



"No flocks that roam the valley free, to slaughter I condemn :  
Taught by the Power that pities me, I learn to pity them."



# Good Health

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

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## Sidelights on the Food Question.

MR. ROOSEVELT'S mental and physical abilities are well known, but it is not so well known that his bill of fare is much simpler than the one served in the home of the ordinary American family. His breakfast consists of boiled eggs, rolls, and coffee; his noonday lunch of bread and milk, and then late in the day he has a simple dinner consisting of two or three courses.—*Life Boat.*



WHEN the poor boy is making his fortune he does not realize that his strength, his energy, and his happiness are largely due to his plain living. Grown rich, he eats eight or ten courses, with two or three kinds of wine. That is, he eats the courses for a short time—then the courses carry him into the graveyard.—*Rev. Newell Dwight Hillis.*



THE ordinary bill of fare in a hotel is a monstrosity. It is, however, no less so in nearly every farmhouse. I recall with a feeling of shame the immense amount of work it put upon my mother and sisters, the bill of fare we demanded on our farm for breakfast. We thought we must have, and we did have, beefsteak and potatoes, eggs, hot rolls, coffee, griddle cakes, molasses, apple sauce, and very often some kind of pie. Dinner was, in the language of the card-table, several better than this, and supper was a resounding echo of breakfast. We had meat three times a day, and thought we could not live without it. It is a marvel to me now that we have any of us lived so long with it.—*Rev. Charles M. Sheldon, author of "In His Steps."*

I DON'T wish to be irreverent, but I hold that good cooking is of vital importance to every nation, and that in bringing up children the study of cookery should precede the study of the catechism, for when children are well fed they may appreciate the catechism better.—*Prof. Wiley, Chief of the American Bureau of Chemistry.*



WHILE reverencing culinary technique—it can't be too good of its kind—one feels that the affluent class sometimes go to fantastic excesses in the dressing of food, and thus perhaps cover up and conceal some of its native graces. This is essentially a saucy age. The hoardings and advertisement columns of the newspapers demonstrate that, and show that the patent sauce is only second in popularity to the patent pill. Well, a sauce is excellent in its way, but when I see a man using the same sauce for three or four different kinds of food, I feel sure that he is blunting the fine edge of his palate, and losing some delicate and delightful savours. The relish contained in a bottle is a poor substitute for that which should come from a healthy and uncorrupted appetite.—*Sir James Crichton-Browne.*



FOR those in good health three meals a day, breakfast, lunch, and dinner, are ample; some even do better with a light breakfast, or none. . . . Simple food, of not more than two or three kinds at one meal, is another secret of health; and if this seems harsh to those whose day is at present divided between anticipating, preparing their food, and eating it, I must ask them to consider whether such a life is not the acme of selfish short-sightedness.—*Alexander Haig, M.D.*

## THE DIET IN ANÆMIA.

BY A. B. OLSEN, M.D.

BY anæmia is meant poverty of the blood. The colouring matter, *hæmoglobin*, is diminished in quantity, and the red blood cells, too, are usually decreased in number. The blood is reduced in quantity, or quality, or both.

**Varieties of Anæmia.**

There are several varieties, the more common being chlorosis, or green-sickness, primary, and secondary anæmia. The latter may be due to severe hæmorrhage, or some wasting disease. It is possible to lose one-third of the blood of the body without serious consequences, and with good feeding and favourable circumstances the loss is quickly repaired. But loss of half the blood will prove fatal.

**Chlorosis.**

Green-sickness is a characteristic anæmia peculiar to girls of fourteen, fifteen, sixteen, and seventeen years of age. Blondes are most susceptible, and relapses or recurrences are common.

The causes are not fully understood, but impure air, unwholesome or insufficient food, and bad hygiene in general are undoubtedly important factors. Over-crowding, excessive study, and want of outdoor exercise may pave the way for chlorosis. Constipation and corset-wearing are also common causes.

**True Anæmia.**

Proper anæmia is a most insidious disease of adult life, males being more often affected than females. There are many degrees and numerous stages of the disease. Simple anæmia means a state of bloodlessness, of varying degree, that is usually curable, but pernicious anæmia is a grave disorder.

**The Symptoms.**

Briefly, the symptoms of simple anæmia are general pallor of the skin, bloodless lips and gums, languor, flabby flesh, tiredness, great lack of energy, gastric disturbances, palpitation of the heart, and loss of appetite. The disease develops slowly and stealthily, and sometimes the anæmia

reaches a considerable degree before it is recognized.

**The Treatment.**

Rest and recreation with good feeding are required. Sometimes rest in bed, with massage and electrical applications, is necessary. If so, it would be advisable to enter a sanitarium for a course of massage and other treatment.

**The Diet.**

The food supply is a vital matter when we consider that the blood is made directly of the food we eat. Good, wholesome food is necessary to make good blood. And the food must be simple in nature and easy of digestion.

Anæmic patients often suffer from indigestion, sluggish liver, and especially constipation. These disorders will have to receive proper attention if the anæmia is to be treated successfully.

**Number of Meals.**

In serious cases, and while undergoing rest-cure, four or five light meals a day may be given, but under ordinary circumstances three will suffice. Frequent feeding is not desirable if the stomach is weak and the liver torpid.

**The Breakfast.**

As a sample breakfast we would recommend the following, though so large a variety is not necessary:—

Gluten porridge and cream.

One soft-poached or boiled new-laid egg.

Bread and butter.

Fresh grapes.

Pine kernels or some other variety of nuts may take the place of the egg.

Apples, bananas, and oranges, or stewed fruit, such as prunes, may be taken in place of the grapes.

Certain nut foods, such as bromose and malted nuts, also make good substitutes for eggs.

**Dinner.**

There is no objection to a nourishing soup, if it is eaten with zwieback or hard biscuits, and chewed well. The following

is only intended to be suggestive, and, as with the breakfast, the variety is larger than necessary:—

Cream pea soup.  
Walnut roast.  
Baked potatoes.  
Minced spinach.  
Rice pudding.  
Zwieback.

There are several nut meats which can be heartily recommended, such as protose and nuttolene. Either is both more nutritious and more wholesome than any form of animal flesh.

### Tea and Supper.

We suggest the combination of the tea with the supper, for one of them should be dropped. Take a light supper consisting of bread and butter or granose biscuits, with fresh and stewed fruit, at six or six thirty p.m.

Late suppers are a mistake, and should be discontinued. Tea is a medicine, not a food, and should only be taken on a doctor's prescription.

### General Hints.

Take time to chew your food. Mastication is the first step in digestion, and is wholly within our control.

Take only plain, wholesome food.

Eat to get new blood, to get well, to live.

Avoid eating between meals.

Avoid drinking with meals.

Avoid tea, coffee, pickles, spices, sweets, pastries, shellfish, and all rich and greasy foods.

### Mind and Body.

MENTAL training of the right kind goes a long way toward improving bodily health. Mr. Eustace Miles's new book, "The Power of Concentration: How to Acquire It," is a valuable addition to health literature, and bids fair to be one of the most popular of a series of thoughtful contributions which have come from his pen during recent years.

The following is from the chapter on "The Use of Odd Moments":—

The best of the odd moments for concentration are when one wakes, though the practice need not last for a few moments only, but can be continued

for minutes, or even for an hour. There are not only the waking moments in the early morning, but also, now and then, waking moments at night: the early morning moments, however, are the most vital. The Greeks had a proverb that the beginning is half of the whole, and they used to begin many of their undertakings with the invocation to the god, saying: "Let us begin with Zeus." The first moments are the best moments for concentration on "first" things.

Then there are the waiting moments. Every one has to wait a certain time each day. He may wait for meals, or for the post, or for a friend who should have met him five minutes ago. Then there are the waiting times in the train, and, generally, during journeys. It is better to practise concentration, even if it is on the things that one sees, and not on "first" things, than to allow one's thoughts to wander to unpleasant and harmful things. For example, nothing is more stupid for one who is waiting than to fuss about and waste energy, and send out thoughts against the person for whom he is waiting.

This is excellent advice. The secret of abounding health is largely concerned with the avoidance of needless expenditure of nerve force in this and other ways, which the book takes up fully. Among the topics considered are Ideals, What Concentration Is, How the Hindus Train for Concentration, Individuality, Co-Operation, Food and Drink, Breathing, Muscular Relaxing, Stillness and Silence, Patience, Recreations. Altogether it is an extremely helpful book.

### Books Received.

LONGMANS, GREEN, & CO.:—

"School Hygiene and the Laws of Health." A textbook for teachers and students in training. By Charles Porter, M.D., B.Sc., M.R.C.P. (Edin.).

"The Economics of the Household." By Louise Creighton.

"Notes on the Care of Babies and Young Children." For the use of teachers. By Blanche Tucker.

"The Little Book of Health and Courtesy." Written for boys and girls. By P. A. Barnett.

HORACE MARSHALL & SON:—

"How to Cook." Simple and economical recipes. By Mrs. Frank Stephens.

R. J. JAMES:—

"The Food Reformer's Year Book."

### Looking Forward.

FOLLOWING are some articles which will shortly appear in the magazine:—

"Milk: Some Safeguards," by H. Lemmoine-Cannon, A.R.San.I. "Health Culture Made Easy." A chat with the young people, by Allan Russel. "Tobacco and the Nerves," by the Editor. "The Failures among Food Reformers," by Fred Cutcliffe.

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## THE NERVOUS DYSPEPTIC.

BY M. ELLSWORTH OLSEN.

NERVOUS dyspepsia, also known as gastric neurasthenia, may almost be said to be a disease of modern times. It is probably most common in America, where injudicious and fast eating, combined with nervous strain, most generally prevails.

### The Symptoms.

The symptoms usually include those of ordinary dyspepsia and, in addition, what amounts to a general breakdown of the nervous system. The appetite may be fair, but the digestive organs are not in condition to deal with the food. The digestive juices are poor in quality and deficient in quantity. The food lies heavy on the stomach, and there are usually eructations of gas, with more or less fermentation, and consequent auto-intoxication. Pain between the shoulders is not infrequent. The tongue is foul, and the bowels constipated. The nerves are all unstrung, being irritated by the presence in the blood of crude, improperly elaborated material, incident to the deficient action of the digestive organs. Mental depression is likely to be a pronounced symptom, also confusion of thought, and morbid sensitiveness. The patient generally imagines himself to be the victim of a half-dozen or more diseases, all incurable, and settles down to hopeless gloom and despondency.

