



THE CHINESE AT HOME — Street Scene in Tien-Tsin.

(See page 145.)

Good Health

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

Entered at Stationers' Hall.

Vol. 2.

October, 1903.

No. 5.

EDITORIAL CHAT

A Physician's Plea for the Children.—In a paper read before the British Medical Association at its recent annual meeting in Swansea, Herbert H. Tidswell, M.R.C.S., L.R.C.P., calls attention to the grave physical consequences of the cram system which seems to be a necessary adjunct of our present scheme of education. The writer, who has evidently given the subject considerable thought and study, believes that the children of the working classes begin school attendance too young.



Too Long School Attendance.—He continues: "The period of school attendance is much longer and the course of studies much harder than it was under the old system. The rules of the new system put burdens on the teachers and pupils not easy to be borne with equanimity, while the system of cram is turning children into talking machines and injuring their reasoning powers.

"These are powerful factors in producing cerebral congestion. The mind of a child is remarkably sensitive. Harshness and severity, either on the part of a teacher or parent will destroy the happiness of a child's life, disturb the appetite and digestion, and drive away sleep. A child's anxiety to please a parent or teacher if unsuccessful or not appreciated, will have the same effect."

Sad, Care-worn Faces.—The writer further notes the anxious, care-worn look on the faces of our school children. He has often stood still outside schools to note the expressions of the children coming out. "A few only had a look of joy and happiness. The majority had a sad, care-worn, haggard look, suggestive of mental strain." After expressing it as his opinion that these defects in our educational system are a powerful factor, amongst others, in the lowering of the standard of national physique, the writer offers the following suggestions by way of remedy:—

1. Remove, as far as possible, the cause of mental strain, and abolish the cram system.

2. Let all schools be under systematic medical supervision.



A Wrong System.—We believe the writer has put his finger on a weak spot in our educational system. It cannot be denied that our children, for the most part, leave school worse physically than they entered it; whereas, under proper conditions, the reverse ought to be true. Modern education should provide for the development of the body as well as the mind. We are very much in favour of medical supervision of the schools, and we also believe that medical men should properly have something to say about the courses of

instruction. It is a crying shame that delicate boys and girls scarcely in their teens should sit up at night working out problems in arithmetic that would severely tax the adult mind, or memorising a lot of rules that will be of very small practical value. The system which permits such things is a wrong one; but until it is changed, parents must look after their children, and see that they are not mentally over-worked. There is most danger of the girls suffering in this way, because their nervous system is usually more delicate, and they are also as a rule more anxious to please their teachers. Better by far let your children have lower marks in school than allow them by over-study to lay the foundation for life-long weakness and disease.



Serious Physical Defects of London County Scholars.—In striking confirmation of the foregoing writer's contention we have the report of the physical examination of the London County scholars. What is the condition of these 443 boys and 310 girls, the cleverest young people in the public schools of our great metropolis? The *British Medical Journal* gives a carefully tabulated report from which we can only note a few of the most striking items. Eighteen per cent. of these young people had albuminuria, twenty-one per cent. had defective eyesight, and fourteen per cent. defects of hearing. One hundred and forty-nine of these boys and girls had diseased tonsils. Twenty-nine of the girls had crooked spines; but in respect of other defects the girls had a much better showing than the boys, notably in the case of diseased hearts, thirty-five boys being thus affected and only three girls. This difference is probably owing to the boys being more given to cigarettes. Supposing the defects to have been equally distributed, every boy had more than one, while every other girl scholar was free from any physical defect. Surely these facts are disquieting, and

show the need of prompt action with a view of improving the health status of our school children.



Number of Deaths in Our Asylums.—In the year 1899 there were 82,103 deaths in our lunatic and idiot asylums, amounting to 14.1 per cent. of the total deaths in England and Wales. The proportion of these unfortunates to the population as a whole is ominously large already, and in recent years it has steadily increased.



Electric Belts.—We are occasionally asked if we can recommend the wearing of electric belts or batteries, magnetic shields, etc., as a means of restoring lost energy. The answer must be an unqualified No. Such devices are more effective in lining the pocket of the maker than in enhancing the health or energy of the poor victim. They remind one of Emerson's well-known friend, who always carried in his pocket a horse-chestnut as a protection against rheumatism. Emerson said of the results: "He has never had the rheumatism since he began to carry it, and indeed it appears to have had a retrospective operation, for *he never had it before.*"



Proposed Sanatorium for London.—To meet the urgent need of increased accommodation for sufferers from tuberculosis amongst the working classes, it is proposed to erect a new sanatorium in London. At a meeting convened to consider this matter, Dr. Hillier, Honorary Secretary of the Association for the Prevention of Consumption, stated that in England alone 60,000 persons died annually from tuberculosis, and "of all the deaths in the United Kingdom of persons between the ages of twenty-five and thirty-five, one-half were due to consumption." According to careful estimate, at least a quarter of a

million persons are at the present moment suffering from tuberculosis in these islands. Remember, fresh air, day and night, and plenty of it is the surest preventive against this terrible scourge. A proper amount of wholesome food, and abstinence from strong drink, are other very important factors in fighting tuberculosis.



Panaceas to be Prohibited.—The Federal Council of the German Empire has drawn up a set of regulations concerning the sale of proprietary medicines which the different Federal States are adopting. Certain well-known "panaceas" are said to be on the list of prohibited things. Something similar is needed in this country, which in late years has become the dumping-ground of American quack nostrums, besides affording a sure market for unnumbered home manufactures of a similarly worthless character.



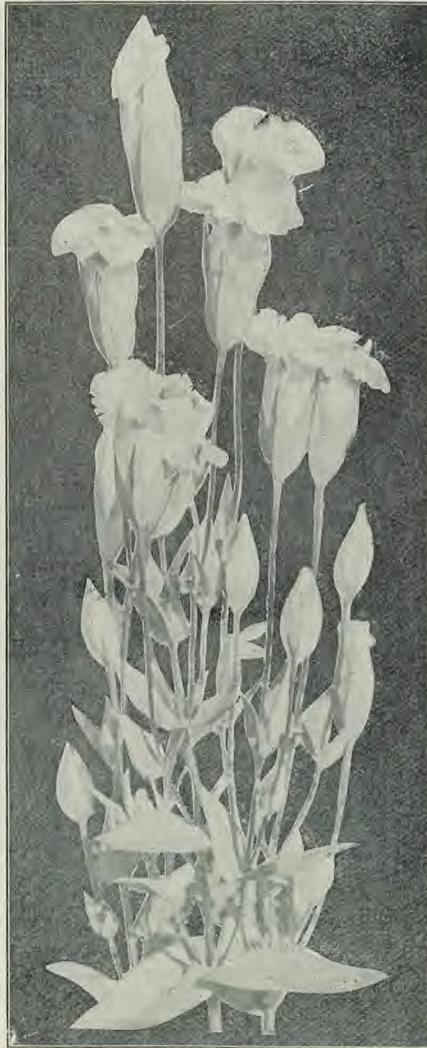
Deaths from Tinned Meats.—Tinned meats have caused some deaths and not a few cases of severe illness during the past summer, and still they continue to be popular articles of diet, especially tinned salmon. It has been said of the Americans,

who supply us with by far the larger portion of such goods, that "they eat what they can, and they 'can' what they can't," a statement which is open to two interpretations. We are inclined to think that oftentimes the less favourable one should be accepted. Fish and meats which neither American nor Briton would think of eating in a fresh state (more correctly in a state of advanced decomposition), are put up in tins and sold far and wide. If the gastric juice did not contain a powerful disin-

fecting principle, serious results would much more often occur. Wise people avoid such foods.



Health Out of Doors.—We lose in health, and especially in calmness of spirit, by neglecting to get out of doors and hold communion with living things. God speaks to us through nature as well as through the written Word. His love is reflected in all natural forms; His peace abides in the deep forest, and on the mountain-side. When we behold with wondering awe the matchless purity of the flowers, it is our privilege to claim the promise: "I will be as the dew unto Israel, and he shall grow as the lily." Every outing, then, should be helpful spiritually as well as physically.



THE FRINGED GENTIAN.

PERSONAL HYGIENE.

BY F. H. WESSELS, M.B., F.R.C.S., ENG.

DURING a short sojourn in Johannesburg recently, several cases of absolute neglect of personal hygiene came to my notice.

A gentleman, the consulting engineer for a large group of mines, was always compelled to sleep on the veldt without much cover, and eat and drink what he could obtain at very irregular intervals. For some years his excellent constitution enabled him to live on in comparatively good health. At last his stomach struck work, and one by one his hitherto perfect physical qualities deteriorated. He is now a bundle of nerves, a physical wreck, and a chronic dyspeptic, and he will soon have to give up his brilliant career and try a period of rest and recuperation.

This is only one of many cases where initial disregard of the ordinary rules of health resulted in wreck of the whole physical being.

A mother sees that her infant does not thrive as it ought for its age, but neglects to consult her physician until finally rickets sets in, and a long and tedious régime must be resorted to with often only imperfect results.

It is thus very essential for us to watch our entire system, and build up where we are weak, and endeavour to keep every part of the system in trim condition.

Care of the Scalp.

The hair must be properly attended to so as to guard against its falling out. The eyes, ears, nose, and throat must be cleansed and kept disinfected. One of the causes of weak lungs is a nose rendered useless by chronic catarrh. This disease can almost always be remedied if attended to at its onset.

