

# Good Health

Organ of the Good Health League

*The Magazine  
That Keeps  
People Well.*



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APRIL 1930



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OFFICE EDITOR: W. L. EMMERSON

## YOUR NEED FOR HEALTH

When one considers the symptoms of which people complain and the ills from which they suffer, it is really surprising to notice how many of these arise from the same source. In fact, it seems there are a few common points on which most people err in regard to health.

In almost every case of ill-health, the trouble is connected either directly or indirectly with diet. Now a faulty diet is usually due to one of two causes, namely, either eating or drinking those things which are harmful, or failing to take those things which the body requires. Under the first heading we have such things as flesh-foods; rich foods such as pastry and spicy preparations; tea, coffee, and alcohol. Over-eating, especially of protein and heavy, clogging foods, is also common and very harmful.

Under the second heading, we find that the diet of most people is lacking in fruit, vegetables, wholemeal bread, fresh salads, and water. Vegetables, although eaten by many people, are of little value because they are so often badly cooked. They should preferably be steamed, but if boiled the

water in which they are cooked should be used instead of being thrown away. In this way the valuable salts which they contain are not lost.

A common complaint, which is the result of the above errors, is bowel inactivity. This is an exceedingly common symptom to-day. Briefly summarized the causes are too concentrated a diet, insufficient fruit and vegetables, white bread, lack of water, little or no out-door exercise, and neglect of bowel hygiene.

By these remarks it will be seen how easily the balance of health may be readjusted. Indeed, it seems nothing short of a tragedy that so much sickness, suffering, and death are endured which by a little knowledge and care could so easily be avoided.

As the question of diet seems to present such an important problem to readers, we intend, in order to assist them in this matter, to devote this page for a while to the consideration of what to eat for health and strength. Next month we hope to consider the question of foods for breakfast, or how to begin the day.

D.A.R.A.





© Topical

THE town looked even more dull and dreary than ever. Although the winter frosts were well past now, there was a faint nip in the air.

I was setting out with the intention of finding whether spring had really come, so that I could be the first to bring the news to the town-dwellers. Out of the town and along a switch-backed road, I caught sight of suspicions of green along the hedgerow. Did that justify my announcing the coming of spring? I told myself that it didn't. I should have to find further evidence.

A little turning from the main road was ankle-deep in rich, brown mud. I scrambled along the firm turf by the side of the hedge. The green shoots from the hedgerow were certainly a little less timid than those on the main road, but still I was not satisfied.

The mud eventually gave way to a narrow cinder track. I fell into a regular stride, and took a deep breath. There was a quaint smell of freshness in the air—not the dank smell of decaying leaves I had detected on a previous ramble on that route. It was rather a smell of greenery and genuine spring freshness.



"The Vagabond"

# In Search of SPRING

By "THE VAGABOND"

A narrow stile held me up for a moment, and when I had squeezed through, I made my way across the fields to the edge of the woods. I peered through the dense trees to see if I could make an entrance through a clearing. At last I found one at a spot where the wood-cutter's axe had taken its toll.

Dodging between bulky oaks and tall elms, which seemed almost as obstinate as human beings for getting in the way, I at last struck the path. A faint chirping broke forth from a straggling bush. I designated it as a hedge sparrow. A faint scurrying sound came from a nearby tree. Glancing up quickly I was just in time to see the bushy tail of a disappearing squirrel. Here was evidence indeed.

The woods grew lighter, and I knew instinctively that I was nearing the common. The long stretch of moorland had a bleak appearance, yet it appeared more mellow and soft than it had been on a ramble over the same route a few weeks before. I decided to stick to the path. It was growing dusk, and I had had previous experience of off-the-beaten-track rambling on the moorlands.

A faint whistling sound brought me to earth. Looking in the direction from which it came, I saw a pair of pantaloons sticking out of the hedge with two match-stick legs underneath. The figure must have heard my footsteps, for it scrambled out of the hedge, and a very red and flustered face grinned up at me. Surely not bird's nesting already, I thought. I grinned back at the young lad, and his face lost its guilty expression. "Oh, mister," he began haltingly, "it's such a whopper. I guess I've never seen a bigger 'un be-

fore."

He pointed significantly at a dark patch underneath the hedge.

I went over to the spot and saw a hedgehog curled up with its spikes erect. It looked as



big as a full-grown cat. "I jest seed him scurry along the path—" the youngster told me.

"Then you chased it," I went on.

"Yus, mister, but I didn't touch it. It curled up like that—" the lad stretched out a hand and touched one of the spikes. He brought his hand back with a little yelp.

"I guess it's one of the first to wake up—after the winter sleep," he piped. "I didn't know they woke up so early."

My young friend eventually got over his wonderment, and decided that he was going in the same direction as myself. He trotted along by

my side for about two miles, prattling merrily all the time. In about twenty minutes I had heard all his wonderful achievements. I learnt how he could get more milk out of the cows at the farm than his sister could, how he could ride a mule, and manage the threshing machine. Altogether he seemed most keen to impress me with his capabilities.

At last I said good-bye to him, and turned my steps in the direction of home. The sun had decided to come from behind the clouds before it disappeared behind the sky-line. I took quick steps. Yes, spring had really come. I should be first with the news.

SLEEP is absolutely essential to life and vigour, and lack of sleep lowers vitality perhaps quicker than anything else. Everyone therefore is interested in how to sleep well.

It is a mistake to drink tea or coffee at any time but especially so immediately before retiring, for both these beverages are stimulants and tend to wakefulness instead of slumber. The same applies to soups made from meat extracts or other rich ingredients. Cocoa made with half milk and half water, or one of the proprietary health drinks, will be found beneficial. If hot milk alone is taken a little water should be added in case the curd is too heavy for the digestive organs.

#### *Keep Warm*

It is well to remember that warmth is conducive to sleep. Never go to bed feeling chilly, or you may lie awake half the night. Avoid the nerves of the spine becoming cold by placing a hot bottle at the nape of the neck or in the small of the back. Always tuck in the bed-clothes round the shoulders to prevent any draughts blowing across them.

Another point to remember is always to keep the feet warm in bed. Sleeping socks are a great

## Sleep Well

*By Muriel Julian*



boon to sufferers from cold feet in spite of the fact that many people consider them "old-maidish."

Never go to bed hungry, but on the other hand don't eat a good hearty supper just before retiring. If you are troubled with wakefulness you may have a tin of biscuits on the bedside table. Eating one or two will sometimes induce sleep, but this should be regarded as a temporary expedient, not as a desirable habit.

#### *The Open Window*

Keep your bedroom thoroughly well ventilated. Nothing is worse for the health than to sleep in a stuffy atmosphere. Avoid draughts by all means, but unless it is a very foggy or wet night have the window well open. If you have not been used to sleeping with the window wide open raise the sash or open the casement an inch or two more each night to acclimatize yourself gradually to it. Good, fresh air never killed anybody.

One more point, the soundest health-giving sleep is to be had before midnight, not after. See that you get it whenever possible.

♦ ♦ ♦  
"NEXT to human friendship for inspiration is the friendship of great thoughts."



# Dodging the Dentist's Drill



*A lesson on the care of the teeth.*

© Topical

## How Diet Helps to Preserve the Teeth

By NURSE  
NINA M. MUNSON

waste from the teeth. When this nourishment is deficient, the teeth do not receive what they need to keep them in health. The result becomes

evident in decay of the tooth substance, in various gum disorders, or both.

### *Vitamins and Teeth*

An extensive study by a Chicago doctor of more than one hundred and sixty persons suffering from pyorrhœa, tooth decay, or some gum disorder revealed in each instance that vitamin C was deficient in the diet. As soon as the diet was changed to one containing vitamin C, improvement was noted. Arrested tooth decay, firm gums, and healing and curing of bleeding gums were the result, and many cases of pyorrhœa were cured.

