

Good Health

HOLIDAY NUMBER 1999

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December.

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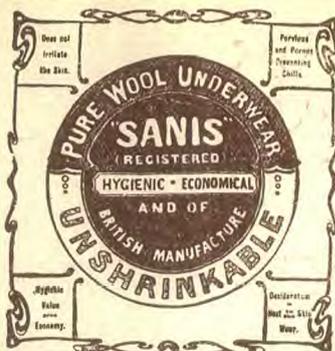
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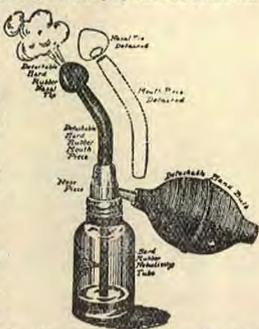
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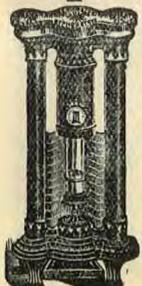
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CURRENT HEALTH LITERATURE.

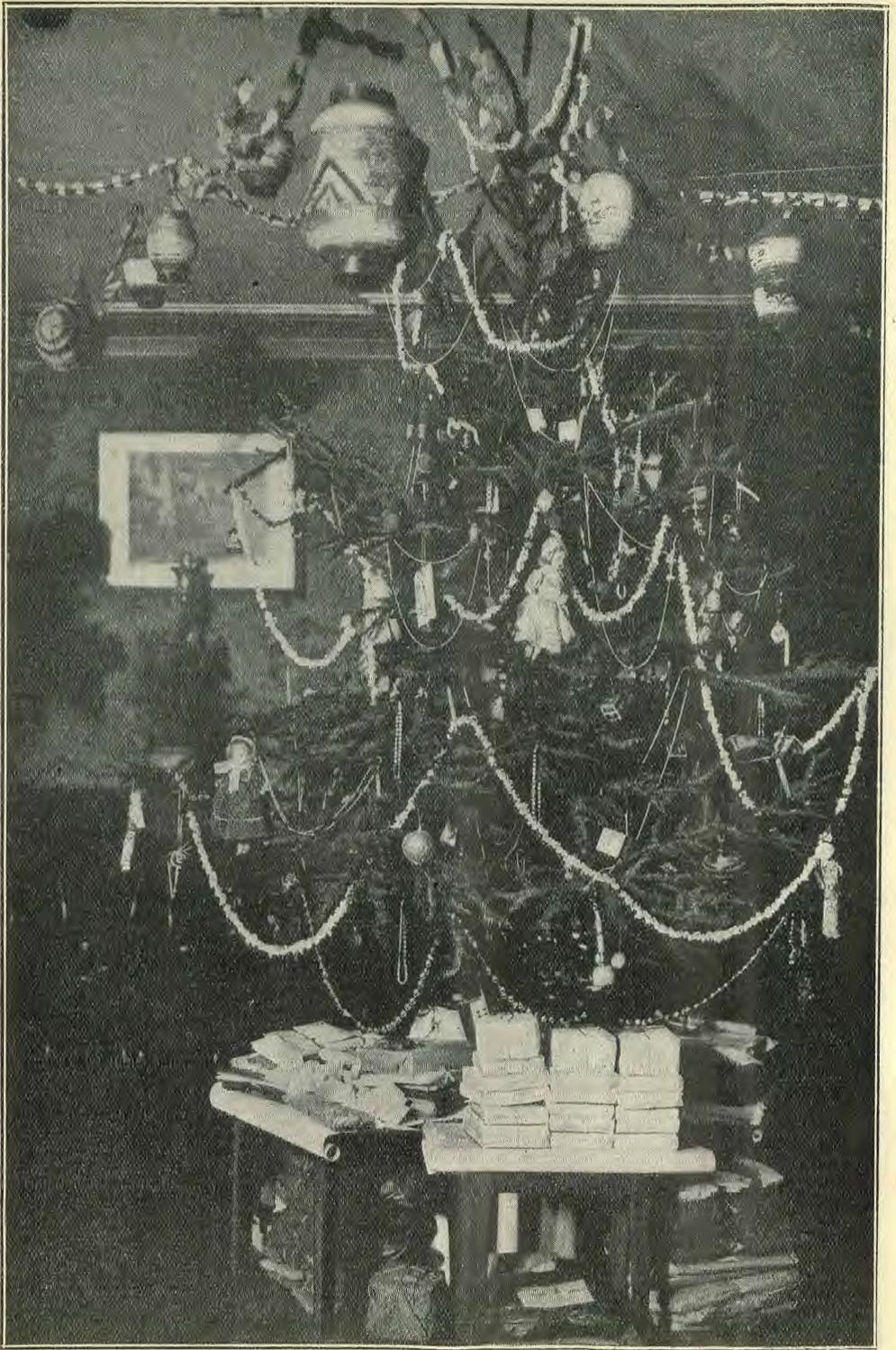
We have received a copy of the First Annual Report of the National Food Reform Association, of 178 St. Stephens House, Westminster, London. Besides a record of the work of the first year, it includes some interesting unpublished letters from Mr. Seebohm Rowntree and others, dealing with the importance of diet reform and its relation to the physical condition of the people. Copies of the report may be obtained from the secretary by sending 3d. to the above address.

ALL our temperance friends who are not acquainted with "The Bible Temperance Educator" would do well to obtain a specimen copy by sending 4d. in stamps to the Bible Temperance Association, 2 Bellevista, Clifton Park Avenue, Belfast. "The Bible Temperance Educator" is edited by the Rev. John Pyper, who is widely known throughout the kingdom as a staunch veteran of the temperance movement. Mr. Pyper firmly believes that the Bible is a total abstinence book and that Christ was a total abstainer, and with this view we are in full sympathy. We shall be glad to see the circulation and influence of this excellent journal extended.

We have also received from the National Food Reform Association, 178 St. Stephens House, Westminster, a new and revised edition of "Hints towards Diet Reform, with Twenty-Four Simple Recipes," which contains an artistic frontispiece representing the Houses of Parliament as seen from the new offices of the Association. A specimen copy, price 3d post free, may be obtained on application to the secretary.

"THE Secrets of Strength and Fitness" is the title of an instructive little booklet which has recently come to our table. It is particularly intended for girls, and contains a large number of most useful hints on the self management and care of their health. The advice given and the regime laid down is sound and wholesome, and we should be glad to see a copy of the book in the hands of every girl in the land. If they would follow the sensible counsel given in this book, there would be an enormous improvement in the physique of the coming generation. The book is written by Clare Goslett, Member of the Royal Sanitary Institute, and Lecturer on Hygiene at St. Gabriel's Training College. It is published by Allman & Son, Ltd., 67 New Oxford Street, London, W., at the net price of 3d., or 4d. post free.

THE National League for Physical Education and Improvement have recently prepared a most instructive and helpful card giving hints on the feeding and care of infants. The directions are simple and pointed, and no one ought to find any difficulty in understanding them. First there are some general directions, then particulars about feeding, cleanliness, clothing, what to do when the child ails, and full particulars for hand-feeding. Aside from the recommendation of minced meat, pounded fish, and meat broths, we can heartily commend the card, which costs only 1d., or 1½d. post free. The great need of such a chart is evident when we stop to consider that over 110,000 infants under twelve months of age die in England and Wales each year. The cards can be had from the head office of the League, 11 Southampton Row, W.C.



CHRISTMAS TREE AT CATERHAM SANITARIUM.

Good Health

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

Entered at Stationers' Hall

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DECEMBER 1909.

NO. 12

Editorial Chat.

Cholera. As most of our readers are aware, St. Petersburg has been for many months the seat of an epidemic of Asiatic cholera. More recently the disease has advanced farther west to Holland, and there have been a number of cases in Rotterdam as well as other places.

Source of Infection. ACCORDING to "The Medical Officer," "it is supposed that the cholera was caused by infected ballast or tank-water taken in by timber-ships at Riga, St. Petersburg, or Kronstadt, and discharged by them at the mouth of the Meuse before being disinfected at the Port of Rotterdam." There seems to be good evidence that cholera is almost always transmitted through the water supply having been contaminated in one way or another by excreta of cholera patients. A pure water supply, free from any chances of contamination, would insure immunity from cholera.

Cholera Warning. OUR Local Government Board has recently issued a circular to all port sanitary authorities calling attention to the epidemic in Northern Russia, and to the extension of the disease to the Netherlands. It is well for the sanitary authorities of all our ports to be on their guard now that cholera has advanced so near to our borders. By means of rigid inspection of incoming ships, and thorough disinfection whenever there is any suspicion of the presence of cholera, there ought to be little or no difficulty in preventing the importation of the disease to this country, provided all suspicious cases are detained and properly isolated until there is no danger of their transmitting the disease.

Bubonic Plague. PLAGUE is another tropical disease that appears to be endemic in certain parts of India. At all events it is more common in India than typhoid fever in the United Kingdom. But there is very little danger of bubonic plague getting a foothold in this country.

Not Contracted by Contact. ONLY a few years ago it was generally believed that the plague was transmitted from one person to another by direct contact, but more recently we have learned that this is a fallacy. Major Lamb, I.M.S., speaking of infection by contact says: "The evidence against this means of infection playing any part in the spread of plague is overwhelming." His conclusion is that "the human plague case can play no part in the spread of the epidemic."

Bombay Plague Commission. OUR readers may be interested to note the conclusions of the Plague Commission after having made a thorough investigation of the question. They are:—

"1. Bubonic plague in man is entirely dependent on the disease in the rat.

"2. The infection is conveyed from rat to rat and from rat to man solely by means of the rat flea.

"3. A case of bubonic plague in man is not in itself infectious.

"4. Insanitary conditions have no relation to the occurrence of plague except in so far as they favour infestation by rats.

"5. Plague is usually conveyed from place to place by imported rat fleas, which are carried by people on their persons or in their baggage. The human agent not infrequently himself escapes infection."

No Rats, No Plague. FROM these clear and definite conclusions it is very evident that rats and rat fleas are the sole means of transmitting the disease to man. Rats must be looked upon as a very dangerous pest, and all possible efforts should be made to exterminate them. In a word, no rats, no plague, is the conclusion of the Bombay Plague Commission.

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Work and Dirt. SOME one has said: "Dirt and demoralization are nearly allied." This is not far from the truth. There is no reason why anything but the most abject poverty should be associated with filth, and even in that case it seems scarcely necessary; but there is still less reason for the dirty labouring man who is so often met with in the trains, trams, and omnibuses.

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Wash-Houses. WE believe that our employers, in their own interests as well as the interests of their work-people, ought to provide ample means for washing after the day's work is done. Each labouring man should be encouraged in every possible way to be neat, clean, and tidy in appearance. But this can only be possible when the proper means for washing are supplied.

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Overalls. FURTHERMORE, it would be an excellent practice to use overalls which can be easily put on and taken off. Such overalls would protect the clothing, and not only keep it cleaner, but prolong its use. According to a contemporary, "If work and cleanliness can be combined in America, where overalls (and even gloves) are commonly worn by workmen, why not here?" Yes, why not? Who will have the courage and good sense to inaugurate such a sensible custom in this country?

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Dirty Homes. ACCORDING to Dr. Gibson (M. O. H., Wakefield), "the quickest method to ascertain the dirty houses in the city is to look through the school and note the dirty and neglected children. A dirty child almost invariably means a dirty home, and we can hardly hope to secure personal cleanliness unless we can go to

the home and try to improve matters there." This is undoubtedly true, and in this connection we would point out the importance of Dr. Morrison's observations, which we quote from "The Medical Officer": "The school premises should be so scrupulously clean and tidy as to serve as an object-lesson to the children; but I regret to say this is far from being the case. The teachers, too, in all cases, should be an example to their scholars in tidiness, order, and cleanliness." Why should not our school-children be taught by both example and precept the importance of strict cleanliness? Is not this quite as important as any of the other subjects of their curriculum?

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Hygiene and Sanitation. THE teaching in most of our schools is inclined to be too theoretical, and comparatively little attention is given to such important and practical subjects as the selection of foods, domestic economy, hygiene, and sanitation. We believe much benefit would accrue from giving a great deal more attention to these vital matters of everyday life, even at the risk of teaching less mathematics, geography, and similar subjects. Physical culture, too, should receive generous attention, and every effort be made to improve the health of the student while attending school as well as his mind.

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School Drinking-Cups. THE danger of transmitting infectious disease through the common drinking-cup is a real one, and ought not to be neglected any longer. Such cups should be thoroughly cleansed and disinfected with boiling water at least daily; but it would be better still to do away with the common drinking-cup entirely, and provide an upward jet of water which could be taken directly into the mouth on pressing a button. We have seen many such in successful use, and we should like to see them provided in our public schools generally. Why not?

