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Good Health

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Hygiene and the Principles of Healthful Living.

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Editorial Chat.

Lady Doctors for Russia.—So large is the attendance at the Women's Medical Institute of Russia, according to the *Novostic*, that plans are being laid to open supplementary classes for the accommodation of would-be students.



Street Noises.—Apropos of the present agitation for quiet streets the *Lancet* calls attention to the fact that London, at least, has in this respect undergone a change for the better in the last century or two. In the London of George II. there was "one continual roar." "Pneumatic tyres were unknown, wheels were shod with iron, and when pavement existed, it was made up, as in old-fashioned continental towns, of large, round cobbles, unevenly laid, and seldom mended. . . . In front of most shops the apprentices bawled invitations to customers in terms only now employed by butchers on a Saturday night in the meanest thoroughfares."



Modern Nervousness.—Although the London of those days was apparently a perfect pandemonium of noise, it is doubtful whether its robust inhabitants suffered as much inconvenience as do Londoners of to-day from what would seem to be merely faint echoes of the noisy past. It must be evident to all who give the subject a little thought that sound nerves were more common then than now. Our artificial life, the use of narcotics and stimulants, and the enormous consumption of more than questionable patent medicines have all contributed to weaken nerve force. It behoves us to take our-

selves in hand, and endeavour by systematic health-training to restore the nervous equilibrium, and obtain that just balance of all the organs of the body which is the sign and token of perfect health. Let us by all means lessen street noises as far as possible, but let us also endeavour to rise above that condition of hyper-sensitiveness which is the sign of disease and not of health.



Gardening for Health.—Everybody ought to have a garden of some kind, and spend some time in caring for it. To the man or woman engaged most of the time in hard mental work garden-making will bring health, and freshness, and vitality that can be had in no other way. Booker T. Washington, the well-known head of the Tuskegee (Alabama) Industrial School, has some excellent things to say on this subject in his recent book, "Working with the Hands."



An Hour a Day.—"I think I owe a great deal of my present strength and capacity for hard work to my love of outdoor life. It is true that the amount of time that I can spend in the open air is now very limited. Taken on an average it is perhaps not more than an hour a day; but I make the most of that hour. In addition to this, I get much pleasure out of looking forward to and planning for that hour.

"I do not believe that anyone who has not worked in a garden can begin to understand how much pleasure and strength of body and mind and soul can be derived from one's garden, no matter how small it

may be, and often the smaller it is, the better. If the garden be ever so limited in area, one may still have the gratifying experience of learning how much can be produced on a little plot carefully laid out, thoroughly fertilised, and intelligently cultivated. And then, though the garden may be small, if the flowers and vegetables prosper, there springs up a feeling of kinship between the man and his plants, as he tends and watches the growth of each individual fruition from day to day. Every morning brings some fresh development, born of the rain, the dew, and the sunshine.

* *

Inspiration for Work.—"The letter or the address you began writing the day before never grows until you return and take up the work where it was left off; not so with the plant. Some change has taken place during the night, in the appearance of bud, or blossom, or fruit. This sense of newness, of expectancy, brings to me a daily inspiration whose sympathetic significance it is impossible to convey in words.

"It is not only a pleasure to grow vegetables for one's table, but I find much satisfaction, also, in sending selections of the best specimens to some neighbour whose garden is backward, or to one who has not learned the art of raising the finest or the earliest varieties, and who is therefore surprised to receive new potatoes two weeks in advance of anyone else.

* *

Restfulness.—"When I am at my home in Tuskegee, I am able, by rising early in the morning, to spend at least half an hour in my garden, or with my fowls, pigs or cows. Whenever I can take the time I like to hunt for the new eggs each morning myself, and when at home I am selfish enough to permit no one else to make these discoveries. As with the growing plants, there is a sense of freshness and restfulness in the finding and handling of newly-laid eggs that is delightful to me. Both the anticipation and the realisation are most pleasing. I begin the day by seeing how many eggs I can find, or how many little chickens are just beginning to peep through the shells."

To read these paragraphs is like getting a whiff of pure air from the country. Certainly it is well to think about such things occasionally even if one is not able to have the experience; but in some measure it is no doubt possible for almost every city dweller to cultivate plants and take pleasure in their growth. With many it will be possible to put under cultivation quite a generous garden plot, the outcome of which in flowers and vegetables will surprise the owner. Best of all, the work of caring for a garden is in itself helpful to the upbuilding of the health; it tends to give balance to the nervous system, and stamina to the body as a whole, and to relieve the *ennui* and life-weariness which is so characteristic of the present age.

* *

Dirty Milk.—"Not much evidence of improvement in the milk supply of the metropolis is to be found in the latest monthly report of Dr. Collingwood, Medical Officer of Health for the city of London," writes the *British Medical Journal*, and continues: "Of twenty-two samples of milk, covering supplies drawn from most of the southern counties, and submitted by him to Dr. Klein for bacteriological examination during the month of August, *one-third proved to be unclean and unfit for human food, while nine per cent. were found to be infected with tubercle bacilli.* These results are sufficiently striking, and Dr. Collingwood's statement, that they clearly point to *the grossest carelessness amounting almost to criminal negligence in dealing with so important an article of food,* can scarcely be considered too strong. Moreover, the abstracts of correspondence furnished show that by no means all milk firms dealing with the city are ready to endeavour to remedy matters when defects are pointed out to them." (Italics ours.) Dr. Collingwood is doing the public an inestimable service by pressing this vital question to the front, and he should be amply supported in his efforts to secure for London a decently clean milk supply. If every reader of GOOD HEALTH would insist on getting pure, clean, *uncoloured* milk, they would help greatly in the solution of this important problem.

"ON CATCHING COLD."

BY ALEXANDER BRYCE, M.D., D.P.H., CAMB.

WHEN a man says he has caught a cold it must not for a single moment be inferred that he means what he says. The literal interpretation of the phrase would be that he had taken every precaution to bring about the result he had in view, that he had specially laid himself out to see that he had captured this entity he calls a cold, that however much it had eluded his grasp it had at last fallen a victim to his wiles and had succumbed to his superior skill in hunting. It is to be observed, however, that it is not a triumphant note which is employed but rather a querulous and deprecatory one, the desire evidently being to excite commiseration in the hearer and to draw forth sympathy for an unfortunate episode. In other words, the meaning intended to be conveyed is clearly that the cold has caught the man, that he has seen it on the horizon, and has been using every artifice in his power to escape from it, but that despite all his efforts he has been quite unsuccessful and for this reason appeals to you as an object of sympathetic attention. Now, I am quite certain that the words should be translated precisely as they are spoken, and that the man after all has deliberately and decidedly laid himself out to catch a cold. Because it has been quite clearly proven in these latter days that although even "common colds" are extremely contagious and are due to a microbe which is transferred from one patient to another, still these germs cannot catch hold and develop on an unprepared soil. In other words, the nasal mucous membrane of the man who catches a cold must be supplied by a special quality of blood which will provide a growing medium or soil for the growth of the germ. Without this soil the microbe is like the good seed sown by the wayside which the fowls of the air soon pluck away. Now the man with a cold has no right to consider himself a special object for commiseration unless he has taken every precaution to provide the right quantity and quality of blood which will so nourish the nasal mucous membrane as to keep it in perfect health. Not that there is necessarily any gross altera-

tion of the lining membrane of the nose and throat, although this is extremely common, but simply that there is a habitual over-engorgement of the blood-vessels making the soil tolerant and receptive of the germ.

What then are the means successfully employed in ensuring the individual against catching a cold? By common consent the first and most important is usually considered to be a life in the open air. There is no doubt of the value of such a measure, but it is by no means a perfect safeguard, else the extremely common spectacle of a letter-carrier with a cold in the head would be an impossibility. Many indeed believe that an open-air life makes them more liable, but I think this only applies to those who are compelled to spend their time in the open-air, and yet remain inactive, as, e.g., cab-drivers. It is quite as essential to sleep with the bedroom window open as to inhale pure fresh air during the day, and probably many open-air workers suffer by reason of sleeping in practically hermetically sealed bed-rooms. It has been shown that night air is much purer than day air, and there can be no special reason why the bed-room window should not be open all the year round. For perfect health each individual should have a thousand cubic feet of air space and the air in this should be changed once per hour.

A second extremely necessary measure is the morning bath. If possible this should be a cold plunge or sponge bath and a perfect reaction should be obtained. Now this is something more than simply a glowing of the skin just after the bath, which is usually considered sufficient by most people. The feeling of warmth and exhilaration should extend right through the day, and it may be considered that where a feeling of chilliness supervenes three or four hours after the bath, especially if accompanied by slight exhaustion and tired feelings, the cold bath is contra-indicated. In these circumstances I find that an effective bath can be obtained in the following way. From half a gallon to a gallon of boiling water is placed in the

bath and made sufficiently cool with the tap water so that a wash-over with soap and water may be quite comfortable. The cold tap is then turned on and the front parts of the body thoroughly deluged with cold water, great care being taken that none of this cold water reaches the spinal region. If this neighbourhood be not cooled down, there is little chance that a perfect reaction will not be maintained. The object of the bath is not only for cleansing purposes, but is more that the blood-vessels of the skin may be accustomed to changes of temperature and become insusceptible to the deleterious action of cold.

