



BATTLE CREEK SANITARIUM NURSES.

Good Health

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

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Editorial Chat.

Shell-Fish and Typhoid.—In a late number of the *British Medical Journal*, Dr. J. T. C. Nash, D.P.H., proves by an imposing array of evidence that shell-fish are the cause of typhoid fever. He quotes Dr. Buchanan as finding by a careful estimate that a cockle he examined bacteriologically contained no fewer than 3,000,000 virulent typhoid organisms. The very small nutritive material afforded by the shell-fish is entirely out of proportion to the risk of using it as an article of food.



Prevention Better than Drugs.

—Preventive medicine is clearly occupying in an increasing degree the attention of our foremost physicians. Thus Dr. Henry Maudsley, consulting physician to the West London Hospital, lecturing on "Medicine, Present and Prospective," at the recent meeting of the Medical Association, said among other excellent things: "Thinking on the many risks of self-poisoning and on the exact chemical agency requisite to counteract each of them scientifically, it seems a lawful conclusion that more medical good will be done for the most part by simple and general measures to keep the body in health and strength than, according to Voltaire's witty sneer, by pouring drugs of which we know little into a body of which we know less."



Extraordinary Prevalence of Tuberculosis.

—"If general practitioners had the time or energy to go thoroughly into the histories and to examine the chests

of most of their patients," writes Dr. Vaughan Pendred in the *British Medical Journal*, "they would be astonished at the extraordinary prevalence of tuberculosis." At the same time, the disease, in his opinion, is not ordinarily fatal. "Under fairly favourable conditions the great majority of consumptives 'get along well.'" No doubt very much depends upon care and intelligent nursing. Proper precautions being taken in disposing of the sputum, there is absolutely no danger of communicating the disease. Hence there should be no foolish fear of housing a consumptive.



Malodorous Public Buildings.

—Why are churches, halls, lecture-rooms, and other public buildings so wretchedly ventilated? We attended a political gathering some weeks ago on a particularly warm evening. The hall was full to overflowing; everybody was sweltering, and yet the tiny panes of glass in the middle of the leadlight windows on either side were only opened about one-third. The air was unfit for a dog to breathe. Nevertheless the highly intelligent gentlemen composing the committee in charge never gave one thought apparently to the need of oxygen. It is our firm belief that the health of more than one of our great political or religious leaders has suffered severely from being compelled to speak time after time in such a poison-laden atmosphere. If our leading campaigners should stipulate that they would not speak except in decently ventilated halls, they would do a real service to their audiences, as well as prolong their own usefulness.

Better Conditions for School-Children.—Sir John Gorst, M.P., in a speech at the Hanley Trades' Congress, said that in Germany the children were medically examined on first entering school, and this examination was repeated year by year, the ailing children being treated with the greatest care. In many cases such children were taken to the pure air of the country in the morning, and at night brought back to the towns. He thought that as a nation we had been neglectful of the health of our poor people. We entirely agree with him, and believe that our educational system needs to be remodelled with a view to training the youth both physically and mentally for the real duties of everyday life.

Has Alcohol Had Its Day?—

Thoughtful students of the trend of public opinion must have noticed with a good deal of interest, the rapid accumulation of scientific evidence against the use of alcoholic drinks. Even the *London Times*, that stronghold of conservative opinion, thinks that "according to recent developments of scientific opinion, it is not impossible that a belief in the strengthening and supporting qualities of alcohol will eventually become as obsolete as a belief in witchcraft."

Again we read:—

"The whole question really turns upon the consciousness that alcoholic drinks satisfy some kind of temporary want, or produce some temporary comfort or exhilaration, coupled with a belief, which modern physiology is doing her best to dispel, that they are at least essentially harmless when consumed in moderation. It may be stated as an opinion upon which most, if not all, physiologists are agreed, that *alcohol contributes nothing to the permanent powers of the healthy organism, whether physical or intellectual.* No man, it is said, is the stronger for taking it, and no man is the wiser. The experience, now very extensive, of insurance offices seems to place it *beyond doubt that even the moderate regular use of alcohol, in any form, is, on the whole, contributory to the shortening of life.* When these views come to be fairly balanced against tem-

porary gratification of the palate, or temporary stimulation of the brain, they will be likely to lead, not to a single 'wave' of sobriety, but to a gradual change in the habits of the more intelligent portion of mankind." (Italics ours.)

Larger Work for Temperance Organisations.

—Commenting on these statements of the great journal, the *Daily News* significantly remarks: "There is hope indeed, when Saul is found among the prophets." The situation is certainly hopeful; and now that the ordinary press is beginning to give a sort of tardy justice to the alcohol question, it behoves avowedly temperance organs to enlarge their field of operation, and educate the public in reference to the harmfulness of tobacco and other narcotics, not even sparing the strong stewed tea, which is coming to be a daily beverage in thousands of working-class families. Then there are the patent medicines for which all sorts of ridiculous and fraudulent claims are often made. These so-called panaceas not only contain morphine or other forms of opium, but as high as thirty or forty per cent. of alcohol, and in the opinion of many physicians, lead directly to the formation of an appetite for alcoholic stimulants. We look for the day to come when the *Daily News*, which has nobly excluded alcoholic drinks and betting news from its columns, will refuse to let them be used by the vendors of patent medicines, and thus throw the weight of its enormous influence against one of the most obnoxious and health-destroying businesses of the day. In our opinion the case against these nostrums is even stronger than that against alcoholic beverages, because in taking them one gets alcohol and other even more dangerous narcotics entirely unawares, as it were, and all unconsciously forms an appetite for stimulants, whereas in the case of buying alcoholic liquors one at least knows what one is getting. Certainly drugging oneself with patent medicines rich in alcohol is inconsistent with total abstinence principles, and the cunningly worded advertisements, written to catch an unwary public, are not worthy of publication in our best journals.

THE FATHER OF NOBODY'S CHILDREN.

THE cause of Christian philanthropy has suffered a most severe loss in the death of Dr. Barnardo, whose name has been a household word for a whole generation, and whose heroic zeal and energy in the discharge of his colossal task, have won for him the gratitude of a nation. At this time of bereavement let us not forget that though the man has passed from our midst, his life work, as a sacred trust, remains with us, and the best recognition that can be given to the great founder's memory is a generous, whole-hearted support of the beneficent institution which he established.

We call the Homes an institution, but it is hardly fair to use such a term, for the family feeling that everywhere pervades the place, the personal interest taken in every boy and girl, the opportunities given each to develop along those lines best suited to his individual needs, make it in every sense of the word a Christian home.

Dr. Barnardo's medical training was doubtless a great help to him in understanding the nature of children, and planning an institution which in its combination of the best methods of scientific child culture, with the influences of a model Christian home is absolutely unique. The training given these poor, destitute waifs is one that

might well be envied by many children of rich parents; for it is thoroughly practical; it holds up high ideals, and it is adapted to the needs of each child.

That a national charity so nobly conceived and so effectively realised should want funds in prosperous England, seems hard to believe, and yet it is unfortunately true that the closing days of Dr. Barnardo were somewhat saddened by the fact

that a heavy debt hung over the institution he had given his life to build up. Surely his friends, including no doubt many readers of *GOOD HEALTH*, will not fail to do their utmost to relieve the Homes of this embarrassment.

Dr. Barnardo belongs to that little band of noble men and women who gave their all for the very highest ideals. His name will be remembered with those of Shaftesbury, Howard, Wilberforce and Florence Night-

ingale. He has rescued more than 60,000 boys and girls from our slums, and has given them a chance in the world. Truly it can be written on his tombstone, "He was a rescuer of little children." No nobler work could engage the whole-hearted devotion of a great soul. The cause of humanity is incalculably richer for having had the services of such a man, and though dead he yet speaketh.



*THOMAS J. BARNARDO, F.R.C.S., ED.

AT A SURREY HYDRO.

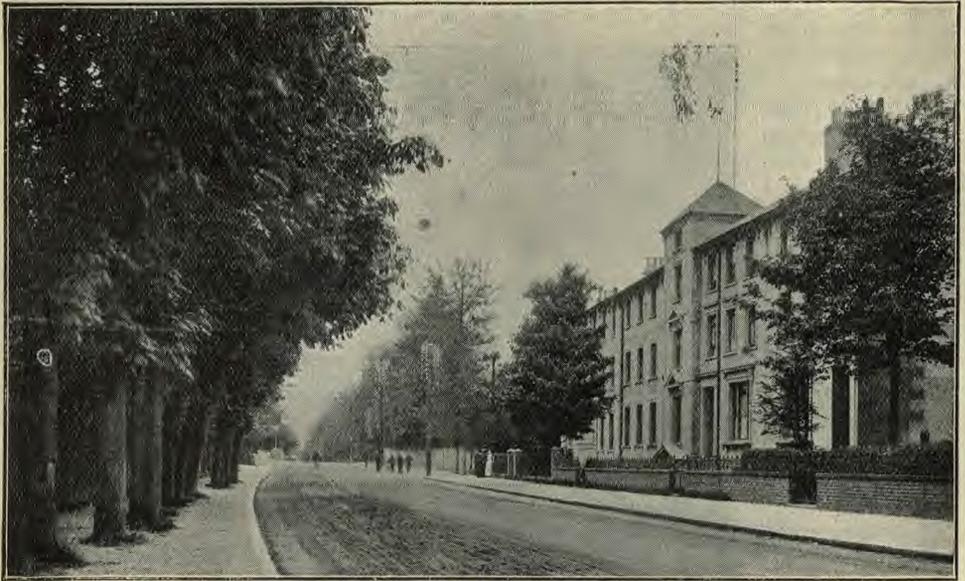
The Science of Healing and How It Works.

IT was no sudden accession to Dutch courage, writes a special correspondent of the *Harrogate Times*, that inspired me to write to the Surrey Hills Hydropathic Establishment, Caterham Valley. I had been a constant reader of that admirable little monthly journal GOOD HEALTH for the past two years, and I was extremely anxious to make a short stay in one of

An Ideal Position.

The position of the Hydro is ideal. It is practically surrounded by beautiful woods and exquisite country lanes, to which the stranger seems to have fine access.

Stranger, if thou hast learned a truth which needs
No school of long experience, that the world



THE SURREY HILLS HYDROPATHIC.

their sanitariums. These health establishments are branches of the famous Battle Creek Sanitarium, and looking back over my short stay in the Surrey Hills Hydro, I have nothing but the highest praise for the way in which they are conducted. There are three such Hydros in the British Isles—Caterham Valley, Leicester, and Belfast—and I understand they are all carried on on the same lines.

If it is a restful holiday you require, I can thoroughly recommend Caterham Valley, and if you really desire to return home better than you were when you set off, you could not do better than give the Battle Creek system of living a fair trial.

Is full of guilt and misery, and hast seen
Enough of all its sorrows, crimes and cares
To tire thee of it, enter this wild wood
And view the haunts of nature. The calm shade—
Shall bring a kindred calm, and the sweet breeze—
That makes the green leaves dance,
Shall waft a balm to thy sick heart.

Ay, that it will. William Cullen Bryant, the American poet, might have been in one of these Surrey woods when he was inspired to indite these lines. The rest cure is to be had here in very truth.

And if this may be said of outside conditions, what may not be said of the inside—how have we to describe the interior of the Hydro and its everyday life? What strikes one more than anything else is the extreme simplicity of the life that is led.



PATIENTS EXERCISING ON THE LAWN.

Much is said now-a-days of the return to the "simple life." Well, here you have it right at your hand. Simple, and yet so very wholesome; so very effective in its working that you ask why it is not more popular. The answer is that its very simplicity causes it to be overlooked.

Here first things are dealt with first. It may be safely said that the majority of illnesses are due to errors in diet. Here the resident physician takes your case in hand, and it is dealt with as though it were the only case he had in the world. You are put on a special diet, you undergo special tonic treatments—baths and so forth—and you dine at the same time and at the same table as the doctor. Now, with all due respect to Harrogate, this is not done here. I ask the question: Is diet considered at all? I have seen exceedingly heavy fees paid to medical men whose sole object has been to rid the system of the poisons set up by over-feeding on a wrong diet, and yet the patient was partaking from menus diametrically opposed to the medical treatment.

A Fleshless Diet.

But this is not so at the Surrey Hills Hydro. Animal flesh, in the shape of

butcher's meat, never enters the place, and tea is not kept on the premises! And yet people who enter the establishment as physical wrecks, leave it, after due treatment, like unto giants refreshed. The diet here is reduced to a science: it is a matter of education, and it is an education you acquire, and that without your being aware of the fact.

And then, the spirit of good fellowship that prevades the whole establishment! You may feel a little shy and nervous when you sit down for your first meal, but you are not allowed to remain long in this uncomfortable condition. The superintendent sits at one end of the table; his good wife at the other end; introductions take place, and before you are really aware of it, you are drawn into some argument raised from the morning paper. The serving maids, too—bless their bright, happy faces! They know you are strange, and they therefore pay particular attention to you. They point out this and that article of food; the superintendent recommends this,



A GLIMPSE OF THE GARDEN.



CORNER OF THE DINING ROOM.

his wife that, your neighbour something else, and you rise from the table thoroughly satisfied with yourself, and feeling one of the large family.

The Daily Programme.

Say you have risen at the sound of the gong, viz. 7.30. Of course, there is nothing to stop your rising at six. But suppose you keep your bed till 7.30, you have just time for your bath and to get down to the drawing-room in time for prayer, a few minutes to eight. Fifteen minutes later sees you at breakfast; and the inner man being satisfied, if you feel inclined, you repair to the gymnasium at nine to participate in Swedish gymnastics.

The ladies' bath hours are in the fore part of the day, and the gentlemen's in the latter part, and feeling yourself free either in the morning or afternoon you just please yourself what you do. If you wish to take it easy, you get an attendant to fix a hammock for you in the gardens at the back, and here you can recline in the sun and read to your heart's content. Or, should you prefer the grass, well, there are goodness knows how many acres of rising slope, and personally I want nothing better. On the other hand, should you be actively inclined, then you join a party who are going for a walk. All you have to remember is to be back at the Hydro by 1.30, for dinner is laid for 1.45.

"Dinner," I hear someone snort in disgust. "What sort of a dinner can it be without meat or Yorkshire pudding, with good rich gravy?"

I repeat, dinner is laid at 1.45, and a splendid, satisfying repast it is. Moreover, it is tasty: indeed it is a revelation as to what may be done without meat and rich meat gravies. On this question of diet there is always this to be borne in mind: Every ounce of food that is consumed has an effect for good upon the system. This is the grand secret of this method of feeding. There is no crowding the stomach with unsuitable food; taxing the organ to its utmost capacity and yet doing the body harm instead of good.

Early to Bed, etc.

The evening meal is timed for 6.30, and three hours later the retiring gong is sounded, and, early as this hour may appear, you are ready for your couch. Take the word of one who has tried it— one who has been in the habit of retiring:



THE ELECTRIC LIGHT BATH.

on the stroke of midnight, who had been accustomed to taking tea four times a day—I tell you it is an experience I thoroughly enjoyed.

