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"The Health Resort,"]

JAPANESE TEA GATHERERS.

Good Health

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Hygiene and the Principles of Healthful Living.

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EDITORIAL CHAT.

Health in a Hearty Laugh.

President Roosevelt, if he does believe in the strenuous life, knows how to unbend himself on occasion. At a recent dinner party, when someone present made a good-natured "grind" on America's chief executive, the latter laughed so heartily that it looked for a moment as if he would fall out of his chair. Laughter, it has been well remarked, is a great conservator of health—an exercise everyone needs.



How Patti Keeps Young.

Adelina Patti, asked how she keeps so young and fresh, replied that when she felt a wrinkle coming, she laughed it away. The great *prima donna* says this is her sole remedy; that she absolutely eschews face steaming, creams, and beautifying lotions, using nothing but plain water. If we mistake not, she pays a great deal more attention to proper diet and the other laws of health than most people, and herein shows wisdom, for beauty is best cultivated from within.



Work and Stimulants.

According to an article in one of our contemporaries, Dr. Arthur T. Pierson, the well-known editor of the *Missionary Review*, enjoys his present vigorous health and fine working ability at an age bordering on seventy, to the adoption of a simple, natural diet. Some years ago he developed a heart weakness which seemed likely to close his career. Medical help offered no permanent cure, and so Dr. Pierson took his own case in hand. Putting away the very things which to many people seem so absolutely necessary to life; such as,

"beef tea, Bovril, tea, coffee, cocoa, all flesh meat, and every species of stimulant, including spices and condiments, and, of course, all alcoholic beverages," he adopted extremely simple habits, and at once began to improve. He follows a fruitarian diet, takes but two meals daily, and avoids drinking at meals. As a result of following this manner of life the great preacher and journalist has "lost even the remotest touch of palpitation, and every vestige of nervousness." If every man carrying weighty responsibilities, would follow the example of Dr. Pierson, there would be fewer breakdowns through overwork. Simple living is the best for men and women in all walks of life, but it is especially essential to the man who would do the greatest amount of mental work.



Mastication as a Cure for Indigestion.

Other matter has crowded this month leaving only a little corner to consider further the subject of thorough mastication or, to speak more specifically, the "Fletcherising" of food. We firmly believe that Mr. Fletcher is doing the public a great service in calling attention to the importance of mastication, both from an economic and a health standpoint; and it is interesting to note that all the tests made thus far have fully borne out the claims put forth by the author. "Fletcherising" consists in chewing each mouthful of food as long as it can be conveniently kept in the mouth,—that is, till it has given up its flavour and been reduced to liquid form. Taking one's food in this way makes over-eating well-nigh impossible, and at the same time

guards against stomach and intestinal difficulties. We would be glad to have our readers, especially those suffering with digestive maladies, give the system a trial and report results. We shall have more to say after we have given the matter further thought and attention.



How Corsets Cripple the Lungs.

Women who submit to the cruel reign of the corset, are depriving themselves of one of life's greatest blessings—a proper amount of air. They have unconsciously crippled their lungs to a degree that would astonish them did they know the facts.

Let the following comparative measurements actually taken not long since, by one of our lady doctors, illustrate this one phase of corset-wearing.

Mrs. A., who has never worn a corset, expands during deep respiration,—

3 inches around the upper part of the chest.

$2\frac{3}{4}$ inches around the lower part.

$2\frac{1}{2}$ inches at the waist-line.

Mrs. B., whose corset is "perfectly loose," expands during (attempted) deep respiration,—

2 inches around the upper part of the chest.

1 inch around the lower part.

$\frac{1}{4}$ inch at the waist-line.

It may be of interest to the reader to know that these ladies are of equal heights and of the same "build." Hence Mrs. B. requires as much fresh air as Mrs. A., while in reality the receiving capacity of the former is much limited by her style of dress. Mrs. A. is a strong, robust woman, who sleeps well, eats well, works well; while Mrs. B. is the victim of numerous maladies dependent upon a disturbance of the respiratory, digestive and pelvic organs.



Cancer Steadily Increasing.

The medical officer of health for Islington, in a report on the spread of cancer, says that "everywhere the tendency of the disease has been to steadily increase, and locally its death rate has risen from 6.8 per 1,000 in 1891 to 10.3 per 10,000 in 1903." In England and Wales, as a whole, the death rate from this disease is 9.61 per 10,000 among men and 10.96 per 10,000 among women.

Dangers from Filthy Milk.

The need of a clean milk supply is receiving much attention throughout the country. Recent outbreaks of disease have been traced to bad milk, and everyone knows that by far the largest part of such disease is never traced.

Someone may ask, "Is it possible to provide really clean milk?" Yes, certainly. Given properly cleansed udders, a clean receptacle for the milk, and decent surroundings, and the result will be clean, wholesome milk, providing always that the animals are healthy.



Why Preservatives are Necessary.

As a matter of fact, cleanliness seems to be the last thing the farmer thinks of, and some of the dealers are equally guilty. Consequently a large proportion of the milk is so highly flavoured with barnyard litter that it goes bad almost immediately, unless, forsooth, it is made to keep by the addition of dangerous preservatives. We really don't know of any part of the nation's food supply which is handled quite so scandalously as the milk which is fed to our babes and growing children. Is it any wonder that they are dying off so rapidly?



Dirt, Pus, and Tuberculosis.

Dr. George Newman, medical officer of health for Finsbury, tells some alarming facts concerning the London milk supply and that of his borough in particular. He says that of the Finsbury samples examined thirty-two per cent. contained pus, and forty per cent. contained dirt. "In Hackney on one occasion thirty-two per cent. of the milks bacteriologically examined were found to be tuberculous; and in Islington examination revealed the tubercle bacillus in fourteen per cent. of the samples examined."

The remedy suggested by the Finsbury Borough Council, which certainly appears to be feasible is,—

That the London County Council should be constituted the central milk authority, invested with the control of the milk supply of the metropolis up to the time of the entry of the milk into the particular borough to which it is consigned, with the power to prohibit such entry except the farm or other place of supply has

been certificated by a medical officer of health and a veterinary surgeon, both as to the health of the animals from which the supply is drawn, and the manner in which they are kept.



Clean Milk if You Want It.

One thing can be done immediately. Fathers and mothers can investigate the sources of their milk supply, and if found unsatisfactory, try another, and another, till they at least get the best that is to be got. At the present time the public is so indifferent in the matter, so willing, apparently, to take huge doses of nameless filth so long as the farmers see fit to prescribe it, that dirty milk seems to sell about as readily as that which is fairly clean, and dealers who are really doing their best to supply a good article have little to encourage them. When the matter is properly agitated, much will have been gained. The public usually gets about what it wants in the long run, and if it wants clean milk, and will only insist on having it, the filthy article now in use will in time become unknown.

The *Daily Chronicle* has recently had a series of valuable articles on the milk question.



Walking a Sure Preventive of Appendicitis.

Dr. Thomas W. Lauterborn, a New Jersey physician, believes that walking is a sure preventive of appendicitis. His theory is that when a man does considerable walking, there is no danger of his having appendicitis, for the reason that abdominal and intestinal muscles are kept continually active, and so are in good working order all the time. The jolting given to a man's internal economy by walking, causes the muscles of the abdomen and intestines to continually contract to offset the jar of his step, and thus they are always in perfect condition. When the contracting function of intestinal organs is operative, the entrance to the appendix is always closed, hence the individual need have no fear of appendicitis. On the other hand, when a man continually rides to business, and to his appointments, he misses the tonic jolting, begins to get flabby and pot-bellied, and forms a proper subject for this modern disease.

Appendicitis a City Disease.

Dr. Lauterborn urges in support of his theory that appendicitis flourishes in the cities, being comparatively unknown in the country. He says it is virtually an American disease, but if so it must form part of the much talked of American invasion, since it is fairly frequent amongst well-to do people this side of the Atlantic, many of whom are as little given to walking as their American cousins.

In our own opinion, appendicitis is an outgrowth of unnatural and unwholesome habits of living, including nearly always a wrong kind of diet.



Why Holbein Failed to Cross the Channel.

We think Mr. Holbein's latest attempt to cross the Channel has been useful on one account at least, and that is by way of showing how easily unscientific and injudicious feeding may spoil the fairest prospects in a trial of endurance. The great athlete (no one will deny that his muscular and staying powers are superb) has himself informed us that it was not excessive cold, nor exhaustion, but the giving way of his digestive organs that caused the failure. Meat extracts and chicken sandwiches are not ideal fare at any time, least of all during severe physical strain, submerged in cold water. The stomach was in no condition to deal with such food, and very naturally rejected it. If Holbein would follow the example of Webb, and try a cross-channel swim entirely without feeding, he would stand a better chance of succeeding than with bovril and chicken, but the ideal plan would be to have a few feedings of some pure, wholesome, easily digested food.



Apples for Gout.

The celebrated John Hunter enthusiastically advocated the apple-cure for gout. He advised his patients to give up their wine and mutton chops and roast beef, and make free use of apples. A diet consisting principally of zwieback and fruit is still the best cure for rheumatic affections, hot vapour baths and other eliminative treatments being valuable helps.

SHATTERED NERVES.—PART II.

BY ALFRED B. OLSEN, M.D.