A diet rich in vitamin C may be obtained from the generous and daily use of oranges, lemons, tomatoes, peas, grapefruit, cabbage, potatoes, spinach and other green leafy vegetables, bananas, sprouted grains, and milk, when green pasturage is afforded the cows. Since vitamin C may be destroyed by heat during the process of cooking, these articles of diet should, as far as possible, be used in their raw state. The vitamin C in tomatoes is little affected by heat; therefore, when the fresh tomatoes cannot be procured, the tinned product will supply this vitamin.

It has often been said, and written, that "a clean tooth never decays." Then why do so many of us, after vigorous and faithful compliance with the rules of oral hygiene, continue to sit long hours in the dentist's chair while he drills out decay or fits in artificial teeth? The reason has been discovered through recent research by scientists, whose studies show that brushing the teeth is only one factor in preventing tooth decay.

The teeth are formed and kept healthy by the foods taken into the body, not from the paste or powder that may be rubbed on the enamel. Brushing the teeth alone might be compared to giving a house a coat of paint to keep it shining on the outside, in an attempt to save it from inside wear and tear. We can keep our teeth shining on the outside by daily brushings, but perhaps they will continue to decay if we neglect the other factor, that of supplying the necessary material to keep the inside in good repair.

The teeth are supplied with little blood-vessels as well as with the nerves, of which we become painfully aware during an attack of toothache. Just as the blood-vessels carry nourishment to and waste from organs and tissues in other parts of the body, they must carry nourishment to and



### *Importance of Calcium*

Another of the leading authorities on dentistry to-day has pointed an accusing finger at an insufficient supply of lime, or calcium, as the cause of pyorrhœa. In his laboratory he also found that the tartar which collects on the teeth is due, not to mouth secretions, but to a lack of lime in the diet.

Calcium, or lime, is present in fruits, vegetables, molasses, yolks of eggs, and whole-grain cereals, but its richest source is milk. Concerning the value of milk as a source of calcium and the amount (one quart daily) needed for each child to insure calcium storage in the body, a reliable book on nutrition states: "To substitute vegetables for all of the milk would be practically impossible, even if their calcium could be as well utilized, since about four pounds of such as are relatively high in calcium would be required, and no child could eat so much in a day." It has been estimated that one pint of milk will meet the daily calcium requirement for adults, in addition, of course, to other foods.

### *Prevention Better than Cure*

Those articles of food added to the diet in

greater amounts for the cure of dental troubles can, of course, be added to the diet of those who apparently have healthy teeth and gums as a means of preventing disease and decay. "An ounce of prevention" is worth a world of after work. The diet of young children in particular should be rich in calcium and vitamin C. Orange and tomato juice can be given to the child in the very early weeks of life, beginning with a very small amount and increasing as the little one becomes accustomed to it and as he grows older. Though the mother nurses her child, the needed supply of bone-building material will be lacking unless her diet contains in abundance the foods which furnish this material. Many a mother has sacrificed from one to a whole set of teeth, basing the calmness with which she accepts this misfortune upon the adage, "A tooth for every child." But she has lost her teeth because the demand made upon her system for lime during the formation of a new life was greater than the supply. Her diet was deficient in bone-building elements; therefore her teeth were called upon to help meet the shortage.

*(Continued on page 14.)*



*These happy souls do not intend to have bad teeth.*

© Fox Photos



# Eating for Health

By RONALD LEISK

Associate of the London School of Natural Therapeutics

THE question of diet is of primary importance whether considered as a system of treatment for restoring health or as a method of *preserving* health, and it is regrettable that most people wait until they are ill before exercising any thought in this direction. After all, the rules for healthy eating are comparatively few and simple, and even the busy man or woman should be able to give the necessary care and time in an effort to help Nature as much as possible.

A great deal could be written as to what should be eaten, but in this article we shall mainly concern ourselves with *when* and *how* to eat. It should be realized that the benefits of the best of diets may be seriously counteracted by the taking of good food incorrectly or at inopportune times.

## *Eating Too Quickly*

The most common error is probably that of eating too fast, which implies insufficient mastication. All foods should remain sufficiently long in the mouth to be thoroughly chewed, because this is an essential stage of the digestive process. In the mouth the food is divided up into fine particles which should be well mixed with the saliva. This saliva contains an important ferment known as ptyalin which effects the first stages of digestion.

Quite apart from this consideration there is the fact that only by eating slowly can the full flavour of the food be enjoyed.

The average time that should be devoted to a meal is half an hour, but naturally this depends greatly on the nature and quantity of food taken. The people who are most prone to commit the error of eating too quickly are nervous people and hard workers. If only these hustlers would eat more deliberately they would find their health improved and their powers of self-control greater.



© Anne Shriber

One of the commonest of dietetic errors—hasty snacks.

## *Late Meals*

Another common error is to have meals late in the evening. Generally, it is inadvisable to eat anything within three hours of retiring for the night. The "night-cap" should consist of an appropriate health drink. Never go to bed on a full stomach. In practice it is occasionally necessary to have the last meal of the day later than three hours before retiring, but just try to avoid doing so when possible. The best time for the evening meal is about half-past six or seven o'clock.

## *Avoid Over-Eating*

It is impossible to lay down hard and fast rules as to the quantity of food that should be eaten by any one person. There are many factors to take into consideration, such as age, constitution, occupation, climate, and so forth. Eat sufficient to be satisfied, but complete the meal at that stage when you could eat just a little more.

Three meals per day at intervals of about five hours is recommended, and are sufficient for anybody. It is a popular mistake to squeeze in a fourth meal—a "high" or "sit-up" tea, which usually consists of jam and starchy foods, such as bread and cake. This meal is generally taken while the mid-day meal is only partially digested, and is washed down with gulps of hot tea. There is no need to pass any comment upon this



bad habit, as the readers of GOOD HEALTH must be fully aware of its harmfulness.

### *Drinks with Meals*

Liquids of any kind should never be taken just before, during, or immediately after meals. This is a rule that should be rigidly adhered to, even by people who so far have nothing to complain of in the matter of health. It is impossible to persist in the habit of after-dinner tea, and retain anything like normal powers of digestion. Drinks should be taken one hour before or three hours after meals. It is not difficult to break away from drinking at meal times if a glassful of water has been taken one hour before the meal. Taking drinks with, or just after meals, is one cause of that drowsy, heavy feeling in the early part of the afternoon.

### *Eating Too Little*

It may be worth while mentioning a dietetic error that is rarely found, but which nevertheless the practitioner does occasionally come across, especially among young women—that is, eating too little. By all means eat moderately as to quantity, but be satisfied and do not let any silly fad deter the body from having sufficient nourishment to repair and restore the tissues, cleanse the cells, and stimulate action of the colon. Remember that it is possible to go on a sensible “slimming” diet, and yet eat wisely. The trouble is that in most efforts to keep slim food values are totally ignored and everything is sacrificed at the shrine of vanity.

### *Be Cheerful at Meal Times*

The next hint concerning the science of eating (for it is a science and an art as well) is one not commonly appreciated—cultivate a cheerful mind at meal times. Mental stress and harmful emotions such as depression, anxiety, or anger, affect the secretions that are essential for digestion and also diminish the peristaltic action of the bowels, thereby encouraging constipation. The enjoyment of a meal increases the quality and

quantity of the digestive juices, while unfavourable emotions have a contrary effect.

While on this subject it may be well to point out the inadvisability of eating when over-tired, or when in physical pain. It is a physiological fact, although not to be unduly stressed, that it is not wise to eat when the hands and feet are cold.