I could tell you of the impromptu concerts in the drawing-room, of the interesting, not to say absorbing, discussions on sundry topics, of the helpful health lectures given twice a week by the doctor; I could enlarge upon the sport in the gymnasium, of the croquet contests on the lawn—I feel I have much more to write about, but space is almost full.

What little I have left I will devote to the bathing establishment. This is situated in the basement, which is well lighted

and most comfortably fitted up. On admission, if you have come for treatment, you are carefully examined by the doctor, and your course of treatment is set forth. All the necessary tonic baths are here at hand. There is the electric massage, electric light, Turkish, electric water, needle and shower, high frequency, etc., etc., baths, salt glows, oil rubs, and packs of every description. You want for nothing; and these, taken under medical supervision, in conjunction with the approved diet, and the magnificent country surroundings—

Exhilarate the spirit, and restore
The tone of languid Nature.

THE PHYSICAL IMPROVEMENT OF THE NATION. PART III.—A Modern Utopia.

BY M. ELLSWORTH OLSEN.

SOMETHING was said last month on the housing question as it affects the health of the nation. Leaving out of consideration for the present the wretched home conditions of the lowest labouring classes, those out of work perhaps a good share of the time, and crowded into quarters entirely too small for their accommodation, it will probably be admitted that factory hands live in as unideal homes as one may well find. What bare, forbidding rows of ugly tenements, with their cemented, prison-like courtyards, or tiny bit of ground scarce big enough to turn round in, and nothing but the street with its noise and dirt and its many temptations for the children to play in! Again, what gloomy, dingy, unwholesome buildings many of our factories are! How hard and toilsome must it not be for men and women to spend long hours in such spirit-deadening surroundings, and then return at night to a home which for all practical purposes might as well have been a little corner of the factory itself!

And yet, when philanthropically inclined persons call attention to these growing evils, they are met with the assertion that they cannot be helped—that the labouring classes have no appreciation for aesthetic beauty anyway, and to expect to bring about essentially different conditions is Utopian folly.

In truth, it is nothing of the kind. The labouring classes respond with remarkable readiness to real efforts to alleviate their hard conditions. Of this, Bournville is excellent proof. We visited this thriving community the other day, and spent a most enjoyable afternoon walking about its well-kept streets and open places, admiring the pretty cottages surrounded with pleasant gardens, and noting with joy the happy, intelligent faces of the villagers.

There was nothing suggestive of a nineteenth century factory town as we have learned to know it. Overcrowding is non-existent. Even the much vaunted gospel of utilitarianism does not rule in this village, but in its place grace and beauty are everywhere manifest. The trim cottages nestling in well-kept gardens have a sweet, home-like repose about them that takes one back to an older time, when the mad rush for wealth was not known. The very architecture conveys an impression of thoughtful, painstaking work, and of a delight in beauty of the quiet, unostentatious kind. Nor is picturesque beauty expected to take the place of more substantial merit. Inside, the houses are both pleasant and commodious, as well as supplied with all the modern conveniences.

We would fain linger to describe the rural charm of the place—the magnificent prospects opening up on every side, the

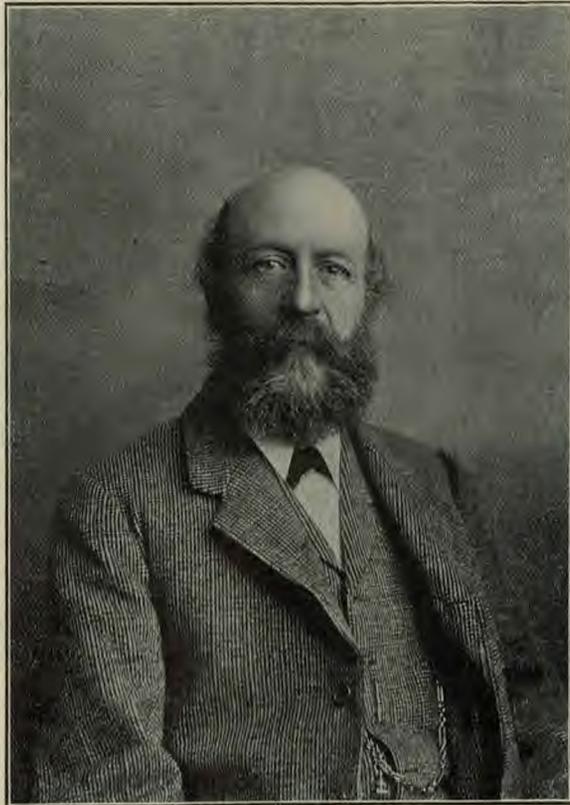
care which has been taken to preserve and enhance all the artistic advantages of a part of country especially rich in them: but we must go on to tell something about the factory itself and the principles upon which it is run. Meanwhile, it may be said in passing that the village of Bournville, while it owes its existence to Mr. George Cadbury, has been handed over to a trust, the Bournville Village Trust, by whom it is administered, this securing its perpetuation and extension along the lines upon which it has been founded. This magnificent gift to the nation consists of 458 acres of land, only 100 acres of which have been laid out to building. As the work is extended, the income will naturally increase, and it will be possible to start similar enterprises elsewhere by means of the money thus realised. The

rents of the cottages run from 5/6 per week, (including rates), to 12/- not including them. A majority of the present tenants work in the factory; but some come from Birmingham, and the advantages of the place are open to all. Needless to say, the cottages are filled as rapidly as built, and applications are pouring in from many quarters.

Turning now to the factory, we find that it employs 4,000 people. The working hours are short, the conditions ideal in respect of light, cleanliness, and ventilation,

and the comfort of the hands is efficiently seen to. When mealtime comes, the employees go home if they like; but probably the vast majority patronise the generous dining-rooms, with separate quarters for men and women, where wholesome, well-prepared food is supplied at cost prices. In the morning the men's dining-room is

turned temporarily into a chapel where a brief service is held. Who can doubt the hymns of praise are doubly acceptable in a place where Christianity as a vital principle in business is so loyally adhered to? The magnificent dressing-rooms were shown us, where the employees lay off their outer clothes, and don the clean white garments provided for use in the factory. Here also are excellent facilities for making one's toilet, personal cleanliness being evidently one of



GEORGE CADBURY, ESQ.

the firm's fundamental principles. This becomes evident when the reader is told that the rules provide for a weekly warm bath for each employee which is to be taken during working hours, in the splendid bathing establishment hard by, where warm private baths, and spray baths of all kinds vie with a superb swimming pool in attracting the patronage of this fortunate family of workers.

Then there are the recreation grounds—fourteen acres for men, and twelve acres for the women and girls—laid out with no

little artistic skill, and well provided with facilities for healthy games of all kinds. Gymnasiums for both sexes, an open-air swimming-pool, regular instruction in physical culture, lectures on timely subjects, skilled nurses, and a qualified physician in attendance all the time, a beautiful quadrangle of cottages for the aged who are not able to work—these are some of the

children in relays of fifteen are entertained for a fortnight at a time through the summer, and in winter Salvation Army officers in need of rest. It was a sight to make the angels rejoice to see these poor city girls and boys enjoying their rightful heritage of field and woods, and games in an old barn, and pets, and all the other rich endowments of country life even for a



BOURNVILLE COTTAGES.

other features of this great business which can merely be mentioned in passing. Is it to be wondered at that these employees treated as they are, enjoy far better than the average health in a factory community—that the death rate in Bournville is less than half that of Birmingham, while its birth rate is gradually increasing, and that its people find they can be merry without a single public house in the place?

One more institution of Bournville we cannot help mentioning, namely, the house known as "The Beeches," a commodious homelike building in the outskirts of the village, and overlooking a beautiful stretch of country, where Birmingham poor

fortnight. We were not surprised to learn from the sweet-faced, motherly matron that they not infrequently gain ten or twelve pounds during their stay.

It need only be said in conclusion: Such things make very materially for a nation's health; and we know of no way in which our great captains of industry can invest money to better advantage than in providing wholesome and beautiful surroundings for their employees. All honour to Mr. George Cadbury for his practical Christian philanthropy which is all the more excellent because it is done on strict business lines, thus leaving its beneficiaries absolutely free and independent.

JUVENILE SMOKING.

BY GEORGE THOMASON, M.D.

THE free use of tobacco seems to have become so universally prevalent that apparently little thought is given to the matter save that it yields momentary pleasure. This relic of barbarism has gained such a foothold upon all mankind that a non-smoking man is at once sized up as "a bit queer." We take it as a

There is, however, one element that seems to be attracting some attention, and that is the awful prevalence of tobacco using among juveniles. Few men will admit any harm resulting from their use of tobacco; but all are convinced of its deteriorating influence upon those of young and tender years. The very evident in-

jurious effects of tobacco upon the young is to some extent rousing men to the necessity of taking active steps toward stemming the tide of physical deterioration bearing down so rapidly upon the youth. It would be so manifestly inconsistent for most fathers to labour personally with their sons as to the harmful physical effects of tobacco-using that the only recourse in the matter is to the law. By this means it is hoped to make it difficult or even impossible for boys to secure the requisites of smoking.



"THE BEECHES."

matter of course that seven out of nine of the coaches composing our railway trains are labelled "smoking"; we accept as a necessary evil, and scarcely without a protest, the vitiating of the air we breathe with nauseous tobacco fumes. When contributing of their means to the support of starving families, few remember that the full tobacco pouch in the father's pocket is often in part at least an explanation of the empty stomachs of the children; but this must be true when more money is spent for tobacco than for bread.

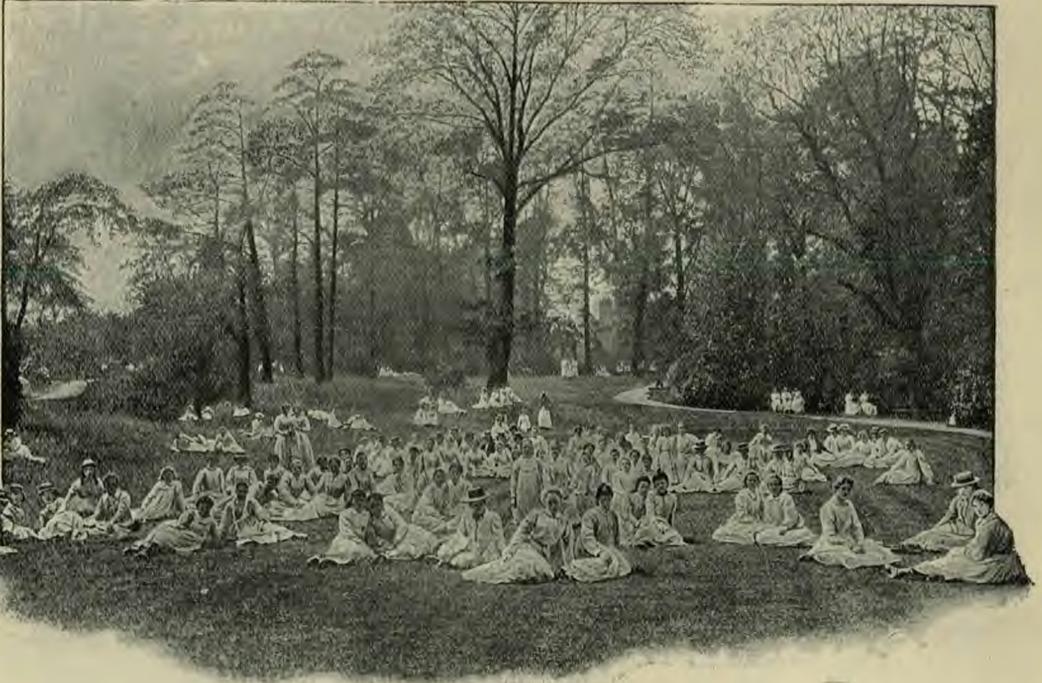
In harmony with this policy, just before the close of the recent session of the Cape Colony Parliament, an Act was passed entitled "The Youths' Smoking Prevention Act." By the enforcing of this Act, it will

become impossible for any person under sixteen years of age to secure tobacco, cigars or cigarettes without an order signed by the parent or guardian of such person. The Act also empowers any teacher to take from pupils any smoking requisites they may find in possession of students under the specified age. Contravening of this Act is punishable by a fine not exceeding £5, or imprisonment not exceeding one month.

This is surely a step in the right direction, and if the measure is found to be a

workable law, there is considerable hope for the men of the next generation in this Colony. If a boy is restrained from forming the smoking habit until he is sixteen, especially if he is brought to know that it is a pernicious habit which can only do him harm and not good, a habit which will inhibit his growth and development physically and mentally, the chances are that he will never be so foolish as to contract the habit after the age mentioned.

harmful. Occasionally they will admit, when smoking to excess, that they must "let up a bit," but they fail altogether to recognise the insidious working of the poison in their systems. We live this life but once, and no two persons being exactly alike, we are unfortunately left without any means of comparison as to what any individual might have been had he led an absolutely consistent physical life. Men continue to reason that their fathers, many



GIRLS' RECREATION GROUND.

One thing which will seriously interfere with the successful carrying out of this law will be the difficulty the fathers will experience in trying to impress the moral and physical phase of the question upon their sons. What father could consistently seek to impress upon his boy the awful consequences of smoking when his boy sees so often a pipe between his own teeth? No more could he do it than he could hope with cursing and swearing, to impress upon his boy the wickedness of profanity.

But few men will be persuaded for themselves that tobacco "used in moderation" is

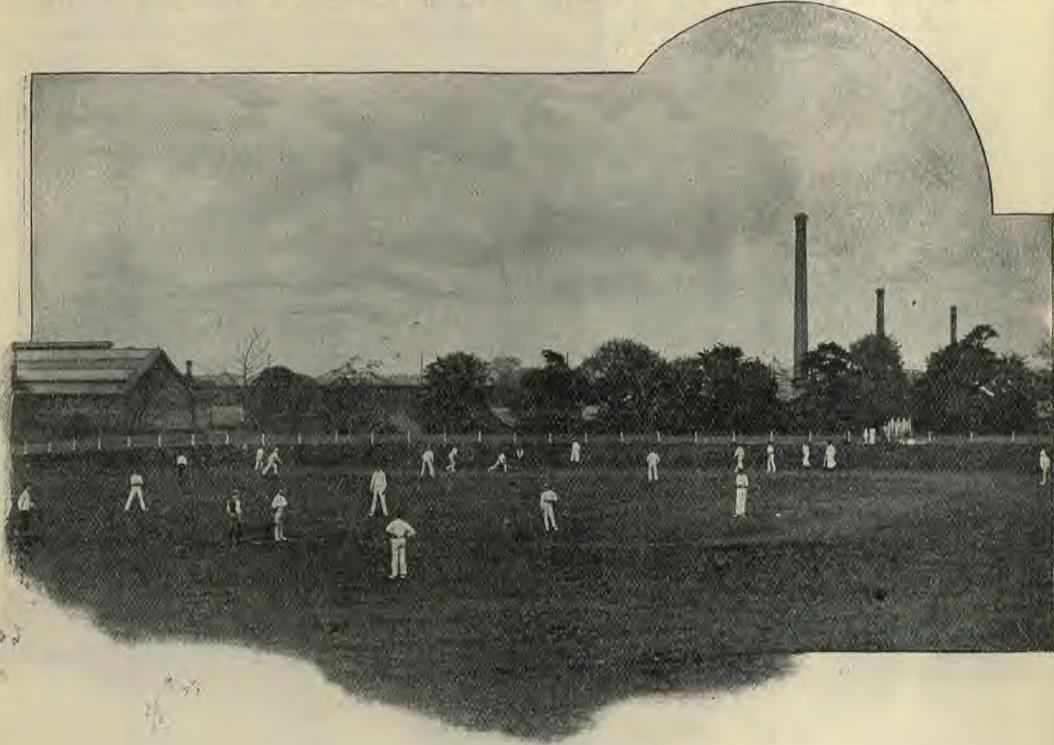
of them, smoked from boyhood, and in spite of it lived to a ripe old age. But the real question is as to what are the probabilities that these sons who smoke will live to attain the age of their fathers who smoked. And while there may have been a "survival of the fittest" of these sons of smoking fathers, what about the thousands who did not survive more than a year or two of life, or who perhaps having lived, survive only to join the ever-increasing class of mental defectives who have such a legacy transmitted to them from a tobacco- or alcohol-loving parent. The evil habits

of parents cannot be indulged by the children who hope, other things being equal, to survive to the age of their parents.

