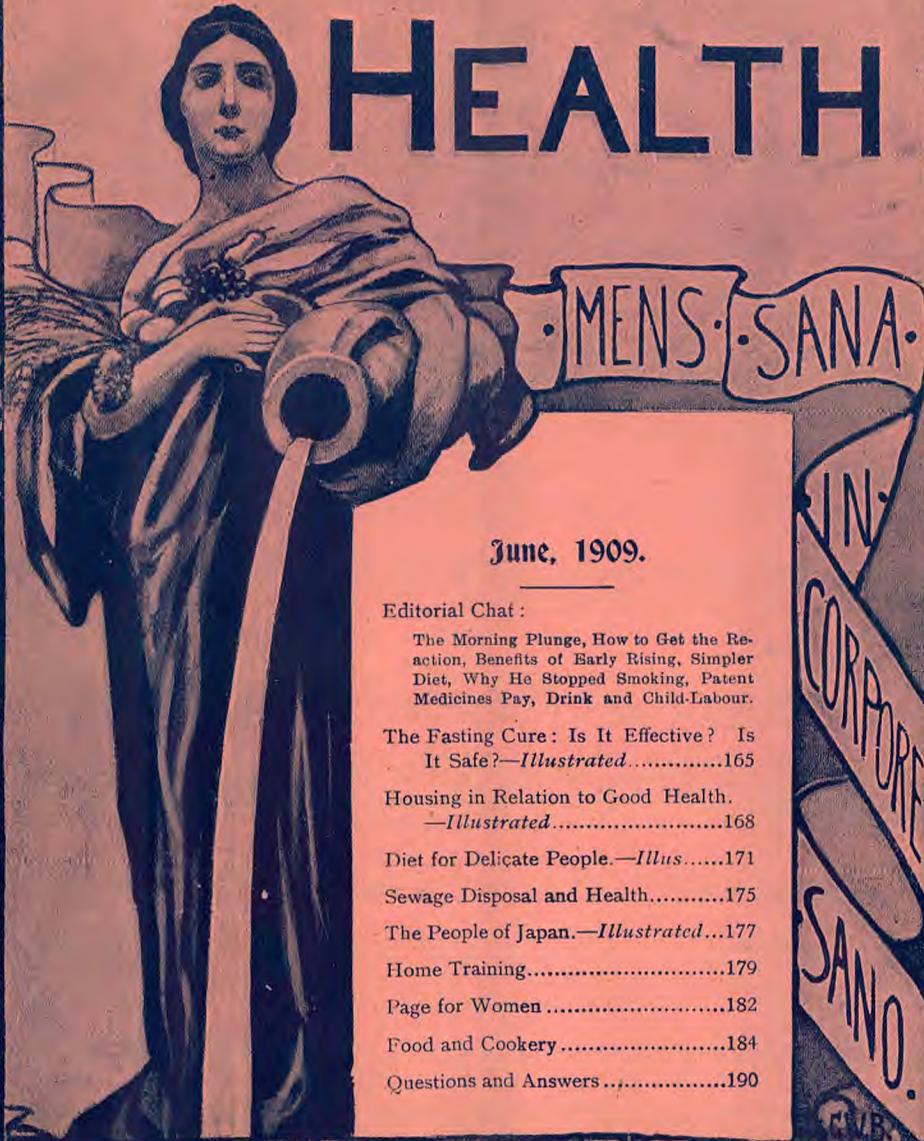


GOOD HEALTH



June, 1909.

Editorial Chat :

The Morning Plunge, How to Get the Reaction, Benefits of Early Rising, Simpler Diet, Why He Stopped Smoking, Patent Medicines Pay, Drink and Child-Labour.

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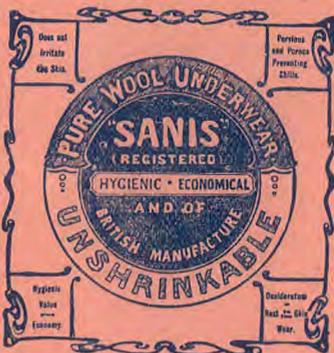
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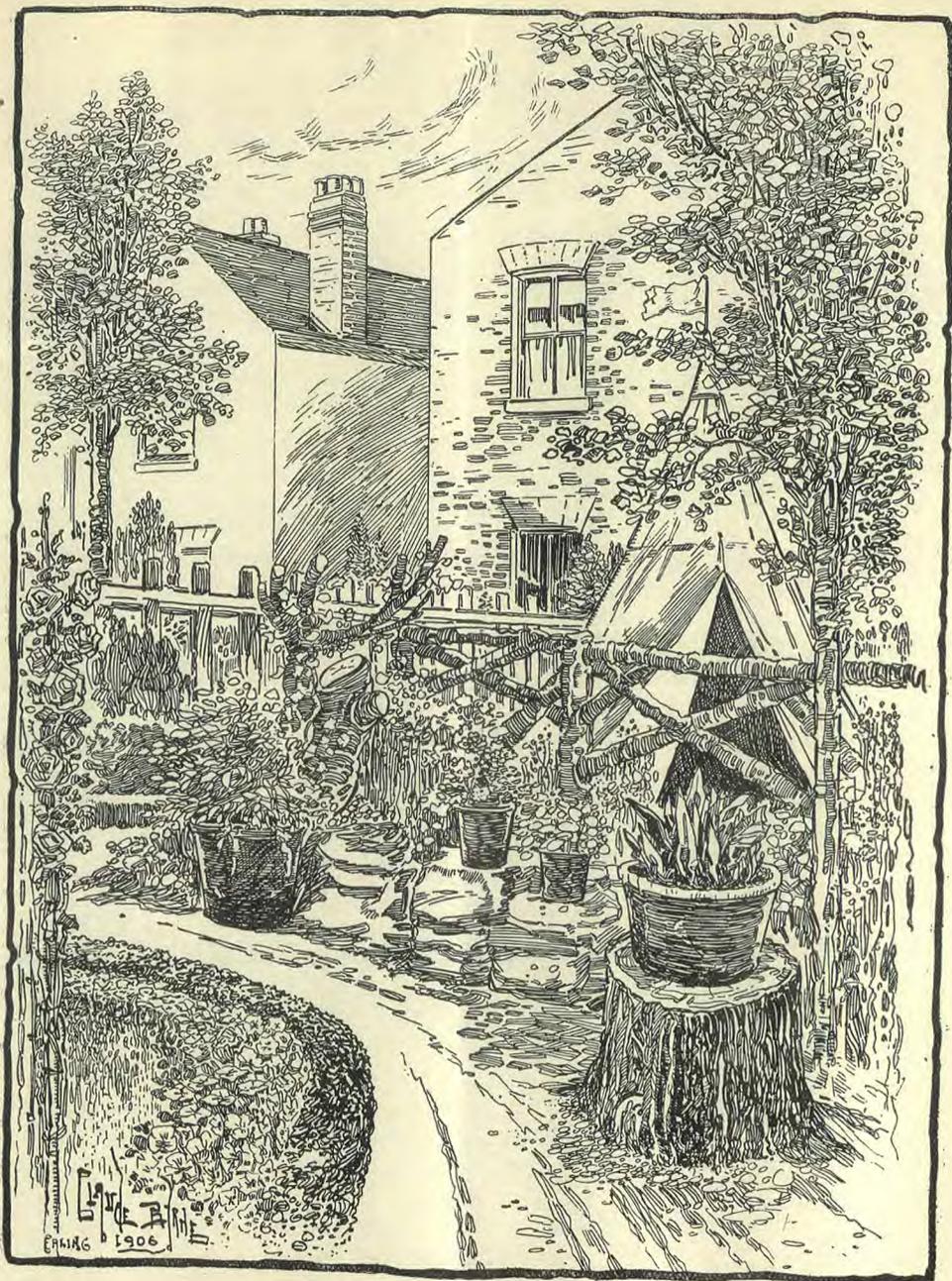
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A TYPICAL SUBURBAN BACK GARDEN
(IN AN EALING SUBURB). SEE PAGE 169.

Good Health

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

Entered at Stationers' Hall.

VOL. 7.

JUNE, 1909.

NO. 6.

Editorial Chat.

The Morning Plunge. THERE are at least three reforms which may best be undertaken in the summer. What is better than a bright morning in June for the first cold plunge? The water may look a bit chilly, but the reaction leaves one not only warm, but buoyant and light-hearted to a degree little realized by anyone who has not tried it. The cold morning bath is a natural tonic—a means, and an important one, of offsetting the debilitating influences of a sedentary life. The skin, which centuries of careful protection by clothes has caused to become sluggish and unable to take care of itself, is by the cold bath given some vigorous exercise; the circulation is quickened, and all the organs of the body are stimulated.

How to Get the Reaction. OF course the cold plunge is not a safe thing to take where there is no proper reaction; but failure to react properly on the first few attempts should not cause the health-seeker to give up in despair. Not seldom the first effort was very faulty. The thing was not done rightly. Perhaps the person was chilly before entering the bath; perhaps the dip was not quick enough, or the ensuing friction was lacking in vigour and dispatch. Again, some people, in order to get the best reaction, need to have five minutes' vigorous exercise with dumb-bells or clubs before taking the plunge. With others the exercise is necessary after the bath. A little patient experimenting will

probably make clear the best method for any one individual, and the advantages to be gained are sufficiently great to justify earnest efforts to learn the right way. The cold bath, once it has become a habit, is a wonderful means of increasing vitality and prolonging life and usefulness. No medicine will compare with it.

Benefits of Early Rising. EARLY rising is a second reform that seems to come quite naturally in the summer. Parliament didn't see its way clear to set our clocks ahead for the summer months, but there is nothing to hinder a man's rising an hour or so earlier, and having, let us say, a pleasant morning walk, the best kind of an appetizer. Getting up earlier in the morning makes for simple, wholesome living all round. It means early retiring, and this is also a good thing. It makes for clearness of mind and lightness of spirit. It enables a man to get more work done in the course of a life, at the best very short; because, whatever truth there may be in the assertion that an hour's sleep before midnight is equal to two hours after midnight, it certainly is true that an hour's work in the morning is worth more than an hour in the evening, when the body and mind are weary.