### The Causes.

Artificial habits of life are the chief cause of nervous dyspepsia, which is most likely to attack persons of sedentary occupation. Fast eating, especially when combined with nervous excitement, and a badly selected dietary, is doubtless to blame for many cases. It must not be supposed, however, that the nervous dyspeptic is a sinner against physiological laws above other men. He may have suffered with a weak stomach from early childhood. Some children's digestion is ruined by bad feeding during infancy. Others, while not inheriting any disease, are lacking in animal spirits and constitutional strength. They are all nerves, we say, and though their habits may have been fairly abstemious, they still suffer the pangs of dyspepsia,

while their less conscientious friends rejoice in perfect digestion. On the other hand, probably the majority of dyspeptics have, possibly unwittingly, transgressed most of the laws that make for good digestion. The fact is that the stomach of civilized man is really a very patient, long-suffering organ. The modern dinner-table, with its highly spiced made-dishes, rich pastries, wines, and liqueurs, would speedily prove the ruin of the untutored savage.



To give the salt glow, soak a pound of common salt in water for a few moments, and rub lightly every part of the body with it, being careful not to cause abrasion of the skin, rinse off in cool water, and dry. An excellent natural tonic.

None of our domestic animals could long survive it. Imagine feeding a horse or a dog on green walnut pickles, ripe cheese, and game, and strong tea! Yes, the modern stomach stands a good deal, but when it does go on strike—when the worm at last turns—there is misery ahead. The stomach can probably make more trouble than any other organ in the body. There are few diseases which involve more actual discomfort, both mental and physical, than nervous dyspepsia.

### The Treatment.

But we must go on to say something about treatment. In the first place, the nervous dyspeptic should place himself in the hands of a medical man whom he can trust. If he could have medical care, and at the same time enjoy the benefits of a course of tonic hydropathic treatment, combined with a specially prescribed dietary, that would be ideal. Hence a properly equipped sanitarium is in many ways the best place in which to make a good recovery from this trying complaint.

Nevertheless, something, in fact a good deal, can be done by the patient at home. There is probably no disease in the treatment of which the medical man is more dependent upon the co-operation of his patient than in this. In the first place, the patient must cheerfully and consistently diet himself. This is one of the hardest things to do, because the appetite is likely to be capricious, and acquired tastes are hard to overcome. It is not possible in this brief sketch to go fully into the matter of diet, but some general principles can be laid down. The food should preferably be taken in a dry state, and *it must be thoroughly masticated*. Not one person in twenty chews his food properly. The dyspeptic must give earnest attention to this matter. He cannot afford to overburden stomach and intestines with work which should properly be done in the mouth. Moreover, proper mastication directly stimulates healthy action of the other digestive organs. When a good quantity of saliva is mixed with the food, this calls forth liberal quantities of the stomach juice, and it in turn stimulates the flow of the pancreatic and intestinal juices. The dyspeptic, then, must chew for dear life—he must save himself by his teeth.

### The Bill of Fare.

There must also be a wise selection of food. Thoroughly toasted cereals, such as zwieback (bread cut in slices and toasted crisp in a slow oven), granose flakes, plain and well-baked wholemeal biscuits, avenola, and gluten, are all excellent. Raw fruits of a subacid character can usually be taken if thoroughly ripe and in fine condition. Mellow apples, grapes, sweet

oranges, dates, steamed figs, sultanas, and raisins, will usually agree fairly well, provided they are carefully chewed, and all woody matter rejected. They should not be taken in combination with vegetables. In fact, the rule with dyspeptics should be to take only one or two simple things at a time. The work of digestion is far easier when the variety is small. Vegetables of the coarser varieties must be entirely avoided. Young carrots, green peas, and a mealy baked potato can usually be taken. Milk is not an ideal food, because it furnishes such a perfect medium for the development of germs. Nuts, such as pine kernels, or blanched and slightly roasted almonds, can nearly always be taken with real advantage, provided they are carefully chewed. Prepared nut foods, such as malted nuts and bromose, are also acceptable if taken in small quantities.

Not more than three meals should be taken daily, and in some cases digestion is so very slow that two meals should be the limit.

### Hydropathic Remedies.

Some simple hydropathic treatments can be taken in any home. The wet hand rub will be found helpful in quickening the circulation and improving appetite and digestion. Twice a week the salt glow should be taken, just before retiring, being followed by an oil rub. Brisk rubbing of the whole body with the flesh brush or the dry hand is a good general tonic.

The nervous dyspeptic must cultivate cheerfulness and optimism. Mental depression must be fought like the plague. A good, hearty laugh will be found a very elixir of life, and a determination to see the bright side of things more effective than any amount of pills and draughts.

Let us not forget to commend outdoor exercise as an important part of the rational cure of dyspepsia. Sedentary habits are at root the cause of a very considerable proportion of stomach diseases. All the organs of the body deteriorate under confinement indoors amid a devitalized atmosphere. There is health amid the fields and the woods. Working in a garden is a most excellent thing. Many a man has got a new stomach by digging for it.

## DO WE EAT TOO MUCH?\*

Some Remarkable Experiments Showing Decided Gains in Endurance  
as the Result of a Low-Proteid Diet.

BY PROFESSOR IRVING FISHER.

TWO or three years ago Mr. Horace Fletcher, living in Venice, visited New Haven and made great claims to Professor Chittenden for the virtues of thorough mastication, stating that in consequence of acquiring this habit he had overcome serious personal disabilities. He had, he said, nearly rejuvenated himself, and was able to celebrate his fiftieth birthday by riding 190 miles on a bicycle. Dr. Anderson tested him in the Yale gymnasium, and reported that, for endurance, he was the most remarkable man of his age he had ever seen.

On analyzing Mr. Fletcher's diet, Professor Chittenden found that it was extremely low in "proteid." Proteid is that element in our food which repairs waste and builds tissue. Most, though not all, of the proteid in an ordinary diet comes from meat and other flesh foods, such as fowl, fish, oysters, etc. Our bodily machinery wears out and needs to be repaired. Only proteid (together with "mineral salts") can do this. The other food elements—fats, starches, and sugars—are unable to repair waste. These elements merely enable the body to do work, just as coal enables a steam engine to do work. They are for fuel, not repairs. Proteid is more analogous to the iron and steel of which the engine is made, although in the economy of nature it has been arranged that if more proteid is taken than is necessary for repairs, the surplus is used as fuel, and then supplies energy, just as do fats, starches, or sugars.

It occurred to Professor Chittenden that possibly Mr. Fletcher's extraordinary endurance was due to the fact that he consumed so little proteid, and that when an excess of proteid is used and has to be burned as fuel, it is so ill adapted for the purpose as to leave behind clinkers, as it

were, which, in the form of uric acid and other products, produce fatigue. Mr. Fletcher's consumption of proteids was less than half of that which had formerly been considered as almost necessary for continued health and well-being. He seldom ate any meat at all. His experience was a challenge to those authorities who taught that a large amount of proteid was necessary. This opinion seems to rest on nothing more than the mere fact that people ordinarily do consume these large quantities.

Professor Chittenden's experiments took place three years ago, and were made on squads of soldiers, athletes, and professors, to discover to what extent the proteid could be reduced. The army squad was soon nicknamed the "starvation army," an ingenious misnomer which helped to spread misconception; for, as a matter of fact, there was no attempt to restrict the total quantity of food, but only to bring down the proteid. Professor Chittenden's results showed conclusively that the small amount of proteid used by Mr. Fletcher was sufficient to maintain good health in all the men who took part in the experiments. They even seemed to improve in efficiency, certainly as far as the tests of strength were concerned.

#### Following Instinct.

Professor Chittenden concluded his experiments by food prescriptions. But most people do not have the knowledge or facilities for measuring their food. Mr. Fletcher himself had not used any process of measurement or restriction. He had simply followed his instinct and thorough mastication. The object of the experiment conducted last year was to discover whether or not thorough mastication would lead to the reduction of proteid as it had with Mr. Fletcher, and also whether or not the health and endurance of the men would remain unimpaired.

The experiment began in January, and continued throughout the entire second college term, or about four and one-half

\*This brief account of the interesting experiments at Yale University appeared originally in the "Yale Courant." We are particularly glad to reproduce it in *GOOD HEALTH* because it gives in most readable form a sort of résumé of what has been done in recent years in determining the proper ration of proteid. The results of Professor Fisher's own researches were published in the July and September (1907) numbers of *GOOD HEALTH*.—EDITOR.

months. Nine men volunteered, eight of whom were graduate students. During the first half of the experiment the men followed two rules only. The first was to masticate thoroughly all food up to the point of "involuntary swallowing," with their attention, however, concentrated upon the taste and enjoyment of the food, and not upon the mere mechanical act of mastication. There was no "counting of chews," no forcible holding of food in the mouth, and nothing to make eating a bore. On the contrary, the aim was to get a greater sense of enjoyment from the prolonged tasting of the food. The food was simply allowed to "swallow itself," neither being forced down or "bolted," as is done by the ordinary student who fears that he will be late for chapel. Nor was it forcibly retained in the mouth. The result was, as the days and weeks passed by, that the time which any mouthful of food *naturally* remained in the mouth grew longer, until no food was swallowed before it was thoroughly liquid and its flavour had been extracted. It was then fully ready to be swallowed, and the swallowing instinct came into play of itself.

The second rule was to obey explicitly the leadings of the appetite, both in regard to the quantity of food eaten and the choice between different kinds of food. In order that this obedience to appetite might be the more easily followed, a wide range of choice of foods was supplied, and no food was placed before the men which was not specially ordered by them, as at an *à la carte* restaurant.

#### Hurried Eating.

The first half of the experiment was, therefore, an experiment in natural or instinctive eating. Most of us eat in an unnatural state of hurry. We regard meal-time as an interruption to the business of the day, and usually allow for it too short an interval before our engagements. What we eat is apt to be ill adapted to our taste. When food is set before us, we often eat it, not of our own choice, but out of politeness to our host, or out of habit. Many have to eat what is provided or go without. It is almost inevitable, under such circumstances, that our food instinct should become blunted.