THE desire to hurry through life at a break-neck motor speed is well-nigh universal in civilised lands. Truly we are living in a fast age, and the resulting strain upon muscle and nerve is tremendous. Things must not only *go*, but *go rapidly* to satisfy us. On every hand we see the people jostle and crowd one another in the mad race for wealth and worldly fame.

The Whirlpool and the Rapids.

For centuries human life on this mundane sphere has flown on quietly and placidly enough, but in recent years we have reached as it were the whirlpool and rapids of a mighty Niagara, and the end is appalling to think of. Speed, speed, is the cry of all. We make altogether too great a demand upon these mortal bodies. The vital organs are unable to bear up under the strain. There is not sufficient time for recuperation and repair. The brain and nerves are capable of standing a lot of abuse, but there is a limit. The time comes when these delicate and highly organised structures give way under the awful strain, and a shattered wreck is the result. How much better it is to call a halt before it is too late, and reform our wrong mode of life.

Need for Relaxation.

To be always on a tension is most disastrous. No one is able to stand it for an indefinite length of time. There is need of relaxation at regular intervals. Everybody needs it. We should learn to unbend, to disengage ourselves from our work, and withdraw for a season of quiet and repose. We must be able to separate ourselves from the cares and worries of life and seek in change of surroundings a peace that is as a healing balm to body and mind.

Modern competition is a terrible monster. It blinds our vision and dwarfs our good sense and judgment. Competition enters into every phase of life from our commercial dealings to our health and our religion. Competition generally means unnatural and hence dangerous strain. The desire of beating somebody, of defeating your neighbour is uppermost in the mind. Can it be other than a fruitful

source of mental exhaustion and brain fatigue?

Vicious Habits.

We would not do justice to our subject without calling attention in plain language to the vitiating and demoralising effects of vice of all kinds. There is nothing which sooner or more surely undermines health and breaks down the nervous system than secret vice. It not only saps vitality and shatters the brain and nerves, but also robs its victim of manhood or womanhood, and lays the foundation for a train of physical and mental miseries too awful to contemplate.

Sexual neurasthenia is the gravest form of the disease, and most difficult to cure. Indeed, the evil has often gone so far and become so deep-rooted that it is incurable. Sexual neurasthenia is not infrequently the precursor of insanity.

"Keep thyself pure" is a natural law which demands perfect obedience. A man reaps what he sows, and the harvest of vicious habits of any kind is physical and mental suffering which comes sooner or later.

Concerning Symptoms.

The symptoms of shattered nerves are as numerous as the causes, and indeed, often point directly to the causes which have been and are still at work. Most of the symptoms are so plain and characteristic that a diagnosis is an easy matter. Some are common to all cases; others, again, peculiar to the individual, and influenced by the special causes that have been at work.

There is the almost universal headache, with pressure and heaviness of the head. There are the morbid fears and doubts, spots seen before the eyes, peculiar noises in the ears, tenderness of the scalp, sleeplessness, unpleasant and harrowing dreams, swellings of hands and feet, tenderness of the spine, palpitation of the heart, cold hands and feet, nervous chills, *ad infinitum*.

Feeling of Weakness and Languor.

One of the first symptoms is that of

physical weakness. The patient no longer feels fit for his work. He knows what he would do, but feels incapable of accomplishing it. This worries him and aggravates his condition. The muscles become

Extreme Nervousness.

Nervousness is one of the early symptoms. Things which under ordinary circumstances would go unnoticed, now annoy, and seem to grate on the nerves. The patient is easily startled by the slightest noise. His muscles contract and jerk him about involuntarily.

He often has what is aptly called "the fidgets," and is scarcely still a moment, although his activities are purposeless, and produce only annoyance. He is hypersensitive to everything. Restless, nervous, and fidgety, he leads an unhappy life, and soon he comes to have

An Irritable Temper.

Previously he may have had a sweet, placid temper, but now that is gone. He is cross and peevish, easily provoked and angered. It is his weakness and



CLOVELLY, NEAR ILFRACOMBE.*

weak and flabby. He finds it unpleasant even to walk short distances. His limbs are weak and perhaps unsteady. He experiences great tiredness. He is easily wearied, and is soon ready to give up. There is loss of nerve force. Muscle power and brain power diminish, and a nervous weakling is the result.

*An art booklet containing this and a number of other beautiful views will be sent to any of our readers applying for it to the town clerk, Ilfracombe.

merely a part of the disease. The sunshine has departed, and black clouds take its place. Life is viewed through smoked glasses. The brightness and colour are all gone. Everything looks dark and foreboding.

The neurasthenic is especially cross and irritable with his relatives and friends. To them he speaks sharply and scolds unmercifully; and often for no reason at all. It is a part of the disease. He is often

discourteous and extremely selfish. Indeed, he sometimes gets so self-centred that he can consider no one else.

Worry and Anxiety

are written in the lines of his face. And it is a hopeless sort of worry, that clings to one. It can't be shaken off at will. He knows it and realises his condition. Still he is unable to get free.

He worries at everything, and worries at nothing. He worries himself, and he worries everybody else. He worries at business, and worries at home, and worries at recreation. No longer in control of his mind, he is the prey of a sickly imagina-

tion and innumerable morbid fears.

Mental Depression

usually accompanies neurasthenia in all its forms. It may be periodic or constant. The patient becomes low-spirited. He loses heart and hope. All looks dark before him. He becomes thoroughly discouraged. After a time he gets morose, and begins to have ugly feelings in spite of himself. They are beyond his control. Despair sets in, and becoming permanent leads to melancholia, which is a form of insanity. In some cases there are suicidal tendencies which endanger the life, and make existence miserable.

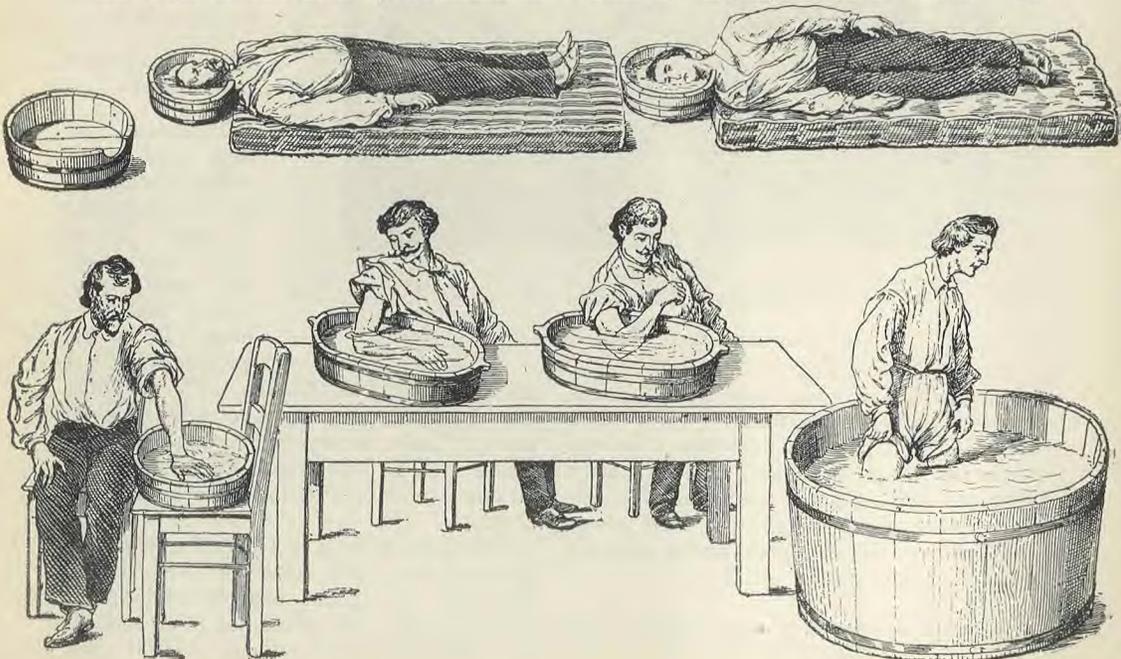
THE STORY OF PRIESSNITZ.

BY J. H. KELLOGG, M.D.

THE principles which underlie the rational use of nature's remedies were well understood by Priessnitz, and nearly all of the methods now in vogue for the treatment of disease were in a primitive way made use of by this father of hydrotherapy, as will be seen by the accompanying illustrations.

The kind of tub used by Priessnitz in

his practice seventy-five years ago is still employed at Graefenberg to-day. Stopping once at one of the little hotels in the water-cure famed town, I heard in the early morning a sound like thunder rumbling at a distance. By and by it was close to my door. I found it was an immense bathtub which had been brought down the hall on wooden wheels. The



patient does not go into the bathroom, but the bathroom comes to him. It is rolled into the room beside his bed.

Priessnitz understood the benefits of light and air and sunshine as well as of water, and gave his patients sun baths, making one expose his feet to the sun, another his back, another the legs.

Cure for Gout.

The water employed at Graefenberg is very cold—60° in winter time; sometimes even as low as 40°. An attendant rubs the person continuously while in the bath. When a man came to Priessnitz with gout, it was his custom to have him given a cold foot bath and rubbed in this way for five, six, or seven hours continuously. It was found that this would cure even very bad cases of gout. The patients remain in sitz baths, being rubbed every little while by an attendant, anywhere from one hour to three hours. Not infrequently one would see a patient sitting in the bathtub reading a newspaper or book to while away the time, fresh water being occasionally put in the bath to keep it cold. This seems like very heroic treatment. It was; but if it did not kill them, it cured them.