The teeth are perhaps the most abused organs, inasmuch as they are invariably neglected until finally a long and painful

séance with the dentist is necessary. One so often sees little ones with the milk teeth decayed. Little do mothers realise that the foundation is thus laid for imperfect growth and early decay of the permanent teeth.

Causes of Dyspepsia.

The universal habit of eating between meals, and especially, that great parent of dyspepsia, the custom of afternoon tea drinking, are perhaps the two chief causes of dyspepsia in England and the colonies. With the introduction of cheap tea into England dyspepsia is said to have increased fifty per cent.

Then there is the neglect of the intestinal system. But in order to regulate the bowels one has to control what is put into the mouth. The hygiene of the digestive system can be expressed very tersely. Eat the proper food and at regular intervals, and never swerve from this rule.

To Strengthen the Lungs.

A topic upon which one can never comment too emphatically is the proper care of the lungs. In order to strengthen the lungs and increase their cubic capacity, thus ensuring a better aeration of the blood, one has to commence with the chest walls. Every man and woman ought to see that his respiratory muscles are strong and well nourished. When a muscle is exercised, its blood supply is increased. The lung tissue thus gains a purer supply of blood because of the arrangement of the thoracic circulation. The modern treatment of consumption consists of exercise, proper nourishment, pure air, and rest. So that if exercise is persevered in by the weak-chested, the above disease will not find so many victims.

Symmetrical Muscular Development.

The symmetrical development of the muscular system is of profound importance. Walking is excellent, but without special exercises of the arms and neck, it becomes a menace to the weak ones ; for blood is drawn away from the very parts which need development most.

There is a system of therapeutics in vogue which concerns itself with exercise,

massage, and diet only, and from the results obtained one would judge that this system is far more efficient than the ordinary drug treatment.

Let our motto therefore be, "Eat pure and nourishing food at regular intervals, breathe pure air, keep the muscular system symmetrical and in proper tone, strengthen and repair every weak point, and the grand temple which God has given us will do its part in resisting disease.

INTEMPERANCE IN DISGUISE.

(Concluded.)

BY DAVID PAULSON, M D.

Backache and Kidney Complaint.

WHOLE pages in our newspapers that are paid for by so much the square inch are filled with supposedly medical lore, the sole purpose of which is to terrify the reader into the supposition that a pain in the back is a certain indication of serious disease of the kidneys ; while, as a matter of fact, such a pain has really no such significance ; but it leads the unsuspecting reader to drain through his system bottleful after bottleful of either useless or dangerous compounds, as may best suit the fancy of the patent medicine manufacturer.

A still more serious matter is the flaunting before the eyes of the invalid public most absurd claims to the effect that a given remedy is a certain cure for some of the most serious maladies that are afflicting the human race, and thereby beguiling the poor victim so that he is content to drift along month after month using these substances, until his disease has reached such a stage that rational medication, change of climate, and other restorative means are utterly useless.

The healing of the sick is a sacred mission which is akin to that of the preaching of the Gospel. Yet many of these soulless concerns have such an

anxiety to prey upon the ills of human flesh, that often by false representations they lead thousands of people to believe that some insignificant symptom is a sure sign of serious disease. Such an idea may so enslave the human mind that it is far more easy to cure an *actual* disease, than to deliver this class of invalids from their

Ghosts of Disease.

With devilish ingenuity some of these human charletans parade before the minds of young people the most gruesome portrayals of what mental and nervous wrecks they will speedily become if they do not immediately resort to the use of their "specifics" and "nerve restorers." These horrible word pictures prey upon the vivid imagination of the youth, or upon the morbid sensibilities of the invalid, until thousands are finally persuaded to answer some of these advertisements. Then the victim is almost flooded with literature and letters of advice, which are all intended to *cultivate* the terror which has already been produced, and to persuade the unhappy mortal that unless he takes the recommended treatment with the persistency of grim death, there is nothing ahead of him but absolute mental and moral despair, or

the insane asylum, or the yawning tomb. These monsters in human form cling to their deluded victims as long as there is any reasonable hope of securing available cash, and then these poor, discouraged wrecks generally succeed in drifting into the hands of some competent physician, who begins the toilsome and disheartening effort of restoring their confidence in the utility of correct methods of treatment and right living, and as improvement sets in, it will begin to dawn upon them that kind Nature is far more tender to them than these human sharks have been.

Those who are not familiar with the actual facts would be amazed if they were to learn of the large number of persons who could not exist at all were it not for the credulity, ignorance, and superstition in reference to disease on the part of men and women who are intelligent enough on all other matters excepting the care of their own bodies.

High Percentage of Alcohol in Tonics.

Of a list of eleven sarsaparillas, bitters, tonics, and other compounds that are the most widely advertised, Dr. Bumgardner

recently reported before the Colorado State Medical Society, that the smallest amount of alcohol in any one of them was *seventeen per cent.*, while the highest was *forty-four per cent.* Yet during the past year, a number of men and women who are unquestionably doing a grand and good work for God and humanity, have furnished unqualified testimonials extolling the virtues of these very remedies, thereby allowing the influence of their names to assist in forging the cruel shackles of drunkenness upon the rising generation. Ordinary beer contains only from two to five per cent. of alcohol, yet all true men stand shoulder to shoulder as uncomprisingly opposed to its use; but how much greater reason there is for discouraging the sale and use of compounds which contain more than ten times this amount of precisely the same kind of alcohol, for it must never be forgotten that the alcohol which is sold over the druggist's counter is just as great a curse as that which is served over the bar by the publican. Its physical and moral effects are just as disastrous, and it paves the way as speedily and readily to the drunkard's grave.



THE BOULDER (COLORADO) SANITARIUM.

This institution has an altitude of over 5,000 feet, and is very successful in the cure of consumptives.

GOOD VENTILATION A NECESSITY TO HEALTH.

BY J. J. BELL, M.D.

THE importance of an abundance of pure air for respiration is seen when we understand that the delicate mucous membrane of the lungs, through which we take in oxygen and give off carbon dioxide and other organic poisons, would cover an area of about 2,000 square feet, or from one hundred to one hundred and thirty times the area of the skin covering the body.

Inspired air contains 79·15 per cent. of nitrogen, 20·8 per cent. of oxygen, and ·04 per cent. of carbon dioxide, moisture, traces of ammonia and nitric acid, dust, and bacteria. Expired air contains 79·30 per cent. of nitrogen, 16 per cent. of oxygen, 4·38 per cent. of carbon dioxide, an increase in moisture, also effete organic matter termed crowd-poison, some traces of hydrogen, marsh gas, etc.

We estimate the purity of the air by the percentage of carbon dioxide which it contains. Carbon dioxide, however, is not the only harmful ingredient present in expired air; but we know that when the percentage of carbon dioxide is high, other organic bodies, or crowd-poison, must be present in a correspondingly large proportion. It is not the lack of oxygen, nor is it the amount of carbon dioxide in the air of a moderately-crowded room which makes it injurious to breathe; for the blood flowing in the lung tissue can obtain the necessary amount of oxygen from air containing as low as ten to fifteen per cent. of oxygen, and breathing air containing one or two per cent. carbon dioxide made by chemical methods is not harmful. But expired air containing one per cent. of carbon dioxide is decidedly injurious because of the organic poisons present. The nose can detect very readily the impurity of the air of a crowded room provided the individual enter directly from the fresh air outside. Those occupying the room may detect no unpleasantness because the olfactory nerves

gradually become accustomed to the foul air as its impurities increase little by little.

Air containing two parts of carbon dioxide in 5,000 we regard as pure. When carbon dioxide is present in the proportion of three parts in 5,000 volumes, the air is impure and unfit to breathe. With every breath we exhale more than one cubic inch of carbon dioxide, which would thus render impure 5,000 cubic inches of air, because 5,000 cubic inches of pure or inspired air already contain two cubic inches of carbon dioxide. 5,000 cubic inches equal about three cubic feet. Thus we spoil three cubic feet of air at each expiration. Since we breathe about eighteen times per minute, we render impure 3,000 cubic feet of air per hour. If we take a room having a capacity of 1,000 cubic feet, with one inhabitant, in order to have the air pure, we would require to change the entire atmosphere at least three times per hour.

In order to ventilate a room without causing a draught, each inhabitant should have from 700 to 1,000 cubic feet of space. Allowance should be made for furniture; and the area above fifteen feet high should not be reckoned.

Various methods have been in use for providing a means of ventilation. Two things, however, are a necessity, whatever system we adopt,—one or more fresh-air inlets, and a foul-air outlet. The latter must be equal in size to the combined area of all the inlets. The greater in number the inlets, and the fewer the outlets, the less will be the draught.

Next month we shall consider some methods of ventilation.

“THE health of the people is really the foundation upon which all their happiness and all their power as a nation depend.”—*Lord Beaconsfield.*

PHYSICAL CULTURE WITHOUT APPARATUS.

BY J. H. KELLOGG, M.D.