In consequence, our choice of foods has become more or less perverted. The aim of last year's experiment was to discover what a *recovered food instinct* might accomplish.

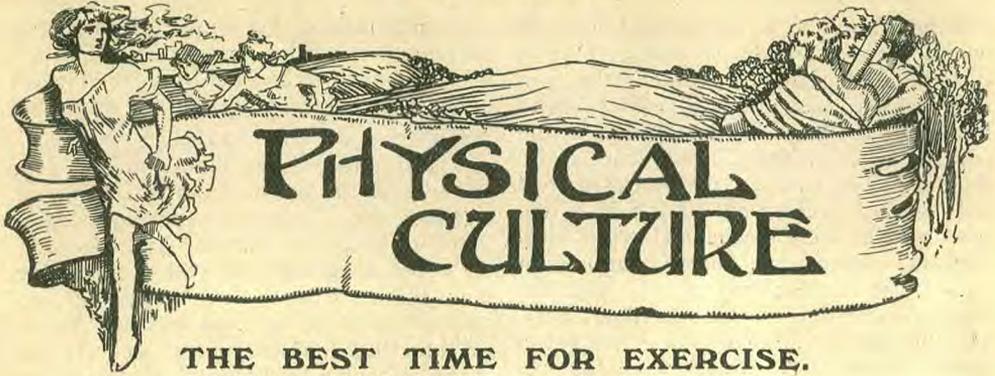
Careful records of the amount of food taken and the constituents in (1) proteid, (2) fats, and (3) starches and sugars, were kept for each man for each day. In order to avoid weighing the food at the table, and the annoyance which such a procedure involves, the food was all weighed in the kitchen, and served in definite portions of known food value. From the records thus supplied, it was easy, by means of a "mechanical diet indicator" devised for the purpose, to find the proportions of food elements.

#### Non-Flesh Foods.

During the second half of the experiment the two rules above mentioned were continued in force, but a third rule was added; namely, when the appetite was in doubt to give the benefit of that doubt to low-proteid and non-flesh foods. In other words, the influence of suggestion was invoked to hasten the change which had been inaugurated by arousing the natural appetite. Suggestion was introduced merely because the experiment was limited in time. In no case was it allowed to override the dictates of appetite.

The results were certainly surprising. In the first place, the men enjoyed their meals more than before, and discovered unsuspected flavours in common foods. In the second place, they reduced somewhat, though not greatly, the total quantity of food eaten. The most marked reduction was in the quantity of liquid of all kinds taken at meals—water, tea, coffee, and even soups, for there was no longer any temptation to "wash" food down. In the third place, there was a marked reduction in the amount of meat and other high-proteid foods. By the end of the experiment some of the men had entirely lost their taste for meat and other flesh foods, and all had greatly reduced the amount. Finally, there was a great increase in the powers of endurance of the men, amounting to about 100 per cent.

(To be concluded next month.)



## THE BEST TIME FOR EXERCISE.

BY WILLIAM M. SCOTT.

THE question as to the most suitable time of the day for taking exercise is one that will very naturally arise. Before breakfast, and preceding or following the morning bath, is the time usually recommended. It is certainly the *most convenient* time for most, but as to its being the *best* from a health standpoint is questionable. For the dyspeptic, as well as for the thin person of nervous temperament, who is apt to overdo everything he takes in hand, the middle of the forenoon or afternoon, when the breakfast or dinner is well advanced in the process of digestion and assimilation, and the system is at its maximum of vigour, is a much more suitable time. A sense of weariness, inability, or disinclination for action following exercise or the cold bath in the early morning is a danger signal, to which heed ought to be given. A *few minutes* devoted to light movements of the limbs and trunk and one or two deep-breathing exercises at this time are highly advantageous, but care should be taken to avoid anything approaching fatigue.

The same rule holds good with regard to exercise taken shortly after meals. The writer has known many cases of acute indigestion, which appeared shortly after eating, alleviated, and cure hastened, by light movements of the limbs and trunk and deep breathing, taken half an hour after meals. Deep breathing is especially helpful after meals, as the movements of respiration excite the digestive functions. The patient's mind is also lifted from his stomach, and this is an important factor in promoting good digestion.

For many busy professional people, whose vocations keep them mostly indoors, the morning may be the only time when exercise can be conveniently taken, and if not taken at this time, there is the danger of its being neglected altogether; and so it is better for such to take some form of active exercise in the morning, before breakfast, than to take none at all.

Again, there are others who will find the evening hours, after the duties of the day have ended, the best time to follow their "system" or "course" of exercise. This, it may be said, is a time of the day when the light movements recommended for use in the morning and after meals will come in to advantage as a sedative for the cure of insomnia. But the idiosyncrasies of the individual must be considered, and if even a few light movements are found to cause excitement, he will have to content himself with quiet, deep-breathing movements in the prone position, while relaxing every muscle of the body so that it lies a dead weight on the floor or couch.

It will be noticed that we have laid particular stress upon the exercises being light. Work with heavy dumb-bells, or intricate and difficult movements on apparatus, are for the well and strong, and are not only unnecessary for the ordinary man or woman, but often lead to overstrain of the muscles, as well as of the heart itself and other vital organs. It will be our aim and endeavour in this department to give only such exercises as can be taken by almost any one, and which will be suited to all conditions of life which are likely to be met with.

**Exercises.**

The exercise illustrating our article in the January number brought into action the muscles of the arms, shoulders, chest, and back, and is excellent for correcting round shoulders and flat chest, giving a beautiful poise to the figure, and widening and deepening the capacity of the lungs. Following it, a suitable deep breathing exercise was suggested. Now, to continue our drill, we will rest the muscles of the upper extremities, and in the meantime we might be giving attention to those of the lower extremities. With hands on the hips, fingers to the front, thumbs behind, chin in, chest well raised and forward ("wing-stand" position in the Swedish nomenclature), raise the toes of the left foot as high as possible, keeping the heel on the floor. Replace and repeat six times. Do the same with the right. Now raise and sink the toes of each foot alternately, and then of both together for the same number of times. Retaining the same position, bend the left leg at the knee, so that the heel is brought smartly upwards towards the hip. Relax the muscles, and allow the foot to return easily to the floor. Repeat six times. Do the same with the right leg, and then alternately with the left and right six times.

Next we will take a combined movement together. Assume a good standing position, weight of the body distributed equally between the balls of the toes and heels. Now raise the arms, straight at the elbows, palms facing downwards, to a level with the shoulders, rising high on the toes, and extending the fingers well apart. Reverse the movement, bringing the arms smartly to the

sides, sinking the heels, and closing the hands firmly. Repeat twelve times or longer, as you feel able. Follow with a deep-breathing exercise to satisfy the call



of the lungs for more air after the vigorous exercise. All deep breathing should be taken before a widely opened window.

To take the exercise which is illustrated by the accompanying cuts assume an erect position, arms raised sidewise to the level of the shoulders. Bend over to the right as far as possible, keeping knees stiff; then flex the knee and hip joints, to allow of the floor's being easily touched with the knuckles of the right hand. Rise smartly to the first position, and repeat to the left six or twelve times. In bending, do so to the side only, and do not stoop forward.

## Our Serial Story.

### A WEIGHTY CONSIDERATION.—(Concluded.)

BY JESSIE ROGERS.

[This story began last month. The scene is laid in Oregon. Mrs. Simmer's boarders decide to spend a very warm and sultry bank holiday at the seaside. As they are about to start, Mrs. Favro, a distant relative of the landlady, happens in, and expressing great enthusiasm for the outdoor life, is allowed to join the party, in spite of her rather portentous dimensions. They get on fairly well while the course of travel lies along the tram lines, but when they start for the open sea, and a steep declivity confronts them, Mrs. F. sits flat down, and refuses to go any farther.]

"OH, it's all right, Mrs. Favro, we fellows will see you down as comfortably as possible." And they did—that is, *she* was comfortable enough—and without further ado she promptly put up "pudgy" hands to be assisted to arise. I cannot yet forget the look on the faces of the gallant two as they bent (literally) to that first stage of their self-imposed task. Having got upon her feet, she calmly took an arm of each and made a brave step down. Shrieks of mortal fear rent the air at the fourth step down, and the whole thing would have fallen through (literally again) only that she hung suspended, each arm claspng a suffering and unwilling neck, refusing to retrace those four steps, yet likewise determined not to descend.

At this tragic point a quick-witted school-boy, blessed with that useful intuitive ability to "find a way," like another "Sentimental Tommy," came to the rescue with a long mesh hammock. This was securely fastened about her waist, and four men attached to the ends. One was delegated to precede her, as a protection in case of possible disaster—very possible disaster, indeed, to him—and in this manner she was at last lowered to the beautiful beach where breathlessly waited the rest of the party.

To be quite free in pocket, as well as in mind, we proceeded at once to take from the first mentioned receptacle substantial sandwiches, and Mrs. Simmer had thought-

fully sent the kitchen-boy after us with a great bag of oranges. At this juncture "The Mystery of the Bags" was revealed. The capitals are Tony Anderson's. He said it with capitals each time he carried them at the transfer stations. (Tony writes for the police columns and the sensational phase of the "Tribune," and his conversation always smacks of his profession.) The contents of the baskets and the bag she dumped out upon a fold of newspaper, and the spread included a layer cake, a dozen small tarts, bread and butter, pickles, a glass of jelly, a small roast chicken, and four doughnuts, all of which she had acquired from the pieman, in a hasty raid when she first heard that there was to be a picnic.

The lady remarked, as she dropped panting upon a drift-log, that she did so enjoy a picnic—that it was such a whetter of one's flagging appetite. And it surely was in her case, for, the rest not seeming eager for the greasy products of the cook-shop, which she cordially proffered, she ate the lot herself; the thing being accomplished, like other great feats, by the simple expedient of keeping at it! Being still so engaged when the rest of us had finished, she mentioned, severely, that it had been her custom from a child up to gather up the fragments, that nothing be lost. We had no doubt that she spoke the truth. She said she had always found sea bathing too strenuous for her constitution, "because from a child, young friends, I have not been strong—though to the casual observer I do look fairly strong," she admitted; and Tony, remembering the recent grip of her arm, groaned audibly, but turned it into a well-conditioned cough as the cane of my sunshade accidentally came in contact with his head.

