

THE WIND.

I SAW YOU TOSS THE KITES ON HIGH,
AND BLOW THE BIRDS ABOUT THE SKY,
AND ALL AROUND I HEARD YOU PASS,
LIKE LADIES' SKIRTS ACROSS THE GRASS—
O WIND, A BLOWING ALL DAY LONG!
O WIND, THAT SINGS SO LOUD A SONG!

I SAW THE DIFFERENT THINGS YOU DID
BUT ALWAYS YOU YOURSELF YOU HID.
I FELT YOU PUSH, I HEARD YOU CALL,
I COULD NOT SEE YOURSELF AT ALL—
O WIND, A BLOWING ALL DAY LONG!
O WIND, THAT SINGS SO LOUD A SONG.

ROBERT LOUIS STEVENSON.

Good Health

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

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Editorial Chat.

Gospel of the Toothbrush.

THE "British Dental Journal" very properly urges the need of a thorough system of examination of the teeth of all schoolchildren. Army reports, it goes on to say, show that rejections due solely to bad teeth rose during the years 1891-1903 from 10'88 per cent to 49'26 per cent, while medical expenditure has increased enormously through having to supply artificial dentures to a great many recruits. Parents and schoolteachers should preach the gospel of the toothbrush in season and out of season, and regular visits should be made to a dentist at least twice a year, in order that teeth beginning to decay may be dealt with properly before it is too late to save them.



A Healthier Nation.

THE "National League for Physical Education and Improvement" has issued its second Annual Report, which shows an encouraging growth of members and supporters, as well as some good work accomplished, much of it in a quiet way, towards the making of a healthier nation. Lord Balfour well described the work of this League as going down to the very foundations upon which rested the national efficiency. Such an organization cannot fail to command the support of all who are sincerely interested in the physical welfare of the nation. There is no more important work before the public in these days than that having to do with the lessening of our high infant mortality and the improvement of the national health generally.

Against "Living-In."

AT Queen's Hall, on February 11th, shop-assistants and their sympathizers, in sufficient numbers to pack the place, voiced a dignified yet emphatic protest against the "living-in" system "as being detrimental to the physical, mental, and moral standard of the workers." The meeting was held under the auspices of the "National Amalgamated Union of Shop Assistants, Warehousemen and Clerks," and the speakers included J. A. Seddon, M.P., Margaret Bondfield, Mary K. MacArthur, John Turner, Rev. Richard Roberts, and the witty and inimitable George Bernard Shaw. There was no effort at sensationalism. Mr. Shaw said at the commencement of his address that they had not come there to talk of the worst side of "living-in," because it was unfit for public discussion—it would be a breach of the understanding on which they had taken the hall.

To the disinterested onlooker who has taken the trouble to look into the matter at all, it is not surprising that shop-assistants should protest against having to "live in." The wonder is that they have patiently endured it so long.



Outlived Its Usefulness.

THE system may have had its advantages in times past; but it surely has outlived its usefulness. The shop-assistant of to-day, like any other employé, is entitled to his wage, and should be allowed to buy his bread and cheese where he pleases. Miss MacArthur made a good point when she protested against making a home out of a workshop. The dull,

wearing monotony of working, eating, and sleeping on great barrack-like premises is not realized by the proprietor, who probably lives in a comfortable villa. To maintain good health under such conditions is extremely difficult, and the striking prevalence of consumption and anæmia amongst shop-assistants pleads eloquently for the abolishment of a system which in the long run does good to nobody. Some of the largest and best firms are realizing this fact, and acting on it to their own benefit and the great relief of their employés.



Safe Advice.

SIR JOHN GORST, asked by the "Review of Reviews" to give his views on food and drink in relation to health, replied as follows:—

1. *Food*.—Eat with moderation, and not between meals, and lessen the quantity of meat in your diet as you grow older.

2. *Drink*.—Stick to pure water.

3. *Smoking*.—Be a total abstainer.

Lord Avebury was equally sane and to the point:—

1. *Food*.—Simple, and not too much.

2. *Drink*.—Little alcohol, or, still better, none.

3. *Smoking*.—None.

Other well-preserved men of seventy and over replied in similar strain; some professed themselves more or less indifferent to health laws. We have only to say of these that if their practice is in harmony with their teaching, they will not live as long or as happily as they might. Unnatural and unphysiological habits may not affect some people as much as others; but the laws of nature are inexorable. Simple, abstemious habits always make for health and longevity, and when men follow reason in eating and drinking, we shall see fewer untimely deaths.

A Summer School.

WE are glad to be able to announce that the Caterham Sanitarium has decided to conduct a Summer School, beginning the second of July and continuing for four weeks. The course of study will include lectures and demonstrations in Physiology, Disease and Its Causes, Healthful Cookery, Healthful Dress, Practical Hydrotherapy, and other allied subjects, including a full course in Physical Culture. The classes and demonstrations will be held as far as possible in the open air, and there will be ample time for country-

side rambles, drives, tennis, golf, and other wholesome forms of recreation. Board and sleeping accommodations will be provided at minimum cost. Those who wish it will be allowed to sleep under canvas. Some may prefer to bring their own tents. Here is a splendid opportunity for members of Good Health Leagues and Outdoor Clubs, as well as many other readers of GOOD HEALTH, to get at very small cost a thorough course in physical culture and the principles of healthful

NEXT MONTH.

THE issue of GOOD HEALTH for May will be a special outdoor number. There will be a leading article on "The Home Treatment of Consumption of the Lungs." The great white plague carries off about one in eight of the population of Great Britain, and there is hardly a family that has not some experimental knowledge of it. The article in question will answer the following vital questions: What should be done for the recovery of the patient? How should the other members of the family be protected from infection? What are the probabilities of recovery?

But it is not enough to tell how to treat a consumptive. It is always easiest to cure a disease before one has it. So there will be an article on "The Gospel of the Open Window," and numerous pointed paragraphs dealing with practical health culture. Outdoor subjects such as **Camping, Walking Tours, and Rambling** will receive attention.

This number of GOOD HEALTH will also be lavishly illustrated, and will have a striking and original cover design. Friends of the magazine are invited to order extra copies to use in health propaganda.

living. For full particulars as to terms and syllabus of instruction to be given, apply to the Sanitarium, Caterham, Surrey.



What to Do for Influenza.

INFLUENZA has been rife the past winter, and many are still suffering from the disease itself or some of its numerous complications. Needless to say, a person who is attacked by La Grippe in its severe form should be under the care of a doctor.

Rest is absolutely essential. Nothing is gained by trying to fight off the disease while going about one's usual work. The best place to fight influenza, and all other acute diseases, is in bed.

First attention should be paid to securing

thorough cleansing of the bowels, a copious warm soap enema being the best and safest means to employ. The bowels are nearly always constipated in colds and influenzas, and if not promptly dealt with, other relief measures will be found more or less ineffective.

The Hot Blanket Pack.

The next thing to do is to secure vigorous action of the skin. The hot blanket pack is perhaps the best all-round measure. Lay three or four blankets across a bed or couch. Then place on top of these a blanket which two persons, one at either end, have wrung out of boiling hot water. Let the patient lie down on this hot, moist blanket, bring it over him, tucking in snugly at the neck, and follow with the other blankets, applying a hot water bottle to the feet, and a cloth wrung out of cold water to the head. Put on more blankets or quilts if necessary. The patient should soon begin to sweat vigorously. He may be given plenty of water to drink, hot or cold. The pack may last from twenty minutes to an hour, and should be followed by a cool sponge-off and rest in bed, with abundance of fresh air.

The Hot Leg Bath.

If the hot blanket pack cannot conveniently be given, the hot leg bath will be found nearly as effective in most cases. The accompanying illustration will give a very fair idea of this treatment. Any receptacle of proper size can be half or two-thirds filled with hot water, and the feet and legs of the patient inserted therein,

boiling water being added from time to time as it can be borne. Apply a cold cloth to the head, and give hot water or hot lemonade to drink. This will encourage profuse sweating. If a hot fomentation or hot water bottle is at the same time applied to the spine, the treatment will be still more effective. This treatment, like the preceding one, should be followed by a cool sponge-off and rest in bed. In mild cases it usually results in a cure, and it seldom fails to give genuine relief.



The diet should be very light for a few days, zwieback or granose flakes with fruit juices being admirable. Meat extracts should be strictly avoided, as they load the system with excrementitious wastes which increase the work of the kidneys and liver.

Influenza is most rife amongst the middle and upper classes. Not lack of food, but too much food, with sedentary habits, predisposes to this disease. Hence the absurdity of

supposing it can be warded off by copious draughts of hot soups and broths made from meat extracts. Such things, indeed, invite the disease, as does also the use of alcoholic drinks.

Of course, influenza is a germ disease, and is highly infectious; but if the body is in a state of perfect health and high vital resistance, it is largely, at least, immune to this and other disease germs.

Fresh air in abundance night and day is a good safeguard against influenza; cold water without and within is also of the highest value. Abstemiousness in diet is at all times most essential.

NATURE'S SPRING TONIC.

BY H. J. WILLIAMS, M.D.

THE daily cold bath is an ideal spring tonic as well as one of the most important of all measures for preventing disease. Among the many methods that may be adopted are the plunge, shower, spray, douche, wet hand rub, etc. The bath may be preceded by hot applications of some kind, but the best way is to take the cold bath immediately upon rising in the morning, while the body is naturally in its warmest condition. It is, however, very important that by the vigorous use of a coarse towel, following the application, a healthy glow or reaction be produced all over the surface of the body.

There is nothing quite equal to the cold bath as a means of preventing colds. This is brought about by stimulating to activity the skin circulation, and developing the general vital resistance of the body, as also its power to reheat itself after having been exposed to sudden changes in temperature.

Benefits the Nerves.

The cold bath also acts in a very energetic way upon the great sympathetic nervous system, whose most important function is the regulation of appetite, digestion, assimilation, nutrition, etc. The result is a tonic stimulation or quickening of all the vital processes. The hydrochloric-acid-producing glands of the stomach are stimulated to increased activity. This improves the appetite and digestion in general. The germ-destroying power of the gastric juice is also greatly augmented, thus lessening the possibility of contracting such diseases as are transmitted to man through food and water. It has been shown experimentally that the perfectly healthy gastric juice, through the hydrochloric acid it contains, is capable of destroying almost every known disease-producing germ.