It is quite certain, however, that many people obey these two precepts and yet are subject to frequent attacks of nasal catarrh. In some cases no doubt the nasal passages may be at fault by reason of mouth-breathing—a practice much to be deprecated—but in my opinion the chief predisposing factor in the common cold of civilisation is to be found in our dietetic habits. At first sight I should have been inclined to say that the vegetarian would have been quite free from nasal catarrh, but a pretty large experience has demonstrated the fact that, although less susceptible on the whole, he is still too often afflicted with this trouble. I feel sure that the meat-eater is a little more subject to nasal catarrh, but I am convinced that it is not meat-eating *per se* that is the cause of this extra susceptibility. I am led to this conclusion by the knowledge that children have as many colds as adults who presumably eat much more meat than they do. It is also remarkable with what frequency nasal catarrh attacks a man after a long spell of exercise in the fresh air, e.g., after a seaside or country holiday, and again how prevalent colds are in the summer time. These observations have led me to the conclusion that it is quantity rather than quality of food which is the predominant factor in the predisposition of nasal catarrh. The holiday at the seaside sharpens the appetite, and tempts to ingestion of a good deal more food than is absolutely necessary for waste and repair, and so long as the residence in the bracing air continues, the excess is burned up, and no harm ensues. But, unfortunately, the good appetite is

carried back to town and is gratified as formerly but without the same ability to utilise the excess as the air is de-oxygenated and devitalised, but as the accumulation of combustible material must be got rid of somehow the fire takes place in the respiratory organs and a nasal catarrh or bronchitis is brought about. A precisely similar process takes place in the summer time, for then one does not require nearly so much food as in the winter time, and yet the habit of eating having been acquired much more is taken than can readily be burned up and in many cases alcoholic liquors add fuel to the fire. The diet of the vegetarian being much less stimulating than that of the meat-eater, there is less tendency to overeat, but in a great many instances far too much starchy and sugary material is ingested with disastrous results. The *kreophagist* on the other hand—at least he who indulges in animal food two or three times a day—eats too much all round, and the conflagration in his case is not only much greater but much more disastrous in its after effects. How much then ought we to eat? Just so much as will supply energy and heat and repair waste of tissue and no more, and this is a question entirely for the individual. He who takes a great deal of exercise can afford to and really does eat more than the sedentary worker. The vegetarian is inclined to sin by taking too much carbohydrate, and the meat-eater by taking too much both of proteid and carbohydrate. Blessed is he who can strike the happy medium.

The "Lancet" on Roast Beef.—"In the days of our great-grandfathers," writes the *Lancet*, "a well-known patriotic song proclaimed that the greatness of England depended to some extent on roast beef, but we, their descendants, have found that the too liberal use of animal food promotes the formation of uric acid in the human body and may by slow degrees impair the health." Evidently food reform principles are gradually permeating all classes of society, and medical men are beginning to give more and more attention to diet as an important factor in the nation's health.



GENEVA LAKE SANITARIUM, LAKE FRONT.

THE PHYSICAL IMPROVEMENT OF THE NATION. PART VI.—The Health of the Young Woman.

BY M. ELLSWORTH OLSEN.

PURE, sweet young womanhood, fresh as a new-blown rose, instinct with life and joy and hope, radiating health and good cheer on every side—well may the world stand in awe of it; there is nothing quite equal to it under the sun. It is a nation's most precious heritage, and its main hope for the future.

The young woman has it in her power not only to be a blessing to her associates, but to endow a future generation with her own health and vitality. It was a saying among the ancient Spartans,—

“If strong is the frame of the mother,
The son will give laws to the people.”

If a man accomplishes anything worth while in the world, it is nearly always because he owns a pure, strong woman as his mother. On the other hand, the weak, the incapable, the physically disinherited, owe their troubles in considerable measure

to the sad fact that they were not “well born.”

Social Problems.

Since the existence of the nation is so largely dependent on the health of the young woman, it is but just that every reasonable precaution should be taken to guard her welfare. We still have in England of the twentieth century, thousands of girls working in our huge factories longer hours and at more trying tasks than is consistent with their highest physical welfare. We have girl stenographers and clerks toiling in dark, ill-warmed, and ill-ventilated offices, and at such long hours that during the winter only on one day in a week do they have a chance to get out of doors by daylight for a walk in the open air. These are matters that may well receive the careful attention of legislators and captains of industries, and all who

have a controlling influence on such things.

Self-Knowledge.

There is, however, another side to the question of the health of the young woman. It may be summed up in the question which every young woman would do well to put to herself in all frankness: "Am I doing what I can personally to build up my health?" It is not a question of arbitrary health rules. These may have their place, but not seldom they are productive of harm rather than good. The important thing is to get at the heart of the matter; to imbibe the underlying principles of health, and make them a part of one's very being. "Know thyself" was the sage inscription of an ancient temple. Self-knowledge and self-respect, one might almost say self-reverence, lie at the foundation of a life of health and happiness.

Physical Stock-Taking.

It is not a bad idea to take stock of oneself physically. In this way weaknesses may be noted, and something done to overcome them. Habits should be examined in the light of the best knowledge on health subjects, and if found to be harmful, put away. Of course the young woman cannot diagnose her own case in the same way as a properly qualified physician; but it is safe to say that in some vital matters she will know more about herself than anyone else possibly could know, and certainly a little study by her of her own case will not do harm if gone about in the right manner. The essential thing in all such physical self-analysis is to keep the mind fixed on the healthy side and not the diseased. Morbidity must be resolutely shut out. The organs of the body do not want continual watching; rather they want to be let alone. But we need to know something about them in order to provide for them this atmosphere of freedom.

Avoiding Undue Exposure.

Probably most girls on giving the matter of their health a thoughtful consideration will come to the conclusion that they can do quite a little toward improving it. They can, for one thing, avoid reckless exposure

of various kinds. Young people, because they feel such a large flow of animal spirits, are likely to be neglectful of proper precautions in the way of dress, diet, and general habits. They momentarily forget that while the tide of vitality is at the flood in youth, it is for the express purpose of building a strong, healthy body, which is to stand the strain of later adult life. When young people waste these precious stores in foolish dissipation, they are putting a mortgage on their future happiness which, though not felt at the time, will in years to come prove a galling yoke.

The Outdoor Spirit.

The young woman can also choose for her recreation hours something that will take her out into the fresh air. Brisk walks in all kinds of weather are a superb means of improving the general tone of the body and laying in fresh stores of energy. Not only health, but beauty may be found out under the open sky. Communion with nature, breathing in the quiet yet powerful influences of wood and field and stream will do more than anything else to off-set the evils of city life.

The outdoor spirit also tends to simplicity in the home life. After a ramble in the country one can relish the simplest food. Strong tea or coffee loses its charms! Highly seasoned and complicated dishes become odious. Much cooking is a weariness of the flesh. Lavish ornament also seems tawdry and out of place. Even one's reading tastes undergo improvement. Cheap, sentimental novels do not meet the wants of the young woman who spends as much as possible of her leisure time out of doors. Little worries shrink to their real proportions and are seen to be insignificant. The whole caste of the mind is improved and life takes on a larger and fuller meaning.

Most important of all, perhaps, the young woman who catches the outdoor spirit will not aspire to that monstrous deformity, the wasp waist. Tight-lacing and brisk walks up hill and down, calling for full, deep breathing, do not agree. They are mutually exclusive. Moreover, the compression of the body at that vital point is likely to be productive of future disorders which the right-thinking young woman will not wish to incur.

Essentials to Health.

Briefly summed up the essentials for a healthy life are, cheerfulness of mind, simple habits, wholesome food, the daily bath in some form, regular exercise out of doors, the maintaining of an upright, vigorous carriage, and abundance of sleep in a well-ventilated bed-room. This latter suggestion is of great importance. Lack of sleep tells seriously upon the system.

These laws of health are not to be mechanically carried out, but they are to

be taken hold of intelligently, and made a part of the daily life; they will then very soon become pleasant as well as profitable, and will contribute very much toward making a fruitful and happy life.

Let the young woman, then, guard her health as sacredly as she would her character; let her value herself too highly to allow unnatural habits to sap her strength, or to neglect the daily cultivation of that perfect health and robust vitality which is necessary both to her own happiness and to the well-being of the race.

THE FOOT AND ITS TROUBLES.

BY FRANKLIN RICHARDS, M.D., C.M.

THE Great Architect, who built the house we live in, has fitly joined together all its parts, and given it a sound foundation.

From the structural point of view the human foot is the embodiment of grace and strength. Its cushioned buttresses give firm support to the springy arch, upon which the weight of the body falls without a jar; the polished, well-lubricated surfaces of the twelve bones of the instep glide smoothly and easily on one another; and the twenty-six bones composing the frame of the foot are bound together with ligaments and supported and girded by tendons as tough and responsive as the strings of the violin. Covering all is the flesh, bound up into muscular bundles and padded with fat. Underneath, a tense, leathery membrane gives supple support to the thickened skin of the sole; while throughout the whole, in and out, wind numberless nerves and blood-vessels.

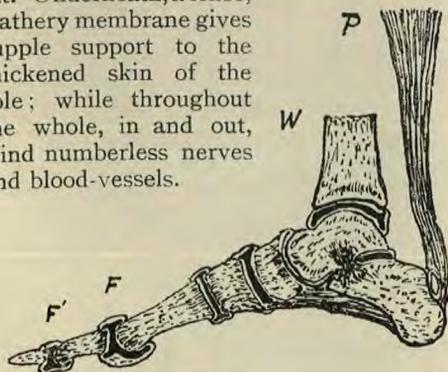


FIG. 1.

Compare Figs. 1 and 2, observing the points where power is applied (P), weight rests (W), and resistance is encountered (F F'). Cushions of cartilage, yielding ligaments and moveable bones all contribute to that elasticity which enables the foot to support the body as easily as though it were balanced on springs.

In order to understand how essential the undeformed foot is to easy and graceful motion, one has only to notice the rolling gait of the crippled child with club-foot, or hear the resounding "Slap! Slap!" of the flat-footed parcel boy, or observe the various hobbles and wopples of the corned, the bunioned, and the badly-booted.

Years ago, a distinguished anatomist, Hermann von Meyer, led us to believe that the natural adult foot would soon be extinct. And to-day it is fast disappearing—in fact it is almost gone. If the feet of a thousand adults who wear the usual patterns of boots and shoes were examined, one might find a few undeformed; while the rest would present abnormalities ranging from ingrowing toe-nails and corns to flat feet and rigid toes.

It would seem that the average boot-maker knows at least one thing about feet—they are plastic, and can be with patience and *pains* squeezed into almost any mould. So, regardless of what feet are for, he makes his boots fit the fashion; *and he makes your feet fit his boots.* Thus are produced as many forms of feet as there are styles in shoes.

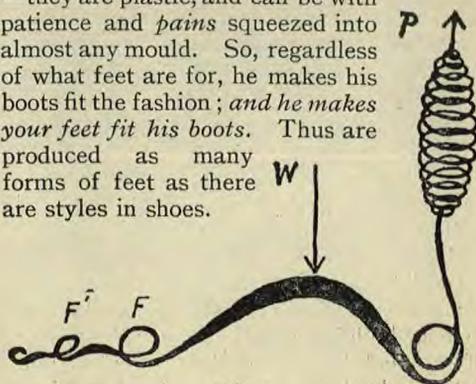


FIG. 2.