So there she sat on her log all that afternoon, wasting the blessed sunshine

which, down where the cool, wet, shadowed rocks tempered its heat, was most delightful—missing also the life-giving tonic of the salt water, and eating chocolates in quantities past belief.

As the laughing, bedraggled bathers came back, flushed and happy, she remarked with a pleasant smile that the picnic had been such a success—that it was a real joy to get out and away from the fret and gross materialism of the town, and really enjoy oneself. And we had not the heart to gainsay her enjoyment.

The sun was setting over the beautiful sea, and we were hastily preparing for the homeward tramp when, O horrors! it was discovered that the men had fled—every mother's son of them—and had sent a boy to tell us that unexpected and pressing duties at the office had called them hence, toward which mart of labour their dutious footsteps were even now inclined! Now this being a bank holiday, and therefore not eligible for business deals, we could think of no possible "business" at the "office," unless, possibly, it might be an informal gathering to formulate the first draft of constitution for the corporation of the Consolidation of Amalgamated Aniascs—a phase of the trusts which, in these days of corporate effort, should surely be taken up.

So we started with the boy guide, when—Presto! we remembered the precipice, and we also remembered a certain overlooked principle of physics—the power of gravitation, and the difficulty of hoisting heavy bodies in opposition to this force, and instantler we forgave—and sympathized.

They had thoughtfully promised the boy a shilling for his labours, in case he delivered the goods in perfect condition, and took us the long way round, which in this case, at least, proved far from being the "shortest way home," as it followed the railroad track, and skirted that precipice for four fearful miles.

Oh, how she suffered! One by one we relieved her of her bundles, which, however, were merely clumsy, not heavy, being now empty. If there had been two men present, I do not doubt but that she would have felt quite free to request that they form a "pack-saddle," and carry her, so grossly selfish become those who become

grossly stout by their own self-indulgence. As it was, a kindly stranger whose path apparently lay in our direction she unhesitatingly pressed into service, dragging upon his arm with no fairy grasp, saying fretfully that the afflicted and feeble had universal privilege to command, at any time, the service of the able-bodied.

At the end of the third mile she stopped stock still and wailed dismally, "Oh, my calves, my calves," with such real "high tragedy" in her voice that it threw us into throes of consternation, for we had gathered with fair accuracy that the lady was an urban dweller, and we feared that this was "a touch of the sun." Then it became lucid to us—and the man—simultaneously, he being suddenly seized with a perfect paroxysm of coughing. (He may have been a recuperating consumptive, walking for his health, but he certainly did not look the part.) When he had regained his comp—his breath, he said gravely, with a real stage gesture toward the incoming tide beating against the railroad embankment: "Madam, hear us; we are but mortal; like the rolling sea, we have our limitations, beyond which we may not go."

"But how much farther must I go is what I want to know," she snapped, not having caught even a flicker of his meaning, as he knew she would not.

Tired to exhaustion, fretful, hot, and miserable, she waddled into Mrs. Simmer's cool sitting-room, and sat heavily down on that little lady's favourite but fragile rocker, which promptly gave forth the shriek of protest which all self-respecting chairs do under abnormal pressure.

"A cup of tea—strong, Lucinda, and a tray of hot biscuits and beefsteak," she commanded. "People who invite folks to picnics should be thoughtful enough to at least supply the mere creature comforts of their guests," she snapped, while she fell hungrily upon the contents of the tray.

"*Could she be hungry?*" whispered Ethel.

"*Should she be hungry?*" whispered I.

THE END.

WE live in a world which is full of misery and ignorance; and the plain duty of each and all of us is to try to make the corner he can influence somewhat less miserable and somewhat less ignorant than it was before he entered it.—*Huxley*.

## THE PURE FOOD MOVEMENT.

### Early Beginnings in the History of Scientifically Prepared Foods.

HEALTH foods have won a very general popularity in the last few years. They are patronized by two large classes. In the first place, the invalids and semi-invalids, who once depended almost solely on patent medicines and drugs for the cure of their digestive troubles, are beginning to discover that the judicious use of prepared foods of unquestioned purity and high nutritive value is a far more effective means of treating such disorders than any imaginable drug compound. Secondly, there is a class of sedentary workers who, without being ill, have no vitality to waste, and these are beginning to find that they can do more and better work on a bill of fare composed

largely of scientifically prepared foods with the addition of fresh fruit, than on the diet generally in vogue.

As sedentary employments have increased, so also has the class of brain workers who must take proper care of their health, and it is safe to say that there are at the present day a larger number of persons who are studying the subject of diet from a scientific standpoint than at any time before in the history of our civilization. This is a natural outcome of the scientific spirit of the age. We began by tracing the orbits of the heavenly

bodies. Now at last we have begun in earnest to seek out the causes of our many diseases, and to endeavour in a sensible way to remove them. As proper feeding is the sole means of furnishing

energy and replenishing the losses of the body day by day, this subject naturally occupies a place of great importance in every system of health culture.

In studying any movement of importance in the development of our highly wrought civilization, it is interesting to trace it back to its early beginnings. It will not be possible in this brief sketch to give anything like a complete history of the food movement; but some of the best known products may be taken as examples.



HEALTH FOOD BLOSSOMS.

In the December number of GOOD HEALTH something was said of the history of the Sanitarium movement; one phase, however, was omitted. We refer now to the health food business, which began on a very small scale not many years after the opening of the first Sanitarium connected with the Good Health movement. It had a very natural origin. When the patients had recovered their health and were packing up to go home, they asked if they could not take with them some of the good wholemeal biscuits, and other appetizing cereal preparations, such as

avenola, gluten, etc. To supply this demand a factory was built in Battle Creek, which quickly attained a very high reputation for its wholesome and palatable products, made from the purest materials, and adapted to the wants of the weakest stomach. As the years went by, and the output steadily increased, the scientific equipment more than kept up with it. Thousands

and best of their class, when a new product was added which attained immediate popularity, and was named "Granose Flakes." The problem which the laboratory experts had been wrestling with for some time was the preparation of a cereal food which would contain all the good qualities of the wheat unimpaired, be sufficiently crisp to call for chewing, and yet

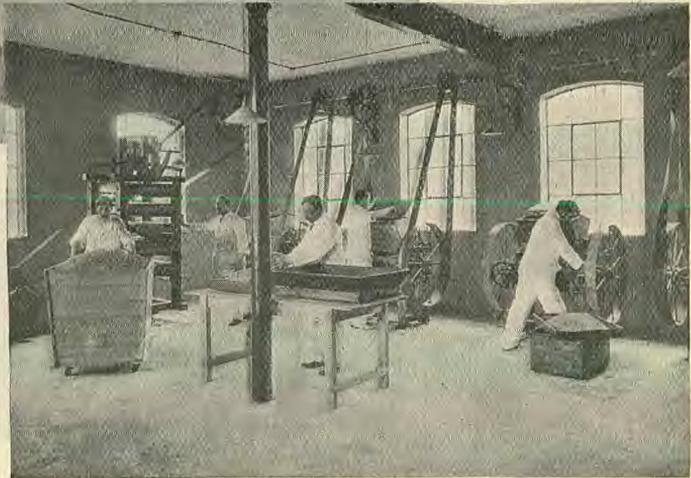
so thoroughly cooked that it could be taken by persons who could not tolerate ordinary starchy foods. Granose flakes answered all these requirements, being made from the wheat berry, first thoroughly cleansed, then after suitable preparation rolled out as thin as paper, and



BAKERY.

were spent in providing laboratory facilities and in the making of numerous experiments, with a view to discovering Nature's secrets in regard to the foods which would most fully and at the least expense of nerve energy, nourish the human body. Dr. J. H. Kellogg, whose many-sided genius has been the wonder of scores of friends, found time amidst his multitudinous professional duties personally to superintend these laboratory experiments, and to him we owe the invention of all the most characteristic of the famous foods which originated at the Sanitarium.

Battle Creek Sanitarium biscuits, avenola, gluten, and other preparations had held the field for some time as the purest



CORNER OF GRANOSE ROOM.

cooked so thoroughly that the starch was very largely changed into dextrine, thus rendering it most easy of digestion. While the delicate flakes contain the cellulose of which the covering of the wheat is composed, it is so very finely divided as to be not at all irritating even to the most delicate stomach. Thus it is an effective remedy for constipation, with none of the objections which apply to most laxative foods.

Granose flakes and granose biscuits seem to be the last word in scientific cereal food. They are lighter than the lightest baking-powder biscuits, more flaky than the shortest pie-crust, and yet without the slightest admixture of seasoning or foreign ingredients of any sort—indeed, they con-

After much expensive experimenting, the now well-known products, nuttolene, protose, malted nuts, and bromose were produced. They had been on the market for some years before any other nut foods were made, and thus bear the proud title of the Original Nut Foods. Protose, in

some way the most remarkable, contains about the same proportion of proteid as the best beefsteak, to which it bears a close resemblance in flavour. There are few meat dishes which, with the skill that comes by practice, cannot be made with protose, so close is the latter's approximation to the chemical constitu-



PACKING-ROOM.

tain nothing but pure wheat, with a very little salt, though they may also be had without the latter. Needless to say, granose is an exceedingly valuable food in the feeding of infants, many a weak, sickly little one developing into a strong, healthy child as a result of adopting this food.

For persons with poor teeth it is an especially favourable food, being perfectly crisp and yet not hard.

About the time when granose was put on the market, considerable attention was given to the preparation of nuts in a digestible form. It was coming to be recognized that flesh meats are open to many objections as articles of food. The problem was how to supply the proteids which meats contained. Nuts were known to be rich in this element, but some persons found them difficult of digestion.

ents of meat, though entirely free from its harmful qualities.