Improves the Blood.

Thus it can be readily seen what a valuable means of protection a healthy digestive mechanism affords. It has also been demonstrated by several prominent investigators that the actual blood count is enormously increased by the cold bath—even to the extent of from thirty to fifty

per cent. "The blood is the life," we learn from the Scriptures; therefore life must be increased, so to speak, to a corresponding extent. It is through the agency



The Wet Hand Rub* is an excellent tonic even for invalids confined to their beds. Properly given, it imparts a delightful sensation of comfort and well-being.

of the blood that the life-giving oxygen is conveyed to the ultimate elements of the body, the tissue cells. It is also by this means that the resulting carbon dioxide is carried to the lungs and skin, where it is eliminated from the body.

Further, it is through the activity of the white cells that invading germs or bacteria are destroyed. It is obvious that the quality of the blood is a factor of exceeding importance when we consider what a prominent part the blood has to play in maintaining the body in health in the presence of disease-producing influences.

Many a weary seeker after health would do well to throw away drug tonics, and try the cold bath, taking care, however, to secure a good reaction. The result in the way of renewed life and energy would be surprising.

*Full instructions for giving this and a large variety of other natural tonic treatments are given in "The School of Health," to be obtained from this Office.

THE FAILURES AMONG FOOD REFORMERS.

BY FRED CUTCLIFFE.

THE food reformers who fail may be divided into two classes: those who experiment with a reformed dietary and give it up after a longer or shorter trial, and those who persist in a certain regime without deriving corresponding benefits from it. The same causes may produce both kinds of failures.

Careless or ignorant cookery is doubtless responsible for many defections. Nearly every artisan's wife is confident of her ability to "cook a bit of meat," and it is easy to eke out the accomplishment with the aid of tinned foods from the nearest store; but how little of the true art of cookery is understood in any station of life is made manifest by the astonished queries which greet the suggestion that the best dinners are innocent of flesh.

This would not be so serious if people would leave cooking alone till they have had the opportunity of acquiring some little competence in the art, and would test the virtues of uncooked fruit, and nuts, and some simply prepared cereals. Unfortunately, many who will dine contentedly on cold meat, pickles, and bread, demand unlimited savoury messes as soon as they become interested in a purer diet, with the result that the frying-pan is far too frequently brought into requisition. "Frying-panitis" is often followed by indigestion—the boiling fats employed are not only too rich for many stomachs, but in combination with starchy foods they make the latter indigestible and less nourishing. The frying-pan is not a trustworthy ally for the food reformer, and it is no uncommon thing to hear those who have relied upon its services declare that they have tried a limited diet, and find it does not agree with them.

One hears a similar complaint from others who use no discrimination in their choice of food. They stuff themselves with cheese and eggs, or consume too much starchy food, or clog themselves with sweet dishes, and then announce that the new kind of diet may be all very well for some folk, but it does not suit them. Others who avoid these mistakes make the no less serious one of eating too freely

of foods which in themselves are wholesome and balanced. There may be several reasons for this. In the first place, flesh foods are stimulating, and the body suddenly deprived of them may demand an excess of nutriment to supply the lack; more often, perhaps, this is the mistaken remedy suggested by a faulty imagination. If those who listen to it would have a little patience, and a little stronger faith in their newly-found principles, they would soon gain a buoyancy immeasurably superior to the fitful and fevered response to stimulants. But elasticity does not accompany repletion, and not a few would-be food reformers are to-day bringing discredit upon the principles which they profess because they have not the courage of their convictions; they do not at bottom believe that the new diet is as sustaining as the old one, and accordingly they unwisely take more food to make up the supposed deficiency.

Road to the Grave.

An example of this came under my notice recently in the daily bill of fare of what I must call an "insanitarium." The day begins with tea and bread and butter in bed at 7 a.m.; a substantial breakfast follows at 9 o'clock; at 11 light refreshments are served; at 1 o'clock a luncheon consisting of several courses; at 4 o'clock afternoon tea; at 7 an eight-course dinner; at 10 coffee and biscuits.

This is surely the road to the grave for the residents, and to the bankruptcy court for the proprietors. At any rate it is offering the worst possible temptation to those who are trying to live a simpler life. It must not be forgotten that many of those who try a reformed diet have been led to it by ills which follow excess. They have therefore not only to change the nature of their food, but to combat the habit of over-indulgence at table. I must go further, and say that a fairly wide experience and intimate knowledge of food reformers convinces me that many are liable to err in this respect. I certainly do not mean to say that food reformers are more gross in their tastes than other men,

or that they share the glutton's delight in a debauch; what I wish to say is that they often have to exercise much more self-restraint than the ordinary man who takes little or no thought about his food.

Pioneering.

Perhaps my meaning may be made clear by a quotation from "White Capital and Coloured Labour," a book on race problems, by Mr. Sydney Olivier, now the Governor of Jamaica. Describing a primitive race, he says:—

Such a race . . . is sensitive at the surface, reacting immediately according to its own native impulse, not critical of its impulses, not hesitant between feeling and action, thought and word, not sceptical where it believes.

Now that description of a primitive race is equally true *in matters of food* of the modern man who is content to feed as his fathers fed before him. If he is a normally healthy man, he is led by habit, by the influence of his sub-conscious mind; and without any particular care on his part, he is automatically prevented from going far astray. It is quite different with one who essays the task of pioneering. In the very act of trying to reach a higher plane he introduces a division into his nature. He must check his reactions, hesitate between feeling and action, and if, when torn between desire and duty, he yields to desire, who shall cast a stone of blame? He may fall, but his body is bridging the way for the race to come after.

Of course, many are tempted who do not yield. I have one in mind now, the most abstemious man I ever met. He has been so for thirty-five years (half his life), and is the sunniest, kindest, most vigorous man for his years that I know. He has set multitudes on the road towards physical regeneration, yet he confessed to me not long ago that twice a day he still finds it a hard battle to rise from his two extremely frugal meals. It is the momentary price he has long paid, and still continues to pay, for half a lifetime of loving service to his fellows. Truly, man does not live by bread alone.

In this article we are concerned with the failures, but it need hardly be said that there are many, very many, in the ranks of food reformers who have never experienced

the struggle and stress of which we have been speaking. With perfect ease and naturalness they adapt themselves to a pure and simple regime, from which they derive the greatest benefit. One often finds that such lives have been natural from the beginning. They have not found their way to the higher path by weary and painful wanderings in bog and wilderness, but in youth have followed the right way.

There is a royal road to the same happy and efficient condition even for those who have erred—I mean a fast, conducted under sympathetic and competent professional guidance. The freedom from slavery to appetite, the mental clearness and spiritual illumination, which a wise conquest fast confers, are testified to by many who have enjoyed the experience. And one remembers that the Christ went through such a period of probation before entering upon His ministry.

Energy from Mastication.

For those who prefer, or whose circumstances require, more ordinary methods, the habit of thorough mastication may be highly recommended. It satisfies the natural appetite, restrains any abnormal craving, wonderfully energizes the whole system, and greatly strengthens the mental and moral force.

If the dietary be of uncooked food, these results are often yet more evident. Indeed, uncooked food (which may be held to include bread and biscuit stuffs, rice and porridge, as well as fruit and nuts) is in itself a means of physical salvation to many. It may be regarded as the perfect way in diet, though one must be careful not to say the perfect way is best for everybody. Dogmatism on diet is foolish and mischievous. What suits one may not suit another, and the only safe method is to test for oneself what is well recommended, and to keep to what is proved to be good. General rules are useful to work by, but each individual should make his own adaptations. If people would do this we should hear much less of failures. OL

And when once the right way is found, it only remains to walk in it steadfastly, casting all care and fear aside. Faith is more important than food; and when faith has been based on the sound foundation of

hygienic and physiological laws, the wise food reformer will cease to take thought what he shall eat.

Tired Men and Women.*

THE Lecturer at the outset (writes the "Yorkshire Observer") referred to the pace of modern life, and observed that it was little wonder under such circumstances that there should be so many tired men and women—so many people young in years but old in body—feeble, enervated, listless, holding themselves to their work day after day from a sense of duty, but strangers to that sense of abounding health and energy which makes hard work enjoyable. It would be safe to say that there never was a time in the history of the world when nervous breakdown occurred so frequently. The trouble was that our civilization was wrong in some of the fundamentals. We were guilty, for instance, of turning night into day. Time was when the fashionable hour for dinner was at ten or eleven o'clock in the morning: now it was eight o'clock in the evening. We rounded off the night's dissipation with an indigestible supper, retired to a very poorly ventilated bedroom, and then wondered why we woke tired and limp, and without appetite for breakfast. If man were not an exceedingly tough animal, the civilized races would have died out long ago. But Nature was taking toll of us in the 1,500 odd diseases to which we were subject. We were sowing for disease, and were reaping a harvest in kind. Take, for instance, the matter of fresh air. There was talk about ventilation, but very little evidence of the thing itself. Our churches and public halls and libraries were for the most part wretchedly ventilated, and as for the average bedroom, it might as well be without a window at all, so strictly was the fresh air excluded on any except the warmest nights. One would think that air was the most expensive of all commodities, seeing people were so careful to use the old foul air over and over again. Night air, instead of being harmful, as

many people thought, was really purer in most large cities than that breathed by daylight, being freer from dust and smoke.

Temporary Relief.