AFTER studying this question for a number of years, gathering hints from various sources, especially from the methods used by the Schott brothers in the treatment of affections of the heart, at Nauheim, Germany, the writer has formulated a plan for exercises which can be taken anywhere, and for the most part even in bed, without the aid of apparatus of any sort. If perseveringly employed, this system may be relied upon as a means not only of main-



FIG. I.

taining a healthy condition of the muscles and of the body in general, but of securing exceptionally vigorous muscular development. Briefly described, these exercises consist of a systematic series of contractions and relaxations of all the groups of muscles in succession. To illustrate the fundamental principles of this mode of exercise, in which no apparatus is employed, make the following simple experiment:—

Hold the arms at the sides with the palms upward flexed. Now bend the forearm till the hands are brought up near the shoulders. The amount of work done in this is very insignificant, and the movement might be repeated many times without producing the fatigue which is necessary to stimulate development, and thus produce increase of strength. But repeat the same movement holding in the hands a moderately heavy book or weight.

Observe the different sensation experienced in the arm. The muscles are at work.



FIG. II.

Tension is felt. A repetition of the same movement, still holding the book in the hand, will in a short time produce a sensation of fatigue or weariness in the arm. Now lay down the book, and repeat the movement, at the

same time endeavouring to reproduce in the arm by an effort of the will the same sensation produced by lifting the weight. This is accomplished simply by producing a rigid state of all the muscles concerned in bending and straightening the arm. In other words, an effort is made to hold the arm straight, while at the same time bending it. Before beginning the movement, the arm is made rigid while extended straight at the side. Then while maintaining the effort put forth to hold it rigidly extended at the side, the flexor muscles, or those which bend the arm, are energised to act to such an extent that they are able to overcome the movement



FIG. III.

which tends to straighten the arm. No weight is being lifted, but the flexor muscles are made to work the same as if they were lifting a weight, by the antagonising action of the extensor muscles.

It will readily be apparent that the amount of work done by the muscles can by this means be regulated to a nicety.



FIG. V.

The flexors can be made to do as much work as can profitably be required of them. After the arm has been flexed, or bent, under resistance, the attention of the will toward the arm is changed so that it is made rigid in its flexed, or bent, position, while the extensors, or straightening muscles, are compelled to extend or straighten it.

The following is a brief description of a series of movements which we have termed, "Controlled, or Self-Resistive Exercises":—

Position.—In taking the following exercises, when not otherwise indicated, stand erect, taking pains to hold the chest well forward and stand as tall as possible. The position should be such that it is possible, while standing perfectly erect, to rise upon the toes without swaying the body either forward or backward. When not otherwise indicated, the arms should be at the sides, reaching down as far as possible.

The will must be energetically employed in each particular movement. This effort for concentration of the will upon the muscular organs employed is a powerful factor in inducing development.

The acting muscles or groups of muscles must be continuously and regularly energised from the beginning of a movement to its end.

The movement begins with the part in its natural position, and ends when the part returns to that position.

Each of the exercises is to be repeated from three to ten times, the number of times the movements are taken being increased from day to day.

It will be evident that an almost interminable number of combinations may be made from these, by bodily attitudes and positions, whereby the work may be increased or diminished.

For the Arm and Hand.

1. Fingers separating and closing slowly (Figures 1 and 2).
2. Hand closing and opening.
3. Bending and extension of the wrist-joint.
4. Combine the preceding movements, beginning with abduction.
5. With the arms bending at the elbow and extending forward, twist the forearm so as to turn the arm down, then in the opposite direction.
6. Bend the arms upward to the position shown in Figure 3.



FIG. IV.

7. With the arms reaching downward, twist the whole arm, first in one direction, then in the other.
8. Fingers flexion, wrist flexion, forearm flexion, forearm extension, wrist extension, fingers extension, fingers abduction.
9. Flex the arm across the chest, as shown in Figure 4. Slowly extend the arm outward and backward (Figure 5).

(Next month exercises will be given for a number of other important muscles.)

GASTRIC CATARRH: ITS CAUSES AND HYGIENIC TREATMENT.

BY F. FLEETWOOD TAYLOR, M.B., CH. B.

THIS disturbance, especially the chronic variety, is perhaps the commonest of any disease; accordingly the few following remarks on the subject may be voted distinctly "in season." Strictly speaking, of course, the words mean, "cold in the stomach," and therefore we shall find that the lining membrane of that organ is characteristically inflamed. Our digestive system is in reality a huge gland, and the activity of the innermost cells is increased according to the amount of irritation. Their special function is to "secrete," i.e., to manufacture and pour out, a digestive fluid and mucus.

Special names are given to the two forms of gastric inflammation,—(1) Catarrhal, and (2) Erythematous.

Characteristics.—The two forms are easily distinguished from each other. A patient with CATARRHAL INFLAMMATION feels weak for a day or two before; in rare cases the attack comes on without warning. A sense of weight and of uneasiness is felt in the region of the stomach; nausea, vomiting, and tenderness on pressure are among the most frequent signs, and in nervous people are often most distressing. At first, particles of the last meal will be rejected, but afterwards a thick kind of mucus is expelled, accompanied by violent retching. For the rest, there is headache (the pain chiefly affecting the forehead and eyes), an intolerance to light and sound, sleeplessness, no appetite, and a foul tongue.

On the contrary, in the SECOND FORM, pain is the most prominent symptom, coming on directly after food, shooting towards the shoulder and continuing downward to the left arm. There is always a troublesome thirst. The tongue is at first red, but later on becomes dry and glazed.

Diarrhœa, vomiting, or nausea are generally present; the temperature is increased and the pulse rate is frequently out of all proportion to the severity of the attack.

In both we must bear in mind that the stomach is unable to work, and therefore, little or no secretion is manufactured for digestive purposes. If any solid food be taken, fermentation occurs, with the result that the inflammation is increased, and the tendency to vomit aggravated.

Causes of the Chronic Variety.—

These are many and varied; first, any indiscretion in diet or improper food; secondly, any excess; and lastly, neglect of the rules of health.

Symptoms.—

These vary a good deal. Pain after food is always present, either directly after, half an hour after, or not until two hours after a meal; and it may last a considerable time. Uneasiness is felt in the stomach, bowels, left side of the chest, back, or under the left shoulder. There is a sensation of soreness on pressing the stomach with the fingers. Flatulence, distention, heart-burn, and depression are constantly complained of; while many suffer from cold hands and feet, palpitation, or loss of energy. The appetite is capricious; at times it is ravenous (with a craving for the most unsuitable articles of diet), at other times there is absolute distaste for food.

Treatment.—Having learned something of the nature of these troublesome complaints, you will now be anxious to know the best means to adopt should any of the symptoms enumerated arise in yourself or friends.

In the chronic variety the first consideration is to discover the cause. For instance, the patient may have been ill for years, and have been dosed with purgatives and tonics to no purpose, the simple reason being that the local condition has resulted from failure in the circulatory power, through a weak, diseased, or dilated heart. The proper course in such a case would be to direct attention to the affected member.

Again, suppose the sufferer has kidney trouble, or that distressing disease known as "Bright's," he will have the whole mechanism by which waste material is disposed of, entirely, or partially upset. Consequently we must set the eliminative organs working rightly before we can expect any improvement in digestion.

As regards general rules the maxim, "Cease to do evil and learn to do well," must be borne in mind. I mean, one must be heroic and knock off stimulants, tobacco, tea, and coffee. Some will no doubt think this very hard; but if they have an intelligent view of the condition of the lining membrane of the stomach in Gastritis, they will readily grasp the fact that no irritant whatsoever, must be placed in contact with it. The inflammation and discomfort would be aggravated, and for the same reason condiments are better avoided.

For pain or discomfort, fomentations and massage with warm olive oil give great relief. To those who experience a burning sensation at the pit of the stomach, and have a good circulation (i.e., warm hands and feet), a cold compress applied to the affected part is invaluable.

Diet.—The character and quantity of the food and drink has a very great influence on its digestibility. Only a cupful of fluid should be taken at a meal—this *cool* and at the *end* of the repast, over which a due amount of time should have been spent to ensure proper mastication. If possible a little rest should be indulged

in afterwards. Dry, cold, or tepid food is at all times advisable for those who "know they have a stomach." Over-eating is to be specially deprecated; always stop at the first feeling of satisfaction. Three *small* meals a day are preferable, in many cases, to two *large* ones, for it is *not* the quantity that nourishes us but the amount assimilated.

In conclusion, let us try and alleviate the condition of a patient suffering from the acute form. Absolute rest in bed with the window open is essential. All nourishment must be small in quantity, fluid, and very easily digested. To fulfil these demands, milk and barley-water mixed in equal parts, any food prepared with milk, a drink made with malted nuts or other similar products should be given every four hours in quantities of from six to ten ounces, according to the age of the invalid. A little ripe and raw fruit may be allowed between times, if any wish for such be expressed, and it be found to agree. The bowels may be regulated by means of a plain warm-water injection every third or fourth day. Also the *local* measures recommended for the chronic form may be resorted to with benefit.

OPEN THE DOOR.

