

# Good Health

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

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## An Unhygienic Custom.

THE practice of kissing a copy of the Bible or New Testament on taking the oath in a court of justice is decidedly objectionable from a hygienic standpoint, and has no real basis in antiquity. It did not come into general use till the latter part of the eighteenth century, the earlier custom being to touch with the hand some part of the Holy Scriptures. The plan of taking the oath with the upraised hand is surely equally impressive, and should be adopted as decidedly preferable on the score of health. When such diseases as syphilis are communicable through simple contact, "kissing the Book" cannot but be regarded as an altogether reprehensible custom.



## Health-Giving Sunshine.

WARM weather is most enjoyable when the life is natural and simple. Nature invites us in summer to cast aside superfluous things, to clear our rooms of a lot of dust-collecting bric-à-brac, and cultivate a love for the open air. Let us not be afraid of the sunshine; rather let us open wide the shutters, and let it flood our living- and sleeping-rooms with its health-bringing rays. Now is the time to lay up a stock of vitality against the dark, cold days of winter. Fresh air and sunshine are among the most precious gifts the bountiful Creator has bestowed upon us. Let us show our appreciation by using them to the fullest extent. By contenting ourselves with simple, easily-prepared meals, we shall give the lady members of the household some additional time to spend in wholesome outdoor recreation, and at the same time enjoy better health as a result of giving our stomachs a little less work.

## Football Watching a Monomania.

"INORDINATE addiction to football watching may," says Sir James Crichton-Browne, M.D., "become a kind of psychical intoxication.

"Those who habitually indulge in it are apt to become stupid and sodden, or silly and frenzied. A little of it is exhilarating: too much of it, to the exclusion of other interests, must weaken the brain. A variety of impressions is necessary to cerebral vigour. The incessant repetition of one small round of ideas debilitates—and so football may become almost a monomania."

Useful work in a garden is far more refreshing to both mind and body than watching even the most exciting game. An afternoon's walk into the country is another excellent means of recreation. Active participation in a healthy game is always to be preferred to taking the part of spectators.



## Clean Milk.

AT no time of the year are we more strongly reminded of our thoroughly unsatisfactory milk supply than during the warm season. Babies die by hundreds owing to bad milk, and adults who would find pure milk a valuable food drink, turn with disgust from the "preserved," highly-coloured article, containing dust and barnyard litter, which is generally sold. That something ought to be done to ensure a supply of pure, wholesome milk for our large cities, everyone is agreed; but the problem is such a large one, involving so many troublesome factors, that the average person is likely to leave it untouched, and submit to risk and uncertainty in regard to milk which would not be tolerated in other much-used articles of food.

Evidently, if nobody protests the evil will never be remedied; and the greater the number of persons who take an intelligent interest in clean milk, the sooner will a remedy be forthcoming.

Dr. Francis T. Bond, Medical Officer of Health for Gloucester, is one of the medical men of this country who take a deep interest in the subject, and we wrote to ask him what GOOD HEALTH readers could do to forward a "Clean Milk Movement." Following is his reply:—



### What Consumers Can Do.

"There are two ways by which a clean supply of milk can be obtained: One is by efficient official inspection, the other is by inducing the consumers of milk to take an interest in examining, so far as they can do so, the milk which they use. Both these courses, unfortunately, are beset by serious difficulties. The subject has been, naturally, much under the consideration of medical officers of health, both in their individual capacities and in action taken by the Association of Medical Officers of Health, and I have personally contributed to the discussion of it in various ways. *But it is of the first importance to interest consumers of milk in it, because it is only by obtaining an expression of strong public opinion on it that the legislative action, which is necessary to promote it, can be secured.*" (Italics ours.)

One thing every reader of GOOD HEALTH can do, and that is to take an intelligent interest in the conditions under which his milk supply is produced, and endeavour to patronize the firms which are most deserving of support. When the public demands clean milk, it will get it. We were pleased to mention in an earlier number the adoption of the Danish "Casse" system in Worthing; we trust the results are proving thoroughly satisfactory, and that other towns and cities will be quick to imitate a good example.

For efficient milk reform, for the medical examination of schoolchildren, and a score of other matters requiring attention, the country needs a Minister of Public Health in the Cabinet.

### When the Weather Is Warm.

WHEN the weather is warm, it is well not to eat largely of "hearty" foods, and thus pile up additional fuel, the combustion of which in the natural body-sustaining process, will make the atmospheric heat much more difficult to endure.



### What to Drink.

WARM weather naturally leads to thirst; let the latter be satisfied by pure, wholesome drinks. Home-made lemonade is one of the very best. Barley water is excellent; so also are orangeade, grape juice, and the juices of other fruits, diluted with water and slightly sweetened. Distilled water is a very wholesome drink, and absolutely safe. Free drinking of pure water is helpful in keeping the system in good running order. Children should be encouraged to drink freely; preferably, however, between meals. A drink is also in order the first thing in the morning and the last thing at night.



### Sunstroke: Its Prevention and Treatment.

Sunstroke, or heat-stroke, in its extreme form is not very common in Great Britain, thanks to our cool summers. But a good many people find themselves all but prostrated by the heat when it drops on us suddenly in late June or July. The preventives are simple, abstemious habits, especially the avoidance of alcoholic drinks of all kinds, and of the dangerous tonics which are advertised so widely. Regular exercise should be taken; free perspiration is healthy and helps to keep one cool. As far as possible severe exertion should be avoided during the warmest part of the day. Try to get serious work done in the morning and evening.

Dress lightly and comfortably. Thick, black frock-coat and trousers and the top hat needlessly increase the discomfort of a warm day, and it is to be hoped that such an unwholesome custom will be abandoned in favour of something more sensible. Linen mesh underclothing is undoubtedly the most cooling, and can be used to advantage all through the year.

If a person is prostrated by the heat, put to bed in a cool room, with an abundant supply of fresh air, and apply compresses wrung out of cold water to the head and trunk. A tepid full bath is grateful in some cases. The cool sponge bath is also a helpful measure. The most important thing is rest. No solid food

should be taken for a day or so, but fruit juices may be given with advantage. The patient will usually recover within a couple of days, though in the case of severe shock the results will be more lasting. In the great majority of fatal cases, alcoholic stimulants are chiefly instrumental in causing death.

## THE INFLUENCE OF FOOD ON ENDURANCE.

### EXPERIMENTS BY PROFESSOR IRVING FISHER.

PROFESSOR IRVING FISHER, of Yale University, has made some valuable experiments relating to the influence of diet on endurance, which will be of interest to readers of GOOD HEALTH. The results are published in the March number of the "Yale Medical Journal," a reprint of which has been kindly furnished us.

The experiments are of peculiar value as relating to endurance, a quality which is more in demand to-day than great strength, as it fills a widely felt want in connexion with our present-day civilization.

"The object of the experiments," the writer explains, was "to determine the relations of certain dietetic factors to endurance, particularly the factors of proteid and flesh foods." Several lines of investigation were entered upon, one being the mastication experiment (referred to in an earlier number of GOOD HEALTH) made on nine Yale students, from which it appeared conclusive that the amount of proteid consumed by the average person is considerably in excess of the actual need.

"The present experiment," to quote from Professor Fisher, "consisted of endurance tests made on forty-nine persons, representing two contrasted types of dietetic habits. These fall into three groups—first, athletes accustomed to a high-proteid and full-flesh dietary; second, athletes accustomed to a low-proteid and non-flesh dietary; third, sedentary persons accustomed to a low-proteid and non-flesh dietary. The subjects consisted of Yale students and instructors, a Connecticut physician, and some of the physicians, nurses, and employes of the Battle Creek Sanitarium. The personnel of the last-

named institution was selected as representing abstainers from flesh foods. All of the subjects except one had abstained from flesh foods for periods of from four to twenty years, and five of them had never eaten such foods. The exception had abstained for two years only.

"Among the other subjects, all of whom live in New Haven or vicinity, inquiry showed that, with four exceptions, they were accustomed to eat meat two or three times daily, and presumably consumed proteid in ordinary amounts (excreting about fifteen to twenty grams of nitrogen, or about '18 to '24 grams per kilogram of body weight). Of the remaining four, one, W. W., had abstained from flesh foods for two years; another, I. F., had for several years followed the Chittenden regime of low-proteid, and used flesh foods seldom oftener than once a week; a third, G. S. D., used flesh foods in small amounts about four times a week; and the fourth, W. N. B., had for the six months prior to the experiment used 'about as much as one chop a day,' and the year previous had not used any flesh foods. He used beans freely, and urine analysis showed that he was moderately high in proteid, excreting an average of fourteen grams of nitrogen daily.

"In the absence of any exact mechanical method of measuring endurance, three simple endurance tests were employed: first, holding the arms horizontally as long as possible; second, deep knee-bending; third, leg-raising, with the subject lying on his back. All of these tests were made before witnesses."

The following table records the results of the first endurance test.

