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# Good Health

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## Editorial Chat.

### Patent Medicines and Alcohol.

—It ought to be generally known that most patent medicines contain a large percentage of alcohol, which, for all practical purposes, makes them alcoholic beverages. This explains in part at least the great vogue of patent medicines.



### Prevention of Consumption.—

We are glad to note an increased interest among both the medical faculty and the general public in the prevention of consumption. Tuberculosis alone accounts for 60,000 deaths in England and Wales every year. We believe that nine-tenths of these deaths might be prevented if proper measures were taken to eradicate the spread of the plague.



### Supervision of Consumptives.

—The prevention of tuberculosis will not be possible until there is a strict supervision of all consumptive patients. We believe this could be carried out without any hardships to the victims of the disease. Such a system would enable the medical officers of health to take the necessary precautions against the spread of the infection. We trust that some government measure will soon be taken to add consumption to the list of notifiable diseases, and provide the necessary facilities for the care of the victims and the protection of the public.



**Tuberculosis in Japan.**—Tuberculosis appears on investigation to be as frequent in Japan as in European countries.

The intestinal form of the disease is common among both adults and children, although cow's milk is used but little as an article of diet. It is also found that in large districts where human tuberculosis is prevalent, the cattle often remain free from the disease.



### Centenarians.—

One of the leading dailies of London recently sent a reporter to interview an old man on his 110th birthday. While somewhat deaf he was well able to converse with the reporter and tell of his past experiences. It is not an uncommon thing to hear of men and women passing their hundredth birthday even nowadays, and this ought to be evidence to all that with a consistent hygienic life it is possible for many people to attain to a comfortable, healthy, and active old age.



### "Smokers" and "Non-Smokers."

—On the Continent it has been the custom to label the non-smoking compartments, all others being regarded as smokers, and it is rare that there is any trespassing. We wish that the same rule might be adopted in the United Kingdom. At the present time we have smoking compartments and other compartments which are frequently, and in some cases, judging from the odour, almost continuously used by smokers. We believe there would be less chance for this trespass if the compartments were clearly marked "Non-smokers." There can be no question but that the foul air of any compartment used by tobacco-smokers must be irritating to the air passages, and detrimental to the health.

**A Cure for Sleeplessness.**—“Get out of doors,” writes an exchange, “and you won’t need to take sleep opiates. Isn’t it the easiest thing in the world to lie down in a sunny field, with a handkerchief over your face, and fall asleep? And, if you have ever crossed the ocean, you must have noticed how the fresh breezes and sun’s rays set the passengers dozing in their chairs. Sunlight and air are nature’s own remedies for sleeplessness, and if insomnia patients could take a good course of this treatment they would need no poppy juices.”

**Where Sleep Is Most Refreshing.**—We may add that the drowsy feelings which softly steal over one in the open air are different from those induced by opiates, and the ensuing sleep is in an unusual degree restful and restorative. It is during sleep that nature is most busy in making her repairs; hence the advantage at such times of a free supply of that all-essential life element—oxygen. Babies sleep much better out in the open air than indoors, and with a generous supply of wraps, and proper protection from wet, they can do so the year round.

**Over-Feeding of Infants.**—We have heard much in the past concerning the improper feeding of infants, and also about the under-feeding of infants, but we would point out that there is also a grave danger of over-feeding and supplying too large a quantity even of wholesome food. Unfortunately it seems to be the main object on the part of many mothers to regard an increase of weight as the best evidence of an increase of health, but this is not by any means always the case. The fattest children are not the healthiest children. The internal organs must be taken into consideration, and particularly the heart, which is likely to become embedded in a mass of fat as the child tends to become stout. A large amount of fat about the heart is likely to interfere with its action and tend to weakness far rather than strength.

**How to Regulate the Diet.**—The next question is how this may be prevented. If milk is the principal food,

care must be taken to see that it does not contain too much fat, that is, cream. Very young children should not be fed butter, sweets cakes, pastries and chocolate. Artificial food preparations, too, are all rich and concentrated foods, and are likely to be used to excess. If used freely they will in time disturb the digestion and cause a loss of appetite, the child becoming restless and irritable; and this may be the beginning of a serious illness.

**Too Frequent Feeding.**—But it is not only the quality and quantity of the food that must be taken into consideration. The majority of mothers are more often inclined to feed their children more frequently than is good for them. While it is difficult to lay down any hard and fast rule, we believe that three meals a day are sufficient for most children that have passed their second year.

During the second year four meals a day are ample as a rule. Regularity of meals, too, is a matter that must not be overlooked. Children should be fed as regularly as adults, and should not be allowed to have any food at all between meals. If these few principles concerning the feeding of infants and children were followed, there would be much less illness and fewer little mounds in the cemetery.

**A Salutory Law.**—“If I had the power,” writes a friend of children, “I would make a law—and enforce it, too—that every child born in a town of 10,000 inhabitants or more should have at least one grandparent living on a farm in the country; and I would have that child stay with that grandparent at least three months in every year of its youth.” Unfortunately this must be classed among certain other very desirable arrangements which are not within the realm of practical legislation. Nevertheless, it is well to remember that the countryside is a heaven on earth to the child forced to languish amid the sordid, unhealthy surroundings of the city slums, and even a very brief stay amid fields and woods is likely to prove highly beneficial. It is to be hoped that the various charities concerned with sending children into the country will receive generous support.

**A Morning in June.**—Have you been in the habit of sitting up late at night, and then spending the glorious morning hours in bed? Listen to these wholesome words of Richard Kearton in "Our Bird Friends":

"The best time to hear Nature's choir is about four o'clock on a fine still morning during the first week in June, when the air is cool and sweet and every blade of grass bears its twinkling diamond of dew. Then each bush and tree appears to possess its winged vocalist, pouring forth such an ever swelling flood of music that the very air around seems to palpitate with joy, and one wonders if even heaven itself can be half so sweet and glorious. I have, happily, known many such grand mornings, and the glad remembrance of them is a priceless possession. Take my advice, boys and girls, don your strongest boots and go out to hear the birds sing their first morning hymn—it is the freshest and gladdest of all the day."

**Poisonous Pork Pies.**—One would think after all the advertisement that we have had of the dangers that exist in pork pies, that this article of diet would soon become extinct. Not very long ago a woman of London was taken very ill after eating a pork pie. She was in apparent good health before partaking of the pie. The physician who attended her explained to the court at the trial that her symptoms were those of ptomaine poisoning. We might say that this form of poisoning is usually associated with putrid flesh, and that it is due to the action of germs. The moral is obvious—beware of pork pies.

**A Forty-Five Days' Fast.**—Most of our readers have doubtless heard of the man who recently concluded a forty-five days' fast in London. For this long period it appears he took nothing but water. During the fast he lost about four stone, and became very weak and feeble. We regard all such feats of endurance as harmful and dangerous. Such a fast is a gross abuse of the body, and would be justly regarded as a cruelty if practised upon lower animals for the sake of monetary gain.

**Asthma a Blood Disease.**—Dr. George N. Jack, of Buffalo, New York, writing in the *Medical Herald*, maintains that "asthma is a digestive, blood, metabolic disease," and not a nervous disorder, as is usually maintained. He has found by numerous experiments that the blood of the average asthmatic is very unstable, passing in the course of an attack of the disease through a number of pathological changes. Diet and digestion doubtless form a much larger element in the causation of disease than has been thought. The man who goes astray in his eating habits is sure to suffer from it in some way.

**Think and Grow Young.**—Mental activity is decidedly conducive to longevity, according to an editorial in the *Medical Times*. "The brain needs blood to keep it in health; and thinking induces the free circulation of blood through the brain tissues. A normal brain should never be permitted to rest except during sleep." Every man should have a hobby to which he can devote his leisure time, and that "not in a casual and dilettante way, but earnestly and with much interest." It is only too true that nature abhors an idle man. Work is one of the blessings of this life too little appreciated. Without work health, and even rest, would be impossible.

**Anti-Corset League.**—About two years ago an enthusiastic Anti-Corset League was organised in Birmingham which has now attained a membership of ninety, most of which are women. The league is engaged in educational work, and holds demonstrations for the purpose of teaching the people the evils of constricting stays. It would be impossible to estimate the amount of harm that has been done through the wearing of corsets. We believe that there is an indication of improvement in the matter of hygienic dress, and that women are more willing to adopt healthful dress garments, but Dame Fashion is a severe task mistress, and holds her devotees in bands of iron. All success to the Birmingham Anti-Corset League.