No unnatural habit can be indulged without the expenditure of vital energy, the loss of which sooner or later will be felt. The pallor of the skin, the palpitation of the heart, the nausea and vomiting, almost universally experienced by begin-

among cigarette smokers. The staining of the fingers is only an exaggeration of the general discoloration of the skin, which is an evidence of the disordered state of the liver.

The life is in the blood, according to Holy Writ. The entire quantity of blood passes through the lungs three times every minute to secure a renewal of its life-



MENS' RECREATION GROUND.

ners of the tobacco habit, loudly emphasise the rebelling of Nature against this poison, and repetition of these experiences clearly indicate that it is only under strong protest that the body finally establishes a tolerance for the filthy weed.

The depressing effect of tobacco upon the muscular system is fully recognised, as evidenced by the fact that any athlete in training for a contest of physical endurance is absolutely denied tobacco. Tobacco blindness, tobacco heart, smokers' sore throat, and cancer of the lip from smoking, are all well recognised disorders. The characteristic yellow skin of the tobacco devotee is always in evidence, particularly

giving power from the air breathed. Tobacco-laden air furnishes poor facilities to the blood in carrying forward its important work of nourishing the various tissues of the body. Thus tobacco, by diminishing the natural defences of the body, lays the foundation for disease processes to gain a foothold in the body and helps materially to account for the increase of insanity and various nervous disorders, as well as the growing death rate from cancer, tuberculosis and other organic diseases.

Any legislation looking toward lessening the extent of this growing evil ought to be welcomed by all persons interested in the future well-being of the race.

ECZEMA: ITS CAUSES AND TREATMENT.

BY ALFRED B. OLSEN, M.D.

SALT-RHEUM and Moist Tetter are popular names for Eczema, a Greek term which literally means *a boiling out*. This is the most important as well as the most common of skin diseases, comprising about half of all cases.

Eczema is a widely distributed disease. It attacks all classes of people at any age, although children and the aged are more susceptible. Both sexes are equally affected.

Eczema Defined.

Eczema is a non-contagious inflammation of the skin accompanied by redness, itching, and more or less thickening of the skin. It may be either acute or chronic, and in any case it is very obstinate to deal with. The character and general appearance of the eruption vary enormously according to the stage and variety of the disease.

At first there are mild, red patches with slight scaling and burning sensations. The popular form is distinguished by minute elevations of the skin called papules. These may change to vesicles in time, which on breaking present the characteristic moist, weeping surface. In both of these forms the itching is intense, and often almost unbearable.

If the vesicles become filled with water, they are called pustules. When these rupture, a thick yellow crust is formed which is more or less moist. The pustular variety is not so intensely painful as a rule.

Eczema of the scalp is characterised by irregular red patches, and is accompanied with a good deal of scaling.

Predisposing Causes.

We may consider the causes under two heads, general or predisposing, and local or exciting. In considering the causation of eczema we must bear in mind that it is a constitutional disorder, and not a mere local affection. General debility is undoubtedly at the bottom of many if not most cases. The system is run down, the bodily defences are weakened, the nutrition of the skin is interfered with, and under

such conditions eczema is likely to develop.

It is well recognised that a gouty or rheumatic tendency predisposes to eczema, and one often hears of gouty eczema. This being so, diet becomes a matter of much consequence. Tea, coffee, and flesh meats should be avoided, and only such food taken as will be free from injurious elements like uric acid, and capable of easy digestion. Too frequent feeding and over-eating are also predisposing causes in some cases, especially infants. The faulty diet of a nursing mother will affect the child. Anything that impoverishes the quality of the milk, weakens the child and renders it more susceptible to disease.

Ale, beer, stout, whisky, wine, and all alcoholic liquors always have injurious effects upon nursing children, and should never be taken by anyone, least of all by the nursing mother. The evil effects are too numerous to mention here.

The reprehensible custom of giving a child "a little of all that's going" is productive of much sickness and suffering among children.

Never feed an infant food intended for adults, and above all, never give it beer, tea, or coffee.

Exciting Causes.

These are mostly local irritants which, acting upon the skin in a susceptible person produce the eruption. Extremes of both heat and cold are exciting causes. Dyes of various kinds, chemicals, strong soap, hard water, coloured underclothing, stockings or hat bands, poison ivy or oak, coarse woollen garments, and indeed anything that may irritate the skin is likely to cause eczema. We must not omit dirt and filth. Cleanliness is essential if one would maintain a healthy skin.

The Nature of Eczema.

The inflammation of the skin is a conservative measure for self-protection. It is the natural reaction following irritation of the skin under certain conditions. The skin becomes intensely congested and infiltrated. Indeed the blood-flow is sluggish,

and almost at a stand-still. Impoverished blood which is thickened and clogged with uric acid and other effete matter circulates through the small vessels of the skin so slowly and imperfectly as to fail to nourish properly. Under these conditions, cold, heat, hard water, etc. may bring out the eruption very quickly.

The face is a favourite site; the scalp and thighs too are often affected; other parts of the body more seldom.

Some Common Varieties.

Space forbids mentioning all the manifold forms of this ubiquitous skin lesion. The scald-head of children, the milk-crust of the nursing, tooth-rash, and heat-eruption are well-known varieties. The latter is perhaps the mildest form, and usually is not a true eczema.

Eczema is often the result of certain conditions accompanying some occupations. There is bakers'-itch, probably due more to a lack of cleanliness than anything else. In bricklayers' itch the lime is the exciting cause, and in washerwoman's itch the constant use of water and strong soaps. After the disease has gained a foot-hold, nothing short of a change of occupation will bring about a cure in many patients.

Eczema of the legs is more common in sedentary persons, and especially the aged. An aggravated form due to varicose veins often gives rise to most obstinate ulcers.

In the acute stage the skin is red and moist, and the itching is fearful. Chronic eczema soon leads to thickening of the skin, which is covered by hard, dry scabs, and the itching is more bearable.

Psoriasis is often mistaken for eczema by the ignorant, but the diagnosis is easy, for there is no itching, and the scales have a characteristic pearly whiteness, and come off in large pieces. The patches are sharply defined too, and such is not the case in eczema.

Prospects for a Cure.

These are not unfavourable if the treatment is persistent, and is carried on judiciously. It must be remembered that eczema is often a very obstinate disease to contend with, and great patience with persevering effort is required on the part of both patient and physician. It is of the highest importance to seek out the causes

and remove them as far as possible. Without this care no treatment will be permanently effective. And when we speak of causes we mean both general and local.

The Treatment.

After removing all obvious causes begin the treatment by such tonic measures as will improve and build up the general health. Give the patient a liberal diet of plain, wholesome food. If he has indigestion, treat that in a rational way. If his liver is sluggish, apply fomentations and hot liver packs.

Constipation is frequently met with, and must receive attention. It is best remedied by dieting. Steamed figs and dates, stewed prunes, baked apples, bananas, coarse bread, and green vegetables such as spinach, Brussels sprouts, and cauliflower are effectual in regulating the bowels.

If more specific measures are required, plain water or mild soap enemata are better than medicine.

To have regular action of the bowels daily a certain amount of exercise is necessary. Walking and cycling are to be recommended.

For External Application.

Lotions and ointments are useful to allay itching and protect the raw skin from further irritation. A saturated solution of boracic acid may be applied direct or by means of moistened lint. Zinc ointment may be spread on lint and applied to the inflamed parts.

Carbolic ointment is one of the best means of relieving the terrible itching that is sometimes present.

Alkaline baths, for example a soda bath (two or three pounds of washing-soda to a tub of water) are very soothing in some cases. Alternate hot and cold applications are helpful in restoring activity to the skin.

A lotion or an ointment containing resorcin is highly recommended by some. It is at least worth trying.

A course of eliminative treatment consisting of electric light or vapour baths is often indicated. This should be accompanied by tonic measures such as mitten friction, cold sponges, oil rubs, massage, manual and Swedish movements and medical gymnastics. The patient should

lead an out of door life, and make a business of cultivating health.

Things to Avoid.

First and foremost, all quack medicines and advertised nostrums. Have absolutely nothing to do with them. They are seldom of any use whatever, and are always likely to be dangerous. Have your family physician prescribe all the lotions and ointments you use.

Water is usually an irritant to an eczematous skin. Use oatmeal, barley, or bran water in washing the affected parts, and especially the face, where the skin is always the most sensitive.

Soap should not be used as a rule, as it is so likely to be irritating.

Discard all coloured underclothing and hose; also woollen garments. Linen underwear is soothing, and nothing is better than the Deimel-mesh. Silk, too, is useful.



EXERCISES FOR THE PROSPECTIVE MOTHER.

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

A SUFFICIENT amount of suitable exercise is needful for all who would be in health, but this is especially true of the woman who is responsible not alone for her own health, but for that of the little one who will some day call her mother.

Exercise is necessary to increase the intake of oxygen, to quicken and equalise the circulation of the blood, to invigorate and strengthen all of the vital organs, and to encourage and assist in the elimination of body wastes.

When we speak of exercise for the prospective mother, we do not mean that it is necessary for her to provide herself with expensive apparatus, or to enter upon an elaborate system of physical culture. The best kind of exercise is such as can be obtained from the proper performance of household duties. The sweeping of floors, dusting of furniture and making of beds afford just the exercise needed, as these duties bring into action almost every muscle, and so tend to develop and strengthen the body symmetrically. Then, too, there is a satisfaction in obtaining one's needful exercise in useful employment, not experienced when exercising merely for its own sake.

While every expectant mother who possesses an ordinary amount of strength, may with safety, and even with advantage to herself, engage in daily household duties, she should be careful to avoid the lifting of heavy weights, or of working to the point of exhaustion. As soon as she begins to feel fatigued, she should take a few moments' rest, either in the sitting, or better still in the lying posture, so that all the muscles may be perfectly relaxed. Even the busiest woman may well afford these brief periods of rest as she will rise refreshed and be able to accomplish much more than if she had plodded on with her work when feeling exhausted.

Speaking of fatigue, it should be borne in mind that one does not tire quickly when labouring under favourable conditions, and the most important of these are entirely under the control of the worker; namely, the proper ventilation of the home so that there is a constant supply of fresh air, and the wearing of clothing so loose and comfortable that every muscle can work with perfect freedom.

While without doubt, housework or walking affords the best general exercise, there are a few simple bedroom exercises which

are particularly beneficial to the prospective mother. She is approaching a time when the muscles of the trunk and abdomen will be called upon to render special service, and in order to prepare them for the best performance of their duty, a little training is essential. The best time to take these exercises is at night on retiring, and in the morning before rising.

Exercise I. Lie upon the back with no pillow or only a small one under the head. Then slowly raise the head as far as possible from the bed. Repeat this movement slowly until slightly fatigued, taking a deep breath between each movement.

Exercise II. Lie upon the bed in the same position as in the preceding. Raise the right foot slowly, until the thigh is perpendicular to the body. Return slowly to position. Raise the left foot in the same manner. Repeat alternately until slightly fatigued.

Exercise III. While in the same position raise both feet together until perpendicular to the body or as nearly so as possible, and return slowly to the bed. These exercises are all excellent for developing and strengthening the abdominal muscles. The latter exercise is rather a vigorous one and should not be attempted until sufficient strength has been gained by taking the preceding ones. Avoid straining and over fatigue. Gradually increase the vigor of the movements as greater strength is acquired.

Exercise IV. This requires an assistant. Let the patient lie on her back, with the head low and the feet drawn up close to the thighs. The assistant then presses with her hands on the outer side of the knees, while the patient, overcoming this resistance, separates them as far as she can with comfort. After taking a deep breath, she brings the knees together again, while the assistant resists by pressing on the inner side of the knees. This exercise is particularly valuable in strengthening the muscles of the abdomen and thighs.

Many other helpful exercises might be described but this is not necessary as one can easily devise for oneself simple movements that will bring into play all of the abdominal muscles.

No one need claim exemption from these exercises for lack of time as it only requires five or ten minutes morning and night to keep the prospective mother in such good muscular trim that she feels like "a strong man ready to run a race." It is devoting a few minutes faithfully to daily and systematic exercise that counts rather than spending more time at irregular and unsuitable hours.

The foregoing exercises are helpful to the prospective mother, not only because they strengthen the abdominal muscles whose integrity is so essential, but because in conjunction with proper diet they constitute a corrective for the inactivity of the bowels usually so troublesome at this time.

NESTORIAN CUSTOMS.

BY J. ALSTON CAMPBELL, F.R.G.S.

THE Nestorians are a Christian race, living on the borders of Persia and Turkey. They are really Syrians, and take their name from the founder of their Church, which is one of the oldest in existence. Many of their customs are typical of life in the Orient, and this is especially the case with bread-making, which is carried on amongst them under disadvantages, chiefly on account of the difficulty experienced in grinding the wheat. Though sometimes done by water power, it is generally done by hand. Two disc-shaped stones are placed one on top of another, as shown in the accompanying picture, and

the wheat is then put into a hole in the centre of the upper stone. As this stone is revolved on the one underneath, the wheat is caught in and ground, the flour falling out at the edge of the stone on to a carpet or mat, on which the stones are placed. One of the drawbacks of grinding with stones in this way is that grit from the stones is apt to get mixed with the flour; thus the bread is often coarse and gritty. It is never as white as in this country, and is made without yeast.

The second photo, which I took in the courtyard of a native house in a Nes-



BATTLE CREEK SANITARIUM NURSES.

Good Health

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

Entered at Stationers' Hall.

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No. 6.

Editorial Chat.

Shell-Fish and Typhoid.—In a late number of the *British Medical Journal*, Dr. J. T. C. Nash, D.P.H., proves by an imposing array of evidence that shell-fish are the cause of typhoid fever. He quotes Dr. Buchanan as finding by a careful estimate that a cockle he examined bacteriologically contained no fewer than 3,000,000 virulent typhoid organisms. The very small nutritive material afforded by the shell-fish is entirely out of proportion to the risk of using it as an article of food.