**First Endurance Test: Holding Arms  
Horizontally.**

FLESH-EATERS.		FLESH-ABSTAINERS.†			
ATHLETES.‡		ATHLETES.‡		SEDENTARY.	
Names.	Time.	Names.	Time.	Names.	Time.
L. B. Yale.	6‡	H. Bat. Cr.	6	J. T. C. Bat. Cr.	10
F. O. "	7‡	N. "	6	E. L. E. "	10
C. H. C. "	7	A. B. "	10*	E. H. R. "	15
R. M. B. "	7	J. "	10	A. J. R. "	17
R. Ba. "	7	I. P. H. "	12	S. E. B. "	27
G. "	8	B. S. S. "	13	I. F. Yale.	37
F. S. N. "	8	S. "	13	P. R. Bat. Cr.	42
W. J. H. "	9*	H. O. "	18*	J. F. M. "	51‡
E. J. O. "	10	W. B. B. Yale	16‡	H. G. W. "	80
J. H. D. "	10	C. H. Bat. Cr.	17	C. E. S. "	80
R. Bu. "	10	R. M. M. "	18	I. E. G. "	95*
H. A. R. "	12	O. A. "	21	A. W. N. "	170
C. S. M. "	14*	S. A. O. "	32	J. W. "	200
R. "	18	M. "	37		
G. K. "	22*	D. "	37		
		W. W. Yale	63		
		W. Bat. Cr.	75		
		G. S. D. Yale	160		
		C. C. R. Bat. Cr.	176*		
Average.	10		39		64

"This comparison," as the writer points out, "shows a great superiority on the side of the flesh-abstainers. Even the *maximum* record of the flesh-eaters was barely more than half the *average* for the flesh-abstainers. Only two of the fifteen flesh-eaters succeeded in holding their arms out over a quarter of an hour, whereas twenty-two of the thirty-two abstainers surpassed that limit. None of the flesh-eaters reached half an hour, but fifteen of the thirty-two abstainers exceeded that limit. Of these, nine exceeded an hour, four exceeded two hours, and one exceeded three hours."

\*Limit of endurance.

†Nearly to limit; arms trembling.

‡As previously stated, there is some reasonable doubt as to whether W. B. B., who consumed a small amount of flesh foods daily, should be classified among the abstainers or the users of flesh foods. In the above tables, he is classified in the former category, but if he were transferred to the other side, the averages would be only slightly affected, changing from 10 vs. 39 to 11 vs. 40. The same doubt in less degree applies to the subject, G. S. D., who consumed flesh foods about four times a week. But even his heavy record (160), if transferred to the opposite side of the balance, would only change the averages to 20 vs. 32. The only other person classified as an abstainer who used flesh foods at all was I. F., whose use was less often than once a week. Should he likewise be transferred to the flesh-eaters, the comparisons would merely be changed to 21 vs. 32.

§The term "athlete" is used in the tables to signify a person who is in daily training, whether preparing for an athletic contest or not. In the case of the flesh-eating "athletes," all with three exceptions were training for athletic contests. In the case of the abstainers, very few of them were training for such a purpose. They consisted, for the most part, of the nurses and employes of the Battle Creek Sanitarium, who, by occupation or choice, or both, were physical culturists.

The results of the second and third tests, those, namely, of deep knee-bending and leg-raising, were also in favour of the flesh-abstainers; but they will be reserved for a future number of GOOD HEALTH.

In discussing these results, Professor Fisher gives excellent reasons for believing that they were determined by the dietetic habits of the contestants—in other words, that a diet from which flesh is excluded is directly conducive to endurance. Referring to the statement which is sometimes made that vegetarians will put themselves to very severe strain to justify their principles, he gives reasons for believing that the advantage in the way of inducements lay with the flesh-eaters in the present contest.

"Special pains were taken to stimulate the flesh-eaters to the utmost. This stimulation was brought about, in the case of Yale students, by utilizing their college pride. They felt that their tests would go on record as tests of Yale athletes, and the 'Yale spirit' appeared to be as great a stimulus as any 'vegetarian' spirit could possibly be.

"An effort was made to bring individuals representing the two diets in direct competition, although this was possible in only two cases. In one case, a Yale long-distance runner and a Yale professor who had adopted the Chittenden diet met in competition in the arm contest. The athlete was a high-proteid flesh-eater. In the course of a few minutes his arms began to tremble, and at the end of eight minutes and fifty-four seconds they had gradually fallen, against his will, and much to his mortification. The arms of his antagonist had not yet begun to tremble, or even to give much pain in the deltoid, and he continued holding them out for thirty-seven minutes. In another case, a physician from New Haven, who accompanied me on one of the trips to Battle Creek, was pitted against a physician of the Sanitarium. The New Haven physician was of a more athletic build than his antagonist, and, in college, had been a football player. In physique and former training, in out-of-door life, in age and every other material respect except diet, he seemed to have the advantage. But in diet he was accustomed to eating meat

three times a day, whereas his antagonist had abstained from meat for twenty years, and was on a low-proteid basis (105 grams of nitrogen per kilogram of body weight—the Chittenden standard). In order that the flesh-eater might have the greater stimulus, he was started on his test one minute later than his opponent. He therefore realized that if he dropped his arms first he was beaten, whereas his op-

ponent began very early, and this pain, when it once began, remained, though with some fluctuations, to the end. Among the abstainers, on the other hand, the case was different. The pain began later, and fluctuated more widely. In only one case, that of Dr. H. G. W., did the pain begin early and continue without cessation till the end (eighty minutes). Dr. C. E. S. felt almost no cessation of pain for a full



A GARDEN PARTY AT THE CATERHAM SANITARIUM.

ponent, had he dropped his arms first, still had a chance of winning. The flesh-eater certainly exercised strong will-power, but at the end of twelve minutes he was unable to hold out longer. His opponent continued to seventeen minutes, and had he made the same effort, would undoubtedly have continued much longer.

“Another evidence that the superiority of the flesh-abstainers was one of muscular endurance and not of grit was the fact that there was less pain felt by them in the arm-holding test. In the cases of all the flesh-eaters, the pain in the deltoid

hour. In the case of Dr. A. W. N., the pain began almost from the outset, but continued to go and come for the full time, namely, two hours and fifty minutes. Dr. J. W. felt very little pain for two hours, and kept the arms up for three hours and twenty minutes. This time was chosen, not because it was the limit of endurance, but because it was a round number (two hundred minutes). In fact, the arms were not trembling even at the end, although there was a great deal of pain, and had been for the previous half-hour.

“In this connection it might be men-

tioned that the six-year-old son of one of the Battle Creek doctors, who heard of his father's test, tried holding his little arms out, and did not drop them until forty-three minutes had elapsed. It would, of course, be absurd in this case to attribute to the child any effort to vindicate 'vegetarianism.' It was only the pain which induced him to drop his arms, and undoubtedly it required a much less degree of pain to produce this effect in his case than in the case of adults."

Further particulars of this valuable

paper will be given later. We wish here to draw attention to the scientific method used by Professor Fisher in arriving at results. The question of our daily food is in the last analysis a scientific question, and it can never be settled satisfactorily until it has received careful study from this point of view. Other considerations have their proper place. No doubt the ethical argument weighs heavily with many, and it is right that it should; but physiological law lies at the foundation of a correct system of dietary.

### FLIES AS CARRIERS OF DISEASE.

GREAT BRITAIN, with its comparatively



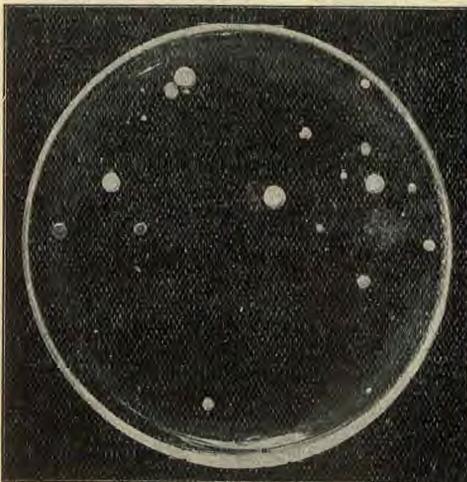
cool summers, does not suffer from flies to the same extent as the United States; nevertheless, these insidious carriers of disease are sufficiently numerous to make it desirable that

their habits should be known, and every reasonable effort made to keep them out of our homes. Dr. F. J. Otis writes an interesting article on this subject in the

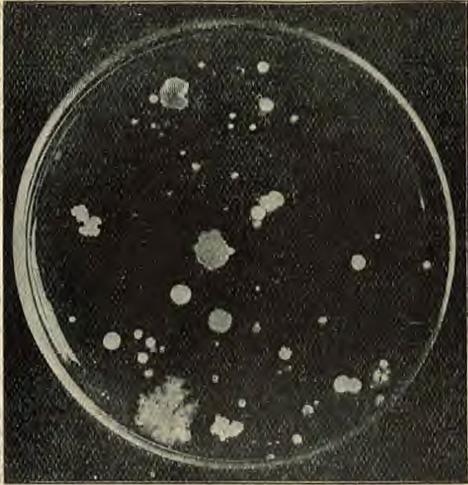
American "Good Health," from which we cull a few paragraphs.

"During the winter," he writes, "the habits of the fly are very much the same as those of the mosquito. They leave the house, go into the fields, and secrete themselves well down in the roots of grass, or conceal themselves beneath the branching twigs of shrubs. Their ability to conceal themselves is quite wonderful. They do this in such a way as to protect themselves from wind and weather, and the first sunny days quicken the bodily activity thus stagnated during the winter.

"They do not enter the houses at once, but go in search of breeding-places, the most favourable ones being in the manure about the barn-yard. The temperature



CULTURES ON GELATIN PRODUCED BY GERMS ORDINARILY FOUND IN THE AIR.



CULTURES ON GELATINE TO WHICH FLIES HAVE CARRIED THE GERMS WHICH CAUSE THE DECOMPOSITION OF MILK AND CHEESE.

here is always excellent for the development of their eggs, which are deposited in little clusters in a way to be quite overlooked by the usually careful observer. The eggs hatch, giving birth to a worm one-eighth to one-fourth inch long, rather blunt at one end, and tapering toward the other. The eggs usually hatch in a day or two after being deposited. These small worms, or larvæ, permeate the decaying mass, and, after a time—from three to five days—change into the pupæ. They remain in this stage but a day or two, when the fly escapes from the pupa house. The length of the period from the laying of the egg to the development of the new fly is from one to two weeks. The fly grows to its full size the first day of its life history. The small flies seen about the house are not young flies developing, but a different kind of fly."

