

BIWA LAKE FROM MIYEDERA JAPAN

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## EDITORIAL CHAT.

IN Berlin the mortality in the first year of life among infants fed on cows' milk is six times as high as that among the breast-fed.

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**Everything in Favour of Abstinence.**—Prof. G. Sims Woodhead, delivering the Lees-Raper Lecture at Cambridge, recently, concluded a most interesting and instructive address by informing his audience that there was everything to be said in favour of total abstinence, and much to be said against alcohol, especially as a predisposing cause of disease.

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**Displacement of Organs Due to Tight-Lacing.**—The doctor attending recently at the inquest of a woman said that the diseased must have laced tightly when young as all the abdominal organs were displaced, the liver being squeezed nearly in two. Another doctor remarked to a reporter that displacement of the liver and other abdominal organs was not rare in women. We might add that neither are backaches and other troublesome aches and pains rare amongst women, and no doubt many of these have their origin in the ruthless and cruel custom of tight-lacing. The ordinary corset is fortunately a wholly unnecessary evil.

**Total Abstainer Refused Insurance.**—In connection with the article on another page entitled "Total Abstainers versus Non-Abstainers," it is interesting to recall the circumstances leading to the organisation of the United Kingdom Temperance and General Provident Institution. More than sixty years ago, Mr. Cash, one of the founders, was refused life insurance solely because he abstained absolutely from alcoholic beverages of all kinds. So he determined to start an insurance company for total abstainers only, and the result is the one mentioned above. For nine years abstainers only were taken, but after that the company admitted the general public as well. Now a total abstainer is considered a preferred risk. This incident indicates the tremendous progress of temperance reform during the past half century.

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**Insanitary Barbers' Shops.**—Now that public hygiene is coming more and more to the front, is it not high time that something was done to put our barbers' shops on a sanitary basis? The vast majority of London hair dressing establishments need a thorough-going spring cleaning. The dark, dingy, dirty places patronised by a very considerable portion of the public are a disgrace to the city. It

may be urged that the prices are low, and this must be admitted; but if ordinary cleanliness were insisted upon, the expense need not be very materially increased, and we should be asking no more for this branch of the public service than is now demanded of others. The way is open for an enterprising hair dresser who will carry on his business on strict sanitary lines, having plenty of clean towels, sterilising razors, brushes, combs, sponges, etc., using only powdered alum to stop a flow of blood, and keeping his premises free from unnecessary dust, and looking neat and tidy. Such a business would soon take on very large proportions, because it would strongly appeal to the good sense of a large class of people who are keenly alive to the value of sanitary arrangements.



**Electricity v. Electric Belts.**—One of our subscribers noticing an unfavourable reference to Electric Belts, Shields, and similar appliances in our issue of October, asks if we do not believe in electricity as an effective mode of treating disease. Most certainly, yes; but we emphatically distinguish between the various fanciful devices to be worn on the body, which are advertised so freely, and the use of electricity under medical advice, by means of scientific apparatus. The former, to our best knowledge, rest upon no scientific basis, the current, where there is any, being so weak as to count for nothing in the treatment of diseased conditions. We were going to say that the belts are merely harmless, and this is true so far as direct effects are concerned; but when people having real physical difficulties neglect to obtain proper medical advice, depending upon the imaginary virtues of the trinket they are carrying about, the results in the long run may be disastrous. Electric belts and magnetic appliances boasting similar properties are good things for people who

value health and don't have any money to waste, to let severely alone.



**Uric Acid Diseases.**—An editorial in the January *Good Health* (American), gives a list of diseases which it is now claimed by the best medical authority are due directly or indirectly to uric acid. We have room to mention only the more common ones, but they make up a very considerable number, as our readers will see from the following:

- Gout.
- Rheumatism.
- Headache, epilepsy, convulsions, hysteria, neurasthenia, nervousness.
- Mental depression, excitement, mania, insanity.
- Bodily depression, fatigue, lethargy.
- Vertigo, syncope, insomnia.
- Periodic paralysis, chronic paralysis.
- Asthma.
- Dyspepsia,—dilated stomach.
- Congestion of the liver, diabetes.
- Bright's disease, albuminuria, dead hands, cerebral hemorrhage, cramps, dropsy, uremia.
- Gravel and calculus.
- Neuritis.
- Cerebral degenerations.
- Spinal degenerations.
- Local inflammation of all fibrous tissues, some of which are to be found in the*
  - Brain and meninges.
  - Nose, pharynx, larynx, trachea, bronchi, lungs, and pleura.
  - Stomach (gastralgia, gastritis, gastric ulcer), liver (jaundice, cirrhosis, and liver abscess), and peritoneum.
  - Other fibrous tissues in the body, as of skin (eczema and psoriasis fibromata).
  - Intestines, cæcum, and appendix (flatulence, colic, enteritis, colitis and appendicitis).
  - Nerves (neuralgia).
  - Uric acid plus microbes acting together, as in—*
    - Catarrh, influenza, phthisis, pneumonia, and malaria.
    - Skin diseases, as—*
      - Atrophy, ulcerations.
      - Diseases of the blood—*
        - Anæmia, chlorosis.
        - Pernicious anæmia.

Accumulations of uric acid in the system are mainly owing, as Dr. Haig has clearly pointed out, to the use of tea and flesh meats. The adoption of a simple, natural dietary, would accordingly remove the chief cause of many diseases. Surely it is well worth while to reform in our eating habits.

**New Solution of the Housing Problem.**—Mr. Budget Meakin, lecturing recently on the "Housing of the People" offered the following rather drastic method of dealing with slum property.

"When," said he, "we are going along a street, and we see hanging in a butcher's shop a carcase of meat that is rotten and unfit for food, we don't go sniffing around it, and suggesting that the local authorities should destroy it and pay the butcher compensation! No; the carcase is seized and destroyed, and the butcher is made to pay heavily for daring to offer such food to the public. The same treatment ought to be accorded to slum landlords. If they offered to the public houses which were not fit for human habitation, the houses ought to be seized and pulled down, and the owner of them made to pay the bill. We ought to make it a penal offence to let houses which are unfit for human habitation. We ought to make the owners responsible for the condition of the houses which he offers to the public."

With all due regard to the rights of property owners we believe with the lecturer that where the health not only of the families occupying the house but of the whole district, as well, is at stake, drastic measures are called for.



**Hygiene and Temperance in the Schools.**—At a meeting of the council of the British Medical Association, January 20th, the following resolution was unanimously adopted:—

"That in the opinion of this Council it is of urgent importance that elementary scientific instruction in health subjects, including temperance, should be provided in all the primary schools by the educational authorities, in order that the conditions which lead to deterioration of the national physique may be understood, and as far as possible prevented."

A petition covering the same ground is moreover being sent to registered medical practitioners throughout the Kingdom, and it is to be earnestly hoped that the large majority will attach their names to it. The committee which has drafted the petition, and is responsible for sending it out, includes among its members Sir Thomas Barlow, Sir William Broadbent, Sir Lauder Brunton, Sir Victor Horsley, Professor Sims Woodhead, Sir Henry Thompson, and a number of other distinguished medical men.



**Other Countries Ahead of Us.**—As pointed out by the *British Medical Journal*, instruction in hygiene and the effects of alcohol is already compulsory in the public elementary schools of Canada, and is a part of the regular school work in Victoria, South Australia and Natal, as well as throughout the United States, where 22,000,000 children are being taught the harmfulness of strong drink. There is every reason for adopting a similar plan in this country, especially in view of the ignorance which generally prevails among the working classes regarding the nature of alcoholic beverages, and concerning matters of hygiene in general. It is to be hoped that the tobacco habit, which is injuring so many of our boys, will not be overlooked in giving such instruction.



**The Universal Need.**—In this age of rush and hurry and often aimless activity, it is well to ponder the wise words of Charles Kingsley:—

"What we all want is inward rest—rest of heart and brain; the calm, strong, self-contained, self-denying character, which needs no stimulants, for it has no fits of depression; which needs no narcotics, for it has no fits of excitement; which needs no ascetic restraint, for it is strong enough to use God's gifts without abusing them; the character, in a word, which is truly temperate, not in drink and food merely, but in all desires, thoughts, and actions."



### REAL SPRING TONICS AND HOW TO TAKE THEM.\*

WE can consider tonics under two heads, Natural and Artificial. I shall limit myself for the present to natural tonics, because I wish to hold them up before you, and show you how many and how efficient they are.

#### Cold Baths.

First, and foremost, we have cold water. Cold baths have been used in Japan for more than eight hundred years for tonic treatment, and they were prescribed and used in China before the Christian era. So we of a modern civilisation, in advocating this valuable tonic, are not so very far in advance of the old nations of the Orient.

Now, the cold bath may be taken in perhaps a hundred or more different ways. It is not necessary for one to jump into a tubful of cold water. Yesterday I had a letter from a lady in London who said that she had always wanted to adopt the daily cold plunge bath, and would I recommend her to do so. That was asking a good deal of one who had never seen her, and knew nothing of her condition whatever. I had to explain in detail that if she was unaccustomed to the cold bath, it would be rather a drastic measure to get into a tubful of very cold water all at once. I remember meeting a case in the States: A lady had been to a lecture, and had heard the virtues of the cold bath extolled so much, that she decided to begin the

next morning. It was in mid-winter, but she ran a tub full of icy water, and actually got into it. How she got out she never knew. It was a severe shock to her system, and she was laid up for days afterwards. That was taking the cold bath with a vengeance, and not with common sense.

One of the simplest ways of applying cold to the body is by the use of the hand, or what is called in our sanitarium work, the "Wet Hand Rub." Dip the hands into cold water, and apply them quickly to the body, taking each part in turn. Take the chest first (in front); rub it briskly, and dry with a coarse towel; then treat the entire body in the same way, ending with the feet which may be dipped in the cold water, then rubbed.

#### Cold Mitten Friction.

A more powerful tonic would be what is called the "Cold Mitten Friction." For this purpose a coarse horse-hair mitten is best, but if you cannot get that, make a mitten of coarse towelling, and dipping it into water, rub your chest, arms, etc., briskly, following as before by vigorous friction with a coarse Turkish towel. You can make this application still more vigorous, by using a towel dipped in cold water and dripping, in place of the mitten. Then you can go a step farther, and have the "Wet Sheet Rub." For this, wrap a dripping sheet around your body, and have a vigorous rub-down. An assistant is needed for this treatment. So much for

\* Abstract of an address, by Dr. A. B. Olsen, before the patients of the Surrey Hills Sanitarium.

applying water by means of sheets, mittens, or towels.

