were not merely in a negative sense meatless. There were wonderful substitutes for flesh fare made from nuts and other vegetable substances, and providing in proteids the same elements of nutrition, without the impurities found in animal food.

The Virtues of Water.

"How far the peculiar ideas of these food reformers on the question of drink contributed to the happy result it is rather difficult to say. No doubt it is an excellent thing to discourage even the drinking of water at meals, and unquestionably the taking of cold water at the proper time is a tonic. Dyspeptics, further, who have never learned the value of hot water, will do well to test the virtues of the simple beverage,—sipped with a spoon, and the water must be boiling hot—dissociating it from the somewhat barbarous prescription of the Salisbury treatment. I have heard people apologising for their cup of hot water on the ground of its having been the favourite remedy of—was it the Duke of Wellington? Personally, I cannot see the desirability or the good sense of making excuses for taking anything that has proved to be a good thing in itself.

Refreshing Sleep.

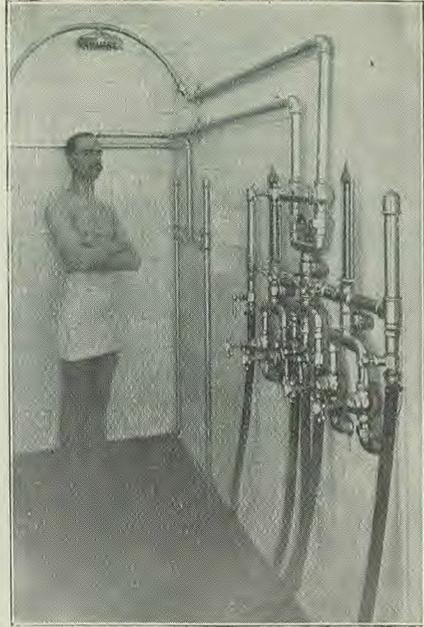
"We came in one afternoon from a long walk, 'dying for a cup of tea,' and found the proffered cup of hot water most refreshing. Particularly was this the case within a few hours of going to rest. That inestimable blessing of refreshing sleep, so quickly restored to some of us, was no doubt in part attributable to abstention

from tea and coffee. Instead of these we had caramel cereal, which is really a delicious beverage of delicate flavour and quite innocuous. Those who do not believe in a vegetarian diet and in abstaining from tea and coffee would probably explain the happy results of a few days stay in this sanitarium by the fine fresh air, which flows in freely from open windows, and by the regular and early hours—lights had to be out by 9:30, and breakfast was at 8, preceded by family prayers. But fresh air and regular hours are common to most hydros.

Treatment Facilities.

“Due credit should also be given to the baths and exercises. The former treatment was of various descriptions, including massage, fomentations, salt-glow, oil rubbing, and even, where the cases required, the electric light or radiant heat bath. The manual Swedish movements, particularly the breathing exercises, were joined in by young, old, and middle aged with gusto and great advantage.”

The treatments referred to are indeed a very vital feature of Sanitarium life. The crude methods of hydropathy in use years



HOT AND COLD SPRAY.

ago no doubt accomplished some good; but they bear no comparison with the peculiar combination of scientific hydrotherapy with massage (given by skilled manipulators) and various forms of electric baths which with plenty of wholesome food, and fresh air and suitable exercises in physical culture both indoors and out, make up the daily programme at one of our sanitariums.

A cheerful atmosphere is doubtless one of the most important essentials to rapid recovery from disease conditions, and this seems to be a spontaneous product in all these institutions, arising no doubt partly from the tonic effects of the treatments and partly from the wholesome, easily digestible yet sustaining food provided. No doubt contact with the earnest, consecrated young people who form the staff of helpers in these institutions helps to make the patients themselves cheery and hopeful. Sick folk, of all others, appreciate being surrounded by bright Christian influences. The peace that God alone can give has in it such a quiet healing influence upon mind and body alike.

Interrogating the Cook.

Then there is the privilege of learning so much about the body and its proper care in health as well as in sickness. Curious

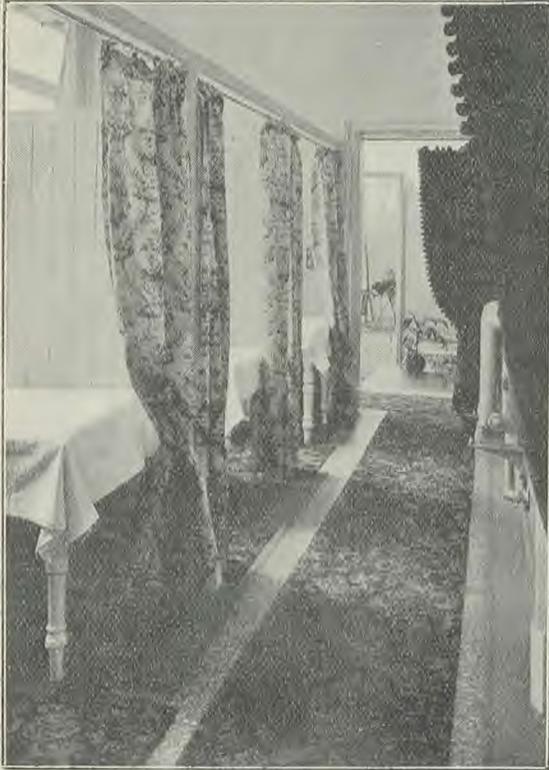


DRESSING ROOM.