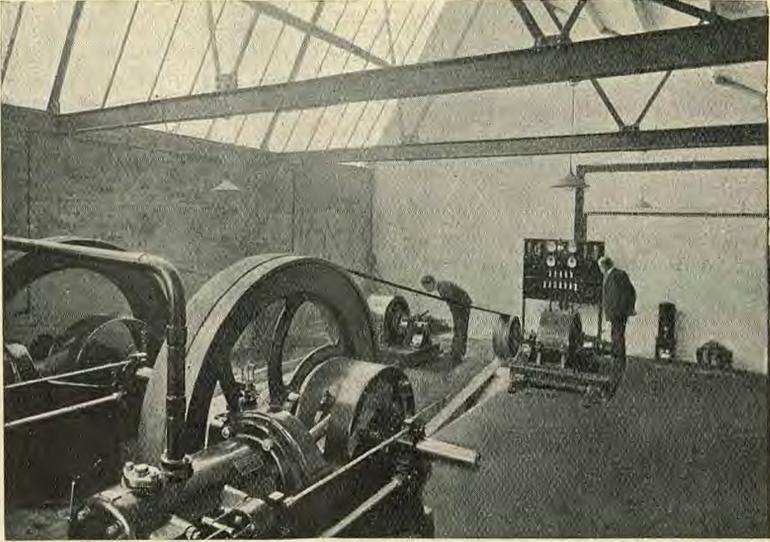
Malted nuts and bromose furnish fat as well as proteids in excellent proportion for the use of invalids who need to put on flesh, and medical men often prescribe them in place of the cod liver oil which is taken as a disagreeable necessity by so many invalids.

The Battle Creek health foods, brought out as a result not only of careful laboratory research, but also of practical medical



A CORNER OF THE SHIPPING-ROOM.

knowledge in dealing with thousands of dyspeptics and other invalids at the Sanitarium, attained to immediate popularity in America, and incidentally started numerous other concerns manufacturing various breakfast foods and cereal nut products, so that at the present day large fac-



ENGINE-ROOM.

ories are turning out foods which were hardly dreamed of till the Battle Creek laboratories began their work. Not only were the foods adopted for daily use in thousands of American families, but they became famous abroad as well. They were first introduced into this country some time in the early nineties. Somewhat later the International Health Association was organized, and with characteristic generosity the Battle Creek company gave to this newly organized society the recipes for its foods, and assisted it in securing the needed machinery. The first home of the Health Association was in the country a little south of Redhill, on the Brighton road, where power was obtained from a pretty roadside waterfall.

Some months later this factory was destroyed by fire, only to be followed by more commodious premises in Birmingham.

The consumption of the foods has steadily increased, so that to-day, in addition to the factories in America and England, there are fully equipped works in France, Germany, Switzerland, Denmark, Australia, and India. In all cases the work is connected with the reform principles having to do with the proper care of the body in health and in disease, and thus occupies a position apart from ordinary commercialism.

The International Health Association have recently moved from their premises in Birmingham, because of the inappropriateness of manufacturing health foods amid the smoke and chemical fumes of that large city, to a beautiful country estate at Watford, Herts. The property, at Stanborough Park, consists of fifty-five acres of well-timbered park land, situated one mile beyond the limits of the town, at an elevation of 300 feet above sea level. A model factory, exactly suited to all the requirements, has been specially built, and provided with an electric plant for power and lighting purposes.



IN THE GROUNDS.

In future the buyers of granose flakes and protose and the other toothsome specialities of this firm will have the satisfaction of knowing that they are made amid the smiling fields and verdant meadows where all the best foods grow in the first place. Stanborough Park is indeed an ideal home for the health food factory. It is surrounded by a belt of magnificent forest trees, the home of squirrels and singing birds, and commands extensive views of undulating country scenery of rare beauty.

We confidently predict for the Association a great increase of business in their new quarters. There can be no doubt that scientific feeding is coming more and more to the front as an aid in the treatment of a large variety of diseases, and the products which have grown out of years

of careful laboratory research, combined with medical experience, are sure to stand the test of the most rigid scrutiny. Medical men are prescribing granose in increasing numbers from year to year, and when its virtues are fully known it is safe to say that the demand will be so great as to require a large increase in the facilities of the Association.

We have pleasure in presenting the accompanying illustrations, which will give some idea of the new quarters. Probably the best way to get a proper understanding of the capabilities of the place will be to give the foods a trial. We believe they can now be had of all the leading health food dealers as well as of many ordinary grocers. They will not prove disappointing.

### Worry! The Disease of the Age.

Worry! Worry! Hurry, scurry,  
Intermingled, tingling thro';  
Not what one can *well accomplish*,  
But what one's *obliged to do!*  
This it is that clangs the nerves up,  
Bangs the tissues into bits;  
Makes a fellow mazy, crazy—  
Wounds the sturdiest, keenest wits!

Worry, worry, competition,  
Gnawing at the vitals aye,  
Running man as though a racehorse,  
Running, racing day by day;  
Clearing hurdles high of trouble,  
Jumping ditches at a dash;  
Pounding over wasteful stubble,  
Pounding, bounding, grounding, smash!

Worry, worry, scarce a moment  
To devote to health's own rule;  
Men a dizzy flock of children  
Tumbling out of life's own school;  
All the softer feelings smothered,  
All the gentler musings slain;  
Till the worry of the age falls  
Like a blight upon the brain!

Men *must pause*, or they will shrivel,  
Shrivel up like autumn leaves;  
Men are not exactly iron,  
Busy binding up the sheaves;  
Busy binding up the thorn-wreaths  
That will rustle o'er their graves;  
Ah! 'tis just the *rest or pausing*  
Midst the seething toil that saves!

HARRIS-BICKFORD.

### How Much Shall I Eat?

THE question is often asked, and not so easily answered. Probably the best way to find out is by cultivating a natural appetite. If we are normal, we ought to know when we have had enough. Let the food be simple. Eat slowly, *chew thoroughly*. If there is a sense of oppression after a meal, eat less the next time. Let the basis of the diet be starchy foods. Brown bread is very nearly a perfect food. Add a few nuts, and it forms a complete diet, to which vegetables and fruits may be added to furnish needed salts and acids and to give variety. Such fruits as apples, oranges, cherries, and strawberries, do not, of course, contain large amounts of nourishment, but they are valuable, nevertheless, for their tonic effects on the system.

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## FAVOURITE RECIPES.

**Granose Biscuits.**—A crisp granose biscuit takes the place of bread upon the table. It is an unfermented bread that is not heavy, an exerciser for the teeth that is not hard, and a dry food that yet melts in the mouth.

**Granose Sandwiches.**—Slit granose biscuits and toast them crisp in the oven. Then place sliced egg, or other desired filling, between. Minced protose flavoured with celery makes a very good filling.

**Granose with Hot Milk.**—As a ready breakfast dish granose hardly has an equal. Some hot milk poured over a couple of biscuits makes a sustaining, delicious porridge. A sliced banana added is an improvement.

**Granose Shortcake.**—This delicious dessert is made of layers of fresh fruit, as strawberries, raspberries, etc. (crushed, sweetened, and, if need be, slightly moistened with water), alternating with layers of crisp granose flakes.

**Granose Dumplings.**—

For these, peel and core some sour cooking apples, and fill up the space left with sugar. Mix two teaspoonfuls of almond butter with sufficient water to make a thin cream, and moisten with this every cup of granose flakes used. Press this paste round the apples and bake. Serve with any desired sauce.

**Beetroot Salad.**—Boil or steam the beetroots, which should be simply washed, care being taken not to break the skin or any of the fibres. They will require two hours' or more cooking, and it would be better to cook them the day before. Slice and serve with diluted lemon juice.

**Potted Chestnuts.**—Take half a pound of chestnuts. Make an incision in the shell of each nut with a knife. Place in a baking-tin in the oven for about ten minutes. Then peel off both outer and inner skin, and place the nuts in a saucepan with water enough almost to cover them. Stew till quite soft (usually thirty minutes), when the water should be almost absorbed. Rub through a wire sieve, and add salt to taste. Put in a good teaspoonful of Vigar Food Extract, and one ounce of butter. Blend all well together. Put into small pots, and cover with butter. M. L. C.

**Protose.**—This delightful meat substitute takes the place of meat in pies, roasts, hashes, sausage rolls, croquettes, rissoles, minces, salads, etc., or can be converted into the conventional steak or cutlet.

† **Braised Protose.**—Cut the contents of a tin in half. Lay in a baking-dish. Grate an onion over it, and add some stewed, strained tomatoes. Cover and bake till the sauce thickens.

**Protose Stew.**—Boil till nearly tender in enough water to cover, several small onions or one large onion shredded, some thin slices of carrot, and small squares of turnip, and seasoning to taste. Then add a half-pound tin of protose in squares or chunks, and turn all into a double boiler, leaving to cook for an hour or two. Keep the outer pan well supplied with boiling water. If a richer stew is desired, stir in a teaspoonful of Marmite before serving. A few mushrooms also add to the flavour. Serve with a border of cooked vermicelli or rice around it.

**Protose and Nuttolene Rolls.**—Take two-thirds protose and one-third nuttolene, mince all fine with a fork, and form into rolls or cakes. These may then be rolled first in zwieback crumbs, then in beaten egg (using a teaspoonful of water



GRANOSE SHORTCAKE.

and a little salt to each egg), and then again in the crumbs. Bake in a hot oven till well heated through, but not dried. Serve plain or with any desired sauce.

**Protose and Vegetable Pie.**—Wash and prepare half a pound potatoes, two carrots, six ounces celery, two onions. Parboil the potatoes. Put one ounce butter in pan with sliced onions, carrots, and celery. Let them steam a quarter of an hour. Then add enough boiling water or vegetable stock to well cover them. When nearly done add quarter-pound protose cut in squares. Season to taste. Peel the potatoes. Slice and put a layer in pie-dish, then add the other vegetables and pieces of protose. Scald and peel two tomatoes, slice, and lay on top. Mix two dessert-spoonfuls of peaflour with half a pint of milk, and pour over all. Cover with a good, short crust. Brush with egg and milk, and bake in a quick oven for about an hour.

# A Page for Women.\*

Edited by Marie Blanche.

"COME with me to Beauty-Land," gaily quoth my friend Dorina, pouncing upon me one morning in Bond Street, as I stood before a milliner's window, ostensibly meditating hats, but secretly surveying the hang of my newly-acquired tailor-made reflected in the window-pane.

"Beauty-Land," I repeated vacantly, "what do you mean?"

