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Good Health

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

Entered at Stationers' Hall

Vol. 2.

December, 1903.

No. 7.

EDITORIAL CHAT

Mentally Defective School Children.—Careful investigations have established the fact that at least one per cent. of the school population of our large cities is in some degree or other mentally defective.



Alcohol the Principal Cause of Tuberculosis.—Baudrou publishes facts showing that, in France, the provinces where most alcohol is drunk, have the largest number of deaths from tuberculosis. "Thus, a consumption of 12.5 litres of alcohol per person corresponds with a mortality of 3.3 per 1,000 inhabitants; when the consumption of alcohol becomes 35.4 litres per person, the death-rate from tuberculosis rises to 10.3 per 1,000 inhabitants."



Diphtheria Epidemic from Milk.—The *British Medical Journal* gives particulars of an outbreak of diphtheria in a certain district of Leeds. After other means of infection had been excluded, attention was turned to the milk supply, which, it was discovered came from a common source, a dairy farm in a very insanitary condition. The milk from this farm being stopped, the epidemic stopped, but there was a recurrence of the disease when permission was given to supply the milk again, although in the meantime the farm had been put in a thoroughly sanitary condition. The persons who handled the milk all seemed to be in good health, but the medical officer had their throats examined, and it was then discovered that

some of them had the diphtheria bacillus. When these persons were eliminated from the *personnel* of the farm, the epidemic ceased. The incident shows the value of modern methods of investigation, and likewise enforces the rule we have often reiterated, that milk should, as a precautionary measure, always be brought to the boiling point before being used.



Tight Lacing Harmless.—Every now and then the advocates of tight lacing ventilate their foolishness in the "open" columns of the public press. Men who glory in what they choose to style a "good figure," meaning the nearest approach to a fashion plate that a living, breathing woman can make of herself, presume to maintain that the practice is harmless, adducing as proof the fact that certain young women of their acquaintance follow the custom, and yet maintain a fair degree of health. The fallacy of such reasoning becomes evident when one reflects that it would justify the opium and morphine habits, and almost any abuse of the body that men have ever resorted to. DeQuincy and Coleridge were life-long slaves of opium, and yet attained to more than the average age. Yet what sensible person would argue from this that opium is harmless, or even deny that these very men were injured by it? To any person with only an elementary knowledge of human physiology, tight lacing, involving as it does violent compression of the body at its most vital point, is nothing less than a crime, and we firmly believe it to be the cause, direct or indirect, of much disease.

GOOD HEALTH AT THE EQUATOR.

A Chat with Readers in the Tropics.

WHILE our British readers are struggling with chill winds, and frost, and gloomy skies, wishing for the return of spring and summer, the Good Health family in India, which now numbers a good many hundreds, is living under precisely opposite conditions, and the same is true of our readers in the West Indies, who also form an appreciable part of our whole family.

What are some of the dangers to one's health in warm countries? and how may they be avoided?

First, there is always the danger of allowing oneself through over-work, loss of sleep, undue anxiety, or carelessness in matters of eating and drinking, to get into a run-down condition in which all the organs are just a little "below par," and the system as a consequence offers a convenient lodging place for any disease germs which happen to be lurking about.

This is the first cause of nearly all cases of fever, and of other acute diseases which are rife in tropical countries.

"But how can one avoid becoming run-down?" someone may be disposed to ask. The answer is, Eat, sleep, and work under normal conditions or the nearest approach to them that you can command, and cultivate a cheerful, hopeful view of life. Hard work will not hurt you if you avoid undue anxiety. But keep on top of your work; don't let it get the overhand and crush you

beneath its many perplexing details. The man who lives under tropical conditions does well to scrutinise carefully everything he puts into his stomach. All food is liable to decay in a high temperature, animal products especially. Evidently fruits, well-cooked cereals, and fresh vegetables are intended to be the chief sustenance of dwellers in the tropics, and as a rule, those who conform most nearly to this general plan enjoy the best health.

In general, digestion is liable to be a little weaker in warm, relaxing weather than at other times. Hence greater care must be taken to avoid indigestible things, if one would conserve his nervous energy. Rich pastries and puddings, fat meats, strong cheese, and tea and coffee should be discarded. Good bread, preferably made into zwieback, may well form the staple food everywhere. Eating one's food dry, and thoroughly masticating it, is another suggestion of importance.

Avoid alcoholic stimulants; they are especially harmful in the fierce heat of the tropics. But guard

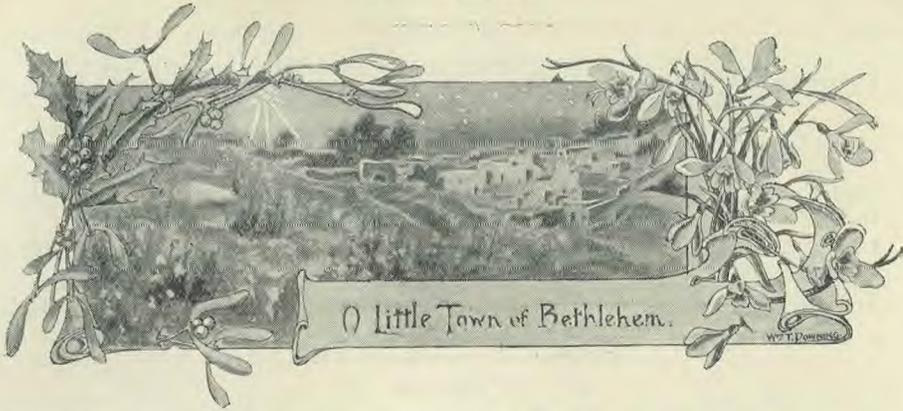
your water-supply with jealous care. The safest plan is to sterilise all the water you drink. If you would endure the heat with the least discomfort, drink freely of pure water, preferably morning and evening and between the meals.

Be careful to cleanse thoroughly all tropical fruits before eating, and avoid as you



EARNEST DESTY.

See p. 213.



O little town of Bethlehem,
 How still we see thee lie!
 Above thy deep and dreamless sleep
 The silent stars go by.
 Yet in thy dark streets shineth
 The everlasting Light;
 The hopes and fears of all the years
 Are met in thee to-night.

O morning stars, together
 Proclaim the holy birth!
 And praises sing to God the King,
 And peace to men on earth.

For Christ is born of Mary,
 And, gathered all above,
 While mortals sleep the angels keep
 Their watch of wondering love.

How silently, how silently,
 The wondrous gift is given!
 So God imparts to human hearts
 The blessings of His heaven.
 No ear may hear His coming;
 But in this world of sin,
 Where meek souls will receive Him
 The dear Christ enters in. [still,
 —Phillips Brooks.

would poison any food which may have undergone fermentation.

Sound, refreshing sleep requires mainly two things,—sufficient exercise during the day to make the muscles really tired, and an empty stomach. Don't stint yourself of sleep, thinking to save time. Nature will not suffer her rights to be invaded with impunity.

The daily cool bath is at once most grateful and refreshing, and helpful to the general health. It is far superior as a tonic to anything put up in a bottle.

Don't experiment on yourself with patent medicines. Pick-me-ups, in the long run, are the very opposite of what the name would imply.

But suppose for a moment that these suggestions concerning preventive medicine come too late, and that one has already contracted a common disease, as malaria; what shall be done to rid

the system of it? In many cases a vigorous course of hydropathic treatment is sufficient to effect a cure; in others these treatments combined with the judicious use of quinine, produce the best results. Quinine is open to objection, but possesses a distinct value as a destroyer of the parasitic germs, whose presence in the blood is the cause of all malarial symptoms.

Digestive disorders are exceedingly common amongst English people residing in warm countries. Fortunately most dyspeptics stand a very excellent chance of recovery under proper conditions. A course of treatment at a good sanitarium is usually all that is required, providing the patient heartily co-operates with the physician by adopting the necessary reforms.