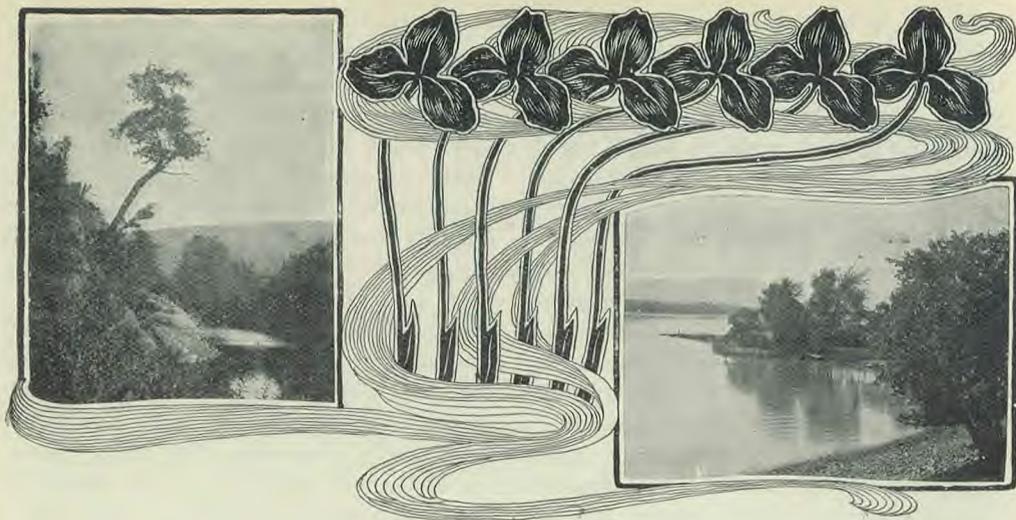
OPEN the door, let in the air;
The winds are sweet, and the flowers are fair;
Joy is abroad in the world to-day,
If our door is open wide, he may come this way.
Open the door.

Open the door of the soul; let in
Strong, pure thoughts, which shall banish sin:
They will grow and bloom with a grace divine,
And their fruit shall be sweeter than that of the vine.

Open the door.

Open the door of the heart; let in
Sympathy sweet for stranger and kin;
It will make the halls of the heart so fair
That angels may enter unaware.

—Anonymous.



BEAUTY v. THE CORSET.

EVERY young woman wishes to be beautiful, and in the endeavour to attain her wish she is but fulfilling the will of the great Creator. But beauty and fashion often have their ways far apart. We think that Frances M. Steele, in the following paragraphs taken from her paper on "Artistic Dress," which was read before the Chicago "Society for the promotion of Physical Culture and Correct Dress," has admirably put the case for grace and beauty and against the cruel custom of tight-lacing. We invite our lady readers to carefully weigh every word, and when this is done, we believe they will be ready to admit that, laying aside entirely the question of its harmfulness, the ordinary corset is not "a thing of beauty," nor will the wearing of such a stiff unnatural garment enhance in any degree, but only detract from the charm and loveliness of a well-developed woman.

"If we reverence the Creator, no human form can be beautiful to us that is not natural and healthy. A small waist is only pretty when harmonising with general slightness. The dainty waist of the poets is precisely that flexibility which is a

natural characteristic of youth. It is later replaced by a beauty of greater dignity. That flexibility is one quality destroyed by corsets. When the shoulders spread out above and the hips poke out below, a small waist is only a deformity. It is only because modern men and women have been accustomed to such a departure from nature that the deformity is admired, or even tolerated. The curves of the natural body are all outward curves, one gently rising out of the other; but the chief curves of a corset are inward curves, which are utterly incorrect,—exactly opposed to those elements which Ruskin has taught us are beautiful in a curve. Fixed angles are monstrous except where nature has placed them, at the juncture of the limbs with the trunk.

"Another ugly feature of the corset is the whalebones, whose rigidity obscures that rippling movement of the body which is one of its chief beauties. So far as that quality which artists speak of as the 'sentiment of the muscles' is concerned, the woman might as well be incased in cast-iron, or be one of those made-up figures which are displayed in the shop

windows. Other ugly features are the hard cross line of the bust, which distinctly shows, and the whalebones and lacing can generally be seen through the dress behind.

"The ampler the form, the less can good taste consent to its compression. Every one knows that a large person looks less large when moving with ease and grace. Tight-lacing destroys both. The sudden bulges and violent amplitudes it displays are distressing to the sense of modesty. Ineffective, imperfect struggles to move about are distressing to the sense of beauty and grace. These things are

positively ugly. And all this unlovely spectacle for what? Pleasure?—Certainly not. Beauty?—Certainly not. For nothing but the gratification of a depraved taste. For just the reason, and *no other*, that the savage sticks a bone through her lip to make it hang down below her chin. Nature is grievously insulted, and often avenges herself. The epitaph,

'Here lies a girl whose brief, brief days
Were briefer still for wearing stays,'

if often repeated, would tell more truth than is commonly found in graveyards."

Some Things that Water will do for the Sick.

A Cold on the Lungs.—There is nothing that will sooner relieve a cold on the lungs than the chest pack. Wring out a long, rather narrow towel from cold water, and fasten it over the chest and back from the armpits to the naval. Put on the outside several thicknesses of flannel, and fasten all securely. The cloths will soon be warm, and will exert a soothing influence upon the inflamed tissues. Such a pack may be put on preferably at night, and when it is removed in the morning the parts should be sponged off with cold water, and thoroughly dried.

Headache.—A very cold compress, as a thick, folded towel, or a mass of cheese-



THE HEAD COMPRESS AND ICE COLLAR.

cloth, applied to the head and face, will relieve headache when the head is hot. The hair should be wet, and if the case is obstinate, apply an ice-collar around the neck.



THE ABDOMINAL COMPRESS.

Abdominal Compress in Cases of Typhoid Fever.—A cold compress applied to the abdomen in typhoid fever, during the entire course of the disease, will prevent ulceration and hemorrhage in nearly every case. The compress should cover the whole abdomen; it should be changed in water at 60° Fahrenheit, and must be changed every twenty to forty minutes, according to the degree of fever, or as often as it becomes well warmed. J. H. KELLOGG, M.D.

THE beginning of intemperance as a rule dates farther back than the taking of the first glass of whisky. It begins, in the average case, round the family table, where irritating foods and drinks are used.



HOUSEHOLD

THE FEEDING OF INFANTS.

BY EULALIA S. SISLEY, M.D.

It is a significant fact that one-half of the infants born into this world die before they reach the age of five years. It may be safely said that a large per cent. of this infantile mortality is due to errors in feeding. A few suggestions may be helpful to inquiring mothers.

Time of Feeding.

Many mothers, in feeding their little ones, adopt the plan of "meals at all hours." No plan could be fruitful of more pernicious results, as a baby's digestion must suffer from irregular or too-frequent feeding.

As a general rule, an infant should be fed once every two hours during the daytime, and once or twice at night, until one month old. After this time the baby should be trained, as far as possible, to do without feeding from ten o'clock at night until five or six in the morning. The little one may cry the first night or two; but he can usually be quieted with a little warm water. After a short time he will learn to sleep through the night without waking for food.

From one to four months of age, the child should be fed once every three hours during the daytime. From the fourth to the eighth month, the intervals between

feedings may be gradually lengthened to four hours.

The Food Itself.

Happy the little ones who are nourished in nature's own way. Statistics show that such babies, as a class, are healthier than bottle-fed infants, and the mortality among them is far less.



Of artificial foods, modified cow's milk is usually the best. For a young infant, the milk should be diluted one-half, the proportion of milk and cream being gradually increased as the child's stomach is able to bear it. Plain water, barley water, or thin, strained, well-cooked oatmeal gruel may be used

to dilute the milk. Enough milk may be modified and sterilised each morning to last through the day. A teaspoonful of lime-water may be added to each feeding.

If a prepared infant food is used, select one which contains as little starch as possible, as an infant is unable to digest starch.

A Word About Nursing Bottles.

In selecting nursing bottles, choose those that are smooth inside, without angles or depressions, which by collecting milk, render cleansing difficult. Provide the

bottle with a plain rubber nipple. The long tube attachments should be discarded as it is impossible to maintain the necessary cleanliness. Any particle of milk remaining in the bottle or nipple from one feeding to another, will be likely to contain the germs which cause fermentation in the stomach; hence the necessity of absolute cleanliness. Immediately after nursing, the bottle should be thoroughly rinsed, then submerged in a soda solution (one teaspoonful of soda to a pint of water). The nipple, after being thoroughly cleansed, should also be immersed in the soda solution until required for the next feeding, taking care to rinse before using. The busy mother may think these precautions unnecessary, but be it known that neglect to observe these requirements is largely responsible for the great mortality among infants.

Weaning.

The healthy infant, whether bottle or breast-fed, should be gradually weaned at

about the age of twelve months, or as soon as he possesses sufficient teeth to begin masticating solid food. It is best, if possible, not to wean a child during the warm summer months, as this is the time when gastric and intestinal disorders are most prevalent. The custom followed by some mothers of greatly prolonging the nursing period is detrimental to both mother and child.

A Suitable Diet for a Child One Year Old would consist of thoroughly cooked grains (such as wholemeal bread, zwieback, browned rice, and the flaked wheat preparations), stewed fruit, and fresh fruits which are thoroughly ripened. Milk and cream may also be used.

Avoid fried or highly-seasoned foods, stimulants (including tea and coffee), coarse vegetables, unripe fruit, pastry, and excessive sweets.

It is a mistaken kindness to feed babies on sweetmeats. By thoughtlessness in this matter the foundation may be laid in infancy for lifelong dyspepsia.

Children's Ailments.

Convulsions.—Place the child at once in a full warm bath (temperature 100° F.), cold cloths, frequently renewed, being kept on the head. As the convulsion is often due to the presence of irritating food in the stomach, it is well as soon as possible, to induce vomiting. The bowels should also be cleansed by means of a large injection of warm water.