patients are at liberty to find their way down into the kitchen, which is always open to inspection, and question the cook as to the mode of preparing the appetising dishes that appear on the table from day to day. It has been noticed that one of the first things most patients do after getting fairly settled is to go to the nearest stationery shop, and get a suitable note book. It comes in handy at the health lectures given in the parlour, it is in fre-

order to maintain themselves in the best health. Everything is done to make them intelligent on these matters, for the real object of treating a person at a sanitarium is not only to get him well but to teach him how to keep well; yes, how to teach others to keep well. It is a great educational institution as well as a place for treating the sick. This somewhat accounts for the healthy tone of the conversation, and its utter freedom from morbidness. The patients actually get so enthusiastic over the principles that they almost forget they ever were sick. They learn to reverence the laws of health, and to think more about their transgression of these laws than of the pain and suffering which has resulted therefrom.

The accompanying illustrations are from photos of the treatment rooms of the Leicester Sanitarium; but the accommodations are much the same in the Caterham and Belfast institutions, and the principles of treatment are precisely the same.



MASSAGE ROOMS.

quent use in the kitchen, for recording recipes of specially dainty dishes, and it soon fills up with a lot of hints and ideas picked up in conversation with the doctor and nurses.

Sanitarium physicians live with their patients, and thus have peculiar opportunities of observing their progress, and assisting them in recovering their health as rapidly as possible. The patients, on the other hand, are able in this way to obtain a practical knowledge of their own systems, and of how they ought to live in

in a bright light. Colour blindness, the failure to distinguish red from green in mixtures containing the two, occurs early in some cases. If the cause is not removed, the condition grows steadily worse, and total blindness may result.

Chief Causes.

First upon the list of causes of this particular form of dim vision is tobacco. Side by side with tobacco must be placed its faithful yoke-fellow in every evil work—alcohol. "Tobacco-, alcohol-, and tobacco-

INTOXICATION BLINDNESS.

BY F. C. RICHARDS, M.D.

THE eye specialist is frequently consulted by sufferers from gradually failing vision. They come complaining of "misty" sight, or of seeming to see through a fog or through smoke. They find difficulty in reading or doing any other sort of near work, and desire glasses or stronger reading lenses. Day blindness is a common symptom, the person seeing better on dull days or in a dimly lighted room than

alcohol intoxications present by far the commonest examples of toxic amblyopia [dull vision]" says a well known authority on diseases of the eye. Alcohol predisposes to tobacco-poisoning by producing dyspepsia. Taken together, these drugs induce a chronic gastric catarrh, which in its turn, is followed by chronic anæmia. Every part of the organism suffers, but confining our attention to the optic nerve, we find in it the inflammatory and degenerative changes characteristic of alcohol and tobacco blindness.

Headache Powders.

Other poisonous agents produce intoxication blindness by destroying portions of the delicate optic tracts, which, like the telegraph wires, carry sight messages from the eye to the visual centres of the frame.

Amongst these should be mentioned cocaine, coal-tar products in the form of "headache powders," quinine, aconite, chloral, ergot, digitalis, arsenic, lead, mercury and some other drugs. Even the excessive use of tea and coffee has been known to seriously affect the optic nerve, while the poisons called *ptomaines*, found in "high" game, and the *leucomaines* of shellfish and fungi, not infrequently produce partial blindness as one of the symptoms of intoxication.

Prospects of Recovery.

What are the prospects of recovery from intoxication blindness? Fairly good if the patient is really in earnest, and will make reforms. The treatment consists in the instant removal of the source of the poison. Stop smoking, stop drinking, give up all harmful narcotics and drugs. Drink pure

water, live principally on fruit and bread. Wash the poisons out, sweat them out, work them out. Take eliminative and tonic baths. Bathe the lungs in clean air day and night, and keep the bowels regular. Chronic gastric catarrh and anæmia are usually present. The chief aim in the treatment is to furnish a supply of good blood to the badly nourished optic nerve.

"The principal ingredient in all these patent medicines is the same."

"It must be a powerful drug. What is it?"

"Printers' ink."—*The Clinic*.



TABLES SPREAD FOR DINNER IN THE BACK GARDEN OF THE HYDRO AT CATERHAM.

If a dog wants to bark, you can keep him quiet by holding his jaws shut, but the bark is still in him. So when you give a man morphine, he may not know that he is in pain, but the pain is still there.

* *

Little Boy :—"I wonder what dollies are fed on."

Little Girl :—"I know. When my Iphigenia Matilda fell downstairs and broke her head, I looked inside her, and she was just full of health food."

WHICH SHALL RULE—WE WOMEN, OR OUR DRESSMAKERS?

BY EULALIA SISLEY RICHARDS, M.D.

It seems so difficult for the woman who adopts the ordinary dress to realise that



FIG. 1. THE FREEDOM BODICE.

she is injuring herself by her clothing. She dresses just as her mother and her grandmother did before her, misinterpreting always the many aches and pains which should speak to her in no uncertain language of the evils of the conventional dress.