CONSIDER what must be involved in the truth that God is infinite, and that you are a part of His plan.



BEAUTY CULTURE.

BY J. H. KELLOGG, M.D.

It is easy to find plenty of girls and boys from twelve to sixteen years of age with sparkling eyes, ruby lips, and plump ruddy cheeks, affording abundant evidence that health reigns within; but the girl of twenty or twenty-five who has been brought up in the city and has acquired the habits of the ordinary city girl, presents a very different picture. Thin features, pale lips, yellow teeth, dull eyes, sallow skin, betoken premature decay, not by any means, as is generally supposed, as the result of overstudy or too intense devotion to music or art, but rather because she has neglected to cultivate health by correct habits of eating, drinking, exercise, and of life in general.

Most people, especially women, desire a beautiful complexion. Too often, however, their interest in the subject of complexion is confined wholly to that portion of the skin which is ordinarily visible, especially the face and hands. This solicitude for a clear, transparent skin is perfectly proper, but it should extend to the whole body; for such a condition of the skin is one of the signs of health.

A course of life which will produce health and activity of the whole skin will necessarily result in a beautiful facial complexion. There is, in fact, no way by which the skin of the face can be made so certainly and permanently beautiful as by adopting such a regimen as shall bring about health to the whole skin. For this, the daily bath, followed by adequate rubbing, is one of the most essential measures. A warm bath taken at night two or three times a week, and a cold sponge, plunge, spray, or shower bath every morning, is a practice which has wonderful power as a beautifier. The cold

morning bath, followed by a vigorous walk in the cool, fresh morning air for fifteen or thirty minutes, will bring colour to the cheeks and brightness to the eyes more rapidly than any medicinal tonic known to the *materia medica*.

The person who would become beautiful must recognise every law of health, must carefully scrutinise every habit of life. Adequate sleep, as well as abundant exercise, proper diet, and the daily bath, must be recognised as essential, for sleep is nature's great restorer and healer. An abundance of fresh air in the dwelling night and day, proper clothing, especially the avoidance of overheating the body with excessive clothing, and the selection of the right materials to suit the varying atmospheric conditions, are all matters worthy of consideration.

Another source of beauty is to be found in the contemplation of beautiful things. Soul culture is, after all, the important consideration. Every beautiful object, as well as every beautiful thought, emanates from the divine Source of all good; hence the sure road to idealistic beauty lies through the channel of absolute harmony with God. The study of the beautiful in art, but especially in nature, the cultivation of noble sentiments, the pursuit of truth, the espousal of every good principle, complete surrender to noble aims and purposes, looking into the face of Jesus Christ, seeing Him in all humanity about us, in all the perfections of the universe of life and beauty that surround us, a daily longing, hungering, thirsting to reflect these graces of heart and mind in the soul, will ultimately lead, as the apostle tells us, to such an unfolding of grace and beauty, that even the physical frame will be transformed.

PULMONARY CONSUMPTION: ITS CURE.

BY ALFRED B. OLSEN, M.D.

The best and the only effective remedies for the cure of pulmonary tuberculosis are fresh air, pure water, exercise, suitable climate, plain, nourishing food, and tonic baths.

These physical or natural remedies are of fundamental importance, and possess a genuine curative effect.

Let us consider for a moment the condition of the patient. Briefly it is this: The lung or lungs have become the home of a colony of germs known as *tubercle bacilli*.

blood and lung tissues. The fight is already going on in the body. All the natural forces within are seeking to rout the enemy.

To strengthen these natural forces and make them still more efficient, we must use the rational remedies above mentioned. Drugs and medicines cannot be depended upon to fortify the body against disease. Medical men now generally recognise the value of natural agencies, and no longer rely upon drug medication for the cure of consumption.



CELIAN AND WERTIE ANDROSS.

See page 213.

These microbes feed upon the lung substance, and slowly but steadily destroy the organ, producing an inflammatory process, with pain and general discomfort. As the tissue is broken down and disorganised, it enters the bronchial tubes, and produces an irritation which causes the patient to cough. The expectorated matter consists of mucus, more or less blood, and dead lung substance, and is a virulent source of infection.

What must be done to save the patient? Obviously, destroy the germs, and stop the destruction of the lung. It is equally obvious that this can be done best by building up the general health of the patient and increasing the vitality of the

Fresh Air Absolutely Essential.

There can be no doubt as to the great value of pure, fresh air in the treatment of consumption. The oxygen of the air vitalises all the tissues and organs. Fresh air is the great blood purifier. It makes red blood, and that is far better than blue blood, the Heraldic College notwithstanding.

Wherever possible, the out-door life is best. It is even advantageous to sleep out-of-doors if weather and climate permit. Sleeping in tents or on verandas is also recommended.

If obliged to sleep in a house, the bedroom must always be well ventilated. Open the windows above and below as

wide as possible, and let the fresh air in freely. Have plenty of covers on the bed, and also a hot water bottle, if necessary, but don't be afraid of fresh air.

The capacity of an ordinary pair of lungs is about 250 cubic inches. This is called the *vital capacity*, and varies according to the health and development of the person. But in ordinary breathing we take in only from twenty to thirty cubic inches, or about one-tenth of the amount possible. Here is a great opportunity. By deep breathing we are able to take in ten times as much air, and thus increase the supply of oxygen. Everyone with a weak or flat chest should practise deep breathing for ten to twenty minutes daily, and the gain will be rapid and gratifying.

To breathe properly, fill the chest from below, and use both diaphragm and intercostal muscles. Breathe in slowly, and then breathe out, but never strain or persist until exhausted.

What Climate Would You Recommend ?

This is an oft-repeated question, and we shall mention it in passing. Much moisture, rain, and fog are undesirable. A dry, still atmosphere, with abundant sunshine, is most suitable for tubercular patients. A windy place is to be avoided if possible, for it is likely to cause unpleasant draughts, which may lead to an aggravation of the lung trouble.

It goes without saying that the crowded city should be avoided. There the air is foul with smoke and dust and the breath of thousands. The pure, bracing air of the country or seaside is necessary if the

patient is to have the best chance for recovery.

Concerning altitude, it is generally agreed that a considerable height is beneficial. Davos-Platz, Switzerland, with a height of about 6,000 or 7,000 feet, is regarded as a very favourable altitude for consumptives. Put briefly, the best climate for tubercular patients is one that most favours an out-of-door life.

Exercise and Physical Development.

All who have a weak chest should go in for physical culture, and make a business of cultivating health by suitable exercises and gymnastics. It is important to adopt a system of exercises and practise them daily. Slow, deep breathing is one of the best, but there are other movements and exercises which are also very valuable. The Swedish educational system is perhaps best. No apparatus is required, and the exercises are simple and easy to learn. It is well to join a school of physical culture, and thus do the exercises systematically. Whenever possible, take them out-of-doors.



GLADYS BREARLEY. See page 213.

Walking, and in some cases, cycling on easy roads, are also valuable forms of exercise. Riding, too, and, in feeble cases, driving, will prove beneficial. Next after fresh air, well-graduated exercise is the most important means of bringing about a cure.

Little need be said about water, except that it is well to drink freely, and the water should always be pure and free from organic matter, or germs. From two to four pints can be taken daily to advantage.

Tonic Baths and Other Treatments.

Tepid, cool, or cold baths are usually most effective. For the very feeble, a tepid sponge bath with gentle friction is excellent treatment. Most cases will be benefited by a cold mitten friction, and stronger patients can take cold towel and sheet rubs. The body should always be carefully dried by gentle but vigorous friction. It is necessary to guard against chilling the patient. A good reaction and a comfortable feeling of well-being should result from these treatments.

The night sweats can usually be relieved by very hot sponging just before retiring.

For the cough apply fomentations to the chest, followed by a heating compress. Sipping hot water, too, will frequently

afford great relief from this trying symptom.