A "Sheet Walk."

In some cases the patient had a wet sheet thrown about him. The attendant manipulates the sheet so that the patient is cooled by the evaporation of the water.

After having had his wet-sheet rub, the patient holding the two corners of the sheet in front, takes a walk with the attendant behind him continually shaking



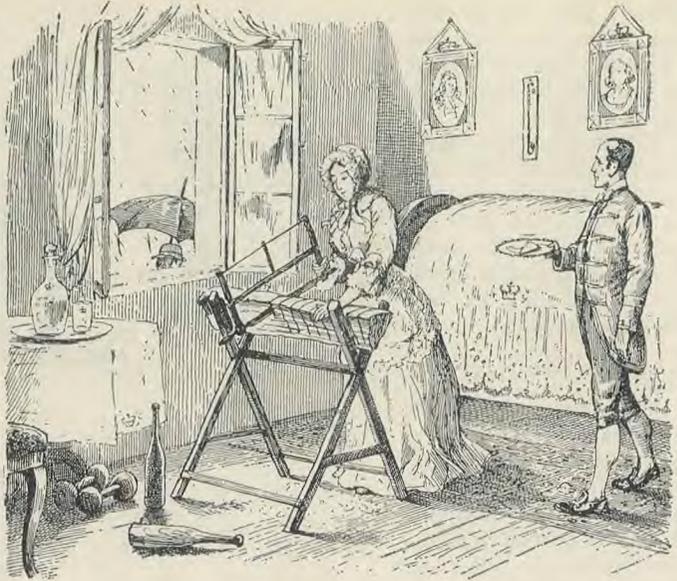
the sheet, as shown in the illustration on this page. This was a combination water bath and air bath.

Priessnitz believed in out-of-door exercise. One of his favourite means of exercise was sawing wood. Up in the mountains there was an abundance of trees; to chop these was a part of his patients' occupation. Clubs and dumbbells were also among the accessories of his curative means.

Another thing every patient was required to do was to walk almost continuously

when not occupied with his various baths, early in the morning, and a little before noon, or afternoon; and the rest of the time that was not necessarily occupied in eating or sleeping was spent in climbing the hills. In the morning he would take the cold plunge until he was blue and shivering, and then he must walk until he was warm, if it took until noon, before he could have any breakfast. When he came to a cold spring he was requested to take a glass of water. Some patients drank as many as fourteen glasses of water before breakfast; some as many as thirty or forty in the course of a day.

We have in the life and achievements of Priessnitz an illustration of a wonderful truth; that is, that a truth that is necessary for the world, comes at the right moment, and in the right place, and in the right way. Priessnitz was born in just the right place for the work of hydrotherapy. Graefenberg was exactly fitted for the outworking of the healing art by the use of water. The wooded hills about the



town, with the cold, pure water springing out from the rocks, was just the place for hydrotherapy to be born. Although Priessnitz had no education, no training in the schools, he had a conviction of truth, and that conviction was so vivid, so complete, so magnificent that it took possession of him and enabled him to do a thing which made such an impression on the world that it has been growing, growing, growing ever since.

The End.

THE DIET AND CARE OF RICKETY CHILDREN.

BY GEORGE THOMASON, M.D.

RICKETS is an exceedingly common disease of early childhood, usually manifesting itself between the sixth and twenty-fourth month of the infant's life. The direct cause of the affection is somewhat obscure, but improper feeding is believed to be the principal causative factor. This is particularly true of artificially fed infants. Such children often receive starchy foods, such as bread and potatoes and insufficiently cooked cereals, which are wholly unfit for them. Milk being the natural food and not containing starch, the child is obviously not prepared, at least under ten months of age, to digest starchy foods unless they are specially treated.

Breast-fed infants may develop rickets from being given starchy foods between the regular feedings, also from insufficient nourishment when nursed beyond the period at which they should be weaned and when the system is calling for additional food.

Children kept in poorly ventilated rooms and away from the sunlight frequently develop rickets. The prevailing custom of leaving the lower limbs of the child exposed in cold weather sometimes lays the foundation for this disease.

As a last cause we mention a disordered digestive tract. In these cases even though sufficiently nutritious food may be

taken, the assimilation is so defective that the child is not well nourished and thus becomes rickety.

Symptoms of Rickets.

As a rule there is no difficulty in early recognising rickets. A baby previously goodnatured becomes fretful and irritable, and one which ordinarily sleeps well, will be restless, and may frequently cry out in the night. The mother may notice in a child accustomed to walking a growing disinclination to walk or even to stand upon the feet. In the evening there is usually some fever with profuse sweating of the head and face. The muscles become weak and flabby, permitting among other things a considerable protrusion of the abdomen. The child becomes pale, generally loses flesh, and frequently there is diarrhoea with foul discharges. The teeth are very late in appearing, the bones become soft, often giving rise to bow legs, knock knees, and other deformities.

This disease of itself is not often fatal, but it very greatly increases the tendency toward other serious and frequently fatal diseases, such as pneumonia, tuberculosis, and affections of the heart and kidneys.

The mental power all through life is often diminished by rickets during childhood. Nervous diseases of various kinds are also brought on in this way.

Proper Treatment.

In treating rickets it will be obviously necessary to correct the conditions giving rise to the disease. The diet is of primary importance. If the baby is artificially fed, one-fourth part of lime water should be added to the milk. A very excellent formula, and one which the writer has had occasion frequently to prescribe, is as follows:

- New milk, three ounces.
- Fresh cream (20%), two ounces.
- Milk sugar, two teaspoonfuls.
- Water, six ounces.

To be carefully sterilised, and when nearly cooled, diluted with four ounces of lime water making just a pint of the mixture. If the child bears it well, it is wise to gradually increase the cream, using three or three and a half ounces of cream to the pint, as the increase of fat is a specially desirable factor in the treatment of rickets.

Rich sterilised milk, cream, eggs, butter-milk, cottage cheese, well cooked beans and peas are very excellent articles of food for children, those in addition to the milk being included in the bill of fare after the second year of age.

The child should be properly clothed and kept out of doors in the sunshine as much as possible. He should have plenty of fresh air in the sleeping room and, if consistent, a separate bed.

A snugly fitting bandage to support the abdomen will be gratifying.

Baths and Massage.

In the evening the child's body should be sponged with hot salt water (a tablespoonful of salt to the pint of water) followed by gentle rubbing if soreness of the muscles is not present. Alternate grasping and relaxing of the patient's muscles especially of the arms and legs when it does not give rise to pain; also, when children are old enough, movements of the limbs in various directions, instructing the child to resist slightly, will stimulate the circulation. These may be given twice daily. This of course must be practised with great caution when the stage of bone softening has been reached on account of the tendency to deformity. Limbs tending to become deformed may often be corrected by persistent effort. It is often desirable to consult a surgeon as to the advisability of applying splints to correct or to prevent further deformity.

In the morning the child should be bathed in or with warm water, followed by friction with the hand dipped frequently in cool or cold water and afterward rubbed with the dry warm hand. The patient should be given water several times during the day, midway between the meals. Orange juice is also of great service for the correction of the intestinal disorder, and may be given three times daily between the meals.

Essentials Summed Up.

Summed up, therefore, the essentials in a case of rickets would be, an early recognition of the disease; a carefully regulated dietary; an abundance of fresh air and sunlight; simple baths with friction, and judiciously selected movements and exercises.

NATURAL REMEDIES FOR SLEEPLESSNESS.

BY M. ELLSWORTH OLSEN.

INSOMNIA is a symptom rather than a disease, indicating a condition of the body in which the nervous system is in a state of uncommon excitability. The balance has been interfered with, the natural course of nature broken up, and the sufferer is wide-awake and active just when he ought to be relaxed, tired, and sleepy; and weary and dispirited when he should be ready for work.

The first thing to do is to bring the whole life into harmony with the laws of nature. Have regular habits of eating, working and recreation. Let the hardest mental work (for we have to deal mostly with those who work with their brains) come in the forenoon, in the afternoon do work that calls for less nerve force, and absolutely eschew severe brain work in the evening. This may not be possible for everyone, but careful planning will enable the rule to be carried out to a large extent in most cases. By rising reasonably early in the morning a great deal of work can be turned off before dinner.

Take regular exercise out of doors. Do enough walking or hoeing in the garden or other brisk but unexciting exercise to make you feel really tired by night. This exercise should preferably come in the afternoon; it may even be taken in the evening. While taking exercise, keep the mind free and easy. Don't let it travel over the world, and busy itself with troubles of all kinds.

The disposition to carry things on the mind and brood over them, to feel vexed and harassed because things do not go as they ought—all this must be put away. The man or woman who is determined to overcome insomnia must cultivate self-control. He can work as much as he likes, but he must not work all the time; and this is what people virtually do who carry their burdens on their mind all the day, and then to bed with them at night.

Proper Diet.

The diet should be confined to the simplest and most easily digested foods. Slow digestion, constipation, and all disorders of a similar nature must be attended to promptly if the system is to be brought into a condition where it can have sound

sleep at night. Tobacco, alcoholic drinks, and even tea and coffee and flesh meats must be given up to secure really good results. The poor sleeper is in a condition of poisoning; and before the balance can be restored, the poisons must be eliminated and a further supply of such nerve excitants provided against.