Simpler Diet. SIMPLER habits of eating are easily learned in the summer. We do too much cooking at all times, but especially so in the warm, bright days of

summer. Surely there might well be less baking and frying than is the case in most homes. With so many excellent prepared foods on the market, and in view of the teaching of modern science that our present protein ratio is far too large, it certainly behoves us to drop meat largely, if not entirely, from the bill of fare, and make freer use of the delicious fruits, cereals, nuts and vegetables, which must be the main ingredients in any sane diet. The wise housewife will probably begin with reforming the breakfast, then lunch will follow, and dinner. There surely is no reason for a meat breakfast, filling the house with the fumes of burnt flesh, when bread and butter and fruit, with perhaps a poached egg, will serve all the requirements.

Why He Stopped Smoking. "No thank you, I don't smoke," said a bank president the other day, when his host offered him a cigar. Asked why he had given up the habit, he replied: "I quit it because I wouldn't be annoyed by the craving for tobacco at times when it wasn't proper for me to smoke." He went on to say that the clerks were all forbidden to smoke during business hours, and it was necessary for the president to keep the rule himself; but he would be so anxious for business hours to be over, that it interfered seriously with his work. "So one day I got completely disgusted at the everlasting annoyance of it, and I said to myself, 'Here's where this nuisance quits,' and I haven't smoked since." The experience of this bank manager brings out clearly the essential bondage under which smokers live. They think they are reaping an added pleasure, but they are really cutting off some of the chief satisfactions of living. Modern nervousness is undoubtedly owing in part to the enormous prevalence of this unlovely habit. There are other business men who are in torment because they have to put off the smoking of a favourite cigar.

Patent Medicines Pay. THE patent medicine business pays well. The proprietor of one of these widely-advertised quack remedies left some £1,600,000 to his heirs, though he had pushed the business for only about sixteen years. How true the saying of the British Medical Society, "The public loves to dose itself."

No wonder the prospectus of a new limited liability company for the manufacture and sale of certain patent medicines confidently promises that "the profits will be sufficient to pay handsome dividends, beginning with from fifteen per cent to twenty per cent the first year, and rapidly rising." The whole patent medicine business irresistibly reminds one of Carlyle's famous opinion of the people of England: "Thirty millions, mostly fools." Only it is to be remembered that the fools are not the men who for very substantial considerations make the nostrums; nor the newspaper proprietors who for equally substantial considerations advertise them, but they are the unsuspecting persons who inflict a double wrong upon themselves by buying and swallowing them.

Drink and Child-Labour. PERHAPS the saddest results of the drink curse are seen when defenceless children are its victims. Miss Martindale, H.M. Factory Inspector, speaking of "Child Labour," says: "The alarming amount spent in drink in some of the homes is undoubtedly another reason for child-labour. . . . Constantly such remarks occur as: 'The father drinks all he earns,' 'both the father and the mother drink,' 'there would be no occasion for the child to work if her father was sober,' 'the mother is generally drunk, and pawns everything that comes into the house.'"

THE Colne medical officer of schools states that he has found many boys and girls of twelve years of age who do not know what a toothbrush is. The discredit is rather upon the schools than upon the children.



THE FASTING CURE: IS IT EFFECTIVE? IS IT SAFE?

BY M. ELLSWORTH OLSEN.

NAPOLEON used to say that he had but one way of treating disease; he cut off the enemy's supplies—in other words, he fasted. With the lower animals it is an instinct. If a cat or dog is ailing, it will usually keep quiet and eat little or nothing for a day or two, sometimes longer. Many people know that a cold, a bilious attack, or a bad headache may be treated most successfully by careful attention to the bowels and temporary abstention from food.

It is not, however, brief fasts of this character to which we refer in speaking of the "fasting cure." There has come into vogue in recent years amongst a class of physical culturists what is known as the long fast, lasting anywhere from two to eight or ten weeks. Such fasts are advocated as a sure means of cure for almost all diseases; they are also urged upon perfectly healthy people as a means of increasing physical vigour and warding off disease. Fasting, moreover, being apparently such a very simple remedy, requiring no medical knowledge, this new cure is practised by many persons whose whole attitude toward the matter is indicative of amazing ignorance of physiological laws. People are urged indiscriminately to undertake the cure for themselves. Thus the editor of a certain

popular health monthly calls upon all his readers, young and old, thin and stout, strong and weak, to join him in a prolonged fast, setting the day when it is to begin.

What is the philosophy of fasting? For reply, let us turn to a representative work on the subject. "Fasting for the Cure of Disease,"* by Dr. Linda Burfield Hazzard, is one of the latest publications advocating this mode of treatment. Dr. Hazzard lays claim to an "experience extending over twelve years of practice, and including to the date of writing over 1,100 cases of continuous fasts." She confesses to being a pupil of the late Dr. Dewey, of "no breakfast" fame, and quotes his dictum: "Every morsel of food that gets into a human stomach beyond the power to digest and assimilate is always the direct exciting cause of disease." But when she comes to set forth her own views, she goes even farther, and makes the flat statement: "Whatever the manifestation, the only disease is impure blood, and its sole cause impaired digestion."

"Granting," she says further, "that impaired digestion is the source of impure

*The Harrison Publishing Co., Seattle, U S A, To be obtained of L. N. Fowler, Ludgate Circus, London.

blood or disease, it is reasonable to assume that abused digestive functions, properly relieved from labour for a time, will recover and return with renewed vigour to their appointed tasks."

This is not the place to consider how far Dr. Hazzard is justified in claiming that impure blood is the only disease. No proof of such a statement is to be found in the book under review. The question we wish to take up is, whether such diseases as may be due to impure blood can be treated safely and effectively by the long fast.

It will be helpful to consider the physical

These symptoms, the author would have us believe, are evidences that nature is carrying on a cleansing process; but are they not rather indicative of a condition of auto-intoxication, brought on by the rapid multiplication of germs and the retention of waste products of the liver and the intestine, owing to a sluggish action of the bowels? The trouble with fasting is that it does not stop with giving rest to the digestive organs, but it weakens the eliminative organs, and thus interferes with, instead of encouraging, the free elimination of poisons.

A different and more effective way of



FASTING FARE.

condition of a person who is fasting. What are the prominent symptoms? Says Dr. Hazzard: "The tongue at once dons a thick yellowish-white coat, which it keeps until the impurities within are dispersed; and the clearing of its surface is one of the important signals that indicate the completed fast. Like the tongue, the breath becomes loaded with evidences of the internal condition, and its odour is most offensive for the greater part of the fasting period." There are also, she tells us, "unpleasant body odours," which are to be attributed to poisons eliminated through the skin. The bowel discharges are foul, and it is difficult to secure "peristaltic action in the small intestine sufficient to evacuate its contents into the colon."

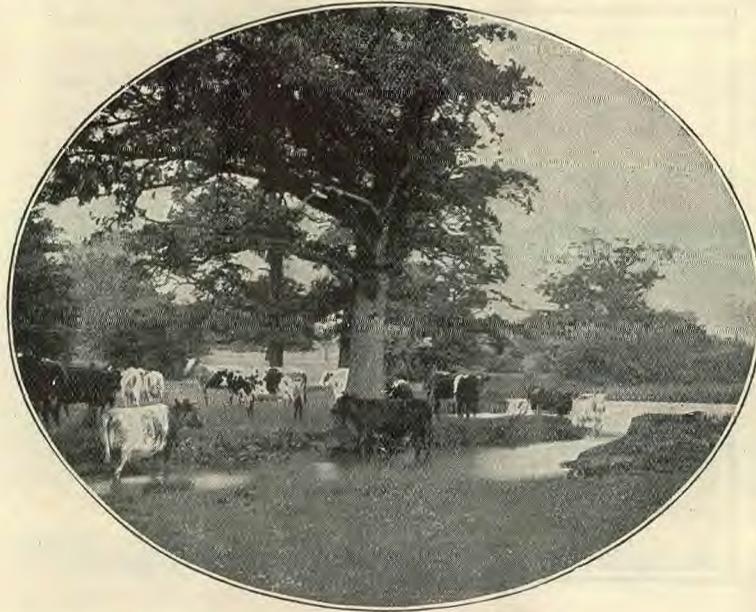
bringing about the cleansing process required, is to confine the diet to fruits and well-toasted cereals, excluding protein. The food taken will then be aseptic. Germs cannot thrive in fruit juices, hence this kind of food will be a direct aid to the body in getting rid of these pests. Moreover, the cereals will give needed energy and strength without having the clogging effect upon the body which protein is likely to produce under certain conditions. Fruit alone may be taken, and the strength will be well kept up. In one case a man suffering from bilious dyspepsia was put on a diet of ripe cherries. He did not touch any other food for about a month, and came out at the end of that time a new man physically. His skin had changed

from a dingy yellow to a ruddy hue, and the tired, listless feeling had given way to a sense of strength and vigour. His eyes and tongue were clear, and the nausea and headaches had departed. Furthermore, he had thoroughly enjoyed his diet, keeping all the time in excellent trim for work, with the loss of only a pound or two in weight. The fruit cure, then, is not only effective and safe, but it is also pleasant. In fact, some people who have adopted it find it rather hard to return to an ordinary

from food for a period of two to ten weeks. The temporary loss of tone from which the various organs suffer may tend to become permanent. Certainly an anæmic condition has been known to follow complete abstinence from food for any considerable period of time, unless in the case of some definite disease of the stomach, the cure of which requires for that organ absolute rest. In such cases, and these can be determined by a physician, fasting may be the best means of cure.

The man who is burdened with an excessive amount of flesh may also benefit by the fasting method; but he, too, should be under the care of a physician, since weakness of the heart, a very common condition in such cases, may be aggravated by injudicious fasting.

In these and all other cases where it is advisable to confine the diet for a time to fruit only, or fruit combined with super-



diet. The fruit, fresh or cooked, should be of the best quality, and should be eaten slowly and with plenty of chewing, unless the juice only is taken, when less mastication is necessary. The addition to such a diet of a little thoroughly toasted cereal will not materially interfere with the cure, and may prove helpful in keeping up strength and weight.

The long fast as advocated by Dr. Hazzard is not only slow and ineffective as a means of cleansing the system, but it may in some cases prove absolutely dangerous. It is no light thing to refrain

cooked cereals, the cleansing process will be greatly facilitated by a course of eliminative baths and tonic treatments such as may best be had in a good sanitarium.

For the man who wishes a manual on fasting as a cure-all, Dr. Hazzard's book may be recommended. It contains a good deal with which we heartily agree; but its usefulness is marred by the writer's one-sided and extreme views. The records of cases are interesting, though far from conclusive. Indiscriminate fasting is no doubt better than indiscriminate drugging; but both methods are unscientific and not without serious risk. The fruit cure seems to us the more excellent way.

HOUSING IN RELATION TO GOOD HEALTH.

BY ALBERT MORRELL.