If there is bleeding from the lungs, put the patient to rest in the recumbent position with chest elevated, and apply an ice bag or cold compress to the chest wall in front of the heart. Fomentations to the spine between the shoulders, and hot leg packs would also be helpful in many cases.

Diet and Feeding.

Last, but by no means least, we come to diet. This should consist of plain, simple, but nourishing food, and all of it should be easy of digestion and assimilation. But the question of diet is such a large one, and so important, that we will consider it more fully under the heading of "Diet for Consumptives" in our next number.

THE CHIEF CAUSE OF WINTER DISEASES.

BY J. H. KELLOGG, M.D.

ALMOST all winter maladies and respiratory disorders may be attributed primarily to taking cold. Consumption, pneumonia, bronchitis, pleurisy, often begin in this way. A child has the croup—it was a cold that starved it. Diphtheria never comes without it. The throat must be congested or sore from a cold before diphtheria can obtain a foothold. The winter cough is simply a bronchial catarrh that is awakened by the first cold. If one were able to meet cold weather without taking cold, there would be no cough.

A cold, then, is a matter of very great significance. If we can protect ourselves from taking cold, we shall usually be able to escape the disorders common in winter.

Colds, however, are not ordinarily looked upon as serious. Many people say that they are "just as well as usual," only they "have a little cold;" they will be "all over it in a few days." But the chances are that they will never be all over it. One cold leaves a susceptibility to others, a tendency to disease that it is almost impossible to get rid of.

The perfectly healthy person, the man who is in prime condition, never takes cold. Hence the first thing to do to protect one's self is to become well and healthy, to get the skin into a perfectly healthy condition. Then it will be able to take care of itself, and to act as a defence against disease.

How People "Catch Cold."

There is a variety of ways in which a cold may be brought on. A little knife-blade of air blowing in through a crack in a window, upon some part of the body, will chill that part, and the blood-vessels of that region will become contracted, affecting, somewhere in the interior of the body, an area in reflex relation with this portion of the surface of the body. For instance, the blood-vessels of the skin of the top of the shoulders and the chest are associated with the blood-vessels of the lungs, so that whatever happens to the blood-vessels of the skin of the shoulders and chest happens also to the blood-vessels of the lungs. If there is a contraction of the blood-vessels of the back of the neck, there will be a contraction of the blood-vessels of the nose and throat, and if there is a contraction of the blood-vessels of the top of the shoulders and the shoulder-blades, there will also be a contraction of the blood-vessels of the lungs.

When the influence of the cold is continued, this contraction is followed by congestion. When one puts his hands into cold water for a few minutes, they are first pale, and then red. This is reaction. The longer the application, and the more intense the degree of cold, the greater will be the contraction and the congestion. So if the back of the neck is exposed for a long time to the influence of

cold, one is likely to have a cold in the nose and throat; if the shoulder-blades and the tops of the shoulders are exposed, one is likely to take cold in the lungs, and suffer from congestion of the lungs. If the cold is long continued, it may cause not only a congestion but an inflammation of the nose or the lungs. So, if the bottoms of the feet become wet or chilled, a weakness of the bladder may result if there has ever been a trouble there; or a weakness of the stomach, if there has been a catarrh of that organ.

Cultivate a Healthy Skin.

In order, then, to avoid the diseases of winter, and to secure for one's self a constant protection against changes in the weather, it is necessary to cultivate a healthy skin. One must keep oneself physically strong by obeying the laws of health. When people die of pneumonia in winter, it is because their lungs

have lost the power to resist disease; their general vital resistance is gone; their lungs become congested from a little exposure because the skin is inactive, germs find a foothold and develop in the lungs, the lungs fill up with exudate, and they no longer have lung capacity enough to keep them breathing.

Pneumonia and all these winter diseases may best be avoided by maintaining perfect activity of the skin. The man accustomed to taking a cold bath every day of his life need not fear pneumonia. The child who has a daily cold bath will not be susceptible to tonsillitis, diphtheria, croup,

or capillary bronchitis, for he is protected by these gymnastics of the skin from those maladies which come from internal congestions.

Avoid Overclothing the Body.

One of the most important precautions to observe in winter is not to overclothe the body. The clothing should not be so heavy as to cause the skin to perspire. Many people smother themselves with

woollen clothing. Too much bed clothing is a great cause of taking cold during the night, and furthermore, leaves a susceptibility to taking cold during the day.

Avoid a damp spare bed. Many a person has taken his death-cold, contracted pleurisy, rheumatism, sciatica, or some other distressing ailment, by just one night spent in such a bed.



BERNARD ALAN E. BRIDGES.

See Page 213.

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IGNORANCE and innocence are often wrongly deemed synonymous. The innocence which results from ignorance is no virtue. The purity of the child is that of the mountain lake, which has never seen anything to reflect but the brightness of sunny skies, and the whiteness of snowy peaks. The purity of manhood is like that of the ocean, which in spite of inevitable contact with the sullying influences, by virtue of its own inherent constituents, and by ever laying open its heart to heavenly agencies, maintains its healthfulness and purity.

THE CARE OF THE TEETH.

BY E. M. CONARD, D.D.S.

"Cleanliness is Next to Godliness."

OF all parts of the human body, surely this truth applies emphatically to the teeth. How often do we see a beautiful face spoiled by neglected teeth. It seems incredible that ladies, particular in the extreme in the matter of adornment and dressed to perfection, sadly neglect the use of a tooth-brush, and thus mar their beauty, and lay themselves open to indigestion and bad health.

If only people would study the subject, they would learn that their refusal to help nature by keeping their teeth and gums clean, doubles the work of the stomach by introducing into that organ in every mouthful of food decayed matter consisting mostly of thousands of bacteria. The stomach gallantly does its best to digest the food, but in the end gives up the struggle, and ultimately is forced to give in to that dread master—Indigestion. Then when the damage is done, the patient begins to think, and a visit to the family doctor becomes necessary, followed by a course of treatment which really does no good until they are taught cleanliness and care of the teeth.

There is really no excuse, for it is such a simple matter, to keep the teeth and mouth clean. A tooth-brush can be had for a trifle. All that is otherwise necessary is a piece of good white soap. Brush the teeth night and morning with a little soap on the brush, and the person using it will be rewarded by a better digestion and much SWEETER BREATH.

In regard to decay of the teeth, do not allow it to extend so that the nerve becomes exposed. Toothache easily becomes chronic, and is only conquered by that very unnecessary operation, extraction of the offending tooth. *Save the teeth in time.* The moment you discover a cavity in a tooth, consult a good dentist at once, or,

better still, consult the dentist before any decay takes place, and follow his directions for preventing decay. You will then be in that proud position of having a good set of teeth, and may leave it to the stomach to thank you, by giving you increased powers of digestion and consequently good health.

No one can be healthy with decayed teeth. If you have neglected your teeth, consult a dentist at once, and when your teeth are properly stopped, pay proper attention to them, and the benefit you will get from so doing will surprise you.

Just a few words to mothers. Bacteria, the deadly living cause of decay, can be transplanted to a child's mouth through a kiss. If there is decay in the teeth, the saliva is bound to take up thousands of these microbes, and in the act of kissing, they are passed from the mother's lips to those of the child's. Prevent this by seeing that your mouth is clean, and thus save your child from possibly having to thank you for bad

NORMAL ADULT'S TEETH. *May's Anatomy.*

teeth in the future.

Teach your children to use the brush, night and morning, and see, personally, that they obey your directions. When they once get used to doing this, it will gradually become a habit for life. A little hint may be useful. Get some perforated cardboard, and work on it in variegated colours, "Brush your teeth."

Hang this where the children can see it, when they go to bed and when they awake. There will then be no need of their forgetting. You will be repaid by your children having better health, and a sweeter breath.

EVERY one that would preserve health should be as clean and sweet as possible in his house, clothes, and furniture.—*John Wesley*

THE DEVELOPMENT OF A GOOD CHEST. (Adapted.)