The almost universal use of narcotics had, the lecturer said, much to do with producing the tired feeling. Some people were good for nothing in the morning till braced up by a strong cup of tea. There were men who thought they required a cigar now and then to calm their nerves. But the relief was always temporary, and the inevitable result in the long run was a lowering of nervous tone and a breaking down of the natural defences of the body. The adoption of simple, natural habits, including the discarding of all narcotics, made for prolonged life and usefulness. It was possible to induce the "tired feeling" by overeating even of the simplest and most wholesome food. Sedentary habits called for a correspondingly spare diet. When the digestive organs were overloaded, they could not do thorough work; consequently crude, imperfectly treated food material was introduced into the blood along with irritating poisons, the result of fermentation. The condition known as auto-intoxication was responsible for much distress, and always interfered greatly with one's fitness for work. In general, the hardest workers were the simple livers. The tendency in this country among all except the very poorest classes was toward repletion. What most of us needed was less food and more fresh air; less riding and more walking; less gaslight and more sunshine; in short, a return to natural habits, which would go far to bring about a return of that freshness and buoyancy which most people wrongly believe is the exclusive possession of the young.

Modern.

CONSTABLE.—"Come along; you've got to have a bath."

Tramp—"A barf! What, wiv water?"

Constable—"Yes, of course."

Tramp—"Couldn't you manage it wiv one o' them vacuum cleaners."—*Tit-Bits*.

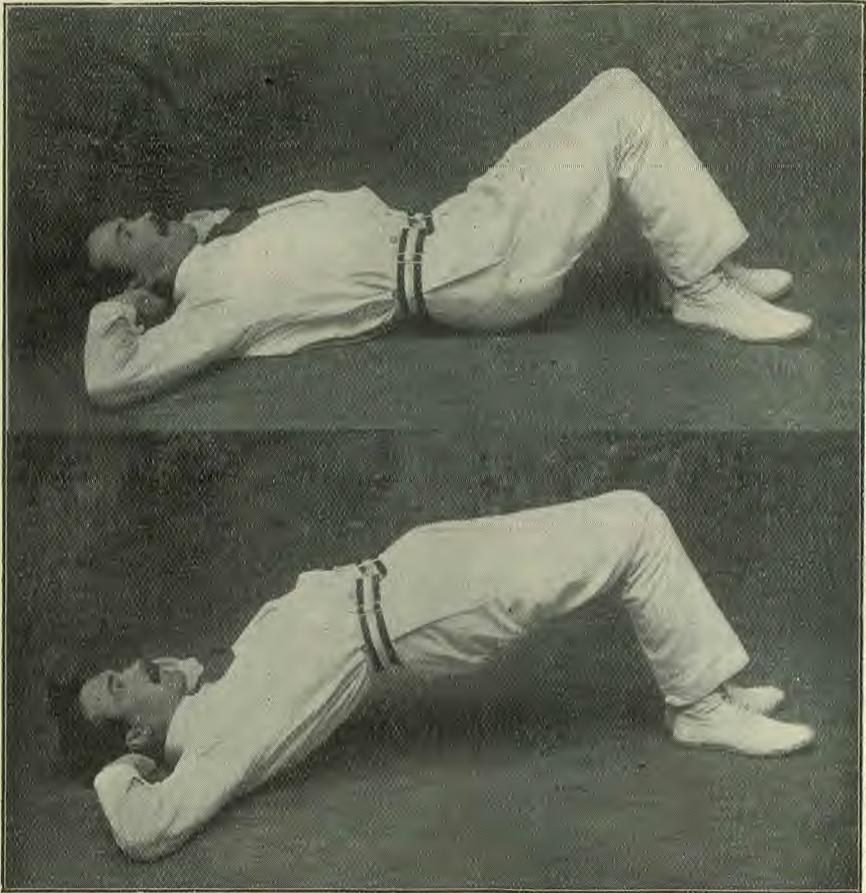
*Abstract of a lecture before the Bradford Health Association, by M. Ellsworth Olsen.

GOOD HEALTH. BODY BUILDING.

BY W. M. SCOTT.

THE question of diet is, of necessity, one that should receive careful consideration by all who wish to get the best results from exercise and physical culture. From the food we eat our bodies are daily being renewed and built up, hence the desira-

The grains—wheat, oats, barley, maize, rye, and rice—are the best all-round basis upon which to rely. They supply the carbohydrates, proteids, and mineral salts in about the right proportion for the needs of the body in activity. The recent ex-



bility of having food of the right kind when we are seeking to improve our physique. The purer and more wholesome the body-building material, and the more completely it is digested and assimilated, the stronger and healthier shall we become. Pure food will make pure blood, and pure blood will supply the necessary energy for action, as well as the material for building healthy, supple muscles.

periments by Professor Irving Fisher, of Yale University, have proved conclusively that our old notions about beef-steaks being a necessity for athletics and feats of endurance were wrong, and that physical fitness can best be secured on a low-proteid diet, or one into which no animal food enters; that a diet of fruit, grains, vegetables, and nuts furnishes all the necessary elements of nutrition.

It is desirable to eat the food in as dry a state as possible to ensure thorough mastication and easy digestion. Biscuits and stale, well-baked bread, made from any of these grains or their combinations, are preferable to porridge or milk puddings, although these are wholesome when

the muscles overlying the stomach. Lie flat on the back, knees drawn up, soles of the feet flat on floor, arms by the sides. Now raise the head and shoulders by bending over the stomach, at same time raise the arms and endeavour to touch the sides of the knees with the finger tips.



properly cooked, provided care is taken to chew them well. Two or three biscuits, an ounce or two of blanched almonds or other nuts, a dish of raisins, dates, or figs, give an ideal combination, and form a meal that saves the "man in digs" the trouble of cooking. Some might find this rather dry, and would enjoy an apple or an orange as a relish. Others prefer to take such juicy fruits as oranges, grapes, and apples from one to three hours before breakfast. We have known some to eat half a pound of grapes or several oranges or apples immediately on rising in the morning, and then go out for a walk, or a spin on the bicycle, or engage in their usual tasks, taking breakfast some hours later. Some who cannot take juicy acid fruits with meals can take them on an empty stomach in the morning and derive great benefit therefrom. Fruits may also be taken in the evening shortly before retiring.

The following exercises will be found helpful in strengthening the abdominal muscles, and thus making for good digestion.

Stomach.

The cut on this page illustrates an exercise that is excellent for developing

Relax and allow shoulders and head to come to first position. Do not try to sit up in this exercise, but bend just below the breast bone, not at the hips. Repeat half a dozen times to start with, and increase from time to time as the muscles get stronger.

Intestines.

The other two cuts illustrate an exercise of the greatest value for the cure of constipation, dilatation of the stomach, and prolapse of the bowels or other organs of the abdominal cavity. Assume position shown. Draw in a deep breath, then exhale and raise the hips as high as possible. Hold thus for a second or two, and then take a little breath and slowly and firmly contract the abdominal muscles, giving at the same time slight upward traction. Lower the hips, keeping up the contraction for a few seconds, exhale, relax, and repeat as directed for previous exercise.

FOUR things a man must learn to do
If he would make his record true:
To think without confusion clearly;
To love his fellow-men sincerely;
To act from honest motives purely;
To trust in God and heaven securely.

—Henry van Dyke.

THE NATURAL CURE OF CONSTIPATION.—(Concluded.)

BY ALFRED B. OLSEN, M.D.

Training the Bowels.

MOST of the organs of the body are susceptible to habit, and the bowels are no exception. Perhaps the natural time for the daily evacuation is an hour or two after the breakfast. Fix upon a convenient hour in the morning, and then go to stool daily at this hour, and solicit action of the bowels, but never strain. Straining at stool is always productive of mischief, and is a common cause of piles and prolapse of the bowel. If a reasonable effort fails, resort to the enema temporarily.

The Use of Enemas.

There seems to be an unaccountable prejudice on the part of many people against the use of the enema, or water injection, some regarding it as almost dangerous. Of course, natural action of the bowels is preferable, but we consider a water injection far superior to the taking of medicine, which is certainly most unnatural.

The enema should be regarded merely as a temporary measure, for the real, rational cure of constipation lies in proper dieting and physical training, concerning both of which we will speak later.

There is absolutely no danger in the proper use of the enema or water syringe, provided undue force or roughness is not displayed while introducing the tube, and provided, further, that too large a quantity of fluid is not taken, nor too great a pressure applied.

The Apparatus.

There are two forms of apparatus used in giving water injections to the bowels. The simplest consists of a metal can of suitable size, to which a rubber tube of six or eight feet is attached. This is known as a fountain syringe, and is the most convenient form for ordinary use. It can be obtained from any chemist for five shillings or more, according to quality and size.

Another form is the ordinary valve syringe, which is less expensive, but liable to get out of order at times. Compression

of the valve forces the water into the bowels.

The rectal tube may be of glass or hardened rubber (gutta-percha), and it is well to have several of different sizes. Always cleanse and disinfect them after using.

Quantity of Fluid.

For the plain water enema, two to three, or at most four, pints will suffice. It is a great mistake to stretch the colon by taking large quantities of fluid. This is likely to cause permanent dilatation, with loss of muscular tone, and as a consequence, partial paralysis.

A half a pint to one pint will usually be sufficient for a child.

For ordinary purposes the temperature should be tepid—about 90° Fahr.

A soap enema is more effective than plain water. Use a pure, non-irritating soap.

Take the enema in the morning at the usual time for going to stool, and use it as a means of training the bowels into activity.

While taking the enema, one may lie on the back, with the hips raised by a pillow, or on the left side. The knee-chest position, that is, with legs drawn up to the chest, usually produces the best results, for it enables the fluid to pass higher up into the bowels than the prone position.

The Graduated Enema.

To stimulate sluggish bowels to action, the graduated enema often proves very helpful. Begin with three pints, and at a temperature of 90° Fahr. Reduce the quantity one-eighth or one-fourth of a pint, and the temperature one degree, daily, until but half a pint is taken at one time, and then, after a week or two, discontinue the enema entirely. It is often necessary to repeat the process one or more times, especially in chronic cases.

Diet for Constipation.

The diet, and not the enema, is the best means of effecting a permanent cure. Those suffering from sluggish bowels should make fruit a principal part of the

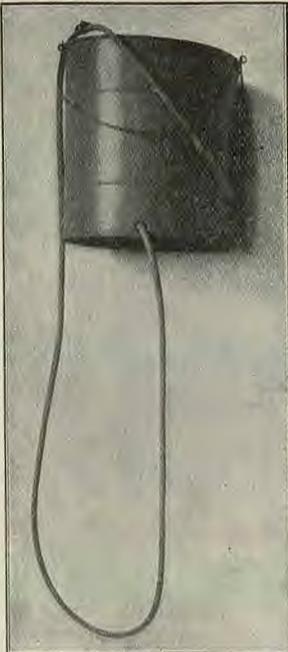
diet; use coarse brown breads and porridges, and also take salads and greens freely.

