

# GOOD HEALTH



MENS · SANA ·

March, 1902.

Good Digestion, and How to Have It.

The Rational Treatment of Consumption.

Correct Postures as an Aid to Health.  
—*Illustrated.*

The Cooking of Vegetables.

Health Hints.

The Lost Child.—*A Serial.*

How to Give the Wet-Sheet Rub.  
—*Illustrated.*

Constipation, Its Causes and Treatment.

Questions and Answers.

Publishers' Notes.

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No. 5.

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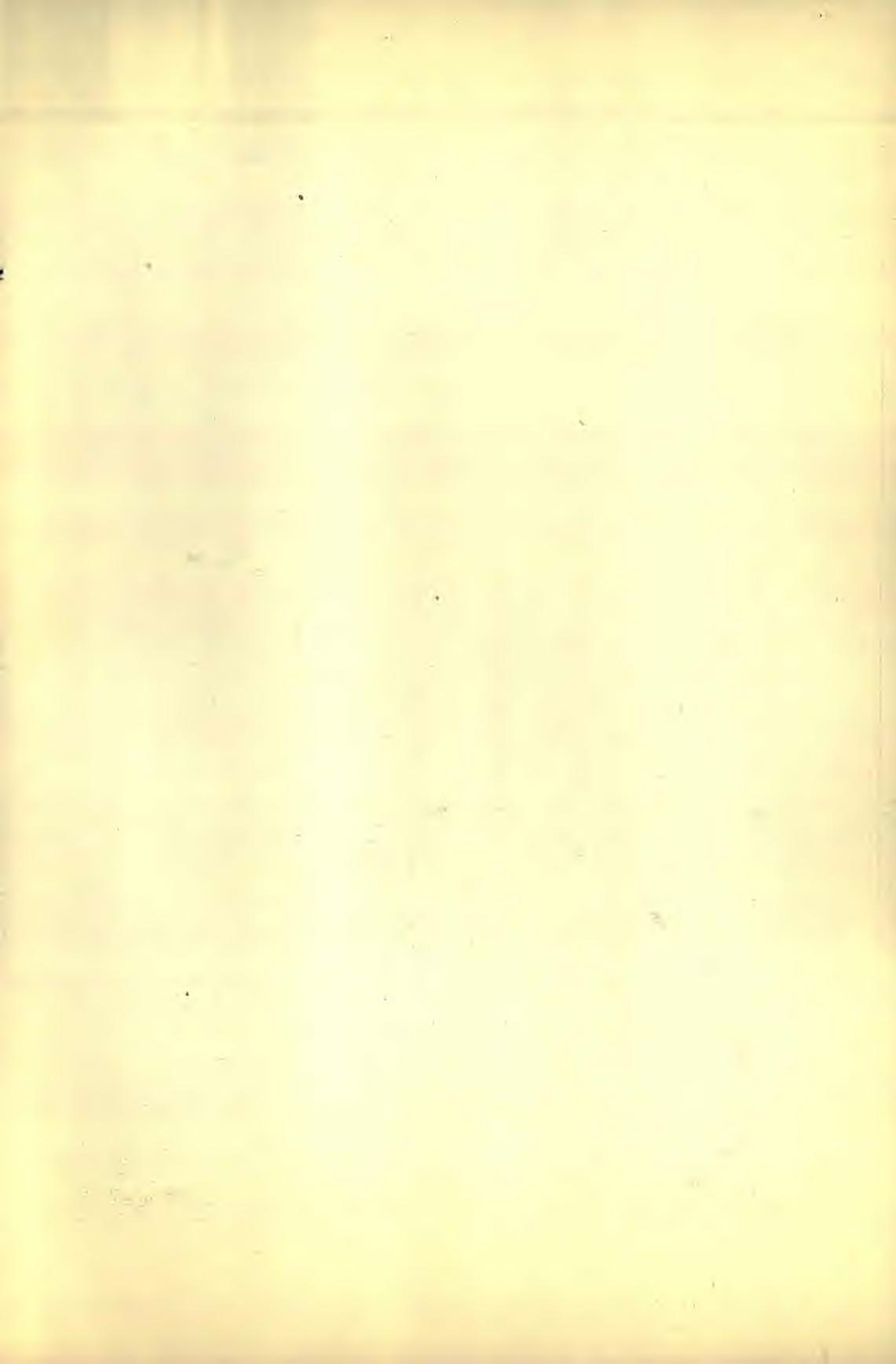
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# Good Health

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

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March, 1902.

No. 5.

Good Digestion is the major part of good health. A man does well to keep on friendly terms with his digestive apparatus; if his stomach fails him, he stands a poor chance of winning in the race of life. Indeed, so important is this part of the human economy that an eminent anatomist has defined man as consisting of "a stomach with various organs appended."



What is the matter with the modern stomach? That something is wrong, becomes very evident when we recollect that digestive disorders are rapidly increasing, and that the same is true of rheumatism, Bright's disease, diabetes, and kindred maladies, which are due indirectly to a broken-down condition of the organs of digestion. Manufacturers of patent medicines are telling us in their flaming advertisements that the modern stomach needs medicine. Thoughtful physicians maintain, on the contrary, that the stomach itself is all right; the difficulty lies with the stuff we are putting into it. In other words, they ask us to reform in our habits of eating and drinking.