## POPULAR DELUSIONS.

BY M. ELLSWORTH OLSEN.

IN every great reform the progress of right principles is hindered by certain popular conceptions in the nature of delusions, which, without having any basis in reason or fact, still hold sway over the multitudes. Some of these delusions that bear on healthful living have a history reaching far back into earlier ages, when but little was known concerning the human body and the diseases to which it is subject. Others are of comparatively recent growth, and owe their popularity to the well-known tendency of the average man to take superficial, not to say self-indulgent, views in all matters having to do with his daily habits. In this article it will be possible to deal, and that very briefly, with but a few of the numerous popular delusions concerning health. We begin with the common notion—

*That good health is largely a matter of good luck*; some people have it, and they are fortunate; others do not, and they are unfortunate. To inquire into the causes that lie back of a weak physical organism seems quite foreign to the general public, and yet this is precisely the attitude adopted in the affairs of business, and in the conduct of life generally. It has come to be recognised that in all such matters

the element of chance enters scarcely at all. Men don't happen to succeed in business or in politics or in professional life, but they attain to success through persistent, well-directed effort. It is even so in matters of health. The well-being of the body is dependent on obedience to the natural laws by which it is governed. Nature does not distribute indiscriminately such valuable prizes as clear complexions, bright eyes, an elastic step, pain-free nerves, and a vigorous habit of body; they are bestowed on those who have worked for them. Even such retain them only on conditions; disobedience leads to their soon being taken away again, and given to those who are worthy. To be sure, the attainment of the highest state of health is in some degree dependent on heredity; but this is only carrying the matter a little farther back; it still remains subject to the same law of sowing and reaping. Heredity fortunately does not exert a large degree of absolute power. The whole-hearted, earnest seeker after health can practically leave it out of consideration. Hundreds of practical instances show the possibility by patient and well directed training of attaining to an extraordinary development of those organs which by

heredity were weak. Some of the greatest athletes were first led to take up physical culture through weaknesses of this character.

There is another delusion that may be said to partake somewhat of the character of the one just discussed; namely,—

*That disease finds its proper antidote in a bottle.* This is one of those venerable errors which hark back to a remote antiquity. For ages the belief has prevailed among most savage tribes and to a certain extent among civilised nations of the Orient, that disease is a species of demon possession, and the proper cure for it is to drive the demon out. Thus in some parts of China to-day when a man is taken sick, his friends and neighbours surround the house and make the most hideous noises by striking on tin pans and shouting at the top of their voices, with the idea of driving the evil spirit away. By the same line of reasoning it was concluded that if some vile-smelling, bad-tasting concoction, could be introduced into the stomach of the patient, that would be the most effective way of expelling the intruder. This seems to be the true genesis of the medicine-bottle, even if it is not a very pleasant one, to contemplate. The idea that the concoction would have beneficially affected certain organs of the body, was of later development. To-day the best physicians are using drugs in decreasing quantities, and depending on natural remedies. In general it may be said without any fear of authoritative contradiction, that the true antidotes to disease, if such a term be admissible, are fresh air, sunlight, wholesome food, and the judicious employment of such additional aids to nature as hydrotherapy in its various forms, massage, and electricity. In all chronic diseases the most important requisite to a cure is the intelligent co-operation of the patient. He must cease to do evil and learn to do well. His food, drink, exercise, and habits in general must conform to the natural order, and his mental attitude must be that of hope and good cheer. In short, he is called upon to *be and to do*; not simply to *take* something out of a bottle.

A third delusion not uncommonly met with in this country is—

*That sound sleep is incompatible with an empty stomach.* So we have the bad

custom of eating a hearty supper just before retiring, in the fear, apparently, that we should die of famine before morning. Needless to say, human life is by no means of such frail tenure, nor so immediately dependent on supplies of food. The several recent exploits in fasting should help to convince the public that life can be maintained a very respectable length of time without partaking of a particle of nourishment. Eating late at night is a real embarrassment to the internal economy. The body would fain employ all its energies at that time in repairing tissue, for which purpose it uses the food already digested in the course of the day. If energy must be set aside to digest food just taken, the repairing process is to that extent interfered with. Moreover, digestion itself goes on with unusual slowness, being deprived of the stimulus of bodily movement, and other helpful influences which prevail when the whole body is alert and at its full vigour. Sleep is far more refreshing, and the mind and body are in a more fit condition in the morning when this late meal is omitted. There is then also a healthy appetite for breakfast, which is one of the important meals of the day, and should be eaten with sufficient leisure. By no possible scheme can one allow for more than three meals daily while giving the digestive organs a sufficient time for disposing of one meal before taking the next.

*That flesh is a particularly valuable food for those who would gain in strength,* is another delusion one often meets. The reason is not far to seek. The animal extracts in which meat is rich, have a slightly stimulative effect upon the body. Consequently after one has partaken of a meal in which meat has formed a large part, there is a feeling of strength and well-being which is really deceptive. Considered strictly in respect of its food value, meat must rank rather low. Good brown bread is, weight for weight, more nourishing. In the case, moreover, of an invalid who needs to gain strength, meat is especially unsuitable because of its liability to disease and the uric acid which it always contains. The convalescent needs above all things pure foods, for the organs of the body are in no condition to throw off an excessive quantity of poisonous wastes.

A popular delusion made a good deal of in these days by manufacturers of patent medicines is—

*That pain in the back is a sure symptom of kidney disease.* Such pains may, it is true, be symptomatic of kidney trouble, but this is not by any means always the case. Various forms of dyspepsia may be the cause of pain in the region mentioned. Tight lacing may also bring on such pains, and various other conditions may manifest themselves in this way. It is therefore never safe to diagnose one's case on such slender evidence, and as for beginning treatment with somebody's liver pills, as is so often done, that is simply to invite real disease. It may be said in passing that kidney troubles of various kinds may be brought on by the indiscriminate use of supposedly "harmless" nostrums.

Many people delude themselves with the foolish notion that—

*The subject of food and dietetics is one that only faddists and dyspeptics need to concern themselves with.* Probably this delusion more than any other has helped to swell the mighty army of dyspeptics which affords such excellent proof of the extent to which the civilised world of to-day has departed from natural habits of eating. Rightly viewed, the subject of diet is seen to be one of immense importance to everyone. Young people should be taught the nutritive values of the various common foods, and the essential principles underlying a proper dietary. Food combinations, the time required for digestion and assimilation, the reasons for thorough mastication, the amount of food required daily, and many similar questions should be made the topics of instruction in our schools, and should be considered worthy of careful study by adults who wish to make the most of themselves. The eat-what-ever-you-please idea, which has so long dominated the world, has proved a fatuous failure. Working ability, clearness of mind, power to endure long-drawn-out strain, these are coming to depend more and more on the matter of feeding. Diseases of various kinds formerly thought to be quite apart from the organs of nutrition are now seen to be closely related to them. In fact, so far is this true that it can almost be said that the dyspeptic has

in his broken down digestive system the seeds of a host of other diseases.

A great many men like to persuade themselves—

*That smoking is not particularly harmful to a healthy adult.* This is one of the delusions that spring from the desire, perfectly natural, to be indulgent with one's vices; in short it is a case where the wish is father to the thought. If the bare question were put to any man, whether a small quantity of a deadly poison taken daily would be likely to do any harm, he would not hesitate to reply in the affirmative. Perhaps he might be inclined to ask why the man, if healthy, wanted to take poison unless it was to commit a sort of slow suicide; and this is exactly what the tobacco-user really does. It may very likely be long-drawn-out suicide; but that does not alter the character of the crime; for rightly viewed, it is nothing less than a crime against one's own body to burden it with a daily dose of poison which it must get rid of at its risk. Liver, lungs, kidneys, and skin all put in extra hours, as it were, to expel this dangerous invader. Can anyone, then, call such a practice harmless?

It is commonly thought—

*That tea is a peculiarly valuable drink beverage for brain workers.* The truth is that this class of workers need especially to guard against its use, and likewise to avoid all narcotics, the ultimate effect of which is to break down the nervous system. It is well for those who are accustomed to think of tea as absolutely harmless to remember that Sir Michael Foster, the eminent physiologist, classes it under the same general head as alcoholic drinks. This is not saying that both are equally harmful, but simply that they are essentially the same in kind. Tea is at best a drug which belongs on the shelves of the pharmacist rather than on the daily table where food is served. We wonder if the time is not coming when some of our most consistent and enterprising temperance societies will renounce tea along with other narcotics, and by so doing put themselves on the side of pure, wholesome habits, which is the essence of true temperance.