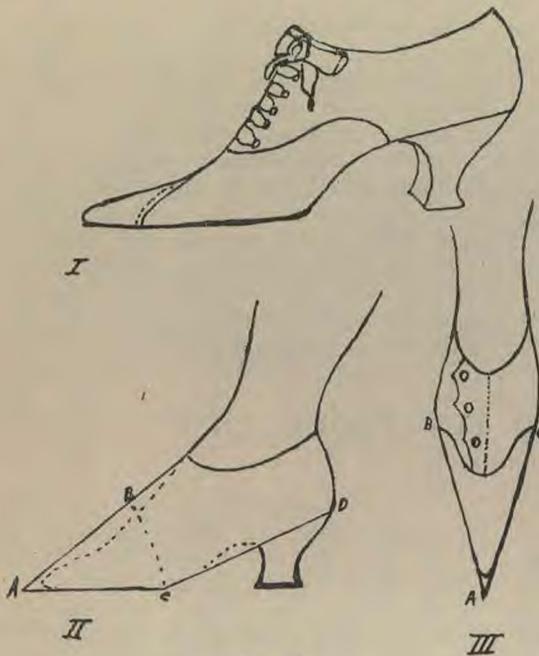


Fig. 3.
The Double-Wedge Deformer.

Then there is the man—or it may be the woman this time—who insists that the number four shoe fits the number five foot. It is worn, and as might be expected, disaster results to the foot. Corns and bunions on crooked toes with ingrowing nails are a few of the minor troubles produced by the short, pointed, high-heeled shoe.

Still another deplorable fault is the flat, rigid sole found in most heavy boots. In order to form an idea of the power of such a sole to flatten the arch and lessen elasticity, imagine the spring-foot shown in the accompanying diagram securely bound down to a board, or thrust into an unyielding wedge-shaped space.

Now behold a worse evil in footwear than all other ills combined. Observe the outward slant of the inner edge of the sole found in all boots and shoes of the usual patterns, including not merely civilian's and women's and children's styles, but the "regulation" infantry, artillery and cavalry shapes as well. This fundamental error in boot-building greatly lessens the power of the foot by turning the toes out of line with the heel in a most unnatural fashion.

Thus the body's base of support is decidedly altered. Its centre of weight falls not upon the arch, as it normally should do, but upon a point within the inner edge of the foot. In order to balance the body, the foot is forced to turn more or less on its inner side, an awkward gait and unnatural carriage resulting. Sooner or later, with standing, and because of this inward displacement of weight, the supports of the arch slowly lengthen, its girders and braces give way, and the body-house gradually sinks through its own foundation. The displaced parts press upon nerves, producing pain which the patient considers "rheumatic"; but the surgeon says "flat-foot," and orders a metal arch, not because it is better than nature's, but because it relieves the pain and is better than none.

The Remedy

for all these afflictions is the anatomical boot. Any benefit derived from "corn cures" and other helps will not be of a permanent nature unless the cause of the trouble—the ill-fitting boot—is for ever removed. In the anatomical boot the inner edge of the sole is straight, not curved, and lies parallel to a line drawn through the middle of the great toe *when the great toe is where it should be*. This line passes through the middle point of

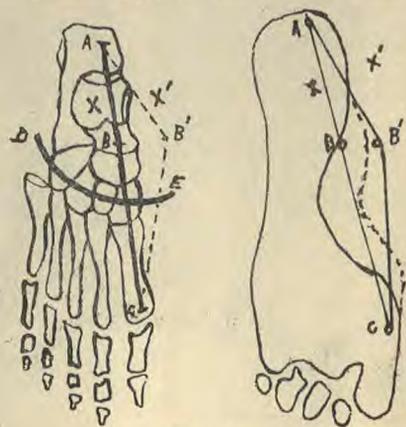


FIG. 4.
Skeleton of normal foot, showing lines of arches (A C and D E), and centre of gravity (X), with alterations which take place in these in flat foot; also impress of normal and flat foot.

the heel. Fig. 5. If it does not do so the great toe has been turned outward, the foot is deformed, and its power and usefulness are correspondingly lessened. Compare the boot-form foot (Fig. 5) with the undeformed foot of the infant (Fig. 6), and remember that this malformation is largely produced

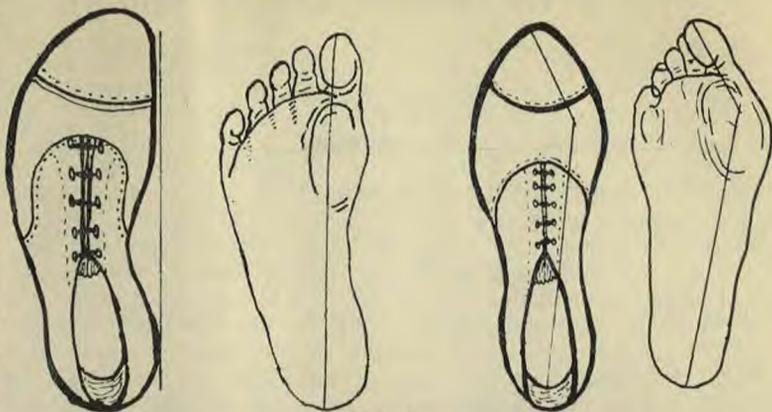


FIG. 5.

The shoe or the foot may be "made to fit."

during growth when the contour of any part may be readily altered by pressure. This fact is taken advantage of by the Chinese, Indians and others, who try to improve upon nature by shaping the feet, compressing the head, or moulding the middle; and civilised mothers who desire their daughters to grow into nature's mould would do well to bear it in mind when choosing boots and making garments for children. The body demands of clothing protection without restriction. Both these requirements may be fully met without the sacrifice of beauty or utility.

It will be observed that the deformed foot might be quite as uncomfortable in the foot-form shoe as its undeformed brother would be in the usual style. By gradually changing the pattern of the shoe as new shoes are purchased the correction may be comfortably effected. The various shapes shown in the accompanying scale of soles are all produced by some makers, so in order to reform the feet it is not even necessary to have boots made to order, though stockings having a separate compartment for the great toes may be worn to advantage.

In all foot troubles, in addition to attending to the clothing requirements of the foot, attention must be given to digestion, circulation and nutrition. An unsatisfactory condition of the general health frequently lays the foundation for corns.

Those who have indigestion or a tendency to gout, acquire corns most readily, while ingrowing toe-nails are usually associated with cold feet and enfeebled heart's action. Retracted toes and stiffness of the ankle may also be caused by gouty or rheumatic inflammation of the muscles of the calf. Improve the general health of the body by using correct methods of breathing, bathing, eating, drinking, sleeping, dressing, and working; remove the source of the local irritation and increase the local nutrition by means of the hot and cold leg bath and massage, and many of the foot's troubles will be ended. Those which are not relieved will probably require surgical assistance.

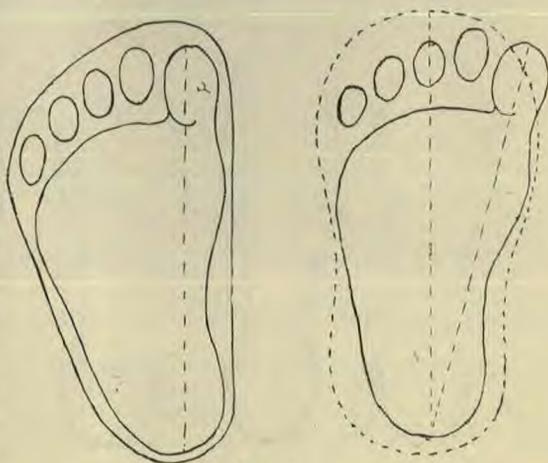


FIG. 6.

Correct and incorrect shapes for sole of infants' boot.

HOW TO INVIGORATE A TORPID LIVER.

BY GEORGE THOMASON, M.D.

A TORPID liver is a tired, overworked liver. Being interposed as a great filter between the digestive tract and the general blood-current, it falls to the lot of the liver to separate from the blood and to destroy poisons which gain access to the blood from the alimentary canal, thus preventing these poisons from getting into the general blood-current of the body.

That the liver is wonderfully efficient in its work is evident from the fact that in spite of the grossest errors in diet, i.e., the ingestion of a host of indigestible substances, such as pepper, mustard, vinegar, cheese, pickles, fried foods, fat meats, ripe game, etc., also taking an excess of foods, the fermentation and decomposition of which give rise to poisons which must be absorbed and taken to the liver, the liver continues successfully to cope with these unfavourable conditions, sometimes for years. But sooner or later the overworked liver becomes tired, and is no longer able to hold back and destroy all the poisons. These escape into the general blood-current and give rise to headache, nausea, vomiting, dingy, yellowish discolouration of the skin, specks before the eyes, and other symptoms so familiar to the victims of recurrent bilious attacks. Errors in diet, a sedentary life, constipation, and other conditions favouring exhaustion of the liver being more common in winter,

pave the way for proverbial and apparently necessary "Spring tonics."

An increase in the amount of poisons going to the liver increases the amount of blood in the liver, in other words produces congestion. Along with the consequent increased function of the liver there is necessarily an increase in the amount of bile produced, some of which gets into the blood, and is deposited in and discolours the skin.

In the treatment of torpid liver, or bilious attacks, we receive a very important suggestion from nature. A bilious patient has very little appetite and generally has attacks of vomiting and more or less diarrhoea. These are nature's methods of quickly emptying the alimentary canal, thus lessening the work which the liver has to do, as well as relieving the body of some of the excess of bile which is always present. It is of primary importance, therefore, to pay strict attention to the matter of diet in this condition. In most cases it is best to absolutely curtail all food for twenty-four to forty-eight hours, having the patient simply drink freely of water. If not possible to abstain altogether from food, fruit may be eaten, especially apples, oranges, grapes, and other fresh fruits. Persons with a tendency to biliousness will find it of the greatest advantage to eat freely of fruit at

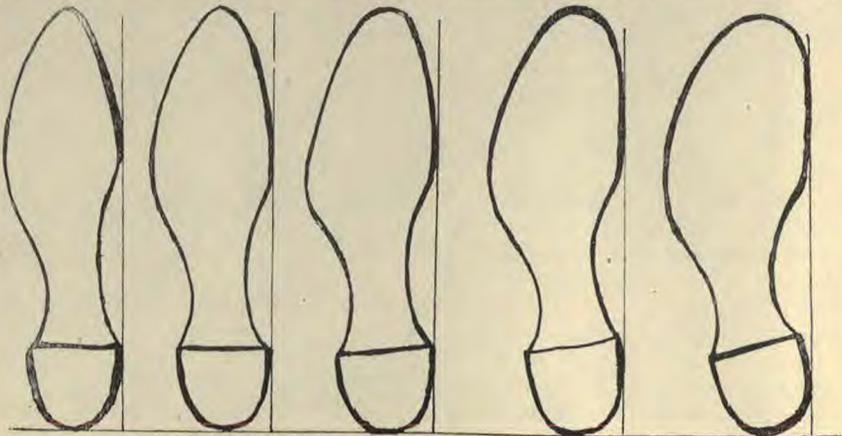


FIG. 7.

