



MOTHERHOOD.



# Good Health

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

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## The Increase of Insanity.

ABOUT fifty years ago one out of every 536 of the population of Great Britain was insane; now the proportion is one out of 285, the increase being most marked in the last few years. These figures are, to say the least, disquieting.

## Sandow to Young Men.

THE cheapening of popular indoor entertainments is liable to prove a menace to the nation's youth, writes Sandow in a recent number of his magazine. "Is it not a lamentable fact," he asks, "that many young men who spend late hours in the stuffy atmosphere of the theatres and music-halls on these delicious spring evenings also spend equally slothful hours between the sheets in the morning, utterly dead to all the intoxicating delights in which they can participate free?"

## Get Up and Get Out.

"They cheerfully put down their six-pences, shillings, and half-crowns to witness the tawdry beauty of tinsel and limelight, compared with which the natural, free, unapproachable glory of the sun-specked orient in the dawn of a spring day is 'as sunlight unto moonlight, or as water unto wine.' They inhale the sweaty atmosphere of a crowded theatre, or the smoke-polluted aroma of the music-hall to listen to vocal efforts that are incomparable to the magnificent trill of the meanest songster. Truly, as the wise poet says: 'The best things of this world are free.' The very sun peeps through the blinds of the sloth's sleeping-chamber, and cries shame on its occupant. Get up, get out,

out into the thrilling, exhilarating atmosphere outside. Even ten minutes' exercise will clear your lungs, and send blood swinging magically through your veins and arteries."



## Why People Drink.

THE best antidote for indulgence in alcohol, according to the editor of the "Young Man," is a well-cared-for body. Men drink, for the most part, he thinks, "to secure a spasm of new energy." They smoke, we may add, to secure the narcotizing effect of nicotine upon over-wrought nerves. A really healthy man with a sound nervous system prefers fresh air to tobacco-smoke, and a glass of water or lemonade to a glass of beer.

Active, outdoor habits, early hours, the cold morning bath, and a wholesome diet, will in an astonishing degree impart stay and stamina to young men, and produce such a feeling of energy and well-being that stimulants and narcotics of all kinds will be held in natural abhorrence.



## Sound Sleep.

WOULD you awake with a light heart and a clear head, full of energy for the day's work?—then knock off that late supper. The night is the time for the storing up of nervous energy; but this important work cannot proceed to the best advantage if there is to be a continual drain of energy in order to digest a big supper. If a man were prevented from getting anything to eat all day, there would then be good reason for eating a solid meal at night; but when he has already satisfied his hunger three times in the course of the

day, he would be consulting his health to postpone further eating till the next morning. Sleep, sound, dreamless, and refreshing, is most easily attained on an empty stomach.

### Sixty Thousand Little Graves.

ONE hundred and twenty thousand infants under twelve months of age die every year in great Britain, and reliable medical men say that at a low estimate fully half these deaths are due to preventable causes—bad surroundings, inadequate care, and especially ignorant feeding.

It is hard to realize the full significance of this appalling fact. Think of it! Here are sixty thousand little graves that need not have been digged; sixty thousand precious human lives cut off at the very threshold of being when they might, under reasonably favourable conditions, have grown up to a useful maturity; yes, and sixty thousand aching voids in the hearts of the nation's mothers!

And all this happening every year! Truly it is an enormous wastage of the empire's most valuable asset. If England were engaged in a war with one of the great world powers, and mauser and torpedo and shell were doing their deadliest work on land and sea, the annual loss from killed and wounded would hardly equal this appalling and wholly unnecessary waste of infant life.

Are we to lay the blame for these untimely deaths to divine Providence? No, it properly lies at our own door. We can put a stop to it.

The social conditions prevailing in our large cities are decidedly destructive to infant life. Over-crowding is a crying evil in most cities, and thousands of little ones are ushered into the world amid surroundings so vile and unwholesome that they soon sicken and die.

Oftentimes the mother works hard up to the time of confinement, and must begin again very soon after the child is born. Strong, healthy children are practically impossible under such a regime. We must protect our mothers from the double burden of bread-winning and the rearing of the children.

There is also an urgent need of a pure milk supply. Hand-feeding is always inferior to breast-feeding; but it is a regrettable necessity in a great many cases, and it ought to be possible in any of our large cities to obtain pure, clean milk for the babies. At the present time milk of this character is very seldom to be had at anything like a reasonable price. Bad milk kills thousands of little ones yearly, and it is time that our public supply of this important commodity should be put upon a better basis.

Then the mother herself can do much to guard the health of her children. Now and then one comes across a clean, sweet home, and bright-faced, healthy children even in our slum districts, and investigation invariably reveals that a woman is at the bottom of it. All honour to the British mother who cheerfully makes the best of poor surroundings, and by earnest attention to the laws of health is able to rear a family of healthy children. No doubt many more would do likewise if they only realized how much cleanliness, fresh air, and wholesome, nourishing food will accomplish in the direction of building up their own and their children's health.

It cannot be too strongly emphasized that home sanitation and the health of the family in general depend very largely on the mother. Thus women are in a very real sense the guardians of the public health, and in order to do justice to their high duties they need to become thoroughly acquainted with physical laws. Mothers ignorant of these laws are likely to see their children die young or grow to feeble manhood and womanhood. The mother who says: "I don't have any luck raising my children," and who can count more mounds in the cemetery than children about the family board, is to be pitied; but if the truth is to be told, the trouble lies not in bad luck, but in ignorant violation of natural laws.

Fathers have duties to do as well as mothers. They should realize that they are the true bread-winners, and should never in any but the most urgent circumstances allow the wife and mother to share the burden of the family support and maintenance. There are also many

little ways in which a husband can lighten the burdens and increase the happiness of the one he has sworn to love and protect. Not seldom little kindly attentions go a long way toward making a woman both healthy and happy. These little evidences of love should not be wanting.

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## Alcohol and the Medical Profession.

THE pronouncement in favour of alcohol, signed by sixteen medical men, which appeared in a recent number of the *Lancet* has attracted a good deal of attention, but on the whole seems to be regarded more as a curiosity than as a sober statement of scientific truth. Of course the document adds nothing whatever to our knowledge of the effects of alcohol. It only informs us of the opinions, unbacked by scientific proof, of a very small section of the medical fraternity. When we see on the other side such men as Sir Frederick Treves, Sir Victor Horsley, Professor G. Sims Woodhead, and many others like them, whose plainly expressed convictions as to the harmfulness of alcohol is backed by an imposing array of scientific evidence, it is not difficult to make our choice. Never since Sir W. B. Richardson made his well-known researches as to the physiological effects of alcohol has there been any good excuse for intelligent persons of the reading class to regard the daily use of alcohol as other than distinctly harmful, and in recent years the new data gathered by the Medical Temperance Association, the National Temperance League, and other organizations, form a mass of evidence that is fairly overwhelming. Needless to say, a mere statement of opinion favourable to alcohol counts for nothing in the present situation. The intelligent public naturally asks: "Gentlemen, where are your proofs?"

appointed at the "Tribune" Rendezvous was held, 24th April, in the House of Commons, Mr. Franklin Thomasson, M.P., editor of the "Tribune," being in the chair. It was unanimously voted to organize a great demonstration in favour of the movement, to be held in London. The committee adopted the following wording of a clause which the Government will be asked to include in its Licensing Bill:—

Every holder of an on-license who, by himself, his servant, or agent, permits any person under the age of fourteen years to be for any purpose or in any manner in any bar on his licensed premises, or to be in any bar-parlour or other similar room where intoxicating liquors are customarily supplied, except with meals, shall be liable to a penalty not exceeding 40s. for the first offence, and in the case of a second or subsequent offence, to a penalty not exceeding £5.

A meeting was also held the 2nd May in the Royal United Service Institution, Whitehall, under the auspices of the National League for Physical Education and the National Health Society, thirty-three societies interested in public health being represented. A resolution expressing sympathy with the Cry of the Children movement was moved by the Rev. Russell Wakefield, and seconded by Mrs. Bramwell Booth, both speakers making eloquent appeals in behalf of the children who suffer such grievous wrongs under present conditions. The Bishop of Ripon, who presided, spoke of the need of an enlightened public opinion in regard to home life and the care of the children. Legislation was helpful because it set a standard of responsibility before the people.

The value of this movement to exclude children from the public-houses is not by any means confined to the immediate reform for which it is organized. The action of the "Tribune" in pleading the cause of the helpless little ones is already bearing fruit in the fresh stimulus it is giving other allied movements for the public good.

M. ELLSWORTH OLSEN.

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## The Tribune and the Children.

THE movement to exclude children from the public-houses is gathering force, and gives promise of taking form in early legislation. A meeting of the large committee

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READERS of GOOD HEALTH living in Islington will be pleased to learn that a branch of the National League of Physical Education has been formed in that Borough. Full particulars may be had from the secretary [Miss Humphries, 4 Upper Hornsey Rise, London, N.], who will doubtless be glad to get in touch with persons able and willing to help.

## THE ART OF MOTHERHOOD.

BY ALFRED B. OLSEN, M.D.

IS MOTHERHOOD becoming a lost art? We trust not, although there seems to be evidence of at least a tendency in this direction. According to excellent authorities the capacity for maternal nursing is steadily diminishing. Sometimes, it is to be feared, there is the capacity without the desire, and the child is fed artificially at very great risk to its future health and normal development.

**Motherhood a Sacred Duty.**

No greater responsibility than that of motherhood has been conferred on woman-kind. It is both a very sacred duty and a privilege, nay, more, a blessing. The mother who is surrounded with a family of earnest, devoted, loving children, who rejoice to call her blessed, is indeed a happy woman.

But no blessing comes without sacrifice, and the faithful mother undoubtedly does make a tremendous sacrifice on behalf of her children; far greater than that of the father, which fact is too often overlooked and belittled. But is the sacrifice, great as it is, not well worth the still greater reward of devoted children who cherish their mother, honouring her ever, and seek to brighten her life and fill it with happiness?

Faithful motherhood is the very foundation of a sound, sane, healthy nation. Willingness to accept the cares, the sacrifice, the trials, the sufferings, the anxieties of motherhood is the hall mark of every true woman. A good woman is like a precious jewel, a good wife is a rare and priceless gem; but what shall we say of a *good mother*? Words fail us, comparisons are inadequate; surely she is, without

exception, the noblest work of the divine Creator.