### *Snacks Between Meals*

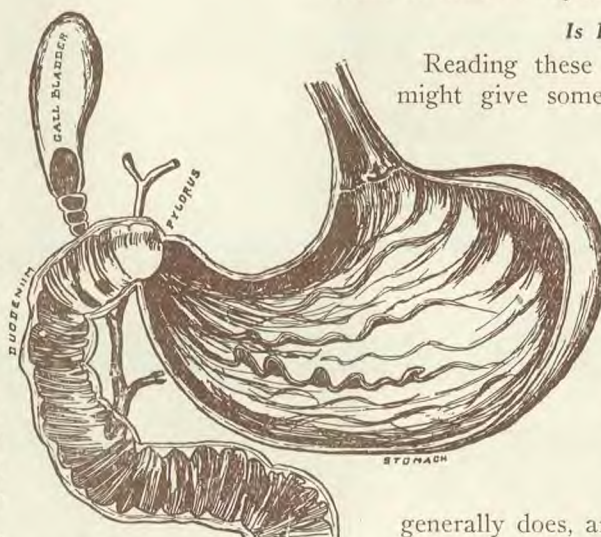
No food should be taken between meals, but water or diluted fruit juices are permissible. The reason for this is that the stomach, like all the muscles of the body, needs periods of rest and relaxation. It is surprising what little rest the majority of people allow their stomach, and this fault is generally found with persons who are particularly fussy as to not overworking the brain or muscular system.

### *Is It Worth It?*

Reading these rules for the first time might give some readers the impression that eating for health is a terribly forbidding task and cause them to say, “Oh, bother, is it worth it?” This is unreasonable. It is worth going to a little trouble to maintain health, as those who have once lost it know. As a result of habitually breaking any of the rules mentioned above there may, and

generally does, arise digestive disturbances which encourage the king of diseases—constipation. The ground is then fertile for the planting of practically any disease known to man.

It may be confidently stated that adherence to rational, healthy habits of eating will cause no discomfort whatever, and even if the breaking of a life-long habit is involved, this will not be found so formidable as one would think. It is surprising what can be accomplished with the aid of a little will-power and perseverance.



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*Applying a new beauty treatment, said to improve the condition of the skin. Treatment from inside would be better.*

BEFORE it was known that malaria is caused by a blood parasite implanted by a mosquito bite, the disease was variously attributed to bad air ("malaria," "miasma"), to bad water, to "night air," and what not—all of them poor guesses, for who could have ever guessed the real cause? Until the infected mosquito was caught red-handed (or red-billed), the guesses were both numerous and fantastic.

So it was with acne. It has been attributed to puberty, to chlorosis, or anæmia, to digestive and pelvic disturbances, to malnutrition, to rapid growth, to the use of sweets, tea, and coffee, and to other dietary errors, to emotional states, and to certain local conditions, such as uncleanness, the use of too little soap, the use of caustics. It has also been conjectured that acne may be due to diseases of the nose and tonsils, and to unhealthy mouth conditions, pyorrhœa, etc.

And the measures suggested for treatment have been about as varied, including daily cold sponge bath, keeping the feet warm, observing regular hours, avoidance of indigestible and fermentable foods, pastry, condiments, sugar,

# ABOUT PIMPLES

MEDICALLY KNOWN AS ACNE

By G. H. HEALD, M.D.

cheese, etc. It is admitted by those who advocate these various measures that the treatment of acne is tedious, and sometimes it seems as if advancing age is the only cure.

## A Germ Disease

Recently the tendency has been to attribute the disorder to germ action. We are told that it is due to the presence of a germ known as the acne bacillus, which thrives in an oily skin. That is, according to this idea, acne is a contagious skin infection, and any young person with an oily skin is susceptible, and on exposure to another who has acne, may acquire it. An elderly person, with parchment-like skin, is not eligible for membership in the acne club, so the presence of acne is rather a compliment to the patient's young skin. There is another comfort; the disease is self-limiting, and even if not cured by treatment, it will eventually leave, as the skin loses its oil.

On the face, acne shows first in the form of "blackheads," each blackhead consisting of a colony of acne bacilli, which have been surrounded by dried epithelium or skin cells, to wall them in and protect the body. If there is further infection by pus germs, the blackheads become pimples, or perhaps pustules. The scarring which occurs in connection with acne is caused by the patient's picking or squeezing the pustules.

Modern research leads to the belief that without the exposure of an oily skin to the acne bacilli, there will be no acne. That does not mean that some of the supposed causes already mentioned do not have an influence. Puberty contributes by furnishing the right skin conditions, and possibly certain dietary errors help to increase susceptibility. Having in mind the fact that the acne bacillus thrives best in an oily skin,



it is not hard to understand why treatment that removes fat from the skin, especially from the sebaceous glands, will be useful as a curative measure.

#### *Sulphur Treatment*

An old method, but a good one, which has the endorsement of a prominent British physician, is to wash the face often with soap and hot water. He advises that the face be soaped every evening, for two or three minutes by the watch, using a face towel or a shaving brush. After the lathered face has been washed with hot water, a sulphur lotion should be applied by means of a piece of absorbent cotton and allowed to dry on.

#### *Sulphur Lotion*

|                                   |         |
|-----------------------------------|---------|
| Precipitated sulphur              | 4 drams |
| Glycerine                         | 2 drams |
| Tincture quillaia                 | 4 drams |
| Distilled water to make 6 ounces. |         |

If this treatment causes the skin to get sore, it should be omitted for a few evenings, and glycerine and starch should be applied instead at bedtime. For soaping, either ordinary toilet soap or sulphur soap may be used.

Pustules should be opened with a wood tooth-

pick dipped in tincture of iodine, before using the soap and the sulphur lotion. Where there are many pustules, it is better to use a sulphur paste at bedtime instead of a lotion.

#### *Sulphur Paste*

|                             |           |
|-----------------------------|-----------|
| Sulphur                     | 15 grains |
| Resorcin                    | 10 grains |
| Powdered starch             | 3 drams   |
| Petrolatum to make 1 ounce. |           |

If there is seborrhœa (dandruff) with greasy scales in the hair, it ought to be treated at the same time, for otherwise the face would be constantly reinfected by the falling scales, for seborrhœa is caused by the acne bacillus, it is said. Shampoo the head once a week with the following spirit soap :

#### *Spirit Soap*

|                                   |           |
|-----------------------------------|-----------|
| Green soap                        | 3 ounces  |
| Rectified spirits                 | 1½ ounces |
| Spirit lavender                   | 6 drams   |
| Distilled water to make 6 ounces. |           |

These preparations will be mixed by any chemist.

Wet the head with warm water, and lather with toilet soap. Then pour a few teaspoonfuls of the spirit soap on the scalp. Lather for several minutes, and wash with clear water.

(Continued on page 18.)

# *Joyously Healthy*

**A** ALWAYS a picture of health—with glowing cheeks and happy laughing eyes—fathers and mothers delight to see their children brimming over with such life and energy.

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# How to Treat Fevers

## III.—Keeping the Temperature Down—The Patient

*By D. A. R. Aufranc, M.R.C.S.,*

WITH the majority of fevers such as, for example, chickenpox, measles, and scarlet fever, there is nothing known which will cure the disease or even cut short the attack. In the case of diphtheria, an anti-toxin has been produced which, if injected early, will render the attack less severe. In most fevers, therefore, treatment is mostly concerned with keeping the temperature down if necessary, feeding the patient on a suitable diet, attending to his general needs and comfort, and preventing complications.

### *Reducing Temperature*

With regard to temperature, it is not usually necessary to employ means to reduce this unless it rises to 103 deg. or 104 deg. F. The patient's symptoms should be watched as well as the temperature, and if there is much restlessness, sleeplessness, or delirium with dryness of the skin, it may be wise to endeavour to bring down the temperature somewhat. Drugs may be used for this purpose, but hydrotherapy is much to be preferred. There are

three principal methods: sponging, baths, and the wet sheet pack.