ANY life is endurable which may be regarded as a life of service.—*Selected.*



USING FLOSS BETWEEN THE TEETH.



BRUSHING INSIDE UPPER TEETH.

## CARE OF THE TEETH.

BY EURETTA D. METCALF.

FOR some reason, known only to the Maker of nature's mysterious laws, the teeth are the first part of man to prove by their decay that the physical being is but dust, and to dust returneth.

Who does not admire regular and well-kept teeth? Yet few take the trouble to inform themselves on the cause of decay, or the crowded and misplaced condition of the permanent set which so often renders a tolerably well-shaped mouth repulsive.

Regular and intelligent care of the teeth should begin at birth. But the average parent regards the temporary set of teeth as a self-providing, self-caring-for institution. They are allowed to come in their own way, given anything and everything to chew upon, and, frequently, extracted at the first sign of decay. This is a twofold wrong. The sudden jerk of a bungling-tied thread too often leaves a lasting dread in the mind of a sensitive, nervous child, who, fearing a repetition of the hurt, will conceal later suffering until the saving of the tooth is impossible.

Premature extraction of the first teeth causes a contraction of the arch, making the second teeth irregular and crowded out of position. Expansion of the arch is caused by pressure, and the baby-teeth should be encouraged to stay until nature is ready to perform her own expulsion.

How often do we hear, "Yes, Johnny has lost his eye-tooth, but it doesn't matter. It is only his baby-tooth, you know."

Fond, ignorant parent, it does matter! Those baby-teeth are the foundation of Johnny's future teeth, and you should be as considerate of their needs as you are of his stomach in determining his diet.

In a normally healthy child the first tooth erupts, or, in common parlance, is "cut," at the age of from five to seven months. Teething is always a trying period, and the child's system should be strengthened by judicious care in clothing and food. Where there is excessive pain, with gums swollen and bright red, relief is often given by lancing the gums before the tooth erupts. The child should be



BRUSHING INSIDE LOWER TEETH.

encouraged to use his jaws and chew on any hard, smooth surface. Muscle and bone-producing foods should predominate.

Frequently cavities appear at from two to five years of age. These should not be neglected. Progressive dentists have a filling especially adapted for these crevices, which preserves the tooth until its successor is ready to replace it.

Children of any age should be impressed with the necessity of cleanliness as a preservative. They should be supplied with a small, stiff brush, and not only taught, but compelled to use it. Half the decayed teeth of adults are traceable to parental neglect of this one essential. When deemed expedient, a child's teeth should be polished by a dentist. The little, whirling brush used by the trained operator penetrates every crevice, and dislodges all excretions that may have formed. Anything that tends to keep back the encroachment of foreign substances and tartar, tends to counteract decay. Particularly is it well to have one's teeth thoroughly cleaned after illness. But in many families a tooth-brush for each child under ten, with intelligent understanding and religious observance of its duty, is conspicuous by its absence.

Teeth require exercise. As early as possible, babies should be given food which requires mastication. The process of chewing promotes the flow of saliva, and when the saliva is plentiful teeth are longer lived. Sweets in moderation are not harmful, but an excessive starchy or saccharine diet simply assists the process of decay. Fruit and nuts should be liberally eaten.

The first permanent tooth arrives usually at about six years of age. This is a molar, and it is the first to decay of the permanent set. The second molar is cut at about twelve years of age, and the third, the so-called "wisdom" tooth, at from eighteen to twenty-five. The molars are naturally the most active workers, being the principal masticators, and they should be given the greatest care. Children should be taught to chew evenly on both sides. This not only equalises the wear on the molars, but preserves the contour of the cheeks. Decay is most active between fifteen and twenty-five years of age.

Adults who possess well-preserved teeth cannot be too careful of them. They should express their thanks in a vigorous brushing night and morning—not the hurried scrub and rinse which so often is a mechanical farce. A small, stiff brush is preferable, as it reaches into the crevices and should be introduced to every part of the tooth—outside, behind, and between the teeth. If the brush is suspected of shirking any interstice, dental floss should be drawn around and between the teeth. Any antiseptic mouth-wash that leaves a fresh, pungent taste helps to make one feel clean and happy.

The proper use of a tooth-brush is a science. It should never be used crosswise of the mouth, but up on the lower teeth, and down on the upper, with a rotary movement, not too vigorous, on the gums. The point of the brush applied to the back of the teeth helps to prevent the formation of tartar; a crosswise movement is injurious to the gums.

The formation of tartar on the teeth is largely constitutional, and always injurious if allowed to accumulate. Tartar is caused by an excess of lime in the system thrown off through various glands.

under the tongue and in the cheeks. Everyone should make at least an annual visit to a dentist.

The preservation of the teeth depends, of course, upon the individual. A healthy robust person can abuse his teeth with more impunity than can one physically delicate. But the teeth do not belong to the "long-trodden worm" family, and they soon retaliate for misuse. To insure their tractability they must be given rational treatment. One whining, complaining tooth will soon play havoc with the strongest system.

That polishing the teeth with dental machinery destroys the enamel, is a popular fallacy equal to the heredity of bad teeth. Both should be exploded. The enamel on a tooth is a substance so hard that it can be broken only with a drill of the finest temper. Anything that will scour the surface *clean* will prevent decay. Hard tack is at once one of the best polishers and preservatives; for a tooth that is used will not be lost so quickly as one that is not used. A person who lives on soft foods and liquids will find his teeth decay far more quickly than one who exercises his teeth by masticating resisting foods.

### How Does It Get There?

IN Jackson, Miss., there is an old negro who all his life has complained of numerous ailments. Nothing pleases him more than to expatiate on his "misery."

One day an old employer met the aged Jake, and the following conversation ensued:—

"Well, Jake, how are the headaches to-day, and the liver, and the gout in your left foot?"

"Thankee, Mistah Jenkins; they'se doing putty well; thankee, sah. I'se takin' a powerful lot o' medicine lately."

"That so, Jake? What are you taking?"

"Oh, I'se takin' some powder for de head, some little pills for de liver, and some kinder stuff for de gout. But I ain't got much faith in medicine. All mah life, sah, I'se been frettin' myself to figure out how dem diff'rent kinds o' medicine gits in de right place arter you takes 'em into yo' system."—*Selected.*



There is a sweet peace that comes with the knowledge that you are in harmony with God, yourself, and your fellows.—*Topham.*



CLEANING THE TOP OF THE BACK TEETH.



BRUSHING UP AND DOWN BETWEEN THE TEETH.

## THE ARTIFICIAL FEEDING OF INFANTS.

BY EULALIA SISLEY-RICHARDS, M.D.

EVERY true mother cherishes in her heart the earnest desire to nourish her baby at her own breast, and should conditions be such as to render this impossible or inadvisable, it is with sincere regret that she sets about the task of finding a substitute food.

Nor is this an easy task, for though the market is flooded with infants' foods, which are advertised to be "as good as" mother's milk, science has not yet produced a food which in every respect resembles that produced in Nature's laboratory. As pointed out in a previous article, these proprietary foods are frequently objectionable either because they contain starch, a food element which the infant stomach is unable to digest, or because they are deficient in certain bone- and flesh-forming constituents.

In most cases properly modified cow's milk is preferable to other artificial infant foods, as it more closely resembles the natural food. A few suggestions regarding the home modification of cow's milk will be appreciated by many mothers, though it must be constantly remembered that it is impossible to lay down fixed rules which will apply to every baby alike.

First of all the mother should understand the whys and wherefores of milk modification, else she cannot work intelligently.

Cow's milk differs from human milk in at least four points, as is shown by the following:—

HUMAN MILK.	COW'S MILK.
1. Reaction alkaline	Reaction usually acid as obtained in cities.
2. No bacteria present.	Many bacteria present.
3. Albuminoids, 1%.	Albuminoids, 4%.
4. Milk sugar, 7%.	Milk sugar, 4½%.

By carefully considering this comparative table it will be seen that—

1. Something must be added to the cow's milk to render it alkaline. Lime water is usually used for this purpose.

2. The cow's milk must be sterilised to destroy the bacteria, as these may produce fermentation of the food as well as certain diseases.

3. Cow's milk contains too large a percent of albuminoids, thus overtaxing the

digestive organs of the infant. This is remedied by diluting the milk with water.

4. Cow's milk is deficient in sugar, and particularly so after it has been diluted to lessen the albuminoids. Hence it is necessary to add some sugar in modifying the milk.

5. While cow's milk contains about the same percentage of fat as human milk, this food element becomes deficient when it is diluted with water so that this lack must be supplied by the addition of a little cream.