BY JOHN W. HOPKINS.

CHEST development is perhaps the most important part of physical culture. It is aided by exercises with dumbbells or with



FIG. 1.

Indian clubs, and in short, by all exercises employing the arms.

To round out a flat chest, and correct the tendency very common among persons of sedentary habits, the *Arch Flexion* movements of the Swedish system of gymnastics are the most effective. Arch Flexion is defined as "an arching backward of the spine, each vertebra taking part in the movement." Fig. 1 illustrates the chest in repose before the movements.

In Fig. 3, the arch flexion is completed, being taken with the hands on the hips. By comparing the two illustrations we can form a good idea of the effects of this class of exercise. The lifting and deepening of the chest is very marked, and the ribs are raised and spread apart, making the chest

wider. Fig. 2 represents the same movement with the head upright. In taking exercises of this class, great care must be used to see that the whole spine takes part of the movement, that the bending is not simply in the waist. This exercise may also be taken with the arms outstretched high over the head. Be energetic, and fix the attention earnestly on each movement while taking it.

Importance of Deep Breathing.

The muscles of ordinary inspiration are best exercised and developed by *deep breathing*. This does more, however, than simply to call the muscles into play. The inspirations of the average person are much too short and shallow to accomplish the purposes of respiration, to furnish oxygen to the blood in the capillaries of the lungs, and carry away waste matter from every part of the lungs. The business man, the



FIG. 2.

CHRISTIAN TEMPERANCE.

BY ELLEN G. WHITE.

GOD has made man in His own image, and He expects man to preserve unimpaired the powers that have been imparted to him for the Creator's service. Then should we not heed His admonitions, and seek to preserve every power in the best condition to serve Him? The very best we can give to God is feeble enough.

Why is there so much misery in the world to-day? Is it because God loves to see His creatures suffer?—Oh, no! It is because men have become weakened by immoral practices. We mourn over Adam's transgression, and seem to think that our first parents showed great weakness in yielding to temptation; but if Adam's transgression were the only evil we had to meet, the condition of the world would be much better than it is. There has been a succession of falls since Adam's day.

If Christians would bring all their appetites and passions under the control of enlightened conscience, feeling it a duty they owe to God and to their neighbour to obey the laws which govern life and health, they would have the blessing of physical and mental vigour; they would have moral power to engage in the warfare against Satan; and in the name of Him who conquered in their behalf, they might be more than conquerors on their own account.

All around us are the victims of depraved appetite, and what are you going to do for them? Can you not, by your example, help them to place their feet in the path of temperance? Can you have a sense of the temptations that are coming upon the youth who are growing up around us, and not seek to warn and save them? Who will stand on the Lord's side? Who will help to press back this tide of immorality, of woe and wretchedness, that is filling the world? We entreat of you to turn your attention to the work of overcoming. Those who shall at last have a right to the tree of life will be those who have kept God's commandments.

It is not an easy matter to overcome the appetite for narcotics and stimulants. But in the name of Christ this great victory can be gained.



FIG. 3.

student, the housewife, in fact, all persons of a sedentary occupation, breathe with only a small part of the lungs. The blood, however, is brought to the lungs to be cleansed and to receive oxygen. And if the inspiration is too short to reach all of the air cells, then the blood must return to the various parts of the body no better than when it left them. In this manner, while exercising the muscles of respiration that we may have greater lung capacity, it should be remembered that deep breathing is the true blood purifier.

The clothing must be perfectly loose, giving free use of the lower part of the lungs and the diaphragm. Filling the lungs is like filling a pair of bellows; the air goes to the broad end. So with the chest; the greatest broadening and deepening is in the base. The diaphragm contracts and descends, and the ribs rise and separate on inspiration; the action is reversed on expiration. If the corsets are thrown aside, and the clothing loosened, the deep inspirations will more than make up their loss. The waist and abdominal muscles will gradually lose their soft, flabby condition, and become firm, requiring no artificial aid to support the organs.

DIVINE HEALING.*

BY DAVID PAULSON, M.D.

As a Christian physician, giving my time to the restoration of the sick, and to instructing the well how they may avoid disease, I am sometimes asked with a tone of surprise and almost of reproach, "But, doctor, don't you believe in divine healing?"

My reply is an emphatic yes, but with a qualification. The true gospel of healing is something different from that which commonly passes under that name. We read in the 103rd Psalm of the God "who forgiveth all thine iniquities, who healeth all thy diseases." I believe in that God, and though a practising physician, I am well aware that I possess no healing power. If I could heal, then I could also create, for healing is virtually creating power, and it resides alone in God. Wherever there is real healing, God himself is at work. The physician, from his knowledge of the human body, can give the patient

helpful advice as to how he may cooperate to the fullest extent with the divine healing forces; the physician may also prescribe certain simple, hygienic treatments which will aid nature (which is simply a convenient name for "God at work") in effecting a recovery. But in every case the real work of restoration is of divine origin.

"Then you mean to say that a patient of yours following your advice, taking the treatments you prescribe, and in due time

* Abstract of an address given at Southsea.

making a good recovery, would offer an instance of divine healing?" Yes, assuredly I do. "But I would like to get cured direct from heaven." Very good. I am willing to have God cure me in such a way that someone else seeing it will learn how to get cured.

"But how is it that God cured people instantly 1800 years ago, and yet He is not doing it now?" Let me ask a question. One day Christ fed 5,000 people. Why did He not do it on the following day? A lot of people followed Him expecting to see Him do it again, but He did not satisfy their curiosity.

Let us study the principle. When Christ came here the first time the people had forgotten that He was the real multiplier of grain. They put their kernels of corn in the ground, and presently saw the green blades spring up; in the end there was an abundant harvest. But they failed to see that

God's power was at work in making the seed germinate into the plant, and in all its subsequent growth. Christ came to reveal the Father, and in order to enable men to know once and for all that the bread which they were eating came from the hand of their Heavenly Father, He omitted the usual process of bread-making; instead of multiplying the seeds of corn, He multiplied the loaves, and thus demonstrated beyond all doubt His divinity.

Now, note the wrong conclusions which



GEORGE COWLEY. See page 213.

many of His would-be followers drew. They said to themselves: "This is the best way to get bread. We will not cultivate our fields any more, but we will follow this wonderful man, who is able to make bread out of nothing." But Christ rebuked these men, telling them, in fact, that He was not showing an easier way to get bread, but was holding forth spiritual truths. God had told Adam that he was to earn his bread by the sweat of his brow, and that is still the best way to get your bread—by working for it.

In much the same way I am inclined to think that the slower method of healing is in, perhaps, most instances the better one. Our Heavenly Father, who is well able to heal instantaneously, knows that we, His children, have lessons to learn in reference to obeying the physical laws which lie at the root of health and happiness. It may require some of us a little time to learn these lessons. During Christ's ministry upon this earth most of His acts of healing were instantaneous, not because that is the only mode of divine healing, but to enforce the great truth that God is the healer, and that forgiveness of sin, and restoration from disease are alike parts of the Gospel plan.

Now, before leaving this subject, I wish to state clearly that in saying what I have I do not disparage, or in any sense deny, immediate healing. I have known real cases of this kind (I have also seen many spurious cases), and I have no doubt I shall see more of them. But I want you all to learn to give God the glory for that divine healing which is not immediate, but which is progressive. I want you to realise the literal truth of that Scripture which says, "In Him we live, and move, and have our being." God dwells in man. He keeps his heart beating; He gives him strength in his muscles. When for some reason or another disease fastens on a man, the divine power is at once active in restoring him, but the patient in most cases does not reap the full value of this healing power, because he fails to co-operate with it. We must learn to trust God, to rest in His promises. We must study our own bodies that we may put away sinful indulgences, and learn to co-operate intelligently with our Creator in the work of restoration. Then we must go a step further, and devote our energies to the noblest ends; thus we shall open the way for God to manifest to the fullest extent His healing power in our behalf.