Sponging is very useful, as it is very easy to carry out. The patient should be placed in a blanket and sponged with tepid or cool water, only one part such as the arms, trunk, or legs being exposed and treated at a time. About five minutes may be devoted to each part. At the end of the bath, the patient should be left for half an hour between blankets before being put back again between sheets. Sponging is especially useful in cases where the fever is not very high.

In the wet pack, the patient is placed in a sheet wrung out of water and laid between two blankets. After fifteen to thirty minutes, he is removed from the sheet and quickly but lightly dried with a towel. This done, he is placed between warm blankets.

Treatment by baths is both more risky for the patient and more difficult to carry out at home. In the ordinary way, the patient is immersed up to his neck, in the recumbent position, in the bath for from five to twenty minutes. Such treatment may be repeated every two, three, or four hours. In severe cases, the patient may remain in the bath for several

days or even weeks. The graduated bath is a variation of this form of treatment. In this, the patient is immersed in water three or four degrees below his temperature. Cold water is then added to lower



*Administering a wet sheet pack.*



## Diet

(Lond.), L.D.S., R.C.S. (Eng.)

the temperature 1 degree every four minutes until 85 deg. to 80 deg. is reached. The temperature for any of the above forms of treatment varies according to the weather. As a general rule, water for baths should be at about 80 deg. to 85 deg. Water for the wet sheet pack should be at a temperature of 75 deg. to 80 deg. For sponging, the temperature may be as low as 70 deg. or 65 deg. Cold applications are not well borne by children and the aged or those with feeble circulation.

### *Dangers in Treatment*

Other useful measures of reducing temperature are the application of cold compresses to the abdomen, chest, and head, drinking ice water or sucking ice, and the cool enema. The latter is a most useful measure, often succeeding where other measures have failed. A large quantity of water should be used and introduced very slowly. To be successful, the enema must be retained for half an hour. For the severe headaches, so common in fevers, the continuous application of cold to the head is the best measure.

Water treatment, although apparently so simple, needs to be carried out correctly to be efficacious. Wrongly applied, water may do more harm than good. Here are a few important points to remember. Cold is only indicated when the surface of the body is dry and hot. It should never be applied when the skin is already cold or when there is perspiration. Chilly sensations indicate that cold should be applied with great care, if at all. When the surface is cold, hot applications, such as fomentations or the hot pack, are usually indicated. When the body is perspiring freely, a tepid sponge is very good. In all cases, great care should be taken to see that the patient does not contract a chill.

### *What to Drink*

Patients with fever should be allowed to drink freely of cold water to satisfy the thirst which is always present. This helps to reduce the fever and wash away waste matter. At least half a



*Headaches associated with fevers are relieved by continuous cold applications to the head.*

glassful should be taken every hour. Should any unpleasant symptoms develop due to drinking too much cold liquid, a hot fomentation over the stomach will usually put matters right.

The best drink it is possible to use in cases of fever is weak lemonade, slightly sweetened. The juices of other fruits such as oranges, grapes, currants, apples, etc., may be used in the same way. Barley water also is an excellent drink.

Other useful drinks are gruel, oatmeal-water, rice-water, and nutrient lemonade. Gruel is made by mixing a dessertspoonful of oatmeal into a thin cream with water and stirring into ten ounces of nearly boiling water. Boil gently for fifteen minutes, stirring frequently. To make rice-water, take one ounce of the best rice which has been well washed, and steep it in warm water for two or three hours. The whole should then be boiled slowly for an hour and carefully strained. Nutrient lemonade is made by adding to a pint of boiling water the thin, yellow peel and juice of two lemons. When half cold, stir in the whites of two eggs and strain. Sugar may be added to taste.

Milk is sometimes made the chief article of diet, but this is not always advisable, as it may not agree, especially if the stomach is dilated. It should be given diluted with an equal quantity or more of water, barley water, or lime water. It may also be flavoured with a dash of cocoa, etc., to avoid monotony. Peptonized milk and whey are useful in some cases.

### *What to Eat*

Besides drinks, fruits or mixtures of the more digestible fruits may be given freely. The pa-



tient's appetite is usually very fickle, but such things as soups, blanchmange, custards, and jellies, made with water or milk will most likely appeal. During a fever the patient needs food which will supply nourishment without taxing the digestive organs. For this purpose it is difficult to find anything better than grape juice.

Broths, beeftea, and all forms of meat preparations, although so frequently given in fever cases, are not good. They contain large amounts of poisonous matter from animals which, when added to those already present in the body of the sufferer, make his condition worse. It is this poison which stimulates and gives rise to the impression that good is being done. Such preparations, however, supply little or no energy, serving only to whip up already over-taxed organs, and their use is now condemned by most modern physicians. The same remarks apply to the use of alcohol.

In all cases where a person has to remain for a long time in bed, bedsores may develop. To avoid this, he should not be allowed to lie too long in one position. The skin over any bony prominences should be rubbed three times a day with equal parts of methylated spirit and water and dusted with a powder consisting of boric acid, zinc oxide, and starch in equal parts. Water rings, pillows, and beds are useful.

The actual treatment with regard to drugs, stimulants, and that during the period when the patient is in the crisis of the disease must be left in the hands of the physician.

The above suggestions apply to the treatment of all fevers. In future articles we shall deal with special treatment necessary for particular types of fever.

(Next Time: "Measles and German Measles.")



## Dodging the Dentist's Drill

(Continued from page 7.)

A further observation made is that not only does one find better tooth health when one's diet contains sufficient vitamin C, but the general health is improved; one does not suffer from fatigue so readily, and the body is in a better condition to resist infections.

We should continue the use of the toothbrush, for it plays an important part in oral hygiene, but we should not expect that which is far beyond its ability. Though soap and water used externally are an important aid in keeping our

bodies well and strong we would not expect this external treatment to be the sole source of health.

### *The Better Way*

During the past few months there has been a number of magazine articles on the important place of diet in the development of the teeth and the prevention of tooth and gum disorders. But in reading them do we check by them our own diet and the diet of those for whom we are responsible? Surely few discoveries by scientists in the field of disease offer as pleasant and natural a method of cure and prevention. For who would prefer the buzz and impetuous darts of a dentist's drill to a diet of health-giving vegetables and fruits, including orange juice and one pint of milk a day?



## Here Comes the Spring!

HERE comes the Spring! And with it a keen desire to be clean, clean, clean! How mercifully the sunshine shows up the dirt—the dust and grime and general dinginess that did not "hit you in the eye" in the grey light of winter days.

But it was there all the same, and with it the dangerous germs of disease with which dust and dirt are closely associated. So the housewife's task is not only a course of "beauty treatment" for the home, but a vigorous onslaught on the hordes of enemies to health that have taken up their unwelcome abode in her household.

That is not to condemn the housewife as a slattern! Oh, dear no—by no means. But the brighter days and milder weather, the disappearance of fogs and clinging moisture of winter, make a thorough cleansing of all nooks and corners desirable and more easily accomplished. With windows open, and fresh air streaming in, all clutter and accumulated goods—together with the normal contents of rooms, including cupboards and bureaux, chests of drawers and kitchen shelves—may be turned out. Then the purifying and cleansing agent, soap and water and elbow grease, can be used vigorously, every nook and cranny scrubbed, washed, dried, and aired, before re-arrangement of their contents.

Space, orderliness, comfort, beauty, cleanliness! The very thought spurs on the good housewife to plan the great spring offensive. Cleanliness is next to godliness—it is the first law of health!—*Health and Cleanliness Council.*



# What About Onions?

By NURSE E. CROOKS

THE onion belongs to a class of foods containing an acrid oil of a strongly irritating character, on which account it cannot be considered a wholesome food when eaten raw. The essential oil is, however, quite volatile, so that when cooked its irritating properties are largely removed. The varieties grown in warm climates are much milder and sweeter than those grown in colder countries.