Dr. Otis goes on to say that while flies have long been known to be scavengers, it is only by means of recent investigation that their connection with the spread of disease has been established. Thus Dr. Alice Hamilton proved that a large number of typhoid cases in the Ghetto and similar districts in Chicago, can be traced to germs carried by flies from insanitary privies and sinks to the kitchens and larders of near-by residents. He continues:—

"We now understand that the germ of the almost incurable dysentery of tropical

countries is identical with the germ that produces mild diarrhœa in the United States. It is the same germ, also, that produces summer complaint or diarrhœa in children. It is this germ that carries away thousands of helpless infants in this country. This germ is most frequently carried to or from sinks and old-fashioned privy vaults. How often the observer has seen a baby hopelessly ill, the mother watching every movement and breath fearing it is baby's last. In the woodshed or on the rear porch he has noticed this insect on baby's soiled napkins.

"This same observing eye has witnessed next door a healthy baby sleeping sweetly on the front veranda, while a half-dozen or more ruthless flies have stolen up in the absence of the mother, and are endeavouring to feast on baby's lips. Is it surprising that a week later this baby, too, is fast losing its strength because of the dreaded summer complaint; that this mother, too, wonders why 'kind Providence' should be dealing so recklessly with her child? 'Kind Providence' has given us knowledge of how some diseases spread, and it is certainly time that our knowledge was being more practically utilized.

"These are not the only diseases in which the fly plays an important part. Koch and his colleagues were able to secure living consumption germs from fly-specks on a chandelier in a house where a

consumptive had dwelt. Some consumptives think they are very careful when they destroy expectorations in the house, but will expectorate anywhere about the yard. Through this outdoor carelessness and the agency of the fly, those very germs may in a few hours be lying in large numbers about the pantry dishes, dining-table, and chandeliers about the house, to be incorporated in the dust, and breathed by other members of the family, who eventually succumb to this dreaded disease.

"It is now generally understood that the mosquito is the greater disease-carrying

insect, but when Science shall have completed her work with reference to the fly, it shall be said of the mosquito, he has 'slain his thousands,' but of the fly, he has, 'slain his tens of thousands.'"

The chief attraction for flies is an ill-kept, bad-smelling garbage can, and careless housekeeping generally. Keep the premises sweet and clean as possible, and get your neighbours to do likewise, and you are not likely to be troubled very much with these dangerous inhabitants of the air. The wise housewife is the inveterate enemy of the fly.

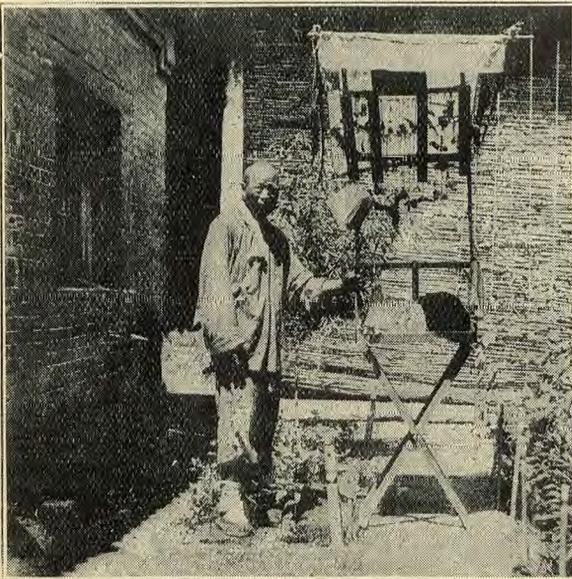
## THE CHINESE DOCTOR.

BY H. W. MILLER, M.D.

IF the reader can imagine a system of treating the sick based upon remedies recommended by nearly everyone that has managed to escape with his life after using them, he will have some idea of Chinese medical science. When a Chinese recovers from an illness, he is usually anxious to find out the name of the last remedy used, and how it is prepared. He is then qualified to act as medical adviser to his family and also to his neighbours

Should he be so fortunate as to find a man on the way to recovery, with enough physical vitality left to endure the effects of his remedies and still survive, his remedy becomes popular, and he may enter the profession for a living. I have known Chinese to take a remedy suggested by an old woman who did not know enough to cook her own food in the crude way it is prepared here.

One day while I was travelling in a mule cart, a man who was working for me jumped out of the cart, and wanted one hundred cash (three pence) on his salary to run over and pay an old doctor's bill. When he returned, he told me that that man's medicine had cured his girl's lip, that he had tried the medicines of several others, with the result that her lip became worse and worse, until finally this medicine did the work. I asked him how it cured her, for the girl was in our school at the time, and the whole of her upper lip is gone as the result of the disease. When there was no tissue left upon which to apply medicine, it healed. He remarked it was a pity he had not found this man before, and with such evidence in favour of his drug, he felt it his bounden duty to urge its use



A CHINESE DOCTOR.

upon everyone that had even an abrasion of the skin.

### Medical Sign-Boards.

Besides the large number of men and women of all classes and occupations who practise medicine simply for the love of the science, every city, town, and village has medicine shops run by men who are supposed to have superior wisdom, and who must depend upon their profession for their support. These shops are recognized all along the streets by tall sign-boards extending in the air about as high again as their shop. These men are supposed to have an unlimited variety of drugs for compounding their medicines, and when a man comes with a pain in the stomach, he looks wise, gives him some advice, is sure he can give him relief, and then goes the rounds, dipping his hand into many boxes, each supposed to contain a different kind of medicine, and the number of varieties he compounds is according to the amount of money he thinks he can squeeze out of his patient. After he has made his collection, he places the drugs in an iron mortar for grinding, the pestle being struck against the sides of the mortar so as to make a ring that can be heard for some distance. The more frequently the community hears the sound of the mortar and pestle, the more popular they suppose the man's remedies to be. It is not uncommon to hear the patient and the doctor quarrelling about the price of the medicine, and in some cases a fight results, the patient wanting more medicine for the money, and the doctor wanting more money for more medicine.

### Dead Birds and Snakes.

These doctors gather their medicines from every conceivable source, the supply being composed of such things as mountain haws, orange peel, dead birds, snakes, locusts, the roots or leaves of certain weeds, snake skins, fossils, hartshorn, shavings, silk-worms, asbestos, moths, and



CHINESE MEDICINE SHOPS.

oyster shells. Old bricks thoroughly saturated with filth are mashed to a powder, from which a tea is prepared which is supposed to acclimatize a man as he passes from one city to another. Besides the list of things the doctor picks up in his rounds, if his practice is large, he invests in a few spices and other preparations, the principal ones being cinnamon, nutmeg, liquorice, "China root," soap stone, almond seeds, etc.

### The Travelling Quack.

But there is still provision for the wants of the man who is alive after exhausting all the different remedies in his own village—that of the travelling quack, of which the accompanying picture is a good representation. This man has been in our neighbourhood for several days, and cries at the height of his voice in a sing-song style, often repeating little strains of poetry, telling the people of the value of the rare remedies he has, and how old some of them are. He usually has a lot of curious-looking drugs suspended from the top of his stand in plain sight as an exhibition, and for these he asks enormous prices. He expatiates at length on the history of each kind. He sells to all, from children three or four years old, to the most aged, receiving fees of from one to ten cash (32 cash equal one penny gold). The so-called medical science has drifted into a business instead of a science.

This is the way the suffering millions of China are daily treated, and with the exception of a few foreign medical dispensaries scattered around at the largest centres, the people are all subjected to the above torturing method of treatment. A very common, and in fact the only surgical interference, and *interference* is the best word we can use to describe it, is the use of a long needle, which is thrust in the so-called vantage points where the devil causing the trouble is supposed to be located. Some of these points are the stomach, eyeball, ear, and back, varying according to the location of the pain. In almost all cases of a puncture of the eye, blindness is produced as a result of injury to the lens or of infection.

#### China's Need.

To enumerate the methods used in applying their drugs is out of the scope of a single article, for they number nearly as many as the people who use them. While the methods we use were at first supposed

to be "hit or miss," they soon learned that we are not in it to make money, nor were we running a medicine shop.

We believe it to be the greatest privilege to minister to these unfortunate people, and are anxious that they shall not only desire to escape from the vast multitude of poisonous remedies, but feel their need of freedom from the infection of sin. China is calling for medical missionaries to save her people from the deception of quacks. It is a similar work to throwing out life preservers to men and women who are sinking. The man who has the opportunity to save fifty people who are perishing in a storm has his fame sounded abroad; but such opportunities to gain fame occur very rarely in a lifetime. China offers much greater opportunities for thousands to become life-savers, but perhaps without the fame. Nevertheless, acts in behalf of the welfare of the human race, no matter of what nationality, receive divine approval, and every man is to be rewarded according to his works, and not according to his fame.

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## WHERE IGNORANCE IS BLISS.

BY W. R.\*

"MEAT inspection as practised in England, with but few exceptions, of which Manchester stands pre-eminent, is an absolute farce."

This is the statement of a great authority on the subject in a recent work, and the writer, in a humble way, can heartily endorse it.

But the innocent meat-eater may exclaim: "What matter? Cannot we tell whether the meat is good or not?" No, my friend, you cannot; and the consequence is that diseased meat is eaten in enormous quantities by a trustful public, whose confidence in human nature is greater than its discretion.