Prevention Better than Drugs.

—Preventive medicine is clearly occupying in an increasing degree the attention of our foremost physicians. Thus Dr. Henry Maudsley, consulting physician to the West London Hospital, lecturing on "Medicine, Present and Prospective," at the recent meeting of the Medical Association, said among other excellent things: "Thinking on the many risks of self-poisoning and on the exact chemical agency requisite to counteract each of them scientifically, it seems a lawful conclusion that more medical good will be done for the most part by simple and general measures to keep the body in health and strength than, according to Voltaire's witty sneer, by pouring drugs of which we know little into a body of which we know less."



Extraordinary Prevalence of Tuberculosis.—"If general practitioners had the time or energy to go thoroughly into the histories and to examine the chests

of most of their patients," writes Dr. Vaughan Pendred in the *British Medical Journal*, "they would be astonished at the extraordinary prevalence of tuberculosis." At the same time, the disease, in his opinion, is not ordinarily fatal. "Under fairly favourable conditions the great majority of consumptives 'get along well.'" No doubt very much depends upon care and intelligent nursing. Proper precautions being taken in disposing of the sputum, there is absolutely no danger of communicating the disease. Hence there should be no foolish fear of housing a consumptive.



Malodorous Public Buildings.

—Why are churches, halls, lecture-rooms, and other public buildings so wretchedly ventilated? We attended a political gathering some weeks ago on a particularly warm evening. The hall was full to overflowing; everybody was sweltering, and yet the tiny panes of glass in the middle of the leadlight windows on either side were only opened about one-third. The air was unfit for a dog to breathe. Nevertheless the highly intelligent gentlemen composing the committee in charge never gave one thought apparently to the need of oxygen. It is our firm belief that the health of more than one of our great political or religious leaders has suffered severely from being compelled to speak time after time in such a poison-laden atmosphere. If our leading campaigners should stipulate that they would not speak except in decently ventilated halls, they would do a real service to their audiences, as well as prolong their own usefulness.

Better Conditions for School-Children.

—Sir John Gorst, M.P., in a speech at the Hanley Trades' Congress, said that in Germany the children were medically examined on first entering school, and this examination was repeated year by year, the ailing children being treated with the greatest care. In many cases such children were taken to the pure air of the country in the morning, and at night brought back to the towns. He thought that as a nation we had been neglectful of the health of our poor people. We entirely agree with him, and believe that our educational system needs to be remodelled with a view to training the youth both physically and mentally for the real duties of everyday life.

Has Alcohol Had Its Day?—

Thoughtful students of the trend of public opinion must have noticed with a good deal of interest, the rapid accumulation of scientific evidence against the use of alcoholic drinks. Even the *London Times*, that stronghold of conservative opinion, thinks that "according to recent developments of scientific opinion, it is not impossible that a belief in the strengthening and supporting qualities of alcohol will eventually become as obsolete as a belief in witchcraft."

Again we read:—

"The whole question really turns upon the consciousness that alcoholic drinks satisfy some kind of temporary want, or produce some temporary comfort or exhilaration, coupled with a belief, which modern physiology is doing her best to dispel, that they are at least essentially harmless when consumed in moderation. It may be stated as an opinion upon which most, if not all, physiologists are agreed, that *alcohol contributes nothing to the permanent powers of the healthy organism, whether physical or intellectual.* No man, it is said, is the stronger for taking it, and no man is the wiser. The experience, now very extensive, of insurance offices seems to place it *beyond doubt that even the moderate regular use of alcohol, in any form, is, on the whole, contributory to the shortening of life.* When these views come to be fairly balanced against tem-

porary gratification of the palate, or temporary stimulation of the brain, they will be likely to lead, not to a single 'wave' of sobriety, but to a gradual change in the habits of the more intelligent portion of mankind." (Italics ours.)

Larger Work for Temperance Organisations.

—Commenting on these statements of the great journal, the *Daily News* significantly remarks: "There is hope indeed, when Saul is found among the prophets." The situation is certainly hopeful; and now that the ordinary press is beginning to give a sort of tardy justice to the alcohol question, it behoves avowedly temperance organs to enlarge their field of operation, and educate the public in reference to the harmfulness of tobacco and other narcotics, not even sparing the strong stewed tea, which is coming to be a daily beverage in thousands of working-class families. Then there are the patent medicines for which all sorts of ridiculous and fraudulent claims are often made. These so-called panaceas not only contain morphine or other forms of opium, but as high as thirty or forty per cent. of alcohol, and in the opinion of many physicians, lead directly to the formation of an appetite for alcoholic stimulants. We look for the day to come when the *Daily News*, which has nobly excluded alcoholic drinks and betting news from its columns, will refuse to let them be used by the vendors of patent medicines, and thus throw the weight of its enormous influence against one of the most obnoxious and health-destroying businesses of the day. In our opinion the case against these nostrums is even stronger than that against alcoholic beverages, because in taking them one gets alcohol and other even more dangerous narcotics entirely unawares, as it were, and all unconsciously forms an appetite for stimulants, whereas in the case of buying alcoholic liquors one at least knows what one is getting. Certainly drugging oneself with patent medicines rich in alcohol is inconsistent with total abstinence principles, and the cunningly worded advertisements, written to catch an unwary public, are not worthy of publication in our best journals.

THE FATHER OF NOBODY'S CHILDREN.

THE cause of Christian philanthropy has suffered a most severe loss in the death of Dr. Barnardo, whose name has been a household word for a whole generation, and whose heroic zeal and energy in the discharge of his colossal task, have won for him the gratitude of a nation. At this time of bereavement let us not forget that though the man has passed from our midst, his life work, as a sacred trust, remains with us, and the best recognition that can be given to the great founder's memory is a generous, whole-hearted support of the beneficent institution which he established.

We call the Homes an institution, but it is hardly fair to use such a term, for the family feeling that everywhere pervades the place, the personal interest taken in every boy and girl, the opportunities given each to develop along those lines best suited to his individual needs, make it in every sense of the word a Christian home.

Dr. Barnardo's medical training was doubtless a great help to him in understanding the nature of children, and planning an institution which in its combination of the best methods of scientific child culture, with the influences of a model Christian home is absolutely unique. The training given these poor, destitute waifs is one that

might well be envied by many children of rich parents; for it is thoroughly practical; it holds up high ideals, and it is adapted to the needs of each child.

That a national charity so nobly conceived and so effectively realised should want funds in prosperous England, seems hard to believe, and yet it is unfortunately true that the closing days of Dr. Barnardo were somewhat saddened by the fact

that a heavy debt hung over the institution he had given his life to build up. Surely his friends, including no doubt many readers of GOOD HEALTH, will not fail to do their utmost to relieve the Homes of this embarrassment.

Dr. Barnardo belongs to that little band of noble men and women who gave their all for the very highest ideals. His name will be remembered with those of Shaftesbury, Howard, Wilberforce and Florence Night-

ingale. He has rescued more than 60,000 boys and girls from our slums, and has given them a chance in the world. Truly it can be written on his tombstone, "He was a rescuer of little children." No nobler work could engage the whole-hearted devotion of a great soul. The cause of humanity is incalculably richer for having had the services of such a man, and though dead he yet speaketh.



*THOMAS J. BARNARDO, F.R.C.S., ED.

AT A SURREY HYDRO.

The Science of Healing and How It Works.

IT was no sudden accession to Dutch courage, writes a special correspondent of the *Harrogate Times*, that inspired me to write to the Surrey Hills Hydropathic Establishment, Caterham Valley. I had been a constant reader of that admirable little monthly journal GOOD HEALTH for the past two years, and I was extremely anxious to make a short stay in one of

An Ideal Position.

The position of the Hydro is ideal. It is practically surrounded by beautiful woods and exquisite country lanes, to which the stranger seems to have fine access.

Stranger, if thou hast learned a truth which
needs
No school of long experience, that the world



THE SURREY HILLS HYDROPATHIC.

their sanitariums. These health establishments are branches of the famous Battle Creek Sanitarium, and looking back over my short stay in the Surrey Hills Hydro, I have nothing but the highest praise for the way in which they are conducted. There are three such Hydros in the British Isles—Caterham Valley, Leicester, and Belfast—and I understand they are all carried on on the same lines.

If it is a restful holiday you require, I can thoroughly recommend Caterham Valley, and if you really desire to return home better than you were when you set off, you could not do better than give the Battle Creek system of living a fair trial.

Is full of guilt and misery, and hast seen
Enough of all its sorrows, crimes and cares
To tire thee of it, enter this wild wood
And view the haunts of nature. The calm shade-
Shall bring a kindred calm, and the sweet breeze-
That makes the green leaves dance,
Shall waft a balm to thy sick heart.

Ay, that it will. William Cullen Bryant, the American poet, might have been in one of these Surrey woods when he was inspired to indite these lines. The rest cure is to be had here in very truth.

And if this may be said of outside conditions, what may not be said of the inside—how have we to describe the interior of the Hydro and its everyday life? What strikes one more than anything else is the extreme simplicity of the life that is led.



PATIENTS EXERCISING ON THE LAWN.

Much is said now-a-days of the return to the "simple life." Well, here you have it right at your hand. Simple, and yet so very wholesome; so very effective in its working that you ask why it is not more popular. The answer is that its very simplicity causes it to be overlooked.

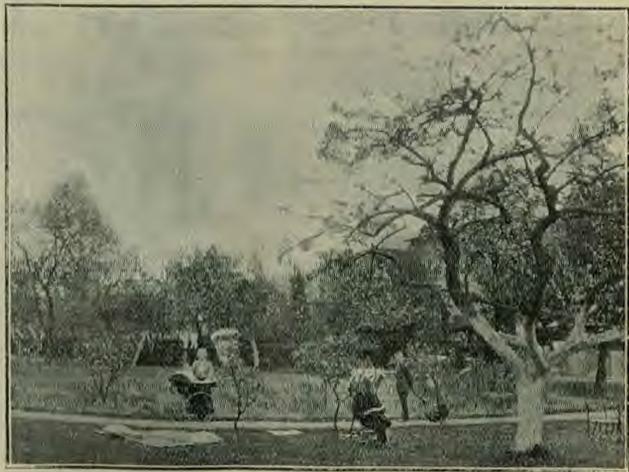
Here first things are dealt with first. It may be safely said that the majority of illnesses are due to errors in diet. Here the resident physician takes your case in hand, and it is dealt with as though it were the only case he had in the world. You are put on a special diet, you undergo special tonic treatments—baths and so forth—and you dine at the same time and at the same table as the doctor. Now, with all due respect to Harrogate, this is not done here. I ask the question: Is diet considered at all? I have seen exceedingly heavy fees paid to medical men whose sole object has been to rid the system of the poisons set up by over-feeding on a wrong diet, and yet the patient was partaking from menus diametrically opposed to the medical treatment.

A Fleshless Diet.

But this is not so at the Surrey Hills Hydro. Animal flesh, in the shape of

butcher's meat, never enters the place, and tea is not kept on the premises! And yet people who enter the establishment as physical wrecks, leave it, after due treatment, like unto giants refreshed. The diet here is reduced to a science: it is a matter of education, and it is an education you acquire, and that without your being aware of the fact.

And then, the spirit of good fellowship that prevades the whole establishment! You may feel a little shy and nervous when you sit down for your first meal, but you are not allowed to remain long in this uncomfortable condition. The superintendent sits at one end of the table; his good wife at the other end; introductions take place, and before you are really aware of it, you are drawn into some argument raised from the morning paper. The serving maids, too—bless their bright, happy faces! They know you are strange, and they therefore pay particular attention to you. They point out this and that article of food; the superintendent recommends this,



A GLIMPSE OF THE GARDEN.



CORNER OF THE DINING ROOM.

his wife that, your neighbour something else, and you rise from the table thoroughly satisfied with yourself, and feeling one of the large family.

The Daily Programme.

Say you have risen at the sound of the gong, viz. 7.30. Of course, there is nothing to stop your rising at six. But suppose you keep your bed till 7.30, you have just time for your bath and to get down to the drawing-room in time for prayer, a few minutes to eight. Fifteen minutes later sees you at breakfast; and the inner man being satisfied, if you feel inclined, you repair to the gymnasium at nine to participate in Swedish gymnastics.

The ladies' bath hours are in the fore part of the day, and the gentlemen's in the latter part, and feeling yourself free either in the morning or afternoon you just please yourself what you do. If you wish to take it easy, you get an attendant to fix a hammock for you in the gardens at the back, and here you can recline in the sun and read to your heart's content. Or, should you prefer the grass, well, there are goodness knows how many acres of rising slope, and personally I want nothing better. On the other hand, should you be actively inclined, then you join a party who are going for a walk. All you have to remember is to be back at the Hydro by 1.30, for dinner is laid for 1.45.

"Dinner," I hear someone snort in disgust. "What sort of a dinner can it be without meat or Yorkshire pudding, with good rich gravy?"

I repeat, dinner is laid at 1.45, and a splendid, satisfying repast it is. Moreover, it is tasty: indeed it is a revelation as to what may be done without meat and rich meat gravies. On this question of diet there is always this to be borne in mind: Every ounce of food that is consumed has an effect for good upon the system. This is the grand secret of this method of feeding. There is no crowding the stomach with unsuitable food; taxing the organ to its utmost capacity and yet doing the body harm instead of good.

Early to Bed, etc.

The evening meal is timed for 6.30, and three hours later the retiring gong is sounded, and, early as this hour may appear, you are ready for your couch. Take the word of one who has tried it— one who has been in the habit of retiring



THE ELECTRIC LIGHT BATH.

on the stroke of midnight, who had been accustomed to taking tea four times a day—I tell you it is an experience I thoroughly enjoyed.

I could tell you of the impromptu concerts in the drawing-room, of the interesting, not to say absorbing, discussions on sundry topics, of the helpful health lectures given twice a week by the doctor; I could enlarge upon the sport in the gymnasium, of the croquet contests on the lawn—I feel I have much more to write about, but space is almost full.

What little I have left I will devote to the bathing establishment. This is situated in the basement, which is well lighted

and most comfortably fitted up. On admission, if you have come for treatment, you are carefully examined by the doctor, and your course of treatment is set forth. All the necessary tonic baths are here at hand. There is the electric massage, electric light, Turkish, electric water, needle and shower, high frequency, etc., etc., baths, salt glows, oil rubs, and packs of every description. You want for nothing; and these, taken under medical supervision, in conjunction with the approved diet, and the magnificent country surroundings—

Exhilarate the spirit, and restore
The tone of languid Nature.

THE PHYSICAL IMPROVEMENT OF THE NATION. PART III.—A Modern Utopia.

BY M. ELLSWORTH OLSEN.