### A Plunge Bath for Beginners.

If you want to begin with the plunge bath, it would be best to run in only a few inches of water in your tub. Then you can sit in the water, rubbing the limbs briskly, from ten to twenty seconds, or even half a minute, perhaps, and get out for a vigorous friction. This treatment is one of the best means for overcoming inflammatory conditions of the pelvic organs. To make it a degree more powerful, while sitting in the shallow bath, take water in your hands and throw over the chest, meanwhile rubbing it well.

The cold full bath is taken in a tub full of water as it comes out of the tap. It should be taken quickly. This same lady asked in her letter, "How many minutes should I remain in the bath?" It is a question of seconds, and not of minutes, and of very few seconds, especially for those who are not accustomed to it. One should only dip under and then get out again, and follow it by a vigorous rub-down. That is a most important feature.

### Effect on the Circulation.

What becomes of the blood when one takes cold treatment? You know that when you have a cold application the skin gets white while the cold is being applied. The blood vessels of the skin contract, and the blood disappears; it goes to the internal organs, but returns to the skin as the reaction sets in.

Perhaps some of you have noticed that whenever you apply cold in any form to the chest, it makes you draw in a full breath. There is a great significance in this. That full breath is what happens to every organ and tissue of the body when a cold bath is taken. Every organ is awakened, and stimulated to activity. If I were to take your pulse, I should find that it was beating more rapidly after a cold application. But the reaction, the after-feeling of warmth and well-being, is important after a bath. I do not say that it is necessary to have the best feelings when having the cold applied. It is rather too vigorous to be pleasant. If you have a glow of warmth throughout your system after the plunge, that is the best evidence

that the bath has done you good, and that it has actually imparted strength. On the other hand, if you feel cold and shivering, if your hands, fingers, and nails are blue, and you have a decided feeling of discomfort throughout your body, then the treatment has been too vigorous, and has done you harm rather than good.

### Strengthening to the Heart.

Cold applications strengthen the heart. When a person falls down in a dead faint, the primary reason is weakness of the heart so that the blood is not sent to the brain. The brain becomes anæmic, and consequently the person becomes unconscious. You must do something to strengthen the heart, and if there were absolutely nothing else to hand, there might be some occasion to use brandy; but there is a physiological means that is very effective, and that has no ill-effects at all.

What is the proper means?—Simply apply cold over the heart, and it will stimulate the organ at once. Apply any form of cold water,—a wet handkerchief, if nothing else is handy; or dip a towel into cold water, and have it applied. If cold is to be applied for any length of time, get a small ice-bag, tie a piece of tape round its mouth to prevent leaking, and lay over the heart. The effect is wonderful, and there is no ill feeling afterwards. Cold is a physiological tonic; it causes the heart to beat faster and more powerfully, and increases the strength of the body.

### An Experience.

In my own experience, I once had a very striking example. I was in Maine, at a camp-meeting, and a young lady was carried out of the tent in a dead faint. There was not the slightest pulse. I could scarcely hear the heart beat, even with the stethoscope. I had them bathe her face, and applied a cloth wrung out of cold water over the region of the heart. I then left her in charge of her sister, and instructed her to change the cloth every two or three minutes. In the course of an hour I went back again, and found that she was quite comfortable; she was breathing well, and the heart was beating properly. They had stopped the cold, for she had come to entirely. Her sister

wanted me to explain, for she said that they always carried brandy about with them in case of emergency, but that day they had come off without it. She said that she would never use any more brandy now that she had found how effectual cold treatment was, and without any ill effects afterwards. On previous occasions she had always had a headache from the use of the brandy.

#### How to Treat a Cold.

Let me speak of another benefit that results from the cold treatment, namely, the equalising of the circulation. When a man has a cold, his circulation is upset: it is not equally balanced; just the least bit of draught, or of contact with cold, makes him shiver, and he becomes very uncomfortable. Where is the blood?—It is not flowing actively in the extremities and skin, because if it were, he would not have those creepy, chilly sensations. The blood is in the internal organs, congesting them. Some people say that if you have a cold, you must eat a lot of food to warm yourself

up. But the stomach is all congested with surplus blood, and is not in a state to digest food at all. The ideal treatment is to quit eating, take some exercise, and drink plenty of warm water. If a man finds he is coming down with a cold, he ought to take a ten or twenty-mile walk, and then have a cold bath; and if he is vigorous he will find that he has no trace of a cold left.

Usually the difficulty is that a person who has a cold feels weak, and unable to take a twenty-mile walk. He could then take a hot foot bath. A splendid means of equalising the circulation is to take a hot foot bath, and as an internal hot application, drink hot water or hot lemonade; either one is excellent. Drink from one to three glasses, and get the skin to working actively. Perspiration shows activity of the skin. Congestion of the head is very much relieved by the hot foot bath. Follow that by a tepid sponge bath or cold mitten friction, and then get into bed. Next morning, as a rule, the cold will be gone.

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## THOUGHTS ON SPRING HYGIENE.

BY J. J. BELL, M.D.

THE spring season is regarded by many as a time in which sickness is to be expected, in the form of coughs, colds, influenza, etc.; or a feeling of languor seems to take hold of the body, and a "spring tonic" is demanded with the hope of regaining wonted vigour. An old adage very correctly says,—“an ounce of prevention is worth a pound of cure.” So we may well spend a few moments in the consideration of how to prevent spring maladies by fortifying the body against them.

#### What Shall We Eat?

The question of diet is a large one, though it can have but a few words here. During the winter season much of the food taken is required to keep the body warm. We obtain heat largely from starches and fatty foods. The latter are especially rich in heat producing qualities. It is for this reason that people in the arctic regions consume so much fat. As the weather commences to grow warmer, we do not require so large an amount of fats and

starches. To go on eating as in the winter is to clog the system, produce catarrhal conditions, and thus pave the way for colds.

The best form of fat is that found in nuts. Here we have it in the form of an emulsion, its natural state. Good cream is also a valuable source when it can be obtained pure and free from disease germs. Free fats, as those found in animal foods are not so easily taken care of by the digestive organs. This is especially true of foods that are fried in these fats. While nature may with difficulty take care of such things as fried foods, pastry, rich cakes, etc., during the winter months, when the warmer days approach she is almost sure to cry out. Better at this season of the year use less fats, and indeed most people would do well to eat less of all solid foods, and instead use an abundance of fruits which tend to keep the blood pure.

#### The Value of Fruit.

Fruits are valuable for the seeds they contain, which act as a natural laxative to the

bowels, and a harmless stimulant to the kidneys. Fresh fruit, if ripe, is in many cases preferable. This however is not usually so plentiful at this season of the year. The various canned or tinned fruits may be used to advantage provided they are put up without or with only a small amount of sugar. Dried fruits can be had in abundance at all seasons. By soaking over night in water, the moisture lost in the drying process is restored. Prunes, raisins, pears, peaches, apricots and figs can all be had at reasonable prices in this form. Preserved fruits such as jams and jellies should be avoided because of the large amount of cane sugar which they contain.

#### If You Have a Weak Stomach.

Persons of weak digestion do well to remember that starchy foods, such as breads and the different cereal preparations, are all rendered more digestible by prolonged baking in a moderately hot oven until the starch becomes of a golden brown or straw colour. Good baker's bread free from lard or other injurious shortening can be cut into half inch slices and baked in a slow oven for three or four hours. It is then called zwieback. Grain preparations such as rice, barley, etc., which we wish to steam or boil should first be baked in this manner. This precaution prevents fermentation in the stomach.

Well prepared breads or cereals with fruits and nuts or nut preparations form an ideal dietary, having in it all the food elements which the system requires.

Legumes, which have had the skins removed, prepared by prolonged boiling with some of the finer vegetables such as potato, cauliflower, etc., make a nice dinner for those who can digest vegetables.

Not more than three meals should be taken daily, and the evening meal should be the lightest, consisting of fruit with well-baked bread, or better still, zwieback

or toasted granose biscuit. The custom which is becoming so prevalent of making the evening meal the dinner is decidedly wrong. The body is then tired after the work of the day; moreover, stomach digestion is not completed for about five hours after the meal is partaken, so that if we retire at a reasonable hour, sleep will retard the digestion, part of the food will be changed into toxins or poisons, and the night's rest will not be refreshing.

#### Exercise Out of Doors.

The question of exercise is also an im-



portant one. Gymnastics and physical culture, if well directed, are good; but these can never take the place of walking in the open country air, which is the best of all forms of exercise. It not only exercises and develops the muscles, but it aids digestion, respiration, circulation, skin activity, —in short, aids in the elimination of waste products from all the excretory organs, and is also one of the best natural sleep producers.

#### The Clothing.

Thought should be exercised with reference to the clothing. The vital organs should not be constricted by suspending the garments from the waist, but these should be suspended from the shoulders.

We need also to be careful about leaving off our winter undergarments on the appearance of a fine day, as the following day may bring a return of winter. Again we must be careful not to wear too many wraps, thus rendering the skin sensitive to changes. It is best in most cases to wear next the skin a linen garment of a cellular texture. This is less irritating than wool. Above this a light woollen garment may be worn which will protect the body from sudden chilling.

Another important question is that of bathing. If we wish to keep the skin in a healthy condition, we ought to have a warm bath followed by a soap shampoo

once or twice a week before retiring. But of perhaps greater importance is the morning cold bath, which hardens the skin against colds and sudden changes.

A brisk walk immediately on dressing will greatly add to the benefit of the bath, and will create an excellent appetite for breakfast.

Avoid the use of all stimulants, also of condiments such as pepper, mustard, vinegar, pickles, sauces, etc. Avoid drinking during the meal, but instead drink freely pure water three hours after the meal, or one hour previous to it. Retire early; rise early; spend three or more hours in the open air daily.

### WHAT THE COFFEE-POT TOLD THE TEA-POT.

BY MARY HENRY ROSSITER.

"You look pretty black this morning," said the teapot to the coffee-pot, as the latter joined her after breakfast on the kitchen stove.

"I feel black," said the coffee-pot. "There's a man in that dining-room that ought to be scrubbed."

"Dishpans and soap," exclaimed the teapot, "what has he done?"

"Talked about me and my contents as if I were nothing short of a murderer," answered the coffee-pot. "Not a drop of coffee would he touch. Said it was poison."