**A Good Mother.**

What are the qualifications of a good mother? Numerous they are, too numerous even to mention in the brief space at our disposal.

A good mother fears God. She is a true believer, a faithful follower of the blessed Master.

A good mother is healthy, for she has obeyed the laws of hygiene, and conserved her health.

A good mother is patient.

She is kind and gentle, full of compassion, tender, and longsuffering.

She is wise, thoughtful, sober-minded.

A good mother is unselfish. She thinks first of her child and of others, last of herself.

She is calm and quiet. Her presence alone soothes the troubled child.

A good mother is full of sunshine. She is always hopeful and cheerful, for she trusts in One who never disappoints.

A good mother is devoted to her husband and children, and they in turn are devoted to her and reflect her character.

A good mother is the richest, the most priceless gift of Heaven.

**The Need of Practical Education.**

The burden of motherhood is often far greater than it ought or need be. This is largely because of the great ignorance prevailing among women concerning the functions of motherhood. There seems to be little opportunity to learn the fundamental laws of physiology and hygiene.



Our schools appear to provide all kinds of education and training except that which concerns the rearing of children, and the making of a sane and virile race.

Far too little attention is given to study of the human body and its requirements—to the important questions of diet, drink, ventilation, clothing, housing, exercise, temperance, personal hygiene, and sanitation. Matters pertaining to physical comfort and bodily health are neglected to the detriment of both brain and body.

How much does the average young woman know about infant feeding? What has she learned about the clothing of children, to say nothing of their training?

These are all most important matters, and if the mothers of our land are to do justice to their children, they must receive instruction on these and many other subjects. Herbert Spencer has well said: "To prepare us for *complete* living is the function that education has to discharge."



### **Playground for Working Boys and Girls.**

WE are pleased to learn from the secretary of the National League for Physical Education that the school authorities of London, Leyton, Stratford, and West Ham, East Ham, Ilford, Erith, Hornsey, Enfield, Acton, Manchester, Birkenhead, Jarrow, Hyde, Sheffield, Brighton, and Colchester have kindly consented to grant the use of their school playgrounds to responsible persons for organized games and drill on summer evenings, for the benefit of working lads and girls. It is to be hoped that churches, workingmen's clubs, and other organizations, will be quick

to avail themselves of this opportunity of getting poor children off the streets for an hour or so and giving them some wholesome physical recreation, which will help to build up mind and body. Doubtless the movement will grow, and in time all the school play-grounds will be available for such purposes. To give a few hours happiness to the children of our tenements is an object that may well interest all lovers of their fellowmen.

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THE "**Journal of the Outdoor Life**," Trudeau, New York, U.S.A., is a brightly-written and well-got-up monthly magazine, containing much interesting instruction regarding the outdoor treatment of consumption, and other matters pertaining to the open air. The cost is 5/- a year.

## GOOD HEALTH.

## THE EYESIGHT OF CHILDREN.

BY KENNETH SCOTT, M.D., F.R.C.S.\*

NOT infrequently individuals well advanced in life find that what they have come to regard as an unavoidable misfortune to themselves, has all along been due simply to some defect in their eyesight, dating from childhood, and which could have been easily corrected then, but was allowed to continue, the parents not taking notice of it, with the result of marring in greater or less degree, the whole subsequent career.

A few examples under this category are: Headaches, interfering materially with the proper pursuit of studies during school, or student life; inflamed eyelids or eyes, causing permanent alterations and scars, with injury to the eyesight; attacks of epilepsy attributable to this cause, and relieved when the eyesight is corrected with suitable spectacles; squint and ultimate loss of power in the affected eye.

Evidently it is highly important that parents should give due attention to the eyesight of their children, and whenever a child is noticed with the sight unequal in the two eyes, or who is unable to see well at a distance, or seems to have difficulty in being able to read, or shows any tendency to squint; then it is always advisable to seek for remedy in this direction without delay. Moreover, whenever a child complains of persistent or recurring headache,

especially in connection with school work, or even if for no apparent reason the child seems to be backward and slow in comparison with other pupils, or shows lack of application in study, it may often be found, on investigation, that there is some error of eyesight which can be readily corrected by spectacles, with the result that the symptom is abolished, and the studies are afterwards resumed successfully under entirely favourable circumstances.

The defect in vision is most commonly found to be due to some fault in the shape of the eyeball itself, naturally so and quite apart from the slightest disease; this interferes with the correct focussing power of the eye, and produces a strain on the nervous system, be-

sides the disability of not being able to see like other people. It is very seldom, if ever, that the child grows out of it as age advances, but on the contrary the condition, if neglected, does not improve but may grow worse; whereas, by the use of proper spectacles, if it is found that they are required, the condition is relieved and the eye is placed in a position under which the arrest of the condition, or its improvement, as growth in the body takes place, may be expected. After the age of eighteen years,

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there is rarely any further change noticed; so that from the time of three or four years old until then, the eyesight of the growing child is a most important obligation on the part of the parent, because so much depends upon it.

It is worse than useless, and may do positive harm, to attempt to select any spectacles *for a child*, or to have the vision examined with such an object, unless under the skilled advice of a qualified doctor; as it is always necessary, in order to ensure the required accuracy of the testing, to dilate the pupil of the eye with weak drops. These drops, when properly used, do not injure the eyes at all, and in fact frequently do them good; the effect passes off in about fourteen days, therefore it is usually better to arrange for such an examination

to be made at the beginning of one of the holidays; for whilst the eyes, in consequence of the drops in them, do not see very well to read, there is but little interference with the ability to see to go about.

As the eye may alter somewhat in shape as the child grows older, it is only right to have the examination repeated yearly or every second year, in order to ascertain whether such alteration is taking place, and so be able to take full advantage of any improvement which may thus be found. If after some time there is no change found, then a longer interval may be allowed to elapse between the examinations.

The small trouble of taking the child to a special doctor for this purpose is amply repaid by the result obtained.

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## FOOD OR POISON—WHICH?

BY DAVID PAULSON, M.D.

SOMEONE has said that a lie will travel seven times around the world while truth is putting on its boots. Whether that is really so or not, it is certainly true that many students actually know more about the alcohol food delusion than they do of the hard, cold, scientific facts that show beyond the possibility of a doubt that alcohol is a poison in any and all quantities. From whence came, then, the "alcohol as a food" notion? That is easily answered.

It has been known for years that a moderate amount of alcohol, while poisoning the body, was at the same time being burned up, or oxidized, and to that extent furnished heat and energy, just as a charge of gunpowder, if put into a stove, would burn there and furnish heat, while at the same time it would burst the stove, and perhaps ruin the entire house.

The promoters of the liquor interests, who have so persistently dinned into our ears the fact that a couple of ounces of alcohol could actually be burned up in the system in twenty-four hours, have been very careful to *refrain* from stating in the same connection that this is true of nearly all poisons when introduced into the body. They have also purposely forgotten to tell us that great truth which Professor Kreapelin, of Heidelberg, Germany, has

demonstrated by such a vast array of accurate experiments that the whole scientific world has fully accepted his conclusions. Namely: that as small a quantity as one-third of an ounce of alcohol always produces paralysing effects on brain activity, nerve sensations, ability to lift, feel, see, think, etc., which can be measured by those remarkable instruments of precision with which he works. So this is what the alcohol food idea amounts to when it is all boiled down: as the alcohol is burning up in the system it does furnish a small amount of available heat and energy, but at the same time it is charging such an enormous toll by its paralysing influences on the entire man, that it is sheer lunacy for any person who is acquainted with the real, scientific facts to talk about alcohol being a serviceable food any more than any one of the many other well-recognized poisons.

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SOME interesting features of next month:—

"**Practical Hints on Portable Camping.**" By Harry J. Stone.

"**Where Ignorance Is Bliss.**" Some startling facts in regard to meat inspection by a meat inspector.

"**Useful Notes on Infectious Diseases and Disinfection.**" The first of a series of valuable articles by Mr. H. Lemmon-Cannon, A.R., San. I.

"**Breakfast Dishes.**" By Mr. Wakeham.



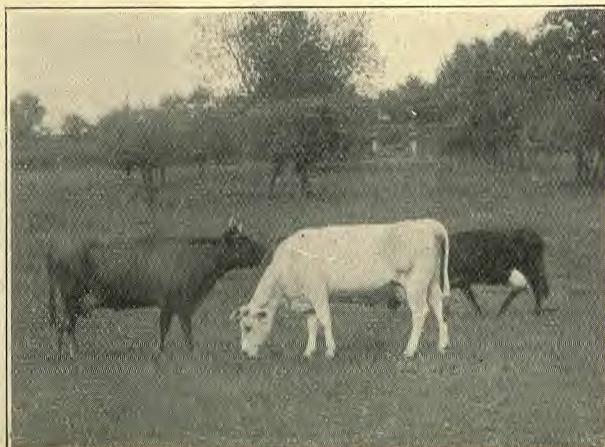
### MORNING SUNSHINE.

BY ELSIE COLE.

IF you would be thoroughly healthy, as light-hearted as a bird, and in possession of a serene and contented mind, get out into the sunshine while the dew is still on the flowers, and take deep draughts of pure morning air? It is a splendid tonic, bracing the nerves and invigorating the whole body; and if you open heart and mind to all the sweet influences around you, you will find dull care and anxiety are wafted away on the wings of the morning.

Is there anything half so inviting as a beautiful spring morning, with the sun shining, the birds singing, and the scent of the flowers filling the air. There is so much to entice one out. The hopes of the winter are being realized, everything is quivering with new life and joy, and the songs of the birds sound more and more exultant every day. Come, leave the town behind you at this glorious time of the day and give yourself up entirely to Nature. Let her charm away all in you that is out of harmony with the spirit of the morning. Come into the fields and woods and listen to what she has to teach you. Each budding twig, each opening flower, the murmur of the brook, the wind making music in the trees, and the birds at their matins have all some truth to whisper in the ear that is rightly attuned.