The scale of soles for reforming crooked feet.

all times, and occasionally to take a meal consisting entirely of fruit. Fruits do not tax the digestive powers, they aid greatly in relieving constipation, and fruit acids are excellent germ-destroyers in the digestive tract, thus lessening the number of poisons in the intestines and directly relieving the liver.

The diet during the interval between the attacks is of very great importance. Knowing this, foods which tax the digestion and which contain poisons, should be studiously avoided, especially flesh foods, shell-fish, cheese, stimulants and condiments of all sorts. A natural diet of fruits, grains and nuts (so often outlined in this journal) render a bilious attack a very remote possibility.

An inactive liver may be powerfully stimulated by alternate hot and cold applications made directly over the liver. Large fomentations, or flannels wrung from very hot water, and applied directly over the liver for three to four minutes, bring a large supply of fresh blood to the organ. This followed immediately by a very cold compress, left in place thirty to thirty-five seconds, produces strong contraction of the blood-vessels of the liver, thus literally squeezing the blood out of it. By repeating these applications for fifteen to twenty minutes once or twice daily a most powerful tonic effect is exerted over the liver. This treatment may well be followed by the application of a moist abdominal girdle applied about the body, of sufficient width to reach from the armpits to well below the border of the ribs. The girdle may consist of a linen towel, or three thicknesses of butter muslin, wet in cold water, and covered by two or three thicknesses of dry flannel, three or four inches wider than the moist portion of the girdle, pinned snugly in place. Care should be taken to see that the edges fit the body closely to prevent too rapid evaporation and chill. This girdle may be worn during the night, or both day and night during the interval between the hot and cold applications.

Sunbaths, or exposing the body to the direct rays of the sun, followed by a cold shower or cool friction, is a most excellent means of increasing the activity of the skin and of favourably influencing the

liver. A cold morning friction bath, cold shower or cold plunge, followed by vigorous rubbing with a coarse towel should be a matter of routine in this class of cases.

Exercise is also a matter of great importance. As a sedentary life favours inactivity of the liver, so a vigorous, active life, by promoting more rapid combustion in the body, favours healthy functional activity of the liver, as well as diminishing the actual work which it has to do. Rowing, horseback riding, tennis, cycling and swimming are especially to be commended.

A change of environment to a cool, invigorating climate is necessary in some cases, although frequent cold bathing is generally sufficient to obviate this necessity.

* * *

“Fatal Cigarettes.”—Under the above title the *Medical Press* writes as follows:

“During the past generation the population of the United Kingdom have swayed the wave of fashion toward cigarette-smoking, that is to say, to that form of consumption of tobacco which is the most deadly and injurious yet devised by the perverted art of man. The cigarette is to the smoker as brandy to the toper. In excess, it ruins his stomach, his heart, his temper, and eventually his brain. The worst feature of the case is cigarette-smoking amongst boys. What is bad for men is often fatal for boys. Only last week a Yorkshire jury found that the death of a lad was due to excessive cigarette-smoking. Although only sixteen years of age, he was described at the inquest as ‘a heavy cigarette-smoker.’ If the physical deterioration be among our generation, some part of the blame may assuredly be laid at the door of the foolish habit of smoking cigarettes in season and out of season.”

* * *

MAN'S rich with little, were his judgments true;
Nature is frugal, and her wants are few;
These few wants, answered, bring sincere delights;
But fools create themselves new appetites.

—Edward Young.

* * *

BETTER to hunt in fields for health unbought,
Than fee the doctor for a nauseous draught,
The wise for cure on exercise depend;
God never made His work for man to mend.

—John Dryden.



UNFERMENTED ROLLS AND BREAD STICKS.

BY MRS. E. E. KELLOGG.

THESE are forms of bread made light by the kneading of air into the dough, and, when properly prepared, are a most toothsome and healthful article of diet. For making rolls sift a pint and a half of wheatmeal flour into a bowl, and into it stir a cupful of very cold thin cream or unskimmed milk. Pour the liquid into the flour slowly, a few spoonfuls at a time, mixing each spoonful to a dough with the flour as fast as poured in. When all the liquid has been added, gather the fragments of dough together, knead thoroughly for ten minutes or longer, until perfectly smooth and elastic. The quantity of flour will vary somewhat with the quality, but, in general, the quantity given will be quite sufficient for mixing the dough and dusting the board. When well kneaded, divide into two portions; roll each over and over with the hands until a long roll about one inch in diameter is formed; cut this into two-inch lengths, prick with a fork and place on perforated tins far enough apart so that one will not touch another when baking. Each roll should be as smooth and perfect as possible, and with no dry flour adhering. Bake at once, or let stand on ice for twenty minutes. The rolls should not be allowed to stand after forming, unless on ice. From thirty to forty minutes will be required for baking. When done, spread on the table to cool, but do not pile one on top of another.

Very nice rolls may be made in the same manner, using for the wetting ice-

cold soft water. They require a longer kneading, are more crisp, but less tender than those made with cream.

With some brands of wheatmeal flour the rolls will be much lighter if one-third white flour be used. Wholemeal flour may be used in place of wheatmeal, if preferred.

For sticks, prepare and knead the dough the same as for rolls. When ready to form, roll the dough much smaller—scarcely larger than one's little finger—and cut into three- or four-inch lengths. Bake the same as rolls for about twenty minutes.

“IN 1747, John Wesley wrote to the Bishop of London: ‘Thanks be to God! Since I gave up meat and wine I have been delivered from all physical ills.’”

“A SIMPLE DINNER.”

VEGETABLES are easiest to digest, and the most nourishing when cooked conservatively so as to retain their natural salts and juices. The natural flavours are also more pronounced and better preserved, thus doing away with even the slightest pretext for the use of harmful condiments.

Menu.

Grain Soup with Croutons.	Baked Beetroot.
Steamed Brussels Sprouts.	Baked Potatoes.
Browned Protose.	Granose-Nut Gravy.
Brown Rice Pudding, Steamed.	

RECIPES.

Grain Soup.—Three pints water, three-quarters cup pearl barley (mashed), three tablespoonfuls Digestive Lentil or Pea Flour, one onion cut small, a little finely-chopped celery, one teaspoonful cocoanut butter, and one cup Caramel Cereal (liquid), salt. Allow to boil and simmer two and a half to three hours, and serve with zwieback croutons or poured over a granose biscuit. The onion may be omitted and a little tomato pulp may be used instead.

Baked Beetroot.—Select small beets all of a size (large ones take too long to cook, and are not so fine and well flavoured as small ones). Wash well and bake in a moderate oven with the *skins on*, do not cut or prick in *any way*. When the skin is loose, and the roots soft, slip off the skins, remove the long pointed roots and crown, and place in a hot dish ready to serve with the other vegetables.

Baked Potatoes.—Select the required number, all of a size, and wash and bake with skins on. When nearly done prick to let out the steam and serve in their "jackets."

Steamed Brussels Sprouts.—Take as many sprouts as required, remove decayed leaves, cut each in two, and steep half an hour in salt and water, then rinse well and steam until tender, remove to a hot dish, and allow to dry slightly before serving.

Browned Protose.—Cut required amount of protose into rather thick slices, and brown on an oiled tin in the oven or over a clear fire, as preferred. Or the slices can be dipped in a batter made of browned flour, fine zwieback crumbs and water, and browned in the oven. (For a change, any kind of legumes could be steeped, boiled till tender, rubbed through a wire sieve, mixed with an equal bulk of zwieback or granose crumbs, and baked as above.)

Granose-Nut Gravy.—Three-quarters pint peanut milk, one cup Caramel Cereal (liquid, without sugar of course), one cup granose flakes, and one and a half tablespoonfuls of browned flour (or cornflour if preferred), a little salt, and half a teaspoonful cocoanut butter. Rub the flour into the Caramel Cereal, add to the nut milk, stir in the granose flakes, and add the salt and cocoanut butter. Simmer until it thickens, then serve in a gravy boat. It can be flavoured with sage, tomato juice, or a stick of celery.

Brown Rice Pudding, Steamed.—One pint almond milk, one cup washed rice, one cup toasted wheat flakes, three-quarters cup washed sultanas, half cup Caramel Cereal (liquid, *strong*), one teaspoonful lemon juice, or some grated lemon rind, and sugar to taste. Stir toasted wheat flakes into the milk, pour over the rind, and all other ingredients, and steam in a covered basin half an hour or longer. If sugar is objected to, use granose flakes instead of the toasted wheat flakes as the latter are sweetened with malt honey.

HYGIENIC CAKES.

BY MRS. J. L. SHAW.

Sunshine Cake.—Six eggs, one cup sugar, one cup flour, juice of one lemon.

Beat the eggs separately and until very stiff. *To the whites* add the lemon or some flavouring. Then mix whites and yolks together and beat again. Into *this* sift one cup of flour, a little at a time, and fold in lightly. Have ingredients all very cold. Can bake in a loaf or layer cake.

The same recipe can be used for different cakes by adding either cocoanut, chocolate, or three-quarters cup of walnuts just before adding the flour.

Crumb Cake.—Fourteen eggs, one pound sugar, one pound breadcrumbs toasted, cinnamon and chocolate to taste, one cup almonds ground or chopped fine; one ounce of citron cut fine; grate the rind of one lemon. Mix the crumbs and sugar, grated chocolate, citron and nuts. Beat the eggs separately, then mix the yolks into the whites; and mix the dry ingredients into the eggs. Butter pan, bake in loaf.