"Dear me," said the teapot, "bubbling a little, 'is that all? I wouldn't worry about that if I were you, for you know there's some truth in it, shut your spout all you're a mind to.'"

"Well," said the coffee-pot, popping his covers open in a hurry, "he said worse things about you than he did about me, anyway."

"What did he say?" demanded the teapot, bubbling more.

"He said that every pound of tea contains enough poison to kill forty cats, for one thing. He said that tea could make a man drunk just as well as alcohol; that lots of shaky old ladies were made so by drinking it. He told about one woman who had delirium tremens as the result of drinking that nice black stuff you take in for supper."

At this the teakettle fairly boiled over as she said, "He must be a very disagreeable

person, indeed, and very rude, too, to talk to people that way right at their own table."

"Well, I'll have to admit, to be fair," said the coffee-pot, "that Mr. Preston did ask his opinion. He said he wanted to convince Mrs. Preston that it was just as bad for her to drink tea and coffee as it was for him to smoke tobacco. And that man actually had the audacity to say that he didn't see much difference."

"The monster," cried the teapot in a rage, dancing up and down on the griddle, while Mr. Preston's favourite pipe fell off the shelf, and broke, with a giggle, upon the floor.

"Yes, he did," continued the coffee-pot. "He said that tea, coffee, cocoa, chocolate, all belong to the same family so far as their bad effects are concerned. Tea, though, is the worst of them all,—the wicked and crafty mother, so to speak, who prepares the way for the rest, and edges them on to destroy the nerves, and make people dull and stupid. He talked very learnedly about saliva, and starch and glands, and said that when a man drinks a cup of strong tea with his meal, he takes enough of some queer-sounding thing into his stomach to spoil the digestion of all the bread and potatoes he has eaten. He said it takes only ten grains of this stuff to make a man sick, but that an ordinary cup of tea contains two grains. He talked about tea's being an antidote for opium and——"

"Well, I think you've told enough about

tea," declared the teapot. "Why don't you tell a few of the things he said about your contents?"

"Most of the things he said about me were only echoes of your shortpourings," retorted the coffee-pot. "The worst thing he said about me was that my coffee made people think they had had something to eat when they hadn't, or words to that effect. He said they filled up their stomachs with coffee until they had no room for food, and that the coffee acted as a stimulant, making them feel as if they had taken real nourishment. He told an exasperating story about a physician, who, with his assistants, took an infusion of two ounces of coffee just to see what it would do, and it made them all unconscious for several hours."

"Well, I think you're making a big fuss for nothing," said the teapot. "Don't you know that people never pay any attention to scientific facts? They go right straight along doing just as they please, regardless of the most alarming and convincing arguments, so you needn't be afraid of losing your job right away."

"But this man was in such dead earnest," rejoined the coffee-pot, "and what he said was so terribly sensible. Why, he showed how coffee causes headache, and nervousness, and insomnia, indigestion, dizziness, palpitation of the heart, and I don't know what all. He said it made people hollow-eyed and thin-cheeked and yellow, and Mr. Preston said, 'There you are, my dear, you see it's just as bad for you to drink coffee as for me to have a cigar every day. Confess it.'"

"And what did Mrs. Preston say?" inquired the teapot.

"Oh, she laughed a little, and said, 'You mean thing!' Then she became more serious, and said that she knew, of course, that those things were true in general. She had heard them before, but she didn't believe she could give up her coffee unless somebody convinced her that the little coffee she drank was doing her individually a particular and specified injury. She said she could not go on general principles when it came to eating. That made me shake clear to my grounds, for nothing could have been more conclusive than what she had just heard."

"Yes, you see it is just as I told you," sputtered the teapot. "But she wouldn't

be convinced, not even if she could actually see those poisons winding through her body, and spoiling the ends of her nerves. People are never convinced unless they want to be."

"That's comforting," said the coffee-pot. "I'm sure I'd hate to be thrown on the ash-pile while that old patent apple-parer is out there. I can't bear to associate with broken tinware, and you're positively certain to get dents in your side when you're thrown outdoors."

"I'm not afraid," said the teapot, subsiding to a simmer. "Let's talk about something more agreeable."

But it was too late. Bridget had heard them boiling over, and now came to the stove to separate them. She whisked the teapot into the sink, shut the cover of the coffee-pot, plugged its spout, and set it back to keep hot for her own breakfast.

"It's all nonsense what that man was saying about coffee's being unhealthy," she said to herself, sniffing the fragrant odour. "Anyhow, if it is true, I don't want to know it."

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### The Gospel of Health.

THE best way to give the Gospel of health to the world is to live it out, and then people can copy from your life. Be well, and be healthy. Live healthfully, so that people will see your rosy cheeks and laughing eyes, and will want to know how you came into this desirable condition. Tell them it is by eating simple food and by careful attention to all of nature's laws, and they will begin to adopt and follow your recipe. People sometimes wonder why it is that disease is contagious and that health is not contagious; but, in reality, there is nothing so contagious as health.—*J. H. Kellogg, M.D.*

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No one can ask honestly or hope fully to be delivered from temptation unless he has himself honestly and firmly determined to do the best he can to keep out of it.—*Ruskin.*

## GLIMPSES OF JAPAN AND COREA.

PUBLIC baths on a large scale and accessible to the poorest people, are just becoming fairly common in the cities of Great Britain, but Japan has had them for some five and a half centuries. The first institution of the kind was established in Kyolo, about 1250. Japan is rich in hot springs, and this natural feature is believed to have had its influence in forming the bathing habits of the natives.

Cold baths are not unknown in Japan, but the favourite temperature is a decidedly hot one. The public bath is prepared after

ties, and thus removes one of the chief causes of colds.

The general effect of so much hot bathing must be relaxing, and it is interesting to note that along with other European customs, which are obtaining sway in the country, is that of the morning cold bath, the after effects of which are so pleasant and bracing to the system that they speak for themselves.

Massage is much practised in Japan, as also indeed in other eastern countries. It is a favourite profession with the blind, who



THE BLIND STUDYING MASSAGE IN A SCHOOL FOR DEAF AND BLIND, TOKIO, JAPAN.

sunset, at a temperature of about 99.5° F., and crowds of working people find their way thither immediately at the close of their day's work. Having remained as long as they choose in the steaming bath, they put on their clothes again without stopping to wipe themselves, and while the perspiration is still streaming from their bodies. Summer and winter alike they follow their custom, and do not seem to become thereby susceptible to colds and catarrh. Probably the thorough cleansing, both external and internal, incident to hot baths, helps to keep the system free of accumulated impuri-

are largely shut out from other means of gaining a livelihood, and as the fees charged are extremely low, it is likely that a much larger portion of the population avail themselves of this mode of treatment than in this country.

In diet and general habits the Japanese have been extremely simple, though according to good authorities they are of late years following after the foolish and hurtful customs of Western nations, so that drinking, smoking, and the large use of flesh meats are getting to be very common in the coast towns, and are spread-

ing into the interior. The results are already seen in a marked increase of digestive disorders, tuberculosis, and nervous diseases, as well as general physical deterioration. Crime is also on the increase.

Ignorance as to the proper feeding of children seems to be quite as common in Japan as in our own country. The following incident related by a missionary gives a good illustration:—

“One day I was called to see a child who was suffering from indigestion. I observed that the little one had badly decayed and blackened teeth, though she was but three years of age. I ascertained that she was not receiving the proper food, so I said, ‘I will prepare something for the child to eat and send it to you.’”

“On returning the next day, I found the mother and little girl seated upon the floor. The mother was feeding the child from a tray which contained some hard rice biscuits, some raw fish, and a cup of wine. The mother was busily engaged in stuffing the little one’s mouth full of the biscuits and fish, and then allowing her to wash it down with wine. ‘Oh!’ I exclaimed, ‘that food will cause her to have



COREANS AT DINNER.

indigestion worse than ever. Why do you not give her the oatmeal gruel I sent you?’ ‘Well, the baby does not like that, but she likes this, and so I let her have it.’”

Evidently indulgent mothers have a great deal in common the world over.

The Koreans appear to have a weak national character. They have adopted Chinese as their official language, and more and more it displaces the native tongue among the people. They are extremely poor, many of them not being able to afford the rice which they themselves grow, but living instead on millet. In their customs and habits they closely resemble the Chinese. In Corea, also, the Western vices are gradually obtaining a strong hold upon the people.



TYPICAL EATING HOUSE SERVANTS (COREA).

## NERVOUS PROSTRATION: ITS CAUSES AND CURE.

THE writer thinks he knows all about it: he has met thousands of people who had it, and he has had it himself.

After working thirty or forty hours steadily, without a minute's sleep and with scarcely a morsel to eat, when one finally falls into bed at three or four o'clock in the morning, he is likely to have all the symptoms of nervous prostration in a fully developed form. But in the writer's experience a good night's sleep makes him well again.

Nervous prostration is a condition in which the nerve centres are exhausted of their stores of energy. Properly speaking, nervous prostration, or, as physicians call it, neurasthenia, is not a disease, but simply a group of symptoms which indicate a weakened state of the nerve centres. But these symptoms and the state of the nerve centres are only indications of some other morbid conditions in the constitution of the individual; they are a result.

### Not Always Due to Overwork.

Nervous exhaustion is frequently attributed to overwork. This is a mistake. Rest will cure all the damage that work can do, leaving out of consideration, of course, structural or mechanical injuries which may result from overstrain.

The only difference between a tired man and a man who has neurasthenia is that the latter is chronically and constitutionally tired. Sleep and rest do not cure him. He is not lazy, but languid; disposed to

take up accustomed tasks, but lacking the force and energy to perform them. In most cases this condition has nothing to do with work, unless it be the result of too little work.

### A State of Chronic Poisoning.

Neurasthenia, in the vast multitude of cases, is nothing more or less than chronic poisoning, a state of the body in which the blood and tissues are constantly filled with poisons produced in the alimentary canal in such quantities that the liver cannot destroy them, or the kidneys remove them as fast as they are developed. When this accumulation reaches the point of tissue saturation, then the symptoms of poisoning appear. The nerve centres are stupefied by narcotic poisons produced by indigestion, these poisons being similar in their effects to opium and other narcotic drugs. The brain may be excited by poisons formed in the alimentary canal resembling



AN EARTHENWARE PEDDLER (COREA).

strychnia in their effects. The whole body may be deranged by toxins and ptomaines which subject the body to a perfect fusillade of toxic influences as if a whole apothecary's shop had been turned into it. A chronic dyspeptic is bound to become a neurasthenic sooner or later,—generally sooner,—for his stomach and intestines have become the hold of every unclean and hateful germ. They are converted into a factory of nerve-irritating, brain-stupefying,

heart-exciting, tissue-paralysing poisons which are capable of deranging every vital function, perforating every vital process, and opening thousands of doors to germs and other causes of disease.