For explanation Dorina whisked me unceremoniously into her neat little motor, and before I could remonstrate we were spinning along to what my friend considered beauty-land.

Now Dorina is a darling, and she has unquestionably a very pretty face, but—and there is a world of meaning in that but—she is fairly ruining her complexion. In plain and simple language—Dorina powders. In twelve months' time, if she pursues her present course, it will also have to be said of her—Dorina paints. In vain have I pointed out the better way in matters of the toilet to my misguided friend, but no matter how I argue, or how I scold, she continues to develop little pimples and other facial blemishes, and to disguise their presence under tinted powders and zinc washes. Yearly, weekly, almost daily, have I declared that her diet is mainly at the root of her increasing complexion troubles, and just as frequently does she laugh my lectures to scorn. She continues eating sausages and kidneys and bacon for breakfast, chops and steaks for lunch, and roast pork and beef and mutton and veal and sundry other slaughter-house dishes for dinner, and so she goes on spoiling her skin, and adding insult to injury by doctoring her face up with chalks and poisonous lotions.

Very soon our chauffeur had pulled the automobile up at the door of a noted "beauty doctor's" house, and we alighted. Dorina looked mischievous. I fairly gasped. "What would your husband say?" I asked.

"He knows nothing whatever about it," replied my companion, with dignity. I smiled inwardly, and followed Dorina into her misnamed beauty-land. What I saw there I need not describe, it was much the same as I had seen in other places of the kind conducted by the charlatans of the artificial beauticultural world, whom I have, as a journalist, frequently had to interview. Suffice it to say that Dorina left that establishment with

\*Letters referring to matters on this page should be addressed to Marie Blanche, c/o GOOD HEALTH, Caterham Valley, Surrey.

what was little other than a mask of grease and chalk coated over her pretty face. Had I needed an eye-opener, this would indeed have been a lesson, and I only hope that none of the readers of GOOD HEALTH may ever be led so far from the paths of wisdom into the crooked lanes of folly and wanton stupidity, as to consult any of these daylight robbers of the deepest dye, who masquerade under the titles of "beauty doctor" and "face specialist." They are one and all unmitigated frauds and arrant humbugs.

To diet for beauty, my dear readers, you must diet for health. Clean, good, nourishing food makes pure, rich, healthy blood, and with this come the glowing cheek and fair, fresh skin, the joyous, happy, bright expression, and the clear and radiant eyes. Local treatment must not, however, be scorned, and rain or distilled water should invariably be used for washing the face, also a mild, pure soap to thoroughly cleanse the pores. McClinton's Colleen Soap is equal to any, and indeed, being made from vegetable oils and plant ash, is much safer and purer and more clean than most of the soaps on the market, which are frequently made from cheap tallow and hog fat, and often contain silicate of soda, which is exceedingly bad for toilet purposes, roughening and stinging the skin. Some complexions require an emollient cream applied daily, others are naturally oily, and should be treated with fruit acids and distilled water, which can be had from any chemist at sixpence a gallon. The natural acids from fruits stimulate the skin, act as a tonic, and brace the pores up, causing the skin to become fine and smooth in texture. Never on any account use glycerine for the face, it will eventually coarsen the skin and induce superfluous hair. Fresh air, and especially the moist, soft atmosphere of a damp, rainy day has a wonderfully good effect upon the face, and is a perfect complexion beautifier. Never miss your daily constitutional simply because it rains, but just don your shortest and lightest skirt, strong and immaculately water-tight boots, and sally forth umbrella in hand. When you return, look in the glass, and see how fresh and clear the complexion appears, and how cool and supple it feels.

## Answers to Correspondents.

J.E.C. No, you must not use it. Apply a little Crème Marquise every night. You can procure it from any chemist. It is one of the J. S. W. preparations, and is guaranteed free from all animal fats. Write to me again.

**Appointments for February.  
Manchester.**

The Physical Health Culture Society.  
Feb. 4th: "What We Know About Health." Mr. M. Ellsworth Olsen. 8 p.m.  
Feb. 15th: Kersal Mon Ramble. Meet at 2 15 p.m.  
Feb. 18th: "The Case Against Vivisection." Mr. W. P. Price-Heywood. 8 p.m.  
Feb. 29th: Social Evening.  
Meet at 207 Deansgate. Physical Drill Class on Thursday evenings at 8 o'clock. Monthly Journal, GOOD HEALTH. Library (200 vols.) open daily at 27 Brazennose Street. Inclusive subscription, 2/6. Have YOU joined?

**Birmingham.**

Natural Health Society.  
Feb. 5th: Monthly "Good Health" Meeting. Lecture "Our Daily Food." Mr. M. Ellsworth Olsen.  
Feb. 12th: Discussion: "The Use and Abuse of Physical Culture."  
Feb. 19th: Annual Meeting of the Hygienic Dress League. Chairman, Dr. Badger.  
Feb. 26th: Social Evening.

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**Diseases of the Digestive Organs.**

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Inflammation of the Kidneys, Chronic Bright's Disease, Floating Kidney.

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81 High Street, Marylebone.

In answering advertisements kindly mention "Good Health."

# QUESTIONS & ANSWERS

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

**Noises in the Head.**—M.A.S.: "1. Will you please tell me in GOOD HEALTH what is the cause of a grating and creaking noise in the back of the neck when I move my head? 2. What is the reason for noises in the head, especially in the vicinity of the left ear?"

*Ans.*—1. Grating and creaking sounds in the neck are usually accompanied by more or less stiffness, and are probably due to the lack of a normal amount of lubricating fluid in the tendons and ligaments, as well as due to the deposit of uric acid salts: in other words, they are indicative of rheumatic disorder. 2. Noises in the head may be due to middle-ear disease, anæmia and other mal-conditions of the blood, nervous disorders of various kinds, and, simplest of all, to the accumulation of wax in the outer ear. This latter difficulty can be easily remedied by a physician.

**Exercise for the Liver—Special Diet—Farm Work v. Factory Work—Nuts—"Dutch Drops"—Sanitariums.**—J.E.S.: "I am suffering from pains in the small of my back and loins and also between my shoulder-blades. My club doctor says it is due to a sluggish liver. 1. Could you advise any exercise for stirring up the liver? 2. Do I need to adopt any special diet? I eat meat once a day, either beef or mutton, but never touch pork. 3. My occupation is factory work, and is very unhealthy. I have the chance to take up farm work where I could get good food. What would you advise? 4. Do you think I ought to include nuts in my diet? 5. I have been recommended to take 'Dutch Drops.' Have you any faith in them? 6. Do you think that a three weeks' stay at one of your sanitariums would put me on the road to health?"

*Ans.*—1. We recommend you to join the Good Health School of Physical Culture, which will provide you with exercises suitable to your case. No apparatus is required. 2. We think you would do better to drop off flesh foods entirely, and, if possible, substitute the standard nut preparations. Protose, bromose, nuttolene, and other nutmeats are excellent substitutes for flesh foods, and would doubtless suit you better. 3. By all means take up the farm work. It is a much more natural and wholesome life than working in the factory. 4. Yes, take them for breakfast, and chew them well. 5. No. 6. Yes, certainly, it should be the means of starting you on the road to health. A proper sanitarium is much more than a hospital. It is emphatically an educational institution, and a stay of three or four weeks would afford you an opportunity to learn how to care for yourself, what treatment to take and how to take it, and what foods would suit you best.

**Raw Eggs.**—E.P.: "I am taking my eggs raw. Is that a good way of using them?"

*Ans.*—Yes, eggs are more easily digested raw than cooked.

**Peanuts—Nut Mill.**—R.W.: "1. As peanuts are rendered still more indigestible by roasting, how otherwise should they be prepared? 2. How are certain obnoxious elements in the peanuts removed? 3. How is peanut butter prepared? 4. What nut mill do you recommend?"

*Ans.*—1. The nuts should be blanched to remove the skins, and then subjected to long boiling until they are super-cooked. 2. Prepared in this way they are quite wholesome. 3. The peanuts should be ground first, and then super-cooked. 4. There are a number of good nut mills on the market for making proper nut butter of any nuts; the mill sold by Good Health Supplies is probably the best.

**Gumboil.**—S.O.: "Some years ago I had an upper front tooth stopped, but a gumboil has now formed at the root, and the surgeon says that it can only be removed by having the tooth extracted; but the dentist says that it can be cured by boring to the root of the tooth to let out the matter, and then refilling the tooth. 1. What is your opinion? 2. Would an anæsthetic be necessary in adopting the dentist's method? 3. Would gumboils be likely to cause swelling of the nose?"

*Ans.*—1. To extract the tooth is the sure cure, but we think it worth while to try and save the tooth by following the advice of the dentist. 2. No, not necessarily, although of course, it would be much more comfortable. 3. Yes.

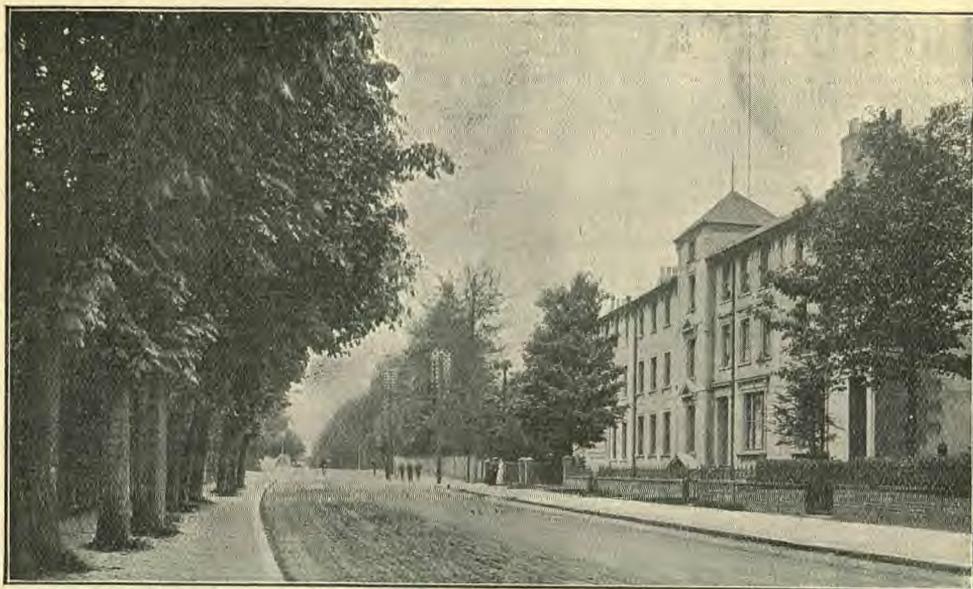
## The Good Health Adjustable Bodice



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., Caterham Valley, Surrey.**



## 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.

ELECTRICITY AND VIBRATORY MASSAGE.