The chief difficulty appears to be this:—The nerves of many women have become so accustomed to compression by tight bands and stays that they cease to carry the messages of pain and discomfort which normal nerves should carry under similar circumstances. In other words, hundreds of women are unconsciously enduring for sixteen hours a day such discomfort (if not pain) as their husbands or brothers would not tolerate for sixteen minutes.

A Painful Experiment.

A few days ago the writer had the privilege of observing an experiment. A young lady whose education had been such that she had attained the age of twenty-six without even having tried on a corset, consented to wear one for just one afternoon. The garment was adjusted by an old corset-wearer, and was declared by her to be just "comfortably tight." But it proved to be an instrument of torture to the young woman unaccustomed to stays.

She returned home after an hour's walk almost exhausted, declaring that she could neither breathe nor use her muscles, and begged to be released from her bargain. As she unfastened the corset she gave a long sigh of relief. "There," she said, "all my insulted organs can return to their right places, and I can breathe once more."

Let other women recall their first experiences with the corset, and they will better understand the discomfort to which their nerves have become accustomed.

Having convinced herself that tight garments are unhealthful, the next thing for a woman to do is to convince her dressmaker. *She should insist that all chest and waist measurements be taken while the lungs are fully expanded in deep respiration.*

The average woman is a slave to the one who makes her clothing, sacrificing



FIG. 2. FREEDOM BODICE WITH SHORT DIVIDED SKIRT.

both true beauty and health because her dressmaker demands it. But the woman who is fully determined to dress healthfully will either find some tactful way of overcoming her dressmaker's objections or else she will change dressmakers, for health is too priceless a treasure to be sacrificed merely for fear of being considered a crank or faddist.

The work of reform must be begun with the undergarments, for it matters not how healthful a gown may be if that which is beneath is otherwise. A very satisfactory wardrobe consists of

1. A well-fitting union suit of some light material. (Have high neck and long sleeves and ankles for cold weather.

2. A combination garment consisting of the so-called "Freedom Bodice" with a short divided skirt attached. (See illustrations).

3. One long underskirt or petticoat preferably made with a short yoke and attached to the above-mentioned bodice by a row of buttons located at the waist-line.

The "freedom bodice," if made of suitable material, as jean, serves very well as a corset substitute. The very stout person may require in addition a strong but boneless bust-supporter. The bodice should preferably extend five or six inches below the waist-line, in order to avoid undue fullness of material at this point.

Rather than go to the trouble of making the "freedom bodice" many women are getting the Good Health Adjustable Bodice, which is daintily and strongly made, and has all the advantages with none of

the injurious features of the corset. Both the bodice and the divided skirt may be decorated in any desired way. In place of the divided skirt, which hangs quite free at the bottom, the ordinary bloomers may be worn, being sewed to the bodice in the same way as in the skirt. The hose supporters may be very conveniently attached to small tabs on the inner side of the bodice.



FIG. 3. HEALTH AND COMFORT.

This combination garment (bodice and skirt) serves as an excellent foundation over which to fit the artistic and healthful gown.

She who wages the warfare with her dressmakers, coming forth triumphant (and healthfully clothed) may face the world with that repose of mind and body which comes from a consciousness of being truly well-dressed.

For the gown illustrated in Fig. 3, I am indebted to Mrs. Smith, of the Battle Creek Sanitarium dress department. Mrs. Smith writes: "This gown was designed for housewearing, being made over a half-fitting princess model. It may be easily converted into a suitable street gown by the addition of a short loose coat of the same material, as

illustrated in our photograph. The material of which the gown in our illustration was made, was a good piece of cream brilliance. The same idea could be carried out in almost any medium or light-weight woollen materials. The skirt is one inch from the floor in length, and is cut in seven gores, allowing the front and back to extend to the neck, while the sides are joined at the waist-line. This princess makes a very convenient and suitable tourist gown, as it is pretty and easily adjusted."



This cut does but half justice to its subjects, Alice, Francis, and Jesse Clifford, a bonnie GOOD HEALTH trio of South Stoke, near Bath.

HINTS FOR THE HOLIDAYS.*

BY. E. H. MARSH.

IN going away for a holiday, we should leave our business behind us,—drop it completely, relax the whole system, and and be at liberty to go and do just what the will indicates. While engaged at our ordinary occupations, we must necessarily keep up a certain tension, the whole system is strung up for duties it has to perform. But when we treat ourselves to a holiday, let it be a holiday indeed—a complete rest and change. Make a special point of breathing properly for once; in ordinary life we seldom find time to take a full, deep breath, and now, when we have an abundance of genuine ozone, we should avail ourselves of it and fill the lungs until they can't contain any more. This would be an excellent time to put into practice some of the breathing exercises in previous numbers of GOOD HEALTH.

To some it may seem unnecessary to give intelligent people simple precautions which everybody reckons to know, but experience has taught us that it is upon these occasions that people often get careless. Everything is different. The air is different, domestic arrangements are different, diet is different, even the water is not the same,

the peculiarities of its mineral properties often causing an otherwise unaccountable sickness. So instead of being unusually careless, we should be especially careful not to undo the good we are seeking to do ourselves.