### The Treatment Required.

The most important thing to be done for gastric neurasthenia is to remove the causes, to correct the dietary; set the patient to eating right, and his stomach will gladly resume its normal functions, and will become so inhospitable toward the microbic parasites which infest it that they will disappear or perish. The neurasthenic generally recovers soon enough if he can be persuaded to assume a normal mode of life. If he is a self-made prisoner in a counting-room or an office, he must release himself from his fetters, and flee to the liberty of the woods and fields, and in the fresh air find a priceless benison.

He must not only exercise right, but he must eat right. Two meals a day, well eaten, in proper quantity, composed of fruits, cereals, and nuts, nature's choicest products, and which contain exactly the elements for building brain and muscle and storing them with vital energy,—these are true sources of energy. Flesh affords energy, it is true, but only at second hand and deteriorated.

A neurasthenic should sleep from eight

to ten hours a night, or if he cannot sleep, let him lie in bed and rest. A warm bath at bedtime, at 95° or 98° temperature, for half an hour or an hour, will often induce sleep when hypnotic drugs of every sort fail utterly, unless administered in such overwhelming doses as to produce a poisoned sleep that is sure to be followed by a wretched awakening. He must cut off all unnecessary expenditure of energy, as a miller sometimes stops his wheel that his pond may fill up. Mental and moral peace and content of mind are essential conditions for rapid recovery from neurasthenia.

### A Natural Tonic.

The daily cold bath has tonic powers equalled by no known drug. The patient should not attempt to administer the bath himself. The water should generally be as cold as can be borne without discomfort. Very cold water can be applied if employed in the right way. The vigour of the application should be increased from day to day, until very powerful effects are produced. Another article in the present number contains some instruction to show how to use water as a tonic. The neurasthenic reader is advised to peruse this article with care, and is assured that by the application of the measures suggested, most excellent results may be obtained.

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“To brood over mistakes and failings of yesterday is to throw behind us some of the strength that we need for to-day's word and striving.”

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THE secret of life is not to do what one likes, but to try to like that which one has to do; and one does like it—in time.—*Dinah Muloch Craik.*

\* \*

“I DON'T ever go fishing any more,” said the small country boy.

“Why not?” asked the visitor. “Tired of it?”

“No; but I was casting a fly on the pond one day, and the hook caught me in the back; and it hurt so I've been sort of too sorry for the fish ever since.”

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THE secrets of happiness and longevity, in my judgment, are to cherish and cultivate cheerful, hopeful, and buoyant spirits. If you haven't them, create them.—*Chauncey M. Depew.*

### Air and Athletics.

WHAT the man of to-day needs most is not athletics in a gymnasium, but plenty of fresh air in his lungs. Instead of a quantity of violent exercise that leaves him weak for several hours afterward, he needs to learn to breathe right, stand right, and sit right. And if the woman who spends so much time and strength getting out into the air, would dress loosely, and breathe deeply, and so get the air into her, she would have new strength and vigour, and soon be freed from many aches and pains and miseries.—*H. L. Hastings.*

## HYDROTHERAPY IN THE HOME.—LESSON IV.

## Uses of the Sitz Bath.

THE sitz or hip bath is a powerful hydrotherapeutic remedy, and is not difficult to give. An ordinary wash tub tilted on end may be used, although a regular bath, with rest for the back, is more convenient. A small bucket is also needed for the feet. A towel or two should be laid over those parts of the tub that will come in contact with the patient's back and legs. The other conveniences required are a dry sheet to cover the patient while in the bath, and a bath towel with which to wipe her dry after the treatment.

## MODE OF PROCEDURE.

Provide a room comfortably warm, and fill both tub and bucket with water of the desired temperature. The patient should then undress, and seat herself in the tub, with feet in the bucket, and the dry sheet fastened about the neck so as to cover her in front and behind. A cloth wrung out of cold water may be applied to the head. The water in the tub should be of sufficient depth to cover the hips, and come well up over the abdomen. When desirable, a blanket may be thrown about the patient outside the sheet to afford more complete protection from cold air.

## FOR A SOOTHING EFFECT.

The exact effect of the sitz bath depends

water at 103° F., and have that in the tub at about 100°. Let the patient remain in the bath fifteen minutes. This is an excellent treatment for a nervous, tired, irritable patient.

Another mode of giving this treatment, and one which is likewise relaxing but rather less soothing, is to begin the bath at a temperature of about 98° and after five minutes add sufficient hot water to bring it up to 103°. Then after another five or six minutes lower the temperature, by adding cold water, to 85°, and a few minutes later take the patient out and quickly dry.

As a tonic for the abdominal muscles and relaxed internal organs, the tepid or cool sitz bath is perhaps without a rival. The exact temperature of the water will depend upon the condition and temperament of the patient. The bath is usually begun at a temperature of 93°, or thereabouts, the feet being placed in water of 100°. After five minutes, cool the hip bath to 88°, and after another five minutes to 85°. After remaining for two or three minutes in this water, the patient should be taken out.

## NEUTRAL BATH.

The neutral hip bath is taken with water just a little below blood heat, and may be continued as long as the patient finds it pleasant.

The hot sitz bath is decidedly stimulating. Let the foot bath be prepared at 105°, and the hip bath be begun at 100°, and raised gradually, as the patient can endure it, to 107° or 108°. Special care must be taken to keep the head cool in giving this hot bath. Watch the patient carefully to see that she does not faint. Do not continue longer than fifteen minutes, as a protracted stay in so hot a bath is very exhausting. If vigorous perspiration is



upon the temperature of the water used. For soothing, relaxing effects, the warm bath is preferred. Fill the foot bath with

desired, give the patient plenty of hot water or hot lemonade to drink. It is an advantage in giving this hot bath to cover

the patient with both blanket and sheet. When thoroughgoing elimination is desired, the patient on being assisted out of the bath, may be put to bed immediately and



well wrapped up in plenty of warm blankets. The perspiration will then continue for a time, and when it is desirable for it to cease, the patient should be given a cool sponge bath and put to bed after carefully drying.

This hot bath is effective in reaching and treating deep-seated pains of the pelvic region. It is also a good general treatment for colds, having a powerfully eliminating effect.

#### SOME PRECAUTIONS.

Be careful not to let the sheet get wet, as it will then seem clammy and uncomfortable to the patient.

In lowering and raising the temperature of the bath, be extremely careful not to cause the patient discomfort. The water should be introduced slowly, and one hand should be used in mixing it while with the other it is poured in, a portion of the water already in the bath having been removed to make room for it.

Suit the treatment to the needs of the individual patient. Persons of very delicate sensibilities cannot endure the extremes of heat and cold that are really helpful to those of more robust constitution.

When giving a cool or tepid bath, care should be taken not to chill the patient. If the attendant will give the patient's hips a vigorous rubbing from time to time, it will help to prevent chilling.

#### A Plea for the Babies.

A YOUNG mother was recently observed trying to quiet a fretful infant.

The injunction, "If at first you don't succeed, try, try again" was obeyed to the letter. It seemed to the observer that she placed that baby in almost every conceivable position, the successive changes being made so rapidly that the general impression was that of a series of acrobatic performances. Each change of position was accompanied by a varied patting movement intended to soothe the baby's irritable nerves.

In vain were tried oscillations, percussions, osculations—baby still fretted. At last, his mother evidently concluded that like a good resolution he ought to be "carried out," and thus the scene closed.

What adult would himself endure such treatment without vigorous resistance? Yet a defenceless baby is compelled to endure all this because he is too young or too weak to offer protest.

Too frequently babies are treated as though they were *dolls* instead of real flesh and blood creations. Many mothers and nursemaids fail to appreciate that a baby possesses a most delicately organised nervous mechanism—one which is easily unbalanced or impaired in its action by rough handling.

An infant's nerves are uneducated to endurance, and consequently are very susceptible of fatigue. The average woman manifests a good degree of wisdom in the care of her sewing machine or her bicycle. Why, then, should she be so inconsiderate in the care of her infant, that living and wonderful mechanism, the masterpiece of God's creation?

EULALIA SISLEY-RICHARDS, M.D.

IN the conduct of life habits count for more than maxims, because habit is a living maxim become flesh and instinct.—*Amiel*.

### Health and Longevity of Abstainers versus Non-Abstainers.

FOR years the friends of total abstinence have correctly maintained that alcohol weakens the body and mind, brings disease, and shortens life, and have been able to present considerable proof of a tangible kind. Still, many people of all classes, and even medical men, have hesitated to accept the facts furnished, and have clung to old-fashioned actions. Now, at last, the temperance reformer has facts to present which are "unimpeachable in their origin, and marshalled in due scientific order." We refer to Mr. R. Mackenzie Moore's paper on the Comparative Mortality of Abstainers and Non-Abstainers from Alcoholic Beverages, which was read before the Institute of Actuaries recently. The paper deals with the United Kingdom Temperance and General Provident Institution, and covers a period of sixty years.

Referring to this admirable paper, the *British Medical Journal*, a publication of the highest authority in medical matters, makes the following comments among others:—

"Mr. Moore's paper is based on the experiences of the United Kingdom Temperance and General Provident Institution for over sixty years; in each section, abstainers and non-abstainers, it deals with about 30,000 life policies, and is concerned altogether with nearly 900,000 years of life among the persons thus insured. The data are therefore on a very large scale; they having been accurately kept throughout, abstainers having always been classed separately from non-abstainers, so that there is no difficulty in stating the mortality experience of each group separately. The salient feature is the fact that the abstainers' section shows an experience which is from 25 to 45 per cent. superior to that of the non-abstainers' section, between the ages of 25 and 65—that is, in the working, active, valuable years of life."

"A careful study of the statistics fail to reveal any other circumstance of life except abstinence from alcoholic drinks which is a likely cause of the remarkable superiority in life prospects shown by the abstainers. It must be frankly admitted that steady, persistent abstinence from alcoholic drinks, is, in the light of this experience, an important factor in securing a

healthy and long life. No other conclusion is consistent with the facts than that the indulgence in alcoholic drinks to the extent in which they are drunk by the members of the non-abstainers' section of the United Kingdom Temperance Institution is the cause of their greater mortality."