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Tubercular Infection. THE great danger of tubercular infection arises from the sputum. As the disease progresses and the lung tissue breaks down, the

sputum becomes increasingly laden with tubercule bacilli, and hence more virulent. According to Professor Koch, "The last three or four weeks of life are the most deadly in the spread of infection. The man dies at last, but the education in him dies before him; his every cough, sneeze, or effort of speech sends forth a spray laden with bacilli in virulent form, deadly to the poor wife and children around." Now there is no reason why the coughing and sneezing should not be so controlled as to prevent infection of the surrounding air. Large, soft handkerchiefs or suitable towels may be used to cover the face in coughing. The sputum too, should always be received in suitable receptacles containing a disinfectant agent, or into paper vessels which can be destroyed by burning. If rigid care were taken by every consumptive to prevent the spread of infection, the death-rate from phthisis would drop materially.

The Fasting Fad. It seems difficult for some people to do anything except by extremes. On the one side we have those, unfortunately a large number, who do not fail to gorge themselves with food whenever they get the opportunity. On the other, we have an occasional faddist who is persuaded by himself or somebody else that a long fast of twenty, thirty, or forty days is his only cure. There seem to be a few persons so constituted that, no matter how much they abuse their bodies, they are able to survive.

A Dangerous Cure. THAT there is great danger in this drastic, so-called "cure" is fully recognized by every physiologist. A prolonged fast always means a very severe drain upon the human system, and there is very great likelihood that some permanent injury of a more or less serious character will result, even though it may not be recognized at the time. We hold that such fasts are a violation of natural law, and should never be indulged in.

A Proper Fast. BUT such counsel does not mean that we ought not to skip a meal, or even several meals,

occasionally, when the body is suffering from repletion. Giving the stomach, liver, and other digestive organs an occasional half-holiday is oftentimes an excellent remedy for minor digestive complaints, and there are few people who would not benefit from such a brief fast.

Semi-Fasting. THEN there is partial fasting, that is, taking about half or two-thirds the usual rations. Such fasting, combined with suitable eliminative baths, and a reasonable amount of exercise, is essential to success in treating obesity. A superfluity of adipose tissue indicates physical weakness and inefficiency.

Becoming a Cannibal. Such a person must reduce his food ration sufficiently to enable his body to utilize the superfluous flesh. In other words, he becomes a cannibal to a certain extent and feeds upon himself. By carefully regulating the diet and watching the loss of weight, which may vary safely from one to two pounds a week and sometimes even more, the extra weight will soon be reduced.

Anti-Fat Remedies. BUT we must raise a warning note against the various anti-fat remedies that are advertised in the public press and urged upon the laity. The claims made for these remedies are fraudulent in the extreme. While some of them may be both harmless and useless, others again are extremely dangerous. It is never safe to take any secret remedies, no matter what the claims may be. Shun them as you would a poison, for that is what they are, when they are not utterly useless.

MARK TWAIN once asked a neighbour if he might borrow a set of his books. The neighbour replied ungraciously that he was welcome to read them in his library, but he had a rule never to let his books leave his house. Some weeks later the same neighbour sent over to ask for the loan of Mark Twain's lawn-mower.

"Certainly," said Mark, "but since I make it a rule never to let it leave my lawn, you will be obliged to use it there."



HAPPINESS AND HEALTH AT YULETIDE.

BY M. ELLSWORTH OLSEN, PH.D.

IN the merry yule-days happiness knocks at many doors where it is a comparative stranger at other seasons of the year. The poor are always with us, yet by how few are they definitely reckoned with till Christmas opens hands and hearts, and makes giver and receiver alike happy in the sense of a common brotherhood.

"Peace on earth, goodwill towards men." How sweet and tender the angel message which has sounded down through the ages! How it invests the merry chimes with a fullness of meaning; how it shines out in the holly and even in the mistletoe, so reminiscent of earlier and ruder times; how it lights up the faces of men, women, and children, so that in the dark December days, when nature is most chary of light and cheer, the streets of our cities present more bright, expectant faces than at any other time of the year!

Christmas is a happy time, indeed; but cannot we make it more so? And where shall we begin? Let us begin with our gifts. The festival, as we celebrate it, is supposed to mark the birthday of the world's Redeemer. He ought, accordingly, to receive the gifts, not necessarily in person, but by proxy, through the generous supplying of the needs of His suffering children. But does He? To be sure we make the poor happy at Christmas time, but in too many cases it is only for a day. The reason is not far to seek. Where we give pennies to the poor, we

spend pounds on gifts for our friends who are not poor. If Christmas gifts were confined to the needy, and the money now devoted to buying presents for the well-to-do were available for buying shoes and stockings, caps, coats, and mittens, and wholesome articles of food for the poor and unfortunate, then we should have a Christmas after the divine order, and it would be a far happier one, not only for the thankful recipients of these useful gifts, but also for the givers.

To get the most enjoyment out of this exercise of liberality, we should endeavour to make it personal. With all due respect to the excellent work done by the various charitable agencies, it remains a fact that charity bestowed in a wholesale way has serious limitations. In the first place, it often fails to reach those most in need. Many a poor widow with a decent sense of independence shrinks from seeking help through organized channels, and even dislikes to accept it unsolicited. She would rather suffer in silence. But how it would rejoice her heart to receive a note from the mistress of the house where she does the washing, enclosing a cheque for such amount as could be afforded, and thanking her for the faithful service rendered during the year. And if others for whom the poor woman had worked were to send money, or clothes, or food, always taking pains to do it in some such pleasant way, what a flood of inward

happiness would reward both giver and receiver!

There is no real satisfaction in giving to those who already have more than they need. How it bores us to think of a gift for A or B, simply because we know very well that A and B are already supplied with all the necessities of life, and perhaps with many of its luxuries. Of course, it is "the thing," conventionally; but can we not afford for once to break over foolish conventions, and be our real selves? The writer does not mean that there should be absolutely no gifts, however simple, between members of the same family or intimate friends; but he believes that the needs of the worthy poor should be considered first; that Christmas should be an occasion for remembering those who need help, and that even the children should be taught that it is a time for them to give to other and more needy children rather than receive gifts themselves.

But something must also be said about a healthy Christmas. Let us be frank, and freely admit that our present mode of celebrating this festival is hospitable to the doctors, and that the chief sins against health have to do with eating and drinking. In brief, there is too much stuffing. We are not quite like the Zulu boy who, when asked if he had had enough mealies, replied: "No, my stomach doesn't pain me yet." But we actually suffer more for our dietetic follies than the untaught savages, because we stuff with turkey and plum pudding and other rich, unwholesome viands, while they live on maize meal porridge. Christmas in England has a name for licence in food and drink. Per-

haps Dickens is partly to blame for this; but then, he knew nothing of the researches of Fletcher and Chittenden. If he had, who knows but it might have prevented his own untimely death?

There is not space here to go into the advantages of a vegetarian diet, but two points may be briefly considered. First, a bloodless meal, composed of the delicious fruits, cereals, nuts, and vegetables which abound in our markets, seems more in keeping with the spirit of Christmas day than does one which calls for a perfect holocaust of innocent victims. Secondly, it is extremely difficult to avoid excess in partaking of a flesh banquet, because the

appetite for flesh is artificial and acquired; hence it has no natural curbing-rein, for, indeed, by reason of the strong flavours arising largely from the presence of stimulating tissue poisons, butcher's meat offers special inducements to excess.

How much better to sit at

the table of Mother Nature. Give us a board piled high with luscious grapes and apples and bananas, with sweet, unleavened rolls, delicious nuts that taste better the longer they are chewed, with nicely-cooked vegetables, and other good things. Let the meal be generous in variety, that each guest may follow his individual tastes; and if harmful condiments are omitted, and simplicity is a chief aim in the cooking, there is little danger of over-indulgence.

When shall we see these needed reforms inaugurated? No one need wait for his neighbour, the writer believes that some readers are already enjoying their Christmas in the rational manner here set forth, and he hopes the number will steadily increase.



SEASONABLE EXERCISE.

CATARRH AND DEAFNESS.

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

THERE is a long list of symptoms which are associated with chronic nasal catarrh, the most common being: inflammation of the mucous membrane, which is more or less swollen and thickened, causing partial obstruction of the nostrils; the presence of phlegm in the nose, producing a discharge which sometimes drops back into the mouth; more or less offensive breath; obstructed breathing; a varying degree of deafness; diminution or even complete loss of smell and sometimes taste; and frequent attacks of acute cold.

The Cause.

The usual cause of chronic catarrh is an acute cold that has been neglected and allowed to become chronic. The remains of the old cold persist until a fresh cold comes on, and this, too, is probably neglected, and consequently tends to persist with one or more of the symptoms mentioned above.

Errors of diet, and particularly the large use of sugar, sweets, jams, cakes, and sweet puddings, over-indulgence in fats, and the free daily use of rich articles of diet, are all conducive to chronic catarrh. Over-eating in itself, no matter what the food may be, is undoubtedly an important factor in the causation of chronic catarrh.

Such errors of diet overtax the stomach, rendering both it and the liver sluggish and torpid, and the result is an interference with nutrition, which leads to debility and lowered vitality.

The swollen and congested mucous membrane of the nose produces a discharge, as already intimated, and small ulcers may form in the nasal cavities.

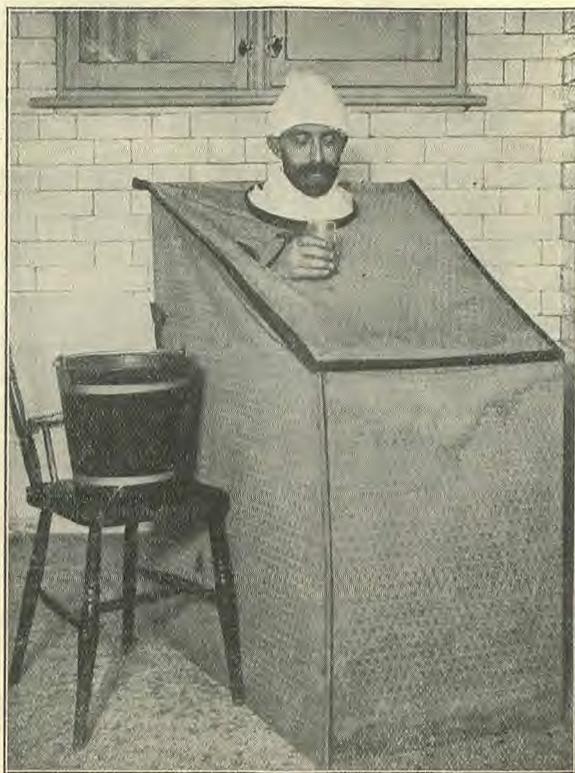
Then there is likelihood of an invasion of the frontal sinus, a cavity which lies in the frontal bone immediately above the eyes, manifested by a dull aching pain in the forehead. It is often very persistent and obstinate to deal with. If an active inflammation is started in the frontal sinus, the pain becomes violent, and it may be necessary to resort to an

operation for the purpose of letting out the pus which forms and cleansing the cavity.

The catarrh may also extend into the Antrum of Highmore, a cavity found in each of the cheek bones, and there produce an inflammation which may require the use of the knife to relieve it.

Deafness.

At the back of each of the nostrils, and high up in the mouth cavity, are found two little openings. These are the lower



A GEM CABINET.

ends of the Eustachian tubes, which open into the right and left ears respectively. Each canal is lined by a mucous membrane, and the chronic catarrh of the nose may extend up one of these canals, or both of them for that matter, thus spreading the catarrhal process into the ear, and producing a varying degree of deafness. Such a catarrhal process is probably the most common cause of partial deafness that we have to deal with. When the catarrh has reached the ear, it is exceedingly difficult to deal with, and in this case, at least, an ounce of prevention is worth a whole shipload of cure. Sometimes an active catarrh of the ear is set up, causing a discharge which may break through the drum, thus permanently injuring the hearing apparatus. The damage of the eardrum is at any time a serious matter, and the after-consequences are almost certain to be partial, and often complete, deafness if the catarrhal process spreads and involves other structures of the ear.

Chronic Sore Throat.

Chronic nasal catarrh may spread downwards as well as upwards, causing soreness of the throat, which, when it becomes chronic, is sometimes known as clergyman's sore throat. The larynx, or voice-box, may also be affected, producing more or less hoarseness. Further extension of the catarrh downwards might produce a chronic bronchial catarrh, which is likely to be very annoying, as it is usually accompanied by more or less coughing.