Sea bathing is an excellent thing, but it is frequently the cause of a spoilt holiday. If you do not get up early enough to take your dip before breakfast, a good time to take it is between eleven and twelve in the morning. In fact, bathing on an empty stomach is not best for some persons. Of course no one should bathe on a full stomach.

Refrain from taking fatiguing walks, or climbing steep, dangerous cliffs. These things may do for the adventurous youth, but with the worn-out health seeker, it often results in overtiring, and does no good.

Watch the children; sand is a nice thing to play with, but throwing it into the air and blinding one another is no joke, but quite a common thing at the seaside. Hokey-Pokey Jack, and the Nougat man with his dainty looking morsels should be the object of special instructions. Children generally have extra pence to spend, and parents need to watch what goes into their always-eager mouths. Unripe and otherwise

*From a paper read before the North London Good Health League.

unfit fruit is hawked about at such places, and often does much harm

People readily unbend at the seaside, and seem glad to enter into conversation. Often they have come there for their health, and are eager to get ideas on health culture. Hence it is not a bad place in which to let fall a few seeds of truth. Take along some health literature to loan to inquirers and interested persons, and when you have the opportunity, turn the conversation in a profitable channel. Don't encourage the people to dwell on their pains and aches, but talk health, and by all means *live* health. Simply your example will go a long way. This effort to be of some use to others will not diminish, but rather increase your own happiness.

The August Bill of Fare.

THE month of August is a specially favourable one for supplies of wholesome fruits and vegetables in large variety. The rock melons come in season early in the month, and are followed later on by ripe apples, pears, and apricots, while greengages in good seasons are more or less abundant all through the month. The latter is a most wholesome and appetising fruit, especially suitable for the morning and evening meals. Filberts come in season in August, and make a valuable addition to the diet.

Vegetable marrows begin to get common toward the end of the month. They may be prepared in a variety of wholesome forms, and while not specially nutritious, are valuable as a relish.

Plums in goodly variety are usually abundant in August and September, and they are very excellent to use for the fruit toasts mentioned in the July number of

GOOD HEALTH. They may also be preserved for winter use.

The chief principle to be kept in mind in summer cookery is to choose dishes which will require the least time in preparation, and also be easy of digestion. The following are a few suggestions that may prove helpful to our readers:—

Recipes.

Turnips Stewed in Cream.—Pare young turnips, cut in dice. Simmer till nearly done. Drain off nearly all the water. Add enough cream to barely cover. Simmer till tender (don't boil). Thicken slightly. Serve.

Nut Butter Sandwiches.—Spread slices of thinly cut wholemeal bread with nut butter, and then with chopped dates or figs. Finely minced celery is excellent used in the same manner.

Potatoes Lyonnaise.—Chop cold boiled or baked potatoes. Season with salt while chopping. Stir in onions and parsley minced. If too stiff, thin with nut cream to consistency desired. Turn into oiled baking pan, smooth, brush with cream, brown. Serve in squares.

Protose or Nuttolene Cutlets.—Remove the protose or nuttolene from the tin, and cut into rather thick slices (about one-third to one-half inch thick). Each slice may be cut across the



SANITARIUM PATIENTS DINING ON THE LAWN, AT CATERHAM.

middle forming two half circular cutlets. Have in one dish a small quantity of gluten meal (or finely grated bread crumbs) and in another one egg beaten lightly. Dip each cutlet into the egg and then into the gluten meal, so as to form a covering on each side. Place the cutlets in a buttered tin, and bake in a quick oven for twenty

minutes to half an hour. Turn the cutlets so that each side will be nicely browned. Serve on a platter garnished with parsley or slices of lemon. These outlets are nice served with a *brown sauce*, which may be made as follows:—

Rub one dessertspoonful each of nut butter and flour quite smooth in a small quantity of water. Stir this into a breakfastcupful of boiling water. Stir constantly until it thickens. Season with salt, or with the brown gravy salt.

Moulded Granose Dessert.—Flavour a pint of milk by steeping three or four tablespoonfuls of desiccated cocoanut in it for twenty minutes. (The milk must not be allowed to boil.) If the milk has evaporated, add enough more to make a full pint. Add a tablespoonful of sugar and two well-beaten eggs; cook until the custard is set, in a double boiler or a bowl placed in a dish of hot water. Add a sufficient quantity of dry granose to make the whole quite thick, and mould in cups. No dressing is required.

Fruit Tapioca.—Cook three fourths of a cup of pearl tapioca in four cups of water until smooth and transparent. Stir into it lightly a pint of fresh strawberries, raspberries, blackberries, or currants, adding sugar as required. Serve cold with cream, or a pudding sauce prepared by heating a pint of the berry juice to scalding and stirring into it a tablespoonful of cornstarch previously rubbed to a cream with a little cold water. Cook until it thickens, then add sugar according to the acidity of the fruit. Strain and cool before using.

When and What to Drink.