Oranges, apples—fresh, baked, or stewed—pears, bananas, grapes, and especially such steamed and stewed fruits as prunes, figs, and dates, are all most useful in combating constipation. Home-made syrup of figs is an excellent laxative, and can be taken to advantage with the morning or evening meal.

Coarse brown bread, granose and shredded wheat biscuits, and oatmeal porridge have a stimulating effect upon peristalsis. Bran bread is recommended by some, but it is too coarse to suit those who have delicate digestive organs.

All green vegetables, such as spinach, sprouts, cauliflower, turnip-tops, etc., have a laxative effect upon the bowels, largely on account of the indigestible pulp they contain. Potatoes and most vegetables are also useful.

Milk, and particularly boiled milk, is constipating, and the same is true to some extent of most milk foods. All highly concentrated foods, too, are likely to promote constipation.



Exercise.

Next after diet in importance come physical culture and exercise. Sedentary habits favour inactivity of the bowels as well as of other internal organs. To enjoy good digestion and natural elimination, one must utilize the muscles and lead an active life. Brisk walking is most excellent for constipation. Riding, cycling, running,

and wholesome outdoor games, such as hockey, cricket, tennis, golf, etc., together with rowing and swimming, all encourage functional activity of the internal organs.

Gymnastics.

For those who cannot get out-of-doors as much as is desirable, we would recommend a systematic course of physical culture exercises. But little value is derived from exercises and movements taken irregularly and in a haphazard fashion. It is best to join some reputable school of physical culture, and follow a definite programme.

There are special exercises suitable for the cure of constipation, and full directions for these should be obtained from the school joined.

Massage and Manual Movements.

In chronic cases it is sometimes necessary to undergo a special course of massage and Swedish movements. Such treatment is both rational and effective, and can be obtained from a qualified masseur or masseuse, or at a good sanitarium or hydropathic. Electrical massage and other forms of electricity are also valuable. The same is true of vibratory massage, which is usually given by means of an electric vibrator.

Quack Remedies.

In conclusion, we would earnestly warn our readers against the use of any advertised remedies or quack nostrums. There are numberless so-called constipation cures on the market, and they are widely advertised on hoardings and in the public press. *Beware of them all* is our best counsel. They are either dangerous or useless, oftentimes both. At the very best their action is but a temporary one, and as a rule there are untoward after effects. The tremendous waste of millions of pounds per annum upon quack medicaments is appalling enough, but the terrible sacrifice of health and physical vigour that accompanies the use of these body-destroying and mind-muddling concoctions is beyond computation. Again we say, beware of all drugs, medicines, draughts, pills, powders, etc., advertised or offered by quacks or irresponsible parties.

HEALTH CULTURE IN THE EMERALD ISLE.

BY ROBERT BROWN.

Honorary Secretary of the National Association for Prevention of Consumption, Ulster Branch.

[A GOOD deal has been said recently in reference to the increase of consumption in Ireland. Our readers will be interested to learn what one large employer in that country is doing in a practical way to spread the principles of healthful living. Mr. Robert Brown, the manufacturer of the famous McClinton's Soap, is not only an ardent health reformer himself, but is putting forth earnest efforts to get his

As Mrs. Brown and I have derived so much benefit to our health by following out what we have found to be the best principles of living, we wish to convince our workers and neighbours that they could benefit equally.

Fresh Air.

Mrs. Brown used to be a constant sufferer from colds. In those days I used to stop up with cotton wool the keyhole of the glass door leading out into the garden from our sitting-room. Now we keep the door itself wide open (or else the window), and she has had no cold for five years.

The following objections have been made to us when we urged this course of life on others:—

1. You can afford plenty of warm clothes, we cannot.

I wear now in December, as you can see, a light, summer suit, rarely any overcoat,

and I have no flannels on, exactly the same clothes as in July. Mrs. Brown used to buy new flannels every winter, and wore these with a thick, woollen vest, and was never warm. Now she wears nothing but linen or cotton underclothing, and is seldom cold.

2. It is said: You can have better food than we can.

My food is so simple and cheap that the poorest can afford it. I eat neither fish, flesh, nor fowl, milk, nor eggs, and drink neither tea, coffee, nor cocoa. Mrs. Brown's diet is practically the same, except that she takes a little milk and eggs occasionally. Milk and eggs are wholesome food for those whom they suit; for myself, I get on as well without them.



MODEL ARTISAN'S COTTAGE AT DONAGHMORE.

employés and others whom he can influence to adopt the better way. The following paragraphs are taken from a circular which he sent out some time ago to his employés. We hope that Mr. Brown's example will be followed by other employers. It is our firm belief that efforts of this kind to encourage the practice of health principles will have more far-reaching results for good than the well-meant but less discriminating work which is often done in behalf of the labouring classes. For the illustrations accompanying the article, which bring vividly to view the conditions of life in certain parts of Ireland, we are indebted to the kindness of Messrs. Hely & Co., Printers, of Dublin. —ED].

Almost all the bread used by my family is brown bread, cut in slices, and put in the oven over night. (It could be dried in a pot equally well.)

It is necessary to chew one's food about six times as long as most people do, if it is to be thoroughly digested, and this hard, dry bread will not go down unless thoroughly masticated. The spittle acts on the starch in bread, porridge, potatoes, and such foods, and turns it into sugar. Note how sweet a crust becomes when thoroughly chewed. At breakfast I eat this hard bread broken up and sprinkled over my porridge (I use no milk or sugar with it). The hard bread ensures that the soft porridge is thoroughly chewed. I rarely drink until the meal is over. The reason our teeth nowadays are so bad is, first, because the bran is all taken out of the flour (and in the bran is the bone-forming material), second, the food is very soft, or is washed down with tea, and the teeth get nothing to do, the blood ceases to flow to them, and they lose their vitality. If your arm were tied up, it would soon become withered and useless. When our people did not use tea, and lived on oatcake and wheaten scones, made without soda, they had splendid teeth.



Old cottages to be displaced by those being built by Boards of Guardians.

To return to my diet, this hard bread, porridge, and some fruit, stewed or raw, is my breakfast. After it I drink a cup of hot water, with a little jam, honey, or sugar in it. Dinner—potatoes and butter with some vegetables (steamed), some pudding with stewed fruit, some raisins, or figs, or nuts. Supper at seven o'clock (I don't call it tea)—hard bread and butter, salad—(in winter made by dressing sliced cold potatoes, cold boiled carrots, turnips, or sugar beet, with olive oil and vinegar,) jam tea. I eat much less than I used to do, but it is well digested, and I am three pounds heavier than I was a year ago. Mrs. Brown is also nearly a stone heavier than when we began the open-air life. I used to suffer constantly from headaches—I never have them now.

3. It is said: You can keep large fires.

We could, but we don't. We have fires much less than formerly, and never in a bedroom. I am also sure very few of our neighbours have so little bed-clothes on at night as we have. It is largely a matter of habit what clothes one wears, and breathing perfectly fresh air so improves the circulation that much less clothing is needed.

Our bedroom win-



One of Lady Dudley's nurses visiting in Connaught.



CARDING AND SPINNING WOOL.

dow is always as full open as possible, and it is a very large one.

The argument for the disuse of flesh food is this:—

1. All animal life is sustained by the vegetable kingdom. It may be directly, as when grains, vegetables, fruits, nuts, etc., are used for food; or indirectly, when these are first fed to animals, and then the flesh of these is used for food. The latter is a roundabout and wasteful process, and ten men could be fed on the produce of the land, direct, that would be necessary to graze cattle to supply one with flesh.

2. Animals' bodies are constantly being broken down and rebuilt, the waste being excreted. There is, therefore, in all flesh a great deal of these used-up products on their way out of the animal, and those who use flesh foods have to get rid of not only their own body waste, but that of the animals they feed on, so throwing more work on the liver and kidneys.

It is not surprising, therefore, to find that in all recent tests of vegetarians against flesh-eaters, the former exhibited far greater powers of endurance.

any other man of the eighteenth century, was a vegetarian. He gave up the use of tea, and persuaded many of his followers to copy his example. He spoke of it as impairing digestion, unstringing nerves, and involving great and useless expense.

My Offer.

1st. THE OPEN-AIR LIFE.—To any family represented among our workers, or who live in the village of Donaghmore, I offer 10s., to be paid on the 1st of July next, provided all the bedroom windows of their house are kept wide open (except when rain is beating in, when they may be opened two or three inches) on every night till that date, and the kitchen window is kept down three inches. If your windows won't open, I will get them made to do so.

It is well known to all that if they were delicate consumptives this open-air existence would be their only chance of life. Yet most of the robust people one meets dread colds from fresh air.

2nd. ABSTINENCE FROM THINGS I BELIEVE INJURE.—In addition to above, I offer 10s. to the



VISITING A PATIENT.



A home that is more healthy than it looks. The air finds many an opening.

same families if every one in the house will agree to abstain from alcohol, tobacco, tea, coffee, and cocoa, flesh, fish, and fowl.

I think you will all admit that Mrs. Brown and I look better since we gave them up—this offer proves that we feel we are. We do not find it any deprivation to do without these things. The food we take is far more enjoyed than what we used to have.

You will notice that the vegetables we use are steamed, not boiled; that is to say, instead of putting them in a pot of water and boiling them, and throwing away all that can be washed out of them, they are placed in a vessel with a lid (any tin can will do), and this is set in a pot of boiling water. It takes about twice as long to cook, but of course needs no

more flavour, and are much more nourishing and digestible than those boiled in the usual manner. In the ordinary way of cooking, a great deal of the good of them is washed out and thrown away.