Never eat anything after six or seven o'clock, and let that meal be exceedingly light, say fruit with a little bread. Many sleep best by taking only the two meals.

Hydropathic Treatments.

Now for some hydropathic remedies. We will suppose that the patient has adopted the simple, natural habits mentioned, and has absolutely stopped worrying, or at least has come as near to doing so as he can. Still the blessing of sound, refreshing sleep is denied. What shall then be done?

When you find yourself in a wakeful mood at night, usually the head is rather warm, and the feet cold. Put your feet in a pail of water, as hot as you can bear it; if you have a sufficiently large receptacle, let the legs also be partly immersed. Meanwhile apply a cold cloth to the head. After ten or fifteen minutes, sponge off the body quickly, and pouring a little cold water over the feet, rub them vigorously with a dry towel. Slip into bed, and compose yourself for sleep. You have drawn away the blood from the head and have restored vigorous circulation in the extremities.

Sometimes the whole body feels heated, and all the nerves excited. A good remedy in such cases is to take a neutral full bath at 92°—96° F., or just a little below blood heat. The pressure of the water has a calming effect upon the nerves, and the neutral temperature is soothing. Lie in this bath half an hour or an hour, if you like; then very quietly wipe the body, and slip into bed.

Here is another excellent remedy, known as the wet-sheet pack: Wring a sheet out of cold water, and lay it across the bed, placing underneath it three or four blankets. Lie down, and bring the sheet up over you using one flap to cover the chest and left arm, and pulling the other over the right arm.

Then have someone assist in pulling up the blankets. Remain in the pack for an hour or more. You will feel a little cold at first, but very soon a delicious warmth will succeed the chilly feeling, providing you have the proper amount of covering. If you are entirely comfortable, you may remain in the pack all night.

The wet girdle is also a fine sleep producer. Wring a towel out of cold water, and wrap rather tightly about the lower half of the trunk. Follow with a bit of rubber cloth and a piece of flannel. When the weather is warm, flannel is not needed. This application helps to restore the circulation, and to calm the nerve centres.

A simpler treatment than any suggested thus far is the air bath. Simply disrobe yourself, and let the cool air come in direct contact with the whole surface of the body. Benjamin Franklin found this the best way of inducing sleep.

One general precaution is of great importance: Avoid too much bedding. Light blankets are the best covering. Feather beds and feather pillows are heating. A mattress of moss or hair is far better,

though the ideal bed ought to have about the same thickness underneath as above. This enables both sides of the body to keep of even temperature, and greatly contributes to one's comfort. A rather stiff wire mattress with two or three blankets as overlay, could satisfy this condition, but would hardly allow of more than one person occupying the bed. In general, poor sleepers ought to sleep alone.

Finally, don't worry because you can't sleep as much as you would like. Take it with perfect good nature. When the proper time comes, go to bed, and dispose yourself comfortably for sleep. Let your mind be a blank, or if that is absolutely impossible, let it rest easily and lightly on some pleasant, unimportant incident. Never do any serious thinking in bed. Never lay your plans there. It's a bad habit, and fatal to the best sleep.

Get up at the proper time in the morning, even if you have not slept a wink, and don't allow yourself a nod until retiring time. Train yourself patiently, good-naturedly, but firmly, and you will in time learn to sleep.

THINGS WE MIGHT LEARN FROM THE JAPANESE.

UNDER the title "A Japanese Lesson in Living," the *World's Work* (American) calls attention to some matters that may well receive careful consideration:—

The endurance of the Japanese soldiers and sailors shows a physical hardihood that few Western nations, if any, can equal. Yet they are not large men. Nor does their climate nor any other external natural influences make them particularly robust. The secret of their physical efficiency is their method of living and eating.

They eat less than Western peoples, especially less meat. Rice is their principal food, and it is easy to cook, and easy to digest. They drink large quantities of water. A man will often drink as much as two gallons a day. By the use of moderate quantities of easily-digestible food and of large quantities of water, they keep the digestive organs from clogging; and the clogging of the digestive organs is the cause of most of the ailments from which we suffer.

Then the Japanese live in houses that cannot accumulate foul air, and they are taught to breathe deeply. Perhaps, too, they are the cleanliest race of people on the globe. It is said that everyone bathes at least once a day. Physical exercise is, of course, practised by them to a remarkable degree. Thus, the mass of them seem to have learned the art of healthful living better than the mass of any Western people.

It would be an interesting speculation or calculation to ascertain how much physical, mental, moral, and economic gain would come to the American people if they all ate only what is easily digestible, drank water enough (*water*, mind you), breathed no foul air, and knew how to breathe, took regular and simple exercises, and kept their bodies scrupulously clean. Probably the efficiency of the people would be doubled; and the common practitioner of medicine (whose work consists chiefly in relieving us of the ailments that follow wrong eating) would have to earn his living in some other way than because of our ignorance and gluttony.

Strong words these, and yet not more so than the situation demands. Our present civilisation is a miserable failure when it comes to proper food and the general care of the body. The vast majority of people both in America and Great Britain live and work under conditions the reverse of wholesome, and indulge themselves in habits which are at once harmful and utterly unnatural. It is only fair to say, however, that some of our foremost medical men are taking a strong hand in endeavouring to bring about a better state of affairs.

ARTISTIC, HEALTHFUL DRESS.

BY CAROLYN GEISEL, M.D.

With the arrival of colder weather we are reminded of the convenience of the tailor-

skirt be just buttoned round the waist, and its whole weight be hung unsupported from the hips of the wearer, there will frequently be found, upon removing the garment, a red line around the body, and a fold or wrinkle in the delicate flesh, telling all too plainly that there has been undue constriction and pressure, though the wearer—in some cases, at least—may be



FIG. 1. SHOWING BUTTONHOLES THROUGH BLOUSE.

made gown, than which we will all agree there is nothing more serviceable.

A rather heavy-weight material is usually selected for these gowns, and (especially when the skirt is made a little long) this is one of the reasons the tailor-made gown will bear watching, lest it become a menace to the health of the wearer. If this heavy



FIG. 2. SHOWING BLOUSE BUTTONED TO FREEDOM BODICE.

quite unconscious of its discomfort. This unconsciousness of discomfort is caused, by the way, from being too long accustomed to the abnormal; but nature will demand sooner or later a reckoning, and we shall pay, in the pains and tortures of displaced viscera, dearly enough for our fashionable folly.

The skirt might be united by buttons or pins to the shirt-b blouse, which is a part of the tailor-made gown, but very frequently the blouse we are pleased to wear is of such light material that the weight of the skirt drags upon the blouse in the back, giving an uncomfortable sensation to the neck of the wearer and an ungainly displacement at the point of union of the skirt and waist, which frequently reveals a most inartistic row of safety pins, which is quite enough to spoil the beauty of the most expensive gown.

The accompanying illustration shows an effective plan by which the skirt may be well supported from the blouse, allowing its weight to hang from the shoulder of the wearer, and at once obviating any possibility of separation at the belt line.

By putting buttonholes through the shirt blouse and adding three extra buttons to the back of the freedom bodice or the bodice support of the underclothes, the shirt blouse and skirt may be attached to the foundation garment, and the weight of the skirt made to hang easily and freely from the shoulder. These three buttons should be placed, the one upon the central seam of the freedom bodice, about one-half inch higher than the row of buttons which support the one long skirt, as shown in the last number but one, and the two remaining buttons, each upon the first seam at the side of the centre; the buttons at the side of the centre should be a trifle lower than the central one. Now by putting buttonholes—from five to seven in number are necessary—in the shirt blouse (these buttonholes, of course, in such a position in the shirt blouse as to bring them in direct opposition to the row of buttons on the freedom bodice), the two garments may be united in such a way as to make the freedom bodice a sort of lining for the shirt blouse, so giving to it the needed strength and firmness to permit of its being a support to the skirt.

Those who have the Good Health Adjustable Bodice will not need to sew in

any extra buttons, as this garment contains a sufficient number. By following this plan you will see how easily the whole gown may be lifted from the waist when the arms are extended upward.

We firmly believe that if the skirt be made not too long, and this plan followed for suspending its weight from the shoulders, the objections to the tailor-made gown from the standpoint of health will be entirely removed, and we may wear for health as well as utility this natty garment that was always designed to be ultra-serviceable.



FIG. 3. TAILOR-MADE SKIRT BUTTONED TO BODICE.

ADENOIDS: THEIR CAUSATION AND TREATMENT.

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

EVERYONE has heard doctors speak of Adenoids, and there is only too likely to be someone in the home circle who has had them "removed." Writers are not entirely unanimous as to the treatment of this affection. Some advocate an operation on the appearance of the slightest symptoms, others deprecate this measure except in extreme cases. We believe that the ailment, if taken at its commencement, is curable by means of palliative treatment.

What are Adenoids?

Speaking very briefly, adenoids are little growths of soft, spongy tissue which appear at the back of the nose. They resemble "tonsil" in structure. If you look inside a child's mouth, you will see the tonsils, one on each side of the throat. They are two glandular cushions consisting of special cells whose duty it is to act as sentinels and destroy any poisonous substances that might pass downwards.