Earache may often be relieved by allowing the child to lie with the affected ear upon a hot water bottle, or hot fomentations may be used over the ear. If there is a discharge of pus from the ear, the canal should be gently syringed from time to time with water. The small bulbous "ear and ulcer syringe" is best for this purpose. A discharge from the ear is really worthy of the physician's

attention, as besides the danger of permanent deafness, there is always a possibility of an extension of inflammation into the brain.

DR. SISLEY.

A GREAT fault in busy people is their failure to relax thoroughly at night. Many go to bed and sleep, after a fashion, but with tense nerves. The mind should be as divested of worries and cares at bedtime as the body is of clothes. The muscles must be relaxed. If exercises are taken at night, they should end in a few especially for relaxation.

* * *

THERE are two things that we should learn to forget—the good we have done to others, and the evil they have done to us.
—*Selected.*



THE FOOD PROBLEM.

Some Difficulties Considered.

PUBLIC interest in the diet question is steadily growing, and judging from the frequent inquiries that come in from our readers, the GOOD HEALTH family is no exception to the general rule. A few questions are asked us over and over again, and we believe their consideration on this page may prove of general interest.

"I believe in all these principles; but circumstances prevent my carrying them out. What shall I do?"

Questions like this come from commercial travellers, students and clerks who happen to be the only food reformers in the family or at the boarding establishment, and from many others in various circumstances. Our answer is, Do as well as you can. Don't make radical changes until you can do so under reasonably favourable circumstances. There are some things you can do at once. Unhygienic pastry, strong tea, greasy fried foods, pork, shell-fish, and all things which you have found to disagree with you, should be laid aside. Insist on having good wholemeal bread at all meals. Good bread should not be sticky, it should mix easily with the saliva, and should not have any taste of yeast. If you are able to get your landlady to toast it in a slow oven till crisp throughout, it will be still more digestible. Avoid drinking at meals. Chew

each mouthful of food thoroughly, and limit yourself to three meals per day. By the time you have carried out these reforms, you will probably have realised sufficient benefit from them to inspire your landlady and fellow-boarders with some degree of confidence, and in due time the way will open for further progress. In any case, remember that to live healthfully involves something beside a correct diet. Fresh air, night and day, the morning cold bath (in some form), regular exercise of all the principal muscles, an erect, vigorous carriage, and regular hours for sleep—these are all essential features of a thoroughly healthful life, and none is to be overlooked.

"I don't like flesh foods, they are really revolting to me, and yet when I leave off taking meat for a time, I seem to lose in strength. What pure foods can you recommend to take the place of meat?"

Milk and eggs contain considerable quantities of proteids which are the essential food element in flesh meats. Protose is a very nourishing food, rich in proteids, and also possessing in a large degree the flavour of meat. It may be prepared in a variety of ways, and because of its easy digestibility probably agrees with a larger number of persons than any other food of its class. The Digestive Pea and Lentil flours we have found excellent for the

making of soups and gravies with a rich meaty flavour. The process by which these flours are prepared renders them much more digestible than the ordinary legumes, and also does away with the necessity for prolonged cooking. Whole-meal bread, which is rich in mineral salts and proteids, may be taken to advantage much more freely than is usually the case. Unleavened bread in the form of hard rolls is still better, while the various breakfast foods, together with wheat gluten, will help to provide a diet amply nourishing and sufficiently varied to maintain a good appetite. Meat, it must be remembered, is slightly stimulating by reason of the animal extracts it contains; hence giving it up might involve apparent loss of strength. But one should never give up a nourishing food to which one has been accustomed, perhaps for years, without arranging to supply its place, and also taking pains to build up the system by careful attention all the laws of health.

"Do you recommend the no-breakfast plan?"

In general, no; though we doubt not that it may be suited to some special cases. We do believe, however, that most persons of sedentary habits would find their strength well maintained on two meals per day, preferably breakfast at eight or nine o'clock, and dinner at three or four, and that the rest between times thus afforded the digestive organs would be to their advantage. On the other hand, there may be some individuals who cannot well take a sufficiency in the two meals to sustain the system, and such would need to take nourishment more frequently.

HEALTHFUL RECIPES.

Baked Bananas.—Bake fresh, firm, yellow bananas with the skins on, fifteen minutes in a moderate oven. Serve hot.

Protose Baked with Avenola.—Put one-half pound of protose through a vegetable press, or grate it quite fine in a grater. Mix together two cups of avenola and three cups of warm water; season with a little salt and a little pulverised sage or minced celery. Put alternate layers of the seasoned avenola and the protose in a pudding dish, finishing with the protose. Press together slightly, and bake in a moderate oven until lightly browned.



STUFFED TOMATOES.

Stuffed Tomatoes.—Cut a thin slice from the stem end of smooth tomatoes. Remove the seeds and soft pulp, and mix with this an equal quantity of avenola or biscuit crumbs. Season to taste with a little salt, a little onion juice, and a little emulsified nut butter or nuttolene. Sweeten if desired. Fill the cavity with the mixture, and sprinkle the top with crumbs; or return the top that was cut off, and pin it on with a toothpick. Bake until the tomato is tender. Serve hot with a garnish of parsley.

Roasted Almonds.—Blanch the almonds and put them into a warm oven until they are thoroughly dried and crisp; then increase the heat of the oven moderately, and allow them to become a delicate cream colour (not brown) throughout. If heated too rapidly, the nuts will be tough, and when browned, an irritating, poisonous acid is developed. When they stand for several days, the meats will need to be put into a warm oven again, to make them crisp. These almonds are much sweeter, besides being more easily digested, than the salted almonds.



The Children's Room.

GIVE the children the brightest, sunniest, and most attractively furnished room in the house. A corner room, with windows on both sides, is preferable. The wall-paper should be of a restful, cheery pattern and washable; the floor should be covered with linoleum, and provided with plenty of soft rugs which may be easily removed and shaken. Chairs, tables, and other furniture should be as far as possible suited to the needs of the children and of substantial make. Cupboards should be provided for keeping books, toys, etc., and habits of order and neatness inculcated early. A few good paintings on the wall will minister to the child's love of beauty, and exert an influence for good. The cultivation of taste properly begins in the nursery.

Most important of all, the room must have abundance of sunshine and fresh air. Children are not unlike plants in their requirements. Many a pale, sickly child would wonderfully improve if allowed to come in contact with the healing rays of the sun. Our houses are not nearly as

sunny and cheerful as they might be. The windows, few enough in number, are often rendered useless by blinds or heavy curtains. No wonder, under these circumstances, that we resort to the chemist for tonics and pick-me-ups, having shut out from our homes the real tonics—sunshine and pure air.

Chinese Customs.

"CHINA is the problem of the twentieth century." So writes Rev. E. J. Hardy, Chaplain to the Forces, Hong Kong, in a recent number of *Chambers's Journal*, and goes on to give some interesting particulars regarding the Chinese people.

Of course everyone knows that Chinese customs are quite the reverse of ours in most things. In one particular, at least, they have the advantage over us: A Chinaman pays his physician to keep himself and his family well; we pay when we become ill.

Economy is a strong point in the Chinese character, and leads to their free use of the flesh of horse, dog, cat and almost any

animal, even those which die of disease. No doubt such fare, together with the Chinaman's well-known fondness for tea, and abhorrence of exercise, lies at the foundation of the digestive disorders which are exceedingly common in that country.

Exercise for its own sake seems madness to the Eastern mind. A Cantonese asked a servant about a foreign lady whom he had seen playing tennis: "How much is she paid for rushing about like that?" On being told, "Nothing," he would not believe it.

Physical Perfection and How to Attain It.—IV.

WALKING is the best exercise anyone can possibly indulge in, and it is a noteworthy fact that all athletes in training, whether swimmers, runners, cyclists, or gymnasts, usually have a daily walk of from fifteen to twenty miles, in addition to their special athletic training exercise. Swimming and running are also excellent exercises for the development of the physique. Great care should be taken by the aspirant to physical perfection, not to pay too frequent visits to the swimming bath, as swimming is a very exhausting exercise, and one which is to some persons debilitating. For most persons once or twice a week is quite often enough to indulge in either a swimming bath or a sea bath, and none should stay in the water more than twenty minutes.

Cricket is a very good exercise, worthy of its title, "our national game," as it tends to an all-round development of the muscular system. To the more highly favoured and wealthier individuals there are other exercises, such as cycling, golf, tennis, gymnastics, hockey, skating, and many others too numerous to mention. Great care should be taken not to over-exert oneself, especially at the commencement. It is a wise plan to begin, say in running, swimming, or cycling, to practise short distances at a steady pace at first, and to gradually increase the speed and distance as the muscles become stronger and more used to the strain imposed on them. A person who indulges in walking exercise or cycling, or any exercise in which the lower limbs are almost exclusively used, should also engage in the gymnastic exercises, to bring about physical harmony.

A method adopted by a number of athletes and gymnasts, is to visit the gymnasium during the winter months, when the athletic season is over, and pursue outdoor sports in summer. By this means they not only develop the muscular system harmoniously and proportionately, but also keep themselves in a healthy condition of body, so that the severe strain of training is scarcely felt at all, and indeed is looked forward to with pleasure. To attain physical perfection we should not confine ourselves solely to one special branch of athletics, but indulge in a variety of exercises.

But do not, as many do, allow your athletic exercise to dominate your life. Do not indulge excessively in athletics to the exclusion of other objects far more important, which I hope you have in view. Let your motto be, "Exercise to live," not "Live to exercise." Solomon said, "The glory of a young man is his strength," not merely brute strength, or physical strength only, but also strength of mind, strength of character, and strength of intellect.