The following formulæ represent the strength of human milk and with their aid the mother should be able to secure a satisfactory product.

MILK MIXTURE.	TOP MILK MIXTURE.
Milk,.....1 oz.	Top milk.....2 oz.
Cream(separated), 1½ oz.	
Lime water,.....½ oz.	Lime water,.....½ oz.
Milk sugar,.....½ oz.	Milk sugar,.....½ oz.
Water enough to make.....8 oz.	Water enough to make.....8 oz.

To obtain the top milk referred to in the second formula, take six ounces from the top of a quart of milk that has stood six hours. (It is best obtained by using a syphon.)

Expense may be lessened by purchasing several pounds of milk sugar at a time from a wholesale druggist. This sugar is much better for baby than ordinary cane sugar.

For some delicate babies it would be necessary to add a little larger percentage of water, at least during the early weeks. A well-known authority on infant feeding says: "It is a common custom to alter the composition of the artificially-prepared milk according to the increasing age of the child. To make this a routine procedure in the case of healthy and flourishing babies is unnecessary and harmful. The mother's milk, if it keeps of good quality, does not vary very materially during the months of suckling, and there is consequently no reason for any change in the composition of the artificial food if we can once get it to simulate human milk and to be well digested. Of course if a child ceases to grow properly, an increase in the strength of the food may be needed."

The following table may be helpful as it indicates, among other things, the quantity of milk which would be required daily by a healthy infant.

#### General Rules for Feeding.

Age.	Intervals of feeding.	Number of feedings in 24 hrs.	Average amount at a feeding.	Average amount in 24 hours.
1st. week.	2 hours.	10	1 oz.	10 oz.
1st-6th weeks.	2½ "	8	1½-2 oz.	12-16 oz.
6th to 12th weeks and possibly to 5th or 6th month.	3 "	6 or 7	3-4 oz.	18-24 oz.
6 months.	3 "	6	6 oz.	36 oz.
10 months.	3½-4 hrs.	5	8 oz.	40 oz.

It is usually best to prepare sufficient modified milk to last twenty-four hours. This may then be put into as many clean bottles as there will be feedings required in twenty-four hours, putting into each bottle just the amount needed for one feeding.

These bottles of milk may then all be sterilised at once. To do this stop each bottle with a plug of cotton wool (to keep out dust and germs) and stand all the bottles in a saucepan having a false bottom or something to prevent their touching the bottom of the vessel. Pour warm water around the bottles, until it reaches as high as the milk in the bottles, and bring it to the boiling point. To insure sterilisation let the water boil twenty minutes or one half-hour. Then cool the bottles gradually by pouring cold water into the saucepan. They may then be set away in a cool place until needed. When required, the milk may be warmed by immersing the bottle in hot water. A rubber nipple may then be put on and baby's meal is ready. The bottles, nipples, and, in fact, all the utensils which come in contact with baby's food must be kept scrupulously clean. Infantile indigestion and diarrhoea are frequently caused by the use of unclean nursing bottles.

It is necessary for the mother to closely observe her child when making any change in his food. If baby is gaining regularly in weight, and is happy and contented, she may be sure that his food is digesting properly. The nature of the bowel movement is also a good index of baby's condition. The fæces of a young baby should be bright yellow in colour and

should be free from curds and the odour of fermentation. If the motions are abnormal it indicates some disturbance of the digestive organs, and never should this matter be overlooked.

The presence of curds in the bowel movements indicates that either the food is too rich or too large in quantity.

If baby is being fed entirely upon sterilised food it is quite necessary to give him a little fruit juice daily as a prevention of scorbutus or that condition commonly known as *scurvy*. Great care must be taken to select fruit which is well ripened, yet not fermenting, and the juice must be uncooked. Two or three teaspoonfuls of orange juice daily is sufficient to prevent scurvy, though there would be no harm in giving a larger quantity if baby desires it. The juice of sweet grapes or of other juicy fruits in season may be employed instead of orange juice. It should be given between the regular feedings and not with the milk.

#### Willie's Home.

A LITTLE five-year-old boy bounded into the house one day, and exclaimed as he hung his hat up in the hall:—

"This is my home! This is my home!"

A lady said, "Willie, the house next door is just the same as this one. Suppose you should hang your hat up in that hall, wouldn't that be home just as much as this?"

"No, ma'am," said Willie, "it would not."

"Why not?" asked the lady, "What makes this house your home more than that one?"

"Because my mother lives here," said Willie."—*Selected.*

#### Weak Nerves.

IT is a misfortune, indeed, to be born with weak nerves, but if rightly used and managed it may be the occasion of greater felicity; for at least it is (or ought to be) a fence and security against the snares and temptations to which the robust and healthy are exposed, and into which they seldom fail to run.—*George Cheyne.*

## THE DATE, AND SOME NEW WAYS TO USE IT.

BY GEORGE E. CORNFORTH.

THE date-palm is a native of the northern part of Africa and the southwestern part of Asia. It is most extensively cultivated in Arabia. It is also cultivated in France, and to some extent in California and in the southern part of the United States. The tree grows from thirty to sixty feet high, and bears a head



DATE-TREE BLOSSOM.

of leaves which are from eight to ten feet long. It thrives best where the climate is hot and sunny. The plant is dioecious; that is, the fruit is borne on some trees, while other trees do not bear fruit. But the flowers of the trees which bear fruit must be "fertilised" from the flowers of the trees which do not bear fruit. Our willow is an example of this kind of tree. The root of the date-palm extends straight downward into the ground. This enables the tree to live in a dry climate, because its roots go deep enough into the ground to obtain water.

The fruit is eaten both fresh and dried, and forms a staple article of diet in Egypt, Persia and Arabia, but in this country it is known mostly as a luxury.

It possesses a high nutritive value, containing fifty-eight per cent. of sugar, together with some pectin, gum, and proteids. It might, with advantage, be used more extensively. The following are a few recipes for its use:—

*Date Cream Pie.*—Line a pie-tin with pie-crust, building up a scalloped edge, and bake in it a filling made as follows:—

Three cups of milk, three-fourths of a pound of dates, and two eggs. Seed the dates, and stew them till tender and dry,

then rub them through a colander. Heat the milk to boiling. Beat the eggs, and add them to the dates, then add the hot milk and mix thoroughly.

*Maizemeal Pudding.*—Two quarts of milk, seven tablespoonfuls of maizemeal, three-fourths cup of sugar, one and three-fourths cups of ground dates, grated orange peel, one-half teaspoonful of salt. Heat the milk in a double boiler. Add the maizemeal, and stir until the meal does not settle. Cook one hour. Add the remaining ingredients, put into a baking-pan, and bake one hour.

*Date Bread Pudding.*—Soak stale bread in milk, and put layers of the soaked bread and seeded dates in a baking pan. Pour over this a raw custard made of one quart of milk, one cup of sugar, four beaten eggs, and one teaspoonful of lemon flavouring. Allow it to soak thoroughly, and bake till the custard is set.

*Fruit Tapioca.*—Soak one cup of tapioca in one cup of water an hour or longer. Cook the tapioca in one quart of boiling water in a double boiler till transparent. Add one-half tablespoonful of salt, two-thirds cup of sugar, two tablespoonfuls of lemon juice, one and one-half cups of chopped dates, and one cup of chopped walnuts. Pour it into moulds wet with cold water, and cool. Serve with cream and sugar, or with cocoanut sauce.

*Baked Apples Stuffed with Dates.*—Core large tart apples. Fill the cavities with seeded dates, sprinkle the apples with sugar, and bake them till they are tender but not broken.

*Stuffed Dates.*—These may be prepared by seeding the dates, and filling the cavities with walnut halves, or nut butter which has been salted to taste. The dates may then be rolled in sugar or malted nuts.

*Date and Apple Salad.*—Two parts diced apple, one part dates, which have been washed, seeded, and cut in small pieces. Mix together, and use over it the following dressing:—

Half a cup of apple juice, juice of one large lemon, one-third cup of sugar, whites of two eggs, one level tablespoonful of

cornflour. Stir all together, and heat gradually in a double boiler, continuing to stir till it thickens.

English walnuts broken in pieces may be added to this salad if desired.

*Date and Banana Salad.*—Use the same dressing, or one in which some other kind of fruit juice, as peach juice or cherry juice, is used in place of apple juice, over two parts diced bananas and one part diced dates mixed together.

In making either of these salads, the dressing should be prepared first and allowed to cool, so that it can be poured over the apples or bananas as soon as they are cut up, to prevent their discolouring.