Persian Cream.—Soak one-half ounce vegetable gelatine in one quart hot water with one-half teaspoonful soda. Let soak for one hour. Put into a sieve, and wash so as to take out all the soda. Then put on in one pint of water and let it boil until it is dissolved. Stir occasionally to prevent sticking. Then heat one quart rich milk, and stir in the gelatine and add the well-beaten yolks of four eggs; strain all through a cheese-cloth. Beat again and add sugar and flavouring to taste. Let stand in a cold place for two hours. Serve with whipped cream, with particles of jelly on top.

Notes.

In the *Crumb Cake* omit the cinnamon, if desired.

The *Persian Cream* is fine. The vegetable gelatine, also called *agar*, is procured from any chemist.

Nut Meat Pie.—One tin protose, one tin nuttolene, one large onion, one and a half cups mashed potato, three eggs, and half a cup of cream.

Put the protose and nuttolene in layers alternately with the minced onion, in an oiled pan, and cover with water. Place in oven and let simmer for one and a half hours. Have the potatoes steamed, then mash them, and add the eggs and beat well; add cream, and spread this over the top of the pie and bake until nicely browned.

Baked Bananas.—Choose the Canary bananas if possible; they are generally small and have a better flavour. Wash and cut the tips off. Place in an enamel plate with half a cup of water, and bake in a hot oven for twenty minutes. When cooked, the skins should be of a dark brown colour, and the bananas should be full and very juicy. Remove a portion of the skin and serve while hot with malted nuts. If allowed to grow cold again, the bananas will become dry and shrivelled.

THE CARE OF THE BABY DURING THE FIRST MONTH OF LIFE.

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

WHETHER or not the baby develops into a strong, healthy child depends largely upon his "start in life." Many a bonnie baby has drooped and faded like a blossom because of the unwise treatment received during his first few days of life.

Baby's first need, and yet one often ignored by unthinking nurse or mother, is *oxygen*. How frequently one sees the infant's head covered as closely as though a breath of air would be fatal to him. While it is true that baby's head should be especially protected from cold and draughts for a few days after birth, care should be taken not to cover the head too warmly, and to leave the face exposed to the air. But this is not enough. There is no especial advantage in having baby's face exposed to the air unless this air be pure. To insure this, at least one window should be open night and day, the size of the opening depending upon the state of the weather.

A close-fitting cap of muslin, or some soft material, affords sufficient protection during the early days, and it is surprising how quickly the little one becomes accustomed to the air so that his head may with safety be left uncovered.

While it is most important that baby be kept warm, it is possible to render him very uncomfortable by too much clothing or bed-covering. Often a baby who is restless in his sleep will repose quietly if he be covered less heavily. But care must be taken not to uncover an infant suddenly, especially if he be perspiring about the head.

Another matter of vital importance in the early days is the feeding. Hundreds of little babies, yes thousands, become dyspeptics before they are three days old. Why is this?—Simply because nurses, ignorantly fearing that their little charges will starve before nature supplies the demand for food, resort to all sorts of substitutes. Sugar and water, barley-water, egg-white, brandy-water, and even gruels are given to the wee babies, when all they need is pure boiled water slightly warmed, and given with a small spoon. A baby's stomach, once seriously disordered, is not easily righted, and this early disturbance

of the digestion is nearly always the cause of those distressing times when the little one frets all day and cries all night. The entire household is robbed of its rest because baby has colic—and baby has colic because he is imposed upon by ignorant nurse or mother. If only these important persons could be persuaded to believe that babies, until three days old, are utterly unprepared to take anything, with the exception of water, besides the fluid first secreted by the breast (called colostrum), colic would be almost unknown in the nursery, and the family would be undisturbed at night. After the third day the average mother should be able to supply her infant with an abundance of its natural food. The fear need not for one moment be entertained that baby will suffer hunger if not given some artificial food before the third day. One may rest assured that if babies needed other nourishment than the colostrum, nature would have provided it. And experience has proved that a healthy child is perfectly contented with nothing but water until his natural food appears.

But even though baby is tided over the first few days of life without any digestive disturbance, care must still be exercised, and regularity must be observed in the hours of feeding. Some seem to be of the opinion that the little ones who are so fortunate as to be nourished in nature's way are almost proof against digestive troubles. But this is a mistake, for irregular and too frequent feeding will produce ill results in the breast-fed child the same as in a "bottle baby."

As to the intervals between feedings, no fixed rule can be established. The one generally given is to feed baby during the first week every two hours during the day and twice at night, and from the second week till the sixth every two and one-half hours during the day and once at night. While this rule may be well suited to many babies, there are other infants who even during the first weeks are quite satisfied with three-hour intervals, and gain in weight rapidly when this programme is adopted. In fact every baby

must be a law unto himself, and the wise and understanding mother will soon discover what arrangement of meal-hours is best suited to her child. The healthy baby, if wisely managed, will waken with almost the regularity of clockwork for his meals, and he has a right to expect that they be promptly served.

A word more in behalf of baby's welfare, for too often he falls victim to the admira-

tion of his numerous friends and relatives. During the early weeks the little one should spend most of his time in sleep, and it is not right that he be wakened out of sleep to receive friends, no matter how anxious they may be to "see the baby." The trotting and jolting which he usually receives at the hands of his visitors is not nearly so conducive to his health and happiness as quiet slumber.

THE CURSE OF MODERN CIVILISATION.—(Concluded.)

BY DAVID PAULSON, M.D.

OUR cities are growing so rapidly that only about one-half of our population is now living in the country. Dr. Gould, speaking of the wrong of shutting men and women up in houses and forcing them into sedentary occupations, says: "There is enough land and opportunity, if both were allowed and utilised, to give every human being a livelihood that will permit life of a normal length." He adds, that with proper hygienic living, especially in youth, and with right lung expansion and development, no person should have pulmonary disease.

None but a physician has any comprehension of the far-reaching evils resulting from the conventional styles of dress. Tight-lacing, clothing not properly distributed over all parts of the body, and many similar evils are developing deformities and attendant suffering, which can never be fully relieved by the swallowing of a few drops of pain-destroying drugs.

It is safe to say that modern cooking develops business for both the saloon-keeper and the undertaker. When a boy eats mustard plasters in the form of food that is almost saturated with fiery spices and irritating condiments, a thirst is created that nothing but liquor or cigarettes will satisfy. We are admonished to "eat for strength, and not for drunkenness," but in these days anything that will tickle the four square inches of taste surface is considered good food, although it may contain scarcely any of the elements that nature requires to replace broken-down tissues and to rebuild the worn-out brain. As a consequence, the vitality and physical resistance soon reach such a low ebb that

the individual falls an easy prey to any microbe that he may chance to come in contact with.

We have called attention to but a few of the curses that accompany modern civilisation, and we have designated only a few of the causes. The remedy is the most important part of this subject. One of the crying needs of the hour is more men and women who have a genuine desire to devote themselves to the betterment of the race.

The old dispensation had its cities of refuge and the new dispensation had its good Samaritan. Why should not this generation have an army of men and women who are labouring to break the shackles from those who are groaning from the results of violated law? The universal notion that a man can freely sow for trouble and disease, and then can juggle and conjure away the results by swallowing a few drugs, must be met and combated. The invalids of our country last year purchased \$200,000,000 worth of patent medicines and quack remedies, with the false idea that they could thereby be absolved from their wrong-doing without any need of physical repentance.

People must be taught the sacredness of the human body: that the divine command to glorify God in the body is as binding on the human race as are the ten commandments; and that physical righteousness is as divine a heritage to the race as spiritual righteousness—a gift which Providence is just as ready to bestow upon His willing, obedient and trusting children as He is ready to bestow the gift of spiritual righteousness.

ROUND SHOULDERS AND FLAT CHESTS.

BY J. W. HOPKINS.

THIS class of exercises, or shoulder-blade movements, consists of exercises with the arms, taken in such positions of the body as will cause the weak muscles, and also the deeper muscles of the back to be developed. Shoulder-blade movements are of two classes, those which widen the chest and shoulder girdle, and those which broaden the back and straighten the upper part of the spine. If we examine a person with round shoulders—one who needs these exercises—we find the pectoral muscles shortened and the trapezius and other shoulder retractors relaxed and lengthened. The back is crooked, especially in the upper part, there being an anterior posterior curvature of the spine; the head droops and the chest is flat.

This condition is due not so much, perhaps, to a lack of exercise, as it is to bad working and resting positions. Round shoulders and flat chests are found nearly as often among farmers and those accustomed to outdoor life, as among clerks, bookkeepers, and other indoor workers. The farmer at his ploughing, sowing or

reaping generally stoops. The ordinary working position, whether of sawing, or planing at the bench, studying, writing, or even riding and driving is generally that of Figure 1. And when a person rests he usually assumes an attitude which, instead of correcting this evil, makes it worse.

This position is really a deformity. It greatly detracts from the personal appearance. For what person is graceful or dignified who walks with drooping head, with his chest behind instead of in front of him, and his shoulders thrown forward. This also cramps the heart, lungs, and all the vital organs. The ribs are compressed, the breathing is shallow because there is lack of room, the stomach, liver, and intestines are crowded downward, and the action of the heart is greatly interfered with. But when one has always worked with his back straight, as in Figure 2, the organs can perform their functions properly. The blood is not congested in them, but courses freely, thus up-building and making them healthy.

To get away from this condition, the first thing to do is to correct one's position. This, with deep breathing, will relieve the majority of cases. Especially should the children be taught, both at home and at school, to sit straight and tall, to walk erect with the head back, and to breathe deeply all the time. Teach them that if they wish to relax and rest, they must do so in a reclining, not a sitting, position. While their minds are young is the time to fix the habit. And quicker and more lasting results will be seen if the work is begun when the bones are easily shaped, and the muscles more easily trained.

To get the correct standing position: stand against the wall facing the centre of the room, place the heels, hips, shoulders, and back part of the head firmly against the wall. Reach downward with the arms as far as possible, holding them to the sides with the thumbs turned outward. The door is better than the plastered wall, as there is no baseboard and the surface is smooth. It is well to count mentally or aloud during the move-



FIG. 1.