A. B. O.

### Wand Exercises.

THE wand is one of the most useful articles in the home gymnasium. It can be used in most free gymnastic exercises, and adds to their value by localising many of the movements. It may be of sufficient weight to require considerable effort in lifting, or may be light, with movements more easy and graceful.

1. (a) Place the left foot forward two footlengths, and raise the wand forward upward. Transfer the weight of the body



FIG. 1.

to the forward foot, raising the heel of the rear foot, allowing only the toes to touch the floor (See Fig. 1). (b) Resume position. Inhale on (a); exhale on (b). Arch the chest and body well, and stretch from the

hands to the rear foot. Later this may be extended by raising both heels. This



FIG. 2.

should be taken from five to eight times with each foot.

2. Wand on the shoulders as in Fig. 3. (a) Bend the body backward. (b) Raise the body. This bending or arching of the trunk should begin in the upper part of the spine and continue downward. Although the whole spinal column may be flexed, the effort is best confined to the upper chest. The breathing, as before, is regular, deep and full. The knees are straight. (aa) With wand on shoulders, and feet in a walk stand, left foot front, bend forward about 45 degrees. (bb) Resume position. It is very easy to do this badly. The correct bending is taken in the hips mostly, the back being arched, and the chest and the head well lifted. Repeat movements two to four times.

3. (a) Raise wand to shoulders, and rise on the toes. (b) Bend the knees, and thrust the wand upward. (c) As in (a). (d) Resume position.

4. (a) Raise the arms forward to level of the shoulders, and the right knee upward, hip high (See Fig. 2). (b) Raise the arms upward, and extend the knee backward.

(c) As in (a). (d) Position. In (b) the backward knee must be well extended. Repeat two to eight times for each leg.

5. Knee standing, wand on the shoulders (See Fig. 3). (a) Bend backward. (b) Trunk raise. A splendid exercise for the abdominal muscles.

6. Feet at stride stand, wand as in Fig. 3, but projecting altogether to the turning side, the opposite hand grasping the wand at end. (a) Twist strongly to right. (b) Return. This is a vigorous exercise if taken with the iron wand. Repeat movement from six to sixteen times; then shift the wand until the weight is to the left, and repeat the quick rotation to that side.

7. Feet at stride stand, wand as in Fig. 3. (a) Bend to the right; (b) bend to the left. Repeat two to eight times on each side.

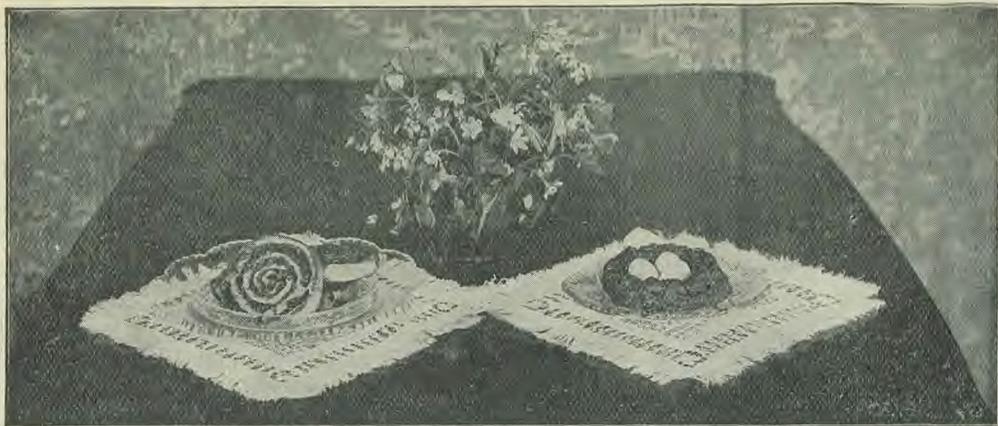
8. Wand on the shoulders, then front as in Fig. 2. Run in place with knee bending upward, taking forty to one hundred steps. Follow this with exercises (aa), (bb), of Exercise 2. Inhale on forward bend; exhale as the body raises.

J. W. HOPKINS.

“TAKE care as to your associates. Not only will you be known by the company you keep, but you will soon become like it.”



FIG. 3.



### Some Tasty and Wholesome Aerated Breads.

THE gas ranges that are being introduced so generally make baking an easy matter, and as long as most public bakeries are so careless both as to the ingredients they use, and the way they handle the bread after it has come out of the oven, house-keepers of delicate instincts will always prefer to make their own bread, especially as it is a great deal more economical.

Unleavened, or aerated bread, is sweeter and more wholesome than that made with yeast. One requires a little experience in order to make the best unleavened bread, but keeping in mind three simple rules will enable any person with a fair knowledge of cookery to obtain satisfactory results.

First, have all materials very cold. Secondly, put them together quickly, and beat as much air into the batter as possible. Thirdly, fill the gem iron\* (which should be smoking hot) and put at once into a hot oven. If the batter is too thin, the gems will be sticky, and will not retain their shape well. If too thick, it will be difficult to beat in the requisite amount of air.

The following recipes, with the exception of the first, are taken from Mrs. E. E. Kellogg's excellent work, "Science in the Kitchen":—

**Wholemeal and Nutmeal Gems.**—The nutmeal for these gems can be prepared from Brazil nuts, Barcelonas, sweet almonds, walnuts, or peanuts, by grinding in the Ida nut mill. Take three-fourths of a cup of nutmeal and one cup of water, and beat together thoroughly. Into this beat

sufficient unsifted wheatmeal to make a rather stiff batter, and when thoroughly beaten, pour into very hot gem irons, placing immediately in a hot oven. Bake forty minutes.

**Wholemeal Puffs.**—Beat together vigorously until full of air bubbles, one pint of unskimmed milk, the yolk of one egg, and one pint and three or four tablespoonfuls of wholemeal flour, added a little at a time. When the mixture is light and foamy throughout, stir in lightly and evenly the white of the egg, beaten to a stiff froth; turn into heated irons, and bake in rather a quick oven. Instead of all wholemeal, one-third white flour may be used if preferred.

**Sultana Puffs.**—Prepare the puffs as directed in any of the foregoing recipes with the addition of one cup of sultanas which have been well washed, dried and floured.

**Oatmeal Gems.**—To one cup of well cooked oatmeal add one half cupful of rich milk and the yolk of one egg. Beat all together thoroughly; then add, continuing to beat, one and one-third cupfuls of wholemeal flour, and lastly, the stiffly beaten white of the egg. Bake in heated irons. If preferred, one cupful of white flour may be used in place of the wholemeal.

**Avenola Gems.**—Into three-fourths of a cup of rich milk stir one cup of avenola. Drop into heated irons, and bake for twenty or thirty minutes.

—3—

**Apple Snow.**—Bake or steam a half dozen tart apples, and rub the pulp through a sieve. Add sugar according to the acidity of the fruit. If the apples are not very tart, then the flavour may be improved by adding the juice of half a large lemon, and a little of the grated rind; or a tablespoonful of grated pineapple may be used instead of the lemon rind. Beat the whites of two or three eggs to a very stiff froth, and add by degrees the prepared apples. Beat all together for an hour, or until it stands quite stiff when taken in a spoon. With the yolks of the eggs, make a simple custard for the bottom of the dish, and pile the snow high in rough spoonfuls on the custard.

\*To be obtained of Pitman Stores, Birmingham.

### The Value of Hard Foods.

HABITUALLY eating soft foods, even soft bread, to the exclusion of everything that is hard or crusty, is not only weakening to the [digestive organs, but it leads to the rapid decay of the teeth. When they are not used in the mastication of harder foods, the teeth become covered with tartar, and sometimes loosened in their sockets, or the gums bleed. The use of hard bread and other substances requiring thorough mastication will do more to preserve the teeth than all other things put together. It will also tend to keep them clean; and by insuring good digestion it will help to make the breath fresh and pure. Those who suffer from indigestion seem instinctively to reject the softer, sloppy foods, as they are apt to make disturbance almost as soon as swallowed.—*Sel.*

### Fruit as a Cure for Biliousness.

SCIENTIFIC investigation has shown that fruit is, of all foods, the most useful as a means of purifying the stomach and alimentary canal from germs. A fruit diet for a few days is vastly to be preferred to a dose of salts, mercurial products, seltzer aperient, or any other of the popular remedies for so-called "biliousness."

It is not the liver that is at fault, as is generally supposed, but the stomach. A person suffering from biliousness is in a state of general poisoning from the absorption of poisonous substances from the alimentary canal. Many persons would find it advantageous to take nothing at all but fruit for breakfast, making the dinner the hearty meal, and the supper, if supper is taken, also of fruit.

Periodical attacks of "biliousness" may be avoided by adopting a fruit diet for a day or two prior to the time of the expected attack. A fruit diet for one day out of each week, or for an occasional meal, will also prove helpful.—*J. H. Kellogg, M.D.*

**The Sugar Tooth.**—Why do we eat toffee, ice-cream, bonbons, sugar on oatmeal porridge, and sweet in everything? Is it because we have learned that our system demands these things?—No, it is because our palates have been taught to crave them. A certain physician, when called to visit a patient who was suffering from acute indigestion, caused by eating something he knew would disagree with him, was wont to say with a peculiarly ironical smile, "I suppose it tasted good going down." We are given to thinking far too much of the taste going down, and far too little of the real consequences of what we are doing.—*J. H. Kellogg, M. D.*

### The Feeding of Children in Health and Disease.

FOR the first three months of its life the child should be nursed not oftener than every three hours during the day and once or twice at night. The intervals between the feedings should now be gradually lengthened until by the fifth month it should receive nourishment but once in four hours during the day, and once at night. After the sixth month no food should be given at night, and by the end of the ninth month but three times a day.—*Sel.*

### Accustom Children to the Dark Bedroom.

CHILDREN should be accustomed as soon as possible to sleep in a dark room. Unless they have learned to be afraid of it, the darkness is soothing to the nerves, and the rest is more profound and refreshing than when there is the unconscious stimulation of light. It is particularly desirable for children of a nervous temperament that light should be excluded, yet it is most often the nervous, sensitive child whose imagination has been filled with fears of the shapes the dark may hide.—*Ladies' Home Journal.*



## HEALTH AND RELIGION.

BY ALEXANDER RITCHIE.