There are numbers of other physical exercises, which I have not mentioned. Of course, with the brief space at my disposal, I cannot enter into details as to the merits or demerits of any particular form of exercise, or lay down any special rules as to the amount to be taken, but a few general rules will perhaps be appreciated, and be applicable to most exercises.

Never indulge in violent exercise before breakfast. A gentle walk of fifteen minutes' duration is quite sufficient.

Always exercise in the fresh air, if possible. Too much fresh air cannot be breathed, especially when the atmosphere is dry and warm.

Exercise after sunset in the summer and in the sunshine in winter.

If thirsty after exertion, don't drink. Gargle the mouth and throat with cold water. This will allay thirst. Never indulge in severe exercise until at least two and a-half hours after a meal, and not more than four hours after eating.

Join a gymnastic or athletic club, or both.

Exercise systematically, persistently, and methodically, and not spasmodically, intermittently, or by fits and starts.

THOMAS W. ALLEN.

QUESTIONS AND ANSWERS.

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

Varicocele.—F. B.: "I should be glad if you could inform me regarding varicocele. I have a bearing-down feeling, and find it hard to get through my day's work. Being a carman, I have a lot of jumping up and down, which aggravates the condition."

Ans.—Obtain a suitable suspensory bandage, which will relieve the bearing-down feeling. You ought to consult a competent surgeon, who will advise you whether you require a surgical operation or not. In certain cases, an operation is the best remedy, and if yours is such, you should go to a hospital for that purpose.

What to Do for Faintness.—G. E. K.: "I should be glad if you could tell me through the columns of GOOD HEALTH what to do when faint. All of a sudden, I feel as though I should fall, but have to arouse myself, being in business. I wonder whether constipation and female weakness is the cause."

Ans.—When a fainting spell comes on, lie down with your head lower than your limbs, if possible, and apply a cloth wrung out of cold water over the heart. All bands and stays should be loosened. It is far better not to wear corsets at all. You should follow the general directions for building up the health given to other correspondents. Consult a competent physician for the female complaint, and have it righted.

Baldness—Kidney Disorder.—M. B.: 1. "I am twenty-eight years of age, and am already going bald. My hair is falling out daily, and I can find nothing to prevent it. Please give me instructions for massage to the scalp, as recommended in your GOOD HEALTH magazine. 2. My brother, who is twenty years of age, frequently passes water twelve times or more in a single day, and his hands and feet are clammy or perspiring. He has been told that it is nervous debility. He is taking medicine, but does not get any better. What instructions would you give? He is often in a desponding condition."

Ans.—1. A simple, efficient means of massaging the scalp, is to rub it briskly with the balls of the fingers of both hands, dipping them occasionally in cold water. This should be done for about ten minutes morning and evening, and should leave the scalp red and glowing. Another useful form of massage is to press the fingers firmly upon the scalp and move it backwards and forwards over the cranium. If you have not already done so, it would be well for you to cut your hair rather short, and shampoo the scalp with Packer's Tar Soap once a week, using soft water. There may be some constitutional disturbance which causes

the falling out of your hair; and if so, that should be attended to. Especially attend to your diet. See that the whole system is well nourished.

2. Your brother should consult a competent physician, as it is possible that there is some serious disturbance of the kidneys. The water should be analysed, if that has not already been done. If it is a case of nervous debility, then we would recommend him to visit one of our health institutions, either at Caterham, Belfast, or Leicester, where he could have suitable diet, and tonic treatment.

Nasal Catarrh and Chronic Cold in the Head.—R. B.: "I have catarrh in my nose, and at times it brings on a very depressed feeling. I always feel as though I have a chronic cold in my head, and I often suffer when trying to speak, my voice being husky. I am frequently compelled to try to clear it. Sometimes I cannot breathe through my nose, and this often causes a very bad headache, which I believe is due to catarrh. Kindly advise me what to do."

Ans.—For local treatment obtain a "Perfection Vaporiser," and use the following solution:—

Menthol Crystals	- - - - -	grs. 40
Oil of Eucalyptus	- - - - -	drops 40
Oil of Wintergreen	- - - - -	" 10
Liquid Vaseline	- - - - -	oz. 4

Inhale this solution through the vaporiser for about ten minutes three times a day, and your catarrh will soon be relieved. Take a tepid or cold sponge bath each morning, followed by vigorous rubbing and half an hour's walk in the fresh air. Avoid getting your feet wet. Adopt a plain, simple diet, consisting largely of fruit, breads, and nuts. See that your bowels are regular.

Nervousness and Palpitation of the Heart.—S. D.: "I suffer from nervousness and palpitation of the heart. For a long time I have tried to obtain a substitute for tea, which I have been told is injurious to nervous people. What would you recommend?"

Ans.—Caramel Cereal, prepared by the International Health Association, of 74 Legge Street, Birmingham, is an excellent substitute for tea. You can obtain it direct from the Company, or through your grocer, who will order it for you. Caramel Cereal is a pure, wholesome food drink. It contains no injurious elements whatever. It is easily prepared, economical, and very palatable. You are quite right in believing that tea is injurious to nervous people. Tea is a narcotic stimulant, and in no sense a food.

GOOD HEALTH GLEANINGS.

THE contentment that can only be had from nerves that are not overstrained is to be found by reducing your daily life to its simplest terms.—*Ladies' Home Journal*.

* *

FEATHER beds are not healthful. Blankets are a better covering than quilts, because more porous, and more easily washed. It is a bad plan to leave the light burning in a sleeping-room overnight.

* *

THE toasting, or browning, in the oven, of the various grains before they are cooked is an excellent thing, as it tends to partly convert them into dextrine, a form of sugar which is very essential, especially to those with weak stomachs.

* *

IT is an error to crowd food into the stomach while some of the previous meal is still there. When the digestive glands are compelled to continue to pour out the digestive juices to act upon food substances at short intervals, and at irregular times, they soon become worn out and deteriorated.

* *

WHILE stooping, it is impossible to properly fill the lungs, and the upper lobes do not receive their due amount of air. This inactivity soon leads to weakness and wasting, which in turn gives place to disease processes, and irreparable damage is likely to result. Therefore to be in health, sit and stand upright.

* *

IT is a deep-seated error, which is very prevalent in the human mind, that somehow or other the elixir of life can be concentrated and stored up in a bottle, if only it is compounded with some vile and noxious substance, and the whole thing sold under some striking name.

BOOK NOTICES.

WE have received from Mr. Edward Lewis, Wallace House, Westgate, Burnley, an eight-page booklet entitled, "*Recipes for Wallacites*." Full instructions are given for the preparation of a number of dishes without the use of baking powders or condiments. Some of the recipes, especially, look very inviting.

-8-8-

"*Consumption: Its Prevention and Cure*." By Samuel Wood. To be obtained of A. Broadbent, 19 Oxford Street, Manchester. The author, who is a member of the Manchester Physical-Health Culture Society, gives a lot of sensible advice to the man who is threatened with this very common disease, or who has already entered upon its early stages. There is much that such a patient can do to bring about his own recovery. Mr. Wood writes moderately, avoiding strong statements, but he says enough to point out the better way in respect to all one's physical habits. We trust the pamphlet will have a generous circulation.

-8-8-

"*The Building of the Body*." By Albert Broadbent, F.S.S., F.R.H.S. Price 2/6 net. A thoughtful, informing work on a subject of paramount importance. The author, himself a vegetarian and the secretary of the oldest vegetarian society in the Kingdom, nevertheless treats the whole subject of dietetics broadly, from the standpoint of health and utility. He pleads with his readers to study the food problem intelligently, and brings to their knowledge to help them in such study the results of the investigations of eminent scientists. Much stress is laid upon the value of the mineral salts found in vegetables, wholemeal bread and other foods, the author believing the loss of these elements through unscientific methods of cookery, or by the milling process, to be the active cause in many instances of an anæmic condition of the system and of early dental decay. Fruit is not given a very important place in the dietary, and this is a point in which we differ from the writer, although granting that there may be individual cases where this otherwise invaluable food may not for various reasons have a favourable effect. The chapter on "Physiological Demands" is an interesting one, and the uric-acid-free recipes will prove suggestive to the housewife. Tables showing the chemical composition and nutritive value of a large variety of foods, as well as the composition of the mineral constituents of food, appear at the close, and give added value to a book which may well be recommended to the thoughtful perusal of any and of all our readers. It deserves, and will doubtless have, a wide circulation.

Good Health,

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

Edited by

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[The managing editor is responsible for all unsigned editorial matter.]

Business communications should be addressed to
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London, N.**

All communications referring to editorial matters should be addressed to the Editor, GOOD HEALTH, 451 Holloway Road, London, N.

Telegraphic Address: "Uprising," London.

GOOD HEALTH may be ordered through any newsdealer.

The cost of a yearly subscription, post free, is 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2. Indian office: GOOD HEALTH, 39/1 FREE SCHOOL ST., CALCUTTA.

THE current issues of *The Lifeboat* are brimful of interesting incidents in connection with our medical missionary work in Chicago and other large cities. We invite all our readers to become subscribers to this excellent magazine. A sample copy will be sent to anyone on receipt of stamp. The cost of a yearly subscription is 1/6, post free. Order of the Good Health Supply Department.