SOMETHING was said last month on the housing question as it affects the health of the nation. Leaving out of consideration for the present the wretched home conditions of the lowest labouring classes, those out of work perhaps a good share of the time, and crowded into quarters entirely too small for their accommodation, it will probably be admitted that factory hands live in as unideal homes as one may well find. What bare, forbidding rows of ugly tenements, with their cemented, prison-like courtyards, or tiny bit of ground scarce big enough to turn round in, and nothing but the street with its noise and dirt and its many temptations for the children to play in! Again, what gloomy, dingy, unwholesome buildings many of our factories are! How hard and toilsome must it not be for men and women to spend long hours in such spirit-deadening surroundings, and then return at night to a home which for all practical purposes might as well have been a little corner of the factory itself!

And yet, when philanthropically inclined persons call attention to these growing evils, they are met with the assertion that they cannot be helped—that the labouring classes have no appreciation for aesthetic beauty anyway, and to expect to bring about essentially different conditions is Utopian folly.

In truth, it is nothing of the kind. The labouring classes respond with remarkable readiness to real efforts to alleviate their hard conditions. Of this, Bournville is excellent proof. We visited this thriving community the other day, and spent a most enjoyable afternoon walking about its well-kept streets and open places, admiring the pretty cottages surrounded with pleasant gardens, and noting with joy the happy, intelligent faces of the villagers.

There was nothing suggestive of a nineteenth century factory town as we have learned to know it. Overcrowding is non-existent. Even the much vaunted gospel of utilitarianism does not rule in this village, but in its place grace and beauty are everywhere manifest. The trim cottages nestling in well-kept gardens have a sweet, home-like repose about them that takes one back to an older time, when the mad rush for wealth was not known. The very architecture conveys an impression of thoughtful, painstaking work, and of a delight in beauty of the quiet, unostentatious kind. Nor is picturesque beauty expected to take the place of more substantial merit. Inside, the houses are both pleasant and commodious, as well as supplied with all the modern conveniences.

We would fain linger to describe the rural charm of the place—the magnificent prospects opening up on every side, the

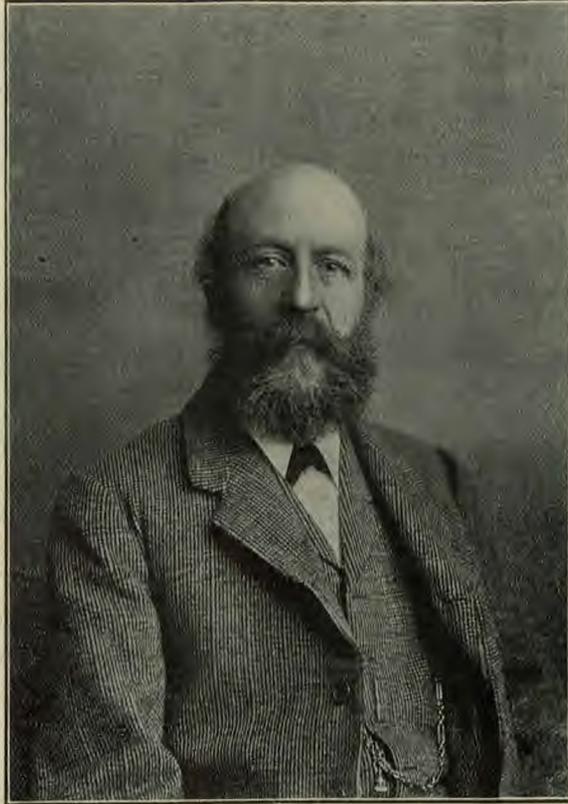
care which has been taken to preserve and enhance all the artistic advantages of a part of country especially rich in them: but we must go on to tell something about the factory itself and the principles upon which it is run. Meanwhile, it may be said in passing that the village of Bournville, while it owes its existence to Mr. George Cadbury, has been handed over to a trust, the Bournville Village Trust, by whom it is administered, this securing its perpetuation and extension along the lines upon which it has been founded. This magnificent gift to the nation consists of 458 acres of land, only 100 acres of which have been laid out to building. As the work is extended, the income will naturally increase, and it will be possible to start similar enterprises elsewhere by means of the money thus realised. The

rents of the cottages run from 5/6 per week, (including rates), to 12/- not including them. A majority of the present tenants work in the factory; but some come from Birmingham, and the advantages of the place are open to all. Needless to say, the cottages are filled as rapidly as built, and applications are pouring in from many quarters.

Turning now to the factory, we find that it employs 4,000 people. The working hours are short, the conditions ideal in respect of light, cleanliness, and ventilation,

and the comfort of the hands is efficiently seen to. When mealtime comes, the employees go home if they like; but probably the vast majority patronise the generous dining-rooms, with separate quarters for men and women, where wholesome, well-prepared food is supplied at cost prices. In the morning the men's dining-room is

turned temporarily into a chapel where a brief service is held. Who can doubt the hymns of praise are doubly acceptable in a place where Christianity as a vital principle in business is so loyally adhered to? The magnificent dressing-rooms were shown us, where the employees lay off their outer clothes, and don the clean white garments provided for use in the factory. Here also are excellent facilities for making one's toilet, personal cleanliness being evidently one of



GEORGE CADBURY, ESQ.

the firm's fundamental principles. This becomes evident when the reader is told that the rules provide for a weekly warm bath for each employee which is to be taken during working hours, in the splendid bathing establishment hard by, where warm private baths, and spray baths of all kinds vie with a superb swimming pool in attracting the patronage of this fortunate family of workers.

Then there are the recreation grounds—fourteen acres for men, and twelve acres for the women and girls—laid out with no

little artistic skill, and well provided with facilities for healthy games of all kinds. Gymnasiums for both sexes, an open-air swimming-pool, regular instruction in physical culture, lectures on timely subjects, skilled nurses, and a qualified physician in attendance all the time, a beautiful quadrangle of cottages for the aged who are not able to work—these are some of the

children in relays of fifteen are entertained for a fortnight at a time through the summer, and in winter Salvation Army officers in need of rest. It was a sight to make the angels rejoice to see these poor city girls and boys enjoying their rightful heritage of field and woods, and games in an old barn, and pets, and all the other rich endowments of country life even for a



BOURNVILLE COTTAGES.

other features of this great business which can merely be mentioned in passing. Is it to be wondered at that these employees treated as they are, enjoy far better than the average health in a factory community—that the death rate in Bournville is less than half that of Birmingham, while its birth rate is gradually increasing, and that its people find they can be merry without a single public house in the place?

One more institution of Bournville we cannot help mentioning, namely, the house known as "The Beeches," a commodious homelike building in the outskirts of the village, and overlooking a beautiful stretch of country, where Birmingham poor

fortnight. We were not surprised to learn from the sweet-faced, motherly matron that they not infrequently gain ten or twelve pounds during their stay.

It need only be said in conclusion: Such things make very materially for a nation's health; and we know of no way in which our great captains of industry can invest money to better advantage than in providing wholesome and beautiful surroundings for their employees. All honour to Mr. George Cadbury for his practical Christian philanthropy which is all the more excellent because it is done on strict business lines, thus leaving its beneficiaries absolutely free and independent.

JUVENILE SMOKING.

BY GEORGE THOMASON, M.D.

THE free use of tobacco seems to have become so universally prevalent that apparently little thought is given to the matter save that it yields momentary pleasure. This relic of barbarism has gained such a foothold upon all mankind that a non-smoking man is at once sized up as "a bit queer." We take it as a

There is, however, one element that seems to be attracting some attention, and that is the awful prevalence of tobacco using among juveniles. Few men will admit any harm resulting from their use of tobacco; but all are convinced of its deteriorating influence upon those of young and tender years. The very evident in-

jurious effects of tobacco upon the young is to some extent rousing men to the necessity of taking active steps toward stemming the tide of physical deterioration bearing down so rapidly upon the youth. It would be so manifestly inconsistent for most fathers to labour personally with their sons as to the harmful physical effects of tobacco-using that the only recourse in the matter is to the law. By this means it is hoped to make it difficult or even impossible for boys to secure the requisites of smoking.



"THE BEECHES."

matter of course that seven out of nine of the coaches composing our railway trains are labelled "smoking"; we accept as a necessary evil, and scarcely without a protest, the vitiating of the air we breathe with nauseous tobacco fumes. When contributing of their means to the support of starving families, few remember that the full tobacco pouch in the father's pocket is often in part at least an explanation of the empty stomachs of the children; but this must be true when more money is spent for tobacco than for bread.

become impossible for any person under sixteen years of age to secure tobacco, cigars or cigarettes without an order signed by the parent or guardian of such person. The Act also empowers any teacher to take from pupils any smoking requisites they may find in possession of students under the specified age. Contravening of this Act is punishable by a fine not exceeding £5, or imprisonment not exceeding one month.

This is surely a step in the right direction, and if the measure is found to be a

workable law, there is considerable hope for the men of the next generation in this Colony. If a boy is restrained from forming the smoking habit until he is sixteen, especially if he is brought to know that it is a pernicious habit which can only do him harm and not good, a habit which will inhibit his growth and development physically and mentally, the chances are that he will never be so foolish as to contract the habit after the age mentioned.

harmful. Occasionally they will admit, when smoking to excess, that they must "let up a bit," but they fail altogether to recognise the insidious working of the poison in their systems. We live this life but once, and no two persons being exactly alike, we are unfortunately left without any means of comparison as to what any individual might have been had he led an absolutely consistent physical life. Men continue to reason that their fathers, many



GIRLS' RECREATION GROUND.

One thing which will seriously interfere with the successful carrying out of this law will be the difficulty the fathers will experience in trying to impress the moral and physical phase of the question upon their sons. What father could consistently seek to impress upon his boy the awful consequences of smoking when his boy sees so often a pipe between his own teeth? No more could he do it than he could hope with cursing and swearing, to impress upon his boy the wickedness of profanity.

But few men will be persuaded for themselves that tobacco "used in moderation" is

of them, smoked from boyhood, and in spite of it lived to a ripe old age. But the real question is as to what are the probabilities that these sons who smoke will live to attain the age of their fathers who smoked. And while there may have been a "survival of the fittest" of these sons of smoking fathers, what about the thousands who did not survive more than a year or two of life, or who perhaps having lived, survive only to join the ever-increasing class of mental defectives who have such a legacy transmitted to them from a tobacco- or alcohol-loving parent. The evil habits

of parents cannot be indulged by the children who hope, other things being equal, to survive to the age of their parents.

No unnatural habit can be indulged without the expenditure of vital energy, the loss of which sooner or later will be felt. The pallor of the skin, the palpitation of the heart, the nausea and vomiting, almost universally experienced by begin-

among cigarette smokers. The staining of the fingers is only an exaggeration of the general discoloration of the skin, which is an evidence of the disordered state of the liver.

The life is in the blood, according to Holy Writ. The entire quantity of blood passes through the lungs three times every minute to secure a renewal of its life-



MENS' RECREATION GROUND.

ners of the tobacco habit, loudly emphasise the rebelling of Nature against this poison, and repetition of these experiences clearly indicate that it is only under strong protest that the body finally establishes a tolerance for the filthy weed.

The depressing effect of tobacco upon the muscular system is fully recognised, as evidenced by the fact that any athlete in training for a contest of physical endurance is absolutely denied tobacco. Tobacco blindness, tobacco heart, smokers' sore throat, and cancer of the lip from smoking, are all well recognised disorders. The characteristic yellow skin of the tobacco devotee is always in evidence, particularly

giving power from the air breathed. Tobacco-laden air furnishes poor facilities to the blood in carrying forward its important work of nourishing the various tissues of the body. Thus tobacco, by diminishing the natural defences of the body, lays the foundation for disease processes to gain a foothold in the body and helps materially to account for the increase of insanity and various nervous disorders, as well as the growing death rate from cancer, tuberculosis and other organic diseases.

Any legislation looking toward lessening the extent of this growing evil ought to be welcomed by all persons interested in the future well-being of the race.

ECZEMA: ITS CAUSES AND TREATMENT.

BY ALFRED B. OLSEN, M.D.

SALT-RHEUM and Moist Tetter are popular names for Eczema, a Greek term which literally means *a boiling out*. This is the most important as well as the most common of skin diseases, comprising about half of all cases.

Eczema is a widely distributed disease. It attacks all classes of people at any age, although children and the aged are more susceptible. Both sexes are equally affected.

Eczema Defined.

Eczema is a non-contagious inflammation of the skin accompanied by redness, itching, and more or less thickening of the skin. It may be either acute or chronic, and in any case it is very obstinate to deal with. The character and general appearance of the eruption vary enormously according to the stage and variety of the disease.

At first there are mild, red patches with slight scaling and burning sensations. The popular form is distinguished by minute elevations of the skin called papules. These may change to vesicles in time, which on breaking present the characteristic moist, weeping surface. In both of these forms the itching is intense, and often almost unbearable.

If the vesicles become filled with water, they are called pustules. When these rupture, a thick yellow crust is formed which is more or less moist. The pustular variety is not so intensely painful as a rule.

Eczema of the scalp is characterised by irregular red patches, and is accompanied with a good deal of scaling.

Predisposing Causes.

We may consider the causes under two heads, general or predisposing, and local or exciting. In considering the causation of eczema we must bear in mind that it is a constitutional disorder, and not a mere local affection. General debility is undoubtedly at the bottom of many if not most cases. The system is run down, the bodily defences are weakened, the nutrition of the skin is interfered with, and under

such conditions eczema is likely to develop.

It is well recognised that a gouty or rheumatic tendency predisposes to eczema, and one often hears of gouty eczema. This being so, diet becomes a matter of much consequence. Tea, coffee, and flesh meats should be avoided, and only such food taken as will be free from injurious elements like uric acid, and capable of easy digestion. Too frequent feeding and over-eating are also predisposing causes in some cases, especially infants. The faulty diet of a nursing mother will affect the child. Anything that impoverishes the quality of the milk, weakens the child and renders it more susceptible to disease.

Ale, beer, stout, whisky, wine, and all alcoholic liquors always have injurious effects upon nursing children, and should never be taken by anyone, least of all by the nursing mother. The evil effects are too numerous to mention here.

The reprehensible custom of giving a child "a little of all that's going" is productive of much sickness and suffering among children.

Never feed an infant food intended for adults, and above all, never give it beer, tea, or coffee.

Exciting Causes.

These are mostly local irritants which acting upon the skin in a susceptible person produce the eruption. Extremes of both heat and cold are exciting causes. Dyes of various kinds, chemicals, strong soap, hard water, coloured underclothing, stockings or hat bands, poison ivy or oak, coarse woollen garments, and indeed anything that may irritate the skin is likely to cause eczema. We must not omit dirt and filth. Cleanliness is essential if one would maintain a healthy skin.

The Nature of Eczema.

The inflammation of the skin is a conservative measure for self-protection. It is the natural reaction following irritation of the skin under certain conditions. The skin becomes intensely congested and infiltrated. Indeed the blood-flow is sluggish,

and almost at a stand-still. Impoverished blood which is thickened and clogged with uric acid and other effete matter circulates through the small vessels of the skin so slowly and imperfectly as to fail to nourish properly. Under these conditions, cold, heat, hard water, etc. may bring out the eruption very quickly.

The face is a favourite site; the scalp and thighs too are often affected; other parts of the body more seldom.

Some Common Varieties.