The onion is not high in nutritive value, but it contains a considerable proportion of mineral salts so essential to health and it is very valuable for flavouring purposes. When combined with other foods it considerably enhances their taste. The following are some tasty onion dishes:

## Stuffed Onions

*Ingredients.*—Four even-sized Spanish onions, 1 cup stale white crumbs, 1 dessertspoonful melted butter, 1 beaten egg with a little milk, pinch of mixed herbs and salt.

*Method.*—Peel, wash, and steam the onions until partly tender. Remove from pan and allow to cool sufficiently to handle. Take out the centres and fill with a mixture composed of the bread-crumbs, butter, eggs, milk, chopped onion centres, herbs, and salt. When stuffed place on a well-greased pan, brush over with cooking butter, and bake in a hot oven until evenly browned. Serve hot with a choice gravy.

## Buttered Onions

*Ingredients.*—One pound onions, cooking fat, salt.

*Method.*—Peel and wash one pound of onions for two people. Cut into very thin slices. Place in a deep, well-greased pan, putting small pieces of cooking fat in alternate layers with the onions, and a sprinkle of salt. When the pan is full cover with a plate or lid. Place in a moderate oven and cook until a light brown, occasionally stirring to prevent burning. No water is needed.

These are very nice served with hot roasted potatoes.

## Savoury Onions

*Ingredients.*—Six large Spanish onions, 1 pint tomato juice, 4½ oz. grated cheese.



*Method.*—Peel and wash the onions. Cut into quarters and steam until partly tender. Make a sauce by bringing the fairly thin tomato juice to a boil, slightly thickening, and stirring four ounces of the grated cheese thoroughly into the sauce. Pour the sauce over the onions which must be placed in a well-greased pie-dish. Sprinkle a little more grated cheese on top and bake in a moderate oven for thirty-five minutes.

## Onion Sauce

*Ingredients.*—One pound cooking onions, ½ pint milk, 1 cupful stale white bread-crumbs, 1 dessertspoonful butter, salt.

*Method.*—Peel and wash the onions. Cut in halves and place in a double boiler in half a pint of milk. When tender strain and chop the onions, reserving the milk. Put the bread-crumbs into the reserved milk, adding more fresh milk if necessary to soak crumbs well. Add the butter, a little salt, and the chopped onions. Return all to double boiler for another thirty minutes, beating occasionally with a fork. When done serve hot with any kind of savoury roast.

## Creamed Onions

*Ingredients.*—Small cooking onions, milk, 1 dessertspoonful butter, salt, flour, 3 hard-boiled eggs.

*Method.*—Peel and wash the onions. Boil very gently in as small an amount of water as possible. When tender add as much milk as will more than will cover the onions, also one dessertspoonful of butter and salt to taste. Slightly thicken with flour, taking care to bring to the boil, and constantly stirring to prevent burning. When nicely thickened pour into a vegetable dish and serve hot.

To improve the nutritive value of this dish drop in three hard-boiled eggs cut into three. Sprinkle the top with coarsely-chopped parsley



# THE GOOD HEALTH LEAGUE



## Aims

- To impart a practical knowledge of the simple laws of health.
- To circulate Good Health literature.
- To co-operate with other societies and organizations.
- To give instruction and training :
  - In simple treatments.
  - In selection and preparation of food.
  - In health, cleanliness, and exercise.

## *The Song of the Optimist*

HAVE you noticed the tendency on the part of some people to gather up and enumerate to you, when you meet them, all the ills and woes of humanity? One would think from what they say, and especially from the way they say it, that it is time to pack up for there is nothing further in life worth living for. It certainly would be so, were it not for the fact that at the next turn in the road we bump into—an optimist! His cheery smile and hail fellow well met soon disperse the clouds caused by the other fellow and the sun shines; all is well again. The last poem written by Robert Browning closes with a word picture of an optimist. What better legacy could any writer leave behind to stir us up again to action. Listen :

"One who never turned his back, but marched  
breast forward,  
Never doubted clouds would break,  
Never dreamed, though right were worsted, wrong  
would triumph,  
Held we fall to rise, are baffled to fight better,  
Sleep to wake.  
No; at noonday in the bustle of man's work-time  
Greet the unseen with a cheer!"

So sings the poet, so we echo in our hearts. Here is health to the optimist! May his tribe ever increase. But what has this to do with the Good Health League? says one. Our answer is, "Everything." The purpose of the League is

to show the way to Health and Happiness. Every member, therefore, should be an optimist. Rules and regulations, principles and laws, however good, are not sufficient without a happy outlook. All these must be linked up with unselfish service. One writer has stated it in these words: "The pleasure of doing good animates the mind, and vibrates through the whole body." Have you noticed the effect on your feelings and the reaction on your body as you have done a good turn to someone else? The scout's motto is fine!—"A good turn every day."

In our endeavours to carry out the principles of the Good Health League, we should take hold of every opportunity to cheer on those with whom we associate. Some are just waiting for you, for a word, a grip of the hand, or it may be just a smile. Who can estimate the value of these little things in life which cost so little but mean so much. The reaction on your own health will surprise you, that is if you have not already proved it, and all of us can do a little more. Success, then, to all who are trying to look on the bright side of things. To those who have not yet joined this group—do it now! "Pack up your troubles in your old kit bag and smile."

The Good Health League needs more optimists—the people who do things. May we have your support?  
F. W. GOODALL.

## *"Strength of Wheat NRG"*



THE NEW ALL-BRITISH FAMILY FOOD

Gives strength and energy to all the family.

Obtainable from all Health Food Stores. In sealed cartons, 11b. net 10d. Send for free sample.

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## 100,000 Crusaders

PERHAPS the only worth-while legacy left by the War was people's conversion by its discipline and routine to regular habits of health and hygiene. It was not, therefore, surprising that Messrs. D. & W. Gibbs's health education scheme, founded soon after hostilities ceased, was received with open arms.

The scheme was intended to interest children in caring for their mouths, and it was thought that the shortest cut to youngsters in the masses was via the teacher. Thus the first effort was a series of lectures on care of the teeth, published in the Educational press. These drew much favourable comment resulting in the appointment of a full-time lecturer to tour the schools. His talks were illustrated with lantern slides, cinema films, or printed diagrams according to the lighting facilities available at each school. These items were also made available on loan to any school, while other practical material was offered free, or at cost price, such as fairy books, text-books on teeth, toothbrush and dentifrice sets, etc.

Much valuable health propaganda was carried out by these means and considerable goodwill was built up with the schools. As time went on this material found its way into hundreds of schools, increasing to thousands as time went on. So popular did the classroom aids become that the question of forming a children's health league was next discussed, and was followed by the birth of the "Ivory Castle" League and Crusade. Teachers were invited to join the League as members, enrolling their pupils as Health-Crusaders, who on joining were to receive certificates in return for undertaking to observe certain health rules. Chief of these was the promise, "To regard the teeth always as the gateway to Health, which must be cleaned twice each day."

The League has never looked backward. Parents are as enthusiastic as the teachers. Clean Teeth Records, Ivory Castle Badges, and Competitions have been added to the League's awards and activities, the latest novelty being the Ivory Castle Game, serving the twin purpose of providing amusement for children and at the same time keeping them mindful of the importance of clean "Ivory Castles."

The happiest moment in the League's history was reached when, at the end of last year, the roll of Crusaders reached 100,000. May we leave you to reflect upon the effects of these efforts on the present and future health of the little people of to-day? (See advertisement of Ivory Castle Game on p. 21.)

Please mention "Good Health" when writing to Advertisers.

## All that is Vital-



ALL the vitalising food elements of golden ripe wheat are intact in Granose Biscuits.