Now we believe that the health and happiness of our neighbours would be greatly increased if they would do as we do. To back up our opinion we make the

watching. The juice which comes out should be thickened with a little flour and butter, and made into sauce. Green vegetables, such as cabbage, are best steamed by chopping them up and placing them on a perforated piece of tin in a pot, with boiling water under them; the steam then passes up and cooks them. The larger the pot, the better, so that the layer of vegetables may be thin. Cook them as quickly as possible. Vegetables cooked in this way have far



The Rostrevor Hills Hydro, Co. Down, which is exerting a strong and rapidly growing influence in behalf of rational methods of treating the sick.

foregoing offer, which, if accepted by all, will cost us more than £100. Not a bad test of the sincerity of our convictions.

Even if you do not admit these things I have named to be injurious, they are expensive, and the sum saved by doing without them will purchase apples, oranges, raisins, figs, dates, currants, and other wholesome luxuries.

Don't mind if people laugh at you. Good health is what God meant you to have, and it is well worth while taking some trouble to secure it. Nearly 13,000 people died last year in Ireland, in their prime, from consumption, who would have been well and strong if they had gone in for this open-air life and healthful food.

I am asked why I object to tea, coffee, and cocoa. Are they not harmless if not too strong?—No one admits that he takes strong tea, and I think the less of these things taken, the better. Why not give them up entirely? They all contain a poisonous principle, and, like alcohol, the more they are used, the more the taste for them grows. Dr. Osler, the celebrated scientist from the United States, now Professor at Oxford, said lately in an address on "The Care of the Body": "If you dumped all the tobacco in the world into the sea, it would be good for mankind, but bad for the fish. Tea and coffee, like alcohol, are quite unnecessary, and are disturbers of the bodily functions."

I am often told by smokers that they find the use of tobacco beneficial, soothing their nerves, and solacing them when weary. Yet, strange to say, I never met one who wished to see his wife with a pipe in her mouth. I should think she is the one who has the most need for such. Her work, if she has a family to care for, is never done, and is far more trying to the nerves than his. Why not give these foolish indulgences up, and go in for health?

THE grossly deceptive and utterly fraudulent claims made in behalf of hundreds of proprietary nostrums are helping to bolster up wrong conceptions of the body and its proper care. Don't diet yourself, runs a popular advertisement; eat just anything you like, take a couple of our after-dinner pills, and you'll never know you have a stomach.

SIMPLE FOOD RECIPES.

Coco-Nut Rolls.—Two and two-thirds cups of pastry flour, two and one-half cups of coco-nut pounded to a meal. With about two-thirds of a cup of cold water, make a stiff dough. Knead until the dough snaps when pulled apart. Make into rolls about three inches long and three-fourths of an inch in diameter. Bake until of a light brown colour throughout.

Protose Turnovers.— $\frac{1}{2}$ tin protose ($1\frac{1}{2}$ lb. size). 3 tablespoonfuls mashed potato. 2 tablespoonfuls zwieback crumbs. 1 tablespoonful grated onion. Salt to taste. Mix with six tablespoonfuls strained tomato. Roll pastry very thin, cut in small round shapes (use a small saucer to cut the shapes by). Place a tablespoonful of the mixture on each piece of pastry, fold edges together. Bake in a moderate oven.

Protose Sandwich Mixture.—Half-pound protose, two tomatoes, half a teaspoonful of mace, one ounce butter, seasoning to taste. Crush the protose in a bowl with a wooden spoon. Scald and peel the tomatoes. Add these with butter, mace, and seasoning. Mix thoroughly, and place between split granose biscuits, or slices of bread and butter. This mixture can also be made into savoury rolls and cutlets, varying the seasoning to taste.

Savoury Blanc-Mange.—Take one pint of almond milk, bring to boil, add one-half tin of tomatoes (strained), let simmer. Rub two tablespoonfuls of cornflour and a little salt smooth in a little water, or nut milk, pour the boiling milk and tomato over, boil a few moments, and then pour into a mould to set. Turn out, and serve garnished with cold sliced protose cut into fancy shapes, and a few sprigs of parsley. This is a nice dish for breakfast, luncheon, or tea in warm weather.

G. G.

Mock White Fish Cutlets.—4 ozs. ground rice, 1 pint new milk, 1 egg, zwieback crumbs, coco-nut butter.

Boil the ground rice in the milk, stirring constantly until thickened, which will take only a few minutes. Then spread the mixture out about half an inch thick on a flat dish to cool. It will be better to prepare this the day before. Cut up the mixture into small cutlets, dip each piece into the white of the egg, beaten up, then into the zwieback crumbs, and bake in a hot oven till slightly brown. Serve with—

Parsley Sauce, made by mixing chopped parsley with white sauce made as follows: mix $1\frac{1}{2}$ ozs. coco-nut butter with $\frac{1}{2}$ oz. white flour, place in an enamelled saucepan with 1 teacupful each of milk and water and a pinch of salt, stir over the fire till smooth, and let it boil one minute. Stand aside to cool for ten minutes, then drop in the yolk of one egg, and stir over the fire for a few minutes, but do not allow it to boil again or it will curdle.

THE GOOD HEALTH LEAGUE.

THE Watford branch of the Good Health League, which was organized a few months ago, is doing excellent work. We have had copies of several interesting programmes. At the February meeting Mr. W. H. Wakeham gave an address on "The Physical Effects of Alcohol," which was illustrated by simple experiments and charts. M. Eugene Guyennot gave a cookery demonstration, "Meat Pies and Sandwiches Without Flesh Meats." The Stanborough College Choir furnished some very acceptable musical items.

The North Kensington Branch is keeping up a vigorous campaign under the leadership of Mr. and Mrs. Heide and other friends.

We have also had encouraging reports from the branches in Plymouth, Leicester and Caterham.

The Editor of GOOD HEALTH had the pleasure in a recent trip of addressing the Leagues in Leeds, Sheffield, Hull, and Newcastle; and the Outdoor Clubs in Bradford, Manchester, and Birmingham.

A Good Health League is just being organized in Glasgow. There is also an excellent interest in Edinburgh and Kirkcaldy.

We shall not take the space this month to give the names and addresses of the secretaries of these organizations, but any readers of GOOD HEALTH who wish to get in touch with them may obtain their addresses by dropping a line to the General Secretary, Caterham Valley, Surrey. Nearly all the branches of the League and Club have a regular meeting at least once a month, and some of them oftener. They are always pleased to receive new members.

LITERARY NOTICES.

If you are troubled with an attack of spring biliousness, better get a copy of our penny pamphlet on that subject, and follow the treatment prescribed, which is pretty sure to put you right. Post free, 1½d.

"**Alcohol and Motherhood**"** is the title of an excellent pamphlet by Prof. G. Sims Woodhead, M.A., M.D., which deals with one of the most vital phases of the temperance question. Should have a very wide circulation. Price, 1d. per copy; post free, 1½d. Special terms in quantities. Address orders to Good Health Supplies, Caterham Valley, Surrey.

"**The Stomach: Its Disorders and How to Cure Them**,"** by Dr. J. H. Kellogg, deals with the functions of the stomach, the symptoms of disease of the same, and the best methods for treating them. Price 6/-, post free.

"**The Little Book of Health and Courtesy**,"** written for boys and girls. By P. A. Barnett. An admirable little booklet containing pleasantly written paragraphs dealing with the subjects mentioned. A good thing to put in the hands of young people, and one also which contains many helpful thoughts for older ones. Published by Longmans, Green, & Co. Price 3d.

*Any book noticed in GOOD HEALTH may be obtained by sending the price to Good Health Supplies, Caterham Valley, Surrey. In the case of net books postage should always be added.

"**How to Cook**,"** by Mrs. Frank Stephens. Published by Horace Marshall & Son. Price 2d., post free. A collection of simple and economical recipes, good of their kind, though not on reform principles.

"**Notes on the Care of Babies and Young Children, for the Use of Teachers**,"** by Blanche Tucker. Published by Longmans, Green & Co. Price 1/-. An altogether admirable book, which should prove valuable to mothers as well as to teachers. The writer has condensed into a well-printed book of sixty-eight pages a large amount of practical information in reference to food, clothing, baths, and general care of children, in sickness and in health.

MR. BILSON'S stall at the late food exhibition in the "Tribune" Rendezvous was one of the most attractive in the place, and was visited daily by a large number of enthusiastic inquirers in reference to the foods displayed. Mr. Bilson's knowledge of the food value of nuts stood him in good stead, and he had many opportunities of explaining the unique value of pine kernels, and other delicious food products, which are destined to take the place of flesh meats in the homes of many thinking people. The Health Food Stores at 88 Grays Inn Road are doing a thriving business. We believe Mr. Bilson was the first to begin the sale of health food specialities in London; and by his enterprise and fair dealing the business has grown steadily from year to year. Mr. and Mrs. Bilson are always glad to give advice and suggestions in regard to the selection of the best foods to novices in food reform.

MRS. HUME'S beautifully-located Seaside Home, Loughtonhurst, at West Cliff Gardens, Bournemouth, is one of those delightful places that you always want to go back to. The accommodations are of the best, including electric light, Russian, and shower baths, and the *cuisine* can be recommended most highly. Mrs. Hume knows how to make her guests comfortable in the fullest sense of the word, and, of course, Bournemouth is one of England's beauty spots, with unsurpassed climatic advantages.

HAYES'S PATENT VENTILATOR

Air purifier and draught preventer guarantees—

Perfect Ventilation. No Draughts. No Dust Laden with Poisonous Microbes. No Flies or Wasps. Immunity from Contagious Diseases. Health without Discomfort. Further particulars from patentee, Michael Hayes, 22 Thomas St., Limerick.

**The 'HIGEEIC' Cot.**
(Patent.)

Practical throughout. Saves much labour. Perfect Comfort. 10/6 to 14/6.

Send for illustrated catalogue to
H. C. COMPANY (Dept 18),
South Petherton.

A Page for Women.*

Edited by Marie Blanche.