THE best time to drink is between meals—half an hour or an hour before a meal, or two hours or more after it. Immediately on rising in the morning, and again just before retiring, are also excellent times in which to take liquids. Intoxicant drinks are best avoided at all times, but even such common temperance drinks as tea and coffee cannot be regarded as ideal. If taken in connection with the meals, they are liable to interfere with the proper mastication of the food which is highly essential. Moreover, they have a harmful effect upon the nervous system. The best drink is pure, soft water, distilled if it can be had. Bottled lemonade and other forms of cheap aerated waters are often objectionable. Home-made lemonade with but a small amount of sugar is a wholesome and refreshing drink. Some prefer to take the lemon juice in water without any sugar. The following recipes may prove helpful:—

Lemonade.—Strain the juice of two (large or juicy) lemons, and add to four breakfastcupfuls of water. Two large tablespoonfuls of castor sugar may be added.

Malt honey may be substituted for sugar for

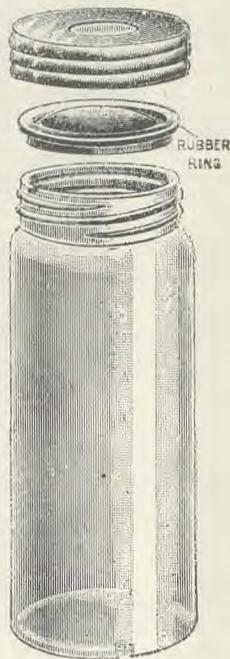
those who cannot take sugar, from one to two teaspoonfuls of the malt honey being used for each glass of lemonade. Or fruit drinks may be sweetened with a little fig or prune syrup. To obtain the syrup stew dried figs, prunes, pears or other sweet fruits for a long time, or until the juice becomes rich and sweet.

Barley Water.—A wholesome drink for invalids consists of barley water to which lemon or other fruit juices has been added. Boil three tablespoonfuls of pearl barley in one quart of water for about twenty minutes. Strain through muslin, and add to it the lemon juice.

Preserving Fruit for Winter Use.

WE have often called attention to the value of fruit as a part of the diet both in winter and in summer, and we strongly advise our readers to lay in a stock of fruit for winter use. Glass jars may be obtained in which the fruit may be preserved either without or with very little sugar, and with all its rich wholesome juices. Put up in this form it is far more wholesome than jams and marmalades, which are spoilt by the excessive sugar they contain, and cannot be taken at all by persons of delicate digestion. A little attention given to the "canning" of fruit in the summer will be amply repaid by the additional enjoyment of these wholesome relishes in the winter season, when fresh fruits are not obtainable except at prohibitive prices.

The accompanying illustration is that of a very good glass jar supplied by the Pitman Stores, Corporation Street, Birmingham.



ONE KIND.—"Say, pa, what's 'multum in parvo?'" "Those three dumplings you have just eaten."—*Chicago Record-Herald.*

QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post. No attention paid to anonymous communications.

Offensive Breath—G. B.: 1. What is the best cure for an offensive breath? 2. I have several decayed teeth. Do you think these cause it?

Ans.—A sweet stomach and a clean mouth. 2. Yes, possibly; at all events have your teeth attended to promptly by a dentist.

Weak Spine.—N.: "I have a boy eight years old who has a weak spine. It projects at the lower part of his back, and has been bad for twelve months. There is no improvement. Can you give me advice as to what to do?"

Ans. Take your boy to a competent surgeon, who will advise you as to the proper treatment.

Indigestion with Water Brash.—Abon.: "Please advise me as to the best treatment of indigestion accompanied by the bringing up of quantities of water after meals?"

Ans.—Adopt a dry diet, avoiding fluids and slops of all kinds. Chew your food well, and be abstemious in your eating. Wear a cold abdominal compress at night. Avoid exercise immediately after meals. Take your last meal not later than seven in the evening. Exercise freely out of doors in the fresh air.

Melancholia—Sleeplessness.—"A reader of GOOD HEALTH wishes your advice. She cannot sleep, cannot nurse herself, nor take any interest in home or friends. She finds that fresh air neither diverts her thoughts, nor affects her health."

Ans.—Our reader is in need of tonic treatment, such as she could obtain at a good Sanitarium. A course of several weeks' treatment would be a means of encouraging her, and of giving her new hope. The neutral bath, or fomentations to the spine, are excellent measures for promoting sleep. If she cannot nurse herself, she must have someone to look after her, unless she goes to a sanitarium. Fresh air does her good, even though she does not notice its beneficial effects. She should live out of doors as much as possible. Her food should be plain, simple, and nourishing. She should avoid tea, coffee, and condiments, and be regular in her habits. The free use of fruit is desirable. Her friends must endeavour to cheer and encourage her. She must use her will power to cultivate good cheer, and her mind must be occupied with some light and useful work that will divert her thoughts from herself.

Eruptions on the Scalp—Weaning a Child: E. A. C.:—1. "For some months I have had small eruptions on the scalp, which remain for a week or two and then leave. I am otherwise in good health. In addition to the eruptions, I sometimes have a few pimples on my face. What would you recommend? 2. I also desire to know what you would suggest in order to wean a child who is thirteen months old, and in good health."