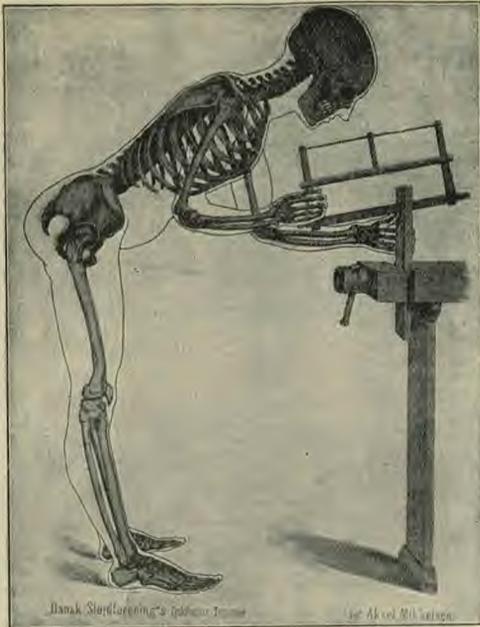


FIG. 2.

ments, so that they will be taken regularly. The counting should be done at the rate of one each second.

While standing in this position, take ten deep breaths, filling the lungs as full as possible and drawing the abdominal muscles in. Try to make each breath a little deeper than the breath preceding it if possible. Slowly count four while breathing in, and the same number while breathing out.

Stand with heels, hips, shoulders, and head against the wall. Roll the head backward as far as possible, allowing the chest at same time to move forward, but keeping the heels and hips firmly against the wall. Return to position. Repeat this movement five to ten times, breathing in

while the head is slowly moving backward, and breathing out while the head is slowly moving forward. When the chest is lifted and the shoulders are the length of the head away from the wall, keep them in this position, and raise the head. The body is now in a correct standing position. The chest is high, the head is erect, the abdominal muscles are slightly contracted, and the viscera are lifted to their natural position.

Another exercise for correcting round shoulders is arm circumduction. Stand away from the wall in the position above described, but with the arms extended sideways, shoulder high and pressed back a little. Now describe small circles with the finger tips and arms, forward, upward, backward, and downward, about ten times. Breathe in as the arms are moved forward and upward, and out as they move backward and downward. Then rest a moment and reverse the movement, taking them in this direction about six times.

Another good exercise is the swimming movement. Stretch the arms forward, palms facing each other, fingers straight. Keeping the arms shoulder high, fling them sideways, a little back of the shoulders, turning the palms backward at the same time. Then bend them, so that the elbows will be pressed back, and the hands palm down in front of the chest. Finally thrust the arms forward to the starting position. Take this six or eight times, being careful to hold the head erect during the movement.



FIG. 3.



FIG. 4.

These exercises correct the deformities as far as the superficial muscles are concerned, but to strengthen the deep muscles of the back and straighten the spine, the movements should be taken in a lying position. Lie face downward with the hands on the hips; raise the head as far as possible, and hold the position while you count eight, then return to resting position. Take a few deep breaths and repeat the exercise, gradually increasing the number of counts until the head can be held backward while counting fifteen or twenty. Repeat from five to twenty times.

Lying on the face with the hands on the hips, raise the right leg backward, keeping

the knee straight and the foot extended. Return to position, then raise the other leg. Do this six to eight times with each leg.

Raise the head and right leg as in above exercises. See Figure 4. Return to position, breathe deeply six to eight

times, and repeat with the left leg, holding the position while counting from five to ten. The swimming exercise is excellent if taken in this forward-lying position with the feet supported under a table or held to the bed by a strap. See Figure 5. Then the upper part of the trunk as well as the head can be lifted, and the swimming exercise taken as described on the preceding page.

With these thorough exercises to correct the stoop, movements should also be combined to strengthen the abdominal muscles so that the lower part of the spine will not become curved forward too much, making a swayed-backed appearance.

MINERAL AND EMOLLIENT BATHS.

BY ALFRED B. OLSEN, M.D.

General Observations.

SINCE these baths are given chiefly for other effects than those mainly due to the high or low temperature of the water, the neutral bath, 92 to 97 degrees Fahrenheit, is ordinarily utilised. Care must be exercised to prevent chilling the patient at any stage of the bath. Hence it is often desirable to begin with comparatively warm water, say 96 to 98 degrees Fahrenheit, and then gradually lower the temperature to 92, 93 or 94 degrees, according to the requirements of the particular case.

In each of the following varieties a full immersion bath is to be understood, and the quantities of chemicals, etc., mentioned are for thirty gallons of water. If forty gallons are used, one-third more will have

to be added, and proportionately for other quantities.

Add the various ingredients and mix them well with the water before the patient enters the bath. Be accurate with the measurements and proportions, and follow the directions faithfully if you wish to obtain the most favourable results.

Saline Baths.

Ordinary sea water is the most common of all mineral waters, and is deservedly very popular. Four gallons of sea water contain about one pound of solid matter, this making it denser than fresh water.

We all know that it is easier to learn to swim in the sea than in fresh water, on account of the greater density of salt water.

The salts found in thirty gallons of ordinary sea water consist chiefly of chloride of sodium (common salt), seven pounds, chloride of magnesium, one pound, and sulphate of magnesium, one-half pound, with traces of numerous other varieties. Using these proportions, it would be an easy matter to prepare a sea-bath anywhere. Under ordinary conditions, however, seven or eight pounds of common salt to thirty gallons of water would make an excellent salt water bath that would meet most requirements.

The saline bath has a direct stimulating effect upon the skin, which encourages and strengthens the reaction. The temperature of the water should be neutral, 92 to 97 degrees Fahr., or tepid, 80 to 92 degrees Fahr., according to the strength of the patient, and his ability to react. It is a good procedure to rub the patient while in the bath. The friction will still further increase the reaction and make the bath more effective.

Alkaline Baths.

Mineral baths are very popular, and often more or less beneficial. The famous mineral springs of England and the Continent contain various alkaline ingredients which have an agreeable effect upon the skin, and sometimes allay itching and cutaneous irritation. This is due chiefly to the presence of carbonate of sodium and similar salts.

A good alkaline bath can be made by

adding half a pound of the carbonate (sal soda) to a bath of thirty gallons. A neutral bath is the best medium, and friction may or may not be given, according to requirements.

An alkaline bath is one of the simplest remedies we know of to relieve the itching and irritation of the skin caused by jaundice. It will also allay the irritation produced by hives or urticaria and nettle rash. Other skin diseases, too, are benefited by a course of alkaline baths.

Effervescent Baths.

The effervescent baths of Nauheim, Germany, have attained a world-wide reputation. The Nauheim spring water is strongly charged with carbonic acid gas. Careful investigation has demonstrated beyond any reasonable doubt that effervescent baths are a valuable means of treating certain forms of heart disease as well as other disorders.

Since but few can avail themselves of the baths at Nauheim, we give the chemical formula for an effervescent bath, which is taken from Dr. Kellogg's excellent work on "Rational Hydrotherapy." But it must be remembered that the Nauheim bath is a potent medicinal agent, and should never be given to invalids, and especially heart cases, without the advice of a qualified practitioner. The formula is as follows:—

Sodium Carbonate, $1\frac{1}{2}$ lbs.

Sodium Bicarbonate, $1\frac{1}{2}$ lbs.



FIG 5.

Calcium Chloride, 3 lbs.
Sodium Chloride, 2 lbs.

Mix these salts and dissolve them in water, after which add one pound of sodium bisulphate, and then the bath is ready for the patient. The carbonic acid gas forms slowly, and the bath is soon saturated with it.

As intimated above, these baths have a powerful effect upon the heart and should not be taken too often. They may be taken on alternate days, or two days in succession and then skipping a day.

The carbonic acid gas has a marked stimulating effect upon the skin. The cutaneous circulation is improved, and as a result the internal organs are relieved of any over-supply of blood. The general effect is to both relieve the work of the heart, and strengthen its action.

The kidneys, too, are relieved, and their work diminished in proportion as the activity of the skin is increased. Hence the bath is recommended for chronic inflammation of the kidneys as well as heart disease.

Great care must be taken not to exhaust the vitality of the patient, or cause chilling. It is a good rule to apply gentle, and sometimes vigorous friction, while the patient is in the bath.

The Mustard Bath.

This is prepared by steeping two or three ounces of freshly-ground mustard in three pints of water. Stir this solution in the bath. This bath is not a common one, and scarcely necessary under ordinary conditions, still it may at times be serviceable.

Emollient Baths.

These should be given at a temperature of 92 to 97 degrees Fahr. They are useful in certain skin diseases where there is severe cutaneous irritation.

One method is to soak five or six pounds of common bran in water for fifteen minutes and then stir the solution into the bath.

Another is by making a thin paste of cornflour (one pound to one gallon of water), and mixing this in the bath.

Common gelatine (one to two pounds) may also be used.

In each case the quantities given are for a bath of thirty gallons.

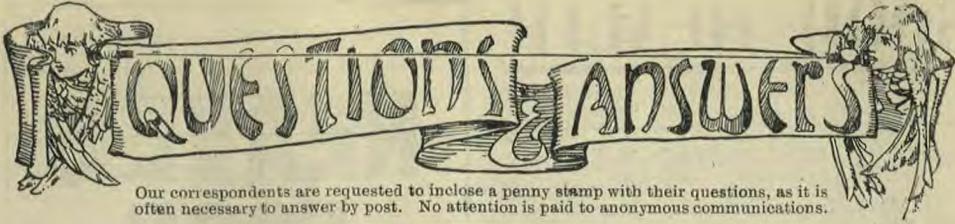
The Sick Child.

A SICK child needs most of all to forget himself. Little need, in these days of the clinical thermometer, the "feeling of the pulse," and the understanding of facial expression, to be always quizzing an invalid as to how "he feels," if "the pain has gone," if he "is better now," if "anything hurts him," or "Don't you feel able to sit up now?" An intelligent nurse or mother can answer all these questions for herself without a word. To be put in mind of one's pain is as bad as the pain.

Anyone who has been sick, knows there are intervals of self-unconsciousness, when the thought is fixed upon some pleasant theme. Suddenly some solicitous friend interrupts the interlude, and of course "the pain is back."

I would ask few if any questions in regard to his condition were I attending a sick child. Every word and every act of the sick-chamber should be with a view of banishing self-consciousness. I would not even ask if the invalid is hungry. If it is time that he should eat, I would tempt with the sight of food. "Spring the suggestion" on him, and surprise the failing appetite. If questioned, appetite does not always answer.