—*—*—

MR. T. J. BILSON, who is well known to our readers as a dealer in all kinds of vegetarian supplies, etc., is introducing a coconut butter which is certainly one of the best substitutes for ordinary dairy butter that we have tried. It has a slight coconut flavour, will keep indefinitely, and is well adapted for use in cooking, as well as to spread upon bread. Further particulars, price lists, etc., may be obtained of T. J. Bilson, 88 Gray's Inn Road, London, W.C.

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PUBLISHERS' NOTES.

We are pleased to give the "Portia" Combined Stocking Suspender and Shoulder Support our hearty endorsement. It does away with the injurious compression caused by the wearing of garters, and at the same time by gentle pressure reminds the wearer to keep the shoulders in their proper place, and the chest well to the front. Simple in construction the device is very easily adjusted to persons of different height, and is equally valuable to ladies and children.



THE cover of the August number of *Health & Strength* is typical of its contents. In the background there is an animated picture of the summer sea, which serves admirably to show up the finely developed figure of Mr. Francis Vaughan, of London. Then among the special features of the number we have a wonderfully pithy article, "On Keeping Fit," by A. R. Downer, for several years the world's champion sprinter. The author sets forth many principles and hints, which should prove invaluable to those who would excel in this special branch of athletics. Mr. Albert Broadbent's seventh contribution on the subject of living healthily, is perhaps his most interesting and important one, for it gives exclusive treatment to the question of "Our Daily Bread." "The King and the Swimmers," by Frank Colebrook, deals with the numerous events of no slight importance which have been enacting in the swimming world



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FOR . . .
CHILDREN AND LADIES.

Highly recommended for growing girls and for those with round shoulders, or contracted chest. Specially suitable for Cyclists, Golfers, and Gymnasts.

W. London Medical Journal says, "We believe the 'Portia' Suspender is the best."

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Hygienic Facial Treatment a Speciality.

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Dr. Allinson says:

"It is as refreshing as TEA; as tasty as COFFEE; as comforting as COCOA; and as harmless as WATER. Is as easily made as either of them, and can be taken at any meal or at any time. There is not a headache in a barrel of it and no nervousness in a ton of it. May be drunk by young and old, weak and strong, the brainy man or the athlete; also by invalids, even in diabetes."

All who suffer from Nervousness and Palpitation, Headache, Wakefulness, Loss of Memory, Low Spirits, Flushing, Trembling, and all who cannot or should not take tea, coffee, or cocoa, may take BRUNAK with perfect safety.

Sold by our Agents and the usual Cash Grocery and Drug Stores in town and country in 1 lb. packets at 1s. each. If any difficulty in obtaining it, a list of agents and a sample will be sent post free for one penny, or a pound packet post free for 1s., by

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To those readers of GOOD HEALTH who are not acquainted with the contents of this world-renowned work, the following list of subjects will give some slight idea of its scope. A complete syllabus, showing the contents of the whole 127 CHAPTERS, enumerating upwards of 500 SUBJECTS and divisions of subjects, can be had free on application to the Publishers. The complete work, if ordered direct from the Publishers, on the Order Form, will be forwarded carriage paid, for

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Analysis of beauty—Beauty a possible attainment—The way we make our own faces—Secrets of face transformation—Changeableness of beauty and its causes—Some strange facts concerning the variability of beauty—"Odd-faced" beauty—The countenance the counterpart of the mind—How pleasing expressions become permanent—How a person's habitual look is acquired—How permanent expressions can be transformed—Metaphysical secrets of keeping young and preserving a youthful appearance—The author's investigations into the causes why some individuals look younger than others at a certain age—Discovery of a great metaphysical secret—Wonders of the skin—Effects of mental emotions upon the skin—Bad complexions and their causes—Diet that spoils and diet that improves the complexion—General care of the complexion—Construction, growth, and wonders of the hair—Why hair falls out—Premature greyness; its causes and prevention—General care of the hair—Superfluous hairs and how to treat them—Wrinkles; their prevention and treatment—Freckles, tan, and blackheads—Oily skin, dry skin, and loose skin—How the nose can be improved—Protruding ears and their treatment—Offensive breath—Anatomy of the teeth—Why teeth decay—General care of the teeth—Tallness and how to attain it—Round shoulders, and how to cure them—How to acquire a full chest—Perfect form and figure; their proper proportions—Thinness, and its treatment—Excessive stoutness—Care of the hands—Care of the feet—Physiognomy, or the art of reading character from the face—Mental influences upon health—Power of the mind over the body—Influence of the mind in curing diseases—How the mind can cause dyspepsia—Effect of the direction of thought to the heart—How real disease often supervenes upon fancied ailments—How violent passions injure health—Laughter as a medicine—Ailments cured by laughter—Wonders of digestion—Relative value to our bodies of the principal articles of food—Fruits and vegetables as medicine; their various influences upon the physical system—Health-preserving diet and its consistency—Diet favourable to mental exertion and intellectual culture—Influence of various foods upon our passions and propensities—The influence exerted by the mind upon the appetite and digestion—Some perilous articles of food—Exercise and its relation to health—Baths and bathing; their influence upon health—The way we breathe, and how it affects our health—The marriage state, and its influence upon health—Statistics showing the comparative vitality of married and single persons—100 professions, trades, and occupations; their respective influences upon health and long life—Sleep, and its relation to health—Insomnia, and its treatment—The eyes, and how to preserve them—The ears and hearing; how to prevent deafness—The voice; its cultivation and preservation—Memory, and how to improve it—Sudden failure of memory—Rules for cultivating the memory—Influence of diet upon memory—Stammering, and how to cure it—Prevention of disease—Nervousness—Blushing; its physiology and treatment—Rules of life for attaining longevity—Compendium of the mental, moral, physical and external influences that lessen the years of our earthly existence—How to live to a hundred—Premature old age and its causes—Short biographies of 30 modern centenarians, whose ages range from 115 to 185 years—General principles that can be laid down for the anticipation of longevity—The eight signs of long life.

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"Good Health."

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Please forward me Professor Boyd Laynard's complete work, "SECRETS OF BEAUTY, HEALTH AND LONG LIFE" (carriage paid), for which I enclose the sum of One Shilling and Sixpence.

Name.....
Address.....

PUBLISHERS' NOTES.

recently. Special mention is made of the Highgate Pond Gala, and there are many excellent illustrations. "Some aspects of a soldier's life in India," by an old soldier, contains much matter of interest. On the whole this is a very attractive number.



The Young Abstinence is a bright, attractive, temperance magazine which should be in every home where there are young people or children. There is no greater present-day evil than the drink traffic, and no efforts should be spared to interest the young in the temperance movement. Any of our readers who are not acquainted with this magazine would do well to send stamp for sample copy to the Young Abstinence Union, 18 Exeter Hall, Strand, W.C.

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Manufacturer of Zwieback (brown and white), a specially prepared, pre-digested bread, invaluable to dyspeptics and invalids; used in the Battle Creek Sanitarium and its branch institutions. 6d. per lb. Sample packet sent for 6d. in stamps.

Agent for all the foods of the International Health Association, and for Dr. Allinson's Wholemeal Bread. Orders to the amount of 2s. and upward delivered free in West London. Try HEIDE'S HYGIENIC CAKE, 10d. per lb. Agents wanted.

"The Beef of the Vegetable Kingdom."
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Make delicious Puddings and Soups. Genuine, natural flavour and taste. Adapted to Invalids and Weak Digestions. Boiling unnecessary.

In 1/- Tins; Sample Tins 1/4 post free. In Packets, 2d; Sample Packets, post free, 3d. From Chemists and Grocers, or Wholesale from the Manufacturers,

THE DIGESTIVE FOOD CO.,
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Best Quality
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SPECIALITIES.

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Finest Coconut Butter.
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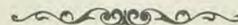
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Unsurpassed as a food- tonic.

Vi-Mal. Banana and Nut Biscuit.

Protose, Granose,
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Send Stamp at once for New Price List.

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THE foods included in the following list are called "Health Foods" because they are entirely free from all that is injurious, and contain just the elements required to build up the human system, both in health and disease. They are made from the purest materials, combined in the proper chemical proportions, and so perfectly cooked as to be easily digested by all.

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Malted Nuts.—Constitutes a valuable addition to milk, increases its digestibility, and prevents the formation of hard curds. It may be used as a food for bottle-fed infants. Added to Caramel Cereal it forms a delicious beverage. In $\frac{1}{2}$ lb. tin,.....1/-.
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Granose Flakes.—The entire wheat berry perfectly cooked and ready for use, in the form of thin, crisp flakes. In packets, containing about thirteen ounces,7 $\frac{1}{2}$ d.

Granose Biscuits.—Granose Flakes pressed into biscuit form. Per box,7 $\frac{1}{2}$ d.

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Nut Rolls.—A nutritious food, made from whole meal and finely ground nut meats, shortened with sweet nut oil. In 1 lb. box,.....5d.

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Nut Butter.—Made from cooked nuts only. Can be used for shortening, flavouring soups, or for table purposes. In 1 lb. tin, 1/-; Part Almond,....1/6.

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Bromose.—A combination of malted cereals and pre-digested nuts. Makes good blood very quickly. Pleasant to the taste. In elegantly embossed box, containing about 1 lb.,.....1/6.

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A package of assorted samples of the above foods will be sent, post paid, on receipt of One Shilling. Can also be obtained from your GOOD HEALTH agent. Recipes furnished.

ADDRESS

INTERNATIONAL HEALTH ASSOCIATION, L^{td.}, BIRMINGHAM.