The interior of the nose is divided into "chambers" and "passages" by means of various bones, and is lined throughout with mucous membrane. The nose has two entrances (the nostrils) and two exits. The latter are, of course, situated at the back of the nose and lead out into a space which belongs partly to the nose and partly to the throat, and which has a continuation of the same mucous membrane. This space has a roof and a back wall formed by the base of the skull, and a front wall which is the back part of the nose. The lining coat of the roof and back wall of this space is thrown into ridges and furrows, and has been found to be identical in structure with the tonsils; hence it is called the *third tonsil*. When healthy, the cells on the free surface of the third tonsil are provided with delicate hairs which are continually moving. These keep up a constant current towards themselves, and thus waft any harmful material to the special cells of the gland, which do their best to absorb it and render it inert.

As the result of "colds" and consequent inflammation, the third tonsil may take on over-growth, called "hypertrophy." Then the covering of the gland becomes thickened and loses its hairs. The special cells

are also unable to "emigrate" to the free surface. All this means that the micro-organisms can have much more of their own way and become a source of danger to the body through the lessened power of resistance to their attacks.

Where Do We Find Adenoids?

They are most frequently to be met with on the roof and back wall of the space at the back of the nose. The number of "colds," bilious attacks, or sick turns that a child has, greatly influences their quantity and size in consequence of the resulting congestion and inflammation of the nose, throat, or stomach.

Chief Causes of the Growths.

Doctors divide the causes of Adenoids into two classes—Predisposing and Exciting. We shall consider the former first. Adenoids generally attack children (boys slightly more frequently than girls) though they do occur in adult life. No races are known to be exempt. Climate certainly has an effect, as the disease is most prevalent in "cold, damp, countries" because the mucous membrane at the back of the nose is liable to remain permanently inflamed after frequent "colds." Often parents will remember that several of their children have had "weak throats" or "snored," or had a special tendency to catarrh, and though we cannot say adenoids are hereditary, they do tend to affect members of the same family. Nasal deformities are very likely to be due to adenoids because the disease is one of childhood, and consequently alters the interior of the nose during its development. All diseases affecting the constitution, such as gout, rheumatism and tuberculosis, predispose to adenoids.

Turning now to the second class of causes, we note that the condition is most frequently excited by catarrh and those diseases in which the upper air passages suffer. A "cold" means inflammation and swelling of the lining of the nose and of the soft tissue in the space behind. Granted that the child be healthy and well-nourished, these soon subside and recovery is complete. But with a delicate, un-

healthy, or badly-nourished child the inflammation lasts so long that it becomes chronic. A white, sticky discharge gathers in the nasal passages, and forms a hot-bed for the growth of micro-organisms. The swelling increases in size, and even if the original cause has disappeared, it never goes down entirely. The child is now much more liable to catch fresh cold. On each occasion the swelling grows until it attains sufficient size to cause difficulty in breathing. In this connection we must point out the enormous influence that bad

hygiene and wrong feeding have on the cause and its consequences.

Bronchitis and fevers act in just the same way by preventing proper nasal respiration. The nose is stopped up with secretion and the third tonsil increases in bulk: this is reckoned the only trouble, but in reality the cause (the nasal catarrh) has been overlooked. Probably in every case of bad sore throat the third tonsil enlarges sooner or later.

(To be concluded.)

IS TEA A TEMPERANCE DRINK?

BY M. ELLSWORTH OLSEN.

THE answer to this question must depend upon our understanding of the reach and scope of temperance principles. According to a well-known physician, "the great sin of intemperance is not in the use of alcohol *per se*, but in the gratification of the desire for artificial stimulation."

Grant the truth of this statement, and the field of intemperance is broad enough to include a great many harmful practices of the present day, not least among which we would name the habitual use of tea, for reasons which may be briefly set forth.

Why so Fascinating?

What is there in a cup of tea that has such a wonderful fascination for the nervous, energetic twentieth-century toiler? There are three chief ingredients,—about one grain of *caffeine* (also called theine), two or three grains of tannic acid, and the merest trifle of volatile oil. The combination of these three principles together with some subordinate elements which are of very little account, makes a medicinal drink which has come to be found on well-nigh every breakfast table in the land, and which has actually given its own name to the light afternoon meal which most people take between dinner and supper.

Why do we drink tea? Chiefly because of its pleasurable immediate effects upon the nervous system. We feel tired, jaded, disagreeable; a cup of tea makes us for the time being, bright, vivacious, cheerful. It seems to put new life into us; but does it actually do this? No, for it has absolutely

no food value, hence it cannot possibly add to the real strength of the system; but it can do that which alcohol does in a different way—it can draw out the reserved force of nervous energy, make us feel fresh and full of vigour when we are really fagged out, give us an artificial felicity to be most certainly followed later on by a corresponding depression.

How Tea Affects the Nerves.

Alcohol chiefly excites the heart; tea exerts its stimulating effects upon the central nervous system. These effects are not the same in all cases, being determined largely by the condition of the individual user. But the same general principle holds good in regard to its use as a beverage. Tea is not taken as a food, neither is it taken as an innocent relish to food, but for its fascinating effects upon the nervous system. Therefore it is not, strictly speaking, a temperance drink.

A truly temperate person should seek restoration by rest and sleep when weary, and strength from food when hungry. This is Nature's way, and it is always the best way in the long run.

Tannic Acid and Digestion.

The hold of tea upon its devotees becomes the more apparent when one calls to mind that the tannic acid it contains is a very serious hindrance both to the digestion of starch by the saliva, and to the digestion of proteids in the stomach. These facts are quite generally known, also the tendency

of tea to produce flatulence and a disordered state of the digestive organs generally, and yet persons with weak digestion, and subject to headaches innumerable, will often continue to indulge in that baneful drink which is at the foundation of practically all their troubles.

If it be objected that one must have something warm to drink, we would suggest that there are plenty of innocent beverages

to be had without taking a solution of such a powerful nerve poison as caffeine. Tea is as truly a drug, as any preparation on the pharmacist's shelves, and as such has no proper place on our daily bill of fare.

We have known hundreds who have given up the use of tea, and we have yet to learn of a single case where the person did not reap very great benefit from the change.

THE GYMNASTICS OF HOUSE WORK.

BY MRS. E. E. KELLOGG.

EXERCISE being a vital principle of health, and housework being mostly exercise in some form, it is generally

requirements. It must be owned, however that in too many instances the worker gives little or no heed to aught save to get



(INCORRECT.)

WASHING.

(CORRECT.)

conceded that housework is a health-giving occupation, and so it may be if rightly conducted. The various differing procedures necessitated in the routine of one day's housekeeping,—the sweeping, bed-making, scrubbing, dishwashing, bread-kneading,—each in their turn bring into play the various muscles of the body, insomuch that housework may serve an excellent purpose as a gymnastic drill if performed in harmony with physiological

through with each particular task as speedily and thoroughly as possible; in other words, the work is the chief consideration, and such being the case, it is often accomplished with real detriment rather than benefit to the worker.

The results to be sought in exercise should be the promotion of vital activity and perfection of the bodily symmetry. In order to do its work properly, every muscle needs regular and thorough exercise.



DISH WASHING.

Portions of the body not exercised soon become weakened and useless. Again, the over-use of a part is detrimental to physical integrity, attracting to that portion more than its share of nutriment, and thus causing a congested or diseased condition.

It very frequently occurs that the unequal use of muscles in the performance of certain household duties results in unsymmetrical development and one-sidedness. In ironing and sweeping, two of the most common functions of the household, most women call into action chiefly the muscles of the right side of the body. It is not difficult to learn to sweep equally well using either arm, changing at frequent intervals so as to avoid throwing the entire stress of the work upon one set of muscles. The same is true of ironing and other lines of household work usually done with the right hand only. Housekeepers should understand the principles which underlie the proper culture of the body, and

should know how, when the daily work is particularly fatiguing to one set of muscles, to counteract the effect by relaxation and by exercises suited to "even up" the column of physical requirements.

Hundreds of women suffer with aching backs because their work bench, table, or range is fitted so low that in dish washing there must be constant stooping or bending of the body, of greater or less degree during the entire task. This should be obviated by having the necessary furnishings of such height as will admit of standing erect and maintaining a proper poise while doing the work.

Every housekeeper should plan to have her work table of such height as to meet her own individual needs. The regulation height at which tables are ordinarily manufactured is very commonly too low for women above medium stature. Blocks of wood placed under the table legs make a convenient way to so adjust its height as to adapt it to the worker's stature and make it possible for the worker, standing or sitting during the task, to maintain a correct poise.



Sanitarium helpers, lending a helping hand at haying, in the large field just behind the Sanitarium, at Caterham.



HOW ONE MOTHER COOKS FOR A FAMILY OF FIVE.

WE are not infrequently asked questions something like this: "I fully believe these principles myself, but how can I on your system supply tasty, economical and satisfying meals for a hard-working husband and a family of growing children with hearty appetites?"

Such questions are often best answered by actual experience. We are glad to give this month some menus and recipes, which one of our most active League secretaries, Mrs. Borrowdale, of Plymouth, has found suitable for her own family, including three sturdy, growing boys

Mrs. Borrowdale writes (in reply to our letter soliciting the recipes): "I am sending along a few simple breakfasts and dinners. They are not expensive, as you will see, but are just such as I use in my own home. Perhaps we don't use as much fruit as we might, but we are all healthy, and can work well on what we have. I can, of course, make little variations at times, using exactly the same materials for the foundation, but mixing them in different proportions, so as to produce different effects. Often during warm weather we make a meal simply of bread and butter and fruit, and enjoy it as well as anything."