OLD Dr. Abernethy once said: "Every sick man is a rascal," and the experience of those whose duty it is to wait upon sick people of different kinds, tends somewhat to corroborate the doctor's statement.

The well known sourness of the chronic dyspeptic, the irritability of the nervous patient, and the general perverseness of the man who is under the doctor's care, all teach us that disease in the body is not unlikely to produce disease of the mind, which bears fruit in a more or less blemished character.

The very soul of true religion is self-control, the supremacy of an enlightened reason over every appetite and passion. But, we ask, can the drunkard, the opium-eater, or the cigarette fiend control himself? No one who has listened to the incoherent speech, or witnessed the unsteady gait of the drunkard, will claim so. No one who has seen the actions of the opium-eater or inveterate tobacco-user, when unable for any reason to obtain their darling idol, will say that they have good control over their tastes or passions.

But if we admit that these persons have lost the ability of self-control, we are logically bound to admit two other things about them, viz.: First, that the liquor, opium, or tobacco has *destroyed* their power of self control, and secondly, that having lost this, *they* are hopelessly lost themselves, unless a higher power reaches down and breaks the power that holds them in such abject slavery.

Therefore it is as clear as noonday that any article of food or any habit of life which either directly or indirectly breaks

down the will-power or the power of self-control, is also surely helping to destroy the whole man, body and soul.

The religion of the Bible teaches us to be "temperate in all things." It exhorts us not to "spend money for that which is not bread," but to "eat that which is good." We cannot obey these wise injunctions while we are spending money for liquor, tobacco, and other harmful luxuries, for these things certainly are "not bread," and in eating them or drinking them we cannot "eat that which is good," for these things are not good. There is not a particle of real strength or nourishment in a ton of these things, and therefore the money spent for them is worse than wasted; but there is many an ache, many a tear, many an early grave wrapped up in them.

The lay of judgment alone will reveal the terrible results of a diet that excites the brain, irritates the nerves, and inflames the blood. In that great day it will be seen that the rage of the murderer, the lust of the adulterer, and the hot, hasty words that provoke most of the trouble in this world, were fed and fanned at the family table, too often from childhood upwards. If we would have well-rounded, symmetrical characters, with all our passions and emotions under the control of an enlightened mind, we must study to discover those things which in any degree tend to bring us into bondage to bad habits, and having found them, follow the admonition: "Touch not, taste not, handle not."

❖

"It is the duty of every human being to be as well as possible."

# QUESTIONS AND ANSWERS.

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

**Pain in the Back.**—Glenfield: "I am suffering from pain in the small of my back. Feel it very much worse when in bed. I shall be glad if you will suggest a remedy."

*Ans.*—Apply hot fomentations to the affected part. You might apply three in succession, leaving each one on for five minutes. Then bathe the part in tepid or cold water, and dry gently with a soft towel. This treatment should be taken two or three times a day, and will soon relieve the pain. The fomentation should be applied across the back, and be from twelve to fifteen inches in width. Your diet should receive attention. Drink water freely in the morning and between your meals. Avoid tea, coffee, cocoa, pastries, sweets, and flesh foods. Adopt a bread and fruit diet with a few nuts. This would suit you best until you get over the attack. If not relieved, consult a competent physician.

**To Relieve Constipation in an Infant.**—C. H. M.: "Will you kindly advise me what to do to relieve a baby of constipation. She is six weeks old, fairly strong, and has no food save the mother's milk. It requires medicine to relieve the bowels."

*Ans.*—Give the child water to drink between its meals. Children often crave water, and it will be helpful in relieving the bowels. Make a thin water gruel of granose flakes, and strain through a cloth so as to remove the coarse particles. Give this to the child once or twice a day. If this remedy is not efficient, we would recommend you to prepare a fig syrup by stewing figs, taking care to remove the seeds. A teaspoonful of the syrup may be given to the child several times a day in connection with its meals. Bath the child daily in warm water.

**Neuralgic Headache.**—L. B.: "Some years ago I was very anæmic, but have now entirely recovered. Since then I have suffered almost constantly with neuralgic headache. I should be glad to know what would you recommend."

*Ans.*—Dry heat applied locally will usually afford relief. A course of Turkish or hot vapour baths, or better still, a course of treatment at a first-class Sanitarium would be the best means of bringing about a cure. You should dress warmly, and avoid exposure to cold and wet. Adopt a simple, nourishing dietary, using abundance of mild fruits, and discarding tea, coffee, and flesh foods entirely. Do not neglect exercise.

**Cracks in the Fingers.**—A. B.: 1. "Will you please tell me the cause of cracks on different parts of the fingers in a person who has been a Vegetarian for four years? 2. How can they be got rid of?"

*Ans.*—1. They are usually due to the use of hard water, alkaline soap, failing to dry the hands properly after washing, and carelessness in keeping

them clean. 2. Absolute and rigid cleanliness is the first and most important treatment. Use a nail brush with soft warm water and a mild soap. Hard water can easily be softened by the addition of a little borax and ammonia. If the fingers become stained, lemon juice will usually whiten them. Washing in oatmeal water is excellent for the hands, and makes the skin soft and healthy. You should apply a little vaseline or cold cream to the hands and fingers every night, and then wear loose perforated gloves.

**Brain Food.**—A. B. C.: "Will you kindly advise me through your valuable paper as to the most suitable foods for nourishing the brain?"

*Ans.*—Brown bread, zwieback, well-cooked cereals, fruit (both fresh and stewed), nuts, and nut-foods, with a few vegetables. The preparations of the International Health Association, such as granose biscuits, toasted wheat flakes, avenola, nut rolls, bromose, protose, etc., are all excellent preparations for nourishing the brain, and the rest of the body as well.

**Palpitation of the Heart.**—G. H. L.: 1. "Will you kindly advise me as to the cause of violent pulsations of the heart with pronounced beating in the head, which come on immediately after eating. I have noticed that the heavier the meal, the more symptoms are felt. 2. What treatment would you recommend?"

*Ans.*—1. The palpitation is probably due to fermentation in the stomach producing flatulence. On this account the stomach will sometimes crowd the heart and cause palpitation. 2. Avoid sweets, pastries, puddings and milk, and all articles that cause irritation in the stomach and are difficult of digestion. Take well-baked bread, fruit, and a long-cooked porridge for your breakfast, with an egg occasionally. Chew your food well, and discard all drinks while eating. Apply a hot rubber water bottle to your stomach for ten or fifteen minutes immediately after each meal, and refrain from exercise or heavy work for at least an hour.

**Difficulty with Pulse Foods.**—S. N.: My digestion is not very strong, and I cannot take peas, beans, and lentils without difficulty. How am I to get a proper amount of proteids?"

*Ans.*—We should advise you to try the pea and lentil flours manufactured by the Digestive Food Company, of Paisley. These flours are ground exceedingly fine and already partially cooked; hence they are very convenient in soups, gravies, and other dishes. They furnish in abundance not only proteids, but also salts of great value, and may well form a staple article in the kitchen of all progressive food reformers. Almonds, wheat gluten, and protose are other foods, rich in proteids, which may be recommended.

# Good Health,

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

Edited by

ALFRED B. OLSEN, M.D.

M. ELLSWORTH OLSEN.

Managing Editor:

M. ELLSWORTH OLSEN.

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

Business communications should be addressed to  
**Good Health, 451 Holloway Road,  
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.

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

BOOK notices have been left out this month  
for lack of room.



THE Caterham Sanitarium has been so crowded  
of late that it has been necessary to put off some  
prospective patients until room could be found for  
them. The quiet, little valley is alive with bird  
songs and other evidences of opening spring, and  
offers a most delightful retreat from the noises and  
smoke of the metropolis.



It is interesting to note that the membership of  
the Good Health League is steadily growing, and  
the interest deepening. We are glad to see the en-  
thusiasm shown in this active health propaganda,  
and we feel sure that all who take a part in it will  
feel themselves fully repaid for their efforts. Our  
little pamphlet giving full particulars will be sent  
promptly to all who desire it. Next month we  
shall print extracts from some of the numerous  
letters we have received, and shall say a little  
more about our plans for the summer campaign.  
Meanwhile we are always pleased to hear from our  
readers and sympathisers, and to get their sugges-  
tions. Let us all put forth new efforts to spread  
the principles of healthful living, and endeavour  
to conform more completely to them in our daily  
lives.



MR. HUGH MAPLETON (Ardwick Green, Man-  
chester), sends us samples of his walnut and almond  
cream butters and some other novelties in the  
health food line.

THE PUREST, MOST WHOLESOME, AND  
MOST CONVENIENT CEREAL FOOD.

## TRISCUIT

Used by Vegetarians and all others who know the  
value of **Natural Food** instead of Biscuits, Wafers,  
Bread, Toast and Rusks.

TRISCUIT is made of cleaned and filamented Whole  
Wheat only (no added ingredients), and baked by  
Electric heat; therefore it is **NATURE'S FOOD BY  
NATURE'S PROCESS**. It puts **New Life** into  
those who eat it regularly, and is the mainstay of  
many of the world's brightest and cleverest men.

Send for **Free Sample** to C. E. INGERSOLL, Agent,  
400 St. George's House, Eastcheap, E.C.

**HAPPY HAVEN.**—HEALTH for all.

Educational home. Physical, Mental, and Moral  
defects rectified. Both sexes. Delightful home  
for REST. Miss Cromartie, 5 Buckingham Road,  
Brighton.

**To The Good Health Supply Dept.**

DEAR SIRS,

I read with great interest a letter from Mr.  
Hooker, of Brighton, published in this month's  
GOOD HEALTH, and have great pleasure in stating  
that I have worn a Good Health Bodice since last  
August (which I purchased from you), and find it  
the most comfortable bodice that I have ever worn,  
and for ease and comfort I feel that it cannot be  
surpassed. Especially for cycling, I can recommend  
it, as it allows perfect freedom of the body, and at  
the same time prevents the "skirts from dragging"  
on the hips. I shall recommend it whenever I  
have an opportunity. Wishing you every success  
and God speed, I remain,

Yours truly, (Mrs.) H. Killick,

Cavendish Place, Eastbourne.

Jan. 12, 1904.



REFERRING to the little 2d. pamphlet, "100  
Hygienic Food Recipes," one of our readers writes:  
"We consider it the most perfect reformed cookery  
book yet to hand, and shall not fail to recommend  
it as such." Nos. 1 and 2 in the same series,  
entitled respectively "Biliousness: Its Causes and  
Cure," and "The Food Value of Alcohol," are also  
timely pamphlets, the price being 1d. each.