THE growing urgency and importance of the housing problem are now recognized by most of our public men. We are naturally proud of the great strides we have made as a manufacturing nation, but we must not shut our eyes to the evil results accompanying the herding together of the masses in large towns. Man is naturally an outdoor animal, but unfortunately the majority of our people now spend the greater part of their time indoors. The modern manufacturing town, with its grime and soot, is hardly an ideal place for the development of robust manhood and womanhood. Factory inspection has done a great deal to protect the workers, but the factory inspector has nothing to do with home surroundings.

Overcrowding.

And this is where so much of the trouble lies. How can we expect men and women to be healthy, useful members of the community when they are huddled together with hardly space enough to breathe? In London alone there are something like 300,000 people living in homes consisting of but one room, while it is calculated that taking the United Kingdom as a whole, there are at least *eight millions* of people improperly housed. This condition lies at the bottom of many evils. Charles Booth, who has devoted many years to the subject, says: "Overcrowding is the great cause

of degeneracy," "crowded homes send men to the public-house," and many similar things. The children who, we must ever remember, are to make the men and women of to-morrow, suffer quite as much as their parents.

Vital Statistics.

The late Medical Officer of Health for Glasgow said that of all children in that city who die before the age of five, thirty-two per cent die in one-roomed homes, while not two per cent die in homes of five or more rooms. In the same city it has been proved that a boy living in a four-roomed home is twelve pounds heavier than a boy living in a one-roomed home, the ages being the same. Increased house-room invariably means increased height,



The Usual Villa Backs

weight, and chest capacity, as well as a lower death rate. The moral of it all is obvious. If we must have huge factories and other establishments employing armies of indoor workers, why crowd them together in one spot? The factory hand must live comparatively near the factory, and consequently the greater the number of factories in one place, the greater must be the overcrowding of the workers there. Let manufacturers spread themselves out more. Many a large firm employs sufficient people to make a model community of their own.

Garden Cities.

Let us have more places like Port Sunlight, Bournville, and Donaghmore. Port Sunlight children, at eleven years of age, are five and a half inches taller and twenty pounds heavier than children of the same age in Liverpool. In Bournville, the death-rate for 1907 was six and a quarter per thousand; in Birmingham, not far away, it was fifteen and a quarter. Such figures speak for themselves.

Meanwhile something ought promptly to be done to check the unwholesome way in which our large towns are expanding. The

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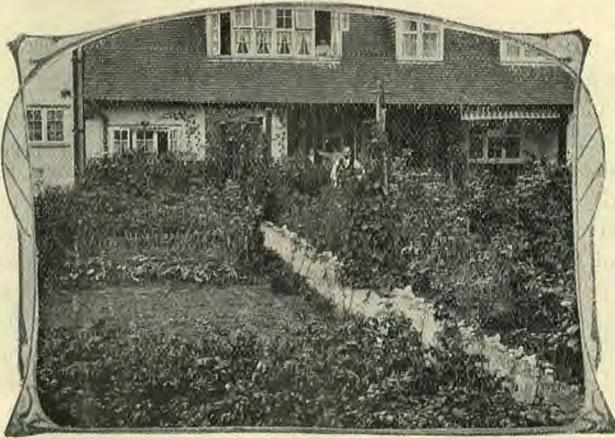
with it! The landscape for the future is to be a mass of chimney-pots. For every slum-dwelling destroyed annually, it is estimated that at least fifty new houses are built under such conditions of overcrowding as must inevitably make trouble in the future.

Garden Suburbs.

Fortunately, the great mistake of allowing towns to expand in this fashion is slowly being realized. The Town-Planning Bill marks, let us hope, the commencement of a new era. This measure is doubtless the outcome of splendid practical examples provided within recent years, showing

what can be done, even by private effort, in developing residential districts along healthful lines. The garden suburb at Ealing (London) was the first venture in this direction, and estates are now being developed on similar lines at Hampstead (London), Letchworth, Sevenoaks, Leicester, Manchester, Birmingham, and Wolverhampton. One of the guiding principles is, to preserve, as far as possible, all the trees, shrubs, and other natural features of the land, to plant more trees, and, generally, to make the district a "thing of beauty" instead of an ugly eyesore. Wide streets,

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I n t h e o r t h o d o x s u b u r b
a s m a n y



THE USUAL BACK IN A "GARDEN SUBURB."

as fifty-six houses may be crowded together on a single acre. In a Garden Suburb, there are never more than twelve.

Effects of Improved Surroundings.

Experience shows that when a man is given a self-contained cottage, with a garden to cultivate, he is far less likely to spend his leisure hours in the public-house. He has a wider outlook on life, a higher aim. It is only natural, too, that children brought up amid such wholesome surroundings, should be happier and more intelligent than children living in a wilderness of bricks. Mothers of families who have come to live in a Garden Suburb after

having been shut up for several years in a town tenement, find that the doctor is hardly ever wanted, while previously he was always in request. As a result, the children are much better able to do justice to their schooling.

Money is wasted in thousands at present on attempts to educate children who are not capable of deriving real benefit from their lessons, simply because they are poorly developed in consequence of unhealthy home surroundings. Growing children especially need an abundance of air and light. Dr. Schmid-Monnard, of Halle, found that children grew as much in three weeks at a

holiday colony as in a whole year in their schools and at home.

Gratifying Progress.

It is most encouraging to note that financially these estates are proving a wonderful success. Starting in 1901 with £300, the parent society at Ealing has at the present time property representing over £100,000, and is still forging ahead. Under collective ownership, it is found possible to fix lower rents than those usually charged, and as in addition the houses possess many advantages over those generally erected by the speculative builder, they are always in eager demand.

The movement deserves the hearty support of all interested in the welfare of the nation. There can be no doubt that there is a great future before it, and that new societies will be formed in large numbers as time goes on. They are needed, sadly. Nothing is more evident when one looks around on the agglom-



A LEICESTER "GARDEN SUBURB."



CHILDREN AT PLAY IN A LETCHWORTH "GARDEN SUBURB"

eration of joyless streets that go to make up the hideous towns of the present day.

(Anyone desirous of forming a co-partnership housing society, or of obtaining any further particulars, should communicate

with Mr. Frederick Litchfield, F.S.S., 6 Bloomsbury Square, London, W.C.)

The blocks illustrating this article were kindly lent by the Co-partnership Tenants, Ltd.

DIET FOR DELICATE PEOPLE.

BY ALFRED B. OLSEN, M.D., D.P.H.

INVALIDS and all persons who do not enjoy sound, robust health often find it necessary to give careful attention to their diet. This is only natural, for the digestive organs are more than likely to share the general weakness and feebleness of a delicate body. Then, too, such persons often find it difficult, if not impossible, to take a sufficient amount of exercise, or to do enough manual labour, to keep their organs of digestion in a healthy, active state. For this and other reasons it becomes desirable to pay special attention to the selection, preparation and combination of the various food articles that the market supplies.

Care of the Diet.

There are at least two essentials to a proper invalid diet. In the first place, it must be reasonably nourishing, and capable of supplying the various requirements of the body in the way of repair as well as the production of warmth and energy. In the second place, the food should be capable of easy digestion and assimilation. If not digestible, it will give rise to digestive disorders of one kind or another, and naturally serve to aggravate the condition of the patient.

Selection of Food.

All persons who are not thoroughly healthy require to select their food with care and thoughtfulness. The first question to be decided is whether to take animal flesh or not. As we shall endeavour to show later on in this article, a great abundance of most wholesome, nourishing,

and digestible articles of food can readily be obtained without resorting to the flesh of animals. And when we bear in mind that animal flesh is very likely to be diseased now-a-days, considering that from fifteen to twenty per cent of the cattle suffer from one disease alone, namely, tuberculosis, and further remembering that animal flesh always contains a greater or less quantity of waste material that does not possess nutritious qualities, it would seem most advisable to rely upon a diet into which no animal flesh of any form enters.

Cookery.

In our opinion, the cooking of food is a matter of the greatest importance. The best articles of diet are easily spoiled and rendered difficult, if not impossible, of digestion on account of wrong methods of cookery. Frying in grease is one of these objectionable methods, for it serves to make the food not more digestible, but less digestible, and must be responsible for many cases of dyspeptic disorders. The object of cooking is to make the food more digestible, and *not* less digestible.

Take starch, for instance. In the natural form, it is insoluble and indigestible. Cooking changes the starch so that it can be acted upon by the natural digestive juices of the body. Baking is an excellent means of accomplishing this object, as seen in the preparation of bread, potatoes, various roasts, etc. Boiling is another means; but steaming, especially in the case of vegetables, is equally efficient and more conservative, in that it pre-

serves the salts of the vegetables.

It is always desirable to cook food in as simple a way as possible, and at the same time

preserve the natural flavours and retain the various food elements, including the salts.

Service.

A few words about serving food to invalids may not be out of place. The table or tray should be neatly set with dainty and pretty dishes and spotless linen. There should be a vase or two of flowers, or at least a sprig of green, on the table. The dishes should not be too large, and the quantity of the various foods served rather small. One must bear in mind that an invalid often has a poor appetite, and it is desirable to tempt the appetite in every legitimate way. The serving of a large quantity of food, no matter how long the patient may have fasted, will of-



HOW TO SERVE—



INVALID PIE.

ten repel the appetite and make the food repugnant. Let the tray or table be just as attractive as you can possibly make it. See that the hot food is served *hot*, and the cold food served *cold*, but resort to ice only in exceptional cases. Of course, butter should always be served on ice in the warm season.

Fruit.

Fruit, whether fresh or stewed or in the form of juice, is almost always refreshing and appetizing. But few people realize the large variety of splendid fruit juices that are easily prepared. These make wholesome and refreshing drinks, and also contain a certain amount of nutrition which is very acceptable.

We are all acquainted with home-made lemonade, which is made by squeezing the juice of a fresh lemon into water and adding a little sugar to taste. Lemonade prepared in this way is perfectly wholesome, and has a mild, stimulating effect upon the kidneys which is always beneficial. Orangeade is prepared by extracting the juice of oranges and straining to remove the pips and fibrous particles. Many prefer it to lemonade. It is a little more nutritious and equally wholesome. Most excellent fruit drinks can be prepared from the juice of cherries, raspberries, blackberries, and many other fruits. Freshly-made cider, that is, the juice of fresh, sound apples, makes a splendid drink which also contains considerable nutrition.