**An Honest Professional Opinion.** Old Dr. Abernethy is quoted as saying: "I tell you honestly what I think is the cause of the complicated maladies of the human race,—it is their gourmandising, and stuffing, and stimulating their digestive organs to an excess, thereby producing

nervous disorders and irritations." There is no doubt that overeating has made a dyspeptic of many a person naturally endowed with good digestive powers. The prevailing custom of catering to the palate, of making things that "taste nice" instead of those which are best adapted to impart strength to the system, is calculated to encourage the taking of excessive amounts of food. We really do not require so much to sustain life. The Italian nobleman, Cornaro, lived nearly a hundred years in remarkable health on an allowance of twelve ounces of solid food per day. It is well to remember that it is not what a man eats, but what he can digest and assimilate, that will build up his system.



**Regular Periods of Rest**—The stomach is a muscular organ, and, like any other muscle, requires for its well-being regular periods of rest. Five or six hours is not too long a time to allow for digesting the average meal. More frequent eating is not only unnecessary, but will prove in the long run ruinous to sound, healthy digestion. The process by which the food taken in at the mouth is elaborated for assimilation into the system is very complex and intricate, requiring, under the most favourable conditions, the expenditure of a considerable amount of nervous energy. Imagine the feelings of a weary labourer who is just completing the day's work, when he is given a fresh job which will occupy him till the small hours of the

morning. Let such treatment continue day after day; would there not soon be a strike? Yet this is precisely how we treat the delicate cells of the stomach, when, after eating three meals in the course of the day, which gives the digestive organs a full day's work, we partake of a hot supper just before retiring for the night. Is it any wonder that sleep, under such circumstances, is unrefreshing, and we awake with a bad taste in the mouth and with no appetite for breakfast?



**Give Us Good Cooks.**—No doubt many err in the selection of proper food; but a still larger class suffer from the effects of poor cooking. Dyspeptics are usually made in the kitchen. "Give us good cooks," writes a physician,—“intelligent cooks, cooks who are thoroughly educated,—and the cure of nine-tenths of all the dyspeptics may be guaranteed, without money and without medical advice.” The object of cookery is really to render food easy of digestion, to adapt it to the requirements of the system; but, as practised in a large number of homes, it has degenerated into mere catering to a perverted taste.



**Plain Living is Conducive to Good Digestion.**—Avoid the reputation of being a “good liver,” for good livers are pretty sure to be short-lived. Cultivate a taste for foods prepared in the most simple manner, remembering that plain living and high thinking go hand in hand. Pepper, mustard, vinegar, and other irritating condiments are injurious to the delicate walls of the alimentary canal. We heartily commend the wisdom of the little boy who, on being given some highly-seasoned food, quickly ejected his first mouthful, remarking to his mother: “Mamma, I think I won't eat that till it gets cold.” Pickles are very difficult of digestion. The

same is true of all fried foods. Potatoes fried in fat are about as impervious to the digestive juices, and therefore as useless to the system, as a piece of well-greased shoe-leather.



**Excessive use of sweets** is another prolific cause of dyspepsia. It used to be the Americans who were twitted with having the biggest sugar tooth; but the Britisher of to-day consumes nearly twenty pounds of sugar per year more than his cousin across the sea. It is, perhaps, hardly necessary to mention the fact that alcoholic beverages of all kinds hinder digestion; but many are not aware of the fact that tea drinking has a somewhat similar effect. If the reader will consider a moment, he will remember that this supposedly harmless beverage is really a powerful narcotic, and therefore, at best, a medicine, and not in any sense a food. This being the case, one would hardly expect to use it habitually without some evil results.



**Good Digestion Involuntary.**—One more thought in closing. If you would have good digestion, use the best judgment you have in selecting healthful food, eat it cheerfully, and then, having partaken of a meal, *don't think any more about it.* The stomach is a bashful organ, and hates to be watched. If you think about your food, it is almost sure not to digest properly. The man with good digestion is entirely unconscious that he has a stomach. The dyspeptic will remain a dyspeptic for life, in spite of all his efforts to eat healthful food, if he allows himself the luxury of continual worry as to the condition of his digestive organs. He must learn to give them a severe letting alone. It is possible to spoil even a good stomach in the same way that you can spoil a good baby,—by petting it too much.

M. ELLSWORTH OLSEN.

## THE RATIONAL TREATMENT OF CONSUMPTION.

BY J. H. KELLOGG, M.D.

THE essentials of the rational treatment of consumption are, first, out-of-door life in all seasons and all weathers, with the proper protection and precautions, of course, to avoid chilling. To render such a life convenient and easy, a change of climate is sometimes necessary; but it is by no means wise, in the majority of cases, to remove to a warm climate. The more sunshine a region affords, the better is it adapted to consumptives, for the reason that sunshine rapidly kills tubercular bacilli when they are exposed to its direct rays, and for the more important reason that sunlight is one of the most powerful of all natural tonics, stimulating vital resistance, developing bodily vigour, and compelling expansion of the lungs.