Ans.—1. Cleanse the scalp with a good

soap once a week, and massage it daily with the balls of the fingers for about ten minutes. Eruptions on the scalp and pimples indicate indigestion, and the diet must receive attention. Use fruit freely, both fresh and stewed, with dextrinised breads and well cooked grains, nuts, nut foods, vegetables, and milk, cream, butter, and eggs, provided they agree with you. Avoid drinking with your meals, and take pains to chew your food well. Keep the bowels regular. Avoid tea and coffee, also irritating condiments, such as mustard, pepper, etc. 2. We would recommend thin gruel made from granose flakes. You can use half milk, and half water. It should be well cooked, and you will find that the child will thrive on it. Granose flakes can be obtained from your grocer, or direct from the International Health Association, 74 Legge Street, Birmingham.

Enlarged Tonsils—Weak Heart.—G. H.: 1. "A few months ago my tonsils became swollen and I had them burned twice, after that I had no more trouble until the present time when they are swelling again. What would you recommend? 2. My heart has never been very strong, and two days ago I straited it by carrying a heavy portmanteau. Since then I have had a pain in my heart. What treatment would you suggest? 3. Do you think my heart will always be weak? 4. I am in the habit of taking a cold bath every morning. Should I give it up? 5. What foods are beneficial to the voice?"

Ans.—1. If the tonsils are in a diseased state, it would be best so have them removed by a slight surgical operation. This would not interfere with the voice. Gargling the throat with Listerine is an excellent means of keeping it sweet and clean. 2. Take up physical culture and thus strengthen your heart by suitable exercises. 3. No, not if you go in for physical culture and do not strain yourself. 4. Not unless you find it depressing and feel chilled after the treatment. 5. A natural diet consisting of fruit, grains, breads, nuts, nut foods, with a few of the finer vegetables, and also milk and eggs if you find they agree with you. There are no special foods for the voice any more than there are special foods for the fingers or the brain.

What to Do for Shattered Nerves.

"NERVES" writes: "I am living among neighbours who keep noisy chained dogs. This keeps me from sleeping, or wakes me when once asleep. I am also worried by a certain hawk who comes round every day. . . . The shrieking newsboys in the street have also upset me. I cannot read for the noise of clocks ticking. . . . I scarcely have a calm moment. . . . Is there no cure? Can you not recommend a tonic for shattered nerves?" Believing that a good many of our readers may be afflicted in a more or less similar way, we shall give this communication full treatment in a leading article next month. Meanwhile we advise our correspondent to seek a less unquiet neighbourhood.

Good Health,

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

Edited by

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We have pleasure in giving our readers this month some views of the superb bath and treatment rooms of the Leicester Sanitarium. They have been fitted up with every attention to the comfort of the patients, and are remarkably complete.



We are hearing from a number of newsagents who are arranging to display our attractive poster monthly. We shall be glad to have our readers mention the matter to agents who are not handling the paper at present. The magazine is dealing with subjects that are of interest to the general public, and it is safe to say that every newsdealer who will display the poster regularly will have no difficulty in getting a number of customers.



A **TIMELY** temperance tract is No. 2 of the **GOOD HEALTH** Library, entitled "The Food Value of Alcohol." Price, 1d., post-free, 1½d. "Biliousness," is the subject treated in No. 1, which also contains much information about digestion in general. Price the same as preceding. No. 3 takes up the subject of hygienic cookery, giving simple practical instruction in this important subject. Unhygienic preparations and harmful condiments omitted. Price, 2d.; post free, 2½d.



For Catarrh and Hay Fever.—Sufferers from catarrh or hay fever may derive much benefit from the use of the **Magic Pocket Vapouriser**, which allows of treating all parts of the throat and nasal tract with medicated vapours. Price 4/., with attachment for ear treatment 6/., post free. Ask for free copy of booklet on catarrh and its treatment. Address **Good Health Supply Department, 451 Holloway Road, London, N.**

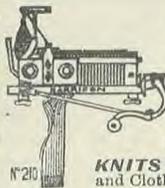
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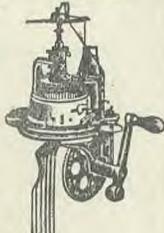
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All Wool, Guaranteed.

THE YARN  Pervious and Porous.
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The Advantages of a guaranteed all wool, pervious, non-chilling, and slow-conducting garment for next-the-skin wear are well known.

Comfort Is ensured by the fineness of the filament.

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Compares favourably in price with any of its competitors, and its use is recommended by experts in health culture.

Washing directions are given with each garment, which, if followed, will ensure the fulfilment of every reasonable expectation. Name this paper, and these instructions will be sent you, tastily printed on a tinted card, corded for hanging. Explanatory booklet and price list sent free on application.

ANY GARMENT found to have shrunk in washing will be replaced.

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**A Perfect Substitute
for the Corset.**



THE Good Health Adjustable Bodice is a dainty, neatly-fitting garment that fulfils all the requirements of the ordinary corset without producing any of its harmful effects. It is the result of thirty years' continuous research in the dress reform department of the Battle Creek Sanitarium, and for gracefulness, ease, and comfort surpasses anything before manufactured. It is laced at each side with oval elastic, so that a perfect fit may be had at all points. It preserves beautifully the symmetry and grace of the natural form, and

**Supports all garments that need
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Price, post free, 7/-

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NUTTER. 1½ lb. tin, 1', 3 lb. tin, 1/11. Superb new Cooking Butter made entirely from Nuts. White, Soft, Pure.