We must not omit unfermented grape wines. There is Welch's Invalid Port, one of the best tonics we know of, and there are other brands, all of which can be recommended. Grape juice is the most nourishing of all the fruit juices, as it contains a considerable amount of grape sugar ready for assimilation. It may be taken freely, and makes an excellent substitute for the various drug tonics on the market.

Baked apples are always appetizing and easily digestible. They can be served with plain bread and butter, or with other articles of diet. Stewed fruit, especially

for it contains all the various food substances required by the body. Fresh milk is more digestible than boiled milk, but in cities and towns it is almost dangerous to take it on account of the filth it contains. If obtained from healthy cattle, however, and kept free from contamination until it is used, milk makes a very wholesome food for invalids, and does not require boiling. It can be made into junket, sweetened or unsweetened, or can be soured by adding a lactic acid preparation. In this form it is most wholesome and digestible, and has a cleansing



AN INVITING MEAL.

prunes, figs, and sultanas, is especially valuable on account of its laxative effect upon the bowels. Prunes can also be served as a purée or marmalade. In either case it is not necessary to add sugar. Pleasant and wholesome fruit jellies of various flavours are easily prepared, and serve to give variety.

And we must not omit fresh fruit, and especially oranges, apples, grapes, pears, and bananas. Fresh fruit in season makes a most valuable article of diet, not only for its nutritive qualities, but for the acids and salts that it contains.

Milk and Milk Foods.

Milk is one of the most perfect of foods,

effect upon the stomach and bowels. On page 180 full directions will be found for preparing sour milk. Buttermilk, when it can be obtained, makes a wholesome and nourishing article of diet, and can be used freely. Then there are malted milks of various kinds, and especially Horlick's Malted Milk, one of the best preparations of the kind on the market. Horlick's Malted Milk is easily prepared, and makes a very nourishing article of diet for invalids.

Eggs.

The raw egg is more easily digested than the cooked egg. Some patients prefer to take it direct from the shell. Others, again, like it beaten up in the form of a

plain egg-nog. Yoke and white are beaten well together, and new milk is added in the quantity desired, also a pinch of salt or a little sugar if desired. Plain egg-nog makes a very wholesome and nourishing food for persons in delicate health. If eggs are cooked, they should be soft-boiled or soft-poached, so that the white is scarcely set, or they should be cooked long enough to make the white mealy. They may be served on cream toast or with other foods.

Custards made with or without milk are oftentimes appetizing, and always nourishing. Various omelettes can be prepared to give further variety.

Cereals.

Only a few cereals can be mentioned here, for they are very numerous. Gluten, thirty or sixty per cent preparation, made in the form of a gruel or porridge, with or without milk, forms an ideal invalid food. Either is quickly prepared, for it only needs to be brought to the boil for a moment before serving. Gluten is still more nourishing if cream is added.

Then there is barley, in the form of barley water, one of the most demulcent of nourishing drinks. It can be made thin or thicker according to taste. Barley jelly also makes an excellent food for the sick. Oatmeal, in the form of either a gruel or well-cooked porridge, makes a valuable food for invalids. It is more fattening than wheat or barley. Either can be served with cream.

The preparation of arrowroot is so universally recognized as a food for the sick that we only need to mention it. Rice is equally wholesome, and may be prepared perfectly plain for those who are not able to take it with milk, or in the form of a pudding or custard. Tapioca, farina, sago, semolina, and similar preparations make wholesome and nourishing puddings, which stimulate the flagging appetite and weak digestion.

Breads.

A good bread, either brown or whole-meal, wears best of all nourishing foods, and is last tired of. It may be served in thin slices with or without butter, or with barley malt extract. A little sweet, pure butter adds to the food value of the bread, and is not objectionable in the majority of cases.

Dextrinized breads are still more easily digested. They are prepared by prolonged baking. The simplest form consists of zwieback, which literally means twice-baked. Slices of bread are cut from the loaf and placed in a slow oven, and there toasted until they are crisp and brittle. The bread is hard, of course, and requires a good deal of mastication, but this is desirable.

There are a number of special bread preparations on the market which are very wholesome. Chief among these are granose biscuits, which possess all the good properties of zwieback, and are still more easily masticated and very nourishing. They may be served with either cream or butter. Nut rolls and various plain wheat and oatmeal biscuits can be had at reasonable expense, and they all make very nourishing and wholesome breads.

Vegetables.

Of all the vegetables, a mealy baked potato is the most wholesome and most easily digested. The starch of potatoes is probably superior to most starches as far as rapidity and ease of digestion are concerned. Other vegetables are not so wholesome, especially those which contain much fibrous matter, but tender greens are acceptable for the large amount of iron and other salts that they contain. Spinach, young turnip-tops, and other tender greens are also valuable. Lettuce and celery can be taken to advantage when tender and crisp.

Nuts and Nut Foods.

Persons in delicate health often find

it difficult to digest nuts, but this is chiefly due to imperfect mastication. Most nuts are not particularly difficult of digestion, provided they are sufficiently chewed and reduced to a thin cream before being swallowed. Pine kernels are most excellent in this respect, for they are easily masticated. Blanched almonds are also very wholesome.

Nut foods are prepared from ground

nuts that have been thoroughly cooked, and consequently require less mastication and are more easily digested than the raw nuts. Of these, malted nuts and bromose are best adapted to the requirements of an invalid. Bromose is prepared in the form of tablets, and possesses all the advantages of a wholesome sweet and at the same time is exceedingly nourishing and digestible.

SEWAGE DISPOSAL AND HEALTH: THE MORAL OF A GOVERNMENT REPORT.*

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

SOME months ago a voluminous report was issued from the offices of the Government printers. From its outward character and title, the nature and import of its contents quite escaped the notice of the general public, the safeguarding of whose health had called it forth.

We refer to the fifth Report of the Royal Commission on Sewage Disposal, appointed by the Government in 1898 to briefly inquire into and report on: (1) *a*. What method or methods of sewage "treatment" may properly be adopted? *b*. If more than one method may be adopted, by what rules should the particular method of "treatment" be determined? (2). To make any recommendations which may be deemed desirable. The Commissioners are still sitting, and carrying on a work whose objective is second to none in its influence on public health.

Under a mass of data and technical and scientific phraseology, useful only to surveyors, civil engineers, chemists, and bacteriologists, are hidden, however, a deal of informative matter of the utmost interest to all intelligent members of the body politic, and especially those whose interests

lead them to look upon all matters which tend to the improvement of health as important factors in the general well-being of the community.

What Fifty Years Have Seen.

It is scarcely too much to say that to the improvements which have taken place in the methods of disposal of sewage matter in towns—the advance has not been so great in country districts—must be attributed a very great deal of the improvement in the public health which the past half-century has seen; and increasing knowledge in its scientific "treatment" must tend to yet further valuable results in the same direction. Fifty years since serious epidemics were of constant occurrence, and cholera and typhoid demanded their annual toll of lives in one part of the country or another. Now, although not yet quite things of the past, as epidemics within recent years at Maidstone, Gloucester, and Lincoln show, their virulence is mild in comparison. The decrease in the death-rate furnishes ample evidence of the value of the strides which sanitary science has made during the intervening period, and therein that relating to sewage treatment and disposal has played no mean part.

Would that the improvement in the

*See also illustrated articles: "Sewage and How It Is Disposed Of," by the writer, in GOOD HEALTH for November, 1906; January-March, 1907.

†Author of "Modern Sewage Disposal: A Popular Handbook," etc.

death-rate of rural districts had kept pace with the towns! But this cannot be expected while the present crude methods of dealing with sewage matter prevail. We would suggest the use of a moveable pail in the closet for the reception of the night-soil, which can be emptied daily, instead of the most usual midden-pit, which both vitiates the air in its vicinity, and is liable by leakage to lead to the pollution of wells.

Half a Century Ago.

Fifty or sixty years ago, such towns as had any system of house drains and public sewers (the pipes of which, by the way, were very frequently not water-tight), had their outfalls into the nearest river or stream of water. Since 1847, for instance, London had been pouring its crude sewage into the Thames; and though this river is not even now noted for its delightful air in the vicinity of the metropolis, it is salubrious in comparison, for at that period the air became unbearable at low tide in hot weather. Apropos of its condition, Mr. Disraeli (afterward Lord Beaconsfield), once made the following pertinent remark: "The noble river which has hitherto been associated with the noblest feats of our commerce, and the most beautiful passages of our poetry, has really become a stygian pool, reeking with inevitable and intolerable horrors." These words expressed in figurative language the state of many another river at that time, due to the same cause.

Happily, continued scientific investigations and practical experiments have brought about a great change during the intervening period, though we yet await solutions to many difficulties which still present themselves.

To-Day's Scientific Methods.

Briefly, three methods are now employed, with the object of as far as possible rendering water-carried town sewage innocuous, and getting rid of it in as satis-

factory a manner as the circumstances of each special case will permit.

1. Discharging on to specially-prepared and drained land, upon which crops may or may not be grown. In this method the action of the air, as well as of the bacteria in the top layers of the soil, is employed in "breaking down" and simplifying the noxious matter, and preparing it for plant food—a process still but imperfectly understood.

2. Collecting it at the outfall of the sewers in large concrete chambers or tanks, and then adding certain chemicals (as lime and alumina ferric) to prevent decomposition and to aid the settlement of the solids in the sewage to the bottom of the tanks, from whence they are removed at intervals, and either dug into adjacent land, sold as manure to farmers, or carried out to sea and discharged in deep water. Afterwards the top water is allowed to pass over land or on to especially constructed "beds" or tanks containing ashes, coke, breeze, or clinker, etc., before final discharge into a water-course or river.

3. When in the tanks, instead of adding chemicals, to ensure similar results quite opposite methods are employed, and putrefaction is encouraged by natural means, i.e., the employment of the special kinds of bacteria present in the crude sewage, which feed upon the solid matter and in due course excrete it, and then either passing the top water directly on to land and subsequently on to "beds," or first using some chemical composition. The "beds" in both cases are used to oxidize the top water from the tanks, a process which is thought to be effected by bacteria, possibly aided by worms and other low forms of life, though this is not yet well understood.

The Moral.

We have already noticed that, marvellous as have been the discoveries which scientific investigations have produced, we

have by no means reached a stage at which further improvements are not called for. Dangers may, and not infrequently do, still arise from the presence in the "treated" sewage effluent, or top water, on its discharge from the treatment works into river waters, afterwards used for the supply of water for dietetic and domestic purposes, of micro-organisms of a type which will spread such a water borne disease as typhoid or enteric fever. (The epidemics at Maidstone, etc., were due to such.) It is within the power of individual members of the community to take a share in the prevention of this. Where a patient suffering from such an infectious disease is treated at home, special attention ought to be given to the stools, to which should be added in the utensil a

suitable disinfectant, such as formalin tablets, before discharging down the water-closet. In country districts it is preferable to at once bury the same in a garden, so long as it is not in the vicinity of a well. Enteric bacilli possess extraordinary vitality, and will survive for several days in crude sewage matter.