We must not forget that the swelling and thickening of the mucous membrane produced by the chronic catarrh lowers its vitality and renders it less resistant to the

germs of disease. Consequently, a person suffering from such catarrh is more liable to bronchitis, pneumonia, and even consumption, than those who are free from such a chronic disease.

What Is to Be Done?

It is obvious from our discussion thus far that the extent of the chronic catarrh may and does vary enormously. In the mild case, efficient treatment would soon bring relief and produce a permanent cure. First of all, we must bear in mind that catarrh is essentially a germ disease, and that germs are present in the mucous membrane, acting as an irritant and setting up the various tissue changes involved in the disease. The use of a good nebulizer for spraying the nasal mucous membrane with a mild antiseptic would assist in destroying the microbes, and also exert a pleasant healing effect upon the mucous membrane.

Drawing up salt water first into one nostril and then into the other is a useful measure. In more chronic cases it would be well to have some suitable medicament in the water, such as alkaline tablets. Snuffing up a solution in this way has a cleansing effect upon the mucous membrane, and if this is followed by the use of the nebulizer, and the treatment is persisted in for weeks and even months if necessary, good results are almost certain.

Hot baths, such as electric light, Turk-



AMONG THE PINES OF DAVOS.

ish, and water baths, promote activity of the skin and thereby stimulate elimination. Hence they are useful in treating



MOUNTAIN PATH.

catarrh of any kind. The vapour bath shown in the accompanying illustration is an excellent procedure to adopt in connection with the local treatment. Most persons afflicted with chronic catarrh would derive real benefit from two or three vapour baths each week.

A cold, moist compress applied to the neck and worn at night is another valuable remedy that should not be neglected. It should be snugly covered with dry flannel to prevent chilling. On removing it in the morning bathe the neck with cold water and dry well.

Gargles.

Whenever the catarrhal process spreads to the mouth, it is a good measure to use a gargle of some mild antiseptic morning and evening. Listerine or hydrogen peroxide may be added to the water in the proportion of one part of the former to from three to six parts of water, according to the strength desired. Such a gargle also makes an excellent mouth wash as well as a good dentrifice for cleaning the teeth.

Care of the Teeth.

It is important to give attention to the teeth, for if in a state of decay, they are sure to harbour germs and prove a menace to health. Old stumps should be properly repaired by the dentist or drawn, and all cavities should be properly stopped. It is a wise precaution to visit the dentist once every six or twelve months for the purpose of having the teeth cleaned and examined for decay. Decay is always associated with germs, and no one can expect to enjoy good health if the mouth is foul on account of the presence of decaying teeth.

To Treat the Deafness.

In the case of chronic partial deafness, it is always advisable to consult an ear specialist before resorting to treatment. And at this point we would earnestly and solemnly warn our readers against the numerous quacks and charlatans who advertise various so-called cures for deafness in the public press. No respectable or reputable physician, no matter how competent he may be, stoops to such advertising. It may well be taken for



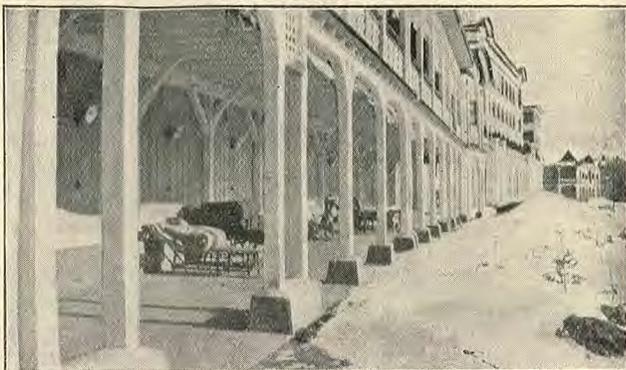
READY FOR COASTING.

granted that all advertisers of such cures for deafness are frauds, and the wisest course would be to let them severely alone.

One must also bear in mind that chronic deafness due to catarrh is often incurable, and all that one can expect to accomplish is to prevent further loss of hearing. The treatment of such cases requires the attention of an expert who is giving all his time to ear disease. It is a great science in itself, and demands not only a perfect knowledge of the organs, but also a wide experience in the treatment of ear disease.

English Sanatorium at Davos.

THE natural advantages of both climate and altitude that Davos in Switzerland offers consumptive patients have long been recognized, but it is only since last month that we have had an English sanatorium in the Alps. This movement was started some years ago, and the result is a handsomely equipped institution which, in compliment to our Queen, who has always taken such great interest in hospitals and sanatoria, will be known as the Queen Alexandra Sanatorium. The resident staff consists of Dr. Joseph W. Noble as medical superintendent, and Dr. James Fairly as junior resident medical officer, both Englishmen who have had



A DAVOS SANATORIUM.

considerable experience in the treatment of tuberculosis, at Davos and elsewhere. Mrs. Teesdale is matron, and she will be assisted by a staff of English nurses.

The terms (always an exceedingly important item for such a large proportion of those suffering from tuberculosis) are very moderate. Separate rooms are provided for each patient, and the inclusive expense is only £1. 18s. per week.

The natural beauties of Davos are enormous, but the chief advantage, of course, is found in the pure, crisp, life-giving air, which is always invigorating. Even in the midst of winter the climate is never trying. In the bright sunshine it is possible to sit out-of-doors in winter time and read with comfort, if warmly dressed. The air is scented with the pleasant odours of numerous pines and evergreens which cover the beautiful, snowclad mountains.



COASTING PATH.

WHAT DO YOU TAKE?

BY W. T. BARTLETT.

AT the word "Christmas" there rises up before the mind of the ordinary man a vision of festivity and general rejoicing, of laughing, romping children, of heavily-laden tables surrounded by happy faces, of Christmas trees gay with lights and bending with their weight of presents. It means also to many people the sending and receiving of hampers, usually containing bottles of wine and spirits, and an unaccustomed indulgence in expensive alcoholic liquors. This latter feature is largely supposed to be, for adults, a necessary element in the enjoyment of Christmas. People cannot wish their friends the compliments of the season without making the expression of goodwill an occasion for drinking together a glass of wine.

In this habit of demonstrating one's regard for a friend by drinking there must be a curious survival of some savage custom. Among the Huron Indians of North America the idea was developed into a science, but instead of drinking to the health of a friend, they ate to it. Believing, in their simplicity, that the health of a sick man was actually benefited by the goodwill of his friends, displayed in eating to his rapid recovery, a Huron Indian attacked by disease would summon his well-wishers to a feast at his abode. No one would think of declining such an invitation. Reasoning in a logical manner from one step to another, the Hurons also conceived the idea that since eating to a man's health certainly did him good, the more his friends ate, the more good they would do the invalid. Accordingly, enormous portions were set before the guests, and it was indispensable that each guest should eat the whole of what was placed before

him. If he failed in this, it would be regarded as an outrage upon his host and a disgraceful failure in social virtue: the sick man might even die as the result of such a lukewarm interest in his health. Reasoning still further, the Hurons believed that the more rapidly the guests ate, the more rapidly would the sick man be restored to health; and in order to encourage the utmost possible expedition in clearing the table, a prize of tobacco would be offered to the most rapid feeder.

Everybody understands now, of course, in these days of enlightenment, that the drinking of another's health does not benefit him physically, but it is not sufficiently realized that the practice of drinking another's health in alcoholic liquors, while he reciprocates the compliment in the same manner, is one of the surest methods of undermining the health of both parties.

It is actually a mild and gradual form of mutual suicide.

It is very commonly supposed that alcohol, taken in moderation, acts as a gentle stimulant to the stomach, increasing the flow of gastric juice, and thereby facilitating the work of digestion. In view of the hearty eating which usually characterizes the Christmas festivities, it is claimed that such stimulation is advisable and helpful. Now it is true that alcohol does increase the flow of gastric juice by its irritating effect on the delicate cells of the stomach, but it is also true that this increased supply of gastric juice is, by the action of the alcohol, greatly weakened in its action. As a matter of fact, the effect is to hinder and prevent the process of digestion. If alcoholic beverages are taken at all freely in connection with the meal, the work of

A Recipe for Sanity.

ARE you worsted in a fight?

Laugh it off.

Are you cheated of your right?

Laugh it off.

Don't make tragedy of trifles

Don't shoot butterflies with rifles—

Laugh it off.

Does your work get into kinks?

Laugh it off.

Are you near all sorts of brinks

Laugh it off.

If it's sanity you're after,

There's no recipe like laughter—

Laugh it off.

—Henry Rutherford Elliot, in *The Century*.

digestion may be considerably retarded, or even arrested completely, until the alcohol is got out of the way. The stomach of the average individual has more than enough to do at Christmas without being subjected to any disabling influence, and the free use of alcohol at this season is quite sufficient to account for the partial failure of the digestive apparatus which so frequently follows the Christmas dinner. The ill-treated stomach is unable to dispose promptly of its contents, fermentation takes place, the system is thrown out of order, and the uneasy sleep of the night is disturbed by terrifying visions.

Another common delusion concerning alcohol is that, used in moderation, it accelerates the working of the mind, and promotes wit and humour. What it does is to paralyse the nerve centres which control the circulation of the blood, allowing the vital fluid to rush in unusual volume into the brain. In this way a rapid succession of ideas is produced. The person under the alcoholic influence feels as if his mind were working with great brilliance and rapidity, which not infrequently induces in him a boastful frame of mind. But while ideas flow quickly, the partial paralysis of the nerve centres takes away the power to arrange and direct the thoughts or to judge of their value. Thus a man may be talking very freely under the influence of alcohol, and yet be uttering nothing but incoherent twaddle. If his associates are in the same condition, they may perhaps flatter themselves that the occasion is one of great intellectual enjoyment and brilliant displays of wit, but as a matter of fact they are not in a condition to judge. When a man places himself under the influence of alcohol, he becomes incapable of enjoying himself except in a stupid and unintelligent way. Nothing is farther from the truth than to suppose that alcohol heightens the enjoyment of pleasure: it only deadens it.

Moreover, the temporary exhilaration experienced has to be paid for in full a little later. Every drop of alcohol inflicts a penalty in the shape of subsequent depression due to the unnatural stimulation. Those who want a really merry Christmas must leave alcohol out of it. The reaction following the Christmas festivities is pro-

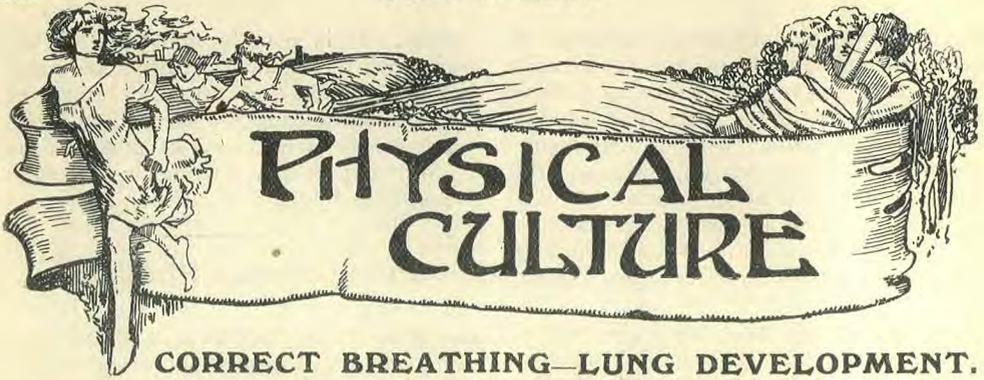
verbial. It is usually attributed to the crowd of applicants for Christmas boxes and to the bills that present themselves for payment during the succeeding days, but the underlying cause of much of the gloom that follows Christmas is the unaccustomed indulgence in alcohol.

Public-House Phthisis.

THE agency of public-houses in the spread of consumption is a fairly self-evident fact. It figured somewhat prominently in a recent report of the Medical Officer of the Woking Urban District Council, and was quoted in the local newspapers. The suggestion was warmly resented by certain members of the Council, and a discussion ensued, the result of which appears not to have materially damaged the position of the temperance party. A letter was read from Mr. John Burns remarking on the enormously disproportionate mortality among publicans and publicans' servants compared with the rest of the community. The President of the Local Government Board also pointed out that medical observation showed that alcoholic indulgence greatly lessened the resistance to attacks of disease, and that it would be difficult to find a place in which there is more indiscriminate spitting than on the floors of public houses—and it is agreed that spitting is the chief means by which human consumption is spread. From the report of the Woking discussion we gather that the weight of objection was against the publicity rather than against the public-house. In any case, the incident shows that the Medical Officer of Health who contemplates a tilt against the evils of alcohol will do well to see that his armour is complete and his weapons in good order before entering the lists.—*Medical Press and Circular.*

“MY dear,” said the caller, with a winning smile, to the little girl who occupied the study, while her father, an eminent literary man, was at his dinner, “I suppose you assist your father by entertaining the bores?”