There is a danger of a sick child's being made selfish by his attendants. Teach him to think of others, and to make as little trouble for willing feet and hands as possible. The child will be the happier and have a better "getting up," morally. Give the invalid something to do with his hands—blocks to build with, buttons to string, a stick to whittle. If he is really weak, do not suggest that he count the buttons, or make any particular figure with the stick. Many a child invalid has been made more ill by mental strain which in itself is simple. Something to do which employs the eye, and not the hands, is good—a fresh picture now and then pinned at a convenient distance from the sight, and the merrier the picture the better. Birds, insects, and animals to think about give pleasure and occupation without strain. The sick-room in which a child is confined should be simply furnished, and made as cheerful as possible.—*Good Health (American)*.



QUESTIONS & ANSWERS

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

Tobacco and Indigestion.—G.C.: "I have had stomach trouble lately, and it appears to me that smoking is the cause of it. 1. Do you believe that smoking might hinder digestion? 2. Should a person take his food according to the flow of saliva?"

Ans.—1. Yes. 2. Food should be eaten so that the flow of saliva will be sufficient to moisten it without requiring the drinking of fluids.

Deafness.—S.G.: "I am a deaf reader of GOOD HEALTH and would like to know whether you can recommend Prof. A. G. Keith-Harvey's advertised remedy for deafness?"

Ans.—No. We are not prepared to recommend any advertised remedy for deafness or any other ills. We would suggest that you consult a qualified physician or, better still, a medical ear specialist. Have nothing to do with any advertised quack remedies or medicines. They are often dangerous, and likely to do harm.

Enlarged Glands.—E.W.: "I have a swelling on the right side of my neck, which the doctor informs me is an enlargement of the glands. It is not painful. The doctor has given me Iodoform to paint it with. 1. Is there any objection to using the Iodoform? 2. Do you know of any other method of treatment?"

Ans.—1. No, except the unpleasant odour. 2. A course of treatment at a well-regulated hydro-pathic institution is doubtless what you need. You might visit the Leicester Sanitarium, 82 Regent Road, which is not far from your home. The use of fomentations or hot and cold applications alternately, are often helpful in dispersing the swelling. In certain cases, however, a surgical operation is necessary.

Red Nose—Blackheads.—T.F.: "Would you please suggest a cure for red nose and blackheads?"

Ans.—If you are afflicted with a red nose, and the trouble is only superficial, apply the following lotion night and morning, twenty grains tannic acid to one ounce of glycerine. To remove the blackheads, bathe the parts in hot water for ten or fifteen minutes, gently kneading and rubbing the while, then endeavour to press them out with a watchkey; finish by bathing the face in cold water to which a little lemon juice has been added. Besides local treatment you will have to give attention to diet and general hygiene. Avoid tea, coffee, condiments, pickles, cheese, pastry, sugar, sweet cakes, and all rich and greasy food. Keep your skin in a healthy state by frequent bathing and regular exercise.

Sprained Ankle.—M.W.: "Will you kindly tell me what to do for a sprained ankle?"

Ans.—Soak the foot in hot water for half an hour to an hour three times a day, then dip in cold water for an instant and dry very gently. Light massage to the foot and ankle would be helpful in hastening recovery.

Advanced Consumption—Liquozone—Sacco—Tuberculozene.—H.W.: "1. Can you give me any reliable cure for advanced consumption? 2. Can you recommend 'Liquozone,' 'Sacco,' or 'Tuberculozene?' all these being advertised as cures."

Ans.—1. We regret to say that we know of no reliable cure, other than an out-of-door life with suitable breathing and other exercises and a liberal diet of pure, wholesome food. 2. No, you will do well to leave all advertised drugs and nostrums alone. If you require medicinal treatment, it should be prescribed by your family physician.

Hair Restorers—Scalp Massage.—M.D.H.: "1. Where can I get a whalebone hair brush? 2. What would be the price? 3. I have used two kinds of hair restorers, but had to discontinue their use as they gave me a pain in the head. What would you recommend for falling hair? 4. Does 'vaseline' mean petroleum vaseline jelly?"

Ans.—1. From any first-class haberdasher. 2. Four shillings and upwards, according to size and quality. 3. Finger massage to the scalp for ten minutes two or three times a day. Dip the fingers in cold water and massage the scalp vigorously by stroking and rubbing in different directions. 4. We don't know, but think there would be little difference between them.

Enlarged Tonsils.—T.A.: "I have a little girl of seven years who has much enlarged tonsils. She is very thin and takes scarcely any food. I have taken her to the local hospital, and they advise cutting. I am strongly opposed to such a course. Can you advise a cure?"

Ans.—It is often necessary to have the tonsils operated upon when they become diseased. The presence of diseased tonsils in the mouth is a constant menace to the health. Removing the diseased portion, and that is what the operation amounts to, is practically the same as removing a gangrenous finger. In early stages it is sometimes possible by local applications to bring about a cure without resorting to an operation, but it seems from your description of the case that this is scarcely possible now. The operation is a simple one and the recovery is usually rapid.

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.)

Address all business communications to

GOOD HEALTH, 451 Holloway Road, London, N., and all editorial correspondence to the Editors, same address. Telegraphic Address: "Uprising, London."

Good HEALTH may be ordered through any newsdealer. Yearly Subscription, post free, 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2. Indian Office: GOOD HEALTH, 39/1 Free School St., Calcutta.

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

S. African Edition: Yearly subscription, post free, 2/6. Office: 56 Roeland St., Cape Town, S. Africa.

OUR frontispiece this month is reproduced from a photograph of a bubbling brook of water on the ground of the Geneva Lake Sanitarium. This sanitarium has only recently been opened. It is located on more than one hundred acres of ground bordering Lake Geneva, within about a mile of Gland, and about fourteen miles from the city of Geneva. Next month we shall publish a write-up of the new sanitarium, which will be fully illustrated by many beautiful views taken on the grounds. For further particulars see advertising pages.

"The Food Reformer's Year Book and Health Annual" has come to our table. It contains much interesting and instructive matter from the pens of various prominent food reformers. The book is neatly got up, and makes a convenient manual for food reformers. Much of the matter is written by Mr. H. B. Amos, the editor. The book also contains a list of food reform boarding houses, sanatoriums, vegetarian societies, schools, restaurants, etc. We are sure all food reformers will want a copy. Price, 3d. Publisher, Richard J. James, 3 & 4 London House Yard, Paternoster Row, London, E.C.

Good Health School of PHYSICAL CULTURE.

From the members:—

"I have much enjoyed the course and feel greatly benefited."

"I am more than pleased."

"My health is improving."

"My circulation has much improved."

"Your opening remarks and advice commend themselves to one's common sense."

"I have become much stronger." (vert.)

"The help received has made me a thorough con-

Full particulars for stamp.

451 Holloway Road, London, N.

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" STEAMERETT,

OR THE REFORM COOKER,

is the Latest Scientific Knowledge applied to
Conservative Cooking.



**SAVES TIME, FUEL,
LABOUR, FOOD, AND
STOVE SPACE.**

Has a Double-Jacketed Steam Lid, as well as sides and bottom.

Will cook conservatively in their own vapours all kinds of food without attention, and conserve the whole of their Natural Flavours, Nutritive Salts and Juices, but are usually washed out and thrown away.

Can be used with an Oil, Gas, or ordinary Stove.

Will transform the toughness of an Old Fowl into the tenderness of a Spring Chicken, and provide its own gravy.

With the aid of the Steamers extra a dozen different Foods at a time can be cooked without any one contaminating another.

Each Steamer is fitted with a separate Steam Check Valve for shutting off the steam when not required.

6 pt. size, 5/-; post free, 5/6.

9 pt. " 6/6; " 7/-.

With full instructions. Steamers extra, each, 2/3 and 2/6.

From the sole manufacturers,

"PITMAN" HEALTH FOOD STORES,
188 & 189 Corporation Street, BIRMINGHAM.

The Largest Health Food Dealers in the World.
Illustrated Price List of Health Foods and Special Cooking Apparatus (88 pp.) post free, one stamp.

In answering advertisements kindly mention "GOOD HEALTH."

NOT ENJOY YOUR MEALS?

Mouth tender, teeth uneasy, taste wrong? Can't bite your food, and by taking it down unchewed you get indigestion and make matters worse? Be wise in time! You can prevent decay by removing its cause. Use that best of all dentifrices, ARPAX, a sensible toothbrush, and a glass of water, and you cannot help being pleased at the results. Arpax, 1/-, sensible toothbrush, 6d., post free. Send stamped directed envelope for our little tract on the Care of the Teeth. Don't put off till to-morrow, write now. Address,

Manager, ARPAX DEPOT,
9 Prince's Avenue, Alexandra Park,
LONDON, N.

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.

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.**

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 Coconut 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.

COMFORT CYCLIST

For the
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.

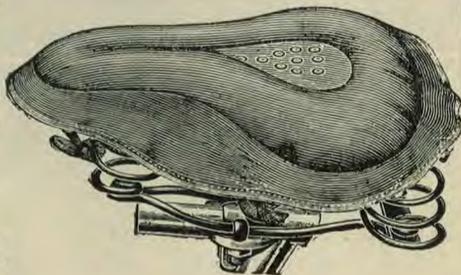
Prices, 3/6, 3/9, 4/- Send for our Illustrated Booklet.

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."

Jubilee Convention of the National Temperance League.

TO OUR FELLOW WORKERS IN ALL PARTS OF THE BRITISH EMPIRE, AMERICA, AND THE FOREIGN FIELD.

ON behalf of the Executive of the National Temperance League, we invite your attention to the fact that the Jubilee of the League will be celebrated throughout the year 1906 by a series of meetings and receptions, held by invitation of kindred organisations and public bodies in various parts of the United Kingdom.

In addition to these gatherings the special celebration will take place in London, from Sunday to Sunday, Oct. 21-28 next, when an important Convention will be held, to which a large representation is expected from all over the world.

The work of the league during the past fifty years has chiefly consisted of the formulation of evidence upon all phases of the temperance question, but especially upon the scientific aspect, and its diffusion by specialised efforts through influential sections of the community. These operations have admittedly been a powerful factor in creating the present favourable position of the temperance movement.

The programme of the Convention will include, in addition to sermons on both the Sundays and the president's address, a series of attractive gatherings, at which the members will be invited to meet the veterans of the movement, the colonial and foreign visitors, and the representatives of various sectional interests; and there will be two

For the Dancing Class! the Gymnasia, and Physical Exercise Class!!