All water consumers may practically ensure immunity from contracting water-borne diseases if care is taken either to distil, filter, or boil all water used for dietetic purposes. Unfortunately, this is a much neglected precaution, as outbreaks demonstrate from time to time. It should be added that it is important, if filtration is employed, to use only a filter which is well known to be effective, as so many on the market are not, and consequently give rise to a false sense of security.

THE PEOPLE OF JAPAN.

BY A. MARION CLARK.

I RETURNED from Japan just three years ago, after a stay there of nearly eight months. I was travelling with my brother, and we did not confine ourselves

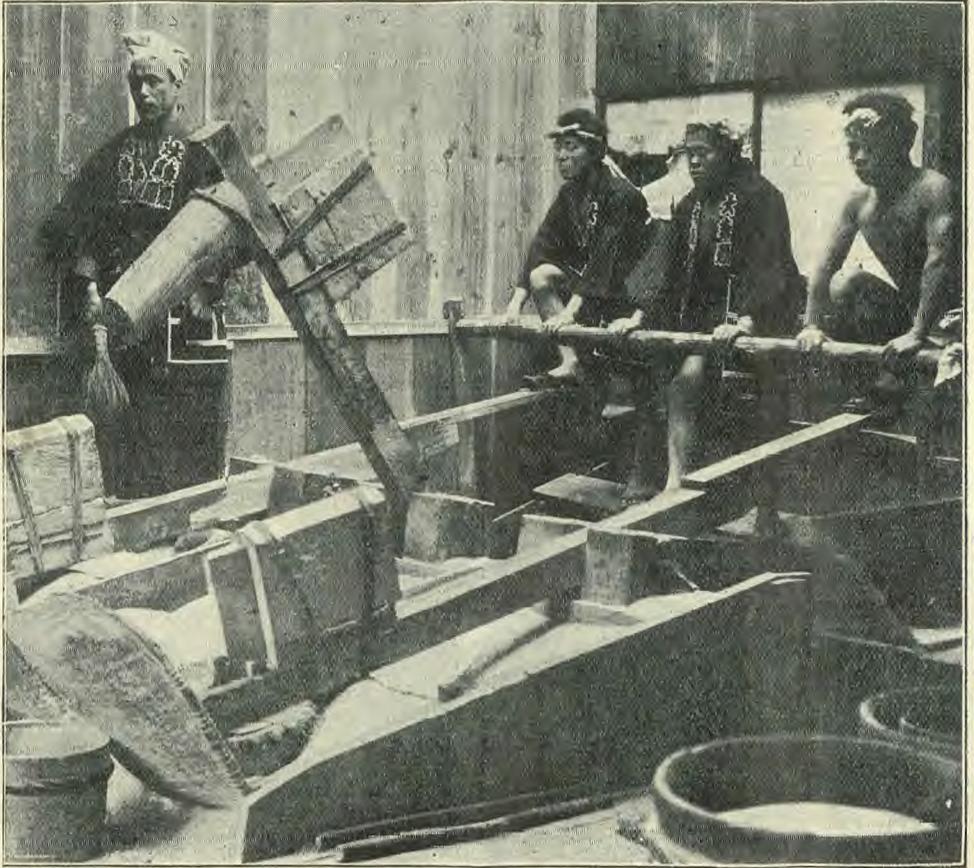


THE FAMILY MEAL.

merely to visiting the open ports and the big towns, but went up country, leaving the railway, and travelling sometimes by jinricksha, sometimes by "basha" (a kind of small omnibus), and sometimes by small native boats. So we really saw a good deal of Japanese life as it is, undis-

acteristics, and then we will consider their houses, their dress, and their food.

The Japanese are a very small race, the average height of a man being only that of the average woman in England, and their women are correspondingly small. The men, speaking generally, are ugly, while



GRINDING RICE.

turbed by western civilization; and to judge by the interest the people took in us—our appearance and our clothes, etc.—I should think that sometimes we were the first westerners the peasant folk had seen.

First of all we will take a rapid look at the physical characteristics of the people, just touching, too, upon their mental char-

acteristics among the women there are two types—the more refined and cultured woman has a long, oval face, is pale complexioned, and often decidedly charming to look upon, and the peasant type is round and sturdy and buxom, with the face a full moon of smiling good humour, and often the ruddiest apple cheeks.

The people are long in the body and

short in the leg. They are sallow, and rather yellow in colour, with black, straight hair, eyes set obliquely, scanty eyelashes, rather prominent cheek bones, and square jaws, eyelids puffy, so that often there is no falling in and consequent shadow around the eye in the eye-socket. This latter point seemed to me a very distinguishing feature in their type of face.

Many of the people live to be very old, especially the women. The chief diseases are tuberculosis, disorders of the digestive system, and *Rakke*—or, as it is called in India, *Beri-beri*—a form of paralysis. As a nation they are less highly strung nervously than we are.

It is interesting to note that massage has been used as a form of medical treatment for hundreds of years in Japan. Are they not ahead of us here? It has come to be the prescriptive right of the blind to practise this most useful art. In every village towards evening one hears the melancholy piping of the blind "amma," whistling on his little pipe, as he feels his way along the street with his stick; and he is called into the houses to soothe weary, aching limbs after a day's hard toil. A fine thing this—a recognized occupation for the blind of the community.

Foremost among their mental characteristics we may mention self-control. A Japanese is ashamed to show any outward sign of grief or trouble. Even the babies are taught from their very early years not to cry, and it is really a very unusual thing to hear a child crying. Not but what now and again we heard a good lusty yell, but it is good if you do a thing at all to do it thoroughly.

My brother witnessed a most pathetic sight one day at one of the big stations of Tokio. He happened to be there just as a train was leaving to carry soldiers to the war. There were all the brave fellows sturdily making their final arrangements and getting into the train, while the poor little wives and mothers, with looks of

utter anguish on their faces, were forcing back the tears, and each was compelling herself to speak with a cheery smile to her neighbour. And when the train finally moved off, there was a solemn and dignified hush, while the men looked with kindly faces upon the long row of little women, all bowing their heads reverently to the ground, many of them thus honouring for the last time their lords and masters.

The author of "Things Japanese," Basil Hall Chamberlain, says: "The average judgment formed by those who have lived some time among the Japanese seems to resolve itself into three principal items on the credit side, which are cleanliness, kindness, and a refined, artistic taste; and three items on the debit side, viz, vanity, unbusinesslike habits, and an incapacity for appreciating abstract ideas."

HOME TRAINING.

BY MRS. E. G. WHITE.

THE restoration and uplifting of humanity begins in the home. The work of parents underlies every other. Society is composed of families, and is what the heads of families make it. Out of the heart are "the issues of life"; and the heart of the community, of the church, of the nation, is the household. The well-being of society, the success of the church, the prosperity of the nation, depend upon home influences.

The importance and the opportunities of the home life are illustrated in the life of Jesus. He Who came from heaven to be our Example and Teacher spent thirty years as a member of the household at Nazareth. Concerning these years the Bible record is very brief. No mighty miracles attracted the attention of the multitude. No eager throngs followed His steps or listened to His words. Yet during all these years He was fulfilling His divine mission. He lived as one of us, sharing the home life, submitting to its

discipline, performing its duties, bearing its burdens. In the sheltering care of a humble home, participating in the experiences of our common lot, He "increased in wisdom and stature, and in favour with God and man."

The circle of family and neighbourhood duties is the very first field of effort for those who would work for the uplifting of their fellow men. There is no more important field of effort than that committed to the founders and guardians of the home. No work entrusted to human beings involves greater or more far-reaching results than does the work of fathers and mothers.

It is by the youth and children of to day that the future of society is to be determined, and what these youth and children shall be depends upon the home. To the lack of right home training may be traced the larger share of the disease and misery and crime that curse humanity. If the home life were pure and true, if the children who went forth from its care were prepared to meet life's responsibilities and dangers, what a change would be seen in the world!

Great efforts are put forth, time, and money and labour almost without limit are expended in enterprises and institutions for reforming the victims of evil habits. And even these efforts are inadequate to meet the great necessity. Yet how small is the result! How few are permanently reclaimed!

Multitudes long for a better life, but they lack courage and resolution to break away from the power of habit. They shrink from the effort and struggle and sacrifice demanded, and their lives are wrecked and ruined. Thus even men of the brightest minds, men of high aspirations and noble powers, otherwise fitted by nature and education to fill positions of trust and responsibility, are degraded and lost for this life and for the life to come.

For those who do reform, how bitter the struggle to regain their manhood! And all their life long, in a shattered constitution, a wavering will, impaired intellect, and

weakened soul-power, many reap the harvest of their evil sowing. How much more might be accomplished if the evil were dealt with at the beginning!

This work rests, in a great degree, with parents. In the efforts put forth to stay the progress of intemperance and of other evils that are eating like a cancer in the social body, if more attention were given to teaching parents how to form the habits and character of their children, a hundred-fold more good would result. Habit, which is so terrible a force for evil, it is in their power to make a force for good. They have to do with the stream at its source, and it rests with them to direct it rightly.

Parents may lay for their children the foundation for a healthy, happy life. They may send them forth from their homes with moral stamina to resist temptation, and courage and strength to wrestle successfully with life's problems. They may inspire in them the purpose, and develop the power to make their lives an honour to God and a blessing to the world. They may make straight paths for their feet, through sunshine and shadow, to the glorious heights above.

Directions for Making Sour Milk.

BOIL half a pint of new or skimmed milk for ten minutes, then cover with a clean towel and cool to about 100°-105° Fahr. Add the powder of one crushed tablet of Yogurt to the boiled milk (or a dessertspoonful of the Yogurt Milk made the day before), and stir with an egg-beater. Set this in a warm place, 100°-110° Fahr., covered for five to ten hours, or until it becomes solid. Then beat thoroughly with an egg-beater, cover, and keep in a cold place until ready to serve.

The next day the process is repeated, using half a pint or more of milk and from one dessertspoonful to one tablespoonful of the previous batch. If the Yogurt gets too acid, less is required for starting. It sometimes takes a week before a pleasant flavour is developed. Other lactic acid preparations, such as lacto-bacilline, are equally satisfactory for the preparation of sour milk.