“Yes, sir,” replied the little girl gravely “please be seated.”



CORRECT BREATHING—LUNG DEVELOPMENT.

BY WILLIAM M. SCOTT.

OF the importance of correct breathing and a healthy development of the lungs too much cannot be said or written. Any system that does not place this in the forefront is not worthy of the name of physical culture. There can be little or no culture of the physical man where the habit of taking in a sufficient amount of fresh air, holding it without inconvenience, and then allowing it to go slowly out of the lungs, is not cultivated and aimed at.

The Lungs and Their Associations.

The lungs are two spongy, elastic masses, shaped like blunt-pointed cones. They fill up the chest or thoracic cavity, from the neck to the lower borders of the ribs, practically enclosing the heart, and separated from the stomach and abdominal cavity by a flat, dome-shaped muscle, the diaphragm. The latter is the muscle of which we hear most in discourses on deep breathing, and there are other muscles that might, to real advantage, be given prominence in this connection. They are those of the neck, including the upper trapezius, the intercostals (between the ribs) and the abdominal muscles. The ribs and their connections with the sternum, or chest bone, cover and protect the delicate contents of the chest cavity, and a free, active, and flexible state of these bones is of the utmost importance for health.

Breathing.

There are two important functions associated with respiration, or the in-taking and out-put of air to and from the lungs, viz., the passing of oxygen through the membranous covering of the inside of the

lungs into the blood-stream; and the throwing off of the carbonic acid gas from the venous blood, through the same membrane, into the lungs and then out of the body. But there is also another process, which might well be termed "Internal Respiration," that is, the exchange of gases which goes on between the capillaries and the tissues, in which the arterial blood from the lungs parts with its oxygen and absorbs carbonic acid. In scientific body-building, or physical culture, these three processes, as above briefly outlined, must be considered.

Natural Breathing.

There is no easier, healthier, and more quieting movement for the human body to make than that required for deep breathing. The invalid confined to chair or bed, as well as a person in good health, can breathe deeply hundreds of times a day, thereby invigorating greatly his or her entire body. When we give attention to breathing, and so regulate respiration, it is termed voluntary breathing. Breathing at other times, without observation, is termed involuntary breathing. We will deal only with the former, as the latter will look after itself in a healthful way once we have acquired proper methods of voluntary breathing.

Voluntary or Controlled Breathing.

To learn deep breathing, be as passive as possible; that is, assume a position in which all the voluntary motor muscles are inactive. Lie flat on the back, perfectly horizontal, without even an elevation of the head, and in a fully relaxed state.

Shut the mouth and draw the air in through the channel provided by nature—

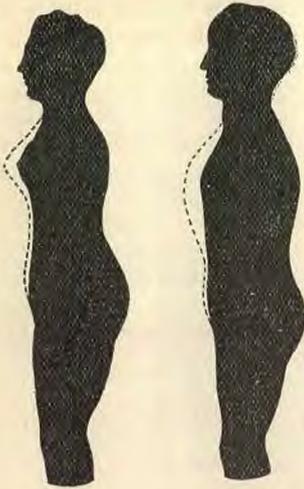


FIG. 1.

FIG. 2.

VOLUNTARY RIB-BREATHING.

Figs. 1 and 2 represent *costal* breathing, which is sometimes taught as being different in men and women. It is seen in the heaving of the upper chest when a lady with a corset sits down in a railway carriage after a "spurt" for the train. It is unnatural.

muscles be brought into action, and lastly the top of the lungs, until you feel that the whole chest cavity is fully inflated. Then slowly exhale, first observing the falling in of the stomach, lower chest, and sides, and, lastly, the upper chest.

As a result of bad habits, most persons will raise the upper ribs at the commencement of the inhalation, while others make a similar movement with the lower ribs; but both of these exertions are wrong, and they will gradually cease by continued practice of correct breathing. There ought to be no effort or muscular exertion other than that associated with natural or involuntary inbreathing of the air.

This is the safe and sure method for all, and is the elementary or initial exercise in deep breathing.

Caution to Consumptives.

As long as there is any weakness or trace of disease in the lungs, the above breathing exercise only—the gentle inflowing and outflowing of the air—should be attempted. As time goes on, and the pupil improves in health and lung power, short retentions of the breath may be admitted.

the nose. *Now note particularly how the chest expands or bulges out.* At the commencement of the inbreathing, the lower part of the lungs will be filled, and because of the descent of the diaphragm the stomach will also rise, the sides or ribs swell out, the intercostal

A More Vigorous Breathing Exercise.

While still reclining, and after taking in a deep, full breath, hold the air a long time, and press it from the lower to the middle and to the upper part of the breast and *vice versa*. By practising until the lungs and their muscular connections are strengthened, as many (or rather as few) as ten or fifteen complete respirations may be taken per minute without the slightest fatigue to the chest.

A Laughing Exercise.

While standing or reclining easily in a chair, inhale a slow, deep, full breath, hold it for a few seconds, then slowly exhale with a whistling sound through the lips; then, without inhaling, laugh heartily—Ha! Ha! Ha!—until you have to twist and bend the trunk to get out the syllables, and at last you have to give in and take in a breath. This is an excellent exercise, developing those muscles which assist in forcible or "explosive" breathing, and, likewise all the internal organs of digestion, etc.

Breath Retention in Speaking and Singing.

After a time it will become quite natural to take in a quiet, deep, full breath through the nostrils, before speaking in public or singing. But we must go one step further in lung gymnastics, and that is in conserving the breath. The majority of people allow the air to pass from their lungs much too quickly. Here is a suggestion

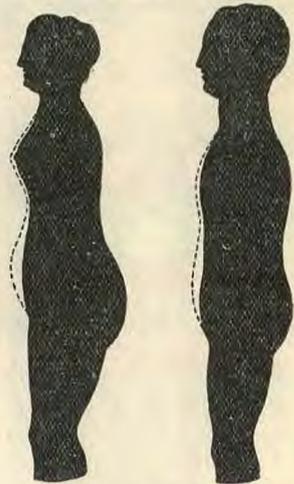


FIG. 3.

FIG. 4.

VOLUNTARY DEEP INHALATION.

Figs. 3 and 4 illustrate natural deep inhalation, as recommended in our article. This is the same in both sexes.

It is only in sudden forcing of the air into the upper parts of the lungs, or in very powerful or "explosive" exhalation, causing an expansion of the thorax, that the voluntary motor muscles are brought into play.

that may be helpful—put the hand on the soft area just below the sternum and in the angle formed by the spreading away of the ribs therefrom. Now take in a deep breath, and press this part out against the hand, and while keeping it pressed out against the hand speak distinctly to a friend or recite some piece, just allowing the minimum amount of air to be used in the effort. Singers can do the same while retaining a long note or singing a part of a song. Breath retention and speaking with deliberation is also a cure for stuttering.

It is not well to join deep breathing as described with other bodily movements. While advising regular breathing while exercising, we do not think that any good can come from trying to do too many things at once. Dr. Neumann writes: "The motor muscles are antagonistic to those of inhalation and exhalation." It is well to take a few arm extension or arm-circling exercises before the deep breathing, as this ensures a natural stimulus to the lungs, but the full benefits that accrue from proper voluntary breathing require full attention to the one act.



SANTA CLAUS.

THEY tell me 'tis Xmas morning,
 Whatever that may mean,
 'Tis truly the merriest morning
 That I have ever seen.
 Last night they hung up my stockings
 On the rail around my bed ;
 " I know there'll be nothing in them,"
 My mamma laughing said.

My feet I have put into them,
 Or have used them in my play,
 But it seems they have other uses
 On merry Xmas day.
 A Brownie jumped in each stocking,
 And almost filled it, too.
 Beside a box of tea-things
 Of gold and white and blue,
 And here are some bricks I've counted
 Full thirty-five I ween,
 With so many treasures around me
 I am rich as a little queen.
 And a very pretty saucer
 Was added to the rest
 With a picture of a castle ;
 But I like the dolly best.

They said that Santa Claus brought them,
 A man with a snow-white beard
 Who comes down the chimney at Xmas,
 And never utters a word.
 I doubt that he has any reindeer,
 Or comes such a long, long way,
 For the man who brings me playthings
 (Though I have not seen him to-day)
 Has a beard, but it is not snowy,
 And I'm sure he lives close by
 For he comes in every evening
 And often he brings me a toy.

Well, I'll play with my rabbit and dolly
 And the rattle with bell and a ring ;
 And, tell me, which of my treasures
 Is the very prettiest thing ?
 And while I am dressing my dolly
 And getting her ready, too,
 Will you please tell Santa Uncle
 What I have been telling you ?—Margaret.

Rest for the Weary.

JESUS looked upon the distressed and heart-burdened, those whose hopes were blighted, and who with earthly joys were seeking to quiet the longing of the soul, and He invited all to find rest in Him.

Tenderly He bade the toiling people: "Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls."

In these words Christ was speaking to every human being. Whether they know it or not, all are weary and heavy-laden. All are weighed down with burdens that only Christ can remove. The heaviest burden that we bear is the burden of sin. If we were left to bear this burden, it would crush us. But the sinless One has taken our place. "The Lord hath laid on Him the iniquity of us all."

He has borne the burden of our guilt. He will take the load from our weary shoulders. He will give us rest. The burden of care and sorrow also He will bear. He invites us to cast all our care upon Him; for He carries us upon His heart.

The Elder Brother of our race is by the eternal throne. He looks upon every soul who is turning his face toward Him as the Saviour. He knows by experience what are the weaknesses of humanity, what are our wants, and where lies the strength of our temptations, for He was "in all points tempted like as we are, yet without sin." He is watching over you, trembling child of God. Are you tempted? He will deliver. Are you weak? He will strengthen. Are you ignorant? He will enlighten. Are you wounded? He will heal. The Lord "tellethe the number of the stars;" and yet "He healeth the broken in heart, and bindeth up their wounds."

Whatever your anxieties and trials, spread out your case before the Lord. Your spirit will be braced for endurance. The way will open for you to disentangle yourself from embarrassment and difficulty. The weaker and more helpless you know yourself to be, the stronger will you become in His strength. The heavier your burdens, the more blessed the rest in casting them upon your Burden-Bearer.

Circumstances may separate friends;

the restless waters of the wide sea may roll between us and them. But no circumstances, no distance, can separate us from the Saviour. Wherever we may be, He is at our right hand, to support, maintain, uphold, and cheer. Greater than the love of a mother for her child is Christ's love for His redeemed. It is our privilege to rest in His love; to say: "I will trust Him; for He gave His life for me."

Human love may change; but Christ's love knows no change. When we cry to Him for help, His hand is stretched out to save.

"The mountains may depart,
And the hills be removed;
But My loving-kindness shall not depart from thee,
Neither shall My covenant of peace be removed,
Saith Jehovah that hath mercy on thee."

MRS. E. G. WHITE.

Where Doctors Are to Blame.

TOO many physicians, either incompetent or too lazy to ascertain the truth for themselves, have advocated directly to young men the noxious "wild oats" fallacy as a necessary element of good health. Here a tremendous amount of harm has been done. It is a good deal to expect of a young man that he shall exercise will-power and refrain from a departure from moral standards which his own doctor, in whom he has been taught to have confidence, tells him "is necessary to his health," generally with the even more dangerous proviso added, "within limitations, of course." If there is need of a clearer understanding of the truth of this noxious fallacy of "sowing wild oats" on the part of what we call the public at large, there is also a vital need of more enlightenment on the subject on the part of an all too-large percentage of the physicians who have persisted for years in densely and apishly keeping alive a life destroying lie. Any physician, no matter what his standing, may well be distrusted when he does other than refute this fallacy.

Every woman can accept this as a fact—that the most careful studies in physiology give the absolute lie to the "wild oats" fiction; that, as Dr. Prince Morrow has well said, it refutes, and refutes abso-

lutely, that wretched sophistry which would strip masculine immorality of its guilt and make of it a pardonable pastime, even in a hygienic sense. On the other hand, what physiology does reveal and clearly teaches, and what is confirmed by experience, is that a clean life is compatible with the highest mental and physical vigour: that

no man was ever better for "sowing wild oats," or worse for not sowing them. There is not the slightest shadow of support in any teaching of physiology or hygiene for the present double standard of morality of the sexes. What is morally right and physically well for a woman is equally right and well for a man.—*Ladies' Home Journal.*

Children's Dinner Fund of the London Vegetarian Association.