See, where the sunbeams are dancing through the wood, what a picture they bring to light. Is it not worth sacrificing a few hours of sleep to enjoy? The bluebells rear their heads in charming profusion, and the modest little wood-anemones, some of which still remain, tremble in the breeze. Out in the lane, the primroses are emitting such fragrance as is only possible in the early morning. They look so sweet and lovely with the last lingering dewdrops upon them that one is impelled to caress them. Up from the field adjoining rises a lark, pouring forth such a melody of song as he soars that we are held spell-bound. Our thoughts are directed heavenwards, and our spirits soar with the winged chorister. We feel that



the ground whereon we stand is holy, for are not all God's creatures worshipping Him? And how can we see such manifestations of His presence and love, and not join in the universal thanks-giving and praise?

Shall we not from such a walk return to the town with a loftier conception of life, with a wish to live more in accordance with Nature's laws, and a heartfelt longing to see mankind free and happy? Maybe we feel—

"In that sweet wood when pleasant thoughts  
Bring sad thoughts to the mind."

We have heard whispers of "Peace on earth, goodwill toward men," but we know that in the busy commercial world there is too little peace and goodwill, and it saddens us to think "what man has made of man."

But perhaps we are unable to get into the fields and woods in so short a time. Perhaps we live in a great city, and the nearest approach to the country we can get is a heath, a common, or a park. If that is so, there is still greater reason to

commune with the vitalizing influences of pure morning air and sunshine. "The sunlight and the wind enter London, and the life of the fields is there, too, if you



will but see it," says Jefferies. Then—

"Come, let us go, each pulse is precious;  
Come, ere the day has lost its dawn;  
And you shall quaff life's finest essence,  
From primal flagons drawn."

## THE DELICATE CHILD.

BY J. J. BELL, M.D.

ONE ever-perplexing responsibility of the mother is how best to care for the delicate child. It is a pity that so many parents overlook the simple yet most important natural remedies which are always obtainable, most of these without money and without price, the remainder for a modest sum.

Delicate children usually suffer more or less with some form of digestive disorder. The diet, then, is an important feature. To build up the frame of the growing child, the elements which will produce bone, muscle, and nerve must be found in the food. Fortunately, we have all these elements in the simple whole-grain preparations, fruits, nuts, legumes and vegetables. These prepared in a wholesome manner form the best diet for growing children. The addition of water to these preparations, with thorough prolonged boiling or baking,

will render most of them into valuable, easily digested sources of nutrition.

A mistake is frequently made in feeding children too often. After a child has been weaned, it should not take more than three meals daily, and should have nothing between meals except pure water. A child fed in this way is usually cheerful, contented, happy, and healthy. But if permitted to indulge its tastes freely, and eat too much or at all hours, the digestive organs become enfeebled, vital force is called from the brain to aid the stomach in its overwork, and thus the mental powers are weakened; the child becomes nervous, impatient of restraint, self-willed, irritable, often feverish and sick; the blood becomes impure, and diseases of various kinds follow. If food is placed in the stomach before the previous meal has had time to digest, fermentation is likely to occur.

## GOOD HEALTH.

Of course, highly seasoned meats, pork, sausage, rich cakes and pastry should form no part of the bill of fare.

Many mothers are afraid to expose a delicate child to the air out-of-doors, and often try to exclude the fresh air from

of the programme. No drugs can supply the place of fresh air and sunshine. Children are often kept in ill-ventilated rooms, inhaling the poisons from the tobacco-laden breath of their fathers, thus harmfully affecting the brain, heart, liver, and lungs.

The dress of the delicate child requires attention. In order to follow fashion, the upper and lower extremities of the child are often left bare. The blood is chilled back from its natural course and thrown upon the internal organs, producing congestion and disease. The extremities should be as warmly clad as the other parts of the body.

Many children are sent to school too early. The little one is better taught from nature by its parents until at least six or seven years of age. This avoids long, weary hours, often in a badly ventilated

schoolroom, where the child sits on benches quite unsuited to its tender years, breathing again and again the air expired by its schoolmates.

Nearly all children should have a warm bath two or three times a week before retiring, and a daily cold sponge bath on rising.



This simple recreation booth kept three little children happy one long summer, and gave each a great accession of robust health and vigour. Breakfasts and teas were always taken here, and the wholesome food supplied tasted exceedingly good when well chewed in the fresh, pure air.

the living- and sleeping-rooms. This is a great mistake. The supply of oxygen to the lungs is far more important than that of food for the stomach. The more time a child remains in the open air, the better for his health. Daily, systematic walks in the country, or better still weeding and working in the garden, should form a part

## THE MOTHER'S HEALTH.

BY ALFRED B. OLSEN, M.D.

IF it is true that a woman's work is never done, what can we say of the work of a mother with one or more children dragging at her skirts? Surely her temptation to overwork and worry is very great. She sees before her more work than she or any woman could possibly accomplish. In all such cases it is necessary to learn to select and discriminate. Do the necessary, vital things; let the unimportant things go, and don't worry because they are left undone.

### **The Evils of Worry.**

Overwork is bad enough, but worry is far worse. Grief, anxiety, indecision,

doubt, harassing thoughts, all these excite the sensitive nerves, interfere with and retard the nutritive functions (indeed, all the functions of the body), and weaken and depress the mind. Overwork exhausts energy, but worry exhausts it still more rapidly, and destroys health and happiness.

All mothers should at once join the "Don't Worry" Club, and become active members. Cultivate a trustful, quiet, restful spirit, and always maintain peace of mind.

### **Sleep.**

Mothers, and especially the nursing mother, require an abundance of sound,

refreshing sleep. Eight hours is none too much; some require nine.

Always have a bountiful supply of fresh, pure air for the sleeping-rooms. Pure air favours sound, refreshing slumber.

Mothers should have at least one rest hour during the day, when they can retire to a quiet, darkened chamber for physical and mental relaxation, and sleep, if possible. An hour just before dinner is best; it is not best to sleep soon after a meal.

Remember that "sleep is the food of the brain."

#### Nourishing Diet.

The diet of the mother should consist of wholesome, nourishing food. Fruit of all kinds, fresh or stewed, dried or tinned, should be supplied in abundance. Fresh fruit is particularly valuable.

Nuts and nut foods are rich in proteids and fats, and can be taken in moderation by most people. Nuts should be taken with the meals and be well masticated.

Breads and cereals form the staple diet of most food reformers. Zwieback, or twice-baked bread, is pre-eminently a health food. Cook porridge three or four hours, and chew well all cereal preparations so as to saturate them with saliva and thus facilitate digestion.

Vegetables, greens, and plain salads are all wholesome, though persons with weak digestions find coarse vegetables difficult to digest. Baked mealy potatoes are easily digested.

Milk, cream, butter, and eggs may also be used as required. Nut butters are more likely to be pure and free from microbes than milk and much of the dairy butter used.

#### What to Avoid.

No mother should resort to the use of beer, stout, ale, porter, or any alcoholic drink. Alcohol in either large or small amounts is in no true sense a food, and it is a grievous fallacy for anyone to rely upon it for nourishment and sustenance. From every standpoint alcohol, even in small and dilute doses, is undesirable as a beverage for the nursing mother. It undermines and damages her health, and has a malignant influence upon the innocent child, in some cases setting up an appetite

for strong drink that may mean its ultimate ruin, body and soul.

Avoid condiments, pickles, pastries, cakes, sweetmeats, potted and preserved flesh foods, and all rich and indigestible food combinations.

Keep the bowels open.

Drink water freely, but not with meals. It is better to give up tea and coffee.

#### General Suggestions.

Ventilate all the living- and sleeping-rooms. Don't be afraid of fresh air. The oxygen it contains vitalizes the blood, invigorates the body, and exhilarates the brain and nerves.

Practise deep breathing before an open window or out-of-doors for five or ten minutes twice a day.

Cultivate the Venus of Milo waist. It is both natural and artistic. Remember that, normally and naturally, women have bigger waists than men. A natural, full-sized waist adds much to the grace and beauty of the feminine form. A wasp-waist is always ugly.

#### At the Seaside.

MEMBERS of the Outdoor Club and other lovers of the simple life who wish to spend their holidays on the east coast, will find themselves well cared for at Rest



Cottage, Seacroft, near Skegness, Lincs. Nurse Broughton, who is in charge, has the faculty of making her guests feel thoroughly at home, and the near proximity of the sea and the golf links makes the cottage an ideal place for a holiday.



## WHAT TO TEACH THE CHILDREN.

BY ELLEN G. WHITE.

PARENTS should seek to awaken in their children an interest in the study of physiology. Youth need to be instructed in regard to their own bodies. There are but few among the young who have any definite knowledge of the mysteries of life. The study of the wonderful human organism, the relation and dependence of all its complicated parts, is one in which most mothers take little if any interest. They do not understand the influence of the body upon the mind, or of the mind upon the body. They occupy themselves with needless trifles, and then plead that they have no time to obtain the information which they need in order properly to care for the health of their children. It is less trouble to trust them to the doctors. Thousands of children die through ignorance of the laws of their being.

If parents themselves would obtain knowledge upon this subject, and feel the importance of putting it to a practical use, we should see a better condition of things. Teach your children to reason from cause to effect. Show them that if they violate the laws of their being, they must pay the penalty by suffering. If you cannot see as rapid improvement as you desire, do not be discouraged, but instruct them patiently, and press on until victory is gained. Continue to teach them in regard to their own bodies, and how to take care of them.

Recklessness in regard to bodily health tends to recklessness in morals.

Do not neglect to teach your children how to prepare healthful food. In giving them these lessons in physiology and good cooking, you are giving them the first steps in some of the most useful branches of education, and inculcating principles which are useful elements in a religious education.

If properly heeded, these lessons will be like a bulwark that will preserve our children from the evils which are flooding the world. We want temperance at our tables. We want houses where the God-given sunlight and the pure air of heaven are welcomed. We want a cheerful, happy influence in our homes. We must cultivate useful habits in our children, and must instruct them in the things of God. It costs something to do all this. It costs prayers and tears, and patient, oft-repeated instruction. We are sometimes put to our wit's end to know what to do.

When Christ was on earth, the burdened mothers brought their children to Him; they thought that if He would lay His hands upon them, they would have better courage to bring them up as they ought to go. The Saviour knew why these mothers came to Him with their little ones, and He rebuked the disciples, who would have kept them away, saying: "Suffer the little

children to come unto Me, and forbid them not; for of such is the kingdom of God." Jesus loves the little ones, and He is watching to see how parents are doing their work.