HOW TO BREAK UP A COLD.

BY ALFRED B. OLSEN, M.D.

You have a sore throat, and a feeling of weight about the head, with an inflamed condition of the whole nasal tract, and all the unpleasant symptoms of a common cold. What shall be done for it?

Stop the ordinary diet for a day or two, and take only fruit. Cleanse the bowels by means of a soap enema, using two or three pints of water.

Then take a hot mustard foot or leg bath. Keep adding more hot water to the bath from time to time. Give the patient hot lemonade or water to drink. A towel

wrung out of cold water may be wrapped about the head in the form of a turban, and



TAKING THE HOT LEG BATH.

renewed frequently. This treatment should produce a free perspiration, and afford great relief. After fifteen or twenty minutes, dip the limbs in cold water, and then dry them well. Next administer a tepid sponge bath, and then an oil rub, after which the patient should be sent to bed with a hot bottle to the feet.

The bedroom should be well ventilated, and all the bedding should be aired and dried, and warmed before the fire. It is seldom necessary to have a fire in the bedroom. One never sleeps so well in a warm room, and the effect of the heat is enervating.

Repeat the treatment the next day, if desirable, and use fruit freely to keep the bowels open. The diet should be plain and light for a few days, or until the recovery is complete.

If there is a discharge from the nose, wash the nostrils by drawing up a solution of warm water and salt. For the throat gargle with Peroxide of Hydrogen or Listerine diluted with one or two parts of water.

Should the cold settle on the chest, it becomes more serious, and requires vigorous treatment. Give fomentations to the chest two or three times a day, and then apply a heating compress during the interval between the treatments. The patient should refrain from all work, and rest. Otherwise the consequences may be very serious.

The use of a good vaporiser is often very beneficial in an acute cold. The following solution may be used to great advantage in most cases: Menthol crystals, oil of eucalyptus, oil of wintergreen, of each one drachm; alcohol, one ounce.

HOW TOBACCO HURTS OUR BOYS.

BY J. J. BELL, M.D.

THE effects of tobacco on the system are understood by very few of those who use it so freely. The greatest effect is seen especially in boys.

Tobacco contains a volatile oil, *nicotianin*, and an alkaloid, *nicotine*. It is to this latter, of which it contains two to eight per cent., that its action is chiefly due.

When boys are learning to smoke, the symptoms and signs are often a rapid pulse, nausea, faintness, an intense sinking feeling. Later, the face is blanched, the pulse slowed, perspiration profuse, and then vomiting occurs.

If a much larger quantity is used, syncope, stertorous breathing, general spasms of the muscles, and insensibility of the pupil may

occur, and in very severe cases death has resulted. Taken moderately tobacco

causes a state of general languor and indifference, and quiets mental and bodily activity. It soothes and quiets the nerves, and seems to give them power. But this is a false impression. What seems an increase in nerve energy is in reality a borrowing on future resources. In other words, a draft on the bank which after a longer or shorter interval becomes empty, and thus the life is shortened.

When the stimulating effect wears off, the nerves become more tremulous than before. The tobacco user will sooner or later suffer from some



BEATRICE NELLIE ARCHER. See page 213.

form of nervousness. One may become irritable and impatient, or he may be unable to sleep well. Another may have trembling of the hands, causing great difficulty in writing. Still others are easily startled and excited. In some cases the poison affects the optic nerve, causing blindness or may be colour blindness, so that the individual may be unable to distinguish green from grey, pink from blue, or red from brown and black. In some instances the pupil becomes involved, contraction taking place, due probably to poisoning of the nerve centre controlling the iris.

The heart is affected perhaps more often than any other vital organ. Palpitation, irregularity, rapid action, pain of a sharp, shooting character, which may be very severe, feeble pulse, and a tendency to syncope, may be present. In some cases, enlargement of the heart, due to dilatation, occurs. The general nutrition is retarded. Boys will sometimes apparently cease to develop for years. The way is paved for consumption and other diseases which often carry off their victims. In those of advanced years cancer of the lip and tongue are almost always due to smoking. The digestive organs also suffer. This is especially true when the drug is taken in the form of snuff, a gastritis occurring, due probably to reflex irritation from the respiratory tract.

The poisonous effects on the system are more easily understood when we consider that a pound of tobacco contains on an average 380 grains of nicotine, or sufficient to kill 300 men. One tenth of a grain of nicotine will kill a dog in three minutes. One drop of the oil administered to a cat has killed it in three minutes. The symptoms produced are nausea, vomiting, purging, convulsions, stupor and death. Tobacco smoke contains in addition to nicotine other poisons, as pyrodine, picoline, sulphurated hydrogen, carbon dioxide, carbonic oxide, and prussic acid. Small animals, as frogs and birds, are killed by breathing tobacco smoke in a confined space.

Not only has tobacco a deleterious effect on the physical life of boys, it also affects them morally. A cigarette fiend will lie and steal just as an opium fiend will lie and steal. It blunts the whole moral and intellectual nature, turns bright boys into dunces, and sends some into the insane asylum. It encourages the appetite for liquor. It binds its victims in stronger bands of slavery than the intoxicating cup.

These facts are becoming familiar to the commercial world. Swift & Co., of Chicago, have issued notice that they will not employ a cigarette user, while the firm of John Wanamaker and other large concerns are taking drastic measures to check the evil.

Rheumatic Pains and Their Treatment.

RHEUMATISM is caused by impurities in the blood and tissues. Its permanent cure is therefore dependent on the adoption of needed reforms as to diet and general habits of life.

Rheumatic pains are most quickly relieved by the fomentation, the procedure being as follows: Take a flannel cloth about one-fourth the size of a blanket, holding it at the ends, drop midway into boiling hot water, wring dry by first twisting the ends, and then pulling one each way. Apply quickly over the affected part. Have another cloth ready to replace the first one when it begins to cool.

Neuralgic pains are treated in the same way. In case of rheumatism of the arm or lower leg, the part may be most easily

fomented by being thrust into hot water. Pain in the hand is often relieved most quickly by immersion of the elbow in hot water, as in the illustration.





CHRISTMAS AND NEW YEAR'S DINNERS.

A Peep into the Kitchens of Some Prominent Food Reformers.

"WHAT do you eat, anyway?" is the question often asked of flourishing food reformers by people who have lived for years under the delusion that in order to have something really good to eat one must kill something.

As a matter of fact vegetarians do, or at least ought to, live extremely well. They have all the wholesome and beautiful things that heart could wish—everything, in fact, that an all-wise, loving Creator designed for the nourishment of man.

But we knew that our friends who were looking forward to stuffed goose and plum pudding, with all the usual accessories of an orthodox Christmas dinner, would wonder how we could dine well without them.

So we wrote to several of our representative workers, and asked them to tell us, for the benefit of GOOD HEALTH readers, just what they proposed to have for their Christmas dinner. They have kindly responded, and the following menus and recipes are the result. We don't wish to break into the privacy of any home, and shall therefore withhold names.

Dinner No. 1.

Our first reply came from one of our busiest and most aggressive workers in the South of England, whose home cares as wife, and as mother of three sturdy boys,

all excellent specimens of Good Health, do not prevent her from acting as secretary of a Good Health League, giving addresses on healthful living, and doing a great deal of personal work in spreading the principles.

Mrs. —'s letter is characteristic. After writing on other matters, she continues: "Now about the Xmas dinner, I must tell you mine is not at all elaborate. We just have a Protose Roast, Plum Pudding [made hygienically, according to recipe given later on], Nuts, Raisins, Figs, and Apples, Wholemeal Crisps, Zwieback, and Toasted Granose Biscuits."