The whole of the wheat is flaked, toasted and pressed into a handy biscuit crisp-bread. A food that supplies the needs of growing children besides being a perfect food for adults.

Invaluable in cases of indigestion, constipation, and anaemia.

Try these delicious, crunchy biscuits with butter, cheese, honey, or fruits.

## GRANOSE BISCUITS



1/- per pkt. from all Health Food and other high-class stores, or if any difficulty direct from makers.

100% BRITISH  
100% FOR BRITAIN'S HEALTH

GRANOSE FOODS LTD., WATFORD.

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The misery of sleeplessness

Without drugs or exercise, without danger or delay.

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Lady Blackwood writes:—"My doctor is astonished. I feel years younger and my friends say I look it."

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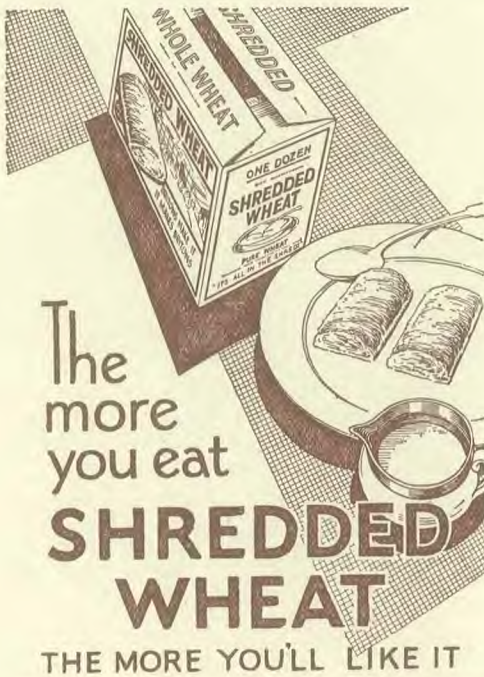
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## You Can Get Well

You can be built up to  
New Health and your old-  
time Health and Strength at

### LIEF'S NATURE CURE RESORT

WE accept for treatment all non-contagious diseases, and have met with excellent success in such cases as Nervousness, Stomach Troubles, Kidney Diseases, including Bright's Disease, Diabetes; overweight and underweight, Rheumatism, Catarrh, Constipation, Vital Depletion, and practically all other disorders.

Patients who have tried many other forms of treatment, without result, find health through the Natural methods which are used here

*If you would be interested to know more about our institution please send for Brochure A to the Secretary,*

### LIEF'S NATURE CURE RESORT

CHAMPNEY'S

TRING, HERTS.

Please mention "Good Health" when writing to Advertisers.

## About Pimples

(Continued from page 10.)

### X-Rays for Acne

One of the most efficient treatments for acne is the X-ray. But it should be done by a responsible physician, and not at a so-called "beauty parlour," for too often those who run these establishments attempt treatments which they know nothing about, and not infrequently the results are disastrous. The X-ray can do great damage when it is not properly given.

The patient should also be careful not to acquire the habit of squeezing the acne spots, for such squeezing may be followed by scarring and disfigurement. It should be remembered, also, that one who wants success should resolve to follow the treatment carefully and persistently for at least six weeks.



## A World-Wide Campaign

THROUGHOUT the world efforts are being made to gain control over infectious diseases. Some of these efforts are concerned with the work of Public Health administrations; others with the people themselves, for undoubtedly the keynote of success will be found by making people careful in their habits so that germs are not spread from the sick to the well. Infectious diseases thrive in dirty places, in soiled clothing, and upon an unwashed skin, and cleanliness is the most powerful means of avoiding and preventing disease. International health is safeguarded by clearing and cleansing the plague spots that abound in filthy towns; communal health is promoted by clean places in which to live, clean air, clean food, and clean water; individual health is maintained by cleanliness of the body and by clean habits. Thus cleanliness is a world-wide campaign in the cause of health.—*Health and Cleanliness Council.*

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## HYGEIA HOUSE HOTEL

37 and 39 Warrington Crescent, Maida Hill, W.9.  
(Ten minutes from Piccadilly.)



## Our Children's Corner



By the courtesy of "Life and Health."

### Rita's Dream

By Daphne Lacey

"RITA, dear, I've bought you some nice new tooth-paste and a lovely brush with a pink handle!" Mummy said in a coaxing voice.

Rita hunched up her shoulders and began to take off her shoes.

"I don't want them. . . . I hate them!" she said crossly.

"But, Girlie, you don't want bad, nasty teeth, all black with decay, do you?"

"I don't mind," returned Rita, naughtily, and took off her socks.

"And then they will begin to ache," went on Mrs. Smith desperately.

"Well, they don't ache now, Mummy, so I won't clean them to-night. I hate that nasty tooth-paste!"

Mrs. Smith sighed. Rita was getting so tiresome about cleaning her teeth. Mrs. Smith had tried all the tooth-pastes the chemist told her about, but Rita wouldn't use any of them, nor was she to be persuaded with a lovely pink tooth-brush.

So Rita, feeling she had won the day, said her prayers and clambered into bed.

\* \* \* \* \*

"Well, what are we to do?" inquired a small voice.

"We might all ache at once," answered another.

Rita shivered with fright. . . . Where were the voices coming from; it sounded just as though they came from inside her own mouth!

"But that's bad for us, too, I don't see why we should have to suffer any more than we have done already!" objected the first voice indignantly.

"Nor I."

"Nor I," came a positive chorus.

"But if Rita won't take care of us, we must take care of ourselves. . . . We can't go on being neglected like this. We're all yellow and sticky now. I've got some orange inside me and if Rita isn't going to clean me out I shall have to



start aching soon!" wailed yet another voice.

"Oh, dear," thought Rita, "they must be my teeth talking!" She was much too frightened to say anything.

"The only thing that remains for us to do is to go on strike!"

"What a splendid idea."

"Where shall we go, what shall we do?"

"What will Rita do without us?"

"She doesn't appreciate us now we're here, perhaps she'll be sorry when we've gone!"

There was a perfect hubbub.

"We'll go and clean ourselves first."

"To the bathroom . . . quick march!"

Rita opened her mouth to scream and with a series of little jerks out jumped her teeth, two and two like a regiment of tiny soldiers and trotted down to the bathroom.

Rita tried to cry out, but it was awkward to talk when one hadn't any teeth, so she jumped out of bed and went running after them.

This was dreadful! She must make them come back. What would she do without any teeth? She hurried into the bathroom, and there, sure enough, were all her teeth cleaning themselves in the wash-basin.

"Rita will have to live on bread and milk now," remarked one big front tooth.

"It's her own fault," replied a smaller one.

"Oh, no, no, no!" cried Rita, she talked very awkwardly indeed, "please, dear teeth, come back and I'll promise to clean you, really and truly I will, only do, do come back. . . I can't get on without you!"

The teeth looked at her doubtfully.

"Will you promise to clean us *twice* every single day?" inquired the big front tooth, who seemed to be the spokesman.

"Yes . . . yes, I will, I promise."

"We do all the hard work for you . . . biting up your food, so it's only fair we should have a little consideration. . . What do you say, comrades, shall we go back?" he turned to the others.

"Yes, we will, and see if she keeps her word."

"Quite right. Open your mouth, Rita."

Rita gasped with relief as she ran back to her room.

\* \* \* \* \*

Rita sat up with a start to find her mother bending over her and the sunlight streaming across her bed.

"What were you calling out about in the night, dear?" inquired Mrs. Smith.

Rita placed her finger between her lips and sighed with relief.

"They're all there . . . oh, Mummy, I had a dreadful dream. Please where is my new pink brush and the tooth-paste, I *must* clean them right away!"