Having stated our proposition, let us proceed to the proof.

Well, in Glasgow, Edinburgh, Manchester, and a few other towns, there are local by-laws to the effect that all animals used for human food must be slaughtered

in a public "abattoir," and their flesh carefully inspected by permanent, trained officials, before being exposed for sale. Thus in these towns it has been possible to compile statistics giving a fairly accurate idea of the extent to which animals are diseased. In an annual report for the year 1903 by the Chief Veterinary Inspector of Glasgow, out of 47,362 home cattle, 15·8 per cent were found to be affected with tuberculosis, i.e., consumption.

In the Metropolitan Cattle Market 947 whole carcasses and 275 partial ones were seized out of 167,937 killed, in the year 1901.

With these facts fresh in mind, one can easily see the large amount of diseased meat that is eaten annually in country districts, and in towns where no public abattoirs exist. I can safely and conscientiously affirm from personal experience, that the majority of butchers never sacrifice a carcass that they have discovered

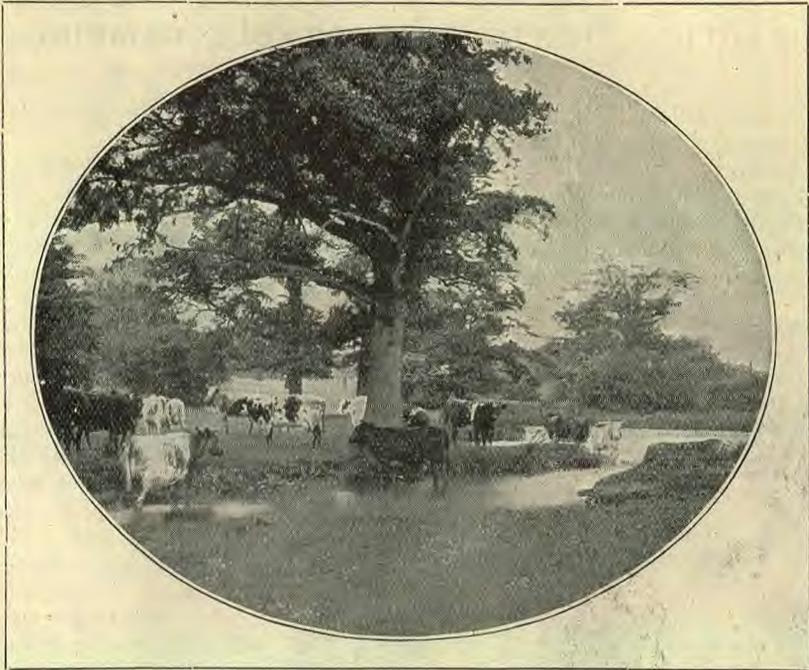
\*[The writer is a veterinary surgeon who has had a large personal experience in connection with meat inspection.—EDITOR.]

to be diseased, from one year's end to the other.

"But," the reader may ask, "is the meat never inspected? and are there no laws on the matter?"

Yes, there are laws, but they are, as Shakespeare puts it, "more honoured in the breach than in the observance." Casual inspections are made in a half-hearted sort of way, frequently by incompetent people, but the good done is microscopical, as shown by the extreme rarity with which

"stripped carcasses." There is another set of the community styled "moonlight butchers." This is a ghoulish fraternity, whose trade consists in pouncing like vultures on an animal dying from any disease whatsoever. They buy it for a trifle from the unlucky owner, and "cut its throat to save its life," as they facetiously put it. Then, having carefully skinned and prepared the carcass, it is smuggled, generally at night, into the premises of some butcher, to be cut up and sold for food, or made into



a fine or punishment of any sort is inflicted on a butcher for what surely is a grave crime. Of course the butchers are too clever to expose obviously diseased portions for sale. The obliteration of these disgusting evidences of disease has been brought to a fine art. In tuberculosis of the lungs and chest, for example, the lungs are removed, and the lining membrane of the chest carefully dissected away, with a painstaking neatness worthy of a better cause. If the "operator" wishes to be *really* artistic, he replaces the removed lungs by healthy ones from another animal. I have seen numbers of these so-called

sausages, corned beef, etc., according to the extent of disfigurement the disease has wrought.

A great deal of this might be prevented by establishing public abattoirs everywhere, and abolishing private slaughter-houses, on the same principle as in Manchester. But when it is considered that in London alone there are over 600 private slaughter-houses, and that their owners would in fairness have to be compensated, it can be easily seen what an enormous expense this would cause. Moreover, though it might be done in big towns, it is difficult to see how the system could be worked

in scattered country districts. Also it is our firm opinion that no matter how explicit the laws, etc., there would still be found individuals unprincipled and daring enough to smuggle diseased meat into the back premises of the lower class butcher.

This is a free country, and vans, carts, etc., can pass unquestioned into any town, and there is nothing to prevent their bringing in meat packed so as to effectually disguise its nature.

In the 1,083 towns in England, only

eighty-four public abattoirs exist, and every possible means is taken to defeat their object. In Belfast, for instance, private slaughter-houses were erected just outside the municipal boundary, with the object of evading the law.

To sum up, if the public insists on eating meat, it must be prepared to swallow a considerable percentage of diseased flesh, and this alone must constitute a tremendously potent argument in favour of a cleaner diet.

## PRACTICAL HINTS ON PORTABLE CAMPING.

BY HARRY J. STONE.

In a former article I dealt with the practical aspect of camps of a more or less permanent character. The present hints are offered to those who prefer to roam with all necessities for an open-air holiday safely stowed away on the carrier of a cycle. For short journeys, the out-

fit described here may be carried easily by two or more pedestrians.

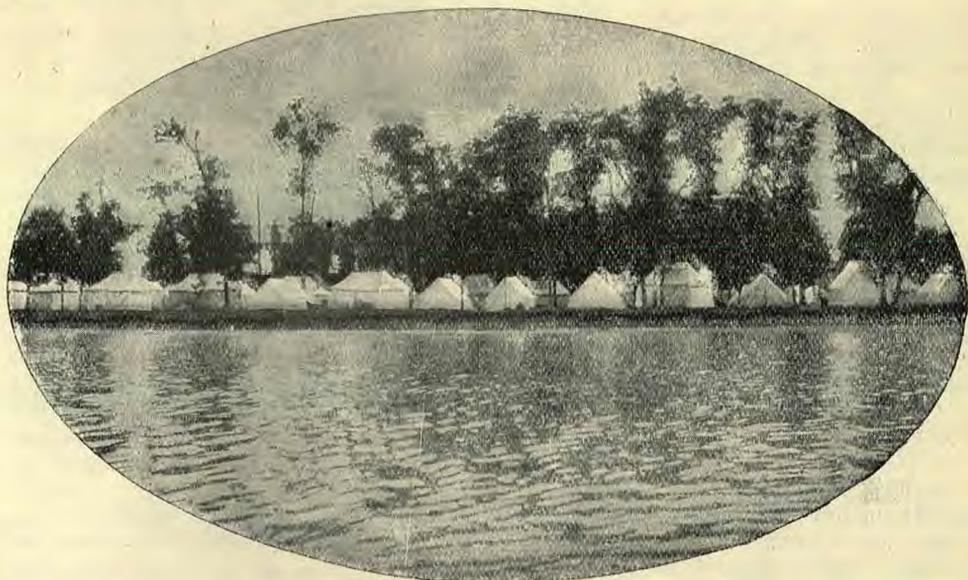
Fixed camps have their glories, as every one who has tried the life knows; but there is a charm in the freedom of the light, portable camp that has to be experienced to be fully appreciated. To-day you may be

revelling in the joys of the open hillside and its babbling stream; to-morrow you change the scene for the silent seclusion of a forest glade. When you have peopled all your camp ground with elves and fairies, made love to all its real inhabitants, the birds and flowers, you may strike your tent in a few minutes and pitch again on the shores of a lake. Such vigorous health will come to you in the quiet communion with nature, such powers of endurance undreamt of under the limitations and unhealthy conditions of town life, that, in all probability, you will be tempted to haul your tent to the topmost crags of a mountain, there to watch the dawn unfold its light over the landscape. But how are these things possible? you ask. How shall I pack tent, poles, sleeping outfit, stove, cooking utensils, and personal necessities on my back, or on the carrier of my cycle? Thanks to Mr. T. H. Holding and



the members of the Association of Cycle Campers, this is not only possible, but comparatively easy. Practically the whole of the equipment mentioned in this article is, in its portable form at least, the result of the efforts of these intensely practical folk, and I take this opportunity gratefully to acknowledge my personal indebtedness to them. The art of portable camping is the art of reducing the bulk and weight of the necessities of living to the minimum. Mr. Holding and the Association of which he is the founder have mastered this art, and the ever increasing

Tent, including poles, aluminium pegs, and lines.  
 Ground sheet.  
 Ground blanket.  
 Sleeping-bag.  
 Extra blanket, or eiderdown quilt.  
 Gossamer or canvas pillow.  
 Primus stove.  
 $\frac{1}{2}$ -pint spirit can.  
 Wind screen for stove.  
 Aluminium frying-pan, or two tin dishes.  
 Aluminium or tin saucepan and kettle (fitting closely one in another).  
 Folding canvas bucket ( $1\frac{1}{2}$  to 2 gals.), and wash-hand bowl.  
 Knife and fork, fitting one into the handle of the other.  
 Spoon, enamelled plate and mug.



world of lovers of "the great out-of-doors" is the richer for their services. So far as I am aware, no actual tent-maker has produced anything to approach this cycle camping outfit for compactness and general utility. The various articles mentioned can only be obtained direct from Mr. T. H. Holding, 7 Maddox Street, Regent Street, W., or by joining the Association of Cycle Campers, general hon. sec., Mr. A. P. Moeller, 72 Hampden Road, Hornsey, N.