Space forbids mentioning all the manifold forms of this ubiquitous skin lesion. The scald-head of children, the milk-crust of the nursing, tooth-rash, and heat-eruption are well-known varieties. The latter is perhaps the mildest form, and usually is not a true eczema.

Eczema is often the result of certain conditions accompanying some occupations. There is bakers' itch, probably due more to a lack of cleanliness than anything else. In bricklayers' itch the lime is the exciting cause, and in washerwoman's itch the constant use of water and strong soaps. After the disease has gained a foot-hold, nothing short of a change of occupation will bring about a cure in many patients.

Eczema of the legs is more common in sedentary persons, and especially the aged. An aggravated form due to varicose veins often gives rise to most obstinate ulcers.

In the acute stage the skin is red and moist, and the itching is fearful. Chronic eczema soon leads to thickening of the skin, which is covered by hard, dry scabs, and the itching is more bearable.

Psoriasis is often mistaken for eczema by the ignorant, but the diagnosis is easy, for there is no itching, and the scales have a characteristic pearly whiteness, and come off in large pieces. The patches are sharply defined too, and such is not the case in eczema.

Prospects for a Cure.

These are not unfavourable if the treatment is persistent, and is carried on judiciously. It must be remembered that eczema is often a very obstinate disease to contend with, and great patience with persevering effort is required on the part of both patient and physician. It is of the highest importance to seek out the causes

and remove them as far as possible. Without this care no treatment will be permanently effective. And when we speak of causes we mean both general and local.

The Treatment.

After removing all obvious causes begin the treatment by such tonic measures as will improve and build up the general health. Give the patient a liberal diet of plain, wholesome food. If he has indigestion, treat that in a rational way. If his liver is sluggish, apply fomentations and hot liver packs.

Constipation is frequently met with, and must receive attention. It is best remedied by dieting. Steamed figs and dates, stewed prunes, baked apples, bananas, coarse bread, and green vegetables such as spinach, Brussels sprouts, and cauliflower are effectual in regulating the bowels.

If more specific measures are required, plain water or mild soap enemata are better than medicine.

To have regular action of the bowels daily a certain amount of exercise is necessary. Walking and cycling are to be recommended.

For External Application.

Lotions and ointments are useful to allay itching and protect the raw skin from further irritation. A saturated solution of boracic acid may be applied direct or by means of moistened lint. Zinc ointment may be spread on lint and applied to the inflamed parts.

Carbolic ointment is one of the best means of relieving the terrible itching that is sometimes present.

Alkaline baths, for example a soda bath (two or three pounds of washing-soda to a tub of water) are very soothing in some cases. Alternate hot and cold applications are helpful in restoring activity to the skin.

A lotion or an ointment containing resorcin is highly recommended by some. It is at least worth trying.

A course of eliminative treatment consisting of electric light or vapour baths is often indicated. This should be accompanied by tonic measures such as mitten friction, cold sponges, oil rubs, massage, manual and Swedish movements and medical gymnastics. The patient should

lead an out of door life, and make a business of cultivating health.

Things to Avoid.

First and foremost, all quack medicines and advertised nostrums. Have absolutely nothing to do with them. They are seldom of any use whatever, and are always likely to be dangerous. Have your family physician prescribe all the lotions and ointments you use.

Water is usually an irritant to an eczematous skin. Use oatmeal, barley, or bran water in washing the affected parts, and especially the face, where the skin is always the most sensitive.

Soap should not be used as a rule, as it is so likely to be irritating.

Discard all coloured underclothing and hose; also woollen garments. Linen underwear is soothing, and nothing is better than the Deimel-mesh. Silk, too, is useful.



EXERCISES FOR THE PROSPECTIVE MOTHER.

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

A SUFFICIENT amount of suitable exercise is needful for all who would be in health, but this is especially true of the woman who is responsible not alone for her own health, but for that of the little one who will some day call her mother.

Exercise is necessary to increase the intake of oxygen, to quicken and equalise the circulation of the blood, to invigorate and strengthen all of the vital organs, and to encourage and assist in the elimination of body wastes.

When we speak of exercise for the prospective mother, we do not mean that it is necessary for her to provide herself with expensive apparatus, or to enter upon an elaborate system of physical culture. The best kind of exercise is such as can be obtained from the proper performance of household duties. The sweeping of floors, dusting of furniture and making of beds afford just the exercise needed, as these duties bring into action almost every muscle, and so tend to develop and strengthen the body symmetrically. Then, too, there is a satisfaction in obtaining one's needful exercise in useful employment, not experienced when exercising merely for its own sake.

While every expectant mother who possesses an ordinary amount of strength, may with safety, and even with advantage to herself, engage in daily household duties, she should be careful to avoid the lifting of heavy weights, or of working to the point of exhaustion. As soon as she begins to feel fatigued, she should take a few moments' rest, either in the sitting, or better still in the lying posture, so that all the muscles may be perfectly relaxed. Even the busiest woman may well afford these brief periods of rest as she will rise refreshed and be able to accomplish much more than if she had plodded on with her work when feeling exhausted.

Speaking of fatigue, it should be borne in mind that one does not tire quickly when labouring under favourable conditions, and the most important of these are entirely under the control of the worker; namely, the proper ventilation of the home so that there is a constant supply of fresh air, and the wearing of clothing so loose and comfortable that every muscle can work with perfect freedom.

While without doubt, housework or walking affords the best general exercise, there are a few simple bedroom exercises which

are particularly beneficial to the prospective mother. She is approaching a time when the muscles of the trunk and abdomen will be called upon to render special service, and in order to prepare them for the best performance of their duty, a little training is essential. The best time to take these exercises is at night on retiring, and in the morning before rising.

Exercise I. Lie upon the back with no pillow or only a small one under the head. Then slowly raise the head as far as possible from the bed. Repeat this movement slowly until slightly fatigued, taking a deep breath between each movement.

Exercise II. Lie upon the bed in the same position as in the preceding. Raise the right foot slowly, until the thigh is perpendicular to the body. Return slowly to position. Raise the left foot in the same manner. Repeat alternately until slightly fatigued.

Exercise III. While in the same position raise both feet together until perpendicular to the body or as nearly so as possible, and return slowly to the bed. These exercises are all excellent for developing and strengthening the abdominal muscles. The latter exercise is rather a vigorous one and should not be attempted until sufficient strength has been gained by taking the preceding ones. Avoid straining and over fatigue. Gradually increase the vigor of the movements as greater strength is acquired.

Exercise IV. This requires an assistant. Let the patient lie on her back, with the head low and the feet drawn up close to the thighs. The assistant then presses with her hands on the outer side of the knees, while the patient, overcoming this resistance, separates them as far as she can with comfort. After taking a deep breath, she brings the knees together again, while the assistant resists by pressing on the inner side of the knees. This exercise is particularly valuable in strengthening the muscles of the abdomen and thighs.

Many other helpful exercises might be described but this is not necessary as one can easily devise for oneself simple movements that will bring into play all of the abdominal muscles.

No one need claim exemption from these exercises for lack of time as it only requires five or ten minutes morning and night to keep the prospective mother in such good muscular trim that she feels like "a strong man ready to run a race." It is devoting a few minutes faithfully to daily and systematic exercise that counts rather than spending more time at irregular and unsuitable hours.

The foregoing exercises are helpful to the prospective mother, not only because they strengthen the abdominal muscles whose integrity is so essential, but because in conjunction with proper diet they constitute a corrective for the inactivity of the bowels usually so troublesome at this time.

NESTORIAN CUSTOMS.

BY J. ALSTON CAMPBELL, F.R.G.S.

THE Nestorians are a Christian race, living on the borders of Persia and Turkey. They are really Syrians, and take their name from the founder of their Church, which is one of the oldest in existence. Many of their customs are typical of life in the Orient, and this is especially the case with bread-making, which is carried on amongst them under disadvantages, chiefly on account of the difficulty experienced in grinding the wheat. Though sometimes done by water power, it is generally done by hand. Two disc-shaped stones are placed one on top of another, as shown in the accompanying picture, and

the wheat is then put into a hole in the centre of the upper stone. As this stone is revolved on the one underneath, the wheat is caught in and ground, the flour falling out at the edge of the stone on to a carpet or mat, on which the stones are placed. One of the drawbacks of grinding with stones in this way is that grit from the stones is apt to get mixed with the flour; thus the bread is often coarse and gritty. It is never as white as in this country, and is made without yeast.

The second photo, which I took in the courtyard of a native house in a Nes-

torian village, shows the method of baking. The woman marked No. 1, has by her side a basin of flour and water, and

foreground. In the fourth a woman is shown lowering the bread into the "taneer" by hand, some preferring to do it this



A PRIMITIVE FLOUR MILL.

after kneading a handful of dough, she passes it over to No. 2, who rolls it out on a flat board until it becomes a large thin sheet, about one-eighth of an inch thick. It is then passed on to No. 3, who can be seen holding a big cushioned shield in one hand, on which the bread is spread. Close to her is a brick well, or "taneer," as it is called, about four feet deep, the sides of which have been previously heated. Against these sides, the bread is pressed, and is cooked through by the heat from the bricks in a few minutes. It is then hung up to dry, after which it can be kept for weeks, and will only require a little moistening with water before use. The third cut shows the mouth of a hot well, or "taneer," with the sheets of newly baked bread lying in the

way instead of on a cushion. In the absence of a "taneer," or hot well, I have sometimes seen koords baking their bread on an iron sheet with fire underneath.

Water is usually obtained from springs or wells, from which it is fetched by the women or girls in large earthenware jars, similar to those shown in the third cut. The advantage of having water

in these jars is that they keep the water cool. The substance of the jar being porous, the water very slowly percolates through it; thus even in a hot place, the jar is kept moist, and its contents comparatively cool. In more civilised parts, these



BREAD-MAKING.



THE HOT WELL, OR OVEN FOR BAKING.

jars are sometimes hung up filled with water, and ferns cultivated round the outside of them, these being automatically fed with water by the jar.

Another method of carrying water is in skins, and in Persia it is very often brought to the houses in this way. The jars are much to be preferred, as apart from the fact that they are more cleanly, the skins sometimes give the water a bad taste.

The absence of hurry and worry is very noticeable in the lives of these natives. There are no trains to catch, and little count is kept of time. They seem to value an easy life, with meagre comfort, far more than a strenuous life, with its riches and luxury, and this makes it difficult for them to understand the energy of a European. Once when travelling, I came to a village where the depth of snow made it impossible for the horses

to go any farther. The villagers' advice was that I must stay with them for two or three days until the snow melted, and I had some difficulty in explaining to them that I could not afford the time.

The Nestorian has an advantage over us in many ways, in the naturalness of his diet, in the simplicity of his life, in the easily contented mind which can be satisfied with bread and water, and which attaches so little importance to time that a few days' delay on a journey is of no consequence whatever. At the

same time, there is a great disadvantage under which they and other Orientalists, live, and that is a lack of knowledge of the laws of sanitation, and of the prevention of disease. They already live lives which are very much in harmony with nature, but were they as well instructed on these points as we are, they would outstrip us not only in physical culture, but in general health.



PUTTING THE BREAD INTO THE OVEN.

A FRUIT PIE FOR INVALIDS.

BY MRS. E. E. KELLOGG.

PIE, from the very nature of its composition, is an article which can rarely be permitted a place in the invalid's dietary.

Most pastries, compounded, as they generally are, of an excess of fats and starch, are difficult of digestion, and especially so in times of ill-health, when the vital powers are less vigorous. For the sick one longing for a tart a superior

Fill with a fruit pulp prepared by pressing nicely stewed prunes, apples, apricots, grapes, or peaches through a colander. If the pulp is very moist, it should first be evaporated, to the consistency of marmalade before using in the crust. Sweet California prunes, requiring no sugar, make thus a pie which the ordinary invalid will find both toothsome and digestible. Other

fruits may be used if allowed, as may also a previously cooked lemon, orange, or pineapple filling. A meringue adds greatly to the appearance of the dessert, and is desirable when the patient is able to take it.



PREPARING THE CRUST.

and perfectly wholesome crust may be made from avenola.

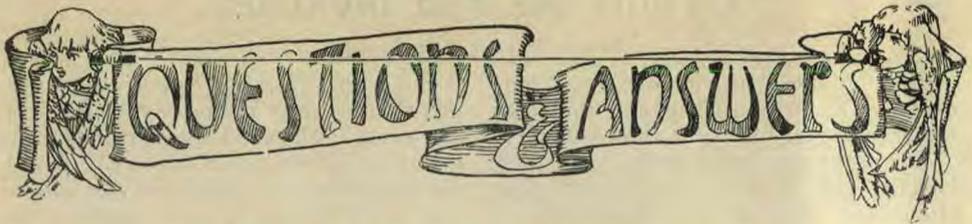
For a medium-sized pie, take three fourths of a cup of avenola (mix, if desired, a little salt with it) and pour over it quickly from one-fourth to one-third of a cup of thin dairy cream, almond cream, or cocoanut cream, just enough to moisten it slightly. If too moist the crust will be soggy. Turn immediately into a pie tin which has been lightly oiled, and spread and press evenly with a spoon over the bottom and sides of the tin. A teaspoon is best for the sides, and pressing the finger against the other edge as one is pressing with a spoon, makes the edge firmer. The crust should not be allowed to come over the edge of the tin.

Our Christmas Number.

WE invite special attention to the announcement of our Christmas number on page 185. Last year many interested in the promulgation of health principles ordered a number of extra copies of the Christmas issue to send to their friends in lieu of the usual Christmas or New Year's card. This is a peculiarly happy way of telling your friends that you wish them good health and prosperity during the coming year. We hope a still larger number will try the plan the present season.



LEMON PIE WITH AVENOLA CRUST.



QUESTIONS & ANSWERS

Tattoo Marks.—A.R.: "Will you kindly inform me as to the best means of removing tattoo marks of Indian ink from the skin?"

Ans.—There is no means of removing the tattoo marks other than by a surgical operation, which we cannot recommend. The colour pigment is deposited in the true skin and will remain there.

Olive Oil—Good Health School.—W.H.: "1. What kind of oil should I use after my sponge bath when taking a rub-down? 2. Do you think that I would be benefited by joining the Good Health School of Physical Culture?"

Ans.—1. Olive oil, or plain cocoanut butter. 2. Yes.

Battle Creek Health Foods.—G.C.B.: "Will you kindly inform me where the articles recommended by the Battle Creek Sanitarium as a vegetarian diet can be obtained?"

Ans.—The Battle Creek health foods are manufactured by the International Health Association, of Legge Street, Birmingham, and can be obtained from the Company or of local dealers.

Fetid Perspiration.—R.H.: "The perspiration from my chest and armpits gives off a nasty smell. Kindly tell me what to do to prevent this."

Ans.—Take a tepid or cold sponge bath each morning over the entire body, and then a vigorous friction with a coarse towel. Bathe your chest and armpits with warm water and soap each evening on retiring to remove the perspiration of the day. Use arm shields which will absorb the perspiration from the armpits during the daytime. Drink water freely. Keep the bowels regular, and take moderate exercise out of doors daily. Have a warm full bath twice a week.