Diet is a matter of extreme importance. Consumptives are generally thin. They have lost the power to accumulate fat, and the primary cause of this is usually a loss of the ability to digest fat-making elements. The diet for a consumptive should always contain an abundance of these elements prepared in such a way as to be readily digestible. Nuts, nut preparations, and farinaceous foods that have undergone preliminary digestion by heat and the action of diastatic ferments, are especially appropriate. Zwieback, browned rice, and other easily assimilable cereal preparations may be used with profit as fat producers. Buttermilk and kumyss are also valuable, and may be freely used. Eggs lightly cooked may be used when fever is not present to any considerable extent. Sweet fruits and fruit juices are notably valuable, not only for their special nutrient properties, but because they act as correctives of the digestive organs, regulating the bowels, cleansing the stomach, and aiding the kidneys in the elimination of the poisons which give rise to fever, night sweats and other distressing symptoms.

Aside from exercise, climatic advantages, diet, and the cultivation of good health habits generally, there is little more that can be done in the treatment of consumption except to build up the constitution, and to increase the vital resistance of the patient. This can be accomplished to a marvellous degree by the aid of the varied resources of hydrotherapy.

In adopting the following treatments, which have been effective, not only for consumptives, but also for invalids of various other classes, one should begin with No. 1, and continue this until the patient bears the treatment well, and reacts readily to water of the lowest temperature. The second grade is then introduced, and graduated in the same way, followed by the third. This may be followed, where advisable, by still severer measures.

1. Dry friction to the whole surface of the body, followed by friction of the chest with the hand dipped in water at 60°, the temperature being gradually lowered to 32° in successive applications in the course of two weeks. After the wet rubbing, use dry rubbing until the surface is dry and warm, then cover with several layers of flannel. Apply the chest compress (consisting of a cloth wrung out of cool water, covered by a piece of flannel and lastly a piece of mackintosh) at night only, the dry and wet friction of the chest in the morning before rising and before going to bed at night.

2. Cold friction with the wet friction mitt to the whole surface, with water at 60° to 32°, followed by the chest compress when fever or cough is present. Employ dry friction night and morning. Use the chest compress at night, especially if the cough is very irritable; if the temperature is elevated both night and day, change the compress as often as it becomes dry.

3. The wet-sheet rub at 60° in the morning, when the patient is warm from the bed. This treatment is given as follows: Let the patient stand with his feet in water at a temperature of 104, and rub his chest with the dry hand until red, then with ice water until strong reaction is produced. Now throw about him a sheet wrung out of cool water, and rub the whole body briskly from the outside. The duration of this rub should be only thirty or forty seconds to begin with; later it may be extended to two minutes. The patient should be rubbed thoroughly dry after the application. If not strong, he should be wrapped in woollen blankets, and put to bed until reaction is complete.

In all stages of the disease free water drinking should be encouraged. Use very hot sponging for night sweats. The sipping of very hot water relieves cough, especially when there is little expectoration. The cold rubber bag over the stomach for half an hour before meals will encourage the appetite. The heating abdominal compress should be worn at night when the bowels are inactive, and dry friction should be applied upon first waking in the morning, when the temperature is below normal. If the bowels are loose, apply a compress over the abdomen at 50°, cover with flannel, and change every forty minutes.

### CORRECT POSTURES AS AN AID TO HEALTH.

BY A. B. OLSEN.

To stand correctly, with light, easy poise, erect and dignified, is the peculiar gift of man. Correct standing, and correct sitting, too, requires careful training in right

wrong habits, and bowed down by disease, too often belies his high calling

That correct attitudes and proper positions are the exception now-a-days, is generally



FIG. I. INCORRECT STANDING POSITIONS.

physical habits. The development of a well-formed, symmetrical figure is the result of systematic physical culture. As the crowning act of creation, man should represent all that is highest, noblest, fairest, and most perfect on this terrestrial globe; yet his physical form, warped by

admitted. Just notice for a few moments the people passing you on the street. Count those who walk erect, lightly and gracefully, with head up, chest expanded, and shoulders well thrown back, whose very presence commands attention and respect. Are they not few in number?

Now look at the others, of both sexes and all ages: that man with sunken chest and stooping gait, who shuffles his feet along as if it were a burden to walk, and yet he is on the sunny side of forty. See that young woman, still in her teens, who



FIG. II. INCORRECT SITTING POSITION.

wabbles along as if she were about to fall to pieces.

What is the cause of all this deformity and marked lack of symmetry?—In most cases, doubtless, indifference and carelessness. The evil begins in childhood, and is perpetuated and aggravated in the school. No one takes the trouble to instruct or correct the children, and pernicious habits in time produce lasting deformities of various kinds.