The following is a list of actual necessities which I have found to meet the requirements of camp life. Such purely personal sundries as shaving tackle, tooth-brush, etc., may be filled in according to individual needs.

$\frac{1}{2}$ -dozen small tin boxes for holding cocoa, salt, sugar, etc.  
 Two gossamer macintosh bags for bread and oatmeal.  
 Tea-cloth and duster.

The weight of this complete outfit, if carefully selected, should not come out at more than sixteen pounds for two persons.

The kit, with the exception of stove body and poles, may be packed in two small rush baskets. If the equipment is carried by cycle, the stove should be clipped on the frame, or strapped on top of one of the baskets. The poles may be fastened along the tubes or at the sides of the carrier.

### Tents.

For portable camping, cotton lawn has, everything considered, proved to be the best material for the tent. Silk is lighter and less bulky, of course, but more than double the cost. The "gypsy" or "wigwam" patterns are usually favoured for one or two campers. For larger numbers the "cottage" is preferable, on account of its upright walls and roomy interior. The former patterns will shoot off the rain by nature of the slope of the roof, the latter must be protected by a fly sheet. Many experienced campers prefer to make their own tents, so that they may embody their own fads. For the novice it is far better to buy one ready made, as the cost is reasonable, and the tents supplied embody the results of years of practical experience in the art of reducing bulk and weight without endangering the weather-resisting qualities.

### Ground Sheets and Ground Blankets.

Ground sheets are supplied to fit the tents, and are made of suitable gossamer macintosh (similar to the material used for cycle capes). Ground blankets are not an absolute necessity. They afford a more inviting touch to the body at night, and if made of a rich and warm-coloured material, give the tent a cozy appearance during the day. Cashmere or light serge are suitable materials. The ground blanket should be a trifle smaller than the ground sheet, and strong elastic loops should be sewn in each corner. These loops can be slipped through the eyelet holes in the corners of the ground sheet, and so over the corner tent-pegs, an arrangement which will ensure both ground sheet and blanket being kept smooth and taut.

### Sleeping-Bags.

Sleeping-bags were described in a former article on camping. For portable camping the Jaeger material is undoubtedly the best, giving the maximum warmth for its bulk and weight.

### Eiderdown.

The eiderdown has been found the most effective extra cover. The weight is trifling, while it gives a wonderful amount of protection for the room it takes in the kit.

### Pillows.

The pillow is an important item with the ardent camper. Many scorn their use entirely, and rest their head on the arm, after the fashion of other wayside tramps. The coat suitably rolled up will be sufficient for a tired head. A small canvas or macintosh slip, however, takes up little room, and makes a comfortable pillow if stuffed with hay. Pneumatic pillows can also be obtained.

### Stoves.

A good stove is essential to a successful camp. The Primus, burning paraffin with air pressure, is the general favourite with campers. It heats quickly, even in the open, can be regulated (an important advantage over most spirit stoves), and being fitted with oil-tight caps, will carry a full supply of oil, thus saving a vessel (another important advantage).

### Wind Screen.

A wind screen protects the flame of the stove and the sides of cooking utensils from cold air. A light pattern may be made with half a yard of cotton lawn, forty-eight inches wide, and four umbrella ribs. Sew an umbrella rib into each end of the lawn, and the others at equal distances of sixteen inches. If the material (eighteen inches) is sewn to the top of the ribs (twenty-two inches), about four inches of each rib will stand out at the bottom. These ends can be pushed into the turf so that the screen forms three sides of a square for the protection of the stove.

A small frying-pan with wire handle to fold inside the pan will be found convenient. This is fitted over the saucepan and camp kettle, the two latter fitting one in the other, and having detachable or folding wire handles. These articles may be procured in strong tin or aluminium.

### Canvas Buckets.

A very good canvas bucket, holding about two gallons of water, is supplied to the members by the Association of Cycle Campers. It is made broad enough at the bottom to be practically beyond the risk of being knocked over (a valuable point when one has to walk a few miles for water), and narrow enough at the top to

facilitate pouring into a small vessel and to prevent leaves and other foreign matter from finding their way into the water.

A small canvas wash-hand bowl is also supplied by the above association. Both these articles are made of thin Willesden rotproof canvas, and add very little to the weight of the kit.

#### Knife and Fork, Spoon, Etc.

Knives and forks fitting one in the other, or folding into the handles, and fitted with a spoon into a compact leather case, may



A peep into the summer dining-room of a member of the Outdoor Club.

be procured from the stores or athletic depots. Thin, enamelled plates and mugs should be selected, the mugs having slightly sloping sides to fit one in another.

About half a dozen tin or aluminium boxes with screw lids will be required for such things as salt, cocoa, sugar, butter, etc. The sizes will easily suggest themselves.

#### Bags for Bread, etc.

Macintosh bags to hold bread, oatmeal, biscuits, can be bought, or they are easily made.

The only actual necessities in addition to the above are tea cloth, dusters, and the personal toilet sundries, in as compact a form as possible.

#### Cost.

The cost, even when everything is bought ready made, is under £4 for two persons. When one remembers that this initial cost is probably saved on the first tour, the figure is not alarming, even to the man of moderate means.

It will be seen, then, that with very little trouble, two or three persons may equip themselves for many a free, happy hour with nature. The idea is spreading by leaps and bounds as one and another, inspired by their love for the "out-of-doors,"

or by the enthusiasm of those who have tried the life, make the attempt and find how charmingly easy it is. The difficulties usually conjured up are found to be mere mirages of the mind, quickly dispelled by experience and knowledge. That pet vision of our over-anxious sisters—a whole army of insects invading the tent at night—is a dream indeed. In point of fact, one finds that the

real outdoor animal is too fond of its native conditions to tolerate even a tent. Rheumatism and colds are alike unknown to the camper.

One word of warning is necessary, however, in case some *casual* reader of GOOD HEALTH, tempted by the pleasant prospect, should find himself deluded. If you are thoroughly lazy, if you have no sort of joy in assembling and carefully packing your kit, in the preparation of simple meals, and washing of plates and dishes, don't attempt to camp. Or even if you are energetic enough to get through with these simple practical details, and yet have not some quiet delight of the soul in Nature's varied charms, even on a wet day, you will be better advised to stay at home.



## BREAKFAST DISHES.

BY W. H. WAKEHAM.

FOR the man who indulges regularly in the too common luxury of a heavy dinner at 10 p.m., breakfast dishes are superfluous. A morning walk of twenty minutes, after the reputed manner of Charles Dickens, would be the proper prescription for such. The farmer, the woodcutter, or the ditch-digger, engaged in hard, manual labour out-of-doors, can eat with comparative impunity, and digest readily, almost any sort of a breakfast, and be quite ready for lunch by noon. But the man with a dyspeptic stomach (and his name is legion), the man of sedentary employment, the clerical worker, the student, must eat—"aye, there's the rub"—what can he eat that will not interfere with his capacity for brain work? If he aspires to the purer life, and eschews rather than chews beefsteak, fried ham, fried sausages, fried oysters, and a host of other epicurean dishes, and steadfastly refuses to make a cemetery of his stomach, the breakfast problem appears a difficult one. Hence, a few words on suitable breakfast dishes may interest GOOD HEALTH readers.

What general principles should guide one in his selection of materials for the morning meal?

1. They must be easy of digestion, and must therefore be simply prepared.
2. They must be nourishing, i.e., they must contain the essential food elements in the proper proportion, and in a condition to be easily assimilated.
3. They should be palatable, and appetizing in appearance.
4. They should be such as can be easily and quickly prepared.

The above statements are so nearly self-evident, that little explanation is needed. If the food eaten in the morning is difficult to digest, much energy that should be used in brain work will be used in the digestive apparatus to prepare the food for

assimilation. A minimum for stomach work will give a maximum for brain work.

Arduous brain work makes large demands upon the vital resources. These must be reinforced by a good supply of nourishing food. "Better live on your victuals than on your vitals."

While a brisk morning walk is a far better appetizer than all the spring tonics of the patent medicine vender, there is no reason why the morning meal may not be made to conduce to the same end by being pleasant to the eye, and agreeable to the taste.

No doubt an ideal breakfast, and one in harmony with the above, can be obtained from a choice selection of fresh fruits and nuts, with or without the addition of good, wholemeal bread, and some one of the many prepared nut butters. When for any reason these cannot be obtained, or a change is desirable, milk and eggs, prepared in various ways, may be used to supplement what may otherwise be an insufficient meal.

Eggs furnish a large amount of the necessary proteid element, and are a really valuable adjunct to the strictly vegetarian menu. Unfortunately, however, they are often spoiled in the cooking process. It should be remembered that egg-albumen (the white of the egg), when boiled the ordinary four or five minutes, becomes tough and leathery, and is very difficult to digest. Hard-boiled eggs, as well as the ordinary fried eggs, are undesirable from the standpoint of digestibility. In fact, eggs should not be boiled at all, but cooked slowly, and at a temperature not to exceed 170° Fahr. The yolks, however, if separated from the whites, may be boiled at pleasure, and are even more readily digested when cooked until mealy.