H. M. R. NUT OIL. 1/- per pint, 1/10 per quart. Absolutely the finest oil obtainable, for cake-making, salads, etc.

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THE annual congress of the Vegetarian Federal Union was held the 23rd of June, in Memorial Hall, the annual dinner being given the evening before at the Holborn Restaurant. Mr. Arnold F. Hills, the president, was in the chair. The Moral Aspect of Dietetics" was the subject under discussion in the morning, addresses being given by Mr. Aylmer Maude, Rev. A. Baker, M.A., and M. Ille Veigele. In the afternoon "Diet and Physical Development" was taken up and discussed by Mr. MacDonald Smith, Miss R. Symons, and others. The interest and attendance were excellent. The Vegetarian Federal Union has our very best wishes for a prosperous and successful year.

TO ADVERTISERS

GOOD HEALTH is a home magazine, read by thoughtful, intelligent people, and often kept on file for future reference. It therefore makes an excellent advertising medium. Circulation, 45,000-55,000 copies monthly.

RATES:—£8 per page; £1 per half page £2 per quarter page, £1 2 6 per eighth page.

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Agent for the Food Products of
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Canned and Dried Fruits,
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Excellent nuts, dried fruits, and health foods of all kinds, including

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COCOANUT BUTTER**

which is a splendid substitute for the ordinary dairy butter; perfectly wholesome, and of delicate flavour. **8d. PER POUND**, carriage forward. Send 6d. at once for large sample packet, post free.

Nothing Better for Warm Weather.

Ask for new price list.

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WHEATMEAL**

PURE, ۞ ۞

DIGESTIVE, ۞

WHOLESOME.

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GLOUCESTER.

Order from your baker,
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**A REVOLUTION
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DIGESTIVE PEA FLOUR

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

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.

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

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HAD A COPY OF
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WRITE FOR ONE AT ONCE.
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We pay carriage on orders of 10/- within fifty miles of stores.

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Agents for all latest specialities, including International Health Association, London Nut Food Co., Mapleton, Pitman, Plasmon, also for Scott's Wheatmeal Biscuits, the finest on the market.



Savoy Health Food Stores,
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**Dr. Allinson's New Drink
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Dr. Allinson says:—

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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.

BRUNAK

is sold by Agents and usual Cash Chemists, Grocers and Co-operative Stores in 1 lb packets at 1s. each; or list of agents and sample post free, or a pound post free for 1s., by—

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Special attention given to Diet and Exercise. Physician John Haddon, M.A., M.D. (late of Eccles, Manchester). For terms, apply to Mrs. Livingstone.

NEXT MONTH.

In addition to the elsewhere mentioned articles on "Shattered Nerves," and "Natural Remedies for Sleeplessness," our next month's issue will contain a further instalment of the "Story of Priessnitz," by Dr. Kellogg, another of Dr. Sisley-Richards' "Talks with Mother," and much other matter of timely interest, including an illustrated article on "Life in the Holy Land." The writer of this article has for some years had charge of our little branch sanitarium in Jerusalem, and is at present located in Beyrout. The health principles are being carried to all nations, and sanitariums and medical missions are springing up everywhere. Another interesting feature of next month's number will be an article entitled "Education and Health," by E. A. Sutherland, of Immanuel College, Michigan. Of course, Physical Culture and Healthful Cookery will receive the usual attention, and the number will be fully illustrated.



THE Welch Grape Juice Co., whose Invalid Port is well known to our readers, have sent us samples of their Grape Concordials of various flavours which seem very well suited to make wholesome, appetising drinks. Full particulars as to price, which is very reasonable, can be obtained of the company by applying to their offices at 61-63 Farringdon Road, London, E.C.



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For full particulars address the Secretary.



BOOK reviews are omitted this month for lack of space.

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For promoting the growth of the hair and removing scurf and dandruff. A continued use will help to produce a fine head of hair, and render the scalp clean and healthy.

Perfectly Safe, Pleasantly Perfumed,
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2/- per Bottle, post free.

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**GOLD MEDAL AWARDED,
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For INFANTS, INVALIDS and the AGED

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

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"Competent chemical Analysts have found Neave's Food to contain every constituent necessary for the nourishment of the body, and this has been abundantly confirmed by what we have frequently observed as the result of its use."—The late Dr. Ruddock.

SANITARY RECORD.—"As a substitute for mother's milk, Neave's Food may be conscientiously recommended."



**NEAVE'S FOOD IS REGULARLY
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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
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PRICES.

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

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In Boxes of 3 Tablets 1/- Post Free 1/3.
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1/- Ordinary Three Courses and Lemonade.
The finest Sixpenny Teas in the kingdom, served after 3.30.

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Open 8.30 to 8 p.m. Saturday, 4 p.m. in summer, 7 p.m. in winter.

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McCLINTON'S SOAP

is made from plant ashes instead of caustic soda.

It is therefore the mildest soap obtainable. Most children in summer suffer from Rash, or “Hives” (as it is called in Scotland). Here is a remedy as simple as it is safe: Make a lather of this soap, as if for shaving, and spread it over the itchy place; cover with a soft cloth.