*Date Sauce for Puddings.*—Seed the dates, and stew them, in just enough water to cover them, till they are soft enough to rub through a colander. After they are put through the colander, add fruit juice (cherry juice is very nice) to thin them to the proper consistency. Heat the sauce to boiling, and let it cook a minute or two, and it is ready to serve. This is very nice with bread pudding.



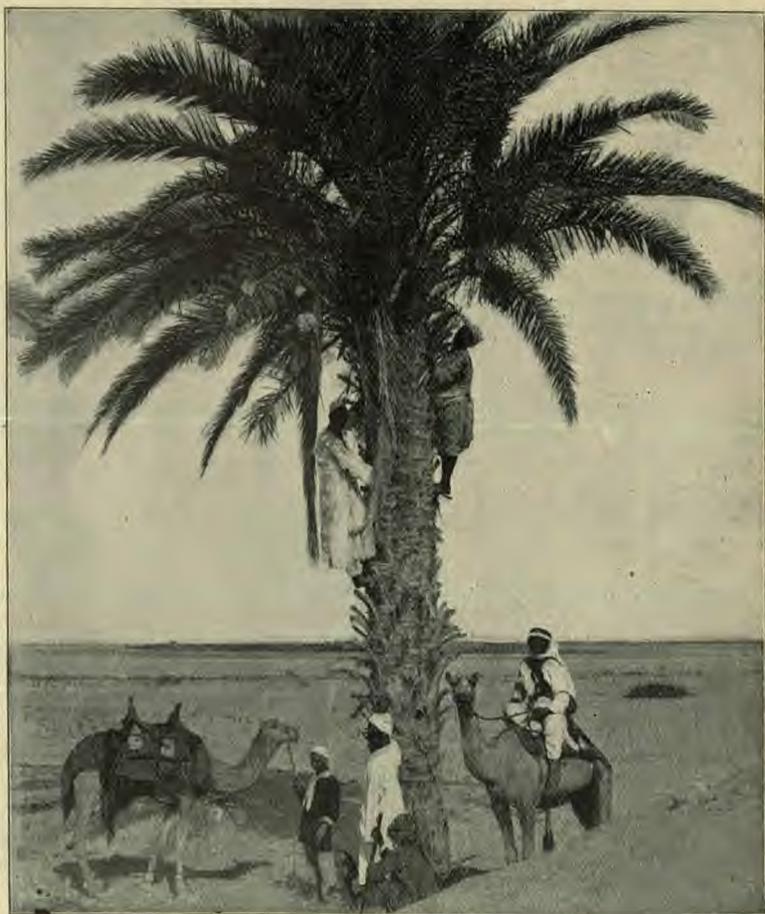
“A SOUND mind in a sound body is a short but full description of a happy state in this world. He that hath these two, hath little more to wish for here, and he that wants either of them, will be but little better for anything else.”

## EGGS.

**Raw Eggs.**—Separate the white from the yolk, and beat both thoroughly. Add the yolk to the stiffened whites, stirring it in gently. A cup of milk may be added or fruit juice as desired.

**To Boil Eggs.**—Place the egg in the saucepan while the water is boiling, and then remove from the stove, leaving it in the hot water for six minutes. The white will then be well cooked, but will not be so tough as when cooked in boiling water for a shorter period of time.

**Poached Eggs.**—Take a slice of zwieback, and dip quickly into a little hot milk or cream. Remove it at once and steam for fifteen minutes. During this time the egg may be poached. Take a pan of boiling water, an ordinary frying-pan could be used, fill with boiling water. Add some salt. Then drop the egg gently into the pan, taking care not to break the yolk. Draw the pan to the side of the stove until the white is set. Remove with a slice and serve on the hot toast.



GATHERING DATES.

## THE ADULTERATION OF FOOD.

BY J. J. BELL, M.D.

THE foods most frequently adulterated are milk, cheese, butter, bread, flour, sugar, syrup, sweets, honey, preserves, canned fruits and vegetables, canned meats, baking-powder, tea, coffee, and vinegar.

Milk is perhaps more often adulterated than any other food. Water, annatto, boric acid, salicylic acid, burnt sugar, and formaldehyde are sometimes added. Water, if impure, may be the means of spreading many infectious diseases, as the germs are very likely to multiply with great rapidity when added to the milk. Annatto, burnt sugar, and aniline-orange are used to increase the creamy colour when the milk is deficient in cream. Annatto can be detected by making the milk strongly alkaline with sodium carbonate, then putting into it a strip of white filter-paper, and setting aside in a dark place over night. If annatto is present the paper will have a salmon tint on removal from the milk. To detect aniline-orange, place in a porcelain vessel equal parts of milk and hydrochloric acid sp. g. 1.200. Agitate gently. If present the curds will be coloured pink.

Butter may contain the adulterants usually present in milk; also excess of salt, gelatin, and glucose, for the purpose of increasing weight by the large amount of water which these will absorb. Margarine, oleomargarine, and other coloured and flavoured animal or vegetable fats, are frequently mixed with or sold as butter.

Cheese may also be adulterated with fats of this kind, as well as with the preservatives used in milk.

Bread and flour are perhaps most frequently adulterated with alum, so as to produce a loaf of good appearance from a cheap grade of flour, and also to increase the amount of water present in the bread. To detect, macerate half a slice of bread in four tablespoonfuls of water, strain, and add to the water twenty drops of a strong solution of logwood, and then a tablespoonful of a strong solution of ammonium carbonate, which changes it from a pink to a lavender-blue if alum is present.

Sugar, sweets, preserves, syrup, and honey are often mixed with glucose, which is a preparation manufactured from starch

or wood by boiling with dilute sulphuric acid. In cane-sugar it may be detected by boiling with Fehlings solution, giving a brick-red deposit. To determine its presence in syrups or honey, test for sulphuric acid by dissolving a small quantity of syrup or honey in warm water in a test-tube. Add to this a few drops of a barium chloride solution prepared by dissolving one dram of barium chloride in a few teaspoonfuls of water. Set aside for half an hour. If a white powder appears in the bottom, sulphuric acid is present in the syrup or honey, probably due to its presence in added glucose. Various colouring agents used in the manufacture of sweets have proved to be poisonous.

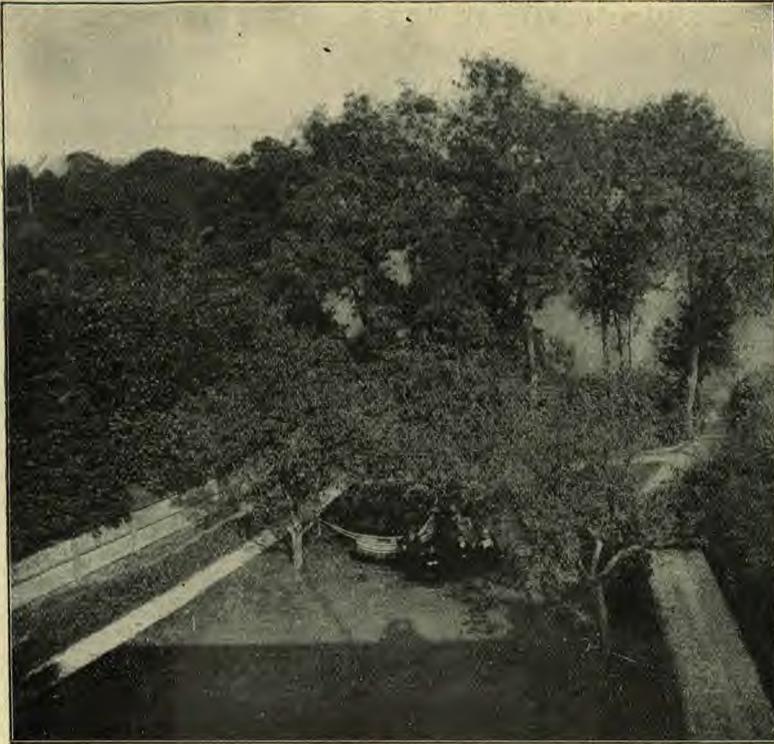
Preserves are sometimes prepared largely of glucose or some preparation of starch, to which a fruit flavouring is added. Jellies are frequently prepared with gelatine to which some aniline dye and flavouring essence are added. Little or no fruit may be present in the preparation.

Canned fruits and vegetables are most often adulterated with some dye or chemical to add to their colour. Fuchsine and aniline dyes are used for the fruits, while peas and green vegetables are coloured with salts of copper to give a bright green appearance. To detect copper salts add a few drops of sulphuric acid to the contents of the can. Place in it a bright sewing-needle over night. If copper is present it will be found on the needle.