THIS fund was started eight years ago in order that the slum child might have a chance of one good, wholesome meal a day at least, and so be able to go through school on food that nourished its poor little body and brain.

The fund has supplied during that period over 1,180,000 hot dinners to these hungry little ones who scarcely knew before what good food meant. The cost of the food is 1½d. a meal, and consists of the following articles:—

Monday.—Half pound wholemeal raisin pudding, one slice wholemeal bread and jam, one mug hot milk.

Tuesday.—Haricot cheese and onion stew, one slice of wholemeal bread, one slice currant wholemeal bread.

Wednesday.—Wholemeal bread and cheese, one mug hot milk, wholemeal bread and jam.

Thursday.—Lentil and barley stew, wholemeal bread, currant wholemeal bread.

Friday.—Wholemeal jam pudding, one mug hot milk, currant wholemeal bread.

The marked improvement in the health and weight of the children has astonished all with whom they have come in contact, so much so that our depot at 6 Suffolk Place, Snowsfield, Bermondsey, has been kept open all the year round. No one

can doubt what a boon such wholesome foods are to these waifs and strays of our city, and any help for the coming winter will be gladly welcomed, as funds are constantly needed to enable us to provide over 10,000 meals weekly.

FLORENCE T.
NICHOLSON, Sec.,
*Memorial Hall,
Farringdon St.,
E.C.*



TWO OF THE SLUM CHILDREN.

Whitewashing By Machinery.

IT is a brave man who would say that Sir William Richmond has not the courage of his convictions. He dares to say what many other people only think, and he does not

say to his audience just what he believes they desire to hear. When addressing at Sheffield the recent annual convention of the National Association of House Painters and Decorators, he referred to the objectionable features which were inseparably connected with the use of wall-papers. They were, he said, difficult to cleanse, and the paste which was used to attach them to the walls was likely to harbour disease germs, while only too frequently a clean paper was pasted over one that was old and dirty. He advocated the use of

washable distempers, and urged the use of lighter tints than are commonly employed.

White, he considered, was the safest of all colours to use. While there was no white as pure as lime, there was no product so successful in the slaughter of offensive animal matter.

These words might well be addressed to a wider audience than that which was assembled at Sheffield, and if they were acted upon more extensively, the comfort and the health of the people would be appreciably increased. If the science of sanitation could be expressed in a single phrase, that phrase would indubitably be "absolute cleanliness," and a long step forward would be made in securing that desideratum if lime-washing of dwelling-houses were more extensively resorted to. There should be no excuse nowadays for leaving walls or ceilings unwhitened, for the discomfort which was formerly associated with the necessary process can be altogether abolished by the utilization of one or other form of whitewashing machine, which can now be obtained at a very small cost.

Indeed, by fixing to an ordinary spraying machine, such as gardeners use, a suitable nozzle, the business of whitening a wall can be carried out in a most expeditious and cleanly manner. A more general use of these appliances could not fail to have an appreciable effect upon the well-being of the community.—*The Medical Officer.*

Something Ailed It.

A COLOURED man complained to the shopkeeper that a ham which he had purchased there was not good.

"The ham is all right, Zeph," insisted the shopkeeper.



YOUNG OVER-SEA HEALTH REFORMERS.

Two little daughters of Mr. T. G. Crouch, of Johannesburg, Transvaal, aged four and one and a half years. The whole family have greatly benefited from the adoption of Good Health principles in their daily life.

"No, it ain't, boss," insisted the negro. "Dat ham's sure bad!"

"How can that be," continued the shopkeeper, "when it was cured only last week?"

The coloured man scratched his head reflectively, and finally suggested: "Well, sah, then it must have had a relapse."



THE CHRISTMAS PUDDING.

WITH the advent of the Christmas holidays many people look forward to a time of free drinking, feasting, and general conviviality. The indulgence of appetite that is associated with such feasts is always a menace to good health, and often serves to undermine the digestive organs and lay the foundation for chronic gastric and intestinal disturbances.

A Long Menu.

On such occasions, it is customary to provide not only a longer but also a richer menu than ordinarily, and many of the articles are got up for the particular purpose of attracting the appetite and tempting it beyond natural requirements. A heavy meal, even of the most wholesome food, is not conducive to good health. But a heavy meal of rich, concentrated foods, many of which are exceedingly difficult of digestion, and are consequently taxing to both stomach and liver, cannot be regarded as otherwise than distinctly harmful.

The Pudding.

Let us proceed to consider but one item of the average Christmas dinner, the pudding. It is usually composed of flour or breadcrumbs, fruit, citron, eggs, suet, butter, or some other fat, sugar, and various condiments, and finally a little brandy is often added just before serving. Such is the average Christmas pudding. Practically all of the constituents possess a high degree of nourishment, and if the pudding were made in a wholesome way, with less fat, and with the harmful ingredients omitted, and then well cooked, it would still require considerable powers of digestion to deal with it, and prepare it for assimilation into the blood.

Not a Delicacy or Titbit.

It is often forgotten that the Christmas pudding is such a hearty and nourishing food, and it is fashionable to take it at the close of the meal, when the stomach is already more or less overloaded with food. But with the gentle and urgent persuasion of the hostess, combined with a desire to do justice to the pudding, which no one must slight (!), it also is partaken of, and the after result is almost invariably a feeling of fullness, dullness, and discomfort, if not actual pain and ache, on account of the over-indulgence in "too many good things."

Eating for Health.

How much better it would be to provide a plainer and less extensive Christmas feast, and then partake of the food in strict moderation. Let no one think he must eat or even taste all the items of the average menu. Too great a variety of dishes is not only conducive to overeating, but also in itself is very likely to overtax the digestive organs and encourage gastric disorders. Eating for health even at holiday time always brings its own reward. All would do well to follow the school-boy's advice—"Don't keep on eating after you are tightening, and you will be far happier."

Panacea for Dyspepsia.

According to the "Lancet," "The Christmas pudding is eaten at the wrong moment—that is to say, when already a sufficient, not to say excessive, quantity of food has been taken." In other words, the Christmas pudding is a superfluity as ordinarily served. The "Lancet" says further: "If sparsely eating (and drinking)

were made a rule in life, dyspeptic disorders would be diminished considerably, and we should hear less of the need of special diets and the avoidance of this, that, and the other items. Over-feeding is probably a much more vital source of disease and death than is starvation, and food immoderately indulged in accounts more for the prevalence of toxic symptoms than do ordinary poisons."

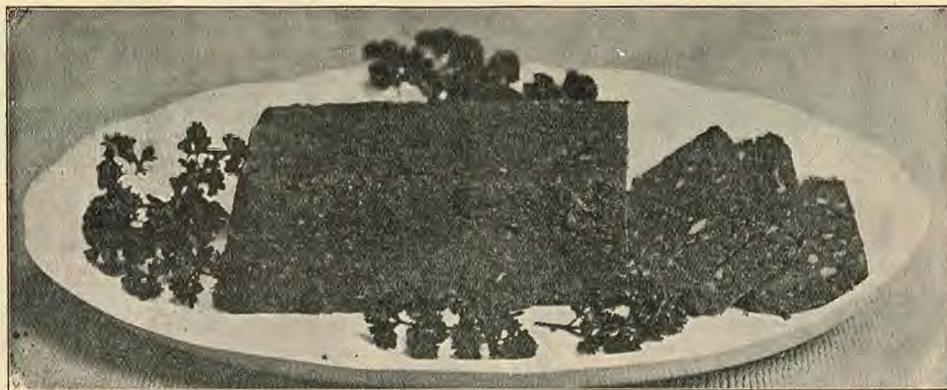
A CHRISTMAS DINNER.

Cream of chestnut soup.
Walnut cream loaf. Brown sauce.
 Nut cheese.
Steamed cauliflower. Baked potatoes.
 Swedes au gratin.
Christmas pudding. Banana salad.

with cold water to a thin, creamy fluid, may be used in place of milk.

Nut Cheese.—Two cups strained tomato juice; one cup peanut butter; one cup cornflour. Gradually add the tomato juice to the peanut butter, rubbing the butter smooth with the tomato. Add the cornflour. Cook in double boiler four hours. One teaspoonful (level) of celery salt may be added.

Swedes au Gratin.—Boil or steam the vegetable till tender. Cut into half inch cubes when done. For each cup and a half of cubes make a sauce as follows: 1 cup milk; two tablespoonfuls of flour; two tablespoonfuls of butter (coco nut or dairy) or cream. Heat the milk in a double boiler. Beat butter and flour to a cream, and stir it into the hot milk. Cook five minutes; add salt if desired. Arrange turnip cubes in baking-dish, pour the sauce over them, cover with biscuit or zwieback crumbs, and brown in the oven.



WALNUT LOAF.

Cream of Chestnut Soup.—Select large, best Italian chestnuts. Boil till inside is mealy. Remove shells and skins, and press the meat through a sieve. This may be done on the day previous. To prepare the soup, add equal parts of milk and water to the chestnuts, allowing a teacup of chestnut meal to each pint of fluid. Boil for fifteen minutes and serve very hot. A small onion may be boiled with the soup to flavour, but should be removed before serving. Salt to taste.

Walnut Cream Loaf.—1 cup English walnuts, ground or chopped very fine; two eggs, well beaten; 1 cup hot milk; two teaspoonfuls grated onion; 1 cup zwieback crumbs; 2 tablespoonfuls coco-nut butter; 1 teaspoonful (level) table or celery salt. Mix all together well.

Brown Sauce.—Brown two and one-half tablespoonfuls of pastry flour in the oven or in a frying-pan. Then stir the browned flour to a thin paste in a little cold water, and add boiling milk, making up to one pint. Boil for five or ten minutes. Salt to taste. Peanut butter diluted

Christmas Pudding.—Two pints moistened brown zwieback crumbs; 1 lb. sultanas; 1 lb. currants; 1 lb. raisins; $\frac{1}{4}$ lb. ground or finely-chopped peel; $\frac{1}{2}$ lb. almond butter or ground almonds; half-cup sugar; four eggs. Mix and allow to stand overnight. Boil in pudding-dishes for six hours. If sultanas, currants, and raisins are steamed before mixing, the pudding needs to boil but three or four hours. 

Banana Salad.—Cut ripe bananas in thin slices. Prepare equal parts orange and lemon juice. Add sugar to taste. Pour the sweetened juice over the sliced bananas. Ripe, tender oranges may be sliced and mixed with the bananas in alternate layers. This may serve as a light dessert or sweet for those who cannot take Christmas pudding. 

If an egg is cracked, wrap it in grease-proof paper, tie it round with string, place in boiling water, and it will then cook quite safely.

A Page for Women.*

Conducted by Marie Blanche.

CHRISTMAS comes but once a year, and therefore let us have good cheer. Well, I'm sure I wish all my dear readers, and still dearer correspondents—for some of you really are dear to me, because so many of you write me such nice, kind, friendly little letters that very soon a feeling of real friendship is established between us—well, to you all I wish the happiest of happy and the merriest of merry Christmases, and its proverbial good cheer.

Good cheer does not, of course, consist solely in having plenty of nice things to eat and drink, that would be a very uncivilized way of looking upon the subject. The true and best spirit of Christmas cheer is found in—apart from that important detail, the Christmas dinner—that attitude of brightness and good humour, that kindness, generosity, and unselfishness, that seeks to shed a sort of halo of joy and happiness upon the home, and, indeed, upon the whole of that little circle which each one of us loves to gather round about us in our friendships and acquaintances, our own little world, in fact, not meanwhile forgetting the poor who are practically always at our door.

The Christmas dinner itself can quite easily be turned into a positive evil; it frequently is, and doctors have often been heard to say that the two or three weeks following the twenty-fifth of December are, for them, amongst the busiest in the whole year. And why? Simply because people have over-feasted themselves, have become ill in consequence, and required medical advice and treatment. There is a wholesome and I think a very salutary practice observed by some people of keeping to a certain extent a fast before a feast; that is to say, the day before any great festival, such as Christmas, is observed as one on which the smallest amount of fare, excluding meat entirely, is taken. They do not go without food altogether, that would be the very reverse of wisdom, to starve one day and stuff the next; but the discipline of a limited and restricted diet previous to a somewhat rich, complicated, and often indigestible menu on the actual festival, has a great deal to be said in its favour. The weekly abstinence from flesh food observed by hundreds of people throughout the Christian world is a most salutary and hygienic custom.