Iniquity abounds on every hand, and if the children are to be saved, earnest, persevering effort must be put forth. Christ has said: "I sanctify Myself, that they also might be sanctified." He wanted His disciples to be sanctified, and He made Himself their example, that they might follow Him. What if fathers and mothers should take this same position, saying: "I want my children to have steadfast principles, and I will give them an example of this in my life?" Let the mother think no sacrifice too great, if made for the salvation of her household. Remember, Jesus gave His life for the purpose of rescuing you and yours from ruin. You will have His sympathy and help in this blessed work, and will be a labourer together with God.

"LIGHT gives a bronze or tan colour to the skin; but where it uproots the lily, it plants the rose."

ALL Nature with one voice—with one glory—is set to teach you reverence for the life communicated to you from the Father of Spirits.—*The Eagle's Nest.*

"PA," said Bobby, as he leaned over the deck rail, "what kind of a boat is that out on the lake?"

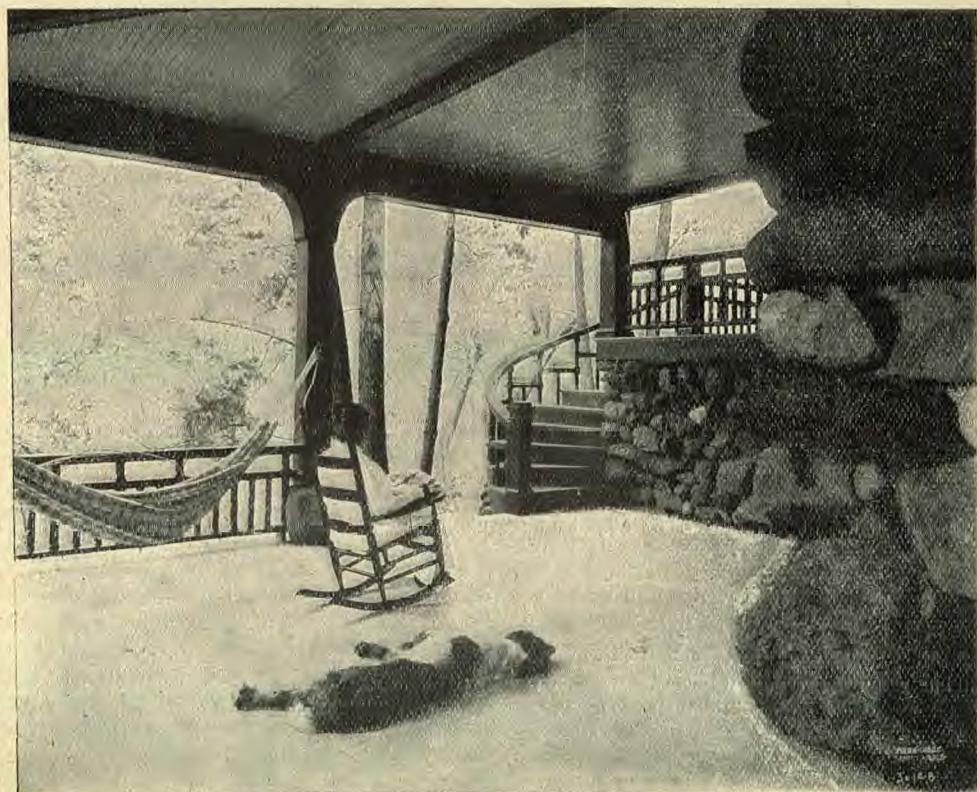
"That," replied pa, as he raised his glass, "is a sister ship to the one we are on."

Bobby watched the big funnels for a while, and then said:—

"Pa, I think that must be a brother ship."

"Why so, my son?"

"Because it smokes so much."—*Chicago-News.*



THE BEST PART OF A HOUSE.



## A NOTE ON MASTICATION: THE KEYNOTE OF GOOD DIGESTION.

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

I WONDER if the tremendous importance of mastication in children is realized in its full significance by the mothers of this country. I am aware that many of them know that starchy foods are, or rather can be, to a large extent, digested in the mouth; but this is by no means the only useful function subserved by chewing.

The chief object attained by properly using the teeth is *comminution*, i.e., the reduction of our food to the smallest possible particles; and nature has wisely provided that during this process all the valuable properties of the saliva are brought into play. Indeed, the mere moving of the jaws helps to increase the flow of saliva, which is the most valuable digestive fluid in the body. It contains a ferment which transforms starch—otherwise quite insoluble, and therefore incapable of being absorbed into the circulation—into dextrin and some form of sugar, and sugar is one of the most easily dissolved substances we know, and hence is easily absorbed into the blood and readily converted into energy.

Note, however, that only cooked starch is acted upon by the saliva, and this is chiefly because the starch grains are contained in a thick coat of cellulose which is most indigestible. The food, therefore, should first be prepared by some form of heating, and dry heating is often the best; for during this process the first stage of digestion is carried out, and the food, when

served in a dry, hard form, is most likely to be masticated thoroughly. During the chewing process also some substances otherwise insoluble in water, are dissolved in the alkaline fluid of the saliva; mucus is mixed with the mouthful, or bolus, as doctors call it, and so it can be easily swallowed; and the nerves of taste are satisfied, and so a healthful reflex action is brought into play which is of the utmost value in stimulating the other digestive secretions.

Now it has been proved beyond a shadow of doubt that the amount of each digestive juice depends on the amount of that first above it, and so the greater the amount of saliva, the greater the amount of gastric juice. That again causes an increase in the bile and pancreatic juices, and these in turn increase the amount of intestinal juice. Thus the more saliva one induces to flow by mastication, the greater will be the supply of all the other or future fluids, and the better the digestion will be.

On the other hand, should the starchy material and some sugary materials not be digested in the mouth, they are only slightly acted upon until they get out of the stomach into the bowel, and hence not only do they retard the digestion of proteids in the stomach, but they themselves, due to the heat and moisture, become acid, and fermentation is set up with all its fatal concomitants of spasms, palpitation, colic, flatulence, and indigestion of every kind.

## GOOD HEALTH GLEANINGS.

TRUE liberty is to have absolute power over self.—*Montaigne*.

ERROR may not be destroyed except by the light of truth.—*Nicole*.

AMONG all the fine arts, one of the finest is that of painting the cheeks with health.—*Ruskin*.

"THE Australian eats annually as much meat as two Englishmen, three Canadians, four Germans, or ten Italians."

ONE of the American patent medicine firms is said to use each week 500 barrels of cheap whisky in the manufacture of its products.

COUNT TOLSTOY, who is a strict vegetarian, seldom using such things as butter and eggs, drinks, instead of tea, a beverage made of hot water and raisins.

LET the dinner-table be a place of gladness and unrestrained mirth. Leave the children, as far as possible, to their instincts, to their natural mirth and joyfulness and harmless chattering.—*Selected*.

ONE special providence that guards the Jew is, that there are mothers and not feeding-bottles in Israel. And the health and stability of any nation depends, not upon the intelligence or education of its men, but upon the nursing power of its women.—*T. M. Allison, M.D.*

THERE is only one way of not hating those who do wrong, and that is by doing them good; anger is best conquered by kindness. The simplest plan is to blot everything out. Anger, rancour, bitterness, trouble the soul. There is one wrong man is not bound to punish—that of which he himself is the victim. Such a wrong is to be healed, not avenged.—*Amiel*.

"JOHNNY," said the teacher, "what is a dromedary?" Johnny did not know, but Ralph did.      J. H. S. S.

"I know," he said proudly. "A dromedary is a two-masted camel."

"SOMEBODY gives the following excellent advice: 'Drink less, breathe more; eat less, chew more; ride less, walk more; clothe less, bathe more; worry less, work more; waste less, give more; write less, read more; preach less, practice more.'"

A GOOD story is told of little Princess Mary of Wales. It was said that one of her aunts, wishing to test her knowledge when she was beginning to talk fluently, pointed to her feet, and asked what she called them. "Ven I has shoes on vey is feet," was the answer. "Ven vey is bare vey is Trilbies."

NEURASTHENIA is especially a disease of highly civilized life. Any conditions in which the nerve centres become exhausted and do not readily recover themselves, are capable of producing neurasthenia. A man who is tired may be said to be neurasthenic for the time being, for when one is completely exhausted his nerve cells are worn out. But let him go to bed and sleep long enough to repair his nerve cells, and he awakens fully restored.—*J. H. Kellogg, M.D.*

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THE second number of "The British Journal of Tuberculosis," a most excellent magazine appearing quarterly, in which all the various phases of tuberculosis are treated by scientific experts, has come to our table. We note the following titles among a most attractive array of editorial and special articles: "Pioneers in the Anti-Tuberculosis Campaign," "Tuberculosis Among Schoolchildren," "The Care of the Consumptive Poor," "Some Irish Aspects of the Tuberculosis Problem," "The Campaign Against Tuberculosis in Denmark," "Tuberculosis and Syphilis." Dr. Kelynack, the editor of this splendid quarterly, is to be congratulated on having more than met the high expectations of his numerous friends. The magazine is published by Messrs. Baillière, Tindall & Co., Covent Garden, and the price is 5/- per year, post free. Single copy 1/6.



## COOKERY HINTS FOR TIRED MOTHERS.

BY MISS GERTIE WRIGHT.

HOW GLAD we are to welcome the return of bright, sunny days, after the long, cold winter, and to see once more the green leaves and blossoms springing up around us. All nature is awake, and is waiting to give us a hearty welcome; but we must go forth under the open sky in order to enjoy her beauties. We cannot do this by remaining indoors where the never ending home duties will always clamour for our attention. Get away from them into God's sunshine, learn of Him as you look at His handiwork; and, believe me, weary, over-worked mothers, you will thus be strengthened both spiritually and physically. The home burdens will be lighter as you return to them realizing that the God Who upholds all nature is upholding you and your little family. He knows all your trials and cares, and tells you to consider the lilies of the field and the birds of the air.

Some busy mother will say: "I cannot leave my home; my work is never done." True the work is never done, and it never will be while life shall last; but you need the air and sunshine in order to meet the great demands upon your strength, and you must have outdoor recreation or be overcome in life's struggles. Some can economize strength and time by doing less cooking, for now that the days are warm

the body requires somewhat less food, as a good share of the winter's diet was used to promote warmth. A lighter diet in summer will save the strength of the already overworked mothers, and contribute to the health of the household.