Eggs may be cooked whole as follows:—  
Use a porcelain or earthenware covered

ensil. Heat to the boiling point sufficient water to cover the eggs. Drop in the eggs and cover quickly, wrap the dish in a heavy towel to retain the heat, and set aside for twenty minutes or half an hour. The eggs will be perfectly done, and the whites will be as tender as jelly. If half an hour is too long for the breakfast getting, the eggs can be cooked the night before, allowed to remain in the dish and quickly reheated in the morning, care being taken not to let them come to the boiling point.

Another method :—

Separate the whites and yolks; drop the yolks into the boiling water and let them cook until mealy. Beat the whites separately to a sea-foam, put a portion into small individual serving-dishes, and steam in a steamer for a few moments. Remove dishes from steamer, drop a yolk into each dish of this sea-foam, season, garnish, and serve hot. The whites should be simply coagulated, and the yolks mealy, both parts being in a condition to be most easily digested.

Another appetizing dish can be made as follows :—

Heat stewed tomatoes which have been rubbed through a colander, season with salt and a little butter if desired. Thicken slightly with avenola, or toasted bread-crumbs. When just at the boiling point slip in carefully broken eggs, cover closely, and lift off the fire. Watch carefully so that they will not be overdone, and serve hot with or without toast. The eggs may be cooked in the tomato without the avenola, and when partly done mix slightly so that the red of the tomato will form a pleasing contrast with the white of the egg.

Many other wholesome and dainty methods will be suggested to the inventive mind, the one important consideration being slow cooking at a low temperature. A little experience will enable one to do very nicely without a thermometer.

A word about toast, from which, in combination with milk, eggs, fruit juices, or sauces, such a variety of wholesome and appetizing breakfast dishes can be easily made. By toast I do not mean bread scorched a little on the outside before an open fire. Such toast is most difficult of

digestion. The following requires a little more time to prepare, but is infinitely preferable :—

Cut well-baked, stale bread into medium-sized slices about one-half inch thick. Dry out in a slow oven until perfectly dry, and then bake in a hot oven until each slice is of a light brown colour throughout. Those who have not the time nor the oven facilities for this work, can get it done at their bakers' in quantities, as it will keep indefinitely.

### **Piles: Their Cause, Treatment, and Cure.**

BY J. J. BELL, M.D.

PILES are swellings inside or around the margin of the outlet of the alimentary canal, due to a dilated condition of the blood-vessels. They may be classified as internal, external, and mixed. The external are outside and covered with skin. The internal are covered with a mucous membrane, such as the lining of the bowels, and remain inside the outlet except when protruded during an action of the bowels, or during straining. The mixed form are partially covered with skin and partially with mucous membrane.

Among the causes may be mentioned chronic constipation, straining, any measure which tends to obstruct the portal circulation, as high living, cirrhosis of the liver, heart disease, also tumours or growths in the abdominal or pelvic cavities, the use of aloes as purgatives, and any measures which tend to cause congestion of the organs situated in the pelvic region.

The treatment to be tried first should consist in the removal of all causes which can be removed. A free and easy motion of the bowels should be obtained daily. This can be done by a careful regulation of the diet. Fruits and nut products with the use of whole wheatmeal breads and vegetables, also an abundance of pure, cold water taken when the stomach is empty, and not later than one hour before meal-time, will usually accomplish this effect.

Where bleeding or pain is present, a small cold enema of about half a pint should be taken before the bowels move.

A cold, shallow, rubbing sitz bath should

be taken daily or twice a day, or the cold enema may be used.

Local astringent applications, such as an ointment containing hamamelis, will also prove useful.

The clothing should be loose around the waist line.

A careful persistence in these lines of treatment will result in a cure in a large number of cases.

If these methods fail, in some cases the assistance of a good surgeon may be necessary in order to remove the dilated vessels.

## USEFUL NOTES ON INFECTIOUS DISEASES AND DISINFECTION.—I.

BY H. LEMMOIN-CANNON, A.R., SAN. I., ETC.

THE aim of these articles is not to deal with the actual treatment of infectious complaints, but to outline some of the duties which devolve upon a household when an infectious case unfortunately occurs.

### Householder's Responsibility.

First, I would emphasize the fact that, by legislative enactments, there is a certain amount of responsibility resting on the householder, and that ignorance of such provisions is no plea in extenuation when a breach of the law has been committed.

Secondly, where a case is treated at home, it is useful to have a knowledge of some general principles, the proper carrying out of which will go far to confine the disease to the first sufferer.

After touching as briefly and concisely as possible upon these points, the disinfection of the sick-room, as well as the bedding and clothing of the patient, will be similarly dealt with.

### Notification.

The following infectious diseases are now compulsorily notifiable to the medical officer of health of the district in which the case occurs: small-pox, cholera, diphtheria, membranous croup, erysipelas, the disease known as scarlatina or scarlet fever, and the fevers known by any of the following names: typhus, typhoid, enteric, relapsing, continued, or puerperal. Further, in many districts other infectious complaints have to be notified, such as measles, and whooping cough, and, in a very few only at the present, though the number will be increased, consumption.

### Who Should Notify.

Now let us see upon whom the responsibility rests of giving information of the case to the medical officer as soon as it becomes known that the patient is suffering from a notifiable disease: the head of the family to which the patient belongs; in default, the nearest relative present in the building, or being in attendance on the patient; or every person in charge of or in attendance; or the occupier of the building. Every medical practitioner attending on or called in to visit the patient, is required to give notice. The medical practitioner, by the way, receives half a crown for so doing; other persons have to be satisfied with feeling they have performed a duty. Failing to give such notice renders the defaulter liable to a fine not exceeding £2.

### Preparation of Sick-Room.

If the patient is not removed to an infectious diseases hospital, especial care in home treatment is essential. The sufferer must at once be isolated in a suitable room—at the top of the house, for preference—with plenty of light and air. A sunny aspect is desirable. A fireplace is necessary, not only for assisting ventilation, but in order that a fire may be kept burning, no matter how small in summer, to burn rags, etc., which should be used in preference to handkerchiefs for receiving discharges from the patient's throat or nose. On no account must infected rubbish be placed in a dustbin without previous disinfection; so doing renders the person liable to conviction. It is better in any case to burn all such matter.

Unless the sick person be already in occupation, carpets, curtains, hangings, and all but the articles needed, should be removed from the room. A sheet soaked in a 1 in 40 solution of carbolic acid and water, or some other disinfectant, is frequently hung outside the door, where a bath containing some disinfectant solution for washing the hands after attending on the patient, and in which plates, spoons, cups, etc., can be placed after use, prior to being washed, should also be provided. Bed and body linen ought to be tied in a bundle, wetted with a disinfectant, and then taken down to the copper for boiling; not sent to a laundry.

**Other Items.**

No person but the one in attendance on the patient should enter the sick-room; domestic pets should be excluded. Books, papers, magazines, etc., used by the patient ought to be burned, and no book should be borrowed from a public library by the household.

The stools in typhoid fever and cholera require contact in the utensil with a five per cent carbolic acid solution or 1 in 100 of perchloride of mercury (tabloids of the required strength may be obtained for the purpose) for an hour before being discharged down a water-closet. In the country it is preferable to bury the stools in a garden, or somewhere far removed from any water supply.

Where a case of small-pox has occurred, the vaccination officer should be informed.

**Looking Forward.**

AN important feature of next month's issue will be the first half of a valuable article on "**Alcohol and Motherhood**," by G. Sims Woodhead, M. A., M. D., Professor of Pathology at Cambridge University.

Young lady (vegetarian) seeks situation as book-keeper or clerk in Vegetarian or Hydropathic Institution, or to manage Health Food Store. 34 Tenison Road, Cambridge.

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**PLEASE SEND** for "CYCLING: Its Scientific Principles Explained." Striking, highly-instructive truths and foot-notes. 3½d.—W. K. Fulleylove, Broadgate, Coventry.

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**ATHLETES SHOULD NOTE**

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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.

**Plasmon and Roborat.**—E.S.B.: "Please tell me if you approve of Plasmon."

*Ans.*—Yes. Another preparation equally good is Roborat. Both are exceedingly rich in building material, that is, proteid matter.

**Acid Fruit.**—S.P.: "1. Which of the following fruits are most acid: plums, pears, prunes, apples, oranges, apricots, tomatoes, rhubarb, blackberries, strawberries, cherries, grapes? 2. Which are least acid? 3. Which of them can be taken freely by a chronic sufferer from flatulence?"

*Ans.*—1. Oranges, plums and apricots. Tomatoes, while not really a fruit, contain even more acid. 2. Pears and blackberries, both containing about one-fifth of one per cent. 3. As a rule any of these fruits may be taken by persons suffering from flatulence. The acids serve to retard fermentation by their germicidal action, and so the fermentation will be diminished. Rhubarb is not a fruit, but rather a vegetable. It contains a considerable proportion of acid.

**Troublesome Stomach—Bad Taste—White Tongue—Miserable Feelings.**—M.K.: "Kindly give me advice as to what to do. I am twenty-one years of age, and of a fair muscular build, but suffer greatly with my stomach. My tongue is always white, and I have a very bad taste in the morning. I feel miserable."

*Ans.*—Change your mode of living, and begin at once to train for health. Take a course of physical culture, and adopt a plain, simple diet, consisting largely of fruit, both fresh and stewed, grain preparations, bread and zwieback, nuts, nut foods; also milk, cream, butter and eggs, if they agree with you. Take but three meals a day, and the last not later than seven in the evening, and very light. For breakfast, have a dish of avenola or toasted wheat flakes, brown bread and zwieback, with a little butter. Take plenty of time to chew your food well, and avoid drinking at meals. There should be an interval of six hours between the first and second meal. Clean your teeth well after each meal. Keep your bowels regular, using stewed prunes, steamed figs, and similar fruit, with coarse bread. If necessary, you should use enemas. Drink freely on rising in the morning, and between your meals. Have a tepid or cold sponge bath each morning, followed by a vigorous rub-down. Take two or three warm baths during the week. Get out of doors in the fresh air, and take a brisk walk as often as possible. Have your room well ventilated day and night.