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 hydiatic 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.

Editor: **M. ELLSWORTH OLSEN, M.A.**  
Associate Editor: **ALFRED B. OLSEN, M.D.**

Address business communications to  
**GOOD HEALTH, Stanborough Park, Watford, Herts.**  
Telegraphic Address: "Hygiene, Garston, Herts."

Address editorial correspondence to the Editor, **Sunny View, Caterham Valley, Surrey.** Telegraphic address, "Hydro, Caterham Valley."

**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.

THE Caterham Sanitarium has been able to arrange with Dr. Greaves, of the American Medical Missionary College, to connect with the institution, and take charge of the laboratory, an arrangement which will open the way for a decided enlargement of this important department. In the future gastric analysis, microscopic examination of the blood, and other special laboratory aids to accurate diagnosis will be carried on in addition to the ordinary sputum analysis and urinalysis.

"SINCE I have taken **GOOD HEALTH** I have left off eating meat, drinking alcoholic drinks, and smoking, and feel much better in health. I used to suffer from toothache and neuralgia, but since I have left off eating meat I have not been troubled with either, and since I have left off smoking my mind is greatly improved. I can and do ride a hundred miles on my bicycle some days without feeling any ill effect. A. S., Kettering."

[This is one of many similar testimonials that have come to us. Renewed health follows close in the wake of obedience to health laws.—Ed.]

## FOR SLOW DIGESTION.

Persons suffering from slow digestion, fermentation, flatulence, and other similar digestive disorders, often obtain considerable relief from the use of **Antiseptic Charcoal Tablets**. These can be obtained either with or without sulphur. A sample box will be sent post free on receipt of 1/1. Full-size box, 2/1½, post free. Address, **Good Health Supply Dept., Sunny View, Caterham Valley, Surrey.**

## GOOD FOR YOUR COMPLEXION.

**Dr. Harlan's  
BEAUTY-CUP MASSAGE  
For the Face, Neck, Arms,  
and Body.**

An effective home treatment for wrinkles and blackheads. The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the Little Beauty-Cup will often produce remarkable results. Blackheads in many cases are banished in sixty seconds. It removes impurities by atmospheric pressure, helps to round out the cheeks, arms, and neck, and to make the waste places in the body plump and healthy. Acts directly on the circulation, and feeds fresh blood to the tissues, thus making the flesh firm and fair, and the skin soft and satiny. Sent by mail in plain wrap per. with our Beauty Book, for 2/1 P.O. (abroad 2/6 M.O.).

Address **H. G. Highwater Laboratory Co.,  
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Hundreds of unsolicited testimonials

Try a delicious  
Custard Pudding  
made with

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

This is a simple, but delightful hot baked pudding equally good served alone or with stewed fruit. It is quickly made, costs little, and is enjoyed by young and old alike.

The recipe (with many others) is in every packet of **Brown & Polson's "Patent" Corn Flour.**

To have best results, insist on getting **Brown & Polson's "Patent."**

In answering advertisements kindly mention "Good Health."

# MAXWELL'S PURE FOOD STORES,

863 FOREST ROAD, 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 Oils.**

## Maxwell's Pure Vegetable Cocoanut Butter

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

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

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

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

# Nuts

and How to Use them



THE question is frequently asked—"How can Nuts be used in making simple, inexpensive dishes?" The answer is our unique Booklet, containing

## 36 Nut Recipes

by Mrs. Gillmour, of the Knock, Belfast, and interesting details about many natural foods and beverages. We send it

**FREE**

together with samples both of "Cream o' Nuts"—a delicious Nut Food—and of "Nu-Era" Cocoa-shell—a perfect health beverage—if you mention "Good Health."

**G. SAVAGE & SONS**

Nut Experts, Importers of Rice Vermicelli, and other Burmese Products,

53 Aldersgate Street, London, E.C.

## No Table is Complete without Granose Flakes and Granose Biscuits.

The daintiest and most delicately flavoured, and at the same time the most wholesome and health-giving foods under the sun.

They are made from entire kernels of choice wheat, pressed into thin, soluble flakes, rendered easy of digestion by various processes of scientific cooking, and have been proved to be far superior to any other cereal food yet produced.

Granose Flakes and Granose Biscuits are winning fresh laurels from month to month. The biscuits, when cut open and toasted in the oven for twenty or thirty minutes, make one of the daintiest foods imaginable to take at breakfast or tea. Poached eggs on granose biscuits are a most delicious dish. Delicate little children, invalids, and convalescents invariably find granose biscuits easy of digestion, and of incalculable value in nourishing the body and building up the health.—*Good Health.*

They are sold in large packets at 7<sup>3</sup>/<sub>d.</sub> each at all Health Food Stores and many leading Grocers throughout the kingdom. A trial packet of each sent post free for 1/7. Address of nearest agent and booklet on Food free on application. Address the sole manufacturers:—

**THE INTERNATIONAL HEALTH ASSOCIATION, LTD.,**  
STANBOROUGH PARK, WATFORD, HERTS.

*In answering advertisements kindly mention "Good Health."*

## PUBLISHERS' NOTES.

WE are always glad to hear from readers who would like sample copies of GOOD HEALTH to circulate among their friends.

WE are always pleased to recommend the Welch grape juice. It is one of the natural food tonics which really do good. In many wasting diseases, and in the case of most convalescents the regular use of Welch's Invalid Port would prove very helpful.

THE Eugene Christian Food Company have favoured us with samples of their products. The biscuits of various kinds are *sui generis*, and will probably prove quite a surprise to many who have supposed that uncooked foods are unpalatable. The "Protoid Nuts" and the nut butter we can most heartily recommend. These two latter preparations are both dainty, very sustaining and very easy of digestion.

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ESTABLISHED 1851.

SOUTHAMPTON BLDs., HIGH HOLBORN, W.C.

**2½ per cent INTEREST**

allowed on Deposit Accounts payable on Demand.

**2 per cent INTEREST**

allowed on Drawing Accounts with Cheque Book.

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

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

CAMDEN TOWN  
DAIRY AND HEALTH STORES,

265 Great College Street, N.W.

Trams: Holborn to Hampstead Heath.

Agent for . . .	From
NUT BUTTERS, NUT CAKES,	Allinson Food Co.
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R. J. DAVIES, Proprietor.

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THE BEST DRINK FOR BREAKFAST  
AND SUPPER FOR RICH AND POOR,  
WHOLE AND AILING.

Nutritious, Digestive, Refreshing.

The best "nightcap." Prepared, under letters  
patent, from the husk of the cocoa bean and malted  
barley. ½ lb. sample, post free, 6d.; 5 lb., post free,  
3/6. From

CAMP'S HEALTH FOOD STORES,  
203 Borough High Street, S.E.,  
and all Health Food Stores.

THE IDEAL CONDIMENT  
FOR VEGETARIANS.MAGGI'S  
ESSENCE.

A highly concentrated liquid preparation, entirely free from any animal substance, a very few drops of which give strength, body, and flavour to any dish—soup, sauce, gravy, vegetables, etc.

**Economical in Use!****A Stimulus to Appetite!****An Aid to Digestion!**

Sold by all grocers in bottles at

7d., 1/6, 1/6, 3/6,  
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Pamphlets with full particulars on application to—

**COSENZA & CO.,**

95 Wigmore Street, London, W.

The Oldest Health Food Stores  
in the United Kingdom. ❄ ❄

## C. J. Bilson &amp; Co.,

88 Gray's Inn Road, London, W.C.

Importers of and Dealers in

Dried Fruits, Nuts, and Colonial  
Produce.

NEW CALIFORNIAN DRIED  
APRICOTS, PEACHES, AND 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 ordin-  
ary Dairy Butter for cooking, is perfectly  
wholesome, and of a delicate flavour. 8d.  
per lb., carriage forward.

Sample Tin, 6d., post free.

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

Agents for all health foods. Send for price list.

In answering advertisements kindly mention "Good Health."

# IMPORTANT ANNOUNCEMENT.

¶ We hereby guarantee that Welch's Grape Juice contains 50% more nutriment than any other Grape Juice bottled, being more concentrated, and manufactured from finer, better cultivated, and more luscious grapes.

¶ Welch's Grape Juice has the largest sale in the world, and in America and Canada, where our Grape Juice is used so extensively, we sell 100 bottles to one bottle supplied by the whole of the other manufacturers combined.

¶ The Welch Grape Juice Co., Ltd., of England, have during the past ten years repeatedly refused to import cheap and inferior Canadian Grape Juice, as it is admitted that no country is so adapted for the growing of Grapes as the Vine-belt in Vineland and Westfield, N.Y., U.S.A.

¶ We are prepared to prove the whole of the above statements by analysis and certified statistics in our possession.

---

**The Welch Grape Juice Co., Ltd.,**  
61 Farringdon Road, London, E.C.

THE North Kensington Branch of the Good Health League has had some well-attended and interesting meetings lately. We have also had encouraging reports from the branches in Manchester, Plymouth, Leeds, Nottingham, and Newcastle.

"The Bible Against Flesh-Eating," by William Harrison. Published by R. J. James, 3 & 4 London House Yard, London. A very interesting and instructive pamphlet giving a large variety of Scripture passages bearing on the subject under discussion, and containing portraits of prominent pioneers in the movement, including an excellent one of the genial author, taken in his seventy-second year. We believe all thoughtful students of Holy Writ will admit Mr. Harrison's claim that "the vegetarian diet is the divinely appointed food, and that this ordination has never been repealed." The Bible and science perfectly agree in assigning to man a frugiverous diet.