When taken in hand early, these wrong habits are easily corrected. As soon as a child has learned to walk, he should be taught to walk and stand and sit correctly. The growing body is soft and plastic, and the child acquires right habits as readily as wrong ones. Children are great imitators, and love to do as their elders do; so it is very important to set them a good example. Never allow them to injure their delicate bodies by requiring too much or too hard work from them. In their eager anxiety to help papa, and be of use to mamma, they are very liable to strain their soft bones and immature muscles by heavy lifting or other severe labour.

School life is unnatural for young children. Their school-room should be the meadow or garden, and their books the birds and trees and flowers. Many wrong habits are acquired in the school, where the child often has to sit on a high seat with his legs dangling, and pore over books in a poor light, breathing the vitiated air of a crowded room.

The awkward attitudes of improperly trained school-boys are well illustrated in the group on page 70. Notice also the two sitting positions shown by figures two and three, and observe the marked contrast. It is obvious that the improper posture is the one commonly seen. Such a position in time produces a flat chest, round, stooping shoulders, and spinal curvature.

But the deformities resulting from improper positions are not the least evils that may be expected. A flat chest means weak, undeveloped lungs and a predisposition to consumption. Stooping interferes with the functions of the heart and lungs, and prevents proper breathing.

Of course it requires thought and effort to maintain correct attitudes at all times; but the results to be attained are well worth the energy expended, and it is well to remember that "ease is the way to disease," while "labour is the life of life."



FIG. III. CORRECT SITTING POSITION.



## THE LOST CHILD.

BY MRS. S. M. I. HENRY.

[Little Johnnie Wheeler, left in his grandmother's charge while the rest of the family are busy making New Year's calls or receiving friends in the drawing-room, takes it into his head to make some calls on his own account. While grandma is deeply engrossed in a letter from an absent son, Johnnie dons overcoat, cap, and mittens, and slipping out of the Wheeler mansion unobserved, is soon at some distance from his home. A strange woman (Margaret Stillman) invites him to call on her little boy, and he follows her to a dark, malodorous cellar in the slum district. A door opens and shuts, Johnnie sees nothing, but hears a cry.]

"MAMMA, O mamma!"

The voice was weak and thin, but glad, and Johnnie smiled behind the veil of dimness that covered it.

"Yes, Davie, dearie," came the reply from Margaret. "Have you been very lonesome?"

"Yes, mamma, but I was hungrier. Did you bring me something?"

Then there were kisses for answer, and a sob or two. Johnnie knew how such kisses tasted, and was not entirely a stranger to sob flavouring. He also knew what hunger meant. He was hungry even now, and he knew just how glad he felt to have mamma come home; so in spite of everything that was strange, and mysterious, he felt that he was still in the same world with which he was familiar.

"Mamma," asked the thin voice amid the kisses, "did you bring me something? I am so hungry."

"Yes, darling, I did," came the reply, fierce in the intensity of feeling that was behind it, and the next thing that Johnnie knew he was unbundled out of his masquerade, his cap and coat were taken off, the door had opened and shut, and he was

alone, with the awful darkness and the things that it covered.

"Mamma!" called the weak voice; but no answer came.

"O mamma, mamma, have you gone again?" Then there was a pitiful little wail which aroused all the latent strength of love and compassion in the heart of Johnnie Wheeler. He had not yet become very conscious of himself, but was very much alive to his surroundings, and he began to move carefully over the uneven floor toward the wailing voice.

"Little boy, little boy," he cried.

"Who's there?" came the startled reply.

"Little boy, I came to call on you. Where are you? It's so dark! Oh, now I can see you a little. You are ill, and I came with your mamma to see you. She brought me. I—I am so sorry for you!"

Johnnie had been left in a little entry beyond the range of the sick child's vision, but now he, accustomed as he was to the dim light, saw distinctly what was to him a vision of angelic beauty floating toward him, and with dilating eyes he lay watching and speechless with wonder.

But for Johnnie there was only the other wholly human and earthly side of the picture—the face so pale that it almost shone in the gloom as it lay on a heap of blackness, the thin, shrunken features, the great staring eyes, and the clawlike hand that was lifted just above the head ready for any emergency that might arise.

"Aren't you glad I came to see you?" said Johnnie. "Don't you want me to kiss you? I heard you kiss your mamma. I kiss mine, too," and he bent forward over the pale face, the upraised skeleton of an arm came down over his neck, and the lips of the two children met in a holy kiss that made that dark cellar fragrant with heaven.

But heaven and fragrance could not linger. The cry of nature was too imperative and bitter. The weak arm fell from the embrace, the pale lips dropped from the rosy ones with a bitter cry for bread.

Johnnie Wheeler had not been gone from home an hour before he was missed. The empty pegs in the wardrobe where his out-door garments hung, told a story that aroused the household, and brought the chief of police into the family council. Mr. Wheeler was one of the wealthiest and best-known men of the city, and at once offered a small fortune to the man who should bring his boy home, so that it was not long until the streets were being beaten like rabbit-brush.