**Loose Cartilage.**—J.T.: "I have a loose cartilage in the right knee, and have had to give up cycling, and I find I cannot kneel with the knee, still it is free from inflammation, and I am able to walk well on the level road. I am wearing a knee-cap. Can you recommend any hygienic treatment, or is an operation the only radical cure?"

*Ans.*—Consult a surgeon specialist. Yes, an operation is probably the only radical cure.

## A Guide to Health.

THE new book, "School of Health," by A. B. Olsen, M.D. and M. Ellsworth Olsen, M.A., gives a systematic presentation of the principles of health reform, and contains guidance and instruction that are needed in every home.



It first tells the essential facts in reference to the heart, the lungs, the stomach, and other vital organs with a view to enabling the reader to enter intelligently into the various treatments discussed.

Healthful dress, healthful cookery, and household hygiene in general, receive full treatment, together with many other phases of everyday life.

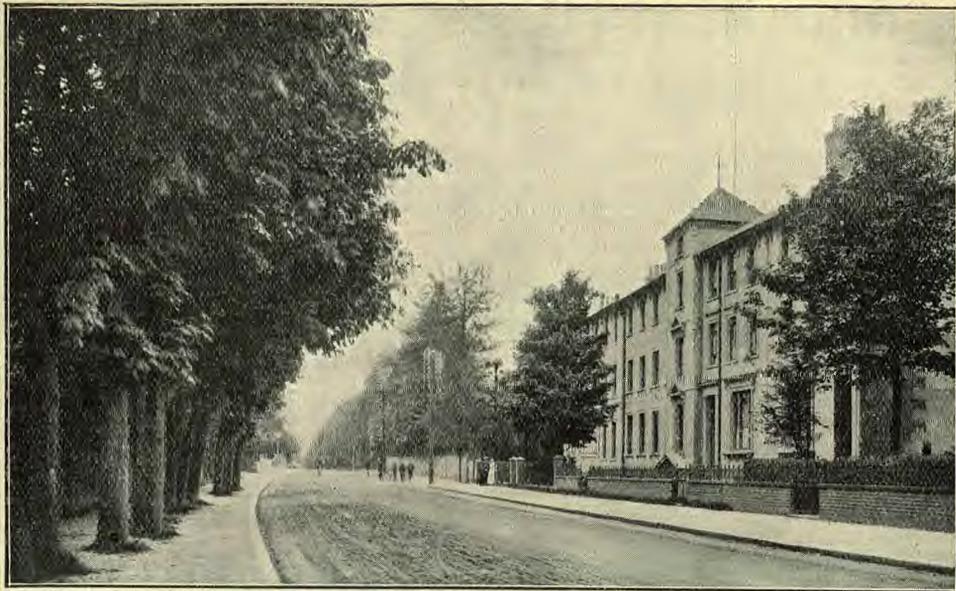
There are a number of excellent food recipes, with special chapters on preparing food for the sick, the feeding of schoolchildren, and the place of fruit and nuts in a healthful dietary.

The department on children's diseases is another valuable feature. The most common diseases from which adults suffer are also taken up, and the proper treatments indicated.

Physical culture forms the topic of a fully illustrated chapter, complete instructions being given for the all-round development of the body. The book is an up-to-date and thoroughly reliable work, and is meeting a widely-felt public want. It is strongly and attractively bound.

To be obtained of any GOOD HEALTH agent. Also to be had, post paid, on sending the price to the **Good Health Supply Dept.**, 451 Holloway Road, London, N.

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## CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

CATERHAM, SURREY.

**T**HE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

BATHS OF EVERY DESCRIPTION, Including the  
Electric Light Bath.

MASSAGE AND MANUAL SWEDISH MOVEMENTS.

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DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified Dietary.

Sound health of body and mind is the fruit of obedience to natural laws. Health is largely the result of physical right-doing and correct training. Experience has demonstrated that chronic invalids of all classes, many of which are considered incurable, can be trained back into health by scientific regimen combined with suitable hyriatic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

For further information, rates, etc., apply to . . .

**THE SANITARIUM, CATERHAM, SURREY.**

**In answering advertisements kindly mention "GOOD HEALTH."**

# GOOD HEALTH.

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

EDITED BY  
**ALFRED B. OLSEN, M.D.**  
**M. ELLSWORTH OLSEN.**  
 (Managing Editor.)

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

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

**Indian Edition:** Yearly subscription, post free, Rs. 2/8. Indian Office, **GOOD HEALTH, 39/1 Free School St., Calcutta.**

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

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

"**Enjoyable and Health-Giving Holidays**" will be the title of a well-illustrated article in next month's issue, which will also contain an interesting write-up of the beautifully situated Rostrevor Hills Hydro.

ANY readers of **GOOD HEALTH** who visit Bournemouth will find the accommodations offered by Mrs. Hutteman-Hume's Seaside Home, Loughtonhurst, Westcliff Gardens, absolutely unsurpassed, including such luxuries as the electric light bath and skilled massage.

THE London Vegetarian Society is very much alive judging from the interesting nineteenth annual report which has just come to our table. This organization is accomplishing a great work in spreading pure food principles, and it is deserving of hearty support. We are much pleased to note the rapid progress that has been made the past year, and wish the Society every success. Miss Nicholson, the energetic secretary, Memorial Hall, Farringdon St., London, E. C., is always willing to receive contributions towards the Children's Dinner Fund, a branch of the Society's work that should receive universal recognition and support.

## CLAREMONT SCHOOL, CHELTENHAM.

PRINCIPALS—THE MISSES 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.

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Few things are more adulterated or more likely to convey disease germs than dairy produce. Why not try substitutes that are pure and far more wholesome and economical?

**MAPLETON'S NUT MILK, 1/2 per lb.**

For use in sauces, savouries, br. ad. cakes, etc.

**ALMOND CREAM, 1/10 per lb.** For

blancmanges, coff. e, cocoa, milk puddings, etc.

**HAZEL CREAM, 1/3 per lb.** For any of

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**COCOANUT CREAM, 10d. per lb. tin.**

For sweet sauces, porridges, blancmanges, and

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Each of above makes **14 Pints Rich Milk.**

Sold by Health Food Stores and Grocers. Send to-day [men-

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**FOR OVER  
 HALF-A-CENTURY,  
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**Brown & Polson's  
 "Patent" Corn Flour**

has been unexcelled;  
 its purity past dispute,  
 its flavour delicious, its  
 strength such as makes  
 it most economical to  
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**THAT IS** the rea-  
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Make sure always  
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 With other corn flours  
 it may happen that  
 "Twice as much is  
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**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.

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**Over 80 Years' Established Reputation.**

*Purveyors by special appointment to  
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## WINTER'S WOOLLEY WINCEY.

The perfect material for Ladies' Blouses, Children's Dresses, Night Dresses, Sleeping Suits and every description of Ladies' and Gents' underwear. It is

### THE FLANNEL OF THE FUTURE,

being unshrinkable, light, and hygienic, lending itself with perfect facility to all purposes for which flannel could be employed.

**In Cream, Pink, or Blue, and a variety of pretty Stripes.**

### SNOWY-WHITE LINENS.

Table-cloths, Sheetings, Towels, etc., made on the handloom. Perfect in workmanship, of splendid wearing quality, and sure to please. The coarser makes excellent for camping.

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I can also supply wool blankets of natural brown colour, light, warm, and porous.

Write for particulars to . . .

**JAMES WINTER, Linen Manufacturer,  
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*One of Our 1,001 Food Specialities.*

The Tonic Tea That Pleases.

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## Apple Tea Essence

The Pure Quintessence for  
Health and Vigour.

**The Wonderful Appetizer, Uric  
Acid Free, Purifies the Blood, and  
Builds up the Nervous System.**

As a Tea or Breakfast Beverage serve with Milk and Sugar. For Dinner, serve like Grape Juice, hot or cold, with water only added.

**Per Bottle (sufficient for 30 cups), 9d.**

**Sample Bottles, - - - 2d.**

*Post Free, 1/- or 3d.*

Sole Manufacturers:

**"Pitman" Health Food Stores,**

**180, 189 Corporation St., Birmingham.**

The largest Health Food Dealers in the world. Illustrated Catalogue of Health Foods, 88 pages, with Diet Guide and copy of "Aids to a Simpler Diet," post free for two stamps.

## Marlboro' House Health Home, CANVEY-ON-SEA.

**VEGETARIAN CATERING.  
GRAND BRACING AIR. FINE BATHING.  
TENNIS, Etc. MODERATE TERMS.**

Run in connection with the Health Food Stores,  
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### NEAREST SEA-SIDE TO LONDON.

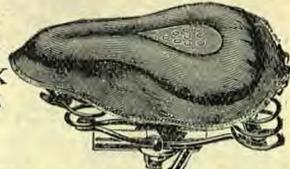
Day return tickets to Benfleet, nearest station,  
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Proprietress: Mrs. C. Harding.

## To Cyclists who are fond of a comfortable ride.

There is no-  
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**A BIRKBECK  
PNEUMATIC  
SADDLE  
COVER.**



Recommended by "Good Health." Send for  
free, illustrated booklet, for prices and sizes.