Mothers should see that their children wear the

PORTIA SUSPENDER,

Combined Shoulder Brace & Stocking

which allows freest movement without pressure on the waist or leg arteries. Holds the stockings firmly and does not tear them. Approved by physicians and health culturists. Made in three sizes: Adult's, Maid's, Children's. Pink, Blue, or White Rushed Silk Elastic, 4/- Mercerised Fritled Elastic, 2/6. Special! with Brace Ends for Knickers, 2/11. From all drapers, or direct from Portia Suspender Co., 182 Norwood Road, West Norwood, London, S.E.

Winter's Woolley Scotch Wincey

is cheaper, softer and warmer than the best flannels, and lends itself with perfect facility to all the purposes for which flannel could be employed, and many others for which flannel is scarcely suitable.

♣ In cream, pink, or blue, *♣*
and a variety of pretty stripes.

It is unshrinkable, light and hygienic, and therefore an ideal fabric for Ladies' and Children's underwear, blouses, and dresses, etc., etc. It is just as suitable for the other sex.

**Wears better! Lasts Longer!!
Costs Less!!!**

Send to-day for booklet and price list to

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Editor-in-Chief: EUGENE SULLY, Esq., Hon. Sec., N.P.R.S.
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Founder of National Society of Physical Education, etc., etc.

EDITORIAL OFFICE: EXETER HALL, STRAND, LONDON.

Official Organ of .

THE NATIONAL PHYSICAL RECREATION SOCIETY,
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2/6 Per Year, Post Free, Prepaid.

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SAVOY STORES.

Special 5/- Carriage Paid Order
for ONE MONTH Only.

- 1 lb. Choice Natural Figs.
- 1 lb. Choice Prunes.
- 1 lb. Whole Dried Bananas.
- 1 lb. Finest Cluster Muscatels.
- 1 lb. Finest Nectarines.
- 1 lb. Finest Silver Plums.
- 1 lb. Perfect Walnut Halves.
- 1 lb. Barcelona Kernels.

. SAVOY .

HEALTH FOOD STORES,
Exchange Walk, Nottingham.

In answering advertisements kindly mention "GOOD HEALTH."



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.

**YOUR
CHILDREN'S
CHANCE**

lies in your children's food.

As a child eats so will it grow up.

Feed the family with *right* food. Wrong food now means a partially ruined life. The wheat phosphates in Frame-Food Jelly will build up your son's strength and your daughter's health; give ground-work to both to grow upon. Have it on the table at every meal. It's nicer than jam. Remember in it you get the phosphates lacking in white flour.

**FRAME-
FOOD
JELLY.**

Send three penny stamps for postage on free 5 ounce trial jar.

**FRAME-FOOD, The Famous Factory,
SOUTHFIELDS, LONDON.**

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.,
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**THE MEAT
OF
THE WHEAT.**

REYNOLDS'

PURE DIGESTIVE WHEATMEAL

**BROWN
BREAD.**

Order Sample Loaf from your Baker, or write for name of nearest Agent

J. Reynolds & Co., Ltd.,
Millers, GLOUCESTER.

AWARDED 12 GOLD MEDALS.

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public meetings of an exceedingly interesting character.

The Conference sittings will take place on the mornings of Tuesday, Wednesday, Thursday and Friday, October 23 to 26, with possibly a concluding session on the Saturday morning. The proceedings will be devoted to the presentation of the total abstinence question under the headings of

1. Science and Education.
2. Religion and Morals.
3. Commerce and Industry.
4. Sociology and Economics.

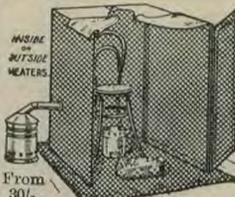
At each of the sittings the chairman will deal with the history of the subject, and in two papers will be presented the accumulated evidence, and suggestions as to methods for its diffusion throughout the community.

Membership of the Convention is open to any person interested in the movement who subscribes the sum of FIVE SHILLINGS to the Convention Funds, which sum will cover a souvenir report of the proceedings.

J. W. LEIGH, D.D., Dean of Hereford, *President*.
JOHN TURNER RAE, *Secretary*.

Paternoster House, London, E.C.

APRIL GOOD HEALTH will contain an illustrated article entitled "**The Woman with the Hoe.**" The series on Hydrotherapy in the Home will be continued, the subject for April being "**Sitz Baths.**" The article will also be illustrated, and contain full directions for the different varieties of this excellent and well-known hydropathic remedy.



WASHING
PUTS IN
HEATERS.

From
30/-.

THE
"GEM"
IS THE
SAFE
Home
Turkish Bath.

IT PROVIDES SAFE TREATMENT—

pleasant treatment—treatment that has no bad after effect, treatment that—working on well-ascertained physiological lines—frees the body of all those impurities which, if allowed to accumulate in the system, are the great general causes of indisposition, ill-health and disease. The "Gem" is far and away the best of all thermal baths. It promotes health in a marvellous manner. The cures effected by it are wonderful. Send for particulars of new invention, The Hines Heater (Patented). Adaptable to all makes of Bath Cabinets. Heat and Steam Controlled by Bather.

The Gem Supplies Co., Ltd., (Dep. G.H.),
121 Newgate St., London, E.C.
Particulars free. Write for circular, B.G.H.



GLASS PIPE CO., BATTLE GREEN, ALICE.

THE MOST COMPACT, SUBSTANTIAL,
and SERVICEABLE NEBULISER MADE.

GLOBE HAND NEBULISER.

It is provided with superior rubber tubing and bulb, the latter being fitted with an improved ball valve. Balsams and all other preparations can be freely used without any danger of clogging.

The vulcanised mouth and nasal tips, as well as the bulb are readily detached, and thus easily cleansed.

The outfit is a complete one for treating catarrh of the nose, throat, or bronchial tubes. Full directions as well as a bottle of medicine suitable for treating catarrh go with each instrument.

Price for the Outfit, 10/6.

Sole agents for the Kingdom :
GOOD HEALTH SUPPLY DEPT.,
451 HOLLOWAY ROAD, LONDON, N.



In answering advertisements kindly mention "GOOD HEALTH."

**Are you going to the Continent
for rest and treatment? ❀ ❀**

If so stop a moment and read this.

The Geneva Lake Sanitarium at Gland, beautifully situated on the shore of Lake Geneva, between Lausanne and Geneva, is an ideal place at which to take a holiday and at the same time learn how to get and keep health.

Special Attractions: air and sun baths, lake baths, scientific hydrotherapy and massage, rest cure, about 50 acres of beautiful oak forest, full view of Mont Blanc, vegetarian diet, health foods made on the premises. Catalogue in French and German free. English spoken. Address, **Geneva Lake Sanitarium, Gland, Switzerland.** ❀

Open all the year.

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.**

"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 Specialities.
All Health Magazines.

**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 ❀
per and so is
the ❀ ❀
lb. Quality. ❀

**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."

MR. T. ALLEN has written a little book for boys containing much sound advice and earnest counsel. All boys are sooner or later subject to awful temptations from ignorant and vicious companions. Even in childhood boys often learn body and mind destroying habits which, when once acquired, fasten themselves like the tentacles of an octopus. The book is a friendly and serious warning, and is called "**Uncle Tom's Letter to His Nephews.**" It should receive a wide circulation. The price is 1d. per copy, or 6/- per hundred. It can be obtained from the publisher, Mr. Coulman, 64 Halford Street, Leicester.

"**The Cookery Annual**" for 1906 is fully up to the preceding numbers, and makes an interesting manual for all interested in the ordinary methods of cookery. The food reformer will also find not a little interesting and instructive matter. For each day of the almanac there is suggested one or more foods in season, the majority of which belong to the animal kingdom. There is a full report of the Sixteenth Universal Food and Cookery Exhibition held last May in the Royal Horticultural Hall, and a complete list of the prizes and prize-winners. The "Annual" was founded by C. Herman Senn, G.C.A., the well-known and successful editor of *Food and Cookery*. It can be obtained from the Food and Cookery Publishing Agency, London, S.W.

Good Health BODICES for GIRLS.

READERS of GOOD HEALTH will be glad to learn that the Good Health Supply Department is now prepared to supply the Health Bodices in girls' sizes. The bodices are beautifully made of a good grade of sateen, and are exceedingly comfortable, convenient, and durable. They allow a natural development of the chest, and do not interfere with deep breathing and physical culture exercises. All girls should wear these bodices. For particulars address:

Good Health Supply Dept.,
451 Holloway Road,
London, N.

CHAPPED HANDS.

IN his celebrated book, "Papers on Health," Professor Kirk (Edinburgh), says: "Our idea is that this is caused by the soda in the soap used, at any rate, we have never known anyone to suffer from chapped hands who used McClinton's soap only. It is made from the ash of plants, which gives it a mildness not approached by even the most expensive soaps obtainable.

"If the hands have become chapped fill a pair of old, loose kid gloves with a lather of McClinton's soap, made up as for shaving. Put the gloves on when getting into bed and wear till morning. Doing this for two or three nights will cure chapped or even the more painful 'hacked' hands, where the outer skin has got hard and cracked down to the tender inner layer."

We will send a tablet of McClinton's Colleen Soap, made from the ash of plants and pure vegetable oils, on receipt of 6d. 

If the constant use of this soap does not prevent chapped hands we will give £10 to any charity named by the person who has found this remedy to fail.

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

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.

In answering advertisements kindly mention "GOOD HEALTH."

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.
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THE mothers who read GOOD HEALTH will be glad to hear of an article dealing with **Infants' Clothing** which will appear in the next number of GOOD HEALTH. It will be contributed by Dr. Sisley-Richards.

"**Timely Tonics**" is the title of an article by Dr. F. C. Richards which will also appear in the April GOOD HEALTH. This article will be illustrated, and contain many valuable suggestions concerning *real* tonics which are within the reach of any of our readers. The average spring tonics advertised on the street hoardings and in the public press all contain more or less alcohol, and oftentimes also morphine or some other anodine. None of them are in any sense *strengtheners*, but they may be truly described as physical dissipaters. Many of them contain noxious drugs, which cannot fail to have a detrimental effect upon the organs of the body.

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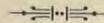
BY DR. J. H. CLARKE.

(Consulting Physician to the London Homœopathic Hospital, Editor of the *Homœopathic World*, etc., etc., etc.)

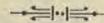
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