This is not an elaborate dinner, but it amply serves the purpose. The Protose Roast may be easily prepared. Place a pound of protose just as it comes from the tin in a dripping pan and pour over it the nut butter of the International Health Association, diluted with water to about the consistency of milk, slightly salt, and, if desired, add a few onions, sliced thin. Bake from one and a half to two hours, basting from time to time with the nut milk which will become a rich, thick gravy. If it fails to thicken sufficiently, a very little flour may be added. This dish commends itself especially to those who desire a meaty flavour.

Our next letter hails from Scotland, and is also from a busy mother, doing much

aggressive work in health lines, and having as a graduate nurse from the Battle Creek Sanitarium, enjoyed a special fitting up for it.



Dinner No. 2.

MENU.



Stuffed Loaf.

Mashed Potatoes with Paisley Sauce.

Banana Dumpling. Tartlets. Lemon Pie.
Nut Rolls. Canned Pears.



RECIPES.

Stuffed Loaf.—Cut off the end slice from a stale loaf having crust all round. With a sharp knife loosen the white inside, and dig it out, leaving the crust, and half an inch of the white as a shell. Fill with Walnut Roast (H. F. R.,* p. 19). Or, mix the inside of the loaf with one cup of ground almonds, two cups of zwieback crumbs, two tablespoonfuls of nut oil, sage to flavour. Moisten with hot water. After filling the loaf, fasten with skewers, or tie with cord, and steam two hours. When done, place in centre of large dish, and garnish with a row of beet slices. (H. F. R., p. 24.)

Mashed Potatoes.—(H. F. R., p. 25.) Garnish with sprigs of parsley.

Paisley Sauce.—To each teacup of milk allow a teaspoonful of Paisley Digestive Lentil Flour, or browned flour. Rub smooth in cold milk, and stir into the milk before it boils. Let boil a few minutes, stirring constantly. Salt to taste.

Banana Dumpling.—Press the mixture for granose dumplings (H. F. R., p. 30) around peeled bananas. Bake till browned. Serve with sauce for granose dumplings (same recipe).

Tartlets.—Make dough for cocoanut crisps (H. F. R., p. 8), cut into rounds. Take half of the rounds, and make in them smaller holes with round cutter. Bake. Take each solid crisp, cover with jelly, place over it a cake having the holes in it so that the jelly will show through. These are very pretty and good.

Lemon Pie.—Make avenola crust (H. F. R., p. 29). To make the filling, beat the yolks of two eggs in a pudding dish; add a cupful of sugar; dissolve four tablespoonfuls of cornflour in a little cold water, stir it into two teacupfuls of actively boiling water; when thickened add the juice of two lemons with a little grated peel, turn over the eggs and sugar, beating well to mix altogether, pour into the crust, and bake about fifteen minutes. If desired, the beaten whites of the eggs may be used to meringue the top. Serve either cold or hot.

*"Hygienic Food Recipes," issued by G. H. office, 24d. post free.

Our third Christmas menu comes from Ireland, and is the work of an experienced and highly-esteemed worker. It offers some features of special interest, one being the omission of cane sugar from the recipes. For persons of weak digestion this is a real advantage.



Dinner No. 3.

Menu.

Decorate the table prettily with evergreen and chrysanthemums.

Baked Protose. Steamed Macaroni. Baked Potatoes.
Stewed Celery. Green Peas.
Zwieback. Granose Biscuits.
Plum Pudding.
Boiled Custard. Fig Sauce.
Nuts. Muscatels. Sweet Oranges.

Recipes.

Ingredients.—1lb. tin protose, 3 cups nicely browned granose flakes, 1 pint water.

Method.—Slice protose and put into dish from which it is to be served, boil granose flakes in water for a few minutes, then pour over protose, cover with lid and bake in a moderate oven for two hours.

STEAMED MACARONI.

Ingredients.—6 oz. macaroni, 2 eggs, 2 cups milk.

Method.—Break macaroni into 2in. lengths, drop into about 1½ pints boiling water, add 1 teaspoonful salt. Cook in double boiler for about two hours or until tender. Drain off all the water, put into dish from which it is to be served. Beat the eggs thoroughly and mix with the milk, pour over macaroni, let it stand for ten minutes, then put into a pan of boiling water, and simmer gently for half an hour, or until set. Garnish with parsley.

STEWED CELERY.

Ingredients.—Three roots celery, 1 pint water.

Method.—Select 3 roots nice celery, wash thoroughly in cold water, cut into pieces about 1 inch in length, put into an enamelled saucepan, cover with boiling water, and boil gently for about two hours. May be served with white sauce.

GREEN PEAS.

Ingredients.—One quart tin green peas.

Method.—Turn contents of tin into a saucepan, and simmer gently until tender.

BAKED POTATOES.

Select potatoes of uniform size; wash, peel, and dry, bake in a moderate oven about an hour.

PLUM PUDDING.

Ingredients.—Eight oz. zwieback crumbs, 6 oz. stoned raisins, 6 oz. sultanas, 3 large apples chopped, 3 oz. almonds blanched and ground, 3 oz. Brazil nuts blanched and ground, 4 eggs, 1 cup of water.

Method.—Thoroughly clean and wash the fruit; mix with zwieback crumbs and nuts. Separate the yolks and whites of the eggs, beat the yolks and mix with the water, stir into the dry ingredients. Whisk the whites to a light froth, and stir in. Put into a greased mould, and steam five or six hours.

BOILED CUSTARD.

Ingredients.—Three eggs, 1 pint milk.

Method.—Boil the milk and allow it to cool to about 100 degrees, beat the eggs thoroughly and mix with the milk; stir constantly over the fire until it thickens, using care not to keep too long on the fire, or custard will curdle; any desired flavouring may be added.

FIG SAUCE.

Ingredients.—One large cup ground figs, 1 pint water.

Method.—Wash the figs carefully and remove

the stems, chop very fine or grind through the "Enterprise Food Chopper"; add water and stew in an enamelled saucepan for fifteen minutes, stirring occasionally.

The zwieback crumbs are most readily prepared by grinding the zwieback through the "Ida Mill."

The Enterprise Food Chopper is best for the nuts and fruit.

Of course these menus and recipes will be valuable to our readers mainly by way of suggestion. Each mother will have her own ideas of how to get up a tasty, wholesome meal. Let us remember that to enter most fully into the spirit of Christmas we must needs be simple and abstemious in eating and drinking, and endeavour on that day to do something to bring joy and gladness into the homes of the poor.

MEAT FROM THE NUTSHELL.

The toothsome walnut is designed
To gratify a taste refined;
The hazel, cob, and filbert too,
With Spanish nuts, the same work do.

The hard, triangular Brazil
With creamy wealth rewards our skill;
The almond, pleasant to our taste,
Must not in lower rank be placed.

The chestnut, filled with choicest starch,
Amid the glowing coals we parch;
The cocoanut, with fibre wrapped,
Sheds forth delicious milk when tapped.

'The peanuts' kernels, rich and sweet,
Yield foods more pure than butcher's meat:
Since nuts provide so rich a feast,
What need to slay the fatted beast?

H. G. BUCKLE.

AIDS TO PURITY.

A Little Talk with Young Men.

MORAL character is unquestionably the first essential to a pure life, but right habits of eating and drinking and general conformity to the laws of health, are powerful aids to moral character in resisting the temptations which sooner or later will confront every young man.

The adoption of a simple, natural dietary is in itself a great victory. Sad to say, more people are governed by depraved appetite than are guided by reason in the selection of their daily food. The question is not, What foods will impart the greatest amount of strength? but, What will afford the most pleasure in the eating? How can I best tickle the palate? And so, to gratify the clamours of a few square inches of taste bulbs, food is taken into the stomach which will prove injurious to the system.

It is the same desire for mere sensory gratification, apart from serving any useful purpose, that lies at the foundation of impurity. The cure is a higher view of life,

and the solemn determination to observe principle in all one's habits—to keep appetite and passion under firm control.