Sole Manufacturers: The Birkbeck Pneumatic  
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**THE GOOD HEALTH LEAGUE.**

The Leicester branch is having enthusiastic monthly meetings, held for the present at the Sanitarium. Full particulars may be obtained by addressing the secretary, 80 Regent Road.

The secretary of the General League, (451 Holloway Road, London, N.) will be pleased to hear from readers of the magazine who are willing to assist in the circulation of GOOD HEALTH by passing out sample copies to their friends, getting their newsgent to place it on sale, or using other means to bring it to the attention of the reading public.

Free sample copies will be supplied to all who apply; a few stamps might be enclosed to cover postage.

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ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

**2½ per cent. INTEREST**

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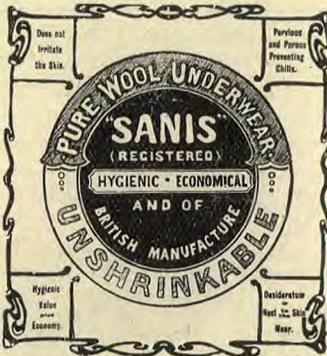
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**"Sanis" Underwear.**

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*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

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79 & 81, FORTRESS ROAD, LONDON, N.W.

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Gold Medal awarded Health and Toilet Exhibition, London



Mothers should see that their children wear the

**PORTIA SUSPENDER,** Combined Shoulder Brace & Stocking

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

**"GOOD HEALTH" STORES,**

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Conducted by **MISS N. MUSSON.**

Agent for the International Health Association's foods, and all other health foods.

... ALSO FOR ...

**Musson's Wholemeal Specialties.**  
All Health Magazines.

**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 Menu.

**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 circular and prices to the Sole Agents: **Good Health Supply Dept., 451 Holloway Road, London, N.**

### THE MOST POTENT REMEDY

for making the skin active, cleansing the system, vivifying the blood, strengthening the body, and driving out disease, is the hot air and vapour bath. This bath establishes the most perfect system of sewerage of the body, and in the gentlest manner causes the skin of the bather to discharge the refuse of his system. The whole system is vivified by the purified blood stream. Half-active lungs regain full action, the cloudy brain becomes clear, and its pristine activity reinstated. Every organ is quickened, and secretion and excretion are more thorough and complete.

Consider these weighty words, then apply for free particulars of

**The Gem 30/- Cabinet,**  
the simplest and most effective method of obtaining these baths at home.

**RECOMMENDED BY YOUR EDITOR.**



### For Hot Weather Cookery

Use the **GEM STEAM COOKER**, and save time, fuel, food, labour, worry, and conserve health. Cooks an entire meal of meat, vegetables, pudding, fruit, etc. From 15/6. Pamphlet post free.

**Used and Recommended by Leading Vegetarians.**



### RUBBER TOILET BRUSH.

It removes Ink, Tar, Pitch, Grease, Paint, Iron Stains, and, in fact, everything foreign to the colour of the skin, simply by using with a good quality soap and water. It never becomes foul or carries contagion, and will not injure the most delicate skin, as is done by using pumice-stone, bristles, brushes, etc. Price, 2/3 each.

### FRICTION STRAP.

For use wet or dry in or after a Turkish Bath or ordinary water bath. Made from the fibre of the Gourd. Cleanses and invigorates the skin, stimulates the circulation and promotes health. 1/-, post free, 1/2.

### HAND PADS of same material.

Per Pair, 1/-, post free, 1/2.

### RUBBER FLESH BRUSH.

A lover of a good bath will readily appreciate the refreshing effect after using this brush. It is constructed on scientific principles in accordance with laws of health. It is made from *Pure Para Rubber* chemically prepared, and being perfectly flexible, lends its every motion of the hand to the body. **IT NEVER BECOMES FOUL** or sour and will not irritate the most delicate skin. Price, 5/3, post free.

### RUBBER TOOTH BRUSH.

It cleanses the teeth perfectly, and polishes the enamel without the usual friction that destroys it. It is made of *Pure Para Rubber* so compounded that it will last for years. It is a ways clean, and may be used in hot or cold water, in connection with any tooth wash or powder, without injury. Price, 1/1, post free.

### 800 CASES OF TYPHOID AND 40 DEATHS



caused by bad water in Lincoln would have been prevented by the use of the **GEM PURE WATER STILL**, which produces sparkling, oxygenated, distilled water, free alike from disease germs and all mineral, vegetable, and other impurities. Invaluable in the treatment of rheumatic and gouty complaints, stone, gravel, skin, and blood diseases. Price 41/-, post free.

Used by H.M. Government. Approved by The Lancet.

Recommended by Editor of GOOD HEALTH. Booklet post free on mentioning GOOD HEALTH.

The Gem Supplies Co., Dept. G.E., 22 Peartree St., Goswell Rd., E.C.

## 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 10d. 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, 1/3 and 8d. 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 5d. 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 desiccated milk will come into large use in the immediate future."

In answering advertisements kindly mention "GOOD HEALTH."

### The Outdoor Club.

OUR next number, coming at the time of the summer holidays, will be fully illustrated, and will contain much that will be of interest to lovers of the outdoor life. Among other things we shall probably tell how some members of the Outdoor Club spent their whitsuntide holidays.

Mr. F. W. Aldous, of 36 York Road, Hove, has kindly consented to act as Honorary Secretary of the Club in Brighton, and persons in that city interested are invited to correspond with him.

VISITORS to Paris will be pleased to know that there is a very good vegetarian restaurant in that city at 4 Rue Desrenaudes, Ternes, conducted by Miss A. R. Warren. The restaurant is only a short walk from the Arch of Triumph, and offers a good variety of simple, wholesome dishes. We believe it is the only Food Reform restaurant in France. It is enjoying good patronage, and will we trust be the precursor of many more such establishments. English is spoken both by the proprietress and the staff.

VEGETARIANS won second and third places in the twenty-five mile Marathon running race, which took place in Germany 25th May; their two foremost champions reaching the goal fifty and seventy-five seconds after Böge, the winner, and a long way ahead of all other meat-eaters. Considering that Böge is practically a professional, having held high records for years, while the vegetarians were beginners, we think food reform made a very creditable showing.

## 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., 3/6, 14 lb., 6/6, 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, 4/-, 60 lb., 7/6, carriage paid.

#### KORNULES.

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

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

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

## 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.

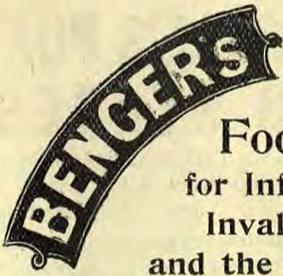
Children's Pictures a Speciality.

## 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.



**Food  
for Infants  
Invalids  
and the Aged.**

The particular and important feature of Benger's Food is that it can be prepared to suit any degree of digestive power, according to the directions on each tin. In this way it wins back health and strength. ❀ ❀ ❀

*The "Lancet" describes it as "Mr. Benger's admirable preparation."*

**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 8/6 each.

Agents for all health foods. Send for price list.

# 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 strengthen-  
ing. 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.** Pronoun-  
ced 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, 3d. Send postcard for  
address of nearest agent.

**International Health Ass'n.,**

Legge St., Birmingham.

In answering advertisements kindly mention "GOOD HEALTH."

## PUBLISHERS' NOTES.

**"Invalid and Convalescent Cookery,"** by Mary E. Birt, published by John Wright & Co., Bristol, price 6d. A collection of recipes which are easier of digestion than those found in the ordinary cookery book. Of course, the recipes vary, some being more digestible than others. The writer explains in a prefatory note that the recipes are a result of an effort to prepare wholesome, palatable food for an invalid mother.



**"Hygienic Treatment for the Preservation of Health, and the Cure of Disease Without Medicine,"** with an introduction by the late Archibald Hunter, Bridge of Allan. To be obtained of R. J. James, 3 and 4 London House Yard, Paternoster Row, London, E.C. The book contains a number of interesting chapters dealing with water treatments, natural habits of living, and healthful diet, together with some recipes and other similar matter. There are also extracts from letters received from persons who have followed the principles and report results. Price 6d., post free, 9d.

**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, awn, 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 Coconut Butter

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

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

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

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

# 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.

HAVE YOU TRIED  
**BRUNAK**  
INSTEAD OF TEA OR COFFEE?

**NOURISHING, SUSTAINING, WHOLESOME.**

**BRUNAK** is similar in smell, taste and appearance to the finest Coffee, but has none of its disadvantages. It is a health food-drink invented by the great dietetic specialist, DR. ALLINSON. It is suitable for every meal, and at all times.

**BRUNAK** is the best and most economical beverage obtainable.

**BRUNAK** stops the mischief tea or coffee is working, because it does not contain a particle of the poisonous principle which both tea and coffee do contain.

Sold by Cash Chemists, Grocers, and Co-operative Stores throughout the Kingdom, in 1 lb. packets at 1/- each; or a 1 lb. packet sent post free for 1/-; or a Sample and list of agents free by

**The NATURAL FOOD Co., Ltd.,**  
Room 99, 305 Cambridge Rd., 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.

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" (new) . . . . .	1	2	" "	3 " 3 3
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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
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**PUBLISHERS' NOTES.**

THE price of Mr. Lemmoin-Cannon's helpful book on Sewage Disposal, which was noticed in our issue for April, is 1/-. Publishers: Henry J. Drane, Salisbury House, Salisbury Square, Fleet Street, E.C.

MR. SIDNEY F. BROWN, 39 Sylvan Avenue, Bowes Park, London, N., is a certificated nurse and masseur, and can give the various hydropathic treatments recommended by GOOD HEALTH. Any of our London readers who desire his services are invited to communicate with Mr. Brown.

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