To detect fuchsine and aniline place for one hour a few pieces of white woollen yarn in the juice. These will be coloured red if fuchsine or aniline is present. Salicylic acid is sometimes used as a preservative in canned foods. Canned meats and sausages often contain the flesh of horses or some other animal unfit for human food.

Vinegar may be adulterated with mineral acids.

Tea and coffee may have mixed with them almost an innumerable list of ingredients, some not harmful, while others are as poisonous, or more so, as the tea and coffee themselves. Chicory is often used in adulterating coffee.



PART OF THE LAWN, CATERHAM SANITARIUM.

### Sunlight.

THE direct rays of the sun are among the most powerful of germ - destroying agents. The most deadly germs perish within a few minutes under the direct rays of the sun. Most germs are also killed by the action of diffused light. The spores of germs, however, are quite resistant, even to the direct solar rays. Hence, other disinfecting agents are necessary for the complete eradication of germs. The value of the sunlight as a disinfectant, however, is above estimate,

**Tuberculous Pork.**—Tuberculosis is one of the most common diseases among cattle, but too often the disease is either not recognised, or the animal falls into the hands of some unscrupulous person who does not shrink from putting the diseased flesh upon the market. The daily press reports many instances of the seizing of flesh of one form or another because it is unfit for human food. In a recent case the medical officer gave evidence that the carcase of the animal showed marked signs of advanced tuberculosis. For the defence it was contended that while the animal appeared thin it was believed to be quite healthy, and consequently it was offered for sale in ignorance of its real condition. We are well prepared to believe that the average butcher is not able to distinguish a sound from a diseased animal, and especially when it is not to his interest to do so. Undoubtedly many cases of tuberculosis might be traced to the use of infected meat if all the facts were known. Even healthy pork is a poor food.

hence the importance of admitting the sun to every portion of our dwellings. For sanitary purposes, an ideal house should be constructed of translucent glass, so that the sunshine might penetrate to every corner. Dark closets are hot-beds for germs.—*Australasian Good Health.*

### General Booth and the Simple Diet.

—There are probably few men who live a more strenuous and active life than General Booth, the venerable founder and head of the Salvation Army. Writing his annual message to the Army he says: "I have not taken fish, fowl nor flesh for the last seven years, and during that time have scarcely missed a public engagement. I do not know that I have been much better in health for many years than I find myself to-day."

Such testimony from such an authority is of the greatest value, and we commend it to our readers.

## SALT GLOWS AND MITTEN FRICTIONS.

BY ALFRED B. OLSEN, M.D.

A TONIC, a strengthener, some kind of a vitaliser is what many of our readers are seeking. And the more thoughtful ones, at least, want something *genuine*, something that will leave a permanent good effect, something that will be a real *uplift*. They have tried medicinal tonics of various kinds; nay, possibly they may have experimented on one or more of the much advertised patent medicine tonics (!) but in the end have only reaped disappointment.

To such, and indeed to all who are looking for a simple yet effective *tonic*, one of sterling value I would recommend either the salt glow or the cold mitten friction.

### Preparation for the Salt Glow.

The requirements for this measure are readily forthcoming in any domicile: salt, water, and towels; and the procedure is simplicity itself. The salt should not be fine nor very coarse. A medium grade is most satisfactory, and a couple of pounds is sufficient. Moisten it slightly in cold water, and you are ready for business.



ADMINISTERING A SALT GLOW.

To prepare the patient, have all clothing removed and wrap him in a Turkish sheet, or blanket if necessary. At all events have him warm to begin with and keep him warm during the treatment. He may lie on a marble slab, on a massage table, or suitable couch. Or he may stand, or sit on a stool. If the feet are cold let him stand in a tub of hot water.

### Administering the Friction.

First, bathe the face with cold water, which may be left to evaporate and so keep the face cool, or dried if desirable. If the patient is lying, place a clean towel over the face so as not to cover the eyes. This is to prevent spattering of the salt and water.

Take some of the moist salt and rub the arms with it, then the chest, abdomen, lower extremities, and finally, the back. The friction should be given briskly, but the strength used must be regulated according to the patient. Generally speaking, a blonde has a thin skin, which is easily irritated and injured. A dark skin is tougher, less sensitive, and will stand a more vigorous friction.

### The After Treatment.

The salt glow leaves a sticky crust of salt which is readily removed by a shower, spray, or pail pour. In case of weak patients begin with an application of warm water, and end with cool or cold water. More vigorous persons enjoy a cold spray at once. The water washes off the salt, after which vigorous friction with a coarse towel is in order. If the salt-glow has been properly administered the entire body will have a pink colour and will glow with warmth.

### The Physiological Effects.

The salt glow is pre-eminently a tonic, and has a beneficial effect not only upon the skin, but also upon the internal organs. The heart is steadied and strengthened, the lungs are stimulated to deeper and more frequent breathing, and other organs are exhilarated. Salt glows harden the skin, and render it less susceptible to cold and wet. Thus the body is fortified and

strengthened, and the good effects are permanent, and are not obtained by the infliction of any injury, no matter how small, upon any organ of the body.

After such a treatment the skin becomes firm, smooth as marble, and is glowing with activity.

#### Indications for a Salt Glow.

Most people would be benefited by a salt glow once or twice a week. Ordinarily it can be self-administered, and the application, spray, and friction need not occupy more than five or ten minutes. It is a most useful tonic for weak patients, and especially those afflicted with cold extremities, due to a feeble circulation or inefficient heat production.

It is valuable for chronic indigestion and general malnutrition. It is also recommended for chronic Bright's disease, diabetes, and various nervous disorders, especially neurasthenia.

But one need not wait until ill to resort to the salt glow. As already indicated, it must be regarded as an all-round tonic, that will help to maintain health and ward off illness.

Patients afflicted with any form of eczema or other disease rendering the skin unnaturally sensitive must avoid both salt glows and mitten frictions.

#### The Cold Mitten Friction.

This is graduated according to the temperature of the water and the moisture of the mitt. The mitt should be of a coarse texture such as Russel cord, coarse Mohair, or some other hair cloth. Provide plenty of rough towels.

After disrobing, the patient lies on a massage couch, and is covered with a sheet, and also a blanket if necessary.

The preliminary step is to bathe the face and neck with cold water to prevent congestion of the brain.

Now expose the chest only, and rub it quickly with the moistened mitt, and then dry immediately, and cover again with sheet and blanket.

Next expose the abdomen and treat it the same way, the arms one after the other, then thighs, legs, and feet. Now have the patient turn over on his face, folding the arms on his chest, and then



GIVING A MITTEN FRICTION.

treat the upper and lower back, and lastly the soles of the feet, which should be moistened and slapped several times with the hand and not rubbed.

#### Temperature of the Water.

The water may be tepid (80 to 92 degrees Fahr.), cool (70 to 80 degrees), cold (50 to 70 degrees), very cold (40 to 50 degrees), or ice-cold. The colder the water the more intense will be the effect. This must always be taken into consideration, and the temperature adapted to the individual case. The degree of moisture, too, is a matter of no small importance, as it also influences the severity or mildness of the friction. The mitt may be moist, wet, or completely saturated with water, this last obviously producing the most effective results.

Lastly, the vigour with which the friction is given must also be taken into account. Remember a delicate, thin skin is easily irritated and broken. Study the patient, and adapt the treatment to the case in hand.

### When to Use the Friction.

The cold mitten friction when properly administered produces a prompt reaction as shown by a red, glowing skin. It makes a most valuable tonic, and exerts powerful stimulating effects upon the heart, lungs, and nervous system. For anæmia, chlorosis, and general debility it makes a very useful measure, because of its action as a regulator of nutrition. For the same reason it is valuable in the treatment of tuberculosis and diabetes. Patients convalescing from fevers are always benefited by the mitten friction. Among other diseases for which it has been found useful are neurasthenia, hysteria, migraine, paralysis agitans, dropsy due to heart or kidney disease, and chronic Bright's disease.

### To Reduce Temperature.

The cold mitten friction is also useful as an anti-pyretic, that is, it relieves fever and reduces the temperature of the body. Given for this purpose it becomes a most pleasant application that rarely fails to bring relief and produce good results. The procedure becomes more potent in reducing the fever in proportion to the moisture of the mitt and the coldness of the water. Less friction, too, is used both in giving the friction and in drying the patient.

Never give a mitten friction to a patient suffering from eczema or some other skin disease.