The following hints and recipes will, I hope, be useful to some of the mothers who long for more outdoor life; but whose duties hinder them from obtaining it. It is well to use a generous amount of fruit, fresh or stewed. This, with well-baked brown bread and butter furnishes an excellent basis for breakfast, tea, or supper. For the principal meal of the day fresh vegetables will be in order, with some good proteid food, and bread. In the place of the legumes, peas, beans, and lentils, which we have used during the winter, some of the well-prepared nut foods might be used, and these will not be found so very expensive when we consider the saving of time and cooking effected by their use. Cereal foods are also to be had in generous variety, steamed rice being especially good. Green vegetables are most valuable for the natural salts they contain.

### RECIPES.

**Nuttolene and Tomatoes.**—1 lb. nuttolene, 2 cups tinned tomatoes, a little salt. Cut the nuttolene in squares, place in a pie-dish, pour the tomatoes over them, and cook gently for thirty minutes.

**Macaroni and Egg.**—½-lb. well-boiled macaroni. Place a layer in a pie-dish, sprinkle with bread-crums or avenola, then another layer of macaroni, and continue this until the dish is full. Then pour over the whole one pint of milk with a beaten egg, and cook about forty minutes. Rice can be substituted for macaroni if preferred.

**Tomato Soup.**—½-pint strained tomatoes, one pint water, two tablespoonfuls of gluten or flour to thicken it, and one ounce of walnut or any other nut butter.

**Avenola with Raisins.**—Into one pint of boiling milk or water stir enough avenola to thicken it, add a cup of stoned raisins or sultanas. If an oven is available this dish is greatly improved by being baked for half an hour. If water is used instead of milk, add a little nut meal or nut butter for seasoning.

**Egg, Nut, and Celery Salad.**—Chop one hard-boiled egg very fine, add two tablespoonfuls of finely grated celery, then enough thick nut cream to bind to a paste, salt, spread upon thin slices of stale bread, cut into fancy shapes, and serve garnished with sprigs of parsley. Finely minced tomato or chopped parsley may be used instead of the celery, if preferred.—G. G.

**Banana-Almond Sandwiches.**—4 bananas, 2 ounces of ground almonds, a few drops of lemon juice. Roast the almond meal very slightly, chop up the bananas, mix with the nuts, add the lemon juice, and pass twice through a fine mincing machine. Spread upon stale brown bread or plain biscuits, and serve. Dates or raisins may be used in place of the bananas.—G. G.

### Infant Feeding.

MOTHERS who are obliged to resort to artificial feeding find their greatest difficulties in the warm season.

Undoubtedly the food which makes the nearest approach to mother's milk is that supplied by healthy cows, properly diluted with water, and reinforced with limewater, milk sugar, and cream. The proportions best suited to the various ages can be learned from the physician in charge or any competent nurse.

It then rests with the mother to carry out the instructions, and especially to guard most jealously against contamination of the milk. Take some pains in the first place to secure the best milk that can be had. It is none too good; and the life of your child is at stake.

The milk must be kept in as cool a place as possible, and must be protected against bad odours, as well as dust, flies, and other sources of contamination. Milk is exceed-

ingly sensitive to its surroundings, and very quickly suffers deterioration.

Then there should be several feeding-bottles, each in turn to be thoroughly cleansed with very hot water before being used. Here is where the difficulty often arises. A mother is heavily burdened with the care of a large family, and doesn't take time to do a thorough job of it. Fatal results have followed in thousands of cases.



TWENTY-TWO MONTHS.\*

Not only the actual bottle, but the child itself, its bed, and its surroundings, should be kept clean. Otherwise contamination is pretty sure to occur.

Absolute cleanliness is really the most important consideration in the artificial feeding of a child during the warm season. Of course solid food should not be given

\*Son of John M. Manson, Glasgow, who has been brought up in accordance with health principles, and has not had a day's illness.

## GOOD HEALTH.

### THE OUTDOOR CLUB.

BRANCH IV of the Club had a pleasant ramble on Easter Monday. The secretary writes: "We had a delightful day. I was sorry that only five members could be present, the others being away for the holiday. However, each brought a friend, and some of the members of the Wearside Physical Culture Society joined us; so we started off, twenty all told. We took the tram to Hilton, which put us in the country at once. The country was somewhat bare, the vegetation here in the North being rather backward. Walking along the banks of the Wear we noticed, however, many indications of spring. There were violets and primroses on the bank, and now and again clusters of the lesser celandine, and occasionally wood anemones. Nature seemed happy all round, and we felt happy as we heard the larks singing, and watched the wrens and yellowhammers flit from bush to bush, and an occasional kingfisher. On either side of the river was the furze all ablaze with golden blossoms. After walking a little over five miles we came to Bidditch, and stopped for refreshments at the original Girdle Cake Cottage. We afterward continued our walk and saw a large number of interesting places, and returned feeling we had enjoyed a very pleasant day."

Perhaps this abbreviated account of the outing of our Sunderland branch will encourage other readers of GOOD HEALTH to organize such rambles. There is no country in the world that offers more delightful walks than England, and the weather from now on is likely to be favourable. Rambles to most people are more pleasant when enjoyed in company with others.

The Gillingham (Kent) branch reports some fine outings, and has its plans definitely laid for a camp in Wateringbury, 9th-22nd July.

We have also had interesting reports from the North London and Croydon branches. The secretary of the North London Club spent the Easter week-end in camp, and plans have been arranged for quite a number of the members to camp out for the Whitsuntide holidays.

Miss Evelyn Spring, Ribston Hall, Gloucester, has kindly consented to serve as honorary secretary of the Outdoor Club, and interested readers of the magazine in those parts are invited to communicate with her. Following are the other honorary secretaries:

Mr. H. J. Stone, 25 Marriott Road, London, N. (Branch I.)

Mr. Stanley Andrews, 49 College Av., Gillingham, Kent. (Branch II.)

Miss Elsie Cole, 69 Leslie Grove, Croydon. (Branch III.)

Mr. E. H. Walker, 35 Dinsdale Road, Roker, Sunderland. (Branch IV.)

Miss Amy K. Osborne, Llanberis, West Cliff Avenue, Southend-on-Sea. (Branch V.)

Mr. A. Morrell, 1 Lebanon Road, West Hill, London, S.W.

Mr. K. Cairns, 1 Douglas Road, Goodmayes, Essex.

For full information in reference to the Club, address the secretary, 451 Holloway Road, London, N.

### THE GOOD HEALTH LEAGUE.

MR. R. BORROWDALE called at the Office the other day, and gave us an interesting account of the meetings and work of the Plymouth branch.

The Birmingham Natural Health Society, (Secretary Mr. Jas. Belling, 103 Vivian Road, Harborne, Birmingham) is doing aggressive work. An Outdoor Club has been organized in connection with the Society, full particulars of which we shall be able to give next month.

Isolated members of the League who have not sent in their annual subscriptions, are requested to do so at the earliest, as many opportunities for spreading the principles by means of literature and in other ways have to be passed over for lack of funds.

The declaration of principles signed by members of the League is as follows:—

"I am a total abstainer from alcohol and tobacco, and I desire to learn and to follow the perfect way of life in all that pertains to health and purity."

Full particulars may be had by addressing the general secretary, c/o GOOD HEALTH.

### FIELD NOTES.

THE managing editor of GOOD HEALTH took a short lecturing trip in April, speaking to the Good Health League in Cardiff, and to gatherings of interested persons in Newport, Gloucester, Bristol, and Bath. The Cardiff League under the efficient secretaryship of Miss Edith Chapman with splendid co-operation from Mr. Meredith, Mr. James, Mr. Alwood, and others, is doing a most excellent work. At Gloucester it was a pleasure to speak in the church of Rev. Mr. Spring, a staunch friend of the Good Health movement, and to renew a pleasant acquaintance with him and his family. A brief visit was also paid to Cheltenham, where Mrs. Eammonson is conducting a fine restaurant and food reform depot. The food reform principles are ably represented in Bristol by two vegetarian societies and two food depots. Miss Bond, the secretary of the Clifton branch, has the whole-hearted enthusiasm for a good cause which always proves contagious; and we have no doubt the membership will have a rapid growth. The food depots are doing much to spread a knowledge of health principles. It was interesting while stopping a short time in Mr. Parfait's shop to note the continuous stream of customers, many of whom were eager to ask questions and get full information. Also at Mr. Croasdale's place the patronage is good and will no doubt continue to grow.

WE learn from Mr. Karl Mann that it has been decided to postpone the two interesting athletic events announced in our last month's issue, 20th May being the new date for the Marathon running race, and 20th-21st July for the long-distance march round Berlin. Peculiar value will attach to these trials of strength and endurance, because each contestant is required to fill out a paper calling for a detailed statement of his diet and general physical habits. We hope to give full particulars of the running race in our next number.

## AIDS TO HEALTH.

"Home Hand-Book of Domestic Hygiene and Rational Medicine," by J. H. Kellogg, M.D., is a comprehensive work, containing the most approved methods for the treatment of more than 600 diseases. Over 1,700 pages, and 27 coloured plates.

"Ladies' Guide in Health and Disease," by the author of the foregoing, is a thoroughly reliable medical work for women, covering girlhood, maidenhood, wifehood, and motherhood. It contains the results of a long and successful medical practice at the head of one of the largest medical and surgical institutions in the world. The instruction it gives respecting "painless child-bearing" has saved much suffering. 672 pages, with 35 chromo-lithographic plates, illustrations, and a paper manikin.

"The School of Health," by Alfred B. Olsen, M.D., and M. Ellsworth Olsen, M.A. A guide to health in the home, with chapters on Practical Physiology, Diet, Dress, Physical Culture, the Care of Children, the Home Treatment of Common Diseases, Accidents and Emergencies, etc. Liberally illustrated, and presenting in a concise form the essential facts that have to do with healthful living.

For further particulars concerning the foregoing books, prices, etc., apply to the **Good Health Supply Dept.**, 451 Holloway Road, London, N.

## DISEASE PREVENTED BY DIET.

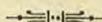
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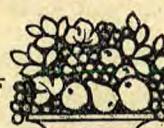
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# QUESTIONS & ANSWERS

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.

**Offensive Discharge from the Ear.**—M.W.: "Would you kindly advise what would be best to do for a girl of eight years who has an offensive discharge from her ear?"