The cold morning bath is a good thing for young men. Tyndal, the well known scientist, when studying in Germany, used to prepare his bath over night, and every morning before his little clock had finished striking six found him in the cold water.

After a cold dip, a brisk rub-down with coarse towels, and ten minutes' vigorous exercise, the young man feels buoyant and happy as a boy, and will relish a simple breakfast.

Alcoholic beverages are, of course, impossible indulgences with the man who desires to cultivate habits that make for purity; but smoking is also prejudicial. Tobacco is really a powerful drug poison which has no business in the human body. Its seductive influence on the nerves make it a most dangerous thing for any young man of principle to tamper with.

Keep your thoughts under control. Let.

every waking moment be brightly and profitably occupied, either in work or healthful recreation.

Perhaps another word should be added as to diet. Flesh foods contain extractives which, especially when taken in any quantity, abnormally excite the animal passions. A bloodless diet will be found at once more suited to hard physical work and to the highest mental efficiency.

Finally, live to a purpose. Employ your best powers of mind and body in energetic work for the good of your fellow men, and endeavour to gather up and reflect as much of the brightness and joy of life as you possibly can, remembering that the source of all lasting joy is humble trust in God and obedience to His will.

Good Health Babies.

GOOD HEALTH feels a very deep interest in the mothers and their babies. We are made glad to learn of reforms made by adults in order to regain lost health, but it gives us greater cause for joy when we hear of mothers endeavouring at the very threshold of life to start their little ones on the way to health and purity.

The children's pictures which adorn the pages of this issue represent some little boys and girls who are being brought up in harmony with the general principles relating to simple, natural, wholesome living which are advocated in GOOD HEALTH.

Taking the pictures in the order in which

they occur in the magazine, the names are as follows:—

1. Master Ernest Desty (Southampton). Age, 4 years, 5 months. Ernest is a strong, vigorous little man, with some knowledge of GOOD HEALTH principles. If he has any slight indisposition, he will gravely ask: "Mamma, do you think I had better have a fomentation?" This is the only medicine he knows anything about.

2. Masters Celian and Wertie Andross (Leicester). Two fine boys hailing from sunny California, but thriving equally well in England.

3. Miss Gladys Brearley (Birmingham). Age, about 4 years.

4. Master Bernard Alan E. Bridges. Age, 10 months. Mr. Bridges was one of the first to subscribe to GOOD HEALTH when the magazine started two years ago, and he attributes the perfect health of his charming baby boy to the strict carrying out of these principles.

5. Master George Cowley (Liverpool). Just 12 months. George weighed 27 pounds (without clothes) on his birthday, and he has

ten teeth which have come through without any trouble. He has never had anything in the shape of medicine.

6. Miss Beatrice Nellie Archer (Nottingham). Age, 5 months.

7. Master Marcus Wilfred Hoseason (London). Age 2 years 8 months. The International Health Association claim Marcus as one of their granose babies. He is certainly a fine specimen, full of life and energy.



MARCUS WILFRED HOSEASON.

CHRISTMAS SWEETS.

BY EULALIA S. SISLEY, M.D.

CHRISTMAS time has come again, and the little folks are rejoicing. For twelve long months they have been looking forward with pleasure to the good time which Christmas is sure to bring. But let mothers beware lest their children's joy be turned into mourning.

Many children, and some grown people, too, look upon Christmas as a time when the laws of health may be disregarded with impunity—a time when one may safely eat what he likes, when he likes, and as much as he likes. That nature fails to recognise this as man's right is shown by her frequent rebellions when this policy is adopted.

Many are the children who, during the holidays, keep an almost continuous procession of sweets and indigestible things passing into their stomachs, until at last their overburdened organs are compelled to call a halt.

Even the purest sugar, if taken in excess, is irritating to the stomach and a foe to good digestion, while the adulterated and highly-coloured sweets so frequently eaten are positively injurious to stomach and liver.

"But," says one, "the children are expecting their Christmas sweets, and would be quite disappointed without them." Certainly, and it is right that their childish desires be granted so far as possible. But let mothers see to it that no cheap and adulterated sweets be given to their little ones, and that even the purer products be allowed only in moderation.

Many mothers will welcome one or two recipes for wholesome and inexpensive sweets.

Fruit Caramels.

Take a quantity of dates, wash thoroughly, remove stones, and place in the oven until soft. Add to this a third as much desiccated cocoanut, beating with a fork until the whole is well mixed. Turn out on to a paste board, roll to the desired

thickness, and cut into squares. The flavour may be slightly changed by using equal parts of ground almonds, or other nuts and desiccated cocoanut. Another pleasant variation is made by adding stewed figs which have been reduced to a pulp. A little ingenuity will enable one to make a large variety of excellent sweets from nuts and fruits.

Stuffed Dates.

Take good dates, wash and remove stones, filling the cavities with walnut meats or blanched almonds. The stuffed dates may then be rolled in powdered sugar.

Even during the holidays, it is well so far as possible to discourage eating between meals. The adoption of this plan need not in the least lessen the children's enjoyment.

While the world at large is feasting and paying the penalty by enforced fasting and the endurance of numerous aches and pains, let the Good Health mothers teach their children how they may have a truly happy Christmas time without suffering any of these unpleasant post-holiday ills.



QUESTIONS AND ANSWERS.

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

Stammering.—A. W.: "Will you kindly say whether there is a remedy for stammering?"

Ans. Yes; as a rule. It is a matter of educating one who stammers to talk slowly and deliberately, and to pronounce each word distinctly. Stammering is usually accompanied with considerable nervousness, and this must be overcome. One should take plenty of time for speaking, for stammering is always worse when one attempts to speak rapidly.

Sciatica.—S. F.: "I am troubled with pain in my leg, which first started in the knee, but now goes right down into the foot. I am scarcely able to walk, and the pain is very severe indeed. The doctor says it is sciatica. Towards night there is also some swelling, and I have to loosen my boots. I should be extremely grateful for advice."

Ans.—To alleviate the pain, take hot baths, or better still, a hot leg pack, using a blanket wrung out of hot water. Hot fomentations are also valuable to relieve the pain. Complete rest is required in most cases. Adopt a diet consisting principally of dry foods, and look well to your digestion. Keep the bowels open, using enemata if necessary. Drink water freely.

Cure for Snoring.—Constant reader: "Kindly let me know if there is any cure for snoring during sleep."

Ans.—If the snoring is due to stoppage of the nostrils, it may be remedied by the removal of the obstacle, such as swollen glands, known as adenoids, polypus, or some other growth. If you can breathe freely through your nose, and still snore, you will have to overcome the habit by making a resolute determination to keep the mouth closed during sleep, and to have yourself awakened when you snore. If you have allowed yourself to form the habit of breathing through the mouth in the daytime, you must first overcome that. Sometimes, lying on the back favours snoring, and if so, this position should be avoided.

Dyspepsia and Nervous Flatulency.—R. A. W.: (1) Kindly let me know the best treatment for nervous flatulency. Wind gathers around the region of my heart and makes me nervous, and causes pains at times. (2) I take for breakfast granose flakes, wholemeal bread and butter. For dinner, eggs, fish, and bread. For tea, poached eggs and bread. What would you recommend? (3) Is sleep after dinner good?

Ans. 1.—Flatulency is due to fermentation going on in the stomach, which produces gas. After breakfast have a cold compress to your stomach for about twenty minutes. Take plenty of time to chew your food well. Use zwieback freely, as it requires considerable mastication. Avoid drinking with your meals.

2.—Take fresh fruit and also stewed fruit with your breakfast. Stewed prunes, steamed figs, baked apples, and other sub-acid fruits would be

helpful. One egg per day is sufficient. For dinner, have a little baked potato, or some of the other finer grained vegetables, and substitute protose for the fish. You will do better not to take eggs for tea. Granose biscuits with a little fresh or stewed fruit would be preferable.