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A Page for Women.*

Conducted by Marie Blanche.

AT the request of some of my readers, I am going to give a few practical hints on the care of the complexion during the summer months, and particularly while we are holiday making and facing the sea breezes or scorching sun along country roads. Of course, there are some happy-go-lucky people who glory in getting sunburnt, and who positively revel when the skin begins to peel off their noses and blisters make their appearance on neck and ears. To such, no doubt, this page will be superfluous, and those who care not at all for their complexions will, with a sovereign contempt, ignore the subject. So let it be. Now, of course, the care of the face in the summer is a totally different business from the care of the face in winter. The conditions, climatic and personal, are not the same. For instance, nobody suffers from a chapped skin in the summer, neither does anyone become afflicted with chilblains on the nose in June and July. By the way, I really have met folks who have indulged in this particularly disfiguring complaint, and we have all heard of chilblains on the ears in frosty weather. But in summer the complexion troubles are sunburn, freckles, or relaxed and open pores, the latter being often accompanied with an excess of oiliness on the skin and sometimes blackheads. Well, there is one rule which applies to all complexions and that is the rule of cleanliness. In order to be strict in this matter the face should be thoroughly well washed with plenty of hot water and soap every night at bedtime. The soapy water must be thoroughly rinsed off with a fresh supply of more hot water, and then the face dried carefully with a soft towel. Immediately after drying it the face should be anointed with a simple and cooling cream or ointment. And here I would warn you against any preparation containing glycerine for the face, for it invariably coarsens and eventually dries the skin. Neither should lanoline be used often on the face, for though it has great healing properties, it tends to encourage the growth of hair if a person has any disposition towards that trouble. But a simple ointment, the base of which is a vegetable product, can always be used with safety and benefit. This ointment should be gently rubbed into the skin with the fingertips for about five minutes, and what is then not absorbed should be removed with either a clean towel or little pad of fresh cotton wool. In the morning it is not necessary to use water on the face at all, but instead a small quantity of elder flower water sponged over the skin with a cotton wool pad to remove any oiliness collected during the night. The face may then be dusted with a little rice powder, and I think with this treatment there will be no more trouble about sunburn and dry, hot skin. Freckles, I'm afraid, are incurable. I have heard "beauty doctors" declare

they can cure those little brown spots, but I have never found these people able to give much proof of what they claim when it comes to putting their words into practice. However, freckles are not at all disfiguring if the skin is kept fine and soft, and, of course, the complexion keeps clear and fresh by a proper diet and good living. Plenty of salads, and plenty of fruit—these are the beautifiers I recommend to all of you. Don't forget that a penny spent on fruit does more good for your complexion than a shilling spent on buns and sweets. And don't waste money on visits to "beauty doctors." Some of them will undertake to bring about any number of improvements in your face if only you listen to them, and most of them make what is called a "face bleach" for whitening the skin. This generally contains mercuric chloride—corrosive sublimate—and is deadly poison, and as some persons are peculiarly sensitive to mercurials this "face bleach" is *dangerous*. A few years ago a very serious case resulting from the use of this poison upon the face was brought into court, and damages claimed by the poor, foolish, trusting client who, placing her confidence in a noted "beauty doctor," had been treated with a preparation containing corrosive sublimate, and the drug had brought about a diseased condition of the bone of the nose. It was satisfactory that compensation was ordered by the court; but what real compensation, I should like to know, could be made to anybody who had been disfigured for life? The most fabulous sum of money could never make amends for such injury. But strange things happen in the pursuit of personal beauty, and there is one noted woman amongst us who boasts that she has not washed her face with soap and water for fifteen years! Perhaps she followed the example of Poppoea, the beautiful wife of Nero, who, besides spending enormous sums on washes and paints, kept 500 newly-foaled she-asses for the purpose of supplying milk for her morning bath.

Answers to Correspondents.

MRS. F.—The Médé-Lois Olive Oil is procurable from Mr. Clayton, 3 London House Yard, E.C., in bottles 2/- and 3/4.

D.J.D.—I think you would overcome this nervousness after a few public appearances. Try to forget yourself. If what you have to say at the meeting is worth hearing, your audience will be in sympathy with you, and, after all, it is rather childish, isn't it, to work oneself up into a state of nervous collapse over such a small affair.

"RUBY."—Consult a good doctor about your throat.

MISS E.—The Sanitarium Hair Tonic is procurable from the Sanitarium, Caterham Valley, Surrey. Price 1/1½, including postage.

"LILY."—Read preceding answer to Miss E.

E.V.—A pain in the back might come from several things, and I am unable to advise, but any doctor with full details of your case could treat you, I think.

M.C.D.—I think the subject of nasal catarrh will probably be discussed in a forthcoming issue of GOOD HEALTH. In the meantime you might write to the "Questions and Answers" department and ask advice on the matter.

(Concluded on page 192.)

*Correspondents should address Marie Blanche, Sunny View, Caterham Valley, Surrey, enclosing stamp.

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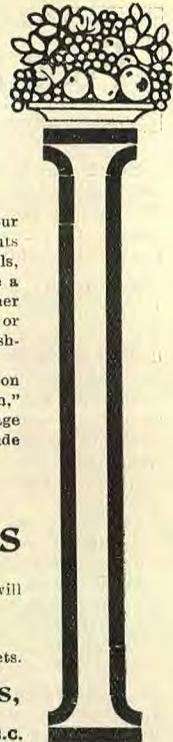
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By means of the Gem Turkish Bath Cabinet, and without powder, pill, or potion, I have seen marvellous cures of so-called incurable diseases. I have known men pronounced incurable by hospital physicians and by local doctors who have regained a fair measure of health. I have friends troubled with rheumatism of long standing who testify that the Turkish Bath has done them more good than any other remedy. I have known one girl crippled with rheumatism, who could not raise a finger to help herself, and at the end of a few months of regular Turkish Bathing was able to dress and do a little housework. An old friend of mine was cured of eczema from which he had suffered from birth. I could unfold a long tale of relief from pain, of lightening of despair, of raising to heights of happiness from the recovery of health. I have Cabinets from 30s. to £11. 11s. I should make more profit if I sold you a high-priced Cabinet, but that is not my policy. I personally use the 30s. Cabinet. It is the one on which I have built an honest, sterling business; it is the one referred to in almost every one of the testimonials I receive. Therefore I recommend this Cabinet in preference to any of my other Cabinets. It is in every way as effective as the highest-priced Cabinet on the market. With it you can obtain Turkish, Russian, Medicated, or Perfumed Baths. I would not use it myself if it were not satisfactory; I would not recommend it to you if it were not all I claim, for I should lose your custom and your recommendation, and without recommendations it is impossible to build up a remunerative business.

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The new Syringe. Best—Safest

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It Cleanses Instantly.



Ask your Chemist for it. If he cannot supply the Marvel accept no other, but send stamp for book giving full particulars and directions invaluable to ladies.

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C.H.S. Nut Meat Pies

Sausage Rolls. (Lentil and Walnut.)

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SAUSAGE ROLLS, 2d. each; 1 doz. car. paid, 2/6.
SAMPLE PIE OR ROLL, post free, 3d.

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CHAPMAN'S HEALTH FOOD STORES,
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In answering advertisements kindly mention "Good Health."

Food and Cookery

SOME may have tried the red or Egyptian lentils, and decided that they do not care for lentils. The brown or German variety are much more tasty. They cost a little more, but are well worth the extra expenditure.

Mock Hare Soup.—Cook a pint of brown (German) lentils until tender, boiling rapidly for fifteen minutes, then simmering gently. When half cooked add a large onion well pressed down into the lentils. Press through a colander. Add sufficient water to make three pints in all and two large cups strained, stewed tomatoes. Season with salt, and thicken to desired consistency with flour blended in water. Just before serving add a little finely-powdered sage and a tablespoonful of lemon juice.

Irish Stew.—Cook carrots sliced lengthwise, small onions whole, small potatoes whole, and turnips together until tender. (Do not add the potatoes until the other vegetables are tender, or they will cook to pieces.)

When done, drain off the liquid and use for the following gravy: In a pan melt a small lump of cooking nutter. Into this stir two dessert-spoonfuls of nut butter until thoroughly emulsified. Add a large tablespoonful of brown flour, and mix. Thin slowly with the vegetable water, stirring well to avoid lumps. Add this gravy to the vegetables and allow to simmer gently for a few minutes. Serve with small pieces of buttered toast.

Protose Pie.—Quarter pound protose; three or four cooked tomatoes without the juice; one teaspoonful grated onion; a little powdered mixed herbs; fine breadcrumbs to thicken; celery salt to taste. Mix thoroughly, put into pastry as for small meat pies, and bake.

Protose Roast.—Protose, one pound; strained tomato, half cup; chopped onion, one; nut butter, two tablespoonfuls; browned flour, two tablespoonfuls; sage, powdered. Cut protose lengthwise through the centre, then cut each half into six pieces. Place in deep baking-dish letting the pieces lean slantingly against the sides of the dish and against each other. Sprinkle with finely-chopped onion and the sage, and cover it with the following gravy: The nut butter emulsified in sufficient hot water to cover the protose. To this add the flour blended with the tomato, salt, and a little celery salt. Cover and bake until the gravy is thick and brown. This is sufficient for six adults.

Banana Pudding.—Cut up a small sponge cake and put into a glass dish alternating with sliced bananas. Pour over a thin custard, flavoured with vanilla. Beat the whites of the eggs to a froth with sugar, and pile in little heaps over the pudding. A good summer pudding.

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Summer-time

"When the world is in its prime" is the time for

Blancmange and stewed fruit—always healthful and enjoyable—Better than ever now.

The stewed fruit, purifying to the blood, and the blancmange—made with Brown & Polson's "Patent" Corn Flour and good milk—to give the necessary food backing to the fruit.