Most of my readers, of course, never touch flesh food at all, so the practice alluded to above does not apply to them. But you can overeat on a fruitarian or vegetarian dietary quite as easily as the meat-eater, though not perhaps with quite such shocking results from the health point of view. Take, for instance, that most seductive confection, the Christmas pudding; isn't it a great temptation to have two, no, several, let us say *three*, helpings? I know it is—I have felt it myself—and I cherish such a sovereign admiration for plum pudding that I can enjoy it every bit as much in the middle of July as in December. Well, it is a wholesome dish, quite as nourishing,

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

if made with plenty of eggs and ground nuts and good fruit, as the same weight in roast beef, goose, or turkey; but it doesn't do to indulge in those three platefuls at one meal. It constitutes over-feasting, and it must not be given way to. A schoolboy may do it with impunity, *perhaps*, but then, schoolboys appear to be a special race, and are liver-less marvels with amazing digestions. Ordinary beings like you and me cannot do what the average schoolboy does, and if we imagine otherwise we can soon find out our mistake by giving the thing a trial. Personally, I should not care to put the matter to a test, and am content to leave those wonderful feats of gluttony to the growing schoolboy, who sooner or later learns by occasional bilious attacks, if by no other means, the wisdom of temperance in all things.

I hope this page does not read like a sermon. I have no fancy for preaching, and always feel quite injured myself if I pick up a Christmas number of a magazine and find it full of "goody-goody" articles.

In conclusion, I want to thank the reader who is kind enough to suggest a few subjects for discussion on this page next year. I should at all times welcome any suggestions of the kind, and as far as I can will deal with the various subjects suggested in their turn, provided they are of a kind to be of interest to readers in general. Subjects of special interest to women and girls are, I need scarcely say, most suitable, only please, dear people, do not ask me to discuss the suffragette. The air is charged with women's suffrage, and I dare not say a word either one way or the other on that subject.

Answers to Correspondents.

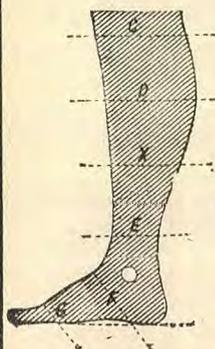
ELLEN S.—I cannot recommend any drug for headaches, but I should think if you could have an entire rest, with change of scene, your nerves would recover, and the neuralgia and headaches gradually disappear. Keep out in the fresh air as much as you can, and always have your windows wide open. Yes, it is quite likely that these constant nervous headaches are causing your hair to fall out, or if you have any domestic worries, that would also affect the nerves and the hair.

R.S.F.—It is very plucky of you to take the matter in hand and try to earn your own living; and I think when you have finished the course of teaching and are qualified, you will have no difficulty in obtaining a situation as children's nurse in some family where, as you say, the principles of a reformed diet, etc., are practised. You might put an advertisement in this magazine later on, and state your requirements and qualifications.

J.R.—I have no knowledge of the particular exercises you inquire about, and am therefore unable to give you any information. If any they are founded upon a German method, but if I can find out anything about them I will let you know by post.

MRS. A.P.—A great many people make their own bread at home, and there is very little difficulty about it. I am not quite sure about the gas oven, but if it is large enough and hot enough, I don't see why it should be any less successful than the other kind of oven. Of course, a brick arrangement is always the best, because it holds the heat longest. I think you might perhaps get some book on the making of malt bread, which would assist you, and tell you where to procure the flour, and the correct quantities to use with the yeast. Be careful to get the very best flour, and if you understand the testing of it, see that it is pure and free from adulteration before you use it for bread-or-cake-making. Avoid the particular kind known as "self-raising," as it frequently contains soda, alum, etc.

The Secret of Success In ELASTIC HOSIERY.



We offer to every reader of "Good Health" the benefit of 25 years' experience in the mechanical treatment of

VARICOSE VEINS

We give you the truest fit, the greatest comfort, the happiest results, and the finest value—an Elastic Stocking made entirely without a seam, that fits like a skin, supports the limb equally throughout, and improves its condition, a result no other garment can effect. Send 2/6 with your measurements, and secure a genuine "WALCUR" Elastic Stocking from

2/6

WALTON & CURTIS, Orthopædic Specialists,
190 Broadhurst Gardens, West Hampstead, N.W.

WINTER CHILLS MAKE WINTER ILLS.

Thousands of people fear the winter. Winter means to them the exposure of their weak spots. The rheumatic subject knows the period when he must look for a recurrence of his pains. So does the victim to sciatica and lumbago. The gouty victim lives in hourly dread directly September has turned. There is the man with the weak chest—his bronchitis finds him out. There is the man with lowered vitality—influenza bares his weak spots. And there are thousands to whom winter means minor discomforts—strange headaches recurring freely, slight, feverish colds, muscular pains, and weariness and aching joints.

To keep you fit you require the Gem 30/- Turkish Bath. Its regular weekly use sweeps out of the system the refuse matter which causes disease. Your Editor uses and recommends it.

You can have a 30/- Gem Turkish Bath Cabinet and thoroughly test it. All I ask is that you send me a post-dated money order or cheque—payable in ten days. I expect this to prove your *bona-fide* treatment of an offer that might be a heavy expense to me. I will then send you a Gem Turkish Bath Cabinet by return. You can try it once, twice, or three times yourself. Your wife can try it. Your sons and daughters can try it. They can try it for the troubles I have mentioned. They can try it as a luxury of cleanliness. They can try it as a pick-me-up after fatigue. Give the Cabinet a good trial. See if it is what I say. See if you get better health out of it—more pleasure out of it. If you do not, stop your money order and send the Cabinet back. At least, let me send you post free my 100-p. book.

If you accept my offer, send a postal order, money order, or cheque payable to my Company, **The Gem Supplies Co., Ltd.**, Dept. G.H., 22 Peartree Street (near Gas Co.'s Office), Goswell Road, London, E.C.

EVERY WOMAN should own a **MARVEL WHIRLING SPRAY.**



The new Syringe. Best—Safest—Most Convenient.
It Cleanses Instantly.

Ask your Chemist for the Marvel and accept no other. If he cannot supply send for Free Booklet giving full particulars and information invaluable to ladies.

MARVEL CO., Dpt. 17, 11 Queen Victoria St., London

FOOD REFORM RESTAURANT,

4 FURNIVAL STREET, HOLBORN, E.C.
(Opposite Prudential Assurance Building.)

The Largest First-Class Vegetarian Restaurant in the City.

Exceptional value offered for teas after 3.30.
Quiet, restful rooms. Moderate prices.

Rooms to Let for Evening Meetings.

In answering advertisements kindly mention "Good Health."

QUESTIONS & ANSWERS

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.

The Morning Bath and Soap.—M.K.B.: "1 Would you advise me to use soap daily with my morning bath? 2. Should the bath be followed by a rub down with a coarse towel?"

Ans.—1. No. It is rarely necessary to take a shampoo daily unless one is engaged in some dusty occupation. Two or three times a week would be sufficient under ordinary circumstances. 2. Yes.

An Economical Diet.—D.G.J.: "Please indicate an economical diet for a person of limited means who does a lot of walking and other vigorous exercises, and who is in a state of debility."

Ans.—For breakfast, brown bread and butter, stewed prunes or other stewed fruit, or fresh fruit in season, a few nuts such as pine kernels, or an occasional egg. For dinner, plain vegetable soup, mealy baked or steamed potatoes, a few nuts, a nut or haricot roast, or baked haricots or lentils, and brown bread and butter. Supper, brown bread and butter and a banana, apple, or some other fruit.

Itching Scalp.—P.D.: "I should be more than pleased if you could advise me what to do for a most unpleasant itching of the scalp, which I have had for some months. The scalp is not broken out or sore in any way, but there is constant itching."

Ans.—Wash the scalp thoroughly once or twice a week with tepid, soft water (90° Fahr.) and McClinton's soap. After rinsing off all the soap, dry well, and then apply a very little carbolized vaseline, rubbing it well into the scalp. On the other days apply a little Sanitarium Hair Tonic, which should also be rubbed into the scalp by means of finger massage.

Superfluous Hair.—H.S.G.: "I am very desirous of finding a cure for hair growing on the face. From birth I have had a small growth of

hair on the middle of my nose, but recently it has grown and become more conspicuous. I am extremely sceptical of advertisements appearing in magazines, etc."

Ans.—There is but one cure, and that the electrolytic needle in the hands of an expert. The electric current destroys the roots of the hair, and thus prevents further growth. If the operation is done skilfully by an expert, it will be successful, and there will be no scar. All other means of removing superfluous hair have but a temporary effect. More than that, many of them are dangerous, and liable to damage the skin and leave unsightly scars. You are right in being sceptical about the advertisements in the public press.

How Much to Eat—Drinking—Supper—Sinking Feelings.—A.M.P.: "I am a total abstainer, take neither tea nor coffee, and do not use flesh foods. I eat plenty of nut butter and a few almonds, but am not getting the satisfaction out of this dietary that I could wish. I could you tell me the quantity of food one should eat during the day? 2. I never drink with meals, but take a glass of water about half an hour afterwards: is this best? 3. As I do not retire until about 10.30 or 11 p.m., I often feel very sinking by that time. Do you suppose, in view of this, that I ought to take supper? 4. For years I have been troubled with indigestion, to cure which I have taken a good deal of medicine, but without any beneficial results. This prevents me from eating as much at a meal as I think I ought to, and by the time the next mealtime comes, I have a sinking feeling. Do you suppose insufficient food at the meals is the reason? If so, how much should I eat at a meal?"

Ans.—1. In regard to your diet, we think you are taking too much proteid food, and it would be better if you took less. It will not be necessary

MARMITE.

(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.

From all Health Food Stores. Free sample on receipt of 1d. stamp for postage by mentioning "Good Health."

THE MARMITE FOOD EXTRACT CO., LTD., 59 EASTCHEAP, LONDON, E.C.

In answering advertisements kindly mention "Good Health."

You Can't Equal

Granose Flakes

For INFANTS
Liberal Sample, 1d.

I.H.A., Stanborough
Park, Watford,
Herts.

for you to take any more nuts. 2. Some people are not able to take large quantities of fluid, and it may be that this is so in your case; but we think a glass of water in the morning, one or two between meals, and another in the evening, would prove satisfactory. 3. If you are in the habit of taking supper, it should be eaten early, not later than 7 p.m., and should be light in nature, consisting chiefly of bread and fruit. 4. It is of no use to take any more medicine. This is far more likely to do harm than good. In our opinion, assorted fruit taken with the meals makes the best medicine.

Zam-Buk.—H.S.: "I have been using Zam-Buk. Is it all right?"

Ans.—We are not in the habit of recommending any secret remedy. According to an analysis made for the British Medical Association, and recently published in a book called "Secret Remedies," Zam-Buk is composed of:—

Oil of eucalyptus.....	14%	(approx.)
Pale resin (colophony) ...	20%	"
Soft paraffin.....	55%	"
Hard paraffin	11%	"
Green colouring matter, a trace.		

They further add, "An ointment prepared in accordance with the formula and tinted with chlorophyll agreed in all respects with the original. "The estimated cost of the ingredients for three-fifths of an ounce is ¼d."

For Golfing and Hockey! the Gymnasia, and Physical Exercise Class!!

Gold Medal awarded, Health and Toilet Exhibition, London.

Mothers should see that their children wear the



PORTIA Combined Shoulder Brace and Stocking SUSPENDER,

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

GOOD FOR YOUR COMPLEXION.

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

An effective home treatment for wrinkles and blackheads. The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup will often produce remarkable results. Blackheads in many cases are banished in sixty seconds. It removes impurities by atmospheric pressure, helps to round out the cheeks, arms, and neck, and to make the waste places in the body plump and healthy. Acts directly on the circulation, and feeds fresh blood to the tissues, thus making the flesh firm and fair, and the skin soft and satiny. Sent in plain wrapper, with FREE Book, "Health and Beauty" Secrets of Priceless Value, for 2/1 P.O. (abroad) 2/6 M.O. Call or write: H. G. Higwater Hygienic Inst., 9 117 Exchange Bldg., Southwark St., LONDON. Trade "Neu-Vita" Mark. AGENTS WANTED.



Special Offer

TO GOOD HEALTH READERS.

On receipt of 2/- Postal Order we will forward the following post paid:—

Tin HYGIAMA Food-Beverage, 1/-.

Box HYGIAMA Tablets, 1/3.

A brilliantly written article entitled, "Food and Drink, an Essay in Cause and Effect."

The above post paid for 2/-. This offer expires Dec. 31, 1909.

HYGIAMA Food-Beverage

is about the same price as fine cocoa, but is eight times more nourishing, and absolutely non-constipating.

HYGIAMA TABLETS

are as nice as good chocolate, but six times more nourishing.

Why not make a present of the above offer to your three best friends and order one for yourself? We pay the postage.



HYGIAMA

G. THEINHARDT'S FOOD CO.,

6 Catherine Court, Seething Lane, London, E.C.

In answering advertisements kindly mention "Good Health."