**Ans.**—Consult an ear specialist. Sometimes syringing the ear with a mild antiseptic, such as a solution of boracic acid, is helpful, but you would do better to consult a specialist in regard to so important a matter.

**Home-Made Cheese.**—B.T.N.: "Ordinary cheese does not agree with me. Can you offer a suggestion?"

**Ans.**—The ordinary cheese on sale is often difficult of digestion, especially for those who have weak stomachs. By the use of lemon juice or rennet you can prepare a perfectly wholesome cheese from fresh milk, which is both nourishing and tasty.

**Involuntary Blushing.**—J.A.J.: "1. What is the best cure for involuntary blushing? 2. Would you recommend any of the advertised remedies? 3. I enclose circulars from a medical firm in Liverpool. Do you think they are worthy of trust?"

**Ans.**—1. Plain living, regular habits, an out-door life, and such hygienic measures as will improve your general health. 2. No. 3. No, decidedly not.

**Nose Bleeding—Exercise.**—S.M.H.: "1. I am greatly troubled with nose bleeding, which frequently continues for two or three hours at a time. What is the cause? 2. How may it be prevented? 3. What exercises would you suggest?"

**Ans.**—1. The bleeding may very likely be due to a polypoid growth in the nose, or simply to a delicate mucous membrane, which is easily injured by rough handling of the nose, or blowing too violently. 2. Consult a physician, and have your nose examined to ascertain the cause, and then it can doubtless be remedied. 3. Deep-breathing exercises, and movements of the limbs and trunk, such as outlined and described in the Good Health School of Physical Culture.

**Injured Knee-Joint.**—L.C.: "My wife injured her knee a few weeks ago, and although we have applied fomentations, it is still sore and sometimes painful. What treatment would you suggest?"

**Ans.**—Apply fomentations each night, and follow with a cold compress of linen cloth. A linen towel of suitable size might be wrung out of cold water or ice-water, rather dry, and wrapped snugly about the limb, and then fastened in place. It should be at least ten or twelve inches wide. Cover this with two or three thicknesses of flannel, which should overlap three inches above and

below. The flannel coverings should be applied so snugly as to prevent the entrance of air. On removing the compress in the morning, bathe the part with cold water, and dry well. Put the limb on a pillow at night, so as to provide elevation and thus assist circulation. Massage the joint for ten or fifteen minutes twice a day.

**Nasal Catarrh—Piles.**—"Josho": "1. I have a constant discharge from the left nostril, which is intensified by cold weather. Is the use of an instrument necessary? 2. I am also troubled with itching at the seat, and piles. What can I do to obtain relief?"

**Ans.**—1. Yes, an instrument such as the Globe Hand Nebulizer will certainly benefit you. Use it from ten to fifteen minutes four times daily. 2. Tepid or cool sitz baths will often relieve the irritation connected with piles. After drying the parts well, you might apply a little "Resinol" or wych-hazel ointment.

**Tender Feet.**—M.A.J.: "When out walking my feet become very painful across the soles and under the joints. They are particularly bad when I step on anything that is rough or uneven. I have suffered from rheumatism, and both my father and mother were rheumatic. What treatment would you recommend?"

**Ans.**—Alternate hot and cold foot baths are an excellent means of hardening and strengthening the feet. Soak the feet in hot water at 110 degrees (Fahr.) three minutes; then dip them in very cold water for half a minute, and then put them back in the hot water again for another three minutes. This treatment may be repeated five or six times to advantage, after which they are dried from the cold water, and then massaged, or rubbed, for twenty minutes. After the above procedure, move the joints by flexions, extensions, and rotations of the foot, for five or ten minutes.

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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.)

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**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. 2/8. Indian Office, GOOD HEALTH, 33/1 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: 66 Roeland St., Cape Town, S. Africa.

THIS number of GOOD HEALTH would properly begin the sixth volume; but the publishers have decided to continue numbering in the fifth volume up to and including December, making it consist of nineteen instead of twelve numbers. This will enable us to begin new volumes in the future with January, which will be more convenient in many ways. Of course this change in numbering will not affect yearly subscriptions, all such running the specified number of months, irrespective of the time when the volume ends. Index and bound volumes will not be supplied till December.

GRANOSE flakes and toasted wheat flakes are excellent breakfast foods, and protose makes an admirable substitute for meat on a warm summer day. These are only a few of the specialities manufactured by the International Health Association, of Legge Street, Birmingham. Any of our readers who are not acquainted with these valuable preparations will do well to send one shilling for a full set of samples.

#### CLAREMONT SCHOOL, CHELTENHAM.

PRINCIPALS—THE MISTRESSES MANLEY.

Diet based upon Food Reform Principles. Modern educational advantages. Outdoor classes in suitable weather. Individual attention. Swedish drill. Healthful surroundings. Moderate fees. Prospectus on application.

## A SIGN OF PURITY AND GOODNESS



'Tis best to get the best. **MAPLETON'S NUT FOODS** are known and valued by food reformers all over the world, and his trade mark is a guarantee of cleanliness, purity, and unfailing excellence. They are delicious, nutritious, and digestible, and should have a regular place in your dietary. Some special items are: **Cooking Nutter**, 1½ lb., 1/-; **Nutter Suet**, 1 lb., 8d. **Walnut Butter**, 1 lb., 1/-; **Cashew Butter**, 1/- lb. **Fruitarian Cakes** from 3d. 4lb. pkt. Send for full list to **MAPLETON'S NUT FOOD CO., LTD.**, 2 & 3 Dolphin St., Ardwick, Manchester.

# Eat Sparingly

if you would be "comfortable" during the hot days. The creamy coolness of a Corn Flour Blancmange is as acceptable as it is good, as light and digestible as it is energizing and healthful.

But have the best Corn Flour -- there's only one best--

**Brown & Polson's  
"Patent" Corn Flour.**

# NEAVE'S FOOD

SOLD IN 1/- & 2/6 TINS,  
AND 4d. PACKETS,

BY ALL CHEMISTS, GROCERS, and  
STORES.

"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.

The Medical Magazine says:—"Remarkable nutritive value in many cases of debilitated digestion amongst adults, especially during convalescence from acute diseases, . . . readily assimilable, easy of digestion, and acceptable to the taste of the most fastidious."

Health says:—"Well fitted for the delicate stomachs of children, invalids, and the aged."

**GOLD MEDALS,** LONDON,  
1900 and 1906.

Over 80 Years' Established Reputation.

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

Please note this advertisement, as it may  
not appear again this season.

To Preserve your own Fresh Fruit for  
winter supply, use the

## IMPROVED SCREW AIR-TIGHT FRUIT PRESERVING JARS WITH GLASS CAPS.



For preserving Raspberries, Cherries, Gooseberries, Blackberries, Damsons, Greengages, Plums, Currants, Peas, Beans, and all other kinds of Fruits and Vegetables, so as to retain the whole of **THEIR NATURAL FLAVOURS** without either sugar or preservatives, and with but little cost or labour.

### PRICES:

Quarts, per doz., 5/6;  
Per 8-doz. Case, 42/-;  
Half-galls., per doz., 7/-;  
Per 6-doz. Case, 40/-.

With full instructions.

Carriage paid to any station in the United Kingdom on any quantity for 1/- extra.

Illustrated Price List, 88 pages, with copy of "Fruit Preserving," post free, two stamps, from

**PITMAN** "HEALTH FOOD STORES,  
188 & 189 Corporation St., B'ham.

The Largest Health Food Dealers in the World.

## NO MORE FOOT TROUBLE

Corns, bunions, and deformed toes, would be things of the past if folk wore proper footwear. BEGIN NOW WITH THE CHILDREN.

### HALL & SONS' SANDALS & SANDAL-FORM BOOTS AND SHOES

give freedom and comfort to the toes, and add to the health and happiness of the children. They also wear longer.

#### PRICES: (Postage, 3d. extra.)

Children's Sandals in three shapes from 2/11 pair;

Ladies', 7/6; Gent's, 8/6.

Children's Shoes, size 4, 4/8, rising 8d. pair to size 1.

Children's Lace Boots, size 4, 6/2, ditto.

**WRITE  
FOR LIST  
POST FREE**

**SAMPLES  
SENT  
POST FREE**

Youth's Stout Box Calf Lace Boots, Toe Caps (an especially strong Boot for School and hard wear), Sizes 2 to 5, 10/11. "Sandal-Form" Shapes also stocked in Ladies' and Gentlemen's Sizes. Send outline of foot standing. Write for Illustrated Catalogue.

We are also  
makers of the . . .

### GOOD HEALTH BOOT,

With special layer of cork to prevent entrance of damp.  
A BOON TO PEOPLE TROUBLED WITH COLD FEET.

Samples free. No risk. See what you are buying. Mention "Good Health."

### HALL & SONS, LTD.,

47 Bishopsgate St., E.C. (corner of St. Helen's Place);  
112 Strand, W.C. (opposite Lyceum);  
5 Stoke Newington Road, N.



In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS' NOTES.

READERS of GOOD HEALTH in Newport, Mon., will be pleased to know that the excellent foods of the International Health Association are regularly stocked by Mr. E. M. Powell, 117 Caerleon Road, who is also agent for the magazine and our other health literature.

MR. EUSTACE MILES, M.A., is giving a series of very interesting and practical lectures on Food Reform at the well-known Restaurant of that name in Chandos Street, Charing Cross. We are glad to see the success which is attending this comparatively recent addition to the list of natural food restaurants.

BACK copies of GOOD HEALTH will be supplied free for propaganda purposes, a slight charge being made for carriage.

## BIRKBECK BANK

ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

**2½ per cent. INTEREST**  
allowed on Deposit Accounts Repayable on Demand.

**2 per cent. INTEREST**

allowed on Drawing Accounts with Cheque Book.

Stocks and Shares bought and sold for Customers, Advances made and all General Banking Business transacted.

ALMANACK, with full particulars, POST FREE on application. C. F. RAVENSCROFT, Secretary.

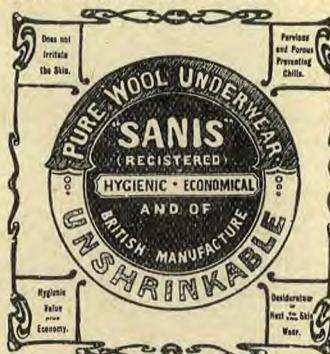
**"Sanis" Underwear**

[REGISTERED.]