By the time these lines appear in print, most housewives will be contemplating, if indeed they are not already launched upon, the annual "spring-clean." What a thrice blessed custom is the spring-clean. How crowded with rubbish, how loaded with useless etceteras, our houses would become without this domestic institution, and how insanitary and microby the ordinary domicile would be. I cherish such a sovereign admiration for it that I should like to see it develop into a quarterly affair, and be repeated summer, autumn, and winter, accompanied, of course, by a good bonfire at the end of the garden, the said conflagration being fed by the multitudes of useless things that have made disorder and dirt in the house during the past months. It is far wiser to burn the household rubbish than to put it into that dangerous receptacle, the dust-bin. I believe if people would make a rule of destroying by fire such refuse, the world would be a cleaner, sweeter, and more healthy place than it is. I am sure readers of GOOD HEALTH do not need me to preach any sermons on household matters, and certainly they should not require to be instructed in airing, cleaning, and admitting sunshine to their homes; for are not cleanliness, ventilation, and sunlight the three cardinal virtues that distinguish the sanitary and healthy home?

Comfort, too, belongs to this ideal home, and muddle is its deadly foe. "Comfort is the daughter of order, and is descended in direct line from wisdom; she is closely allied to carefulness, thrift, honesty, and religion; she has been educated by good sense, benevolence, observation, and experience, and she is the mother of cleanliness, economy, provident forethought, virtue, propriety, and domestic happiness." There, my readers, is a summing up, a sort of diagnosis, inspiring enough to move the whole world of femininity to higher aims. Hear further the same writer's words on the opposing vice, muddle: "Muddle is descended from the ancient but dishonourable family of chaos; she is the child of indifference and want of principle; educated alternately by dawdling, hurry, stupidity, obstinacy, meanness, and extravagance; secretly united at an early age to self-conceit, and parent of procrastination, falsehood, dirt, waste, disorder, destruction, and desolation."

Such a description makes one gasp, yet it is true, only too true, and for those who must unfortunately be classed under the heading of "child of indifference," or "parent of procrastination," I would recommend four operations yearly: they must be undergone in all seriousness, and they shall be known technically as spring-clean, summer-clean, autumn-clean, and winter-clean, each operation to be accompanied by a good blaze at the end of the garden, wherein all useless things shall be reduced to ashes. Some people will, I know, look aghast at the labour of an undertaking such as this four times in the year, but it really need not be such a very serious business if we are wise in furnishing and fitting up our rooms.

Most people have far too much furniture in their houses, and certainly the majority indulge in too much textile fabric. Too many curtains, too many antimacassars, too many mats and cushions. All these things collect and hold dust, and curtains shut out fresh air and sunshine. Carpets, especially in the rooms we sleep in, I would abolish. The bedroom carpet is a snare, and the sooner it makes its final exit, the better for the family health. That great artist and critic, William Morris, once said: "Have nothing in your houses that you do not know to be useful or believe to be beautiful." This is counsel many women might take to heart, thereby making their homes much more healthy, a very great deal more beautiful, and undoubtedly far easier to keep clean and orderly.

Answers to Correspondents.

T.C.—Correspondents must enclose stamped envelope, and also give their correct name and address, not for publication, but as a guarantee of good faith. If you will conform to these rules, I shall be pleased to reply to the questions you ask.

L.S.D.—I sympathize with you very greatly, but unless the trouble is excessive, better leave matters alone, as many of the so-called "cures" are dangerous to use. It is a matter in which I have no personal experience, I am glad to say, but you might try with safety using daily a solution of common soda and water, which in time will fade the colour and destroy the roots. Dab it on at bed-time and allow it to dry on and soak in. Do not use glycerine, or lanoline, or vaseline, as all these will tend to increase the trouble. I shall be much interested in hearing if you have benefited by this simple treatment after a few months' patient trial.

B.F.—At your age the skin should be fresh and fine in texture. Eat plenty of fruit, and drink as much cold water as you can between meals. I wonder if the water is hard in your district, if so, it would account for the coarseness of your skin. Use rain water for the face, and McClinton's Colleen Soap. Perhaps the trouble with your eyes is due to straining them over night, by either too much reading or other work, or perhaps you are wearing tight, hard collars, which are extremely bad for the eyes. You are quite right to keep your window open and to take exercise regularly. You do not say if your health is good, but you know debility, or indigestion, or constipation, will cause dark circles round the eyes. Write to me again more fully.

The remarks on "Beauty Doctors" have offended a correspondent. Needless to say, they were not intended to throw discredit on physiological measures such as massage.

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

Appointments for April.**Manchester Physical Health Culture Society.**

APRIL 4th: Ramble, to be led by Mr. O. D. Robinson.
 April 11th: Annual Meeting. Social.
 April 20th: Ramble. Leader, Mr. H. I. Lunt.
 April 27th: Cycle run. Leader, Miss McPhail.

For times of meeting for rambles, see announcement in "City News" previous. Cyclists meet at Whitworth Park, at 2.45 p.m. Library—"Good Health"—rambles and cycle runs. Subscription, inclusive, 2/6. JOIN NOW.

Apply Secretary, 27 Brazennose Street, Manchester.

Birmingham Natural Health Society.

Headquarters: Ruskin Hall, 191 Corporation Street.

THE winter session programme concluded on March 25th, with a quarterly social and dance. The summer (outdoor) programme, which commences in April, includes cycle runs, rambles, picnics, and holiday camps at the seaside or riverside. The well-appointed recreation field at Wheeler's Lane, Kings Heath, including an up-to-date pavilion, is always open to members for recreative games including tennis, croquet, basket ball, cricket, etc. A special Field Day of sports and games, etc., will be held early in April.

Write for full programme, terms, and further particulars, to the secretary, Mr. A. J. Morris, 32 Denbigh Street, Bordesley Green, Birmingham.

The Gillingham Outdoor Club.

Report of First Anniversary.

THE first anniversary of the formation of the Gillingham branch of the Outdoor Club was celebrated in the class room, at the Baptist Tabernacle, on Tuesday evening, December 17th. The president, Mr. J. Andrews, occupied the chair, supported by the Rev. W. W. Blocksidge, Mr. S. Andrews, the secretary, and Mr. A. G. Burridge, the treasurer. A very bright, enjoyable evening was spent by a goodly company.

After an opening prayer, the chairman made a few appropriate remarks on the GOOD HEALTH motto, "Mens Sana in Corpore Sano," showing how the consummation of this ideal could be obtained by adhering to the principles of the Outdoor Club.

Mr. J. Dobinson gave a fine rendering of "Poet and Peasant" on the piano, which was followed by a song, "Life's Lullaby," by Miss F. Andrews.

The Rev. W. W. Blocksidge then made an ideal little speech. His hearers gave rapt attention while he emphasized the benefit accruing from an association with, and study of, Nature in all her forms. He laid great stress on the need for the cultivation of the faculty of observation. His remarks were redolent of the charms of the countryside.

Mr. A. E. Dobinson, the versatile editor of the "O.G." magazine, gave an interesting and racy paper on "The Compromise with Nature." An animated discussion followed the paper several members contributing opinions.

Other items of the programme were an Indian Club display by Mr. Burridge, a recitation by Mr. Ewson, a piano-forte solo ("The Fountain"), by Mrs. S. Andrews, and some masterly efforts on the piano by Mr. J. Dobinson.

The secretary briefly outlined the origin and growth of the club, and enunciated its principles and ideals. He followed this by an account of the year's work of the Gillingham branch, and invited any friends present who were interested in the movement to join. S. ANDREWS, Sec.

Glasgow Good Health League.

WE have just received the report of a very successful meeting of the Good Health League recently organized in Glasgow. Pastor S. G. Haughey presided at an excellent twenty-minute address on "The Objects of the League." Miss J. Archibald spoke on "Spring Hygiene," and Mrs. E. Welch gave a practical demonstration on "How to Treat a Cold." There were also some fine musical items. The Glasgow League is doing a splendid work in the circulation of GOOD HEALTH and through other channels.

CHAPMAN'S Health Food Stores have favoured us with a sample of their Nuttene, a pure fat, which is well adapted for culinary purposes. Any of our readers who have not made trial of Nuttene would do well to write Mr. Chapman for particulars.

ALL persons interested in health foods should have a copy of Mr. Winter's price list, which contains a great deal of information in reference to the best products. Mr. Winter's biscuits are scoring a great success. His Nutton and Prunus are other foods worthy a large sale.

THE new volume of GOOD HEALTH contains all told nineteen numbers, and makes quite a thick book. The price is accordingly fixed at 3/6 instead of 2/6. Postage 5d. The volume contains a large amount of vitally important information.

UNIQUE OFFER TO INTRODUCE
MCCLINTON'S HYGIENIC SOAPS
 TO EVERY READER OF "GOOD HEALTH."

MCCLINTON'S HYGIENIC SOAPS are the purest and mildest it is possible to make. They contain no animal fats or caustic soda, and are made from the ash of plants and refined vegetable oils. No other soaps in the whole world are made from such pure and natural materials. They prevent chapping in winter, and heat irritation in summer, and give a delightful, creamy lather, leaving the skin as velvety and soft as a child's.

"IT IS NATURE'S SOAP."—Professor Kirk.

"NEVER CAUSES SMARTING."—Dr. Chavasse.

"LIKE LIQUID-VELVET, SO SOFT AND BLAND."—Authoress.

OUR OFFER:

We will send one tablet Visitors' Colleen Soap, one tin Shaving Cream, one tin Tooth Soap (or stick or tin Shaving Soap), and a large 3d. tablet of our delightful new Vegetarian Toilet Soap (Floss), to any address, post free, for ONE SHILLING.

Or, we will send samples free of Toilet, Tooth, and Shaving Soaps and Shaving Cream, to any address in the world, for 2d. to pay postage.

MCCLINTON'S, DONAGHMORE, IRELAND.
 MENTION "GOOD HEALTH."

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.

Protose.—J.B.: "Is protose the same as 'Protene'?"

Ans.—No, protose is the pioneer of nut meats, and is probably the best substitute for flesh food on the market. It is made from nuts and the gluten of wheat, and is not only exceedingly wholesome and nutritious, but also easy of digestion. It can be prepared and served in a number of ways that are appetizing. In fact it may be used in practically all cases where meat is ordinarily used.