Sugar Diabetes.—R.S.W.: "I am suffering from sugar diabetes of three and a half years' standing. I should like to know (1) if it is possible to effect a cure; (2) what treatment you would suggest, (3) whether you would advise cold water baths, (4) and whether you think two meals per day would be sufficient?"

Ans.—1. It is very doubtful whether you can expect a perfect cure, but proper treatment ought to bring you great improvement and comparative health. 2. A course of tonic treatment at the Leicester Sanitarium. You would also be able to obtain the proper diet at this institution. 3. No, not as a rule; neutral or tepid baths would doubtless suit you better. 4. Yes, providing you have nourishing food and proper combinations.

Baking Powder—Water—Drinking—Rhubarb—Malted Nuts.—S.M.: "1. I am thin and weak, and very soon get tired and exhausted. Do you think this would be due to having insufficient proteid? 2. What would you suggest as a suitable diet for me? 3. Do you think twelve ounces of dry food daily sufficient? 4. How much cooked nuts, such as hazels, brazils and almonds, or protose, would be required to take the place of meat at dinner? 5. What is the cause of wind in the bowels? 6. Is it caused by the previous meal or the one just eaten? 7. Which is it best to drink, hot or cold water? 8. Should one only drink when thirsty? 9. Would water-drinking cause wind in the bowels? 10. Should I take vegetables? 11. Can you give me a good recipe for making light bread without yeast or baking powder? 12. Also the best way to preserve fruit without sugar? 13. Do you think Dr. —'s baking powder is wholesome? 14. Do you think it would be safe for me to take sugar, such as Pitman's fruit sugar? 15. Do you think rhubarb would do me any harm if eaten with zwieback? 16. Would it be better to use peanut or almond butter in place of dairy butter in making puddings? 17. How much malted nuts or how many eggs might I safely take per day?"

Ans.—1. Unable to say without knowing your diet. 2. Fruit (both fresh and stewed) with well-baked, unleavened breads, zwieback, cocoanut butter, and an occasional egg for breakfast; a well-baked nut roast with baked potatoes, sprouts, cauliflower, or any such vegetable and a little well-cooked rice for dinner. "One Hundred Hygienic Recipes" will give further particulars concerning the natural diet. 3. No; an adult usually requires from eighteen to twenty ounces. 4. About two or four ounces, according to the quality and quantity of other food that you take. 5. Fermentation. 6. Probably to the previous meal, if it is undigested. 7. Cool water is best. 8. No; some people are never thirsty and yet require water. 9. No. 10. No; not so long as your digestion is weak. 11. See "One Hundred Hygienic Recipes." 12. Obtain glass jars with covers and indiarubber rings; clean the jars thoroughly, and boil the fruit and put into jars, seeing that the cover is air-tight. Fruit prepared in this way will keep for years. 13. No; we never recommend baking powder of any kind. 14. Yes, if any sugar will agree with you. One should bear in mind that sugar is a very concentrated food and should only be eaten in very small quantities. Pitman's is one of the best on the market. 15. No; still it does not always agree with a weak stomach. 16. Yes. 17. Three or four dessert-spoonfuls of malted nuts or one egg.

GOOD HEALTH

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

.. EDITED BY ..

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

(Managing Editor.)

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THE Christmas number of GOOD HEALTH will make an admirable substitute for the conventional Christmas card.

WE are pleased to invite attention to an announcement in another column of the woollen goods supplied by Mr. James Winter. Suitable underwear for children is a matter of great importance, and mothers should give attention to it in early autumn. Mr. Winter carries a large stock of such goods as are likely to prove valuable to our readers, and we believe he will give perfect satisfaction.

SOMETIMES a person obtains a copy of GOOD HEALTH from an agent in one city, and later has considerable difficulty in getting the magazine elsewhere. Readers will do well to note that GOOD HEALTH is published by Simpkin, Marshall, Hamilton, Kent & Co., of Paternoster Row, and can be supplied to any newsdealer at the usual rate for penny magazines. Friends of GOOD HEALTH will do us a favour by getting their newsdealers to handle it. Any newsdealer having difficulty in obtaining a poster will be supplied on application to the GOOD HEALTH Office, 451 Holloway Road, London, N.

SOME years ago it was almost impossible to get pure shortening material at anything like a reasonable price. Working people were almost compelled to use lard because of its cheapness. More recently this has completely changed. For some time our largest health food dealers have been selling various nut butters and other goods at very reasonable prices. Now Mr. Bax, a dealer who is very well known to our readers, is selling his "Coker Butter" which, we understand, is specially adapted for cooking purposes, at 6d. per lb. Mr. Bax's price list contains particulars of many interesting things and it would be well for any of our readers who do not have a copy to supply themselves.

In answering advertisements kindly mention "GOOD HEALTH."

GOLD MEDAL AWARDED.

Woman's Exhibition, London, 1900.

NEAVE'S FOOD

BEST AND CHEAPEST
For INFANTS, GROWING CHILDREN,
INVALIDS, and the AGED.

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

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

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

"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."

Purveyors by special appointment to
H.I.M. THE EMPRESS OF RUSSIA.

"PITMAN" Four New Lines
NATURAL Just Introduced,
UNCOOKED FOODS. (making over 30
in all).

RICH NATURCAKE 6d. each.

A most delicious sweet cake. Distinguishable from the Cooked Article by its more tasty flavour.

MUSCATEL NATURALBRED.

Delicious Flavour. 4d. per Loaf.

A wonderful Food-remedy for Constipation.

Natural Scotch Shortbread.

4d. per Box of two Cakes.

A marvellous improvement on the baked article.

NATURAL GINGERBRED.

4d. per Box of two Cakes.

A tasteful remedy for Indigestion. The four sent post free for 1/10 from the Sole Manufacturers.—

"PITMAN" HEALTH FOOD Stores,
188 & 189 Corporation St., Birmingham.

The Largest Health Food Dealers in the World. Xmas Illustrated Price List, 88 pp., with Greeting Card and copy of "Aids to a Simpler Diet," by J. H. Cook, post free, two stamps.

F.R. NUT MEAT.

THE NEW VEGETABLE BEEF.

What you have waited for, you can now obtain.

A DELICIOUS NUT MEAT MADE WITH PINE KERNELS.

We have been working for almost two years on this Food which we have named **F.R. Nut Meat**. **F.R. Nut Meat** roasted is as savoury as roast beef, and more nutritious. Sold by all Health Food Dealers. Sample Tin, 8d., post free. Try it. "It's so nice."

Sole Manufacturers:

THE LONDON NUT FOOD CO.,

465 Battersea Park Rd., London, S.W.

Send for Descriptive Price List of all our Foods.

THERE IS GRAVE REASON TO DOUBT

the efficacy of modern dentifrices in preserving the teeth. Saliva contains two classes of organisms in perpetual strife with one another. One, the intruding class, is destructive of the teeth; the other destroys the intruders, and may be called the police of the mouth. Recent researches tell us that strong antiseptics destroy both intruder and protector, leaving the mouth and teeth a prey to the ever watchful germ and microbe of disease.

The true method of cleansing is to use such an agent as will remove decaying matters in which marauding intruders breed, and will at the same time prevent accumulations of the substance tartar, which affords cover to their millions of offspring. Such an agent is ARPAX, the new dentifrice, which fulfils both the conditions outlined above.

It may be obtained post free for 1/- from The Arpax Depot, 9 Prince's Avenue, Alexandra Park, London, N., or your chemist can obtain it for you.

A Seaside Home

Conducted on Food Reform principles.

Delightful location, near the chimes, pleasure gardens, and town.

Highest recommendations.

Accommodations exceptional, including facilities for the Electric light bath, Russian and shower baths and skilled massage.

Charges,—moderate.

Write for terms, mentioning GOOD HEALTH.

**Mrs. Hutteman-Hume, Loughtonhurst,
West Cliff Gardens, Bournemouth.**

Holiday Number of "Good Health."

THE December number of GOOD HEALTH will be a special Christmas number. It will contain a large variety of articles dealing with the preservation of the health during the winter months, and setting forth quite clearly the main principles of healthful living. These will be freely illustrated with a large number of fine half-tone engravings, which with the beautiful new cover design will add greatly to the attractiveness of a very interesting number. The following are the leading features:—

"The Doctor of To-morrow."

By DR. A. B. OLSEN.

"Cold as a Vitaliser."

By J. H. KELLOGG, M.D.

"Home Treatment for Rheumatism."

By DR. J. J. BELL.

"What Smoking Does for Boys."

By MISS EDITH E. ADAMS.

"The Business of Health-Getting."

By DR. F. C. RICHARDS.

"The Work of the Missionary Nurse."

By MRS. E. G. WHITE, authoress of "The Ministry of Healing."

"Winter Hygiene."

"Exercises for Invalids."

(Illustrated) By MRS. CHARLES STEWART.

"Colds and What To Do for Them."—Illustrated.

"Youthful Food Reformers."

(Illustrated.)

"Wholesome 'Xmas Cookery.'"

By DR. SISLEY-RICHARDS.

Although this number of GOOD HEALTH will contain many special features, the price will be one penny as usual. We are sure that a great many of our readers will require some extra copies of this valuable number, and although we are printing an extra large edition, we would advise you to **ORDER EARLY** to avoid disappointment.

In answering advertisements kindly mention "GOOD HEALTH."

"DROIT ET AVANT."

"Physical Education."

Editor-in-Chief: EUGENE SULLY, Esq., Hon. Sec., N.P.R.S.
Officer of the French Academy,
 Founder of National Society of Physical Education, &c., &c.

EDITORIAL OFFICE: EXETER HALL, STRAND, LONDON.

Official Organ of .

THE NATIONAL PHYSICAL RECREATION SOCIETY,
 THE LIFE SAVING SOCIETY,
 THE NATIONAL SOCIETY OF PHYSICAL EDUCATION.
 2/6 Per Year, Post Free, Prepaid.

Messrs. MILLS & KNIGHT, Managers, "PHYSICAL
 EDUCATION," 34 Moorfields, LIVERPOOL.

Published by .

G. PHILIP & SON, LTD., 32 Fleet St., London.

PUBLISHERS' NOTES.

MESSRS. J. REYNOLDS & Co., Ltd., Albert Flour Mills, Gloucester, added to their exhibition successes last week at the Bakers' Exhibition, London, by taking Second and Third Prizes in Class 14 for Malted Brown Bread. The entries numbered 241. In Class 15, with 520 entries, First and Second Prizes were awarded to brown bread made from Reynolds' Gold Medal Wheatmeal. These classes are the most important classes for the year, and they always produce very active competition. On Wednesday in Class 12, open to Welsh bakers only, the product of this firm also secured First, Second and Third prizes. Thus seven out of a possible nine open class awards went to the Reynolds' Wheatmeal Brown Bread.

THE abdominal supporter gives just the kind of support needed in cases of dilatation of the stomach, and also in many other conditions where abdominal support is needed. It distributes the pressure where it is most needed. Full particulars from the Good Health Supply Department, 451 Holloway Road, London, N.

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; £4 per half page; £2 per quarter page; £1 2 6 per eighth page.

Address: GOOD HEALTH, (Advt. Dept.)
 451 Holloway Road, London, N.

Heide's Specialities.

Zwieback (Brown and White) a specially prepared predigested bread, invaluable to dyspeptics and invalids; used in the Battle Creek Sanitarium. 6d per lb. Sample packet for 6d. in stamps.

Superior Health Biscuits, shortened with nuts.

Maker of Dr. Allinson's Wholemeal Bread.

Agent for all the foods of the International Health Association. Orders to the amount of 2s. and upwards delivered free in West London. Try HEIDE'S HYGIENIC CAKE, 10d. per lb. A triumph in healthful cake-making. Absolutely pure, free from chemical essences, etc. Agents wanted.

Address: J. HEIDE,

332 Portobello Road, London, W.

answering advertisements kindly mention "GOOD HEALTH."



Health! Comfort!! Gracefulness!!! is obtained by wearers of the

PORTIA SUSPENDER.

Combined Shoulder
 Brace & Stocking

The stockings are firmly and neatly held in place. No pressure on the abdominal organs. Walking, Cycling, and all physical exercises without fatigue. Highly recommended by the Editor and leading physicians. Are being used in the principal schools of physical culture. Pink, Blue, or White. Rushed Silk Elastic, 4/-; Mercerised Cotton, 2/6.

Special! with Knicker Brace ends, 2/11.

From PORTIA SUSPENDER CO.,
 182 Norwood Rd., West Norwood,
 London, S.E.

And from all drapers and outfitters.

It is not nice

to rub the impure products of the slaughter-house into the skin, and yet that is what you do every time you shave unless you are a user of McClinton's Soap. **It is the only shaving soap made from vegetable oils.** It is also made from the ash of plants and so has a mildness no other soap approaches. McClinton's Colleen and Tyr-Owen toilet soaps and tooth soap are also made entirely from these vegetable materials; as Dr. Kirk (Edinburgh) says in his "Papers on Health," "It is Nature's Soap."

Just to get you to try it,

we offer a wonderful box in return for 1/4, containing Toilet and Shaving (or Tooth soap), made entirely from vegetable materials.

To each purchaser of above box we send a pretty match-holder, enamelled in colours, representing a cottage fireside in this Irish village.

D. BROWN & SON, Ltd., Dept 12,
 Donaghmore, Tyrone, Ireland.

The Ladies' Guide

In Health and Disease.

By J. H. Kellogg, M.D. Deals with Girlhood, Maidenhood, Wifehood, and Motherhood. It is a comprehensive, authoritative, satisfying work by a physician of especially large experience. It thus represents the latest scientific knowledge, and is at the same time written in simple language so that it can be understood by any woman of ordinary culture. Over 50,000 copies of this excellent work have been sold, and are proving of priceless value in as many homes. Full particulars will be given on application to the

GOOD HEALTH SUPPLY DEPT.,
 451 Holloway Road, London, N.

T H E **R** **RESTAURANT**

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

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

1/- Ordinary Three Courses and Lemonade.

The finest Sixpenny Teas in London served after 3.30.
(Cocoa or Brunak served instead of tea if desired.)

Open from 9 a.m. to 8 p.m.; Saturdays, 7 p.m.
June, July, August, September, Saturdays, 4 p.m.

Good Health

School of

Physical Culture.

For particulars send stamp to
School of Physical Culture,
451 Holloway Rd., LONDON, N.

SAVOY STORES.

JUST ARRIVED.

Choice variety of
New Dried Fruits,
Nuts, etc. Send at
once for our special
list. Splendid values.

SAVOY.

HEALTH FOOD STORES,
Exchange Walk, Nottingham.

THE PREMIER
BROWN BREAD
IS ACKNOWLEDGED TO BE

REYNOLDS'

PURE DIGESTIVE

Gold Medal WHEATMEAL BREAD.

7 Awards, London, 1905.

From Stores and Bakers in
all parts of England.