*The Perfectly Healthful Underwear.*

Protective against chills.

Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool, Porous, Pervious, and non-conductive of heat, allowing the noxious vapours to escape from the skin.

It gives a sense of SAFETY and COMFORT during and after violent perspiration. Unshrinkable.

Descriptive pamphlet sent free on application to

G.H., THE MANAGER,  
79 & 81 Fortress Road, London, N.W.

In answering advertisements kindly mention "GOOD HEALTH."

Ladies are advising their Friends to get the . . .

**"Nurse Ina" LAYETTE**  
For Health! Economy!! and easy to dress.

Nun's Veiling Day Gowns, Hand-tucked Skirts, Yokes trimmed Soft Lace; Soft Saxony Flannel Blankets and Night Gowns, Fine Silk and Wool Vests, Turkish Napkins.

58 GARMENTS FOR 58/-

Special! for Short Clothing. Fine Cashmere Frocks, yokes arranged to allow for growing, "Hand made," 7/6 each, or in Nun's Veiling, 4/11 each.

Booklet free from "NURSE INA,"  
182 Norwood Road, LONDON, S.E.



## HEALTH FOOD STORES,

6 Peas Hill, CAMBRIDGE.

Conducted by W. E. Blunt. Agent for the International Health Association's Foods, all other health foods, and the "Good Health" magazine.

## THE RESTAURANT

4 FURNIVAL STREET, HOLBORN, E.C.,

(Opposite Prudential Buildings.)

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

**1/- ORDINARY, THREE COURSES AND LEMONADE.**

The finest Sixpenny Teas in London served after 3.30 p.m. [Cocoa or Brunak served instead of tea if desired.]

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

## The Good Health Adjustable Bodice



Affords ease, comfort and health. Retains the symmetry and grace of the natural form. Its use will add years of pleasure to a woman's life.

It does away with the corset. Supports all garments without harmful pressure. No stays to break. Thousands have been sold, and are giving excellent satisfaction.

Send for circulars and prices to the Sole Agents: Good Health Supply Dept., 451 Holloway Road, London, N.

# Pure Water and Good Health.

There are three main reasons why health is dependent upon pure water.

1. Typhoid fever, cholera, dysentery, intestinal worms, etc., are caused by **disease germs** carried into the body by water. Because water looks clear, or is from a town supply, is no proof of purity. Of recent years there have been numerous Typhoid epidemics in England. One at Lincoln (traced to the public supply) caused 1,000 cases and 50 deaths.

2. **Mineral impurities**, nearly always present in water, viz., carbonates of lime and magnesia, sulphates of lime, soda and magnesia, etc., undoubtedly aggravate, even when not the immediate cause, such diseases as Rheumatism (especially the joints), stone, gravel, and other disorders of the eliminating organs—the kidneys, the skin, etc. Dyspepsia and other disturbances of the digestive organs, involving results so dissimilar as constipation and diarrhoea are (on high medical authority) often caused by mineral impurities present in water.

3. Even if mineral impurities had no effect upon these diseases, pure water is still of the first importance because water performs a great work in the processes of digestion and assimilation and in all the complicated and delicate metabolic processes involved in the building up and cleansing of the system. Hard water (already charged with impurities) has not the same power as pure water to permeate the system and to pick up and receive from it the impurities which if left to accumulate cause illness and premature death.

There is only one way of securing absolutely pure water—that is by **distillation**. "The Lancet" has spoken favourably of a "handy" and "effective" domestic apparatus for distilling water at home, on any flame capable of boiling a kettle. This apparatus is the "Gem" Pure-Water Still, full particulars of which are sent free by the **GEM SUPPLIES CO., LTD.**, (Dept. G. H.) 22 Peartree St., Goswell Rd., London. The Still costs only 40/- Used and recommended by the Editor of GOOD HEALTH.

## GERM-FREE AND WATER-FREE MILK.



THE WEST SURREY CENTRAL DAIRY COMPANY, after an extended use of the Just-Hatmaker Process, whereby fresh liquid milk is instantaneously deprived of both its Water and its Germs, are satisfied that the **Sterile Dry Milk** thus obtained by them is superior for practically all purposes to Liquid Milk, and they have accordingly installed the said Process in their Dairies, and are prepared to supply **Germ-Free and Water-Free Fresh English Milk** in packages, by post or rail.

The Medical Profession, Health Officers, and all well-informed persons know that it is practically impossible to obtain perfectly safe liquid Milk in cities and large towns. Even the harmless germs which are always present in liquid milk, live in it and vitiate it, and reduce its nutritive value, whereas disease germs often render such milk positively dangerous. These facts have caused the West Surrey Central Dairy Company to adopt the new scientific process above mentioned, for by such process Milk is robbed of its dangers and inconveniences, and made a stable and perfectly safe food.

A sample box of these milks will be sent to any address, by post, upon receipt of 6d.

The different qualities are supplied, postage or rail paid with full particulars and recipe book, as follows:—

A 10 lb. tin of **Full-Cream Dry Milk** (Cow and Gate Brand)—equivalent to about 32 quarts of liquid full-cream milk, 10/6 each. 5 lb. Tins, 5/10. Packets, 1/6 and 10 $\frac{1}{2}$ d. each.

A 10 lb. tin of **Half-Cream Dry Milk** (Cow and Gate Brand)—equivalent to about 36 quarts of liquid half-cream milk, 8/6 each. 5 lb. Tins, 4/10. Packets, 1/5 and 8 $\frac{1}{2}$ d. each.

A 10 lb. tin of **Dry Separated Milk** (Cow and Gate Brand)—equivalent to about 40 quarts of liquid separated milk, 4/6 each. 5 lb. Tins, 2/10. Packets, 8d. and 5 $\frac{1}{2}$ d. each.

ADDRESS:

**THE WEST SURREY CENTRAL DAIRY CO., GUILDFORD,  
SURREY.**

Telegraphic Address: "GATES, GUILDFORD." Telephone No. 17.

Dr. Robert Hutchinson, in the last edition of his work on "Food and the Principles of Dietetics," 1905-6 (Arnold), speaks (page 119) of the Dry Milk produced by the Just-Hatmaker Process as follows:—

"The Just-Hatmaker Process consists in drying the milk by passing it in a thin layer between two heated rollers in such a way that it is immediately desiccated, and requires the addition of water to bring it back again to the condition of ordinary milk. The Powder so prepared contains all the solids of the original milk in a sterile and soluble form and is therefore of the highest nutritive value. There can be no doubt that dessicated milk will come into large use in the immediate future."

## PUBLISHERS' NOTES.

"War," consisting of readings on the subject by Leo Tolstoy, illustrated with a series of striking pictures. Free Age Press, Christchurch, Hants. Price 1d.

THE Camden Town Dairy and Health Stores, 263 Great College Street, London, N.W., keep a good assortment of health foods and food reform literature. We trust the patronage will justify the proprietor's continuing and enlarging this important department of his business.

**Dyspepsia  
CAN  
Be  
Cured.**

Pure Food is the greatest of remedies for Dyspepsia, and thousands are finding health in the

**IXION  
HEALTH  
FOODS.**

They are suited for all ages and states of health, and are the most economical Foods on the market.

May be had at your Stores in small quantities, or order direct.

**IXION SHORT BREAD BISCUITS.**

Easy to masticate. Direct prices, 7 lb., 3/-, 14 lb., 6/-, 28 lb., 12/-, carriage paid.

**IXION WHOLE WHEAT BISCUITS.**

The finest for children, making good teeth, strong bones, healthy nerves and good digestion. 7 lb., 3/-, 14 lb., 5/-, 28 lb., 9/-, carriage paid.

**IXION INFANT FOOD.**

The best food for infants over 9 months. 1/- per sample tin, or 9/- per dozen, carriage paid.

**IXION WHOLE WHEAT FLOUR.**

Millstone ground. Delicious for all purposes. At Stores, 7 lb. bag, 1/-, 30 lb. bag, 5/-, 60 lb., 7/6, carriage paid.

**KORNULES.**

A grand breakfast and emergency food. At Stores, 6d. per packet, or 6/- per dozen pks., carriage paid.

Send 4d. stamps for samples of above and full explanatory booklet (mention "Good Health") to

**WRIGHT & CO., Vulcan St., LIVERPOOL.**

**WORTHING—SUNNY WORTHING.**

PORTLAND HOUSE, 46 Marine Parade, Worthing.

A high-class boarding establishment, situated in the best position of the Marine Parade. Vegetarian diet when required. Terms, £0/- to £2 2s. per Week. Address the Manager.

**"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.

In answering advertisements kindly mention "GOOD HEALTH."

**NEWCASTLE** On Tyne  
**DEPOT.**

**"Good Health" Foods.**

THE OLD, ESTABLISHED GROCERY,  
**26 CLOTH MARKET.**

**Artistic Photography.**

Special offer to "Good Health" readers:  
12 large circles, 14/6. Usual price, 17/6.

**HUNTLY STUDIO**

470-472 Holloway Rd., London, N.

Largest premises in North London. Established 1889. Handsome enlargement made from any photo. Write for particulars. Only good work turned out.

Children's Pictures a Speciality.

**REYNOLDS'**  
**Digestive**  
**WHEATMEAL**  
**BREAD.**

**Most wholesome and nutritious bread to be obtained from choice wheat.**

**Order Reynolds' wheat-meal bread from bakers and stores everywhere.**

Or write: **Reynolds & Co., Ltd., Millers, Gloucester.**

"GOOD HEALTH" CAN BE OBTAINED THROUGH ALL NEWSAGENTS.

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## "NUTRINE."

Regd.

A dainty Nut Food, guaranteed absolutely pure and free from any artificial colour or flavouring, far exceeding any of the meats in actual food value. The following nuts are used in its manufacture: HAZEL NUTS, ALMONDS, WALNUTS, BRAZILS, CASHEW NUTS, BARCELONAS and PINE KERNELS. **BANANA NUT.** Made with Nutrine and Sun Dried Bananas, is very much appreciated by our customers. **FIG NUT.** Made with Nutrine and Fine New Figs. Delicous and easily digested. It is a very agreeable laxative, and therefore very valuable to those suffering from constipation.

These Nut Foods are most enjoyed when eaten with bread, taking the place of butter or jam.