APROPOS of the numerous complaints of bad  
milk, we are pleased to note the success attending  
the efforts of the Aerated Milk Company (52 Bed-  
ford Row, London, W. C.). Their pasteurised milk  
and cream was the subject of an extensive article  
in the *British Medical Journal*. GOOD HEALTH is  
arranging for a member of its editorial staff to  
visit the works of the company, and will have an  
article, probably in the next issue of the magazine,  
dealing fully with the matter. An effort to deal  
in a scientific, practical way with one of the most  
important health questions before the country is  
certainly worthy of the serious attention of every  
reader of GOOD HEALTH.

**In answering advertisements kindly mention "GOOD HEALTH."**

**NOURISH & FLOURISH!**

**WHEAT PHOSPHATES,**

so vitally necessary for the proper growth and development of the Infant Frame, are extracted from **Wheat Bran** by the Frame-Food Co.'s process. This process rejects the woody fibre and husk (which no human stomach can digest), and produces a soluble extract easily digested by the youngest infant.

**FRAME-FOOD**

which is the only Infant's Food containing these Natural [not chemical] Phosphates, is unrivalled in its capacity to enrich the blood, and develop the bone, teeth, muscle, and brain of Infants. As its name [Frame-Food] implies, it contains the organic constituents necessary for building the foundation of a strong and healthy frame.

**THE LANCET says:**

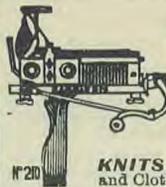
"The enrichment of cereal food with this soluble phosphate, which is otherwise thrown away in the bran, is a process worthy of all commendation. . . . The Frame-Food Co. manufacture a preparation called Frame-Food, in which the presence of a constant quantity of soluble phosphate, derived from the bran, may be relied upon."

**FREE TEST.**

A sample, with a booklet entitled, "**BRINGING UP BABY,**" by a Hospital Nurse, sent post free. (Mention this Paper.)

**16 oz. Tin, 1s.**

**FRAME FOOD CO., LTD.,**  
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**New Harrison** *Swift Gold Medal.*  
**KNITTER**

A pleasurable and profitable occupation. **LISTS FREE.**

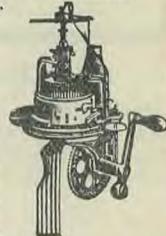
**KNITS** Stockings, Ribbed or Plain. Gloves and Clothing in Wool, Silk or Cotton. **Lessons Free.**

The HARRISON RIBBER is specially adapted for Seamless Ribbed Stockings and Socks.

*The Harrison Ribber.*

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So called because we guarantee the Fleece is shorn while the sheep are alive in the meadows. This is important to wearers as "live" wool is the most Durable, Elastic, Warmest, and Healthiest.

Our genuine *undyed wool* is a speciality. **"Silkeena."** A substitute for silk. Wears better than silk.

**Samples Free,** for Knitting, Embroidery, Crewel, and Crochet work.

**HARRISON PATENT KNITTING MACHINE**

**WORKS:** *Co., Ltd.,*  
**48-56 Upper Brook St., Manchester.**  
Branch:—**103a OXFORD STREET,**  
Nr. Regent Circus, London, W.

**FREE**

**TRAIN FOR HEALTH.**

metrical development of the whole body. To enable anybody to obtain the benefits of a thorough course of **Physical Culture**, the **Good Health School** has arranged to

**GIVE AWAY A LIMITED NUMBER OF FREE SCHOLARSHIPS.**

You can obtain one by securing three members for the school at the small fee of 12/6 each. You will then be enrolled as a regular member, and will receive the full course of **FIFTEEN WEEKS' TRAINING.** The school is conducted entirely by correspondence.

**ADVANTAGES OF OUR SYSTEM:**

No Extras. No Apparatus. Daily Programme. Physiological Exercise. Equal and Symmetrical Development. Promotes Good Health.

**SPECIAL PRIZES.**—In addition to the above we offer **Three Cash Prizes** as follows:—£1 to the one whose subscriptions first reach our office. 10/- to the second one; and 5/- to the third. You may be first if you set to work at once to get the members. Go to your friends and acquaintances. If you wish to compete for a prize or free scholarship, send

in your name and address with stamp at once, and we will send you some circulars. **DON'T WAIT!** Delay is dangerous if you wish to obtain a cash prize. Secure the members to-day, and send in the list at once, to—

**GOOD HEALTH SCHOOL OF PHYSICAL CULTURE,**  
451 Holloway Road, London, N.

In answering advertisements kindly mention "GOOD HEALTH."

**GREAT CHEST  
AND LUNG DEVELOPER.**



**TWO-THIRDS SIZE**

Increases size of chest two to four inches. Used early, prevents consumption; if developed, helps to cure it. Invented by Dr. Joshua Allen, an expert on consumption. Post paid on receipt of 1/1. To foreign countries, 1/6. Circular free. Address, **G. H., Highwater & Co., No. 84 The Exchange, Southwark, London.**

### PUBLISHERS' NOTES.

THE standard health books by Dr. Kellogg, can always be obtained at the Indian and West Indian offices of GOOD HEALTH.



OUR thanks are due Messrs. Carr & Co., Ltd., of Carlisle, for liberal samples of buns, bread, and cakes of fine quality and delicate flavour made from their justly celebrated malted flour.



STAFF-CAPTAIN TRACY, of the Salvation Army, gave an interesting address on "The Diet for Hard Work" before the North London Good Health League, at a recent meeting. Captain Tracy finds a simple, natural dietary with only two meals daily, best suited to the kind of hard work in which she is engaged. A great many other people who work mainly with their brains are making the same discovery.



THE January number of *Good Health* (American) comes out with a new cover design in dark drab and gilt, and a most attractive array of contents. Subscriptions to this excellent magazine, personally conducted by Dr. J. H. Kellogg, may be sent to the office of the London GOOD HEALTH. The price is 6s. 6s. yearly, which is not much for such a large and valuable monthly.

### **MASSAGE,** Electricity, and Nauheim Exercises.

Certificated Masseuses visit ladies for treatment at their own residences, or receive in well appointed rooms with every convenience. Resident Masseuse supplied. Lessons also given.

Rheumatism, Stiff Joints, Sprains, Dyspepsia, Constipation, General Debility, Neuralgias, Nerve Disorders generally, and many Heart Troubles are greatly benefited by a course of Massage.

Hygienic Facial Treatment a Speciality.

Apply to—

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A magazine devoted to everything pertaining to physical perfection. Monthly, 1d.

Editor: **J. ELGIN DEUCHARS, N.S.P.E.,**  
West Avenue, DERBY.

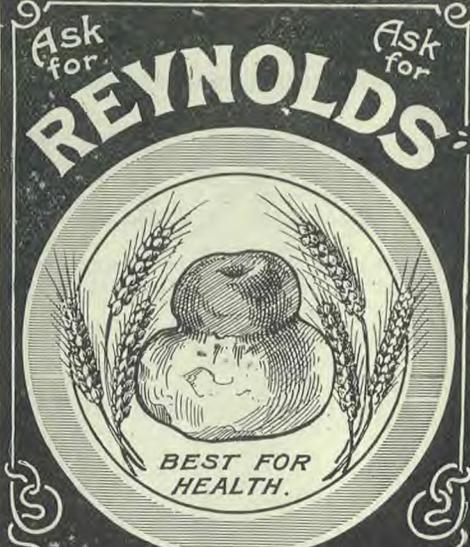
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GOOD HEALTH is a home magazine, read by thoughtful, intelligent people, and often kept on file for future reference. It therefore makes an excellent advertising medium. Circulation, 45,000-55,000 copies monthly.

RATES:—£8 per page; £4 per half page £2 per quarter page, etc.

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**REYNOLDS**

BEST FOR HEALTH.

PURE DIGESTIVE  
**WHEATMEAL  
BREAD**

J. REYNOLDS & Co Ltd  
GLOUCESTER.

## Do You Want a Perfect Substitute for Meat?

One that will be tasty, requiring very little preparation, without waste, suitable for roasts, stews, pies, sandwiches; something that meat-eaters will relish?

**Cry Protose; IT HAS WON HUNDREDS FROM A FLESH DIET.**

**PROTOSE is prepared from the best cereals and nuts, and is perfectly cooked. . . .**

"Chemically it presents the composition of animal tissue, beef or mutton."

—*Lancet.*

**PRICES.**

½ lb tin,..... 8d.  
 1 lb " ..... 1/-  
 1½ lb " ..... 1/4.  
 Postage extra.

**NUTTOSE and NUTTOLENE** are also excellent substitutes for meat, and give scope for variety in diet. Prices same as Protose.

**The International Health Association, Ltd.,  
 LEGGE STREET, BIRMINGHAM.**

## CEREAL FOODS. HEALTH FOODS.

Where the Best are  
 to be obtained.

**Fredk. Bax & Son,  
 35 Bishopsgate Street,  
 London, E.C.**

The Old Established City Firm have just issued their new Price List of "HEALTH FOODS" for the coming season.

You should write for one to-day because it is to your advantage to do so, and enclose two stamps for the new "Cookery Book, and How to Begin Vegetarianism."

Full of useful Recipes. Contains 24 pages, and tells you how to cook all our foods.

We deliver to every part of London daily, and our terms for free delivery are unequalled by any other firm in England.

Mention this journal.

## COUNTY FLOUR.

THE complete wheat except the bran. The ideal flour for bread, biscuits, cakes, pastry, puddings, and all household requirements where nutriment is a consideration.

Prepared from the finest selected wheat only. Milled and prepared by our special process to retain the full nutriment of the grain, and eradicate the outer skin or bran.

**Try it once Use it always**  
 To please us; To please yourselves.

**PRICES.**

120 lb. bag,.....17/6, carriage paid.  
 20 lb. bag,.....3/6, " "  
 1½ lb. sample,.....6d., by post.

Sole Proprietors

**COLLYER BROS.,  
 BATH LANE MILLS, LEICESTER.**

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**EVERY WOMAN**  
should own a  
**MARVEL WHIRLING SPRAY.**  
The new Syringe. Best—Safest—Most Convenient.  
**It Cleanses Instantly.**



Ask your Chemist for it. If he cannot supply the Marvel accept no other, but send stamp for book giving full particulars and directions invaluable to ladies.