## Shop, Lunch, and Dine at Shearn's.

Our Health Food Stores are a big success, and contain all you need. Our Fruit Saloon and Luncheon-Rooms are the talk of London. Everything of the best, and everything moderate. **Dinners are now served every evening** from 6 to 7.30.

If you cannot call, send for our Booklet, "A Guide to Good Things," post free if you mention "Good Health."

**SHEARN'S HEALTH FOOD STORES,**  
234 Tottenham Court Road, and Branches.  
Largest Health Food Stores in London. Phone: 8555 Gerrard.

## "GOOD HEALTH" STORES,

19 Stroud Green Road, London, N.

Conducted  
by **MISS N. MUSSON.**

.. AGENT FOR ..

The International Health Associations' foods,  
and all other health foods.

.. ALSO FOR ..

**Musson's Wholemeal Specialties.**  
ALL HEALTH MAGAZINES.

## Moule's Patent Earth Closet Co., Ltd.

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The Original Inventors of Sanitary Earth Closets.

GOLD AND SILVER MEDALLISTS.

No Fouled Water. No Cesspits.

No Pernicious Gases.

No Drains.

No Water Wasted  
in Flushing.

The Garden  
Enriched.

**Moule's Earth Closets.**  
1905 PATENT.

The Perfection of  
Sanitation for Hospitals,  
the Sick-Room, and  
Dwelling-House.

Moule's Earth System follows  
Nature's method of dealing with  
putrescible matter.

Perfect in Principle. Simple in Action.  
Altogether Reliable.

All Moule's Closets are tested and guaranteed.  
See that Moule's name is on them.

Send for particulars, or call and see them.

**MOULE'S PATENT EARTH CLOSET CO., LTD.,**  
5a Garrick Street, Covent Garden, London, W.C.

In answering advertisements kindly mention "GOOD HEALTH."

# IXION

(REGISTERED)

## HEALTH FOODS

HEAL  
AND  
BUILD  
THE  
BODY.

THE  
BEST  
FOODS  
for ALL  
AGES.

### IXION SHORT BREAD BISCUITS.

Easy to masticate. Direct prices, 7 lb. tin, 4/-;  
14 lb. tin, 7/-; 28 lb. tin, 13/-, carriage paid.

### IXION WHOLE WHEAT BISCUITS.

The finest for children, making good teeth, strong  
bones, healthy nerves, and good digestion. 7 lb. tin,  
3/8; 14 lb. tin, 5/6; 28 lb. tin, 10/-, carriage paid.

### IXION INFANT FOOD.

The best food for infants over 9 months. 1/- per  
1 lb. sample tin, or 5/- ½ dozen tins, carriage paid.

### IXION WHOLE WHEAT FLOUR.

Millstone ground. Delicious for all purposes. At  
Stores, in 7 lb. bags, or 30 lb. bag, 4/6; 60 lb. bag,  
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### KORNULES.

A grand breakfast and emergency food. At Stores,  
in 1½ lb. pkts., 3/6 per ½ dozen pkts., carriage paid.

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

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

## A Seaside Home

Conducted on Food Reform principles.

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

Highest recommendations.

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

Charges—moderate.

Write for terms, mentioning "Good Health."

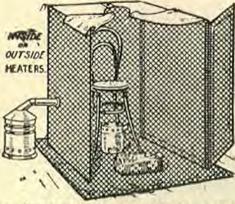
**Mrs. Hutteman-Hume, Loughtonhurst,  
West Cliff Gardens, Bournemouth.**

**FATIGUE, TIREDNESS,  
INDISPOSITION,  
ILLNESS, DISEASE,**

**ARE ALL DUE**

to the pressure—temporary or permanent—of an abnormally large amount of waste matter—of dead matter—of *DIRT*—in the muscles, tissues, organs, and innermost recesses of the body.

**HAVE YOU CONSIDERED THE SIGNIFICANCE OF THIS?**



**YOU, THE WEAK.** Why are you weak and ill? And why do you remain so?

**YOU, THE STRONG,** the strongest of you, "strong man," and athlete, why do you go "stale" and get "out of form"? Even in your case exercise is not everything—there is a limit to human capacity and endurance. Exercise, like work, means wear and waste products, loss of energy; and unless nourishment can be rushed forward and the waste products expelled, fatigue or staleness supervenes. Fatigue, or tiredness, long continued, leads to illness, and illness, unarrested, to disease and premature death. That is why Sir F. Treves, Surgeon to the King, said the other day, that

**"The mystery of the ancient doctor, his use of long names, and his extraordinary prescriptions, are passing away, and that he looks forward to the time when people will leave off the extraordinary habit of taking medicine when they are sick."**

Stripped of "long names," illness, disease, all local manifestations of ill-health, are seen to be traceable to some common cause. The great cause of all ill-health is *Dirt* (waste matter), inside and outside the body. The great cleanser is the

## GEM HOME TURKISH BATH.

It provides Hot-Air, Vapour, and Medicated Baths. It purifies and vitalizes the blood, relieves the organs, cleanses the whole system, drives out disease, establishes health, and fortifies the body against wintry weather. It does wonders, as thousands testify.

**Used and Recommended by the Editor of "Good Health."**

Prices from 30/-. Inside or Outside Heaters.

Interesting Book, "Perfect Health," Free on mentioning "Good Health."

The Gem Supplies Co, Ltd., Dept. G.H., 22 Peartree St., Goswell Rd., LONDON.

# HOW TO SUCCEED WITH A VEGETARIAN DIET.



**FAILURE** frequently results even with those who most earnestly desire to live on a fleshless diet, simply because they select wrong foods to take the place of those they have given up. Failure never results if the proper foods are chosen, and there is not a man, woman, or child alive at this moment who would not be healthier, happier, and more in pocket for living on the simple fruits of the earth properly prepared. This is a matter of vital importance, and should be treated as such. The foods selected should be prepared with the most scrupulous care and cleanliness, and should have the nutrients properly balanced. Such are

## R. WINTER'S HEALTH FOODS.

Every ingredient is cleaned and prepared in the most thorough manner: every food is compounded in such a way as to give the greatest possible amount of body- and brain-building properties. If you use these foods you will find the fleshless diet a success, and you will never again be art and part in the horrors of the slaughter-house. Here are the names of these foods:—

**NUTTON.**—The best nut meats—made in six varieties: try No. 8, it is perfection.

**BUTNUT.**—Made in six varieties: Almond, Walnut, Cashew, Coco-nut, "Table," and also "Cooking," for kitchen use.

**BUTNUT SUET.**—A perfect vegetable suet for plum puddings, etc.

**PRUNUS, PRUNUS PERFECT FOOD, NUXO, NUTROGEN, etc.**

Ask your storekeeper for these foods, or write the sole manufacturers:—

**R. WINTER, Ltd., Pure Food Factory, Birmingham.**

*In answering advertisements kindly mention "Good Health."*

## PUBLISHERS' NOTES.

MR. RAMSEY WINTER'S new price list is beautifully got up, and contains a large amount of interesting information. It should be in the homes of all up-to-date food reformers.

PROLAPSE of the stomach or other abdominal organs is a very common thing in these days. Special exercises can do something to remove the evil; but a good abdominal supporter is necessary in the vast majority of cases. We can furnish a supporter of unique value, which is made on physiological principles. A great many have been sold, and are giving the best satisfaction.

For full particulars and instructions for taking measurements, address GOOD HEALTH SUPPLY DEPARTMENT, Caterham Valley, Surrey.

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

**"Good Health" Foods.**

THE OLD ESTABLISHED GROCERY,  
26 CLOTH MARKET.

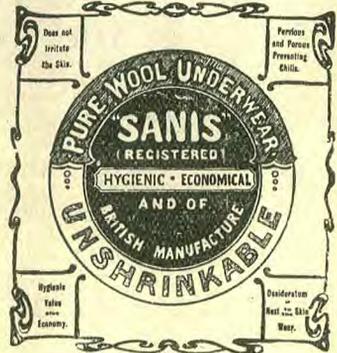
## "Sanis" Underwear.

[REGISTERED.]

*The Perfectly Healthful Underwear.*

Protective against chills.

Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool. Porous, Pervious, and non-conductive of heat, allowing the noxious vapours to escape from the skin. It gives a sense of SAFETY and COMFORT during and after violent perspiration. Unshrinkable. Descriptive pamphlet sent free on application to

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

**THAT'S WHAT YOU  
SHOULD WRITE FOR.**



**FREDK. BAX & SON'S  
NEW PRICE LIST**

Contains 72 Pages,

and an Amazing Variety of New Foods.

\* **FRUITS, NUTS, CEREALS, etc.,** \*

Suitable for All Times of the Year.

We will send you one Post Free with pleasure on hearing from you.



Our position as **Health Food Specialists**, with a life-long experience and ever-increasing trade, enables us to command the pick of the whole market. **Experts in Selection**, we offer goods of such sterling quality at their respective prices that they defy competition, and comparison with others proves their cheapness and confirms our judgment.

**FREDK. BAX & SON, 35 Bishopsgate Street Without, LONDON, E.C.**

Hours of Business: 9 till 8; 4 on Saturdays.

*In answering advertisements kindly mention "Good Health."*

# VEGETARIANISM

*Is not only possible, but is essentially agreeable and healthful, when regular use is made of the original Health Foods,*

which are the result of long-continued and extensive experiments in a well-equipped laboratory of hygiene, and have stood the test of many years' experience and trial. They are palatable, nutritious, and digestible, and, by reason of merit, are the most popular.

Better health, mental capacity, and increased physical strength are experienced by all who adopt their use. Study the following list. Every word has weight.

## SUPERCOOKED CEREAL FOODS.

**Granose.** The ideal cereal food, in thin, crisp flakes of perfectly cooked wheat. Its use cures indigestion. A delicate food which contains all the nutriment of the wheat, but so prepared that children and invalids digest it with ease. Recommended by numerous physicians. Many a sickly child owes its life to this food, and in many cases delicate people are living almost entirely upon it. Being a natural food, and not a medicine, it is just as good for the healthy as for the feeble.

Granose is supplied in three forms:—  
In loose flakes, known as **Granose Flakes**, per packet, ... .. 7½d.  
The flakes pressed into biscuit shape, known as **Granose Biscuits**, per packet, ... .. 7½d.  
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