It would have been a long day before the child could have been traced to the hole in the ground into which he had been trapped,—partly because it was such a hole, and partly because Margaret Stillman, although an unfortunate woman, was considered above any meanness;—but it happened, if anything ever can truly be said to happen, that not long after Margaret had so unceremoniously departed with Johnnie's hat and coat, the officer on duty on that beat, in passing along the court, saw a funny little figure with an old petticoat wrapped round its head and trailing down its back, climbing up a broken stairway dog fashion, that being the only way possible, for the steps were long and the legs were short.

As soon as the bright eyes in the grimy face caught sight of the officer, the figure scrambled fast and faster, got on its feet,

and the most comically soot-marked little mouth cried out,—

"O Mister P'liceman! please take me home. Nurse told me to always tell a p'liceman that my name is John Eldred Wheeler, and I live at 400 Washington Avenue. So now take me home quick."

The officer stopped and looked at the child with unofficial kindness. He had not been notified of the hunt. His beat was too remote socially from Johnnie Wheeler's to make such notification worth while, so he was ignorant of the reward of which he stood in imminent danger. He was not thinking of rewards. He did not just now feel the need of any; for his thoughts were full of a little bundle of white flannel that he had just left lying on a pillow in the big armchair in one of the two rooms that he called home; and these thoughts in entering had left his heart open to the call of even a slum "rat," like the one that was crawling out of that dark stairway. He felt even a throb of pity for him and his fellow rodents; a flash-light picture of a home for children which he had once passed came vividly before him: and some old words dropped down from somewhere into his memory, about One who had told somebody not to forbid the children from coming. He had done such a thing before now, when he was in a hurry or wanted to do something special, but now,—although he was both in a hurry and had something special to do, he stopped.

He had not understood all that Johnnie had said, so he was still without any real clue to the situation, while Johnnie went on,—

"That little sick boy in there is awful hungry—so he cried—and he's cold, too. He hasn't got much clothes, and I've got lots. But I don't know the way to my house. Please take me home, and I'll get a lot of things,—all that he can eat,—and I'll take him home with me, and the lady, too. I'll tell Max to bring us all back to my house, and——"

*(To be concluded.)*

## THE COOKING OF VEGETABLES.

BY MRS. E. E. KELLOGG.

The preparation of vegetables for the table is generally thought to be a very simple process, one which the most inexperienced cook need not hesitate to undertake. "Anybody can cook vegetables" is a common expression. It is not difficult so to apply heat and the solvent property of water as to soften vegetable tissues enough for mastication, and by the addition of condiments and seasonings to make them taste well; but to cook them so as to preserve their natural flavours, and change their constituent elements into the most digestible form, requires no little care and skill.

Vegetables admit of much variety in preparation for the table. They may be wholesomely cooked by baking, roasting, steaming, boiling, and stewing. Water enters so largely into their composition that but little additional liquid is needed for cooking, and a general rule, applicable to all tubers to be cooked by boiling or stewing, is to cook them in as small an amount of water as possible without burning. The salts and the nutrient juices are largely dissolved in the water, and if this is drained off, much of the little nutriment these foods possess is wasted.

The potato is the most commonly used of all the tubers, and in nutritive value it exceeds all others. In a mealy state the potato is easily digested, but when waxy, or water-soaked, it is exceedingly trying to the digestive powers.

To obtain the desired result, when the potato is to be cooked by boiling, it should be introduced into water that is actively bubbling, and cooked continuously until it can be easily pierced, then thoroughly drained. Cover the kettle, with the exception of a small aperture for the steam to escape, and set it on the back of the range or in some other warm place for a few minutes, to allow the moisture on the

outside of the vegetables to evaporate, and serve at once.

Whether or not to cook the potatoes with skins on is a matter to be settled by individual consumers. The chemists have demonstrated that when boiled in their skins, the waste of nutritive elements is only three per cent.; when boiled without skins, fourteen per cent., or two ounces to every pound. Because so much of the nutriment is lost in water, the potato, as well as most other tubers, is better when cooked by steaming, roasting, or baking.

To cook a potato by baking, first thoroughly clean and dry it. For cleaning tubers nothing is better than a vegetable brush. Put into the oven, the temperature of which should not at any time during the cooking exceed four hundred degrees. A common test is a temperature in which the hand can be held long enough to count twenty. Do not pierce to try. When done, the tuber will feel soft or mellow when pressed with the fingers. On taking from the oven, burst the distended skins by a quick pressure of the fingers, just enough to allow the steam to escape, and serve at once.

A principle to be observed in the cooking of tubers is to remove them from the water or oven just as soon as tender. The cooking will continue some minutes after their removal, owing to the heat stored within. By over-cooking, vegetables become less digestible.

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 RECIPES.

**Broiled Potato.**—Mashed potatoes, if packed firmly while warm into a deep tin which has been dipped in cold water, may be cut into slices when cold, brushed with cream or nuttolen cream, and browned on a broiler over hot coals.

**Potato Snowballs.**—Cut large potatoes into quarters; if small, leave them undivided; boil in just enough water to cover. When tender, drain and dry in the usual way. Take up two or three pieces at a time in a strong, clean cloth, and press

them compactly together in the shape of balls. Serve in a folded napkin on a hot dish.