## The Children's League of Health



### Rules

1. Clean hands before meals
2. Brush teeth night and morning
3. Thoroughly chew food
4. Eat some vegetables or fruit daily
5. Breathe fresh air day and night
6. Exercise daily in open air
7. Drink plenty of water

(Address your letters to AUNTIE NORAH, Children's League of Health, Stanborough Park, Watford, Herts.)

My dear little Health-Seekers,

I AM sure that you are all longing to hear how our League is progressing. Well, here are several pieces of interesting news for you.

The health-seekers at Hull are having some good meetings and are preparing for their first birthday meeting. Good news has just come from Southampton, where the children are presenting a special programme entitled "The Terrible Twins," on Tuesday, April 5th. The Cambridge group is still growing both in numbers and in interest. A few weeks ago a group of over thirty children listened to a talk on health at Rotherham. They are eager to become members of the Children's League of Health.

We must congratulate six of our members on their success in winning one of the lovely League notepaper wallets. The first one to gain six new members was Mildred Rennie of Canada. Congratulations Mildred! The other lucky ones are: Reginald Palmer, Valerie Abrahams, Cecil Haden, Lilian Hollis, and Beryl Veale. I hope that many more will soon be the proud possessors of "My Very Own Notepaper."

The following are the names and numbers of new members whom we are delighted to welcome among us:

Joan Wheeler (400); Alec Streatfield (401); Greta Streatfield (402); Mary Lane (403); Miriam Spinks (404); Marjorie Spinks (405); Leslie Butters (406); Grace Dakin (407); Homer Spinks (408); Gladys Bullous (409); Arthur Trim (410); Joan Clark (411); Jack Davies (412); Doris Harper (413); Sylvia Wilson (414); Edward Adams (415); Richard Carpenter (416); Lois Greenhow (417); Edgar Hulbert (418); Charlotte Lamb (419); Irene Smith (420); Bessie Baker (421);



Eileen Turbin (422); Gwenoline Dunn (423); Evelyn Bentley (424); Iris Shaw (425); Winifred Smith (426); Irene Bradshaw (427); Ronald Smith (428); Kenneth Smith (429); Ian Bradshaw (430); Rose Foster (431); Leslie Williams (432); Irene Wooldridge (433); Irene Holland (434); Frederick Pearse (435); Roy Algar (436); George Wooldridge (437); Joan Holland (438); Eileen Hatch (439); Kenneth Bunker (440); Wilfred Holland (441); M. N. Acland (442); Bessie Parkin (443); Lillian Parkin (444); Monica Roe (445); Cyril Roe (446); Nina Roe (447); Margaret Bryan (448); Dorothy Davis (449).

Now for the competition! Take out your paints or crayons and colour the picture on page 20 as nicely as possible. The closing date for this competition is April 30th. Send your attempts to me at the Competition Corner, GOOD HEALTH, Stanborough Park, Watford, Herts., accompanied by your name, age, and address.

Good-bye, children,

Yours affectionately,

AUNTIE NORAH.

### A DUSTY FOE

*Mother has an enemy—oh, fearful thing to say!  
A stealthy, grey-clad foeman, who besets her every day;*

*And though she wields her weapons well and often  
wins the fight,*

*He steals a march upon her when she's fast asleep  
at night.*

*And so she needs some new recruits, to help her in  
the fray—*

*Some sturdy, willing volunteers, to drive this foe  
away.*

*Now who will don the uniform—the apron, cap, and  
shield—*

*And marching 'neath her colours, drive the foeman  
from the field?*

*'Twill be a constant warfare, but her soldiers must  
not care,*

*Though they see his grey battalions flying daily  
through the air.*

*Just boldly face the enemy, and charge without a  
fear,*

*With broom and brush and dustpan. You will see  
him disappear. —Pauline Frances Camp.*

Cut out this slip and send to Auntie Norah, "Children's League of Health," Stanborough Park, Watford, Herts.

Dear Auntie Norah,

I wish to grow up strong and healthy and agree to keep the rules of the Children's League of Health as given on the Children's Pages of GOOD HEALTH. Will you please enrol me as a member and send my membership card as soon as possible.

I will read the Children's Pages and League Letter in GOOD HEALTH regularly and try to follow all the instruction given. I will write to the League at least once every three months. I shall also go in for the competitions and hope to win a prize.

Name .....

Address .....

Age ..... Birthday .....

(Competition results on page 23.)

Please mention "Good Health" when writing to Advertisers.

## GIBBS IVORY CASTLE GAME

### FREE

from your Retailer  
with your purchase  
of any Gibbs Toilet  
Preparation



It's waiting for you at your Retailer's . . . this jolly Gibbs Ivory Castle Game. Complete with dice, counters, rules. Absolutely free with your purchase of any Gibbs Toilet Preparation.

Children learn from it the importance of the care of the teeth. They become eager to use Gibbs Dentifrice. Nothing could be better. For Gibbs is the world's finest Dentifrice.

Its fragrant penetrating foam kills germs, dissolves harmful deposits and sweeps away all impurities.

Gibbs Dentifrice twice a day; visit your Dentist twice a year. That's the way to keep sound sparkling teeth through life.

Your teeth are Ivory Castles—defend them with

# Gibbs Dentifrice

BRITISH MADE

A dainty pink tablet in neat Aluminium case;  
Popular size 7½d; Large size 1/-; De Luxe 1/6;  
Refills 11d. Gibbs Dental Cream in Tubes 6d & 1/-

D. & W. GIBBS LTD., COLD CREAM SOAP WORKS, LONDON, E.C.

G.D. 571



# In the Consulting Room

Here you have the unusual privilege of FREE chats with the doctor. All questions should be directed to Editor, "Good Health," Stanborough Park, Walford, Herts. Let your letters be short and to the point.



**RHEUMATIC GOUT.**—C.: "I should esteem it a favour if you could give me some advice as to the best diet for rheumatic gout."

**Ans.**—We advise you to strictly avoid the following: flesh-foods, tea, coffee, alcohol, excess of sugar, and all rich foods. Take fruits, especially oranges and lemons, freely and also vegetables and salads. It is important for you to use the water in which vegetables are cooked. See that you get a good, nourishing diet, including wholemeal bread and milk, and drink three or four pints of water a day between meals. Keep the bowels moving freely at least once a day. The question of a cure in your case depends very largely upon how far the disease has progressed.

**BLOOD-PRESSURE.**—A.J.: "Will you please advise me with respect to blood-pressure? I have had hospital treatment for years, but seem to be getting worse."

**Ans.**—In your condition, the most important thing is to cut down your diet. Avoid eating to the full. Meat is best avoided and all proteins and heavy foods should be taken only in small quantities. Root vegetables which grow below ground are not good for you, but those which grow above ground you may eat. Fruit you may take liberally. Avoid tea, mixtures, and anything likely to cause indigestion. If you are able to go away for a rest, we certainly think it would benefit you.

**CRACKED SKIN.**—R.S.: "Could you please help me with regard to my hands? They are always very dry and rough and crack badly, causing me to suffer terribly."

**Ans.**—We advise you to keep your hands out of water as far as possible and to rub in a little of the following lotion after washing in warm water night and morning:

|                              |                   |
|------------------------------|-------------------|
| Compound tincture of Benzoin | 4 dr.             |
| Alcohol                      | $\frac{1}{2}$ oz. |
| Glycerine                    | 1 oz.             |
| Water                        | 2 oz.             |

See also that your diet is correct and includes a large proportion of fruit.

**ALUMINIUM COOKING VESSELS.**—C.M.: "I have recently heard that aluminium is not good for cooking utensils. I would be pleased if you could let me know if this is so."

**Ans.**—Our opinion with regard to aluminium cooking utensils is that while they may be all right for such foods as milk, for instance, they are not suitable for acid fruits or anything which acts upon the aluminium. It is quite easy to see when there is any action by the discoloration produced.