## The Humane Treatment of Criminals.

To the inexperienced and unsophisticated it seems strange that in this time of great enlightenment and progress the criminals of our country should not receive more intelligent treatment than they have had in the past or are getting to-day. With the editor of the *Medical Press*, from which we quote below, we are pleased to see signs of a change in this respect, and we trust that this is merely a small beginning, and that it will bear abundant fruit in the near future:—

"Within the last few weeks two women undergoing penal servitude for murder have been released and committed, under certain conditions, to the Salvation Army. It is understood that in these cases the Home Office took the initiative

and asked the Salvation Army authorities if they were prepared to make the charge of these wretched women their special care, so that it may reasonably be assumed that at last a spirit of enlightenment and humanity has penetrated the rusted bars of our prison cells, and that in the future one may look for the development of a policy which promises to place this country in the front rank of nations for the scientific treatment of depraved humanity. Moreover, as these conditional releases coincide with the advent of Mr. Gladstone at the Home Office, it may be taken for granted that it is his lead in this matter which has brought these results about, and we venture heartily to congratulate him on his courage in starting so early in his administration an experiment which is likely to be fraught with momentous consequences.

"Severity is the last resource, the power behind the throne, and should be reserved for the malicious and dangerous characters, who are at the same time mentally sound and morally incorrigible. But this class will be found to shrink in dimensions as scientific methods of punishment, which are practical methods of reclamation are pursued. The mode in fact to be pursued is that of making the punishment fit not the crime, but the criminal, and we maintain that as the criminal is a mental patient the proper person to carry out his regimen is not the superannuated major who wants supplement to his retired pay, but the experienced doctor, who has studied the functions of the mind and body. . . .

"Persons when condemned to gaol are the charges of the State, and it is the duty of its officers to devise a system by which they may be returned to society purged of their vicious tendencies, or else maintained in a humane isolation where they may be as little noxious as may be to themselves and each other. There are many indications—among others these very acts of the Home Secretary—that steady and even revolutionary changes are taking place within prison walls, changes dictated by an appreciation of the relative values of the mental and moral elements in crime, and making for the regeneration instead of the degeneration of the prisoner."

EVERYONE that would preserve health should be as clean as possible in his house, clothes, and furniture.—*John Wesley.*

EXERCISE will do for your body what intellectual training will do for your mind—educate and strengthen it.—*Selected.*

A LADY suffering from what she called a "spinal affection," which existed only in her fancy, once said to me, "You regular practitioners can do me no good; none but a quack can cure me." Most profoundly true: imaginary remedies for imaginary diseases.—*Dr. Gee.*

**BREATH POISONING.**

BY J. H. KELLOGG, M.D.

THE purpose of breathing is to obtain from the air a supply of oxygen, which the blood takes up and carries to the tissues. Oxygen is one of the most essential of all the materials required for the support of life. Its function in the body is to set free or to bring into action the energy stored in the tissues in the form of digested or assimilated food. The amount of oxygen ordinarily required for this purpose is about one and one-fourth cubic inches for each breath. As the blood passes through the lungs this amount is absorbed, when the breathing movements are sufficiently deep and active and the air inhaled is of good quality. In the place of the one and one-fourth cubic inches of oxygen taken into the blood, a cubic inch of carbonic acid gas is given off, and along with it are thrown off various other still more poisonous substances which find a natural exit through the lungs. The amount of these combined poisons thrown off with a single breath is sufficient to contaminate and render unfit to breathe three cubic feet, or three-fourths of a barrel, of air. Counting an average of twenty breaths a minute for children and adults, the amount of air contaminated per minute would be three times twenty, or sixty cubic feet, or one cubic foot a second.

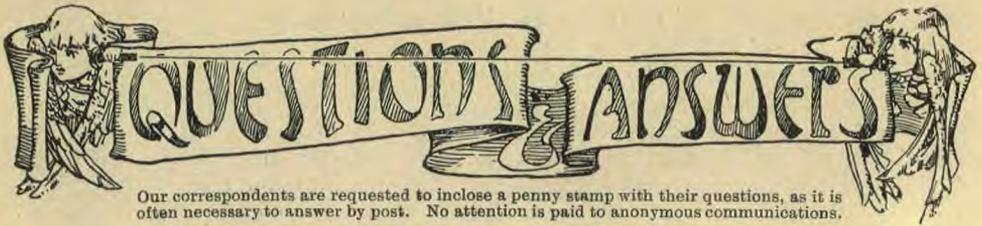
Here is an important fact which may be easily remembered and made of practical use as a means of determining the amount of fresh air required for a family or the ventilation of a schoolroom or a church. The importance of a constant supply of fresh air may be readily illustrated by simply holding the breath. Very few persons have sufficient resolution to stop breathing for two or three minutes, though experienced divers are sometimes able to hold their breath for a somewhat longer time. The breathlessness which results from a few moment's active exercise is due to the urgent demand of the tissues for oxygen.

It is not, however, the need of oxygen which renders important a constant and adequate supply of air by means of ventilation. Ventilation is needed chiefly for the purpose of washing away the impurities which have been thrown off from the lungs,

and which have rendered the air of the occupied apartment unfit for further breathing. There is an abundance of oxygen, but it is impure and unfit to breathe.

Everyone should become intelligent in relation to the matter of ventilation, and should appreciate its importance. Vast and irreparable injury frequently results from the confinement of several scores or hundreds of people in a school-room, church, or lecture-room without adequate means of removing the impurities thrown off from their lungs and bodies. The same air being breathed over and over, becomes densely charged with poisons, which render the blood impure, lessen the bodily resistance, and induce susceptibility to taking cold and to infection with the germs of pneumonia, consumption, and other diseases always present in a very crowded audience-room.

Suppose, for example, a thousand persons are seated in a room forty feet in width, sixty in length, and fifteen in height; how long a time would elapse before the air of such a room would become unfit for further respiration? Remembering that each person spoils one cubic foot of air every second, it is clear that one thousand cubic feet of air will be contaminated for every second that the room is occupied. To ascertain the number of seconds which would elapse before the entire air contained in the room will be contaminated, so that it is unfit for further breathing, we have only to divide the cubic contents of the room by one thousand. Multiplying, we have  $60 \times 40 \times 15$  equals 36,000, the number of cubic feet. This, divided by one thousand, gives thirty-six as the number of seconds. Thus it appears that with closed doors and windows, breath poisoning of the audience would begin at the end of thirty-six seconds, or less than one minute. The condition of the air in such a room at the end of an hour cannot be adequately pictured in words, and yet hundreds of audiences are daily subjected to just such inhuman treatment through the ignorance or stupidity of architects, or the carelessness of janitors, or the criminal negligence of both.



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.

**Development of the Bust.**—“Coventry.”  
“Will you kindly tell me what to do to improve the bust? I am very flat-chested and have a hollow neck.”

*Ans.*—Go in for a course of physical training, giving special attention to breathing exercises. We would recommend you to join the Good Health School of Physical Culture, which is conducted by correspondence.

**Sugar Diabetes.**—G.F.: “I am suffering with sugar diabetes, and am forwarding some papers that I received from a Dr. James W. Kidd, of America. Would you advise me to undergo the treatment that he recommends?”

*Ans.*—No, have nothing to do with his treatment. We are sorry that otherwise respectable and reputable journals and magazines are willing to insert his advertisements. We would counsel our readers to beware of all patent medicine vendors and their nostrums.

**Bromose and Protose—Diet Tables.**—W.S.R.: “I am desirous of supplementing my diet with bromose or protose, or both. 1. Will you kindly inform me what quantity of these I may take? 2. Also please refer me to a book or an article which contains diet tables and other information concerning food values.”

*Ans.*—1. An adult may take from two to four ounces of either bromose or protose daily to advantage. 2. “The Stomach,” by Dr. J. H. Kellogg, post free from this Office for 6/-.

**Hair Wash—Dandruff.**—“Hair”: “Will you kindly state whether you can recommend perchloride of mercury and alcohol, equal parts, as a suitable hair wash for dandruff?”

*Ans.*—We would not recommend this hair wash under any circumstances other than for the destruction of parasites, such as ring-worm or lice, and then it should only be used once or twice. A more satisfactory hair wash would be made up of three parts of alcohol, three parts of water, and two parts of olive oil, which should be well shaken together before using. A few drops of some perfume might be added, preferably white rose or lavender. This should be rubbed into the scalp with the tips of the fingers in the morning. The scalp should be kept free from the dandruff as much as possible by thorough brushing with a rather long-haired brush with medium bristles. Shampoo the head once or twice a week, using a mild soap, such as McClinton's. Keep your hair-brushes scrupulously clean.