GOOD HEALTH.

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

Editor: ALFRED B. OLSEN, M.D., D.P.H.
Address editorial matter to the Editor, St. Albans, Caterham Valley.

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

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

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

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

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

We are pleased to be able to include in our Holiday Issue a contribution from the late editor, Mr. M. Ellsworth Olsen. Mr. Olsen has lately received the degree of Doctor of Philosophy from the University of Michigan, and is at present engaged in teaching at Washington, D.C. He does not expect to return to this country for some time, so that letters for the editor should no longer be addressed to him but to Dr. A. B. Olsen, who is now acting in that capacity. We hope, however, to receive occasional contributions from Prof. M. E. Olsen, to whose earnest and valuable labours during the last six years this journal is greatly indebted.

The eminent author, Mr. Rider Haggard, testifying to the splendid value of Dr. Barnardo's Homes, writes as follows:—

"This most beneficent institution, the Barnardo Homes, rescues the children from the stream as they go down to destruction, and gives them a chance to become decent men and women.

"It is a work of mercy which must appeal to every one who has a heart to feel for the suffering of these little ones, and insight sufficient to know what the setting up of the children into decent life must mean for the future of the race.

"In its national aspect, it is work which helps in some small degree to check the tremendous forces which are making for the moral and physical degradation of our race; and in its imperial aspect, as Mr. Haggard points out, it is taking the human lives which we treat as waste product here, and turning them into a healthy and invigorating stream of new blood into our colonies and overseas."

Dr. Barnardo's Homes have recently sent another party to the dominion of Canada, numbering 727 boys and girls, bringing up the grand total to 21,397. Certainly this is a magnificent work, and if even half the boys and girls sent out made a success in life, the work would be well worth our heartiest support, but when we read that no less than 98% are successes, we are filled with admiration, and can only wish them a hearty God-speed and continued success in this grand work. Any of our readers who would like to show their appreciation of this work by contributing a shilling or any other amount to the homes may send the same to the Honorary Treasurer, Howard Williams, Esq., 18 to 26 Stepney Causeway, London, E., or

(Continued on page 380.)

The Thickener
for Soups

Brown and Polson's "Patent" Corn Flour

Soups—

*The real way to
make them thick and
enjoyable.*

Thick substantial soups are the kind you like in winter. To enjoy them to the full see that they are thickened with Brown and Polson's 'Patent' Corn Flour instead of ordinary flour. There is a distinct gain in flavour and smoothness. Corn Flour brings out the flavour of the soup, whereas ordinary flour tends to cover it up.

Use very little of Brown & Polson's "Patent" Corn Flour for this purpose—
it is so concentrated.

"The Recognized
Best"



In answering advertisements kindly mention "Good Health."

BENGER'S

**For Infancy, Illness
and Advancing Age.**

A vigorous, healthy infancy is the forerunner of adult well-being.

Infants thrive on Benger's Food ; delicate and aged persons also enjoy it. From infancy to extreme old age, in severe illnesses or during convalescence and recovery, Benger's Food *assists Nature* and sustains the system.

*Benger's Food is sold by Chemists,
etc., everywhere.*

Vegeton

The Vegetarian's Beef-Tea.

**MADE ENTIRELY
FROM CEREALS.**

VEGETON Is Not a Yeast Extract,
and consequently has no fermentative or other harmful effect in the stomach. Vegeton is a pure albuminous food containing

86% Nutriment

(including 74% albumen and 5% phosphates),
and is absolutely

Non-Poisonous and Uric-Acid-Free.

Easily digested, pure and delicate in flavour, most economical. Invaluable for delicate children and mothers, and for all who need strength and vigour. Makes delicious gravy, soup, etc.

Sample 1 oz. bot., post free, 7d.
Explanatory pamphlet gratis.

THE G. SANUM CO.,
59 EDGEWARE ROAD, MARBLE ARCH,
LONDON, W.

PROTOSE

is always advancing in popular favour. It was the original and is still the best Nut Meat.

SOLD BY ALL HEALTH FOOD STORES.

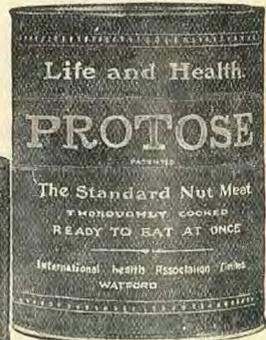
Three varieties as shown here: 1½ lb., 1/4; 1 lb., 1/-; ½ lb., 8d.

**THE INTERNATIONAL HEALTH
ASSOCIATION, LTD.,**

Stanborough Park,
Watford, Herts.



Protose is made entirely of wheat and nuts. It closely resembles meat in flavour and appearance, but is 25% more nourishing, and absolutely pure. It can be prepared in the same way as beef, mutton, etc., and consequently makes the abandonment of flesh food easy.



A sample ½ lb. tin of either, 11d., post free; or one of each, 2/4, post free.

In answering advertisements kindly mention "Good Health."



You Want the BEST for Xmas, don't you?

—Well, the P.R. Xmas Foods are the very best you can possibly have. "P.R." is the standard of purity.

Ask your Health Food Store for . . .

**P.R. Xmas
Puddings,
P.R. Mincemeat,
P.R. Mince Pies,
P.R. Rich Cakes,**

—which are not mere ticklers of the palate, but genuine health-giving foods. The ingredients used are the choicest, the purity unimpeachable, the flavour matchless, the food value undisputed.

Send a post card **NOW** for special Xmas Price List.

**The WALLACE
P.R. FOODS CO.,**

465 Battersea Park Rd.,
LONDON, S.W.

25 Samples

DELICIOUS
WALLACEITE
(reg.) **BISCUITS**
IN DAINTY BOX,
Post Paid, 1/3.

(Continued from page 378.)

to the Editor of GOOD HEALTH. Sums sent to the Editor will be acknowledged in the pages of the GOOD HEALTH magazine, and forwarded promptly to the treasurer of the Homes. A Christmas box, small or large, would help to extend the good they are doing.

GOOD HEALTH for 1910.

THE publishers of GOOD HEALTH, always desirous of improving the journal in every possible way, take pleasure in announcing some new features for the coming volume.

A New System of Physical Culture.

Mr. William M. Scott has agreed to furnish a connected series of illustrated articles describing a new system of developing and strengthening exercises which will be suitable alike for both our lady and gentlemen readers. These exercises will not only promote sound physical development, but also make for symmetry of form and the healthy action of the various organs of the body. The directions will be simple, and given in sufficient detail to enable anyone to understand quickly and readily how to do the exercises. The importance of lung exercises will not be overlooked, and this vital question in health culture will receive a prominent place. This series of articles will enable our readers to improve their health and increase their muscular strength by spending ten or fifteen minutes daily in following the exercises.

Mr. Scott will be glad to answer questions in connection with the department pertaining to the new series of home exercises.

The Food We Eat.

The new Household Department will contain a series of articles giving full information concerning the nutritive properties of the common foods which are found on the average table. They will be illustrated by interesting diagrams, and will be accompanied by detailed analyses showing the proportion of the various constituents, namely, proteids, fats, starches and sugars, water, and salts. Recipes for the use of the different articles will also be given.

These articles will enable the cook and all others interested in foods to become intimately acquainted with the food value and wholesomeness of the ordinary articles of a healthful diet.

Common Diseases.

The Editor will furnish a series of articles for each number of the magazine discussing some common disease, indicating the common symptoms, and giving directions for simple water and other suitable home treatments. The subject chosen for the January number is "Varicose Veins."

Alcohol and Tobacco.

Mr. W. T. Bartlett, editor of "Present Truth," has promised a series of articles dealing with Temperance Reform and the Evils of Tobacco-Using. It is very gratifying to know that the drink bill of our nation is gradually diminishing, but the decrease is as yet slow and uncertain.

(Continued on page 382.)

YOU will never miss meat

if you make nuts a regular item in your daily fare.

We invite you to send for a

FREE

copy of our new 64-page booklet, the contents of which include valuable

Hints on the Everyday Use of Nuts,

and 36 Simple Nut Recipes. This Booklet is an encyclopædia of fruitarian necessities.

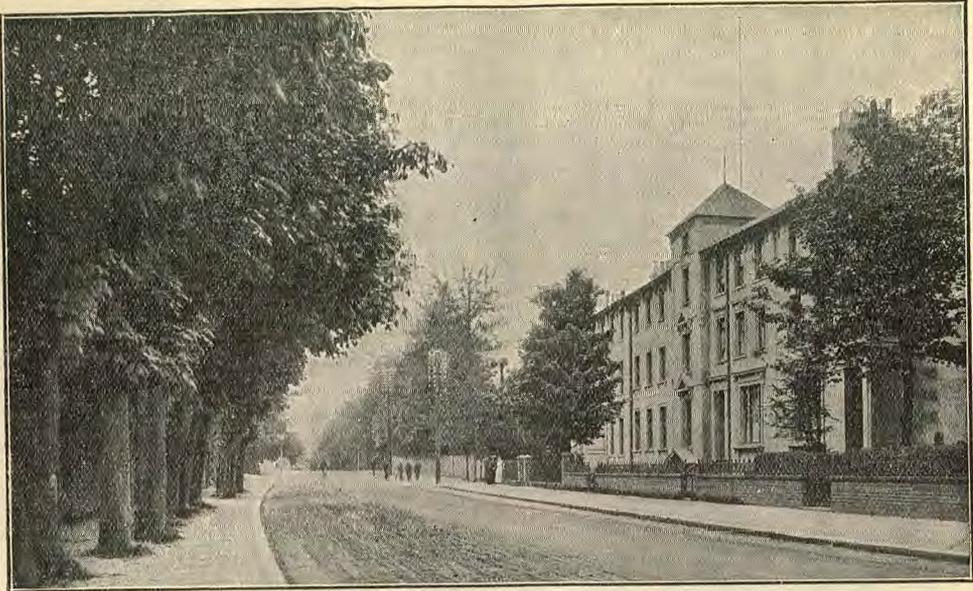
Simply send name and address on a post-card, and ask for "G.H. Offer." Samples will accompany the Booklet.

We supply the highest quality in Nut Kernels, Sun-Dried Fruits, Unpolished Rice, Macaroni, Cereals, Olive Oil, etc., and we pay carriage to any address in the U.K. on orders value 5/- and upwards.



**George
Savage & Sons**
Nut Experts,
53 Aldersgate
Street,
LONDON, E.C.

In answering advertisements kindly mention "Good Health."



For COMFORT and HEALTH visit the
CATERHAM SANITARIUM AND
SURREY HILLS HYDROPATHIC,
CATERHAM, SURREY.

THE location is delightful, being about 450 feet above sea-level, and surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water soft and exquisitely pure. 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.

The house is lighted throughout by electricity, and heated by low pressure hot water radiators, which makes the building warm and comfortable in winter.

Incurable and offensive patients are not received.

The establishment affords facilities for quiet and rest, skilled nursing, 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."

(Continued from page 380.)

Let all temperance workers take courage and push the cause of total abstinence with more enthusiasm and energy than ever before. The GOOD HEALTH magazine stands for total abstinence, and a large part of its mission is to assist in forwarding the cause of temperance throughout the kingdom.

The publishers have also arranged with several well-known authorities on health to furnish articles for the magazine during the coming year dealing with various subjects of general interest.

We frequently receive requests to send "GOOD HEALTH" to public libraries and similar institutions, and we have evidence that the papers already placed in these reading-rooms are doing much good. Many of our readers would, we believe, be glad to help circulate the GOOD HEALTH in this way, and we are therefore opening a Library Fund for this purpose. We shall be glad to receive and acknowledge contributions to the Fund. Donors of 1/6 can, if they wish, specify any particular library to receive the paper, but in the absence of any special instruction, we know of many places where GOOD HEALTH would be welcomed.

THE treatment of rheumatism and other rheumatic disorders, which are more prevalent in winter time than during the warmer seasons, usually requires hot baths of one description or another, for the purpose of eliminating uric acid and various waste matters from the body. The Turkish bath makes an excellent treatment for rheumatism, but there is always danger of aggravating the trouble by the necessary exposure that follows the treatment when taken at public bath-rooms; and furthermore, the baths are often expensive, and may consequently be beyond the reach of the poorer classes. Why not have a Turkish bath at home? The Gem Supplies Company furnish an excellent bath cabinet, at a small expense, which is both simple and durable, and easily managed without danger.

A man who has been taking Turkish baths for thirty years writes to the Gem Supply Co.: "I consider your bath and fixtures as near perfect as possible, and quite as efficient as those I have been in the habit of paying 2/6 for."