Following are the menus and recipes:—

BREAKFASTS AND DINNERS FOR FIVE PERSONS.

BREAKFAST NO. 1.

Brown Bread and Butter, Date Sandwiches,
Slice of Zwieback with Hot Milk poured over.

BREAKFAST NO. 2.

Maize Porridge with Sultanas,
Nut Cream or Boiled Milk,
Brown Bread, Rolls, Fruit.

Recipe for Maize Porridge.—Have the water at boiling point sprinkle in maize meal, slowly

stirring meanwhile to prevent it getting lumpy, add sultanas which have been picked over and soaked in cold water for some hours previously; serve hot with a thin cream or milk, and nut rolls and bananas.

BREAKFAST NO. 3.

Avenola with Milk,
Brown Bread and Butter,
Zwieback,
Stewed Figs.

DINNER NO. 1.

Potatoes,	2d.
Half pound home-made Nuttose.....	4
Onions,	$\frac{1}{2}$
Nut Oil,	1
Dried Peas,	1
Brown Bread,	1 $\frac{1}{2}$
Lettuce,	1

Cost,..... 11d.

Mode of Preparation.—Soak peas over night and cook slowly in as much water as will cover them. Pour nut oil into baking dish, make quite hot, slice or mince onions into it with a little of the liquor from the peas. Let it boil for some minutes to cook the onion well, then cut nuttose in slices and lay on, over this slice the potatoes, season the gravy with salt, baste the top of the potatoes with same and bake in a moderate oven till nicely browned. Protose may be used instead of nuttose.

DINNER NO. 2.

Three-quarters pound Nuttose,	6d.
Two pounds Jersey Tomatoes,	3
Brown Bread,	2
Zwieback,	1 $\frac{1}{2}$
Rice,	$\frac{1}{2}$

STEAMED PUDDING.

Half pound Sultanas,	3
Ground Zwieback,	1 $\frac{1}{2}$
One Egg,	1
Two ounces Ground Almonds,	1 $\frac{1}{2}$
Milk,	1

Cost,

Mode of Preparation.—Cut Nuttose into cubes and place in saucepan; wash and cut tomatoes

into slices and add to nuttose with a little salt and minced onion if desired; cover with water and stew gently till tomatoe skins can be taken out readily. Boil the rice gently in water and salt as if for curry, or until the grains look flaky and separate. Serve hot with croutons of zwieback.

PUDDING.

Wash and pick sultanas, add to ground zwieback and almonds, mix well, beat up egg and milk, add to the mixture, which must not be too soft, place in oiled basin and steam two hours.

DINNER No. 3.

Three pounds Potatoes,	2d.
Half pint Haricot Beans,	2
Three-fourths pound home-made Nuttose,	6
Half pound Nut Rolls,	2½
Zwieback,	1

Cost, 1 1½

Recipe.—Soak beans overnight, and boil in sufficient water to cover them; cook and mash potatoes, season with salt (left over potatoes would do); mince protose or nuttose very fine, season slightly with mixed herbs and lay in the bottom of enamel dish, placing an egg cup in the centre; over this lay the mashed potatoes in a thick crust, make a hole over top of egg-cup, and pour in a few tablespoonfuls of liquor from beans, the top may be brushed over with nut cream; bake in quick oven till browned.

Bilson's cocoanut butter may be used in place of the nut oil, and would probably be preferable.

The home-made Nuttose referred to is quite different from the excellent article supplied by the International Health Association, but made properly is both nutritious and wholesome. These are the directions:—

Ingredients.—One and a half cups peanut butter; two and a half cups water or caramel cereal coffee.

Mix together nut butter and water. Add to this white flour enough to make a stiff batter, and a little salt. Turn into a basin, set in a steamer, and steam three to five hours. It may be put into tins with close-fitting cover, and boiled in a large saucepan.

Perhaps it ought to be said in closing that there are no dyspeptics in Mrs. Borrowdale's house. It is possible for a

person to get into a condition where these plain but hearty dishes would disagree. Such a person would do better to try something still simpler and easier of digestion. Invalid cookery is of course a little different from that required by strong, lusty, growing boys.

Now Mrs. Borrowdale has made an excellent start. We invite other mothers to give us their experiences. New recipes, adaptations of old ones, suggestions concerning the use of health foods, suggestions on cookery without the aid of such preparations,—thoughts on economy in cooking—anything in short pertaining to the kitchen will be welcome.

Autumn Outings.

Outdoor life may well be encouraged late into the autumn. When the trees have donned their bright colours, when the harvests are all gathered in, and Nature



seems taking a well-earned rest, it is good to be out under the open skies. Even if the air is a little cool, there is no danger of taking cold, if properly clothed. October picnics may be delightful occasions. A few sandwiches, biscuits and fresh fruit make a very good meal, and if desired may be followed by a cup of caramel cereal.

The accompanying cut shows a group of Caterham patients and workers about to enjoy a repast in one of the charming spots which abound in that neighbourhood.

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.

Deafness.—Constant Reader: My husband has been suffering from deafness of the right ear for five years. At night he has great ringing in the ear. Can you tell me what is the cause and what would be the remedy?

Ans.—Consult an ear specialist.

Ladies' Woollen Underwear.—T. S.: Can you recommend suitable woollen underwear for a lady who is susceptible to the cold.

Ans.—The Sanis underwear, of which particulars are given in our advertising columns, has been found eminently satisfactory by numbers of our readers who have purchased it.

Loss of Voice.—Perplexed: I have been troubled with a bad throat for a year, and was told that the vocal cords were ulcerated. The ulceration has all gone now, but the cords are thickened. Is there anything that can be done towards a cure besides building up the general health?

Ans.—If there is permanent injury to the cords, it is doubtful whether you will get back your voice. This can only be determined, however, by a careful examination of the larynx. You should consult a specialist, and he will prescribe for you.

A Cure for Swollen Veins.—W.L.C.: 1. Would you be kind enough to give me a cure for swollen veins of the ankle, caused by excessive jumping? 2. I am going in for a football match, and would like to know if running would increase their size?

Ans.—Massage the foot and leg for about twenty minutes twice daily. Do the stroking upward towards the thigh, using the a little olive oil. Take an alternate hot and cold foot bath daily. Dip the feet in a pail of hot water for about three minutes, then into cold for half a minute, and alternate back and forth five or six times, finishing off with the cold. 2. Yes, you should entirely avoid running and football matches. They would only aggravate the difficulty.

"Heating Foods"—"Overheated Blood."—F.C.P.: 1. Will you kindly inform me what is the scientific meaning of "heating" as applied to various foods, and especially oatmeal. 2. What is the real meaning of the blood being "overheated," and in what respect does it differ from normal blood?

Ans.—1. The term means that such foods are rich in fats or in starch and sugar, all of which are sources of animal heat for the body. Oatmeal, being rich in starch and also containing fat, is an excellent source from which to derive heat and physical energy for the body. 2. It probably means that the blood is overcharged with waste and effete matter, or with the normal products of digestion, in cases where more food is taken than the system requires. Of course the blood with the other tissues rises a few degrees in temperature whenever there is a fever

Stale Brown Bread; Dates; Bananas.—M.E.: 1. I am using stale brown bread. Can I use it as it is, or must I bake the slices in the oven first? 2. The dates now sold in the market are closely packed in large boxes, and have, I think, a syrup poured on them to keep them. Is it well to use them? 3. Are bananas a good fruit where digestion is weak?

Ans.—1. You can take the brown bread either as it is or made into zwieback, as suits you best. 2. The better qualities of dates are not treated with syrup; when the cheaper varieties have been thoroughly washed, they are quite wholesome. 3. Yes, as a rule, but they must be perfectly ripe.

Exercise for a Weak Heart.—A.T.: I collapsed while playing football about seven years ago and since then have had a weak heart. I suffer no pain. I believe that cigarette smoking when a lad was the direct cause of the break-down. What exercises would you recommend?

Ans.—Any exercise must be mild and graduated to suit the condition of the heart. Deep-breathing, hand, arm, and leg movements, and also a few head movements, would suit you. You can get full particulars for exercises by joining the Good Health School of Physical Culture. Have a tepid sponge bath, followed by gentle friction each morning.

Treatment of Whooping Cough—Goitre—Material for Bed-Clothing.—A. R.: 1. "What is the best way to treat whooping cough in a child of two years? 2. What treatment would you recommend for goitre in a young woman of twenty-three? 3. What is the best material for bed-clothing? 4. Is it well to sleep on the back?"

Ans.—1. All that is necessary is careful attention to hygiene and good nursing. The child should have a warm bath daily, and the bowels be kept open. The diet should be nutritious, but light, and consist largely of well baked bread and dextrinised grains and fruit. Toasted Wheat Flakes and Granose would be excellent. 2. Consult a physician about goitre. 3. Wool. 4. The right side is the position generally recommended, but there is no objection to lying on the back or the left side, if the person finds it comfortable.

Loss of Power in the Left Arm and Leg.—T.M.: "Four years ago I lost the entire use of my left arm and leg. I wish to know if you can recommend any treatment which would bring back strength into the limbs."

Ans.—Possibly by the use of massage, electricity and tonic baths, this might be accomplished. Consult a physician, who will give you instruction.