**Baked Beets.**—Beets are far better baked than boiled, although it takes longer to cook them properly. French cooks bake them slowly six hours in a covered dish, the bottom of which is lined with well-moistened rye straw; however, they may be baked on the oven grate, like potatoes. Wipe dry after washing, and bake slowly. They are very nice served with a sauce made with equal quantities of lemon-juice and whipped cream, with a little salt. Nut cream is also good used in the same way in place of cream.

**Scalloped Potatoes.**—Peel the potatoes, and slice thin; put them in layers in an earthenware pie-dish, dredge each layer lightly with flour, add salt, and pour over all enough milk to cover well.

Cover, and bake rather slowly till tender, removing the cover just long enough before the potatoes are done, to brown nicely. If preferred, a little less milk may be used, and a cup of thin cream added when the potatoes are nearly done.

**Chopped Turnip.**—Chop well-boiled white turnips very fine, add salt to taste and sufficient lemon-juice to moisten. Turn into a saucepan and heat, gently lifting and stirring constantly. Cold boiled turnip may be used advantageously in this way.

**Vegetable Hash.**—With one quart of finely-sliced potato, chop one carrot, one red beet, one white turnip, all boiled, also one or two stalks of celery. Put all together into a stew-pan, cover closely, and set in the oven; when hot, pour over them a cup of boiling cream or nut cream, stir well together, and serve hot.

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## HEALTH HINTS.

A college professor said he could indicate the boy who used tobacco by his absolute inability to draw a clean, straight line.

\* \* \*

Cold feet are best warmed from the inside. Take a brisk, half-mile run. Then, removing shoes and stockings, plunge the feet into cold water, and rub them vigorously. Now dry with a rough bath towel, followed by more rubbing. Put on clean, woollen socks, and dry shoes. Sit down to your work again.

\* \*

An eminent French physician offers these three rules for the care of children:—

1. Let them live in the open air.
2. Encourage them to live in the open air.
3. Make them live in the open air.

Adults stand equally in need of the life-giving oxygen. Indoor life is unnatural and depressing. As you value your health, watch your chances for getting out under the open heavens.

Nicotine is said to cause death more quickly than any other poison except prussic acid.

\* \* \*

Pure water is, next to pure air, the most essential of all things for the body. We can live for weeks without food; but few and painful would be the days that one could exist without water. Most people would profit by drinking more freely of pure water. If your water happens to be hard, soften it by boiling for half an hour.

\* \* \*

APROPOS of the present outbreak of small-pox in London, it is well to remember that insidious diseases surround us continually; the very air we breathe is more or less infested with dangerous microbes. Hence the great importance of building up the resistive powers of the system, that the cells and organs of the body may be in the best fighting condition. No one is safe now-a-days who is not brimful of vitality. If people were careful to stop the many unnecessary leaks in the form of bad habits, this is just the condition in which practically every one would find himself, and then life would be so much more enjoyable.

M. E. O.

# EDITORIAL.

## The Neutral Sitz Bath.

AN ordinary wash-tub tilted upon one side, and resting on a block, may be used in giving this treatment; though a hip bath with sloping back is more convenient.



FIG. I. BATH IN READINESS.

As indicated by the term, a neutral bath should be neither hot nor cold. To the patient, it should feel comfortable and pleasant. The temperature may vary from 92° to 98°, according to the requirements of the individual case.

Have enough water to cover the hips well. The feet should be placed in a pail or small tub of warm water. Fasten a small sheet round the patient, so that it will protect the body, without getting wet. If necessary for warmth, a blanket may be added.

Such a bath has a soothing effect upon the abdominal and pelvic organs; hence it

is useful in treating inflammatory diseases of these parts. It will relieve nervous irritability and pain, and may be used for diarrhœa, piles, frequent urination, chronic backache, constipation, and other disorders of the urinary and genital organs.

The duration of a neutral bath may vary from fifteen minutes to a couple of hours, according to the needs and comfort of the patient. As the effect is neither exciting nor relaxing, but only sedative, no unpleasant results will follow. On coming out, the feet should be dipped in cold water for an instant, and then carefully dried with the rest of the body. Do not allow the patient to become chilled at any time.

## Chronic Constipation.

Most people suffer from chronic constipation at one time or another, for it is one of the most common of all digestive dis-



FIG. II. PATIENT IN BATH.

orders. Constipation is more of a symptom than a disease, usually indicating general inactivity of all the organs of digestion, and more especially of the intestinal tract. The patient's kidneys, too, are often sluggish, and the skin dry.

The causes of constipation are numerous, yet they can be classified briefly under six heads: viz., a sedentary life, errors of diet, the use of opiates and other drugs, indiscriminate medicine taking, neglecting the calls of nature, and special diseased conditions.

Exercise is essential to sound health. The old adage, "He who will not work, neither shall he eat," contains the truth in a nutshell. In order to use the food eaten to the best advantage, physical activity is necessary. The stomach and bowels are muscular organs, and general exercise of the body serves to stimulate them to activity.