**MARVEL CO., Dept. 17,**  
11 Queen Victoria Street, London.

**PUBLISHERS' NOTES.**

THE excellent health enjoyed by His Majesty, the King, during the last few months is attributed to his systematic use of electric light baths. This mode of treatment, which originated at the Battle Creek Sanitarium, and which is regularly employed in our sanitariums at Belfast, Caterham and Leicester, is becoming exceedingly popular, and rightly so, for it is most effective in dealing with various complaints.



OUR readers will be pleased to learn that the Board of Directors of the Furnival St. Restaurant have seen their way clear to recommend the payment of a 5% dividend on preferred and ordinary shares. It always gives cause for encouragement to see enterprises conducted on reform lines succeed financially.



PERSONS desiring to assist in placing Good HEALTH in public libraries and supplying it free to English missionaries in foreign lands are cordially invited to send in any donations to the

**Good Health Fund.**

The following donations received during the month:—

Mrs. R. White, 2/1; A Friend, £1; Mrs. E. H. Bradley, 1/-; James Brown, 5/-.

**A REVOLUTION IN PULSES**

**DIGESTIVE PEA FLOUR**

Genuine natural flavour and taste. The Best of the Vegetable Kingdom.

Invaluable for Dyspeptics and Invalids. Exceedingly digestible. Supplies system with all it needs. Rich in natural phosphates. Contains more life-sustaining nourishment than beef and twice as much as wheat, oats or barley. In tins 8d., post free 1/- Two tins 1/9.

**SAMPLE PACKET 2/- POST FREE**

**DIGESTIVE LENTIL FLOUR**

Manufacturers: Digestive Food Co., Paisley. London Agent: E. J. Reid, 11, Duncald House, Basinghall Avenue, E.C.

A DAINTY SAMPLE . . .  
OF  
**ARCHIBALD'S OATMEAL CREAM**

Send for it and try it.  
IN 6d. & 1/- TUBES.

Will be forwarded on receipt of One Penny for Postage.

Everyone knows the softening properties of oatmeal. Oatmeal Cream contains the whole of these properties in a concentrated form. Is a Skin Food. Absorbs grease. For use in the Toilet, in the Nursery, after Shaving, and for Chapped Hands or Rough Faces. Softens the Skin.

**ARCHIBALD'S OATMEAL CREAM POWDER.**

In Art Boxes, 6d. EACH. Fixed Price.

An Ideal Skin and Face Powder.

In four colours: Natural Cream, White and Brunette.

**ARCHIBALD'S OATMEAL CREAM SOAP.**

The most luxurious Toilet Soap ever invented. Antiseptic and Healing. Suits the most sensitive Skin. It has a fascinating Perfume

Family cases containing 3 doz. Tablets 9/- (Cases Free). A charming Scent Sachet is enclosed in each box of Soap.

Three Tablets in Box. 9d. Fixed Price.

**ILLINOIS & DENVER Hygiene Co.**  
44 King William St., E.C.

**SLOW DIGESTION.**

Antiseptic Charcoal Tablets are valuable in cases of fermentation, flatulence or slow digestion. Box, containing 40 tablets, 2/1 1/2, post free. Good Health Supply Dept., 451 Holloway Road, London, N.

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Affords ease, comfort and health. Retains the symmetry and grace of the natural form. Its use will add years of pleasure to a woman's life.

It does away with the corset. Supports all garments without harmful pressure. No stays to break. Thousands have been sold,

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Send for circular and prices to the Sole Agents: Good Health Supply Dept., 451 Holloway Road, London, N.

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Conducted on Food Reform principles.  
Delightful location, near the chimes, pleasure  
gardens, and town.  
Highest recommendations.  
Accommodations,—exceptional.  
Charges,—moderate.

—o—  
Write for terms, mentioning GOOD HEALTH.

Mrs. Hutteman-Hume, "Loughtonhurst,"  
West Cliff Gardens, Bournemouth.

S. D. Bell & Co.,  
53 Ann Street, Belfast.

Agent for the Food Products of  
the International Health Association,  
and for other Health Foods.

Canned and Dried Fruits,  
Nuts, and other Specialities.

SEND FOR LIST OF PRICES.

## Have YOU Tried BRUNAK?

Dr. Allinson's New Drink  
Instead of Tea or Coffee.

Dr. Allinson says:—

"BRUNAK 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 supper 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 in-  
valids, 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.

## BRUNAK

is sold by Agents and usual Cash Chemists, Grocery  
and Co-operative Stores in 1 lb packets at 1s.  
each; or list of agents and sample post free, or a  
pound post free for 1s., by—

The NATURAL FOOD Co., Ltd.,  
21 N. Patriot Sq., Bethnel Green, LONDON, E.

## THE STOMACH. Its Disorders and How to Cure Them.

By J. H. KELLOGG, M.D.

This book presents in a nutshell what every person  
ought to know about the stomach—its functions in health,  
the symptoms produced by disease, and the best methods  
of cure.

THIS WORK IS THOROUGHLY PRACTICAL.

It contains an explanation of the new and elaborate  
method of investigating disorders of the stomach in use at  
the Battle Creek Sanitarium, and largely the result of re-  
searches undertaken there.

The work contains over 100 cuts, including eleven plates,  
several of which are coloured.

Price of the work, bound in fine cloth, with embossed  
cover, 6s. post free.

GOOD HEALTH SUPPLY DEPT.,  
451 Holloway Rd., London, N.

## The Leicester Sanitarium

(Formerly Midland Sanatorium)

Offers facilities for giving a full line  
of Hydropathic Treatments, as well  
as Massage and Manual Swedish  
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SKILLED NURSES  
Trained at the Battle Creek  
Sanitarium.

A WHOLESOME DIET.  
PLEASANT SURROUNDINGS.

Address the Secretary,  
80 Regent Road, Leicester.

## A new and high-class VEGETARIAN RESTAURANT

HAS BEEN OPENED BY THE  
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AT  
4 FURNIVAL Street, Holborn, E.C.  
(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.

**START THE DAY RIGHT**

**Shredded Wheat**

— NO COOKING — Whole



**"BISCUIT"**  
with hot milk and sugar makes the **BEST Breakfast**

SEND 1d. STAMP FOR FREE SAMPLE

Shredded Wheat Co.  
St. Georges' Ho.  
Eastcheap, E.C.

### PUBLISHERS' NOTES.

Some Prominent Subjects to be Dealt With  
**NEXT MONTH.**

**Kidney Diseases, Imaginary and Real.**—Backaches and other supposedly sure indications of kidney disease are favourite subjects for the disquisitions of patent medicine mongers. We accordingly propose to discuss the subject ourselves next month, and endeavour to give the public a little real information.

**The Smoke Nuisance.**—This title is a bit indefinite, but the article itself will be perfectly clear.

**Hints to Persons Suffering with Flatulence.**

**Diet and Treatment for Epileptics.**

**What to do for Falling Hair.**—The writer of this article will mention some causes of baldness, will point out when a case is curable and when it is not, and give helpful hints in the way of prevention, which is always better than cure.

## Premiums

**GOOD HEALTH** offers some splendid premiums to those who will spend a little spare time in securing yearly subscriptions for the magazine. Write to us at once for full particulars and free sample copies, with which to begin work.

**GOOD HEALTH,**  
451 Holloway Road, London, N.

**GOLD MEDAL AWARDED,**  
Woman's Exhibition, London, 1900.

# NEAVE'S FOOD

**FOR INFANTS, GROWING CHILDREN, INVALIDS and the AGED.**

"An excellent Food, admirably adapted to the wants of infants and young persons."

SIR CHAS. A. CAMERON, C.B., M.D.,

Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.

Dr. BARNARDO says: "We have already used Neave's Food in two of our Homes (Babies' Castle and the Village Home), and I have no hesitation in saying it has proved very satisfactory."—July 27th, 1901.

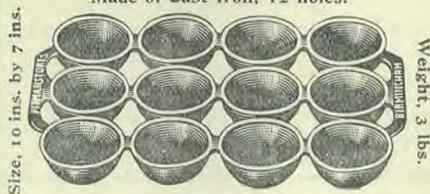
**NEAVE'S FOOD IS REGULARLY USED IN THE RUSSIAN IMPERIAL NURSERY.**

"'Tis quite American you know, but made in England."

## GEM PANS

Are absolutely the most useful Cooking Utensils to be found in every well stocked Kitchen in America.

Made of Cast Iron, 12 holes.



9d. The Set; By Post 1/3. With full Instructions.

Light Unleaven Bread and all kinds of Cakes, Plain or Rich, can be made in these Pans without either yeast or baking powder. Who'eal Bread can be made with Wheatmeal Flour and cold water only. Large varieties of cakes, etc., can be made by using Milk, Eggs, Nut Meals, and the numerous Flours to be found in our List.

By using a "Pitman" Stores 8/- Wheat Mill with the above Gem Pans, wheat can be ground and made into Hygienic Unleaven Cakes in less than one hour.

**"PITMAN" HEALTH FOOD STORES,**  
188 & 189 Corporation Street,  
BIRMINGHAM.

Illustrated Price List, 80 pp., post free, one stamp.  
The largest dealers in the British Islands.

In answering Advertisements kindly mention "GOOD HEALTH."

# OUR HEALTH FOODS REACH THE ENDS OF THE EARTH.

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**GRANOSE FLAKES**, loose or in biscuit form, consist of the entire wheat berry, subjected to hours of steaming and baking, ready for use. Packet,.....7½d.

**TOASTED WHEAT FLAKES**, the same sweetened with malt honey, nature's health sweet. A most delicious breakfast dish, which can be served hot in two minutes. 20 oz. packet,....8d.

**AVENOLA**.—A choice combination of ready-cooked grains. For porridge and puddings. 1 lb.,..7d.

**NUT ROLLS**.—A very nutritious and toothsome biscuit in the form of thin rolls. Just the thing for luncheon. Should take the place of fermented bread on every table. 1 lb box,.....5d.

**WHOLE WHEATMEAL BISCUITS**, Sweet or plain. 1 lb. box,....5d.

**OATMEAL BISCUITS**.—Sweet or plain. 1 lb. box,.....6d.

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### PUBLISHERS' NOTES.

THE promised article dealing with "Science in the Kitchen" will appear next month.

\* \* \*

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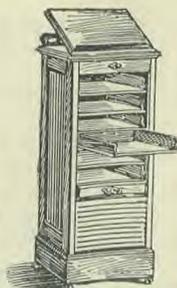
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