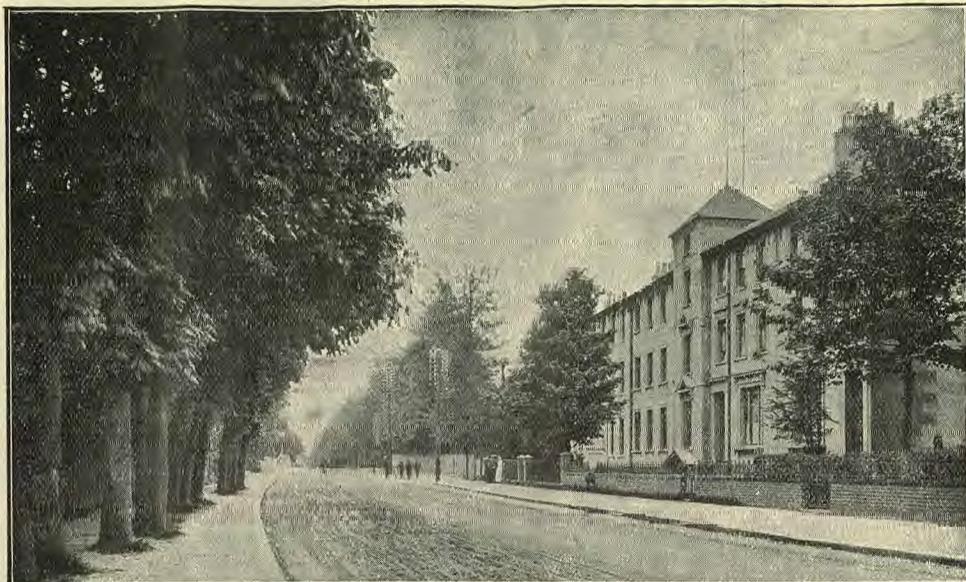
Not only blancmanges, but custards, jellies and creams are made at their best and in great variety with

BROWN & POLSON'S "Patent" CORN FLOUR

British made by British labour.

Summer Dishes.—The new Brown & Polson Recipe Book sent post free on receipt of a post card to Brown & Polson, Paisley. It is well worth the trouble of writing for.





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

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

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

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

Address editorial correspondence to the Editor.
GOOD HEALTH may be ordered through any newsdealer. Yearly subscription, post free, 1/6.

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

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

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

ONE of the most interesting developments in the modern psychological treatment of disease has been the Emmanuel movement in Boston, in which the resources of a whole church have been organized for the purposes of mind-cure, the pastor taking the lead. In our next issue Mr. M. Ellsworth Olsen, who is now in the United States, will deal with this movement and its relation to sound health principles.

As intimated in our last issue, we are giving some attention in the present one to the question of building up an enfeebled constitution during the helpful spring and summer months. Dr. A. B. Olsen discusses in this issue the selection of a suitable diet for such a purpose, and in our next he will deal with some common summer ailments and tell how they may best be avoided.

ONLY a few years ago the production of "health foods" was confined to a few small establishments. Since then great strides have been made, and now the industry is beginning to enlist the skill and resources of the largest commercial enterprises.

Messrs. Mackenzie & Mackenzie, of Edinburgh, are now manufacturing, in response to numerous requests, an "Artox" digestive biscuit, in which no animal fat of any description is used. None but the purest ingredients are employed. They have sent us samples of the biscuit, both sweet and plain, with which we are much pleased. The biscuits have the substantial character which we associate with wholemeal, but at the same time have the lightness and delicacy which are found in the productions of the most popular makers. These "Artox" biscuits will, we feel sure, have a large sale and will do good in familiarizing the general public with the fact that animal shortening is not necessary for the production of palatable and wholesome foods.

"THE British Health Review" is the title of a new monthly magazine which is being issued with Mrs. L. Hodgkinson as editor. The journal is designed as a review and common meeting-ground for the various schools of physical culture and food reform. Dr. Saleeby writes on "The Future of the Race." There is an article on "Dental Decay and Food," and another on "The Sour Milk Cure." Mrs. C. W. Earle contributes some notes on cooking and recipes, also a page or two of chat. The price of the journal is 3d. monthly. Published by the British Health Review Co., 21 Paternoster Square, E.C.



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**Most Delicious of
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A truly delightful substitute for tea, coffee, etc., at the breakfast table. These are stimulants without the least food value. "Ovaltine" is all food—all digestible—all delicious. Composed of Cocoa (semi-digested), Malt Extract, Fresh Milk and Eggs, also active Lecithin—a builder-up of brain and nerve cells.

OVALTINE
(THE NEW LIQUID FOOD)
contains every dietetic element essential to health, strength, and vitality.

FREE SAMPLE. Send 1d. for free sample (makes 4 cupsful) to
A. L. WANDER, Ph.D.,
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Hydrotherapy. * Sun and Air Baths.

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Fine excursions in the lovely neighbourhood.

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Cure can easily be taken along with Swiss Tour.

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GRANOSE

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FOOD.

It is easily digested.
It will cure and
prevent constipation.

For sale at all Health Food Stores and leading grocers.

Biscuits	-	-	-	-	7½d.
Flakes	-	-	-	-	7½d.
Toasted Wheat Flakes	-	-	-	-	8d.

Postage 4d. extra.

LIBERAL SAMPLES post free on receipt of 2d. in stamps. Write the

International Health Assoc' n.,
Ltd.,
Dept A5, Stanborough Park, Watford, Herts.

In answering advertisements kindly mention "Good Health."

"Plainer Fare, and Less of It," by Miss Alice Braithwaite, is a very interesting discussion of the effects of various foods upon the bodily health. The author begins with the instruction laid down in Hindu sacred writings to guide the Brahmin in his selection of foods, and goes on to show how modern medical science largely coincides with these ancient principles. With some things in the book we are unable to agree, as, for instance, the author's objection to the free use of fruit. Of this she says:—

"While a sparing use of ripe fruit is good wherever the organs can deal with the acids in it, the diet that contains large quantities of fruit tends to excitability and want of equilibrium, and the individual is more than likely to be too emotional, somewhat excitable, somewhat incoherent in the mental processes, and somewhat restless and untroubled in mind and body."

This language is rather vague, it is true, but we do not believe that a free use of ripe fruit can be otherwise than good for normal beings. There is so much, however, in the book which is excellent, that we have read it with considerable pleasure. On the subject of stimulants the author holds clear and logical views. The book is divided into two parts. The first deals with the theory of food, and the second contains a number of special dietaries and regulated menus, also recipes for the preparation of the foods recommended. Those who take an interest in diet reform will find this book a suggestive one and full of good points. The recipes are of the very simplest kind, and give evidence of the same originality of mind that marks the rest of the book. The author is a firm believer in porridge and potatoes and rice, and a thorough sceptic as to the virtues of conservative cookery.

In crown 8vo, 3/6 net. Published by R. J. James, 3 and 4 London House Yard, Paternoster Row, London, E. C.

MR. W. K. VANDERBILT, SENIOR, is of opinion that consumption will never be eradicated while more attention is paid to sanatoria than to the homes in which the people live, and he has decided to invest £250,000 in the construction of a new type of dwelling intended for consumptive cases. His plan is to build four large tenement houses in the centre of New York, each large enough to accommodate one hundred families, and to rent the flats to families having one or more consumptive members. The maximum of fresh air is to be admitted into the dwellings; the staircases are to be outside the building, and the windows are to be moveable; so that the inmates will be able to live practically in the open air. Regarded as an investment, Mr. Vanderbilt expects his scheme to return a profit of six per cent. The idea seems to be a good one in the interests of those who cannot afford to leave the city to go to sanatoria, but why should such a type of house be built only after people have contracted tuberculosis? If landlords would only build all their houses so as to give the freest possible access to fresh air, they would be doing the community a service, and their six per cent would be a great deal more certain.

"THE LIGHT," published by B. S. Steadwell, La Crosse, Wis., is a bright, wholesome magazine devoted to social purity, which deserves the hearty support of all believers in high ideals of purity for men as well as women.

Health - Giving Honey,



smooth, rich, ripe, bouquet-laden — no other honey can equal . . .

"Orange Flower" Honey

for flavour, digestibility, and dietetic value.

Matured by a special process by which all traces of acidity are entirely removed.

Anyone can digest "Orange Flower Honey." It is a natural food in perfect condition. Guaranteed absolutely pure. No other honey like it.

Take with brown bread, or with grated nuts, or stirred into boiling milk. Eat one pound a week, and add ten years to your life.

OF ALL HEALTH FOOD STORES.

JARS, 1/- EACH (BY POST, 1/4).

Leaflet all about the Vytale Specialities post free. Mention "Good Health."

THE VYTALE OIL CO., LTD.,
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CLEAN SOAP

All Toilet Soaps are not clean.

Most of them are made with impure tuberculous fats and caustic soda.

McCLINTON'S HIGH-CLASS TOILET AND SHAVING SOAPS

are absolutely pure, and contain neither animal fats nor caustic soda. They are made with the ash of plants and refined vegetable oils, and are the mildest and purest soaps it is possible to make.

"IT IS NATURE'S SOAP."

—Professor Ktrk.

Free Samples of Toilet, Tooth, and Shaving Soaps and Shaving Cream, will be sent to any address for 2d. postage.

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Mention "Good Health."

In answering advertisements kindly mention "Good Health."

BENGER'S
Food
Assists Nature.

It is used mixed with fresh, new milk, and forms a delicate and nutritive cream which can be enjoyed and assimilated when other foods disagree. It is entirely free from the rough and indigestible particles which produce irritation in delicate stomachs.

Mothers and interested persons are requested to write for Booklet, "Benger's Food and How to Use It." This contains a "Concise Guide to the Rearing of Infants," and practical information on the care of Invalids, Convalescents, and the Aged. Post free on application to Benger's Food, Ltd., Otter Works, Manchester.

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.**

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. 24d., post free. Address: Good Health Supplies, Stanborough Park, Watford, Herts.

"GOOD HEALTH" STORES,

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Conducted by **MISS N. MUSSON.**

AGENT FOR

The International Health Association's foods, and all other health foods.

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ALL HEALTH MAGAZINES.

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HEALTH FOODS.

- Cereals, Pulses,
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- Cream Olive Oil,
- English Honey,
- Pure Cane
- Sugars,
- Nut Cream
- Butters.

WRITE FOR NEW PRICE LIST, FREE. New Season's Goods.

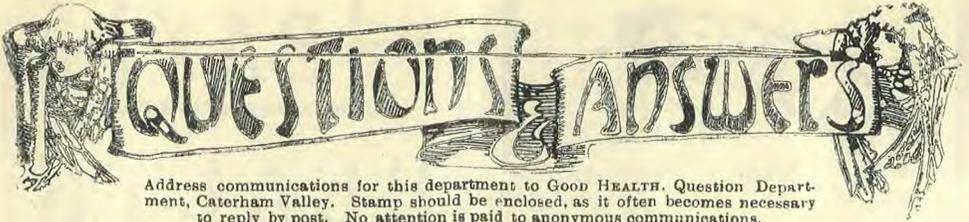
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Fred^k. Bax & Son,
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Established nearly 100 years.