On the other hand, a sedentary life, with close confinement indoors, tends to languor and general inactivity of the body and its various organs, including the digestive system. Dyspepsia soon follows, as well as constipation, dull headache, feelings of depression, despondency, and general discomfort. If to the sedentary life we add a concentrated diet and overeating, the condition is much aggravated.

Alcoholic beverages and tobacco, as well as tea and coffee, have a bad effect upon the stomach and bowels, and lead to digestive disturbances. They are stimulants and not foods, and those who wish to attain the highest degree of physical efficiency, do well to avoid them.

The habitual use of purgatives and laxatives is productive of evil. It is unnatural to be always swallowing some obnoxious pill or bitter draught after the meal. Don't think that by so doing you are insuring digestion, for in the majority of cases it is more likely to result in the very reverse condition.

Then there are disturbances, such as

chronic catarrh, stricture, and partial paralysis, all of which produce constipation of a very obstinate nature.

Normally, in the cases of most people, the bowels should move once a day. If the contents are retained longer, some of the effete matter is absorbed into the system, and soon causes trouble. The blood and tissues become clogged, the natural functions of the different organs are interfered with, the breath is foul, and the mouth has a bad taste.

Now what can be done to remedy the evil? Remove the causes by changing the habits of life. Insist on a couple of hours brisk exercise out of doors daily. Drop purgative pills, and cathartic medicines. Drink from two to four pints of water every day. Maintain regular habits. Have regular time for going to stool. The morning hour, soon after breakfast, is a good time.

The diet should consist largely of fruit, both fresh and stewed. Fresh apples, oranges, bananas, and grapes may be considered as mild, natural laxatives, and can be taken in abundance. Stewed prunes, apples, raisins, and apricots, baked apples, steamed figs, tinned fruit, dates, etc., are all excellent for constipation. It is well to use the coarser breads, made with brown or whole-meal flour.

Still, with all these aids, chronic constipation will often require local treatment, and for this purpose we would recommend warm water enemata. To give the injection one should have a fountain syringe, which can be obtained from any chemist. From one to three pints may be taken at a time. In obstinate cases a little pure castile soap may be added to the water; and the bowels may also be kneaded by the attendant to assist their action. Repeat the operation until the bowels are well cleaned out. The enema may be taken daily in diminished quantities until the bowels act naturally.

# QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post.

**Prevention and Treatment of Colds.**—J. E. P.: What is (1) the best preventive of, and (2) treatment for, colds?

*Ans.*—1. The cold morning bath. 2. Rest, light diet, and a hot mustard foot-bath. See "Prevention and Treatment of a Cold" in the November number.

**Varicose Veins—Pain in the Knee.**—T. W. has varicose veins of the leg, suffers much with pain in the right knee, especially at night, and requests treatment (1) for the enlarged veins, and (2) to relieve the pain.

*Ans.*—1. See answer in January GOOD HEALTH. 2. Apply fomentations to the knee as directed in the same number of the magazine.

**Yeast-like Taste.**—R.: 1. What causes a yeast-like, briny taste in the mouth, especially soon after rising? 2. What will remove this unpleasant symptom?

*Ans.*—1. Probably the growth of germs in the mouth, or food decomposing in the stomach, or both conditions. 2. The use of an antiseptic mouth wash, such as cinnamon water. If food remains in the stomach over night, drink several glasses of water as an emetic, and thus wash out the stomach. Avoid late suppers and foods difficult of digestion.

**Enlarged Tonsils.**—A. W. F. has enlarged tonsils, and wishes a remedy.

*Ans.*—Painting the tonsils with a ten-grains-to-the-ounce solution of nitrate of silver is proper treatment. In many cases, however, it is better to have the diseased tissue removed by a surgical operation.

**Epileptic Fits.**—J. W. wants to know if there is a cure for epileptic fits, and also what diet is recommended.

*Ans.*—Epilepsy is a very obstinate disease and often incurable. Drug medication seldom, if ever, effects a permanent cure. Secure the best hygienic conditions possible, and endeavour to build up the general health by an out-of-door life, abundance of sleep in a well-ventilated room, and regular habits. Avoid alcoholic liquors, tobacco, tea, coffee, and condiments. A plain, nutritious diet consisting of fruits, grains, nuts, and vegetables is preferable to the free use of flesh meats and rich foods. Don't eat to excess, and always take time to chew the food well.

**Eczema.**—Several of our correspondents have requested directions for treating eczema.

*Ans.*—This common skin disease is not infrequently due to irritation of the skin by friction from rough or coloured underclothing, unusual heat, or a lack of cleanliness. Sometimes it is due to an unwholesome occupation or exposure to cold. These or other causes should be removed as far as possible. The general health should be improved by carefully observing the laws of hygiene. Disorders of digestion should be attended to, and the bowels kept active. Adopt a plain, wholesome diet, and take exercise daily in the fresh air. In chronic cases remove the dry scales by the use of soft soap and water. A salicylic acid lotion or tar ointment may then be applied.

**Chronic Constipation—Indigestion.**—F. E. writes: "I am suffering from chronic constipation and indigestion. Can you suggest a cure?"