**COLDS ON CHEST.**—A.A.: "Would you please tell me what to do for colds on the chest, which are of frequent occurrence?"

**Ans.**—Colds are best avoided by correct clothing, avoiding colds and draughts, and by correct diet containing fruit, vegetables, and wholemeal bread. It is best to eat moderately and to avoid meat and tea. Drink plenty of water between meals and see that the bowels are open daily.

If you have bad teeth or any trouble in the nose, ears, or throat, this should be attended to at once.

**NERVES.**—F.M.: "I have suffered from nerves more or less all my life. Can you recommend any diet which would help me?"

**Ans.**—The following are some of the most important foods which contain the vitamins necessary to strengthen your nerves: milk and cream, properly cooked vegetables, nuts, whole-



meal bread, peas, beans, and unpolished rice, spinach, fresh fruits, especially oranges, lemons and tomatoes, and fresh salads.

Rest and relaxation are most important and a mind free from worry. Tea and all stimulants, being direct nerve poisons, must be absolutely avoided.

**STOMACH SICKNESS.**—M.W.: "I am constantly having sickness in the stomach, and would appreciate very much your advice in regard to diet."

**Ans.**—Sickness may be due to a great variety of causes and it is impossible to make a diagnosis from this one symptom alone. It is very possibly due to your nerves, and as in previous letters you have given us many varied symptoms, we believe this is your chief trouble.

Why not go away for a complete rest and change, or visit a health home? We believe that you will find it difficult to regain your health unless you do one of these. Above all, be sure to avoid worry.

### Results of December Painting Competition

#### UNDER TEN

**Prize-winner.**—Grace Taylor, 13 Church Path, Walthamstow, E.17.

**Honourable mention.**—George Dickinson (Hull); Peter Larwood (Norwich).

#### TEN AND OVER

**Prize-winner.**—Winifred Carson, 77 Whitmore Road, Small Heath, Birmingham.

**Honourable mention.**—Iris Howe (Bolton); Maurice Warne (Reading); Eveline Butterfield (Saffron Walden).

### Results of January Painting Competition

#### UNDER TEN

**Prize-winner.**—Nan Mercer, 26 Stranmillis Gardens, Belfast.

#### TEN AND OVER

**Prize-winner.**—Freda Spearing, 7 Roberts Road, Hill Lane, Southampton.

**Honourable mention.**—Eunice Powell (Swansea); Joyce Cole (Southampton).

## Good Health

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Advertisements should be addressed to Advertisement Manager, GOOD HEALTH, Stanborough Press, Watford Herts.

# NUTRAVITE

The new Beverage, rich in Nuts, Vitamins A,B, and D (Sunshine), full Cream Malt



Try NUTRAVITE and feel the wonderful improvement. No caffeine, no tannic acid, no chicory. Remember there is no other pick-me-up drink so stimulating, so refreshing, so nourishing, and above all, so rejuvenating as NUTRAVITE. It bucks up your system and pours Energy, Vitality and New Life into you at each meal. Costs less than half-penny per cup.

Every family should try this exquisite beverage.

In Tins 1/3, 3/-, and 5/- at High Class Chemists, etc. Sold by Grocers, Co-operative Societies, Health Food Stores, etc.

Made in a second—no mess, no bother!

## NUTRAVITE LTD.

(Proprietors of Associated Nut Plantations.)

Inquiries to Dept. G.H., Trenance Laboratories, Rosslyn Crescent, Wealdstone, Middlesex.

Telephone: Harrow 3823

SEND A POSTCARD FOR FREE SAMPLE

## Feed your nerves back to health

DRUGS are useless to cure the prevailing modern malady—starved nerves. Sleeplessness, irritability, headaches, depression, are Nature's warnings that your nerves are not receiving enough nourishment to stand the strain you put on them. Begin a course of the nerve food physicians endorse. LECTONA contains lecithins, the actual constituents of brain and nerve tissue, in a form which the body can assimilate and utilize to rebuild the health of the nervous system. LECTONA is the safe, sure, and pleasant way to regain health. Start a course now.

# Lectona

## NERVE TONIC FOOD

In tins 2/3 and 4/3 from Chemists and Stores, or send 2/3 for two weeks' supply, to

Sole distributing agents:

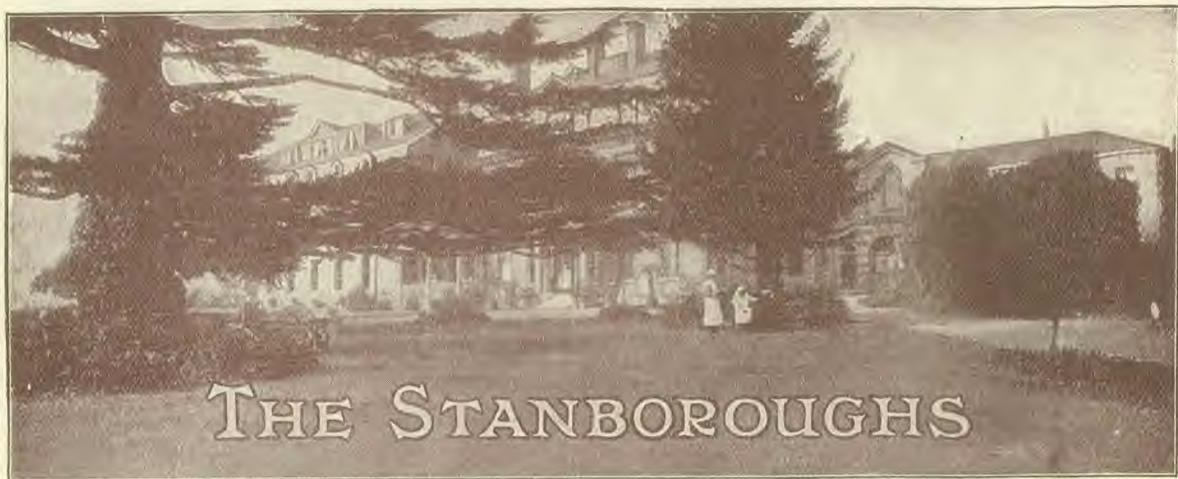
**MATTHEWS & WILSON [1931] LTD.**

[Dept. 12] 6/8 Cole Street, Borough, S.E.1.





# An Announcement of Considerable Import to Readers of "Good Health"



*The Stanboroughs Medical Hydro.*

You have doubtless repeatedly seen the advertisement appearing month after month on this page, and it may interest you to know that a number of readers of *GOOD HEALTH* have availed themselves of the facilities offered at The Stanboroughs for the treatment and cure of various disorders. Numerous testimonials come to us in which satisfied patrons express their appreciation of the splendid service, the well-appointed treatment rooms, and the careful personal attention given by the medical staff.

The Stanboroughs has been established almost a quarter of a century, and thousands have received permanent benefit from the treatments which are

all prescribed along rational methods of healing with the assistance of the most up-to-date apparatus and equipment for the administration of Hydrotherapy and Electrotherapy in all its branches. All conditions of sickness are successfully treated, and only cases of infection and mental disorder are refused admittance.

Terms range from five guineas per week inclusive and vary in harmony with the size and location of the room selected. Sixty private bed-rooms are available and the establishment is well appointed in regard to sitting-rooms and other public rooms for the use of patrons.



*The Stanboroughs Hydro Annexe.*

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In the cause of Nature Cure, facilities are now available for treatment by The Stanboroughs methods at considerably reduced rates. Those requiring such treatment whose financial status makes it impossible for them to pay the regular fees, may apply for admission to The Stanboroughs Annexe which has recently been appropriated for the accommodation of patients at rates ranging from three to four guineas inclusive.

Write for full particulars, mentioning *GOOD HEALTH*. Address: The Stanboroughs, Watford, Herts. 'Phone: Watford 5252.

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