In answering advertisements kindly mention "Good Health."



Address communications for this department to GOOD HEALTH, Question Department, Caterham Valley. Stamp should be enclosed, as it often becomes necessary to reply by post. No attention is paid to anonymous communications.

Cod Liver Oil.—C.K.: "My boy of nine has been ill with a bronchial cold, and his heart has shown signs of weakness of the muscular tissue. We have been recommended to give him cod liver oil, but the lad finds it difficult to retain the dose, and we are doubtful as to its benefit. 1. Will bromose supply the nourishment required? 2. Can you recommend any other good substitute for cod liver oil?"

Ans.—1. Yes, we consider bromose one of the most wholesome, nourishing, and palatable muscle-builders we know of. Two or three tablets can be taken with each meal to advantage. 2. We consider pure dairy cream a most excellent substitute for cod liver oil, and it is far more palatable and also less expensive. Olive oil, too, is preferable, in our opinion, to oil prepared from the decayed livers of cod fish. Barley malt is another wholesome food for convalescing patients. Still another preparation consists of ripe (not too ripe) Canary bananas mashed and then stirred up with an egg-beater with an equal quantity of cream. All children like this preparation, and it will be found thoroughly wholesome as well as nourishing.

Styes—Chemical Food.—G.E.S.: "1. Kindly tell me how to guard against styes of the eyelids. 2. Can you recommend Parish's Chemical Food?"

Ans.—1. Bathe the eyes with tepid or cool water two or three times a day, and then dry them well, or bathe them alternately with hot and cold water five or six times, and finally dry them from the cold water. 2. No; we do not recommend any chemical foods. Are you acquainted with the foods of the International Health Association? A post card addressed to Stanborough Park, Watford, will bring you an illustrated booklet giving full particulars of these excellent health foods.

Dripping Sheet Bath—Blood Capillary.—J.H.D.: "1. Kindly give a description of the dripping sheet bath. 2. What is a blood capillary?"

Ans.—1. The dripping sheet is one of the most vigorous of all tonic treatments, and should only be given by trained attendants and to patients strong enough to react well. Apply a sheet,

dripping with water, at a temperature of about 80 degrees Fahr., and spat the patient vigorously for half a minute. Next, pour half a pail of water at a temperature of seventy over each shoulder, and resume vigorous percussion. As soon as there is a good reaction, the patient may be dried or another pail of water at a temperature of sixty-five may be poured over the patient with further percussion, and then dry the patient well. A third pail at a temperature of sixty may be used if desired. It is important to take great care to prevent a chilling of the patient, and as soon as there are symptoms of poor reaction, the treatment should be brought to an end promptly. It is good to follow up with an oil rub or massage. 2. A capillary is the smallest blood-vessel of the body, being microscopic in size. It connects the smallest arteries with the smallest veins.

Olive Oil.—Snowdrop: "1. Kindly inform me where I can get the best olive oil. 2. Would a dessertspoonful in the morning be too much to take?"

Ans.—Messrs. F. Bax & Son, of 35 Bishopsgate Street Without, E.C., furnish a very good grade of olive oil at a moderate price. 2. No; often a still larger quantity is taken.

Home-Made Syrup of Figs.—A.B.: "1. I read in 'Health for the Million' that syrup of figs is an excellent remedy for constipation. Kindly tell me how to make it. 2. How long an interval should elapse after eating vegetables before taking fruit? 3. Will cooked onions be included in the green vegetables? 4. Do you consider fruit more suitable for the evening meal than vegetables?"

Ans.—1. Cook stewing figs for several hours, or until they are thoroughly done and tender. Put them through a sieve to remove seeds and coarse particles of skin, and simmer until you have a thick syrup. 2. Four or five hours. It is well to take fruit for both breakfast and supper, and avoid it at dinner when vegetables are taken. 3. This is a matter of opinion, although onions are often included with green vegetables. 4. Yes; it is better to take fruit in the evening than vegetables.

SOLID COMFORT.



To wear an **Adjustable Bodice** is to have solid comfort, and at the same time ensure neatly-fitting gowns.

The Good Health Adjustable Bodice

is the outcome of years of patient study of the problem how to combine health and comfort with style.

It gives a measure of support without exerting harmful pressure; serves all the proper uses of a corset, and offers none of the disadvantages of that very unphysiological and disease-producing garment.

For prices and further particulars apply to—

Good Health Supplies,
Stanborough Park, Watford.

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(A Pure Vegetable Extract.)

To enrich all Soups,
Sauces, Stews, Gravies, etc.

THE LANCET says: "This entirely vegetable Extract possesses the same nutrient value as a well-prepared meat extract."

THE HOSPITAL says: "We regard Marmite as likely to prove of great value in treatment of the sick."

PRICES: 1 oz. pots, 4½d.; 2 oz. pots, 7½d.; 4 oz. pots, 1/1½d.; 8 oz. pots, 2/-; 16 oz. pots, 3/4.

HIGHLY RECOMMENDED BY VEGETARIANS AND FOOD REFORMERS.

Obtainable from all Health Food Stores. For a free sample, write (mentioning "Good Health") to

Marmite Food Extract Co., Ltd.,
59 Eastcheap, London, E.C.

Cyclists, Athletes,
Motorists, Travellers,
Picnicers, and Lovers of Outdoor Life will be glad to know the

Pocket Food Problem
Has Been Solved by

HYGIAMA

IN TABLET FORM.

NOURISHING.  SUSTAINING.
DELICIOUS. CONVENIENT.

Excellent also for growing children, brain workers, consumptives, or those suffering from nervous diseases. Can be eaten like chocolate, but possesses six times more blood- and muscle-forming elements than the best chocolate.

Try a box containing 20 Square Double Tablets, post free for 1/3.

Ask your Health Food Store for it, or write to the
THEINHARDT'S FOOD CO.,
6 h Catherine Court, Seething Lane, E.C.

In answering advertisements kindly mention "Good Health."

The Glasgow Health Culture Society.

LECTURES.

June 2nd. "Wild Birds at Home" (with limelight illustrations) by Mr. Charles Kirk and Mr. Ludovic Colquhoun.
June 16th. "Caravanning for Health and Pleasure" (with limelight illustrations) by Mr. R. G. Scotland.

These lectures will be delivered in the High School Hall, 71 Holland Street, off Sauchiehall Street, and any of our Glasgow readers who are interested are cordially invited.

RAMBLES.

June 5th. Short ramble to Blue-Bell Wood, Drumry Tower, and long ramble to "The Whangie."

June 19th. Short ramble to Craigallian Loch, and long ramble to Loch Humphrey and Hill of Dun.

The short rambles are from six to ten miles, and the long ones from twelve to sixteen miles.

On June 9th, we have an evening ramble to Dargalston Loch (about six miles)—meet at Killermont Car Terminus at 7 p.m.—and on June 21st, an evening cruise—Tickets 1/6 each (including tea)—on the Clyde.

A copy of our summer programme and the pamphlet "How to Be Healthy," post free from Mrs. Crawford, 64 Woodlands Road, Glasgow, or John P. Macmillan, 12 Afton Street, Langside, Glasgow.

Vegetarian Federal Union.

PRELIMINARY NOTICE OF COMING EVENTS.

Wednesday, June 16th. Vegetarian banquet at the Holborn Restaurant, Holborn, at 7.30 p.m. Tickets, 4/-.

Thursday, June 17th. A grand concert in aid of the Children's Dinner Fund at the Salle Erard, Great Marlborough Street, W., at 8 p.m.

Friday, June 18th. Public meeting.

Friday, June 18th. Annual meeting of the V.F.U., Memorial Hall, Farringdon Street, E.C., at 4 p.m.

Full information can be obtained from Miss F. J. Nicholson, Sec., Memorial Hall, Farringdon Street, E.C., and all interested in the diet of the future should endeavour to attend.

POSSIBLY no seaside resort is so popular with London dwellers as sunny Southend, but this very popularity, with the resultant noisy beaches, crowded piers, and doubtful accommodation, repels those who desire rest and recuperation during their vacation. Such would do well to pay a visit to the Health Home, "Evanston," Cobham Road, Westcliff-on-Sea (close to Southend), where they can combine all the advantages of an easily-accessible but quiet seaside resort with the added comforts of a pleasant home and healthful régime.

WE have received from the National Food Reform Association, 40 Chandos Street, Charing Cross, London (temporary address), a booklet containing an unpublished memorandum on the Dietetic Treatment of Inebriety, submitted by it to the recent Departmental Committee, as well as important letters from the Dean of Durham, Sir Thomas Barlow, Mrs. Bramwell Booth, the Rev. Dr. Paton, Drs. Haig and Kellogg. A specimen copy will be sent post free by the secretary on the receipt of three penny stamps.

(Concluded from page 182.)

M.H.—I really do not think that massage will cure a double chin. Why trouble about it? It is of no consequence. There is supposed to be one kind of massage for reducing flesh and another kind for increasing it; but I have never seen any very satisfactory results from the reducing method, which consists of a series of sharp, direct tapping movements. I should not put much faith in it, if I were you. No, pray don't think of using any colouring matter for your cheeks! Yes, of course, there are certain harmless colouring preparations, but painted cheeks can always be detected, and have a dreadfully disreputable appearance. If your paleness comes from bad health, you should give attention to the removal of the cause.

3 Reasons Why

You should

Get Your Dried Fruits Nuts from the Savoy Health Food Stores.

1. We are nut and fruit specialists.
2. We buy direct from Shippers.
3. We are large consumers as well as dealers.

Therefore we do not hesitate to say we can give you the

**Best Quality at the
Lowest Price with a
Guarantee of Freshness,**

which is not usually the case when buying these goods from local grocers. Send post card for new List.

SAVOY HEALTH FOOD STORES,
7 Exchange Walk, Nottingham.

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 161, 305 Cambridge Road, Bethnal Green.

In answering advertisements kindly mention "Good Health."

A delicious and nourishing milk and cereal food for general use.

Neave's Health Diet

MANUFACTURED BY THE PROPRIETORS OF "NEAVE'S FOOD FOR INFANTS."

Especially valuable for Dyspeptics, Convalescents, Invalids, and the Aged on account of its digestibility and strengthening properties.

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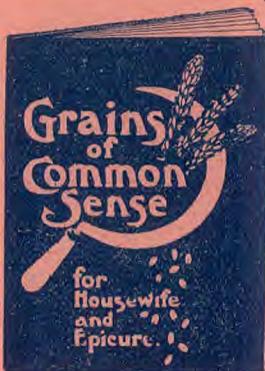
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