Sample box of "Nutrine," Banana Nut or Fig Nut, 6d., carriage paid. 1/4 per pound, carriage paid. Average weekly sale over one thousand packages. Obtainable only of the proprietors:

NUTRINE CO., 61½ Fore Street, London, E.C.

The Oldest Health Food Stores  
in the United Kingdom. \*

C. J. Bilson & Co.,  
88 Gray's Inn Road, London, W.C.  
Importers of, and Dealers in  
Dried Fruits, Nuts, & Colonial  
Produce.

NEW CALIFORNIAN DRIED APRICOTS, PEACHES, PEARS.  
All kinds of DATES, FIGS, Etc.  
Nuts of every description, Shelled, and  
Nut Meals.

**BILSON'S COKERNUT BUTTER,**  
which is a splendid substitute for the ordinary Dairy Butter for cooking, is perfectly wholesome, and of a delicate flavour. 8d. per lb., carriage forward.  
SAMPLE TIN, 6d., post free.

Agents for the IDA NUT MILL, which is the best Mill ever offered for grinding all kinds of Nuts, Cheese, etc. 1/6 and 3/6 each.

Agents for all health foods. Send for price list.

## CAMP'S

203 Borough High St.,  
LONDON, S.E.,

is now open as a depot for all Health Foods. Central for South London. Write for price list.

In answering advertisements kindly mention "GOOD HEALTH."

## Granose

is the best Whole  
Wheat Product extant,

the starch of the wheat being perfectly prepared for Easy Digestion and assimilation.

No food like it for simplicity, purity, and nourishment combined.

SUITABLE alike for—

**INFANTS,** Very strengthening. Has saved the lives of many.

**INVALIDS,** Can be taken by the feeblest when all other foods are rejected.

**BRAIN - WORKERS,**  
**ATHLETES,**  
and **MECHANICS,**

Quickly builds up Brain, Nerve, Bone, and Muscle.

**and the AGED.** Pronounced a blessing by all who use it.

## GRANOSE

is the Ideal Staff of Life.

Supplied in three forms:—

**Granose Flakes**, 7½d. per packet.

**Granose Biscuits**, 7½d. per packet.

**Toasted Wheat Flakes.** Sweetened with Malt Honey, 8d. per packet.

Samples post free, 8d. Send postcard for address of nearest agent.

International Health Ass'n.,

Legge St., Birmingham.

**The Good Health Boot.**

"MESSRS. HALL & SONS, LTD.,  
" 47 Bishopsgate Street, E.C.

"Dear Sirs,

"Will you please send me another pair of child's house shoes, similar to the last, tan colour, with ankle straps, size 8, as the previous ones have worn very well.

"I am pleased to say that after giving the new type of Health Boot I had from you a while back a really thorough trial in snow and rain all day, during the recent severe weather, I found them most satisfactory in every way, comfortable, dry, and very warm, and I shall not hesitate to let my friends know about them, whenever they are wanting a really reliable boot for winter wear. Yours faithfully, F. A. Knight, 11 Langdale Road, New Brighton."

The foregoing letter speaks for itself. We are pleased to note the success which Messrs. Hall & Sons are achieving with their well-named "Good Health Boot," and have no doubt that when its merits are more widely known, its sale will be greatly increased. It should perhaps be added that the 18/- boot, also with layer of cork, is remarkably light as well as strong, and well adapted for summer use.

**For Holiday or Health.** At breezy, bracing Seacroft, near Skegness, Lincs, there is a homely REST COTTAGE, close to the sea and golf links. South rooms, lawn, and tent, good views of open country. Any wishing to live the simple, or outdoor life will be welcomed. Also invalids needing quiet rest and care. Terms moderate. Apply to Rosa F. Broughton, Rest Cottage, Seacroft, etc.

**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 Oils, Vegetable Soaps.

**Maxwell's Pure**

**Vegetable Cocoanut Butter**

for the breakfast table, for pastry, and for all dishes where fat is required. As fine a flavour as any vegetable butter on the market, and second to none.

7d. per lb., if ordered with other goods.

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

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

# NUTTON

(Registered Trade Mark)

Is the Highest Standard of  
Nut Meat Yet Produced.

Made in Six Varieties.

TO BE HAD OF ALL HEALTH FOOD STORES, ETC.

Full particulars from—

**R. WINTER,**

Pure Food Factory,  
BIRMINGHAM.

## THE HEALTH OF HIS MAJESTY THE BABY.

A baby's digestive powers are very limited, and it is one of the primary essentials of robust growth and development that the child should take food capable of easy assimilation.

### Dr. Allinson's Natural Food for Infants

Is a front-rank baby-builder, and contains every element of nourishment; it builds up the system and produces sound flesh, bone, and muscle. It puts a child into a first-class condition, and, what is more, keeps it there. Dr. Allinson's Food is purchasable from all the leading Cash Chemists, Grocers, Bakers, and Co-operative Stores.

1/- Tins contain 22 ozs.;  
2/6 " " 4 lbs.

If unable to obtain locally, either size sent post free on receipt of remittance.

**THE NATURAL FOOD CO., Ltd.,**  
Room No. 99, 305 Cambridge Road,  
Bethnal Green, London, E.

## Fastidious People!

**C**HAT is what people are called who like clean food, but how many of them care about a clean skin and will use any sort of soap on it, no matter what abominable grease it may be made of?

Ninety-nine per cent. of the people who shave have these fats rubbed into their skin by the barber or themselves. The odd one per cent. refuse to risk the awful results of a "dirty shave," and insist on **McClinton's Shaving Soap**. It is guaranteed made wholly from pure vegetable oils and the ash of plants.

**Colleen Toilet Soap** is made from the same materials.

Send 3d. to cover postage, and you will get samples of Toilet Soap, Shaving Soap, Shaving Cream, Tooth Soap, and Household Soap, all made from these vegetable materials.

**D. Brown & Son, Ltd., Donaghmore,**  
Mention "Good Health." **IRELAND.**

## THE OLD-ESTABLISHED CEREAL & HEALTH FOOD STORES

THE FIRST AND BEST IN LONDON.

We have a specially fine selection of NUTS, DRIED FRUITS, pulses, and a host of packet and proprietary articles suitable for the XMAS SEASON. PLEASE DO NOT FAIL TO WRITE FOR SPECIAL LIST, post free.

**NUTS AS A FOOD.**—For many years we have studied the Nut Food Diet, and we know by our long experience, that unless nuts are really good, they are, as a food, absolutely worthless. It is by far the best policy to give a little more and have the best, than to pay a low price which only leads to disappointment.

We deliver to any part of the United Kingdom, FREE, 5/- worth and over of our Shelled Nuts.

	s. d.	s. d.
Shelled Walnuts (old) ... ... ...	1 0 per lb.	3 lbs. 2 9
" (new) ... ... ...	1 2 "	3 " 3 3
Cashew Nuts, extra fine, ... ...	1 0 " "	3 " 2 9
Pea Nuts, Finest Spanish, ...	6 " "	3 " 1 4
" African, ... ... ...	4 " "	3 " 11
Hazel Nuts, new, very fine, ...	1 0 " "	3 " 2 9
Pine or Pignolia Kernels (new) ...	1 0 " "	3 " 2 9
Mixed Shelled Nuts, ... ...	10 " "	3 " 2 3
Extra fine Valencia Almonds, ...	1 6 " "	3 " 4 3
" Jordan Dessert, ...	2 6 " "	3 " 7 0
Pistachio Kernels, ... ...	3 6 " "	
Roasted Pea Nuts, ... ...	6 " "	3 " 1 4
New Brazils, ... ...	9 " "	3 " 2 0

We grind any of these nuts for an additional 1d. per lb.

NUT MILLS. "THE IDA," 3/6 each, post free, 4/-. SMALL MILLS, 1/6 each, post free, 1/10.

### THE NEW FOOD. Crush Nut.

Have you tried it yet? A real food sweetment, made from all the best nuts and blended with milk and pure cane sugar.

1/2 per Can be ordered with nuts and de. lb. livered free. Give it a trial on our recommendation.

**REMEMBER BAX'S FOODS ARE ALWAYS GOOD FOODS.**

OUR ONLY ADDRESS:

**FRED<sup>K</sup> BAX & SONS,**

35 Bishopsgate St. Without.  
LONDON, E.C.

## PUBLISHERS' NOTES.

THE Annual Congress of the Vegetarian Federal Union will be held 19th-21st June, in the Board Room, Memorial Hall, Farringdon Street, E.C. Full particulars may be obtained of the Secretary, Miss Nicholson, who may be addressed at Memorial Hall. A very interesting programme is announced, and we have no doubt the attendance will be large and representative.

THE Nutrine Co., 61½ Fore Street, London, E.C., have favoured us with samples of their various kinds of Nutrine, of which they are selling at retail several hundredweight weekly. Nutrine is much to be preferred to the ordinary sweetmeats on the market, being a nourishing food, free from adulterants, and also very palatable. The malt variety is especially fine.

THE Rostrevor Hills Hydro reports a full house and encouraging prospects. The Caterham and Leicester Sanitariums are also kept very busy attending to the wants of large families, eager seekers after health.

## CAMDEN TOWN DAIRY AND HEALTH STORES,

263 Great College Street, N.W.

Trams: Holborn to Hampstead Heath.

Agent for . . . From  
**NUT-BUTTERS, NUT CAKES**, Allinson Food Co.  
**FRUIT CAKES, BISCUITS**, Wallace Bakery.  
**WHOLEMEAL BREAD, ETC.**, Hugh Mapleton.  
**VEGETARIAN LITERATURE**, London Nut  
Food Co., International Health Association.

R. J. DAVIES, Proprietor.

## VEGETARIAN SPECIALITIES.

**NUTS, CEREALS, AND  
ALL HEALTH FOODS.**

To be obtained at the **WEST END DEPOT OF STALLWORTHY & CO.**  
 Agents for **WALLACE BREAD** and  
**MAPLETON'S BUTTERS**, etc.

81 High Street, Marylebone.

## BEAUTY *in the* BATH

Dr. Harlan's  
Hygienic Bath  
and Flesh  
Massage Brush



## BRINGS NEW LIFE TO THE SKIN, BEAUTY and HEALTH to the WHOLE BODY.

The gentle massage awakens new life and vigour to the whole body, tones up the facial and body muscles, and thus prevents flabby skin and dreaded wrinkles.

3½  
POST  
FREE

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