Another who has been a great sufferer from rheumatism writes: "I have used the cabinet for two months, and am most pleased with it. I have been using it for rheumatism, and have taken a vapour bath every second day since I got it, with

(Continued on page 384.)

Vytalle Oil

GIVES HEALTH.

It is a blend of pure, delicate vegetable oils, and most beneficial in raising the tone of the system.

1/- per bottle of all Health Food Stores.

The Vytalle Oil Co., Ltd., 145 County Terrace St., S.E.



Orange Flower Honey

GIVES STRENGTH.

Specially matured, most delicious—there's no honey as good as this.

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Xmas Time.

ALL MADE WITHOUT ANIMAL FAT.

Delicious Xmas Puddings

Each in white basin and box. 1 lb. size, 1/-; 1 1/2 lb. 1/44; 2 lb. 1/0; 3 lb. 2/6. Sample pudding, 2d; post free, 3d.

Celebrated Mincemeat.

Per jar, 1/2 lb. 5d.; 1 lb. 8d.; 2 lb. 1/3; 3 lb., 1/9; 7 lb. 3/6.

Dainty Mince Pies.

Made with white or brown paste. Will keep fresh like biscuits. Per box of 12 pies, 6d.; Per box of 27 pies, 1/-.

Ask your Stores for them, or sample orders of 5/- value sent carriage paid from—

"PITMAN" HEALTH FOOD CO.,
147 Aston Brook Street, BIRMINGHAM.

Xmas Catalogue of Health Foods, 88 pages, with Diet Guide and "Aids to a Simpler Diet," post free, two stamps.

The Perfected Self-Filling Fountain Pen.

Everyone is interested in the new invention applied to the Bloom's Safety Self-Filling Pen. It has the following advantages:—Fills itself in a moment; Cleans itself instantly; No rubber to perish or other parts to get out of order; Does not leak or blot and always ready to write; Twin feed and all latest improvements. Being convinced everyone should use it.

THE MAKERS CLAIM BLOOM'S SAFETY SELF-FILLING PEN THE BEST PEN MADE.



A Remarkable Offer is Made to the Public for Three Months. The 10/6 Bloom's Safety Self-Filling Pen, with 14 carat gold nib, for 3/6. The 15/- Bloom's Safety Self-Filling Pen, fitted with massive diamond pointed 14 carat gold nib, 5/6. A three years' guarantee with every pen for reliability, and if you are not satisfied, money will be returned or pen exchanged till suited. Points may be had Fine, Medium, Broad, or J, soft or hard. Readers of "Good Health" can have full confidence in the Bloom's Safety Pen. No other pen so simple, reliable, or such pleasure to use. ORDER AT ONCE. Makers:

BLOOM & CO., LTD., 37 Cheapside, London, E.C. Ladies or Gentlemen can be appointed Agents.

In answering advertisements kindly mention "Good Health."

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BEST**

VEGETABLE BUTTER

**For Cakes, Puddings,
Pastries, Pies, etc., IS**

Bax's Coker Butter

(AERATED)

7d. per lb. ; 7 lb., 4/- ; 14 lb., 8/-.

Write for New Xmas List of Dried Fruits, Nuts, Shelled and Unshelled, Dates, Figs, etc., etc. Special terms for free delivery.

We have a world-wide reputation for Choice Cereals, Entire Wheatmeals, Unpolished Rice, Cream Olive Oil, etc., and Unfired Foods.

Only address :

FRED^K BAX & SON, 35 Bishopsgate Street Without,
LONDON, E.C.
ESTABLISHED NEARLY 100 YEARS.

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.**

True satisfaction and happiness in life can only be had by living in simplicity. You should drink
I. CRIPP'S PURE FRUIT COFFEE.

A Delicious Beverage, free from all substances that make ordinary beverages harmful. The best substitute for tea and coffee. Good for the nerves, brain, chest, stomach, and digestion. In airtight boxes, 4 lb. 4s.; 4 lb. 9d.; 1 lb. 1/9, carriage paid. Send for 3d. sample to **I. CRIPP,** 5 Spencer Street, Everton, Liverpool.

Cause and Cure of Consumption

is the title of a new 1/- book by H. Valentine Knaggs, L.R.C.P., etc., which entirely revolutionizes the present theories as to the cause of this dread disease, and explains how it is readily curable in its early stages by means of diet and hygiene. Of booksellers, or post free for 1/2 from **Jarrolds'**, 10 Warwick Lane, London, E.C.

McCLINTON'S

Made from the ash of plants (the way soap was made 100 years ago) and pure vegetable oils only. Free samples on receipt of 2d. to cover postage. **McClinton's, Donaghmore, Ireland.**

"It is
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Soap"—vide
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SOAPS.

"Mildest
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World."

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**YOU WILL
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Plum Puddings.

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Muscatsels.

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Walnuts.

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Pine Kernels.

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**We have all of
the above of the**

Very Finest

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XMAS
LIST**

NOW READY.

(Free by post.)

**SAVOY
HEALTH FOOD
STORES,**

7 Exchange Wall,
NOTTINGHAM.

(Continued from page 382.)

the result that after two years of intense suffering I am now practically well."

The Cabinet, with complete apparatus, can be obtained from the Gem Supplies Company, 22 Peartree Street, Goswell Road, E.C., for the small sum of 30/-. A post card addressed to the company will bring further particulars of the cabinet, and also of their pure water still, and other specialities.

DR. GEORGE BLACK, of Torquay, has been making some interesting investigations concerning the valuable medicinal salts which may be obtained from various vegetables. At his suggestion, and following his instructions, the Pitman Health Food Co., of Birmingham, have prepared a variety of these salts, and placed them on the market under the name of Vegsal. More recently they have started making Vegsal soups, and now furnish twelve varieties of the same, half of which are uric-acid-free. The soups are desiccated and concentrated, and consequently suitable for making not only nourishing and wholesome soups, but also various gravies, sauces, hashes, and other savoury dishes. The soups are most delicious, and can be prepared in three minutes' time, a great desideratum. The soup powder is put up in 2 oz. lever-top tins, which sell at 3d. each. A one-dozen assorted box of these is sent carriage paid for 3/6; address as above.

The editor of GOOD HEALTH, Dr. A. B. Olsen, will deliver the following addresses in December:—

"How to Become a Vegetarian," before the Scottish Health Society, at the Christian Institute, 70 Bothwell St., Glasgow, Tuesday, December 14th, at 7.30 p.m.

"How to Live Cheaply and Well," before the Glasgow Health Culture Society, in the High School Lecture Hall, 71 Holland St. (off Sauchiehall St.), Wednesday, December 15th, at 8 p.m.

"How to Live Cheaply and Well," before the Edinburgh Health League, at the Cafe Vegetaria, 3 Nicolson St., Thursday, December 16th, at 7.30 p.m.

All local readers of GOOD HEALTH are cordially invited to attend these meetings; seats free.

Glasgow Health Culture Society.

LECTURES:—

December 1st: "The Care of the Nose and Throat." With limelight illustrations. Dr. James Kerr Love.

December 15th: "How to Live Cheaply and Well." With diagrams, etc. Dr. Alfred B. Olsen, Caterham Sanitarium.

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

RAMBLES:—

December 4th: Roman Road. Meet at Bishopbriggs 3.30 p.m.

December 18th: Darnley Glen. Meet at Pollokshaws, W. 3.30.

December 25th: Christmas Day ramble. Deil's Craig Dam. Train from Queen St. L.L. 10.20 a.m. to Milngavie. Returning from Milngavie about 4 p.m. Christmas dinner and party at Stuart Cranstons, 28 Buchanan Street, at 6.30 p.m. Tickets, 1/6 each (ladies or gentlemen) will be on sale December 1st. Special programme of music and games.

A copy of our winter 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.

The Birmingham Natural Health Society.

MEMBERS of the Good Health League and all interested are cordially invited to the following meetings:—

December 1st: Lecture, "The Health-Seeker's Daily Programme." Mr. W. M. Scott (of Leicester).

December 15th: Discussion, "How to Keep in Health."

Full particulars of the Society may be obtained on application to the Hon. Secretary, Mr. J. Belling, 103 Vivian Road, Harborne; Mr. A. J. Morris, 28 Freeman Street, Birmingham.

The
**Good
Health
Adjustable
Bodice.**



**A Splendid
Substitute
for the
Conventional
Corset.**

It gives the body all the necessary support without harmful pressure, thus affording to its wearers . . .

**Solid
Comfort
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There are no stays to break, and the price is reasonable.

For descriptive circular and prices write to

**GOOD HEALTH
SUPPLY DEPT.,
Stanborough Park,
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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.

DELICATE AND GROWING CHILDREN SHOULD HAVE THIS NOURISHING AND HEALTH — GIVING DIET DAILY FOR BREAKFAST.

Quickly and easily made

Sold in 1/3 tins by Chemists & Grocers. On receipt of two penny stamps a sample will be sent by the Manufacturers, JOSIAH R. NEAVE & CO., Fordingbridge, via Salisbury.

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.

TWO NOURISHING BREAKFAST FOODS

I.H.A. Avenola is a perfectly cooked cereal food. It is made from the finest cereals, scientifically combined. The prolonged cooking to which these grains are subjected in the process of manufacture renders the starchy portion very easy of digestion. It is a natural food, suitable alike for the athlete and the weakly child, for the ailing and the strong. In 1 lb. canisters, 7d.

I.H.A. Gluten is an invaluable food preparation, admirably adapted for general use. By a costly and laborious process the starch is washed out of the wheat, and the gluten thus obtained is then combined with a very fine dextrinized wheat flour. It builds and sustains the brain, nerves, glands, muscles, and all other highly vitalized tissues of the body.

In 1 lb. packets, 30 per cent strength, 10d.; 60 per cent strength, 1/8.

For sale at all leading grocers and Health Food Stores.
Liberal samples sent post free on receipt of 2d. in stamps.

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

In answering advertisements kindly mention "Good Health."

PRIZES FOR RECIPES.

We offer to readers of this magazine a prize for the best original recipe received before December 31st. The recipe may be for a pudding, cake, biscuit, or any sweet dish.

"Artox" Wholemeal

must be the principal ingredient, and each competitor must send a sample of the goods made from the recipe. The prize will be

A Handsome Bread Plate and Knife and 14 lb. bag of "Artox."

We will also send a 14 lb. bag of wholemeal to the sender of any recipe we think worth printing. Every competitor should have a copy of our booklet,

"GRAINS OF COMMON SENSE,"

sent post free on application, so that they may see what recipes we already have and send us something different.

"Artox" makes everything better. Have you tried
"ARTOX" SCONES?

2 lb. "Artox," 1 lb. butter, 5 oz. sugar, 1 oz. cream of tartar, pinch of carbonate of soda, 2 eggs, milk. Put salt, soda, and cream of tartar into wholemeal, rub in butter, stir the eggs (well beaten) and enough milk to make stiff paste. Divide mixture into five, roll each piece out the size of cheese plate, divide twice across, place on greased tin for ten minutes, bake in a hot oven.

"ARTOX" is not sold loose, but only in 3 lb. 7 lb. and 14 lb. sealed linen bags, or 25 lb. will be sent direct, carriage free, for 5/-.

APPLEYARDS, LTD., (Dept. C) Ickles Mills, Rotherham.

LOOK OUT FOR NEXT MONTH'S RECIPE.



ROSTREVOR HILLS HYDRO.

ONE of the most charming locations in Ireland, 400 feet above Carlingford Lough. Near Rostrevor and Warrenpoint, famous seaside resorts. Protected on the north and east by the Mourne Mountains. Sea and mountain air. 130 acres of wooded park and mountain.

Baths in Great Variety,
Massage, * Physical Culture Drill,
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Mountain-Climbing, * Quiet Rest,
Medical Care, * Skilled Nursing.

Send for prospectus to—

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Increase Life's Comfort and Usefulness.

HOW? BY GETTING RID OF LIFE'S "DRAGS,"

Those Aches, Pains, and Minor
Ailments, and also by Learning

How to Keep Well *and* Fit.

Our facilities for the rational and up-to-date treatment of Rheumatism, Sciatica, Neuralgia, Lumbago, and kindred Uric-Acid Diseases; Neurasthenia, Dyspepsia, and many Stomach, Liver, Kidney, and Intestinal Disorders, *tc., etc.*, are unique, and include High Frequency, Faradization and Galvanism, Russian, Hydro-Electric, Nauchim, Acid, and Sulphur Baths, while the Electric Light Bath is of the latest pattern. Massage, Medical Gymnastics, and Carefully-Regulated Diet is a special feature of the Sanitarium System.

**Instruction in Cookery. Guidance in Diet, etc. Pleasant
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