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PUBLISHERS' NOTES.

NEXT month's issue of GOOD HEALTH will be one of special importance. We have space to mention only a few features. Dr. Kellogg will continue his interesting series of articles on "Physical Culture Without Apparatus." Dr. Sisley will write on "The Baby's Wardrobe." Dr. A. B. Olsen will furnish the next article on Common Diseases, taking for his subject: "Pulmonary Consumption: Its Prevention and Treatment." A new feature will be introduced in the form of the Belfast Sanitarium Question Box. We leave our readers to infer the nature of this contribution. "Hydrotherapy in the Home" will be the title of a new and illustrated series of articles on treatments.

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CONTAINS THE
Complete nutriment of the wheat,
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BROWN BREAD.
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County flour is a whole meal, produced from carefully selected wheats, milled and prepared by a special process, with the object of retaining the complete food properties of the grain, and rejecting the outer covering or bran.

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BREAD is sweet, wholesome and nourishing. CAKE is rich in colour, flavour, and food properties. PASTRY is short, toothsome and digestible.

N.B. In the use of county flour for pastry, the quantity of shortening used should be reduced 25 per cent. from usual recipes, lest the result be too rich.

Terms: cash with order at prices as below.

120 lb. bag 17/6, carriage paid anywhere in England.
20 lb. linen bag.....9/6.
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In ordering 120 lb. if customer prefers 6 linen bags of 20 lb. each, he should remit 18/6 in place of 17/6.

Sole proprietors:

COLLYER BROS.,
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The Belfast Sanitarium,

(Branch of the Battle Creek Sanitarium, U.S.A.)

Is now open to receive patients. It is situated in one of the most healthful suburbs of the city, near the Cave Hill.

Electric, Vapour, and Needle-Spray Baths, and other hydropathic agencies.

Massage and Electrotherapy.

Special Dietary.



Physician and trained nurses.

Non-resident patients received for treatment.

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'Sanis' Underwear

Is made from PURE WOOL, and is a new British Manufacture.

'Sanis' Underwear Assists the process of "Sweating" which cleanses the body of the waste products by its natural system of drainage.

'Sanis' Underwear Is porous, and throws off the vapour emitted from the body which in most underclothing is permitted to remain—a perpetual menace to health.

'Sanis' Underwear Is a HEALTH NECESSITY and should be worn by everyone, old and young, rich and poor.

'Sanis' Underwear Is a Health Preserver, is economical, is very durable, is very comfortable and warm.

'Sanis' Underwear Has come to stay, and because of its undoubted merits is sure to win a leading place in underwear.

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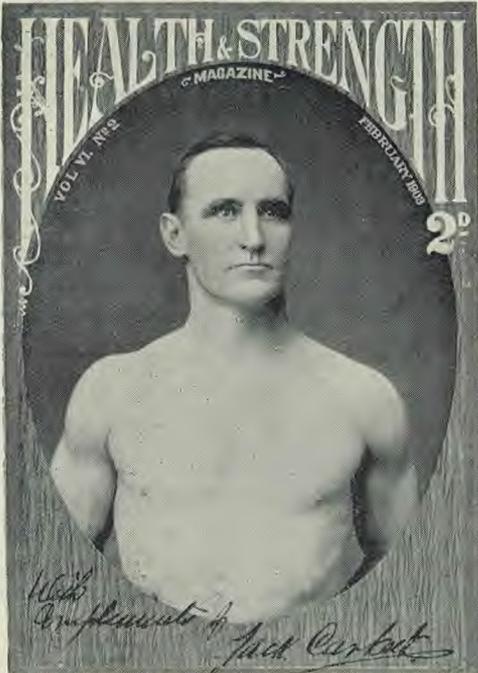
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A national system of training and developing Will-Power, Energy, Determination, &c., after first removing all impediments to the same, such as Neurasthenia, nervousness, nervous debility and exhaustion, hysteria, bashfulness, blushing, melancholia, despondency, weak memory, indigestion, insomnia, stage fright, &c. **No drugs, no medicines.** Prof. R. J. Ebbard's famous self treatment, based on the principles of the Nancy Physicians—**Self-help, self-improvement.**

"Valuable doubtless, to the chronic nervous invalid, whose chief difficulty is a mind prone to dwell upon his aches and pains."—GOOD HEALTH.

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A new & high class . . .

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HAS BEEN OPENED BY THE

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(Nearly opposite Gray's Inn Road.)

Quiet and Central.

The most comfortable place in the neighbourhood for dinner or tea.

SPECIAL EVENING MENUS.

Ladies' and Gentlemen's Lavatories

A Homelike Home.

Delightful. Highly recommended.
Two minutes from the sea.

Conducted on Food Reform lines.

Near the chimes, pleasure gardens, and town.

Accommodations,—the best.

Charges,—moderate.

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Mrs. Hutteman-Hume, "Loughtonhurst,"
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	Dept for Nut and Cereal Foods.
Open from 8 a.m. to 8 p.m. Saturdays, 7 p.m.	<h2>CHAPMAN'S VEGETARIAN RESTAURANT,</h2>
Breakfasts Dinners. Teas.	Eberle Street, off Dale St., LIVERPOOL.
Private rooms for meetings after 3 p.m.	3 minutes from Exchange Station and Town Hall.

In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

INDIAN subscribers will kindly take notice that such books as "Home Handbook," "Ladies' Guide," "Man, the Masterpiece," and, in fact, all health supplies may be obtained of the Calcutta office of GOOD HEALTH, 39/1 School St.



By a very unfortunate typographical error, occurring in the advertisement of G. Armstrong & Co., in last month's issue, the sugar which is sold by this firm was credited with 90.25 per cent. sucrose, instead of 99.25, as it should have read. We have pleasure in making this correction, and at the same time inviting our readers' attention to the exceptional quality of the sugars supplied by the aforementioned company. It is only too true that serious impurities are present in much of the sugar sold over the counter, the cheaper varieties being, of course, the worst. Far better would it be to pay a little more for a pure product such as Mr. Armstrong supplies, and avoid the risks incident to the use of an adulterated food.



GOOD HEALTH proposes to double its mail subscription list this autumn, and asks its readers to join in an active crusade with this in view. To show our appreciation of such help and co-operation we offer the following liberal premiums:—

For one yearly subscription, a set of the booklets 1-3 in the "Good Health Library." (Value, 4d.)

For two yearly subscriptions, "A Retrospect," by Dr. Hudson Taylor. Splendid book on missionary work in China. Illustrated. (Value, 1/.)

For three yearly subscriptions, GOOD HEALTH, Vol. I., neatly and attractively bound. (Value, 2/.) Postage 4d. extra.

For five yearly subscribers, a Magic Pocket Vapouriser, without ear attachment. (Value, 4/.)

For eight yearly subscribers, one copy "The Living Temple," Dr. J. H. Kellogg's new book. Illustrated. (Value, 5/6) Or, "The Stomach." By J. H. Kellogg. (Value, 6/.)

This is only a partial list. For further particulars address, Good Health, 451 Holloway Road, London, N.



REYNOLDS & Co., LTD., the Gloucester Millers, who scored such an unqualified success in the London Bakery Exhibition last year, were well represented in this year's competition, and came out with the highest honours. Good, pure wheatmeal, with a large percentage of proteid, may well form the principal item in the household supplies of all readers of GOOD HEALTH, and we trust that those who are not acquainted with this excellent firm, will send for a sample.



OUR Sanitariums in Belfast, Caterham, and Leicester are demonstrating in a practical manner the benefits of simple, natural living, and a thorough course of rational treatment. An attractive feature of the Caterham institution is the daily drill in physical culture, usually taken in the gymnasium, sometimes, on a bright day, out on the lawn. The wholesome, well-balanced dietary provided in all these institutions is doubtless one cause of the patients making such rapid gains healthwise.

Granose is a Triumph

Of Scientific Food Preparation and Cookery.

AMONG the long list of cereal preparations before the public to-day, GRANOSE stands alone, because of its absolute purity and perfect preparation. Starch composes about three-fourths of the berry of wheat, oats, or barley, and food experts have found that three hours or more of continuous cooking is required to properly prepare starch for the delicate human stomach. Failure to so change the starch is one of the great causes of indigestion, so painfully abundant.

In GRANOSE the starch has been changed, and is easily assimilated. GRANOSE produces far more energy, and is far better for building brain, bone and muscle, than bread, porridge, or other starchy foods. It makes man, woman and child healthy and vigorous.

IT IS THE BEST FOOD OBTAINABLE,

IN THE BEST FORM POSSIBLE.

IF YOU SUFFER with a poisoned circulation, headache, neuralgia, constipation or biliousness caused by dyspepsia, try Granose Flakes for a week and note the improvement. For these difficulties the best results are obtained by eating dry a bowlful of nicely toasted or heated Granose Flakes at the beginning of each meal. They should be eaten slowly, thoroughly masticated, without liquid of any kind.

For small or delicate children, Granose Flakes or Biscuits are splendidly adapted. For infants, put one and a half cupfuls of Granose Flakes in two of hot water, and add one of milk. Simmer until all the Flakes have dissolved. Cool to required temperature, and use as ordinary milk.

If you are well, EAT GRANOSE FLAKES, and keep well.

The International Health Association, Ltd.,

70-74 Legge Street, BIRMINGHAM.

In answering advertisements kindly mention "GOOD HEALTH."