Fissure of the Tongue.—A.M.P.: "I shall be glad if you will tell me the best thing to do for a sore tongue. Mine has a crack, and there are some red spots that smart very much when I clean my teeth with carbonate of soda, or when I take salt or anything acid."

Ans.—Touch the crack and sore spots with a piece of alum morning and evening, and rinse the mouth daily with warm water to which Listerine has been added.

Chronic Bronchitis.—"Reader": "I have been using a preparation of glycerine and menthol for chronic bronchitis, using about five grains of menthol to the ounce of glycerine, and I take an ounce of the preparation daily. The preparation is of my own devising. 1. Is this too much menthol per day? 2. Can you suggest anything better?"

Ans.—1. We do not recommend menthol to be taken internally. 2. We believe that the use of the Globe Nebulizer, with the following solution, would be more effective: Oil of Scotch Pine, twenty drops; oil of cinnamon, forty drops; oil of eucalyptus, sixty drops; menthol crystals, twenty grains; compound tincture of benzoin, sufficient to make four ounces.

Gastric Catarrh—Mouth Wash.—B.H.: "1. Is gastric catarrh curable? 2. What treatment would you recommend? 3. Is water in which orange peel has been soaking a suitable mouth wash? 4. Would the gums be injured by its use?"

Ans.—1. Yes, under favourable circumstances. 2. A course of tonic treatment at some good hydropathic, such as the Caterham or Leicester Sanitarium. 3. Not particularly. Water to which a pinch of salt has been added makes a serviceable mouth wash. One part of Listerine or Euthymol to four or five parts of water is still better, especially where germicidal properties are desirable. 4. No.

Tea and Coffee.—J.S.W.: "1. Is not the crusade against tea and coffee carried too far? 2. With a careful uric-acid-free diet, could not one take a small quantity of *café au lait* at breakfast, and a little 'Typhoo Tips' tea in the afternoon?"

Ans.—1. Both tea and coffee contain alkaloidal poisons, which have decidedly deleterious effects upon the nervous system. Some people, of course, are more susceptible than others, and the stronger the beverage, the greater the effect. The taking of tea is more of a habit than anything else, but after a time one becomes more or less dependent upon it. 2. A uric-acid-free diet would exclude both tea and coffee, for the reasons given in the first answer.

Diet for a Workingman.—R.B. wishes to know what diet we recommend for a workingman who occasionally suffers from poor digestion.

Ans.—For breakfast, well-cooked porridge with milk, eaten with hard wholemeal biscuits, and with the addition of some dates, and occasionally a good ripe apple or banana. For dinner, a couple of plainly cooked vegetables (preferably baked or steamed), with a nut roast, or one of the prepared nut foods, and a rice pudding for dessert. A few nuts may be added as a relish. Salads in season are also in order. For supper, which should be the third and last meal, and not be taken later than seven o'clock, bread and milk, or bread and butter and fruit. Chew every morsel thoroughly, and avoid overeating. Bread toasted in a slow oven till it is crisp throughout is a most excellent food.

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.

THE 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 hyriatic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

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

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "Good Health."

GOOD HEALTH.

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

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, 8 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.**

If you are interested in scientific health culture, and wish to get reliable information at first hand in regard to disease and its causes, ask your newsdealer to supply **GOOD HEALTH** to you regularly. It's only a penny a month.

LAST year several **GOOD HEALTH** readers spent some delightful days with Miss Broughton at Rest Cottage, Seacroft, Skegness, and we have no doubt that a larger number will this year avail themselves of the fine bracing air, quiet surroundings, and pleasing homelike atmosphere of Rest Cottage. Miss Broughton is a thorough believer in health principles, and we can promise our readers that the catering will be quite in harmony with the teaching of the magazine.

SHEARN'S Fruit Restaurant in **Tottenham Court Road** continues to attract a large number of lovers of fruit and other wholesome things of best quality and daintily served. A representative of **GOOD HEALTH** called the other day, and enjoyed a most excellent repast. Mr. Shearn also carries a large stock of health foods in his adjoining shop, as well as nuts and fruits of all kinds. His list is worth reading.

The Simple Life at bright, breezy, bracing, Seacroft, near Skegness. Rail or post. Ideal for holidays or health. Open country. Quiet surroundings. Close to sea and golf links. Apply to Miss Broughton, Rest Cottage.

FOR DELICIOUS SANDWICHES

Try Noble's Tomato Cheese and Honey Nut.

Give us a call, or write for list to:

NOBLE'S
HEALTH FOOD STORES,
New Market Hall, Bradford.

Walnut Rolls. * Lentil Rolls.
Unfermented Breads and Cakes.



Between Meals—
a suggestion for mothers.

Between meals, when the children so frequently require a little food, give Hot Milk Soup, made with

Brown & Polson's "Patent" Corn Flour

and good sweet milk. This is a particularly light and digestible food, and is quickly and easily made.

The Corn Flour prevents the milk from curdling in the stomach and makes it easier of digestion, a very important point.

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

SHEARN'S APRIL OFFER.

WE OFFER THIS FOR 4/6	1 lb. Selected Soft-Shell Almonds	8d.
	1 " Hand-Picked Brazils	8d.
	1 " Finest Barcelonas	4d.
	1 " English Cob Nuts	8d.
	1 " Large Italian Chestnuts.	4d.
	1 " Fine Selected Walnuts	6d.
	1 pair of our celebrated Nutcracks	1s. 6d.
	(The handiest ever made.)	
Carriage paid.	1 Box	4d.
Mention "Good Health."	Carriage, say	8d.
	Total	5s. 6d.

With each box we send our handsome Booklet List, full of useful information and recipes.
 Shop at Shearn's Health Food Stores, the finest in London. Lunch and Dine or take Tea at Shearn's Frutitarian Restaurant. Evening Dimers a Special Feature from 6 to 7.30.

SHEARN'S HEALTH FOOD STORES,
 234 Tottenham Court Road, London, W.,
 and Branches. Phone: 6555 Gerrard.



These Three Free.

1. A 52-page booklet on Nuts and other natural foods. Contents include 36 simple nut recipes.
 2. A sample of our "Nu-Era" (reg.) Cocoa-shell, a delightful and most valuable beverage, entirely free from tannin. A real nerve food.
 3. A sample of "Cream o' Nuts"—a pure nut food as nice as it is pure.
- Simply ask for "These Three," and mention "Good Health."

GEO. SAVAGE & SONS,
 Nut Experts,
 53 Aldersgate St., London, E.C.

N.B. We pay carriage on orders value 5/- and upwards to any part of the United Kingdom.

GREAT REDUCTION IN NUT BUTTERS for KITCHEN & TABLE.

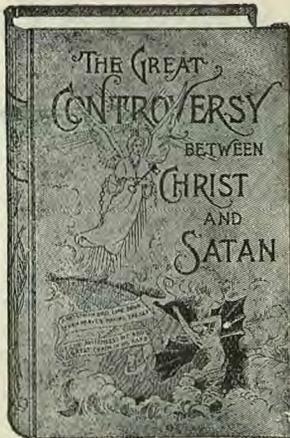
Cheapest and Best on the Market.

Send for Price List to—

Chapman's Health Food Stores & Vegetarian Restaurant, Eberle St., Liverpool.

We make and stock all kinds of Health Foods.
 5/- parcel sent carriage paid.

THE GREAT CONTROVERSY



By Mrs. E. G. White. A history of the great controversy between Christ and Satan, covering the period of the Christian dispensation. The issues presented in every chapter are vital to-day. We are living in a time when the long conflict is being finished, and we are called upon to make decisions of awful moment to us. Study "Great Controversy," and see the questions which confront us clearly and unmistakably defined. The book contains over 700 pages, is fully illustrated with beautiful engravings, and is bound in four styles. For further particulars and prices write to—

THE INTERNATIONAL TRACT SOCIETY, LTD.,
 STANBOROUGH PARK, WATFORD, HERTS.

In answering advertisements kindly mention "Good Health."

"Is Tobacco-Smoking not Suicide and Murder?" By James Pyper, M.A., Principal of the Belfast Mercantile College. The author handles his subject without gloves. He has brought together the statements of a large number of physicians and other authorities in reference to the harmful effects of tobacco, and has produced a pamphlet which should awaken many to a realization of the ravages of a great national evil. Among some of the subheads we note the following: "The History of Tobacco," "Effects of Tobacco on the Blood," "Tobacco and Cancer," "Tobacco Poisoning at Schools and Colleges," "Juvenile Smoking," "Tobacco and Physical Deterioration," "Spurgeon and Tobacco," "Tobacco Legislation." We hope this pamphlet will have a large circulation. It may be obtained of R. J. James, London House Yard, London. Price in paper covers, 5d., in stiff covers, 7d., post free.

BIRKBECK BANK

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,

263 Great College Street, N.W.

Trams: Holborn to Hampstead Heath.

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

R. J. DAVIES, Proprietor.

MALTIKO.

**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. ¼ lb. sample, post free, 6d.; 5 lb., post free, 8/- From

**CAMP'S HEALTH FOOD STORES,
205 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/-, 1/6, 3/-,
and 9/-.**

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 & 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 ordinary Dairy Butter for cooking, is perfectly wholesome, and of a delicate flavour. **8d. per lb.,** carriage forward.

Sample Tin, 6d., post free.

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

Agents for all health foods. Send for price list.

In answering advertisements kindly mention "Good Health."

Ladies are advising their Friends to get the . . .

"Nurse Ina" LAYETTE For Health! Economy!! and easy dressing.

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

58 GARMENTS FOR 58/-.



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

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

S. D. Bell & Co.,

53 Ann Street, Belfast.



Agent for the Food Products of the International Health Association, and for other Health Foods.

Canned and Dried Fruits,
Nuts and other Specialities.

SEND FOR LIST OF PRICES.

THE ALLINSON WHOLEMEAL

Is a pure meal, made from carefully-selected and finely-ground wheat. A grain of wheat is a perfect food IN ITSELF. It contains everything the body requires, and in nearly the proportion needed; therefore those who eat Allinson Wholemeal Bread have the full benefit of the wheat,

NATURE'S BEST FOOD.