*Ans.*—For constipation, see article in the editorial department. Indigestion, or dyspepsia, is due to a variety of causes, such as the use of alcoholic drinks, of tea, condiments, rich and highly-seasoned foods, pastries, sweetmeats, very hot or cold foods, and drugs, as well as irregularities in eating, over-eating, lack of exercise, and other errors of living. Avoid these things, adopt a pure, wholesome, nutritious diet, such as is described in the January number of GOOD HEALTH, be regular in your habits, and take exercise out of doors a couple of hours daily. Eat slowly, chewing the food well, and use but a few varieties at the same meal.

**Carbuncles—Boils.**—N. H. B.: 1. What is the difference between carbuncles and boils? 2. Give cause and treatment of the former?

*Ans.*—1. A carbuncle is really a spreading boil, or a collection of spreading boils. It is characterised by a tendency to spread. 2. The true cause is infection through the skin by means of a scratch, or some form of abrasion. The carbuncle usually indicates a poor quality of blood, and lowered vitality. In the very earliest stages it is sometimes possible to prevent the development of a carbuncle by cold applications. If this is impossible, apply heat in the form of fomentations or poultices. As soon as there is evidence of pus, the assistance of a surgeon should be secured, the carbuncle should be opened by lancing, carefully scraped, and dressed with an antiseptic.

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DIET cures mair than doctors.—*Scotch Proverb.*

\* \*

"SPRING TONICS" will be one of the timely subjects which will receive attention next month. As everyone knows, cold air is an excellent tonic. Missing this natural tonic with the approach of warmer weather, many people are liable to look about them for an artificial pick-me-up, often in the shape of a bottle of some much-vaunted patent medicine. The article in question will tell of a better way of toning up the system for the warm summer months.

\* \*

"INFLUENZA, Its Prevention and Treatment" will also come in for careful consideration. A disease which has carried off thousands of victims and left its marks upon a still larger number, cannot safely be ignored. To fight any disease successfully, one must do so intelligently.

\* \*

The next form of hydrotherapy to be taken up will be the "Wet-Sheet Rub," a very effective means of treating many common disorders, and one that can be given in every home. "Physical Strength Formers" is the title of a valuable contribution from the pen of Dr. Kate Lindsay, which opens with the declaration that "the great cry of the world is for more strength." The writer goes on to show how this need is to be met.

If any of our readers happen to think of moving this spring, GOOD HEALTH advises a sunny location. England may not have as much sun as some countries; but that is all the more reason for availing oneself of as much as possible of this truly precious commodity.

\* \*

WE take pleasure in announcing that a Good Health Conference will be held in Exeter Hall, London, on the afternoon and evening of May 21, 1902. Readers of GOOD HEALTH are cordially invited to attend, and bring their friends. A fuller announcement of this meeting will be made later.

\* \*

WE are planning to get out in the near future a series of attractive booklets dealing more fully than is possible in this magazine with the cause and treatment of various diseases. The series will be known as the "Good Health Library," and the first number, dealing with the very timely subject, "Biliousness, Its Cause and Cure," will be out some time during the present month. The price will be one penny a copy, or three half-pence by post. Special terms given to agents. Orders may be sent in at once.

\* \*

THE many kind friends who have expressed their pleasure in reading GOOD HEALTH and their interest in the principles it advocates, will please accept our grateful acknowledgments. One gentleman writes:—

"I was immensely pleased with the issue of November, and you may rest assured of my continued patronage."

Another, "I believe that GOOD HEALTH is just what is needed in these days of business hurry and bustle, and if only people will pay attention, and carry out the simple instructions given, they will need no doctors and consequently have no doctor's bills."

“Rational Hydrotherapy,” by J. H. Kellogg, M.D., is a noteworthy contribution to current medical literature. The value of water as a remedial agent is receiving year by year wider recognition on the part of the medical profession. There is no exaggeration in saying that this work, containing nearly twelve hundred pages, is fully abreast of the times, and, while not wasting space on untried and questionable methods, is doubtless the most complete and satisfactory treatise on scientific hydrotherapy which has yet appeared. The general plan of the book includes “first, a brief résumé of the physical, anatomical, and physiological facts which are especially related to the subject; second, a study of the physiological effects of thermic applications; third, a description of the technique of all useful hydiatic procedures; and fourth, a section on hydiatic prescription making.”

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It is evidently the product of a man who had something to say, and knew how to say it. Everything is intensely practical. Mere theorising would be impossible on the part of a physician who has been using these principles and methods of treatment with rare success for some twenty-five years, while occupying the post of superintendent of a large and superbly equipped sanitarium.

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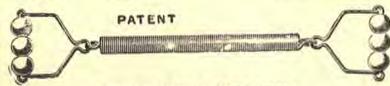
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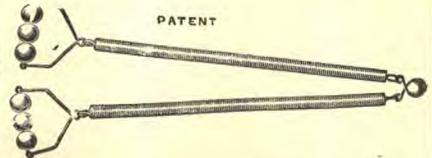


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