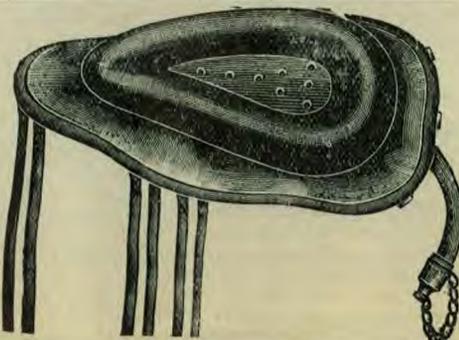
J. REYNOLDS & CO., LTD.,
GLOUCESTER.

COMFORT For the **CYCLIST**
In our
BIRKBECK PNEUMATIC SADDLE COVER.

Good HEALTH says: "As a means of avoiding jars of the spine, etc., we are glad to recommend the use of the Saddle Cover. An ingenious and most effective contrivance which has made cycling possible to some whose condition of health would not allow the sport without the safeguard," etc.

Prices, 3/6, 3/9, 4/- Send for our Illustrated Booklet.

Sole Manufacturers **THE BIRKBECK 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."

2/- INSURES YOUR COMPLEXION.**DR. HARLAN'S****Beauty-Cup Massage
For the Face,
Neck, Arms and Body.***"No woman who owns one of these wonderful little Cups need have any further fear of wrinkles or blackheads."*

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and pumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh, pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. **DR. HARLAN'S BEAUTY-CUP sent by mail in plain wrapper—with our Beauty Booklet—to any address, for 2/- P.O. (abroad, 2/6 M.O.)**
Address—**HIGHWATER LABORATORY 9-84 EXCHANGE BUILDINGS, SOUTHWARK, LONDON.**

**PUBLISHERS' NOTES.**

FRIENDS of the health principles in Glasgow will be pleased to know that a health home has been opened at 54 Abbey Drive, Jordanhall, where baths of various kinds are given, and where good, hygienic board and all the other comforts of a well-ordered home can be obtained. The place is beautifully located, commanding extensive views of the country. For full particulars address the secretary.

"**Loughtonhurst**," Mrs. Hume's delightful home for food reformers at West Cliff Gardens, Bournemouth, has received a welcome addition to its facilities in the form of an Electric Ray Light Bath. Russian and Shower Baths can also be provided, in addition to ordinary baths, and hygienic face and head treatment, together with massage in all its branches, by a qualified masseur. "Loughtonhurst" is moreover a most home-like place which cannot but please all who come under its hospitable roof.

THE British Lads' Anti-Smoking Union is a new organisation for the promotion of healthy habits, and the non-use of narcotics among boys. We wish it abundant success. Full particulars may be obtained of the Central Secretary, "Flora-ville," Molmesbury Rd., Woodford, London, N.E.

"GOOD HEALTH" STORES,**19 Stroud Green Rd., London, N.**Conducted by **MISS N. MUSSON.**Agent for the **International Health Association's** foods, and all other health foods.

.. ALSO FOR ..
Musson's Wholemeal Specialties.
All Health Magazines.

ILL-HEALTH.

Conditions of modern life render the skin to a great extent inactive; hence so much bad health—the skin being one of the most important excretory organs of the body.

The Gem Turkish Bath counteracts this inactivity. It prevents illness and cures disease—chills, colds, rheumatism, gout, diseases of the kidneys, the liver and the skin, and many other ailments caused by the accumulation of impurities in the system. Recommended by "**GOOD HEALTH**," eminent doctors and thousands of users. Price from 30/-

Particulars and copy of book "**Perfect Health**" (1/-) free, on mentioning this magazine.

Gem Supplies Co., Ltd., Dept. G.H.,
121 Newgate St., London, E.C.

BE ONE OF THE NUMBER.

of the many friends who
are now wearing

**Winter's Woolley
Scotch Wincey.**

It is soft, warm, light, and dainty in a far higher degree than Flannel. It washes infinitely better than Flannel. Its wearing qualities are such that a garment made of **Winter's W. S. W.** will last as long as two similar garments made from good flannel. You will find it a delightful fabric, admirably adapted for all the purposes for which flannel is suitable, such as Ladies' Shirts, Blouses, Dressing Gowns, Children's Undergowns, Sleeping Suits, Frocks, etc. Also a special range of patterns for Gentlemen's Shirts, Pyjamas, etc.

Send for Patterns.

JAMES WINTER, CORTACHY,
KIRRIEMUIR.

Without question, the most remarkable discovery in dietetics which has been made within the last half century, is—

PROTOSE

a vegetable food substance corresponding in composition to lean flesh, such as beef or mutton, which has proved not only a most desirable addition to the vegetarian bill of fare, but a boon to that very large class of cases in which flesh foods are necessarily prohibited, or in which their use is in the highest degree undesirable, as in chronic rheumatism, Bright's disease, diabetes, and various nervous affections, and in affections of the liver, such as infectious jaundice and sclerosis.

PROTOSE is prepared from the best grains and nuts, and is perfectly cooked. It—

IS A PERFECT SUBSTITUTE FOR FLESH FOOD,

and while containing the same food elements as beef and mutton, its nutritive value is about 25 per cent. greater. Another important advantage is that it is absolutely pure, and free from the tissue poisons that abound in animal flesh. PROTOSE tastes good, promotes health and vigour, and imparts great staying power.

PRICES:

½lb., 8d.; 1lb., 1/-; 1½lbs., 1/4.

ORDINARY BISCUITS

are made with a single desire to please the palate without respect to the health of the consumers, as witness the use of such harmful chemicals and other ingredients as cream of tartar, soda, baking powder, ammonia, alum, aniline powders, etc., margarine, lard, and other questionable fats, in their manufacture.

We guarantee that no injurious elements whatever enter into the composition of our biscuits, that they are made from the best materials, and shortened only with nut oil.

Being pure, wholesome and health-giving foods, they constitute a valuable article of diet at any or every meal.

ASK FOR

Per 1lb. Packet.

- The I.H.A. Nut Rolls, - 5d.
- The I.H.A. Wheatmeal Biscuits 5d.
- The I.H.A. Oatmeal Biscuits, 6d.
- The I.H.A. Fruit Wafers - 8d.
- Granose Biscuits, whole wheat, (not shortened) 7½d. per packet.

BROMOSE

Makes Fat and Blood.

BROMOSE, an exceedingly palatable food preparation, consists of cereals and nuts in which the starch is completely digested, the nuts perfectly cooked, and their fat emulsified. It is thus ready for immediate assimilation. It is the most easily digested, and most fattening of all foods, and at the same time rich in proteids, and hence

Unequaled as a tissue-builder.

BROMOSE makes fat and blood more rapidly than any other food. It is rich in salts as well as proteids and other food elements, and is therefore the food par excellence for blood, brain and nerves.

It is excellent for invalids who are thin in flesh, those who cannot digest starch, old people, feeble infants, consumptives, convalescents, fever patients, neurasthenics and

THOSE WHO WISH TO GAIN IN FLESH.

Can be had plain or combined with fruit. In box containing 30 tablets, 1/6., postage 4d. extra.

GLUTEN MEAL. WHEAT EXTRACT.

GLUTEN, the nitrogenous and flesh-forming element of wheat, barley and rye, is the most remarkable of all food elements in that it alone is capable of sustaining life indefinitely in the absence of all other elements. This is doubtless due to the fact that this wonderful principle sustains, as does no other element, the brain, nerves, glands, muscles, and all other highly vitalised tissues of the body. Gluten can be prepared only by washing out the starch of wheat flour. It is by this laborious and costly process that our product is prepared.

This *Invaluable Food Preparation* is eminently adapted to all cases of feeble nutrition, impoverished blood, general debility, and all diseases attended by general weakness. In convalescence from any acute disease, nothing can excel in value this

Delicate, Digestible, and Toothsome Article of Diet.

It's a luxury for the well, a necessity for the sick. Babies thrive wonderfully on our 20 per cent. Gluten meal.

In 1lb. packets, 20 per cent. strength, 10d.; 40 per cent., 1/8. Recipes on packet.

The Health Foods mentioned above are manufactured by **The International Health Association, Ltd.**, of Legge Street, Birmingham, who will on receipt of One Shilling, send you samples of 14 different kinds, also cookery book, price list, and address of nearest agent.

In answering advertisements kindly mention "GOOD HEALTH."

BIRKBECK BANK

ESTABLISHED 1851.

2½ per cent INTEREST

allowed on Deposit Accounts Repayable on Demand.

2 per cent INTEREST

allowed on Current Accounts on minimum monthly balances when not drawn below £100

Advances made to Customers, and all General Banking Business transacted.

Apply C. F. RAVENSCROFT, Secretary,
Southampton Buildings, High Holborn, W.C.

PUBLISHERS' NOTES.

"The Wonder of Life," a talk with children about six, by Mary Tudor Pole. Published by Simpkin, Marshall & Co., London. A delicately-written little book which parents and others having the care of children should find most helpful. The work contains a preface by Mr. Edward Bruce Kirk, editor of the Kirk Sex Series, and an introduction by Lady Isabel Margesson.

THE *Christian Commonwealth* (every Thursday, one penny) entered upon its twenty-fifth annual volume with the issue of October 5th. Several improvements have been introduced, and the variety and attractiveness of the paper generally enhanced. The regular features of the *Christian Commonwealth* include sermons by the Rev. R. J. Campbell, M.A., contributions by Dr. Campbell Morgan, Illustrated Interviews, Christian Endeavour, Sunday-School and Lay Preachers' Columns, Home Circle and Woman's World, and Religious and General News.

"Vegetarian Cookery," by T. R. Allinson, Ex-L.R.C.P., Edin. Publishers: The Natural Food Co., Ltd., Bethnal Green, London, N.E.

Friends of vegetarian cookery will be pleased to know that Dr. Allinson has added a cookery book to the already large list of helpful works on health which he has to his credit. The book contains 117 pages of closely printed matter giving a varied and interesting collection of recipes, many of which we have no doubt would prove helpful to our readers. We note the author's occasional use of pepper, which we suppose is a concession to popular taste. GOOD HEALTH readers would do well to omit this ingredient.

New Harrison
SWIFT GOLD MEDAL

KNITTER

Profitable and Pleasurable Occupation.



KNITS Socks, Stockings and Garments. Everyone including your friends and neighbours require knitted goods, and no purchaser for a small family could save less than 20 per cent. upon the outlay for private use. The wide scope and extensive capacity of production ensures the safest means of a living of any trade extant.

HARRISON KNITTER WORKS:
26 UPPER BROOK ST., MANCHESTER.

LISTS
FREE

In answering advertisements kindly mention "GOOD HEALTH."

Have YOU Tried

BRUNAK?

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

Dr. Allinson says:—

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

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

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—

The NATURAL FOOD Co., Ltd.,
21 N. Patriot Sq., Bethnal Green, LONDON, E.

HEALTH FOODS.

Excellent nuts, dried fruits, and health foods of all kinds, including

BILSON'S 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.

Ask for new price list.

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

MAXWELL'S PURE FOOD STORES,

863 FOREST RD., WALTHAMSTOW,
LONDON, N.E.

Pure Dandelion Coffee, Dandelion Root only, roasted and ground. 1/10 per lb. Agrees with dyspeptics.

Cooking Oils, Pure Olive Oil, Vegetable Soaps.

Maxwell's Pure Vegetable Cocoanut Butter

for the breakfast table, for pastry, and for all dishes where fat is required. As fine a flavour as any vegetable butter on the market, and second to none. 7d. per lb., if ordered with other goods.

Price List gratis. Goods value 15/- sent carriage paid within fifty miles of London. Over that distance anywhere in Great Britain, sixpence extra charged for carriage on each order for £1 or under.

Write for any of the well advertised vegetarian foods. Usual prices for proprietary foods.



The Good Health Adjustable Bodice.

Does away with the corset. Supports all garments without harmful pressure. For particulars and prices address the Good Health Supply Dept., 451 Holloway Road, London, N.

BAX'S PURE COKER BUTTER.

Testimonials from all parts of the country.

Send for 1 lb. Sample, Post free, 9d.

Our New and Enlarged List now ready. Write for one.

**THE BEST
VEGETABLE FAT
FOR ALL COOK-
ING PURPOSES
YET PRODUCED.**

6 D. The Price is right and so is the Quality. **1lb.**

**There Are No Foods to Equal Bax's.
THE HEALTH FOOD STORES FOR EVERYONE.**

ADDRESS :

FRED^K BAX & SONS, 35 Bishopsgate Street Without, London, E.C.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

"Self-Control." A booklet for boys and young men, as well as for girls, dealing "delicately yet plainly and practically with secret vice and its

moral and hygienic treatment." By the Rev. Charles A. Hall (Meekleriggs, Paisley). To be had of the author or of L. N. Fowler & Co., 7 Imperial Arcade, Ludgate Circus, E.C. Price 6d. net.

The Christian Commonwealth,

EVERY THURSDAY. ILLUSTRATED. ONE PENNY.

REV. R. J. CAMPBELL'S SERMONS appear regularly
in the **CHRISTIAN COMMONWEALTH.**

The "Christian Commonwealth" has a combination of features possessed by no other journal, including special departments for the Home, Sunday-School, Christian Endeavour, Lay Preachers, Literature, and the religious and general news of the week.

Ask your newsagent to supply you with the **CHRISTIAN COMMONWEALTH** every week.

BARGAINS IN BOOKS.—"Handbook of Biblical Difficulties," by Rev. R. Tuck 3s. 6d. (published at 7s. 6d.); Bate's "Cyclopedia of Illustrations, Anecdotes, etc.," 5s. (originally sold at 21 ls.); "People's Bible History," edited by Dr. Lorimer, with introduction by W. E. Gladstone, 10s., half price; "Blatchford Answered," by Rev. F. C. Spurr, 9d. and 1s.; "Hard Problems of Scripture," by Dr. R. A. Torrey, 4d.; "Keys of the Kingdom and other Sermons," by Rev. R. J. Campbell, M.A., 1s.; [N.B.—These prices include postage.] "The R. J. Campbell Birthday Book," leather, 3s. 6d., cloth, 2s. 6d., postage 3d. Write for complete list

Christian Commonwealth Co., Ltd., 73 Ludgate Hill, London, E.C.

**Let your daily
Bread be
'Artox' Bread**

50
per cent.
more
nourishing.

Bake it at home from 'Artox' Flour, sold in 7 and 14-lb. bags by grocers, or, order 'Artox' bread, baked from 'Artox' Flour from your baker.

Because

It is more nourishing than white bread, nicer than brown bread, an improvement upon coarse wholemeal, and altogether the most digestible and palatable.

OUR OFFER. A 3 lb. bag of Artox Wholemeal and an Artox Loaf will be sent Post Free if you cut out this advertisement and send to us with 6d., and the name and address of your grocer or baker.

Apleyards, Ltd., Rotherham.

In answering advertisements kindly mention "GOOD HEALTH."

GOODRICH'S

DELICIOUS

Fruit ^{UNO} Nut Cakes.

PURE, WHOLESOME, ^{UNO}

NUTRITIOUS.

Send the name of your grocer
or confectioner.

Highest Award, London 1905.

HYGIENIC FOOD STORE,
14 The Pavement, Crouch End,
LONDON, N.