**Common Salt with Food.**—E. A.: “Will you please inform me if it is necessary to add common salt to our food, and, if so, why?”

*Ans.*—There is a difference of opinion on this question, some holding that salt is necessary, and others that it is not. A good variety of wholesome food, if properly cooked, ought to contain the salts required by the body.

**Nasal Catarrh—Cream.**—W.C.D.: “1. My husband is suffering with nasal catarrh, and does not have a good appetite. What would you recommend? 2. Is cream as good as cod liver oil? 3. If so, how should it be taken?”

*Ans.*—1. Obtain a Globe Hand Nebuliser and let him use the instrument for ten minutes three or four times a day. 2. Yes. 3. It is best taken with the food—with porridge at breakfast, for example.

**Diet for Biliousness.**—B.N.B.: “What diet would the International Health Association recommend for a person suffering from biliousness, one who cannot take milk?”

*Ans.*—Breakfast: granose or toasted wheat flakes with stewed fruit; toasted granose biscuits with a little malt honey or almond butter, nut rolls and wholemeal biscuits; fresh fruit; a soft poached egg or a couple of bromose tablets. Dinner: a vegetable soup, protose roast, or a slice of nuttolene, some tender greens such as cauliflower, Brussels sprouts, or spinach, baked potatoes, and a plain rice or tapioca pudding. Supper: toasted granose biscuits and fresh or stewed fruit.

**Bruised Leg—Intense Itching.**—E.E.T.: “Some years ago my sister bruised the front of her leg. Not much notice was taken of it at the time although it pained her. Lately it has been very irritating, and she has the desire to scratch it. There is no discolouration. What would you advise us to do?”

*Ans.*—Apply fomentations, alternating with cold compresses. The fomentations should be wrung out of boiling water and applied to the affected part as hot as can be borne, allowing them to remain on for five minutes; then remove and apply a small linen towel which has been wrung out of cold water, which should be left on for three minutes. Repeat both applications three times, and then bathe with cold water and dry gently. Carbolised vaseline will probably relieve the irritation; if not, a leg-bath to which two or three tablespoonfuls of soda has been added will do so.



**Caterham Sanitarium and  
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**Caterham, Surrey.**

(Affiliated with the Battle  
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# 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.

## July "Good Health."

"**Summer Confidences**" is to be contributed by M. Ellsworth Olsen. It will deal with a number of matters appropriate for the summer season.

Dr. J. J. Bell contributes an interesting article on "**Asthma**." He gives some simple remedies for this common malady which is often very obstinate to deal with.

We do not publish many stories in GOOD HEALTH, but we have secured one entitled "**One Summer-Time**" which will begin in July GOOD HEALTH. It is not a long story, and will be published in three parts. It is written by Miss Jessie Rogers, and we believe it will prove a pleasing attraction to our magazine.

THE summer season is now on, and our readers will be glad to know that the next number of GOOD HEALTH will contain an article on "**Good Health Picnics**" by Mrs. J. W. Gillmour, of Belfast. It will be illustrated by an excellent photograph of her little boy and girl taking their picnic repast on a grassy lawn. Too often picnics are spoiled by the eating of a lot of indigestible injurious articles of diet, which are likely to bring on an attack of indigestion. The ideal picnic is one that provides rest and recreation not only for the mind, but also for the body, including the digestive organs.

We very much regret that Dr. Franklin Richard's article on "The Best Heart Tonics" failed to reach our Office in time for this number. We hope to get it in time for next month.

The "Good Health" Magazine will be sent for one year, post free, to any subscriber in the United Kingdom for the small amount of 1/6. Those who have difficulty in obtaining the magazine would do well to become yearly subscribers and thus insure their getting it regularly from month to month. The subscription will in all cases begin with the current month.

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Contains all the vital energies of the respective Foods. Each absolutely pure and free from preservatives. Wholesome, strengthening and invigorating LIQUID FOODS impart strength and vigour to the robust, and will be found invaluable to the invalid, the convalescent, and those who cannot take the coffee of commerce.

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 You can prevent decay by removing its  
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**F.R. Nut Meat** roasted is as savoury as roast beef,  
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Send for Descriptive Price List of all our Foods.

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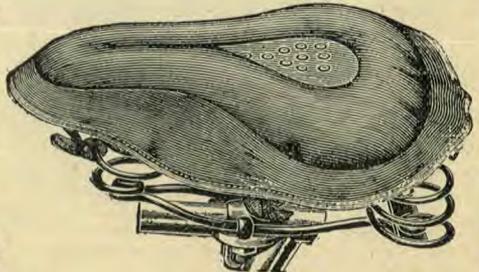
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"PA, here's a piece in the paper about parasites. What is parasites, pa?"

"Parasites, my boy? Why, parasites are the people who live in Paris. Think you ought to know that, and you in the third reader."—*Springfield Republican.*

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"Precisely," came the doctor's crusty answer. "See here, this stick is cold," taking up a stick of wood from the box beside the hearth, and tossing it into the fire. "Now the stick is warm, but is it benefited?"

The sick man watched the wood first send out little puffs of smoke and then burst into flame, and replied, "Of course not; it is burning itself."

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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.

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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.

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would be better with less medicine and more commonsense care. Clean, open pores do a silent work, indispensable to health. A pure linen undergarment, mesh woven, by quick absorption and ventilation, keeps the skin dry and the pores open. Wool positively will not.

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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.

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"No woman who owns one of these wonderful little Cups need have any fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny.

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THE MOST COMPACT, SUBSTANTIAL,  
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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.

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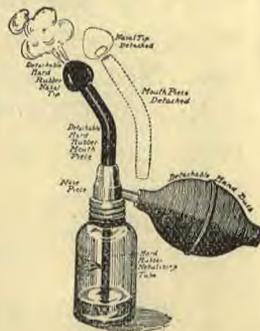
The outfit is a complete one for treating catarrh of the nose, throat, or bronchial tubes. Full directions as well as a bottle of medicine suitable for treating catarrh go with each instrument.

Price for the Outfit, 10/6.

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contains over one thousand reliable recipes for dainty vegetarian dishes, including soups, savouries, salads, puddings, sauces, etc.

An article on Bread and Bread-making, with numerous recipes for bread, cakes, biscuits, etc., all of which can be successfully made without the use of baking powder or other chemicals.

A set of thirty menus, one for each day in the month, giving suitable recipes, with quantities for one person only, at an average cost of 4d. to 6d. per meal.

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The Price is 1/-, and it is published by the Natural Food Co., Ltd., 305 Cambridge Road, Bethnal Green, London, E. If unable to obtain, will be sent post free on receipt of remittance.

**"GOOD HEALTH" STORES,**

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FOR ALL COOK-  
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**The Only Shaving Soap which is Made from Vegetable Oils Only.**

Samples of Toilet, Shaving, Tooth and Household Soaps on receipt of 3d. for postage. (Mention this paper.)

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

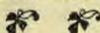
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which is a splendid substitute for the ordinary dairy butter: perfectly wholesome, and of delicate flavour. **8d. PER POUND**, carriage forward. Send 6d. at once for large sample packet, post free.

Ask for new price list.

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# NO ADULTERATION!



**I**N these days of widespread **adulteration** of food, disease-producing, chemical, and other injurious elements, with shortening, preservative, and colouring properties, also animal products, are commonly used, and **absolutely pure foods** are extremely rare. This is the reason for our existence in business, and if you have not tried our **Health Foods**, which are entirely free from all the above-mentioned injurious elements, we earnestly advise and invite you to try them.

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

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

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**GLUTEN MEAL** (wheat extract), a highly nourishing and easily digested product. Makes superfine gruel or porridge in one minute. Is a luxury for the well, a necessity for the sick. Excellent for children. Per lb. packet, 20%, 10d., 40%, .....1/8.

**NUTTOSE**.—A pure product of nuts. Can be stewed, baked, or prepared in any way to suit the taste. It is a perfect substitute for flesh meat. In 1½ lb. tins, 1/4; 1 lb., 1/-; ½ lb.,.....8d.

**BAKED BEANS**, with Protose and Tomato Sauce. A savoury dinner dish. 1½ lb. tin, .....10½d.

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

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**CARAMEL CEREAL**.—A substitute for tea and coffee, fragrant, healthful, and easily made. 1 lb. canister,.....10½d.

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

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

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

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

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

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

Manufactured in the interests of HEALTH by the

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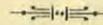
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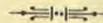
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