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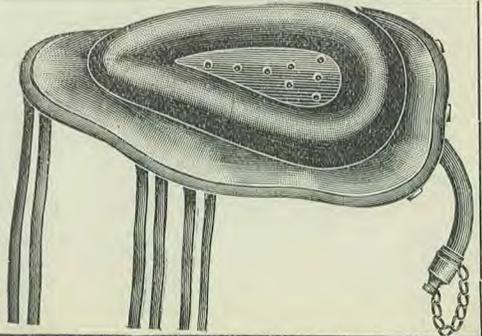
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Educational home. Physical, Mental, and Moral defects rectified. Both sexes. Delightful home for REST. Miss Cromartie, 5 Buckingham Road, Brighton.

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- "I have much enjoyed the course, and feel greatly benefited by it."
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Physiological Exercise. Fifteen Weeks of
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Brings Good Health.

Send stamp for particulars

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NEW PATENT SCREW AIR-TIGHT

IN WHITE GLASS.

For preserving Raspberries, Cherries, Gooseberries, Blackberries, Damsons, Greengages, Plums, Currants, Peas, Beans, and all other kinds of Fruits and Vegetables, so as to retain the whole of

THEIR NATURAL FLAVOURS

without either sugar or preservatives, and with but little cost or labour.

Price for 1 Qt. Jars, Complete with Full Instructions, per Doz., 4/6.

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WILL LAST A LIFETIME.

Illustrated Price List, 84 pp., with copy of "Fruit Preserving," by James Henry Cook, post free on receipt of two stamps.

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188 & 189 Corporation Street,
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The Largest Health Food Dealers in the World.

A DAINTY SAMPLE . . .

OF

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Will be forwarded on receipt of One Penny for Postage.

Send for it and try it.
IN 6d. & 1/- TUBES.

Everyone knows the softening properties of oatmeal. Oatmeal Cream contains the whole of these properties in a concentrated form. Is a Skin Food. Absolutely without grease. For use in the Toilet, in the Nursery, after Shaving, and for Sunburn, Tan and Freckles. Softens the Skin. Invaluable for Insect Bites. Cooling and refreshing.



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Thoroughly cleanses the scalp and hair, strengthens the roots, prevents dandruff, increases the vitality, and tends to make the hair naturally curly. Deliciously perfumed. Leaves the hair soft, glossy and wavy.

In Boxes containing 7 Powders, 1/- each.
(Fixed price.)



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9d. per Box of three Tablets. Post free, 11d.

ILLINOIS & DENVER HYGIENE CO.,
New Offices: 6 St. Swithin's Lane, E.C.

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HOT WEATHER DIET.

THERE exists an important relation between diet and comfort or discomfort during the hot season of the year. A diet of flesh foods and condiments, by exciting the heart and irritating the nerves, occasions much discomfort and inconvenience to the user, whilst a diet consisting of fruits, nuts and cereals causes no inconvenience whatever.

Fruits, Nuts and Cereals constitute the best dietary for human beings at all seasons of the year; but during the hot season, **this natural dietary** is especially appropriate, and **conducive to health**. Nothing more delicious could be desired than a lunch of crisp **Granose Flakes, Malted Nuts** dissolved in hot or cold water, **Bromose**, and a generous supply of fresh fruit. The following cereal and nut preparations are perfectly cooked, easily digested, and suitable alike for young and old, for sick and well.

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. Large packet,.....8d.

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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. 1½ lb. 1/4; 1 lb. 1/-; ½ lb. 8d.

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Used and prescribed by the entire
Medical faculty in U.S.A.
Supplied to over 1,000 Hospitals, and

**INVALUABLE FOR
THE SICK ROOM.**

**A NECESSITY FOR
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purchased extensively by the Government
during the late war. Highest Awards, Paris
and Buffalo, 1901.

**WELCH'S
INVALID PORT.**

NON-
ALCOHOLIC
STERILISED

Or **CONCENTRATED GRAPE
JUICE, is the very Cream
of the most Luscious
Grapes grown.**

PINT BOTTLES, 2/6, each representing the juice from upwards of 5 lbs. of grapes, guaranteed to be free from alcohol, acid, sugar, water, colour, or flavouring matter; it is thus not only a most Wholesome Luscious Beverage, but a great tonic—Nature's Medicine—invaluable for invalids, or where nutriment is required; a blood builder, thirst quencher, and appetiser.

WELCH'S Non Alcoholic INVALID PORT being simply the pure juice of the grape, is a valuable Restorative that can be given to invalids with perfect safety. A Sample Pint Bottle, with full particulars, sent post free on receipt of 2/6.

Dr. WELCH, 61-63, Farringdon Road, E.C.

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For Health.**

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**Health Food
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GLASGOW.

**Is the place to obtain the best foods,
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Agents for the
INTERNATIONAL HEALTH ASSOCIATION'S
FOODS, THE LONDON NUT FOOD CO., AND
"PITMAN" SPECIALITIES, WELCH'S
GRAPE JUICE,
and all other vegetarian specialities, including
SHELLED NUTS, DRIED FRUITS, COCOA-
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Orders of 10/- and upwards carriage
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A CLEAN NEWSPAPER.

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12 pages, 3d.

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On sale everywhere.

Or, post free, one week, 6d.
Four weeks, 2/- One quarter, 6/6.
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