Our readers, many of whom we have had to disappoint for a time, will be glad to know that the new edition of that splendid book, "Man, the Masterpiece," by J. H. Kellogg, M.D., is now ready in all bindings. No better book for a useful and everyway desirable gift could be found. Every young man ought to have it. Full particulars given on application to Good Health Supply Department, 451 Holloway Road, London, N.

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GOOD HEALTH FACTORS.

1. Food is good when right as to kind, quantity and cooking, when it is easily digested and readily assimilated; bad, when wrong in kind, quantity or cooking; good, when it feeds the body; bad, when it overtaxes the organs, and loads the body with impurities which cause ill-health. **Suppose** your food cooked so that it really feeds the body. That were a great gain. Read No. 1 below.

2. Drink. Water often contains, and carries into the system, an abnormal amount of mineral matter ("Lime,") which impairs the digestion, clogs the system, stiffens the joints, and aggravates Gout, Rheumatism, and the like. Typhoid Fever, (Enteric), and Cholera are sometimes contracted by drinking-water that looks clear, but which contains germs of disease. **Suppose** you have pure water. That, too, were a great gain. Read No. 2 below.

3. Elimination.

Most diseases are due to effete and superfluous matter remaining in the system instead of being ejected by the organs of the body, including the skin. **Suppose** a means of truly cleansing the system. That were indeed a gain. Read No. 3 below.

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Good Health,

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

Edited by

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Port of Spain, Trinidad; and Kingston, Jamaica.

S. African Edition: Office: 28 a Roeland St.,
Cape Town, S. Africa.

It is with great pleasure we announce the fact that, beginning with the present number, we shall have a special South-African edition of GOOD HEALTH, with a cover giving announcements and particulars in reference to the various branches of our health work in that country. By this arrangement the local journal which has been conducted for some time will be discontinued, being replaced by GOOD HEALTH. We are especially happy in this arrangement because it gives us the privilege of adding to our staff as corresponding editor, Dr. George Thomason, who has general oversight of the health work in South Africa. Dr. Thomason has been closely associated with Dr. J. H. Kellogg at the famous Battle Creek Sanitarium, and is thoroughly acquainted with Sanitarium methods. He has also qualified at the Royal Colleges, Dublin, taking honours in two subjects. His monthly contributions to our columns will be of interest and value to all, but especially so to the large and growing number of our readers in the colonies. We wish him the best of success in his new field of labour, and fully expect to see the health work in South Africa rapidly take on large dimensions.

Walkerton Sanatorium, Leslie, Fife.

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

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Conducted on Food Reform principles.
Delightful location, near the chimes, pleasure
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Highest recommendations.
Accommodations,—exceptional.
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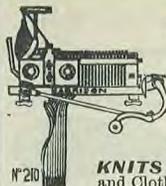
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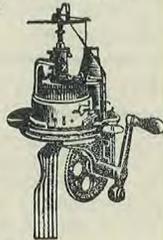
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Pressing the Bulb applies any liquid either to the scalp or hair. No Soiled



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Hands. No Exertion. Also cools the Head. By mail, post paid, 4/6. FREE WITH ORDER, Formula for Dandruff and Falling Hair. Circular Free. Responsible Agents Wanted.

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HAVE YOU PURCHASED YOURS?

We acknowledge with thanks the circular of the Walkerton Sanatorium, of Leslie, Fife. The dietary is vegetarian, and special attention is given to proper food and exercise. Full particulars may be had on application.

* *

With the oncoming of colder weather it is very possible that some of our readers may wish to try the very popular American dish, maize-meal porridge, which is rich in heat-producing elements. If so, Messrs. Bax & Son supply it beautifully fresh, as well as a lot of other excellent breakfast cereals.

* *

We cannot vouch for the "cure of cancer" published in the *Guernsey Home Journal*; but we quite agree with the writer that a pure, wholesome diet consisting mainly of fruit and vegetables and wholesome bread, or a preparation like Shredded Wheat is helpful in effecting a cure, and is probably the best of all preventives. Shredded Wheat is not quite so prominent on our hoardings as some other foods, but is a pure, reliable article, prepared under ideal conditions, and containing the whole strength of the wheat.

For Falling Hair.—Walton's Petroleum Hair Lotion will remove scurf and dandruff and help to produce a fine head of hair. Perfectly safe, pleasantly perfumed. 2/- per bottle, post free. Address, S. A. WALTON, 190 Broadhurst Gardens, W. Hampstead, London, N.W. [Advt.]

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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.

Nut Meats in Hermetically Sealed Glass Moulds. Almond, 8d. & 1/1. Banana, 8d. & 1/1. Savoury, 7d. & 11d. Tomato and Nut, 8d. & 1/3. An immense advance on tinned meats, at the same prices. Moulds allowed for on return. Full descriptive Price List on application to the manufacturer.

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84 pages, illustrated, post free, two stamps, (with copy of "Aids to a Simpler Diet," by J. H. Cook,) containing a large variety of New Goods, including a long list of new **HEALTH BISCUITS**, all free from White Flour, Chemicals, Baking Powder, Yeast, and Animal Fats. From 4d. to 8d. per lb. Sample Box, post free, 6d.

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Digestive Cereals, Pulses & Flours, from 3d. to 5d. per lb.

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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, Dundedin House, Basinghall Avenue, E.C.

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BREAD
LIKE
REYNOLDS'
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PURE,  
DIGESTIVE, 
WHOLESOME.

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GLOUCESTER.**

Order from your baker,
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Have YOU Tried
BRUNAK?

**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, Grocery 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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S. D. Bell & Co.,

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Agent for the Food Products of
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and for other Health Foods.

Canned and Dried Fruits,
Nuts, and other Specialities.

SEND FOR LIST OF PRICES.

THE interesting essay on beauty from which we quoted in our last number but one, may be had, bound in artistic covers, on application to the author, Mr. Philip Houghton, Hill Top, Chaldon, Caterham. Price 1/-

OUR readers have doubtless learned from the papers of the severe fire occurring in the works of the Messrs. D. Brown and Son, Donaghmore, Tyrone, manufacturers of the justly celebrated McClinton's Soap. The owners, whose losses were considerably in excess of insurance, have our sincere sympathy. Immediate steps are being taken to rebuild, and the firm will soon be, we trust, in better shape than ever before to supply the continually increasing demand for their unique and health-favouring soaps. Those of our readers who are unacquainted with these products would do well to send for their box of samples.

FOR our frontispiece this month we are indebted to the *Health Resort*, a recent number of which contains a timely article on "Travelling in Japan." The current issues of this magazine also contain interesting reports of the treatment of consumptives by means of open-air chalets, Dr. Reinhardt's articles on this subject having aroused very general public interest.

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An illustrated Monthly Journal for the advancement of Scientific Physical Training.

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Conducted
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GOLD MEDAL AWARDED,
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NEAVE'S FOOD

For INFANTS, 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.,
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of Health for Dublin, City and County Analyst.

"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.

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

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.

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A DIVIDEND OF HEALTH.



THE best investment of means is that which brings a dividend of health.

Much money is spent, even by those who have but little, upon articles of "food" which do not feed the body, but burden the system with poisonous waste matter.

Why waste money in this way! Rather save money and improve your health by using our **HEALTH FOODS**. They contain no adulterants or chemicals; they actually supply the various needs of the body, and build up muscle, bone, and nerve out of the right material.

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.

AVENOLA.—A choice combination of ready-cooked grains. For porridge and puddings. 1 lb. canister,.....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.—Made from best Scotch oatmeal. 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. ¼ lb. 7d.; 1 lb. 1/-

PURE ALMOND BUTTER.—All sweet, finely ground. ½ lb. tin, 1/1; 1 lb. tin, 2/-

CARAMEL CEREAL.—The perfect beverage, fragrant, healthful, and easily made. 1 lb. canister,.....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. 1½ lb. 1/4; 1 lb. 1/-; ½ lb. 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, ½ lb. tin, 1/-; 1 lb. tin, 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, brainworkers, invalids or infants.

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

Manufactured in the interests of **HEALTH** by
THE INTERNATIONAL HEALTH ASSOCIATION, Ltd.,
 Legge Street, Birmingham.

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REGENERATIVE FOOD By
AND COOKERY. W. A. & E.
 Williams.

It tells you of the quality of Food—The Combinations of Foods—How to prepare Dinners, Savoury Breakfasts, Picnic and Supper Dishes **without meats and fish.**

How to prepare Bread, Cakes, and Pastries **without yeast, barm, and chemical "risings"**—The value of Nuts and how to make Nut Cakes—How to prepare Salads etc., etc.

It is the product of many years' observation and experience in the study of Food and Cookery in relation to Health and Disease.

London: **L. N. FOWLER & CO.,**
 4 & 5 Imperial Bldgs, Ludgate Circus, E.C.

Post
 free
 1/1.

THERE are very many preparations for chapped hands and roughness of the skin, but the daintiest as well as most effective one that we are acquainted with, is Archibald's Oatmeal Cream, which is not greasy, dries on smooth, and is in every way agreeable to use. Archibald's Oatmeal Soap is also a very good product. Further particulars will be found in another column.



WE are pleased to receive the prospectus of John Foxen & Sons, hairdressers, of Walford Road, Leicester. Judging from the announcement, this is one of the barbers' shops, in which a thorough system of sterilisation such as that advocated by GOOD HEALTH is carried out. We are much pleased to notice also that the prices charged are the same as in ordinary shops; viz., shaving 1½d., hair-cutting 3s., etc.