3.—Sleep before dinner would be much better.

Fruits and Vegetables for an Inactive Liver.—Pat.: 1. "What fruits or vegetables would have a beneficial effect on an inactive liver?"

Ans.—1. Almost any fresh, ripe fruit, especially apples and oranges, can be taken to advantage. Dried fruits should be well cooked. Steamed figs and dates, stewed and baked apples, stewed sultanas, peaches, apricots, or pears, are all very good. The tinned Californian fruits are excellent, and can be used to advantage. When opened they should be removed at once from the tin. Bananas may be taken, provided they are ripe; green, or overripe bananas are difficult of digestion. For vegetables we would recommend potatoes, spinach, beet-root, Brussels sprouts, and cauliflower. Celery, too, may be taken to advantage as well as lettuce and a little watercress. These should be taken raw, but pains should be taken to cleanse them thoroughly so that they will be free from parasites.

It would be well for you to remember that an inactive liver usually means an overworked one. You should accordingly avoid tea, coffee, rich pastry, pork, much sugar, and all foods that tend to clog the system.

To Regain Lost Vitality.—G. E. C.: "I have been a very ardent reader of your paper, GOOD HEALTH, for about three months, and I have derived such benefit from the same that I am taking the liberty of asking you for some information of a grave nature.

"Can you please tell me what I can do to regain lost vitality? I am considered fairly strong, and have no illness to lay me up; but I have a trembling of my nerves at times, and there is but little colour in my cheeks. I rise at seven o'clock in the morning, and exercise for a quarter of an hour."

Ans.—Continue your exercise, but take more time for it. Get out of doors as much as possible, and adopt a plain, simple diet, consisting largely of fruit, bread, nuts, vegetables, and milk, with butter and eggs sparingly, provided they agree with you. Discard bacon entirely. Pork is a poor food with which to build up the health of the body. Use flesh foods very seldom, if at all. Have a warm bath once a week, and a neutral sitz bath three times a week. Your room should be well lighted and ventilated. Take plenty of sleep. Be regular in all your habits, and avoid late suppers. Keep the bowels regular; the free use of fruit will help to accomplish this. Cultivate a cheerful, happy disposition, and do not worry about your condition. Worry will only aggravate your weakness.

Good Health,

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

Edited by

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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.

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

WE wish our readers, one and all, a right merry
Christmas and a Happy New Year. The kind,
cordial letters we are receiving daily testify to the
good results which are everywhere following the
adoption of health principles, and we hope that
with the beginning of the New Year many of our
readers will lay aside habits which have been
hindering their growth, perhaps spiritually as well
as physically, and join the ranks of those who are
endeavouring to give cheerful obedience to all the
laws of health.

Our readers will be interested to know that a
School of Health was held recently at Lurgan,
Ireland, occupying the afternoons and evenings of
four days. The instruction was given by Dr. J. J.
Bell, assisted by Mrs. Bell. It included lectures
on Hygiene and Health, and demonstrations in
simple treatments, Hygienic Cookery, etc.

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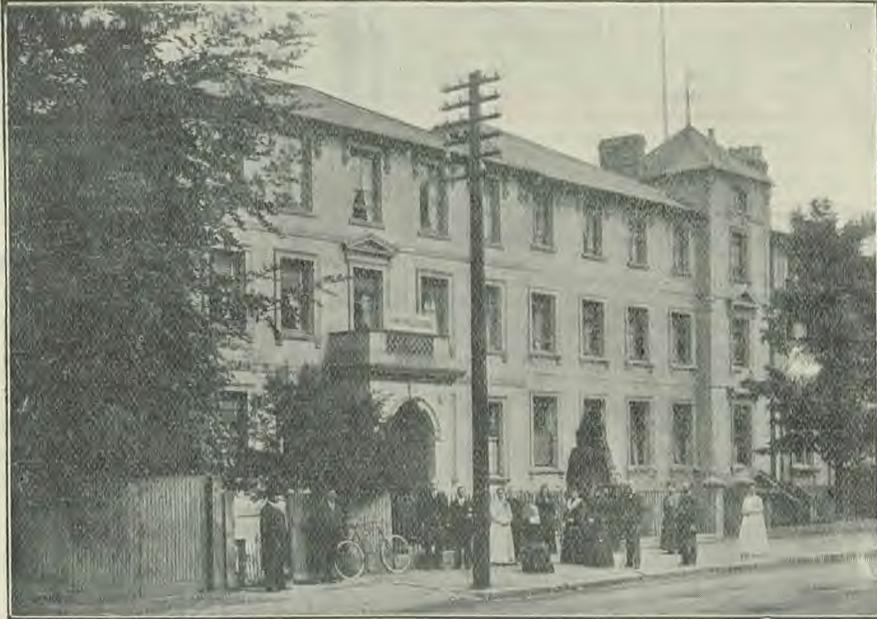
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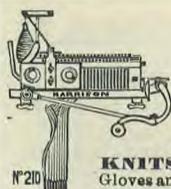
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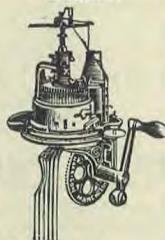
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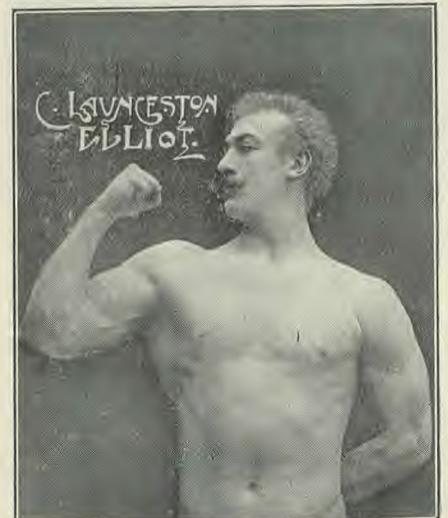
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International Health Association, Ltd.,

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In answering kindly mention "Good Health."

The Good Health League.—The brief reference in the publisher's department of last month's issue to the Good Health League is resulting in numerous inquiries and offers of hearty co-operation. It is evident that the plan suggested fills a want generally felt by our readers. Our League work has been going on quietly for nearly two years, but the time has come for it to enlarge its borders and enter upon an aggressive campaign in behalf of health and healthful living. What we want now is a genuine health crusade, with a lot of earnest, loving, and wisely directed enthusiasm. Multitudes of the best men and women are disobeying health laws because they don't know any better. We must endeavour by every means in our power to reach these people, and share with them the light and knowledge that we ourselves enjoy. To encourage one another in this work of helping others, and also to endeavour ourselves daily to become more intelligent in all matters of health and hygiene as well as more obedient to the laws of health,—these are the objects of the organisation.

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NEXT MONTH.

THE next issue of GOOD HEALTH will contain the following among other interesting features:—

- Diet for Consumptives.
- The Invalid at Home.—Illustrated.
- What is a Good Breakfast?
- Physical Culture.—Illustrated.
- Hydrotherapy in the Home.



"THE refinement of culture is to live in unconscious simplicity. Not the simplicity of ignorance, but that which is the result of knowing how to live so harmoniously that there is no friction and no waste, and so that adjustment keeps pace with requirement." These opening words of the preface give a fair insight into the new book "LIFE AND HOW TO LIVE IT," by Aurette Roys Aldrich, published by Gale & Polden of Paternoster Row, E.C. "The Rhythm of the Breath" is according to the author the basis of health and bodily activity. Many helpful suggestions are given in regard to the conservation of nerve energy, and the adoption of normal habits generally. Exercises productive of grace and all-round development are given towards the close, being illustrated with half-tone cuts. In the matter of food the author gives some sensible hints. Frying as a process of cookery, rightfully comes under the ban; simple living is recommended, and slow eating. The price of this interesting book is 2/6 net.

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