THE ALLINSON WHOLEMEAL

Should be used by all who would be well; it is a NECESSITY, not a luxury. Those who use it regularly do not suffer from constipation and its attendant evils.

It makes delicious bread, cakes, scones, pies, etc., and can be obtained in 3½ lb. bags, 7d., 7 lb. bags, 1/2, from all the leading Vegetarian Food Stores, also from most Grocers and Co-operative Stores. Full list of agents on receipt of post card to—

THE NATURAL FOOD CO., LTD.,

Room 151, 305 Cambridge Road, Bethnal Green.

Food for the Strenuous Life.

Those who have to work hard with either hand or head will find no better "staff of life" than

TOASTED WHEAT FLAKES.

This delicious food contains all the matchless nourishing properties of the best wheat unimpaired. It is in the form of crisp flakes, thoroughly cooked, and sweetened with Malt Honey.

A bowl of Toasted Wheat Flakes taken for breakfast with hot milk or stewed fruit will lay a foundation of enduring strength for the day.

Like all the I.H.A. Foods, Toasted Wheat Flakes is manufactured in an ideal factory, situated on hilly ground in the country.

SEE PAGE 127 FOR SPECIAL SAMPLE OFFER.

Sold by all Health Food Stores at 8d. per packet.

The International Health Association, Ltd.,
Stanborough Park, Watford, Herts.

In answering advertisements kindly mention "Good Health."

"The Food Reformer's Year Book and Health Annual for 1908," contains much interesting information which should be in the hands not only of vegetarians, but of all others who desire to keep informed in reference to the progress of food reform principles. The book is edited by Mr. H. B. Amos, and may be obtained of Mr. R. J. James, 3 and 4 London House Yard, London, E.C. Price 3d., post free.

We have received from Mr. Frey some samples of his Thalysia Health Foods. The Nut Sausage, entirely free from meat, of course, and put up in glazed paper, is a most excellent food, rich in flesh- and blood-making properties, and admirably suited to build up the system. Mr. Frey has also a number of other specialities, some of which are mentioned in his announcement in our advertising columns. His pure vegetarian butter is a very successful substitute for animal fats.

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, 2/1 $\frac{1}{2}$, post free. Address, **Good Health Supply Dept.**, Sunny View, Caterham Valley, Surrey.

HULL HEALTH FOOD STORES, 110 BEVERLEY ROAD.

Fresh supply of all the best foods. Call or send for price list. J. W. Train, Proprietor.

IXION IDEAL HEALTH FOODS

Heal and Build
the Body.

Made from
English Cereals.

Best for All Ages.

IXION Health Foods and fresh fruit make a perfect diet, satisfying and delicious. Being ready cooked, excepting **IXION Whole Wheat Flour**, they make grand emergency foods, and save the housewife much unnecessary labour. They are, of course, quite free from all chemical and other adulterants.

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, 3/3; 14 lb. tin, 5/6; 28 lb. tin, 10/-, carriage paid.

IXION INFANT FOOD.

The best food for infants over nine months. 1/- per sample tin, or 5/- per half-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, carriage paid.

KORNULES.

A grand breakfast and emergency food. At Stores in 14 lb. packets, or 3/6 per half-dozen packets, carriage paid.

SAMPLES of each, with an Explanatory Booklet containing many valuable Recipes, will be sent post free for 4d. stamps if you mention "Good Health."

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

R. Winter's BUTNUT

(Registered Trade Mark.)

IS IN EVERYBODY'S MOUTH.

It is guaranteed perfectly pure; made in six varieties, each different from the others, and all delicious.

For Cooking Purposes Use **COOKING CREAM BUTNUT**,

the best vegetable butter ever produced. It is retailed by all storekeepers at the following prices:—

1 $\frac{1}{2}$ lb. carton	11d.	28 lb. box	15/6.
3 lb. "	1/9.	56 lb. "	30/-
			6 lb. tin	3/6.

Insist on having BUTNUT in the sealed packages.

Write for name of nearest agent to

R. WINTER, LTD., Pure Food Factory, Birmingham.

In answering advertisements kindly mention "Good Health."

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.**

"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.**

FOR valuable information regarding diet and a selection of choice
 recipes, get a copy of "One Hundred Hygienic Food Recipes,"
 the best booklet of its kind. 2d., post free. Address, Good Health
 Supplies, Caterham Valley, Surrey.

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 Coconut Butter

for the breakfast-table, for pastry, and for
 all dishes where fat is required. As fine a
 flavour as any vegetable butter on the mar-
 ket, 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.

COLDS AND RHEUMATISM

THE President of the Y.M.C.A. at Bath (Mr. G. E. Thomas)
 writes as follows: "I have regularly used the Cabinet Bath
 for the past two years, and have received much benefit from
 it, not only in warding off attacks of rheumatism, but also of colds,
 of which I have not had one this season."

Many people have a notion that the hot-air or vapour bath is a
 thing to be resorted to only when one is too obviously out of sorts—
 has been, perhaps, too ill to be restored to health by the doctor or
 the patent medicine vender.

Mr. Thomas, who derived so much benefit, used his bath regularly.
 That is the point. And there is no difficulty in the way of doing
 this. Our modern Home Turkish Bath can be indulged in at about
 one penny a time, and the original outlay for the complete apparatus
 is only 30s. The Turkish Bath does what no water bath can accom-
 plish; therefore it is that even in houses fitted with a bath-room
 the Turkish Bath is considered essential where the common sense
 rules of health are understood.

In the dreary month of November we received this message:
 "Volo, Nov. 14, 1904—I have found the greatest benefit from the
 Turkish Bath. I take one every morning, and step straight from it
 to a cold bath.—Nellie Xenos." This must be a revelation to those
 who fear either to go to bed at night or to get up in the morning
 because of the cold! Right use of the Turkish Bath makes you
 healthy, strong, "fit," not afraid of the weather. How and why it
 is such a powerful agent for good we cannot stay to explain, but we
 will send full particulars to any inquirer.

Nothing "lifts" a cold like a Turkish Bath, and as so much
 trouble follows from a chill or common cold, the wisdom of having
 a Turkish Bath Cabinet in the house is apparent. Winter months
 are trying: they will be less trying if you will use the "Gem"
 Turkish Bath. Recommended by the editor of "Good Health."

"IN CANCER

AND MANY OTHER DISEASES

—Distilled Water is a great adjunct
 in the process of recovery. Your
 Still is of the greatest possible ser-
 vice."—GEO. BLACK, M.B., Edinburgh.

Germs of Typhoid, Cholera, etc., Mineral
 Impurities that aggravate Rheumatism and
 Gout, impair the digestion, cause Constipa-
 tion, Stone, and Gravel, stiffen the joints
 and impede the circulation, are all removed
 from water by

**THE GEM PURE-
 WATER STILL.**

When you are "not
 quite well," inquire into
 the water supply.

**PARTICULARS
 FREE.**

Used and recommended by Mrs.
 Wallace, Mr. Newcombe, Dr. Black,
 the Editor of "Good Health," etc.



Sole Manufacturers and Patentees:

THE GEM SUPPLIES CO., LTD., DEPT. G.H., 22 Peartree St., Goswell Rd.,
 LONDON, E.C.

In answering advertisements kindly mention "Good Health."

PUBLISHERS' NOTES.

IXION whole wheat biscuits require chewing; this makes them particularly valuable in these days when teeth decay early, largely because they are given no work to do. Ixion biscuits are furthermore made of pure materials, so that they reward careful chewing. The longer you chew them, the better they taste, which is not true of the common commercial biscuit.



WE have received from the Food and Cookery Association their Cookery Annual for 1908, which contains among other interesting features menus for family meals for one week in each month throughout the year. Of course these menus are not based on vegetarian principles; nevertheless, they are excellent of their kind, and will prove thoroughly suggestive to vegetarians as well as others. The annual also gives the usual calendar showing when the various foods are in season. We believe the price is 1/-.



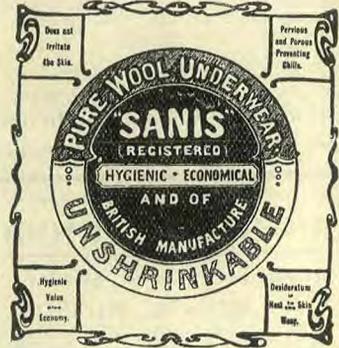
THE Gem Bath Cabinet, sold by the Gem Supply Co., of 22 Peartree Street, Goswell Road, London, E.C., is a most valuable thing to have in the house. Rheumatic troubles of all sorts are relieved by the vapour baths, which can be taken in a few minutes, at slight expense, and with little trouble, and the increased activity of the skin thus induced is helpful also to the well as a preventive against disease.

"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 Fortess Road, London. N.W.

BAX'S CEREALS.

LOOK AT THIS SPECIAL OFFER.

We want you to try our Foods, and to prove how easy it is for you to obtain really Choice Goods cheaply and quickly, and with very little trouble.

FOR 5/-

We will deliver to any part of London within Pickford's radius 10 2-lb. parcels, or 7 3-lb., or 6 3½-lb., or 5 4-lb., of any of the following articles, all of which are guaranteed new season's goods and absolutely pure.

Giant White Beans.
Medium Haricots.
Finest Split Lentils.
Scotch Pea Flour.

Finest Rolled Oats.
Scotch Barley.
Finest Split Peas.
" Scotch Oatmeal.

Butter Beans.
Finest Semolina.
Unpolished Rice.
Crushed Wheat.

Brown Haricots.
Golden Maizemeal.
Napes Macaroni.
Finest Corn Flour.

To country customers we will deliver 5/- worth up to fifty miles for 6d. extra, or 10/- worth entirely free of cost up to fifty miles, and 20/- worth free to any station in England.

We also send with all first orders one of our 2d. Cookery Books, telling you how to cook all our cereals, besides many other useful recipes.

Our full address is—

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

In answering advertisements kindly mention "Good Health."

The Original Health Foods,

the regular use of
which makes
Vegetarianism easy
and pleasant.



Sole Manufacturers:—

The International Health Association, Ltd.,

The Factory among the
Beech Woods.

Stanborough Park,
Watford, Herts.

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