WE are glad to learn that the International Health Association, whose preparations are so justly celebrated for their purity, nutrition, and palatability, have had a very prosperous year. Part of the time they have had to work nights in order to fill orders, and the outlook is most encouraging. Granose Flakes have made a remarkable success, not only as a food for invalids and for growing children, but as a staple article of diet for those who wish their food in the purest and most nutritious form, easy of digestion and assimilation. Bromose, Protose, Avenola, and Malted Nuts are other very popular preparations.



Great Feats of Strength are not necessarily an evidence of good health. Too often they are attended with danger, and are likely to injure the heart or some other vital organ. Nevertheless a rational system of physical culture is the best means of cultivating health. The body needs systematic exercise daily. Under modern conditions many people are obliged to lead a sedentary life. They have little time or energy for doing exercises. For such people, and for all who would train the body for health, the Good Health School of Physical Culture offers unique facilities. There is a daily programme furnished suitable to the needs of each member. No apparatus whatever is required. A stamp addressed to the Good Health School, 451 Holloway Road, London, N., will bring further particulars. [Adv't.]

Health Foods For Health.

.. THE ..

Health Food Supply Stores,

88 Great Western Rd.,
 GLASGOW.

Is the place to obtain the best foods,
as recommended in this journal.

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-
 NUT BUTTER, etc.



Orders of 10/- and upwards carriage
 paid to all parts in Great Britain.

"There's magic in the web of it."—Shakespeare.

KNEIPP-LINEN

MESH

UNDERWEAR.

A PURE LINEN MESH.

Strongly recommended by the medical profession as the most healthy and comfortable Underwear. Being porous it allows the skin to breathe, and preserves the natural heat of the body.

Prevents Colds, Chills,
Rheumatism, Eczema.

Sold By Leading Hosiery and Drapers.



Explanatory booklet with samples and name of
 nearest Agent post free from

Kneipp-Linen Depot,
 2 MILK STREET, LONDON, E.C.

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"KOMPLXSHN."

A Skin Soap made from Pure Olive Oil, without any Alkali or Fatty Substance.

This is a **PERFECTLY PURE SOAP** which is not only negative in its application—that is, not only not injurious—but positive, in that it has curative antiseptic properties. Nothing better for the **Complexion, Chapped Hands, Teeth, the Nursery, Bath, Shaving, Sick-Room, &c., &c.**

- No 1.—For all Purposes, without Colouring Matter.
- " 2.—Free Lather,
- " 3.—Free Lather, extra Scented, | Vegetable Green.

4d. per Tablet, Post Free, 5d. Box of 3 Tablets, 1 -,
Post Free, 1/3. 4 Boxes, Post Free, 4/6.

"KOMPLXSHN," 48 Navarino Road, Hackney, N.E.
Proprietor—ELIJAH REED.

. . THE . .

F. R. Restaurant,

4 Furnival Street,
(Opposite Prudential Buildings.) Holborn, E.C.

Is the most advanced Vegetarian Restaurant in London. Nut preparations and various Health Foods always on the Menus.

1/ = Ordinary Three Courses and Lemonade.

The finest Sixpenny Teas in the kingdom, served after 8.30.

Ladies' and Gentlemen's Lavatories.

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

The strike of 50,000 men in the meat trade need cause you no anxiety, in so far as the supply of meat is concerned, for there is a meat in existence that has no dependence upon the animal world for its supply. That meat is

Protose, The Vegetable Meat.

WHY incur the risk and extravagance of "tainted" meat, or enrich grasping "Beef Trusts," when in **PROTOSE** you can have pure, fresh, wholesome meat from the best vegetable sources? **PROTOSE** is palatable, possesses a mild, meaty flavour, is slightly fibrous like tender chicken, has none of the tissue-poisons that always abound in animal flesh; yet, as the "Lancet" analysis states, "Chemically, it presents the composition of animal tissue, beef or mutton." **PROTOSE** is prepared from the best grains and nuts, and is perfectly cooked. **TRY IT,** and we will guarantee to satisfy you. It tastes good, promotes health and vigour, and imparts great staying power. **PROTOSE** is put up in three sizes of sealed tins. In the case of **PROTOSE** no dangers are involved by the use of tins.

PRICES :	
3lb. tin, 8d.	1 lb. tin, 1 -
1 1/2 lb. tin, 1 4.	Postage Extra.

Order of our Agent, or direct from us, and we will give you the name and address of our nearest Agent.

The International Health Association, Ltd.,

Legge Street, Birmingham.

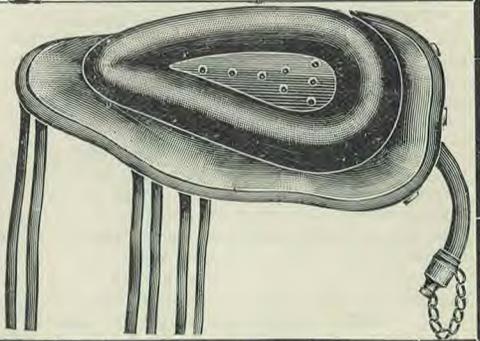
COMFORT CYCLIST.

Our PNEUMATIC SADDLE COVER

Is made for either Ladies or Gents, and will fit any saddle. Easily attached by hooks and tapes. A comfortable saddle is absolutely essential if you wish to enjoy your ride. Our PNEUMATIC COVER meets all requirements, as it makes any saddle as soft as an AIR CUSHION. YOU will never regret buying one, as you will be able to ride far greater distances without becoming tired or saddle sores. This cover has been RECOMMENDED by EMINENT MEDICAL MEN because it is ANATOMICALLY designed, reducing the vibration and shocks felt in riding, to NIL.

Note the Price, only 3 6 per post.

Sole Manufacturers
PNEUMATIC SADDLE COVER Co., Dept. M,
Birkbeck Works, Birkbeck Rd., Kingsland, London.
P.O. must accompany order. Kindly mention this paper.)



In answering advertisements kindly mention "GOOD HEALTH."

LOOKING FORWARD.

FOLLOWING are a few of the subjects that will be taken up in our next number:—

- "Vegetarian Dyspeptics."
- "Tobacco as a Disinfectant."
- "The Feeding of Children."
- "The Olive Orchards of California."

Other articles of interest will be a sympathetic, helpful contribution by G. C. Tenney, editor of the *Medical Missionary* entitled, "The Home," and other short contributions dealing especially with the care of the health at the opening of the colder season of the year.

There will also be quite a full setting forth next month of our Good Health League work containing extracts from members' letters, etc.

JUST OUT.

MRS. E. E. KELLOGG'S monumental work on hygienic cookery. The new edition has a number of new recipes, and is beautifully illustrated with large half-tone engravings, showing most clearly the exact process of making unleavened breads of various kinds, and of preserving fruit, etc. We have no hesitation in claiming for Mrs. Kellogg's book that it is by far the largest, most complete, and scientific setting forth of wholesome cookery in the English language. The volume is beautifully and most effectively illustrated, well printed in clear, plain type, and strongly bound in oil-cloth. It contains nearly 500 large octavo pages.

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LITERARY NOTICES.

THE August number of the *Vegetarian* contains an interesting account of last summer's Vegetarian Congress. "Simplicity of Living" is discussed by Alexander Crichton, who pleads for less elaborate cookery, with a view of saving time and energy. We quite agree with him. The *Vegetarian* always has a lot of interesting things to relate concerning the progress of the movement, and merits a large circulation.

"JAPAN'S Message to the Nations" is the title of a strong editorial in the July *Herald of the Golden Age*. Mr. Sydney Beard points out in his vigorous, effective manner some facts as to training and national health habits which underlie the remarkable efficiency of the Japanese. Robert Perks, M.D., has a most valuable article entitled "Medical Notes About Fruitarian Diet." There are a lot of other matters of much interest, making a very readable number of a magazine which is always interesting and which touches the high water-mark in respect of literary make-up.

"Fruits, Nuts and Vegetables; Their Uses as Food and Medicine." By Albert Broadbent, F.S.S., F.R.H.S. Price, 3d. net. To be obtained of the author, 19 Oxford Road, Manchester.

This is a work of some 65 pages discussing diet questions of general interest to everyone of our readers. The author is a well known writer on dietetics, and this new product of his pen is a welcome addition to the literature devoted to the all-important matter—our daily food. Naturally there are some minor points in which we and the author do not agree, but this does not seriously detract from the large amount of helpful information contained in this interesting work, for which we anticipate a large sale.

"Dangers in Food," by the same author. Price 1d. A thoughtful and very informing paper on the presence of *parin* bodies in foods and their probable effect on the general health. It includes a valuable table showing the amount of these bodies in various common articles of diet.

"Regenerative Food and Cookery," by W. A. and E. Williams, Bronallt, Sketty, R.S.O., Swansea. Price 1s.

We are pleased to welcome this useful little work of about 90 pages, dealing in a simple, practical way with the problems of every-day cookery. The authors follow for the most part the principles advocated by GOOD HEALTH. Irritating condiments are condemned (although ginger and cloves are admitted into recipes), conservative cooking of vegetables is recommended, and fruits and nuts come in for considerable attention. Natural, simple, abstemious living is held up as the ideal, and helpful advice is given on many points, including the making of unfermented breads. We heartily endorse all that is said as to the value of the steaming process, but we think that the frying-pan might be discarded without any great loss, and in most cases with very distinct gain to the health.